

Mental Health Journey to South Africa

OPTIONAL KRUGER NATIONAL PARK EXTENSION

4 days | Explore the national park via Jeep

Kruger National Park was founded in 1898 by a group of dedicated individuals who acted to preserve the northeastern part of South Africa as a national park for future generations to enjoy. Today the park encompasses roughly 7,580 square miles of wildlife safari country, supports species in their natural habitats, and houses the Big Five: lion, elephant, leopard, Cape buffalo, and rhinoceros.

DAY-BY-DAY ITINERARY

DAY 1: MAY 8, 2019

Head to the Park

From Cape Town, fly to Kruger National Park, one of the world's preeminent wildlife sanctuaries. Lunch is on our own this afternoon if not provided in flight.

Plan on a late afternoon arrival at your hotel, located just outside one of the park entrances, and relax before dinner under the trees and stars.



DAY 2: MAY 9, 2019

Game Drive Day 1

As the animals prefer to feed during the cool temperatures of early morning, you'll venture out early to witness exotic plant and animal life in the gentle light of the dawn. Close examination of the riverbank will likely reveal lazy hippos and steel-jawed crocodiles. Your guide can help you spot some, or all, of the Big Five: lion, Cape buffalo, rhinoceros, leopard, and elephant. You'll need no help locating the ever present giraffe, zebra, kudu, impala, and warthog from your open game vehicle today.

After lunch by your own arrangement at a local rest camp, continue your exclusive game-spotting adventure before heading back to the hotel.

Dinner with a local beer will be provided this evening at the hotel.



DAY 3: MAY 10, 2019

Game Drive Day 2

Continue with game drives. The enormity of the park does necessitate significant travel time to explore and observe the most interesting wildlife interactions.



Another early morning ensures prime viewing of the park's exotic species and beautiful landscapes. You're sure to notice an abundance of colorful bird life throughout the park. Observe how the animals blend into their surroundings, as your guide helps you encounter rare and extraordinary animals ranging from the powerful and agile cheetah to the great baboon. You may also witness the rugged wildebeest, the cagey hyena, and many types of antelope during your adventure.

Lunch will be on your own this afternoon during a stop at a local rest camp. Dinner will be provided back at your hotel this evening.



DAY 4: MAY 11, 2019

Fly Home

After breakfast, check out of your hotel. Head to the Kruger Mpumalanga International Airport in Nelspruit. Check in for your afternoon flight to Johannesburg and onward home.

DAY 5: MAY 12, 2019

Arrival

Arrive back in the U.S. today.

PROGRAM INFO

Date & Length: 4 days, May 8–11, 2019 (arrival back in the U.S. on May 12)

Extension cost: \$1,899 per person (includes all gratuities) *Single supplement:* \$299

Inclusions: Gratuities, meals as mentioned, flight from Cape Town to Kruger and back to Johannesburg, all park fees for once daily entry into Kruger National Park, all game drives with private vehicle(s)/guide(s) and unlimited daily mileage on all game drives.

Not Included: Tips to porters or maids at your hotel, meals not mentioned and hotel incidentals like laundry or room service.

To participate in the optional extension, complete and return the extension registration form. Return no later than 90 days prior to departure or within five days of receiving the information.



PESTANA KRUGER

R570 Riverside Road
Malelane, Mpumalanga

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<https://www.pestana.com>

Pestana Kruger is a four star hotel, situated just 70m from the southern entrance to Kruger National Park and only 150m from Malelane Gate, one of the most important access points to the park. It is surrounded by marvelous gardens and offers a fantastic view of the Crocodile River, where hippos and several other wildlife species can be seen.

The hotel has many special facilities including two outdoor pools, a restaurant, two bars and a spa that offers a range of body treatments and a Turkish bath.

Rooms are decorated to represent the famous Big Five - lion, elephant, rhino, buffalo and leopard – and are spread over a wide and very quiet area, ensuring maximum privacy and a unique stay. All rooms have a balcony with views over the river and gardens, decorated with African motifs.

Dine at the Buhlebethu restaurant featuring a fantastic view of the Crocodile River and offering an “A La Carte” menu of contemporary South African cuisine.

