



## A Girlfriends' Safari through Tanzania, a Land of Wonder

July 19- 29<sup>th</sup>, 2024

### Post Travel Circle Zanzibar Excursion

July 29- August 2, 2024

#### Friday, July 19<sup>th</sup> Karibu Tanzania! (Welcome Cocktail, dinner)

DAY Arrival in Kilimanjaro International Airport (JRO). Transfer to hotel, welcome reception, and time to rest.

For those on the main tour book your tour round trip, to and from JRO.

For those on the excursion please book to JRO and from ZNZ (Zanzibar).

5:00PM Meet and Greet with Shasta Nelson and our local guide!

7:00 PM Welcome Dinner

(Hotel 4 star Kibo Palace )

#### Saturday, July 20<sup>th</sup> Arusha and Women's Lives (Breakfast , Lunch, Dinner )

8:00 AM Breakfast and check out of hotel.

9:00AM Enjoy a brief historical city tour of Arusha as we visit the Arusha museum to learn the history of Arusha city during the colonialism era and after independence, followed by a stop at the Uhuru Monument. This tower symbolizes the freedom of Tanzanian people commemorating the Arusha declaration of 1967.

Next we enjoy a conversation with the **Arusha Women Entrepreneurs (AWE)** to learn about their work. Their members produce and market natural peanut butter and by-products, creating benefits for unemployed women and smallholder farmers in its value chain.

1:00PM Lunch

2:30 PM We are off to **Maasailand!** We will be driven into the bush towards the Maasai Lodge – Africa Amini, nestled in-between Mt Kilimanjaro (19,341 ft.) and Mt. Meru (14,997 ft). This is where you immerse yourself for 2 full days into the rich culture of

Tanzania. In the middle of the wilderness of the Maasai steppe, you will stay in the comforts of a traditional bungalow, complete with all the modern-day essentials.

EVE Dinner and conversation about the rituals and practices of the Maasai people, traditions that have kept them strong, beautiful and proud for centuries. Later enjoy the pool over-looking the savannah or the sauna and massage room.

(Overnight Maasai Lodge – Africa Amini)

Sunday, July 21<sup>st</sup> Maasailand (B, L, D)

AM Morning Yoga and Meditation in the most peaceful and stunning of settings. Breakfast followed by guided nature walks with Maasai guides and learning about the traditions and stories from the people of this land.

PM Lunch and then we will exchange with Maasai women and enjoy a beaded jewelry making class!

EVE Dinner and evening campfire where we listen to Maasai cosmology stories and learn about the sacred masculine and the sacred feminine from an indigenous African perspective.

(Overnight Maasai Lodge – Africa Amini)

Monday, July 22<sup>nd</sup> Maasailand to the Serengeti (B, L, D)

AM Morning Yoga and Meditation in the most peaceful and stunning of settings. Breakfast followed by an interactive dance class and a bit of free time to enjoy the views of Mt. Kilimanjaro.

Lunch and check out and transfer to the airport for our flight to the Serengeti. We will make our way to our stay at a stunning luxury tented-camp offering an authentic and intimate bush experience in the middle of the Serengeti wilderness.

EVE Evening campfire and storytelling under the stars.

(Overnight Lahia Luxury Tented Camp or Ang'ata Tented Camp)

Tuesday & Wednesday, July 23 and 24<sup>th</sup> The Serengeti Experience (B, L, D)

These days we will provide ample time to experience the Serengeti and its world famous Great Migration. It is best known for its **huge herds of plains animals** (especially gnu [wildebeests], gazelles, and zebras), and it is the only place in Africa where vast land-animal migrations still take place. The park, an international tourist attraction, was added to the UNESCO World Heritage List in 1981. We will have an early morning and evening drive on day 5 and afternoon on day 6.

One day we will exchange with the team Focus on Tanzanian Communities (FoTZC) and visit a school. Before these schools were built, girls had a 45km journey with only hostel accommodation and many dropped out or fell pregnant. These schools have dramatically improved the lives of these villagers.

Please know we are also arranging an optional early morning Serengeti Balloon Safari on this second morning. This is an amazing predawn experience to see the sun rise over the bush and experience the nature from above! Please plan additional funds here (pricing TBA). If you'd like us to add this in, it's an expensive once-in-a-lifetime experience.

(Overnight Lahia Luxury Tented Camp or Ang'ata Tented Camp)

Thursday, July 25<sup>th</sup> Highland Forest and Ngorongoro Conservation Area (B, L, D)

7:00AM Breakfast and check out.

800 AM Today we depart the Serengeti ecosystem by road and travel towards the Ngorongoro Crater. The views along the way are simply spectacular as you gaze out at the changing landscape, from the plains of the savannah to the rugged highlands. **You are travelling the Rift Valley of East Africa**, a place where the remains of some of our earliest ancestors are found.

PM We arrive and check into our farm retreat, a place that truly brings a sense of well-being and tranquility. We spend our days on peaceful walks with breath-taking scenery, viewing wildlife and practicing yoga and meditation in this naturally healing environment. There are massages available this evening.

(Overnight The Retreat at Ngorongoro)

Friday, July 26<sup>th</sup> Ngorongoro Crater (B, L, D)

AM Early morning descent into Ngorongoro Crater for a full day of game viewing. Additionally, we will engage with Park Staff. Speak with park officials, tourism representatives and local community organizers that are working on issues of conservation in the region, dealing with the effects of tourism and ensuring that the rights of the local communities are taken into consideration. Today we will have a picnic lunch in the crater.

PM This evening we will have a special time to meet with a *laiboni*, a traditional spiritual healer in Maasai culture.

(Overnight The Retreat at Ngorongoro)

Saturday, July 27<sup>th</sup> Lake Manyara (B, L, D)

AM Early am breakfast and check out of our retreat center. Depart for Lake Manyara National Park for our last day of interfacing with Tanzania's incredible biodiversity! Lake Manyara is known for its tree climbing lions and its pink flamingos! After our game drive, return to Arusha town.

After we check in to our hotel we will get hands on with a cooking class and enjoy our hand made dinner.

PM For those that like we will go out and listen to some live Jazz after ( Jo's Jazz Bar).

(Hotel **4 star Kibo Palace or Mount Meru Hotel**)

Sunday July 28th Aspirations and Wrap up (B,D)

8:00AM Breakfast

9:00AM Visit to Natema Primary School and Huruma orphanage, both supported by Terrawatu.org. Spend some time with the children, hear about their hopes and dreams.

12:00PM Lunch will be at Mkonoo. Goat Roast and Rice with green vegetables and beans(Vegetarian Options will be available)!.

3:00PM Visit to Terrawatu Women's Network. Have time together with Mkonoo women and Tabasamu Women Group as well. Have time to share the cultural exchange with them.

4:30PM Time to rest back at the hotel.

6:00PM Wrap up Circle

7:30 PM Farewell Celebration Dinner!

(Hotel **4 star Kibo Palace or Mount Meru Hotel**)

Monday, July 29<sup>th</sup> Farewell! Kwaheri! (B.)

8:00AM Breakfast

9:00AM Transfer to the Airport for flight back home or to Kenya to the Giraffe Manor.



## Optional Pre-Circle Zanzibar Excursion

July 29- August 2, 2024

*Optional add-on for those who would like to end their trip with a weekend at one of the most beautiful beach towns in the world!*

Monday July 29<sup>th</sup> On to Zanzibar!! (D)

Day Arrival and transfer into Zanzibar

3:00PM Check in to hotel.

7:00PM Dinner together.

Tuesday, July 30<sup>th</sup> Rest and Restore (B, D)

8:00AM Breakfast at your leisure.

Day Today is a gentle day. Shasta will host a morning welcome circle. Then you have time to enjoy the beach and relax. We will share the hotel's spa service.

7:00PM Dinner tonight is together at the hotel.

Wednesday, July 31<sup>st</sup> Menai Bay Conservation and Beauty (B, L)

8:00AM Breakfast

9:00AM Today we are off to indulge in the beautiful protected waters of the islands in the Indian Ocean via Fumba.

We will sail in a traditional dhows boat and enjoy guided snorkeling in the clear waters, time for swimming, and maybe see dolphins at play. Lunch of course is provided. (Safari Blue)

4:00pm Return to hotel to rest and restore.

Dinner and evening are free to explore local restaurants.

Thursday, August 1<sup>st</sup> Spices and Service Galore (B, L, D)

8:00AM Breakfast

9:00AM We indulge ourselves in Zanzibar's aromatic history on a walking tour of Stone Town, a maze-like UNESCO Site!

We will visit colonial landmarks to the Old Fort, the house where Freddy Mercury was born, and an Anglican Cathedral that marks the former site of a slave market. We will break for lunch along the way.

2:30PM Spice Tour! Today we will visit a local farm and learn why the spice trade was so important to the development of this area. After all, this cluster of islands off the coast of Tanzania is nicknamed the *Spice Islands*, and there was once a time when Zanzibar was the largest producer of cloves in the world. After lunch we give back to a local NGO working on ecological protection, and reforestation in the face of climate change. Plant trees!

5:00PM Free time for beach relaxation or shopping in Stones Town.

7:00PM Dinner

Friday August 2<sup>nd</sup> Kwaheri (B)

8:00AM Breakfast, Check out & transfers to the airport

