



7 Days Cape Town, South Africa Solo Getaway

Free cancellation up to 30 day(s) prior departure, after which the tour cancellation policy applies.

- **Activities:**
 - Beach Holidays
 - Cultural Walking
 - Food
 - Kayaking and Canoeing
 - Local Living
 - National Parks & Wildlife Sanctuaries
 - Safari
 - Unique Adventure
 - Yoga and Wellness
- **Travel Style:** Premium
- **Guiding Type:** Partially Guided
- **Activities:**
 - English
- **Tour Vibe:** Laid Back
- **Guiding Type:** Partially Guided
- **Recommended For:**
 - Couple
 - Family/Kids
 - Senior
 - Solo
 - Women
 - Youth
- **Country:**
 - South Africa
 - Africa
- **Routes:**

- Cape Town, Western Cape, South Africa
- **Pickup:** Cape Town International Airport;

From: 12:00 AM

To: 12:00 AM

- **Drop-off:** Cape Town International Airport;

From: 12:00 AM

To: 12:00 AM

- **Age Range:** 18 - 70 (Years Old)
- **Tour Highlights:**

- 7- DAY SOLO CAPE TOWN GETAWAY

This year, come and experience the natural beauty and allure of the natural wonderland of Cape Town. Take the time out, 7 days just for YOU to explore the port city on South Africa's Southwest coast, on a peninsula beneath the imposing Table Mountain with AJO while slowing down to focus on your wellness, health and spirituality going forward.

As ÀJÒ means 'Journey' in [Yoruba](#), we invite you to journey with us to the beaches, artistic streets, nature reserves and mountains of Cape Town as you kickstart your journey to a better wellness and healthier living. Bask in the sunlight beside African penguins on Boulders Beach, feel the wind in your hair at the south-western most tip of Africa at Cape Point Nature Reserve, cruise to Robben Island and braai with locals when you first arrive.

On AJO Wellness Getaway we ensure you have enough time to focus on body, mind and spirit. With a superb mix of activities for your body, mind and soul such as visit to the iconic Table Mountain, to keeping active with SUPping and beach yoga, to slowing down for mindfulness with our certified Yoga Instructor.

Each day involves a portion of free time left for you to sink into a beach lounger, snooze in your room or enjoy a bit of nothingness. This time is about YOU. Life has a way of keeping us busy at every single hour, so while we have optional activities on this Getaway, you can decide what you'd like to do or opt out when you'd rather do nothing. Plus we open the space to do just that.

Our hope is that you leave the Mother City, Cape Town feeling refreshed, renewed and re-energized for the season ahead taking a few new practices and thought patterns with you.

- **Tour Introduction:**

"WHOLE ME" CAPE TOWN RETREAT \$2,300

AJO 7 Days Sola Getaway takes you on a life-changing experience to reflect, reconnect and rejuvenate as we presents the best mix of activities for your body, mind and soul.

Our mission is to keep both your body and mind healthy while you enjoy your vacation here in the Majestic Motherland, Cape Town. Every day has been perfectly and lovingly designed to support you and transform you into greatness!

October 2021

November 2021

January 2022

February 2022

March 2022

April 2022

May 2022

June 2022

- **Itinerary:**

- Day 1: **Cape Town Arrival**

Welcome to Cape Town! Day or night, she is a beauty, the Mother of South Africa. Upon arrival at Cape Town Airport (CPT), ÀJÒ staff will be right there to welcome you and escort you to your magnificent accommodation located at one of the best sunset spots in the world. There you will settle in, relax and get ready for our welcome South African Braai - a local, authentic South African barbecue.

This delicious Braai will be followed by an introductions by your host and welcome team. Recover from the inevitable jet lag in serene luxury and a relaxed atmosphere.

SUMMARY:

- AM Arrival at Simon\'s Town Accommodation and Introduction
- Check in and orientation throughout the day
- Free Time
- Group Dinner

◦ Day 2: **Beach Yoga/Mindfulness Session, Setting Intentions & Table Mountain Visit**

Rise and shine to a full day of adventure and wonder! Start your day with a relaxing morning of beach yoga/mindfulness meditation.

Enjoy a fresh and healthy breakfast, then escape to one of Earth's most awesome and naturally splendid icons, the Table Mountain. Reflect while you gaze over the stunning panoramic views of the city - 12 Apostles, the V&A Waterfront, Robben Island, Mitchell's Plain and the Cape Flats.

Take some breathtaking once-in-a-lifetime pictures and pose for a professional photo. Enjoy lunch in the clouds.

SUMMARY:

- 7AM Morning Beach yoga/mindfulness session
- Setting intentions
- Table Mountain Visit
- Lunch (not included)
- Return to Simon's Town
- Free Time
- Dinner

◦ Day 3: **SUPPing to Boulder's Beach (African Penguins), Cape Point Nature Reserve, Chapman's Peak Scenery Drive**

Today is the day to feed your eyes with amazing scenery. Enjoy scenic drives along the Cape Peninsula starting from the Atlantic seaboard to Chapman's Peak a site with glorious views for eyes to marvel.

Then time to visit and come up close with the African penguins at the Boulder's Beach and sun bathe, if you please.

SUMMARY:

- 8AM SUPPing/Kayaking to Boulders Beach
- Visit to Cape Point Nature Reserve

- Chapman's Peak Drive (picnic)

- Return to accommodation

- Free Time

- Dinner

- Day 4: **Self-Care Day**

Today is the day of rest, sink into a beach lounger, read a book, take a walk on the beach, snooze in your room, get a well-deserved massage (extra), enjoy a bit of nothingness or explore the town on your own. This time is about YOU. Life has a way of keeping us busy at every single hour, so today JUST BE!

The Founder of AJO, Bisi, a Healthcare Practitioner with a heart and passion for preventative medicine takes an hour in one session to highlight earlier signs and symptoms, including family history to watch out for in order to prevent heart disease. Also get a few tips to help with your overall health.

Spend the afternoon indulging your body with kindness and get pampered to full body deep massage of your choice (Add on) or Book a one on one Yoga session (extra).

- Day 5: **Depart for Elgin**

Today we depart to Elgin, is a large, lush area of land, circled by mountains, in the Overberg region of South Africa. This broad upland valley lies about 70 km southeast of Cape Town, just beyond the Hottentots Holland Mountains. Here you will relax, dine, wine, and explore.

SUMMARY:

- 8am Breakfast

- 9am Depart for Elgin

- Free time

- Late Afternoon forest yoga/stretching

- Dinner Forest Braai (barbecue)

- Day 6: **Yoga and Mindfulness Session; & Wine Tasting.**

Start the day with sunrise beach yoga (depending on the tides). Taking the time to stretch, focus on your breathing and the space you are at present is a beautiful thing. Whether you're completely new to yoga or a seasoned yogi, you will love to space we get to center ourselves on our mats. Mainly the beach! Depending on the tides, we will enjoy Sunrise Yoga or big farewell to the day at sunset.

See, Swirl, Smell, Sip and let's raise our glasses to having some fun with wine tasting in the Vines/forest.

Dress to impress and enjoy our glamorous gala night with South African cuisine and music surrounded by the breath taking views around you. Mingle and dance the night away and create long life memories.

SUMMARY:

- 7am Yoga and mindfulness session
- 8am Breakfast outside your tent
- 9am Health Session with Bisi (Healthcare Provider licensed in Maryland, U.S.A) and setting intentions (1 hr)
- Lunch.
- Relax
- Wine Tasting and in the Vines/Forest
- Gala Dinner

◦ Day 7: **Depart for Cape Town**

It's not a good bye but a see you later as today is your last day with us. Enjoy breakfast and our driver will whiz you to the airport for your flight as you reminisce on your unforgettable time here at the Mother City, and get back home to jump start a healthier and happier lifestyle.

SUMMARY:

- Breakfast outside your tent
- Depart for Cape Town by 10am.
- Fly out from Cape Town

WHAT'S INCLUDED

| Location | Nights | Type | Property Name | Rating | Occupancy |
|----------|--------|------|---------------|--------|-----------|
|----------|--------|------|---------------|--------|-----------|

- **Pickup & Drop-Off**

- Airport Transfer

Upon arrival at Cape Town Airport (CPT), ÀJÒ staff will be right there to welcome you and escort you to your magnificent accommodation located at one of the best sunset spots in the world.

- **Guide**

Private Guide to:

Safari

Robben Island

Wine Tasting

- **Meals**

All Breakfast (self served).

WHAT'S EXCLUDED

- Flights
- Insurance
- Transport
- Transport
- **Other Excluded:**
 - International Flight from Home country to Cape Town
 - Mandatory Travel Insurance
 - **MANDATORY International/Travel medical insurance ([Buy Here](#))
 - Passport & Visa fees (If Applicable)
 - Any extra not mentioned or not in itinerary
 - Drinks
 - Lunch
 - Massages

Covid Safety

All COVID precautions:

Mask wearing

Handwashing or Hand Sanitizing

Social distancing

Tour Cancellation Policy

Free cancellation up to 30 day(s) prior departure, Or traveler will pay 100 % of the tour amount

All COVID precautions will be observed: Wearing of masks outdoor Handwashing/Sanitizer
Social distancing

Good To Know

FAQs