

RENAE BURTON
the Radical Restart

Ultimate Soul-Full Safari

Greater Kruger - Victoria Falls - Cape Town & Winelands

July 2018

Hosted by Renae Burton & Gail Hughes

Renae Burton is the founder of Soul Sisters In Business and the Radical Restart. Renae has worked with hundreds of women around Australia guiding them to make radical shifts in the way they perceive and live life, as well as teaching new paradigm business practices and abundance creation.

Renae has a diverse background in the creative industries, health and fitness, personal development, business management and spirituality. Over the past 20 years, Renae has gone from living on the poverty line and struggling to support her daughter and herself, to now living a life of adventure, happiness, and freedom.

Renae now helps women in business who feel unfulfilled, burnt out and challenged by their current circumstances to make radical shifts in their mindset, actions, and feelings to become deeply connected to their soul aligned purpose and create a life and business they feel completely in love with.

Gail Hughes was born in Zimbabwe, grew up in South Africa and then moved to Brisbane, Australia 16 years ago. Starting out with a motorcycle industry background, Gail then jumped head first into the travel industry, specialising in tailor-made African safaris. You can say it is in her blood!

On her own personal development journey, Gail connected with Renae to discover they both had a dream to create a unique African experience and so the Ultimate Soul-Full Safari was born.

We are excited to share with you the wild beauty of Africa from its magnificent wildlife, majestic scenery, and heart-racing activities, to spending time with children on their own mindful journey.

We explore a private game reserve in search of the Big 5, the adrenaline capital Victoria Falls where we will zip line through the gorge. We will immerse ourselves in the iconic cosmopolitan city of Cape Town as well as the beautiful wine lands of the Western Cape all whilst connecting within to discover a deeper sense of self-love and appreciation for all the experiences life has to offer by expanding your awareness.

Come on this soul filling adventure with us. Your mind, body, and spirit will thank you for it.

22 July 2018

Make your way to the domestic terminal. Proceed to check in and catch Virgin Australia flight to Perth. We will be able to check our luggage through to Johannesburg.

Australia passport holders do not require a visa to enter South Africa.

New Zealand passport holders do require a visa to enter South Africa.

On arrival into Perth, connect with the overnight flight with South African Airways to Johannesburg.

23 July 2018

Arriving into Johannesburg early morning, as we disembark the aircraft, we will be met by a representative and fast tracked through immigration, assisted with luggage through customs.

Making our way to the domestic terminal, we will check in for our next flight to Hoedspruit.

We will have time to check into the Premier Lounge, freshen up and have some breakfast before boarding our flight to Hoedspruit.

On arrival into Hoedspruit, we will be warmly greeted by a driver and assisted with our luggage to a private vehicle. Transfer to the lodge.

3 Nights Shiduli Private Game Lodge in luxury suites twin share with all meals and game viewing activities included.



Settle into your suites and enjoy afternoon high-tea. We then head out on our first afternoon game drive.



Returning to the lodge for dinner followed by a mediation and reflection/journaling session with Renae before getting an early night's sleep.



24 - 25 July 2018

Each morning on waking we suggest you do a short 1 page entry into your journal, with a reflection of the previous day and your intention for the day to come.

Renae will take you through a guided meditation session morning and evening, and group reflection, sharing and journal time prior to bed.

Head out on a morning game drive with a professional guide and tracker, go where the game viewing is best.



After brunch and between afternoon high tea, there will be time to book in with Renae for a one on one session to support you letting go of limiting beliefs that you feel are holding you back from living at your full potential.

Head out on an afternoon game drive with a professional guide and tracker, go where the game viewing is best.

26 July 2018

Most of today will be spent travelling from South Africa to Victoria Falls, Zimbabwe.

After breakfast, check out and meet a driver in reception. We will transfer to Mpumlanaga Airport in time to check in and catch a scheduled flight to Livingstone, Zambia.

On arrival into Livingstone, clear immigration and collect your luggage before proceeding through customs.

In the arrival hall, we will be greeted with a big smile and assisted with our luggage to a private vehicle.

We will then transfer across the border into Zimbabwe.

Australian passport holders require a visa to enter Zambia and Zimbabwe, this visa can be purchased on arrival for US\$50pp payable in cash.

Arriving at Batonka Guest Lodge in the afternoon.

2 nights Batonka Guest Lodge in superior rooms, twin share with breakfast included.

Renae will take you through an afternoon reflection, gratitude and intention setting session to support you to get deeply connected to the incredible experience you have had so far, to the soul of our surroundings and to gain a deeper understanding to your true self.



Our driver will pick us up at around 19h00 and transfer us a short distance to the charming Victoria Falls Hotel for a set menu dinner (excluding beverages).

After dinner we will be transferred back to our lodge.

27 July 2018

After breakfast, Renae will take you on a morning meditation, reflection and intention setting session to have you energised and engaged before heading out on a full day of adventure at Victoria Falls.

It is important throughout this journey to check in and speak out to have your 'needs' met physically, emotionally and spiritually. If you feel like you're pushing on, feeling

overwhelmed or in need of support we ask that you speak up in the moment so this can be address straight away.

We want your heart and soul to be full expanded through this experience so learning to ask for help is part of living in the new paradigm and allowing yourself to be open to receiving whatever you feel you need.

Embark on a guided tour of Victoria Falls.



Experience the adrenalin rush of ziplining, traveling a speed of 106 km's hurtling 425m across the gorge, while suspended 120m above the breath-taking beauty of the Zambezi water below.



This activity, for some, maybe out of your comfort zone. The best way to conquer fear is to step into and through it. The longer we avoid it, the deeper the fear becomes. Renae will be on hand to support you to break through the fear and step into a more empowered self.

After lunch, we will head to the heli-pad for a 13-minute helicopter flight over Victoria Falls.



The rest of the afternoon will be at leisure. A great time to rest, unwind, reflect, take a leisurely barefoot spirit walk, sit on the grass with a cup of tea and journal or have a nap.

Late afternoon we will embark on a sunset/dinner cruise along the Zambezi River. Enjoy an exquisite meal whilst experiencing the sounds and smell of the African bush, the spray of the mighty falls in the distance, while watching crocodiles, hippos and elephants.



Personal evening reflection and journal time before bed.

28 July 2018

Morning group guided meditation, reflection and journal session with Renae followed by leisure time before leaving at 10am for the airport.

On arrival at Victoria Falls Airport, check in and catch a scheduled flight to Johannesburg and before connecting onwards to Cape Town.

On arrival into Cape Town, our driver will meet us in the arrival and transfer us to our guesthouse.

3 Nights Four Rosmead Boutique Guesthouse in deluxe/luxury rooms with breakfast included.

29 July 2018

Morning group guided meditation, reflection and intention setting session with Renae.

Our private adventure guide will meet us and transfer us to the Victoria & Alfred Waterfront for an hour of Stand Up Paddleboard Yoga.



We then head out and explore the colourful Bo Kaap neighbourhood. These brightly coloured houses are in the Central Cape, perched among the rocky crags of Signal Hill. Cobblestone streets wind through the multicultural township where freed slaves and Muslim immigrants settled.



Followed by a lunch at Cafe Paradiso, Kloof Nek (or similar, excludes beverages)

In the afternoon we hike up Table Mountain. Our route will then lead us the quickest and most direct route up the mountain via Platterklip Gorge before ending the day with early evening sunset yoga.



Dinner will be at your leisure.

30 July 2018

Morning group guided meditation, reflection and intention setting session with Renae.

We then head to Earth Child Project to meet teachers and children, spending about a 1 hour of 2 taking a tour of the school, playing interactive games with the children and a brief yoga session with them.



We then head deeper into the Peninsula to hike and explore the wild beaches away from the tourist crowds. You will learn the rules of sustainable foraging followed by a walk, your eyes will be opened to the abundance of nutritious and delicious wild flavours all around us. After gathering our ingredients, we will head back to the Veld and Sea kitchen classroom in a rustic wooden cabin. Here we will prepare a foraged feast with our collected ingredients enjoyed with a local beer, botanical cocktail or refreshing fynbos teas.

Dinner at leisure.

31 July 2018

After breakfast and before we check out, we will have a guided meditation and group share session with Renae.

Today we will explore the scenic wineland regions of the Western Cape.

The Winelands is overflowing with farms, each producing their own unique wines offering a range of flavours and tastes. What is often overlooked by the fleeting visitor is the varying ways one can explore the area while learning about the differing ways in which each farm tends to their vines.

Highlights:

Explore – Franschhoek Town

Wine Tasting & Cellar tour - Glenwood Wines (or similar)

Lunch – Boschendal Picnic (or similar)

Afternoon: choose between two wine estates (for the group)

Wine Tasting - Muratie

Wine Tasting - DeMorgenzon Wines
Wine Tasting - Kanonkop Wine Estate

After our tour, we will be transferred to our guesthouse, in beautiful village of Franschhoek.



2 Nights Lavender Farm Guest House in standard rooms with breakfast included.



This afternoon & evening will be at leisure and there will be time to book in for a one to one session with Renae.

01 August 2018

Morning and evening meditation, reflection and journal in personal time.

Today is a full day at leisure.

It will be lovely to all meet for a final dinner. Franschhoek offers some of the best restaurants in the Western Cape. A booking will have to be made two months prior to arrival and will be an additional charge.

02 August 2018

Morning gathering to do a final meditation, group share, intention setting for returning home and video testimonials.

We check out and transfer to the Cape Town International Airport in time for our scheduled flight to Johannesburg, and onto Perth.

03 August 2018

On arrival into Perth, clear immigration and collect your luggage before proceeding through customs.

Bid your new friends good-bye as you board a scheduled flight back home.

Costing

A\$9,800 per person twin share

Inclusions

- ❖ International and Regional flights with South African Airways*
- ❖ VIP Meet and Greet in Johannesburg
- ❖ Access to the Premier Lounge at Johannesburg Airport on the first day for 2 hours
- ❖ Accommodation for 10 nights
- ❖ Private transfer throughout
- ❖ 10 Breakfast, 7 lunches and 5 dinners
- ❖ Tipping has been included except for restaurants
- ❖ Activities
 - Morning and afternoon game drives with a professional guide & tracker
 - Guided Tour of Victoria Falls
 - Zip-lining
 - 13 minute helicopter flight over Victoria Falls
 - Sunset/Dinner cruise on the Zambezi River
 - Stand-up Paddle Board Yoga
 - Urban exploring the colourful Bo Kaap
 - Hike Table Mountain
 - Sunset Yoga on Table Mountain
 - Visit Earth Child Yoga Project

- Explore Simon's Town Penguin Beaches
- Botanical Foraging Workshop with lunch
- Wineland Tour

Important Information

The airfare with South African Airways is based on a group fare and require a minimum of 10 guests travelling together. Should 10 guests not travel together, the airfare will need to be re-costed. Airfares are subject to change until paid for in full.

A deposit of A\$2,200 pp will be required with 7 days of booking

Final payment will be due 90 days prior to departure

To Book

Please give Gail a call on 0421 156 650 or email gail.hughes@travelmanagers.com.au

PAYMENT

Our preferred payment is via BPay. Please note that BPay from a credit card account will attract an additional credit card fee, as will payments directly on Visa (1.1%), Mastercard (1.1%) Alternatively, we can also arrange for a direct deposit into our bank account - please ask me for details.

TRAVEL INSURANCE

Travel Insurance is highly recommended for all travel – International and Domestic. I can provide general Travel Insurance advice only, you must determine if the level of cover is right for you. The price of your Policy may differ dependent on age, pre-existing medical conditions, the level of cover you desire and if you require additional cover for more expensive items, scooter/moped cover, rental car excess cover, snow skiing and other options. We therefore recommend that you should carefully read the relevant Policy Document and other information we provide before deciding.

TRAVELMANAGERS TERMS AND CONDITIONS

Please read our privacy policy and booking conditions

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