

PRIMITIVE SILENT TRAIL

The Primitive 'Silent' Trail provides an opportunity to recharge mind, body and spirit in a peaceful natural environment. Improve focus on the present moment, maintain perspective and gain clarity in your life during this unique meditative walking safari

ABOUT THE TRAIL



This **4-day** trail takes place across exclusive properties in the Greater Kruger National Park - **Timbavati PNR** (near Hoedspruit, Limpopo Province). The trails group will practice 'silence' under the facilitation of two experienced Trails Guides. Morning and afternoon walks will introduce concepts to be mindful of during the alternating periods of peace and serenity. There are no demarcated campsites or routes. Each night is spent under the stars (**no tents**) at a pristine location with participants sharing the responsibility of '**watch duty**'.

WHAT TO BRING

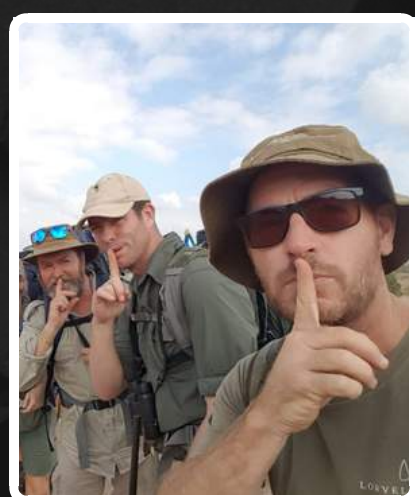


Everything required for the duration of the trail must be carried in a **backpack**. Participants will have to cater for **3 breakfasts, 3 lunches and 3 dinners** as well as the odd snack. In order to minimize our impact, all cooking must be done on a **gas stove**.

Equipment checklist and meal suggestions at bottom of page.

We have a strong 'no-trace' camping ethic.

RESERVATIONS



There are only **8 spaces** available. Cost is from **ZAR 4 800** per person per trail (three nights). The Timbavati PNR conservation levy (**ZAR 390** per person per trail) is excluded from the trail price.

***2020 Trail Departures:** 14 May, 10 Sept.

Contact admin@lowveldtrails.co.za

Equipment checklist: Walking shoes (gaiters useful), sandals, neutral coloured clothing, hat, sunscreen, binoculars, backpack, sleeping bag, mattress - roll mat, gas stove, lighter, small pot & mug, spoon, water bottles - capacity for 2 litres, torch, toilet paper (in ziploc), toiletries, small quick-dry towel, larger ziploc for rubbish. Consider poncho (summer) & warm clothing (winter).

Meal suggestions: **Breakfast** - Instant Oats, ProNutro, FutureLife, cereal bars. **Lunch** - ProVita, SaltiCrax, cheese, nuts, tuna, biltong, salami, trail mix. **Dinner** - Cous-cous, pasta, dehydrated mince, tuna. **Drinks** - Coffee, tea, juice mix. *Most take too much food. The idea is to simplify for a few days.*

Meet at **The Bush Pub & Inn** (near Timbavati Gate) by 11:00 am on day of departure. Trail concludes here by 12:00 on day 4.