

## HEALTH AND WELLBEING

"When you arrive, you forget about time and just relax and enjoy the fresh air, delicious food, and good service."

– MYKHAILO MASLOV

### A SENSE OF WELLNESS

There is perhaps nothing grander than the peace of nature to restore one's equilibrium. Gibb's Farm takes a holistic approach to well-being as a sanctuary for the senses. Unwind with a choice of revitalising wellness treatments refresh the body and mind in between days on safari, while the tranquil surroundings allow the mind to be still and reflect uninterrupted.

### RUNNING

Heading out for a run or a jog is a great way to see our surrounding countryside and an excellent way to stretch your legs and get some fresh air. We highly recommend that you only go for a run with one of our experienced running guides. They know the area and can guide you on a safe run at the pace you set. Remember you are at altitude here! Book your guide at reception.

### POOL

Our swimming pool is a 25m lap pool and is perfect to get in some laps pre or post safari. It is open around the clock for guests to use but there is no lifeguard on duty. Pool towels are located at the swimming pool.

### YOGA

There are two Yoga Alliance qualified Yoga Instructors at Gibb's Farm and complimentary group Yoga sessions are available daily. Each room has two Yoga mats which you may use in your room for your own practice or bring with you to a group session. Private Yoga classes are available on request, and these may be customized to your requirements. Private classes may incur an additional fee. Please book classes at the front reception.

### MEDITATION

There are meditation tents and meditation boosters available for you to use for self-practice. If you would like a guided meditation with one of our Yoga instructors, please enquire with reception.

### GYM

The Rhino Gym is located near the pool. The gym is available for guests aged 12 to 16yrs with the guidance of a guardian or parent, 16yrs or more at your own risk. There is no gym instructor on duty. Gym towels and drinking water are available in the gym. A set of rules and etiquette is posted at the entrance to the gym. Please read through these guidelines before entering.

### FARM TO TABLE COOKING CLASS

Gibb's Farm offers an authentic farm to table dining experience. With most of our fresh produce being sourced directly from our 10-acre organic farm. Available for our in-house guests on full board. The cooking class may start with the option of a guided tour around the farm as you harvest fresh produce. This takes about 45 minutes and is available before 3.30pm.

One of the Gibb's Farm Chef's will guide you through a cooking demonstration. You may choose to assist in the process or just sit back with a glass of wine and watch. After the demonstration, the meal will be served to you. The cooking class may be booked for either lunch or dinner and needs to be booked in advance. Please allow for at least two hours.

This experience includes a menu, copies of the recipes and house beverages. \$25pp minimum 2 people.



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### INDIGENOUS MEDICINAL WALK

Maasai Healers lead you on a guided walk through the Ngorongoro forest and our Green Corridor, where you will learn about Olemoran, Olaiyaiyap and Osinori as well as about 20 other medicinal plants.

### FARM WALK

Experience a real working farm as you explore our organic 10-acre fruit and vegetable gardens and 30-acre coffee fields. Try your hand at milking a cow and learn about our sustainable farming methods.

### GARDEN WALK

Stroll through eight historic gardens with our horticulturist who supervises the care of hundreds of species of flora and who tends to the aromatic herb gardens. It is a tour through a natural history museum; many plants have been here since 1959, when Margaret Gibb, an avid gardener, planted the first seeds. This 40-minute leisurely walk is truly a breath of fresh air.

### NGORONGORO FOREST WALK

A Gibb's Farm naturalist is your guide for this tranquil two-hour walk through the farm and into the Ngorongoro Forest. Your senses will come alive with the sights and sounds of farm life and the flora and fauna of the forest.

### VILLAGE WALK

This leisurely two-hour walk around our neighbouring village of Tloma provides a personal look at Tanzanian village life. You will discover the true essence and traditions of rural East African village life.

### COFFEE PLANTATION WALK

The coffee picking season is during the cooler months of June, July and August. All of the berries are harvested and processed by hand and dried in the sun. Take a guided walk through the coffee plantation to learn more about our 100% organic Arabica coffee.

### BEEES AND TREES WALK

A guided walk to learn about the trees grown on the property, the beehives and honey harvest, bee hotels, and why saving the bees is so important.

### BICYCLE TOURS

Explore the back roads of the village by bicycle, or for the more adventurous, take a mountain bike day trip to Rhotia, an unforgettable way to experience rural Tanzania. 1.5 Hour Village Cycle Tour, 2.5 Hour Mountain Bike Adventure.

Subject to availability of bike.

No advance reservation required, please book on arrival.



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### HEALTH AND WELLBEING PACKAGE

For many people their safari to Tanzania is also their annual leave and so it is important to also include some down time and time for self-care.

A three-night wellbeing stay at the end of Safari is a great way to recharge before heading back home and work.

This may also be booked as a stand-alone three day get away to Gibb's Farm.

This Health and Wellbeing package is in addition to the accommodation costs and includes:

- Welcome on arrival and meet with one of our Chefs to discuss your dietary preferences.
- Customised menus for the duration of your three-day stay.
- Daily Yoga classes and guided meditation
- A guided Medicinal walk combined with a trek to the Ngorongoro Elephant caves and waterfalls.
- A guided farm harvesting walk and farm to table cooking class with one of our chefs.
- A guided bike ride into Tloma village
- Three hours of spa treatments of your choice

Additional \$250 per person

Option of a safari into Ngorongoro Crater or Lake Manyara with Gibb's Farm safari. If booked in conjunction with the Health and Wellbeing package the price of private charter vehicle and driver is discounted. Park fees are additional. Please enquire at the time of booking.

