

# ADVENTURE LIFESIGNS ESWATINI

21 DAYS | SOUTHERN AFRICA | EASTER, SUMMER OR OCTOBER



## OUR SERVICES

Adventure Lifesigns specialise in providing bespoke UK-based outdoor programmes and overseas expeditions for both the youth and adult markets. If you are looking for an overseas expedition, medical, safety training course or team building session, you have come to the right place! We pride ourselves on high quality customer service.

The kingdom of Eswatini (formerly known as Swaziland) is a land-locked country nestled between Mozambique and south Africa. Off the beaten tourist trail, its a nation of rich tribal culture, breathtaking wilderness and hosts the last reigning monarch in all of Africa.

Eswatini is one of the smallest countries in Africa; but it's climate are diverse, ranging from a cool mountain highveld to a hot and dry lowveld.



## ESWATINI

Visit Eswatini and all its splendour at Easter, Summer or October with Adventure Lifesigns expeditions

**COST FROM  
£3,000**

Trek with our highly qualified and experienced expeditions leaders and medics in some of Africas most breathtaking landscapes!

**DAY ONE**

The team need to be at the airport 3 hours prior to departure. Fly to Johannesburg and travel overland to Eswatini's Ezulwini valley (4hrs). overnight in a local tented camp.

**DAY TWO**

Waking up in the Ezulwini valley is a sight to behold! Teeming with wildlife and rich in traditional culture, it is a valley like no other. Today the team will shop for their supplies in the local foos and craft markets and prepare their kit ready for their trek.

**DAY THREE - SIX**

Today the team will travel through the knigdom's last mountain wilderness. Malolotja's 200km of trails offer some of the finest hiking in southern Africa, from gentle morning walks to multi-day wilderness hikes. With 26 waterfalls, hills and pristine forests, the reserve offers top scenery and opportunity to see numerous animals and rare birds.



*" I was extremely impressed with the professionalism provided by Adventure Lifesigns and for this great opportunity to travel to such an amazing destination. "*

Teacher - The Warwick School

**DAY SEVEN - THIRTEEN**

Today the team will begin their project phase. Volunteer to help care for orphaned and vulnerable children in Eswatini. The Child Care Project gives you the opportunity to assist these vulnerable children working with local staff and community volunteers in a number of different ways. This will involve working with a rural community on outreach projects and education programmes.

## EXPEDITIONS WITH A PURPOSE

**DAY FOURTEEN - SEVENTEEN**

Having said their goodbye's to the community, This morning the team will travel to the Lumbombo Mountains possibly via the Dali-style sculptures at the House of fire. The Lumbombo Mountains is a biodiversity conservancy. Over the coming days the team will trek through the hills and plateaus, whilst stopping to explore hidden caves and watching the wildlife in its natural habitat. The reserves are home to baboons, giraffes and zebras. The team will camp under the African stars each night, finishing on the last at the gates of the Hlane Big 5 National park.

**DAY EIGHTEEN & NINETEEN**

Hilane NP is home to lions, giraffes and rhinos. When not cruising around the park in 4x4's, the team will be staying in a secure tented camp and watching the waterhole through the sunset.

**DAY TWENTY & TWENTY ONE**

After breakfast, The team will return to the Ezulwini Valley, with time to explore local crafts like the candle factory and the famous Ingwenya Glas factory allow you time to pick up some sunvenirs before the team head back to Johannesburg for their flight back home.

Note: Due to the nature of expeditions, itineraries are subject to change at short notice.

