



Yoga, Hiking & Safari in Namibia, Africa

October 16 - 27, 2021

with yoga natura & African Bikers

... Adventure Nature & Yoga...

The national parks and wildlife reserves with its variety as well as its unique landscape and vegetation makes Namibia a popular country. Endless horizons, clear skies. Africa's awesome colours and game: lions, elephants, giraffes, leopards, cheetahs and rhinos up to smaller wild animals... **a paradise for nature lovers!**

Observe animals. Deeply inhale and exhale. Hiking. Relax and laugh. Let your gaze wander wide and dive into silence. Experience and enjoy Yoga & Nature.

Namibia

The country of Namibia lies in southern Africa at the edge of the Atlantic Ocean and is surrounded by Angola, Botswana, Zambia and South Africa. It is the second least populated country of the world. Based on its unique topography and its rich fauna, it is one of the most frequently visited countries of the African continent. It has a Mediterranean and subtropical climate, with average daytime temperatures around 30 degrees Celsius and around 15 degrees Celsius over night in October.



Yoga

We practice Yoga once per day, each session (of approximately 60 to 120 minutes). We adapt the yoga program to the excursions and accommodations. After longer drives or hikes we focus on stretching yoga exercises, to move and relax our bodies. Other days we start the day with invigorating breathing exercises and strengthening body postures.

Yoga Beginners are also welcome.

Hiking & Safari

We start with a foot safari with the indigenous people in the Kalahari. We hike through the Namib Desert, the oldest desert in the world, and sleep under the spectacular starry sky. Desolate roads lead us to the highest sand dunes in the world which are found in Sossusvlei. A short walk in the Kuiseb Canyon and a halt at the pelicans and flamingos. Continue to the coastal town of Swakopmund. Hike at the Spitzkoppe. Viewing of the Twyvelfontein World Cultural Heritage Site. Nothing but Safari in the Etosha Pan. (More details in the travel itinerary.)





Accommodation, Transports and Food

During our tour we are accommodated in different types of 3* accommodation (with shower & toilet): in Lodges (some with pool), guesthouses with a cosy family atmosphere and during our hike in the Namib Desert we will sleep two nights on comfortable camp beds under the clear starry skies of the desert. Transports with an air-conditioned minibus. For some safaris in 4x4 vehicles.

The Namibian cuisine is a fusion of delights and due to all the different influences (from Europe and from African tribes) it is very diverse.

Arrival / Departure and further information

Participants are responsible for their own travel arrangements to Windhoek - Hosea Kutako airport (WDH). African Bikers is happy to help you with your travel preparation.

We recommend that participants acquire travel cancellation insurance and international health insurance. For nationals of many countries only a valid passport is required when travelling as a tourist to Namibia, for a maximum period of 90 days within one calendar year (1 Jan - 31 Dec), like e.g. Germany, Switzerland, Austria, The Netherlands, Spain, Italy, France.

Passports must be valid for at least 6 months after date of entry with at least one blank page and an onward/return ticket is also required

Our tour starts on October 16, 2021 in Windhoek. As we want leave in time to our lodge in the Kalahari, the arrival should be either until 10 a.m. or the day before.

Departure will be on October 27, 2021 from Windhoek.

Costs and Services

Per person for Yoga classes and the Hiking Safari, incl. 11 nights accommodation on a twin sharing basis (single accommodation surcharge 210,-€), transports with an air-conditioned minibus, qualified tour guide from African Bikers, meals as mentioned in the tour schedule, all entrance fees for sightseeing program, porter fees:

Early bird special through 16/04/21 2510,-€ (Early Bird Special)

Regular bookings as of 17/04/21 2590,-€

8 - 10 participants

Whether a familiar face or a new one, we look forward to seeing you in Namibia.



Sandra Bicker

- Yoga teacher (BYV), teaches Hatha Yoga
- Yoga therapy trainings in India
- Organizes and leads yoga vacations in Europe, Africa and Asia
- Has been practicing Yoga since 2002

Contact Information

Sandra Bicker
Mobile: +49 151 253 944 30
E-Mail: sandra@yoga-natura.com

www.yoga-natura.com



African Bikers

since 1993 specialist in cycling, hiking and adventure travel in Southern Africa

Contact Information

Germany: +49 6221 6478 155

South Africa: +27 214 88 3000

E-Mail: info@africanbikers.de

www.africanbikers.de