

ITINERARY AND BOOKING FORM

WALKING WITH CAMELS Women's Retreat



Tuesday May 10

Arrive at Beltana Station for **SUNSET DRINKS** and open fire with your hosts

MARIE-CLAUDE AND KAMAHL AND GORDON THE GOAT

Settle into shearers-style accommodation before hearty STOCKMAN's DINNER

Enjoy Kamahl's film: 'Camel Whispering'

Wednesday May 11

Early BREAKFAST

MEET THE CAMELS

Prepare for walk – head off on first leg

Stop for LUNCH

After lunch options:

*acupuncture from Marie-Claude

*creative writing, led by Denise

*free-style art inspired by and using elements from the landscape.

Set up camp for the evening

Fireside DRINKS and DINNER

Fireside reflections: led by Denise

Sleep under the stars in swags (provided)

Thursday May 12

The miracle of Sunrise

7.30 BREAKFAST: Marie's treat

8.30 Morning focus (facilitated by Denise)

SILENT Morning walk

Assisting with LUNCH preparation

Afternoon Silence: rest, journal writing, free writing, painting and/or acupuncture.

SUNSET preparations at next camp location

DINNER

Fireside sharings

Star gazing and sleeping in swags (provided)

Friday May 13

BREAKFAST with Kamahl

Veterinary acupuncture by Marie Claude: how to heal your camel or other four legged furry friends.

Walk or ride: take a walk or take the opportunity to ride one of the furry ones.

LUNCH

Kamahl: What camels have taught me

Rest: integration, journal, creative writing, art works

Preparing the fire together.

Fireside discussion: where does healing power come from? Led by Denise

DINNER

After dinner:

The healing power of camels by Kamahl and Marie Claude

Saturday May 14

Last BREAKFAST away from civilization

Morning focus: what it feels like to be away from electricity, phones, cars, etc

Walking with awareness

LUNCH

After lunch discussion:

How to sustain this peace and inner quiet at home.

Return to yards, Beltana Station and accommodation

Beltana Station SUNSET DRINKS, fireside and hearty farewell dinner

Sunday May 15

Early morning breakfast and departures.

Getting to and from Beltana

The beauty of BELTANA is its remoteness. It has preserved its unique landscape because it is remote. Therefore, you have to travel to it.

Here are some options:

DRIVING TO BELTANA: on good, sealed road

Take the time to drive through the beautiful Flinders Ranges to Beltana Station, stopping for lunch at historic QUORN.

(If you choose to stay longer at Beltana Station, you can wander out to the famous WILPENA POUND for the day or an overnight stay.)

SHORT ON TIME? – Getting there

HIRE A CAR in Adelaide or at the airport

Drive straight (6 hours including lunch break) to Beltana in time for SUNSET

SHORT ON TIME? – Heading home

Leave straight after breakfast Sunday. Get to Adelaide/airport in the afternoon

BUS & ASSISTED ROAD TRAVEL

Catch the early morning PREMIER bus Tuesday from Adelaide to Port Pirie and we'll pick you up, and drop you back Sunday. (For a small fee). Phone 08 84155555

Or contact [GENESIS TRANSPORT](#) to be dropped off at Leigh Creek.

Call 0885524000 email genesis@genestransport.com.au

PREFER TO FLY?

Fly to Port Augusta and we'll pick you up Tuesday and return you Sunday.

Please read the following information carefully.

If you have any questions do not hesitate to phone or email me

PH: 0414801777 EMAIL: greenawaydenise7@gmail.com

WHAT TO BRING

- + Walking shoes
- + Insect repellent
- + Torch
- + Hat & sunscreen
- + Casual clothes for warm days
- + Swimmers Warm clothes (including head gear) for cool to cold nights
- + Art paper, journal, textas and/or coloured pencils and/ or paints
- + Sleeping bag

EARLY BIRD RETREAT PRICE \$2,200

(Early bird deposit must be paid by March 21, balance by April 10)

FULL PRICE (AFTER March 21) \$2,500

(Deposit on registration, balance by April 10)

NOT INCLUDED IN RETREAT PRICE

- Air fares - don't delay, the more advanced the booking, the cheaper
- Compulsory travel Insurance.
- Land Travel to retreat

To confirm your booking, please complete the [online booking form](#)