

**13 - 24 May 2024**

**11 nights/12 days with Clare**

# **Yoga Safari – Zambia**

**This is the trip for you, if you want choice within your holiday between a wide variety of safari adventures and yogic calm.**

**Clare lived and worked in Zambia and will share the wonders of this land, its people, wildlife and beauty with the gentle touch of yoga.**

**Every morning and evening you select between a wide range of safari activities and yoga.**

***Travel is as much about an inward journey as it is about an outward one.***

# a day on safari

Our 12 days together will be structured in safari style, rising early, resting in the heat of the middle of the day and heading back out into the wild in the late afternoon.

**Wake early** to the bird chorus and perhaps a light bite or coffee before heading out in search for the animal activity of the morning. You will be guided by trained professionals who will help you track, find and identify the animals and birds.

This is safari, full of the adventure of the unexpected. You never know what is around the corner, perhaps a herd of elephants or lions having their breakfast.

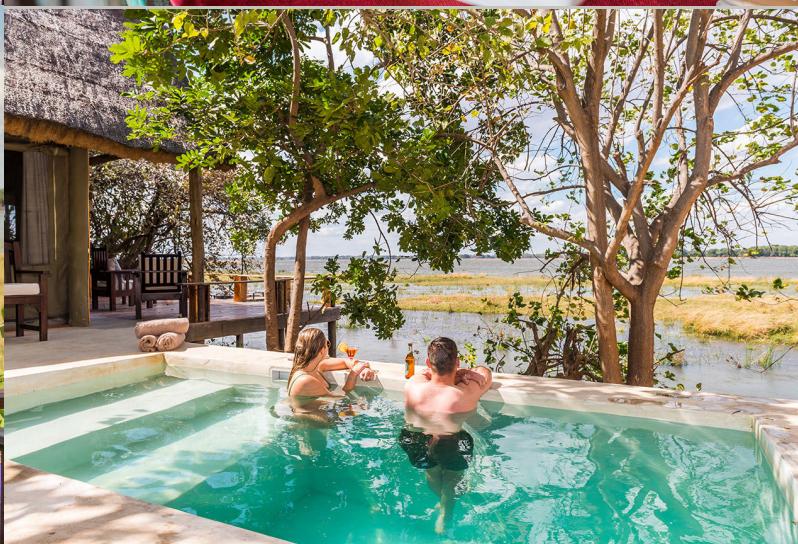


**Alternatively start your day with yoga** by the river, under the shade of the acacia tree or perhaps on your veranda overlooking the water hole.

Designed to suit all ages, yoga experience and fitness levels. Sessions may be asana practice, breathwork, restorative yoga and or meditation. It is your choice.



**Return to brunch** and the opportunity to rest, to slow down. The warmer hours in the day are a time to read, swim, watch the animals and birds move around (sometimes animals come into 'camp') or to take a siesta; you plan your day.





**Late afternoon** brings everyone back together for a snack before heading out for safari and sundowners. Or indulge in a relaxing yoga practice or meditation, which will be on offer to you.



**A 3 course meal** enables people to share the delights of the day or you may request a private dinner.



**Sometimes** this full day is topped off with the opportunity of a night drive to search for the nocturnal animals of the bush — leopard, hyena, honey badger and porcupine.



**Every day is different** and there is always the option to take quiet time and rest; refereed to as DNA — do nothing at all.

This is your holiday and you will be supported to nurture yourself in the way you wish.

# Safari Investment

**USD 8830**

per person twin share

## included

- **11 nights/12 days**
- **2 Zambian National Parks ([www.yogasafari.com.au](http://www.yogasafari.com.au))**
- **Victoria Falls**
- **5 internal domestic flights**
- **quality lodges ([www.yogasafari.com.au](http://www.yogasafari.com.au))**
- **all meals and beverages, incl some alcoholic beverages**
- **daily selection of safari activities and yoga**

## not included

- **flights to and from Zambia**
- **gratuities and extra activities (more details below)**

## payment

- **20% deposit to secure your place  
USD1766**

Read Terms and Conditions in some circumstances the deposit may not be refundable. [www.yogasafari.com.au](http://www.yogasafari.com.au)

- **balance payment by February 29th, 2024**

# Trip Details

## what's included

- 4 nights accommodation at Royal Zambezi Lodge
- 4 nights accommodation at Kafunta River Lodge
- 3 nights accommodation at Chundukwa River Lodge
- 5 domestic air flights
- All ground transfers between airports and lodges
- All meals, snacks & beverages, including some alcoholic beverages
- Yoga is offered morning and evening
- Safari activities, morning and evening ranging between:

**Guided game drives**

**Guided walks**

**Canoeing on the Zambezi**

**Birding**

**Sunrise or sunset cruise on the Zambezi**

**Safari drives with sundowners**

**Visit Victoria Falls**

**Guided Tour of Livingstone Town, Museum, Curio Markets, local artists and artisans**

**River Float Picnic on the Zambezi**

**Horse ride**

## what's not included

- Flights to Lusaka International airports and from Livingstone International Airport.
- Visas
- Additional activities eg. fly fishing, spa treatments, day trip to Chobe NP, Botswana (from Livingstone), Microlight Victoria Falls, visit to Mosi-o-Tunya NP in Livingstone, visits to schools and community projects, gifts/curio shopping
- Gratuities
- Travel insurance
- Vaccinations and Anti malaria medication

## **pricing and booking**

- All-inclusive rate: \$USD 8830 p/p twin share
- 20% Deposit to secure your place.  
Read Terms and Conditions, in some circumstances this deposit may not be refundable
- 80% Balance is required by 31st January, 2024
- Specifically designed as a 2 week holiday. Leave work Friday and be back for work Monday, 2 weeks later (or go on another adventure or on to Europe).

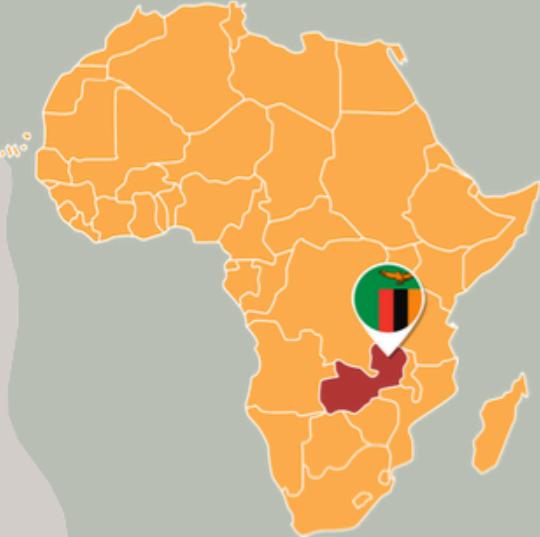
## **getting there**

- Start of Yoga Safari- Lusaka International Airport, Zambia  
Meeting Yoga Safari group at 9am 13 May 2024 for flight to Lower Zambezi National Park
- End of safari - Livingstone  
Our safari ends in the morning of 24th May 2024.  
If you are travelling on from Livingstone on the 24th, transport to the airport will be provided.  
  
Please enquire if you are wanting travel advise.  
[clare@foodandbody.com.au](mailto:clare@foodandbody.com.au)

## **where we are travelling to**

- Lower Zambezi NP/Royal Livingstone Lodge: 13th -17th May
- South Luangwa NP/Kafunta River Lodge: 17th - 21st May
- Livingstone Chundukwa River Lodge: 21st - 24th May

# Welcome to Zambia!



Suggested Arrival  
Lusaka Airport

LIUWA PLAINS  
NATIONAL PARK

WEST LUNGA  
NATIONAL PARK

# ZAMBIA

SIOMA NGWEZI  
NATIONAL PARK

KAFUE  
NATIONAL  
PARK

LUSAKA  
LOWER ZAMBEZI  
NATIONAL PARK

3

LIVINGSTONE

LAKE KARIBA

Suggested Departure  
Livingstone Airport

2

SOUTH  
LUANGWA  
NATIONAL  
PARK

NORTH  
LUANGWA  
NATIONAL  
PARK

1

MKUSHI

KITWE

NDOLA

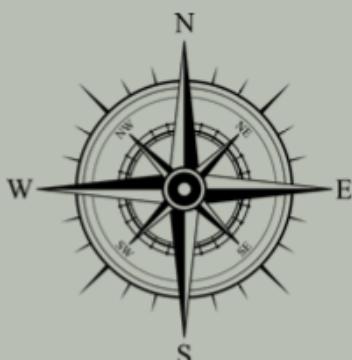
SOLWEZI

CHIPATA

## Our Yoga Safari Route

With quick & easy domestic flight connections between Lusaka, the Lower Zambezi National Park, South Luangwa National Park and Livingstone, we will see the very best of Zambia.

We've partnered with some of the most exclusive lodges in the country to showcase the very best of Zambian hospitality, wildlife and experiences.



# useful information

## temperature

The temperatures in Zambia during May can be cool in the evening and early morning, particularly when out in a vehicle. However, the days are bright, sunny and you may consider hot. The rainy season has passed and the bush is green and lush and the rivers full.

Months	Season	Mean Daily Maximum °C (°F)	Mean Daily Minimum °C (°F)
May–August	Cool and Dry	21-26 (70-79)	6-12 (43-54)
September–October	Hot and Dry	28-35 (82-95)	17-22 (63-72)
November–April	Rainy	25-30 (77-86)	14-19 (57-66)

## currency

The Zambian currency is the Kwacha, and subdivided in Ngwee (1K=100 Ngwee). Kwacha notes are K100, K50, K20, K10, and K2. Coins are in denominations of K1 and 50, 10 and 5 Ngwee.

Note that Kwacha can only be obtained in Zambia and not exchanged outside Zambia. Currency can be obtained at major airports through an ATM or a Bureau de Change. The exchange rate is volatile ranging 1USD to 15 - 20K.

USD are accepted by tourist providers. Some also accept Pound Sterling or Euros. If bringing notes ensure they are in good condition and bring low denomination as change is often in Kwacha. (Credit cards; Mastercard and Visa are widely used, although American Express and travellers cheques facilities are rarely available.)

## vaccinations

The country you usually live in determines the vaccinations required. Please contact your local doctor for advice, ideally two months before departure. Often the following are recommended – Tetanus, Hep A, Hep B, Typhoid, Yellow fever.

Malaria prevention is recommended. Your anti malaria medication will need to be prescribed by your doctor so that you can start taking it before your trip.

## insurance

It's essential for all guests to have comprehensive medical, accident and cancellation insurance. If you want to do adventure sports eg bungee jumping, check with your insurance company that you are covered. Some lodges require you to sign an indemnity form which includes the confirmation of your valid travel insurance policy.

## visa

[\*\*The Zambia Immigration website\*\*](#) contains Visa guidelines for different types of visitors and passports.

Each visitor to Zambia must declare the primary purpose of their visit. This will determine what sort of Visa one needs, and where to obtain it. Single and double entry Visas are available at the border of entry (Airport) but multi-entry Visas are not.

A double entry visa is a Kaza Univisa (referred to as a Kaza visa). The visa is valid for up to 30 days and will enable you to make a day trip to Zimbabwe or Botswana, to cross the border near Livingstone to visit Chobe NP, Botswana (but please note that an entry visa may apply for Botswana) or Victoria Falls, Zimbabwe.

You cannot pay for your Visa with your credit card; only cash in USD. Check the website for most recent information.



**FOOD  
& BODY**  
Australia

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