

THE WILD SELF TRAIL

South Africa
17-24 August
2024

**IMFOLOZI WILDERNESS
AREA**

**SICELO MBATHA
CARINE ROTH
WIEBKE NEDEL**

Let's walk this sacred land together

IMFOLOZI WILDERNESS AREA

The Hluhluwe/Imfolozi reserve is renowned for its efforts to save the white Rhinos from extinction.

The 99 000 hectare reserve supports the 'big five' and a huge variety of fauna and flora. We share wild spaces with a thriving community of wild animals, from elephants to dung beetles, as we re-connect with our own wild selves.

NATURE JOURNEY

This 8 day wilderness journey is a unique opportunity to reawaken the wild animal within our souls.

We leave schedules, watches, and cell phones behind, and follow the rhythms of nature, moving across the hillsides as the clouds drift through the sky. We rest when we are tired, eat when we are hungry. We follow the tracks of wild dogs, bathe in rivers where buffalo drink, sleep beside trees where baboons are resting. We tread lightly, carry out everything we take in, and leave no traces of our presence.

We sleep under the stars and take turns for **Night Watch**

We open our hearts to any meeting we might have with the creatures and plants of this unspoilt wilderness...

UMUNTU NGUMUNTU NGABUNTU

"We can only express our humanity in community with each other."

This spirit infuses so many relationships in nature... the red oxpeckers keep the rhinos free of ticks while warning them of predators; the elephants dig water holes in dry river beds that many animals will drink from.

The Wild Self trail is a collective adventure and unique occasion to unlearn separation, taste the spirit of Ubuntu and rediscover the deep connection between self and all living beings.

SICELO MBATHA



Sicelo is an expert Wilderness Guide and Facilitator, book author of "Black Lion: Alive in the Wilderness" with over 22 years experience in the field and a lifetime steeped in traditional knowledge, gained through the teachings of his Zulu elders and direct contact with land as the son of a wilderness ranger. His ecological studies and training in deep ecology have further developed his passion for sharing the spiritual power of nature.

CARINE ROTH



Carine is a Rite of Passage guide and ecotherapist, she studied with the School of Lost Borders and is still assisting programmes with Meredith Little. She carries her passion for this work with great integrity and bridges her animist practices with nature based rite of passage. She believes "Deep Listening" and "Nature based Rite of Passage" are central to today's major transformation. Based in Switzerland, she has been working in USA, Europe and South Africa.

WIEBKE NEDEL



Wiebke's work -both global corporate and local community work - is personal development and systems change - and the intriguing intersection of both. She is a Vision Quest guide trained by the School of Lost Borders/USA and has 18 years of experience running Rites of Passage programmes in South Africa with Educo Africa. Her passion lies in creating deep listening & thinking spaces - often to find out who and what we are truly capable of being and doing.

LOGISTICS

Arrival - Day 1

Meeting at 9am on the 17th of August at Durban's King Shaka International Airport.

Departure - Day 8

On the 24th of August: please book your return flight **no earlier than 8pm** from Durban's King Shaka International Airport.

Community Immersion and global Context.

At the beginning of our trail, we will spend time with local perspectives and possibly a local community immersion to gain more understanding of the concerns and wisdoms of the people living right on the border of the park. We will spend time with Khululiwe Zama - a courageous woman and an ecological activist. If possible we will walk to the edge of a coal mine near her village, where we will have a chance to understand more about the context in which mining, poaching, mono culture and pollution might be several faces of a same crises. We will know only in early August what will be possible in the end. The engagement with the context of the villages, economies and development around the Imfolozi Wilderness are an integral part of our journey

Our maximum group size is 12 + guides.

We will split into two smaller groups during the days and reunite for lunch and camp. We will walk approximately 2 to 4 hours a day and you will carry a pack of 15-18kg. Morning & evening circles will frame our days

There will be a group call once registrations have closed to cover logistics and prepare ourselves for this big adventure...

Please contact us to register!

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carine@ceuxdici.ch

COSTS

We offer a sliding scale both for South Africans and Internationals (Difference between local & International determined by Hluhluwe -iMfolozi Park)

Local (South Africa) sliding scale between:

ZAR 28 000,- (True costs including full facilitators costs) to
ZAR 22 500,- (minimum for those who struggle)

International -sliding scale between:

CHF 1800,- (True costs including full facilitators costs) to
CHF 1400,- (minimum)

Included in the costs:

Specialist guides & facilitators.
Transport between Durban Airport and iMfolozi. Accommodation in Ecocentre. All food including meals, teas and snacks.



SICELO MBATHA'S BOOK

We highly recommend you read

Sicelo Mbatha's

book:

**"Black Lion: Alive in the
Wilderness"**

find it here in South Africa - or
on Kindle

There couldn't be a better
preparation for our Wild Self
trail!

SICELO MBATHA'S VISION

The **Wild Self Trail** is a proud
Partner of the **Alive in the
Wilderness Project** supporting
Sicelo Mbatha's Vision to
regenerate our humanity
through wilderness exposure,
while ending poaching and
hunger in the Imfolozi region of
KwaZulu-Natal in South Africa.

Click [**here**](#) for more info.

**Registration closes once all 12 places are taken.
Your spot is confirmed only once we have had a call, you have filled out the
registration & health form and we have received a 50% deposit.**