



Press Release – The Caledon – 22/07/2019

Prepare yourself for an outdoor adventure of a lifetime!

The 10th annual Staalwater MTB Challenge (<https://www.tsogosun.com/the-caledon-casino/whatson/events/10th-annual-staalwater-mtb-challenge>) will take place at The Caledon Hotel and Spa, Western Cape's favourite entertainment destination, on Saturday, 17 August. This time of the year brings with it a hypnotic feast of yellow canola blossoms and lush green wheat fields, truly making it an event to remember.

The one day-only-option provides exciting routes perfect for the whole family. Mountain bikers can choose between 15km, 35km and 60km routes, while the trail runners have a choice of 7km and 15km.

Registration will take place from 06h00 to 09h30 in The Caledon Hotel's Swartberg Conference room with costs ranging from R110 for the 7km trail run to R300 for the 60km cycle. The event starts and ends in The Caledon Hotel's circle.

Those in need of a relaxing getaway can spend the weekend at The Caledon Hotel and Spa and enjoy an assortment of exciting activities from great dining to gaming. After a day of running or cycling you can soak in the restorative powers of the hot springs at the hotel spa. Make sure you pre-register via the Dirtopia website <http://www.dirtopia.co.za/index.php/staalwater>.

Beer Price Plummetts

Because you love beer, draft and spirits, The Caledon is bringing you another bubbly bargain (<https://www.tsogosun.com/m/the-caledon-casino/offers/casino-floor-beer-offer>). Select beers such as Castle, Hansa, Windhoek, Amstel, Black Label are capped at only R20 each. Select draughts are flying off the counter at only R30 each. Not a beer drinker? Not a problem! Savanah Dry, Hunters Dry and Brutal Fruit are selling at a crisp and cool R30 each. Not for sale to persons under 18. Drink responsibly.

Celebrate Women's Month with some well-deserved TLC

The world-class Caledon Spa (<https://www.tsogosun.com/m/the-caledon-casino/spa>) is rolling out the red carpet for the ladies for Women's Month. For only R690 per person you will be treated to a

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20-minute back, neck and shoulder massage with warm aroma stones, a 20-minute relaxing scalp massage and, last but definitely not least, a 20-minute soothing foot massage. The cherry on top? Unwind with a complimentary glass of bubbly on the house! Bookings are essential - call +27 28 214 5100 or +27 28 214 5384 to seal the deal!

Exciting food and beverage specials running from Thursday, 1 August to Saturday, 30 November

The **Black Sheep Diner** (<https://www.tsogosun.com/the-caledon-casino/restaurants-bars/black-sheep-diner>) is treating all meat and seafood lovers to its Beef and Reef special deal. For only R185 per person you can sink your teeth into a 200g sirloin steak, three prawns, onion rings, rustic chips, while sipping on a complimentary glass of wine.

If pasta is your meal of choice, get to our **Da Vinci Restaurant** (<https://www.tsogosun.com/the-caledon-casino/restaurants-bars/davinci>) for their hearty Chef's Selection deal. At only R99 per person you get to choose from one of four delicious pasta's on offer. Each of the pastas come with salad and garlic bread.

If you are simply in the mood for a beer and a light snack the **Lounge Bar** (<https://www.tsogosun.com/the-caledon-casino/restaurants-bars>) is the place to be. For only R79 you get a 500ml Castle draught and a mouth-watering plate of cheesy fries. For those meat lovers the **Satellite Bar** (<https://www.tsogosun.com/the-caledon-casino/restaurants-bars>) has the same deal, also for R79 but instead of the cheesy fries, you get a biltong and droëwors mix packet.

The **Blue Crane Restaurant** (<https://www.tsogosun.com/the-caledon-casino/restaurants-bars/blue-crane>) is offering guests their popular Chef's Choice buffet with a complimentary glass of wine for only R139 per person. Eat as much as you like!

And last, but definitely not least, for only R275 per person you can experience a decadent **Nederburg food and wine pairing** evening on Thursday, 8 August. For only R1 550 you can stay over at the hotel and let the decadence continue from sunset to sunrise!

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For more information on what's happening at The Caledon Hotel and Spa, visit www.tsogosun.com/the-caledon-casino.

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