



## CAPE TOWN “THE WHOLE WOMAN” 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
  - National Parks & Wildlife Sanctuaries
  - Nature
  - Safari
  - Unique Adventure
  - Women's Adventures
  - Yoga and Wellness
- **Travel Style:** Premium
- **Guiding Type:** Live Guide/Instructor
- **Activities:**
  - English
- **Tour Vibe:** Laid Back
- **Guiding Type:** Live Guide/Instructor
- **Recommended For:**
  - Couple
  - Family/Kids
  - Senior

- Solo
- Women
- Youth
- **Country:**
  - South Africa
  - Africa
- **Routes:**
  - Cape Town, Western Cape, South Africa
- **Pickup:** Pick-up at Cape Town International Airport;

From:12:00 AM

To:12:00 AM

- **Drop-off:** Pick-up at Cape Town International Airport;

From:12:00 AM

To:12:00 AM

- **Age Range:** 18 - 65 (Years Old)
- **Tour Highlights:**

- **OUR WHOLENESS TRIAD BASED RETREATS INCLUDE:**

- **Upscaled Accommodation.**
  - **Welcome Pack**
  - **Ground Transportation**
  - **Breakfast and Dinner**
  - **Health and Wellness Sessions**
  - **Yoga/Mindfulness/Meditation Experiences**
  - **Cape Town Highlights and Adventures**
  - **Self-care day**
  - **Gala night**
- **Tour Introduction:**

JOIN US

6 Nights - 7 Days \$2399

**AJO "WHOLE ME" GETAWAY TAKES YOU ON A LIFE-CHANGING EXPERIENCE TO REFLECT, RECONNECT AND REJUVENATE AS WE PRESENT THE BEST MIX OF ACTIVITIES FOR YOUR BODY, MIND, AND SOUL.**

ÀJÒ's Getaway has been curated with your health and wellbeing in mind; allowing you to escape your daily routine and dive into the natural wonderland of Cape Town.

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. Bask in the sunlight beside African penguins on Boulders Beach, feel the wind in your hair at the southwestern most tip of Africa at Cape Point Nature Reserve, cruise to Robben Island and more.

On AJO 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 and journaling as well as taking a health inventory with AJO and Healthcare Practitioner **Bisi**.

- **Itinerary:**

- Day 1: **Arrival**

Day 1:

Arrival at Simon's Town and introduction

09:00 Arrive at Simon's Town, check-in, and orientation throughout the day

Lunch

Free time

Late afternoon yoga and stretch session

Group dinner

Overnight in Simon's Town

◦ Day 2: **Table Mountain, City Market, Wine-tasting**

07:00 Morning beach yoga and mindfulness session and setting intentions

Visit Table Mountain, inner-city market visit, street art tour, and wine tasting in Constantia

Return to Simon's Town

Free time until dinner

Overnight in Simon's Town

◦ Day 3: **SUPping, Cape Point Nature Reserve, Chapman's Peak**

08:00 Breakfast

09:00 SUP/kayaking to Boulders Beach

Visit Cape Point Nature Reserve - you'll bring packed lunches and have a picnic and enjoy a scenic drive through Chapman's Peak

Return to accommodation

Free time

Dinner at accommodation

Overnight in Simon's Town

◦ Day 4: **Wellness day**

Day 4:

Today is the day of rest, sink into a beach lounge, 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 you busy every single hour, so today it's time to "just be"!

- Day 5: **Getting ready for Glamping**

Day 5

08:00 Breakfast

09:00 Depart for Elgin

Free time (packed lunches)

Late afternoon forest yoga/stretching

Dinner Forest Braai (barbecue)

Overnight in Elgin

- Day 6: **Reflect and reconnect**

07:30 Yoga and mindfulness session

08:00 Nature Walk

08:30 Breakfast

10:00 Health session with Bisi and setting intentions (one-hour)

12:00 Lunch

Relax

Wine tasting and dinner in the vines/forest

Overnight in Elgin

- Day 7: **No Goodbyes, just see you again**

Day 7:

Breakfast

11:00 Depart for Cape Town

Fly out from Cape Town

## WHAT'S INCLUDED

Location	Nights	Type	Property Name	Rating	Occupancy
Green Point Cape Town	6	Hotel	Point B	4 Star	Shared

- **Pickup & Drop-Off**

- Airport Transfer

AJO staff members will be at the airport to pick you up.

- **Guide**

There will some guided and self-guide tours.

- **Meals**

- Vegetarian

All Breakfasts and dinners

- **Transport**

- Van

All ground transportation to tours indicated on itinerary will be provided

## WHAT'S EXCLUDED

- Flights
- Insurance
- Transport
- **Other Excluded:**

Flights to and from Cape Town Airport

All drinks

Lunches of own account

Pre-booked massages

Travel insurance

## **Covid Safety**

“Our small group include activities such as outdoor yoga, wine tasting, city tours, SUPPing and more, where social distancing is observed . All our accommodations follow the World Health Organization’s safety hygiene measures to keep you safe. ”

## **Tour Cancellation Policy**

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

Terms & Conditions for AJO Travel Cancellations Charges – If you have to cancel all or part of your holiday for any reason, the following cancellation fees are applicable. For cancellation before event: \*90 days or more: Free Refund minus 5% Service Fee \* 60 days or less : Non refundable but ticket transferable. Important note - ÀJÒ recommends that you obtain personal travel insurance (International travels) to cover any cancelation of part or all of your holiday. Damage Deposit - Where a deposit against damage or breakage is required, this is payable to the owner/operator or their agent before departure at the particular property. By booking online or via third party, you have agreed with this T&C. COVID PRECAUTIONS: \*All guests will be asked to wear a face mask while in door \*All guests will be encouraged to wash hands and use hand sanitizer \*All guest must provide a negative PCR COVID test

## **Good To Know**

Flights to and from Cape Town Airport is not included

Lunches of own account

Pre-booked massages

Travel insurance is required

## **FAQs**