

# Melecane

Few locations manage to convey the sense of peace and tranquillity of the Tsitsikamma region. From its lush vegetation to its awe-inspiring coastal vistas, this unspoiled stretch of paradise is home to an amazing array of animals, blant life and natural waterfalls.



# The Enchanting History of Tsitsikamma

Step into the captivating history of Tsitsikamma, where the wild allure of its lush forests and abundant waters has beckoned since ancient times. The name itself, "Tsitsikamma," bestowed by the Khoisan people, translates to "the place of the many waters," a testament to the region's natural beauty.

Misty Mountain Reserve stands proudly near Storms RiverVillage and Storms River Mouth, embracing a wealth of historical treasures. Among these is Baines' Pass, once a migratory route for majestic elephants and now a revered National Monument. A touch of history also graces Mostert's Hoek Pass, a lofty 1894 meters above sea level, constructed by dedicated prison labor. The remnants of this endeavor can still be glimpsed in the quaint village of Eerste Tol, where the structures that housed those laborers remain.

Drawing the curtain back even further, the Tsitsikamma National Park emerges as Africa's oldest Marine National Park. A legacy of the Khoisan people adorns the coastline, evidenced by ancient cave-sites. Among these, the Klaasies River cave sites stand as silent sentinels, echoing stories from 125,000 years past. The discovery of a ceremonial burial, an exquisite skeleton cradled amidst cowry shells, stands as an unparalleled testament to humanity's earliest cultural expressions.

As time flowed on, Later Stone Age communities left their mark in the form of middens, these mounds of refuse bearing witness to a life interwoven with the sea. Shells from mussels and other seafood delicacies populate these sites, spanning 30,000 to 150,000 years. An echo of the past, they harken back to an era when the coastline was distant, shaped by the ebb and flow of ice ages.

The landscape, once tamed by farmers and cleared for agriculture, now thrives as a dairy haven, thanks to Tsitsikamma's benevolent climate. Amidst this tapestry, Misty emerged as a flourishing dairy farm, nurtured by Valerie and the late David Lane for three decades. However, the call of tourism and the need for lodging in Tsitsikamma prompted a new chapter. The dairy's sale paved the way for the creation of lodges, and Misty embraced its role as the second stop on the famed Dolphin Hiking Trail.

We proudly collaborate with SanParks, the custodians of marine reserves, driven by a deep love for tourism and an unyielding commitment to preserving our heritage. A trailblazing partnership between National Parks, The Fernery and Misty Mountain Reserve bore fruit in the form of the upscale Dolphin Hiking Trail. This two-day, three-night journey allows you to immerse yourself in the heart of Tsitsikamma's wonders, traversing fynbos and indigenous forests on a 'slack packing' adventure. The trail commences at Storms River Mouth and winds through breathtaking landscapes, culminating at the serene Sandrift River, I 7 kilometers distant.

Come, be a part of our story, as we unravel the rich tapestry of Tsitsikamma's past while forging a path towards an inspired future.



The staff and owners of Misty Mountain Reserve are here to be of service and ensure that you find your stay with us so peaceful and rejuvenating. With this in mind - please notify us immediately should you require any assistance, information, extra amenities or if you have any comments or suggested improvements.

### In House Reservations Contact Number

079 715 4621 cell phone or what's app number should you need any assistance or would like to order from our restaurant and bar menu.





### Check Out Information

Check out: 10:00 am. Thank you for adhering to the departure time, it allows our wonderful housekeeping team to prepare for our next check in. However, you are most welcome to leave your luggage at reception and enjoy the on-site activities thereafter. Please inform reception should you prefer a concierge to assist with your luggage.

### Loadshedding

While we are dealing with loadshedding, it is super important to give our generator a little break. In this way, we can keep things running smoothly and avoid any hiccups. Here are some friendly tips to make sure we don't overload the poor thing.

### Before Loadshedding

Remember to boil your kettle for a cuppa, place your restaurant or refreshment order, then simply sit back, relax and enjoy the unpolluted night skies.

### **During Loadshedding**

You can use the Wi-Fi, charge your cell phone, watch TV and switch on the lights.

### A Definite NO During Loadshedding

Please we ask that you DO NOT use the air-conditioner/heater, hairdryer, spa bath or kettle during loadshedding. Should you sneak anything on, it will trip the generator and bright lights will flash around your room.

Just a heads up, if the power goes off, our trusty generator will kick in, like a superhero, within a few minutes.

Remember, we are all in this together, thanks for being awesome!

### **Emergency Contact Numbers After Hours**

Saulus 066 088 0474 Night Duty Ground Supervisor: Henry 079 532 3383 Manager Marketing and Sales Manager Nicolette 071 889 7615

### **Room Amenities**

- Coffee / tea station
- Shampoo, head to toe body wash and soap provided.
- Linen and towels don't let your pillows and blankets become a canvass for your makeup, spray tan and hair dye masterpieces, remember to be cautious when getting cosy.
- Bottled water is provided in the fridge for drinking purposes as our water is treated borehole water that is safe to use to bath.

### Turn Down Service

Upon check in, inform the team if you would like the turn down service and at what time. This includes the turn down of the bed, a turn down chocolate, switch on the electric blankets and bed side lamps, close the curtains, ensure you are supplied with enough water for the evening.

### **Heating & Cooling**

Electric blankets are provided on your bed, the switch is on both sides of the bed. An eco heater is at the top of the headboard. Hot water bottles are provided for on a chilling evening when sitting on the deck, enjoying the milky way. Ceiling fans can be switched on behind the curtain at the front door. Please honour the environment and use energy sparingly.

### **Braai Facility**

Should you wish to enjoy a braai, please inform reception and they will provide a braai grid, fire lighters and a grid. The tents are not self-catering, however, the kitchen will provide everything you will need. Our braai baskets are very popular. Halal and vegetarian options available. All Lake Side Tents have an outside wood braai facility, the Forest Tent has a gas braai.

### **Beach Swimming Pool at Main Lodge**

Swimming is at your own risk - there is no lifeguard at the swimming pool or dams. Children under 12 must be always supervised and no running around the pool or diving in the shallow end is allowed. Please do not use bath towels at the pool. Pool towels are available at the pool. Please note safety rules at the pool.

### Crocodile Enclosure

NB: No children are allowed unattended at the crocodile enclosure, please take extreme care.

### **Fire**

In the unlikely event of a fire, please utilise the fire extinguisher provided on the veranda and contact management immediately on 079 715 4621.

Emergency assembly point is outside on the open field, where you will be met by our Manager or Supervisor.

### Septic Tank Request

We trust you can assist by only flushing toilet paper down the toilet, a bin is provided for all other foreign objects (underwear, weaves, sanitary items, plastic bags etc). If the tank blocks, it is extremely unpleasant for the team to clear.

### Monkeys

Please do not feed the monkeys. Make sure to close all windows and doors securely when you leave the dome, this will stop the monkeys from entering. The wooden box on the deck is provided for you to place your used cutlery, crockery and glasses, throws and cushion before retiring at the end of the evening, in order to prevent our furry friends from enjoying an after party. We are located in the forest, be aware of the animals and insects.

### Smoking Policy

Tens have a strictly no smoking policy. Should you feel the urge to light up, let's keep it cool and take it outside. Thank you for keeping the indoor air fresh.

### Banking

The nearest ATM is at the Storms River Bridge Total Filling Station. For other banking requirements, the nearest banks are in Plettenberg Bay or Humansdorp.

### First Aid

A first aid kit is available from reception at Misty Mountain Reserve should you require general assistance. After hours, in an emergency, please contact:

### Hospital

044 501 5100 Plettenberg Bay Medical Clinic

**Doctor in Storms River Village** 

Dr Herselman 042 281 1910

**Police Station** 

042 281 1678 Storms River Village

### TV

Please use the TV remote to turn your TV on and off. We have a limited bouquet of channels. All channels can be accessed by using the remote. Should your decoder not respond, switch it off at the wall for a few seconds. Should you experience any difficulties, kindly contact reception for assistance. Sports channels are available in the guest lounge at Misty Mountain Reserve.

channel	description	channel	description
100	OVHD Promotional Channel	111	Trace Sports Stars
101	SABCI	112	BBC World News
102	SABC2	115	Beatlelab.tv
103	SABC3	130	3-Toonz+
104	e-TV	134	DBE/Mindset
105	e-Extra	135	DV/Learning
106	e-Movies+	140	Glow TV
107	e-Movies Extra	150	Unknownts: 7
108	True African	151	Kruiskyk TV

### WIFI Password

182 636 33

Should the signal and Wi-Fi drop, fear not, for the signal may be stronger in the parking lot! So take a stroll, get some fresh air, and stay connected to the world around you.

### **On-Site Dining & Room Service**

We offer an a la carte dinner, breakfast and lunch menu along with beverages, enjoy our selection of local estate wines and our craft beer and gin selection in our restaurant.

Should you wish to dine in your dome, please order off the room service menu. Our braai and picnic baskets are very popular. A gas braai is provided on your deck, with braai tongs and braai dish. Please ensure the gas braai is turned off.

Should you have any special dietary requirements - please let us know in advance.

Dinner room service delivery time: 09:00 breakfast and 19:00 for dinner.

Restaurant Dining Times

**Breakfast** 08:00-10:00 (room service delivery 09:00am)

Lunch 12:00 - 14:00

Dinner 19:00 –22:00 (room service delivery 19:00pm)



# Room Service Breakfast Menu

Mon - Sun 09.00 am

Green Day Smoothie	
Fresh spinach, mint, pitted dates, apple, fresh ginger, honey and a dash of lime	95
Continental Breakfast	
Yoghurt, home-made muesli, pastry/muffin of the day, jam preserve, grated cheese, fresh seasonal fruit & fruit juice	85
Hot Cup Oats	
Creamy hot oats topped with sliced banana, smashed nuts, drizzled with honey and a dash of cinnamon	79
Breakfast Burger Bun	120
Succulent beef burger patty, fried egg and crispy bacon, creamy mushroom sauce topped with onion rings (Vegetarian or Halal option)	120



# Lunch & Dinner Menu

Crispy Crumbed Chicken Strip Salad Crispy deep fried chicken strips with a side of sweet & sour chilli sauce, served on a bed of seasonal herbs, mixed leaves, boiled egg, cherry tomatoes and thinly sliced onion	139
Couscous Roasted Vegetable Salad Lightly cooked wholewheat couscous with seasonal grilled roasted vegetables	105
Quiche Home baked, topped with caramelised onion, fresh herbs, served with crispy french fries or seasonal salad dressing	
<ul><li>Bacon &amp; Cheddar Cheese</li><li>Spinach &amp; Feta Cheese</li></ul>	125
Crumbed Chicken Strips Served with crispy fries and sweet chilli dipping sauce	110 125
Sundowner Platter for Two Home baked bread, balsamic vinegar & olive oil dipping, camembert cheese, salami, preserved figs, humus, olives and seasonal dried fruit	385
BURGERS All burgers served with a side of crispy fries or seasonal green salad	
Hawaiian Chicken Burger Crumbed and succulent schnitzel, melted cheese and grilled pineapple, topped with a delicious sauce	145
Barbeque Beef Burger Succulent 200g pure beef patty flame grilled to perfection in a light barbeque sauce	155
Optional Extra Cheese/Mushroom Sauce	35
Vegetarian Burger Vegan patty topped with crispy coleslaw, cucumber, finely chopped onion, drizzled with sweet chilli vegan mayonnaise	145



# Lunch & Dinner Menu

CRAFT PIZZA  Homemade bases, tomato basting and cheese	
Optional Gluten free or Vegetarian base	40
Margarita Cheese and tomato, lightly seasoned	105
Rustic Ratatouille Topped with seasonal roasted vegetables	135
Island Style Ham, banana and pineapple	145
Oh My Gosh Blue cheese, salami, and caramelised onion	145
Optional fresh chilli	15
Carnivore Bacon, salami, chicken, caramelised onion, fresh garlic and chilli	165
BASKETS	
Picnic Basket for Two Crudites, humus, home baked bread, balsamic vinegar and olive oil, salami, cheese selection, preserved figs, olives, homemade bacon & cheese quiche, seasonal fruit, dessert of the day	550
Vegetarian Basket for Two Crudites, humus, home baked bread, balsamic vinegar and olive oil, cheese selection, preserved figs, olives, homemade butternut, spinach & feta quiche, grilled vegetable skewers, seasonal fruit, dessert of the day.	465
IF FOR DINNER, ORDERS MUST BE PRE-ORDERED BEFORE 3.00PM	

Our packed wicker basket can be enjoyed at the comfort of your lodge or on the front lawn, enjoying a sundowner, taking in the spectacular sunsets.

\*Enquire about our locally produced estate wines, craft beer and craft gin, non alcoholic sparkling wine available\*



# Lunch & Dinner Menu

### **BRAAI BASKETS**

Braai Express for Two 395

Marinated chicken sosaties, shoulder lamb chops and wors, garlic bread loaf, green salad with homemade herb salad dressing

\*Includes: bundle of wood and firelighters

Braai Basket for Two 650

Seasonal salad & homemade herb salad dressing, creamy potato salad, garlic bread loaf, vegetable skewer, chicken kebab in lemon & herb marinade, shoulder lamb chop and wors crisps and dessert of the day

\*Includes: bundle of wood and fire lighters

### MILKSHAKES 65

- Vanilla
- Strawberry
- Chocolate
- Iced coffee

### SWEET TREAT OF THE DAY

Ask your waitron about the chef's treat of the day

65



# treatment menu

facials cleansing facial hydrating facial	R400.00 R500.00
gel manicure	R400.00
gel pedicure 60 minute 30 minute	R450.00 R350.00
buff and shine	R300.00
head massage 45 minute	R600.00
aromatherapy 30 minute 60 minute	R650.00 R850.00
swedish massage full body - 60 minute swedish massage with scrub	R700.00 R850.00
<b>couples massage</b> 60 minute	R1,900.00
deep tissue massage (sports) 60 minute	R1,000.00
hot stones 75 minute 90 minute	R850.00 R950.00
<b>reflexology</b> 30 minute	R500.00
waxing bikini eyebrow underarm	R450.00 R250.00 R300.00
eyelashes Individual Lashes - 1h30 minutes Cluster Lashes - 1h	R650.00 R400.00
sauna Infrared Far Sauna 30minutes	R350.00



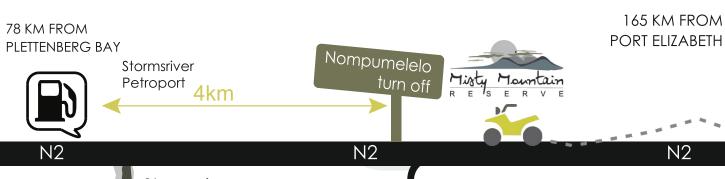
# On-site Activities adventure for those who venture out

### **Quad Bike Tours**

Tsitsikamma Adventure Land offers a truly unique experience, a 16km quad bike tour through the Tsitsikamma forest. Safe and fun for the whole family. Make sure you book your tour at Misty Mountain Reserve reception for this exciting tour on an quad bike. Awesome guides. Pre booking essential Book at Misty Mountain Reserve reception.

Adult: R750 Children: R450

Ask us about our romantic couples exclusive tour with picnic basket.



Tsitsikamma National Park Stormsriver

2,3km

1,8km

\*Please ignore the GPS from the 0,5km mark.

2,8km

2,8km

# The adventure storts here!

GPS Co-ordinates: S34° 1' 26.8" E23° 56' 52.7"

079 715 4621 / 044 020 0481

# On-site Activities

### Hiking

### Forest meander - unguided

Unguided to the first lookout point. No hiking beyond this point as you enter into National Park terrain. Please inform reception when you are on the trail.

### **Pre Booking Essential**

### The Valerie and David Lane Trail - guided

Duration 3 ½ hours.

Degree of difficulty 8/10.

6km along the clifftop, indigenous forest, ravine,

technical and flat sections, fynbos, natural rock pool. Meander 230m down along the old fisherman's path, steep sections. Enjoy a light lunch and refreshment, waterfall and a swim before the ascent 230m to Misty Mountain Reserve.

Enquire at reception about our permits and to book your guide.

### Mountain Biking

[Details Below]4 x well marked mountain bike routes 8.7km | 15km 31km |65km. All varying degrees of difficulty.

Permits and map route available at reception.R50 Permits please use own bicycle. Please also enquire about logging in the forest where possible routes could be closed.

### "The Forest Meander"

Yellow Route 8.7km (+/- I hour) Enjoy a family or introductory ride past the dam into the pine forest. No technical sections. No hills.

### "The Family Epic"

Blue Route 31km (+/- 2 to 4 hours)

A perfect ride for family and friends with a fair degree of fitness, enjoy a well deserved stop at Stormsriver Village coffee shop (half way mark). Great training or adventure ride. Breathtaking views at "Look Out Point" Undulating hills. Loose rock sections.

### "Look Out Adventure"

Orange Route 15km (+/- 11/2 -to 3 hours)

Cycle past the dams, into the pine forests onto this adventurous ride to "Look Out Point" where one can enjoy a picnic overlooking the Stormsriver Mouth. No technical sections. Gentle rolling hills.

### "The MTB Classic"

Black Route 65km (+/- 3% to 52 hours)

A longer ride encompassing all routes into one. "Look out Point", picnic spot, coffee shop, breathtaking scenery, nature at it's best. Steep ravines. Loose rock sections. Rocky overflow. Technical sections.

## On-site Activities

### Foot Golf

Score cards balls are available at reception. All balls to be signed out from reception and returned to reception after use.

### **Fishing**

Try your hand at fishing in our dam. Fishing rods and lures signed out at reception and returned to reception after use.

### Swimming Pool

Caution: Swimming is at your own risk - there is no lifeguard at the pool, crocodile pond or dams. Children under 12 must be supervised at all times and no running around the pool or diving in the shallow end is allowed. Enjoy our lunch menu and refreshments from the bar. Ask about our fantastic craft beer and gin menu.

### Khoisan Lounge

TV full bouquet, fireplace, bar & coffee bar.

### Whale & Dolphin Viewing

Viewing Seasonal – binoculars available at reception.

### **Birding & Forest Picnics**

Enquire at reception about our delicious baskets and enjoy a picnic at our picnic spot in the forest.



There are a wide variety of activities within close proximity, offering adventure, nature and wild animal experiences — enquire at reception about times, pricing and special feeding times. For your convenience, we can pre-book any activities ahead of time to avoid disappointment in peak season.

### 15 Minutes from MMR

### Tsitsikamma Wolf Sanctuary

Close encounter with wolves, call ahead to find out when the wolves are fed.

### River Spa Tsitsikamma

Couples treatments, ultimate relaxation and pampering.

### Tsitsikamma Falls Adventure

Enjoy 8 zipline slides over the Kruis River, younger children can slide in tandem with their parents.

### Marilyn's 60's Diner

Experience yester year, James Dean, Marilyn Monroe and Elvis Presley Diner.

### Tsitsikamma Micro Brewery

Tasting SA craft beer.

### Tsitsikamma Canopy Tours

Suspended 30m above the forest floor, zipline through the Tsitsikamma Forest.

### **Segway Tours**

Segway training before the journey begins and then explore the local town on a journey through the forest.

### **Fynbos Cheese Farm**

Enjoy local cheeses at the Cheese maker's farm and enjoy freshly baked breads and salads.

# Activities Nearby

### 30 Minutes from MMR

### Tsitsikamma National Park

A mosaic of ecosystems, renowned for its diverse natural and cultural heritage resources, scuba diving, boat rides, walks, restaurant, snorkelling.

### **Untouched Adventures**

Kayak & Lilo down the gorge at Tsitsikamma National Park.

### Storms River Tubing

Fun tubing in the Plaatbos Nature Reserve.

### Face Adrenaline Bungy Jumping

Jump the highest bridge bungy in the world 216m.

### The Big Tree

Experience the oldest Yellowwood tree stretching sky-wards, between 600 and 800 years old.

### 45 Minutes From MMR

### Monkey Land

Bird's eye view of primates that roam freely. Enjoy a light lunch at the Blue Monkey restaurant.

### Birds of Eden

World's largest free flight sanctuary – hidden mysterious ruins.

### Jukani Wildlife Sanctuary

Home to lion, cheetah, tigers, leopard, jaguar, puma and many other wild species.

### **Elephant Sanctuary**

Elephant Rides, close up experiences with these gentle giants or trunk in hand walks.

### Lawnwood Snake Sanctuary

Guided tours – see and learn about over 100 snakes.

### Tenikwa

A conservation based eco tour (Wild Cats).

### Hog Hollow Horse Rides

All level of riders are welcome, one to three hour trails.

# Activities Nearby

### **60 Minutes From MMR**

### **Waterworld Plett**

Swimming pools, trampolines, mini golf, and slides.

### **Adventure Land Plett**

75m Super tube water slides and so much more.

### Plett Puzzle Park

Experience a 3D Maze, puzzle walk and rope maze.

### Wild Shark Africa

Witness Great White Sharks above and below the water.

### **Tandem Skydive Plett**

Exhilarating and adrenaline filled experience.

### Jeffrey's Bay Surf Lessons

Learn to surf the famous waves of Jeffrey's Bay. Wetsuit, board hire and instructor available.



Scan the QR code below, tap the follow button and say "hi"





Feel free to share any photo's or TikTok videos, we'd love to hear from you.

We hope your stay is nothing short of incredible and leaves you longing for more, so come on back and let's embark on another adventure together.