



The luxury of health

MHONDORO: BUSHBREAK TO DESTRESS

➔ **Bring balance with a breakaway.**

Adriaan Roets

It all began with a welcome drink and a peanut-butter bomb – a snack popular with anyone watching their figure.

The sparkling water and nutty bite of energy was all I needed after the two-and-a-half hour drive from Lanseria International Airport through Limpopo to Welgevonden Game Reserve's main gate.

After stretching our legs and getting that all-important protein fix, there was still, give or take, another hour before reaching Mhondoro Safari Lodge and Villa, a luxurious bush destination you need to visit if you're serious about nature and your wellness.

When the mistakes of your 20s start catching up to you when you hit 30, peanut-butter bombs and places like Mhondoro aren't just

recommended, they're encouraged.

Usually when we think five-star breakaways, we think over-indulging – carb-laden lunches and a break from the gym and no jogging.

The beauty of Mhondoro is that your entire stay is somewhat structured around the idea of balance and health – and it happens the moment the Mhondoro Landy enters the open plains of Welgevonden Game Reserve.

It's a place where African plains soothe the soul, starting with us spotting a few white rhino.

One of Welgevonden success stories is that there's zero poaching, thanks to strong security and anti-poaching efforts within the 35 000ha reserve – something that is an intricate part of each private lodge and the few commercial lodges found in Welgevonden.

This ecological approach to reserve maintenance is probably why Mhondoro works so well within the context of Welgevonden.

Mhondoro's owners Frank and Myriam Vogel place great focus



on wellness, from the food served at the lodge, to its gym and yoga room, as well as safaris into Welgevonden – it's a place where you are permitted to get in tune with yourself.

Mhondoro in its current state was opened in 2015, after a fire ravaged the property in 2013 – and the phoenix from the ashes is a healthy one.

Our first lunch is a combination of finger snacks – think spring rolls and falafels, with salads and pulses and things that are actually good for your body.

This is due to the fact that many fresh ingredients used at Mhondoro are from local producers around the Waterberg district or grown on-site at the impressive herb and vegetable garden.

This not only influences the menu at Mhondoro, but also cements the philosophy of not giving guests the fast-food experience of cheap and fatty food, but rather meals based on health.

Expect whole grains, probiotic options, superfoods like beets and Goji berries. And those delectable peanut-butter protein balls and juices and water around every corner.

The healthy food ties in with

the well-stocked gym and yoga room that is part of the lodge.

Mhondoro is a big sky destination where the gym has a prime vantage point over the nearby watering hole where some of the regulars include elephants (in fact the ellies seem to like the pool next to the gym as well).

It's quite a thing to sweat out last night's whisky in this sort of serenity – and that is the success of Mhondoro.

With a menu that detoxes you, your energy levels immediately raise to the point where you actually want to get on the elliptical at the well-stocked gym.

This goes hand-in-hand with the stress-free environment.

Booking your stay at Mhondoro means you buy an inclusive package.

Instead of worrying about your credit card with every new activity, rates includes all the health-conscious meals, all safaris, guided walks, stargazing (weather permitting), soft drinks, local beers, house wines, a few house spirits, coffee and tea and laundry.

For more information
 visit mhondoro.com

info



- ▶ Mhondoro offers many special rates – often accommodating groups at terrific rates.
- ▶ The lodge can accommodate 20 guests in its two deluxe suites, an executive suite, a family suite, honeymoon suite and

- the exclusive villa.
- ▶ The lodge is child-friendly, and for further peace of mind there are tailor-made children's activities.
- ▶ All inclusive rates start at R4 500

