



Sandwich Bar at the market sells delicious sandwiches (R85); Anne's Place in the castle gardens serves freshly caught fish (R200) and the Blue Lantern has juicy steaks from South Africa (R340 per person for a three-course meal).

Are there any shops? Yes, there are grocery shops that stock mostly British and South African products. Fruit and vegetables are put on shelf on Thursdays and sell out quickly. The island produces fresh meat and eggs on a small scale, but frozen products are imported from South Africa. The shops are only open until lunchtime on Wednesdays.

What if I have a medical emergency? There's a dentist and a small hospital staffed with international doctors on the island.

Money matters. There are no ATMs on the island and very few shops or places to stay accept credit cards. Bring cash and exchange it for St Helena pounds (equivalent to British pounds) at the airport or at the bank in Jamestown.

Can I phone home? Probably not. But there are a few places with Wi-Fi. The Wi-Fi at Anne's Place works well. R112 per hour.

Does St Helena have Uber? No, but you can use your South African driving licence to hire a car for about R280 per day. There are three filling stations on the island.

Contact: Visit sthenatourism.com to plan your trip and visit sainthelena.gov.za for more information about the island. The tourism office is at the top of the main road in Jamestown, near the traffic circle.

Sophia travelled as a guest of St Helena Tourism.

KNOW BEFORE YOU GO

Best time to visit? St Helena is a year-round destination. It's a sub-tropical island and the temperatures are moderate. The weather can vary across the island: The sun might be shining in Jamestown while it's misty and rainy in the mountains. Bring a sun hat and a rain jacket. It doesn't get very cold.

How to get there? There's an Airlink flight from OR Tambo every Saturday and Tuesday. Return ticket from R13 577 per person. airlink.com

Do I need a visa? No. All you need is your passport, proof of medical travel insurance and a short-term visa (about R300; pay upon arrival).

Where do I stay? Self-catering accommodation from R340 per person; B&B from R1 100 per person; hotel accommodation R3 050 per person per night. Give the tourism office your budget and they'll suggest suitable places.

Where do I eat? The Boltons' coffee shop in the harbour makes a fine hamburger (R100); the

