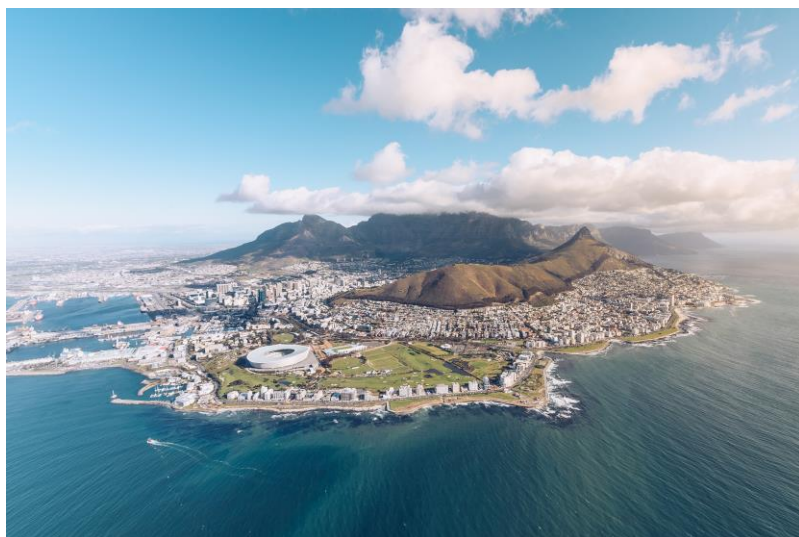


UAH OLLI Journey of Purpose and Discovery to South Africa



Dates: September 2025

\$4499 (land only)

\$1299 single supplement

Join UAH OLLI leaders for an exclusive cultural immersion journey to South Africa. Explore the rich culture, diversity and history while meeting with local community members, including Mandela's jailer turned friend, Christo Brand.

Cultural Heritage & History

- ✓ Discover the **origins of humanity** at the UNESCO World Heritage site "The Cradle of Humankind."
- ✓ From **Mandela's** home in Soweto, to a talk from his former jailer turned friend, learn about **Madiba's World**.
- ✓ Explore the darkest years in South African history to its shining democratic achievement at the **Apartheid Museum**.
- ✓ Participate in an **Ochre workshop at Origins Centre**, Wits University.
- ✓ Get into the **Soweto** groove via a **tuk-tuk**.

Conservation and Wildlife

- ✓ Explore **Pilanesberg National Park**, known for **Big 5** game viewing in a malaria-free environment and just a short 2.5-hour drive from Johannesburg.
- ✓ Marvel at the diversity of the wildlife on afternoon and sunrise **games drives** with your rangers.
- ✓ Encounter the perilously **endangered African Penguin** at one of only 3 mainland-based breeding colonies and meet with **SANCCOB**, a **non-profit** dedicated to their survival.
- ✓ Sit down in conversation with **conservationists Steve and Perry Dell** in Pilanesberg.

Community Connections & Service

- ✓ Spend the day with members of **The University of the 3rd Age** as they share their community and favorite local spots, topics and activities in their magnificent 'Garden Route' town.
- ✓ Enjoy the quintessential South African meal and social practice – a 'Braai' (fire barbeque) - hosted by the **U3A community**.
- ✓ Join a local **community project** using music to keep kids safe.
- ✓ Talk with Antoinette Silthole, the sister of **Hector Pieterse** who lost his life in the '76 Soweto youth uprising, at 'Lebo's' a community hub in Soweto.
- ✓ Visit **Bo-Kaap**, the only area in the city of Cape Town where the **Cape Malay** were not evicted during Apartheid.
- ✓ Meet **Palesa Musa** while visiting Constitution Hill and hear about her incarceration in its former prison at age 12.
- ✓ Get *stuck in* at '**Food Jams**' cooking up a feast with your fellow travelers.



ITINERARY | DAY-BY-DAY

📍 Departure airport and flights TBD

DAY 1 – Travel to South Africa

Depart from home today for your international flight to Johannesburg, South Africa. (flight additional expense).

With a dynamic fusion of African, European, and Asian influences, South Africa is a place of vibrant cultural diversity. Years after its emergence from apartheid, the nation has become a fascinating mix of history and modernity, of ancient traditions and new ideas.

📍 Johannesburg, South Africa

DAY 2 - Welcome

Upon arrival at Johannesburg International airport, you will meet your South African guide.

Transfer to the hotel for check-in and overnight. Dinner service should be provided on your flight or available for purchase at the hotel.

Johannesburg is currently the largest city in Southern Africa with more than six million people and urbanization at 97%. It is a city of contrasts with wealthy suburbs and commercial centers alongside informal settlements, Indian bazaars and African muti (medicine) shops, where traditional healers dispense advice and traditional medicine.

The **Southern Sun Katherine Street** hotel, set around its lovely garden and pool, is a pocket of tranquility with easy access to the best of Sandton. Rooms feature air-conditioning, tea and coffee facilities, a mini fridge, an electronic safe, space to work, and a sleek en-suite bathroom with walk-in shower.

Overnight: Southern Sun Katherine St (or similar)

Included meals: N/A



📍 Johannesburg, South Africa

DAY 3 - Cultural Heritage

After breakfast (provided daily), take part in an **orientation and welcome briefing**. This comprehensive briefing covers an introduction to your local staff, some historical background, and current information on South African society and economy.

Immediately following, the group will embark on an exploration of the darkest years in South African history at the **Apartheid Museum**. Likened to the Holocaust Museum in Washington, D.C., this haunting museum takes you into the beating heart of the struggle for freedom and its glorious triumph in 1994.

Lunch will be provided at a local community hub, **'Lebo's'**, where you'll meet and hear from **Antoinette Sithole**. She will share insights into the uprising and the role her brother played in sparking the 1976 youth movement to end Apartheid.

Following, explore the massive **South Western Township (Soweto)** of Johannesburg by tuk-tuk. It is the biggest city in South Africa and heart of the Freedom Struggle. In Kliptown, pay a visit Freedom Square, a place where the **Freedom Charter** was adopted as the guiding document of the Congress Alliance. In Orlando is the famous Vilakazi Street, which has been home to two Nobel peace prize winners and the **Hector Pieterse Memorial**, the site of the student uprisings of '76.

Enjoy a **welcome dinner** at a local restaurant this evening.

Overnight: Southern Sun Katherine St (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Johannesburg, South Africa

DAY 4 – History & Culture

This morning, visit **Constitution Hill** comprising the historic Old Fort, apartheid-era Women's Jail and notorious Prison Number Four, and the custodian of South Africa's democracy, the Constitutional Court. This holistic tour explores the precinct's complex history, its mutations through time, the injustices to which its inmates were subjected, and the intentional design of the "ConCourt", together framing why the court's presence in this place is so meaningful. A special part of your morning will include **meeting Palesa Musa**, who was incarcerated here at age 12, who will share her story.

Lunch will be on your own this afternoon.

This afternoon you'll participate in a hands-on lecture and **Ochre art workshop** at the Origins Center, University of Witwatersrand. Understand ancient ochre use in Africa and learn about ancient hunter-gatherer lifeways. Grind your own powder and **make your own 'ancient art'**. Ochre use dates to 300 000 years ago in the archaeological record and by 100 000 years ago Homo sapiens around South Africa were using this material regularly.

Enjoy a sumptuous meal tonight at **Nelson Mandela's** former sanctuary, his **Presidential Mansion** now turned into a boutique hotel and fine dining restaurant.

Overnight: Southern Sun Katherine St (or similar)

Included meals: Breakfast & Dinner



Palesa sharing her story with Nanda travelers in 2023



📍 Maropeng, South Africa

DAY 5 – Origins of Humankind

Following breakfast, you will spend an entire day discovering the origins of humanity at the **UNESCO World Heritage Site The Cradle of Humankind**. "The Cradle is an archaeological treasure trove ... the richest source of evidence anywhere for understanding our human origins," *Professor Lee Berger*, renowned paleoanthropologist and National Geographic Global Explorer.

Expert archeologists will guide you for this exclusive program. You will be transported by **open safari vehicle** through the pristine highveld and bushveld landscape of the Greater Cradle Nature Reserve to two of the **world's most famous fossil sites** – Gladysvale and Malapa. These active dig sites, which are not accessible to the public, continue to yield hominin and animal fossils of international scientific importance. The tour includes a visit to the reconstructed **Royal Kraal** on the film set where Shaka iLembe, the 12-part TV series on Shaka Zulu, was filmed in 2023. The reserve is home to over 20 animal species, including **leopard, brown hyena, sable antelope, eland, blesbok, giraffe and kudu**, and more than 230 bird species.

Following lunch nearby (for own account) continue to the **Pilanesberg National Park** just in time to enjoy dinner and your first bush sunset and sparkling night sky. **Bakubung Bush Lodge** has much to offer and is situated at one of the reserve gates for your convenience. They have a shuttle that runs to Sun City which is nearby (resort and casino area). They have onsite tennis, cricket, and volleyball along with a spa, internet lounge, and a pool.

Overnight: Bakubung Bush Lodge (or similar)

Included meals: Breakfast & Dinner



📍 Pilanesberg National Park

DAY 6 - Safari

As the animals prefer to feed during the cool temperatures of early morning, you'll venture out early to witness the **life of the bush in the gentle light of the dawn via an open vehicle**. A packed breakfast will be provided by the lodge for your adventures. Your guide can help you spot some, or all, of the **Big Five: lion, Cape buffalo, rhinoceros, leopard, and elephant** along with the delightful giraffe, zebra, and other wildlife. The knowledgeable game rangers will share their extensive knowledge of the fauna and flora with you throughout your safari, providing you with the richest possible experience.

After lunch at the lodge, join **Steve or Perry Dell** who will share their conservation insights with you. As Park Ecologist and stalwarts of the Pilanesberg Wildlife Trust, they have over 20 years of hands-on experience to share. You'll start to grasp what it takes to protect African wildlife and wild spaces and how critically important these efforts are to the ongoing survival of the region's abundant but vulnerable wildlife, particularly the heavily poached rhinoceros.

Bakubung Bush Lodge blends modern day luxuries with an African wildlife experience. On-site facilities include a swimming pool, gym, spa, wi-fi, tennis, wildlife center, Boma (fire-pits, outside dining) and several bars and restaurants. Bakubung Bush Lodge, fondly translated as "Place of the Hippo", has all you need for a relaxing and immersive stay.

Dinner will be at the lodge this evening.

Overnight: Bakubung Bush Lodge (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Knysna, Garden Route

DAY 7 – Conservation and Wildlife

Rise early today to enjoy a sunrise game drive with your ranger in an **open safari vehicle**. This is the prime viewing time of day as the reserve's endemic species are at their most active in the cool morning hours. Your guide can help you spot some, or all, of the Big Five along with entertainers like the **warthog** and **hyena**.

Optional: Hot Air Balloon ride (additional expense). *Pilanesberg is the only National Park in South Africa where you can enjoy this breathtaking activity.*

Stop for lunch (own expense) before flying to George and transfer by bus to your next destination on the **Garden Route**.

A magnificent stretch of coastline along the south-eastern shore of South Africa, extending from Mossel Bay in the Western Cape to the Storms River in the Eastern Cape. The name comes from the verdant and ecologically diverse vegetation encountered here. **Ten nature reserves** embrace the varied ecosystems of the area, as well as unique marine reserves, home to soft coral reefs, dolphins, seals, and a host of other marine life. Various bays along the Garden Route are nurseries to the **endangered Southern Right Whale** which come there to calve in the winter and spring (July to December).

Relax at your hotel where dinner is on your own. **Protea Hotel Knysna Quays** is set on the waterfront area facing the warm Indian Ocean. The boasts wonderful facilities, including a heated outdoor pool, wellness therapist, free internet service and a unique dining experience with four restaurants to choose from.

Overnight: Protea Knysna Quays (or similar)

Included meals: Breakfast



📍 Knysna, Garden Route

DAY 8 – U3A Community Immersion

Today will be spent with community members of **U3A Knysna**. This chapter of retiree life-long learners was started in 2001 and now enjoys a membership of over 500. Course offerings vary but currently offer classes like geology, philosophy, photography skills, writing skills, life studies, birding, local interest outings and book clubs.

Knysna is 500km east of Cape Town on the banks of a magnificent estuary in an area of superb natural beauty known as 'The Garden Route'. It boasts mountains, ancient natural forests, beaches and the ocean. It is home to the colorful Loerie Bird and the unique Knysna Seahorses.

This is the day that you'll really connect with your South African peers, as they welcome you into their community and share a true 'slice of life'. Social and active and curious, this bunch of locals reflect the warm spirit of South Africans. It is fitting, then, that you'll also meet with a community activist running a kid's intervention program teaching music and making wood marimba instruments.

Lunch and supper are part of your day with the townsfolk, with the dinner being the most quintessential South African meal – a 'Braai'. More than a meal, this is a social custom as friends gather to cook over the fire and unwind and enjoy each other's company.

Overnight: Protea Knysna Quays (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Cape Town, South Africa

DAY 9 – Travel to Cape Town

After breakfast, head back to George Airport for your flight to the southern city of **Cape Town**.

Blossoming out of the **oldest port in southern Africa**, in a broad bay at the foot of Table Mountain, Cape Town is regarded as one of the most beautiful cities on earth. It is edged by **white-sand beaches** and is an eclectic mix of colonial history and urban chic. Cape Town's Mediterranean look and feel attracts visitors from around the world, and it was the **first place** in South Africa to be settled by European traders and religious refugees causing the displacement of indigenous people.

Lunch will be on your own this afternoon.

If the weather permits, you will have the opportunity to ascend **Table Mountain** via a revolving aerial cable car this morning. This iconic symbol of Cape Town is a **UNESCO World Heritage Site** offering stunning views of the entire Cape Peninsula, the Atlantic and Indian Oceans, Cape Town, and the harbor.

Check in at the **Cape Milner Hotel**. In the heart of Cape Town, the hotel offers an eclectic mix of contemporary boutique and old-world charm. This modern property has a convenient location and state of the art facilities including a 24-hour reception, gym, pool, spacious lounge and more. Guest rooms have air conditioning, free Wi-Fi, complimentary tea/coffee making facilities, hairdryer and a mini-safe.

They have dinner options or restaurants nearby for this evening (own account).

Overnight: The Cape Milner (or similar)

Included meals: Breakfast



📍 Cape Town, South Africa

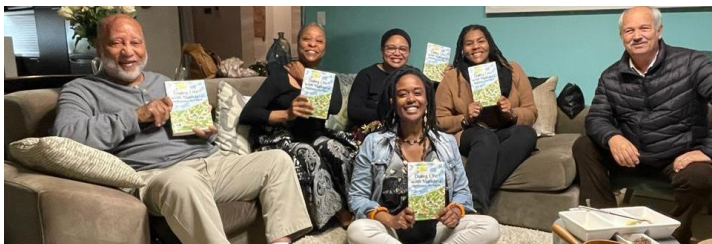
DAY 10 – Cape Town Connections

This morning visit **Bo-Kaap**, the only area in the city of Cape Town where the **Cape Malay** community were not forcibly removed under Apartheid. The historic area, that became home to many Muslims and freed slaves after the abolition of slavery, showcases local Islamic culture, heritage, and community in the heart of the city.

Continue to **Oranjezicht City Farm Market, "OZFM"**, a cheerleader for community farming and artisanal culture in Cape Town. Organic and regenerative produce as well as locally sourced fresh produce is at the heart of the market. There is a wonderful mix of food stalls selling cooked and raw dishes for all palates and preferences – from carnivores and chocoholics to vegans and diabetics. **Take a tour of global flavors**, from Africa and Europe to the East and West and try something new at this "glorious multicultural cookout" while you hang out with locals in Cape Town's cosmopolitan meeting place.

Lunch will be on your own this afternoon with some **free time** to explore along the Victoria and Alfred Waterfront and its many shops.

This evening, enjoy a home hosted meal and hear from **Christo Brand (pictured below far left)** Nelson Mandela's former jailer turned friend and employee.



Overnight: The Cape Milner (or similar)
Included meals: Breakfast & Home Hosted Dinner

📍 Cape Town, South Africa

DAY 11 – Cape Tour & Penguins

Spend the day exploring the length & breadth of the **Cape Peninsula** to the **Cape of Good Hope (Cape Point)** in Table Mountain National Park. Stop to see the rare **African penguins** in their natural surroundings at Boulders Beach.

Hear from **representatives of SANCCOB** about their conservation efforts to protect this endangered species and other threatened sea birds. The African **Penguin faces extinction in the wild by 2035** if more is not done to curb the current rate of population decline. The crisis is driven primarily by their lack of access to prey, for which they must compete with the commercial purse-seine fishery which continues to catch sardine and anchovy in the waters surrounding the six largest African Penguin breeding colonies. SANCCOB, together with BirdLife South Africa, have taken a crucial step to legally challenge the decision taken by the office of the Minister of the Department of Forestry, Fisheries and the Environment on the closures to fishing around key African Penguin breeding colonies.

Enjoy lunch at the Black Marlin, perched above the rocky shores between Boulders and Cape Point.

On the way back to town, stop to take a walk through the **Kirstenbosch National Botanical Gardens** to see some extraordinary indigenous plants endemic to the Cape Floral Kingdom.

Dinner is on your own this evening, perhaps wander back to the vibrant Victoria and Alfred Waterfront where there are a variety of dining options.

Overnight: The Cape Milner (or similar)
Included meals: Breakfast & Lunch





📍 Cape Town, South Africa



DAY 12 – Cape Winelands

Enjoy a leisurely start to your day with some **free time to explore** the Waterfront with lunch on your own today.

This afternoon, head out to the winelands. South Africa is globally renowned for its distinctive wines. Visit **The Constantia Valley**, the oldest wine producing region in the southern hemisphere with an uninterrupted history of **winemaking since 1685**. The Constantia Valley wine-route consists of ten wine farms, each with their own distinctive heritage and premium wines. The Valley stretches up the south-east slopes of the Table Mountain National Park and is just a 10-minute drive from Cape Town's city center. The area is steeped in history and is home to some of the best examples of Cape Dutch architecture. The largest wine estate, Groot Constantia, is home to Simon Van der Stel's original manor house museum and is an excellent example of this architectural style. The wine farms are perfectly positioned between the Table Mountain range with its glorious Floral Kingdom and the coastal False Bay area allowing for a perfect micro- climate which produces world class wines distinctive in character and style.

This evening, engage in a collective cooking effort with your fellow travelers at **"Food Jams"**. The concept of Food Jams was developed whilst the founder was studying jazz music in Cape Town. Aware that the best way to learn was to "jam" together with other musicians, she expanded the idea to cooking.

Overnight: The Cape Milner (or similar)

Included meals: Breakfast & Dinner

📍 Cape Town, South Africa

DAY 13 – Return to USA

Fly back to the U.S. today with arrival the following morning. The morning is yours to explore independently and prepare for hotel check-out.

Lunch is on your own this afternoon with meal service provided on your international flight home this evening.

Included meals: Breakfast

DAY 14 – Arrival USA

📍 USA

Arrive back in the US this morning to connect to your flight home.





ITINERARY | DAY-BY-DAY

📍 Johannesburg, South Africa

Southern Sun Katherine Street

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Sandton, Gauteng Province

Telephone: +27-11-884-8544

<https://www.southernsun.com/southern-sun-katherine-street-sandton>



📍 Pilanesberg National Park

Bakubung Bush Lodge

Kubu Street, Bakubung Gate

Pilanesberg National Park 0316

Telephone: +27-14-552-6000

<https://www.legacyhotels.co.za/hotels/Bakubung-Bush-Lodge>



📍 Pilanesberg National Park

Protea Hotel Knysna Quays

Waterfront Drive

Knysna, South Africa 6571

Telephone: +27-44-382-5006

<https://www.marriott.com/en-us/hotels/griqu-protea-hotel-knysna-quays/overview/>



📍 Cape Town, South Africa

Cape Milner Hotel

2 A Milner Road

Fish Hoek, Cape Town 8010

Telephone: +27-21-426-1101

<https://capemilner.com/>

