

3 OR 5KM JOGGING ROUTE

INVIGORATE YOURSELF

Jog yourself happy on this scenic route, crossing the Liesbeek River while enjoying breathtaking views of the icon Table Mountain.

START AND FINISH:

The hotel's main entrance.



We offer guests complimentary access to our modern Health & Fitness Centre, complete with cardio and resistance training equipment.

Qualified trainers are available for equipment advice and can be booked for affordable personal training sessions.