

# DOLPHIN DYNAMICS PROPOSED ITINERARY

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

## DAY 1 **NOTE: Arrive at Durban Airport no later than 09:00**

09:00 Meet & Greet - transfer by bus to Kosi Bay border  
15:00 Arrive at Kosi Bay border, transfer to resort  
16:00 Settle in  
17:00 Get sorted with gear, practice snorkel  
18:00 Reading  
19:00 Dinner

## DAY 2 06:00 Dolphin Launch (2 hours), talk on Dolphins/boating etiquette and procedure

09:00 Brunch  
10:30 Meditation, Reading and/or art exercise  
11:30 Group Therapy session  
12:30 Free Time  
13:30 Dolphin Educational movie  
15:00 Personal play time  
17:00 Yoga  
19:00 Dinner

## DAY 3 06:30 Dolphin Launch (2 hours)

09:00 Brunch  
10:30 Meditation, Reading and/or art exercise  
11:30 Group Therapy session  
13:00 Personal play time  
17:00 Yoga  
19:00 Dinner

## DAY 4 06.00 Dolphin Launch (2 hours)

09:00 Brunch  
10:30 Meditation, Reading and/or art exercise  
11:00 Group Therapy session  
12:30 Personal play time  
17:30 Yoga  
19:15 Dinner

## DAY 5 06:00 Dolphin Launch (2 hours, if sufficient people, weather permitting, own account)

09:00 Brunch  
10:00 Free day to shop, relax, enjoy the beach, sea and process  
16:00 Yoga  
17:30 Reading and closing ceremony  
19:00 Dinner

## DAY 6 **NOTE: PLEASE BE PACKED, READY TO LEAVE PRIOR TO BREAKFAST**

08:30 Breakfast  
10:00 Transfer out to Kosi Bay border  
10:30 Shuttle transfer to Durban  
± 16:00 Arrive Durban Airport

- Tea / instant 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. If you do want to bring your own drinks, corkage will be charged.
- Yoga and Meditation sessions will be held daily. Activities are advised but optional.
- Debbie will bring the Transformation Game should the group wish to play after dinner, in play time or on the free day.
- Snorkel gear for hire at R200 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.
- Once a day, around 12:00 or 13:00, our gracious hosts will offer a lift into the village and to the beach and once a day at about 17:00 will collect us from the shopping area. Please let me know after breakfast if you will want a lift either way.