



## ACTIVITIES AND EXPERIENCES

We encourage guests to participate in the diverse activities provided on the property and the surrounding valley.

As places are limited, please register 24 hours in advance to secure your place.

The reception team will be happy to advise you.

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## **NATURE WALK**

**90' | Everyday at 3pm**

Gentle nature-walk exploring indigenous plants, wildlife, geology, hydrology and anthropology of the property, with Lesego Mapeka

**R300**

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## **NIROX ART TOUR**

**90' | Subject to availability**

A comprehensive tour of NIROX Sculpture Park and the Villa-Legodi Centre for Sculpture, with LeRoy Croft.

**R300**

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## **TEA WITH NIROX ARTIST/S IN-RESIDENCE**

**30' | Subject to availability**

Enjoy tea and snacks with the current artists in residence at NIROX, visiting their studios and learning more about their work and practice.

**R300**

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## **CONTEMPLATIVE HIKE**

**90' | Mornings and Sunsets**

Contemplative hike with Lesego Mapeka.

**R250**

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## **BREATHWORK**

**45' | Subject to availability**

Introduction to breathwork at the Waterfall with Lesego Mapeka.

**R150**

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## **YOGA**

**60' | Subject to availability**

By prior arrangement we provide expert guidance in multiple yogic practices, alone or in groups, in the Shala or on the lawns in the shade of the mature Paperbacks.

**R300**

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## **COMMUNITY RUN**

**90' | Every Thursday at 4:30pm & Saturday at 7:30am**

Run with Thomas Nkuna and the children of the local community.

**R100**

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## **MINDFUL RUN**

**60' | Subject to availability**

Mindful run through the Cradle with Thomas Nkuna, our resident runner.

**R180**

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## **CYCLING**

**Daily access to our MTB trails for guests**

Make the most of our MTB trails and the extensive public cycling network that has made the Cradle the cycling mecca of Gauteng.

**R100**

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## **FARM WALKABOUT**

**60' | Every Saturday at 4pm**

Walkabout our FARM in the VELD with our Farmers .

**R300**

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## **PETANQUE**

**Daily | Complimentary**

Enjoy a game of petanque, preferably with our selection of aperitif negroni, pastis or bitterlekker.

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## **CROQUET**

**Daily | Complimentary**

Enjoy a game of petanque, preferably with our selection of aperitif negroni, pastis or bitterlekker.

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## **BEEHIVES EXPLORATION**

**90' | Subject to availability**

Exploration of the resident Bee Hives and discussion of regenerative beekeeping with Walter Thornhill.

**R250**

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## **ADVANCED BREATHWORK**

**60' | Subject to availability**

Advanced breathwork session with a facilitator from Breathwork Africa.

**R300**

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