



CATHAY PACIFIC

DISCOVERY

NOVEMBER 2019年11月號

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SOLITUDE IN THE CEDERBERG

一個人在塞德堡

HEATHER RICHARDSON goes solo north of Cape Town
to find peace among ancient rock carvings, remote
mountains and historic settlements

Heather Richardson獨個兒前往開普敦以北，
在遠古石刻、偏遠山脈和歷史遺址之間尋找心靈淨土

PHOTOGRAPHY DNA PHOTOGRAPHERS

From my bed, I watch the night lift. The mountains emerge, misty blue in the pre-dawn light. A peachy glow illuminates the underbelly of cloud and soon the landscape – rolling hills, terracotta sand and scrubby bush – is washed in pale pink. Stepping out onto the cool concrete patio, I breathe in the fresh sweet fragrance of fynbos, the vegetation native to southern South Africa. Birds chirrup in the first light. A gentle breeze whispers through long dry grass. There are no voices or human sounds; other guests are still asleep. It's just me.

I decided to spend a few days solo in the Cederberg, a couple of hours north from my home in Cape Town, to coincide with my 32nd birthday; a gift to myself of some time out. For many, being alone is an uncomfortable experience, but it's usually when I'm at my most content. One of my favourite things about solo travel is how restorative it can be, how it can slow a busy mind and – particularly if you can bring yourself to tap airplane mode – help to discard so many negative external stimuli. Right now, I feel calm, happy, at one with myself.

I'm staying at the Cederberg Ridge

Wilderness Lodge, a nine-room lodge that opened in October 2018. It's located on the 3,000-hectare Kleinvlei Farm, which was established by Irish settlers who arrived in the early 1800s, making it one of the oldest farms in the region. The land not used for farming has a series of marked trails for mountain biking, walking or running. A perk of staying here as a solo female is that it's safe to hit the sandy trails alone. On a blissful run with golden light breaking over the hilltops, I don't see a single other person.

It might sound like I'm a bit of a misanthrope, but I promise I'm not. I break my self-enforced isolation for breakfast on the main terrace – seared salmon and poached egg on bulgur wheat with baby potatoes, spinach, mushrooms and basil pesto – before joining a group of fellow guests to explore more of the area.

The Cederberg, named after the rare Clanwilliam cedar trees, is a ruggedly beautiful 90-kilometre-long mountain range, its rock tinted rusty orange by iron oxide. It's part of the Cape Floral Region, one of the world's six floral kingdoms, and a Unesco World Heritage Site. The region's 71,000 hectares, designated

我

坐在床上，看著夜幕逐漸褪去。山巒在晨光熹微中乍現，淡藍色的薄霧縈繞山頭。一抹紅霞照亮雲端，連綿起伏的山脈、赤色的泥土和灌木叢瞬間染上一抹緋紅。我站起來，赤足踏上露台冰冷的混凝土地板，吸一口南非南部原生植物凡波斯的甜香氣息。清晨時分，雀鳥啁啾，微風拂過長長的乾草。四周萬籟俱寂，其他住客猶在夢鄉，獨我一人坐看紅霞。

我居於開普敦，為迎接32歲生日，決定駕車向北行數小時，到塞德堡獨遊數天，作為犒賞自己的假期。不少人對獨處感到渾身不自在，我卻樂在其中。一個人旅行是洗滌身心的良藥，能夠梳理好紛亂的思緒。假如你把持得住，將手機調校至飛行模式，更有助隔絕負面的外界刺激。此時此刻，我感到身心平靜愉悅。

我下榻的Cederberg Ridge Wilderness Lodge旅舍於去年10月開業，共有九間客房。它坐落於佔地3,000公頃、區內其中一家歷史最悠久的農場Kleinvlei Farm，由19世紀初移居當地的愛爾蘭開拓者開發。農地以外可見許多有標記的山徑，讓人踏單車登山、遠足或跑步。這條鋪滿砂礫的山徑十分安全，獨遊的女生大可放心。我在這怡人的環境中跑步之際，燦爛的陽光灑落山頭，舉目無人。

這麼說我好像有點遺世絕俗，但這並

非我的本性。結束「自我隔離」之後，我前往主露台享用早餐，嚐過香煎三文魚及水煮蛋配小麥碎，佐以小馬鈴薯、菠菜、蘑菇和羅勒青醬的滋味後，便與其他住客結伴同行，一起深度遊覽。

塞德堡山脈連綿90公里，地勢崎嶇不平，風景壯麗，氧化鐵令石頭鍍上鐵銹橙色。山脈以稀有的克蘭威廉雪松命名，其所在地為開普植物區，是世界六大植物區系之一，亦是聯合國教科文組織認證的世界遺產。區內71,000公頃土地劃作塞德堡荒野保護區，屬政府轄下的保護區域。克蘭威廉是該區的主要城鎮，於1808年正式建成，是南非最古老的城鎮之一。原始的群山加上漆黑夜空，令山區予人更遺世的感覺。

丘壑嶙峋的塞德堡是開普敦人的旅遊勝地，反之海外旅客卻較少踏足。然而，這裡其實森羅萬象，不單擁有漆黑夜空和夢寐以求的寧謐環境，亦是戶外活動的樂土，而且其歷史引人入勝，可追溯至數千年前。

此地被歐洲殖民者佔據前，以狩獵和採集為生的薩恩人及以畜牧為生的科伊科伊人曾先後在此定居，這些南非原住民現時主要居住在博茨瓦納及納米比亞。塞德堡是南非境內觀賞薩恩人岩洞壁畫和雕刻的四大熱點之一，最古老的遺址擁有7,000多年的歷史。

為了進一步探索，我們跟隨導遊David參觀Sevilla Rock Art Trail岩石藝術徑。◎

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ONE OF MY FAVOURITE THINGS ABOUT SOLO TRAVEL IS HOW RESTORATIVE IT CAN BE
一個人旅行是洗滌身心的良藥

No distractions

Solo contemplation, nature and fine dining in the remote beauty of the Cederberg Ridge Wilderness Lodge

心無二志

Cederberg Ridge Wilderness Lodge
旅舍位處一隅，風景怡人，不論獨自靜思、欣賞大自然或是享用高級餐膳均是賞心之舉



the Cederberg Wilderness Area, are government-protected. Its main town, Clanwilliam, is one of the oldest in South Africa, officially founded in 1808. And with its raw, mountainous landscape and inky night sky, the area feels much more remote than it actually is.

While the Cederberg is a firm favourite of many Capetonians, fewer international travellers make it up to these rugged, wild mountains. Yet the area is so rich: as well as being an outdoor activity playground with dark skies and deep pockets of much-craved silence, the area has a long and fascinating history, extending back thousands of years.

Before European colonists arrived, this area was inhabited by the San hunter-gatherers and later the Khoi pastoralists; the first people of Southern Africa now mostly live in Botswana and Namibia. The Cederberg is one of the four hotspots of San rock art in Southern Africa, with the oldest known site dating back around 7,000 years.

To learn more, we embark on the Sevilla Rock Art Trail with our guide, David, who was trained as part of a Clanwilliam-based project started by Palaeolithic archaeology professor John Parkington. The nine rock art sites are found in sheltered parts of the rock face or inside caves, painted onto the orange rock in red and yellow (ochre), black

(charcoal) or white (clay). It's extraordinary how well they've lasted – and that it's only our small group on the trail today.

The first painting depicts a trance dance, David tells us. The dance, still practised by some San communities today, is a ritual for healing, or sometimes for rain. Another site shows a hunting scene. David explains that to hunt – the San would run down their prey – 'they must actually become the animal'. We see artworks of elands, the largest antelope in Southern Africa and one of the most important animals for the San; a red delicately painted zebra or quagga (a partially striped zebra subspecies that died out in the nineteenth century, but was recently bred back into existence); a yellow bat-eared fox; women (distinguished by their massive buttocks) dancing, probably at a girl's initiation ceremony; and an elephant, painted before they were hunted out of the region.

The little town of Clanwilliam is also steeped in history, albeit more modern. The Clanwilliam Museum details how it became settled by the English and Irish, who drove out or killed most of the San, and the subsequent development of the town. After looking around the museum, we sample some rooibos tea; the Cederberg is the only place rooibos grows. There's high-altitude wine here,

The land before time

The Sevilla Rock Art Trail (top and middle); a carriage from the Clanwilliam Museum (right); a Rooibos bush in bloom (left)

歷史足跡

Sevilla Rock Art Trail 岩石藝術徑（最上圖及中圖）；克蘭威廉博物館展出的馬車（右下圖）；盛放的灌木植物 Rooibos，它是國寶茶的原材料（左下圖）

too – Cederberg Wine, about an hour across the mountains from Clanwilliam, produced their first vintage in 1977. At their tasting room, I try a dry crisp sauvignon blanc and a soft, slightly oaky cabernet sauvignon.

On my last evening, after watching a candyfloss-pink sunset and enjoying a delicious dinner, I spend a while on my patio admiring the stars. There's the Milky Way, a glittering smudge across the dark sky. Some of the stars I can see may already have died, such a long time does it take light to span the vast distances between us. It seems the past is everywhere here in the Cederberg. But alone in its quiet peacefulness, I feel thoroughly grounded in the present. ■

他曾經參與專研舊石器時代的考古學教授 John Parkington 在克蘭威廉開展的研究項目，接受導賞培訓。九個岩石藝術遺址位於不受風吹雨打的壁面或山洞內，橙色石壁繪有分別以赭石、木炭和黏土為顏料的紅黃色、黑色和白色的圖畫，壁畫保持完好，令人讚歎，而且這天就只有我們這一組導賞團，可以輕鬆自在遊覽。

根據 David 的解說，第一幅壁畫描繪的是一種祭神舞蹈。這種舞蹈既是治病儀式，亦可以祈求天降甘霖，部分薩恩族群至今仍保留這習俗。另一個遺址則繪有狩獵的場面，David 解釋薩恩人會追捕獵物，而為了狩獵，「他們必須成為那種動物」。壁上有旋角大羚羊的圖畫，牠是南非體積最大的羚羊，亦是薩恩人最重視的動物之一。另外還有一頭畫功細緻的紅色斑馬或斑驢（19世紀絕種的斑馬亞種，只有前半身有條紋，近年人工繁殖復育成功）、一頭黃色大耳狐、一群估計是在少女成年禮上跳舞的婦女（靠畫中人的豐聲來推斷），以及

一頭大象，成畫之時，大象仍未因狩獵而在區內滅絕。

克蘭威廉小鎮亦不乏濃厚的歷史氣息，當然沒有那麼遠古。克蘭威廉博物館詳述英國人和愛爾蘭人為定居當地，驅逐甚至屠殺原住民薩恩人的黑歷史，以及小鎮其後的發展過程。參觀過博物館，我們淺嚐南非國寶茶，這種植物只生長於塞德堡山上。區內亦出產高海拔葡萄酒，Cederberg Wine 酒莊離克蘭威廉群山約一小時車程，1977年釀製出第一批年份酒。我在酒莊的品酒室細味爽口的白酒 sauvignon blanc 和圓融且微帶橡木味的紅酒 cabernet sauvignon。

旅程的最後一晚，我欣賞過粉紅色的晚霞後，享用了一頓美味的晚餐。最後，我在房間的露台上觀賞星空。那道橫亙於夜空中的閃爍銀河，有幾許星星或已不復存在，它們最後的星光經過漫長的光年才到達地球。塞德堡彷彿仍活在過去，但獨自寄身於這片萬籟俱寂的天地中，我的感覺卻是活在當下的踏實。■



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