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## 12 Days MADAGASCAR YOGA & NATUR

**ANTANANARIVO – AMPEFY – ANDASIBE – MANAMBATO – ANKANIN'NY NOFY  
MAHAMBO CANAL DE PANGALANE – SOANERENA IVONGO – TOAMASINA  
SAINTE MARIE – ÎLE AUX NATTES**

### HIGHLIGHTS:

- 8 x morning yoga
- Discovery of fauna and flora such as chameleons and other animal and plant species
- Dolphin watching on the island of Sainte Marie
- Observation of the beautiful landscape during the trip
- Discovery of lemurs, the most famous animals on the island.
- Discovery of the culture of the Betsimisaraka ethnic group of Madagascar
- Relaxation on various beautiful beaches with sunset



## ITINERARY

### Day 1 : Welcome at Ivato Airport – Transfer to the Hotel.

You will be picked up by a German-speaking tour guide and accompanied to the hotel.

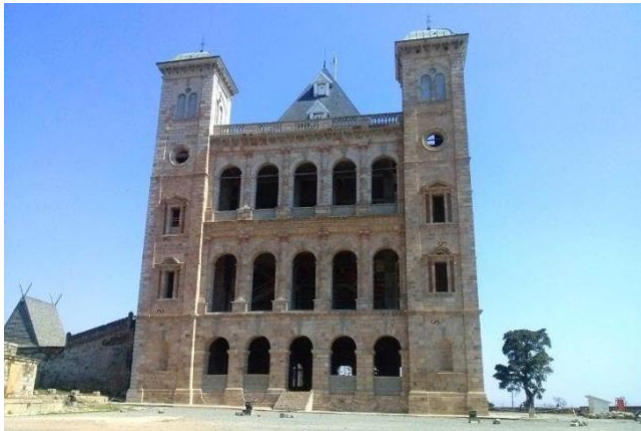
After a long flight you can relax in the Hôtel Restaurant La Ribaudière Antananarivo, 4-star hotel - <http://hotel-laribaudiere.com/>

### Day 2 : Morning yoga and discovery of the Rova Palace in Antananarivo and the wonderful geysers of Analavory - waterfalls of the Lily Ampefy river - 125 km approx. 2:40 hours

After morning yoga, you will have breakfast and then visit Royal Rova Square and then continue to Ampefy to visit the region and the Lily River waterfalls. You will also visit the Analavory geysers. This is located in a beautiful volcanic area in Ampefy. Along the way you will observe the cultural life of the people of Antananarivo. They live on the street most of the time and also sell something. The duration of the entire excursion is approx. 5 hours. Then return to the Hôtel Restaurant La Ribaudière Antananarivo, 4-star hotel.

#### ANTANANARIVO:

You will visit the former Rova Royal Palace of Madagascar. This is one of the famous historical cultures of Madagascar during the colonial period, created by the monarchs of the Kingdom of Imerina in the 17th and 18th and the monarchs of the Kingdom of Madagascar in the 19th century. It is located at an altitude of 1462 meters on the highest elevation of the capital, the Analamanga, and is almost 200 meters above the quarters of the lower town.



#### AMPEFY:

The city is located in the Soavinandriana district in the Itasy region. Apart from a place completely isolated from the hustle and bustle of the big cities, the village of Ampefy offers you a unique and contrasting landscape. Located west of Antananarivo, the route leads to this region

in the volcanic highlands, which are very present in the region. The region with its charming volcanic landscape is similar to the landscape in the southeast of the island. During your visit you will discover the life and daily culture of the people. The farmers live from agriculture and are very hardworking. They planted vegetables, maize and rice in this fertile soil, everything that the Malagasy people like to eat in their daily life grows here in this country.

### **WASSERFALL-LILY:**

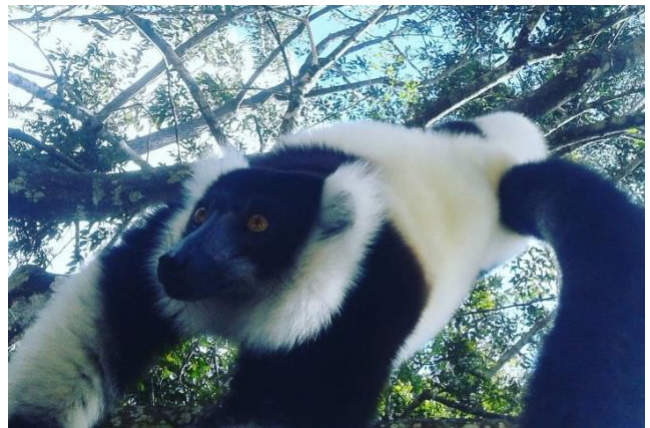
One of the main attractions in the Ampefy area is a visit to the Lily waterfall. Located in Antafofo, you can admire the beauty of the volcanic region along the road to these famous waterfalls.

### **Day 3 : Morning yoga and drive to Andasibe (140 km approx. 3 hours)**

After morning yoga you will have breakfast and then we will drive to Andasibe National Park. This is the time to finally get to know the fauna and flora of the island. Andasibe Park is also home to 11 species of lemurs, the largest of which is the Indri-Indri. The park is also home to several species of birds, reptiles, insects, and tiara sifaca. The duration of all excursions is approx. 5 hours. Overnight at Mantadia Lodge Andasibe, 3-star hotel - <http://mantadialodge.com/>

### **ANDASIBE:**

The Andasibe-Mantadia National Park was founded in 1989 and covers two areas with its 154 km<sup>2</sup>. Both parts belong to the same wet forest and have been split in two due to human activity, this park is where you can discover different flora and fauna, especially what makes Madagascar so unique. In the Andasibe Mantadia National Park grow orchids, (screw) palm trees, the heavy precious wood rosewood and the "shell tree" Vakoana as well as all kinds of endemic colorful flowers. Three quarters of the 1200 plant species can only be found here in the Andasibe Mantadia National Park. Most of the trees bloom all year round. In addition, the small rivers are home to some endemic fish and hundreds of insects, including some exceptionally large and colorful butterflies, and the Indri Indri is the star of the national park. In addition, there are diadem-sifaka, black-and-white vari and the gray bamboo lemur, as well as nocturnal species of lemur (the lesser mouse lemur and the aye aye (finger animal) as well as the fossa, the brown maki and the eastern woolly marmoset. They are also a variety encounter birds, reptiles and amphibians.



### **Day 4 : Morning yoga and drive to Manambato - Ankanini'ny Nofy (256 km approx. 4 hours + 2 hours by boat on the Pangalane Canal)**

After morning yoga you will have breakfast and then we will drive to Ankanin'ny Nofy. This is one of the most beautiful travel destinations on the island. The names mean "the nest of dreams". There you will have a relaxing and refreshing time. In Manambato we take a short break and drive to Rasoa Lake to see the famous historical site of this place visit. There we will also enjoy the



delicious grilled fish, so you drive directly from Andasibe to Manambato and then you will be transported by motorboat on the Pangalane Canal to the Hotel Pangalanes Jungle Nofy near Ankanin'ny Nofy. The nice thing about it is that on the way you will discover the different architectures from the house of the residents of the Betsimisaraka ethnic group of Madagascar and of course the beautiful landscapes with mountains and nature. Overnight at the Hotel Pangalanes Jungle Nofy, 4-star hotel - <https://hotel-pangalanes-jungle-nofy.business.site/>

### **MANAMBATO - RASOABE-SEE**

The cultural history of Manambato is that it is primarily an access city to the Pangalanes Lakes, but it is also home to a beautiful white sand beach on the shores of Lac Rasobe, named after the first wife of the giant Darafify. He would have installed her on the lake to plant rice fields, but in her absence she would have betrayed him. The husband, mad with rage, would have drowned her in the lake. Other fady (prohibited): wearing gold jewelry while bathing in the lake. Otherwise, the welcome and the smile of the villagers are also legendary. Wherever you go, people will greet you with "Mbarakaly e"! At the bottom of the lake the cursed woman would have built a village with her slaves. When the water is calm, some say they can see the falafa (traditional huts) at the bottom of the precipice. As in all holy places in Madagascar, it is forbidden to bring and eat pork.

### **Day 5 : Morning-Yoga and visit to the Palmaruim Reserve - Ankanin'ny Nofy**

After morning yoga you will have breakfast and then visit the Palmaruim Reserve, a nature reserve on a peninsula of 50 hectares. There you will see different species of lemurs living in natural freedom. In addition, you will have the opportunity to see other endemic species.

The flora cannot be beaten, because there are wonderful plants that you will only see in Madagascar, such as the Madagascar palm, various orchids, and carnivorous plants.

You will have lunch in the restaurant there and return to the hotel in the late afternoon. Overnight at the Hotel Pangalanes Jungle Nofy, 4-star hotel.



### **PANGALANES JUNGLE NOFY HOTEL**

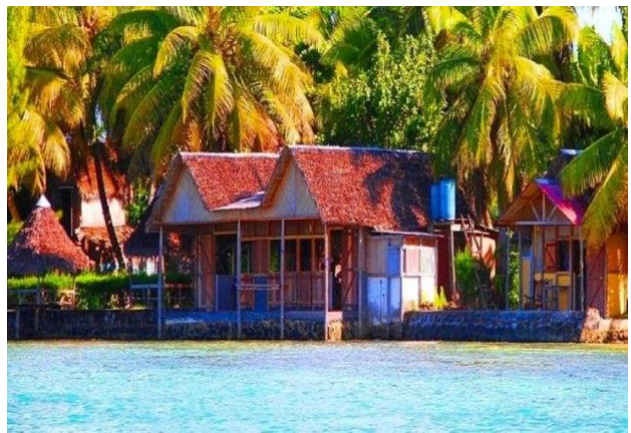
The place, located on the pebble beach of a freshwater lake, is known as Camp des Pangalanes Jungle-Nofy-Hotels. This is simply the place to relax and forget that the world has rolled around, in the warm water or while taking a walk in the woods. The bungalows are rustic and spacious, with warm water. Most of the time the water is amazingly calm and warm, like a bathtub, when you visit during the hot season. The water depth stays below 1 meter for at least 300m, making it great for paddling or for families with young children. Pangalanes Jungle Nofy is located on a small freshwater / brackish spring lake. If you are looking for a place to relax and fully unwind, this is a great option.

### **ANKANIN'NY NOFY**

The Palmarium Reserve is called Ankanin'ny Nofy (The Nest of Dreams) and is located on the east coast of Madagascar on 50 hectares on the edge of the Ampitabe Sea and the Indian Ocean on the Pangalanes Canal. During your visit to the Palmarium Reserves, you can spot the famous wildlife and ten species of lemurs, including the Indri, the Sifaka and most importantly the elusive aye-aye. About ten species of lemurs that develop in complete freedom in the reserve: Indri, Sifaka, Coronatus, Varécia, Variegata, Sifaka. A rare and endemic terrestrial and arboreal fauna and a magnificent flora (orchids, meat-eating plants, ebony, mahogany, rice trees) ... the most beautiful palms of Madagascar, including the rarest varieties (Dypsis, Ravenea, Orania, but also Voanioala and Lemurophoenix).

### **Day 6 : Morning-Yoga and drive to Tamatave - Mahambo (133 Km approx. 6 hours)**

After morning yoga you will have breakfast and then take the boat from Pangalanes jungle nofy to Tamatave. This boat trip takes about 4 hours on the Pangalane Canal. During the trip you will enjoy the beautiful green landscape of the Pangalane Canal. When you arrive in Tamatave, head to Mahambo. The distance from Tamatave to Mahambo is 80 km and the drive along the coast takes about 2 hours. Overnight at Hotel La cigale Mahambo, 4-star hotel - <https://www.hotel-lacigale.com/>



### **Day 7 : Morning-Yoga on the beach at Mahambo - Soanierana Ivongo - Sainte Marie (82 Km - 3 hours)**

After morning yoga you will have breakfast and then we will do a short walking tour like the beach in Mahambo village. After that we will go to Soanierana Ivongo and from there we will take the boat to the island of Sainte-Marie, where you will discover the beautiful landscape. Overnight at Soanambo Hotel Sainte Marie, 4-star hotel - <https://www.hotelssaintemarie.com/>

#### **MAHAMBO:**

Mahambo has a beach and a large lagoon and vegetation. It is a small village between Tamatave and Sainte-Marie. The special thing about this village is its splendor, which is expressed by its own beach suitable for surfing, one of the most famous Grand Island dedicated to these sports facilities.

### **Day 8 : Morning-Yoga and relaxing in Île aux Nattes**

After morning yoga you will have breakfast and then we will relax in the Île aux Nattes. We will go there by boat. This is not that far from Sainte Marie, a small island paradise with a lovely white beach. You can swim there. We will have lunch there and return to Soanambo Hotel Sainte Marie, 4 star hotel, later in the afternoon.

#### **ÎLE AUX NATTES:**

The Île Aux Nattes, locally simply called Nosy Nato, is quickly becoming the new beach paradise in Madagascar. And it's easy to see why it has started overtaking the Nosy Bee locations as the number one beach paradise in all of Madagascar. It's a classic tropical island, with sprawling white beaches and overhanging palm trees, a turquoise sea with waves breaking over the reef, a gentle breeze, and lush greenery inside.



### **Day 9 – Day 11 : Yoga and Meditation in the morning and relax on the beach of Sainte Marie**

After the planned yoga in the morning you can relax on the island paradise with beautiful beaches with good sand after such a long journey. The nice thing about it is that the water has a large lagoon of turquoise water perfect for diving and sandy trails. Overnight at Soanambo Hotel Sainte Marie, 4-star hotel.

### **SAINTE MARIE**

Sainte Marie is also known as Nosy Boraha and is only a few kilometers from the east coast of Madagascar. Around 16,000 inhabitants live on the island, which is almost 200 square kilometers in size, with tourism in particular playing an increasingly important economic role. Sainte Marie offers many unique and unforgettable possibilities for your trip through Madagascar, as well as the beautiful landscape, the people with their own cultures and of course the numerous beaches.



### **Day 12 : Sainte Marie - Antananarivo - Europe**

The unforgettable journey is over. The flight to Antananarivo leaves at 3 pm. After breakfast you will have the opportunity to visit the center of the small island of Sainte Marie. If you continue your journey to Nosy Be, you will be picked up at the airport and escorted to your hotel, Hôtel Restaurant La Ribaudière Antananarivo, 4-star hotel - <http://hotel-laribaudiere.com/>

**BON VOYAGE!**

#### What is Included

- 4\*\*\*\*Hotels during the tour
- Transport during the tour
- Internet in the car during the tour
- Domestic flight ticket
- 8 x morning yoga
- Yoga mat during the tour
- Breakfast
- Dinner while staying in Sainte Marie
- German or English-speaking tour guide during the tour
- Meet & Greet by Madagastours German or English-speaking tour guide at the airport
- Welcome gifts
- 24/7 telephone support in German/English in Ifanadiana Madagascar during the tour
- 24-hour emergency service in German for family members during the tour
- Map of Madagascar
- Detailed information about the tour in German or English

#### What is excluded

- Air ticket to Antananarivo
- Entry to the park
- Travel insurance
- lunch & dinner

#### Costs

**From € 3,970 / ZAR 68,4235 per person sharing**

- Rate is based on a minimum of two people traveling. Single traveler supplement and child rates will be quoted on request.
- Note that all activities are subject to weather conditions.
- Standard booking terms & conditions remain applicable at all times
- Terms and Booking conditions apply