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**CRUSHING
THE GYM MYTHS**

MAXIM MAGAZINE 4.99 USD



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The USN logo features a stylized infinity symbol or interlocking loops to the left of the letters "USN" in a bold, white, sans-serif font, all set against a blue rectangular background.A handwritten signature in black ink, appearing to read "Robert King", is positioned in the top right corner of the page.

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Tom Coleman

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Alessandra Ambrosio: Our Snow Angel in Aspen

It's no secret that I'm much more of a mermaid than a snow queen—but after my first time skiing a few years ago in Argentina, I was hooked! There are lots of places in the world to ski (and snowboard; I love them both) but Aspen is one of my favorite places because it's so magical. They say it smells like Champagne in Aspen, but for me it's exhilarating and clean and promises adventure. It's the perfect blend of rustic and luxury. I'm fortunate to have a dear friend with a house there, so last time I was in Aspen over spring break he insisted we visit the places where the locals go.

Here are some of my favorites, including the three most romantic. After all, with Valentine's Day coming up, this is a great place for an intimate weekend getaway! So pack your warm clothes and skis, and get ready for snow!

Buttermilk Mountain

There are over 300 ski trails in Aspen, with varying degrees of difficulty and elevations of almost 13,000 feet, which means my whole family can go and have a blast. Buttermilk is perfect for beginners! (It's also known for its 22-foot superpipe and X Games-inspired course.) So clip your GoPro Hero5 to your ski mask and watch the videos when you're back home and toasty warm—or sitting around the fire pit at the St. Regis!

The St. Regis Aspen Resort

One of the grand hotels at the foot of Aspen Mountain, this is my go-to for après-ski. It's a fast-paced world, and we need a little 19th-century charm!

Shadow Mountain Lounge, with its elegant fireplace, is my favorite place to enjoy cocktails with names like Glitz & Glamour and Starry Night. (The mint in the Starry Night captures the breathtaking feeling of looking up at the sky when it's clear.) If you're more adventure-

some, you'll want to try the Prohibition-era cocktails. I love the St. Regis Hot Chocolate, and I find it hard to resist an artful tequila cocktail like the Spiced Margarita with jalapeño and ginger beer.

It's also fun enjoying dinner or hot chocolate or a glass of wine around the warming fire pits. And looking up at the stars, of course. The warm kale salad is delicious at dinner in the St. Regis' the Portal @ TQD, but my favorite part is the desserts. They change the menu seasonally, but my guilty pleasures are the zeppole (Italian-style doughnuts with balsamic strawberry jam and dark chocolate), the cherry clafoutis, and the chocolate pot de crème with honey and cardamom.

Remède Spa at St. Regis

If you find yourself with some extra hours, have jet lag, or need to acclimate to the altitude, this is the place. Love the steam cave with eucalyptus and the oxygen room—and the massages are great!

Private Sleigh Ride with Aspen Carriage and Sleigh

It really is like stepping back in time to take an elegant carriage through this historic mining town, and then a sleigh through forests and meadows and along the river. It's thrilling to ride by sleigh over the snow, by day or by night. Romantic for two, but you can also take the whole family. One of my most memorable experiences in Aspen! (I loved stopping in the pine forest to have hot chocolate and apple cider!)

Explore Booksellers

If you like the idea of a latte or chai while you browse books, this is the place! Where else can you find an indie bookstore in a historic Victorian home that's also a bistro?

Matsuhisa

My favorite sushi chef in L.A. also has a res-

taurant in a Victorian house on Main Street in Aspen. There's a beautiful dining room with a natural walnut cocktail bar downstairs. Nobu's artistic signature menu! It's kind of my home away from home!

White House Tavern

It's tiny and not glamorous, but totally charming—it was originally a miner's cottage built at the turn of the century in a Gothic style, and my friend in Aspen insisted we go for lunch!

Cache Cache

My friend tells me Cache Cache has been around since 1987, and it's only gotten better since they've been using local ingredients and expanded their glorious wine list. Worth a visit to experience the passionate, global vision of the sommeliers.

The romantic three!

If you're heading to Aspen for Valentine's Day, here are my top recommendations:

Beano's Cabin

In the winter, the only way to get to Beano's Cabin is a 20-minute open-air sleigh ride wrapped in warm blankets pulled by a snowcat. Snuggle up!

Pine Creek Cookhouse

It's your call on how to get to this log cabin at the base of Elk Mountain Range for a romantic evening. You can ski, snowshoe, or go by sleigh, so of course we took the horse-drawn sleigh ride on the curving mountain road by moonlight, under the stars.

The Living Room at Hotel Jerome

Coffee in oversized chairs, or curled up on cognac-colored sofas with big pillows in front of the wood-burning fireplace. I love it for quiet conversations...and for the tacos. You might even forget to check your iPhone.



ADVENTURE

SNOW MONSTER

Ski-Doo's latest snowmobile devours the world's scariest slopes





A fresh snowfall has a way of instilling a sense of peace and tranquility into the natural landscape. That is, until you hop on the Summit X 850 E-TEC, the latest snowmobile from Ski-Doo. Designed specifically for steep slopes, its Rotax engine pumps out 165 horsepower with 30 percent quicker throttle response than previous models. Even the seat of the Summit X 850 E-TEC has

been made with mountain riding in mind. Comfortable enough for long trail rides, the mountain seat is purposefully compact, enabling gymnastic powder riding and maximum mobility for ascending the tallest peaks. Brembo brakes and HPG Plus shocks mean this machine can tackle the most impossible terrain.

—Keith Gordon

WILD WINTER

Conquer the cold with this mountain-ready equipment





No 5



No 6



No 7



No 9



No 11



No 10

1. X-U compact digital camera, LEICA. 2. Morrison Pro Model gloves, HESTRA. 3. MOD5 snow helmet, OAKLEY.
 4. Multi-tool, SHINOLA + LEATHERMAN. 5. Command goggles, NIKE. 6. 2090 Mountain Pro Evo GTX RR boots, ZAMBERLAN.
 7. T600 Talkabout H2O two-way radio, MOTOROLA. 8. Revo Explore snowshoes, MSR. 9. Shaxe Avalanche shovel and axe, BCA.
 10. Pitch 40 pack, MYSTERY RANCH. 11. Space Station tent, MOUNTAIN HARDWEAR. 12. Vermont Classic mountaineering sunglasses, JULBO. 13. Fenix 5 watch, GARMIN. 14. Grade VII down parka, PATAGONIA. 15. Skis, FOIL.

BEST IN BLACK

Battle-tested equipment for the modern adventurer

Dodge Challenger

If there were a Mount Rushmore of American muscle cars, the Dodge Challenger would no doubt be carved in it. Now, with styling cues taken from the legendary 1971 model, the 2017 Challenger has taken this uniquely American category to an entirely new level. There are 10 new models to choose from, including the T/A 392, with a 6.4-liter Hemi V-8 producing 485 horsepower, and the SRT Hellcat, with a supercharged, 707-horsepower Hemi that makes it the quickest and most powerful production muscle car ever.

The basic Challenger SXT starts at just over \$27,000, but the real game changer—the Hellcat—runs for around \$64,000. That's still a bargain, though, considering your only competition on the road will be Italian supercars that cost four times as much. Stick-averse drivers can choose a TorqueElite eight-speed automatic gearbox, but true motorheads will opt for the six-speed Tremec manual transmission for extra control. This beast sits atop low-profile 20-inch forged aluminum slingshot wheels. —Keith Gordon



Husqvarna Svartpilen 401

The Svartpilen—which means “Black Arrow”—is part of Sweden-based Husqvarna’s RealStreet line of bikes. With a 44-horsepower engine, a lightweight-steel trellis frame, and an upright riding position, the Svartpilen 401 is eminently functional. However, its stunning design and elegant rear suspension make it clear the Swedes haven’t forgotten form, either.



DJI Inspire 2

DJI’s Inspire 1 was the first drone to combine a 4K camera, a 360-degree rotating gimbal, and an HD video transmission system. With the Inspire 2, the Chinese manufacturer has staked its claim as an industry leader by improving imaging quality, extending flight time, and adding intelligent flight modes, which means even a novice can produce professional-quality images.

Craftsman 20-Inch Gas Chainsaw

Powered by a strapping 50-cc motor, this 20-inch chainsaw balances power and comfort with remarkable durability. An anti-vibration wraparound handle reduces user fatigue and discomfort, while durable steel construction and an automatic oiling chain ensure that the chainsaw will topple any tree.



GoPro Hero5 Black

The GoPro Hero5 Black features 4K video at 30 frames per second, razor-sharp 12MP pictures, voice control, and the ability to auto-upload photos and video to the cloud. Waterproof up to 10 meters, this camera possesses advanced wind-noise reduction and professional-grade electronic video stabilization. In other words, it can take anything that you—or Mother Nature—throw at it.



Hublot Big Bang Unico All Black Sapphire

The Big Bang Unico All Black Sapphire brings Swiss style and world-class craftsmanship to your wrist. With a polished and smoked sapphire crystal case and transparent composite-resin skeleton dial, this timepiece is an elegant fashion statement paired with precision timekeeping, courtesy of Hublot’s self-winding chronograph flyback movement.



VIEW FROM THE TOP

VANQUISH ALL FOES

*Aston Martin and Zagato's latest
supercar is the peak of automotive
partnerships*





Some automotive collaborations stand above the rest. Ford and Shelby come to mind, or the long-standing romance between Ferrari and Pininfarina. But few have excelled like the tandem of Aston Martin and Italian coach-builder Zagato, beginning with the sublime early-1960s DB4 GT Zagato racecars, one of which sold at auction in 2015 for \$14.3 million. Now the partners have outdone themselves with the 2017 Vanquish Zagato Volante.

The open-top version of the Vanquish Zagato Coupe, the Volante features Aston Martin's aluminum-alloy V-12 engine, which harnesses 592 bhp to launch the convertible from zero to 60 in a projected 3.7 seconds, topping out in the neighborhood of 200 mph. The car boasts carbon-ceramic brakes—which are necessary to maintain

control while braking at those speeds. With a price tag of around \$850,000 and a strictly limited production run of 99 units, the Volante appeals to that rarefied club of supercar collectors who demand exclusivity and maximum performance.

If a limited-edition Aston Martin still isn't unique enough for you, the automaker provides as standard certain luxury features like anodized bronze detailing, herring-bone-patterned carbon fiber, and leather from Bridge of Weir, a Scottish tannery that outfits the top European carmakers and shipbuilders. It also stitches the Zagato "Z" into the seats, doors, and dashboard. The result is a ride fit for Aston Martin's most famous customer, 007 himself. —Keith Gordon

THE STARSHIP ENTERPRISE

We take a look at the Triumph Rocket X, something so exclusive that only five ever reached South Africa



The original and first Triumph Rocket was launched in 2004. It had ongoing development and changes over the years to the current Rocket III, and now the Limited Edition Rocket X that was launch in 2015 - which is the biggest, meanest and baddest version they have made to date. With only 500 made worldwide, each unit is individually numbered on a billetted aluminium side panel name badge - giving the owner that ultimate status and ride exclusivity that you just don't get often anymore.

Somehow, though, with this bike it didn't get the exposure and limelight it could have, and that might be due to the limited nature of its production. I am sure without lifting a finger, Triumph had all 500 accounted for as they made the announcement. And so, the need to adver-

tise and make a spectacle in the media and publications just didn't happen. It's one of those bikes that was known to those that needed to know, and they moved fast and secured their 1 of 500. Five of the Rocket Xs made their way to South Africa, and because I wasn't a part of the hype in 2015, I missed out. I am fortunate enough to know Rob Milne, the lucky owner of one, and here in the present of 2017 I got my hands on his 451 of 500 for some studio time and a much-anticipated ride.

When the Rocket X arrived at the studio, the first thought that went through my mind was "Wow, it's massive!". And at 367kg for a bike, massive is as accurate a description as you will get. With its 2294cc, three-cylinder engine sitting in line with the chassis, the Rocket X is home to the world's

largest production motorcycle engine. Delivering a 221Nm sledgehammer of torque at just 2750rpm, the Rocket X delivers meaty low down torque and acceleration like you have never felt before. But before I get into the ride, I want to just run through how awesome the styling and look is. Even though it's a big bike, it looks good. The way that it's been put together - paintwork and blacked out parts all over, just works so well in creating an overall badass-looking machine. There were, however, a few small cosmetic details that could have been done better, like the lights and indicators. A lot of bikes today have clear or frosted out coverings, and only when the light is on or indicators are active do you see orange or red. On a full blacked out bike, the effort they went through to get that overall look and

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Photo: Focus Pollution

BRADICAL!

BRAD BINDER – MOTO3 WORLD CHAMPION 2016

The Red Bull KTM Ajo rider and Red Bull Rookies Cup graduate has shown the heart of a lion and unrelenting determination to dominate the 2016 Moto3 FIM World Championship on his KTM RC 250 GP factory bike.



KTM FACTORY RACING



Please make no attempt to imitate the illustrated riding scenes, always wear protective clothing and observe the applicable provisions of the road traffic regulations! The illustrated vehicles may vary in selected details from the production models and some illustrations feature optional equipment available at additional cost.



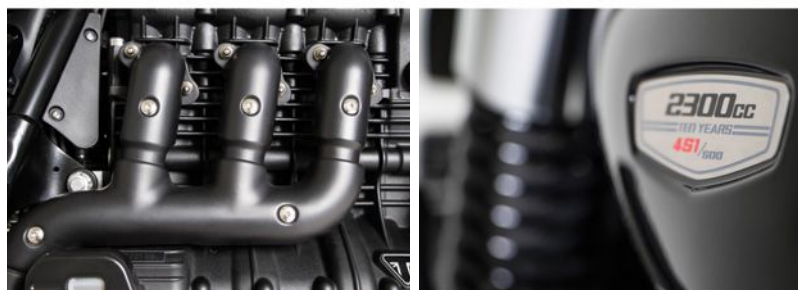


feel, I feel that the indicators and brake light didn't get the memo. That said, those aren't massive issues and can be easily fixed with some Rizoma or Litech aftermarket parts.

The time in studio though was great, and offered a lot of time to take in the visual beauty of the bike and just awe at how massive and planted it looks from all angles. The Rocket X had some very cool asymmetrical features that were catching my eye, features caused by the placement of the three-cylinder engine and what that placement did to the tank as well as the side views of the bike. It was just so interesting to marvel at the build and design, and the more you looked at it, the more you appreciated how unique and beastly it was.

So, in preparation for the days of road tests, I was met with day after day of rain. I put off going out just because I had been told a thing or two about how heavy the Rocket was, and how unwilling it was to turn around slow and or tight bends. When the Sun finally came up, I prepared to set off. Before I test a bike, I like to start them up and let them idle for a while, listen to their sounds and then sit on them to get a feel for their build and seat placement. When I first sat on the bike, I had a slight urge to start my ride with 'captains log, star date 2035...' The Rocket X is vastly different from anything I have ridden before, and as long and massive as the wheelbase was, it also just felt so planted and comfortable. As I started riding, I noticed instantly the insane levels of torque, the pull at even one RPM was just mind-blowing. I haven't felt low down power like that before, I think the bike has more chance of falling over at low speed than it does stalling. It finds torque right from the start and takes the cruising pleasure off the charts. I didn't battle as much in traffic circles and tight bends as I thought I was going to, and honestly, it isn't as hard to manoeuvre as one might think from its visual size and apparent weight. That said, it isn't a supermotard and you are not going to bob and weave through tight traffic. By build and nature, this bike was made to tour and cruise and it does that in comfort and ease. A long road trip on this bike would be a comfy ride of scenic pleasures. I did find it took some time for me to get used to the size of the bike through traffic, and so, if you happen to own one of these there would be some adjusting to be made if you were going to use it day to day to commute on. However, I even had the same feeling on the X Diavel S.

So, is it practical and conventional? Definitely not. Is it desirable because everything about it is so different and limited? Well yes, and that's why it is what it is and was made to be so special and sought after. - Gavin Perry





COGNAC GETS BACK IN THE GAME

The world's leading brandy makers are attracting new customers by stealing ideas from an old rival: whiskey

Cognac is gunning for its turn in the spotlight, but first it has a reigning champion to unseat. Whiskey has dominated the luxury spirits world for a decade with long-aged products and experimental offerings. But the iconic producers of French brandy are starting to replicate whiskey's success by changing their way of doing business.

In the world of aged spirits, cognac remains somewhat of a mystery. While whiskey makers regularly print age statements and explain cask finishes, most bottles of cognac, which is a specific type of brandy, are packaged with little more than a couple of letters from the cryptic "VS, VSOP, XO" grading system.

Cognac ages many of its products for decades, but XO only covers brandies that have aged a minimum of 10 years. Part of learning from whiskey means going beyond the grading scale, and telling people what's actually inside the bottle.

We already know more than that about the most exclusive cognacs. The legendary Louis XIII by Rémy Martin, a blend of cognac at least 40 years old, traces some of its blend back to the midcentury. Martell's Premier Voyage, of which just 300 bottles were released in 2015, included cognac from 1868.

But particulars are starting to trickle down to bottles for the everyday consumer as well. Hennessy labels many of its products with more age information than is required by law. Their VS, for example, is aged up to eight years. Bache-Gabrielsen has also begun sharing age statements on many of its products, some of which, like the VSOP, are just six to eight years old. That level of transparency gives whiskey drinkers a frame of reference if they're up for trying something new.

But Bache-Gabrielsen didn't stop there. Instead, they went on to challenge whiskey's other strength: experimental products. Last year Bache-Gabrielsen shocked the industry with the first cognac ever aged in American oak. (Martell has debuted something similar since.) The elixir rests for a minimum of six months in new American oak barrels from Tennessee. The result is unequivocally delicious.

We can expect to see many more trends and experimental products. Unfortunately, centuries of secretive tendencies are still hard to break. But hopefully the snowball has started to roll, and it will bring cognac down to the village.

—G. Clay Whittaker







CRUSHING THE GYM MYTHS

A photograph of a gym interior. In the foreground, a woman with dark hair tied back is seated on a silver gym machine, wearing a light grey tank top and black leggings, and is performing a chest press. In the background, a man with a beard is seated on another similar machine, wearing a black tank top and light grey pants, also performing a chest press. The gym has a clean, modern aesthetic with wooden accents on the walls and various pieces of exercise equipment.

Finally, you can breathe a sigh of relief. The new year “resolutionists” have left the gym, and you have the bench back to yourself.

Text by TASHA PIENAAR



Over the past few weeks you have had the misfortune of listening to the newbies professing to know every finer detail of exactly how to do that bench press, and exactly what foot placement targets which muscles. Some of these “theories” may have caught your attention but before you go about crunching your way down the road to abs and obliques, it’s only fair to debunk the training myths.

You can get a 6-pack by doing certain types of exercises.

How about “no”. The saying “abs are built in the kitchen” is the truth. You can sit up until the cows come home but if you are taking a bite of a donut every time you do it you are not going to see anything.

Higher reps are the best way to get definition.

A common misconception - especially among the ladies - is that lighter weights are the way to go. Taking it a step further, people also tend to believe that as long as you are repping out to the point of fatigue that is what counts. It does not. The hormonal responses in your body are different when you are doing 30 reps with a 4kg dumbbell as opposed to 6 reps with 15kg. More definition comes from lower body fat, which means cutting some calories.

You can’t be lean all year round.

Oh yes you can. But many people are constantly on the hunt for more - bigger, bulkier, better. In order to achieve your goals of being bigger you are going to have to increase your calories to gain more muscle, but this can be managed properly so that you don’t get that ballooned “I’m bulking bru” look. Being lean takes a lot of discipline and dedication which in turn affects other aspects of your life such as socializing, especially around the party seasons and winter months.

You can eat what you want as long as you train hard and take fat burners.

Repeat after me: You cannot out-train a bad diet. Again. Once more. You can certainly try (I have) and while harder training does lessen the punch of the pizza you had last night, it still doesn’t diminish the effects completely. Fat burners will certainly increase your energy, which will should in theory make your training more intense.





Most dedicated athletes who use fat burners do so to target the stubborn fat that is the last to go.

Weight training is bad for your joints.

And slapping your feet onto the hard tarmac isn't? Lifting weights is controlled, it is non-impact, and if anything it increases the health of your joints because it strengthens the ligaments that hold them together. There have been various studies disputing this myth so if you are wondering, just stop.

It's better to work one muscle group a day.

Guilty. And currently changing my program as we speak. Hearing the newbies refer to "leg day" and "shoulders day" is not necessarily wrong, but the beauty of weight training is that you can mix it up. Just bear in mind when planning your program that includes biceps, hamstrings and calves that muscles generally take about a day to recover so make sure that you give that group a rest the next day.

You can target where you want to lose fat and train specifically for that.

Not happening. Fat loss is an all over process and your body will start losing fat in some areas before others. Generally, the last to go is the stomach and that is ironically the first place that people want to lose fat. As previously mentioned, the diet is key to getting rid of fat. Your training accelerates it and builds the muscle underneath

for that proud moment when you shed those last few kilograms, and you have a physique to die for already waiting underneath.

You only burn fat when you are in your fat burning zone, measured by your heart rate monitor.

Also not true. Ever hear of the metabolic window? That's the time after your training where your body is still burning fat. The body is an amazing machine that will keep eating at your fat stores long after you have left your high intensity sprints on the treadmill. The key again is to keep eating food that will fuel this process and assist in getting rid of those bulky fat stores.

You should train fasted if you want to burn more fat.

This is a highly debated topic because many believe that this may be fact, yet the truth is yes, you will burn fat - along with muscle. Your body requires energy to work and if it doesn't get the required amount of protein and either fats or carbs before your workout, it has no choice but to target the areas that do have the energy - even if it is stored in your muscles. So yes, you may lose some fat but the risk of losing the muscle that you have worked so hard for is too high. With a well-managed eating plan put together by a coach or trainer who knows what they are doing, you avoid running the risk of burning muscle if you train fasted. Yes, your scale will go down - quite dramatically - but that is because muscle weighs more than fat.



“WHAT SUP?”

There is much debate nowadays on which supplements gym-goers should be using. “No, bro, creatine is the way to go,” “Use a fat burner,” “Pre-workout is all you need”. Opinions. Opinions everywhere, yet no one actually knows how important they are.

Text by TASHA PIENAAR



Andy Morgan from Ripped Bodies is on point with his explanation, “Cross your eyes and imagine a pyramid as one huge, layered cake with a little red layer at the top which is a cherry. Now, if the first four layers are made of mud, excrement, snot, and sawdust respectively, is that cherry going to make a difference to the taste?”

First things first, your calories. You need to work out exactly what you need to be eating to reach your goal of gaining muscle or losing fat. There are many online calculators to help you work out what your calorie intake needs to be, and this is also determined by how active you are on a daily basis.

Next is determining your macros, the ratios of carbs, fats, protein, again entirely dependent on your goals of either cutting or bulking.

Then comes the micronutrients (your vitamins and minerals). Your multivitamins will not make up for the nutrients you may lack, but rather enhance what you are consuming. So, if you aren't up to scratch with your fruit and veg, then that multivitamin is practically wasted. Also, remember to keep your water intake high, along with your fibre, calcium, and magnesium.

Meal timing. Again, everyone claims to be an expert when it comes to this, yet few really know what this really means. Since this is second from the top of our pyramid of importance, the timing of what you eat isn't as important as what you are eating. Yes, there is most certainly a window of opportunity after your training in terms of your carbohydrate intake. There are many theories

about the glycogen being needed to replenish your muscles after a workout, which definitely have some merit, however, this nonsense of “no carbs before bed” is just that, nonsense. If you find that carbs make you lethargic, then use this to your advantage and have them with your dinner. Referring back to everyone being an expert on this topic, it really boils down to personal preference. If you feel that you need carbs pre-workout and this fits into your daily allowance, then that's up to you. Similarly, if you feel that fasted training is the way to go, then that's what works, for you.

This brings us to the final point, the crux of this article and the top of the pyramid, the supplement element of your healthy lifestyle. Let's say that protein is a prerequisite in anyone's diet, whether they are working out or not. For the avid gym-goer, however, it is in a convenient powder format that is ready to go, not requiring any cooking or prep other than water. I am referring to the added extras that you will find stacked floor to ceiling in the supplement shops. Between the fat burners, the CLAs, the testosterone boosters, there is naturally going to be some confusion as to what you should be taking.

So, here's a bit of advice, there's a reason why people tend to leave the glazed cherries for last when having that cake. Get the main elements of your diet right before relying on the latest promises from supplement houses, because that chocolate-flavoured shake is not going to give you that 6-pack you are looking for.

Supplements will enhance the effort you are already putting into your lifestyle. Creatine will increase the intensity, a fat burner will help target those stubborn areas, and pre-workout will definitely give you the pump and motivation you need to get yourself into the gym in the first place. So, when you become the proud owner of the latest gym stack on the market, make sure that the other aspects of your healthy lifestyle are in place, too, because the added benefits of supplements will make sure your work pays off.



With so many different supplements on the shelves, it's difficult to know exactly what you should be buying.



A woman with a muscular physique is lying on her back on a sandy beach. She is wearing a bright red bikini. Her skin is glistening with water. In the background, there are waves crashing against dark, jagged rocks under a clear sky. The overall scene is bright and sunny.

SAVANNA REHMI

This jet setting beauty has a soft spot for tattooed, muscular men.

*Photography by RYAN DWYER
Booked by MAINSTREET PRODUCTIONS
Text by GHIA TEN DOESCHATE*



Where were you born, and do you have siblings?

I was born in Pontiac, Michigan. And I have a big combined family.. I have 1 full brother, 1 step sister, 2 step brothers, and 1 half sister and 1 half brother. So total there are 7 of us.

Tell us a bit about yourself.

I live in Southern California. I love working out and going dancing with my friends. And in the summer you will probably find me spending most of my weekends at a Vegas pool party.

How long have you been in the modelling industry?

I just started modeling about 6 months ago... I was in a swimsuit competition where I was told that its something that I should considering looking into. So I got in touch with some really great photographers who taught me how to use Instagram to market myself and my Instagram page @Queen_Rehm has blown up!

What made you decide that modelling was the career for you?

I just have so much fun when I'm shooting. I feel like a little girl playing dress up.

Did you pursue any studies?

I'm also a hair dresser and eye lash extensionist

What do you look for in a man?

Physically I like a man with big muscles! I love the hard work and dedication it takes to get that... very sexy! Also tattoos are a plus! But I like a man who can be protective and loving, someone who can make me laugh, and I can be 100% myself around them.

What will send you running for the hills - in terms of men?

I really dislike arrogant men and guys who are cheaters.

This year is almost over, but what are your goals for 2017?

I want to continue growing in my modeling career and hopefully release my own calendar at the end of the year.

What is your favourite life quote?

"Be yourself. People don't have to like you, and you don't have to care."

Modelling comes with many perks - one of which is travel. Where is the most exotic location you have been?

I just was in Paris last October for the first time. That was definitely the most exotic and romantic place Ive visited so far.

Tell us about the most embarrassing experience you have had during your career?

Trying to be athletic during a photoshoot haha! I attempted to roller skate and later play basketball, while in a thong bottom.... Not one of my finer moments.

Describe your ideal date.

I like when a man can be a gentleman. Someone who opens the car door, buys you flowers, and can be creative with planning. Its sweet when a man puts a lot of thought and effort into the date.

Off the top of your head, what are the fool proof ways to get your attention?

I can be pretty oblivious to things sometimes so if you want to get my attention you have to be direct with me.

What do you do to unwind, or in your free time?

Exercise is a great release for me! Also just staying home and cuddling in bed while watching movies.

Walk us through a day in the life of you?

I wake up and walk my dog, then I'll respond back to emails for my online coaching clients who want the @Queen_Rehm booty building program, I'll then typically work on a couple of my eyelash clients then head to the gym around noon . Then I'll have lunch, chicken and brown rice, and then I'll get all of my errands or cleaning done at the end of the day before I relax at the end of the night with my dinner.

Where is your bucket list destination to travel?

I have so many places I would like to visit! The list is pretty extensive but if I had to list just a few I'd say South Africa, Australia, Costa Rica, Fiji, Israel, and Tokyo.





THE NOTORIOUS McG

Conor McGregor has transformed the UFC with his lethal fists and larger-than-life personality

Text by MITCH MOXLEY

It's fight night at Madison Square Garden—the first ever UFC event in New York State, which had long outlawed the sport—and 18,000 fans, many of whom are dressed in three-piece suits, have paid upwards of \$1,500 per ticket and flown halfway around the world to be here. The energy is palpable, the booze flowing. They've all come to see Conor.

The main event doesn't get started till around 1:30 A.M.: the challenger, "Notorious" Conor McGregor, versus the defending lightweight champion of the world, Eddie "The Underground King" Alvarez. McGregor is the sport's biggest star, a deadly mixed martial artist from Ireland with a big beard and an even bigger personality. He's the undisputed featherweight champion and has bulked up to a new weight class for this fight.

McGregor enters the Octagon draped in an Irish flag, to a soundtrack comprising songs by the Chieftains and Sinéad O'Connor. The crowd—in which the Irish are well represented—is deafening. McGregor's torso is fittingly tattooed with a cartoon gorilla feasting on a human heart; his beard squares his jaw like the blunt end of a hammer. His face, as he approaches the ring, is stoic. *This is business*, it tells us. *Before, in the press conferences, in front of the cameras, that was play. But this is real—and I got this.*

He circles the ring, swinging his arms like lapping waves. They're long for his body; his reach is 74 inches to his opponent's 69. McGregor is the favorite, both of Vegas oddsmakers and of the Madison Square Garden crowd. Madonna is in attendance. Gordon Ramsay. Hugh Jackman.

The fight is never close. McGregor knocks Alvarez down three times in the first round. The crowd chants: *Co-nor, Co-nor, Co-nor*. Round two, McGregor puts his hands behind his back, taunting his deer-eyed opponent. He KOs Alvarez at 3:04 of the second round. Draped once

again in the Irish flag, a microphone is thrust in McGregor's face. "I've ridiculed everyone on the roster," he says, "and I'd like to take this chance to apologize...to absolutely *nobody*."

As McGregor's legion of fans might say, "That's just Conor being Conor." Indeed, the fighter has become as much known for his outsize persona as he has for the astonishing power behind his fists, elbows, and knees. At the press conference before the Alvarez fight, he showed up late wearing a mink coat, boasting, "I predict I rearrange his face" before threatening to throw a chair. But he's much more than just talk. Before UFC 205, McGregor bragged that his total profit in 2016 would be around \$40 million. He is a force of nature, and at 28 years old with a professional record of 21-3, he's just getting started.

McGregor's long journey to the top of the UFC began in Crumlin, a scrappy, working-class suburb of Dublin. But his first love—like that of most Irish kids—was soccer: He supported Man U and played for a local club. At 15, the family moved from Crumlin to Lucan, on the far outskirts of Dublin, where he first took up kickboxing and then boxing. He's always been a fighter; he has said that he has a face that attracts challengers. From boxing, McGregor discovered jujitsu,

and that's where he found his passion in MMA.

With no interest in continuing his education, McGregor began a career as a plumber. He hated it. The work was grueling, the hours long. McGregor saw the toll the work took on those around him—slouched shoulders, bad backs, dead eyes. He'd head to the construction site at dawn, where he'd work for 10 to 12 hours, and then go straight to the gym.

McGregor trained every spare moment he could, booking fights on weekends. He became obsessed with the idea of human movement and



McGregor has headlined four of the highest-grossing gates in UFC history









developed what he's described as an "insatiable appetite for combat." He studied the movements of animals. He learned how to be a predator.

In Dublin in 2009, McGregor attended UFC 93, sitting in the stands as a spectator. He decided then to quit his job and pursue his dream. In a heated argument with his parents afterward, in which he almost came to blows with his father, McGregor proclaimed that by age 25 he'd be a self-made millionaire.

McGregor fought his first professional MMA fight on March 8, 2008. He was raw, but his talent was unquestionable. His coach, John Kavanagh at Straight Blast Gym Ireland, opened the gym at all hours of the night to let McGregor train.

After going 4-2 early in his career, in his seventh fight he knocked out Hugh Brady in just over two minutes. UFC president Dana White caught wind of McGregor's rise, and after the fighter's eighth win in less than two years, he signed the Irishman.

McGregor's first UFC bout would be against Marcus Brimage, in Stock-

holm. But not to Conor McGregor. "My success isn't a result of arrogance—it's a result of belief," McGregor told Maxim in 2015. "My belief is what brought me here; it's my most powerful ally. I knew I'd be in the UFC since I started my career."

Erik Owings, the owner of Mushin Mixed Martial Arts in New York City who has trained MMA fighters like the legendary Georges St-Pierre, says that McGregor's stunningly strong left hand gives him a natural advantage against most right-handed fighters. He also has a gift getting opponents to fight his kind of fight. "When you're watching him, he's corralling you, just like cows to the slaughter, into that left hand."

But Owings doesn't yet count McGregor as one of the all-time greats, like St-Pierre. He's an excellent fighter, no doubt, but he's still got to defeat a few UFC veterans—American Tony Ferguson, for example—to be considered the top pound-for-pound fighter in the world. His popularity is just as much weighted in his outsize personality as his natural talent. "He's a Jedi master in the art of shit-talking," Owings says.



holm. The week before his flight to Sweden he picked up a welfare check for roughly \$235. By the time he returned to Dublin—after knocking out Brimage in just over a minute—he was \$60,000 richer. "Just last week I was collecting the social welfare," McGregor said at the postfight news conference. "I was in there saying to them, 'I don't know what's going to happen. I'm signed to the UFC. I don't know. Blah, blah, blah.' Now I suppose I'm just going to have to tell them to fuck off."

Just Conor being Conor.

Next, McGregor took out Max Holloway. Then he headlined a UFC event in Dublin, where, surrounded by adoring countrymen, he knocked out Brazilian Diego Brandão in the first round. Two more knockouts followed, and McGregor emerged as the UFC's biggest draw.

Despite his furious rise, McGregor's not invincible or unbeatable. He's been hurt. In Boston in August 2013—his first fight in the U.S.—he tore the anterior cruciate ligament in his left knee in the second round of a fight. Yet he still found a way to win. And against the advice of his doctors, he trained in the weeks that followed. He won his next three fights—easily.

In March 2016, McGregor lost to American Nate Diaz when Diaz caught him in a rear choke hold in the second round. But five months later, McGregor came back to defeat Diaz in a brilliant and brutal five-round decision.

McGregor's ascent from suburban warrior to world champion may

seem unlikely. But not to Conor McGregor. "My success isn't a result of arrogance—it's a result of belief," McGregor told Maxim in 2015. "My belief is what brought me here; it's my most powerful ally. I knew I'd be in the UFC since I started my career."

It's true that McGregor is a quote machine, and nobody is immune to his verbal abuse and antics. In October, the Nevada State Athletic Commission fined McGregor \$75,000 for throwing cans of energy drink two months previous in an exchange with Nate Diaz during a prefight news conference. In response, McGregor tweeted, "I get fined more than these bums get paid," and vowed never to fight in Nevada again.

Nowadays, McGregor is increasingly calling the shots. He's headlined four of the five highest-grossing gates in MMA history. His featherweight title fight against Jose Aldo at UFC 194 in December generated a gate of \$10 million. In that fight, McGregor saw a cut of the pay-per-view for the first time.

Next, he has said he wants to fight the best pound-for-pound boxer in the world, Floyd Mayweather Jr.—for \$100 million. According to a video published by TMZ Sports a few days after the Alvarez fight, McGregor boasted, "Tell him I'm coming."

Conor being Conor.

i The Notorious' stats

- Age: 28
- Height: 5'9"
- Weight: 155 lbs
- Professional record: 21-3
- UFC titles won: Lightweight and featherweight
- Quickest knockout: 4 seconds
- Knockout of Jose Aldo for lightweight title: 13 seconds



TELLING TIME

Accessories can be the game changer for any outfit. Check out these few watches we think can be worn at any occasion, with anything.

Jacket, SCOTCH
AND SODA; Jeans,
ZARA; Shoes,
TOMMY HILFIGER;
Watch, PANERAI





Jacket, SUPERDRY;
Watch, UBOAT



Shirt, TOPMAN;
Jeans, ZARA;
Watch, PANERAI

T-shirt, ZARA;
Pants, CARDUCCI;
Shoes, TOMMY
HILFGER





T-shirt, TOPMAN;
Pants, ZARA

Shirt, ZARA;
Jeans, ZARA





Jacket, ZARA;
T-shirt, TOPMAN;
Jeans, ZARA

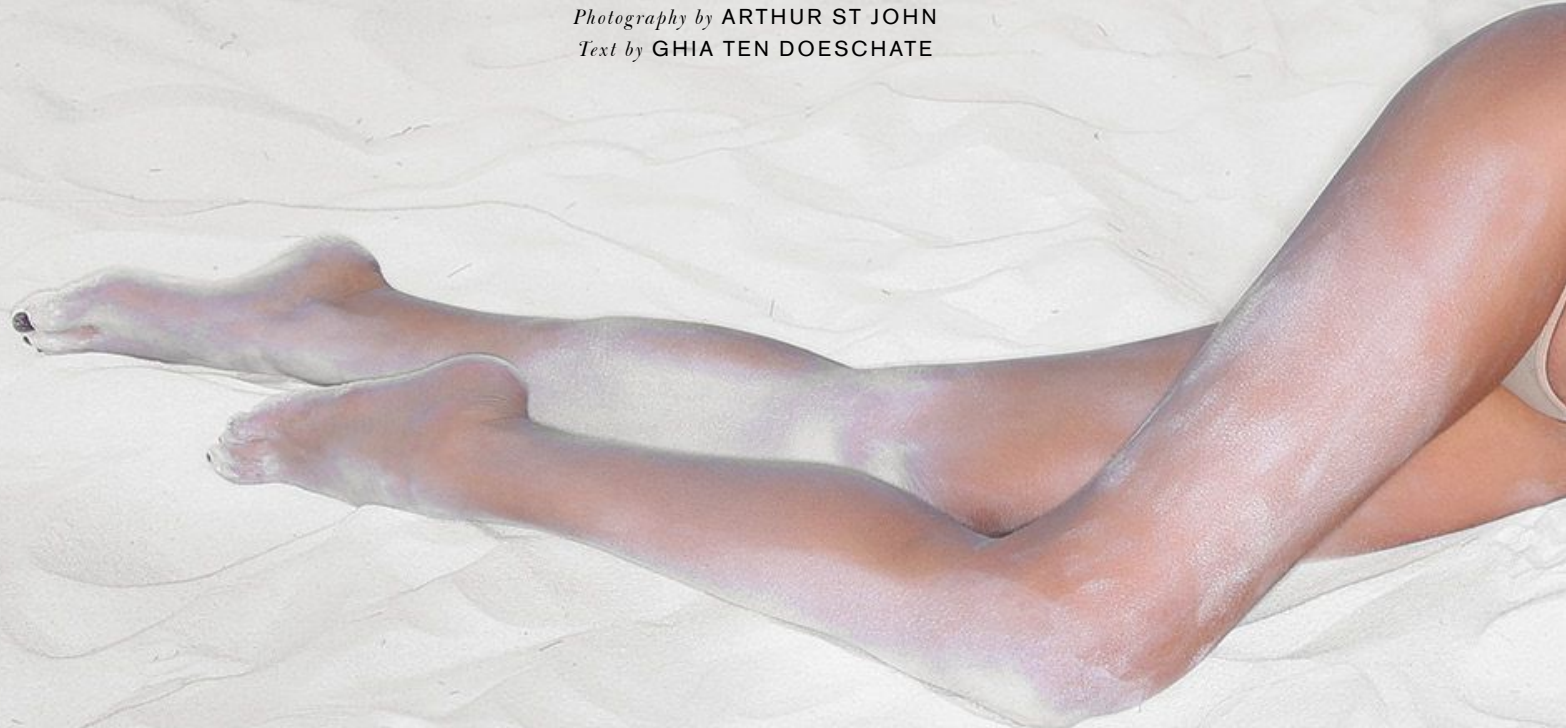
M A X I M

A F R I C A

K I E R A
R I B E I R O

This bombshell globe trotter is all about the finer things in life.

Photography by ARTHUR ST JOHN
Text by GHIA TEN DOESCHATE







Tell us about yourself Kiera, when did you start modelling?

I started modelling as a teen at 14, and I really enjoyed doing runway shows. I stopped at 18 as I began to develop the curves of a glamour model - not a runway model. After that, I worked as a real estate agent for a few years. I also went to a fitness academy and became a fitness instructor. I enjoyed transforming my clients' bodies and making them feel better in their skin, because it really makes me happy to help people as I am a very social person. But ,it was not enough of a challenge for me , so I went back to modelling a year and a half ago- and I really enjoy the model life with all its perks!

Some of my hobbies are working out regularly, hanging out with my friends, going to the cinema, watching Broadway shows, going to museums, and reading books about astrology, psychology and economics. I love meeting new people, travelling to beautiful places and getting to know new cultures.

I really love art. I especially adore the greatest works of famous impressionist painters such as Manet, Monet, Sisley, Pizarro, and the breathtaking paintings of famous Italian artists like Tiziano, Tintoretto, Boticelli and Leonardo da Vinci. I love playing tennis, rollerblading, dancing, listening to music, going to pool parties with my friends and engaging conversations.

I believe in constant self-improvement - physically, emotionally and mentally. I am a summer person and love spending time on the beach and I enjoy boating. I equally love being in a cool pair of jeans and T-shirt or my gym clothes, without wearing any make-up as I love being in my favorite glamorous cocktail dress all dolled up. I am a classy, bright, very friendly, sociable, fun-loving girl, and I have a good heart and a magnetic personality.

What would you say are some of the perks of modelling?

I love the travelling, and being in front of the camera. I also love wearing beautiful dresses and heels. Another great part of my job is meeting cool and interesting people, and being my own boss.

Modelling helps me to always watch my diet and work out regularly so that I can stay in excellent shape.

What do you look for in a man?

I love driven, classy, handsome, smart, athletic, respectful men, who know how to treat a lady like a queen, and who know how to enjoy the finer things in life. I love romance, and I like getting beautiful flowers and gifts. I also like adventurous men who can be a daredevil sometimes, but on the other hand, sophisticated and well-mannered at the same time. Courtesy is important to me. If I go out to dinner with a man, I expect him to open the door for me and help me out from my coat, and pull the chair for me. Maybe it sounds a bit conservative, but mannerism is super important to me.

What are your plans for this year?

I would like to launch my own YouTube channel with great work-out videos to help my followers put themselves in great shape. I would like to accomplish more in my modelling career, for instance gracing many more magazine covers and getting a strong follower base on Instagram. I will also be launching my web site this month. I also want to spend more time with my family and friends. Giving back is important to me, too.

I would also like to raise money for the organisation "A World at School". I think education is very important, especially for disadvantaged children, and I believe all children would deserve free education.

What is your favourite life quote?

I have 2 favorite life quotes :

1. "Create a life that looks good on the inside, not just what looks good on the outside"
2. "People will forget what you said, people will forget what you did, but people will never forget how you made them feel"





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STATE *of* PLAY

*From the unrivaled luxury of Aspen to
the epic backcountry of Telluride,
Colorado is the ultimate winter destination*





THE BEST OF ASPEN

With four majestic peaks and an abundance of opulent hotels, restaurants, and bars, the picturesque Colorado ski town attracts the world's most luxurious people

Aspen has come a long way since its origins as a silver boomtown in the late 19th century. Although the three-and-a-half-square-mile city has a year-round population of less than 7,000 residents, that number balloons to over 25,000 during the high season, from December to March, when it becomes a playground for the ultra-wealthy and the celebrity set. Home to four mountains for skiing and snowboarding—Aspen (or Ajax), Aspen Highlands, Buttermilk, and Snowmass—each with its own unique terrain, Aspen is perhaps best known for its luxurious amenities and après-ski options.

The Little Nell is Aspen's sole hotel to attain the coveted AAA Five Diamond award. Executive chef Matt Zurod oversees the property's two restaurants, and the top-tier beverage program has won Wine Spectator's Grand Award every year since 1997. Guest rooms average 600 square feet, while suites feature Holly Hunt custom furnishings and fireplaces. Listed in the National Register of Historic Places, the elegant Hotel Jerome sits at the foot of Aspen Mountain. Back in the day, Gary Cooper and John Wayne drank at the Jerome; more recent guests have included Bill Murray and Jack Nicholson. Soothe tired muscles in the Jerome's world-class spa, which uses local minerals in many of its treatments. The hotel has partnered with Mercedes-Benz USA to offer guests "one-of-a-kind drive experiences" during their stay. If it's old-world luxury you're looking for, the St. Regis Aspen Resort practically drips with it. The property boasts 179 apartment-style digs, which feature kitchens and, in select rooms, fireplaces, and a team of private butlers is on call to guests staying in suites.

In 1999, Dean Weiler put down stakes in Aspen, where he now runs Dean's Original Aspen Walking Tours. Unlike, say, Vail, which was created from scratch as a winter resort in 1966 by the late Aspen ski instructor Pete Seibert—a WWII vet who fell in love with the place when he trained there—and uranium prospector Earl Eaton, Aspen has long had its own rich history and infrastructure, which Weiler says gives it "a vibrancy you don't necessarily have in other places."

There is "beauty all around us" in Aspen, Weiler says. But there are plenty

of wondrous things to do and see indoors, too—like sampling the 200 craft beers and ciders on offer at HOPS Culture. Grey Lady is the place to go for an authentic New England-style lobster roll, and the Caribou Club is one of Aspen's most exclusive members-only hangouts. The down-to-earth vibe brings locals and visitors alike to Justice Snow's.

When the sun heads below the horizon, the fabulous head to Escobar. Black-and-white photographs of Colombian drug kingpin Pablo Escobar himself "keep measured watch all over—pleased, maybe, with the evidence of a modern, cool crowd claiming their right to feel

gratifyingly alive," the club's website explains. Table reservations are available (and recommended); minimums vary based on the season and day of the week. Bootsy Bellows is a luxe outpost of the famed Los Angeles nightclub of the same name, and Casa Tua brings the flavors of Northern Italy to the Rockies.

Jimmy Yeager has been supplying Aspen with a good time since 1997. That's when Yeager opened Jimmy's, his eponymous bar, restaurant, and area institution. Located at the foot of Aspen (Ajax) Mountain, Jimmy's is one of the best-known ski spots in the area. There's no better place for top-end wines, especially since the arrival of certified



From top: Foodies love Chefs Club; Hotel Jerome is listed in the National Register of Historic Places

sommelier Greg Van Wagner in 2014. The focus is on American wines, and the cellar holds more than 650 perfectly kept bottles. A bottle of 2009 Domaine de la Romanée-Conti can be had at Jimmy's for \$1,566.

Yeager's latest venture is called Jimmy's Bodega. The ceviche is a must-try, says Weiler, as are the other coastal Mexican dishes in which the Bodega specializes. Other hot spots on Weiler's must-visit list: the Living Room at Hotel Jerome, for plush couches, a roaring fireplace, and live music. Nearby you'll find the Ajax Tavern at Little Nell and Shlomo's Deli & Grill, a new restaurant opened by a local.

One thing Aspen doesn't want for is variety. For live music, Weiler recommends Belly Up, and steers visitors to the 1880s-era Wheeler Opera House for "all sorts of unique programming." Hunter S. Thompson fans will definitely want to check out J-Bar at Hotel Jerome, which Thompson used as a campaign headquarters when he ran for county sheriff in 1970. Foodies shouldn't miss the Chefs Club, and some of the finest Japanese food in the world is found at Matsuhisa, the Aspen satellite of Nobu Masuhisa's growing sushi den dynasty. The Pine Creek Cookhouse is a destination unreachable by car; winter guests can cross-country ski or snowshoe in. If you're knackered from a day on the slopes, you can take a horse-drawn sleigh to the front door.

To explore the mesmerizing scenery outside Aspen, start at Go Rentals, which will set you up with a Bentley, Tesla, Porsche, Audi, Land Rover, or Mercedes-Benz during your stay. Rates range from \$79 to \$1,500 a day. Motion Rent-a-Car will put you behind the wheel of a Mercedes-Benz E300 for \$169 and up a day; a Porsche Cayenne for \$199 and up a day; or a Bentley Continental Flying Spur from \$299 and up a day.

If you're looking for something even more exotic, rent a Lamborghini Huracán from Mile High Drives for \$1,199 and up a day (100 miles are included in each 24-hour period; each additional mile \$4.49).
—Justin Rohrlich



Snowy shops street in the center of Aspen on clear sky, Aspen, Colorado





Breckenridge

Breckenridge was founded in 1859, but skiing didn't arrive here until 1961, and the quaint town has been a top destination for powder hounds—not to mention a growing cohort of the super-rich—ever since.

Ski into the T-Bar, situated at the base of Peak 8, for a burger or a beer after a day on the slopes. Continue the evening by toasting Breckenridge's history as a mining town at the Gold Pan Saloon, the oldest operating bar in Summit County. Finish your night at Cecilia's Martini Bar and Nightclub, which features live DJs, a walk-in humidior, and bottle service. Stop by the Breckenridge Distillery in the morning for a free tour and an eye-opener of locally made whiskey, vodka, gin, or rum.

Stay at One Ski Hill Place, where all accommodations feature private patios or balconies with unparalleled views of the Rockies. There's a private bowling alley downstairs, an outdoor area with private hot tub and fireplace, three restaurants, and a sports massage center. Guests at the Crystal Peak Lodge can choose from a range of luxurious one- to four-bedroom condo apartments with full kitchens and fireplaces. This ski-in/ski-out property is also located just steps from the BreckConnect Gondola and Independence Superchair.

Hand-cut local beef and game, as well as a wine list with nearly 200 bottles from around the world, can be found at chef Michael Halpin's award-winning Hearthstone Restaurant, located in a historic Breckenridge home originally built for a butcher who immigrated to Breckenridge from Germany in the late 1800s. At Relish, chef-owner Matthew Fackler and chef Clint Ketchum have created

a menu featuring "Colorado-inspired cuisine," like maple-brined pork loin cutlets and pecan-crusted ruby red trout. —JR

TELLURIDE

Though referred to as the Switzerland of America, one could argue that Telluride—a former mining town dating back to the late 19th century—shouldn't be compared to anywhere else in the world. With jaw-drop-

ping terrain (Telluride sits in a box canyon among jagged cliffs and mountains) and a rustic authenticity (Old West-style saloons hark back to the region's mining boom), Telluride lures a crowd of serious skiers who enjoy good food and fine wine, without the pomp and circumstance.

That's exactly what's kept outdoor photographer and documentary filmmaker Mat Barlow coming back for more than 25 years. "Telluride is the kind of place where people go to have a good time without making a scene," says Barlow, a Crested Butte native who regularly travels to the world's top mountain towns on assignment. "Sure, there are wealthy people and celebrities, but it's less showy than Aspen. People don't go around buying shots of Patrón for everyone in the bar, and you won't see anyone skiing in a gold lamé one-piece or driving a blinged-out G-wagon."

Instead, Barlow and other loyal visitors prefer the low-key vibe found in places like the New Sheridan Hotel, a 26-room boutique in the heart of downtown built in the 1890s. After a day on the slopes, everyone flocks to the Sheridan's charming bar, or heads upstairs to its







new hangout, The Roof (the only rooftop bar in town).

In Telluride, trendy “hot spots” are few and far between, but in recent years, a handful of new places have opened to much fanfare. There’s The Butcher & Baker, a standout café on East Colorado Avenue serving fresh-baked pastries and breakfast sandwiches for brunch and smoked ribs for dinner; La Cocina de Luz, a Mexican-meets-Southwestern restaurant with tasty organic tacos, margaritas by the pitcher, and a juice bar to reverse the damage; There..., where Nobu alum Andrew Tyler presents delicious Asian tapas and craft cocktails; and Alpino Vino, a fine-dining “hütte” with a massive wine list that, at 11,966 feet, is the highest restaurant in North America.

The robust culinary scene and sophisticated cultural offerings—most notably, the Telluride Film Festival, which attracts major star power each year—are even more impressive when you consider the town’s relatively small size: Telluride has just 2,300 permanent local residents. That small-town feel means you’ll often see familiar faces at the mainstays, like the Last Dollar Saloon (known simply as the Buck), a no-frills bar with live music; La Marmotte, a cozy bistro at the base of the mountain housed in a 19th-century cabin; and Rustico, a classic Italian joint with al-fresco seating.

But those who prefer a more solitary Telluride experience would be remiss not to book a night or two at The Observatory at Alta Lakes, just 13 miles outside of town. Guests can cross-country ski or snowshoe right up to the three-bedroom backcountry cabin—but at 11,000 feet, it’s not for the faint of heart. The same can be said about Telluride in general. “The San Juans are super-rugged, with some of the most extreme peaks in Colorado at crazy-high altitudes, so the people you’ll find in Telluride are definitely hard-core skiers,” say Barlow. “But more than anything, they’re people who want to go somewhere authentic and no-fuss—a place that’s different from where everyone else is going.” —Lindsay Silberman

AIRBORNE ASCENT

New heli-skiing options open up Colorado’s ultimate peaks

Colorado has more than 50 moun-



tains over 14,000 feet high, and it’s home to some of the best slopes and snow conditions on earth. While resorts like Aspen, Vail, and Breckenridge are undoubtedly world-class, for the most adventurous alpinist the ultimate chairlift is a helicopter.

Although widespread in places like Alaska and British Columbia, heli-skiing remains a relatively small business in Colorado. But two operations, Telluride Helitrax and Silverton Mountain, offer an airborne ascent to Colorado’s nastiest peaks.

Helitrax has been granted exclusive permission by the U.S. Forest Service to explore some 200 square miles of the San Juan Mountains around Telluride in southwestern Colorado. Clients never

descend the same trail twice in a day—in fact, they often won’t even ski the same mountain twice. The outfit also provides one guide for every four skiers, offering an itinerary tailor-made for each client’s ability and terrain preferences. Packages go for \$1,295 per person per day for six runs.

Silverton Mountain has established its own heli-skiing program, designed to enable visitors to explore the extensive areas of the mountain that are inaccessible by chairlift. Silverton’s heli-skiing service is the only operation in the continental U.S. to offer single rides (\$179, plus lift ticket). But we recommend the six-drop package, which gives you roughly a full day of downhill adventure for less than a thousand dollars. —Keith Gordon



VAIL

Vail's sweeping back bowls, glades, and groomers beckon more than a million and a half visitors each year, making it the biggest and most visited ski resort in North America. Despite the tourists, the mountain town has still managed to preserve much of the charm that first attracted skiers when it opened in the early '60s at the base of Vail Pass.

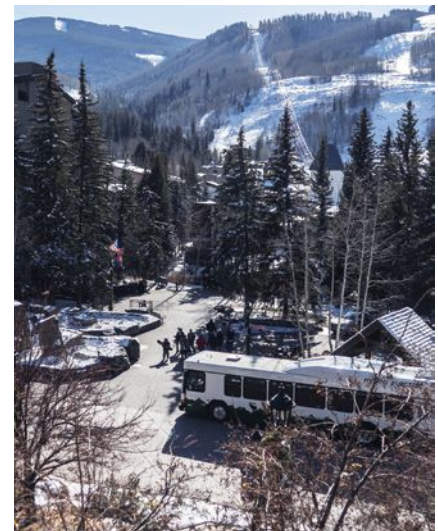
Stroll through **Vail Village** and you'll see a few names you recognize (like **Mat-suhisa**, the eponymous Japanese restaurant by famed chef Nobu Matsuhisa, which arrived a few years ago), but it's the locally owned businesses—some old, some new—that dominate here. "Places that were once franchises are now going back to mom-and-pops," says Vail native Will Elliot of **Paragon Guides**, an outdoor adventure company. "There's a young generation of locals who are breathing new life into the old guard's businesses."

Restaurateur Simone Larese, for instance, recently decided to revive her father's famed Swiss Hot Dog Company in the form of a hip eatery called **Blü Cow Café**. The elder Larese opened his landmark hot dog joint in the '60s, and much to the dismay of his loyal

patrons, eventually relocated the shop out of town. Now skiers head to his daughter's **Blü Cow Café** for Larese's famous Swiss Hot Dog (two veal brats, onions, Ernst's curry mix, and brown mustard on a toasted baguette), just as they did 40 years ago.

Elliot himself is another prime example of Vail's "new guard." He co-owns **Paragon Guides** with his father, who launched the company in 1978. The outfitter offers expert-led ski expeditions and snowshoeing tours, in addition to unique experiences like "**Dawn Patrol**," a new program in partnership with the **Four Seasons Resort and Residences Vail**. Guides take hotel guests to ski the backcountry of Vail Pass bright and early, before making their way down the mountain just as the sun rises. The experience then culminates in a lavish Four Seasons breakfast.

For those who prefer to sleep in, an equally mouthwatering breakfast spread can be had on the terrace of **Ludwig's**, overlooking Gore Creek at the **Sonnenalp Hotel**. A favorite among Vail regulars since it opened in 1979, the luxurious 127-room property is just one of the town's many enduring institutions—a list that includes **La**



Bottega, a go-to for wine and antipasti; **Vendetta's**, the 34-year-old pizza bar in the heart of Vail Village; and **Sweet Basil**, a dining room that's remained a hit since opening in 1977.

For libations, **The Red Lion** is Vail's most beloved mainstay. It's a quintessential ski-town bar right off the mountain, where Wall Street jet-setters can be found indulging in burgers and beers alongside ski patrollers. You'll enjoy a similar experience at **Los Ami-**

This page, from top: The wine cellar at Vail's Sweet Basil; a Bloody Mary with a Swiss Hot Dog at Blü Cow Café

gos—tradition there involves tossing back margaritas on the outdoor deck while watching people tumble down the slopes. Beer lovers have long found a home in Vail (**Vail Brewing Co.**, **Crazy Mountain**, and **Bonfire** in the nearby town of Eagle are among the best breweries), and now those looking for a more refined drinking atmosphere have options too: **The Remedy**, the Four Seasons’ trendy cocktail bar with floor-to-ceiling windows, opened last year, as did **Root & Flower**, the town’s only wine bar, which serves more than 50 varietals by the glass alongside cheese-and-charcuterie boards. **10th Mountain Whiskey & Spirit Company**—founded in 2014 by Vail locals Christian Avignon and Ryan Thompson—has an elegant tasting room furnished with distressed wood and barrel stools in the heart of Vail Village. Named for the decorated World War II Army unit that trained in the Rockies, the brand successfully pays tribute to the old while introducing Vail to something new. —LS



The majestic St. Regis Aspen Resort



UPHILL BATTLE

The Pikes Peak “Race to the Clouds” features a one-mile vertical climb, heart-stopping drop-offs, and a century of tradition

“I’ll race you to the top.” At Pikes Peak, you can almost hear those words echoing throughout the pine-blanketed mountains from a century ago. It was then, in 1916, that Spencer Penrose founded the Broadmoor Pikes Peak International Hill Climb, sketching a route to the 14,115-foot summit composed of 156 turns and a vertical ascent of almost a mile. Penrose, a local entrepreneur and hotelier, converted a narrow carriage road into Pikes Peak Highway at the cost of half a million dollars, all in an attempt to drive tourism and business to Colorado Springs and Penrose’s Broadmoor Hotel.

Pikes Peak now draws 5.9 million visitors a year, but it’s still best known as the site of the annual race to the summit, commonly referred to as the Race to the Clouds. The 12.42-mile course features dizzyingly tight turns and cringe-inducing drop-offs and can squeeze all four seasons into a single run up the mountain. Racers often start in warm sunshine only to be hit by fog, rain, ice, and snow during their dash to the top. Visibility can change dramatically, and the altitude change wreaks havoc on the vehicles; the thin air means a car engine has about 30 percent less power at the summit than it had at the starting line.

Rea Lentz, the first Pikes Peak champion, steered his Romano Demon Special to the finish in 20 minutes and 55 seconds. Today, the record belongs to the Frenchman Sébastien Loeb, who drove an 875-horsepower Peugeot 208 T16 to the summit in eight minutes and 13 seconds in 2013. The event now has multiple categories, for racecars, trucks, motorcycles, vintage cars, UTVs, and electric vehicles. This year’s event takes place on June 25. Race you to the top. —KG



Colorado is undoubtedly a world-class winter sports destination, but it also attracts adrenaline junkies 12 months a year, whether they’re into exploring the state’s extensive parkland or conquering heart-pumping whitewater rapids.

Conveniently located near both Denver and Colorado Springs, the Arkansas River offers some of the best white-water rafting opportunities in the country, with sections ranging from Class I rapids to Class V, the kind that requires advanced rafting skills. Outfits such as **Echo Canyon River Expeditions** or **Arkansas River Tours** offer a range of packages, from half-day outings to multiday adventures complete with catered meals and riverside camping under the stars. Take a trip through the Royal Gorge, where you can tackle Class IV rapids with thousand-foot sheer cliffs peering down on you from both sides. The best part is the value: Half-day trips cost as little as \$79 per person.

Meanwhile, outfits such as **The Adventure Company** in Buena Vista, Colorado, offer not only white-water rafting but other warm-weather

experiences as well, from zip-lining and hot-air ballooning to mountain biking, ATV, and horseback riding. These companies provide guides, gear, and, most important, access to the very best that Mother Nature offers. Try combining the rush of tackling Class IV rapids in the morning with a horseback ride through the canyons surrounding the Arkansas River in the afternoon. Or schedule a full-moon rafting trip on the rapids at night.

The state is also a world-class destination for mountain bikers, featuring some of the best single-track paths in the world. Just like ski trails, these pathways are rated by the community of riders from beginner (green) through expert (double black diamond) on websites like singletracks.com, based on both the level of difficulty and the risk involved in the ride. The best option is the **Colorado Trail**, which stretches 535 miles from Denver to Durango, and features 28 distinct sections that bring riders near six wilderness areas and eight mountain ranges. Pick a segment for a day, or set aside a week or two to attempt the full trail. —KG



ADVENTURELAND


Colorado is much more than just great slopes—it’s an adventure lover’s dream all year round



ON THE ICE

The endless adventure of life in Antarctica

Text by JERRY GUO

A person wearing a black jacket, blue pants, a grey knit hat, and goggles is skiing down a snowy slope. They are holding blue ski poles and are in a dynamic, forward-leaning position. The background is a vast, snowy landscape with some trees visible in the distance.

In Antarctica, there are no days off. Not really. To live down here, you must work at one of the dozens of research bases and remote field camps scattered across the continent. Sustaining life is so difficult and costly that everyone—the scientists, technicians, plumbers, electricians, and chefs, like myself—is compelled to work all the time. Even on your day off, you often end up watching other people work. Or joining in. It's all part of the constant adventure that makes up life on the ice.

Some of us were drawn here for the chance to escape from urban life to one of the world's last true wildernesses. Around McMurdo Station, where I live, there are several hiking trails, the longest extending nine miles, much of it across a glacier with panoramic views of Mount Erebus' smoldering crater top and the Ross Ice Shelf. There's also mountain biking (outfitted with fat tires) and downhill skiing. When the wind is strong enough, we can kite-ski across the flat sea ice. There's even a marathon every January.

Where else can you spend your downtime volunteering to drive a forklift or operate a two-megawatt power plant, no experience necessary? On my weekly rest day I volunteer as a dive tender—which means I spend hours out in the blowing snow lugging around equipment like rebreather systems and 360-degree virtual-reality camera rigs.



This scientific diving here is simultaneously some of the most extreme and most comfortable in the world. Divers must don thick dry suits to endure the 28.5°F water and navigate back to the hole they've drilled in the ice without the help of tethers. Yet they have helicopters and submersible scooters at their disposal, and back at McMurdo, amenities like saunas and, yes, 24/7 pizza—which is often made by me.

One Thursday—my day off—I dive-tend for Andrew Thurber, an assistant professor at Oregon State who studies methane-eating extremophiles. We drive two hours across the frozen sea ice to the base of Mount Erebus in a PistenBully, a smaller version of the machines that groom ski slopes. We occasionally stop to gawk at solitary Adélie and emperor penguins waddling upright across the endless frozen landscape. In our convoy is a towering drill, which in a few minutes cuts through the eight feet of sea ice. Then we roll our mobile dive



hut, which is elevated on skis, over the hole. With the stove lit, it's T-shirt weather inside. At one point, I get so hot I climb a frozen iceberg outside to cool off.

Famed explorer Captain Robert Falcon Scott launched his ill-fated 1910 expedition to the South Pole just a couple of miles away. Later in the week, I visit his hut on a “rec trip,” an out-of-town excursion you win by lottery. Due to the extremely dry and cold environment, Scott’s iconic outpost—equipped for two dozen men to survive an Antarctic winter—has been frozen in time, with thousands of artifacts perfectly preserved, including a 100-year-old bottle of Heinz ketchup I come across in the galley. These rec trips are an essential way of keeping morale up, especially given how isolated this research station is from civilization. Of course, the isolation is part of life in Antarctica—as is the endless opportunity for discovery. Jerry Guo is a chef at McMurdo Station in Antarctica

LUXURY ANTARCTICA

White Desert

Prince Harry and Bear Grylls have explored Antarctica in environmentally sound, old-world luxury—featuring lodgings with leather club chairs, brass fittings, and a professional chef—with White Desert. An eight-night adventure will set you back 64,000 euros (about \$68,000); a one-day tour goes for 9,800 euros (\$10,500). Your guides? Actual polar explorers. white-desert.com

Cox & Kings

This Mumbai-headquartered luxury outfitter has been in business since 1758. They'll spirit you to Antarctica from Ushuaia, the southernmost city in the world, through the Drake Passage, where the Atlantic, Pacific, and Southern oceans converge. Twelve-day trips range from \$7,695 to \$17,525. coxandkingsusa.com

Abercrombie & Kent

Abercrombie & Kent first took travelers to Antarctica 26 years ago, and they've been back more than 200 times since. You can expect top-tier service on an A&K expedition, with high crew-to-guest ratios and field naturalists, marine biologists, ornithologists, and other specialists leading the way. Prices range from about \$15,000 for a 12-day adventure to around \$21,000 for a 17-day excursion. abercrombiekent.com









A photograph of a swimming pool with a lounge chair and a planter on a patio. The pool is in the foreground, with a blue lounge chair and a white planter on a patio in the background. The scene is set outdoors with palm trees and a clear blue sky.

KINSEY SUE

Beauty meets brains with this California beach babe.

*Photography by RYAN DWYER
Produced by MAINSTREET PRODUCTIONS
Text by GHIA TEN DOESCHATE*



Kinsey, tell us a bit about yourself.

I was born and raised in Southern California until I moved up to Northern California for college. I studied nursing at Sacramento State University, and was in the Alpha Phi sorority. People describe me as an outgoing social butterfly. I can talk to anyone and make friends wherever I goes. I now use my fun personality and sexy charm working in pharmaceutical sales. Hot blonde selling drugs? What else could you ask for...

Modelling comes with many perks. What is your favourite perk?

I love travelling the world and getting to know anyone I can from other countries. Just in January alone I had a month long adventure in south east Asia and china. I love getting all dressed up and sexy, but I am also not afraid to get dirty and back pack through the world.

You definitely are a combination of beauty and brains. How do you balance the two?

I don't know. I just always thought there was something sexy about being an intelligent, successful woman by day and fun life of the party by night.

What do you look for in a man?

I love a man in a suite. It shows drive and success- which makes me crazy. I also love a man who loves fitness as much as I do. I need some hot eye candy while I am working out every day.

I really love a confident man who can order for me at a restaurant and make me feel like his queen.

What will send you running for the hills in terms of men?

A guy who lacks effort! Relationships should be filled with effort and love for one another, and it can't be one sided.

I'll spoil you if you spoil me...

What does the average day look like for you?

Every morning I start my day with a killer workout followed by a cup of joe. I always have to have my coffee! I love to be active every single day, so I have a huge love for rocking workout cloths and the sporty look. But I also love to get all dolled up and feel beautiful. Make-up isn't a must for me every day, but when I want to look hot for a date or a night with my friends, I love Mac products and spend way too much money at Sephora.

What is your best kept beauty secret?

I love to pamper myself before I go to bed with a rose water face mask, which keeps my skin clear and vibrant.







SKELETON PIECES

*The theme for this issue is skeleton design.
The basic components of a watch, laid out bare for all to see.*

BREGUET CLASSIQUE TOURBILLON PERPETUAL SKELETONIZED (Right)

Founded in 1775 by Abraham-Louis Breguet, but now controlled by the Swatch Group, Breguet is one of the oldest watch manufacturers in the world. Don't let this fool you though, as they are still producing some of the most leading edge movements in the horological industry to this day. Pictured here is their Classique Tourbillon Perpetual Skeletonised, which is the perfect addition to our skeleton theme for this month. Breguet have made this watch available in platinum or pink gold, and with either a guilloche dial or a fully skeletonised dial. While the solid dial is magnificent, we find the skeletonised dial is in a whole other league. What is incredible about this dial is that it's surprisingly readable for a skeletonised watch with so many sub dials. That being said, it still might take some getting used to - but if you have to stare at this watch for an extra second or two to read the time, it is not really a bad thing. Breguet have achieved this by bringing the sub dials to the fore, with all the crucial information, thus elevating them above the other beautiful elements of the watch. This watch is a perfect size for a modern dress watch too, hitting the 41mm diameter sweet spot that will please the largest number of potential wearers.



BREGUET

Breguet

SWISS GUILLOCHE MAIN

Breguet

No 1188



PIAGET ALTIPLANO SKELETON

A bold move by the uber-classic Geneva based watchmaker Piaget, is their new partnership with Hollywood A-lister, Ryan Reynolds. Known for his elegance and charisma, Piaget handpicked Reynolds as their new international brand ambassador. It's a very exciting synergy, as the duo fit together and it will be interesting to see what the brand has in store for us in the future. To celebrate this, we have chosen to feature the Altiplano Skeleton. The ultra-thin piece is a "double record holder", which means it has the thinnest automatic skeletonised movement and the thinnest case for an automatic skeletonised watch. The Piaget in-house Calibre 1200S is just 2.40mm thick while the entire case is a mere 5.34mm thick. This all makes for extremely wafer-like wrist wear. While I am not sure whether Deadpool would wear this particular option, this will certainly suit Canadian-born star Reynolds, while smoothly making his way down the red carpet. Time to celebrate the classics.



OMEGA DE VILLE TOURBILLON CO-AXIAL

A magnificent expression of the art of watchmaking, each OMEGA De Ville Tourbillon is a remarkable, hand-crafted timepiece that blends exquisite beauty with ground-breaking innovation. These timepieces feature OMEGA's exclusive Central Tourbillon movement, set in a tourbillon cage protecting it from the effects of gravity. This limited edition model, with its scratch-resistant sapphire crystal dial and gold-fashioned indexes, offers a alluring view into the skeletonised working mechanics within the timepiece. The 18K gold seconds hand is fixed directly on the titanium tourbillon cage. The 38.7 mm 950 platinum case is presented on a black leather strap. Powering this watchmaking wonder is the Co-Axial calibre 2636.



BELL & ROSS 03-94 AEROGT

To accompany the release of its Aero GT car, the French watchmaker Bell & Ross released two watches inspired by the car's design. The BR 03-94 Aero GT and BR 03-92 Aero GT have brought the skeleton-like aesthetic of Bell & Ross's flagship BR-X1 chronograph to its BR 03 family. Both watches are limited to just 500 pieces. The time-only BR 03-92 emulates the dashboard instruments seen on typical GT cars, while the BR 03-94 features a tachymeter scale on the flange for measuring speed. Both watches are water resistant up to 100 metres and feature a perforated leather strap. The Aero GT concept car follows Bell & Ross's B-Rocket custom bike, which was a modified Harley Davidson. It seems like this is a brand that has a lot of talent, and even more ideas up their sleeves. I cannot wait to see what they come up with next.

**PANERAI LO SCIENZIATO
LUMINOR 1950
TOURBILLION GMT**

Panerai has released their hero piece for 2016, and we are not disappointed. The watch is a very stylish skeletonised tourbillon GMT, termed the Lo Scienziato Luminor 1950 Tourbillon GMT in titanium. This monster 47mm casing holds one of the most advanced movements in the Panerai stable and boasts an impressive 144 hr power reserve. However, if you are expecting a big heavy chunk of metal on your arm, you will be mistaken as the Lo Scienziato is made primarily out of titanium and is 40% lighter than its steel counterparts. The Italian-based giants have limited this model to only 150 pieces worldwide, meaning it is set to become a collector's piece. On the whole, as the skeleton movements gain popularity, this is a superbly crafted and equally stunning investment that will be a great talking point among your friends.





ROGER DUBUIS

SWISS POINÇON DE GENEVE



**ROGER DUBUIS
EXCALIBUR
AUTOMATIC SKELETON**

If you haven't heard of Roger Dubuis yet, you can thank me later. As far as luxury watch brands go, they are one of the newer players to the market. Having only been around for just over 30 years, Mr Dubuis was making complications for Patek Philippe, joined forces with Carlos Dias (who was at that time a designer for Franck Muller). The rest, as they say, is history as Roger Dubuis has forged ahead to become one of the best brands in the industry as well being the only watchmaker who has achieved the coveted Poinçon de Genève certification on every one of their timepieces. The brand's iconic Excalibur Automatic Skeleton is no exception, and its new interpretation is clad in a high-tech composite known as carbon fibre sheet moulding compound which gives it a very unique look as well as the added benefit of being exceptionally tough while being light as a feather. I am particularly fond of the alligator strap as it is seamlessly integrated with the rugged 42mm case. Wear it while racing your sports car or having a chardonnay on the terrace, it is a very versatile piece.

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