



FOUR ELEMENTS • FOUR COUNTRIES • ONE CIRCUIT

A BESPOKE AFRICAN WELLNESS SAFARI

The Journey Guide

Soil · Water · Fire · Wind

Zambia · Zimbabwe · Mozambique · Malawi

A WELCOME FROM TJ & ADAM

Before we begin, a word from us.

Long before there were roads here, or maps, or a name for any of this, this land already knew how to change people. Every one of us carries the same ancient imprint — Africa is where the human story began, and something in the body still remembers it, even now, even in someone who has never set foot here.

We didn't build this journey to show you scenery. Between the two of us, we've spent more than twenty years watching what actually happens to a person out here: they arrive tired, guarded, running on the noise of somewhere else — and by the fourth night, something in them has gone quiet. Not switched off. Opened.

That's what the four elements are for. Soil, to ground you again. Water, to soften what's gone rigid. Fire, to bring you back to the people around you, the way it has for a hundred thousand years of nights before this one. And wind, right at the end, to help you exhale everything you arrived carrying.

We won't ask you to describe what happens out here once you're home. Most guests can't, not fully — and that's alright. But we do expect you to feel different: steadier, closer to yourself, closer to the ground you're standing on, wherever that ground happens to be.

This isn't a holiday. It's a return.

TJ & Adam

Founders, Elementa Africa

THE INTRODUCTION

Four elements. One circuit through Africa's high-energy places.

Africa holds some of the most magnetic, high-energy landscapes left on the planet — riverbeds walked for a hundred thousand years, plains still carrying the scent of last night's fire, water so clear it seems to hold light rather than reflect it, wind that arrives from nowhere and changes everything. These are not backdrops. They are forces, and they ask something of anyone who stands in them.

This journey moves through four such places — one for each element — and does not simply pass through them as scenery. At every stop, an EarthTrace herbal wellness ritual, drawn from South African ancestral tradition, is woven into the rhythm of the days: taken at dawn before a walk, at a river's edge before dusk, around a fire at night, facing open water on the last morning. The land is not only seen. It is felt, absorbed, and carried home in the body.

What follows is not an itinerary in the ordinary sense. It is a field journal for a journey not yet taken — four nights at each of four destinations, moved between by private charter, each one built around the element that defines it, and the small, unrepeatably moments that only that place, at that hour, can give you.

Every ritual on this journey is drawn from EarthTrace — earthtrace.co.za

THE CIRCUIT

Sixteen nights. Four countries.
One private circuit.



ONE CIRCUIT, FOUR ELEMENTS, FOUR COUNTRIES

01

ZAMBIA

South Luangwa

SOIL

02

ZIMBABWE

Mana Pools

WATER

03

MOZAMBIQUE

Gorongosa

FIRE

04

MALAWI

Lake Malawi

WIND

Guests move between each leg by private light-aircraft charter, timed around golden hour wherever possible so the transfer itself becomes part of the journey rather than a break from it. Four nights are held at each destination — enough time to stop counting days and start noticing the place.

Soil

South Luangwa, Zambia

South Luangwa is where the walking safari was born, and it remains the truest place in Africa to learn to read ground instead of just crossing it. The soil here holds everything — the print of a leopard from an hour ago, the direction a herd moved at dawn, the story of a night you slept through.

Four nights here move between vehicle, foot and village — game drives, dawn tracking, and time spent with the people who have farmed and built on this ground for generations, closing each evening with food grown a short walk from where you eat it.

THE FOUR NIGHTS

Moments at South Luangwa

● NIGHT 1

Arrival & Vehicle Safari

Touch down on the Luangwa's private airstrip in the late afternoon light, then head straight into an afternoon game drive through woodland and lagoon. The magical moment: a breeding herd of elephant crossing the river bend as the light turns gold.

● NIGHT 2

Walking Safari

First light, on foot, with a professional guide reading every track in the sand before you reach it. The magical moment: kneeling at a fresh print and having the whole of the previous night's story explained to you, one paw mark at a time.

● NIGHT 3

Sustainable Village Tour

A visit to a nearby village to see how South Luangwa's communities sustain themselves without relying on the modern conveniences most guests take for granted — subsistence farming, natural building, water drawn and stored by hand. Lunch is grown, not shipped in.

● NIGHT 4

The Closing Walk

A final slow morning walk, no destination in mind, followed by a closing grounding ritual before your private charter departs for Zimbabwe.

EARTHTRACE RITUAL

Grounding Blend

Taken at first light before the dawn walk, and again on the final morning — a ritual that bookends the days spent closest to the ground itself.

Water

Mana Pools, Zimbabwe

Mana Pools puts you closer to elephant than almost anywhere else in Africa — walking among breeding herds on the Zambezi floodplain, guided by rangers who know this ground intimately. It is one of the only parks on the continent where walking safaris are the main event, not an add-on.

Four nights here move between vehicle and foot, closing with a ritual as old as the river itself: a mud mask drawn straight from the Zambezi's own mineral-rich banks.

THE FOUR NIGHTS

Moments at Mana Pools

● NIGHT 1

Arrival & Vehicle Safari

Private charter into Mana Pools, then straight into an afternoon game drive along the floodplain as elephant, buffalo and waterbuck move down to the river to drink.

● NIGHT 2

Walking Safari

A guided walk among Mana's famous elephant herds, at a respectful distance, on some of the only ground in Africa where this is possible. The magical moment: standing still as a bull ambles past close enough to feel the ground move.

● NIGHT 3

Walking Safari & Sustainable Village Tour

A second walk at first light, followed by a visit to a riverside community to see generations-old traditions of fishing, farming and building that need no modern grid to sustain a family. Lunch is grown locally, not flown in.

● NIGHT 4

Mana Magical Mud Mask

A closing ritual using mineral-rich clay drawn straight from the Zambezi's own banks — water and soil in one gesture — before your private charter departs for Mozambique.

EARTHTRACE RITUAL

Renewal Wash

Applied at the river's edge each evening, and folded into the closing Mana mud mask — a ritual built for a place where the water is never more than an arm's length away.

Fire

Gorongosa, Mozambique

Gorongosa burned, in every sense, and rebuilt itself. Decades of conflict devastated the park; what stands today is one of Africa's great conservation comeback stories, told firsthand by the people who lived it — and it is fire, fittingly, that shapes these plains, both as an ecological force and as the centre of every evening here.

Four nights move between vehicle, foot and village, hearing a story of destruction and return that very few travelers ever get told properly.

THE FOUR NIGHTS

Moments at Gorongosa

● NIGHT 1

Arrival & Vehicle Safari

Private charter into Gorongosa, then an afternoon game drive across the fire-managed plains as they turn amber. First evening around the boma fire, mountains as a silhouette.

● NIGHT 2

Walking Safari

A guided walk through the restored ecosystem with rangers who were part of the restoration effort itself. The magical moment: a night drive under a sky with almost no light pollution, stars from horizon to horizon.

● NIGHT 3

Sustainable Village Tour

A visit to a community that rebuilt its own sustainable way of life alongside the park's restoration — growing, building and cooking without depending on modern conveniences. Lunch is locally grown, shared with the people who grew it.

● NIGHT 4

The Fireside Telling

A closing evening with local conservationists and community members, sharing the story of a park rebuilt from almost nothing, before your private charter departs for Malawi.

EARTHTRACE RITUAL

Ember Blend

Shared around the boma fire each night — the one ritual on this journey best taken in company, not alone.

Wind

Lake Malawi, Malawi

The journey ends where the land runs out. On Lake Malawi's shores, days move at the pace of paddle and boat rather than vehicle — kayaking calm coves, cruising the lake by boat, wandering local markets, and eating food grown right here in volcanic soil.

Four nights here have no bush agenda at all: just water, community and the particular kind of stillness that comes after three countries of ground beneath your feet.

THE FOUR NIGHTS

Moments at Lake Malawi

● NIGHT 1

Arrival & Kayaking

Private charter to the lakeshore, then a first kayak paddle across calm water as the light turns gold. Arrival by paddle changes how the whole place feels from the very first minute.

● NIGHT 2

Luxury Boat Trip

A full day cruising Lake Malawi by boat, with stops to snorkel over granite boulders and technicolour cichlid fish, and sundowners taken drifting just offshore.

● NIGHT 3

Local Culture, Shops & Sustainable Village Tour

A morning at the lakeside markets and craft stalls, followed by a visit to a fishing village to see how Malawian communities have sustained themselves for generations — dugout canoes, sun-dried fish, homes built from what the land provides, no modern conveniences required.

● NIGHT 4

Malawian Food & The Last Morning

A home-style Malawian cooking experience using fresh, locally grown ingredients, followed by a closing breath ritual facing the lake before your private charter home.

EARTHTRACE RITUAL

Breath Blend

Taken facing the lake on the final morning — the ritual this entire journey has been quietly building toward.

THE FOUNDERS

Two guides. One idea.

TJ and Adam met working together at a high-end safari wellness property in South Africa's Madikwe Game Reserve — where the idea for a journey built around Africa's own elements first took shape.

Guided at every step by TJ and Adam — two professional safari guides who shape the journey with you, not a driver with a checklist.



TJ

ZIMBABWE · PROFESSIONAL GUIDE

A Zimbabwean professional guide and winner of the Safari Guide of the Year competition, TJ brings award-winning bushcraft and an unmatched read of the wild to every leg of the circuit.



Adam

NATURALIST · 23 YEARS GUIDING

Twenty-three years as a naturalist guide have shaped Adam's approach around one idea — that guiding is about connection, to the land itself and to the people who call it home.

Four elements ask
something of you.
Africa answers.

To request an invitation, or to begin planning your circuit, reach out to

TJ & Adam

earthtrace.co.za

