



## Sample 2026 Itinerary



Day	Date	Day	Route	Activity	Accommodation	breakfast	lunch	dinner
0			All Out not needed	Arrive 10 pm ORT, Tf to Sunrock Guesthouse	Sunrock Guesthouse			in ORT or on plane
1			Stay on a Sunrock: All Out not needed	Hector Pieteron Memorial & Museum, Mandela House, Apartheid Museum, full day tour	Sunrock Guesthouse	Sunrock guesthouse, hot/cold	out own expense	Sunrock Guesthouse
2			All Out: Johannesburg to Malandela's, Malkerns, Eswatini	Transfer from Sunrock to Malandela's BNB, Eswatini, air conditioned vans, All Out Africa	Malandela's B&B	Sunrock guesthouse, hot/cold	en route own expense, at Alzu	Malandela's Restaurant, 3 choices semi set 2 course meal with 1 drink
3			Malandelas to Goshen, Sidwashini, then to MBN for lunch back to Sidwashin, back to Malandela's	GBV, visit Goshen, south west of Mbabane, engage with young woman in attendance, perhaps take them into MBN for lunch	Malandela's B&B	Malandela's B&B hot/cold breakfasts	lunch provided on site, salads, sandwiches, fruit and drinks	Vesuvio's Wood Fire Pizza
4			Malandelas to Emnotfweni Elementary, Siphofaneni, back to Malandela's	kids can teach in classroom, play soccer, eat lunch with and tour the school, there is also a small agricultural project there to view and learn about subsistence farming	Malandela's B&B	Malandela's B&B hot/cold breakfasts	lunch provided on site, salads, sandwiches, fruit and drinks	Malandela's Restaurant, 3 choices semi set 2 course meal with 1 drink
5			Malandelas to MBN to Gov buildings	Governance day, visit parliament and the high court, chambers of a judge	Malandela's B&B	Malandela's B&B hot/cold breakfasts	lunch provided on site, salads, sandwiches, fruit and drinks	Salt & Pepper Mozambican restaurant
6			Malandelas up Tea Rd to Edlangeni, full loop back thru MBN back to Malandela's	Gone Rural day of commerce, in the rural areas, plus drive the Tea Rd, gone all day	Malandela's B&B	Malandela's B&B hot/cold breakfasts	lunch provided on site, salads, sandwiches, fruit and drinks	Malandela's Restaurant, 3 choices semi set 2 course meal with 1 drink
7			Malandela's to Lower Sabie, KNP	After breakfast check out of Malandela's at 8 am. Stop at Komatipoort to pick up snacks. Board open safari vehicles at Crocodile Bridge Gate. Game drive into Kruger to Lower Sabie Rest Camp. Check in to All Out tented camp. Dinner provided by All Out Africa	Lower Sabie, Kruger National Park in All Out Camp	Malandela's B&B hot/cold breakfasts	en route to Kruger, own expense	Bolognese & Pasta with salad provided by All Out Africa guides
8			Kruger National Park, Lower Sabie	Rise at 4:30, head out on an all day game drive in AOA OSVs. Explore Kruger spotting wildlife and look out for the famous Big 5. Stop at rest camp for breakfast. Stop off for lunch enroute, return Lower Sabie and relax by the pool. Dinner provided by All Out Africa	Lower Sabie, Kruger National Park in All Out Camp	Cereals, yoghurt, tea, coffee & toast provided by All Out Africa	Lunch provided	Chicken curry & rice provided by All Out Africa guides
9			Kruger National Park, Lower Sabie	Get up early for a game drive. After breakfast at 9:00 drive on the OSVs	Lower Sabie, Kruger National Park in All Out Camp	Cereals, yoghurt, tea, coffee & toast provided by All Out Africa	Lunch provided	Dinner at Lower Sabie rest camp- semi set menu, own expense
10			KNP to ORT	Get up early for a game drive. After breakfast at 9:00 drive on the OSVs out of Kruger National Park. Board the All Out main vehicles and drive to OR Tambo for flight at xxx.		Cereals, yoghurt, tea, coffee & toast provided by All Out Africa	Enroute to JNB airport at travellers expense - not included	

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## Other day trip/focus ideas

<b>Public health</b>	Baylor Clinic paediatrics HIV, Georgetown, public HIV clinics
<b>Medicine</b>	Public hospitals, MBN, MZN
<b>Volunteer work</b>	Huge range from; playing with preschoolers and distributing clothing to painting, planting and building/block work.
<b>Conservation</b>	Big Game Parks contact Ann Reilly
<b>Regenerative Agr.</b>	Guba in Malkerns
<b>GBV</b>	SWAGAA, Goshen, meet w a social worker
<b>Sports</b>	visit stadium during an event, rural soccer games or sports day at a school
<b>Industry</b>	Ngwenya Glass, sugar mill or jam factory or Black Mamba, Zoggs
<b>Women's Co-op</b>	Baobab Batique, make a scarf, Gone Rural production day
<b>Wine/Gin tasting</b>	Imbali, this is an adult thing.
<b>Recycling</b>	Ngwenya Glass, the recycle station in MTS
<b>Culture</b>	Mantenga Falls mini village, dancing, a hair salon
<b>Culture</b>	dinner with grads of Swazi Kids program
<b>Farming</b>	Tour Mandela's sugar, tour macadamia nut farm
<b>Cooking</b>	Teach them and have poijke dinner, or hire from Delores for Swazi traditional fare
<b>Traditional Medicine</b>	Sasha Thorne and Guba herbalist, maybe a Sangoma
<b>Hiking</b>	Lots, gorgeous places, can be 1-4 hours long, views, range of difficulty.
<b>Other activities</b>	Horse back riding, mountain bikes, safari drives, zip lining, river rafting
<b>Fitness for participants</b>	Yoga classes on site, walking, hiking access to a local gym (good quality and very safe), aqua class in mineral springs (for adults fun and funky)