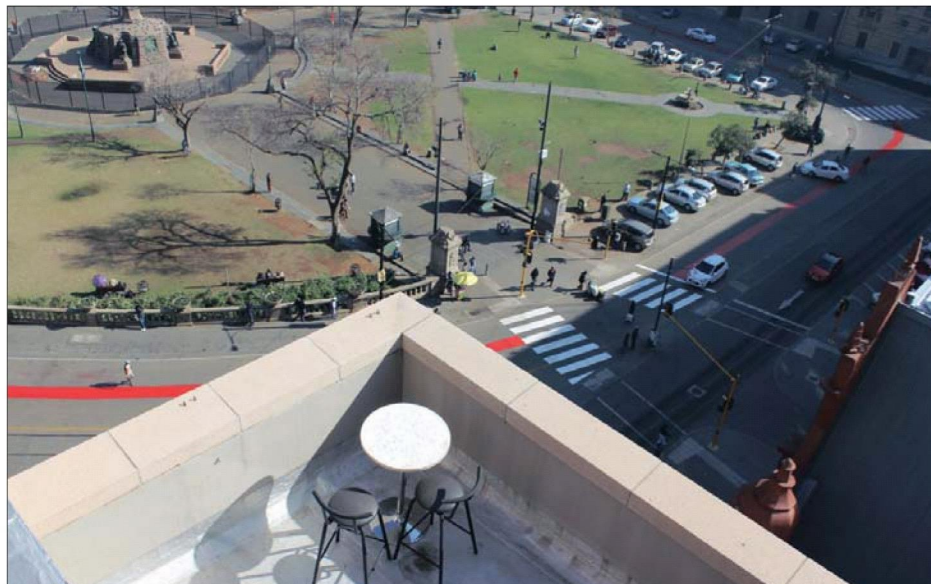




Adriaan Louw tackles the city and its treasures.



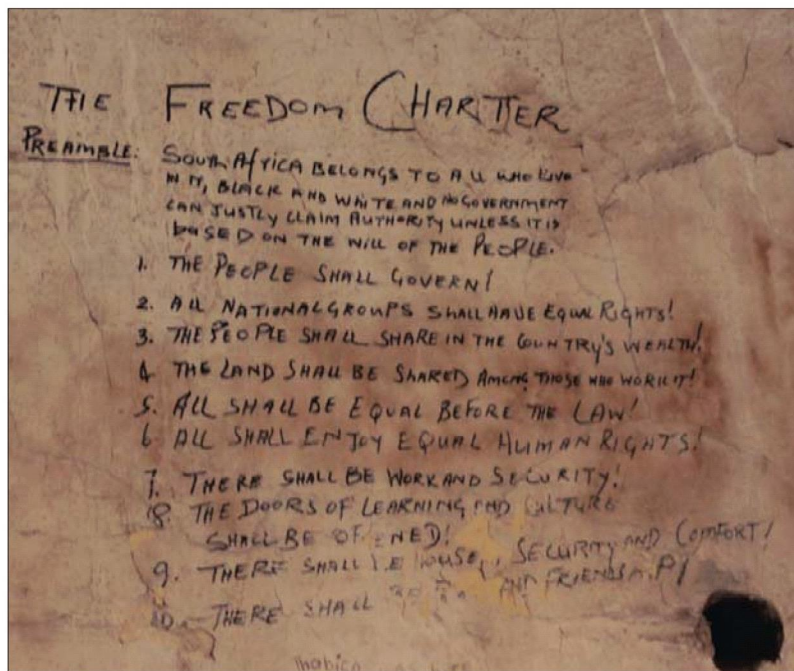
A view of Church Square from up high.



An African city with architecture from the past.

Get into the vibe of our cool capital

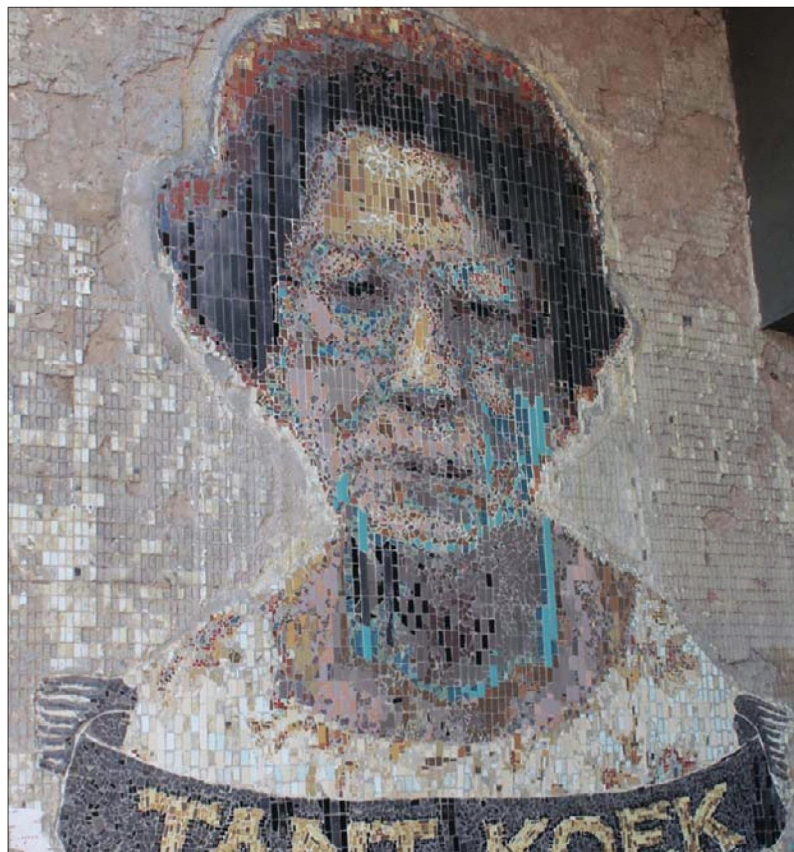
Inner city market; walkabout in town a must-do



Mandela's handwritten Freedom Charter in the Palace of Justice cells.



The exquisite tiling of Polley's Arcade.



A city mosaic to smile for.



FOOD FOR THOUGHT

Diane de Beer

DO YOU know about The Sheds? If you do, you will be one of those Pretorians aware of the buzz in the city centre. If not, perhaps less so, but it's worth discovering and exploring and like so often when food is involved, you can turn this into an adventure.

What I'm really talking about is Market@Sheds which is held every last Saturday of the month the Sheds this time on August 27.

All of this happens in an area called 012Central, an amazing space, I might add, which I had heard of but had not visited in its latest guise.

So about two months ago I was invited to go on a city ramble with an architect Adriaan Louw, who has linked up with City Property that is hugely involved in the rejuvenation of the city centre.

He does tours of the city centre attached to different themes. And then he takes anyone who wants to be part of this wandering through a place that some of you might work in yet not really know. Or which others might have steered clear of for all kinds of silly reasons.

We were told to meet at the coffee stop at The Sheds where our adventure started with brilliant coffee made by Gavin (remember him from BICCCS?).

But before that, let's get to parking which for many might be a nightmare. Not in this instance. 012Central is located across from the State Theatre and the SA Reserve Bank and there is ample safe parking nearby.

Free 012Central Parking is located at 216 Sisulu Street and provides direct access to the market. The entrance is in fact just beyond the entrance to the State Theatre parking but across the road.

And this is where things get interesting.

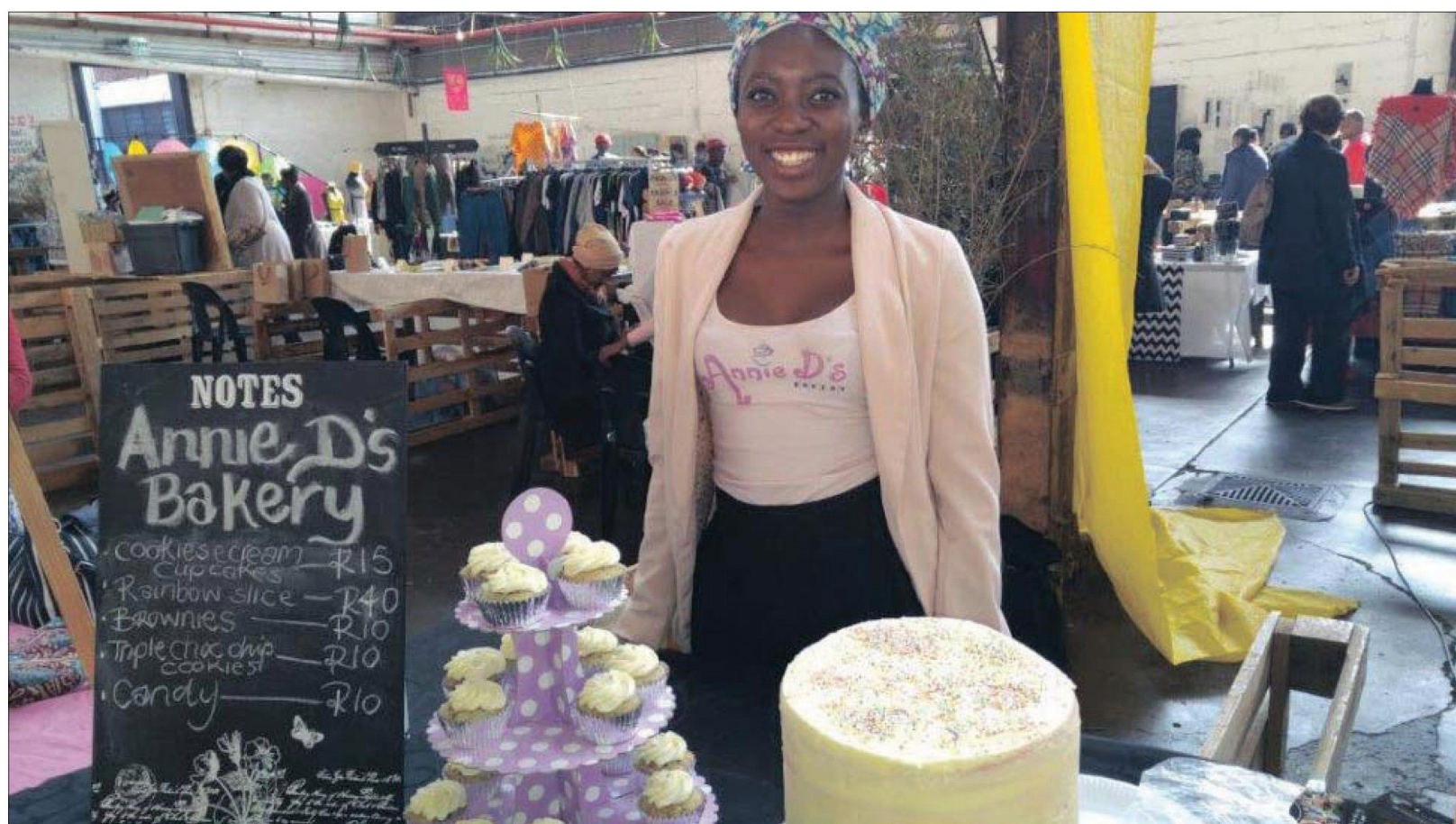
The space is truly a revelation. Sheds is an apt description because that's what it reminds one of. It's also the kind of space that allows you to sit inside or out.

And in a few weeks' time it will offer an African inspired restaurant from the successful Capital Craft Beer Academy boys who have a knack of getting things exactly right – and that's apart from all the fun things happening at the market already.

It's a wonderful atmosphere, essentially young, with food that's just that little bit different. There's enough choice, so you don't have to worry about not finding something if you're a more traditional eater.

But for those who want to go a bit more out of the box (not that much either), different cultures have come up with delicious flavours and snacks.

From the best cup of coffee around to wine and beer, it's all



Annie D's delicious cupcakes at Market@Sheds.

PICTURES: NINA HONIBALL



The shed in all its glory.



Thai food for exotic tastes.

there and if you have a sweet tooth, there's more than enough sumptuous baked goodies around.

There are odd stalls of clothes, luggage and bags, and furniture and some such and there's also music that keeps the vibe going. Some might not like this, but on the day, because I was doing my own thing, it just lent that extra beat.

To add to the splendour of the day, combine the market with a walk through the city with architect Adriaan Louw who will fill you in on the historical past of the city's architecture.

He tries to keep it informed yet light so that you're not overwhelmed by information but rather entertained by some of the secrets of the past. "People can Google the facts about specific buildings," he says and he will be happy to fill you in if you ask the questions.

Louw was initially inspired by Cool Capital's Pieter Mathews to start these walks.

Louw later contacted City Prop because he knew they could combine with a mission that would benefit both. Once Louw started marketing his tours online and did a

few meanders, he knew there was a market and that people were hungry for this kind of thing.

I was stunned for example because even though I have worked in the city since the 1980s, I had never been to the Old Raadsaal. It is one of the most beautiful buildings I have seen in a long time.

I was also delighted to be taken through some of the arcades that I haven't visited for some time, simply because I work rather than shop in the city – although that's also a mistake. It has some of the best fashion shopping around. I picked up some great fashion stockings from one of the street sellers on our way back from Church Square to The Sheds.

The other jaw dropping experience was the cell in the Palace of Justice where Nelson Mandela had written the Freedom Charter on the wall. It should be a tourist magnet, yet how many know?

Anyone can visit these buildings but there is a bit of bureaucracy involved, says Louw.

He tries to keep his tours lively, and next Saturday's one will have a woman theme as this is of course

Woman's Month. "I know I have some repeat customers so I try to look at different aspects."

He believes that Pretoria is a very good representative of different styles of architecture from brutalism to modernism and it is also a very walkable city which is a great bonus.

The success of the tours is Louw's combined comfort with chat and a passion for architecture. This is also, he believes, how you renew a city and keep it healthy. "As an architect that's my mission," he says. Another one he hopes to do in the future is one on city churches.

He and his wife also have a travel blog which sounds like something any traveller should hook into.

But back to The sheds next week, with the help of 5FM, the Parlotones will be on stage. They will be streamed live on radio at 10.30am on the 5FM *Charts show*, hosted by Nick Hamman.

Janie Bay in the folk-pop genre is part of the line-up with Ghanaian-born Nana Peprah with his very different West African influenced music. Quirky singer songwriter's Ruby Gill's intricate

lyricism and magical harmonies will be followed by Mo and the Black Peppers Band, an afro jazz band with a sultry sound with Mkizwana Ensemble, a jazz band that features original compositions combined with well-known melodies.

This is a day with special market hours starting at 9am and closing at 6pm.

An entrance fee of R50 will apply for the whole day.

Whether you can make this one or not, diarise future markets as well for September 24, October 29 and December 3.

Market@theSheds is a project of the Capital Collective, a non-profit organisation promoting rejuvenation efforts in the inner-city. Follow them on Twitter @Marketatthesheds; market@capitalcollective.co.za; www.facebook.com/marketatthesheds; www.marketatthesheds.co.za; www.capitalcollective.co.za

Check out Adriaan Louw at @adriaanlouw on Instagram as well as a newsletter on www.thelouwkwul.com. He and his wife also have a travel blog which sounds like something any traveller should hook into. Check it out.