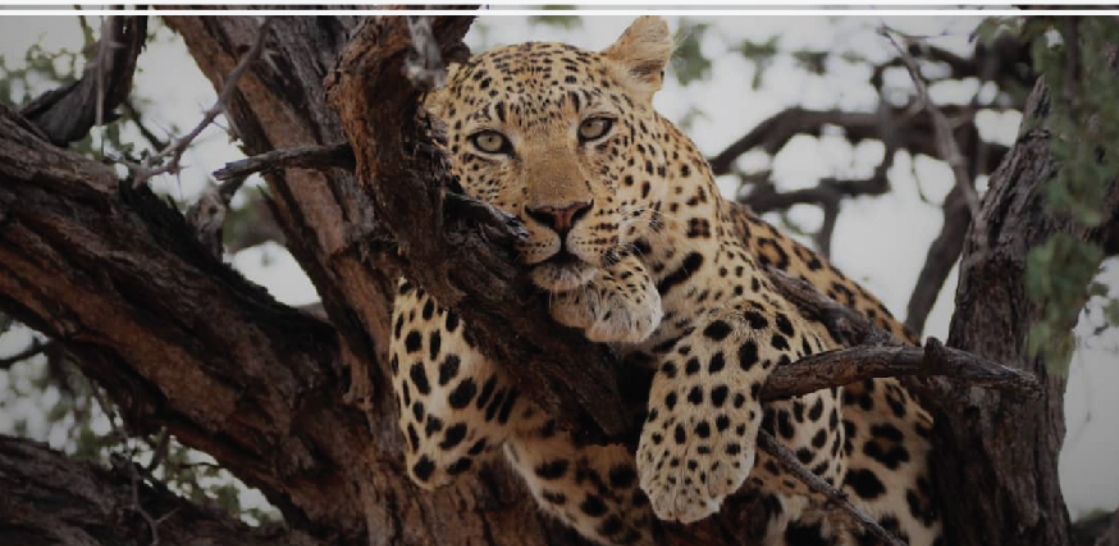




EST. 2013

Feast your eyes and seduce your senses on a completely
unique holiday of a life time experience.

Welcome to Fitness Safaris Namibia held on Okonjima wildlife reserve, the home of the AfriCat Foundation.



Let the 56,000 acres of land bustling with wildlife incapture you. Enjoy an activity filled 8 days like no other.

Fitness Safaris Namibia delivers it all in one package:

- Weather
- Scenery
- Wildlife
- Outdoor training
- Luxury accommodation
- Delicious quality meals

Your fitness safari combines all these elements while still having time to soak in all the African bush has to offer.



**Be prepared for your soul to dance
to the delight of the African heartbeat!**



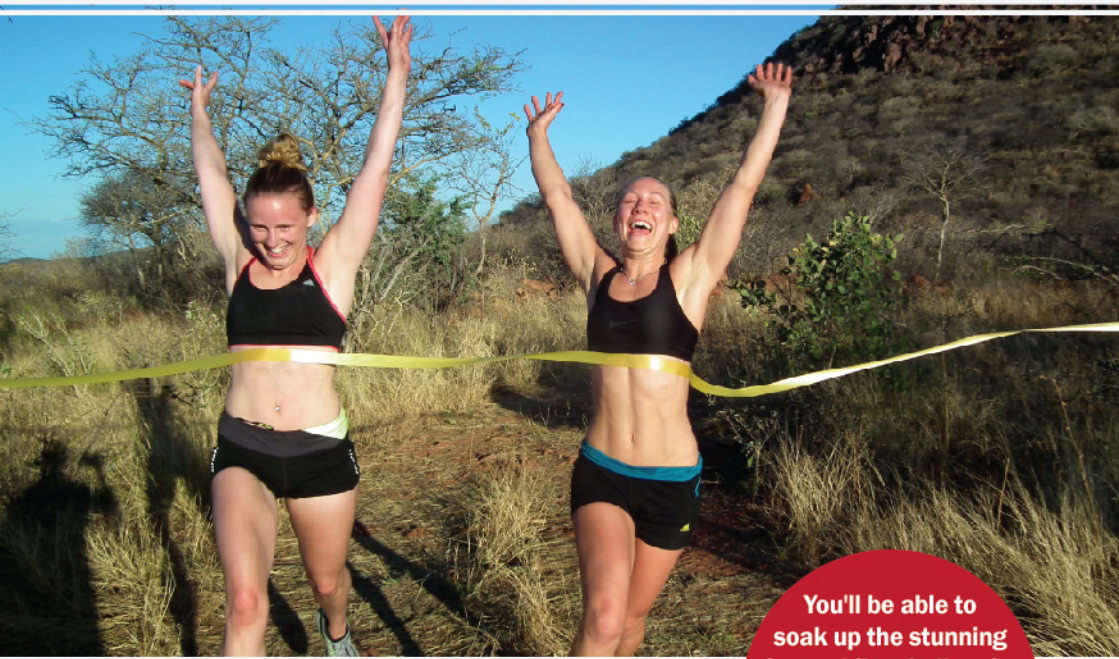
This is truly a once-in-a-lifetime opportunity to free yourself from the never ending 'to do list' of life at home so you can once again feel that sense of exhilaration, freedom and energy surging through your body!





Okonjima Wildlife Reserve is all about enjoying the amazing power of nature to rejuvenate, realigning areas of your life and having those stories to tell around the dinner table.

Be amongst like minded people just as excited to have mind blowing experiences, have informal chats around dinner learning and living life to it's full potential.

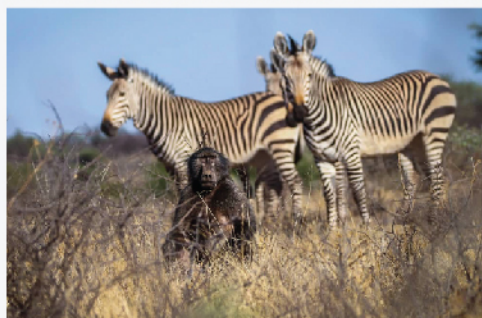


You'll be able to soak up the stunning views whilst challenging yourself through the trails of the Omboroko mountains on bike and on foot!

Whether you want to come alone to get away from it all, or join a group of like-minded individuals, we will ensure that you have the time of your life with memories and experiences you will treasure forever!

Although a certain level of fitness is recommended, our training sessions are geared and tailored to suit the individual. You work at your pace and level.





From the moment your boots touch the African dust you will be hooked on this first class journey.

What's included

- All accommodation
- All food
- All training
- Airport transfers
- At least 3 wildlife trails

AN EXAMPLE DAY ON YOUR FITNESS SAFARI.

Although there is nothing typical about it.

6am: Wake up. It's all about the mornings in Africa. Hydrate ready for your morning training session. This could be either a trail run, cycle or training at the amazingly remote Bush gym.

6.30am: Training - guided by your expert trainers.

9am: A delicious and nutritious breakfast to refuel. Tuck into the legendary Bushman omelette.

10am: Return to your stunning accommodation to relax. Have a dip in the pool or receive a massage before your next session.

11.30am: A superbly delivered short training session usually near the pool before your light lunch.

1pm: Light tasty lunch.

3.30pm: Meet your guide at the one of the Lapas before heading out on a game drive searching for Leopard / Cheetah and much more along the way concluding with an essential African sundowners.

7.30pm: Meet round the fire chatting about the days activities and memories before being spoilt with a fabulous dinner.

9.30-10pm: Your head hits the pillow with the humming hypnotic sounds of the African night.



A true testament to these holidays are our guests. Some who have returned to experience the magic again and again.



But don't take our word for it

'Fitness safaris Namibia gives you the chance to feel the warm Namibian sand between your feet, the sun on your face, the Okonjima welcome to soothe your soul and the positivity and passion from Danny to get you experiencing fitness amongst the wonderful wildlife of Namibia. Breathtaking in every way. As far as I'm concerned, this is the ultimate truly natural high!!'

- Claire Burnell, Cornwall.

'Being at Okonjima is like being in a perfect little bubble, with such welcoming people, fantastic wildlife sightings and stunning scenery. You won't want to go home!'

- Jo Luxton , Devon

'Special is how I like to describe Okonjima, it gets under your skin! With every new day comes different and exciting experiences. The people you meet and the things you see make it really hard to leave! '

- Joanna Silva - Portugal.

Prices start from £2850 for 8 nights (excluding flights)
Bespoke holidays available.

Email dannygrovesfitness@gmail.com

Meet the team



Danny Groves from Groves Health and Fitness – Founder and leader of Fitness safaris Namibia.

A successful personal trainer and Boxing group fitness trainer with 23 years experience residing in Devon, Danny spent over 4 years living and working in Namibia providing personal training, massage therapy plus training and working with amateur and world class professional boxers. A keen traveler Danny has also worked in Australia as well as completing many events such as the London marathon, The 24 hour Desert Dash cycle and The National 3 peaks challenge to name a few. Danny gained inspiration for Fitness safaris Namibia while living and training on Okonjima lodge.

For more information

Email dannygrovesfitness@gmail.com