

It is simply unforgettable to be a part of this experience. Knowing that these are our most ancient ancestors and that this healing tradition has continued, uninterrupted for at least 100,000 years, is deeply moving. Above all is the overwhelming sense of responsibility one feels towards these extraordinarily gentle people - to do everything within one's power to ensure that these healing dances and the enduring resilience of this culture are never lost to humanity. Greg and Anne much look forward to undertaking this pilgrimage with you to the Kalahari Desert and to the heart of the San peoples and their culture.



Itinerary

The pilgrimage includes twelve nights in Botswana, southern Africa.

14 August 2009 - Flying from the UK overnight to Johannesburg, South Africa (from the USA or elsewhere you must arrive in Johannesburg not later than 10h00 on **15 August 2009**). This is a 10 hour flight from the UK (north-south so no jet lag) and it is **not** included in the fee. Expect to pay around £600 per ticket (from the UK) for indirect flights booked well in advance.

15 August 2009 - Fly out of Johannesburg to Maun, Botswana on the Okavango Delta (2 hours). This flight **is** included in the fee. You will be met at Maun airport and transported in our hired overland adventure truck to our camp outside Maun for the night.

16 August 2009 - Set off from Maun to Ghanzi, some 300km, for Dqae Qare Game Farm. Set up camp some 10km from the main basecamp, deep in the desert. We undertake ceremonial work to establish our clan for the two weeks ahead.

17 to 19 August 2009 - We will be joined by a large group of San for three nights including men, women and children and the most experienced and respected healers of the tribe. The San will live alongside us in their traditional grass huts and will work with us throughout in a deep cross cultural experience. By day we will share with them their profound knowledge of their desert home, gathering foods and medicines on easy walks into the wilderness. We will also share the entertainment dances including those of the maidens as well those of the hunters where the behaviours of the desert animals are enacted with astonishing accuracy. The San have an extraordinary approach to raising children and for many past pilgrims the time spent with these children was a high point of their experience. Every night we will participate in full healing dances, the centre of the San shamanic world. We are very close and dear friends of this tribe with the result that our healing dances with them are quite unique in their power and purpose. You will be healed by the San and invited to participate in the hypnotic and deeply spiritual experience.

20 August 2009 - Our San family will leave us today and we will travel to their village of D'Kar. We will come face to face with San contemporary life and experience the challenges these people face in the modern world. We will visit the charities working on their behalf and visit the cultural museum that they have set up. There will be an opportunity to support the San by purchasing the beautiful crafts that they have made. We will visit a San diviner and herbalist, an old man greatly respected in this community for his power to heal. We will witness his work and receive a divination from him for our journey forward. We then return to our camp in the desert where we have a short solitaire planned to integrate our thoughts and seek guidance on our way forward.

21 August 2009 - An early rise, pack up camp and head north for the remote Shakawe region on the Okavango panhandle, just south of Angola, some 450km. Here we set up camp on the banks of the spectacular Okavango River in relative luxury camping at Drotsky's Cabins.

22 August 2009 - We have set aside a day of leisure at Drotsky's on the beautiful Okavango River. There are options to visit a crocodile farm or to simply to relax in the African sun. In the late afternoon we will include a river cruise to watch a sunset over one of Africa's most beautiful landscapes.

23 to 25 August 2009 - We travel to Tsodilo Hills for three nights, a World Heritage Site, the Earth's oldest shamanic site and described as "pure thunder" by Simon Buxton. This legendary place has humbled visitors for centuries and the presence of Spirit is quite extraordinary. In our experience it is highly likely that simply approaching this place will reduce you to tears. We will set up camp under the "Female" hill and call to the Spirits of this land to welcome us and to accept our work. Our second day will include a slow walk across the female hill with a San guide to witness the amazing San rock art, the highest concentration of rock art in the World. We will bring water or soil from our own land to offer at the San sacred spring in a ceremony we are indeed privileged to share. By night we continue our own shamanic work. On our last day we will offer a walk to the 70,000 years old Serpent Cave where a 70 foot petroglyph has been carved into the rock. We can only surmise at the ceremonies performed in this place by long lost San shamen. On our final evening we will undertake our own sacred ceremony in the womb cave of the mother mountain. Guided by Anne and Greg we will make a pilgrimage on a moonless night to the cave where we will spend time in solitude to reflect on this incredible journey and these equally incredible people. The group will be split with half the group holding power in a drumming circle at our base camp and then swap over during the night. We will then retire in sacred silence.

26 August 2009 - Our journey draws to a close as we make the long drive back to Maun on the Delta. Hot showers and a special meal will round off our final evening together and begin the long process of assimilating the experience.

27 August 2009 - Rise at leisure for flights out of Maun at midday or, alternatively, stay on for a few days for an optional safari in the Okavango Delta, one of the greatest game parks in Africa. We will make these arrangements for you ensuring you get the very best deal.

Health, Safety and Comfort

The first and last nights in Maun, Botswana are in rustic hutted accommodation in shared dormitory style lodgings, one for men and one for women. There are limited options to upgrade to a private bungalow for a reasonable extra cost. The balance of ten nights is camping as no other option is available at the sites we will visit. Anne and Greg have decades of experience with camping in the wilderness and, regardless of whether you have camped before, you will be exceptionally well looked after. The food that Anne can produce over a camp fire in the desert will amaze you. We cater for most diets and allergies although supplies are limited so please enquire about your personal needs.

At night you will sleep in "two man" thick canvass tents that are completely bug proof and sealed. We will provide comfortable foam mattresses and you are required to bring a 4 season sleeping bag (it gets cold at night in the desert). Most venues have hot showers and toilets. Tsodilo Hills had cold showers in 2008 but it is quite possible that it will be upgraded by our visit.

We will visit the Kalahari Desert in the southern winter where the risk from creepy crawlies and mosquitoes is very low. We will give you advice on taking malaria precautions although we do not take any ourselves. This is a personal choice. There are no other prevalent diseases in Botswana other than Aids. Again we will offer sound advice although, outside of intimate relations with local people (definitely not allowed among our San hosts), we will bring our own needles in case of medical emergencies. The Desert is quite safe although we do carry a fully comprehensive medical kit including antibiotics. We also carry a satellite phone at all times and are in 24/7 range for Medical Rescue International to airlift patients out within hours should this unlikely necessity arise. Such precautions are way over the top for the area we are visiting but this is something we offer to reassure you anyway. If you ever dreamed of coming to Africa, safely, this is your chance.