

YOGA SAFARI
TANZANIA
SEPTEMBER 2014



12nights/13Days Yoga Adventure in Tanzania

- ✓ 12nights' accommodations
- ✓ 3 organic meals daily and healthy snacks
- ✓ 10 Yoga Classes (Beginners-Intermediate)
- ✓ Bush and Beach Excursions
- ✓ Nature Walk/Bird Watching/Coffee farms tour
- ✓ Visit to Tarangire National Park, Ngorongoro National Park, and Serengeti National Park
- ✓ Visit to the Historical Zanzibar Island and Chumbe Coral Park
- ✓ **Includes everything but your travel!**

This yoga retreat package is a perfect blend of relaxation, adventure, and health. You'll soon be relaxing in the perfect tropical climate of East Africa, enjoy our culture, healthy gourmet organic food, and doing yoga. Get to experience first-hand African best hospitality at Ngare Sero Mountain Lodge. <http://www.ngare-sero-lodge.com/>

This beautiful lodge adapted from the colonial farmhouse built in the early 20th century is located in USA River in Arusha region, a few miles from the famous Arusha National Park besides offering the perfect view of the Mountain Kilimanjaro. The inn offers tranquility enhanced with contemporary conveniences, ideal for rejuvenation following stressful overseas travel or deep relaxation after a long safari. The lodge is set amid forest populated by monkeys and different species of birds, freshwater spring cutting through.

Continue your safari through the Masai Land in the Northern National Parks of Tanzania where you will witness some of the wonders of the world. Culminate your trip relaxing in Chumbe Island off of Zanzibar.

We will be doing our utmost to make sure that you have the best and most memorable time of your life in Tanzania. We have handpicked all lodges to ensure ultimate first class service is delivered to each individual. We have a great relationship with the lodge owners and safari companies with unmatched experience in the field of hospitality.

We wish you a warm welcome to Tanzania.

HIGHLIGHTS:

- ✚ **Arusha Town** – also known as Geneva of Africa, is a popular tourism city situated in Northern Tanzania. Arusha is surrounded by some of Africa's most famous landscapes and national parks. Situated below Mount Meru on the eastern edge of the eastern branch of the Great Rift Valley, it has a mild climate and is close to Serengeti, Ngorongoro Crater, Lake Manyara, Olduvai Gorge, Tarangire National Park, and Mount Kilimanjaro, as well as having its own Arusha National Park on Mount Meru.
- ✚ **Shanga River House** is a wonderful place to spend some time in Arusha and support the disabled community. It is all about the workshops where 42 disabled Tanzanians recycle glass, paper and aluminium into high quality crafts. You can tour each of the areas where things are remade into other objects while literally walking on broken glass. Everything that they make can be purchased in the gift shop at very reasonable prices. There is also the River House restaurant and the Shanga Shop to complete a day out on a beautiful coffee estate in Arusha town. <http://shanga.org/>
- ✚ **Arusha National Park** has incredible volcanic scenery, wonderful views of Mt Kilimanjaro (on clear days), a beautiful rainforest and plenty of wildlife. The main features are Ngurdoto Crater and the Momela Lakes. The Momela Lakes attract a wide variety of birds, particularly flamingos. Despite the small size of the park, common animals include giraffe, buffalo, zebra, warthog, the black-and-white colobus monkey, the blue monkey, flamingos and African Elephants can be seen.
- ✚ **Tarangire National Park** is the Tanzania's fourth largest and sanctuary for an unusually large elephant population. Majestic baobab trees are an interesting feature of the park, dwarfing the animals that feed beneath them.
- ✚ **Lake Manyara National Park** is a lovely scenic park that lies on the base of the Rift Valley escarpment. The lake itself takes up much of the park leaving a strip of land running down its shores where game concentrates. Famous for its tree climbing lions, good elephants and baboons, Manyara is often visited for an afternoon's game drive on the way to Ngorongoro.
- ✚ **Ngorongoro Crater** is a geological marvel boasting several vegetation zones from lakes to forest to savannah. It is home to about 30,000 animals, despite its tiny size of only 10 miles across.
- ✚ **Serengeti National Park** is Tanzania's oldest and most popular national park, also a world heritage site and recently proclaimed a 7th world wide wonder, the Serengeti is famed for its annual migration, when some six million hooves pound the open plains, as more than 200,000 zebra and 300,000 Thomson's gazelle join the wildebeest's trek for fresh grazing.
- ✚ **Chumbe Island Coral Park** is a private not for profit Marine Protected Island located 8 miles off the south-west coast of Zanzibar. This award-winning private nature reserve offers a guest

a chance to protect and explore the coral reef and coral rag forest on the island. The park includes a fully protected coral reef sanctuary and forest reserve that harbour extremely rare and endangered animals, a Visitor and Education centre, a small eco-lodge, nature trails and historical ruins. All buildings and operations are based on state-of-the-art eco-technology aiming at zero impact on the environment (rainwater catchment, photovoltaic energy and solar water heating, composting toilets, vegetative grey water filtration etc.).
<http://www.chumbeisland.com/>

ITINERARY

Day 1: Arusha - September 14th 2014

- Arrival at the Kilimanjaro International Airport. Meet and greet by our staff and then be transferred to your lodge. Welcome dinner.
- [Dinner and overnight at: Ngare Sero Mountain Lodge](#)

Day 2: Arusha – September 15th 2014

- Enjoy full day leisure at the lodge. Meet with your hosts who will brief you on the program.
- Healthy lunch prepared using many of the fruits and vegetables from the lodge gardens.
- Just as your jet lag kicks in, join our Nature Guide for a walk and learn about the local flora & fauna.
- Afternoon tea with cookies and healthy snacks.
- [Restorative Yoga](#)
- Evening cocktail around the fire
- Early dinner to allow for a good night's sleep
- [Dinner and overnight at Ngare Sero Mountain Lodge](#)

Day 3: Arusha National park – September 16th 2014

- Sunrise invigorating yoga and meditation.
- After breakfast, set off to Arusha National Park with lunchboxes to view wildlife during a game drive and hike.
- Afternoon Canoeing in Arusha National Park, followed by final game drive.
- Return to the Lodge. Enjoy afternoon tea with healthy snacks.
- [Restorative Yoga.](#)
- Evening cocktail around the fire.
 - [Dinner and overnight at Ngare Sero Mountain Lodge.](#)



Day 4: Coffee Farm Tour – September 17th 2014

- Sunrise invigorating [Yoga](#).
- Breakfast
- Organic coffee farm tour with Tanzanian lunch included.
- Afternoon tea with cookies and healthy snacks.
- [Restorative Yoga](#)
- Evening cocktail around the fire
- [Another beautiful dinner and overnight at Ngare Sero Mountain Lodge](#)

Day 5: Tarangire National Park – September 18th 2014

- Sunrise invigorating [Yoga](#).
- After breakfast, head to Tarangire National Park via Arusha town including stops at Masai Market and Cultural Heritage.
- Visit at Shanga House for souvenir shopping and lunch
- After early lunch, travel through the Masai Steppe driving to Tarangire National Park which is just under 3 hours away from Arusha town. The amazing Tarangire National Park will enable you to continue enjoying the Tanzania's natural beauty as this unique and diverse park famous for its huge numbers of Elephants herds, ancient and magnificent Baobab trees and tree climbing African pythons and countless number of different and beautiful birds' species is Tanzania's fourth largest park. You will enjoy a half day game drive and head out to the luxury tented camp for a late evening arrival and overnight.
- [Dinner and overnight at Oliver's Camp](#)



Dinner set up at Oliver's Camp. Photo Courtesy of Asilia.

Day 6: Lake Manyara National Park – Ngorongoro Highlands - September 19th 2014

- After early breakfast you will do a morning game drive in Tarangire National Park. Break for lunch.
- After lunch drive to the nearby Lake Manyara National Park, a beautiful park with an alkaline lake and breath-taking views. The landscape is a mixture of dense forest, small open plains and lush waterside grasses, a feast for herbivores such as buffalo, a very scenic home to hippos, elephants, flamingos, plains game and the famous tree-climbing lions that reside here.
- Early this evening you will head up to the Ngorongoro highlands to overnight at the exquisite Explorens Ngorongoro Lodge
- [Dinner and overnight: Explorens Ngorongoro Lodge](#)



Ngorongoro Crater. Photo Courtesy of www.Gentlelivingonline.com

Day 7: Ngorongoro Crater – September 20th 2014

- Early morning [Yoga](#).
- Depart from the lodge after breakfast and head down to the Ngorongoro Crater floor where you have a full day game drive and a picnic lunch. Here you have great chances of seeing the 'Big 5' including the endangered Black Rhino. Spend the late morning and the afternoon in the crater floor enjoying one of the world's best natural wonders and then depart in the early evening heading out of the conservation area and back to the lodge.
- [Dinner and overnight: Exploreans Ngorongoro Lodge](#)

Day 8: Ngorongoro Highlands – Central Serengeti National Park September 21th 2014

- After a very early breakfast, continue your journey into the heart of Tanzania by heading toward the Serengeti Plains via Olduvai Gorge Archaeological Museum, the site of Louis and Mary Leakey's renowned archaeological discoveries. Their findings include some of the man's earliest known ancestral remains and then visit the 'Shifting Sands' area nearby which is an amazing volcanic sand dune phenomenon in the middle of the endless plains. You will also have an option to stop and visit the Masai village along the way. This will be an opportunity that will give you a chance to try and learn about this majestic warriors' tribe. This long transfer cum drive will give you a chance to relish the vastness of the Serengeti, "the land that flows on forever," along with some of the best game-viewing that Africa has to offer. Home to literally hundreds of thousands of hoofed animals, the Serengeti is a pristine and unique sanctuary that will give you a glimpse into "the world as it was in the beginning."
- [Late evening arrival at lodge to overnight.](#)
- [Dinner and overnight: Sayari Camp](#)

Day 9: Central Serengeti National Park – September 22nd 2014

- Early morning [Yoga](#) and breakfast
- Today you will have some time to relax at the Lodge and have hot lunch.
- After lunch, you will be going out again for an evening drive seeking out the big cats, buffalo, giraffe and many others that habituate the vast open plains of this huge park as well as crocodiles in the Grumeti River. The sheer scale and seemingly endless horizon in this part of Africa is simply spellbinding.
- [Late evening return to your camp to overnight.](#)
- [Dinner and overnight: Sayari Camp](#)

Day 10: Zanzibar – September 23rd 2014

- After breakfast, depart for Zanzibar, transfer to Seronera strip. Board a charter flight to Zanzibar about 1 hour.
- Upon arrival in Zanzibar, you will be greeted by our staff who will transfer you to Chumbe Island Coral Park via a short board ride from the main island.

- Dinner & overnight at: Chumbe Island Coral Park

Day 11-12: Zanzibar – September 24th and 25th 2014

- You will enjoy a morning **Yoga session** on each day of your stay in Zanzibar
- After breakfast, at your beach Hotel, full day leisure and Sun bathing and other sea activities such as Snorkeling, Nature Trails, and historical monuments.
- Dinner & overnight at: Chumbe Island Coral Park – <http://www.chumbeisland.com/>

Day 13: Home – September 26th 2014

- After breakfast, transfer to mainland Zanzibar for Stone town tour and shopping in the Narrow Street of Zanzibar, Bazaar, souvenir and antique shops, before transferred to Zanzibar Airport for your trip back home via Dar Es Salaam or Kilimanjaro Airport.

End of our Services

Total cost per person for 12Nights-13 Days using above Hotels/Lodges or similar is US\$6,210.

Price includes the following services

- Arrival and departure airport transfers.
- Accommodation Double/twin standard room occupancy.
- Activities and organic meals on full board basis.
- All park fees, and government taxes.
- Services of our own trained English-speaking driver-guide.
- Game drives in Land Rover/Cruiser with pop up / flip-flop roof tops.
- Bottled water/assorted soft drinks while on safari.
- Unlimited mileage on the safari.
- Half day spice farm tour and Stone town tour in Zanzibar.
- Flying Doctors services (Emergency Evacuation).
- Yoga instructor fees.
- Tips to tour guides and service workers.
- Internet service.
- Laundry service.
- Domestic Flights (Central Serengeti -Zanzibar – Dar es Salaam).

Meals Plan Include

- ✓ Welcome cocktail drink
- ✓ Breakfast
- ✓ Lunch
- ✓ Dinner
- ✓ Snacks
- ✓ Soft drinks, juices, tea, and coffee.

***Alcoholic Drinks such as Tanzanian beer, selected wines are complimentary in selected properties only – Oliver's Camp, Sayari Camp and Exploreans. Alcohol available for purchase at Ngare Sero and Chumbe Island.*

Price excludes

- International flights
- Passport, visa, travelers insurance.
- Premium Drinks – Champagne, Cellar Wines, and Premium Brand Spirits.
- Other excursions in Zanzibar such as Dolphin tour, fishing, and scuba diving can be arranged by hotels at extra cost.

Booking:

For all booking enquiries, please email Ms Immaculate Stephen, a travel consultant at immhospitality@gmail.com