Sacred Africa

A JOURNEY OF TRANSFORMATION, NATURE & CONNECTION

13 March - 24 March 2027

12 days / 11 nights | South Africa

A journey into presence

From a peaceful mountain retreat to the open landscapes of the Overberg and the beauty of the Cape coastline, Sacred Africa brings together preparation, sacred ceremony, integration, healing with horses and time in nature.

Held by Sonette & Tracy

An intimate group of 8-10 guests, accompanied by two facilitators.

Space to reconnect

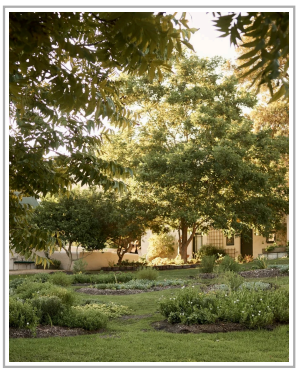
The journey begins quietly, with time to arrive, set intentions and rest. It then unfolds into wildlife connection, coastal villages, mountain views and the beaches of Noordhoek.

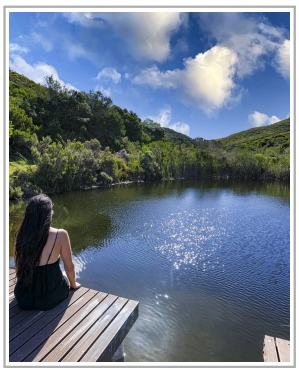
A thoughtfully paced programme

Our Cape Town days offer a balance of shared experiences and personal choice. Together we will shape the optional outings around the group's interests, energy and the weather.

Your proposed journey

Activities, accommodation arrangements and timings remain subject to final confirmation. This itinerary does not represent confirmation of individual bookings.







Your journey at a glance

ONE JOURNEY | FOUR CONNECTED EXPERIENCES

01 | Mountain retreat

13-17 March | Four nights at a mountain retreat centre.
Preparation, intention setting, proposed iboga ceremony, supported rest and integration.

02 | Healing with Horses

17 March | WindHorse Ranch, Napier.
A guided 2-3 hour experience exploring presence, trust and connection, followed by a late lunch / early dinner at Ficks in Hermanus.

03 | Wildlife connection

17 March-19 March | Two nights at Cornellskop Country Stays.
Country accommodation, animal encounters and safari experiences. A proposed evening game drive on 17 March is subject to confirmation.

04 | Cape Town & Noordhoek

19-24 March | Five nights at Monkey Valley Resort, Noordhoek.
A scenic coastal arrival, penguins, Table Mountain, Drumstruck and flexible local exploring, ending with the 23 March closing Sound Journey.







Arriving & travelling together

TRAVEL ESSENTIALS

Saturday 13 March | Getting to the retreat

The mountain retreat centre is approximately 90 minutes outside Cape Town. You are welcome to make your own way or join the Revela team. If travelling in your own car, please ask us for directions.

Wednesday 24 March | Departure

The organised journey ends with breakfast, checkout and scheduled transfers to Cape Town International Airport. You are welcome to extend your stay independently.

Join the Revela team | Transfers included

If you would like to travel with us, please let us know so we can arrange your pickup. We leave Cape Town on 13 March and can collect you at Cape Town International Airport, a hotel in Cape Town, or in Hermanus. Pickup times and meeting points will be coordinated in advance.
Scheduled transfers and transport for the core group programme are included. Uber is a popular way to get around Cape Town and the surrounding areas, and car rentals can be inexpensive. Independent car hire and Uber journeys are at your own expense.

The rhythm of the retreat

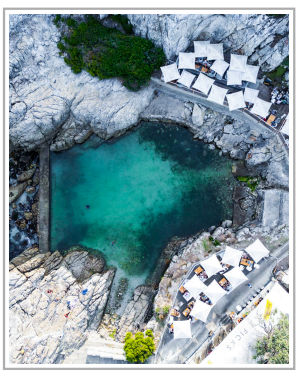
Opening days focus on preparation, ceremony, rest and integration. The proposed iboga ceremony is subject to medical screening and approval. Meals, fasting, hydration and recovery support follow the agreed individual care plan.

A little flexibility

Exact departures, activity times and room allocations will be shared once finalised. The coastal transfer on 19 March is a full travel day; stops may be shortened to suit travel conditions and the group.







Arrival, intention & rest

13-15 MARCH | MOUNTAIN RETREAT CENTRE

13 March (Saturday) | Arrival & Preparation

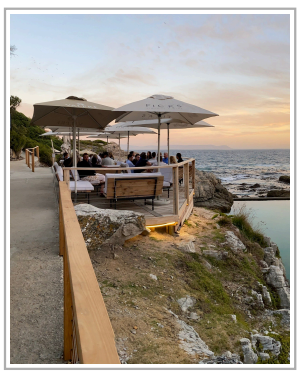
Make your own way to the mountain retreat centre, or join the Revela team on the arranged transfer.
Settle in, relax and explore the grounds.
5:00 pm: Group meditation and preparation discussion in the yoga shala.
7:00 pm: Dinner.
Opening circle around the bonfire on the evening of 13 March.

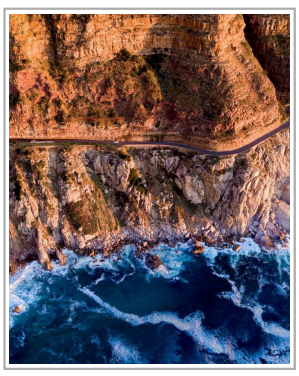
14 March (Sunday) | Intention & Ceremony

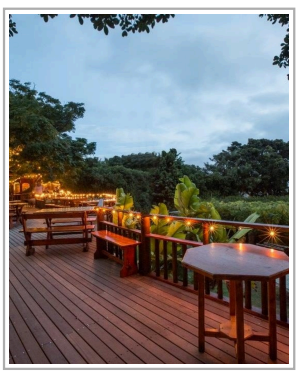
8:00 am: Breakfast, followed by meditation and intention setting.
Hand in devices to begin the digital detox.
Silence, rest and quiet preparation; meals and fasting according to the agreed protocol.
Evening: Iboga ceremony, subject to medical screening and approval.

15 March (Monday) | Day of Rest and Reflection

A dedicated day of rest, silence and recovery, with individual support and gentle integration.
Most participants may not feel like eating on this day. Fruit and/or bone broth will be available if required, according to individual needs and the agreed care plan.
Hydration and ongoing support.







Integration & connection

16-17 MARCH | FROM MOUNTAIN TO COUNTRY

16 March (Tuesday) | Sound Journey & Closing

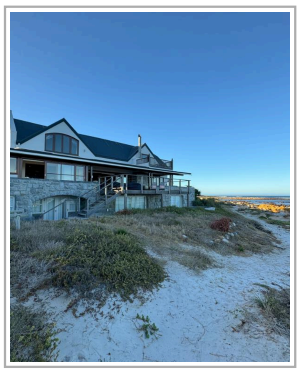
8:00 am: Breakfast in silence.
9:00 am: Sound Journey.
Sharing and integration circle following the Sound Journey.
Lunch, followed by rest, journalling and time in nature.
6:00 pm: Dinner.
After dinner: Bonfire meditation and ceremony closing circle.

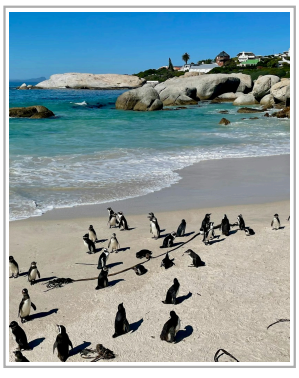
17 March (Wednesday) | Healing with Horses

Check out of the mountain retreat centre and depart for breakfast at Ou Meul; timings to be finalised.
11:00 am: Healing with Horses at WindHorse Ranch, Napier - a guided 2-3 hour experience.

Hermanus & Cornellskop

Late lunch / early dinner at Ficks, on the water in Hermanus, at guests' own expense.
Continue to Cornellskop Country Stays for a late check-in.
Proposed evening game drive at the animal rehabilitation farm, with a light dinner / picnic. The drive, picnic arrangements and timing are subject to confirmation with Cornellskop.







Meeting the wild ones

18 MARCH | CORNELLSKOP COUNTRY STAYS

18 March (Thursday) | Animals & Safari

Breakfast feast together at our accommodation.
Animal encounters and a safari experience at Cornellskop; timing and format are subject to confirmation with the centre.

Wildlife connection

Potential encounters include meerkats, cheetahs, hyenas, lions and caracals, depending on the centre's programme. Particular animals and encounters cannot be guaranteed.

Time for integration

Help-yourself lunch and stocked snacks, with rest, reflection and integration between activities. Final meal arrangements will follow the confirmed Cornellskop programme.

Evening

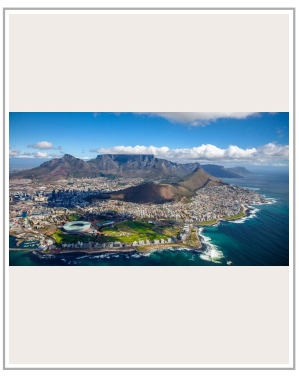
Dinner at a local wine farm or restaurant, at guests' own expense, then overnight at Cornellskop Country Stays.

Our two-night country stay

Our planned stay runs from 17 March to 19 March. Guest and facilitator room allocations will be confirmed directly with the venue. Wildlife activities, accommodation arrangements and the proposed 17 March evening drive remain subject to confirmation.







The Cape coastline

19 MARCH | SCENIC ROUTE TO NOORDHOEK

19 March (Friday) | Coast, Villages & Penguins

Check out of Cornellskop Country Stays and stop at a farm stall for breakfast, at guests' own expense.
Take the coastal road via Betty's Bay and Pringle Bay, through the Hangklip area to Gordon's Bay.
Continue via Muizenberg to Kalk Bay, where we will stop for lunch at guests' own expense.
Travel through Glencairn to Simon's Town and visit the penguins at Boulders Beach.
Continue via Kommetjie, Sonette's hometown, to Noordhoek and check in at Monkey Valley Resort.

Cape Point Vineyards | Schedule to confirm

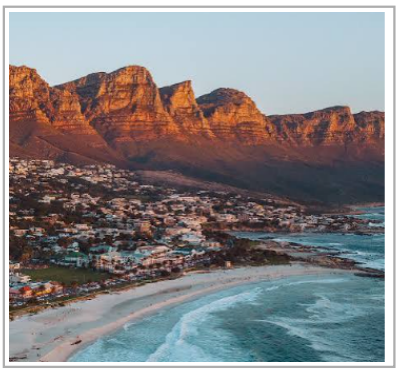
Our coastal arrival falls on Friday 19 March. The proposed Thursday Food Market visit does not align with the revised itinerary. A market visit would depend on confirmation of an alternative operating date; otherwise, we will enjoy dinner locally. All food, drinks and market purchases are at guests' own expense.

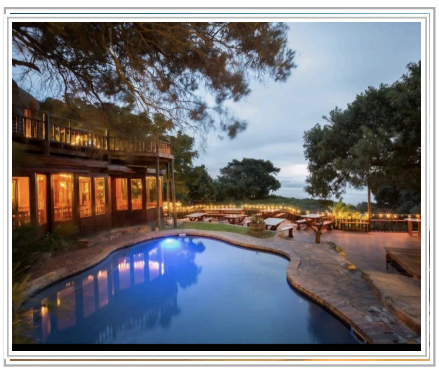
Our Cape Town home

Monkey Valley Resort, Noordhoek | 19-24 March.
Nestled among milkwood trees overlooking Noordhoek Beach, the resort offers a coastal base for our final five nights. The plan is for each guest to have a private bedroom and bathroom; some accommodation may be in shared cottages, subject to final room allocations.

A full travel day

Departure and stops will be coordinated to allow for the journey, penguin visit and proposed market outing. Exact timings remain flexible.







Mountain, ocean & leisure

20-23 MARCH | A FLEXIBLE CAPE TOWN PROGRAMME

20 March (Saturday) | Settle into Noordhoek

Breakfast is included at Monkey Valley Resort. Enjoy time to rest, walk on the beach and explore the area.

Shared highlights | Dates to be arranged

Between 20 and 23 March, we plan to visit Table Mountain and enjoy Drumstruck, an African drumming experience. These are core programme activities; dates and bookings remain to be finalised.
Table Mountain Cableway tickets will be booked in advance to reduce ticket-purchase queues. Boarding waits may still apply; operation depends on weather and the cableway schedule.

Choose together | Optional outings

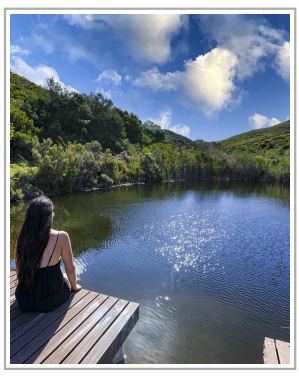
We will decide additional outings as a group, according to interests, energy and weather. Options include a Chapman's Peak hike for keen walkers, Noordhoek beach horse rides, beach walks, coastal exploring and shopping at the V&A; Waterfront.
Group outings selected as part of the retreat programme are included; restaurant meals are at guests' own expense.

Local dining

Noordhoek offers many restaurants. Options include French dining at Noordhoek Farm Village, Aegir within walking distance of Monkey Valley, and breakfast at Noordhoek Farmstall.
All restaurant dinners are at guests' own expense. Optional restaurant breakfasts and lunches are also at guests' own expense.

Your package

All programme arrangements are included, except meals eaten at restaurants after leaving the mountain retreat centre. Personal travel and extras are excluded as detailed in your package.







Closing the journey

22-24 MARCH | INTEGRATION, CELEBRATION & DEPARTURE

22 March (Monday) | Leisure & Integration

A leisurely day for beach time, rest and personal integration. Optional local outings can be chosen together as part of the included group programme. The timing of Table Mountain and Drumstruck will fit within the flexible 20-23 March programme.

23 March (Tuesday) | Closing & Beach Celebration

Closing integration circle for the full journey.
5:30 pm: Proposed departure for Secret Beach, Cape Town.
6:00 pm: Sunset Sound Journey at Secret Beach.
Conscious dance, African drumming and fire dancing are also proposed, subject to permissions, performer availability and weather. Final location and timings will be confirmed.

Space for personal choice

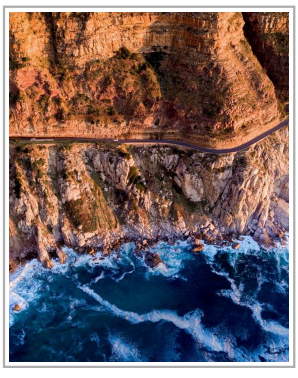
An optional Cape Point outing or other local experience may be arranged as part of the included group programme if the group wishes. Any optional plans will allow time for the closing circle and Sound Journey.

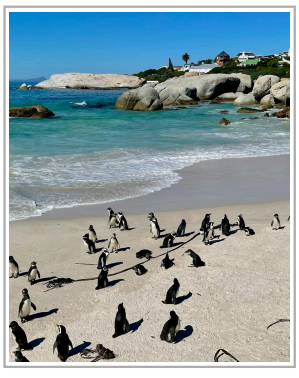
24 March (Wednesday) | Departure

Closing breakfast, checkout and scheduled transfers to Cape Town International Airport. Fly home or continue your South African travels independently.

Meals during our Cape Town stay

Breakfast at Monkey Valley is included. Restaurant dinners, optional meals elsewhere, drinks and personal purchases are for guests' own accounts.







Your proposed package

INCLUSIONS & PERSONAL EXPENSES

All programme arrangements included

All accommodation, programme activities, group excursions, scheduled transfers and meals are included, except meals eaten at restaurants after we leave the mountain retreat centre on 17 March.
11 nights' accommodation: four at the mountain retreat centre, two at Cornellskop Country Stays and five at Monkey Valley Resort, subject to final room arrangements.
Preparation, proposed iboga ceremony (subject to screening and approval), rest and integration support.
Sound Journey, Healing with Horses, planned Cornellskop wildlife activities, Boulders Beach entry, Table Mountain Cableway and Drumstruck.
Group outings selected together during the flexible Cape Town programme.
Breakfast at Monkey Valley Resort and planned on-site meals and snacks at Cornellskop.
The 23 March closing Sound Journey; additional celebration elements remain subject to confirmation. The 17 March evening drive and light dinner / picnic also remain subject to confirmation.

Restaurant meals | Guests' own account

After leaving the mountain retreat centre, all meals eaten at restaurants are at guests' own expense. This includes breakfast stops, Ficks in Hermanus, the farm-stall breakfast on 19 March, lunch in Kalk Bay and other restaurant meals. Food and drinks bought at a market are also at guests' own expense.

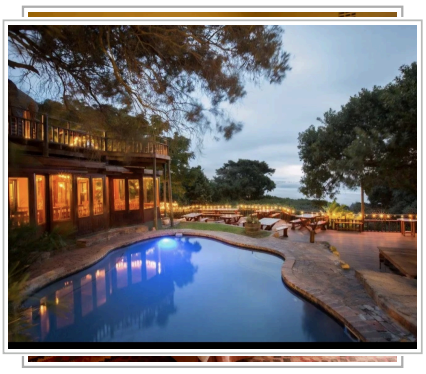
Personal travel & extras

International flights, travel insurance, independent extensions, personal shopping and extras, independent car hire, fuel, parking and Uber journeys are not included. Scheduled Revela group transfers are included.

Final arrangements

Planned inclusions do not represent confirmation of individual bookings. Final reservations, meal arrangements and activity timings will be shared before travel.







Preparing for your journey

PRACTICAL DETAILS & NEXT STEPS

What to bring

Natural mosquito repellent; natural sunscreen and a hat; a notebook and pen for journalling; a swimming towel and bathing suit; comfortable clothing and walking shoes; something warm, as evenings can be cool; a light rain jacket; and personal toiletries and essentials. A small watch or clock may be useful during the digital detox. Pack light and be prepared for changeable Cape weather.

Before you book travel

Please coordinate arrival and departure times with the facilitators. Room allocations, reservations, deposit and cancellation terms, dietary requirements and the final activity schedule will be provided once finalised.

A few details still to confirm

The proposed 17 March evening game drive and light dinner / picnic; a possible alternative date for the Cape Point Vineyards market; wildlife activity times; Table Mountain and Drumstruck bookings; and the permissions, location and performers for the closing beach celebration.

Your next step

For retreat enquiries and to explore whether this journey is right for you:
revelaretreats.com/book

A note on the photographs

The photographs are retained from the original Sacred Africa proposal. They are illustrative and do not confirm accommodation reservations, particular wildlife encounters or activity bookings.

