

# 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.

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