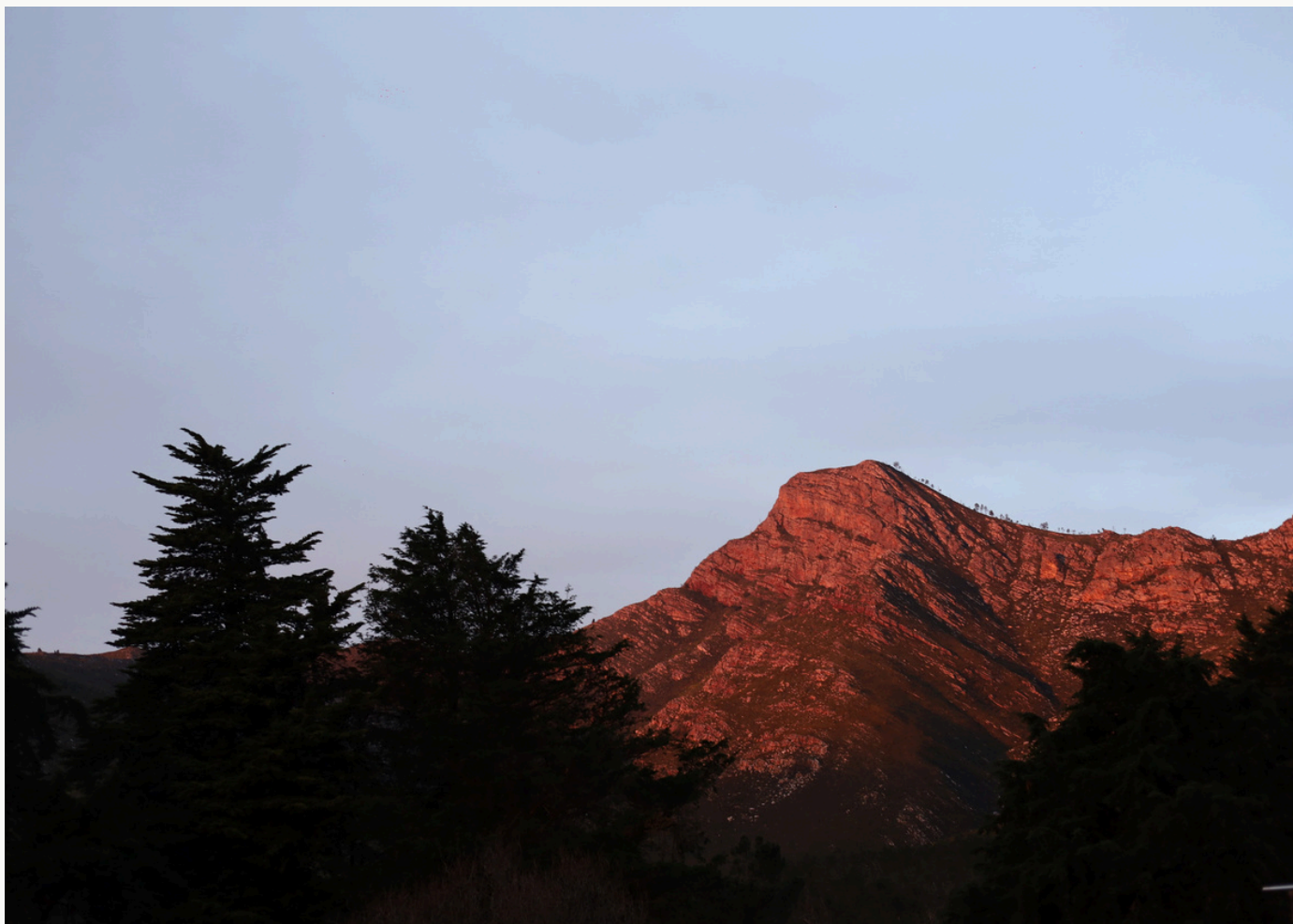


FITNESS RESET



FITNESS.FAMILY.FUN



Book your Fitness
Reset Weekend at
Herold Wines. It is a
two-night experience
designed to bring
together friends/family,
exercise, good food,
outdoor adventure,
wine, education and
plenty of time to simply
slow down.





FITNESS



Movement is a key part of the weekend. Expect a combination of: functional fitness workouts, hikes and/or runs, outdoor activities. The aim is to get your body moving, spend time outdoors and have fun doing it. Activities can be adapted to suit the group and fitness level.





NOURISH



Good food is an important part of feeling good. With all meals included, you'll have plenty of opportunity to enjoy nourishing food throughout your stay. The weekend also includes a nutrition workshop, giving you practical insights and tools to help you make better choices, fuel your body and build sustainable habits.



Your stay includes a cellar tour and wine tasting at Herold Wines.

Discover the wine, the cellar and the story behind the wine — and enjoy a tasting as part of the experience.

Take a breath, slow down, enjoy the scenery, connect with your friends, read or do absolutely nothing.

EXPLORE





CONNECTION



WHAT'S INCLUDED

- 2-night stay at Herold Wines
- All meals throughout your stay
- Guided workouts by Thrive Athlete coaches
- Hikes and/or runs
- Additional activities
- Nutrition workshop
- Cellar tour & wine tasting with the winemaker
- Plenty of free time to relax and unwind

R3000 per person for the entire weekend.

Everything you need for a weekend of movement, nourishment and connection is included. Simply gather your group, choose dates that suit you, and book your Fitness Reset Weekend at Herold Wines.

Group size: 6-20 people

Deposit: A 50% deposit is required to secure your booking.

Price: R3,000 per person

Booking a big group of 16 and more guests you get 10% discount.

The Fitness Reset Weekend is family friendly, so children are welcome to join you for the experience. Children under 13 receive 30% off the package price. That means the package price for children under 13 is: R2,100 PER CHILD

Whether it's a group of friends, a fitness crew, a birthday weekend, a team getaway or simply a few people who need a reset — this weekend is designed around you.

YOUR WEEKEND

Because you choose your own dates, the exact program can be tailored around your group and the time of year.

DAY 1 – ARRIVE & RESET

- Arrival at Herold Wines: Settle in, unpack and take a moment to switch off from the outside world.
- Welcome & introduction: Meet your hosts, get familiar with the weekend and ease into the Herold Wines experience.
- Workout: Start the weekend with a workout or outdoor activity designed to get everyone moving.
- Dinner: Enjoy a nourishing meal together and settle into the relaxed pace of the weekend.
- Evening: Time to relax, connect with friends/family and enjoy the setting.

DAY 2 – MOVE, NOURISH & EXPLORE

- Morning movement: Start the day with a workout, or run.
- Breakfast: A nourishing breakfast to refuel after your morning activity.
- Nutrition workshop: Learn practical, useful ways to approach nutrition, fuelling, recovery and healthy habits that can carry beyond the weekend. And a Q&A afterwards to answers your nutrition questions. You also get an educational pdf to take home with a gift inside.
- Activities: Head outdoors for an additional group activity. The focus is on having fun.
- Lunch: Refuel with a wholesome meal.
- Free time: This is your chance to slow down. Relax, enjoy the surroundings, read a book, chat with friends or simply do nothing.
- Herold Wines experience: Discover the story behind the wine with a cellar tour and wine tasting.
- Dinner & evening: Come together for a relaxed dinner and enjoy your evening at your own pace.

DAY 3 – RESET & DEPART

- Morning hike: Start your final morning with a hike up to breakfast rock.
- Breakfast: One final nourishing breakfast before departure.
- Free time: Enjoy some quiet time, take in the surroundings and make the most of your final moments at Herold Wines.
- Departure: Leave feeling rested, recharged and ready to take your reset home with you. Y
- Please note: the exact activity schedule may vary depending on your group's preferences, weather and availability.





FITNESS RESET VIDEO

Whether it's a group of friends, a fitness crew, a birthday weekend, a team getaway or simply a few people who need a reset — this weekend is designed around you.

Send us an email or contact us to see our available dates, and let's start planning your reset weekend.

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