

Abercrombie & Kent

introducing wellness-inspired
luxury small group journeys





&

discover ancient and uplifting traditions in the very places they originated,
and find yourself moved on every level.



immerse yourself in culture and well-being on our newest journeys

At the heart of A&K's new wellness-inspired Luxury Small Group Journeys is a mission to reveal the world's most inspiring traditions and places in a way that authentically speaks to well-being. That means a perfect balance of deeply cultural and expertly led experiences in luxurious A&K style that also enrich the mind, body and spirit.

Today, I am pleased to introduce these new journeys, which combine culture and wellness as only A&K can. Travel to iconic destinations — Southeast Asia, India, Kenya and Peru — with a renowned A&K Resident Tour Director® and no more than 18 guests, all while immersing yourself in activities and ancient practices that promote mindfulness, health and well-being, as well as unhurried stays in breathtaking accommodations noted for their wellness offerings.

Join us on a new and unique path to wellness in 2019. Choose from available dates this fall and reserve your unforgettable journey today.



Geoffrey Kent
Founder, Chairman & CEO
Abercrombie & Kent

Follow @geoffrey_kent on Instagram

enrich the mind, body and spirit on our newest journeys



Introducing wellness-inspired Luxury Small Group Journeys that reveal authentically cultural, mindful and active connections to the world's most inspiring destinations.

uniquely cultural and expertly designed

A&K's new wellness-inspired journeys combine our signature travel experience with rich opportunities to engage the mind, body and spirit in meaningful ways. That means enjoying everything you've come to expect on our Luxury Small Group Journeys — intimate, culturally immersive and luxurious journeys led by an A&K Resident Tour Director — alongside wellness-focused experiences and deliberately relaxed stays that speak authentically to the places we visit.

immersing the mind and spirit in ancient traditions

From a guided meditation by a waterfall with a local expert in Luang Prabang to a shaman-led ritual honoring Mother Earth Pachamama in Peru's Sacred Valley to an ancestor ceremony on India's Ganges River, experience

the beautiful and timeless traditions that have shaped the cultures we explore. Inspiring private talks with local experts, such as on the healing properties of India's ayurveda and Peru's *ayahuasca*, provide further opportunities for an in-depth understanding of the timeless wisdom of each place.

designed to relax and replenish

Relish at least one included spa treatment during your journey, as well as a half day free of activities at each destination, offering you ample opportunities to relax and reflect. You'll also enjoy nourishing meals at your hand-selected accommodations that incorporate locally sourced, organic ingredients.

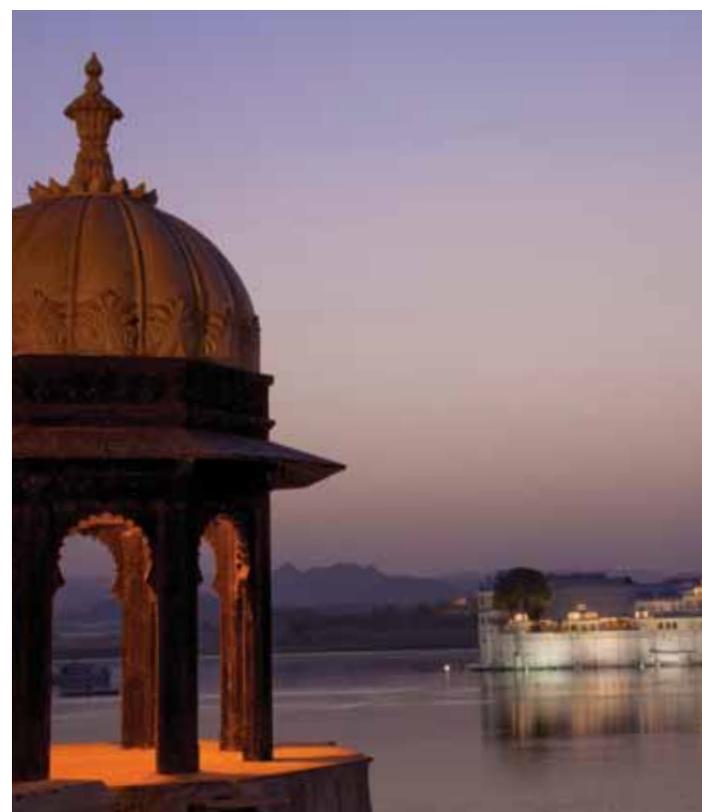
as active as you wish

Every journey comes with frequent opportunities to be active, all of which are always included and always optional. Choose, for example, gentle sunrise yoga; a refreshing bike ride through the temples of Siem Reap or Udaipur's countryside; a thrilling run with members of Kenya's Maasai tribe; or a hike to a towering peak rising over Machu Picchu.

inspiring transformations

Experience the benefits of giving back when you visit the special communities we partner with to empower lasting change. Look for this symbol  to identify the Abercrombie & Kent Philanthropy-supported projects you'll discover on your journey.





experience authentic cultural travel in superlative style



Expect A&K's signature small-group travel experience, the ultimate in insider access and every luxury down to the last detail on every wellness-inspired journey we lead.

authentic local experts at your side

Your wellness-inspired Luxury Small Group Journey is led from start to finish by a Resident Tour Director, a year-round resident with the kind of insight into local culture that only a true local can bring. Adding additional color to your journey are local experts on your destination's cultural and spiritual heritage, who help you to connect personally with every place you visit.

an ideal group size for a rejuvenating journey

Every journey features a small-group size of no more than 18 guests, opening up a world of inspiring opportunities to authentically connect with people and places off limits to large groups, and to reflect on your experiences among an intimate group of like-minded travellers. Enjoy

more one-on-one interaction with your Resident Tour Director, as well as access to off-the-beaten-path sites and luxurious accommodations only open to a small group.

adding the personal touch with design your day®

On a select day of every itinerary, look forward to making your experience that much more personal when you Design Your Day, choosing from three diverse activities ranging from spa treatments to active excursions.

thoughtful luxuries from start to finish

With A&K's exclusive Travelling Bell Boy® service, simply leave your packed bags behind in your room as you walk out the door, and find them waiting inside your room at your next accommodation. Every journey also includes

Traveller's Valet®, our exclusive, complimentary laundry service provided once per journey. Stay in touch with friends and family at home with complimentary Internet access during hotel stays. And twice during your journey, enjoy the opportunity to have continental breakfast served to you in the comfort of your hotel room. *Internet access subject to availability in some remote regions.*

private transfers and gratuities included

Private arrival and departure transfers are always included with your journey, regardless of when you choose to arrive or depart. Likewise, all of your gratuities are included, except one for your Resident Tour Director, which is at your sole discretion.

enjoy luxurious accommodations that enhance well-being



We choose the most remarkable hotels and boutique lodges, focusing on those with luxury wellness amenities and an ideal locale for tranquility, spiritual connection and natural immersion.

exceptional hotels with wellness in mind

Our local experts start by selecting the best hotels in every region, always synonymous with five-star style, and often a *Condé Nast Traveler Gold List* or *Travel + Leisure World's Best* property. We then go a step further wherever possible to choose accommodations with ideal locations and exceptional amenities that promote rejuvenation, mindfulness and tranquility.

ideal locations for reflection and connection

Imagine waking in your own private casita enveloped by the Sacred Valley on **Wellness Peru**; in a former palace overlooking the holy Ganges River, where locals partake in spiritual practice daily on **Wellness India**; or amid the faraway pathways of the Masai Mara in a luxury lodge

offering prime views of the resident wildlife on **Wellness Kenya**. On every wellness-inspired journey, expect stays in extraordinary and often intimate accommodations like these, always set in inspiring locales that are closest to the places you most dream of seeing.

beautiful spas honoring local traditions

As important as the setting and surrounds of your hotel are the offerings within. With relaxation and rejuvenation top of mind, A&K experts zero in on accommodations boasting the very best holistic spas, such as you'll find at Six Senses Krabey Island off the coast of Cambodia on **Wellness Southeast Asia**, where you can look forward to indulging in your choice of locally inspired treatments.

harmonious spaces and wellness amenities

We prioritize accommodations that bring a truly holistic dimension to your stay with an abundance of wellness amenities. Find everything from modern fitness centers and *hammams*, swimming pools, and restaurants sourcing their menu from an onsite organic garden to putting greens, croquet lawns, and scenic outdoor spaces, where you may take part in sunrise yoga or evening stargazing. With balance in mind, A&K wellness-inspired journeys also offer ample time on your own to enjoy these amenities at your leisure.





wellness-inspired luxury small group journeys



Cultural journeys designed to enrich the mind, body and spirit

10

wellness southeast asia | timeless rituals of indochina

18

wellness india | ancient traditions & inspiring icons

26

wellness kenya | cultures & wildlife

34

wellness peru | spirit of the incas





wellness southeast asia

timeless rituals of indochina

Delve into the enduring spiritual traditions of Thailand, Laos, Cambodia and Vietnam, immersing yourself in serene countrysides and relaxing on a luxurious private island.

13 Days | Priced from \$8,995 | Limited to 18 guests

Visiting Bangkok, Luang Prabang, Siem Reap, Krabey Island and Ho Chi Minh City



A&K Advantages

Take part in beautiful ceremonies that connect you to the ancient traditions of Southeast Asia, including a Laotian *baci* ceremony and an alms offering

Practice meditation in Luang Prabang alongside a scenic waterfall with a local teacher before enjoying a walk

Explore cinematic Siem Reap, venturing to its awe-inspiring temples on a *tuk-tuk* or bicycle

Choose from a selection of Laotian-inspired treatments delivered by skilled practitioners at Rosewood Luang Prabang's luxurious spa

Luxuriate on a private tropical island with a three-night stay on turquoise-water-fringed Krabey Island in southern Cambodia

Enjoy a meaningful visit to a rural village partnering with A&K Philanthropy to source clean water in Siem Reap

days 1-2: **Arrive Bangkok, Thailand**

Arrive in Bangkok and transfer to your luxury hotel on the Chao Phraya River. Discover this city of contrasts the next day, first with a visit to the exotically perfumed Pak Klong Talaat, Bangkok's largest and most colorful flower market. Next, make the pilgrimage — as many devout Buddhists do — to the eclectic Grand Palace, a sprawling complex of glittering halls and pavilions. Explore its spire-topped Throne Room and stunning Queen Sirikit Museum of Textiles. Ride a *tuk-tuk* to a local restaurant. Later, cruise the Chao Phraya on a local boat to a neighborhood temple, where you receive a blessing from a monk and discuss the importance of Buddhism in Thai culture. Continue to peaceful Kudi Jeen, one of Bangkok's most diverse communities. Walk to a family bakery where you taste a local specialty cake, and then stop at the community's church. Return to your hotel, with time to refresh before gathering for tonight's welcome dinner. *The Siam* | *Meals: B L D (Day 2)*

day 3: **Luang Prabang, Laos** | *A Traditional Welcome*

Fly to Luang Prabang and transfer to your stunning new hotel in a hilltop forest. Settle into your chosen accommodations, whether a Waterfall Pool Villa with its private plunge pool, rain shower outdoor bathtubs and oversized balcony, or a Hilltop Tent, a luxurious permanent-tented space set into the hill with stunning views of the lush natural surroundings. This evening, partake in a *baci* ceremony, a Laotian welcoming ritual performed to bestow the protective power of the spirits on the visitor. Join locals for a game of *pétanque* (the French version of bocce) followed by refreshing cocktails served during a Scenic Sundowner experience. Tonight, partake in an al fresco dinner featuring produce from your hotel's on-site organic garden.

Rosewood Luang Prabang | *Meals: B D*

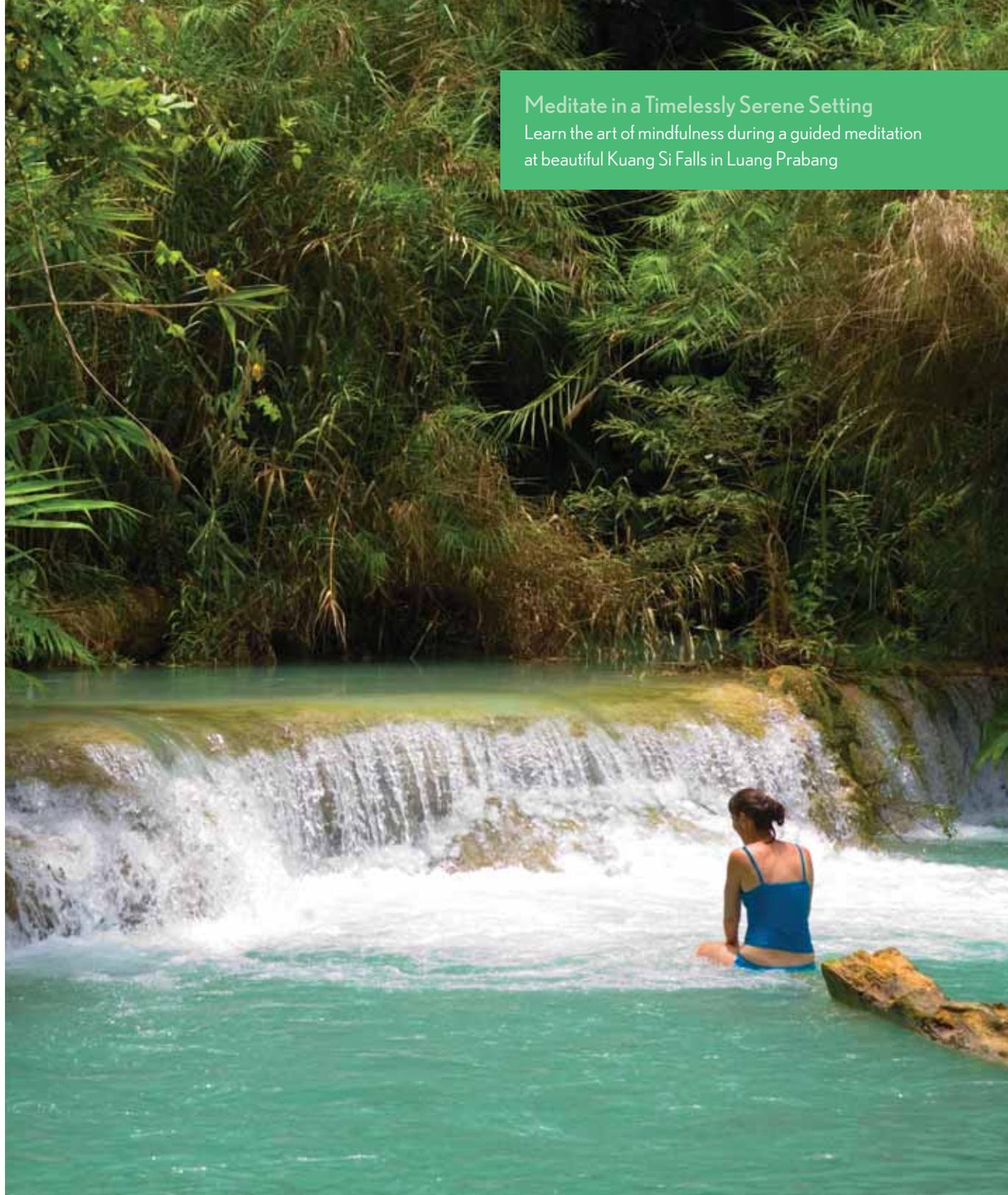
day 4: **Luang Prabang** | *Laotian Treasures & Traditions*

Enjoy immersing in the tranquility of Luang Prabang. Rise before dawn to participate in *tak bat*, a silent ceremony offering food to local monks who walk in meditation with their alms bowls. Then, visit a local

Rosewood Luang Prabang

Luxuriate for three days in the lush jungle surrounds of this 23-room boutique resort, featuring private decks, an expansive spa and a pool backed by a waterfall

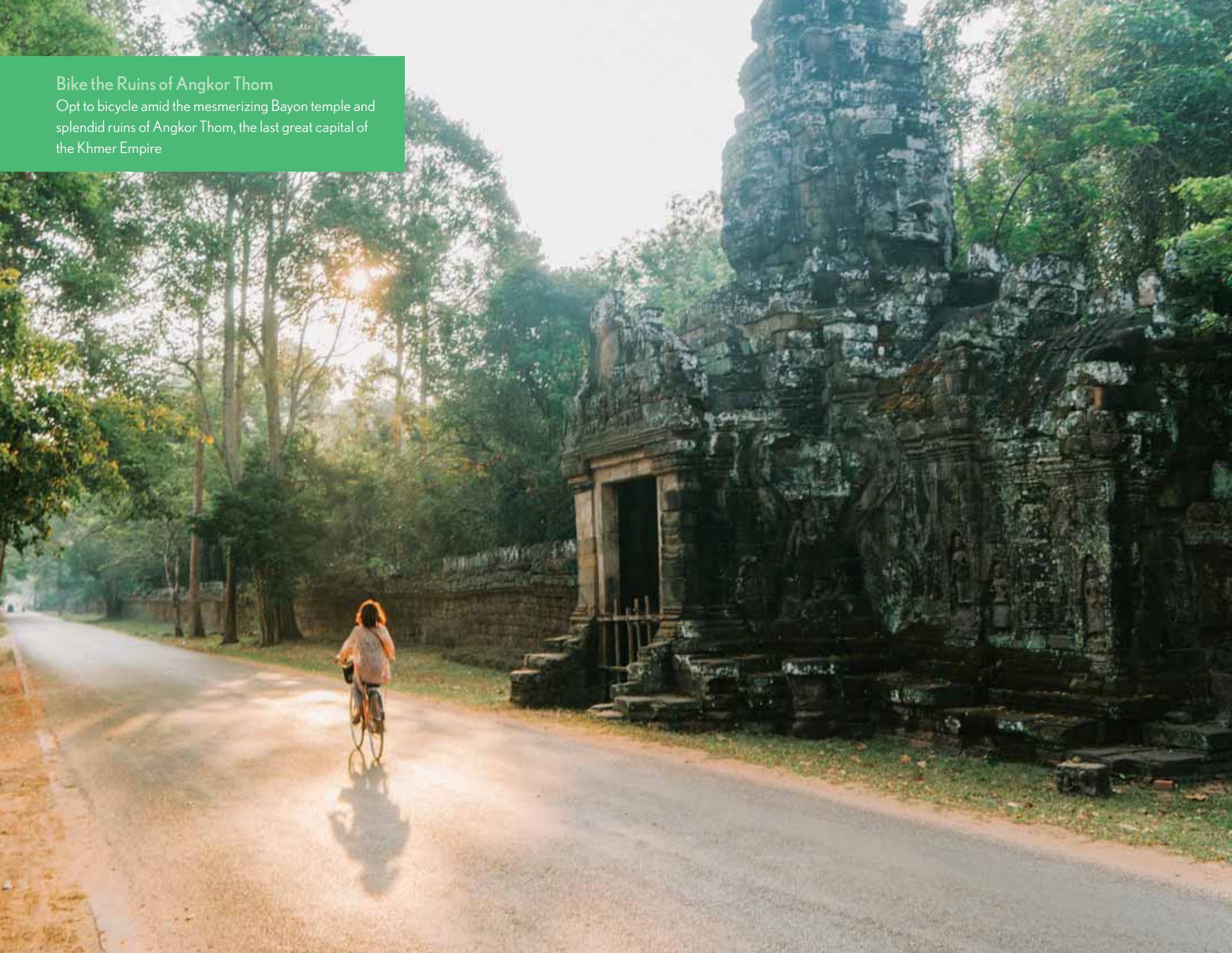




Meditate in a Timelessly Serene Setting
Learn the art of mindfulness during a guided meditation at beautiful Kuang Si Falls in Luang Prabang

Bike the Ruins of Angkor Thom

Opt to bicycle amid the mesmerizing Bayon temple and splendid ruins of Angkor Thom, the last great capital of the Khmer Empire



Indulge in a Laotian Spa Treatment

Choose from traditional spa treatments in Luang Prabang, including a Hmong herbal cleanse delivered by a healer from a local tribe who utilizes native herbs



market followed by breakfast at your hotel. Later, explore the Royal Palace Museum and Wat Xieng Thong with its impressive Tree of Life mosaic and richly decorated wooden columns. After lunch, return to your hotel for a relaxing afternoon at your leisure, during which you may choose from one of the hotel's Laotian-inspired spa treatments, including a detoxifying cleanse delivered by a healer from the local Hmong tribe.

Rosewood Luang Prabang | Meals: B L

day 5: **Luang Prabang** | *Organic Rice Farm*

Lush rice fields define the landscape of Laos. This morning, experience a closer look during an enriching farm-to-village tour. Explore every stage of the rice harvest before tasting local snacks made from this regional staple. Enjoy lunch on your own, followed by a relaxing afternoon at your hotel, perhaps by the pool or natural waterfall. An exciting evening awaits with dinner at a local restaurant and an optional visit to the lively, handicraft night market.

Rosewood Luang Prabang | Meals: B D

day 6: **Luang Prabang & Siem Reap, Cambodia** | *Waterfall Meditation & Forest Walk*

Start the day early this morning and travel to stunning Kuang Si Falls for a guided meditation led by a local expert. Enjoy a picnic breakfast along the cascading waters, then explore a path running along a wide, multi-tiered fall. Cool off with a refreshing swim or walk the forest trails. This afternoon, fly to Siem Reap and transfer to your hotel on eight acres of gardens and rice paddies. Enjoy dinner at your hotel. *Phum Baitang | Meals: B L D*

day 7: **Siem Reap** | *Splendors of Angkor Thom by Bicycle*

After a morning yoga session, set out for the incredible temples of Angkor. Ride a *tuk-tuk* or choose to cycle to Angkor Thom, visiting the richly decorated Bayon temple. Enjoy an afternoon at leisure at your hotel before setting out by *tuk-tuk* for a progressive dining tour of Siem Reap, sampling specialties from three local restaurants. *Phum Baitang | Meals: B D*



day 8: **Siem Reap** | *Heaven on Earth at Angkor Wat*

Wake early this morning to witness sunrise at Angkor Wat and a moving view of its sacred temple. Continue to Ta Prohm, its crumbling towers and walls draped in a riotous jungle. Return to your hotel for breakfast and a relaxing morning at leisure. Later this afternoon, visit Banteay Srei, known as the “Citadel of Women.”

 Continue to a rural village partnering with A&K Philanthropy to install filtered wells as part of the Cambodia Clean Water Project, making this a meaningful opportunity to talk with residents of the community firsthand. *Phum Baitang* | *Meals: B*

day 9: **Krabey Island** | *Tropical Private Island Escape*

Fly to Sihanoukville, continuing by speedboat to private Krabey Island, a less-frequented oasis off Cambodia’s coast. The rest of the day is yours to enjoy the amenities of your luxury resort, or to simply unwind in your own private pool. *Six Senses Krabey Island* | *Meals: B D*

days 10–11: **Krabey Island** | *Design Your Day*

Design Your Day on this lush island, choosing from a locally sourced Khmer cooking class, a rejuvenating spa treatment or a sunset cruise. The next day continues at the same relaxed pace, with meals served at your leisure and breezy time at your private pool. Tonight, gather for a farewell reception and dinner set against tropical skies. *Six Senses Krabey Island* | *Meals: B D*

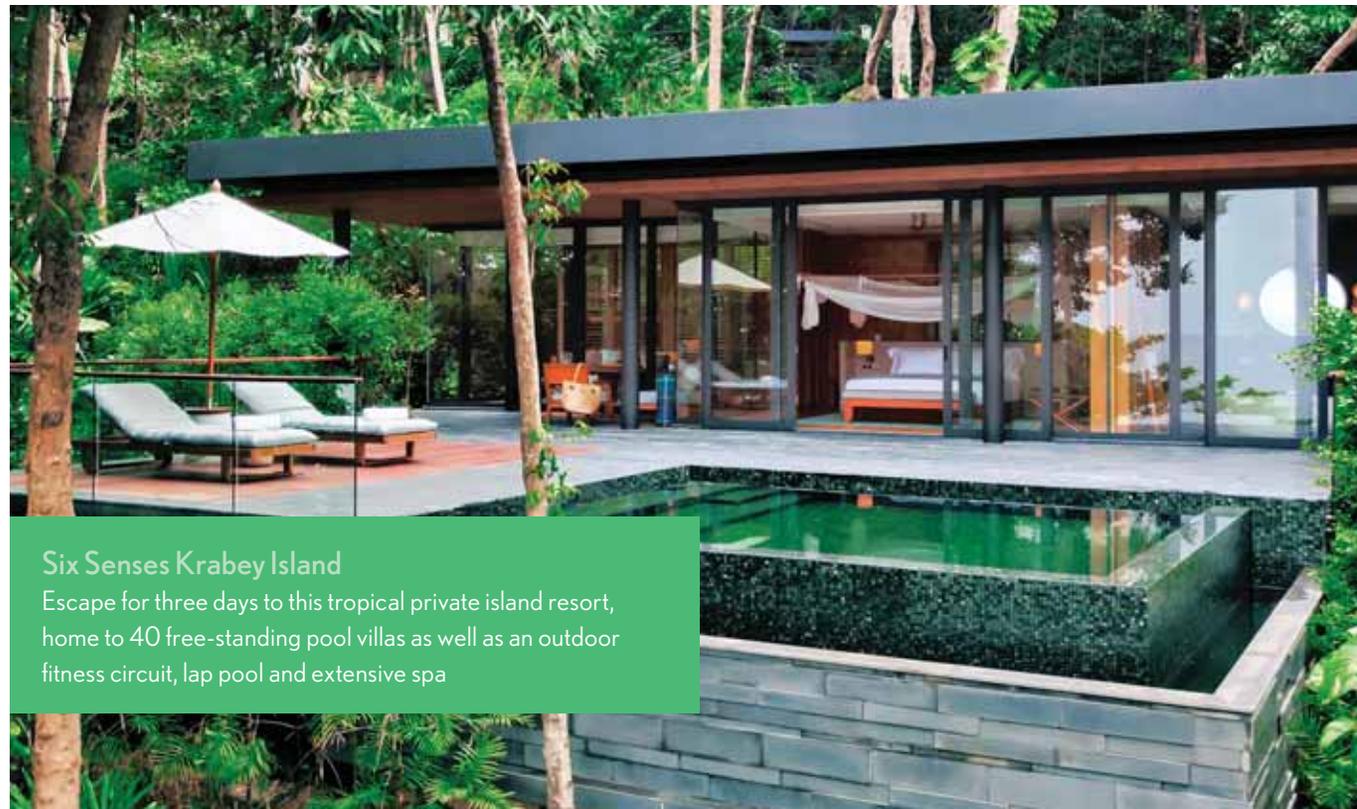


design your day

Soak in the beauty of private Krabey Island as you wish, with options that include a Khmer cooking class, sunset cruise or spa treatment.

days 12–13: **Depart Ho Chi Minh City, Vietnam**

After breakfast, fly to Ho Chi Minh City and transfer to your hotel. Depart the next day on your international flight home. *Intercontinental Saigon Hotel* | *Meals: B*



Six Senses Krabey Island

Escape for three days to this tropical private island resort, home to 40 free-standing pool villas as well as an outdoor fitness circuit, lap pool and extensive spa

Your Inspiring Accommodations | Luxurious, tranquil and expressly selected for wellness



Rosewood Luang Prabang

Set just outside of Luang Prabang, a secluded boutique resort surrounded by lush mountains and featuring 23 luxurious accommodations with a private dining area and deck, all vibrantly decorated with Laotian and French colonial details.



Six Senses Krabey Island

Intimate eco-resort offering a bounty of wellness amenities, located on a private island off the coast of Cambodia.



The Siam

A *Condé Nast Traveler* Gold List hotel on the Chao Phraya River, with large suites, local antiques and a modern fitness center.



Phum Baitang

A stunning boutique resort set on eight acres of rice paddies, gardens and lemon grass meadows, near Siem Reap.



Intercontinental Saigon Hotel

Located in downtown Ho Chi Minh City near shopping and major landmarks, with a fitness center, spa and steam rooms.



2019 Dates & Pricing

Guaranteed Departure Dates	Double Occupancy	Single Supplement
Oct 9-21, Oct 30-Nov 11 Rosewood Luang Prabang, Waterfall Pool Villa	\$8,995	\$4,795
Oct 9-21, Oct 30-Nov 11 Rosewood Luang Prabang, Hilltop Tent	\$9,395	\$5,195

Internal Air: Economy class from \$1,150

Bangkok/Luang Prabang/Siem Reap/Sihanoukville/Ho Chi Minh City

Journey Details

This journey contains some active elements.

Minimum age is 10 years.

First group event: welcome briefing at 8:30 a.m. on Day 2.

Last group event: arrival in Ho Chi Minh City at 12:00 p.m. on Day 12.

Departures are guaranteed to operate with a minimum of 2 guests.



wellness india

ancient traditions & inspiring icons

Embrace the soul of intoxicating India on an unhurried journey that connects you to the unique spirit and cultures of the Golden Triangle, enchanting Rajasthan and sacred Varanasi.

13 Days | Priced from \$9,995 | Limited to 18 guests
Visiting Delhi, Udaipur, Jaipur, Ajabgarh, Agra and Varanasi



A&K Advantages

Discover extraordinary monuments spanning India's rich spiritual heritage, from the temples of Delhi and Udaipur to the breathtaking Taj Mahal, which you visit at both sunrise and sunset

Enjoy three rejuvenating nights in Udaipur, complete with a guided meditation, bike ride through the countryside and a sunset cruise on Lake Pichola

Privately consult with an ayurvedic doctor and learn about the importance of one of the world's oldest holistic healing systems during a stay at Amanbagh, a retreat in the heart of Rajasthan

Design Your Day in Rajasthan's magical countryside with options that include visiting local artisans in their workshops or setting off on a photogenic tour of rural village life at dusk

Experience an inspired visit to an A&K-Philanthropy-supported, residential school for young girls

Spend two awe-inspiring nights in Varanasi, a city sacred to both Hindus and Buddhists, where you stay along the banks of the Ganges in a former palace and partake in an evening *aarti* ceremony

day 1: **Arrive Delhi, India**

Arrive in Delhi, a home to diverse cultural and spiritual traditions, where you are met and transferred to your elegant hotel. *The Oberoi, New Delhi*

day 2: **Delhi | Sikh & Hindu Traditions**

After breakfast, experience your first foray into India's rich spiritual heritage with guided visits to both a Hindu and Sikh temple. While Hinduism is one of the world's oldest and most varied faiths, Sikhism is among the youngest, stressing honesty, selflessness and service; it is in the massive kitchens of the historic Sikh temple you visit that thousands of free meals are prepared for the community daily. Later, drive past iconic sites, such as the Parliament House and India Gate. Tonight, gather for a welcome dinner. *The Oberoi, New Delhi | Meals: B L D*

day 3: **Udaipur | Introduction to Meditation**

Depart Delhi for Udaipur and transfer to your luxurious hotel on the tranquil banks of Lake Pichola. Enjoy the afternoon at leisure. Before dinner, contemplate your intentions with a guided meditation, led by an expert who offers tips for establishing a daily practice. Tonight's dinner is accompanied by local music and traditional dancing. *The Oberoi Udaivilas, Udaipur | Meals: B D*

day 4: **Udaipur | Sunset Cruise & Indian Hospitality**

Visit the opulent City Palace on Lake Pichola. Fusing Rajasthani and Mughal architectural styles, the site is actually a complex of several palaces and structures linked by expansive courtyards. 🌿 Be inspired by a visit with the residents at A&K Philanthropy-supported Hansraj Children's Home, which provides underprivileged girls with food, shelter and educational opportunities. Then enjoy a refreshing outing when you bike ride through the surrounding countryside, stopping for a picnic lunch. Come late afternoon, embark on a sunset cruise on Lake Pichola followed by dinner at a local family's home. *The Oberoi Udaivilas, Udaipur | Meals: B L D*

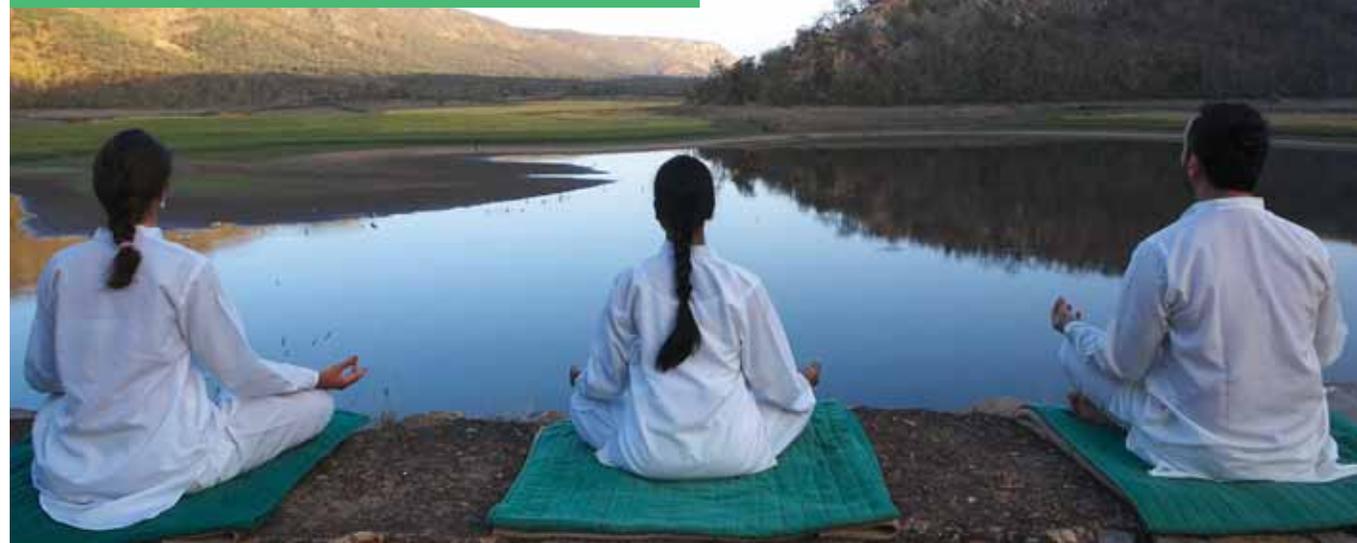
day 5: **Udaipur | Temples of Shiva & Vishnu**

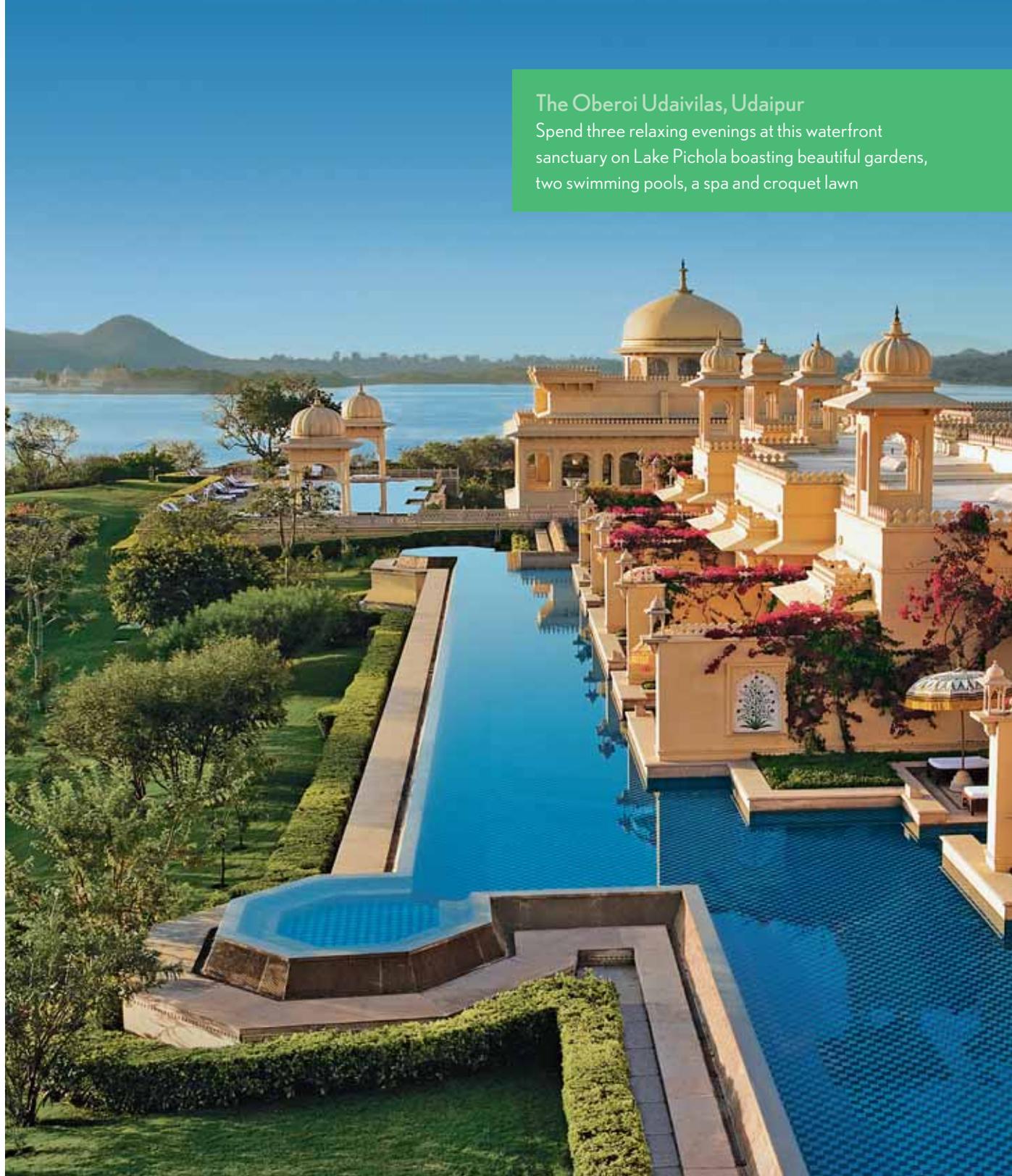
Choose to rise early for a yoga session before breakfast.



Guided Meditation & Yoga

In Udaipur, end the day with a guided meditation session and rise early in the morning for yoga with views of serene Lake Pichola





The Oberoi Udaivilas, Udaipur
Spend three relaxing evenings at this waterfront sanctuary on Lake Pichola boasting beautiful gardens, two swimming pools, a spa and croquet lawn



Amanbagh

Retreat to this stunning 37-suite Rajasthani oasis for three nights, enjoying yoga, a holistic spa and a menu sourced from a sprawling on-site organic garden

Immerse in Ayurveda

From a private consultation with an ayurvedic doctor to a cooking class integrating ayurvedic principles, discover the balancing power of India's "Mother of All Healing"



Then, explore two lavishly carved and decorated temple complexes: Eklingji, dedicated to Shiva, and deserted Nagda, built to honor Lord Vishnu. Following lunch, choose to partake in a guided heritage walking tour or a relaxing afternoon at leisure.

The Oberoi Udaivilas, Udaipur | Meals: B L

day 6: Jaipur & Ajabgarh | *A Guide to Ayurveda*

Fly to Jaipur and explore Amber Fort, an imposing edifice of red sandstone perched on a hilltop. After lunch, journey two hours to extraordinary Amanbagh, set in the beautiful Rajasthani countryside. Enjoy an introductory talk on the importance of ayurveda in India and how it impacts all aspects of health and wellness. You also have the opportunity to meet privately with an ayurvedic doctor, who provides personalized recommendations based on your *dosha* (body type). *Amanbagh | Meals: B L D*

day 7: Ajabgarh | *Design Your Day*

Today, Design Your Day by choosing one of three curated excursions. Explore the remnants of historic Bhangarh, an abandoned city rumored to be haunted; visit the workshops of local craftspeople, including sandal makers, carpet weavers and sculptors; or take part in a late afternoon cow dust tour, observing local farmers and villagers leaving the fields after a day's work in an inspiring, photogenic light. *Amanbagh | Meals: B*



design your day

Take a cow dust tour of Rajasthan and meet with villagers; explore the once-bustling city of Bhangarh, now a ghost town; or browse the creations of Rajasthan's artisans.

day 8: Ajabgarh | *Ayurvedic Culinary Lesson*

Relish a restorative day at leisure. Perhaps enjoy your hotel's wellness amenities, such as yoga; schedule your included treatment at its soothing holistic spa; or return to Jaipur for more exploration. At tonight's dinner, enjoy

a hands-on opportunity to learn about the ayurvedic healing properties in key foods. *Amanbagh* | *Meals: B D*

day 9: **Agra** | *The Taj Mahal*

The “Crown of Palaces,” the incomparable Taj Mahal was designed to represent eternal paradise. Today, drive four hours to Agra to visit this immortal gesture of love, viewing it just as the setting sun bathes it in deep hues of pink and orange. *The Oberoi Amarvilas, Agra* | *Meals: B D*

day 10: **Agra & Varanasi** | *Holy City*

Rise early to see the Taj Mahal at sunrise, its glowing surface suffused in a gentle morning mist. Return to your hotel for a relaxing afternoon at leisure. This evening, fly to the spiritual heart of India: Varanasi. Settle into your superbly located heritage hotel right on the banks of the Ganges River. *Brijrama Palace* | *Meals: B D*

day 11: **Varanasi** | *The Sacred Ganges*

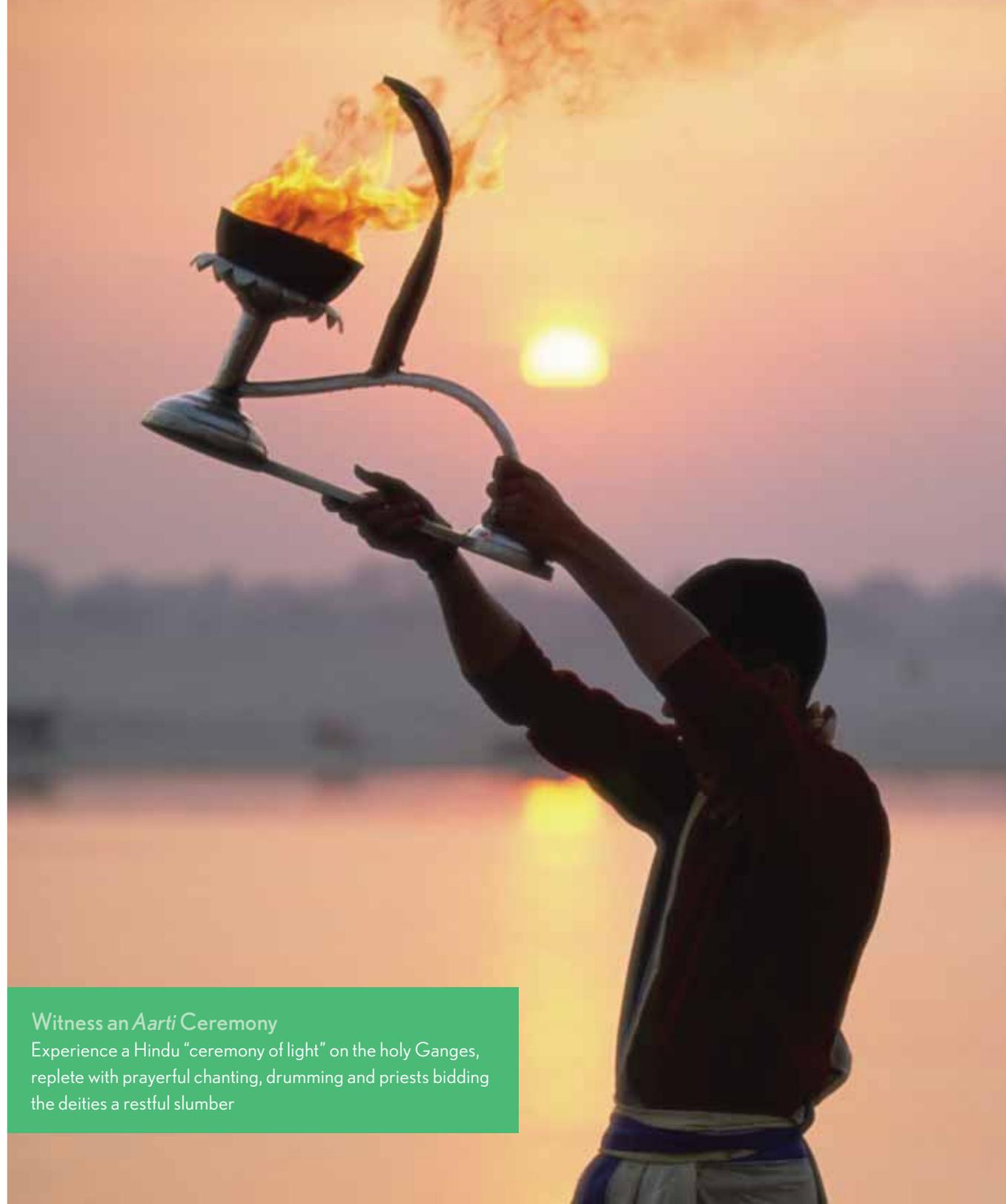
Rise early for a private sunrise cruise on the Ganges River to observe life along the *ghats* (stone steps leading down to the river), as locals and pilgrims come to cleanse themselves, literally and spiritually, in the sacred waters. After breakfast, rest at the hotel or pay an optional visit to Sarnath, where the Buddha delivered his first sermon more than 3,000 years ago. Take an evening boat ride and experience the *pitru tarpana*, an ancestor ceremony in which you may light a candle to release in the river in memory of a loved one who has passed on; this is one of the most moving local customs you can experience. End the night witnessing the *aarti* ceremony, when chanted prayers and rhythmic drumming fill the air as lantern-bearing priests bid the gods and goddesses a restful slumber. *Brijrama Palace* | *Meals: B D*

day 12: **Delhi** | *An Afternoon to Reflect*

Fly to Delhi and then gather with your fellow guests for a farewell brunch. Your afternoon is free to relax and enjoy the amenities of your hotel. *The Oberoi, Gurgaon* | *Meals: B L*

day 13: **Depart Delhi**

Transfer to the airport for your flight home. *Meals: B*



Witness an Aarti Ceremony

Experience a Hindu “ceremony of light” on the holy Ganges, replete with prayerful chanting, drumming and priests bidding the deities a restful slumber

Your Inspiring Accommodations | Luxurious, tranquil and expressly selected for wellness



Amanbagh

A luxurious, intimate wellness retreat with 37 suites, this *Condé Nast Traveler* Gold List hotel fringes Rajasthan's Aravalli hills.



The Oberoi Udaivilas, Udaipur

A *Condé Nast Traveler* Gold List hotel with marble bathrooms, set on the banks of Lake Pichola on a former royal hunting ground.



Brijrama Palace

Boutique heritage hotel set within the confines of a former palace in the heart of Varanasi on the Ganges River.



The Oberoi Amarvilas, Agra

Set amid terraced gardens and pools, a *Travel + Leisure* World's Best hotel with views of the Taj Mahal from every room.



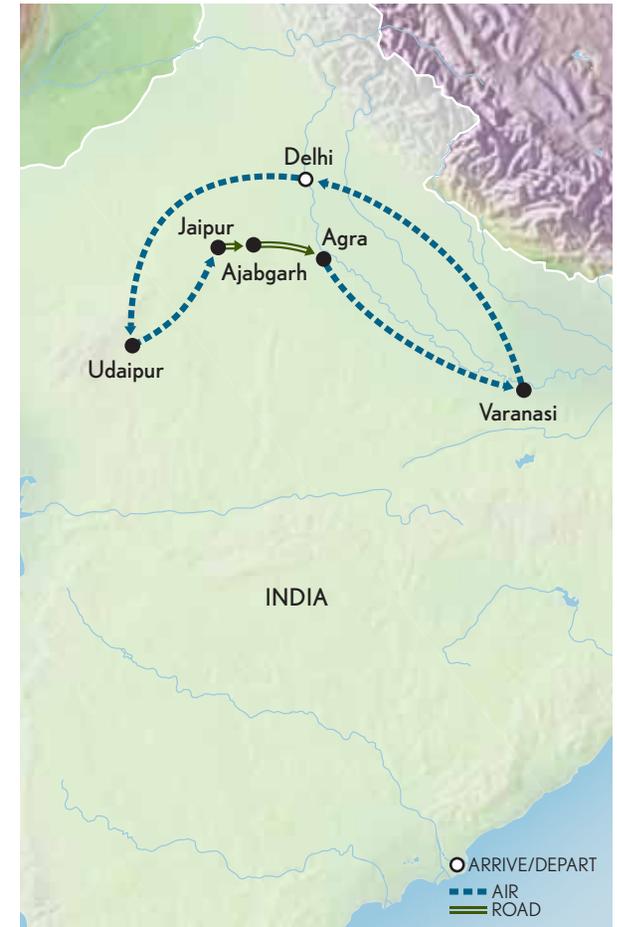
The Oberoi, New Delhi

Newly refreshed, an elegant icon in central Delhi with spacious rooms and ultra-modern luxuries.



The Oberoi, Gurgaon

Contemporary luxury hotel and oasis convenient to the airport.



2019 Dates & Pricing

Guaranteed Departure Dates	Double Occupancy	Single Supplement
Oct 5-17, Nov 9-21	\$9,995	\$4,995

Internal Air: Economy class from \$695
Delhi/Udaipur/Jaipur; Agra/Varanasi/Delhi

Journey Details

This journey contains some active elements. Minimum age is 10 years.
First group event: welcome briefing at 8:30 a.m. on Day 2.
Last group event: farewell lunch at 2:00 p.m. on Day 12.
Departures are guaranteed to operate with a minimum of 2 guests.



wellness kenya cultures & wildlife

Discover tribal traditions and inspiring conservation efforts on an active, awe-inspiring safari through the vast Masai Mara and Tsavo National Park.

9 Days | Priced from \$10,995 | Limited to 18 guests

Visiting Nairobi, Masai Mara Game Reserve and Tsavo National Park



A&K Advantages

Connect with primal nature on unforgettable safari game drives with A&K's expert driver-guides, as well as on a guided hike through the untamed forests of the Chylulu Hills

Learn the time-honored ways of the Maasai tribe with an immersive village visit, including the opportunity to practice warrior skills

Discover moving and beautifully harmonious conservation efforts, from raising and integrating young elephants back into the wild to transforming common recyclables into vibrant sculptures

Refresh and replenish with a restorative spa treatment as well as sunrise and sunset yoga

Gain a new perspective when you learn about an A&K Philanthropy-supported project providing clean water to local villages, and enjoy giving back with an optional visit to an AKP-supported school

Customize your experience when you Design Your Day in the Masai Mara, with options ranging from a sustainable wetlands tour and cooking class to the opportunity to run with members of the Maasai

days 1-2: **Arrive Nairobi, Kenya**

Arrive in Nairobi and transfer to your boutique safari retreat, ideally posed on the edge of Nairobi National Park. The next day, enjoy a leisurely morning and a restorative yoga class before departing for an afternoon of inspiring encounters. Begin with a visit to the 15-acre Giraffe Center, also a conservation education center for local schoolchildren, where you hand-feed endangered Rothschild's giraffes. Next, spend time at the innovative Ocean Sole workshop to see how recycled flip-flops are transformed into incredible works of art. Pay a special late afternoon visit to the Daphne Sheldrick Elephant Orphanage to observe these intelligent creatures, and learn about the program's success in raising and reintegrating over 150 elephant calves into the herds of Tsavo. Tonight, gather for a welcome dinner.

The Emakoko | Meals: B L D (Day 2)

day 3: **Masai Mara Game Reserve | River of Life**

Transfer by air to the Masai Mara Game Reserve and check in to your modern luxury lodge perched on the Mara River in the heart of Kenya's big game country. The Mara's sweeping grasslands hold the highest concentration of species in Kenya and are home to Africa's Big Five — elephants, leopards, Cape buffalo, rhinos and lions. A front-row seat to the action awaits on an adventurous game drive through this unparalleled reserve, one during which you stop to sip cocktails during a Scenic Sundowner experience.

Sanctuary Olonana | Meals: B L D

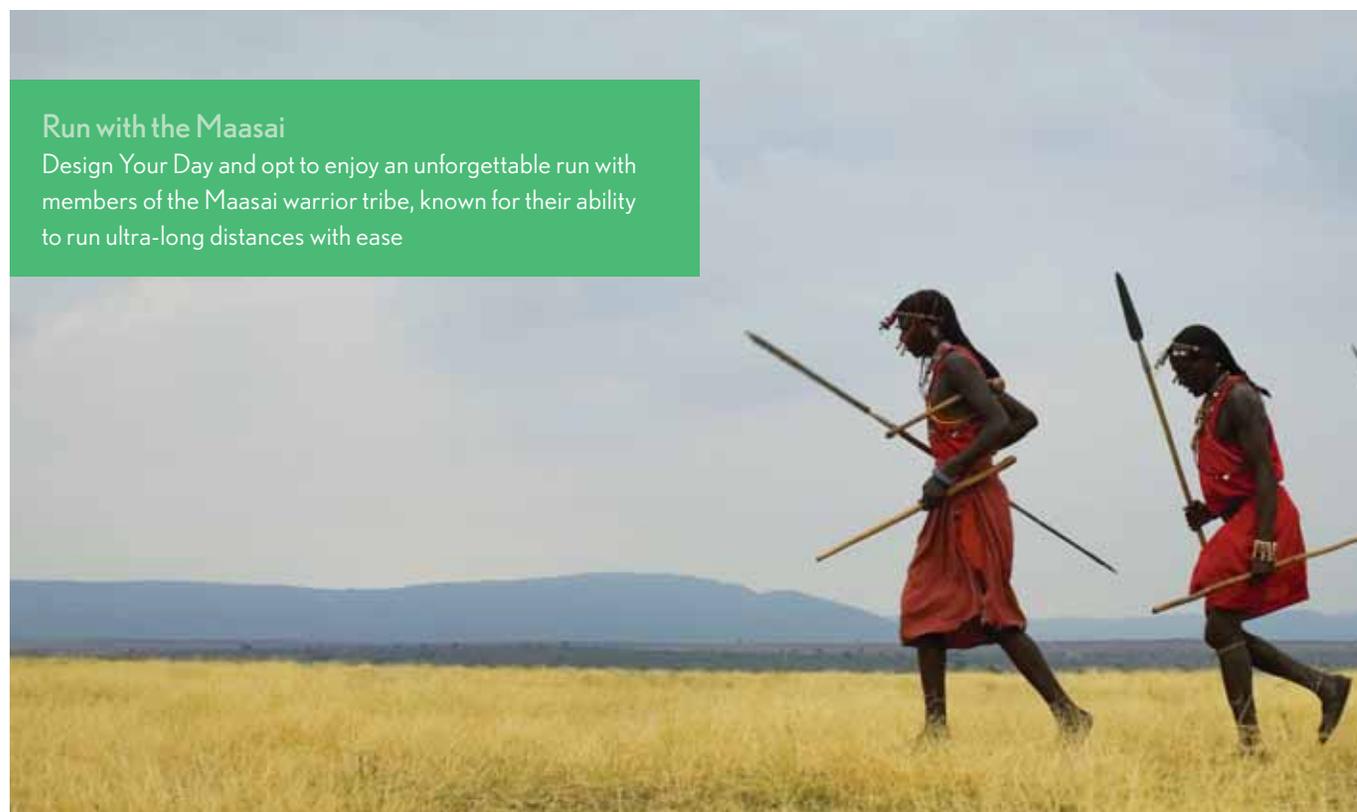
day 4: **Masai Mara Game Reserve | Maasai Encounter**

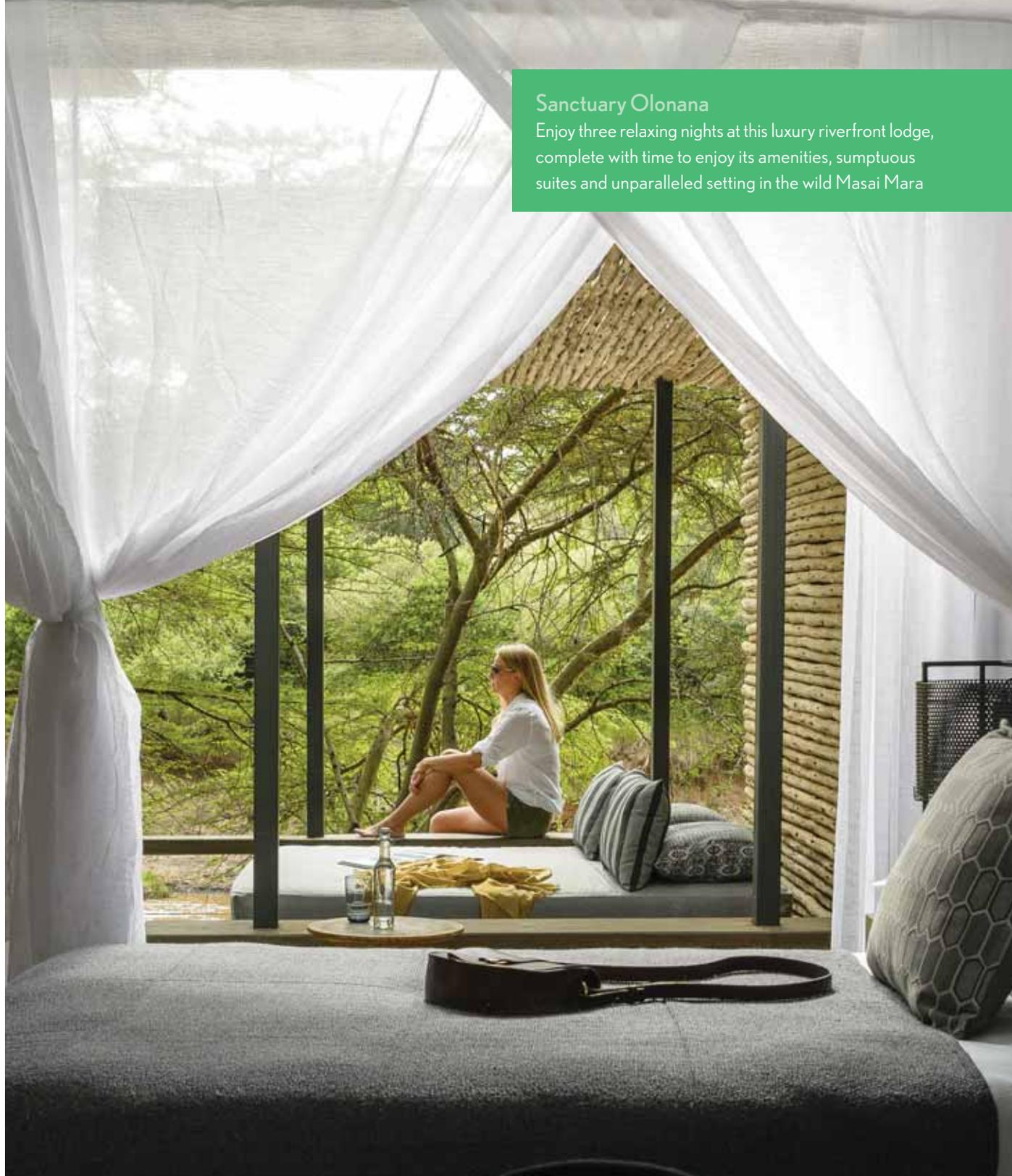
Rise this morning for a game drive in the spellbinding Masai Mara, or choose instead to float far above the bustle of the plains on an optional hot air balloon flight (for an additional cost and weather permitting), experiencing the Mara at its most peaceful before touching down for a Champagne breakfast in the bush. Back at your lodge, enjoy time at leisure or indulge in your included spa treatment, choosing from three rejuvenating treatment options. Later, visit with a member of the local Maasai, who discusses the tribe's



Run with the Maasai

Design Your Day and opt to enjoy an unforgettable run with members of the Maasai warrior tribe, known for their ability to run ultra-long distances with ease





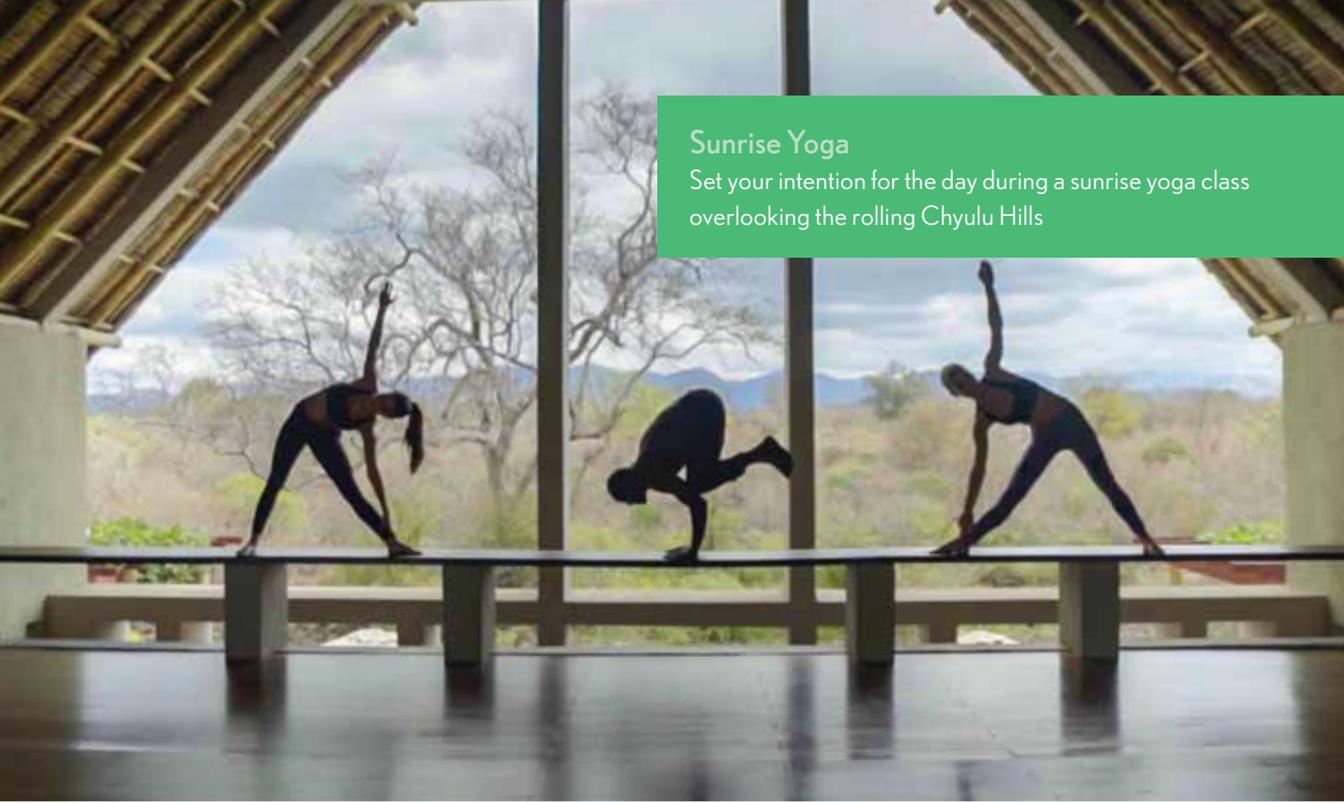
Sanctuary Olonana

Enjoy three relaxing nights at this luxury riverfront lodge, complete with time to enjoy its amenities, sumptuous suites and unparalleled setting in the wild Masai Mara



Finch Hattons

Spend three nights at this stylish tented camp in Tsavo West National Park, where cocktails at sunset may be followed by dinner under the stars



Sunrise Yoga

Set your intention for the day during a sunrise yoga class overlooking the rolling Chyulu Hills

culture and the importance of jewelry before leading a beading demonstration. An afternoon game drive across open savanna and woodlands is followed by a freshly prepared dinner. *Sanctuary Olonana | Meals: B L D*

day 5: **Masai Mara Game Reserve | Design Your Day**
Rise early for an exciting morning game drive, when resident wildlife in the bush is most active; you may be rewarded with views of leopards retrieving kills from acacia branches, elephants warding off opportunistic lions or hippos returning to the water. After breakfast, choose one of three included and enriching Design Your Day experiences: Tour your lodge’s sustainable wetlands project and organic gardens before joining a cooking demonstration; visit a local, A&K Philanthropy-supported school and assist in serving lunch to the students; or test your stamina on a guided run with members of the Maasai, long-famed for their distance running prowess. An afternoon at leisure offers another opportunity to relax. Embark on a late afternoon game drive, when the savanna reveals a whole new view of its wildlife. This evening before dinner, learn the sacred importance of water in Maasai village life, and the extraordinarily positive impact a clean water source has on these communities, during a presentation on LifeStraw, an AKP-supported project providing villages with clean water. *Sanctuary Olonana | Meals: B L D*



design your day

Customize a day in the Masai Mara as you wish with options that include a sustainable gardens and wetlands project tour followed by a cooking demonstration.

day 6: **Tsavo National Park | Verdant Wilderness**
Fly via Nairobi to 3,500-square-mile Tsavo National Park, where you transfer to your elegant tented camp situated on 35 acres of riverine forest set within the vastness of one of Kenya’s wildest destinations. Settle in with a sunset yoga class offered under the guidance of

an Africa Yoga Project instructor, and delivered on an elevated deck overlooking the splendidly green Chyulu Hills. Later, gather for a locally inspired dinner. *Finch Hattons* | *Meals: B L D*

day 7: **Tsavo National Park** | *Tribal Traditions*

Greet the day with another early morning game drive, this time with breakfast served amid the dense foliage and dramatic wilds of Tsavo West National Park. Return to camp for time to relax at leisure. Lunch is served during a Chef's Table experience, complete with a cooking class inspired by healthy recipes. Afterward, immerse yourself in the tribal traditions of the Maasai warrior, perhaps learning to throw a spear or *rungu* (dense wooden stick), or to defend yourself using a traditional cow-hide shield. Cap an inspiring day with a Scenic Sundowner backed by magical views of Mount Kilimanjaro and a specially arranged dinner under the stars. *Finch Hattons* | *Meals: B L D*

day 8: **Tsavo National Park** | *Hiking the Chyulu Hills*

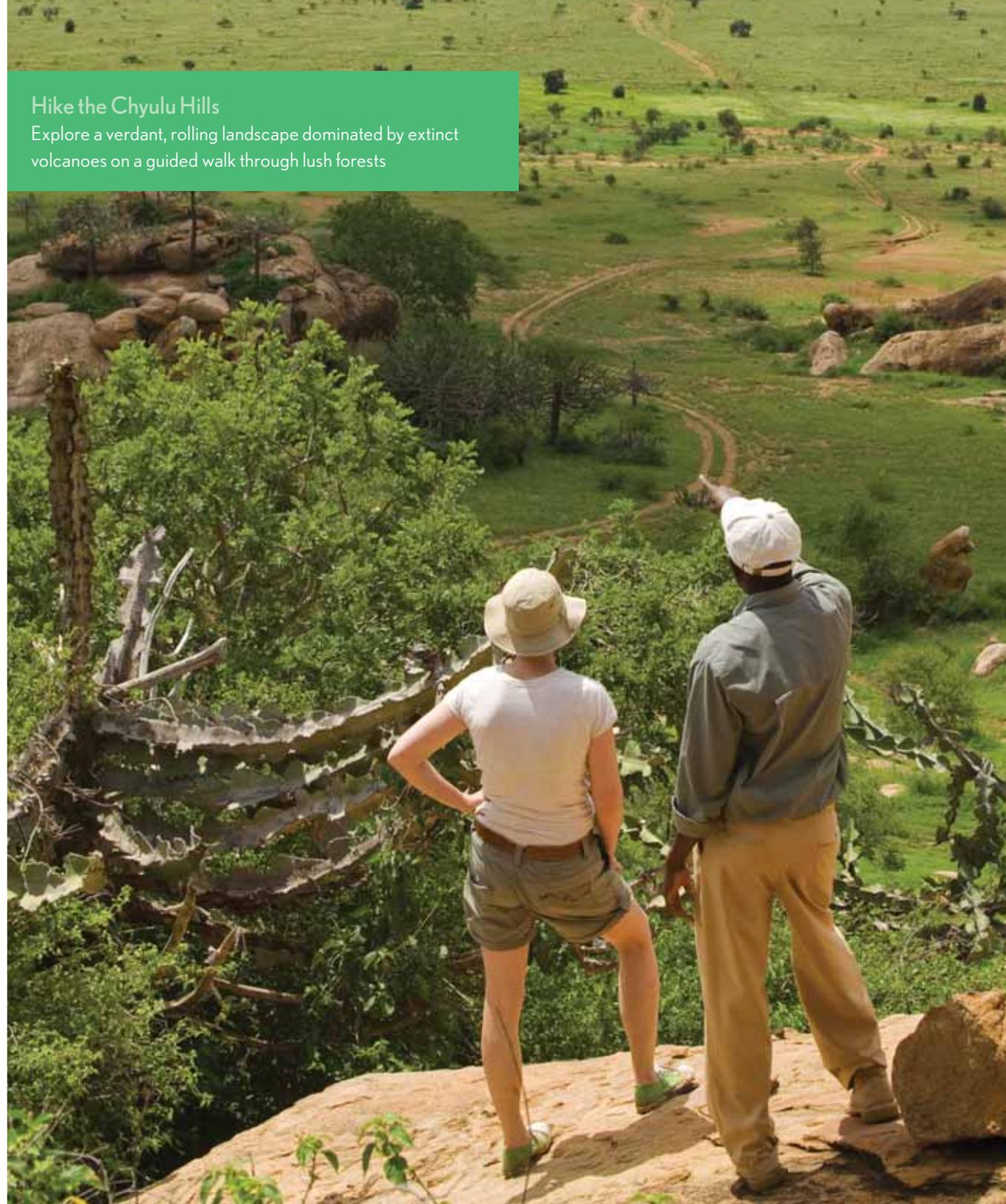
Begin your day with an energizing sunrise yoga and meditation session. The gentle mountain range that rises under the verdant Chyulu Hills boasts volcanic tubes and dense cloud forests. After breakfast, set off on a game drive through this landscape, and then explore the forests on a guided hike that crisscrosses animal trails. Return to camp for an afternoon at leisure, during which you may enjoy your tented camp's luxurious wellness facilities, including a relaxing *hammam*, modern fitness center and outdoor infinity pool. As the late afternoon sun begins to set, depart for a final game drive in Tsavo West National Park, taking in deep breaths of its greenery, rocky peaks, natural springs and rolling hills. Tonight, gather with fellow guests to celebrate your Kenyan safari with a special farewell dinner. *Finch Hattons* | *Meals: B L D*

day 9: **Depart Nairobi**

Opt to rise early for morning yoga and meditation, then depart for your flight to Nairobi. Spend the afternoon at leisure in a reserved dayroom before your international flight home. *Hemingways Nairobi (dayroom)* | *Meals: B*

Hike the Chyulu Hills

Explore a verdant, rolling landscape dominated by extinct volcanoes on a guided walk through lush forests



Your Inspiring Accommodations | Luxurious, tranquil and expressly selected for wellness



Sanctuary Olonana

Superb luxury safari lodge with 14 spacious suites featuring private verandas and king-size beds. Set in the heart of Kenya's big game country, on a private stretch of the Mara River.



Finch Hattons

An elegant permanent tented camp in Tsavo West National Park featuring 17 canvas suites with large decks, two swimming pools, a fitness center, yoga studio, spa with *hammam*, and a stargazing terrace and viewing tower.



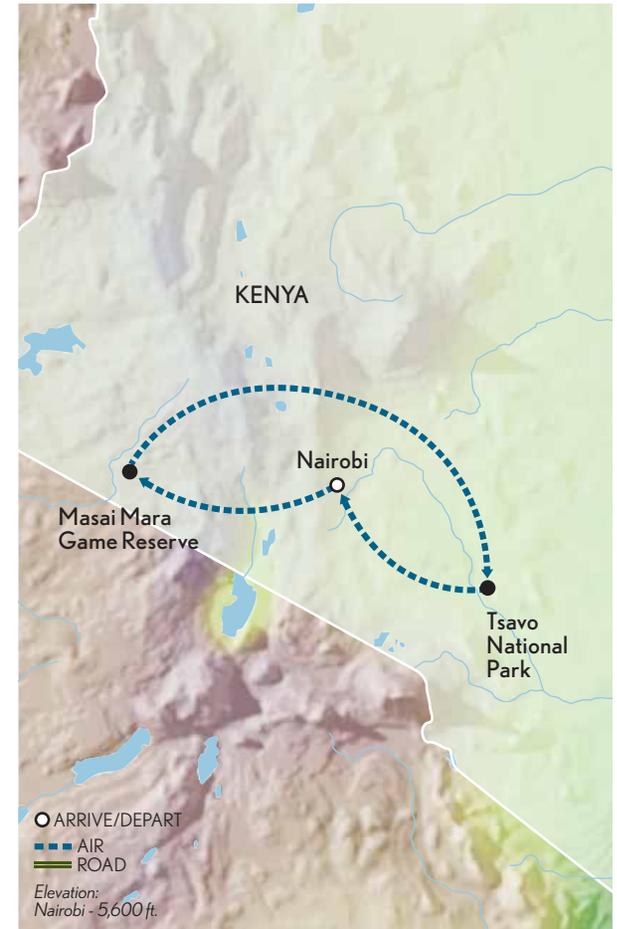
The Emakoko

A uniquely intimate lodge on the edge of Nairobi National Park, featuring 10 cottages, each with a private deck and fireplace.



Hemingways Nairobi

Boutique accommodations overlooking the rolling Ngong Hills, with a personal butler, wellness center, pool and spa.



2019 Dates & Pricing

Guaranteed Departure Dates	Double Occupancy	Single Supplement
Oct 20-28, Oct 29-Nov 6	\$10,995	\$1,395

Internal Air: Economy class from \$895
Nairobi/Masai Mara/Nairobi/Tsavo West/Nairobi

Journey Details

This journey contains some active elements. Minimum age is 10 years. Each guest on this journey will receive an A&K Safari Duffel. First group event: welcome briefing at 9:30 a.m. on Day 2. Last group event: hotel transfer at 9:50 a.m. on Day 9. Departures are guaranteed to operate with a minimum of 2 guests.





wellness peru spirit of the incas

Experience the mystical beauty, harmony and sacred ceremonies of the Incas on an energizing and inspiring journey through Peru.

10 Days | Priced from \$7,395 | Limited to 18 guests
Visiting Lima, the Sacred Valley, Machu Picchu and Cusco



A&K Advantages

Thrill at the grandeur of ancient Machu Picchu during afternoon and early morning walks through the citadel, reveling in its mysteries

Partake in traditional rituals that include a payment to the earth ceremony honoring Mother Earth goddess Pachamama and an optional coca leaf reading by a local shaman

Learn about healing plants, such as *ayahuasca*, and traditional medicines during privately led talks with local experts

Bask in the rolling vistas of the Sacred Valley as you explore the remote Andean lagoon of Huaypo by kayak

Discover how an A&K Philanthropy-supported local school provides education, nutrition, medical care and hope to underprivileged children in the Sacred Valley

Experience life at a modern Peruvian farmstead alongside the owners, joining them for a tour of the fields, followed by a true farm-to-table lunch showcasing fresh Peruvian fare

days 1-2: **Arrive Lima, Peru**

Arrive in Lima, where pre-Columbian temples, elegant colonial façades and modern high-rises come together to form a unique, inspiring ambience. Transfer to your oceanside hotel. The next day, rise for a morning yoga session in a tranquil park. Next, look forward to a Chef's Table experience: join a local chef for a guided walk through the market to gather fresh ingredients, then head to a local restaurant for an interactive lesson in preparing authentic Peruvian dishes. Later, explore Peru's capital, visiting the Plaza Mayor, home to the city's beautiful 16th-century cathedral. Wander the convent's courtyard, taking in its many altars and mosaic-covered chapel. Back at your hotel, enjoy a private lecture on the proposed healing powers of *ayahuasca*, a medicinal and spiritual plant used by indigenous tribes throughout the Amazon basin. Tonight, gather for a welcome dinner.

Belmond Miraflores Park | Meals: B L D (Day 2)

day 3: **Sacred Valley | Journey to the Inca Empire**

Today, begin your journey to the Sacred Valley, where you spend the next three days immersed in the mystical Inca splendors and traditions that define this high-Andean region. In the morning, fly to the Inca capital of Cusco, gateway to Machu Picchu, and enjoy lunch in the central square. Travel to the Sacred Valley, stopping en route to visit Awana Kancha, where South American camelids (such as llamas and alpacas) are bred, and where you learn about the fibers created from their coats. Continue to your intimate, hacienda-style hotel nestled in the Sacred Valley, and settle into your own luxury casita, boasting private, tranquil surrounds and breathtaking views. *Hotel Inkaterra Hacienda Urubamba | Meals: B L D*

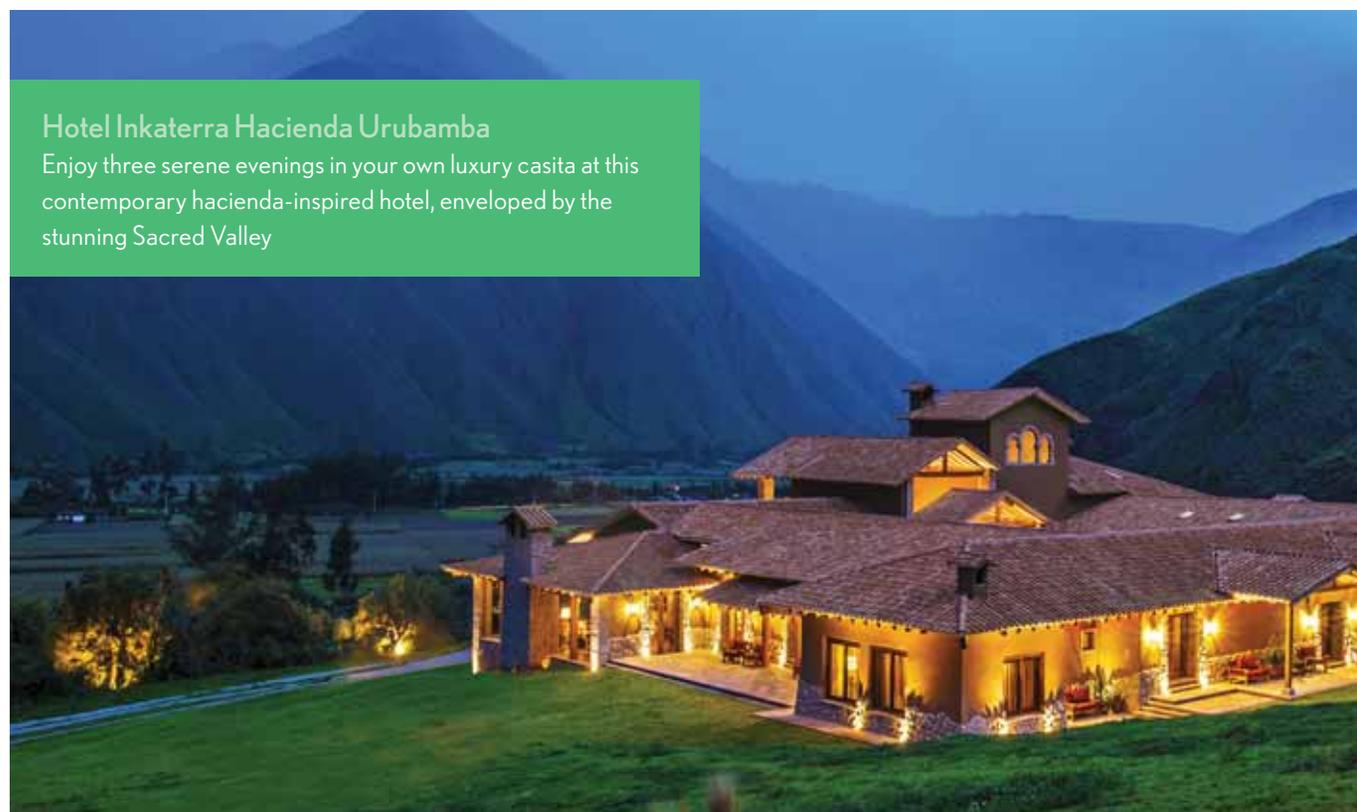
day 4: **Sacred Valley | An Offering to Pachamama**

Today, travel higher into the Andes to kayak the remote lagoon of Huaypo, a secluded gem set 12,464 feet above sea level. Paddle its pristine waters at your own pace, taking in the stunning mountain-scape. Andean cultures have long revered Mother Earth goddess Pachamama for sustaining life on our planet. This afternoon, participate in one of Peru's oldest and most sacred rituals when



Hotel Inkaterra Hacienda Urubamba

Enjoy three serene evenings in your own luxury casita at this contemporary hacienda-inspired hotel, enveloped by the stunning Sacred Valley





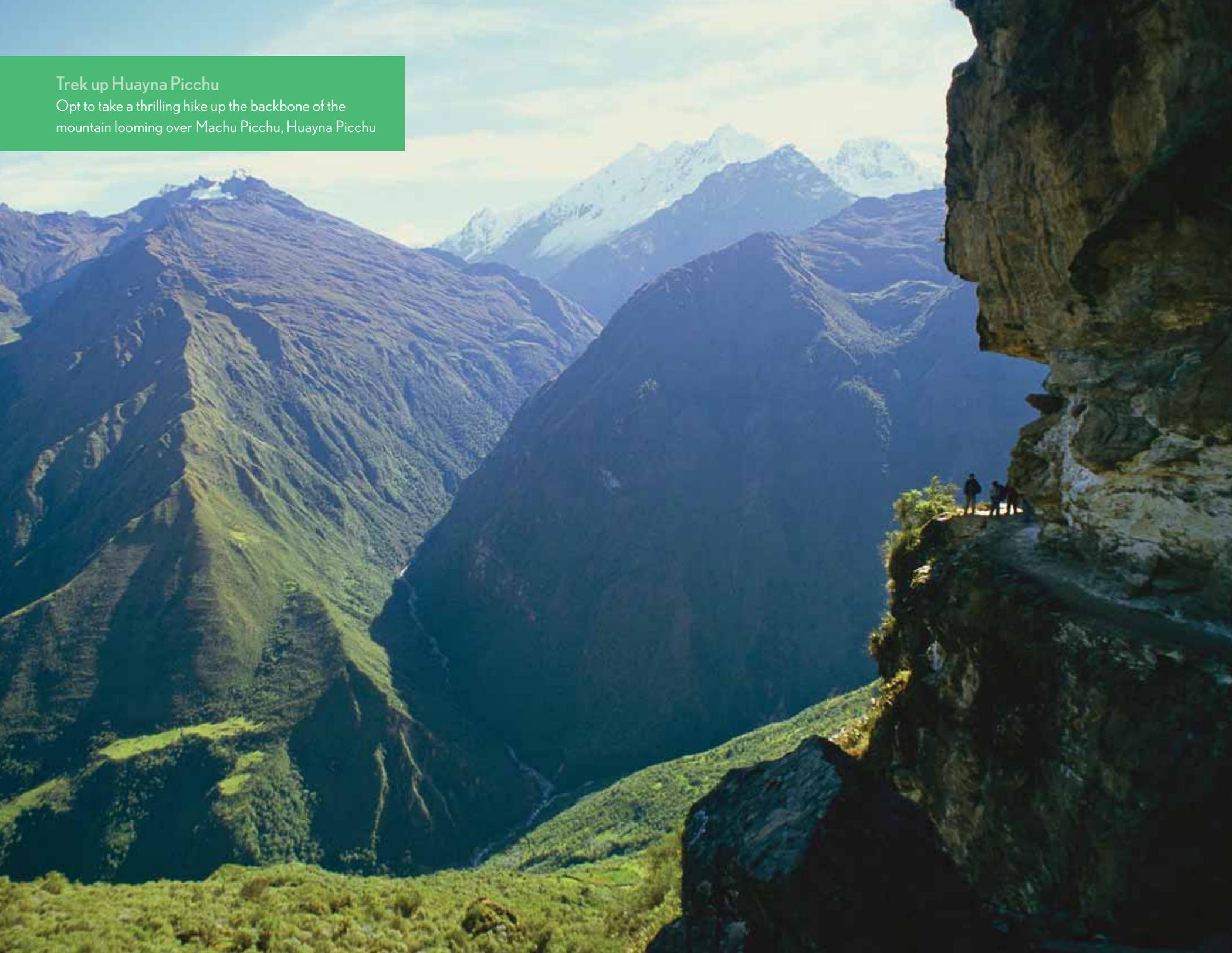
Kayak Huaypo Lagoon

Enjoy an active morning kayaking this picturesque, high Andean lagoon backed by the snow-capped peaks of the Sacred Valley



Trek up Huayna Picchu

Opt to take a thrilling hike up the backbone of the mountain looming over Machu Picchu, Huayna Picchu





you join a local shaman in a traditional “payment to the earth” ceremony, extending an offering to Pachamama, to give thanks and honor new beginnings. Reflect on the experience during a scenic picnic lunch overlooking the lagoon. Then, enjoy a visit to a remote, richly cultured and seemingly timeless mountain community where you delve into a guided talk on medicinal plants and demonstrations in ancient traditions. Return to your hotel for an evening at leisure, where you may choose to cap off the evening with your included, replenishing spa treatment. *Hotel Inkaterra Hacienda Urubamba* | Meals: B L

day 5: **Sacred Valley** | *Shangri-La of the Andes*

🌿 Begin the day with a visit to the Kuychi Center, meeting the underprivileged children at Niños del Arco Iris (Children of the Rainbow), a project supported by A&K Philanthropy. Next, explore the charming colonial village of Pisac, once the imperial gateway to the Sacred Valley. Discover an archaeological site with a vast array of artifacts and structures. Next, privately visit a farmstead to immerse yourself in local life. Join the owners for a tour of the fields, a farm-to-table lunch and a parade by the farmstead’s *paso fino* horses. Back at your hotel, watch the sunset give way to a starlit sky (weather permitting). This sets the stage for a captivating talk on the importance of astronomy to the Incas, who believed the moon and the sun were deities, and that every constellation has a purpose. Enjoy the rest of the evening at leisure.

Hotel Inkaterra Hacienda Urubamba | Meals: B L

day 6: **Machu Picchu** | *Sacred Citadel of the Incas*

Spectacularly positioned on a narrow ridge above Rio Urubamba, the mystical Inca citadel of Machu Picchu with its temples and ritual structures held great spiritual significance for the Incas. Journey to its heart today, beginning with a private lecture by a renowned Machu Picchu scholar. Then, board the PeruRail Sacred Valley train, travelling deeper into the Andes and toward the ceremonial epicenter that is Machu Picchu. Arrive at the only hotel adjacent to the citadel, a respite wrapped in gardens and offering magnificent views. Experience the mysterious site for the first time with a guided afternoon visit. *Belmond Sanctuary Lodge* | Meals: B L D



day 7: **Machu Picchu** | *Walking the Ruins at Sunrise*

It is only upon walking amid crumbling ruins that still boast exceptional stonework and ornamental features that Machu Picchu's significance becomes clear. Take this moving experience to the next level when you wander the ancient citadel in the early morning light, before the crowds arrive. You may also opt to hike the towering peak of Huayna Picchu for a breathtaking view. After lunch at a local restaurant, board the Vistadome train to Ollantaytambo Station. Continue overland to Cusco and check in to your tranquil hideaway just off the city's main square. *Belmond Palacio Nazarenas* | *Meals: B L*

day 8: **Cusco** | *Design Your Day*

After an optional private morning yoga session, Design Your Day with a range of inspiring options. Browse the picturesque San Blas neighborhood, a haven for local artisans; enjoy a lecture on the divine coca plant and coca-leaf oracle readings, followed by a private session with a local shaman; or enjoy a restorative spa treatment at your hotel. After lunch, tour Cusco's Cathedral on the Plaza de Armas and Santo Domingo Temple. Later, explore the well-preserved Sacsayhuaman, another testimony to the Incas and their ability to skillfully blend massive structures with the natural landscape. Tonight, gather for a cocktail reception and farewell dinner at the elegant MAP Café. *Belmond Palacio Nazarenas* | *Meals: B D*



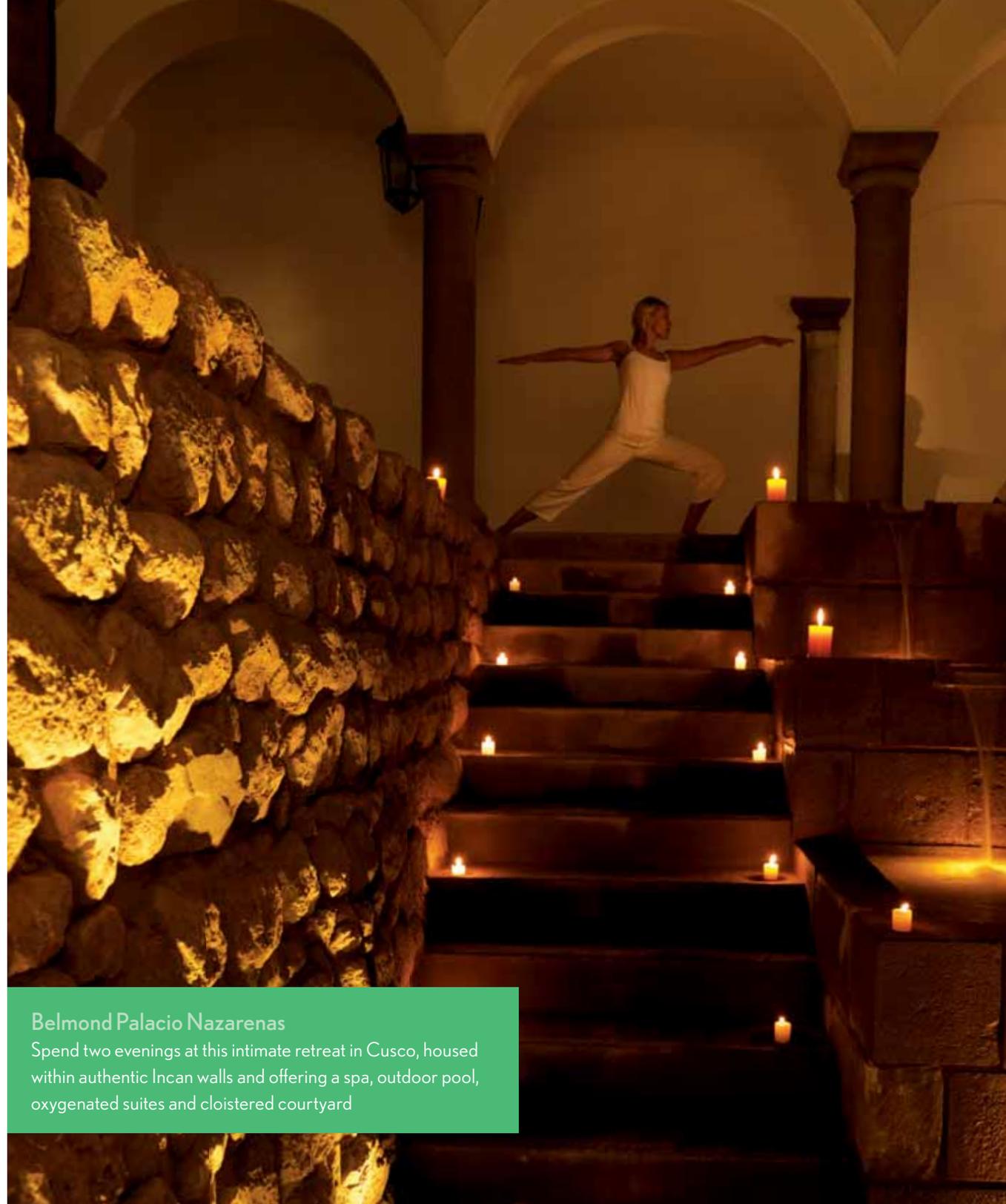
design your day

In Cusco, choose to browse the artisanal crafts of San Blas, enjoy a coca-leaf fortune reading with a local shaman or unwind with an indulgent spa treatment.

days 9-10: **Depart Lima**

After a morning at leisure, fly to Lima. The next day, board your international flight home.

Wyndham Costa del Sol Lima Airport (Day 9) | *Meals: B*



Belmond Palacio Nazarenas

Spend two evenings at this intimate retreat in Cusco, housed within authentic Incan walls and offering a spa, outdoor pool, oxygenated suites and cloistered courtyard

Your Inspiring Accommodations | Luxurious, tranquil and expressly selected for wellness



Belmond Sanctuary Lodge

Occupying a privileged site just steps from the mystical Incan citadel of Machu Picchu, the only hotel adjacent to the lost city features 31 rooms and suites, two restaurants, a relaxation area for yoga and meditation, and a bar specializing in local pisco cocktails.



Belmond Palacio Nazarenas

Set in a restored convent in Cusco, a *Condé Nast Traveler* Gold List hotel with a spa, outdoor pool and innovative restaurant.



Hotel Inkaterra Hacienda Urubamba

A *Travel + Leisure* World's Best hotel sprawling 100 acres across the green hills of the Sacred Valley with standalone private casitas.



Belmond Miraflores Park

A contemporary luxury hotel overlooking the city skyline and a six-mile stretch of parks along the Pacific cliffs.



Wyndham Costa del Sol Lima Airport

Located steps from Lima's airport, with stylish suites; a pool; and a 24-hour spa with a sauna, Jacuzzi and steam room.



2019 Dates & Pricing

Guaranteed Departure Dates	Double Occupancy	Single Supplement
Nov 4-13, Dec 3-12	\$7,395	\$2,595

Internal Air: Economy class from \$495
 Lima/Cusco/Lima

Journey Details

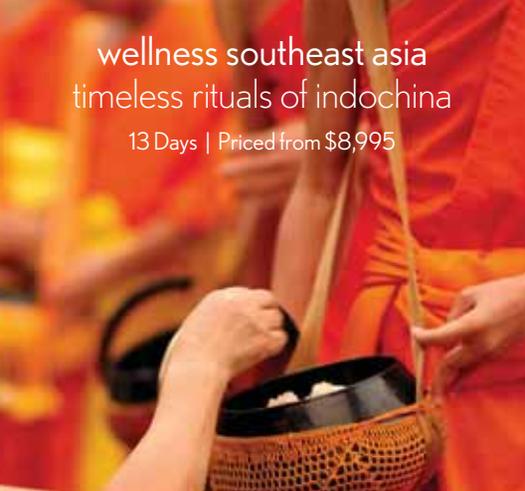
This journey contains some active elements.
 Minimum age is 10 years.
 First group event: welcome briefing in Lima at 8:30 a.m. on Day 2.
 Last group event: airport assistance in Lima upon return from Cusco on Day 9.
 Departures are guaranteed to operate with a minimum of 2 guests.

Abercrombie & Kent

P.O. Box 1237, Lombard, IL 60148-8237

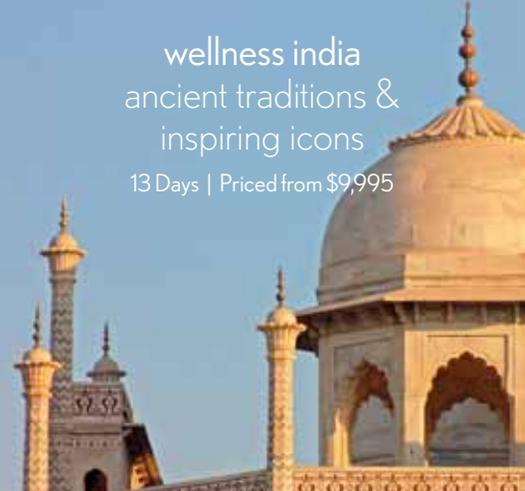
Presorted Mktg
US Postage
PAID
Oak Brook, IL
Permit No.100

discover new wellness-inspired luxury small group journeys for the mind, body and spirit



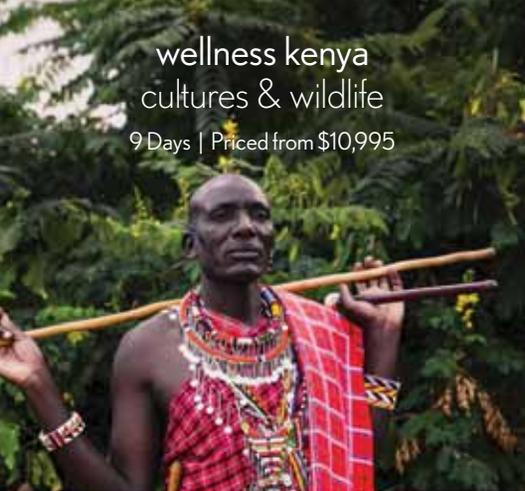
wellness southeast asia
timeless rituals of indochina

13 Days | Priced from \$8,995



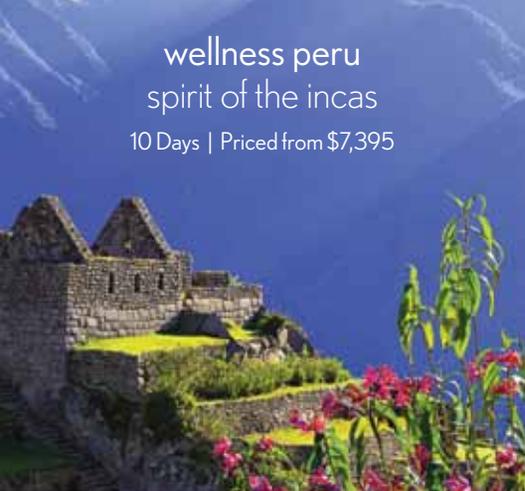
wellness india
ancient traditions &
inspiring icons

13 Days | Priced from \$9,995



wellness kenya
cultures & wildlife

9 Days | Priced from \$10,995



wellness peru
spirit of the incas

10 Days | Priced from \$7,395

For more information or to reserve your journey, call Abercrombie & Kent
at **888 755 3491**, visit abercrombiekent.com or contact your travel professional.

Prices are per person, double occupancy and subject to availability. Internal and international air not included. Visit abercrombiekent.com for full Terms & Conditions. ©2019 Abercrombie & Kent USA, LLC CST #2007274-20