



REUNION WELLCATION ITINERARY

Friday, 21st June

Day of departure, leaving from O.R Tambo International Airport
at 23:45PM

Meet at the airport at 20:30PM
(need enough time to wrap baggage)

Day 1: Saturday, 22nd June

Arrival at Reunion Island at 05:45AM Reunion time (03:45AM South African time)

To be welcomed by the guide

Transfer with the guide to the LUX HOTEL at 06:15AM

Check in at around 07:30AM

Breakfast at the hotel from 07:30AM to 08:30AM

Time to unpack and rest

Lunch at leisure, free time until 15:00PM

15:00PM to 16:00PM – Lisa to give a talk on sleep and intentions,
and ice-breaker introductions

16:15PM to 16:45PM – Lisa to give a talk/workshop about getting
the most out of your rebounding

16:45PM to 17:45PM – First rebounding workout together

Watch first Reunion Island sunset together

Room service dinner, and an early night of rest!



Day 2: *Sunday, 23rd June*

BLUE BASIN LAVA TUNNEL EXCURSION
Rebounding workout from 06:30AM to 07:30AM
Breakfast at the hotel at 07:45AM
Departure for excursion at 09:00AM and return at around 17:00PM
Lunch NOT included
DESCRIPTION OF THE DAY:
Visit to Blue Basin Lava Tunnel on the West Coast
The friendly hiking guide will lead the group on a unique experience, walking into the tunnels of the volcano's lava
Far from the Piton de la Fournaise, this unknown tunnel is made from old lava flows of the Piton des Neiges, which is the summit and grounding volcano of the island
This unexpected visit underground allows the claustrophobics to enjoy the darkness and mysterious atmosphere – ha!
This tunnel is reachable through a short walk up, climbing up the cliff
On the way back, enjoy a fun zipline to slide down to the ground
Visitors can expect to see many surprises, like sculptures and unusual landscapes, in this dark and mysterious place
We'll return to the hotel at 17:00PM
Watch sunset together until 18:00PM
Dinner together at 19:00PM at l'Uni Vert on the beach

Day 3: *Monday, 24th June*

HIKING DAY IN MAFATE VALLEY AND 4X4 OFF-ROAD
Early breakfast at the hotel at 06:00AM
Departure for excursion at around 06:45AM, and return at around 17:00PM
Lunch is included
DESCRIPTION OF THE DAY:
We'll depart from the hotel at 06:45AM, and travel by private bus (for about 30 minutes) to the place where all the 4x4 cars will be waiting
We'll transfer by 4x4 at around 08:00AM for an additional 30 minutes, and enter into the famous "Mafate's Postman World", where we'll discover the place where many slaves took refuge in "the old days"
We'll leave from La Rivière des Galets in an ATV, hence using the only path that cars can use to enter this cirque
Approximately 30 minutes after our departure, we'll be dropped off at "Deux Bras" (translation: Two Arms), in the riverbed
This is where our hike will start, where the only 2 ways of moving around are either walking or flying
We'll cross the river many times, sometimes getting our feet wet
For those of us who are most courageous, or less sensitive to the cold, there will be a pause for swimming in a splendid, natural pond
The hike will last approximately 2 to 3 hours, before reaching Cayenne, a charming, small islet of 25 inhabitants
Once we arrive at the cottage (located near the cirque's oldest church), we'll enjoy a well-deserved, traditional "carry"
Our English-speaking mountain guide will share everything he knows about the history and inhabitants of this cirque with us
We'll have lunch at the Mountain Hut with drinks
After this generous meal, we'll hike back for 2 hours and return back to the hotel at around 17:00PM
Watch the sunset together
Dinner at the hotel at 19:00PM



Day 4: *Tuesday, 25th June*

SHOPPING IN ST. GILLES AND SUNSET CRUISE
Walk on the beach from 06:00AM to 06:30AM
Rebounding workout from 06:30AM to 07:30AM
Breakfast at the hotel at 07:45AM
Lisa to give a talk about nutrition from 08:00AM to 09:00AM
Departure for excursion at around 09:45AM, and return at around 20:00PM
Lunch is NOT included

DESCRIPTION OF THE DAY:
After breakfast, we'll depart to St. Gilles les Bains (which is a lovely shopping district) with our guide for a shopping day
There, we'll be able to browse various different types of shops, including clothing, souvenirs, jewellery, tea, coffee, rum, chocolate, etc.
At the end of the afternoon, we'll enjoy a gorgeous Sunset Cruise aboard a catamaran at around 16:00PM
The cruise will include drinks and snacks
After the cruise, we'll return to the hotel at around 20:00PM
Room service dinner will be available for those who are still peckish



Day 5: *Wednesday, 26th June*

PITON MAÏDO VIEW (ALSO CALLED “OPENED WINDOW ON MAFATE VALLEY”) EXCURSION
Early breakfast at the hotel at 06:15AM
Departure for excursion at around 07:00AM, and return at around 17:00PM
Lunch is included
DESCRIPTION OF THE DAY:
After leaving the hotel, we'll take a picturesque road that winds its way up the mountainside to the Piton Maïdo, passing through fields of sugar cane, geraniums, forests of cryptomerias, tamarinds and mimosas
Then, we'll arrive at the view point of the Piton Maïdo at an altitude of 2200 metres
From this vantage point, we'll discover the unique spectacle of Mafate, 1000 metres below us
Here, the immensity of the cirque stretches out: peaks, ridges, vertiginous peaks, and – lost in the mineral universe – tiny villages
Then, we'll have lunch with the locals
Our hosts, Brigitte and Patrick, will be delighted to welcome us to their table and introduce us to the traditional Creole cuisine
Of course, we'll have a glass of rhum arrangé for a convivial apéritif
After lunch, we'll return to Saint-Gilles
We'll arrive back at the hotel at around 17:00PM
Rebounding workout from 17:30PM to 18:30PM
Dinner at hotel at 19:30PM



Day 6: Thursday, 27th June

WATERFALL EXCURSION
Rebounding workout from 06:30AM to 07:30AM
Breakfast at hotel from 07:45AM to 08:30AM
Departure for excursion at around 12:00PM
Lunch is NOT included
DESCRIPTION OF THE DAY:
Morning for trying out other exercise modalities at the local marine reserve (including supping, snorkelling, kayaking, beach walking or running and bounti BOOTing)
Private bookings, such as helicopter flips or paragliding, may also be scheduled during this time
Fetches by private taxi at 12:00PM to a secret waterfall location, where you will be able to swim under a natural waterfall – one of Reunion's best!
A simple 1km walk to get to the waterfall, and 1km back will round off this surreal adventure
At 15:00PM we will be fetched by shuttle
Afternoon walk to Le Souffleur de Saint-Leu, a wonderful sight of the ocean
Make and leave your own little pebble tower on the beautiful coastline
Take a dip in the famous rock pools at sunset
Head back to the hotel and get ready for dinner
Dinner at 19:30PM at Mam'Zelle Pizza (famous, award-winning pizzeria)

Day 7: Friday, 18th June

MARKET IN SAINT PAUL AND BOUCAN CANOT EXCURSION
Rebounding workout from 06:30AM to 07:30AM
Breakfast at the hotel from 07:45AM to 08:30AM
Departure for excursion at around 09:15AM, and return at around 18:00PM
Lunch is NOT included
DESCRIPTION OF THE DAY:
After breakfast, we'll head to St. Paul for the market at 09:15AM
Considered as one of the most beautiful on the island, the Fair-ground Market in St. Paul is not to be missed
A visit to this seaside market will immerse you in the vibrant Creole atmosphere, full of extraordinary flavours and scents
You'll find not only local and international handicrafts, but also a wide range of spices, succulent exotic fruits and countless varieties of vegetables
During your stroll, you can sample Creole specialities, such as bouchons, samoussas, sarcives, and other chilli sweets
Small snack bars will be available to break for lunch and sample the "péi" cuisine
After the market, we'll make our way to Boucan Canot
This is the closest bathing area to the main town, popular for its waves and fish
The absence of a coral reef means that the bathing area is deeper than a lagoon
The seabed is covered with rocks and coral, attracting numerous fish to be discovered by snorkelling when the sea is calm
This beach has a bathing area, located opposite the lifeguard post, reserved for swimming and supervised by lifeguards every day
It also has a natural swimming pool, formed by volcanic rocks
For your enjoyment, there will be snack bars, restaurants, souvenir shops and an art gallery
Lisa to give a talk about exercise while relaxing on the beach together
We'll return to the hotel at around 18:00PM
Dinner at Le Manta restaurant (700 metre walk from the hotel)



Day 8: Saturday, 29th

SOURDOUGH WORKSHOP IN LA POSSESSION
Rebounding workout from 06:00AM to 06:45AM
Breakfast at the hotel from 07:00AM to 07:30AM
Departure for excursion at 08:00AM, and return at around 18:00PM
Lunch NOT included
DESCRIPTION OF THE DAY:
Attend a sourdough workshop, which will teach participants how to make homemade sourdough bread
The group will be divided in 2, with a maximum of 10 participants per workshop
One workshop will take place from 08:00AM to 11:00AM, and the other will be from 14:00PM to 17:00PM (duration of 3 hours each)
Lisa will give a talk on nutrition and gut health for each of the 2 groups, while the other is busy with the workshop
Participants will be welcomed with a hot drink
Participatory sourdough bread-making in groups of either 2 or 3, depending on the number of participants
Tasting of sourdough bread, and other sourdough-based preparations
At the end of the workshop, each participant will leave with a paper booklet, detailing instructions and processes for making sourdough bread at home
Participants will also leave with dehydrated sourdough (store away from heat and sun)
Cocktails at Bar Elize on the beach at 17:30PM, and watch the sunset together
Dinner here, on the beach (delicious canapés) until around 20:00PM and walk back to the hotel (about 2km away)

DAY 9: *Sunday, 30th*

LAST DAY – “FREE DAY” AT THE HOTEL
Rebounding workout from 06:30AM to 07:30AM
Breakfast at the hotel at 07:45AM to 08:30AM
08:30AM to 09:30AM – Group to discuss highlights, lessons and “what now?”
Pack up and check out of the hotel by 11:00AM
Free to enjoy the hotel and beach for the day
Day to relax, swim, snorkel, laze by the pool, supping, massages, etc.
Showers will be available at the hotel gym if you wish to freshen up before the airport
Transfer from LUX HOTEL to airport at 16:30PM
Flight from Reunion to O.R. Tambo International Airport at 20:30PM
Land back in Johannesburg at 22:30PM (South African time)

