



ROCKING THE CRADLE WELLFEST



FEEL. TASTE. HEAL



HELLO EVERYONE

Welcome to Rocking the Cradle Wellfest





ROCKING THE CRADLE WELLFEST

A Festival to enhance your body and mind

CRADLE MOON

COMING EARLY 2020



FEEL. TASTE. HEAL

Rocking the Cradle WELLFEST is more than just a festival – it's a way of life.

It's about getting out there – having fun in the great outdoors, enjoying the best natural products and investing in your health.

It's an opportunity to move your body through fun sporting events, or to tunes from awesome local bands.

It's a chance to breathe fresh air, and take a breather from the stresses of everyday life.

Rocking the Cradle WELLFEST is a celebration of life lived well.



PLAY: JOIN IN THE ACTIVITIES

- Race at your own pace
- Family activities including:
 - Running 09h00 - 10h30 - 2km/5km/10km
 - Cycling 10h30 – 12h00 - 5km/10km/20km
 - Swimming 12h30 – 14h00 - 0.5km/1km
- Complete just 1 activity – or all 3!
- Simply **register** at the start points **15 minutes** in advance





FEEL: ALIVE, EVERY SINGLE MOMENT

Feel the burn as you run, swim or cycle in the Cradle- an authentic wilderness playground on the city's doorstep

Feel the wind in your hair and the sun on your face

Feel beat as local bands take to the stage

Feel fitter, healthier, younger and more relaxed

EAT: TASTE THE GOODNESS



- Sample the best organic produce and craft beverages
- Fuel your soul and indulge your taste buds
- Enjoy food smiles not food miles

- Food trucks

- Asian
- Mexican
- Burgers
- Ribs
- Vegan / vegetarian
- Bakery
- Italian

- Artisanal food offerings

- Cheeses
- Mediterranean deli
- Chocolate
- Biltong
- Cakes and pastries



DRINK IT ALL IN



Cocktail bars

Beer on tap

Spirit and shooter bars

Variety of wine farms

Bubbles and champagne

HEAL: YOUR MIND AND BODY

A relaxed, welcoming environment

Family-focused and friendly

Massage and yoga area

Wellness and alternative workshops



VIP: THE VERY BEST OF WELLNESS

Exclusive lakeside upper deck with stunning Cradle views

- Just R750.00 per person – only 150 tickets available
- VIP food & drink offering including canapés
- Complimentary beverage on tap on arrival
- Bar and waiter service
- Corporate hospitality packages
- Meet the bands

Exclusive beach experience

- Just R550.00 per person – only 150 tickets available
- Beach bar, beach sand umbrellas , waiter service
- Complimentary beverage on tap on arrival





GROOVE: TO THE BEAT

Live sets from top local bands including:

Prime Circle – work on your *Breathing*

Matthew Mole – in the triathlon, they'll be *Running after you*

The Muses – chill out *Under a sky full of stars*

Mi-Casa – get ready to move *Your body*

Live music the whole day including DJ sets

EXPERIENCE: THE CRADLE AS NEVER BEFORE

- Be active
- Explore
- Dance
- Celebrate
- Feel better than ever
- Rock the Cradle this September...



FUN: FOR EVERYONE

Enclosed kids' play area - jumping castles , face painting , games &c.

Child minders

Picnic vibe - bring your own deck chairs, umbrellas, gazebos, and blankets





WHY GO HOME?

When the fun is done, retire to your thatched lakeside bungalow

Enjoy the rest – you've earned it

Exclusive Cradle Moon accommodation deals available

- 45 bungalows available Friday and Saturday night
- Each sleeps up to 3 people
- Just R1 500.00 per bungalow per night, bed only no breakfast

Check in from 14h00 and check out by 10h00 both days

Bookings essential - managed through hotel link

Jam without worrying about the traffic

Rock the Cradle – then rock yourself to sleep...



TICKET OFF YOUR LIST

General tickets just R275.00 per person

Kids under 12 just R80.00 per child

No food and drink to be brought in

Safe Parking on premises

Uber Drop-off





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www.rockingthecradle.co.za

FEEL ♦ TASTE ♦ HEAL