



# LIVING IT UP CT

TRAVEL & LIFESTYLE BLOG

Beautiful Cape Town has been home for 17 years. I still get a kick out of being a "tourist" in my own town. There is so much to see, sip, taste and experience in this amazing city!

Travel is my passion and my local and international travel career has seen me visit 22 countries on 4 continents. Ever since my first overseas trip to London and Paris in my early twenties, I have eternal wanderlust. The travel bug bit hard and has never let go!

Road trips and weekend getaways around the Western Cape and South Africa feeds that wanderlust when international travel isn't always an option. Accommodation preferences include luxury hotels, boutique guesthouses and self-catering villas/cabins with a strong eco and sustainability ethos. I'll happily go glamping, but a camper I am not! #ecotraveldiaries

As an avid foodie and lover of fine wine, bubbly and craft gin, I get to indulge to my heart's content in and around Cape Town and the surrounding winelands. This vibrant city is a foodie lover's playground. We are so fortunate to have scenic wine estates with award-winning wines and gastronomic delights within easy driving distance.

I'm a proud supporter of sustainability, responsible tourism, conservation and helping to preserve and protect our magnificent Earth for future generations. As a lifelong nature lover, I am happiest at the beach. Forest walks and mountain hikes are favourites too.

This inspired me to create a personal blog in September 2016 to share my travel, food and wine adventures. There is a South African saying "local is lekker" (cool) and South Africa is definitely lekker!

I aim to take Living It Up CT up a level by including more features about international travel and experiences abroad. This became a reality in June 2019 with a media trip to incredible Reunion Island.

Let's connect and see how we can work together with regards to written features, reviews and social media campaigns.

Yours in Travel, Food & Wine  
Nadine

## SOCIAL MEDIA PLATFORMS



14.4K+

5.5K+

2.2K+

@LivingItUpCT on all platforms

## BLOG

[www.livingitupct.com](http://www.livingitupct.com)

## FEATURES, COLLABORATIONS AND CONTRIBUTIONS

I have worked on campaigns and written features for large travel and lifestyle brands such as Travelstart, Afristay, Ford SA, Samsung Mobile SA, Wesgro (Official Tourism, Trade & Investment Promotion Agency for Cape Town & Western Cape), African Extracts and the Reunion Island Tourism Board. I also collaborate with numerous Travel and Lifestyle bloggers.

## GET MORE INFORMATION

[www.livingitupct.com/featured/](http://www.livingitupct.com/featured/)

## TARGET AUDIENCE

Men and Women ages 25 – 55,  
mainly from South Africa,  
but with a worldwide reach.

My primary readership is from South Africa, followed by the USA and UK.

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Paid partnership with snapscanapp

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Have you heard about the amazing 'I Love My Hoek' campaign? Supporting local has never been easier and you're invited to live it up in the fabulous Franschhoek Wine Valley this summer season. 🍷

Franschhoek Tourism, in partnership with SnapScan, want to reward you with Hoekcoin while you spend at participating Franschhoek establishments. So how does it work?

Download the latest SnapScan app on your Apple, Android or Huawei device. 📲

To Spend Hoekcoin:

DECEMBER 18, 2021

Log in to like or comment.



**Living It Up CT**

Published by Instagram · December 29, 2021 at 1:06 PM · Instagram ·

## NEW TRAVEL BLOG

Now that the excitement of Christmas has calmed down, you may find yourself needing a tranquil respite where you can relax, rejuvenate, breathe and just be.

Reconnect with yourself and loved ones at beautiful Brookdale Estate in the picturesque Paarl winelands. This exquisite luxury country retreat is a serene sanctuary for the body, mind and soul.... **See more**



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## Reawaken Your Senses in Reunion {Part One}

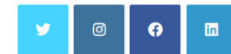
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**Living It Up CT**  
Published by Nadine Carroll · January 6 at 9:20 AM

**SUMMER TRAVEL INSPIRATION**

Need amazing summer #travel inspiration? Get the latest issue of ROVE SA 🍷

Packed with local travel and lifestyle articles, read my review about the 5-star The Bungalow in the popular seaside town of Plett. Barefoot luxury at its best! Get your copy at Woolworths and Spar stores.

A special thank you to the team at ROVE SA and Theresa Gibbon for featuring my article.  
Rove South Africa Cape Summer Villas Boutique Collection The Bungalow Plettenberg Bay Tourism

#capesummervillas #review #travelwriter #luxurytravel #livingituptct #thebungalowplett #summertravel #travelchatsa #southafrica

**Tweet**

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@livingituptct

What a way to spend the last day of 2021. Camps Bay tidal pool was stunning! The views, the bracing water (I swam!), the ocean. So thankful to enjoy life's simple, beautiful pleasures. Hope you're having a lovely #NewYearsEve 🌟🇿🇦 #lovecapetown #capelens #travelchatsa #beachvibes