

THE MIGRATING YOGI

THE ULTIMATE AFRICAN YOGA ADVENTURE FOR A CAUSE

SAVE \$300 WHEN YOU BRING A FRIEND



YOGA | SAFARI | ZANZIBAR | WHALE SHARKS | SERENGETI | SUNSET CRUISES

TANZANIA, EAST AFRICA | NGORONGORO CRATER | AND MUCH MORE



Hi, we're **Adventure Out Loud** and we want
to take you on an African adventure
you'll remember forever.

Before we do, here's how we're making a difference...

111 million African children didn't go to school last year. We're not ok with this and we're doing something about it by **donating 50% of our profits to keep disadvantaged children in school.**

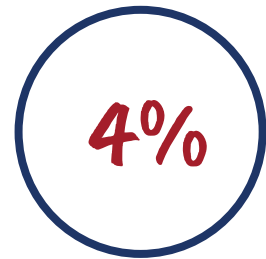
In Kenya, less than:



of students will complete
primary school



of students will complete
secondary school



of students will become tertiary
qualified



By travelling with Adventure Out Loud, you're empowering young African's to break-free
from poverty. AHSANTE SANA (thank you) for making the world a better place.



ABOUT YOUR ADVENTURE



12 like-minded yogis, 15 mesmerising days,
and 1 unforgettable African adventure!

**HURRY! THERE ARE ONLY
12 SPOTS AVAILABLE**



24 Jan - 7 Feb 2021

6 - 15 DAYS

From **A\$3,999**
(All inclusive, twin share)

18+ YEARS

ITINERARY HIGHLIGHTS

- Get wild in Tanzania's best safari parks
- Witness the Great Migration
- Yoga and meditation with the incredible Tamblyn Lord
- Swim with Whale Sharks on Mafia Island
- Explore historic Zanzibar
- Marvel at giant tortoises
- Star gazing by an open fire
- Sponsor a disadvantaged student through school and meet your sponsor student and their family
- AND MUCH MORE!

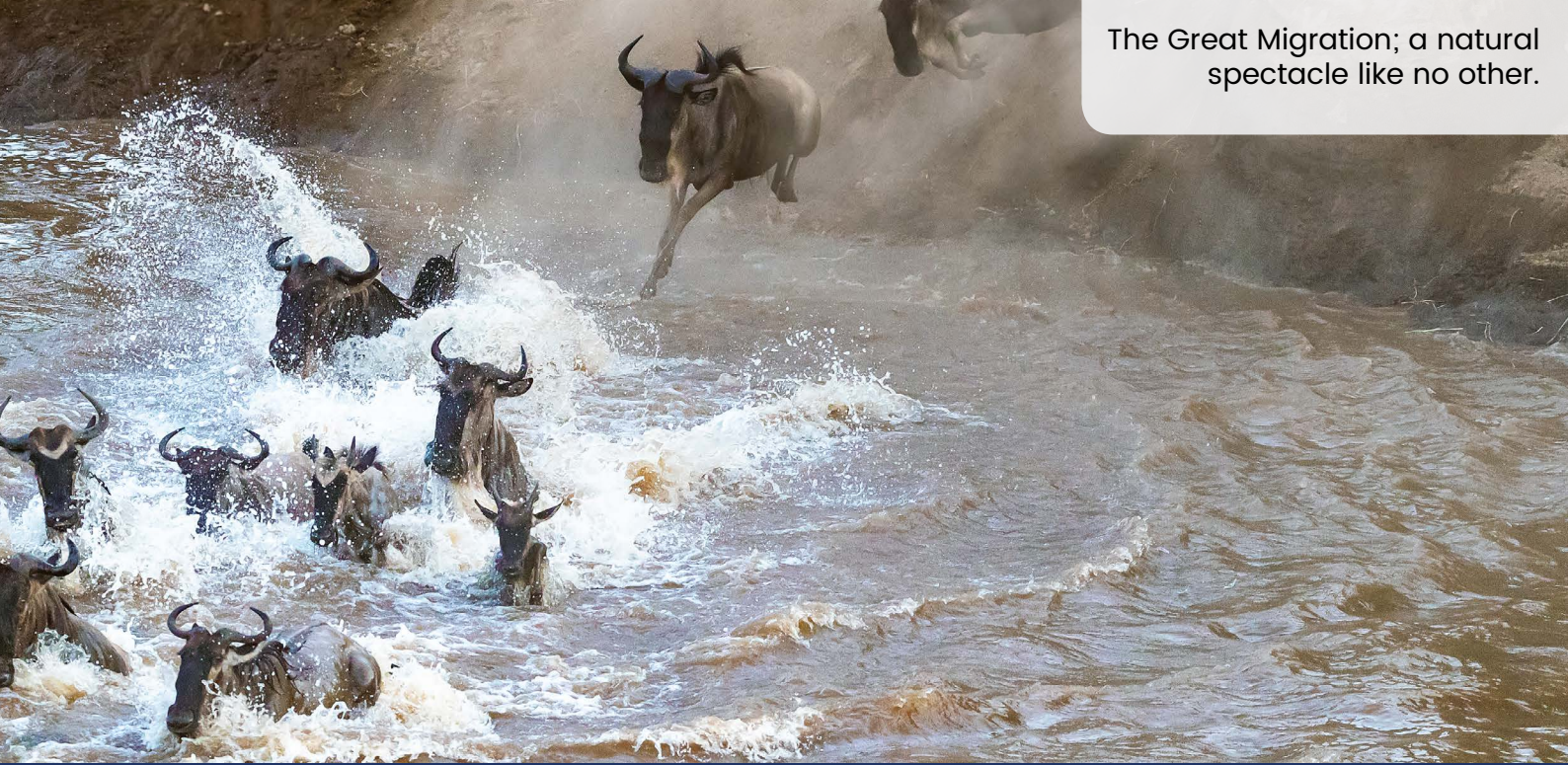
NO YOGA EXPERIENCE REQUIRED

INCLUDED

Our adventures are all inclusive. This means the price you pay covers **all** of your accommodation, food, activities, entry fees, etc. so there won't be any nasty surprises during your holiday. We are incredibly transparent with our pricing and a full price list with inclusions and exclusions can be found on [page 12 - 13](#).

**"Thank you for the most memorable trip
of my life."**

Carmen, 2019 Ken-Ya Yoga Adventurer



The Great Migration; a natural spectacle like no other.

SUMMARY ITINERARY

24 Jan (L, D | St Jude): Arrive at Kilimanjaro International Airport

25 Jan (B, L & D | St Jude): Immerse in the life-changing School of St Jude

26 Jan (B & D | St Jude): Explore the bustling Arusha

27 Jan (B, L & D | [Tloma Lodge](#)): Safari in the world famous Ngorongoro Crater

28 - 30 Jan (3B, 3L & 3D | [Ndutu Safari Lodge](#)): Witness the Great Migration on safari in Ndutu

31 Jan (B, L & D | St Jude): Explore Olduvai's treasure trove of human and animal history

1 Feb (B & D | St Jude): Free day with extra yoga or tours available

2 Feb (B, L & D | [Pole Pole](#)): Fly to Mafia Island (chartered flight included)

3 Feb (B, L & D | [Pole Pole](#)): Snorkel with the whale sharks

4 Feb (B, L & D | [Pole Pole](#)): Free day to explore Mafia Island, snorkel with the whale sharks, swim in the blue lagoon, visit historic ruins or practice yoga with Tamblyn

5 Feb (B | [The Seyyida](#)): Fly to Zanzibar (chartered flight included) and take a tour of historic Stone Town

6 Feb (B & D | [The Seyyida](#)): Visit the giant tortoises on Prison Island and take a sunset dhow cruise

7 Feb (B): End of tour

KARIBU (WELCOME) AFRICA

Depart Australia

Best flights from Australia to Kilimanjaro International Airport are with Etihad, Qatar, Emirates or Kenya Airways.

24 Jan - Welcome to Arusha, Tanzania

Adventure Out Loud to meet you at the Kilimanjaro International Airport and transfer you to The School of St Jude where you can spend the afternoon relaxing. If you're feeling energetic, jump straight in to the action with a rejuvenating yoga session with Tamblyn. Overnight at St Jude.

25 Jan - School of St Jude

[The School of St Jude](#) provides a free, high-quality education to more than 1,800 disadvantaged Tanzanian children each year. The school has been featured on 60 Minutes and Australia Story and have 6 students on full scholarship at elite universities in America. Today is your chance to immerse into this life-changing school; visit an art or music class, try your hand at a frantic lunch-time soccer match and visit the home of one of Adventure Out Loud's sponsor students to meet their family. Overnight at St Jude.



SPONSOR A CHILD

For as little as AUD\$60/month, you can empower a child by keeping them in school. Visit [The School of St Jude website](#) to find out more. Donations over \$2 are tax deductible.



“Practicing yoga inside the Masai Mara is something I will never forget.” Laura

YOGA - SAFARI - REPEAT

Morning safaris, afternoon yoga and evenings star gazing and swapping stories by an open fire; could life get any better?

26 Jan - Explore Arusha

Morning yoga with Tamblyn followed by an action packed day exploring the bustling Arusha. Enjoy a morning stroll around the neighboring banana and coffee farms, ride a local dala dala, eat at a local restaurant or try your hand bartering at a local souvenir market. Alternatively, you can spend more time immersing in the incredible School of St Jude or practicing yoga with Tamblyn. Overnight at St Jude.

27 Jan - Safari: Ngorongoro Crater

The Ngorongoro Crater is the largest unbroken, un-flooded caldera in the world. Once, believed to be a volcano taller than Kilimanjaro, the Ngorongoro Crater is widely regarded as one of the best safari destinations in Africa. “The Crater”, as it is affectionately referred to, is a year-around home to every African animal imaginable and you will have a good chance of spotting the Big 5 on your safari here. Overnight at [Tloma Lodge](#).



Cute... what animals will you find on your safari?

28 - 30 Jan - Safari: The Great Migration

In Jan - Feb each year, Ndutu is home to a natural spectacle like no other - the Great Migration.

At this time of year, millions of wildebeest are calving and with so many babies around, there are bound to be big cats! Ndutu is also home to all of Africa's other exotic safari animals and you will have a good chance of spotting the Big 5 over the next 3 days.

There will be opportunities to practice yoga in the early morning and late afternoon. Overnight at [Ndutu Safari Lodge](#).

If you haven't heard of Ndutu, you can find it on the Southern border of the Serengeti National Park which has been voted Africa's best safari park for many consecutive years.

31 Jan - Olduvai Gorge

The Olduvai or Oldupai Gorge in Tanzania is one of the most important paleoanthropological sites in the world.

In 1959, the Leakey family identified the remains of our early ancestors, the Homo Habilis, probably the first human species, who are believed to have occupied the area approximately 2 million years ago.

Today we visit this treasure trove of human and animal history, learn about the Leakey's many discoveries and wander through the famous Olduvai Museum.

After lunch, transfer back to The School of St Jude where you will spend the night. Yoga option will be in the early morning today with evening meditation available too.



Meet Harry the hungry hippo. I wonder if he'll smile when you visit him in the Ngorongoro Crater?

1 Feb - Free day

Spend the day relaxing or meditating with Tamblyn, exploring the bustling Arusha, visiting St Jude's secondary campus or shopping to your hearts content at a local souvenir market.

At night, celebrate your amazing yoga safari adventure with an authentic African style BBQ with a twist.

2 Feb - Travel to Mafia Island

Today we make our way by chartered plane to Mafia Island. Flights to Mafia are included in your fee. Overnight at [Pole Pole luxury eco lodge](#).

If you aren't joining the Mafia & Zanzibar expedition, you may fly home today or extend with another adventure.

NEED HELP BOOKING FLIGHTS?

Email or call (0410 120 477) our personal travel manager, Denielle Rooney. Please attach a picture of your passport to your email and cc us (info@adventureoutloud.me). Denielle donates 1% of all AOL sales to our partner charities and she is the most helpful person you will ever meet.

Want to swim with a giant
Whale shark?



DID YOU KNOW...

Mafia Island is one of the few places in the world where you can swim with giant whale sharks.

3 Feb – Whale Sharks

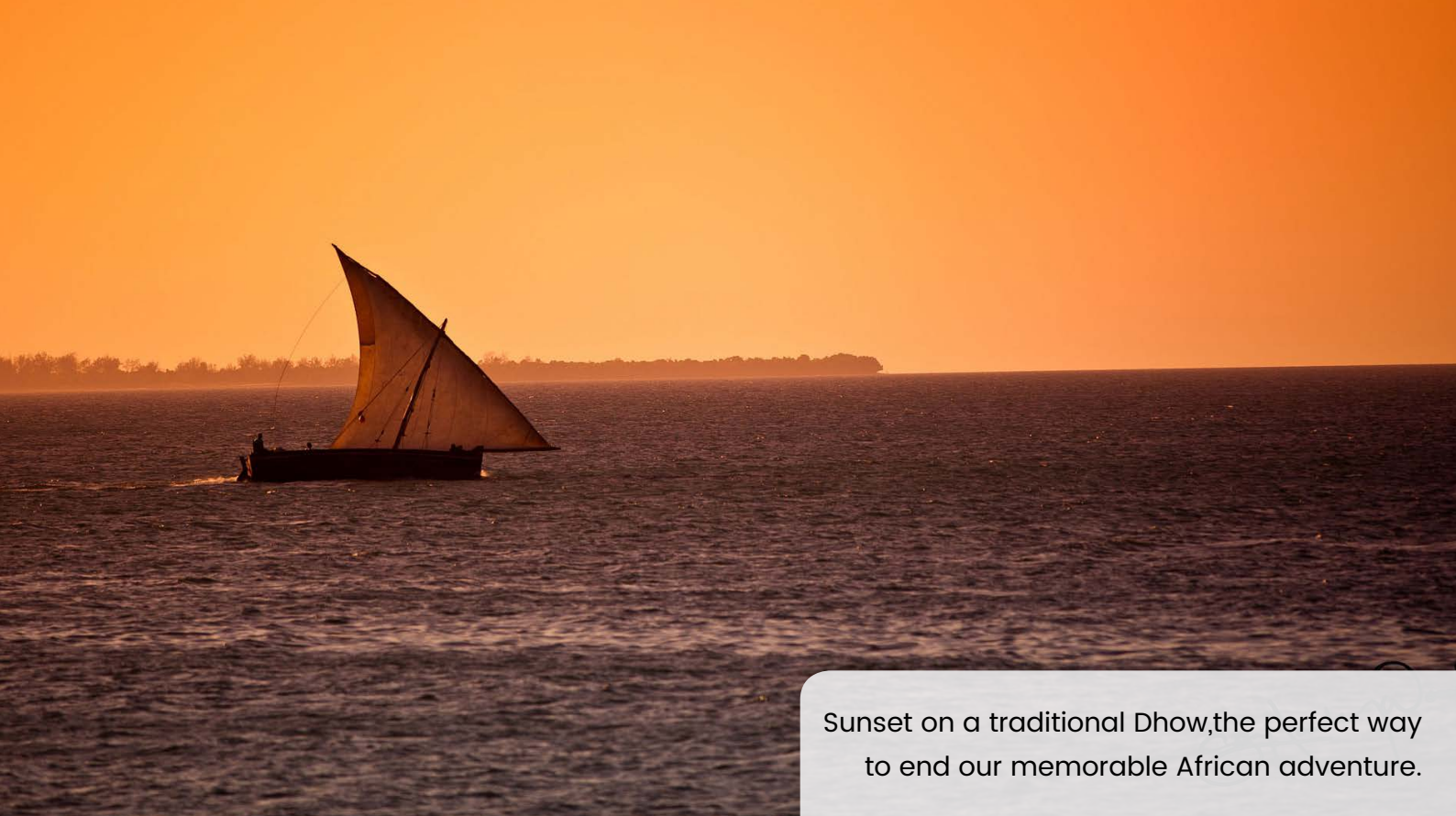
This is one of the best experiences Mafia Island has to offer. Whale Sharks are the largest fish in the ocean – the longest recorded whale shark was 12.18m. Luckily, these gentle giants are friendly and safe to swim with.

Please note: whale sharks are wild animals so there is no guarantee that we will find them. 80-90% of our tours find whale sharks though and in the event you don't, you can join another tour at a cheaper price.

4 Feb – Free Day

Enjoy a free day to practice yoga with Tamblyn, go on another whale shark tour or visit one of Mafia Island's many other attractions. Tours for today are at your own cost and can be paid directly to our local team in cash. Available tours include:

- Scuba dive the Mange or Kitutia Reefs
- Visit Jibondo, Bwejuu or Juani Island
- Explore Kua ruins
- Visit the Blue lagoon (jelly fish pond)
- And many more.



Sunset on a traditional Dhow, the perfect way to end our memorable African adventure.

DID YOU KNOW...

Zanzibar was once a Persian spice island? It was also a slave island and it holds the record for the shortest war in history, the Anglo-Zanzibar War which lasted approximately 40 minutes.

5 Feb – Stone Town, Zanzibar

Early this morning you board a chartered flight to the magical Zanzibar. After lunch, take a tour through historic Stone Town; visit the old slave market, German colonial buildings and many other historic sites. This tour usually takes 3 hours and after visiting the highlights, you are welcome to wander Stone Town's many alleyways by yourself. Overnight at [The Seyyida Hotel & Spa](#).

For dinner, we recommend the five-course menu at Emerson Spice or if you're feeling adventurous, grab your dinner straight off the grill at the Stone Town Night Market located 5 minutes walk from your accommodation.

6 Feb – Prison Island Tour

Today you visit Prison Island to meet Zanzibar's giant tortoises (8:30am pick-up). Originally purchased by the British to use as a prison, Prison Island never actually held any prisoners. Today, the island has become the home for a collection of endangered Aldabra giant tortoises which were a gift from the British governor of the Seychelles.

At 5pm, enjoy a sunset cruise, a few drinks and dinner on one of Zanzibar's historic dhow sailing boats.

7 Feb – End of tour

Flight times TBC. Extra tours available.

PRICING



TOUR OPTIONS

PRICED FROM (TWIN SHARE)

PRICED FROM (SINGLE ROOM)

Yoga & Safari Adventure
(10 Days | 24 Jan - 2 Feb 2021)

\$6,999pp

\$7,999pp

Mafia & Zanzibar Island Option
(6 Days | 2 - 7 Feb 2021)

\$3,999pp

\$4,699

Full adventure
(14 Days | 24 Jan - 7 Feb 2021)

\$9,999pp

\$11,699pp

INCLUSIONS & EXCLUSIONS

A curious giraffe during our April 2019 adventure.



INCLUDED

- Private yoga and meditation instructor
- 14 nights accommodation in boutique guest houses or luxury camps/lodges
- National park permits & entrance fees (A\$800pp)
- Chartered flights to Mafia Island and to Zanzibar (A\$700pp)
- Meals (Breakfast: 14 | Lunch: 10 | Dinner: 13)
- Whale shark, Stone Town and Prison Island tours
- Sunset cruise and celebration dinner
- Airport transfers and all transport
- All activities listed in the itinerary
- Use of a yoga mat, block and strap
- Pre-departure information and support
- **An adventure of a life-time!**

EXCLUDED

- International airfares
- Tourist visas (US\$100)
- Personal spending money (drinks, laundry, phone calls, etc.)
- Tips (US\$100 - US\$150pp)
- Personal clothing
- Activities not listed in the above itinerary
- Additional accommodation should you arrive early/depart late or you want single supplement
- Medical and evacuation expenses

ABOUT ADVENTURE OUT LOUD



Making a difference in the world
through adventure travel

We're African adventure specialists, thirsty to explore amazing places and make a difference in the world by sponsoring disadvantaged students through school.

WHO WE ARE

We're adventure travel specialists with more than 10 years experience living, volunteering and travelling across Africa. Our team of local and Western guides are passionate about creating unique, personalised travel experiences that make a difference in the lives of our adventurers and in the communities we visit.

WHAT WE DO

We create authentic small group and private itineraries. Whether it's climbing Africa's highest mountain, going on safari, trekking with the gorillas or getting off-the-beaten-track, our adventures are hand-crafted to ensure you return home with memories to last a life-time.



MAKING A DIFFERENCE

111 million African children didn't go to school in 2017. We're not ok with this and we're doing something about it by **donating 50% of our profits to keeping disadvantaged children in school!** Sponsorship is also an essential part of your adventure and if you sponsor, you'll have the opportunity to meet the student you are sponsoring. With 63 million tourists visiting Africa each year, imagine if every one of them sponsored a student...

WHY TRAVEL WITH US

There are a number of things that make our adventures extraordinary. There's our ability to connect you to local communities, cultures and charities, our commitment to building a strong understanding and intimate knowledge of the destinations we visit, our highly personalised service and experienced team and our focus on creating authentic, hassle-free adventures that make exploring Africa easy.

Tam: yogi – adventurer – actor
Leading your yoga safari in 2021



ABOUT TAMBLYN LORD

Tamblyn (Tam) is an adventurer, actor and yoga instructor with a burning passion to explore.

An enthusiastic hiker, Tam found yoga 20 years ago when he was searching for a way to re-connect with the sense of wonder and perspective he felt when trekking through the Himalayas. Tam has been teaching yoga since 2003 and has a Level 3 Senior registration with Yoga Australia, making him one of the most experienced Hot Yoga and Vinyasa practitioners in the country.

Tam has facilitated yoga courses in China with Lance Schuler and is experienced teaching all levels. Tam is also the soothing voice behind the **Smiling Mind meditation app**.

Having studied at the Sivananda Ashram (India) and with many of the world's most well-known yogis – among them Shiva Rea, Baron Baptiste and Rod Stryker – Tam has a unique ability to empower students to reconnect.

“Teaching is a privilege; it’s like conducting energy. Concentrating on the twin foundations of core stability and breath awareness allows the body to respond appropriately and the mind to focus. It’s an opportunity for us to observe our life force in flow”.

Tam’s passion to explore has taken him through some of the most beautiful wilderness on the planet and now **Tam is excited to lead you on an unforgettable yoga safari in Africa.** Find out more at www.tamblynlord.com.



WHAT OUR CUSTOMERS SAY...

"Every dollar was worth it. I could have done every single day two times over."

Lucy, Australia

"Thank you for the most memorable trip of my life."

Carmen, Australia

"Better than the 4 months I spent backpacking in South America."

Christie, Australia

"Going on a holiday that makes a difference is something truly special. To meet the young person that I sponsored, to visit their home and to create some amazing life long memories with them is just another level."

Kelly, Australia

"The involvement of AOL's sponsor students was definitely a highlight; it made my experience much more authentic."

Murray, Australia

"My thirst for travel is now strong than ever. I'm already thinking of the next African adventure with you guys."

Adam, Australia

"AOL's style of holiday is less about ticking off the bucket list, and more about immersion in a different culture – to be able to reconnect through yoga while experiencing something mind-blowing like safari was so incredible"

Laura, Australia

WANT TO KNOW MORE?

BOOK A FREE CONSULTATION

WITH OUR AFRICAN ADVENTURE EXPERT, NATE, TODAY!



SECURE YOUR ADVENTURE TODAY!

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www.adventureoutloud.me

ABOUT YOUR ADVENTURE



12 like-minded yogis, 15 mesmerising days,
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