

# THE *Monastery*

DSG OUTDOOR EDUCATION  
FACILITY AND SPIRITUAL RETREAT



SOMETIMES ALL YOU NEED  
IS A LITTLE ADVENTURE...

# ABOUT US

The Monastery is located in the magnificent Eastern Cape countryside, a mere 10km from Makhanda. An ideal location to immerse oneself in nature, whilst still close in proximity to the local amenities. To add to the beautiful setting and wonderfully maintained facilities, The Monastery is run by Mr Clinton York, an inspiring and passionate motivator who, with a team of experts, has created this magnificent offering. Whatever your requirements, be it simply accommodation to a cultural, sport or leadership camp, our goal is to ensure you have a wonderful experience.

We believe that there something very special about active outdoor education, it is a great leveller and allows students to be their authentic selves, which sets in motion a holistic journey of self-discovery.

Students are pushed beyond their comfort zones, breaking through their perceived limitations. They find themselves leading a team through rocky terrain, bonding with new friends, being challenged mentally and physically and becoming mindful of nature. One is constantly reminded of the grand respect our environment deserves when witnessing its ability to offer solace and lighten one's load, with its peaceful and calming power.



“If it excites you and scares you at the same time, it might be a good thing to try.”

*Nitesh Duseja*

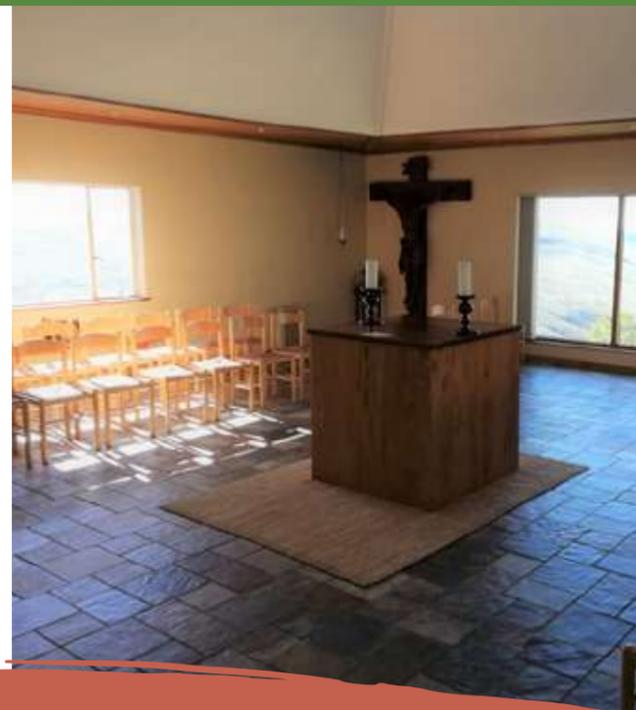
# HOW IT ALL BEGAN...



“My hope, dream and prayer for The Monastery... is that it always remains the spiritual , restorative and soul searching place it was intended to be, when first used by the nuns and brothers.”

*Clinton York (Director - The Monastery)*

The Monastery Outdoor Education Centre is a spiritual and restorative space. It is therefore not surprising that one feels an immediate sense of peace when on site. The Hillandale Property, as it is formerly known, has had very strong religious ties over the years, from housing sisters from the Community of the Resurrection of our Lord, to ultimately becoming a Monastery for the Order of the Holy Cross. It was a place of prayer and reflection, from which wonderful acts of kindness and projects were initiated, to help support the local community. The DSG is honoured to be the custodian of this special place and we will continue to ensure that it serves to uplift, enrich and replenish the lives of all those who step foot on its ground.



“What a wonderful experience to be out in nature and be able to just switch off from life’s ‘noise’. Once I stopped mentally visualising my to do list and took time to just breathe, I was filled with immense clarity and gratitude. Being present and in the moment is invigorating and good for the soul.”

*Victoria Davies (Author)*



## ACCOMMODATION

### ACCOMMODATION

The Monastery offers accommodation for up to 60 people, which can be set up in various configurations to suit your group size. We have two dormitories (24 and 36 pax) with comfortable bunk beds. Staff have their own separate accommodation with individual rooms.

Included in our facilities are a beautiful chapel with magnificent views, a boma and a campsite area for your enjoyment.

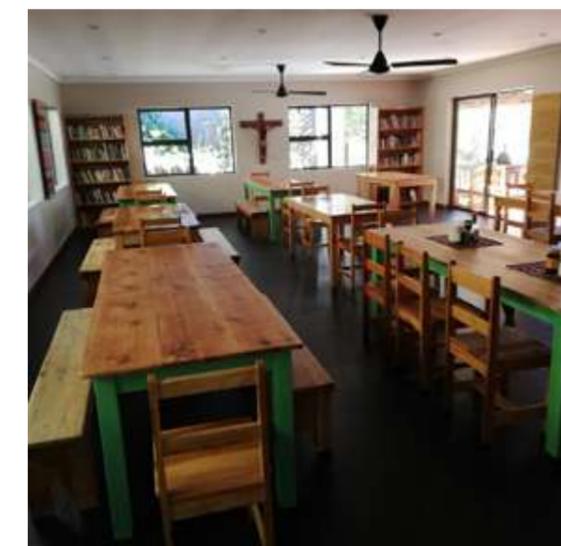
### MEALS AND DINING

We have a fully functional dining hall with excellent in-house caterers who cook up delicious and nutritious meals to fuel any adventure however, you are welcome to opt for self-catering should you prefer. Braais, poitjies, picnics and packed meals can be arranged to suit your programme

### ACTIVITIES

We have a variety of activities on offer which includes, but is not limited to, outdoor guided walks, hikes, trail running, camping, boma braais, swimming in the “water hole”, a labyrinth and a beautiful chapel for reflection. We also have access to a neighbouring farm to view and explore primitive cave paintings. In poor weather or when the need for downtime arises, we have an indoor centre, which consists of a well-stocked library, games such as table tennis and darts and a selection of board games.

A far more rigorous and specialised programme is available on request.



- \* WiFi is freely available onsite, there are also numerous plug points for your convenience
- \* Please advise if you have any AV requirements on booking \* Bedding is available on request

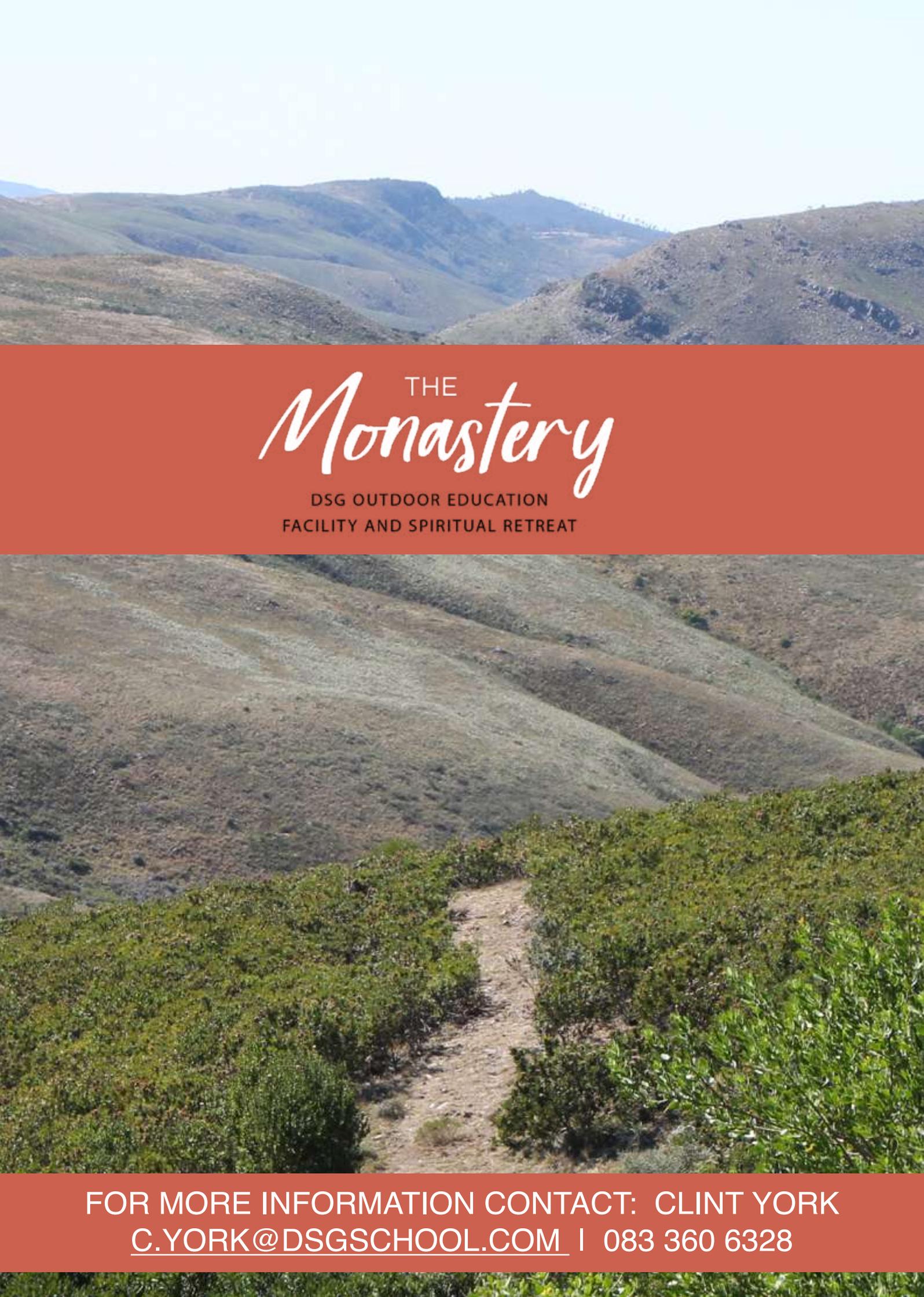


# A TAILOR-MADE ADVENTURE

We pride ourselves in designing unique experiences to suit our client's needs and desired outcomes. The content and activities are put together with much care and thought, with the guidance of our highly regarded and skilled experts. From team building weekends, to simply being a place to rest your head whilst attending a local sports festival - we have no doubt that we can deliver an unforgettable experience.

“Camp at The Monastery was an amazing experience. Your (Clint's) encouragement, motivation, compassion and kindness was appreciated, especially with the long hike! You taught me very valuable life lessons for which I am so grateful for and from that camp, I have grown so much within myself. Your energetic, vibrant spirit and big smile kept us all going and those ice creams at the halfway mark during the hike were the best.”  
*Grace (Grade 8)*

“What an incredible experience. Immense gratitude to you and your team for putting together such a wonderful leadership programme. It has been wonderful working with you – I appreciate all your guidance, advice and positivity. The feedback I have received from all the students has been fantastic. I so look forward to our next trip to The Monastery!”  
*Gail (Teacher)*

A scenic view of rolling hills and a dirt path through green bushes. The hills are covered in sparse vegetation, and the path leads through dense green bushes in the foreground.

# THE *Monastery*

DSG OUTDOOR EDUCATION  
FACILITY AND SPIRITUAL RETREAT

FOR MORE INFORMATION CONTACT: CLINT YORK  
[C.YORK@DSGSCHOOL.COM](mailto:C.YORK@DSGSCHOOL.COM) | 083 360 6328