



# Price List

Valid until 31 August 2025

The following pages give details of our various packages and their pricing. These serve as guidelines only and your visit to Hoogland can be adapted to best suit your unique requirements.

Hoogland is primarily focused on individual health, thus it is not an ideal venue for large groups. Group sizes are limited to 8 people.

A minimum stay of 2 nights applies for most of the year, but a minimum stay of 3 nights from 13 December 2024 to 12 January 2025, as well as long weekends.

Check-in is from 13:00 and check-out by 12:00. Early check-in or late check-out is available for R850 pp.

Receive a daily gift of a R 200 treatment voucher from day 8 and onwards of any stay. You may use these vouchers towards any of the available medical & health consultations or massage & beauty treatments. These are not refundable.

Price lists and programs not listed here:

- Medical and health consultations, tests and assessments.
- Massage and beauty treatments
- Corporate Services
- Coaching Services

For these price lists and more information, please see the website or contact us:

Email us: [info@hoogland.co.za](mailto:info@hoogland.co.za)

Call VOIP: +27 (0) 12 023 0224

Call cell: + 27 (0) 84 830 4000

Message us on WhatsApp or Signal: + 27 (0) 84 830 4000



## Standard Packages:

These packages all have flexible check-in and check-out dates and are easily adaptable to meet individual requirements.

### Lifestyle Health Core – 2 days and longer

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If you are without serious health concerns and just in need of a healthy rest, or would like to personalize your stay as you go, then this is a great option for you. It contains all that is required for a beneficial stay and can also be customized by adding consultations, tests or treatments.

It is our basic stay which includes all of the following: accommodation, talks & workshops, unlimited use of all of the hydro facilities, guided nature hikes, meditation and breathwork classes, exercise classes, meals, unlimited mineral water, tea or coffee, and for those who choose: therapeutic water-fasting of up to 3 days.

### Kick-Start Wellbeing – 3 days and longer

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Need a little more physical and/or mental professional health support? Consider a Kick-Start package.

This package includes everything from the Lifestyle Health Core package as well as a Kick-Start bundle to launch a healthier, stronger you. Included in the Kick-Start bundle is a mini-assessment plus selected consultations and massage therapies.

### Metabolic Health- 9 days and longer

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Ideal for weight management, pre-diabetes, type II diabetes and other metabolic disorders.

Are you concerned about your weight or other metabolic symptoms? If you are suffering from, or concerned that you may be developing, metabolic disorders such as type II diabetes or Alzheimer's, this is the perfect intervention to start regaining your health and vitality.

### Mental Health – 7 days and longer

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If you are feeling overwhelmed, burnt-out, or are finding yourself in an emotional crisis, this is the ideal retreat for you. We will provide you with professional, integrated emotional and physical support to assist with your recovery and provide the tools for long-term day-to-day success back in the 'real world'.

## Specialty Packages

Available on specific dates only and with limited space.

### Therapeutic Water-Fasting from 7 days to several weeks

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If you feel desperate to treat an advanced metabolic disorder, an autoimmune condition or chronic inflammation and feel let down by 'mainstream medicine', this ancient healing modality might be just what you need. This program is an intervention which is medically-supervised therapeutic water-fasting of longer than 3 days under the guidance of "The Fast Doctor", Dr André. It is the ultimate 'detox'

### Gut Health – 5 days

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Do you feel uncertain about your digestive health and what it means for your overall wellbeing? Have you been feeling puzzled by all the hype and unsure what is worth investing in? This 5-day hands-on gut health programme is for you. It includes talks, consultations, gut motility exercises, fermentation equipment, starters and workshops.

### Peri-Menopause long weekends – 3 days

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Approaching menopause and just not quite feeling yourself? A little more tired, foggy brained or emotional than usual? This 3-day peri-menopause workshop is maybe just what you need. Take healthy, restful break while enjoying open discussions with professionals and fellow females on the hormonal ups and downs of this normal (yet tumultuous) transition time. You will learn a host of interventions to assist with the varied symptoms and ensure a smoother transition into a wise and energized second half of your life.



## You will receive the following during your stay:

- Private En-suite accommodation. (Please see the room options on the last page.)
- Full use of all facilities such as: sauna, steam rooms, steam cabinets, sitzbaths, Jacuzzi's, jet pool, swimming pools and exercise facilities
- Unlimited mineral water and herbal teas
- Daily health advice and monitoring by nurses or lifestyle health consultants.
- Supervised water-fasting for up to 3 days with guided refeeding\*
- Balanced health Buffet (8am to 7:30pm)
- 24 hour fresh fruit and salad bar
- Daily guided meditation
- Breath-work training classes.
- Two guided nature walks daily.
- Three exercise classes daily. These can include pilates, yoga, stretch, aqua aerobics and gut motility
- Demonstrations, talks and workshops

## Fasting at Hoogland:

You can choose to do a period therapeutic water-fast, but it is not compulsory.

If you wish to fast, you will be limited to a period of 3 days of water-fasting, unless you are under the direct medical supervision of Dr André, "The Fast Doctor". Longer fasts are therefore limited to certain dates. You will need to do a selection of blood tests at our on-site laboratory at the start of the fast and throughout your fasting period, as needed.

An alternative to therapeutic water-fasting is fast-mimicking (500 – 600 kCal per day) which you may do at any time and for any length of time. It is a gut-friendly low-risk form of fasting which only requires you to have a consultation from the nutritionist, who will be your guide.

## You can enjoy any, or all, of the following as part of your program:

### **06:30 Morning Guided Hike (A slower, shorter hike is available on request)**

The time spent hiking in nature will help you feel relaxed. It will also help to improve your overall focus, circulation, balance and proprioception.

### **07:30 Hydro therapy area opens**

The Hydro Therapy Cycle will help your body to improve circulation and remove metabolic waste. It is an integral part of your Hoogland experience.

### **08:30 Guided Meditation**

This can help you to have enhanced self-awareness and emotional regulation, allowing you to become more mindful, focused and calm.

### **09:15 Yoga or Pilates**

Improve your flexibility, strength balance and posture while also increasing body-awareness.

### **11:00 Aqua Aerobics**

Increase your lymph drainage while improving your cardiovascular health, muscle tone and strength without hurting your joints.

### **14:00 Afternoon talk or workshop \***

### **15:30 Stretch or Gut Motility class.**

Stretch classes are great for reducing inflammation and pain while improving strength and flexibility. Gut motility classes contribute to your digestive health and aids peristalsis.

### **16:15 Breath-work Training Class**

Breath-work classes will help give you an incredible tool for emotional regulation. It can help to quickly reduce your feelings of agitation or anxiety and will help to improve your sleep.

### **17:00 Afternoon Guided Hike (A slower, shorter hike is available on request)**

Hiking at the end of your day can also help you to have a good night's rest.

### **19:30 Evening talk or workshop. \***

\* When you attend these classes, lectures and workshops, not only will your knowledge of physical and mental health expand, but the in depth discussions and Q&A with our experts will help you to leave with the tools for long-term health success. Subjects include: intermittent fasting, nutrition, hydration, stress management, dopamine, mindful eating, burnout prevention, sleep, gut health and many more.



## Lifestyle Health Core

If you are without serious health concerns and just in need of a healthy rest, or would like to personalize your stay as you go this is a great option for you. It contains all that is required for a beneficial stay and can also be customized by adding consultations, tests or treatments.

	Standard Rates:	Frequent Visitor: (More than 16 nights total previously)
2-Day Visit	R5 175 pp (U\$290*)	R4 785 pp (U\$265*)
3-Day Visit	R7 625 pp (U\$425*)	R7 075 pp (U\$395*)
4-Day Visit	R10 050 pp (U\$560*)	R9 300 pp (U\$520*)
5-Day Visit	R12 350 pp (U\$685*)	R11 450 pp (U\$635*)
6-Day Visit	R14 650 pp (U\$815*)	R13 625 pp (U\$755*)
7-Day Visit	R16 850 pp (U\$935*)	R15 700 pp (U\$875*)

Additional days are at R2 150 pppn (U\$120\*)

For accommodation options, please have a look at the last page of the price list.

### Extras to Consider:

#### Add a mini-assessment for R1 100 pp (U\$60\*)

The mini assessment includes a selection of blood tests, urinalysis, a blood pressure reading, a blood oxygen saturation test, body fat percentage scale measurements as well as waist circumference to height ration.

The consultant will discuss your results, medical history and goals. Based on your results the consultant will also advise which additional tests, treatments and consultations might work for you and make recommendations on how best to use the daily programme for your own, unique needs.

#### Tests and Consultation with Dr André, "The Fast Doctor" – R5 000 (U\$280\*)

If you feel that a more in-depth health assessment is what you need, this is ideal.

It consists of a comprehensive set of blood tests and urinalysis, plus a thorough medical consultation with Dr André.

These blood tests are done same-day at our on-site laboratories. After you have reviewed the results and compiled questions, a consultations with Dr André of between 1 and 2 hours will follow.

If you feel after the mini-assessment that the additional tests and consultation with Dr André will benefit you, the top-up rate is R4 500. (U\$250\*)

#### Physical Wellbeing Assessment R975 (U\$55\*)

Do you want a snapshot of your overall musculoskeletal health and advice on how to treat or prevent litte aches and pains?

Get a complete physical wellbeing assessment with a biokineticist to help you assess where you're body's at and set goals for long term strength and vitality.

#### Massage & beauty treatments

The oxytocin released during these treatments will do wonders for your hearth health and help reduce inflammation.



## Kick-Start Wellbeing

Need a little more physical and/or mental professional health support? Consider a Kick-Start package.

### 3-Day Kick-Start

Standard:

Frequent Visitor:

(More than 16 nights total previously)

Including:

R10 225 pp (U\$570\*)

R9 675 pp (U\$ 540\*)

- Three nights' Lifestyle Health Core
- One mini-assessment
- One additional consultation with medical and health professionals
- One full body massage
- One Iketla foot massage
- One Iketla hand massage

Add or subtract a night for:

R2 425 pppn (U\$135\*)

R2 225 pppn (U\$125\*)

### 5-Day Kick-Start

Standard:

Frequent Visitor:

(More than 16 nights total previously)

Including:

R16 300 pp (U\$725\*)

R15 275 pp (U\$695\*)

- Five nights' Lifestyle Health Core
- One mini-assessment
- Two additional consultations with medical and health professionals
- Two full body massages
- One Iketla foot massage
- One Iketla hand massage

Add or subtract a night for:

R2 300 pppn (U\$130\*)

R2 175 pppn (U\$120\*)

### 7-Day Kick-Start

Standard:

Frequent Visitor:

(More than 16 nights total previously)

Including:

R23 000 pp (U\$1 280)

R21 850 pp (U\$1 215\*)

- Seven nights' Lifestyle Health Core
- Two mini-assessments (one initial and on follow-up to gauge progress)
- Three additional consultations with medical and health professionals
- Three full body massages
- One Iketla foot massage
- One Iketla hand massage

Add or subtract nights for:

R2 150 pppn (U\$120\*)

R2 150 pppn (U\$120\*)

### Included in your mini-assessment:

The mini assessment includes a selection of blood tests, urinalysis, a blood pressure reading, a blood oxygen saturation test, body fat percentage scale measurements as well as waist circumference to height ration.

The consultant will discuss your results, medical history and goals. Based on your results the consultant will also advise which additional tests, treatments and consultations might work for you and make recommendations on how best to use the daily programme for your own, unique needs.

The following professionals are available to book your consultation(s) with:

Psychologist

Biokineticist

Nutritionist

Life Coach

Chiropractor

Lifestyle Consultant

Homeopath

Yogi

Prices valid until 31 August 2025

\*U\$ rate calculated on R18/U\$ and subject to change

[www.hoogland.co.za](http://www.hoogland.co.za)

[info@hoogland.co.za](mailto:info@hoogland.co.za)

Tel: +27 (0) 84 830 4000



## Extras to Consider:

Please have a look at our Medical & Health and Massage & Beauty Treatments price lists for a wonderful range of supportive therapies to add during your stay. Here are some examples of what can be added to make even more out of a wonderful, healing experience at Hoogland:

### **Tests and Consultation with Dr André, "The Fast Doctor" – R4 500 (U\$250)**

If you feel that a more in-depth health assessment is what you need, add this valuable bundle to your Kick-Start package.

It consists of a comprehensive set of blood tests and urinalysis, plus a thorough medical consultation with Dr André.

These blood tests are done same-day at our on-site laboratories. After you have reviewed the results and compiled questions, a consultations with Dr André of between 1 and 2 hours will follow.

If you feel after the mini-assessment that the additional tests and consultation with Dr André will benefit you, the top-up rate is R4 500 (U\$250)

### **BrainWorking Recursive Technique ® with Monica – R1 200 (U\$70)**

If you need to change the way you feel about, or respond to something which has a significant impact in your life, this entirely confidential intervention can definitely work for you.

BWRT® stands for BrainWorking Recursive Technique, a modern model of psychology and psychotherapy created by UK professional therapist, Terence Watts, BWRT® is a natural, new therapy that helps rewire thoughts virtually in the brain.

It's a totally confidential method that does not require you to reveal your private information or personal secrets to the practitioner and it is carried out in a completely conscious state.

BWRT® does not use hypnosis, nor does it employ any concepts that might be considered mystical or unscientific - it's completely logical, practical and down-to-earth, and for it to succeed only needs you to know what you want to change in your life.

### **Physical Wellbeing Assessment R975 (U\$55\*)**

Do you want a snapshot of your overall musculo-skeletal health and advise on how to treat or prevent little aches and pains?

Get a complete physical wellbeing assessment with a biokineticist to help you assess where you're body's at and set goals for long term strength and vitality.

### **Hiking consultations – R1 500 (U\$85\*) up to 2 hours**

If you need to talk but not sure where to begin, or if you need to release pent-up anxiety, anger or frustration, or feel you cannot think straight, then this kind of therapy can mean the world to you.

Hiking in nature is healing in its own right, but combine it with the one-on-one time of a coach and it becomes a transformative experience.



# Metabolic Health- 9 days and longer

Ideal for weight management, pre-diabetes, type II diabetes and other metabolic disorders.

Are you concerned about your weight or other metabolic symptoms? If you are suffering from, or concerned that you may be developing, metabolic disorders such as Type II Diabetes or Alzheimer's, then this is the perfect intervention to start regaining your health and vitality.

	Standard:	Frequent Visitor:
		(More than 16 nights total previously)
First 9 days:	R33 350 pp (U\$1 855*)	R32 200 pp (U\$1 790*)

Including:

- Nine nights' Lifestyle Health Core
- Two Mini-Assessments (on initial and one follow-up to gauge progress)
- One physical wellbeing assessment with a biokineticist
- One exercise planning session with a biokineticist
- Eight personal training sessions based on the guidance from the biokineticist
- Two consultations with the nutritionist
- Two additional consultation with medical and health professionals
- Two full body massages
- One Iketla foot massage
- One Iketla hand massage
- One continuous glucose monitor on departure, which will last 14 days
- Personal WhatsApp group for 14 days to help monitor progress and CGM readings

Add or subtract nights for:	R2 150 pppn (U\$120*)	R2 150 pppn (U\$120*)
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## Included in your mini-assessment:

The mini assessment includes a selection of blood tests, urinalysis, a blood pressure reading, a blood oxygen saturation test, body fat percentage scale measurements as well as waist circumference to height ration.

The consultant will discuss your results, medical history and goals. Based on your results the consultant will also advise which additional tests, treatments and consultations might work for you and make recommendations on how best to use the daily programme for your own, unique needs.

## The following professionals are available to book your consultation(s) with:

Psychologist	Biokineticist	Nutritionist
Life Coach	Chiropractor	Lifestyle Consultant
Homeopath	Yogi	

## Extras to Consider:

### Tests and Consultation with Dr André, "The Fast Doctor" – R4 500 (U\$250)

If you feel that a more in-depth health assessment is what you need, add this valuable bundle to your metabolic treatment health package

It consists of a comprehensive set of blood tests and urinalysis, plus a thorough medical consultation with Dr André.

These blood tests are done same-day at our on-site laboratories. After you have reviewed the results and compiled questions, a consultations with Dr André of between 1 and 2 hours will follow.

If you feel after the mini-assessment that the additional tests and consultation with Dr André will benefit you, the top-up rate is R4 500 (U\$250).



## Mental Health – 7 days and longer

If you are feeling overwhelmed, burnt-out or finding yourself in an emotional crisis this is the ideal retreat. We provide professional, integrated emotional and physical support to assist with recovery and provide the tools for long term day to day success back in the 'real world'.

	Standard:	Frequent Visitor: (More than 16 nights total previously)
First 7 days:	R22 650 pp (U\$1 260*)	R21 500 pp (U\$1 195*)

Including:

- Seven nights' Lifestyle Health Core
- One mini – assessment
- Two consultations with the psychologist.
- Two additional consultations with medical and health professionals
- Two full body massages
- One Iketla foot massage
- One Iketla hand massage

Add or subtract nights for:	R2 150 pppn (U\$120)	R2 150 pppn (U\$120)
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### Included in your mini-assessment:

The mini assessment includes a selection of blood tests, urinalysis, a blood pressure reading, a blood oxygen saturation test, body fat percentage scale measurements as well as waist circumference to height ration.

The consultant will discuss your results, medical history and goals. Based on your results the consultant will also advise which additional tests, treatments and consultations might work for you and make recommendations on how best to use the daily programme for your own, unique needs.

### The following professionals are available to book your consultation(s) with:

Psychologist	Biokineticist	Nutritionist
Life Coach	Chiropractor	Lifestyle Consultant
Homeopath	Yogi	

### Extras to Consider:

#### Tests and Consultation with Dr André, "The Fast Doctor" – R4 500 (U\$250)

If you feel that a more in-depth health assessment is what you need, add this valuable bundle to your metabolic treatment health package

It consists of a comprehensive set of blood tests and urinalysis, plus a thorough medical consultation with Dr André.

These blood tests are done same-day at our on-site laboratories. After you have reviewed the results and compiled questions, a consultations with Dr André of between 1 and 2 hours will follow.

If you feel after the mini-assessment that the additional tests and consultation with Dr André will benefit you, the top-up rate is R4 500 (U\$250).

#### Hiking consultations – R1 500 (U\$85\*) for up to 2 hours

If you need to talk but not sure where to begin, or if you need to release pent-up anxiety, anger, frustration or feel you cannot think straight, this kind of therapy can mean the world to you.

Hiking in nature is healing in its own right, but combine it with the one-on-one time of a coach and it becomes a transformative experience.





# Specialty Packages

Valid until 31 August 2025

- Therapeutic water-fasting
  - Gut-health
  - Peri-menopause

These packages are only available on specific dates only and with limited space.

Dates are published online but also feel free to contact us at any time to find out if the dates you would like to book might be available.

For our Gut-health and peri-menopause programs we can provide alternate dates for group sizes of between 5 and 8.

Email us: [info@hoogland.co.za](mailto:info@hoogland.co.za)

Call VOIP: +27 (0) 12 023 0224

Call cell: + 27 (0) 84 830 4000

Message us on WhatsApp or Signal: + 27 (0) 84 830 4000

# Medically-supervised therapeutic water-fasting

From 7 days to several weeks.

If you feel desperate to treat an advanced metabolic disorder, an autoimmune condition or chronic inflammation and feel let down by 'mainstream medicine', this ancient healing modality might be just what you need. This program is an intervention which is medically-supervised water-fasting under the guidance of "The Fast Doctor", Dr André.

It is the ultimate 'detox'

This medically-supervised therapeutic water-fasting programme at Hoogland will work for you if you wish to fasts for longer than 3 days. Water-fasting may only continue as long as clinical symptoms and blood test results support safe water-fasting. You will only be allowed to fast up to a maximum of 40 days at a time, regardless of test results.

A guided refeeding period is required after any fast. This can be as short as 1 day at the end of a 5-day fast, or as long as 7 days at the end of a 40-day fast.

	Standard:	Frequent Visitor: (More than 16 nights total previously)
First 7 days: Including:	R23 175 pp (U\$1 290*)	R22 100 pp (U\$ 1 230*)
	<ul style="list-style-type: none"><li>• Seven nights' Lifestyle Health Core</li><li>• Tests and consultation with Dr André</li><li>• One additional consultations with medical and health professionals</li><li>• Two full body massages</li><li>• One Iketla foot massage</li><li>• One Iketla hand massage</li></ul>	

Add or subtract nights for:	R2 150 pppn (U\$120*)	R2 150 pppn (U\$120*)
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Longer than 5 additional days:

For every additional 5 - 7 days you will be required to do an additional consultation with Dr André as well as tests he deems necessary will be required. The cost of this is an R4 000 (U\$225) and it will cover any tests we are able to do at Hoogland.

If you need tests which we cannot perform at Hoogland, we will arrange for them to be done at another medical facility after discussing their need in detail with you. These will be for your account.

## Tests and Consultation with Dr André, "The Fast Doctor"

This is an in-depth health assessment to guide you into a safe and effective fasting period.

It consists of a comprehensive set of blood tests and urinalysis, plus a thorough medical consultation with Dr André. These blood tests are done same-day at our on-site laboratories. After you have reviewed the results and compiled questions, a consultations with Dr André of between 1 and 2 hours will follow.

## Massage therapies

Massage therapies are included in your first week and you will benefit from them throughout your stay. Massage helps with circulation and also to increase oxytocin levels naturally in the brain and body. Oxytocin helps to protect your heart and can even help to heal a damaged heart.

## Suggested professionals for your consultation:

### Psychologist

Fasting can bring up very strong emotions in some. If you are feeling overwhelmed, a consultation with the psychologist will help you feel more stable and grounded.

### Nutritionist

If you need some personalized advice on nutrition and fasting cycles which will work for you back at home, this consultation will be time well spent.

### Life Coach

Perhaps you need someone to just bounce ideas of, openly and without judgment discuss your fears and challenges. This consultation will leave you with both perspective and tools for long term day to day success.

### Biokineticist

Fasting helps to reduce inflammation so that physical activities you might have experienced as painful in the past will become easier again. If you would like guidance on how to continue with the right physical activities for you and your own musculoskeletal goals, this consultation will be very valuable.

# Gut Health

5 days - specific dates

R17 700 pp (U\$985\*) and R16 775 pp (U\$930) for frequent visitors.

Do you feel uncertain about your digestive health and what it means for your overall wellbeing? Have you been feeling puzzled by all the hype and unsure what is worth investing in? This 5-day hands-on gut health program is for you. It includes talks, consultations, gut motility exercises, fermentation workshops, starters and equipment.

Gut health is increasingly topical as we realise that it impacts all aspects of our physical and mental wellbeing. Our gut microbiota is intricately connected to this and directly influences digestion, inflammation, mood, and aging.

With so much noise out there many people are uncertain what good gut health looks like and needs to be done to improve gut health.

- ? What is a gut healthy diet
- ? Are there any supplements which can work?
- ? Why fermented foods?
- ? What length of fasting is healthful for your gut?
- ? What exercise is essential for gut health?
- ? How do I make fermented foods?

In this completely hands-on, integrated 5-night course we answer all of these questions and more.

The program is tailor-made and very practical. It includes a full daily program focused on gut health, useful workshops plus a full fermented food starter pack for yogurt, kefir, kombucha, sauerkraut, sourdough bread and more.

Included in your take-home fermentation start kit:

- ✓ 2l crock-pot
- ✓ 500ml crock-pot
- ✓ Yogurt pot and cheese cloth
- ✓ Food thermometer
- ✓ Wonder bag
- ✓ Bread tin
- ✓ Glass jars with scoby for kombucha and kefir
- ✓ Glass jar with sourdough starter
- ✓ Cooler box
- ✓ Recipe book
- ✓ Cutting board and knife

Please see the website or email us for available dates.

Groups of between 5 and 8 people can request alternative dates.

## Peri-Menopause long weekends

3 days

R7 625 pp (U\$425) or R 7 075pp (U\$395) for frequent visitors.

Add an extra night for:

R2 425 pppn (U\$135\*) or R2 225 pppn (U\$125\*) for frequent visitors.

Approaching menopause and just not quite feeling yourself? A little more tired, foggy brained or emotional than usual? This 3-day peri-menopause workshop is maybe just what you need. Take healthy, restful break while enjoying open discussions with professionals and fellow females on the hormonal ups and downs of this normal, yet tumultuous, transition time.

During this program you will learn a host of interventions to assist with the varied symptoms and ensure a smoother transition into a wise and energized second half of life.

Please see the website or email us for available dates.

Groups of between 5 and 8 people can request alternative dates.

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\*U\$ rate calculated on R18/U\$ and subject to change

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Tel: +27 (0) 84 830 4000

## Accommodation:

Our lovely en-suite bedrooms form only a small part of the Hoogland experience. Our sprawling grounds and buildings allow you to find privacy and solitude whenever you need it. Most of your time in the bedroom will be spent unconscious, but for a good night's rest it is still important to feel comfortable (and many of our regulars have their favourites.)

### Room types:

Hoogland provides single rooms for guests visiting on their own, and double or twin rooms for guests who prefer to share. Single surcharges will apply to single guests in double rooms and upgrade fees are applicable for Red-leaf Rock-Fig or Wild Orchid rooms.

### Mountain Karee

Mountain Karee rooms are single rooms. They are cool, quiet, south-facing rooms with a double bed. They have a large window overlooking the indigenous forest and the steep dolomite hill at the back of the building.

### Bushwillow

Bushwillow rooms can be used as a twin or double room for guests sharing. They have a queen size and three-quarter bed. Some of these rooms open up onto the lawn, others just have large sliding windows overlooking the gardens, lanes of trees and the rugged Shurweberg hills at the front of the building. Single surcharge to these rooms is R 400 per night.

### Coral Tree

The Coral Tree rooms are north-facing on the top floor, each with a queen size bed and a beautiful view of the lawn, lanes of trees and the picturesque hills on the northern side of the building. They are spectacular in the late afternoon and lazy winter mornings.

### Red-leaf Rock-Fig

Red-leaf Rock-Fig rooms are on the ground floor and are reserved for guests with significant mobility issues such as post-op care and obesity. The single surcharge on these is R500 pnn and the upgrade fee is R100 pppn but can only be booked by able-bodied guests at short notice.

### Wild Orchid

Wild Orchid rooms are cool, south-facing rooms with a separate lounge. Single surcharge is R600 per night and the upgrade fee is R250 pppn for guests sharing. They have one king size bed and the lounge has large windows looking out onto the natural forest and steep hills on the back of the building, with a glimpse of the expansive valley opening towards the west.

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Complimentary room upgrades are sometimes available on arrival. Upgrades are at the discretion of management, and subject to sufficient availability on arrival. Our frequent visitors, Olienhout members and extended stay guests will receive priority.

Please let us know if you have a special preference for a shower or bath. Most of the en-suite bathrooms have a bath as there are showers in the hydro-therapy area, but some rooms are equipped with showers.

To help guests make the most of their health investment at Hoogland, none of the rooms have TVs and only a small number of rooms have WiFi.

You may request a room with WiFi when booking, but consider rather making use of some of the alternatives that we have available. This will allow your room to remain a place of rest.

We also have uncapped, fast WiFi in the central lounge for ad-hoc needs, a large communal work-room with WiFi and a printer, and a conference room for private online meetings.

Smoking is not allowed in or near the building. Please enquire about our smoking policy to ensure you are comfortable with it before booking.