



**Lets go Wilder – Tanzania**  
**=With Neha Duseja**  
**9<sup>th</sup> – 15<sup>th</sup> April , 2024**

*There are few places in the world where you can actually feel the pulse of the planet and have your breath taken away by all the natural beauty, the magnificence of the amazing wildnerness, and the kindness of the people that call Africa home! This continent keeps calling us back, and I cannot wait for us to go on this once-in-a-lifetime adventure together! Let's go Wilder!*

**April 9<sup>th</sup>, 2024: ARRIVE ARUSHA/LAKE MANYARA NATIONAL PARK**

*Arrive at Kilimanjaro International Airport and proceed through immigration and baggage collection. Met by representative and transferred to Lake Manyara National park. Check in to your lodge. Lunch will be served at the lodge. Relax on day 1 and we'll then go on a late afternoon game drive. When we return, we will roll out our mats for a gentle stretch session with Neha, to start our adventure together. Our yoga session will be followed by dinner and an opening circle.*



**Overnight** : Lake Manyara Serena Lodge  
**Meals** : Lunch, Dinner



**April 10<sup>th</sup>, 2024 : LAKE MANYARA/SERENGETI GAME RESERVE**

*Our day will begin with early morning chanting, which, over the years has become our favorite ritual on retreats. We welcome the sun with a strong, sweaty, sunrise yoga session to get us ready for the day. Yoga will be followed by breakfast at the lodge. After breakfast we depart and drive to Serengeti Game Reserve. Check in to the lodge followed by lunch. In the afternoon head out for a game drive on your return enjoy an evening flexibility slow flow followed by meditation. Dinner and overnight at the Lodge.*



**Overnight :** Serengeti Serena Lodge  
**Meals :** Breakfast, Lunch, Dinner

**April 11<sup>th</sup>, 2024 : SERENGETI GAME RESERVE**

*Enjoy an early morning game drive followed by breakfast at the lodge. We will return to the lodge for a juicy, mid-morning Yoga practice, and work up our appetites for lunch! A couple of hours of relaxation at the lodge and we go back out for a late afternoon game drive. Dinner and overnight at the lodge.*



**Overnight :** Serengeti Serena Lodge  
**Meals :** Breakfast, Lunch, Dinner





**April 12<sup>th</sup>, 2024 : SERENGETI/NGORONGORO CONSERVANCY**

*Chanting practice and an energizing yoga flow, followed by breakfast at the lodge. This morning depart and drive to Ngorongoro. Arrive in time for lunch. We will do a beautiful, open-air sunset yoga and meditation session, at the conservancy overlooking the gorgeous landscape. Dinner and overnight at the lodge.*



**Overnight :** Ngorongoro Serena Lodge  
**Meals :** Breakfast, Lunch, Dinner

**April 13<sup>th</sup>, 2024: NGORONGORO CONSERVANCY/ARUSHA**

*Chanting practice and energizing sunrise yoga practice followed by an early breakfast at the lodge. Depart with a picnic lunch box and drive to Ngorongoro Crater. Descend to the Crater Floor for a full day game drive. The crater has an abundance of wildlife from the Big Five to over 400 species of birds. Late afternoon ascend from the Crater. Visit a local Masai Village.*





*Drive to Arusha . Check in, dinner and overnight at the hotel.*

**Overnight** : Arusha Serena Hotel  
**Meals** : Breakfast, Lunch, Dinner

**April 14<sup>th</sup>, 2024: ARUSHA/MOSHI/ARUSHA – Hike at Mount Kilimanjaro**

*Today you will start at 06:00-07:00am from Arusha and drive to Londrossi (West Kilimanjaro) through the West Kilimanjaro Forest Reserve where you will experience the forest zone, birdlife and potentially encounter the Blue monkey or Colobus monkeys. You continue into Kilimanjaro National Park through the Londrossi gate and onto the 4x4 access road into the heather and moorland zone to the 'Morrum Barrier' where you start your hike (low to medium fitness). Today's hike is around 3-4 hours (you can hike more time / pace / strength permitting) on the Shira Plateau between two of the three volcanic cones of the Kilimanjaro Massif (Shira and Kibo). You will enjoy magnificent views of volcanoes, hills, valleys, Engare Nairobi stream, Shira Cathedral, Shira ridge and plenty of flora and fauna along the way. You will stop at the Shira One camp for your lunch. In the afternoon you head back down to the Morrum barrier to rejoin your driver and drive back to Arusha*



**Overnight** : Arusha Serena Hotel  
**Meals** : Breakfast, Lunch, Dinner

**April 15<sup>th</sup>, 2024: ARUSHA/DEPART**

*Enjoy breakfast at the hotel. Transfer to Kilimanjaro International Airport to check in for your onward flight back home.*

**Meals:** Breakfast

**End of tour**



## **Further Information on the retreat**

### **Investment for the experience**

Package for 6 nights and 7 days

Offers	Sharing (double / twin) Occupancy
Super Early Bird (Till Oct 31 <sup>st</sup> )	USD 2950 /-
Early Bird (Till Dec 31 <sup>st</sup> )	USD 3035/-
Regular Price (Till spots last)	USD 3090/-

Supplement for Single Occupancy: USD 560/-

### **Recommended Flights**

**Airline : Kenyan Airways**

9<sup>th</sup> April , 2024 : Dubai – Kilimanjaro / 00.55am – 09.15am

15<sup>th</sup> April, 2024 : Kilimanjaro – Dubai / 10.05 – 23.25

### **Inclusions:**

- Accommodation for 6 nights
- All meals as indicated.
- Cost of all transfers in 4x4 Land Cruiser
- Game-drives conducted in a 4x4 Land Cruiser
- Cost of all park entrance fees as per itinerary
- Services of a professional English-speaking driver guide
- Bottled water in the safari vehicle
- Full day Ngorongoro Crater Tour
- Masai Village in Ngorongoro
- Day Hike on Mount Kilimanjaro
- Picnic Lunch Box in Ngorongoro & Mount Kilimanjaro
- Mountain Guides
- Flying Doctors Evacuation Services

### **The above rates **do not include:****

- Expenses of a personal nature e.g. tips, portorage, laundry, drinks during meals
- Any extras incurred at the hotel/camp
- Visa fees
- Any international or domestic airfare unless specified above
- Travel Insurance



*Please note that we have **limited spots** available for this retreat, so please do make your reservation at the earliest.*

*When making your reservation do email us*

- 1. Copy of your passport.*
- 2. Your Contact Number*
- 3. Any dietary restrictions that you may have.*

*To confirm your spot, you will need to make a 50% deposit. The balance can be paid later. Payments need to be made to the given bank details. Please do use the conversion of 3.7AED as requested by the hotels. Once the payment has been made do mail us at [sophia@sugarcaneelephants.com](mailto:sophia@sugarcaneelephants.com) so the payment can be tracked against your name.*

Name: SCE TECHNOLOGIES FZE

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