



WELLNESS *in the Wild* INFORMATION PACK

8 – 16 May 2026 | Nairobi – Nanyuki – Tumaren Ranch, Kenya | Max 10 Guests

Cost per person: US\$6090 (Single Supplement: \$910)

Limited Availability—Contact **catherine@purewilderness.com** to reserve your spot

Created by Pure Wilderness, Serenity Spa, Karisia Walking Safaris & Vic Hodgson



PILATES SAFARI ITINERARY

Over the next 8 days we will bring you into balance with nature on this extraordinary journey that blends adventure and holistic well-being.

DAY 1: FRIDAY, 08TH MAY 2026

Arrive in Nairobi, transfer to your hotel to settle in, unwind, and prepare for an extraordinary journey ahead.

Note: Evening arrivals on day 1 are recommended, however if your flight arrives in the morning of day 2, a night of accommodation will be provided at the end of the trip.

Overnight: Luxury Hotel – Nairobi

Meals: N/A (evening arrival)

DAY 2: SATURDAY, 09TH MAY 2026

Begin your journey of nourishment at Brown's Food Co – explore regenerative farming and enjoy a seasonal 3-course lunch crafted from local produce.

In the afternoon, surrender to deep relaxation with a full-body massage and Gua Sha facial at Serenity Spa – designed to renew and restore.

End the day with a lively evening at Nairobi Street Kitchen, offering a vibrant mix of global street food.

Overnight: Luxury Hotel – Nairobi

Meals: Breakfast, Lunch & Dinner

DAY 3: SUNDAY 10TH MAY 2026

This morning, choose your adventure:

Kiambethu Tea Farm: Wander through tranquil tea fields, stroll the indigenous forest, and enjoy lunch with panoramic views and Colobus monkey sightings.

Tigoni Tea Hike: Take a guided trek through scenic farmland followed by a slow lunch at Fig & Olive (*minimum 6 guests*).

In the afternoon, drop into stillness with a 2-hour Breathwork Workshop, designed to reset your focus and energy.

Evening at leisure – explore local dining spots at your own pace.

Overnight: Luxury Hotel – Nairobi

Meals: Breakfast & Lunch

DAY 4: MONDAY, 11TH MAY 2026

Transfer by road to Nanyuki (approx. 3.5 hours from Nairobi), located at the foot of Mt. Kenya.

Visit Tambuzi Flower Farm, a carbon-neutral rose farm known for its beautifully scented garden roses.

Enjoy a nutritious lunch at Antonia's Kitchen, then choose between a calming yoga session or a walk to the historic Mau Mau Caves.

Overnight: Soames Hotel – Nanyuki

Meals: Breakfast, Lunch & Dinner

DAY 5: TUESDAY, 12TH MAY 2026

Start the day with a classic safari experience and an early game drive through Ol Pejeta Conservancy to spot the Big Five. Transfer to Tumaren Conservancy for the start of your Pilates retreat.

After lunch, unwind and take in your stunning surroundings before gathering for your first Classical Pilates session a unique experience, moving out on the African landscape while welcoming the night skies and the sounds of the bush. Be prepared to fully immerse yourself in a transformative movement practice, surrounded by natural beauty.

Overnight: Tumaren Satellite Camp (mobile camp)

Meals: Breakfast, Lunch & Dinner

DAY 6: WEDNESDAY, 13TH MAY 2026

Begin your morning with a movement session to elevate your energy and wellbeing.

After a light breakfast, set off on a walking safari, learning about the plants, birds, and wildlife of the area. Enjoy lunch by the river before returning to camp for a restful afternoon.

In the evening, gather for a Pilates session focused on restoring natural movement, followed by dinner under the stars.

Overnight: Tumaren Satellite Camp (mobile camp)

Meals: Breakfast, Lunch & Dinner



DAY 7: THURSDAY, 14TH MAY 2026

Start the morning with a mindful Pilates session, focusing on natural movement, strength, and stillness.

Later, enjoy a scenic walk supported by camels as you make your way to Tumaren Camp, your new base for the next two nights.

On arrival, unwind with a spa treatment, relax by the pool, or spend time by the nearby waterhole watching wildlife in their natural rhythm.

Overnight: Tumaren Camp

Meals: Breakfast, Lunch & Dinner

DAY 8: FRIDAY, 16TH MAY 2026

Begin the day with a morning Pilates flow, designed to centre the body and mind.

Later, take part in a traditional beading activity with members of the Samburu community – a meaningful cultural exchange.

Spend the afternoon at your leisure: enjoy a spa treatment or relax by the pool or waterhole.

As the sun sets, join one final Pilates session to reflect on your journey and close the day with breathwork and stillness.

Overnight: Tumaren Camp

Meals: Breakfast, Lunch & Dinner

DAY 9: SATURDAY, 17TH MAY 2026

Enjoy a slow morning at camp or take part in one final Classical Pilates session with Vic.

After your charter flight back to Nairobi, stop at Tin Roof Café for lunch and, if you wish, visit House of Treasures — a boutique store with curated Kenyan design and gifts.

Spend the afternoon at Serenity Spa with a full treatment: body scrub, massage, steam and sauna. In the evening, gather for a final farewell dinner before your international departure.

Note: For those who arrived on the morning of Day 2, an overnight stay at an Airport Hotel (JKIA) will be arranged.*

*Overnight: Airport Hotel **

Meals: Breakfast, Lunch & Dinner

Please note this is a draft itinerary and is subject to change at the discretion of the organisers





YOUR TEACHER

Victoria Hodgson

Victoria Hodgson brings a wealth of experience, passion, and international expertise to every Pilates session. Victoria first began her Pilates journey in 1999 and has since taught across Europe, Africa, and the US.

Her background in anatomy and movement science, along with advanced classical Pilates training, allows her to guide clients of all levels with skill and empathy. Whether working with athletes, post-rehab clients, or wellness seekers, Victoria's approach is both intuitive and deeply informed.

Now based in Kenya she leads her innovative #PilatesOnSafari retreats—bringing wellness into the heart of the African bush.

"Her Exceptional Knowledge & Professional Approach and commitment to helping me has allowed me to claim my body back."

TESTIMONIAL – KENYA 2022



Included

Accommodation* x 8 nights (Nairobi x 3 nights, Nanyuki x 1 night, Tumaren x 2 nights in the mobile camp and 2 nights in the tented camp)

All meals (excluding dinner on one free evening in Nairobi)

Airport transfers, transfer to Nanyuki and Tumaren by road, charter flight from Tumaren to Nairobi

Guided tours and activities in Nairobi and Nanyuki

Pilates, breathwork and Mindfulness sessions with Vic Hodgson x 7 sessions

Spa treatments x 2 at Serenity Spa & 1 at Tumaren

Breath workshop

AMREF Flying Doctors cover

Conservancy fees for Ol Pejeta Conservancy & Tumaren Ranch

*Accommodation based on shared occupancy. Single supplement payable for private room (subject to availability)

Not included

International flights

Visas

Medical & travel insurance (mandatory)

Tips & gratuities (recommended \$30 per day)

Items of a personal nature, purchases, additional meals

Dinner on Day 3

Please see full terms and conditions. By booking this trip you have agreed to the applicable terms and conditions.





Tumaren Camp



Serenity Spa, Tigoni



Tumaren Satellite Camp (Mobile Camp)

