



TANZANIAN WILDERNESS RETREAT AND WILDEBEEST MIGRATION 11 - 22 AUGUST, 2019

ABOUT THE GREAT WILDEBEEST MIGRATION

Some 1,5 - 2 million wildebeest constitute the largest population of free roaming big mammals. They are joined in their journey through the Serengeti and Mara ecosystem by 250,000 zebra, 500,000 or so Thomson's and Grant's gazelle, and tens of thousands of Topi and Coke's Hartbeest. These vast herds are followed by Africa's large predators: Lion, Leopard, Cheetah and Wild Dog. Experiencing this natural phenomenon will indeed be a privileged and a transformative experience!



Ngorongoro Crater

TANZANIA

Tanzania, an East African country, is in the African Great Lakes region. It borders Kenya and Uganda to the north; Rwanda, Burundi, and the Democratic Republic of the Congo to the west; Zambia, Malawi, and Mozambique to the south; and the Indian Ocean to the east. Mount Kilimanjaro, Africa's highest mountain, is in north-eastern Tanzania. Tanzania is mountainous and densely forested in the north-east, where Mount Kilimanjaro is located. Three of Africa's Great Lakes are partly within Tanzania. To the north and west lie Lake Victoria, Africa's largest lake, and Lake Tanganyika, the continent's deepest lake, known for its unique species of fish.



In all, about one quarter of Tanzania's land has been set aside to form an extensive network of reserves, conservation areas, and national parks, a number of which—including Serengeti National Park, the Selous Game Reserve, the Ngorongoro Conservation Area, and Kilimanjaro National Park—have been designated UNESCO World Heritage sites.

ITINERARY

Participation in this retreat is limited to 6 participants. This ensures a personalised, immersive experience.

Day 1 Sunday (August 11 2019): Kilimanjaro Airport to Arusha

Arrive anytime (preferably daytime) at Kilimanjaro International Airport (JRO). We transfer from Kilimanjaro International Airport (JRO) to our lodge in Arusha.

Day 2 Monday: Tarangire National Park

We leave Arusha for Tarangire National Park in our Land Cruiser. Tarangire has huge concentrations of animals from July to October and a fraction of the visitor numbers of any of the other Northern parks. The atmosphere and habitat is quite unique. We will have a full day game drive in the park and see the Great Rift Valley Escarpment—a 2,000-foot-high wall that rises improbably steep and high, out of the flat plains. Elephant, buffalo and python are regularly seen here. We will meander along bush tracks and explore the Tarangire River's twists and turns. We spend a night in our beautiful camp with stunning views of Lake Burunge.

Day 3 Tuesday: Tarangire National Park

Another full day's game drives in Tarangire National Park starting with a sunrise game drive. We will be able to walk here with an armed ranger too- this is voluntary! This Park is known for its high density of elephants and baobab trees.

Day 4 Wednesday: Tarangire/Lake Manyara Park

We depart for Lake Manyara National Park for a full day's game drive. Leopard, lion, cheetah, elephant and many other species reside in this park. The Manyara lions, known for their tree climbing skills- and are often seen in trees! We will visit hot springs, and meander along bush tracks and explore the Lake which is home to thousands of Flamingos. Tanzania's densest populations of elephant and buffalo are found here. We overnight in a tented camp.

Day 5 Thursday: Serengeti National Park

We head towards the Serengeti National Park. En route we may encounter lion, cheetah, and leopard, giraffe, buffalo, and elephant. The Serengeti National Park covers 14,750 square kilometers of grassland plains, savanna, riverine forest, and woodlands. The park lies in northwestern Tanzania, bordered to the north by the Kenyan border, where it is continuous with the Maasai Mara National Reserve. To the southeast of the park is the Ngorongoro Conservation Area.

Day 6 Friday: Full day game drive in Serengeti National Park

The Plains of the Serengeti will provide us with an iconic game viewing experience.

Day 7 Saturday: Central to North Serengeti Park

We will be searching for the wildebeest migration in the Lobo and Mara Rivers area. It's the Mara River that we may indeed witness the wildebeest and zebra crossing the fast flowing Mara avoiding, and in some cases, falling prey to some huge crocodiles lying in wait for their annual feast. In crossing the Mara they enter the Maasai Mara Game Reserve in Kenya.

Day 8 Sunday: North Serengeti

Another full day migration observation as we explore the Northern Serengeti Area. This is a sunrise to sunset experience. A picnic lunch will be enjoyed in the bush. We return to camp at sunset.

Day 9 Monday: Full day North Serengeti

Up early to explore the Mara River environs for another full day wildebeest migration experience returning to camp at sunset.

Day 10 Tuesday: Serengeti to Ngorongoro

We will have a half day game drive in Serengeti before departing (with game drives en route) to the Ngorongoro conservation area where we overnight. The Ngorongoro Crater, is the world's largest inactive, intact and unfilled volcanic caldera. Ngorongoro is one of the Seven Natural Wonders of Africa. Approximately 25,000 large animals, including the 'Big 5' live in the crater. The crater has one of the densest populations of East African lions.

Day 11 Wednesday: Ngorongoro crater floor to Arusha

We start the day with an early morning breakfast before heading to Ngorongoro Conservation Area. We descend into the crater. The crater walls provide a natural sanctuary for wildlife- including the 'Big 5.' In the evening we drive to our lodge in Arusha.

Day 12 Thursday (August 22): Arusha to Kilimanjaro Airport

Transfer to Kilimanjaro International Airport (JRO) for our connecting flights.

DATES

Sunday 11 August: Arrive Kilimanjaro OR Arusha Airport

Thursday 22 August: Connecting flight from Kilimanjaro OR Arusha Airport

PRACTICALITIES

PLEASE NOTE: This is the 'planned' itinerary. We are often going to be off road in wilderness areas- in AFRICA. Weather- good or bad can impact on our arrangements, as can 'road' conditions. I also tend to go with the principle of 'immediacy' and will adjust the itinerary if something "interesting" happens that the group wants to follow up on.

TRANSPORT: A Toyota Land Cruiser 4 x 4 with 'pop-up' roof. We will be guided by a senior guide. We will have an intimate, exclusive journey.

COST: Contact shrink@tiscali.co.za for details.

Includes:

- Services of a Senior professional naturalist guide
- Transfers to and from the airport
- 3 Meals a day –vegetarians will be catered for
- All Game drives and Park fees
- Accommodation in double rooms
- A customized 4-WD Land Cruiser with Pop up roof for game viewing
- Complimentary bottled drinking water and soda while on safaris (Unlimited water every day)
- Each vehicle has a pair of binoculars

Excluded:

- Soft drinks, alcoholic beverages
- Tips
- Laundry

Optional visit to Masai Village or Olduvai Gorge (I do not think this would be the best use of our limited time- but we can decide when there.)



JEFFREY RINK

JEFFREY RINK is the Founder of Ecopsychology Africa and has been facilitating Ecopsychology experiences since 1998. He graduated as a Clinical Psychologist in 1985, and is in private practice in Hout Bay, Cape Town. He is a diplomate of the South African Society of Clinical Hypnosis and has been practicing meditation since 1974.

Jeffrey combines his profession as a Clinical Psychologist with his passion for ecology, conservation and meditation in Ecopsychology Africa experiences by synthesizing psychological and ecological principles. Participants connect with African cultures and nature where ecological insights are made personally relevant through symbol, metaphor and story-telling.

To find out more about Ecopsychology Africa please visit our website: www.ecopsychologyafrica.com or join in the conversation on our Facebook page at: <https://www.facebook.com/ecopsychologyafrica/>

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