

# CAPE TRIBULATION

## Body Mind Spirit Nature Tour



TOUCH OF  
**SPIRIT**  
TOURS



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Rejuvenate in the beautiful Daintree rain forest with daily yoga and meditation, healthy home-cooked dinners and breakfasts, an ocean safari with snorkelling on the reef, a wilderness cruise, night and day nature walks, indigenous culture and spirituality, local sights and so much more. Massages, facials and healing treatments are also available at our lovely retreat centre.



# ITINERARY

## Day 1

Arrive at Cairns airport in the morning. Transfer to Cape tribulation, stopping in the Daintree forest for a delicious lunch. Arrive at our beautiful eco-friendly yoga and meditation retreat centre. Settle in and relax, and in the late afternoon, enjoy a balancing yoga class followed by dinner.

## Day 2

After meditation and breakfast, we head off for a tour of the Cape including sightseeing, interpretive nature walks and a wilderness boat cruise. Enjoy some free 'relax' time before yoga and dinner.

## Day 3

Today we have a half-day excursion by boat out to the beautiful barrier reef. Marvel at the amazing life under the sea – exquisite coral, colourful fish and giant sea turtles as you snorkel in 2 or 3 beautiful locations. This is a very special opportunity to explore the reef away from the usual tourist locations. This company is the only operator with a permit in the area.





## Day 4

Journey by 4wd to Wujal Wujal Falls, stopping at various lovely nature sights. Meet one of the traditional owners of the area who will provide insight into indigenous culture. Also visit the Bana Yirriji Arts Centre to check out the indigenous art. Enjoy a swim at Woobadda Creek. There is free time in the afternoon to relax.

## Day 5

You have a free day today with various options available. We will drop you and pick you up at the activity of your choice. Options include: tropical fruit tasting with a permaculture farm tour, jungle zipline safari, horse-riding and kayaking. Or you may just choose to relax on the beach or take a walk etc. In the evening we have a very informative night nature walk.

## Day 6

Depart after meditation and breakfast for a rainforest walk at Jindalba, a visit to Cow Bay beach and the Flora villa Ice cream parlour, where you can enjoy organic biodynamic tropical fruit ice cream. This is followed by lunch and a short tour of Port Douglas. Continue on to Cairns for overnight.

## Day 7

Taxi transfer to Cairns airport for your departure flight or ask us about an extension tour in the region.





## ADDITIONAL INFO

Your 7-day experience includes all air-conditioned land travel, all accommodation, many meals, all tours, local guide, airport transfers, yoga and meditation classes.



**For booking information contact:**

1300 722 932

[info@touchofspirittours.com.au](mailto:info@touchofspirittours.com.au)

Transformational Journeys Pty Ltd  
trading as Touch of Spirit Tours  
ABN 68 160 109 946

Please note: The itinerary may be subject to change depending on altered circumstances.

