



Mission Vision Tours t/a

## Embrace SA Tours

Onrusrivier, Western Cape, South Africa

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## SAMPLE TOUR ITINERARY

In the Footsteps of Desmond Tutu and Nelson Mandela

Ubuntu Lessons from South Africa

12-DAY AND 11-NIGHT TOUR

CAPE TOWN, JOHANNESBURG AND SAFARI

### DAY 1 – SUNDAY

Welcome to Cape Town //

**Optional:** 09h00 Morning attend the service at the St George's Cathedral.

**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 Commodore Hotel // 20h00 Information and Q&A session with Edwin Arrison

Accommodation: [Commodore Hotel](#)

[supper included]

### DAY 2 – MONDAY

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.

[Cape Peninsula Tour](#) // From there 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 included]

### DAY 3 – TUESDAY

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**

**16h40 Sunset cruise and champagne on the catamaran.** 90min Catamaran Champagne Sunset Cruise from the V&A Waterfront Cape Town aboard “A Beautiful Life”

**Supper on your own** // Accommodation: [Commodore Hotel](#)  
[breakfast, lunch and supper included]

### DAY 4 – WEDNESDAY

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

Lunch at Biesmallah Restaurant Bo-Kaap // Visit [Bo-Kaap \(Upper-Cape\)](#) // 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](#). 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

Supper [GOLD Restaurant](#) // Accommodation: Commodore Hotel  
[breakfast, lunch and supper included]

### DAY 5 – THURSDAY

Breakfast at your hotel // 07h00 Leaves for [Volmoed](#) // 10h00 Morning Service at Volmoed. 11h30 Discussions with [John de Gruchy](#) afterwards // Lunch and wine tasting at [La Vierge Wine Estate](#). Situated in the charming Hemel en Aarde 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”

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

Supper: Volmoed

Accommodation: Volmoed Retreat Centre

[breakfast, lunch and supper included]

### DAY 6 – FRIDAY

Day for washing?

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

Visit to [Zwelihle](#). And go on a community walk with the young people as your guides // 13h00 Lunch at the Hermanus harbor //

14h00 Free time in Hermanus // Walk along the Hermanus waterfront and enjoy the sea and the tranquil shopping atmosphere //

### **16h00 Session with John de Gruchy 2**

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

Accommodation: Volmoed Retreat Centre

[\[breakfast, lunch and supper included\]](#)

## **DAY 7 - SATURDAY**

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

Breakfast at Volmoed // 09h00 Visit the Penguin colony at [Stony Point, Bettys Bay](#) // Sightseeing and wine tasting at [Benguela Cove](#) // Savor a delightful lunch at Benguela Cove 12h30 – 13h30 Lunch.

15h00 Meet with **Chessy Pieterse** at Volmoed // Rest of the afternoon free.

Supper: South African BBQ

Accommodation: Volmoed Retreat Centre

[\[breakfast, lunch and supper included\]](#)

## **DAY 8 – SUNDAY**

Breakfast at Volmoed // 08h00 – 10h00 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

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

[\[breakfast and supper included\]](#)

## **DAY 9 – MONDAY**

Breakfast at your hotel // 09h30 Leave for [Constitutional Hill Johannesburg](#) // 13h00 Lunch [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 // **Supper on your own in the Davinci Hotel**

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

[\[breakfast and lunch included\]](#)

## **DAY 10 – TUESDAY**

Breakfast // 08h00 Leave your hotel // 09h00 – 12h00 [Freedom Park](#) and [Union Building Pretoria](#)

Lunch // 12h00 – 15h00 Travel to [Bakubung Lodge](#) in [Pilanesberg Game Reserve](#) // Check in //

Witness the **Big Five** and other fascinating wildlife in their natural habitat

16h00 **Afternoon safari** // Supper Bakubung

Accommodation: [Bakubung Pilanesberg](#)

[\[breakfast, lunch and supper included\]](#)

## DAY 11 – WEDNESDAY

Early morning game drive [Bakubung](#) Game Lodge (*optional*) // Breakfast // Relax at the pool or watch the birds and animals in the hideout // Lunch // Afternoon 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: [Bakubung Pilanesberg](#)  
 [breakfast, lunch and supper included]

## DAY 12 – THURSDAY

08h00 Breakfast // 09h00 Check out and drive back to Johannesburg // Visit the [Apartheids 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]

## PAYMENT SCHEDULE

As per our agreement

## COST PER PERSON PER GROUP SIZE – ONLY SOUTH AFRICAN LAND COSTS

### Group 15 – 20

Single = \$4 450.00

Double = \$3 950.00

### Group 20 – 25

Single = \$4 350.00

Double = \$3 850.00

## 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

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