

TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL



Tantra embraces the body and the power of sexual energy as a doorway to awareness. In our times, the ancient mysteries of Tantra are becoming available to seekers who are ready for a path of total integration.

The Advait Tantra School teaches a comprehensive and accessible approach to the deep and sacred truths of love, sexuality and meditation. Our work is deep and challenging, but always respectful, supportive of your self-regulation.

The combination of group workshops, holidaying with tantrikas and the option of private and/or couples sessions work make this retreat ideal for single or partnered tantrikas of any level of experience.

So that you and your teachers can concentrate on the tantric work, all travel arrangements are managed by travel professionals of excellent reputation. They belong to the relevant insurance and industry associations and are experienced in managing Special Interest tours.



www.africanstay.co.za

info@africanstay.co.za



www.africanwelcome.com

tours@africanwelcome.com





TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL

Tantra sessions & workshops

The Tantra Safari is a deep immersion into the mysteries of Tantra, supported by the guidance of two very experienced Tantrikas.

Your teachers accompany you for the entire journey, available for informal discussion and exploration of what you are learning.

Both of them are available throughout the safari for optional private individual and/or couples sessions.

In four afternoon/evening workshops, they introduce the major themes of tantric work, and support you to an experiential level of understanding.

We will take you by the hand on a journey of uncovering and moving through the projections, associations, fantasies and fears that keep you from accessing the spiritual power of your sexuality.

Central themes of the Tantra safari are:

Accessing and using your own erotic impulses

Releasing blocked emotions and sensations

Learning to let love flow

Refining the language of touch

Moving and circulating sexual energy

Practical meditation techniques

Deepening the heart's capacity to feel

For beginners, this is a supportive and encouraging introduction to tantric experience.

For more experienced tantrikas, it is an opportunity to discover the totality of authentic tantric practice.

Further information about the Advait Tantra School
and its teachings is available at the following websites:
www.advaittantra.com and www.tantraschool.co.za

TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL



DAY 01 - 03 JOHANNESBURG/MAGALIESBURG

On arrival at O.R Tambo International Airport after baggage collection you will be met by a representative of African Welcome Safaris who will transfer you by luxury coach transfer to the Magaliesburg.

MOUNT GRACE COUNTRY HOTEL & SPA

- bed and breakfast basis

The Mount Grace Country House & Spa, set in the magnificent Magaliesburg Mountains, surrounded by 10 acres of lush gardens, is a true haven of natural elegance. This classic country house hotel offers the ultimate in South African rural living.

An hours' drive from Johannesburg or Pretoria, The Mount Grace Country House & Spa is a timeless gem where the world slows, time drifts and gentle luxury and peace are in abundance.

Restaurants

Guests can indulge in delicious country cuisine and refined romance at the two signature restaurants. For over 20 years, The Mount Grace Country House & Spa has been known for the generous country-style buffets on offer at Twist, which serves up delicious fare, such as their legendary Sunday lunches, in the restaurant or out on the sundeck

A warm, intimate dining experience can be had at The Rambling Vine, a discerning a La Carte restaurant breathes romance, elegance and subtle style – a perfect venue for that special occasion.

The Spa Café offers delicious light meals in the relaxed and pampering spa.

Mount Grace offers a variety of room types to suit your individual needs:

STANDARD ROOMS:

- Surrounded by indigenous gardens and are conveniently close to hotel facilities
- Cold and heated swimming pools
- Extra length King Size beds
- Individually controlled air-conditioning
- Tea and Coffee making facilities
- 32 & 37 inch Sony LCD Televisions with DSTV
- Large amount of cupboard and luggage space
- Workdesk and Telephone
- GUEST directory book, messages, room service menu
- Hotel information guide and A-Z directory of activities in Magaliesburg
- In room safe
- Minibar
- En-suite bathroom
- Outfitted with Underfloor heating
- Heated towel rails
- Hairdryer



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL



SUPERIOR ROOMS:

- All of the above
- Larger Rooms
- Upgrade fees applicable to these rooms
- En-suite bathroom with separate shower
- Separate Lounge area

LUXURY ROOMS:

- All of the above
- These cottages are perched above a ravine with indigenous trees inhabited with rich bird life
- Walk-in wardrobe
- DVD Player
- Luxuriously, spacious interiors open out onto verandahs with spectacular views

LUXURY ROOMS WITH PLUNGE POOL:

- All of the above
- Situated higher up on the mountain, right next to the Health Spa
- DVD Player
- Own Balcony and Plunge Pool

On-site, guests can while away the time enjoying:

- The Gift Shop • The Spa, Bush Spa and Hydrotherapy Spa Garden • Walking trails • Mountain biking
- Tennis
- An area rich in history and natural beauty, the Magaliesburg has many activities...take time to explore:
 - Historical war sites: The Battle of Nooitgedacht & The Old English Block House • The Cradle of Humankind • The Home of our Ancestors • Blaauwbank Historical Gold Mine • Oostburg International Flowers • Corrilock Koi Farm • Angela Eidelman Gallery • Crab Creek Nursery • Van Gaalen Kaasmaker/Cheese maker

Be adventurous:

- Bill Harrops Original Balloon Safaris • Magalies Barbus Haven Fly Fishing • Pecanwood Golf Estate
- Magalies Gliding Club • Microlight Flights

Ease away stress and drift gently – the Mount Grace Spa offers a soothing, pampering experience where time seems to simply disappear. The natural stone, thatched building blends effortlessly with the beautiful surroundings and is shaped to represent a baby lying in the calm foetal position – evoking feelings of nurturing, comfort and peace.

Guests can discover the healing and relaxing benefits of water therapy in the outdoor Hydrotherapy Spa Garden which features a heated Jacuzzi pool, an invigorating waterfall and the Elixir Liquid Sound Flotation Pool.



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL

Hydrotherapy Spa Gardens

With its heated outdoor jacuzzi pool, heated flotation pool, cold rock pools and waterfalls, the Spa Gardens have been designed to take full advantage of the therapeutic benefits of hydrotherapy, nature and the elements. Spend time in Eden, a tranquil, shady part of the gardens conducive to meditation and quiet reflection. To achieve complete relaxation,

floating in the supportive waters of the Brine Pool (Liquid Sound Flotation Pool) is recommended. Supported by tonnes of mineral salts, one floats in this heated pool whilst listening to whale song piped through the water.

Twenty minutes in the Brine Pool is said to have the same effect as four hours of sleep. Use of the Hydrotherapy Spa Gardens is complimentary to any guest making use of the Spa. Use of the Spa Gardens is reserved for spa guests only.

Thalasso Therapy

A form of Hydrotherapy engaging the rejuvenating forces of water and natural elements, to heal the body and soothe the soul. Varying temperature and pressure in the Hydrotherapy Tub stimulates blood circulation, eases away tension and assists in the release of toxins. Allow the underwater jets to invigorate the body, increase muscle tone and strengthen immunity. At your discretion, allow your therapist to perform a Pressure Point Massage on your scalp.

DAY 04 - 06 SABI SANDS PRIVATE GAME RESERVE/ KRUGER NATIONAL PARK

After breakfast you will be transferred by luxury coach to O.R Tambo International Airport in time to connect with your scheduled domestic flight to Kruger Mpumalanga International Airport, where you will be met by a representative of African Welcome Safari's who transfer you by road to the Sabi Sands Private Game Reserves Gate where you will continue your journey from there in open 4x4 landrovers to the lodge.

Check-into the lodge with some time to freshen up before meeting for afternoon tea and enjoying your first evening game drive at the Sabi Sands Private Game Reserve.

SABI SABI GAME RESERVE & BUSH LODGE

full board basis, inclusive of accommodation, all meals, selected beverages and 2 game activities per day.

Sabi Sabi was acquired in 1980 and over the ensuing 20 years Sabi Sabi has achieved fame throughout the world as an acclaimed ecotourism operation.

Sabi Sabi's roots are firmly in place and through its philosophy, principles and commitment to the sensitive ecological environment in which it operates, will ensure that it will play a major role in the development of the ecotourism industry over the next decades.

Sabi Sabi Private Game Reserve is an unspoilt part of Africa ecologically and geographically integrated with the adjacent Kruger National Park. It lies on the banks of the Sabie River within one of the oldest and largest proclaimed private reserves - the renowned Sabi Sand Wildtuin.



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL

Sabi Sabi lies 500 km east of Johannesburg, 800 km north east of Durban and 200 km west of Maputo in Mozambique. It lies on the same latitude as Sao Paulo and Brisbane and the same longitude as Cairo, Istanbul and St.Petersburg.

For decades Bush Lodge has been Sabi Sabi's flagship lodge, famed for its warmth, vibrancy and legendary hospitality. A favourite amongst travellers in search of luxury accommodation, Bush Lodge is a luxurious safari escape set in the heart of the Sabi Sabi bushveld overlooking a waterhole and an African plain.

Bush Lodge is an all-suite lodge, which includes a suite with wheelchair access. All suites are air-conditioned, have overhead fans, flyscreens and en-suite bathrooms with showers.

Accolades 2008 Travel & Leisure - "100 Best Hotels" - Sabi Sabi was voted 8th Best Hotel in the World, 4th Best Hotel in Africa and the Middle East, & received a service rating in the Top 10 World Service Awards 2008 Africa World Travel Award - Sabi Sabi has been named as Africa's Leading Safari Lodge 2007 Travel & Leisure - "100 Best Hotels" - Sabi Sabi was voted 7th Best Hotel in the World & 2nd Best Hotel in Africa and the Middle East 2007 Luxury Link - Winner - World's Best Hotel 2007 Voted Best Lodge - By Resorts Web Magazine (Italy) 2006 The ASATA/Diners Club Travel Award - For the best Game Lodge in Southern Africa - This award is voted by the members of the Southern African Travel Industry 2006 Diners Club Platinum Winelist Award - In honour of an excellent selection of wines 2006 Professional Management Review Diamond Arrow Award - For the highest rated in the category "Executive Lodges (5 Star) in the Mpumalanga Province" 2006 Professional Management Review Golden Arrow Award - For the highest rated in the category "Private Game Farms and Parks in the Mpumalanga Province" 2006 Travel & Leisure - 4th in Africa & Middle East

Accommodation

Bush Lodge's charm is evident from the outset. Here you will savour uncompromising high standards of service, efficiency and personalised attention.

Each of the 25 spacious, air-conditioned thatched suites is beautifully appointed, featuring exquisite ethnic décor in keeping with the bushveld environment. The en-suite bathrooms feature al-fresco as well as glass-fronted indoor showers, affording wonderful views of the bushveld.

Huge viewing decks are the ideal setting to relax while spotting game, birdwatching, or cooling off in the filtered pools. Meals, including the wonderful dinners in the open air boma, are heralded by blasts on a kudu horn, a summoning to delicious food. This luxury safari lodge also features artistically designed open courtyards with spectacular wooden carvings by renowned South African sculptors, created from uprooted trees and wood salvaged from the surrounding bushveld.

Cuisine

Outdoor dining in the camp's boma provides a taste of traditional African cuisine.



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL

Activities

Sabi Sabi Safaris. Safaris at Sabi Sabi are a UNIQUE African experience. Guided by your knowledgeable and experienced ranger and skilled Shangaan tracker, (FGASA accredited), guests begin an adventure to spot a myriad of wild animals including, but not limited to, the Big 5, Leopard, Lion, Rhino, Elephant and Buffalo. The graceful Impala, dazzling Zebra and other unique African game will be encountered.

Your own armed and knowledgeable Game Ranger and Shangaan Tracker will take you deep into the bushveld by open land rover or on foot. Close enough to share in a thrilling encounter with Africa's beautiful wild creatures.

Sabi Sabi's rangers and skilled Shangaan trackers, are accredited by FGASA, (The Field Guides Association of South Africa) and trained to understand the needs of guests. They will go to great lengths to ensure that Safari's at Sabi Sabi are an unforgettable experience and that you leave the game reserve with a wonderful knowledge of the flora and fauna, as well as having taken award-winning photographs of our creatures and had close, unlimited encounters with our wildlife. Walking Safaris: While most animals will be viewed from the comfort and security of open Land Rovers Sabi Sabi's safari team will encourage you to spend a few hours on foot to experience the true pulse of Africa. Walks are tailored to individuals and are not supposed to be route marches but rather an opportunity to examine the smaller creatures of the bush often overlooked from the Land Rover. During these environmental awareness walking trails, guests will be fascinated by the rangers' in-depth knowledge of nature and ecology and learn about Sabi Sabi's conservation and habitat management policies. The trackers will relate their folklore, explain medicinal uses of the bush as well as discuss their cultural heritage.

Birding Hides

Sabi Sabi is home to over 350 species of bird. These species include some of the world's most magnificent species, from raptors to ornately colored bee-eaters and all may be spotted from your Land Rover or from the camp's birding hides (blinds) in the game reserve. The bird-life around the lodges is also prolific.

As the best time of the day to enjoy game activity is in the cooler hours, the safaris go out at first light in the morning and again an hour or two before sunset. Night Safaris are a unique opportunity to watch nocturnal predators on the hunt.

During the heat of the day, guests are encouraged to enjoy a siesta, cool down in the pool, view the abundant bird life or pamper yourself in the Earth Nature Spa



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL

Wildlife

The wildlife sightings in the Sabi Sand are renowned for their consistency. If you want to be literally assured of seeing the big cats like Lion and especially Leopard, up close from an open safari vehicle, then this is the place to go. To give an example, the following are extracted from Sabi Sabi's sightings log for a recent, typical month at Sabi Sabi.

LION

Lion have been sighted every day this month. Coalitions of up to 3 males observed on numerous occasions. On several of these, they have been accompanied by one or two females and mating has been observed. Almost daily sightings of the 4 cubs, always accompanied by one or two females. Several sightings of two females in the company of 5 sub-adults. Lone male and females also observed. The lone males more frequently. Males were also sighted at the entrance to Bush Lodge. A successful Zebra hunt was seen, also the females and young cubs viewed on a Buffalo kill. Another sighting - females and cubs - on a Kudu kill.

LEOPARD

Leopard have been seen on all but three Game Drives this month. The female with sub-adult cub has been observed almost daily. On one occasion they were relaxing in the shade in the branches of a tree. Lone males – numerous sightings. Lone females – several sightings – 2 of which were on a kill – Impala and Bush Buck. One female observed hunting Impala. One male Leopard observed killing a sleeping male Cheetah. Fifteen sightings of solitary females and 16 of solitary males. Three sightings of male and female together, but no mating observed. Several sightings of female and two sub-adults.

BUFFALO

Buffalo seen every day this month. Herds of Buffalo – some as large as approximately 350 were seen numerous times. On one occasion – fighting with Lion. There were also many sightings of lone Bulls and groups of up to 10 Bulls. Four male Buffalo were observed on the access road to Selati Camp.

RHINO

Rhino observed every day this month. Lone males – observed almost every day. Numerous sightings of between 1 and 3 females with 2 sub-adults. Several sightings of groups of 2 and 3 females.

ELEPHANT

Elephant observed daily this month. Groups of up to 10 males seen almost daily. Lone Bulls observed numerous times. One bull observed having a drink from the swimming pool at Bush Lodge. A herd of females with sub-adults and juveniles – numerous sightings.

CHEETAH

Cheetah sightings almost daily. The female with her sub-adult cub was seen on many occasions. They were also observed feeding on a sub-adult Water Buck kill. Lone male observed hunting young Kudu and again, feeding on the kill. Also sighted - A male Leopard killed a sleeping male Cheetah!



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL

DAY 07 - 11 CAPE TOWN

After breakfast and your early morning game drive you will be transferred by 4x4 landrover vehicle to the Sabi Sands Private Game Reserve Gate and continue your journey to Kruger Mpumalanga Airport in a luxury coach.

Depart for your flight to Cape Town. On arrival at Cape Town International Airport you will be met by a representative of African Welcome Safaris who will transfer you by road to the Victoria & Alfred Waterfront to check in to your hotel, the Cape Grace for a luxurious 5 night stay.

CAPE GRACE HOTEL

bed and breakfast

Situated on a private quay nestled between the working harbor of Cape Town's bustling Victoria & Alfred Waterfront on the serenity of an international yacht marina. Cape Grace's recently refashioned 121 guest rooms and suites showcase the essence of the Cape with designs that reveal local creativity, whilst staying true to the warm atmosphere and levels of service that have for years defined the hotel.

With a genuine passion to champion distinctive standards in services, Cape Grace is dedicated surpassing expectations and making your stay, whether work or pleasure, the most memorable ever.

The preferred choice for international travelers, Cape Grace opened its doors in 1996 and is centrally located, with quick and easy access to the airport, city centre and popular tourist destinations.

We pride ourselves on our ability to provide world class facilities and services that our guests have come to expect from us. From services that come with our compliments to every traveler to the more specialized requirements of the weary business executive, we've attempted to pre-empt your every need. Should you have a requirement which is not listed here, please feel free to contact us so that we can arrange it for the duration of your stay.

Complimentary wireless Internet connectivity in all rooms and public areas for in-house guests. Luxury transfer service within a 20km/12 mile radius, subject to availability Daily Cape Orientation and Wine Tasting Day-use facilities for early arrivals and late departures Boardroom (seats 14 people) 15 metre outdoor heated swimming pool and terrace iPod docking stations in all rooms and Suites X-Box 360s in Suites and Penthouses Undercover and surface parking

Features Multi-lingual reception staff 24-hour room service State-of-the-art security and safe systems Boardroom (seats 14 people) 15-metre outdoor heated swimming pool and terrace Complimentary transfers to a local gym Daily local and international newspapers Day-use facilities for early arrivals and late departures DVD selection available on request Variety of satellite channels available on LCD televisions Overnight shoe shine



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL



ROOMS AND SUITES

Originality from within. Throughout.

Each room is custom-designed with unique and refreshing décor to reflect the beauty, charm and understated elegance that Cape Grace is famous for. It's the talent of today's local people that brings to life the characters of the Cape's past, making the recently completed refashioning of Cape Grace an incredibly warm and delightful story of humanity.

Each room remembers the dedicated local artisans and small businesses that helped evolve the look and feel of Cape Grace with exclusive hand painted fabrics and custom made metal, glass and leather items, whilst remembering the past with original antiques and artifacts from yesteryear.

STANDARD FEATURES

French windows with views of the yacht marina or the working harbour
Fresh flowers and personally selected books
Separate bath, shower and toilet
Charlotte Rhys toiletries, velour robes and slippers
Hair dryer, sewing kit, nail file
Washing line, scale, bathroom telephone
Iron and ironing board, umbrella, alarm clock
Fully stocked private bar and deli, complimentary tea and coffee making facilities (fresh milk available in your mini-bar fridge)

Flat-screen, high definition TV, satellite television channels and selected radio stations
iPod docking stations in all rooms
International plug points and fax / internet modem lines
Private room safe

PENTHOUSE

Absolute privacy, sumptuous luxury and spectacular views seduce all who stay in either of the two Penthouse Suites, where lavish details abound at every turn. From a luggage unpacking service to a complimentary full mini bar as well as personalised meal planning with the hotel's Executive Chef, no stone is left unturned to provide the ultimate hotel experience for our Penthouse Suite guests.

Each of our Penthouses consists of a spacious room with generous lounge and dining areas and a walk-in closet, while the large top floor terrace ensures breathtaking views of the Waterfront and the city. A private Jacuzzi and outdoor dining area on the terrace creates the perfect setting for romantic dinners for two. Ideal for honeymoon couples or those wishing to indulge in an utterly unforgettable experience, you're bound to leave feeling on top of the world.

THE SPA AT CAPE GRACE

The Spa at Cape Grace invites guests to indulge in a number of pampering treatments designed to relax and rejuvenate. Superb facilities set in stylish surrounds are complimented by highly skilled staff and a menu of innovative treatments inspired by the African continent to ensure clients leave with their wellbeing restored.

Sweeping views of Table Mountain, the city and the yacht marina add another impressive element to the sensory experience.

Whether a weary business executive in need of stress relief or a leisure traveller wishing to enhance their holiday experience, the magnificently situated top floor spa is a welcome and restful retreat. Any one of the African-inspired treatments that use locally harvested products and ancient methods are undoubtedly a superb way to make the most of your Cape Grace stay.



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL

'SPIRIT OF THE CAPE' LUXURY CHARTER YACHT

"Spirit of the Cape" is the privately owned luxury yacht available for the exclusive use of Cape Grace guests. She is a 56ft Aicon fly-bridge luxury motor yacht berthed in the cosmopolitan yacht marina with private access for hotel guests. Various Cape Grace experiences can be enjoyed on board ranging from spa treatments, whisky tasting, cruises to world famous beaches such as Camps Bay or Clifton, as well as tailor made cruises to the destination of your choice.

Excursions on the yacht can include gourmet canapés or sumptuous picnic meals prepared by Cape Grace's team of chefs whilst anchored at the world famous Clifton or Camps Bay beaches. Relax whilst sipping champagne and enjoying oysters on a sunset cruise down the Atlantic seaboard and enjoy being comfortably accommodated on the teak covered deck.

From chartering the yacht for a romantic get-away for two, to a sunset cruise for a party of twelve, this five star vessel offers a genuine sense of exclusivity and the highest standards of hospitality.

The sleek interior is beautifully crafted by Sicilian designers creating a truly luxurious experience. The Aicon 56 is a motor yacht distinguished by its elegant silhouette and high performance hull, whose design earned international recognition right from the first launching.

Whilst you are free to select your own route, we suggest some of Cape Town's popular destinations along the coast of the Peninsula.

BASCULE WHISKY, WINE & COCKTAIL BAR

Bascule's delightful combination of intimate interiors and sun-drenched marina deck, charm both the conservative and chic sets. With the largest collection of whiskey in the Southern Hemisphere, the sophisticated venue can also host private whisky tastings for up to 25 guests or cocktail functions for up to 60.

The exclusive Bascule Whisky Club and Bascule Vinothèque offer private collectors a unique opportunity to rent storage space for their whisky or wine collection.

SIGNAL, THE RESTAURANT AT CAPE GRACE

The Mother City has a peculiar habit, once a day, Capetonians check their watches... at exactly the same time without consciously thinking about it. At exactly 12h00 every day, a loud bang, fired from a cannon on Signal hill announces to the city that midday has arrived. With panoramic views of Signal Hill, Signal provides a welcoming setting on the water's edge in which to enjoy fresh local ingredients, not only when the noon-day canon signals lunchtime, but at any time of the day.

Cape Grace goes beyond 5 stars, with stunning views of either Table Mountain, the Victoria & Alfred harbour or yacht marina from every single one of our 121 rooms; it's a luxury that takes a little time to get used to. Situated on a private quay in the V&A Waterfront, you could be forgiven for feeling that Table Mountain belonged to you after taking in the view from your room and enjoying close proximity to all the major city attractions and hot spots, as well as easy access to Cape Town International Airport. Our unsurpassed standards in personal service and luxurious elegance have earned both many guest returns and awards.



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL

AWARDS

"World's Best Hotels in Africa for Families" - Travel & Leisure World Awards (US) 2009 "Most Stylish New Business Hotels around the Globe" Wallpaper* & Fortune Magazines (UK) 2009 "Best City Hotel in Africa & The Middle East" Travel & Leisure World Service Awards (US) 2009 "Hot List" Condé Nast Traveler (US) 2009 "Best City Hotel" Travel & Leisure World Service Awards (US) 2008 "Best Independent Hotel" Luxury Travel (UK) 2008 "Top 10" in TripAdvisor Traveler's Choice Awards (US) 2008 "Best Hotel in the World for Service and Staff" Condé Nast Traveller (UK) 2007 "Gold List" - Condé Nast Traveller (UK & USA) 2007 "Best Business Hotel in Africa & The Middle East" - Travel & Leisure (USA) 2006 "Best Hotel in the World" 2000 & "Best Hotel in Africa" – Condé Nast Traveler (USA) 2001, 2003, 2008

DAY 08 CAPE POINT TOUR/CAPE TOWN

We travel along the Atlantic seaboard passing the Twelve Apostles. Drive past Camps Bay (named after a German immigrant Ernst Von Kampz) On past Oudekraal towards Hout Bay (An old woodcutters outpost named wood bay). Visit the picturesque fishing harbour and an optional tour by boat to seal island (40 min return). Depart Hout Bay over Chapmans Peak - continuing towards Noordhoek – with it's spectacular beach, travelling along the Atlantic Coastline – passing the seaside villages of Kommetjie and Scarborough – with its supply of Cape Rock Lobster. We then proceed towards the Cape of Good Hope Nature Reserve. (8500 ha- 7 species of antelope including the Eland, Bontebok and Cape Mountain Zebra are to be found here). Down to Cape Point, the most South Westerly point of Africa (18 deg. East. Lat, 34 deg South Long). Arrive at Cape Point.

Depart restaurant via the lovely town of Simonstown. Named after the first Governor of the Cape Simon Van Der Stel. Also an important Naval base for the British who occupied the town for 150 years.

We visit a lovely penguin colony at Boulders beach. One of three African Penguin colonies inhabiting the mainland.

On through the lovely suburb of Constantia and past the Cecelia state forest to the world famous Kirstenbosch Gardens. These 400 ha gardens are over 100 years old and boast flora from the floral kingdom known as fynbos. This includes the protea family. Over 6000 species of flora make up this kingdom. It is one of the 5 floral kingdoms found in the world. Option to replace a visit to Kirstenbosch, with a wine tasting at a Constantia wine estate.



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL

DAY 09 WINELANDS TOUR/CAPE TOWN

We visit the main areas of the Winelands – Stellenbosch with its Cape Dutch Architecture, Franschhoek and Paarl – visiting award Winning Wine Estates for tastings, whilst enjoying the scenic beauty of the Winelands.

Whether it is its magnificent natural beauty, its rich cultural heritage or its world-renowned wines, the Winelands Region is synonymous with all the best that the Cape has to offer. A 45-minute drive from Cape Town brings you to this area where splendid mountains form a dramatic backdrop to lush vineyards and gabled Cape Dutch homesteads steeped in history. Come experience the hospitality and beauty of Stellenbosch, Paarl, Wellington, Franschhoek and Pniel. The diversity of the Winelands will capture every heart.

Follow in the footsteps of our ancestors as you stroll along the oak-lined streets of Stellenbosch, the second oldest town in the country. Our colourful history comes to life in the splendidly restored Cape Dutch, Georgian and Victorian buildings in each town.

Monuments such as the Huguenot Memorial and Afrikaans Language Monument and the many outstanding museums provide a fascinating glimpse into the past.

DAY 10 HALF DAY CITY TOUR / CAPE TOWN

On a clear day, the distinctive shape of Table Mountain can be seen from up to 200km out to sea, while its summit provides spectacular views of the city, its Waterfront and Harbour below, the majestic Hottentots Holland mountains to the East and Cape Point to the south.

The Table Mountain cableway underwent a R90 million upgrade in 1997 and the new system – a combination of Swiss and South African Engineering – boasts revolving floors in the new cable cars, giving passengers a 360 degree panoramic view on their way up the mountain. The excursion is strictly weather permitting. After descending the mountain, you will depart on a tour of the “Mother City.”

The tour of the City takes one past Lion’s Head to Signal Hill with its dramatic views of Cape Town, Table Bay, Robben Island, Sea Point and Camps Bay. Signal Hill was first used as a semaphore post for communicating with ships at sea and is still home to the Noon Day Gun, which is fired at midday every day except Sunday. The tour continues past the Grand Parade and City Hall to take in the South African Cultural History Museum, which is housed in a former slave lodge. The tour passes through the colourful Bo-Kaap or Cape Malay Quarter with its quaint buildings and cobbled streets.

DAY 12 DEPART

You will be collected from your hotel at the allocated time for your road transfer from the Cape Grace Hotel to Cape Town International Airport in time to check-in for your onward bound flight.

END OF SERVICES



TANTRA SAFARIS IN AFRICA PRESENTED BY THE ADVAIT TANTRA SCHOOL

May Tantra Safari:

Mount Grace Country Hotel
Arrive: 30 April 2010 Depart: 03 May 2010

Sabi Sabi Bush Lodge
Arrive: 03 May 2010 Depart: 06 May 2010

Cape Grace Hotel
Arrive: 06 May 2010 Depart: 11 May 2010

R45 969.00

single supplement: R24 272.00

October Tantra Safari:

Mount Grace Country Hotel
Arrive: 20 October 2010 Depart: 23 October 2010

Sabi Sabi Bush Lodge
Arrive: 23 October 2010 Depart: 26 October 2010

Cape Grace Hotel
Arrive: 26 October 2010 Depart: 31 October 2010

R51 645.00

single supplement: R29 145.00

For further information or to book contact:

Wendy: wendy@tantraschool.co.za

Rahasya: rahasya@tantraschool.co.za

Dorienne: info@africanstay.co.za



www.advaittantra.com

www.tantraschool.co.za