

ULURU & beyond- Sacred Journey Itinerary with Iris Nunn & Anna Filliol

Saturday 16th May

Arrive in Yulara (Ayers Rock Airport). Airport to hotel transfers by Iris.

Accommodation: Sails in the Desert

Sunday 17th May

Buffet breakfast at Ilkari Restaurant at hotel.

Relaxed day, connecting with the land and energy, gathering with Anna.

4pm Pick up from Sails in the Desert. Campfire dinner provided

Fireside introduction to Deep Listening to Nature & 'Oneness' practice with Iris and Anna

New Moon tonight

Accommodation: Sails in the Desert

Monday 18th May

6:30am Meet before sunrise at the front of hotel and walk to a quiet spot for 'Oneness' practice, followed by buffet breakfast at Ilkari Restaurant at Sails in the Desert.

8:30am Depart for deep listening experience to Uluru starting at the Cultural Centre in the National Park (bring packed lunch, water & art/writing journals).

Anangu guided cultural walk at Mutitjulu Waterhole: learning about Tjukurpa. Enjoy slow, mindful walking, practicing deep listening to Uluru, Anangu Culture & Country.

Return to hotel for alone time to rest/create/meditate/connect with Anangu artists at the lawn gallery etc.

5:30pm Sunset | 6pm Dinner at your choice of venue

Accommodation: Sails in the Desert

Tuesday 19th May

5:45am Hotel pick up for Uluru Field of Light Sunrise Tour with hot drinks (approx. 2 hrs).

Return to Sails for buffet breakfast. Enjoy free activities around the Resort.

2:30pm Pick up outside hotel for Uluru Mala Walk followed by sunset.

7pm Dinner at your choice of venue

Accommodation: Sails in the Desert

Wednesday 20th May

6:30am Buffet breakfast at hotel.

Departure for Uluru base walk if you wish to walk the circumference of Uluru mindfully (approximately 10kms – take plenty of water). Return to Sails for afternoon rest and integration.

4:45pm Sunset Kata Tjuta in the distance lookout | Picnic dinner provided

Accommodation: Sails in the Desert

Thursday 21st May

6am Pick up outside hotel.

'Silent Sunrise' in the National Park. Driving in silence to Kata Tjuta with picnic breakfast and packed lunch provided. Valley of the Winds Walk 7.4kms and possibly Walpa Gorge. Return time roughly 2–3pm.

5pm Pick up hotel for Sunset Deep Listening to Uluru & 'Oneness' practice.

6:45pm Dinner at your place of choice

Accommodation: Sails in the Desert

Friday 22nd May

7am Buffet breakfast at Ilkari.

9am Check out.

Grocery shop in preparation for departure northwest to Watarrka Kings Canyon (3 hrs travel time via Sacred Sites).

Picnic lunch provided at Angas Downs Station.

3pm Check-in to Discovery Resort Kings Canyon.

6pm Dinner at the Resort

Accommodation: Discovery Resort Kings Canyon

Saturday 23rd May

7am Buffet breakfast at the Resort.

Depart to Watarrka National Park practicing the art of deep listening to nature around the magnificent rim of the ancient canyon and into the Karu creek bed.

Bring picnic lunch in the National Park (6km hike).

Afternoon free.

5pm Camp fire cooked dinner provided & Sacred Circle at sunset

Accommodation: Discovery Resort Kings Canyon

Sunday 24th May

7:30am Buffet breakfast at the Resort.

9am Check out and depart for Alice Springs, acknowledging pathway of Tjukurpa (Law) Sites (approximately 3.5 hrs drive).

4pm Check in to hotel in Alice Springs

Accommodation: DoubleTree by Hilton Alice Springs

Monday 25th May

Breakfast at hotel.

Currently open day in Alice Springs where town, shops and attractions are in walking distance. More info to come from Anna re ideas for this day.

4:30pm Pick up at hotel for a special private visit to the Kangaroo Sanctuary (approx. 2.5 hrs)

Accommodation: DoubleTree by Hilton Alice Springs

Tuesday 26th May

5am Pre-dawn departure for a full day visiting the extraordinary Tjoritja West MacDonnell Ranges.

Breakfast and lunch eaten in the National Park.

Hike, swim, immerse in freshwater rock-holes and ancient terrain that once was on the bottom of an inland sea. Late afternoon return to Alice.

Farewell Dinner to Iris at venue of choice

Accommodation: DoubleTree by Hilton Alice Springs

Wednesday 27th May

Depart hotel for airport. Iris will be doing the transfers. Times TBC