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PERCEPTION MANAGEMENT CONSULTANTS
EST. 2000

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THE VINEYARD HOTEL & SPA – NATURAL VITALITY IN THE HEART OF CAPE TOWN

South Africa, Cape Town, June 2010; **SET** in idyllic gardens with the gurgling Liesbeeck River running through them, the deluxe Vineyard Hotel & Spa in Newlands has an atmosphere of natural vitality and tranquility. The popular state-of-the art Vineyard Health and Fitness Centre and the evocative Angsana Spa further promote well being, by making it both easy and enjoyable to nurture a wholesome body and mind. Even the hotel's restaurant menus have been tweaked to ensure optimal vitality for guests, who visit from around the globe.

Originally built in 1799 as Lady Anne Barnard's private residence, the property has sweeping views of the southern slopes of Table Mountain and is today synonymous with luxury and elegance. Comprising three outstanding restaurants, an award-winning conference centre, superb accommodation, the Angsana Spa and the Health & Fitness Centre, the Vineyard Hotel & Spa offers all the elements vital to the good life.

Luxury Living

With 207 stylish rooms and suites, the hotel is able to offer 8 different accommodation types to tailor-make every stay.

Select your room based on your preference for mountain or courtyard view. Live the suite life in one of the hotel's many stylishly refurbished suites - for sheer style and spaciousness, the Francois Suite and Kitty Suite are a must! Alternatively choose to stay longer and self-cater in one of 5 spacious Garden Cottages.

For luxurious living, all accommodation is equipped with the latest in modern lifestyle conveniences, including *free* high-speed internet access.

Superb Dining

Boasting the award-winning Myoga Restaurant and The Square Restaurant & Sushi Bar, the Vineyard Hotel & Spa has transformed into an impressive gourmet destination.

The Square Restaurant & Sushi Bar:

Under the helm of Executive Chef, Alex Docherty, The Square is a relaxed yet elegant brasserie-style restaurant offering a fresh and enticing menu of traditional and contemporary dishes – all with innovative twists.

Serving breakfast, lunch and dinner, the venue's vast wine menu showcases all the major South African estates, as well as some 'off the beaten track' choices, and is designed to perfect every gourmet experience.

In addition, the eatery recently opened a sushi bar run by skilled Japanese sushi masters. It's a recommended must for every seafood-lover!

Myoga Restaurant:

Meaning Ginger blossom in Japanese, Myoga restaurant is independently owned and operated by chef and restaurateur Mike Bassett of Ginja and Shoga fame. Since launching in Nov 2007, it's developed an exceptional reputation for its menu of contemporary, global fusion cuisine.

Lunch and dinner patrons can expect to find a menu selection of mouth-watering delights and signature dishes with influences from the East to the Mediterranean.

Served in a welcoming and funky setting with its contemporary-classical décor and theatre-style kitchen, Myoga is ideal for both corporate and leisure guest.

Splash Café:

The light-filled and relaxed Splash Café overlooks the impressive granite exercise pool and serves healthy breakfast and lunch options.

Conferencing excellence

Substantial in size and equipped with the latest audio visual equipment, The Vineyard Conference Centre is considered one of the Cape's finest.

An architectural masterpiece, it spans two floors, with each floor catering for up to 280 guests. A range of layout options ensure flexible conferencing solutions.

With rooms bathed in natural sunlight and boasting views of Table Mountain as well as the hotel's magnificent gardens, and secure parking for 200 vehicles, it's the perfect setting for conferences, weddings, exhibitions, product launches and a host of other special occasions.

A life of wellness

The luxurious Angsana Spa – which forms part of the world-famous Banyan Tree Group – offers an extensive menu of body treatments to relax and revitalise. Most therapists are Asian, but all are trained in the ancient art of Thai massage – using palm strokes and stretching techniques to encourage energy renewal. New treatments are constantly being added to the spa menu, most recently the Aroma Thai massage to relieve tension and improve circulation, and the Dreams massage specifically for tired, jet lagged bodies.

The magnificent Vineyard Health & Fitness Centre is another key attraction at the hotel. It promotes aerobic fitness and toning, all in an idyllic setting with panoramic views over the extensive gardens. An indoor and outdoor swimming pool, and health eatery – The Splash Café – combine to ensure a rejuvenating stay.

However, even hotel restaurant menus have been scrutinised to ensure there are no trans fats in any dishes. The Vineyard was also one of the first establishments in South Africa to receive SASSI accreditation, ensuring that all fish served is sustainable. Breakfast menus also have healthy options to start the day, with all yoghurt served being made at the hotel from organic milk.

'Green' garden wonderland

With cobbled paths meandering down to the Liesbeek River through age-old trees, the Vineyard Hotel & Spa's garden is paradise found.

Spanning six-acres of attractive parkland, landscape architect, Chris van Zyl, together with his horticultural team are dedicated to eco-friendly gardening practices.

Today 80% of the garden boasts indigenous flora. Imagine Black and White Stinkwood, Yellowwood, Coral and Cabbage trees showcased alongside Pin Cushion Proteas, brilliant hedges of Bougainvillea and Azaleas. It's a wonderland set to enthrall any garden and bird-enthusiast.

In the spirit of its winemaking heritage, the Vineyard Hotel & Spa has its own small vineyard along the banks of the Liesbeek River that were planted two years ago. This is a symbolic gesture to mark the evocative history of the property, when in the 1700's Lady Ann Barnard owned the original Vineyard farm with its 20 000 grape vines.

For reservations or further information contact the Vineyard Hotel & Spa on (27) (21) 657 4500, email hotel@vineyard.co.za or visit www.vineyard.co.za

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ABOUT THE VINEYARD HOTEL & SPA

The Vineyard Hotel & Spa is privately owned and family operated. It is a world-class deluxe hotel situated in Cape Town's leafy suburb of Newlands and offers 207 recently refurbished and stylish rooms, an award-winning conference venue, a state-of-the-art fitness centre and Angsana Spa, as well as two popular gourmet destinations - The Square and Myoga restaurants. Complete with sushi bar, The Square is a brasserie-style restaurant offering a fresh and exciting internationally-inspired menu, whilst Myoga - which is independently owned and operated by restaurateur Mike Bassett of Ginja and Shoga fame – is well-known for its contemporary, global fusion menu. The Vineyard Hotel & Spa is also a mere 15 minutes from the V&A Waterfront, Cape Town International Airport and the City Centre.

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