

10Nts Zambia & Cape Town Wellness 2026

Prepared By: Cindi LaRaia on Aug 25, 2025



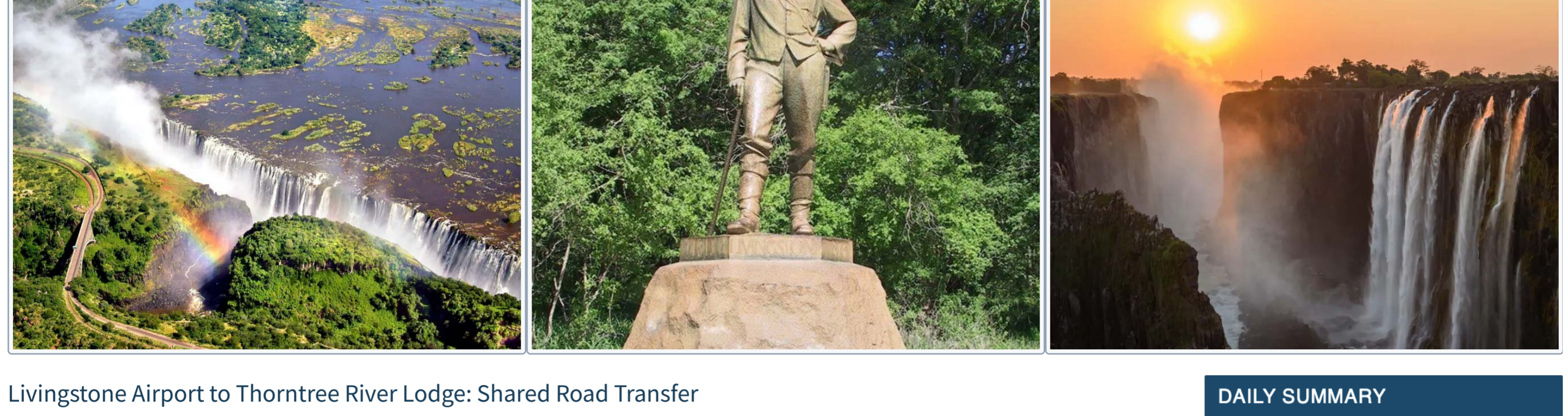
10Nts Zambia & Cape Town Wellness 2026

Quick Summary

Day	Description	Accommodation
Day 1	Livingstone	Thorntree River Lodge
Days 2 - 3	Livingstone	Thorntree River Lodge
Day 4	Lower Zambezi National Park	Lolebezi
Days 5 - 6	Lower Zambezi National Park	Lolebezi
Day 7	Cape Town	Belmond Mount Nelson
Days 8 - 10	Cape Town	Belmond Mount Nelson
Day 11	Last Day	

Itinerary Detail

Day 1: Livingstone



Livingstone Airport to Thorntree River Lodge: Shared Road Transfer

Pickup: Livingstone Airport
Dropoff: Thorntree River Lodge

Livingstone

As light fades from the majestic African sunset, you greet the night, sundowners in hand. Cruising along the Zambezi River, the hippos and crocs spectators to your passage, it is clear that this is where you are meant to be, a visitor paying tribute to the greater scheme of things, for a time written in to the story.

In his search for "the Smoke that Thunders" David Livingstone discovered one of the most majestic sights in the world and to this day, the spectacular Victoria Falls has the power to leave man speechless with its beauty. It is beside this World Heritage Site that the quaintly colonial, Livingstone Town was born. As a popular entry point into Zambia it offers the intrepid traveller an adventure destination and ideal jumping off point to some of the most untouched game parks available.

Livingstone provides the same escapades which make Victoria Falls so appealing: heart-stopping white water rafting, bungee jumping and glorious aircraft flips over the falls. The sprawling town of Livingstone is home to vibrant markets and museums dedicated to the local culture, history and rich railway heritage.

Overnight at Thorntree River Lodge (Suite - Fully Inclusive)

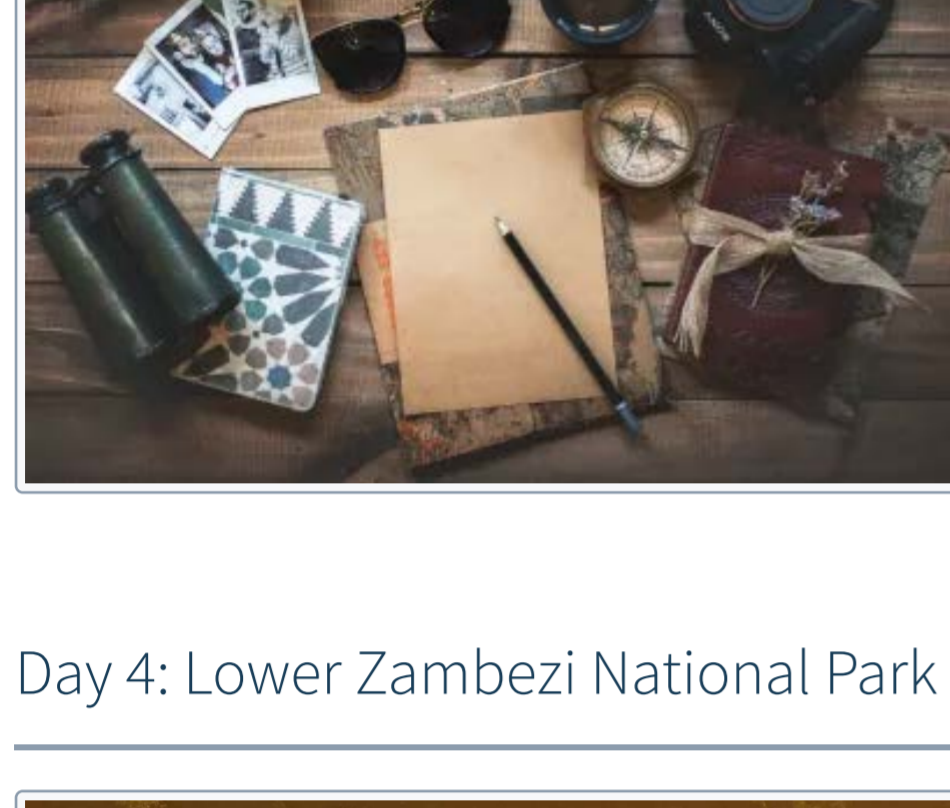
Includes: All meals, local brand drinks, 2 scheduled camp activities daily, return road transfers from Livingstone Airport (not guaranteed on a private basis), National Park fees and laundry. **Lodge Activities:** All entrance fees and park fees are included for the following activities: Game drives in Mosi-oa-Tunya National Park, rhino tracking, visit to Maunga Village, Damwa market and David Livingstone museum, a visit to Zambian side of the Falls, a visit to the Zimbabwean side of the Falls in low water season (excludes visa fees), upper Zambezi river cruises, upper Zambezi river canoeing, catch & release fishing (seasonal).

***Extras included:** 3 x Conservation Levy

DAILY SUMMARY

- **Transfers:** Livingstone Airport to Thorntree River Lodge: Shared Road Transfer
- **Accommodation:** Thorntree River Lodge
- **Meals:** D

Days 2 - 3: Livingstone



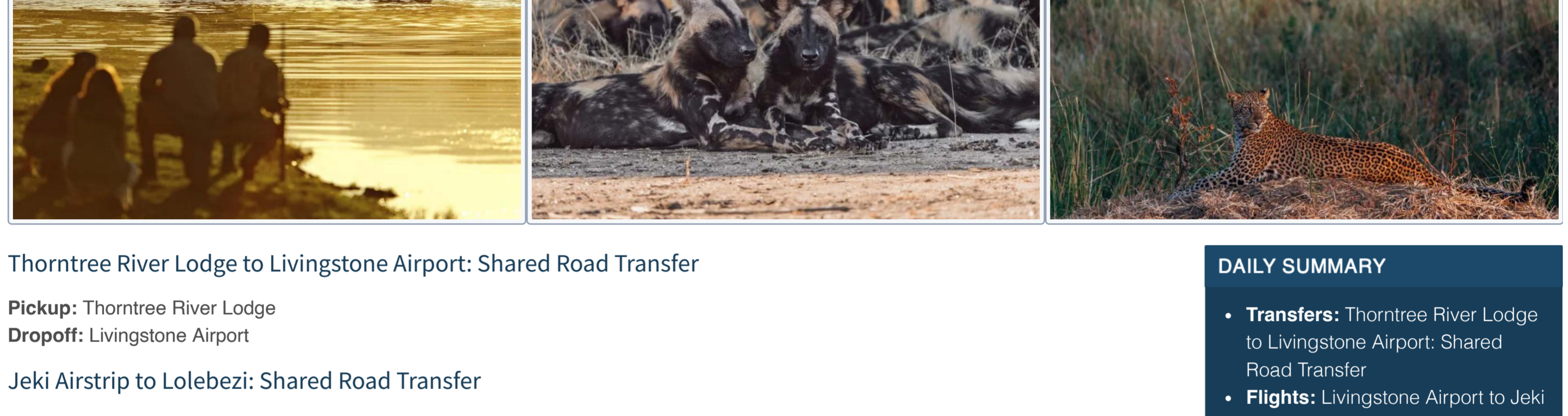
At Leisure

Today, you have the option to explore the area on your own or simply relax and enjoy the facilities available at your accommodation.

DAILY SUMMARY

- **Itinerary:** At Leisure
- **Accommodation:** Thorntree River Lodge
- **Meals:** B, L, D

Day 4: Lower Zambezi National Park



Thorntree River Lodge to Livingstone Airport: Shared Road Transfer

Pickup: Thorntree River Lodge
Dropoff: Livingstone Airport

Jeki Airstrip to Lolebezi: Shared Road Transfer

Pickup: Jeki Airstrip
Dropoff: Lolebezi

Lower Zambezi National Park

Zambia is a landlocked country of remote national parks and fascinating history. Forming its southern boundary, the mighty Zambezi River cuts its way across the land, creating a wealth of verdant vegetation and sustaining the country's rich wildlife. Stretching from the life-affirming waters and riverine foliage, the Lower Zambezi National Park extends through mopane forests, floodplains and the game-rich valley floor, and onwards to the natural barrier of the northern escarpment.

A relatively undeveloped national park and the youngest in the country, the Lower Zambezi lies across the river from Zimbabwe's Mana Pools, and together they form a massive wildlife sanctuary. Bigger mammals, predators, elephant herds and plains game are attracted to the valley and game viewing is particularly good during the winter months (June to September). Crocodiles and hippo dominate the waters, and along the Zambezi banks, the canopy of ebony and fig trees are alive with the constant movement and calls of numerous avian species. Summer offers avid birders sightings of the Nanina Trogon and an array of brightly coloured birds and the area is known for its superb birding. Although not a big 5 destination (no rhino) the Lower Zambezi National Park offers an exceptional safari experience, with walking safaris, fantastic tigerfishing, game drives and canoeing adding to the allure. Oddly enough giraffe are completely absent from Lower Zambezi with no record of them ever having lived here.

Overnight at Lolebezi (Luxury Suite - Fully Inclusive)

Includes: All meals, local brand drinks, 2 scheduled camp activities daily, shared Jeki Airstrip transfers, Royal Airstrip transfers (emerald season only), National Park fees and laundry. **Camp Activities:** Morning & afternoon game drives, canoeing safaris (subject to availability), walking safaris, boating, catch & release shore fishing (seasonal)

***Extras included:** 3 x Conservation Levy

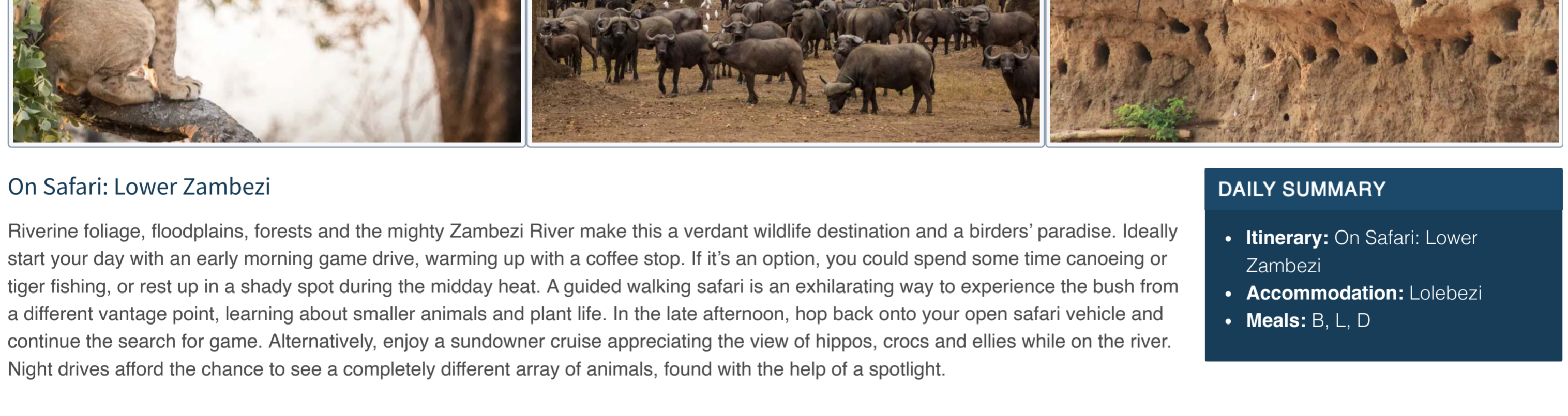
DAILY SUMMARY

- **Transfers:** Thorntree River Lodge to Livingstone Airport: Shared Road Transfer
- **Flights:** Livingstone Airport to Jeki airstrip: Scheduled Flight
- **Transfers:** Jeki Airstrip to Lolebezi: Shared Road Transfer
- **Accommodation:** Lolebezi
- **Meals:** B, L, D

LIVINGSTONE AIRPORT TO JEKI AIRSTRIP: SCHEDULED FLIGHT

Depart: Livingstone Airport via Lusaka
Arrive: Jeki Airstrip \ Excludes Airfare

Days 5 - 6: Lower Zambezi National Park



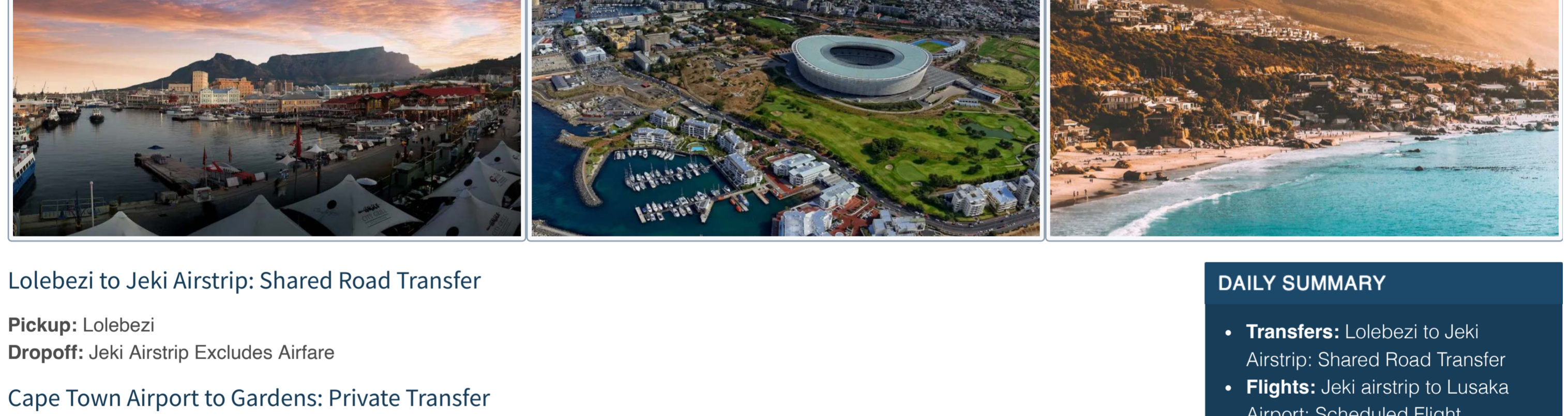
On Safari: Lower Zambezi

Riverine foliage, floodplains, forests and the mighty Zambezi River make this a verdant wildlife destination and a birders' paradise. Ideally start your day with an early morning game drive, warming up with a coffee stop. If it's an option, you could spend some time canoeing or tiger fishing, or rest up in a shady spot during the midday heat. A guided walking safari is an exhilarating way to experience the bush from a different vantage point, learning about smaller animals and plant life. In the late afternoon, hop back onto your open safari vehicle and continue the search for game. Alternatively, enjoy a sundowner cruise appreciating the view of hippos, crocs and ellies while on the river. Night drives afford the chance to see a completely different array of animals, found with the help of a spotlight.

DAILY SUMMARY

- **Itinerary:** On Safari: Lower Zambezi
- **Accommodation:** Lolebezi
- **Meals:** B, L, D

Day 7: Cape Town



Lolebezi to Jeki Airstrip: Shared Road Transfer

Pickup: Lolebezi
Dropoff: Jeki Airstrip Excludes Airfare

Cape Town Airport to Gardens: Private Transfer

Pickup: Cape Town Airport
Dropoff: Belmond Mount Nelson

Cape Town

Scenically beautiful, Cape Town is a compelling mix of trendy modern and old-world elegance. Glamorous hotels, world-class dining and stunning vistas merge seamlessly with dynamic student suburbs and vibrant nightlife. Malay and African heritage is evident in the cuisine, traditions and entertainment while the architecture reveals a strong Dutch, German and English flavour and style. Contemporary art is proudly displayed in a variety of galleries and modern boutique hotels, and wine bars and brandy tasting lounges will appeal to the fashionably set. For the well-heeled the finest in opera, ballet, drama and music can be appreciated in style.

A short boat cruise to Robben Island, just over seven km's from Cape Town harbour, you can experience a sense of hopelessness inside the prison cell where South Africa's most beloved legend, Nelson Mandela spent 27 years hard labour. It is difficult to imagine how anyone could rise above the horror of incarceration to become arguably the most iconic and compassionate leader of our era.

An exciting trip up Table Mountain in a cable car provides panoramic views over the "Mother City" and other attractions include the Cultural History Museum, the Castle of Good Hope and the world-renowned Kirstenbosch Botanical Gardens. Greenmarket Square's local crafts markets and the Bo-Kaap's colourful Cape Malay buildings add a sense of authenticity to your trip, and Long Street's vibrant restaurants, bars and clubs come alive after dark. Perhaps wandering around the Victoria and Alfred Waterfront, a working harbour and hub of entertainment and shopping opportunities.

Overnight at Belmond Mount Nelson (Superior Room - Bed & Breakfast)

Includes: Breakfast

DAILY SUMMARY

- **Transfers:** Lolebezi to Jeki Airstrip: Shared Road Transfer
- **Flights:** Jeki airstrip to Lusaka Airport: Scheduled Flight
- **Flights:** Regional Scheduled Flight
- **Transfers:** Cape Town Airport to Gardens: Private Transfer
- **Accommodation:** Belmond Mount Nelson
- **Meals:** B

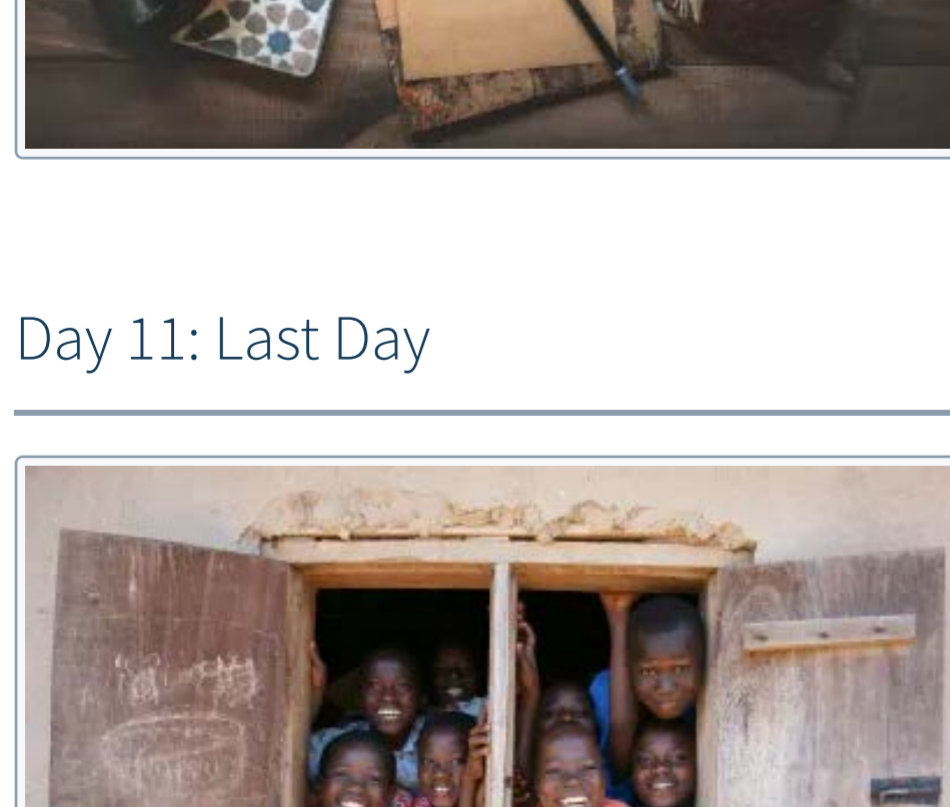
JEKI AIRSTRIP TO LUSAKA AIRPORT: SCHEDULED FLIGHT

Depart: Jeki Airstrip
Arrive: Lusaka Airport
Excludes Airfare

REGIONAL SCHEDULED FLIGHT

Depart: Lusaka via Johannesburg OR Tambo IAPT
Arrive: Cape Town
Excludes Airfare

Days 8 - 10: Cape Town



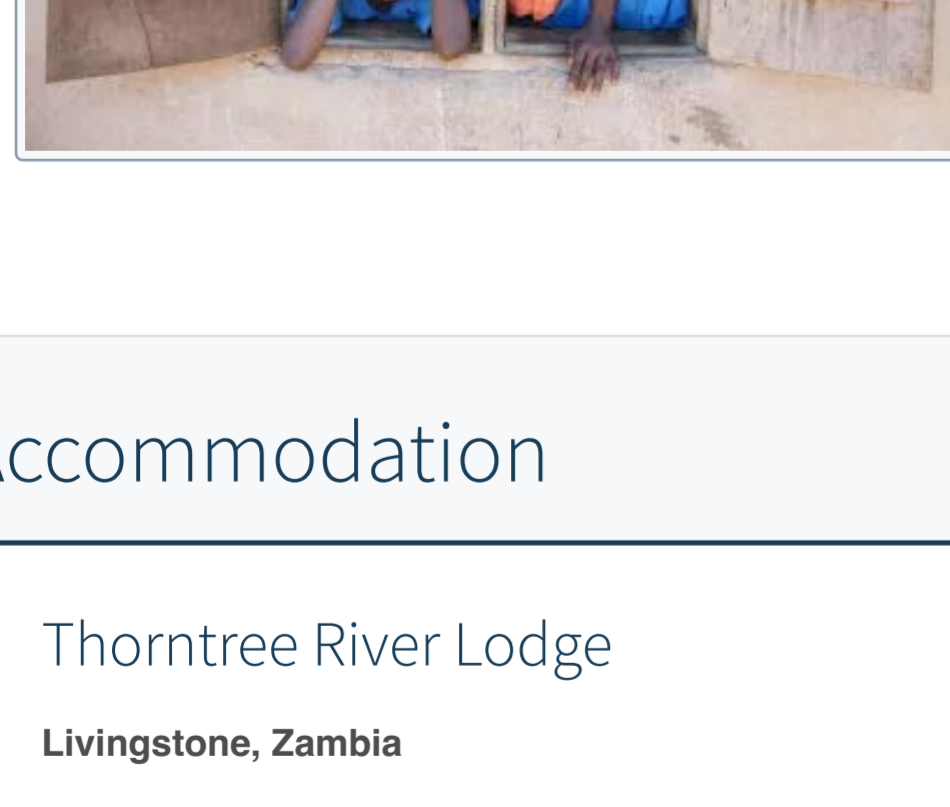
At Leisure

Today, you have the option to explore the area on your own or simply relax and enjoy the facilities available at your accommodation.

DAILY SUMMARY

- **Itinerary:** At Leisure
- **Accommodation:** Belmond Mount Nelson
- **Meals:** B

Day 11: Last Day



Gardens to Cape Town Airport: Private Transfer

Pickup: Belmond Mount Nelson
Dropoff: Cape Town Airport

Farewell, Totsiens, Hamba kahle

Today you say your fond farewells as you make your way back to the airport to begin your journey home or on to your next destination. We hope you've had a wonderful and unforgettable stay in Southern Africa!

DAILY SUMMARY

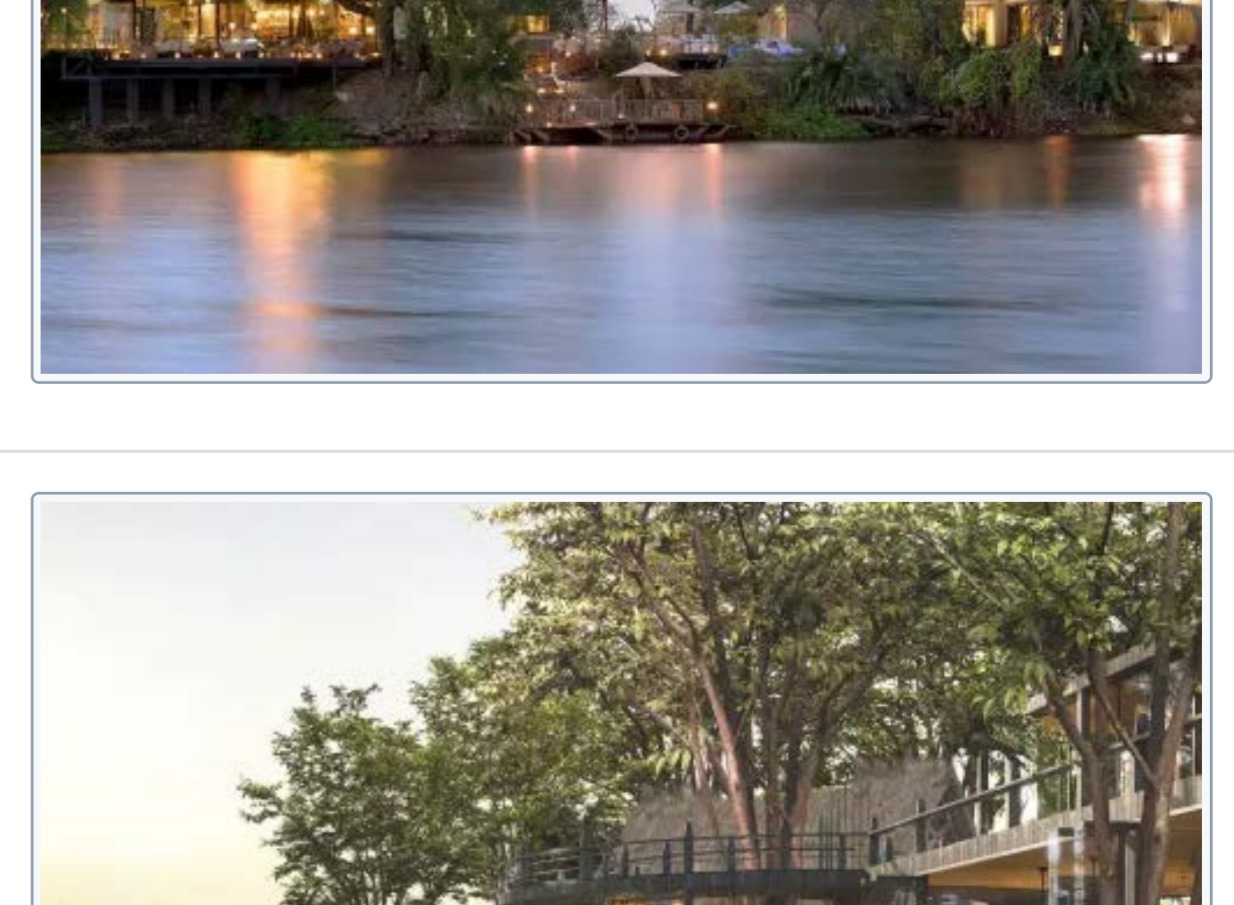
- **Transfers:** Gardens to Cape Town Airport: Private Transfer
- **Itinerary:** Farewell, Totsiens, Hamba kahle
- **Meals:** B

Accommodation

Thorntree River Lodge

Livingstone, Zambia

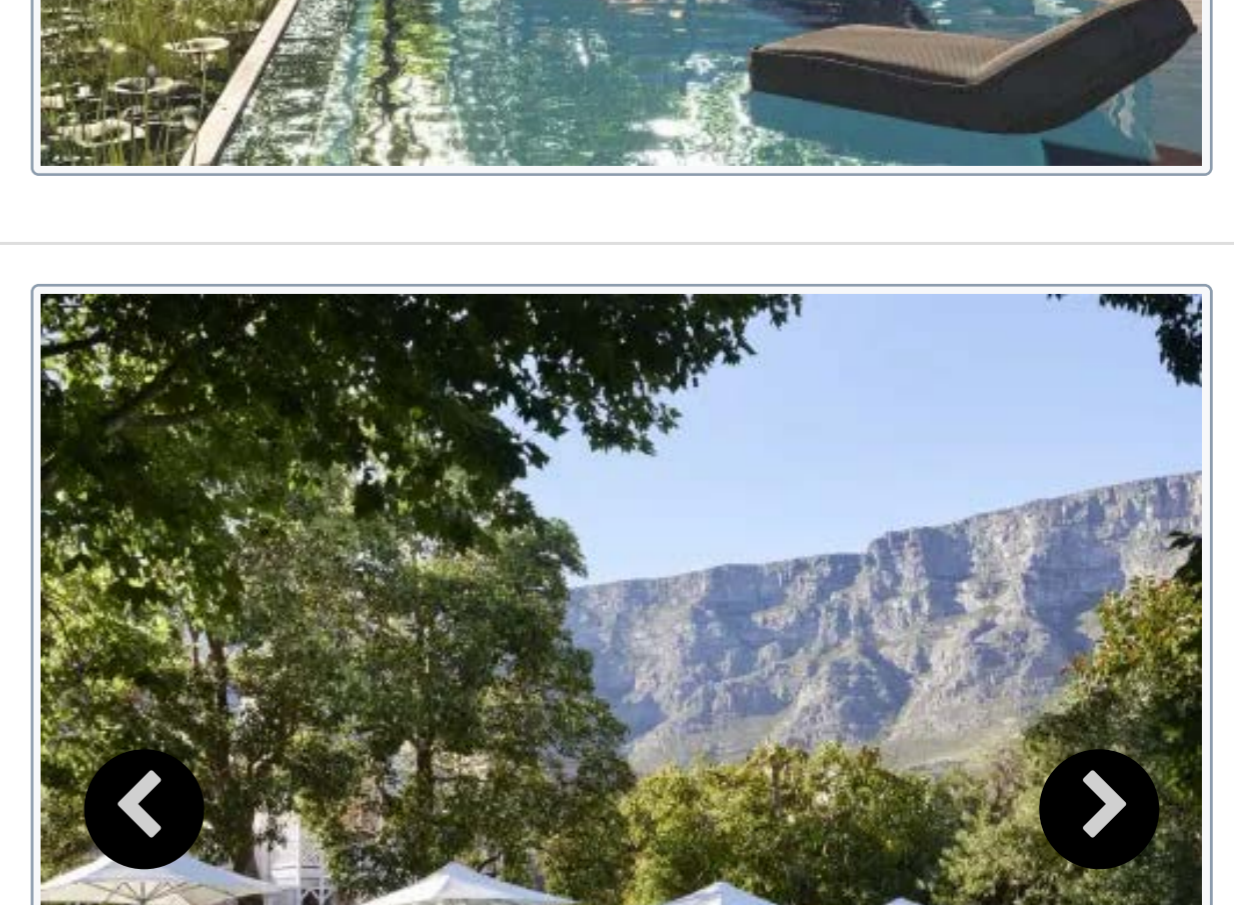
- A luxurious riverside lodge in the Mosi-Oa-Tunya National Park, on the banks of the Zambezi River
- 10 raised units have in- & outdoor bathrooms, lounges, terraces & private plunge pools
- Fresh, modern & environmentally conscious design, but maintains an authentic African feel
- Contemporary canvas roofs, open-plan living areas, spacious decks & stunning river vistas
- Fine cuisine is served in the dining area, which flows into a well-stocked cellar
- A wooden floating deck moves with the water level, a seamless integration of water & land



Lolebezi

Lower Zambezi, Zambia

- 1km of Zambezi River frontage located in Lower Zambezi National Park
- 4 spacious suites and 2 family suites with private plunge pools
- Contemporary in style incorporating a touch of luxury and elegance throughout
- With 5 hectares of unspoiled protected wilderness, set in an area of Acacia Forest
- A variety of activities from game drives, birding, fishing, walking, cultural visits & canoeing



Belmond Mount Nelson

Cape Town, South Africa

- Historic Grand Dame at the foot of Table Mountain, in the leafy Gardens suburb
- 198 rooms & suites: old-world charm, classic décor & attractive views
- One of the country's most iconic luxury hotels, nestled within stunning landscaped gardens
- Timeless elegance & colonial grandeur with a modern twist
- A tropical oasis in the midst of the dynamic city

