

TRUTH IN TRAVEL

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At Babel, the hotel's cowshed-turned-restaurant, the question "What's for breakfast?" is best answered by taking a look at the eight-acre garden. Your double-cream yogurt might come loaded with guava and cape gooseberries; nut, fennel, and curry powder granola; and a spoonful of blue gum honey from on-site hives. Top the wood-fired country loaf—made with wheat from the farm—with heaps of salty Serrano-style ham and Gorgonzola (or just a slab of hand-churned butter). And if you had a glass too many of the Babel red the night before, a shot of ginger in your fresh-pressed beetroot and blood orange juice should do the trick. SARAH KHAN

Babylonstoren, South Africa

