

RETREAT



ARRIVAL DAY/WELCOME

– Afternoon –

Arrive at Iringa Airport:

Arrive at Iringa Airport, where you'll be greeted by your retreat leader (That's me! 😊)

Transfer to the Retreat Lodge:

We'll journey together by chauffeur through local villages and onto our home for the week.

Welcome Drinks & Tour:

Receive a refreshing welcome drink and nibbles. followed by a guided tour of the retreat facilities.

Settling In:

Unwind and take some time to settle into your beautiful surroundings and enjoy welcome goodies in your room.

– Evening –

Sunset Welcome Dinner:

We will enjoy a delicious, organic, locally sourced sunset welcome dinner prepared by our private chef.

Social Downtime:

Lets get to know each other. Have a drink at the bar, or make use of the woodland wood fire sauna.



PLANTING: MDOE, LAISUNGWI & AMY

– Morning –

Breakfast with Chef Diana:

We will start the day slowly with a beautiful breakfast made by Chef Diana. Fresh, local, and full of love.

Discover Iringa with Mdoe:

Meet Mdoe, our wonderful Environment Manager, who will welcome you into his hometown and share it with you the way a local can.

Wander along welcoming streets, meet friendly faces, enjoy a refreshing local treat, explore vibrant markets filled with colour and stories, and discover beautiful handmade treasures crafted by local artisans at the Maasai Market.

– Afternoon –

Taste of Africa Tapas Lunch & Local Wine Tasting:

Savour a delightful tapas style lunch with flavours of Africa, paired with local wines.

Sunset Yoga & Healing:

Move, breathe, and reconnect as the sun sets over Iringa. A gentle yoga flow with sound healing and aromatherapy.

– Evening –

Dinner by Chef Diana:

A delicious farm to table feast, created with the flavours we discovered together in the market.

Girls Night Under The Stars:

Gather around the fire for a cosy evening under the stars, enjoying toasted marshmallows and hot chocolate.



EXPLORE IRINGA

A day exploring the local town and Learn about local tribes like Maasai culture and the Hehe tribe. Indulge in local delicacies or a milkshake.



– Early Morning –

Sunrise Hike:

Explore the ridges of the nature reserve with our Maasai guide Singulo. Valley trails with views of the landscape, spot friendly monkeys swinging in the trees, and hear cowbells carry through the valley.

– Morning –

Girls Brunch Club:

A leisurely brunch with fresh mocktails or mimosas.

African Jewellery Workshop:

Design your own colourful beaded jewellery inspired by African artistry. Mix, match, and create a beautiful keepsake that's as unique as you are.

– Afternoon –

Wellness Inspired Lunch:

Recharge with a colourful, nourishing meal.

Relax & Reset:

Unwind with a sauna session, refreshing cold plunge or waterfall, herbal teas, face masks, hammock reading, journaling, and relaxing.

– Evening –

Dinner by Diana:

End the day with another delicious dinner.

Girls Movie Night Under The Stars:

Wind down under the Tanzanian sky with a cosy girls movie night. Snuggle up for a feel good film or an African inspired favourite like The Lion King, while Hemed (one of our friendly local team) keeps the popcorn popping over the fire.

GIRLS SELF CARE DAY

A day of pampering, crafts, and connection with the girls.

– Early Morning –

Morning Yoga Flow:

Begin the morning with yoga on the retreat's highest point, the panoramic yoga deck. Views of the nature reserve and Iringa town.

– Morning –

Build Your Own Smoothie Bowl Breakfast:

A cute breakfast experience, creating our own smoothie bowl with fresh toppings.

Canvas Prep & Creative Sketching:

We will meet local artist Frank Chillo and prepare our canvases followed by guided sketching session.

– Afternoon –

Picnic Style Lunch Experience:

Enjoy a thoughtfully prepared outdoor lunch.

Paint & Sip with Local Artist Frank:

Let's get creative as we paint, sip, and enjoy a relaxed afternoon with Frank Chillo. No experience needed, just good vibes, laughter, and a one of a kind masterpiece to take home.

– Evening –

Girls Night Out:

We'll get dressed up for the night to head to Mama Iringa, a hidden Italian gem inside an old convent, where an Italian expat created a little taste of Italy with Incredible food, like traditional wood fired pizza. Then we'll finish the evening with drinks at Sunset Hotel.

CANVAS & COCKTAILS

Learn from talented local African artists, enjoy a drink, and begin an unforgettable evening with friends in the local town.

– Early Morning –

Safari Journey to Ruaha National Park:

Set off with our expert safari guide, Issac, as he takes us on a scenic drive through Tanzania's stunning landscapes and villages as we journey into the wild.

– Morning –

First Safari Adventure:

Arrive in Ruaha National Park as we begin our safari through lion territory. Spot wildlife gathering at watering holes, enjoy a peaceful picnic breakfast, and sip a fresh cup of coffee surrounded by nature.

Wildlife & Watering Hole Encounters:

Continue exploring the park and witness unforgettable moments as zebras gather, elephants roam, and the bush comes alive.

– Afternoon –

Scenic Picnic Lunch:

Chef Diana will pack us a delicious picnic lunch featuring a selection of fresh bites in the heart of the wilderness.

Golden Hour Safari Drive:

Continue our drive as the landscape glows under golden afternoon light for final safari pictures.

– Evening –

Welcome to Bush Camp - Dinner Under The Stars:

Arrive to your stunning bush camp lodge for the evening. Eat a wonderful meal cooked by the private chef, sharing memories from an unforgettable day in the wild. Ready to go to bed and listen to Lions as they roar through the night.



THE LION KING

Experience the thrill of spotting Africa's incredible wildlife. A truly unforgettable once in a life time safari adventure.



– Early Morning –

Bush Camp Morning:

Take in the sounds of the bush over a delicious breakfast, go for a dip in the pool or venture on a morning hike.

– Morning –

Return to the Retreat:

Enjoy the drive back to the retreat for some rest, enjoy the sauna/cold plunge or sunbathe on the deck.

– Afternoon –

Traditional Lunch:

Enjoy authentic local flavours by chef Diana.

Tribal Drumming & Traditional Dancing:

We will join the local troupe as they share the rhythms of Tanzania through drumming, traditional dancing, and storytelling. Feel the energy of the music, learn their cultural traditions, and take part in a celebration of Tanzanian heritage.

– Evening –

Farewell BBQ:

End the journey with a traditional African BBQ, great food, and lasting memories shared around the fire, along with some final group photos. Maybe show off some of the dance moves you learnt earlier this day. (Veg options available)



AUTHENTIC AFRICA

Immerse yourself in authentic African culture, where dancing, lively drumbeats, and joyful moments fill a day rich in color and connection.



AMY & THE MAASAI COMMUNITY

– Morning –

Farewell Breakfast:

A chance to enjoy one last meal together, exchange goodbyes, and close out the experience.

Chauffeur Driven Transfer to Iringa Airport:

We'll ensure you're comfortably driven back to the airport for your flight home, with plenty of time to say our goodbyes.

--Personal Time & Retreat Experiences --

Throughout your stay, enjoy the freedom to slow down, recharge, and create your own retreat experience. Relax in the sauna, unwind in nature with a good book, go horse riding, explore the ancient Isimila Stone Age Site, plant alongside our environmental team, discover a local coffee shop, enjoy a swim, or treat yourself to a massage.



FAREWELL

BADAAYE (LATER IN SWAHILI)

All good things must come to an end. From us and our incredible team, we wish you safe travels home.

