



# *Nguma*

**ACTIVITIES**



# Onguma

ETOSHA | NAMIBIA

## ONGUMA ONKOLO HIDE

The Namibian bush takes on a new perspective when you sit quietly and observe wildlife without having an obvious presence. Hides are one of the best ways to get exceptionally close to animals and needless to say, the photographic opportunities at this range are unequalled.

It is a chance to exist for a period of time in the original, primitive atmosphere of wilderness; to watch the intimate lives of wild animals of the African bush from a respectful distance.

### ACTIVITY

- Depart from the lodge at around 9.00 am with one of our experienced rangers
- The rangers will remain with you throughout the duration of the visit to the Hide
- Learn about the fascinating behaviour of birds and mammals as they come to drink from the waterhole
- Enjoy up close wildlife viewing and photographic opportunities
- Duration approximately 2.5 hours

### COST

- N\$ 420 per person
- Minimum 2 people
- Maximum 6 people
- No children under 16 years
- Snacks and drinks are provided during the activity

**RESERVATIONS:** This is a pre-booked activity and must be reserved before 19h00 the previous evening.





# Onguma

ETOSHA | NAMIBIA

## ONGUMA INTERPRETIVE BUSH WALKS

Africa takes on a new perspective when you experience it on foot as the first explorers did.

A bush walk is a unique physical, mental and spiritual adventure through nature.



Experience the sights, smells and sounds of the African bush by conducting an early morning leisurely walk accompanied by one of our experienced armed rangers. Our interpretive walks will bring you closer to nature by exposing you to the intimate detail of our surroundings.

### COST

- N\$ 500 per person
- Minimum 2 people
- Maximum 6 people
- No children under 16 years
- Water is provided during the walk

**RESERVATIONS:** This is a pre-booked activity and must be reserved before 19h00 the previous evening.

### ACTIVITY

- Departure: Please check with Reception for the current departure time as it varies according to the season
- On this interactive activity you are guided by one of our experienced rangers
- The rangers begin each walking safari with an all-inclusive briefing on how to behave when encountering animals on foot as they are frequently sighted on these safaris
- Learn about game trails and spoor identification, insects, birds and small mammals
- Interact with the diverse vegetation that sustains the life around us
- Duration approximately 1 1/2 – 2 hours
- It is not strenuous, but a basic level of health and walking ability is required
- Suggested clothing: We recommend closed walking shoes and no brightly coloured clothing





# Onguma

ETOSHA | NAMIBIA

## ETOSHA MORNING GAME DRIVE

Departing from the Lodge after a hearty breakfast, you will take part in a journey into the world famous Etosha National Park, as a new day in the African wilderness begins. Being one of the first people to enter the park that morning, you will explore the eastern part of the 22 750 km<sup>2</sup> wildlife sanctuary with one of our knowledgeable rangers and have a good chance of meeting 4 of the 'big 5' at a waterhole or in the bush.

Etosha, meaning 'place of dry waters' refers to a flat calc depression (or pan) of about 5 000 km<sup>2</sup>. The 'pan' (overlooked by the Onguma Reserve) provides a great parched, silver-white backdrop of shimmering mirages to an area of semi-arid savannah grassland and thorn scrub. The pan itself contains water only after very good rains and sometimes for only a few days each year, but is enough to stimulate the growth of a blue-green algae which lures thousands of flamingos.

There are roughly 114 species of mammals in Etosha, however no Hippo, Crocodile or Buffalo, as it is too arid, but there is enough to explore on your game drive.

### COST

- N\$ 840.00 per person
- Minimum 2 people
- Maximum 9 people
- No children under 10 years
- Snacks & drinks are provided during the activity

### ACTIVITY

- The drive takes guests into the Etosha National Park in the morning and is led by our experienced guides, in open-sided vehicles
- Departure: Please check with Reception for the current departure time as it varies according to the season. You will return in time for lunch
- A stop is made mid-morning at one of the picnic sites in Etosha for a light snack and refreshment break
- Duration approximately 4.5 hours

**RESERVATIONS:** This is a pre-booked activity and must be reserved before 19h00 the previous evening to secure a seat.





# Onguma

ETOSHA | NAMIBIA

## ETOSHA AFTERNOON GAME DRIVE

Departing from the Lodge after a mid-day rest and lunch, you will take part in a journey into the world famous Etosha National Park, as the day starts to wind-down in the African wilderness.

You will explore the eastern part of the 22 750 km<sup>2</sup> wildlife sanctuary with one of our rangers and have a good chance of meeting 4 of the 'big 5' at a waterhole or in the bush.

Etosha, meaning 'place of dry waters' refers to a flat calc depression (or pan) of about 5 000 km<sup>2</sup>. The 'pan' (overlooked by the Onguma Reserve) provides a great parched, silver-white backdrop of shimmering mirages to an area of semi-arid savannah grassland and thorn scrub. The pan itself contains water only after very good rains and sometimes for only a few days each year, but is enough to stimulate the growth of a blue-green algae which lures thousands of flamingos.

There are roughly 114 species of mammals in Etosha, however no Hippo, Crocodile or Buffalo, as it is too arid, but there is enough to explore on your game drive.

### COST

- N\$ 840.00 per person
- Minimum 2 people
- Maximum 9 people
- No children under 10 years
- Snacks & drinks are provided during the activity

### ACTIVITY

- The Etosha Game drive takes guests into the Etosha National Park in the afternoons and is led by our experienced guides, in open-sided vehicles
- Departure: Please check with Reception for the current departure time as it varies according to the season. You will return back to the lodge around sunset when the park closes.
- A stop is made at one of the picnic sites in Etosha for a light snack and refreshment break
- Duration approximately 3.5 – 4 hours

**RESERVATIONS:** This is a pre-booked activity and must be reserved before 19h00 the previous evening to secure a seat.





# Onguma

ETOSHA | NAMIBIA

## ONGUMA SUNDOWNER DRIVE

The Drive takes place in the Onguma Private Nature Reserve, which consists of 34 000 hectares of wildlife. Bordering the Etosha National Park, it hosts a healthy wildlife population

Our Rangers, who will join you during your Safari adventure are passionate, experienced and well trained.

Enjoy your late afternoon on this drive while having a drink and snacks in the middle of the Namibian wilderness. Watch the sun set in a spectacular array of colours painting the sky in shades of orange- and pink tones, as the Fishers Pan swallows the African sun.

### ACTIVITY

- Join us on an afternoon sunset nature drive on the Onguma Reserve where our expert guides will explain the many intricacies of the bush
- Departure: Please check with Reception for the current departure time as it varies according to the season. You will return in time for Dinner
- Enjoy a selection of alcoholic beverages, soft drinks and snacks while seeing the sun go down
- Duration approximately 2 to 2.5 hours

### COST

- N\$ 500.00 per person
- Minimum 2 people
- Maximum 9 people
- No children under 10 years
- Snacks & drinks are provided during the activity

**RESERVATIONS:** This is a pre-booked activity and must be reserved at latest one hour before activity commence.





# Onguma

ETOSHA | NAMIBIA

## MASSAGE THERAPY

Enjoy the sound of silence at our Onguma Sanctuary while relaxing with any of our unique therapeutic and wellness treatments.

The treatments are holistic, intuitive and tailor-made to harmonise the body and improve mental, physical and emotional wellbeing.

You are invited on a journey of peace and tranquility to relax and restore body, mind and soul.

**OPERATING HOURS:** 8.30am – 18.30pm (Requests for treatments outside these hours should be made in advance.)

**CANCELLATION POLICY:** 1 hour before scheduled booking. No shows are subject to the full amount for treatment booked.



**YOUR BODY IS A TEMPLE FOR  
YOUR MIND, BODY AND SOUL.  
NOURISH IT WITH HAPPY THOUGHTS,  
GOOD HEALTH & POSITIVE ENERGY**

### TREATMENTS

A consultation prior to each treatment ensures that your treatment is tailored to your specific needs and preferences.

#### **Therapeutic Full Body Massage**

An invigorating massage where a combination of various techniques from Western and Eastern therapies are used. This combination stimulates circulation and energy flow, relieves muscle tension, increases flexibility and mobility, encouraging relaxation and a sense of wellbeing.

60 min – N\$ 850 / 90 min – N\$ 1000

#### **Lymphatic Drainage Massage**

This gentle and specialized form of massage stimulates the lymphatic system, aiding in the removal of toxins and other cellular waste products and restoring the body to health by making the immune system more efficient.

60 min – N\$ 850

#### **Back, Neck and Shoulders**

An uplifting massage to 'combat the weight on our shoulders'. It is excellent for relieving chronically tense muscles while it calms the nervous system and reunites body and mind.

45 min – N\$ 600 / 60 min – N\$ 850

#### **Head and Face Massage**

At times we 'live in our heads' and 'hide behind masks'. Surrender to this rejuvenating massage that will lead to a sense of deep relaxation and a blissful experience of being in the moment.

45 min – N\$ 550

#### **Thai Foot Massage**

This is the gentle art of stretching and applying pressure to certain points on the feet, relieving stress, redirecting energy which encourages our body's natural ability to heal itself.

45 min – N\$ 550

#### **Unique Combination of Therapeutic Massage and Thai Yoga Massage**

A unique massage therapy, combining intuitive massage techniques, acupressure and stretching. A powerful form of energy-rebalancing, enhanced blood circulation, greater flexibility in the joints, improved posture and additional stimulation of the internal organs. It also transmits a feeling of relaxation and tranquility that is invaluable for today's stressful lifestyle.

90 min – N\$ 1150



# Onguma

ETOSHA | NAMIBIA

## YOUNG EXPLORERS WALK

This educational and interactive activity is aimed at our younger bush explorers. Designed to excite and educate our younger visitors on the wild African bush. This gentle walk meanders through the natural bush at Onguma Bush Camp, so it's safe, yet highly informative. Getting up close and personal with various animal skulls and horns, termite mounds, testing balancing skills, shooting with "ketties" (a local name for a slingshot), tracking spoor, shooting with a bow and arrows, old hunting secrets from our African forefathers and the local trees and plants found along the way. This exciting expedition ends with a craft making session making a personal take home souvenir.

### ACTIVITY:

- Departure: Please check with Reception for the current departure time as it varies according to the season.
- On this interactive activity, kids are accompanied by one of our experienced rangers.
- The ranger begins each walk with an all-inclusive briefing, supplying each young explorer with a packed backpack ready for the expedition. The walks depart from Onguma Bush Camp reception area.
- Learn about game spoor, skulls, horns, trees and bushes, all with a touch of fun for the young ones.
- Duration approximately 1 to 2 hours.
- Suggested clothing: We recommend closed walking shoes. A hat or cap is imperative. Please apply sun screen before the walk commences.

### COST:

- N\$ 250.00 per person
- Minimum 2 children
- Age group: 5–12 years old
- Water, a snack and a packed activity bag are provided

**RESERVATIONS:** This is a pre-booked activity and must be reserved before 10h00 on the day.

