

# **DOLPHIN DYNAMICS**

## **PROPOSED ITINERARY      9 - 14 MARCH 2012**

(Subject to change due to Africa time, the human condition and climate!)

<b>DAY 1</b> Friday 9th	<b>NOTE: Arrive at Durban Airport no later than 09:00</b> 09:00 Meet & Greet - transfer by bus to Kosi Bay border 14:00 Arrive at Kosi Bay border - transfer to resort (possibly over dunes on open bakkie) 15:00 Talk on Dolphins / boating etiquette / practical snorkel session 17:00 Settle in or evening beach walk and swim 18:30 Meditation 19:00 Dinner at resort
<b>DAY 2</b> Saturday 10th	06:30 Dolphin Launch (2 hours) 09:00 Brunch 10:30 Brief meditation and Dolphin swim art exercise / feedback 11:00 Free time or therapy sessions 13:30 For the Love of Dolphins 15:00 Walk / swim / leisure time 17:30 Nia (1 hour) 19:00 Dinner at resort 20:00 Transformation Game
<b>DAY 3</b> Sunday 11th	06:30 Dolphin Launch (2 hours) 09:00 Brunch 10:30 Brief meditation and Dolphin swim feedback 11:00 Free time or therapy sessions 13:00 Walk / swim / leisure time 17:30 Nia (1 hour) 19:00 Dinner at resort 20:00 Transformation Game
<b>DAY 4</b> Monday 12th	06.30 Dolphin Launch (2 hours) 09:00 Brunch 10:30 Brief meditation and Dolphin swim feedback 11:00 Free time or therapy sessions 12:30 Walk / swim / leisure time 17:30 Nia (1 hour) 19:00 Dinner out 20:00 Transformation Game
<b>DAY 5</b> Tuesday 13th	09:00 Brunch Free day to shop, relax and process 19:00 Dinner at resort
<b>DAY 6</b> Tuesday 14th	<b>NOTE: PLEASE BE PACKED, READY TO LEAVE PRIOR TO BREAKFAST</b> 08:00 Breakfast 10:00 Transfer out to Kosi Bay border 10:30 Shuttle transfer to Durban ± 16:30 Arrive Durban Airport

- Tea / coffee available at all times. All other beverages, light meals and snacks for own account.
- All breakfasts and dinners included in tour price. (Light lunches are available at the resort at a very reasonable cost).
- Fully licensed bar for your own account. No alcohol beverages to be brought onto the premises as the establishment is licensed.
- Nia and Meditation sessions will be held daily. Both activities are advised but optional.
- Snorkel gear for hire at R180 per person for the duration of your stay. We suggest you bring your own gear if possible.
- The water at the lodge is fine to drink, but should you be concerned, bottled water can be purchased en-route.
- Please remember these are wild Dolphins. Swims and sightings are not guaranteed, nor are 3 launches as the weather can be prohibitive. Fees will not be refunded if the boat cannot launch – the funds "saved" are put into Dolphin research projects.
- Any additional activities or extra launches will be for your own account.