

Abercrombie & Kent: Tailor Made South Africa: A Wellness-Inspired Journey

Day 1 Arrive Johannesburg, South Africa

Arrive in Johannesburg, where you are met and transferred to your hotel. The remainder of the day is at leisure.

Fairlawns Boutique Hotel & Spa

Meals:

Day 2 Johannesburg

Immerse yourself in the vibrant culture of Soweto, where protests in the mid-1970s galvanized the anti-apartheid movement, on a guided excursion. Explore one of the city's many informal settlements before continuing to Kliptown, Soweto's oldest residential district. Proceed to Freedom Square, where the Congress of the People met in 1955 to draw up the Freedom Charter, a post-apartheid vision that still guides the nation's politics today. On Vilakazi Street, walk in the footsteps of two Nobel Prize winners, Nelson Mandela and Archbishop Desmond Tutu, both of whom called this street home, and visit the homes of Mandela and Hector Pietersen, a young boy whose death in an anti-apartheid protest is commemorated today on a nationally observed holiday. Following lunch, visit the Apartheid Museum, where a range of permanent and temporary exhibits illustrate South Africa's history of racial segregation, as well as the activists who bravely fought against it.

Fairlawns Boutique Hotel & Spa

Meals: Breakfast, Lunch

Day 3-5 Kapama Game Reserve

Transfer to the airport and fly to Hoedspruit, where you are met and transferred to Kapama Game Reserve, tucked between the Blyde River Valley and Kruger National Park. After lunch, set out on your first thrilling game drive in the private reserve, an African Eden with over 40 species of mammals, including the Big Five — elephants, lions, leopards, Cape buffalo and rhinos — as well as 350 bird species. Spend the next two enriching days exploring on morning and afternoon game drives. There are opportunities for bushwalks, stargazing, and an up-close elephant encounter. For a uniquely uplifting experience, visit the Hoedspruit Endangered Species Center, and learn how its dedicated experts care for rescued animals as well as manage conservation and antipoaching efforts. Alternatively, you may relax and rejuvenate with a spa treatment at your lodge, while optional riverside dinners and bush breakfasts are a fantastic way to appreciate the unspoiled wilderness.

Kapama Karula

Meals: Breakfast, Lunch, Dinner

Day 6 Cape Town

Transfer to the airport and fly to Cape Town, where you are met and transferred to your hotel overlooking the Twelve Apostles Mountain Range and the Atlantic Ocean. Perched on the

southwestern tip of the African continent, Cape Town boasts stunning natural wonders, cutting-edge architecture and a cosmopolitan atmosphere all wrapped up in one extraordinary package. The towering plateau of Table Mountain National Park defines the skyline, with lush gardens, the city's bustling bowl and the rugged coastline lying below. Afro-chic decor graces the city's trendy restaurants and bars, while art and design studios imbue the atmosphere with a hip, creative vibe. After checking in, take time to unwind or begin exploring the city at leisure.

The Twelve Apostles Hotel & Spa

Meals: Breakfast, Dinner

Day 7 Cape Town

Begin the day with a yoga session on the beach, with Signal Hill and flat-topped Table Mountain as your backdrop. Then, hop on a bicycle for a leisurely ride along Sea Point Promenade, where the expansive sky serves as backdrop to 11 art installations chronicling the past and present of South Africa. Enjoy a brief stand-up paddle-boarding excursion in a quiet canal before riding to the top of Table Mountain by cable car. Eat a picnic lunch along with thrilling views from the summit. Return to ground level and explore the rest of the city, including the Company Gardens and Bo-Kaap area, known for its brightly colored houses and welcoming locals. End the day with a cocktail at sundown at a scenic spot.

The Twelve Apostles Hotel & Spa

Meals: Breakfast, Lunch

Day 8 Cape Town

Head to Kalk Bay to see a working fishing harbor in action, watching the seals and casting your own line over the harbor wall. Continue to Simon's Town to see a penguin colony far removed from the more crowded sites, where you have the option of snorkeling in a rock pool for a closer perspective on the penguins. After lunch at a local restaurant, explore the Cape Peninsula Nature Reserve and see how many of the "Cape Five" — ostriches, baboons, mountain zebras, bonteboks and tortoises — you can spot. Explore the beaches and take a scenic drive as the sun begins to set, stopping for a refreshing sundowner cocktail on the way back to your hotel.

The Twelve Apostles Hotel & Spa

Meals: Breakfast, Lunch

Days 9-10 Grootbos Private Nature Reserve

Drive from Cape Town to beautiful Grootbos Private Nature Reserve. The 6,200-acre reserve harbors some 800 species of flowering plants, some of which are found nowhere else, and is home to groves of milkwood trees that have stood for a thousand years. Breathe in the perfumed air as you gently explore this place of unspoiled beauty, surrounded by the chirps of insects and the calls of colorful, exotic birdlife. Beyond the extraordinary flora, marine life reigns at Grootbos, and over the next two days, keep watch for whales, sharks, dolphins, seals and even the rare African penguin — the Marine Big Five. Explore in whatever way suits you best: set out on nature tours, take a drive along the coast, go birdwatching, or ride horseback along the reserve's well-trodden trails.

Grootbos Private Nature Reserve

Meals: Breakfast, Lunch, Dinner

Day 11 Depart Cape Town

This morning, return to Cape Town. Transfer to the airport and board your homebound flight.

Meals: Breakfast