

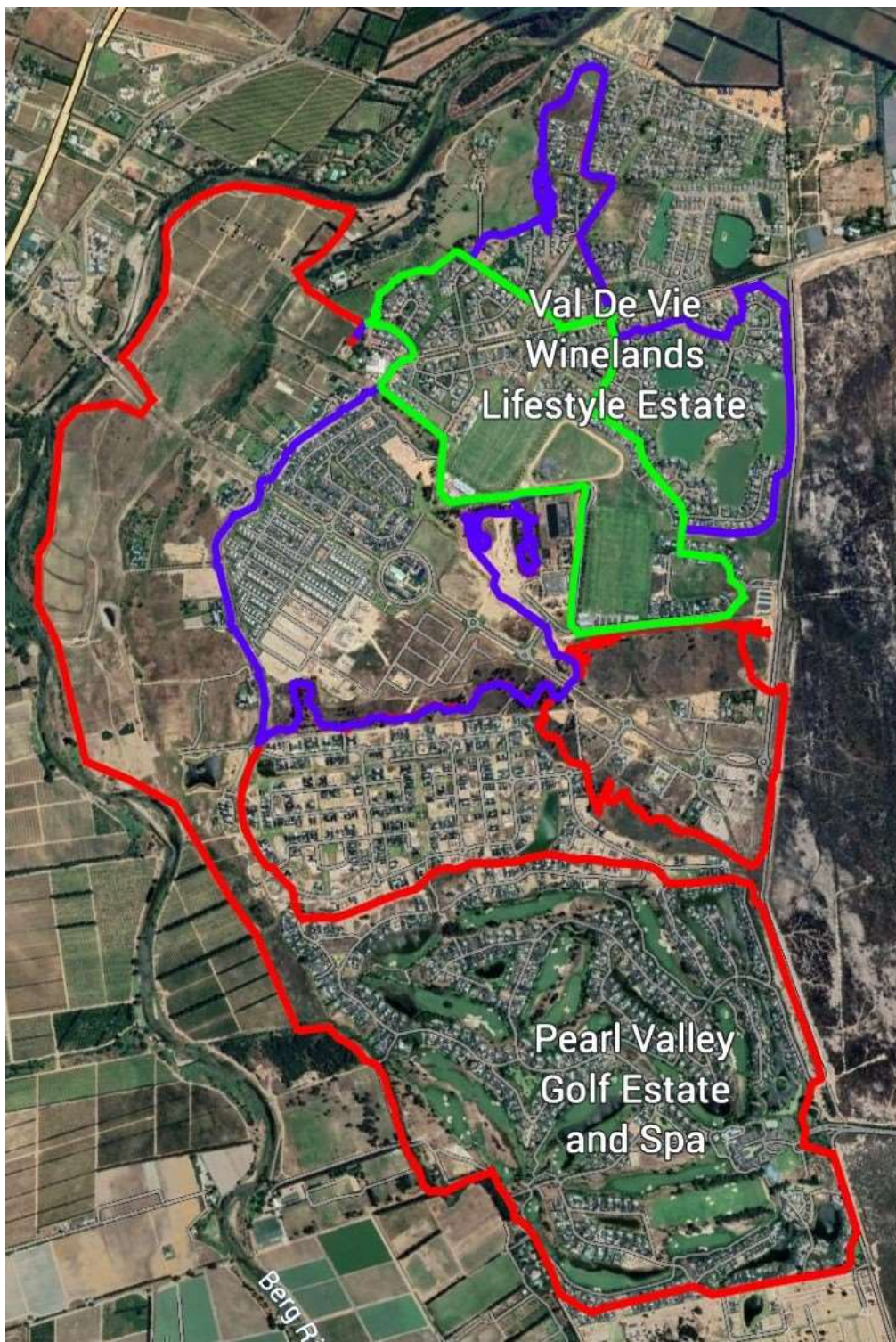


MTB TRAILS MAINTENANCE

Paarl Trails is currently doing cleaning and maintenance on sections of trail in Pearl Valley, after completing similar work on the Val de Vie trails. They take pride in ensuring excellent trail conditions for riders. As a precautionary measure, certain single-track sections have been closed while the maintenance team is at work.

The map below shows the different trail routes in the Greater Estate:

- Red route: 23km
- Blue route: 11km
- Green route: 5km - The trail has been temporarily re-routed using whiteboards and red arrows, with markers placed along the green route.



PEARL VALLEY GOLF

This week's golf tip from Pearl Valley Golf Academy focuses on a key fundamental - posture. Posture is very important because it helps our bodies perform the correct movements in the golf swing and also aids in maintaining good balance while swinging the golf club. When we overlook posture, it can create many faults in our swing.

Here's a simple way to find the correct posture at address: without a club in your hand, flex your knees, bend slightly from the waist, and then let your arms drop down naturally. Clap your hands together, and you'll be in proper address posture. It's as simple as that!

Check out this great example of the correct posture at address. Notice the flexion in the knees, the slight bend from the waist, and the hanging of the arms.



To ensure you're doing it correctly, stand in front of a mirror and compare your natural posture to the image above.

For any further enquiries feel free to contact the team:

- James Wade at James.Wade@pearlvalley.co.za or call 082 435 5831
- Sevey Links at Sevey.Links@pearlvalley.co.za or call 082 214 8014



THE VALLEY RESTAURANT ORDER & COLLECT

Kindly note that The Valley Restaurant, bar and Halfway House do not accept cash payments.

Please note that an exclusive Member's Information Evening is scheduled in the Signature Lounge on Tuesday, 28 March 2023 at 18:00. The Valley Restaurant's Italian Nights will still continue as usual, but we have limited seats available. If you wish to reserve a seat, please contact the restaurant at restaurant@pearlvalley.co.za.

Furthermore, the Signature Lounge is reserved for a private dinner Saturday, 1 April 2023.

EASTER SUNDAY

À LA CARTE MENU

Enjoy a *family* **THREE COURSE**
at **LUNCH OR DINNER**
on **THE VALLEY RESTAURANT**
on **EASTER SUNDAY 9 April**

R400PP

Bookings are essential: restaurant@pearlvalley.co.za or 021 867 8046

[Click here to view the menu](#)



**ABSA
CAPE
EPIC
FINALE**
26 MARCH 2023

ABSA CAPE EPIC GRAND FINALE ARRANGEMENTS

Val de Vie Estate is proud to host the Absa Cape Epic Grand Finale on Sunday 26 March 2023. Most activities will take place around the Polo Pavilion Field between 08:00 - 16:30. Activities on the day include a race village with a Savanna chill zone, food vendors and a merchandise store.

The set-up for the finale began on Monday, and the removal of everything brought in for the event will take place from Sunday, March 26th to Thursday, March 30th, 2023.

Here are some practical access arrangements leading up to the Grand Finale:

Berg River Gate:

- VIP guests
- Dignitaries
- Media
- Crew
- Mobile Home
- Avis
- Spectators
- Public

Val de Vie Estate Main Gate:

- Overflow traffic

L' Huguenot Gate:

- Suppliers
- Trucks

Please note the access and parking schedule for this week:

- Until Saturday 25 March - L'Huguenot Gate for deliveries and loading areas
- Sunday 26 March - Grand Finale Day - use of designated parking areas
- Monday 27 - Thursday 30 March - use of L'Huguenot Gate for collection and breakdown

Helicopters will also be active around the Polo Pavilion field on Sunday 26 March.

- Capturing leading men at 11:00
- Landing on the field at 12:00 (post-arrival of the leading woman)
- Helicopter flips will take place every 15 minutes between 12:30 and 14:30

Thank you in advance for your understanding and support of this event. Join us on the day and give the cycling heroes a warm welcome!

The map below shows the route the riders will be taking around the Estate.

[View route](#)

KIDS RACE AT THE ABSA CAPE EPIC GRAND FINALE

Epic Kids is a fun race for our future Legends and Amabubesi riders and takes place at the Grand Finale of the Absa Cape Epic. While the pros and amateurs are out on the final stage completing their 8-day journey on the trails to Val de Vie, the kids get to have their own Epic experience riding across the official Absa Cape Epic finish line ahead of their idols.

The course is short and easy and can be ridden with a balance or a mountain bike.

Date: Sunday 26 March

Time: 09:00 - 10:00

Venue: Pavilion Polo Field, Val de Vie Estate

R150 per child | Open to children aged 2 - 8 years old

The entry fee includes a branded number board, medal and finish line refreshments.

Entries are strictly limited | Please register ASAP to secure your place

Val de Vie Estate residents are being offered priority access. No registrations will be accepted on the day.

The focus is on participation, with everyone taking part in this experience being hailed a winner.

[Enter online](#)

REMINDER: OPPORTUNITY TO MEET WITH SUPER-ESTATE'S RISK MANAGER

A reminder that Louis de Jager is available at the HOA offices in the Pearl Valley Clubhouse between 08:00 and 09:00 on Wednesday mornings to meet informally with residents and answer security-related questions.

Louis is also a qualified Commissioner of Oaths, and residents are welcome to bring any documentation that requires certification.

CAMELOT SPA

Here are some exciting product and service offerings from Camelot Spa:

1. Treat your group of girlfriends to a memorable spa experience! We'd be delighted to tailor-make a selection of treatments to suit your group's needs.
2. In need of a quick fix? Apply the #quickfixcircle for only 3 minutes, and your hair will feel hydrated and smooth in no time!
3. Essential oils have been a crucial aid in treating bloating and constipation for many years. Bellabaci's Bye Bye Belly Blues contains a specially crafted combination of essential oils, including lavender, lemon eucalyptus, Kalahari melon, safflower, and more. By circling your abdominal area from one hip up to your rib cage, across to the other hip, and back down again, you can stimulate the tummy and help the essential oils penetrate deeper, starting the healing process. When used alongside Bellabaci Cupping Therapy, the benefits of the Bye Bye Belly Blues Genie are immediate.

Contact Camelot Spa via email, call or WhatsApp!

valdevie@camelotspa.co.za | + 27 21 867 8001 | +27 66 354 0093



March Specials

CAMELOT SPA
VAL DE VIE

SPA SERENITY
60min Swedish Body Massage
30min Salt Glow Body Scrub
R950 | SAVE R250
**Add Goodleaf CBD Oil to your massage for an additional R100 | Save R40*

REJUVENATE
30min Thalgo Illuminating Radiance Facial
Hyalu-Procollagene Wrinkle Correcting Pro Eye Treatment
30min Classic Pedicure
R1150 | SAVE R230

Valid 1st – 31st March 2023.

PEARL VALLEY CONTACT DETAILS

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SECURITY

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Disclaimer: Kindly note that the opinions expressed in the communication are those of the authors/advertisers and do not necessarily represent the views of the Pearl Valley Home Owners Association.

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