



EMBRACE
SOUTH AFRICA
TOURS

Mission Vision Tours t/a

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TOUR ITINERARY

FOR THE INDIANA CENTRE FOR MIDDLE EAST PEACE – GROUP

In the Footsteps of Desmond Tutu and Nelson Mandela

Ubuntu Lessons from South Africa

DATES: SUNDAY 5 OCTOBER 2025 – THURSDAY 16 OCTOBER 2025

12-DAY AND 11-NIGHT TOUR

CAPE TOWN, JOHANNESBURG AND SAFARI

FRI 3 OCTOBER 2025 – SAT 4 OCTOBER 2025

Early Arrivals

Accommodation: Commodore or Portswood Hotels

DAY 1 – SUN 5 OCTOBER 2025

Welcome to Cape Town

Optional: 09h00 Morning attends the service at the St George's Cathedral where Archbishop Desmond Tutu served.

Tour of the Cathedral and surrounding areas with guide.

Lunch on your own.

Official start of the tour. 14h00 Meet and greet in the lobby of the Commodore Hotel

Visit to the [Long March to Freedom Statues](#) at Century City

19h00 Supper: Welcoming supper at Commodore Hotel

20h00 Information and Q&A session with Edwin Arrison and Michael Spath

Accommodation: [Commodore Hotel](#)
[\[supper included\]](#)

DAY 2 – MON 6 OCTOBER 2025

Breakfast at your hotel

Leave the hotel at 08h30. Table Mountain. We take the [cable car to the top of Cape Town's number one tourist attraction, Table Mountain](#), one of the seven wonders of nature in the world. Afterwards we drive up [Signal Hill](#) to enjoy the view of the city bowl and Camp's Bay.

Lunch: Packed lunch

[Cape Peninsula Tour](#). We will drive via [Chapman's Peake drive](#) (one of the most scenic drives in the world) to Simon's Town.

Visit Cape Point, a stunning natural wonder at the tip of the Cape Peninsula. [Cape Point Cape of Good Hope](#). Visit the most southwestern tip of Africa.

[Optional] There is a medium difficulty hiking trail for people who are interested in a 90-minute scenic hiking experience from Cape of Good Hope to Cape Point.

Supper on your own

Accommodation: [Commodore Hotel](#)
[\[breakfast and lunch and included\]](#)

DAY 3 – TUES 7 OCTOBER 2025

Breakfast at your hotel. Leave the hotel at 08h30.

Desmond and Leah Tutu Legacy Foundation. Spend the day until 15h00 at the foundation
 Welcome and introduction. Take time to visit Exhibition. Reflections

Lunch

Afternoon relevant speakers

Speaker before lunch

Dr Michael Lapsley (Founder of the Healing of the Memories Program)

Speaker After lunch – Dr Allan Boesak/or similar, maybe someone from the business sector

16h30 Session with **Dr Wilhelm Verwoerd**, the grandson of Dr Hendrik Verwoerd, the architect of Apartheid.

Time for Reflections and Q&A with **Edwin Arrison and Michael Spath**.

Supper on your own

Accommodation: [Commodore Hotel](#)
[\[breakfast and lunch included\]](#)

DAY 4 – WED 8 OCTOBER 2025

Breakfast at your hotel. 08h00 Visit [Robben Island](#). It is a starting point to understand the modern history of South Africa. With local guide Anita Hermanus.

[Lunch at Faeza's Home Kitchen](#)

[Bo-Kaap \(Upper-Cape\)](#) tour with Anita Hermanus. Nestled at the foot of Signal Hill in Cape Town, the vibrant neighborhood of Bo-Kaap, also known as the Upper-Cape, is a captivating cultural gem.

[District 6 Museum](#). (if time permits). The District 6 Museum in Cape Town is a must-visit destination for anyone interested in South Africa's history and its struggle against apartheid.

Cape Town Farewell Supper [GOLD Restaurant](#)

Accommodation: [Commodore Hotel](#)

[breakfast, lunch and supper]

DAY 5 – THURS 9 OCTOBER 2025

Breakfast at your hotel. 07h00 Leaves for [Volmoed Retreat Centre](#).

10h00 Morning Service at Volmoed.

11h30 Mike Spath interviews [John de Gruchy](#) with group interaction afterwards

Lunch and wine tasting at [La Vierge Wine Estate](#).

Situated in the charming Hemel en Aarde (Heaven and Earth) valley near Hermanus, [La Vierge Winery](#) offers a wonderful opportunity for lunch and wine tasting.

Rest of the afternoon free for relaxing and personal reflection. You are welcome to explore one of the beautiful hiking trails at Volmoed.

17h00 Session with **Wilma Jakobsen**, “My Journey with the Arch” – **or similar**

18h00 Time for Reflections and Q&A with **Edwin Arrison**

Supper: Volmoed

Accommodation: Volmoed Retreat Centre

[breakfast, lunch and supper included]

DAY 6 – FRI 10 OCTOBER 2025

Day for laundry/washing?

Breakfast at Volmoed // **09h00 Session with John de Gruchy 2 (is this viable?)**

Interaction day with youth from [Volmoed Youth Leadership Program](#)

Visit to [Zwelihle](#). Go on a community walk with the young people as your guides

13h00 Lunch at the Hermanus harbor

15h00 Free time in Hermanus

Walk along the Hermanus waterfront and enjoy the sea and the tranquil shopping atmosphere

It is Whale time and Hermanus has the best whale-watching spots from the land in the world.

Supper: South African BBQ Volmoed

Accommodation: Volmoed Retreat Centre

[breakfast, lunch and supper included]

DAY 7 - SAT 11 OCTOBER 2025

(Optional rest day for people who want to stay at Volmoed)

Breakfast at Volmoed. 09h00 Visit the Penguin colony at [Stony Point, Bettys Bay](#)

Lunch. Savor a delightful lunch and fynbos pairing at Fynbos Room Bettys Bay. Read more about [Fynbos](#)

15h00 Conversation with **Chessy Pieterse** at Volmoed

Rest of the afternoon free.

18h00 Supper will be at the Arrison's House. Enjoy a delightful evening around the fire as the Arrison's prepare "Potjiekos" for the group.

Accommodation: Volmoed Retreat Centre

[breakfast, lunch and supper included]

DAY 8 – SUN 13 OCTOBER 2025

Breakfast at Volmoed. 08h00 Leave for Cape Town

[Kirstenbosch Botanical Gardens](#) or shopping at the VA Waterfront

Lunch on your own

13h30 Pick up – arrive airport 14h30

16h05 – 18h20 fly to OR Tambo Johannesburg

Supper at hotel/restaurant in Nelson Mandela Square

Accommodation: [Davinci Hotel and Suites](#), Sandton

[breakfast and supper included]

DAY 9 – MON 14 OCTOBER 2025

Breakfast at your hotel

09h30 Leave for [Constitutional Hill Johannesburg](#)

13h00 Lunch Robbies Restaurant or [Sakhumzi Restaurant Soweto](#)

[Tour of Soweto](#) with Queen Malefane as your well-experienced and beloved guide. Explore the iconic sites like [the Hector Pieterse Memorial](#) and Vilakazi Street, where Nelson Mandela and Desmond Tutu once lived

18h00 Informal discussions about experiences of the past few days with Michael Spath.

Supper on your own at the Nelson Mandela Square restaurants

Accommodation: [Davinci Hotel and Suites](#), Nelson Mandela Mall Sandton

[breakfast and lunch included]

DAY 10 – TUES 15 OCTOBER 2025

Breakfast

08h00 Check out of your hotel.

09h00 – 13h00 Visit [Freedom Park](#) and [Union Buildings Pretoria](#)

Lunch

15h00 Travel to [Pilanesberg Game Reserve](#)

Check in and High Tea

Witness the [Big Five](#) and other fascinating wildlife in their natural habitat

16h00 [Afternoon safari](#)

Supper [Kwa Maritane Lodge](#)

Accommodation: [Kwa Maritane Lodge](#)

[breakfast, lunch and supper included]

DAY 11 – WED 16 OCTOBER 2025.

Early morning game drive at Kwa Maritane Game Lodge (*optional*)

Breakfast

Rest of the morning. Relax at the pool or watch the birds and animals in the hideout. Visit the Village Craft Shop or sign up for a SPA session.

Lunch

Final feedback and discussions about the experiences of the trip with Michael Spath, Edwin Arrison and Deon Kitching.

Afternoon High Tea and Game Drive

Supper BBQ (braai) in the bush. A BBQ, also known as a "braai" in South Africa, is a popular outdoor cooking method that involves grilling meat, usually over an open flame or coals

Accommodation: [Kwa Maritane Lodge](#)

[breakfast, lunch and supper included]

DAY 12 – THURS 17 OCTOBER 2025

08h00 Breakfast

09h00 Check out and drive back to Johannesburg

Visit the [Apartheid Museum](#)

Lunch on your own at The Truth Café Apartheids Museum

Afternoon/Evening fly out of OR Tambo to the USA

Drop off Sun International Hotel O R Tambo Hotel

[breakfast included]

TOUR PRICING FOR 12 DAY/11 NIGHT TOUR 5–16 OCTOBER 2025

Group size 24 paying and more

- \$4,345 per person sharing a room
- \$4,895 per person for single occupancy

Group size 20 - 23 paying

- \$4,750 per person sharing a room
- \$5,295 per person for single occupancy

Group size 16 - 19 paying

- \$5,150 per person sharing a room
- \$5,695 per person for single occupancy

MEALS INCLUDED

- Breakfasts 11 out of 11
- Lunches 9 out of 11
- Suppers 8 out of 11

WHAT'S INCLUDED AND EXCLUDED?

Included:

- All the South African land arrangements
- Accommodation
- All meals as per itinerary
- All entrance fees
- All land transportation
- Domestic flight from Cape Town to Johannesburg
- Payments of guides and excursions
- *Tips in certain cases*
- NO COVID RELATED INSURANCE

Excluded:

- International airfare
- Visa and passport fees
- Medical insurance
- Personal insurance
- Liability insurance
- COVID insurance

PAYMENT STRUCTURE

- **10% of the tour price is payable upon signing up to secure their seat. This amount is non-refundable.**
- **30% of the total amount is due by June 30, 2025.**
- **30% is due by July 30, 2025.**

- **The remaining 30% is due by August 30, 2025.**

CANCELLATION POLICY

If a guest cancels:

- Three months before the tour date: **25% of the total price is payable.**
- Two months before the tour date: **50% of the total price is payable.**
- One month before the tour date: **75% of the total price is payable.**
- Seven days or less before the tour date: **100% of the total price is payable.**

If a guest fails to join the tour, joins after the departure date, or leaves before the tour's completion, no refund will be issued, and no credit will be granted.

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