



FACT SHEET

Accommodation

Enjoy watching the sunset and our stunning ocean view. We have four deluxe rooms and four suites, all en-suite with beautiful sea views. Six of our rooms and suites have full sea view and the other two have lagoon view in our luxurious surroundings. Our rooms and suites are all equipped with the Luxury Hastens Beds and 2 of the rooms can be turned into Twin beds.

Hotel facilities

Breakfast is included and all our meals are from an à la carte menu. Our lounge has a fully stocked bar our owner, Martin, has a passion for wine and his wines all have a story, which he will share with you during your stay. Our walk-in wine cellar is dominated by South African wines, but international wines are coming into place. We have a restaurant that is open every day for dinner and our private chefs will prepare your food with love. Our managers are at your disposal during your stay.

We have a 'braai' area, where our chefs gladly prepare a typical South African 'braai' evening with food like lamb chops, boerewoers and beef fillets. Our rim flow pool is being heated by solar panels. The lounge has a TV with full bouquet DSTV. The owners 'sporting' background will give you an opportunity to explore the running and hiking trails or mountain biking trails of Knysna and its surroundings.

Location

Situated on a jagged edge of the famous rocky cliffs of the Knysna Heads. We have a 200 metres drop down to Coney Glen beach below us and breathtaking views of the ocean which will mesmerize you and will win you over forever.

Social Media

Share your special moment with us during your stay using #headoverhills



@headoverhillsluxuryretreat



head_over_hills_luxury_retreat



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Room Amenities and description

All our rooms and suites are en-suites with a separate shower and a bath (three of our suites have a spa bath). Our bathrooms are stocked with amenities like shower cap, toothbrush, shaving tools, feminine kit and room fragrance. Most of our rooms and suites have bathrooms incorporated into the bedroom which gives a more open feeling of the room. Who wouldn't enjoy a shower with a view of the ocean? Our rooms and suites, all have heated towel rails, SMEG fridge with complimentary MCC, cold drinks, beers and water, Nespresso coffee/tea facilities, larger mirror, hair dryer and a dressing table, international multi plugs with USB, TV and DSTV (Elephant Suite has a full DSTV bouquet). They also have a safe, air conditioner and wireless internet. Three of our suites (Elephant, Captain's and Seahorse) have a King Size extra length luxury Hastens Bed which will give you a great comfort and relaxed sleep. Whale has a King Size Bed, Dolphin & Pansy Shell have a Twin/King Bed and Viewpoint & Oyster have a Queen Size Bed. Elephant and Captain's Suite both have a fireplace and for those chilly winter evenings, Elephant Suite has a sauna. Three of the suites also have a 'smart' TV which will give you the possibility to use for internet use and movie streaming. You are having your own balcony, for maximum privacy we recommend the Elephant or the Captain's Suites. All our rooms and suites have their own outside furniture.

Children

Under normal circumstances, we have a strict no under 12 policy due to our location. Head over Hills can be booked in its entirety by a group as an exclusive villa and in this scenario children can also be accommodated.

Meetings & Events

We are hosting smaller boardroom meetings and are happy to accommodate your need in this matter. More intimate weddings and celebrations are also very popular. We can accommodate up to 70 people but on seated events maximum 40.

Services (laundry, transfer, golf, massage)

We have laundry facilities on site. At an additional costs we organise transfers to/from the airport and taxi services in town. We are happy to book any activities the guests have on their agenda. Our owners are passionate about golf, actually, Martin used to be a professional golfer himself and therefore, we are preferential members at Pezula Championship Golf Course and will offer discounted rates. However, if you prefer another course, we are happy to book you this on your behalf. Golf Clubs are available for rentals at Head over Hills. If you want to indulge yourself or maybe have a couples massage, our therapists will be happy to do a treatment for you in our treatment room.

Restaurant

When you stay with us at Head over Hills you don't have to go out for lunch or dinner. You might not want to miss the stunning sunset or you just feel like a night in. Our private chefs compose a daily à la carte menu. So you can stay at Head over Hills for lunch and dinner and enjoy the best view in Knysna.

Picnic

Give us 24 hours' notice and we will pack a picnic for you so that you can go out for the day and enjoy the sights of Knysna. Have a picnic on the beach at Brenton-on-Sea or just down below us at Coney Glen.

Bar

Our fully stocked bar, with an on consumption Liquor License, is open normal trading hours. However, for your convenience, we turn it into an honesty bar if you feel like having something when our staff is not there.



FACT SHEET

Wine

At Head over Hills, we are passionate about fine wine. Martin and Therese, the owners of Head over Hills, have created a wine cellar where the guests can walk in and pick their very own special bottle to enjoy while watching the sunset or with one of our delicious a la carte dinners. South African vineyards produce some of the best wines in the world. In our wine cellar, we concentrate mainly on South African wine where some of the finest vineyards are represented, including Cederberg, Hartenberg, Ataraxia and Antonij Rupert. We have a good selection of white, red, rose and also Cap Classique. Martin would love to take you to the cellar to show you our selection of wines. We are very proud of our hand-picked collection and are very proud to say that we have won the highest Diners Club wine list award several consecutive years! We are very excited and happy to announce that we now also have a tasting room as a result of extending our cellar. Come and stay with us and allow Martin to organise your own private tasting with our wines in our tasting room.

Our recommendation

If you really want to enjoy Knysna and Head over Hills, we recommend 3 nights. Just because we have had so many guests staying with us for one or two nights and they are so sad they are leaving.

Activities

Knysna has a lot to offer when it comes to activities. Our staff have a great knowledge about what is happening in the area and will help the guests at all time with reservations. The most common activities are dolphin- and whale watching, wild oats market, running or hiking Robberg National Park, mountain biking in Hakerville, a private boat trip on the lagoon, sunset cruise to the heads, cycling in the wine farms in the Craggs... the list can go on and on.

Local Projects

We believe in giving back to the local community.

SMILE Foundation is a non-profit organisation which brings people together to provide expert surgical intervention for South African children living with facial anomalies. In 2010, the owner's son was born with a facial anomaly called bilateral cleft lip and cleft palate. Since he was born in Sweden, a comprehensive plan was presented to him during the first days of his life. They know how much it means to see your child smile, not just on the outside, but from the inside too! Our goal is to raise R500 000.00 for a Smile Week, every second year, where Smile Foundation help 45 children smile again. If you want to be part of this journey, contact Therese Hansson 076 083 7575

The **SANTA SHOEBOX PROJECT** started in Cape Town in 2006. Their main goal is to collect and distribute gifts at Christmas time for underprivileged children throughout South Africa and Namibia. Each box contains 8 mandatory items; a toothbrush and toothpaste, a soap and sponge, one item of clothing, writing material, some candy and a toy. With the help of our friends and family, we were able to give 100 boxes to kids in our community.

WINGMAN MULTISPORT COACHING provides weekly coached multi-sport group sessions as well as online coaching. It is often difficult to motivate yourself to do your own training so to have an online coach who will give you feedback and individualise your program might help you take your training to the next level. Wingman and Head over Hills have worked closely together with their online coaching for many years now and we are very happy with their commitment and training results.

Adventure Racing at its best is **EXPEDITION AFRICA!** A few years back, teams of 4 from all around the world travelled to the Garden Route in the Western Cape in South Africa. Their activities included kayaking, mountain biking, trekking, canyoning and complete rope work sections in this epic adventure. Teams took anywhere from 3 days to 7 days to complete this event, travelling day and night pushing themselves to the edge of human endurance.



FACT SHEET IN A GLANCE 1/2

All of the follow amenities can be found in all of our rooms and suites: Balconies, Air Conditioning, Dressin Table, Separate Showers, Heated Towel Rails, Bathrobes & Slippers, Hairdryer, Safe, International Plugs, USB, Flat Screen, DSTV, Nespresso tea/coffee Machine, SMEG Mini Bar with Complimentary MCC, water, cool drinks & beers. We do have Electric Blankets if needed but there is no need due to the natural materials in the beds that will regulate the heat.

Room Amenities	Elephant Suite	Captain's Suite	Whale Suite	Seahorse Suite	ViewPoint Deluxe	Dolphin Deluxe	Pansy Shell Deluxe	Oyster Deluxe
Luxury Swedish Hastens Beds 2000T	King 180x210 cm	King 180x210 cm		King 180x210 cm				
Luxury Swedish Hastens Beds Maranga			King 180x200 cm		Queen 152x203 cm			
Luxury Swedish Hastens Beds Superia								Queen 152x203 cm
Luxury Swedish Hastens Twin Beds Superia						Twin/King 2 x 90x200 cm	Twin/King 2 x 90x200 cm	
Full Sea Views	√	√	√		√	√	√	
Lagoon Views				√				√
Balconies								
Bath				√	√	√	√	√
Spa Bath	√	√	√					
Smart TV (streaming)	√	√	√					
Fire Place	√	√						
Sauna	√							



HOTEL FACILITIES

Restaurant (a la Carte)	√	Front Desk Services	√
Breakfast, Lunch & Dinner Available	√	Deck	√
Lounge & Cocktail Bar	√	Laundry facilities	√
Arrange picnic basket with 24 hours notice	√	Ironing Service	√
Walk-in wine Cellar	√	Daily Housekeeping	√
Award Winning Wine List	Diners Diamond for 5 consecutive years	Business Facilities	Available
Wine Tasting	√	Meeting Facilities	On arrangement
Wine & Food Pairing	√	Photocopying	Available
Barbeque area (Braai Facilities)	√	Airport Shuttle	From R700 different car options
Room Service	On arrangement	In House Massage, pedicure & Manicures	In-house treatment room
Rim flow pool – solar heated	√	Golf – preferred partnership with Pezula Golf Estate	2024: R990 (rack rate R1400) non affiliated
Wooden Deck	√	Golf Clubs	2023: R350 per day
Fire place lounge	√		
Merchandishe shop	√		
Free WIFI	√		
Non smoking Villa	√		



ACTIVITIES & GOLF

If you are staying with us and you happen to be here on a Friday night, then head off to Sedgfield on a Saturday morning to the **Wild Oats Market** in Sedgfield. They have an amazing array of fresh food to offer, including amazing breakfasts, different cakes, fresh produce, olives, jams, the list is endless. This market closes at 12h00. Then move on to the Mozaic middle market and finally on to Scarab. You are sure to find a treasure or two to take home to your families and friends.

As well as mountain bikers we have plenty of **trail runners** in Knysna. Some of the trails are in the same area as the cyclists. One of the popular and really stunning trails is Robberg Nature Reserve near Plettenberg Bay. This offers three circular routes of 2.1km, 5.5km and 9.2km. The last one is a challenging trail to run but so rewarding when you come to the last stretch of beach. There are a few circular routes at Simola contours and a beautiful beach run between Brenton on Sea and Buffels Bay. Running this on a low tide is a good idea... Ask our staff for the times for tides and they will inform you with pleasure.

You will see that there are many **mountain bikers** in Knysna. Our forests are beautiful and the range of routes suits all levels of riders. In Harkerville we have four colour-coded routes which vary from 12-24 km. The Homtini offers an awesome 19 km circular ride through the forest for intermediate level. The Garden Route Trail Park is a fun outing with both single tracks and a pump track to test your skills. These are just a few of the amazing routes you can discover.

Paradise Adventures are guiding specialists based in George. They offer personalized adventures and day trips, calling the outdoors their playground. They take you off the beaten track and show you something different, showing you places few people have seen! Most of the trips take you to secret spots not even known to most locals.

Within a short distance of approximately 800 meters, guests can enjoy the salty sea and warm sand while relaxing on **Coney Glen Beach**. Guests can rent a bicycle, walk or drive down from Head over Hills. Otherwise take a drive to **Buffels Bay**, where the swimming is great, Brenton-on-Sea or Plettenberg Bay. It will be worth it! All these beaches have lifeguards in season. Please be careful when swimming if there are none.

Water lovers can enjoy **sunset cruises** across the sweeping lagoon and out through the iconic Heads. Be sure to book a boat trip with Ocean Sailing Charters on one of their luxury sailing catamarans through the Heads. It's an absolute must-do when you're in Knysna! Or, if you're visiting Knysna in winter, book a close encounter **whale watching** trip with Ocean Odyssey.

Pezula Championship Course is a beautiful golf course with some challenging fairways.

At Pezula you will play at a preferential rate as we have a corporate partnership. Golf clubs can be hired from Head Over Hills.

Simola Golf Course offers a spectacular view of the Knysna Lagoon. Playing a Jack Nicklaus signature Golf Course involves a lot of challenging bunkers in this forest-inspired a layout.

Fancourt's golf courses include **Outeniqua**, **Montagu** and **The Links**. The first two mentioned are inside the beautiful estate with endless flowers of different colours. The Links is very challenging and on its own just 5 minutes from the estate. Fancourt is close to the airport in George.

Pinnacle Point is, without doubt, one of the most spectacular courses in South Africa, if not the world. The 72 par layout is characterized by 7 majestic holes which line the Indian Ocean rock cliffs. Four of the holes are played over the ocean and the rocky cliffs, a great challenge for any discerning golfer. All 18 holes have been designed to fit the contours of the land. It was opened in 2006 by renowned golf course architect Peter Matkovich and Ryder Cup player Darren Clarke. This cliff-top golf course inspires any golfer to play this challenging layout with a level of respect due to its dramatic views and breath-taking terrain. The course is located in Mossel Bay which is about 1,5 hours' drive from us.