

12 Days – Tanzania safari and Zanzibar Yoga Retreat.

Highlights:	Enjoy this famous wildlife safari of Tanzania combined with a yoga experience. Leadwood Expeditions will take you to the best spots in Tanzania to experience the best of it. You will have the opportunity to hone your yoga and meditation practice alongside a group of people ready to embrace Tanzania and Zanzibar. Starting and ending your days with yoga and meditation sessions, you'll take part in an 8-day safari and cultural experience through Tanzania's renowned northern circuit of national parks. If participating in the full retreat, spend 4 days on the beach on the tropical island of Zanzibar, located off the coast of Tanzania in the turquoise waters of the Indian Ocean.
Starting point:	Kilimanjaro International Airport (JRO)
Ending point:	Zanzibar airport (ZNZ)
Starting date:	Throughout the year
Yoga session:	Every morning before starting the day and every evening after game drive, you enjoy a 1.5hrs yoga session with an instructor. At Zanzibar you will enjoy a morning, optional afternoon and evening beach yoga session. Depending with the day's activity, the timings and duration of a yoga session will vary.
Languages:	English speaking instructor and driver guide.

Itinerary at glance.

Day	Location	Accommodation	Meal plan	Activity.
1.	Arusha	Mount Meru Hotel	D	TRSF, LEI
2.	Tarangire National Park	Tarangire Safari Lodge	BBLD	AP
3.	Lake Manyara N. Park	Marera Valley Lodge	BBLD	AP
4.	Serengeti National Park	Mbugani Tented Camp	BBLD	P
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6.	Ngorongoro Crater	Marera Valley Lodge	BBLD	CRT
7.	Manyara Escarpment	Marera Valley Lodge	BBLD	TOUR
8.	Ngorongoro – Zanzibar	The Z Hotel	BBLD	TRSF
9.	Zanzibar	The Z hotel	BBLD	LEI
10.	Zanzibar	The Z hotel	BBLD	LEI
11.	Zanzibar	The Z hotel	BBLD	LEI
12.	Zanzibar	No accommodation	BB	LEI

BB -Bed & Breakfast, **BBLD** - Bed and breakfast, Lunch, Dinner, **TRSF**- Transfer, **CRT**- Crater Tour, **LEI** – Leisure A
– Morning game drive, **P** - Afternoon game drive

Day by day.

Day 1: Arrival in Tanzania (Kilimanjaro Airport)

You will fly into Kilimanjaro International Airport (JRO) near Arusha, Tanzania. After picking up your bags, our staff will meet and escort you to your hotel in Arusha. You are free to relax at the hotel before dinner, where you'll have the opportunity to meet the rest of the group, your private yoga instructor and some of the guides for your trip.

- **Main destination:** Arusha
- **Accommodation:** [Mountain Meru Hotel](#) Mid-range lodge located in or near Arusha
- **Meals & drinks:** Breakfast & Dinner (Lunch not included) Drinks not included

Day 2: Discover the Tarangire

After breakfast set off on safari with your private car and driver to Tarangire National Park (approx. 120 km). Named for the river that nourishes the wildlife of a vast ecosystem, Tarangire is home to elephant, zebra, wildebeest, gazelle, buffalo, eland, water buck, lion, giraffe, onyx and an unsurpassed diversity of birds. From June to November, masses of wildlife congregate around the river, but the park is a stronghold for big game year-round.

Take your first game drive before retiring to your beautifully designed lodge, hidden among ancient baobab trees where you can join an afternoon yoga and meditation session, go for a swim, and have dinner.

- **Main destination:** Tarangire National Park
- **Accommodation:** [Tarangire Safari Lodge](#) Mid-range lodge located inside Tarangire National park.
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 3: Lake Manyara national park

In the morning you'll have the opportunity to participate in a yoga session before breakfast. Drive to Lake Manyara N. Park for game drive.

Nestling at the base of the Great Rift Valley escarpment, A beautiful park, Lake Manyara contains a diverse range of habitats and topographical features ranging from the rift wall, ground water forest, acacia woodlands and open grasslands to the shores of Lake Manyara and the lake itself. Have afternoon game viewing in the park searching for the diverse flora and fauna of the park. There are some 350 different bird species in the park. The park provides sanctuary to a variety of animals such as the gazelle, impala, buffalo, wildebeest, hyena, baboon, giraffe, hippo and the famous tree-climbing lions that are unique to the Lake. The park is generally recognized for its incredible beauty.

In the late afternoon you'll drive to your lodge have the option of joining a sunset yoga and meditation session before dinner.

- **Main destination:** Lake Manyara National Park
- **Accommodation:** [Marera Valley Lodge](#) Mid-range lodge located outside Lake Manyara NP
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 4: Drive to Serengeti national park

In the morning you'll have the opportunity to participate in a yoga session before breakfast and beginning your journey to Serengeti.

The legendary Serengeti Plain is your destination today (220 km), hailed as the premier safari destination and home to the annual migration of over a million wildebeest, Serengeti offers prime opportunities to view breathtaking vistas teeming with wildlife. You will continue on a half-day game drive to your overnight location, overlooking the plains of Serengeti.

Upon arriving at camp, you'll have the option of joining a sunset yoga and meditation session before dinner.

- **Main destination:** Serengeti National Park
- **Accommodation:** [Mbugani Tented Camp](#) Mid-range tented camp located inside Serengeti NP
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 5: Full day in the Serengeti national park

In the morning you'll have the opportunity to participate in a yoga session before breakfast. Then head out for a full-day game drive, stopping for lunch in the park. Today, there will be the option of heading back to camp early to spend time relaxing or joining a special afternoon yoga and meditation session with a view of the Serengeti plains. If you choose to continue on the game drive you'll return to your premium accommodations in time for dinner and a relaxing evening.

- **Main destination:** Serengeti National Park
- **Accommodation:** [Mbugani Tented Camp](#) Mid-range tented camp located inside Serengeti NP
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 6: A day in the 'African garden of Eden', Ngorongoro

In the morning you'll have the option of joining a sunrise yoga session before breakfast.

After breakfast drive and we descend some 610 meters into the crater, which is home to an abundance of wildlife and a photogenic paradise, for a full day of game viewing drive with picnic lunch at a private scenic site (hippos pool). Ngorongoro Crater, the largest intact caldera in the world teems with an abundance of wildlife permanently resident on the crater floor. Prides of lions, herds of Cape buffalo, impala, Thompson gazelles, rhino, golden and black backed jackal, zebra, cheetah, leopard and the spotted hyena freely roam on the crater floor plains. Unmatched for its natural variety and breath-taking beauty, there are few places on earth where such a tremendous diversity of landscapes exists inside a region this size. Apart from its wildlife riches, the crater is also home to hundreds of bird species, refreshing in the small lakes in the crater floor.

In the afternoon ascend and drive to our lodge for a sunset yoga and meditation session before dinner.

- **Main destination:** Ngorongoro Highlands
- **Accommodation:** [Marera Valley Lodge](#) Mid-range lodge located outside Ngorongoro Highlands
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 7: Village tour

In the morning you'll have the option of joining a sunrise yoga session before breakfast.

After breakfast you will head to Mto wa Mbu, a town just outside Lake Manyara National Park at the base of the Rift Valley escarpment. Today, you'll have the option of spending half of the day joining either a walking or biking tour around the town and the village of Mto wa mbu.

In the afternoon drive back to our lodge for a sunset yoga and meditation session before dinner.

- **Main destination:** Ngorongoro Highlands
- **Accommodation:** [Marera Valley Lodge](#) Mid-range lodge located outside Ngorongoro Highlands
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 8: Drive to Arusha - Fly to Zanzibar

Today marks the beginning of the second leg of your adventure in Tanzania; four days in paradise. After breakfast and an optional yoga session, you will drive to JRO airport where you'll catch to Tanzania's most famous island. Zanzibar is known for its idyllic white sand beaches, fresh-caught sea food, spectacular reefs for diving, and fascinating culture and history.

When you land in Zanzibar, you'll be heading right to one of the most beautiful beaches in the north of the island where you will stay. At the beach you will have the opportunity to take part in daily yoga and meditation.

- **Main destination:** Zanzibar Island
- **Accommodation:** [The Z hotel](#) Mid-range resort located in or near Zanzibar
- **Meals & drinks:** All meals included Drinking water (Other drinks not included)

Day 9-11: Stone Town tour – Transfer to beach hotel

In the morning you have the option of joining a yoga and meditation session on the beach before breakfast. Then, spend the day relaxing on the beach or by the pool, exploring the local village, or taking part in one of the many activities offered which you can arrange directly with the hotel (e.g. snorkeling, scuba diving, spa treatments, swimming with dolphins, etc.). Your stay at your premium accommodations includes breakfast, lunch, and dinner. If you decide to eat outside the lodge you will be responsible for any costs incurred. Before dinner you have the option of joining a yoga and meditation session.

- **Main destination:** Zanzibar Island
- **Accommodation:** [The Z hotel](#) Mid-range resort located in or near Zanzibar
- **Meals & drinks:** All inclusive (some drinks not included)

Day 12: Departure

In the morning, you'll enjoy your final yoga and meditation session by the beach. Take a last dip in the blue-green waters and soak up the sun one final time before you head to the airport to return home.

- **Main destination:** Zanzibar Island
- **Accommodation:** End of tour (*no accommodation*)
- **Meals & drinks:** Breakfast (Lunch & dinner not included) Drinks not included

Package includes:

- Meet and greet with assistance at the airport or hotel
- Transport whilst on safari in 4x4 safari Land cruiser with pop up roof for game viewing.
- Full board accommodation whilst on safari and at Zanzibar.
- Transfer upon arrival and departure.
- All national park fees and government taxes.
- Service of an English speaking professional driver/guide.
- Emergency medical evacuation cover
- An English speaking Yoga instructor.
- All game drives as detailed in the itinerary.
- Complimentary drinking water while on the Safari.

Package excludes:

- Flights.
- Tips and gratuities to driver/guide, hotel/camp and restaurant staff, room service .
- Items of a personal nature i.e. Laundry, bottled water and other alcoholic and non-alcoholic beverages.
- Yoga mats
- Room upgrades.
- Change in itinerary.
- Any other extras not detailed in the above itinerary.

Passenger information

- Passengers should bring soft sided bags on safaris as our vehicles have limited luggage space.
- Bring your own yoga mat.
- All the passengers must have identification card/passport with them for any internal flights.
- Baggage on internal flights is strictly limited to 15kgs per person (including hand luggage). Any excess baggage will be charged by the airline at check-in.
- Passengers arriving in **tanzania** will be asked to present a valid yellow fever vaccination certificate. Please check with us if you are exempted.

Yoga for all levels

From beginner to advanced. Your instructor will teach sequences which challenge the body, in order to build strength, and safely gain flexibility and mobility. Each session will be different, depending on our daily schedule, how people's bodies are feeling and the time of day. The mornings may be a more invigorating practice while the sun rises over our safari bungalows, while the afternoon practice may be more restorative and healing poses, which allow our bodies to relax after a long day of watching wildebeest migrate and elephants play. No yoga experience is necessary. Yoga sessions will be tailored so that each person can feel challenged, motivated and rejuvenated.

Meditation for all levels

Guided meditation directs our thoughts on a subject, in order to let go of nagging, every day distractions. This will be the perfect way to start a beautiful day in tanzania. Meditation sessions will honor the incredible beauty of the landscape around us, putting us in the perfect mindset to relax and enjoy the day's schedule.



The instructor

Yoga and meditation sessions will be taught by a experienced certified vinyasa yoga instructor.

SPECIAL NOTE

- We may have to reroute the itinerary or accommodate in similar lodges in case of non-availability.
- In case of park fees or taxes reviews by government, this is beyond our control and any increase levied will be passed to you.