



THE ACRES BIKE TRAIL IS OPEN!



Pearl Valley HOA is thrilled to announce that the new Acres bike trail is open for riding! The trail offers something for all levels of riders, including children, beginners and advanced riders.

Please take note of the following T's and C's, which are designed to ensure the safety of riders, protection of the trail surface, and compliance with the Heritage Buffer Zone regulations:

- Only pedal bicycles are allowed on the bike trail. This includes normal e-bikes, but electric bikes that don't have pedals (e.g. Surrons) are not permitted.
- Always wear a helmet and ride within your limits, especially when using the jump zone.
- Enter and exit the trail at the star indicated in green on the map below and follow the direction arrows when using the trail.
- Ride only on the designated trails to protect the fynbos (planting and seeding to rehabilitate the area is underway).
- No motorbikes or electric-powered vehicles are permitted.

- No scooters, skateboards or hard wheels.
- No sliding or playing on the jumps without a bike.
- Beware of snakes!
- Use of the trail is entirely at own risk.
- The entire buffer zone area is a protected area; dogs must be kept on a leash at all times and horses are not permitted.
- The area is monitored by cameras.

Please preserve the area and the bike trail for the benefit of all residents. Ride safely and enjoy this wonderful new facility!

Greg van Heerden
Estate Manager





PVHOA TRUSTEES FEEDBACK SURVEY

Dear Homeowners

Following the recent Homeowners Association AGM, the Trustees are conducting a feedback survey.

You will shortly receive a WhatsApp message with the survey link. We encourage all homeowners to take part in this important exercise. Your input is greatly valued and will help ensure that we are listening to your needs and focusing on the right priorities over the next 12 months.

All responses will remain anonymous; however, homeowners are welcome to contact us directly should they wish to discuss any matter individually.

We look forward to receiving your feedback!

Kind regards

Barry Lodewyk, Beverley Schäfer, Doug Woolley, Emma Lyon, Ivan van Niekerk, James Miller

UPDATED PVHOA CONSTITUTION

Please be advised that the updated PVHOA Constitution, as approved at our recent AGM, has been uploaded to our website. It is available under the *"Estate Documents"* tab.

PEARL VALLEY GOLF

SPRING HOLLOW TINING

The Pearl Valley Golf Course and Halfway House will be closed for Spring hollow tining from Sunday, 14 September 2025 until Friday, 19 September 2025. The course will reopen on Saturday, 20 September 2025.

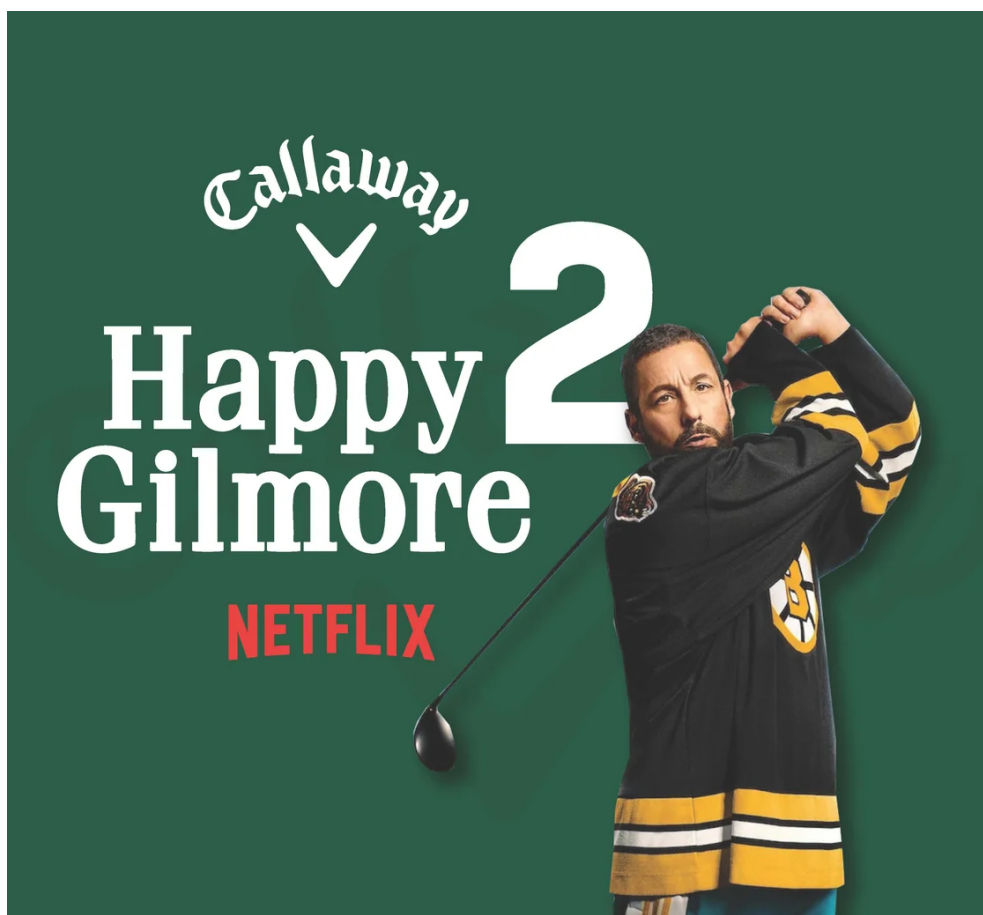
Important to note during the hollow tining period:

The driving range will open at 08:00. The last balls will be at 17:30, and the range will close at 18:00.

The Valley Restaurant and Bar, Pearl Valley Golf Shop, Gym and Sports Facility will remain open.



PEARL VALLEY GOLF SHOP



Purchase any dozen of specially marked
Callaway golf balls and

STAND A CHANCE TO WIN

a Limited-edition Odyssey
Hockey Stick Putter

 PEARL VALLEY GOLF



Scan the QR code
for more information



Visit the Golf Shop to explore stylish new accessories - ideal for gifting!

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Call: (0)21 867 8000

THE VALLEY RESTAURANT





Every Wednesday
from 17h00

Curry Evenings

Choose your favourite curry
and we'll treat you to a complimentary
500ml Stella Artois draught.

+27 (0)21 867 8000 | RESTAURANT@PEARLVALLEY.CO.ZA



KIDS UNDER 8 EAT FREE - ONE PER PARENT.

Parent's Night Off

The Valley Restaurant
Every Thursday from 17h00

Escape the midweek madness and unwind at The Valley Restaurant
while the little ones enjoy a meal on us.

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SELA VIE



SEPTEMBER

SANDWICH SPECIAL

WITH SELA VIE

MONDAY - FRIDAY
BETWEEN 12:00 AND 14:00
FOR SIT DOWN ONLY

TOASTED
SANDWICH & A
CAPPUCCINO
FOR R99

+27 62 902 5461
TS& CS APPLY





CS BIKINETICISTS

HOW BIKINETICS CAN HELP YOUR

GOLF



IMPROVE SWING MECHANICS

HOW: We assess and correct movement imbalances, mobility restrictions and muscular weakness.

IMPACT: Better swing efficiency, more power and reduced compensations.

INCREASE DRIVING DISTANCE

HOW: Strengthen the kinetic chain (hips, core, shoulders) which improves power generation.

IMPACT: Greater drive distances and more consistent ball striking.

REDUCE RISK OF GOLF-RELATED INJURIES

HOW: We address common overuse injuries (golfers elbow, lower back pain, shoulder impingement).

IMPACT: Players stay injury-free and play more consistently.

ENHANCE CORE STABILITY AND BALANCE

HOW: Through functional, golf-specific core training and balance drills.

IMPACT: Improve swing control, weight transfer and endurance during the round.

INCREASE MOBILITY FOR FULLER SWING ARC

HOW: Mobility work for the hips, shoulders and thoracic spine to enhance range of motion.

IMPACT: Allows for a bigger backswing and follow through without strain.

OPTIMIZE LONGEVITY IN GOLF

HOW: Preventative programs for joint health, muscle preservation and neuromuscular control

IMPACT: Keeps golfers playing well into their 60s, 70s and beyond.



Contact us at
csbiokineticists@gmail.com

PEARL VALLEY HOME OWNERS ASSOCIATION

Trustees B Lodewyk, E Lyon, J Miller, B Schäfer, I van Niekerk, D Woolley

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EMERGENCY CONTACT DETAILS

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 Val de Vie Main Gate - +27 21 863 6110/6138	 Medicross Paarl- +27 21 872 3867
 Berg River Registration Centre - +27 21 863 6137	 SAPS- +27 21 807 4000
 Voltano Metering - +27 86 186 5826	 Paarl Fire Brigade- +27 21 872 2323

Disclaimer: Kindly note that the opinions expressed in the communication are those of the authors/advertisers and do not necessarily represent the views of the Pearl Valley Home Owners Association.

Pearl Valley Homeowners Association, R301, Mandela Freedom Road, Paarl, South Africa

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