



an unforgettable bush experience ...

Recreation Africa prides itself on the development of hotels, restaurants and butcheries with a truly African ambience. In keeping with the company ethos of "life responds to seed, not need," the group has firmly established itself as an industry leader within the environmental and conservation sectors.

In order to maximise the effectiveness of their "green" policies, and to minimise the impact on the environment, many innovative conservation programmes have been implemented. Key areas of focus include carbon neutrality, water and

energy saving, waste management and conservation.

An active example of the group's conservation practice is evident at Kedar Country Hotel, Conference Centre & Spa in the North West province. The hotel is situated on Boekenhoutfontein,

the historic farm of former president **Paul Kruger**. The area boasts one of the few peat wetlands in the North West province, and is regarded as an historical jewel, being the site of valuable archaeological findings.

Stretching over 1 200 acres,

Boekenhoutfontein is game fenced and numerous species of plains game abide in their natural environment.

Kedar is also home to a breeding pair of endangered Pygmy hippopotamuses, Stoffel and Matilda, as well as prolific birdlife which thrive in the natural wetlands.

The hotel offers guests a choice of 65 stone and thatched African themed rooms. The Presidential and Royal suite each feature a private lounge, enclosed garden, splash pool, outside shower and gazebo. The three new Lakeside suites open onto a picturesque dam teaming with birdlife.

All the rooms are decorated with vibrant, hand-painted ethnic print fabrics and African artwork – a true reflection of the treasures of Africa, and a welcome sanctuary from the pace of modern living.

In addition, there are six conference rooms, a wedding gazebo and a teambuilding lapa.

Kedar's Spa is constructed over an existing dam wall, originally built by Paul Kruger. The therapy rooms are designed as separate pavilions and open out directly onto the lake, allowing guests to take full advantage of the breathtaking natural surroundings.

Sensory elements are fused with African materials such as copper, stone, hard wood, thatch, pebbles, with water being the central theme. The Spa uses products and treatments crafted out of indigenous African herbs and oils.

Treatments range from anti-stress massages, aromatherapy and reflexology to advanced biological skin care and water treatments. Guests can also enjoy a range of outdoor activities, including game drives, guided walks and fishing.

The Armoury Restaurant – paying tribute to South African history – this 120-seater restaurant is decorated with portraits and weaponry dating from the Anglo Boer war, including a section dedicated to the various Indian regiments that participated. The Armoury Restaurant offers guests the perfect setting to enjoy traditional South African fare.

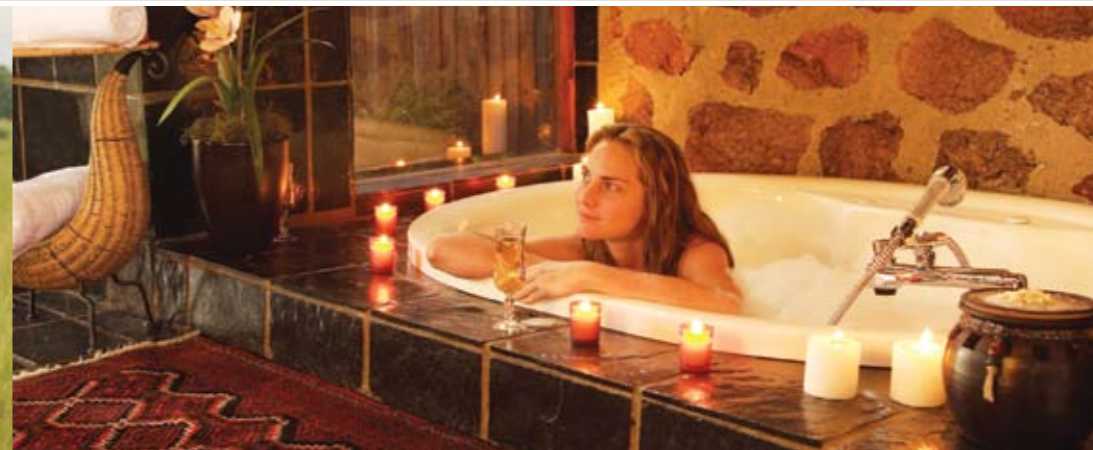
The Boma – set among large indigenous trees around a central fire – offers a uniquely African ambience for relaxed informal buffets and braais, or for more formal functions. With a capacity of 300 people, this venue is popular for informal parties and weddings. Open by arrangement only, or on special occasions.

Metswedi Bar offers light lunches, refreshments and drinks with an outdoor seating area. Metswedi means "drinking place", and the bar provides a full range of local and imported beverages, cocktails and South African wines, as well as a lunch menu. There is a big-screen TV in the bar for sports enthusiasts.

Boekenhoutfontein and the historic buildings on the land were declared a National Monument in 1971. The main Kruger House is a museum showcasing a wide range of Kruger memorabilia and other items of historical interest. Artist, **Adam Madebe's** bronze sculptures are displayed throughout the grounds and capture Kedar's rich cultural history.

Kedar is situated just one-and-a-half hour's drive from Johannesburg and Pretoria, and only 15 minutes from Sun City and the Pilanesberg Game Reserve – home to the "Big Five".

Recreation Africa's second flagship hotel, Misty Hills Country Hotel, Conference Centre & Spa, is located in Muldersdrift, overlooking the majestic Kromdraai valley. The charming stone and thatched hotel offers 209 African-themed rooms, including Presidential and Royal suites, which sprawl over the 26 hectares of lush countryside.





There are also 23 fully equipped conference and events venues, as well as a 1 000 square metre exhibition centre, suitable for small to medium-sized events. Misty Hill's largest conference venue, The Pelindaba, has recently been redesigned to be as eco-friendly as possible.

An application is currently in process to have the grounds of Misty Hills declared a private botanical garden which will assist in conserving the biodiversity and educating the public on environmental issues.

A key project at both hotels is the planting of thousands of indigenous trees on the hotels' grounds which is not only water-wise, but provides a habitat for indigenous wildlife, as well as neutralising carbon dioxide.

Misty Hill's tranquil grounds boast approximately 400 different varieties of Southern African trees, shrubs, bulbs, groundcovers, grasses, succulents and aquatic plants within the gardens and conserved areas.

Cascading water features and abundant birdlife add to the country setting, making it easy to forget the hotel is located only 15 minutes from Lanseria Airport, and 25 km from Johannesburg.

Misty Hill's award-winning Spa in the Country is designed as an African sanctuary, following a natural approach to skin and body care and infusing modern therapies with African herbs and oils.

A leisure area housing two swimming pools, a gym, private lounge, games

room and the magical Peregrine Castle kiddie's playground encourage rest and relaxation.

Smaller "green" projects at both hotels include the recycling of all waste and water and the use of biodegradable cleaning products.

Adjacent to Misty Hills is the award-winning Carnivore Restaurant – "Africa's Greatest Eating Experience," which offers guests a novel dining experience of succulent charcoal-grilled domestic and game meats, served from Masai swords. The Carnivore's curio shop includes a Carnivore Gourmet Meat outlet, which stocks a wide range of premium venison meats and products.

The Gin Box pub boasts a lively atmosphere and large screen

televisions for sports enthusiasts.

Adjacent to the Gin Box is the coffee shop, which serves a wide array of speciality Avanti coffees and a selection of light meals.

Recreation Africa's butchery, Carnivore Gourmet Meat, is situated in Boekenhoutfontein, between Boshhoek and Phokeng.

The butchery takes pride in promoting sustainable game farming and conservation. Their ethos is to optimise and promote the use of natural resources and game meat to the discerning, health-conscious and ecologically-aware, consumer market.

Plans to open a restaurant which will offer an a la carte menu featuring the butchery's game meats, are underway.

In an endeavour to give back to the community, Recreation Africa has sourced seed from the Moringa Tree, also known as the "Miracle Tree".

All staff throughout the Recreation Africa group have been educated on the magnificent benefits of this tree, with the focus on the health aspect of this tree to improve their lives on the most important level; the root level, helping them boost their health.

Many staff members have successfully planted the seeds and their "Miracle" started to grow. Some have already started to reap the rewards of their growing "Miracle".

"We have also started to hand these seeds out as corporate gifts to delegates on site".

Below is more information on the benefits of the Moringa Tree.

Imagine leaves that grow abundantly on a tree that contain:

- 27 per cent protein (dry weight).

- 8,5 times more protein than yoghurt (dry weight).
- Rich source of vitamins B, B1, B2, B3.
- seven times more vitamin C than oranges (wet weight).
- 16,5 times more calcium than milk (dry weight).
- 10,5 times more vitamin A than carrots (dry weight).
- 15 times more potassium than bananas.
- 12 times more iron than spinach.

The Moringa vegetable tree is by far the most important vegetable tree on earth.

It is a veritable powerhouse of nutrients, vitamins, minerals and anti-oxidants that have been well-established to enhance and maintain one's health and immune system.

The leaves, pods and flowers of the Moringa tree are highly nutritious.

Moringa leaves provide the answer to the perfectly balanced vegetarian diet which so often lacks in essential amino acids and other essential nutrients.

The evergreen, or deciduous leaves (depending on climate), are 1-2 cm in diameter. They have a lovely soft texture and taste somewhere between lettuce and spinach.

Possibly the most nutritious of all leaf crops, Moringa leaves are 27 per cent protein (dry weight) and have extremely high levels of foliates, vitamin C, carotenes, calcium, iron, and niacin.

Moringa leaves make the perfect green leaf base in any salad. Eat them in abundance and you will ensure that your body is receiving excellent nutrition far surpassing any artificial supplements.

As with any food that contains significant amounts of nutrients,

the leaves are best eaten raw so the nutritional value remains intact. However, the leaves can also be prepared in the same way as spinach.

The leaves can also be dried into a powder and used in soups and sauces.

Even though fresh and raw is always best, the nutritional value remains almost perfectly intact in the powdered form and is the best way to store the Moringa leaves (avoid direct sunlight when drying them).

If you would like to add the powder to cooked dishes, remember the less heat the better.

The Moringa tree is native to northern India on the southern slopes of the Himalayas. In southern India, it is said that no meal is complete without Moringa. In Ayurvedic medicine it is said to cure more than 300 "conditions" and was even revered in ancient Sanskrit texts.

The tree has since been intentionally cultivated in Africa and South America, and is naturalised all the way down East Africa and has for a long while already been naturalised in South Africa in Limpopo and KwaZulu-Natal.

The group has a firm commitment to recycling and composting. Where possible it has recycled buildings and used local materials to lessen carbon footprint. Invasive trees are made into furniture and built with.

The group has launched its own organic farming programme – the produce to be used in its hotels and restaurants, as well as to feed its animals. It produces free range cattle and sheep, and has a piggery.

Currently, work is being done on a programme to breed Tilapia (indigenous table fish).

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