

PEARL VALLEY HOTEL BY MANTIS

The Pearl Valley Hotel operated by Mantis, is located in the picturesque Paarl-Franschhoek Valley, a short drive from Cape Town and surrounded by some of South Africa's most renowned wineries and restaurants.

The Mantis Hotel Units provide guests with exceptional security and breathtaking views.

Until the end of August 2022, Homeowners and Residents on the Estate can reserve rooms for their family and friends at a discounted rate of R1500.00 per room.

For reservations, please contact the Mantis Hotel directly at:

☎ +27 (0)21 867 8000

✉ pearlvalleyhotel@mantiscollection.com



THE VALLEY RESTAURANT

No plans for the evening? Well now you do. *Tonight* is Local's Night at The Valley Restaurant. There will be live music with guest artist Craig Vee, along with a pub infused menu with fantastic drink promotions. For more information about the guest artist, visit Craig Vee's Facebook page.

To view tonight's menu, please click the button below.

To make a reservation, contact The Valley Restaurant at:

☎ + 27 21 867 8000 / WhatsApp +27 71 644 6743

✉ restaurant@pearlvalley.co.za


VAL DE VIE
ANNO 1783
PEARL VALLEY
— JACK NICKLAUS
SIGNATURE GOLF COURSE —

**THE VALLEY
LOCAL'S NIGHT**

LIVE MUSIC FROM 18:00 – 21:00

WITH CRAIG VEE



[View the Local's Night Menu here](#)

SAVE THE DATE

Join us at The Valley Restaurant for a delicious four-course food and wine pairing menu with Vrede en Lust on *Thursday, 18 August 2022*.

Bookings are essential. The menu will be available soon.

To make an online booking, visit the Pearl Valley website at www.pearlvalley.co.za. Alternatively, contact The Valley Restaurant directly at:

☎ + 27 21 867 8000 / WhatsApp +27 71 644 6743

✉ restaurant@pearlvalley.co.za

LADIES GOLF CALENDAR

The Ladies Golf Calendar for August 2022 is available. To view it, please click [here](#).

CORNÉ STEENKAMP BIOKINETICISTS

Corné Steenkamp Biokineticists is celebrating Women's Month by sharing Breast Cancer & Physical Activity Recommendations.

In addition to regular daily activities, the American Cancer Society advises adults to engage in physical activity for at least 30 minutes, and preferably 45 to 60 minutes, five days a week. Unfortunately, only around two-thirds of patients get the suggested amount of exercise. (Roger et al., 2009)

All of these factors benefit from physical activity: it lowers estrogen and raises SHBG; it lowers insulin and insulin resistance; it raises adiponectin and lowers leptin; reduced oxidative stress, increases Treg and NK cells, and decreases proinflammatory monocytes like CRP, IL-6, and TNF-; this also raises the body's resistance to oxidative stress. (Roger et al., 2009)

Happy
Women's
Month



DISCOVERY VITALITY DAY

Corné Steenkamp Biokineticists hosts days where Discovery Vitality members can complete all of their tests in under 90 minutes. Please take note of the following upcoming event.

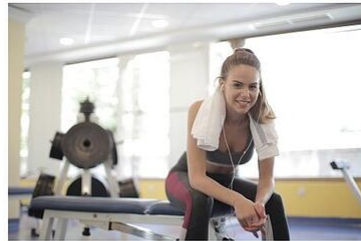
Date: 17 August 2022

Venue: Val de Vie Estate Sports & Leisure Centre

Bookings are essential.

☎ + 27 79 523 5875

✉ gym.valdevie.co.za



CAMELOT SPA AT PEARL VALLEY

Camelot Spa offers exciting specials for Women's Month! To view them, please click on the button below.

For more information or to schedule an appointment, pop in for a visit, or contact them directly at:

☎ + 27 21 867 8001 / WhatsApp +27 66 354 0093

✉ valdeviemanager@camelotspa.co.za



CAMELOT SPA
VAL-DE-VIE

[View Camelot Spa's Special Offerings here](#)

PEARL VALLEY JUNIOR SERIES 2022

On Sunday, 31 July 2022 Pearl Valley Golf and Country Estate hosted the next round of the Junior Series. We had a record number of entries with 25 kids playing on the day.

Neil Louw won the A-division on 90 shots.

Marissa McIntosh won the ladies division on 52 shots.

Christian Meintjies won the C-division and Ruben Meintjies won the D-division.

Congratulations to all the youngsters who participated on the day, we are proud of you! We would like to thank Callaway, Lyle and Scott for sponsoring all of our Junior Series events for 2022.



BACK'S RESTAURANT AND DELI AT PEARL VALLEY

Back's Restaurant and Deli has recently introduced their new Bistro Lunches, which are served Monday to Friday from noon to three p.m. On Fridays, the Blackboard specials at Back's Restaurant and Deli change and are not to be missed.

The Chef's Blackboard is served for dinner Monday to Saturday.

Click [here](#) to view their Bistro Lunch Menu.

Trading hours

- Mondays to Saturdays from 08:00 - 22:00 (kitchen closes at 21:00)
- Sundays from 08:00 - 18:00 (kitchen closes at 14:00)

☎ +27 21 300 6992

✉ hello@backs.co.za



PEARL VALLEY CONTACT DETAILS

PEARL VALLEY HOA

☎ 021 867 8000

✉ info@pvhoa.co.za

SECURITY

☎ Security Control Room - 021 867 1201

☎ Val de Vie Main Gate - 021 867 6110/6138

☎ Pearl Valley Main Gate - 021 867 3266

☎ Berg River Gate - 021 863 6102/6101

Pearl Valley Golf & Country Estate, R301, Wemmershoek Road, Paarl, Cape Town, South Africa 7646,
South Africa, 0836564458

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