

# KIM to ZIM

Travel Itinerary

18 – 28 July 2019



EQUIPPING • EDUCATING • GROWING



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## KIMBERLY WALFORD IS COMING TO ZIMBABWE

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One of the Greatest Powerlifters of all time, **Kimberly Walford**, will be joining the Lift4Life Team in Zimbabwe in the summer of 2019. She will be visiting local Lift4Life community gyms, bringing her powerlifting expertise and knowledge hosting workshops, assisting in a Lift4Life meet and equipment donation, raising awareness for the Lift4Life cause, and most of all spreading a passion for the power of powerlifting .



“

There is no power for change greater than this powerlifting community

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## AND WE WANT TO BRING YOU

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Lift4Life will be building an **Outreach Team** of 6 Members from around the world to join on the trip to Zimbabwe with Kimberly. This is an incredible opportunity to give back to the community and be a part of Lift4Life's work, as well as learn powerlifting from Kimberly Walford in a very unique and intimate setting. The team will also experience the beautiful country of Zimbabwe through a 5 day Zimbabwe Safari following their time in Harare with Lift4Life.

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**5 DAYS OF LIFT4LIFE POWERLIFTING OUTREACH**  
+  
**5 DAYS OF EXPLORING ZIMBABWE (Safari Source Tour)**  
*July 18<sup>th</sup> – July 28<sup>th</sup> 2019*

**WHO.** Kimberly Walford, Lift4Life Team Members, & 6 Members of a Powerlifting Outreach Team

**HOW TO APPLY.** Applications on our website will be reviewed on a continuous basis and open until October 7th. Our goal is to build an Outreach Team that will help grow Lift4Life's work in Zimbabwe and beyond, and the screening process ensures that the Team consists of motivated individuals who can fund/fundraise their trip in full.

**TOTAL COST PER PERSON \$4300USD.** Upon successful selection, a \$1500USD non-refundable deposit will be due immediately (October 12) to reserve the Team Member's spot. The remainder of the cost of \$2800USD will be due March 1<sup>st</sup>, 2019, enabling the member time to fundraise if needed.

**INCLUDED**

- Powerlifting Workshops & Training with Kimberly Walford
- Accommodation, Transportation, and Meals in Harare
- Lift4Life Activities - Gym tours & Outreach, a Powerlifting Meet, Equipment Donation, AND MORE.
- Safari Source Tour based on sharing accommodation. (*Departing Harare July 23 and finishing in Victoria Falls July 28*)

**NOT INCLUDED**

- International Flights **\*\*note the trip begins in Harare July 18, and ends in Victoria Falls July 28\*\***
- Visas
- Vaccinations
- Travel Insurance
- Items of Personal Nature
- Items indicated within Safari Source Tour



**CONTACT**

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## THURSDAY July 18<sup>th</sup> - LIFT4LIFE OUTREACH DAY 1

### *ALL DAY – Arrival in Harare & Welcome*

The Powerlifting Outreach Team will be picked up in Harare and taken to the Lift4Life Team Guest House. All Team Members will be provided an orientation, and enjoy a welcome dinner in the evening.



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## FRIDAY July 19<sup>th</sup> – LIFT4LIFE OUTREACH DAY 2

### *MORNING – Tour Glen Norah Community Centre*

Following breakfast at the Lift4Life Team Guest House, Kimberly Walford and the Powerlifting Outreach Team will travel to the community of Glen Norah, Harare, where Lift4Life was founded and the first donated gym was established. Participants will meet the local lifters at the Lift4Life donated gym as well as the local equipment welder from Glen Norah, and assist in a Friday youth team training with Kimberly.



### *AFTERNOON – Kimberly Squat Workshop & Training*

A local lunch will take place in the community of Glen Norah, and the Outreach Team will then make their way to The Yard Zim Gym in Harare. Kimberly will host a “Learn to Squat Workshop” for the Outreach Team and local gym members, and group training will follow.



### *EVENING – Team Dinner*

After training the Outreach Team will return to the Lift4Life Guest House for a large dinner and to relax and recover.

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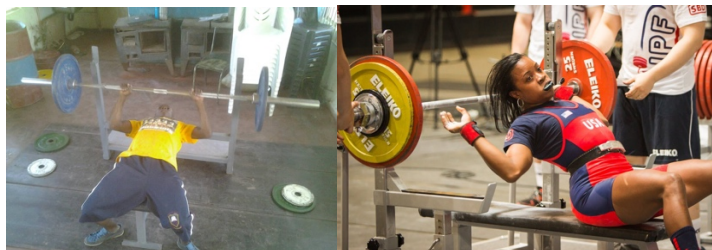
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## SATURDAY July 20<sup>th</sup> – LIFT4LIFE OUTREACH DAY

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### *MORNING – Tour Epworth & Mabvuku Lift4Life Gyms*

The Powerlifting Outreach Team will visit the Lift4Life gyms in the communities of Epworth and Mabvuku, and experience the diversity and uniqueness of each Lift4Life powerlifting community. A powerlifting “Learn to Bench Press” session run by Kimberly will take place in Mabvuku, where everyone will then go to Epworth to learn about female powerlifting in Zimbabwe.



### *AFTERNOON – Lunch at the Molifi's*

Mr. and Mrs. Molifi, the local managers of the Lift4Life gym in Epworth and key advocates for powerlifting in Zimbabwe will host the Lift4Life team for lunch at their house. The outreach team will learn about how they manage and promote community using powerlifting in the local area.



### *EVENING – Powerlifting Meet Prep*

The Outreach Team will return to the Lift4Life Guest house, where they will begin preparations for the Lift4Life powerlifting meet hosted the next day at The Yard Zim gym. The Team will enjoy dinner before getting a good night's rest for the busy day ahead.

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## SUNDAY July 21<sup>th</sup> – LIFT4LIFE OUTREACH DAY 4



### *MORNING – Meet Weigh Ins*

The Lift4Life Outreach Team will fuel up with a good breakfast and head off to The Yard Zim to organize the meet. Local Zimbabwe lifters will arrive for weigh ins and meet registration.

### *AFTERNOON –Lift4Life Powerlifting Meet*

Kimberly Walford will provide a keynote welcome for the meet. The Outreach Team Members are invited to step on the platform with local lifters, coach and help handle athletes, or volunteer their powerlifting talents as a judge or platform manager. Powerlifting scholarships will be given.



### *EVENING – Powerlifting Banquet*

After the meet all athletes and the Powerlifting Outreach Team will share a meal together and bond.

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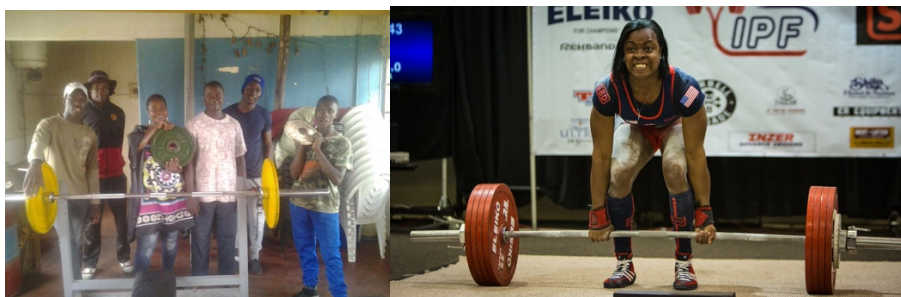


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## MONDAY July 22<sup>nd</sup> – LIFT4LIFE OUTREACH DAY 5

### *MORNING – New Community Gym Equipment Donation*

The Team will enjoy breakfast at the Lift4Life Guest House then travel to a community in Harare to donate a new set of Lift4Life equipment and be involved in opening a new gym. The Team will participate in a donation ceremony and celebration, and enjoy a lunch in the community.



### *AFTERNOON – Learn to Deadlift Workshop with Kimberly*

The Team will head to The Yard Zim Gym to participate in a “Learn to Deadlift” workshop and training conducted by Kimberly, and the team will be provided a final opportunity to train with Kimberly.

### *EVENING – Goodbye Braai*

The Outreach Team will return to the Lift4Life Guest house for a final celebration dinner in Harare. The team will pack up and begin preparing for their safari journey the next day.



## A taste of Zimbabwe



Safari Sourcelet for **LIFT4LIFE OUTREACH TOUR**

Safari in **Zimbabwe**

July 2019

### ITINERARY AT A GLANCE

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**23 – 25 July 2019**

**2 nights Banff Lodge | Bulawayo, Zimbabwe**

**25 – 27 July 2019**

**2 nights Sable Sands | Hwange National Park, Zimbabwe**

**27 – 28 July 2019**

**1 night Lokuthula Lodge | Victoria Falls, Zimbabwe**

## 23 – 25 July 2019 : Banff Lodge, Bulawayo

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**Today (23 July), you will be met by a representative for your scheduled road transfer to Bulawayo. The drive will take about 6 hours and your home for the next two nights is Banff Lodge. During your stay here, you will engage in a full day trip into Matopos National Park.**

### **Bulawayo**

Colloquially Bulawayo is known by other names: "City of Kings", "Skies", "Bluez", or "Ntuthu ziyathunqa" — a Ndebele phrase for "smoke arising". This name arose from the city's historically large industrial base and specifically draws from the large cooling towers of the coal powered electricity generating plant situated in the city centre that once used to billow steam and smoke over the city. The majority of Bulawayo's population belongs to the Ndebele ethnic and language group (otherwise known as Northern Ndebele)

For a long time, Bulawayo was regarded as the industrial centre of Zimbabwe, and it served as the hub to the country's rail network with the National Railways of Zimbabwe headquartered there because of its strategic position near Botswana and South Africa. It is the nearest large city to Hwange National Park, Matobo National Park and Victoria Falls.



## **BANFF LODGE**

Banff Lodge offers its guests Old-Style comforts in an atmosphere that is warm and friendly. It has 11 rooms all with en suite bathrooms. Most rooms have recently been renovated and fitted with showers, the rest are under way! We also offer 2 family cottages.

From your room you can step through to The Deck where you can have Breakfast, Lunch or Dinner or for that fine dining experience visit our New Orleans Restaurant for Dinner only, famed for its high class cuisine and voted Zimbabwe's Restaurant of the Year.

The Lodge is set in beautiful lush gardens and has an attractive pool on The Deck. The Lodge has secure parking and is fenced and gated with security guards at night.

Banff Lodge is conveniently situated 5 minutes from Bulawayo City Centre. The nearby Hillside Dams offer an attractive walk. The Mabukuwene Nature Gardens, a short drive away, abound in a splendour of indigenous trees, aloes, cactus and a wealth of bird life. The Hillside Bowling Club, renowned for its warm welcome to our out of town visitors and Bulawayo Golf Club which boasts an attractive 18 hole layout are also close to Banff Lodge.

We pride ourselves in our personal service, friendly staff, cleanliness and superb quality of our cuisine. Staying with us is unique as our aim is to make your stay a truly memorable and comfortable experience.



**Arrangement:** Accommodation on a Bed & Breakfast Basis.

**Excludes:** Other meals, drinks and Items of personal nature

### **Activities Booked:**

- Full Day Trip to Matopos National Park

*Trips leave Bulawayo at 8.30am (subject to confirmation) to the Matopos National Park. Here one will see fantastic scenery, rock formations and huge boulder Type Mountains.*

*We drive into the National Park to track rhino and other species of animals, on foot with the guide/s.*

*Various uses of plants and shrubs are also pointed out during the day.*

*We then move on to find a suitable spot to have a cold meats and salad lunch that will be served by the guide/s. After lunch, a short hike to visit rock paintings in cave like overhangs by the San (Bushman) people. We then visit the famous Worlds View (Cecil John Rhodes Grave site or we drive to an African village close to the Park).*

*We leave the Park at 6.30pm and head back to Bulawayo and arrive in time to get the ticket at the Bulawayo Station. Please note that the program will be tailored to suit the guests and the procedure of events could be reversed if weather conditions change from time to time.*

*Lunch, Cordial drinks, water as well as tea, coffee and biscuits are provided on the trip.*



### Matopos National Park

Formed two billion years ago, this majestic and rugged terrain provides the perfect stopover point for people travelling to either the mighty Victoria Falls or the Hwange National Park. The grandeur and stillness of the hills contribute to their hallowed reputation, where many rituals and religious acts are still performed by the native people that once called these rolling hills home.



The thick bush, granite rock formations, river valleys and multitude of wildlife make this park a truly enchanting piece of Africa. This world heritage site, nicknamed 'baldheads', boasts an abundance of historic sights and artefacts scattered amongst the vast plains of the reserve.

Strewn with boulders and interspersed with thickets of vegetation, the terrain allows for an array of animals to exist side by side. With over 175 species of birds, 88 mammals and 39 snake varieties on offer, the park prides itself as being one of the best.

Matopos is home to the largest concentration of the Black Eagle in the world and has the densest population of leopard. Both black and white rhinos exist in peace in a sheltered and protected area of the park where they are able to flourish in a natural environment.

After you have spent the day taking in everything the Matopos Hills has to offer, one should spend the evening soaking up the tranquil atmosphere. Listen to the sounds of the surrounding wildlife whilst reflecting on the day's events.

Matopos National Park offers its visitors an abundance of activities: from horse riding, fishing, boating along one of the four rivers, canoeing and game viewing including drives and picnics. The park is easily accessible, only a 45 minute drive from Bulawayo, making it the ideal choice for those looking for a safari experience before entering the bustle that is the Victoria Falls.

Matopos Hills is a hiker's dream, with various routes and tracks available to explore. Due to the lack of elephants and lions within the park, visitors can walk amongst the wild guided or not guided. Along the way, hikers will come across various crevices and caves, where hundreds of rock paintings still exist. It is a fitting showcase to the san people and their rich heritage that previously existed.



Cecil John Rhodes is buried at the summit Malindidzimu. He referred to the hill as “A view of the world”, making it an obvious choice for him to lay rest. His grave has been beautifully carved out of the solid granite that makes up the hills. It is encircled by a natural amphitheatre made up of mighty boulders.

## 25 – 27 July 2019 : Sable Sands, Hwange National Park, Zimbabwe

**This morning (25 July) after breakfast you will be picked up from Banff Guest Lodge to Hwange. Your home for the next 2 nights will be at Sable Sands Lodge including accommodation, all meals and 1 activity a day.**

### Hwange National Park

Situated between Bulawayo and the great Victoria Falls, the Hwange National Park is the largest in Zimbabwe. It offers its visitors a diverse and vast array of vegetation, ranging from the semi desert shrub on the edge of the Kalahari Desert and the forests in the south, to the granite hills and Mopane woodlands in the north.

This diverse collection of vegetation allows for an abundance of mammal and bird species to exist side by side. With over a 100 species of mammals including lion, leopard, rhinoceros, buffalo and buck as well over 400 bird species, this highly accessible Park is an essential stop.

The Hwange National Park boasts uncrowded paths and viewing spots along with ruins and rock paintings on display in the Bumbusi National Monument. The latter showcase the history of this land as it was originally intended.



The region is known for its large population of elephants – around 30.000 call the Park home. These noble creatures can be viewed from various spots within the Park.

The most popular is the Nyamandhlovu Pan, situated 10 kilometres from the Hwange Main Camp. Most camps in Hwange offer both day and night game drives to its guests. If a ‘face-to-face’ experience is what you are after, explore Hwange on foot on a bush walk.



### SABLE SANDS

Built on a rich cultural and artistic legacy, and sheltered by the stunning Sikumi forest, on the edge of the world-famous Hwange National Park, on a private concession with stunning views over the Dete Vlei, stands the beautiful photographic safari 'village' known as Sable Sands.

Sable Sands has 11 traditionally thatched rondavels. Part of the ancient royal hunting grounds of King Lobengula, the lodge was later visited in 1991 by her Royal Highness, Queen Elizabeth II, and Prince Phillip...so it's no wonder the designed bedrooms have added luxury complete with private terrace, and en suite bathroom, making your rondavel the perfect blend of ancient culture, nature and modern convenience.

This African forest home also has a refreshing swimming pool, a stunning main building with dining area, lounge, loft, library, bar and terraced landscaping. From here you overlook the famous Dete Vlei, the long dried up river, which today frequently hosts wildlife visitors at the water holes. Here you have a chance of seeing sable antelope, giraffe, zebra and big herds of elephant and buffalo, lion, cheetah, painted dog, jackal and more. The Vlei is also renowned for its incredible bird population, believed to be no less than 350 different species in all.

Sable Sands is a partnership between the Forestry Commission of Zimbabwe, Moivaro Lodges & Tented Camps and co owner managers Brian (Zimbabwean) and Marleen (Dutch), former managers of Sikumi Tree Lodge, which won several awards during their tenure.

Passionate guides, chefs and waiters complete the team that shares with you the rich history, folklore, culture and habits of the inhabitants of this magical forest. They love to take you on an early morning bush breakfast or surprise you with a romantic drive under the starry African skies. Live and experience the wonder of this amazing forest and vlei which keeps surprising everyone, every day, every season, each creature holding a promise of natural discovery, adventure, joy and beauty each day.



Arrangement: Accommodation, breakfast, lunch, dinner and 1 activity per day

Excludes: Bar tab and park fees

### 27 – 28 July 2019 : Lokuthula Lodge, Victoria Falls

**From Hwange National Park it is time to head to Victoria Falls. You will be picked up by a scheduled transfer vehicle to Lokuthula Lodge which will be your home for the night on a Bed and Breakfast Basis.**

### Victoria Falls

Aptly referred to, as the "Smoke that Thunders", the world's grandest sheet of cascading water, has been tastefully preserved regardless of its ever-popular reputation worldwide. Named one of the seven natural wonders of the world continues to amaze all that have the opportunity to witness its beauty. This one of a kind attraction has something on offer for everyone.



Visitors to the falls can occupy their days sipping champagne and watching the sites upon a boat cruise along the Zambezi or walking through the luxuriant growth of the rainforest situated on the lip of the chasm opposite the falls. Hikers are kept cool thanks to the continuous falling spray compliments of the gushing waters only sixty metres ahead of them.

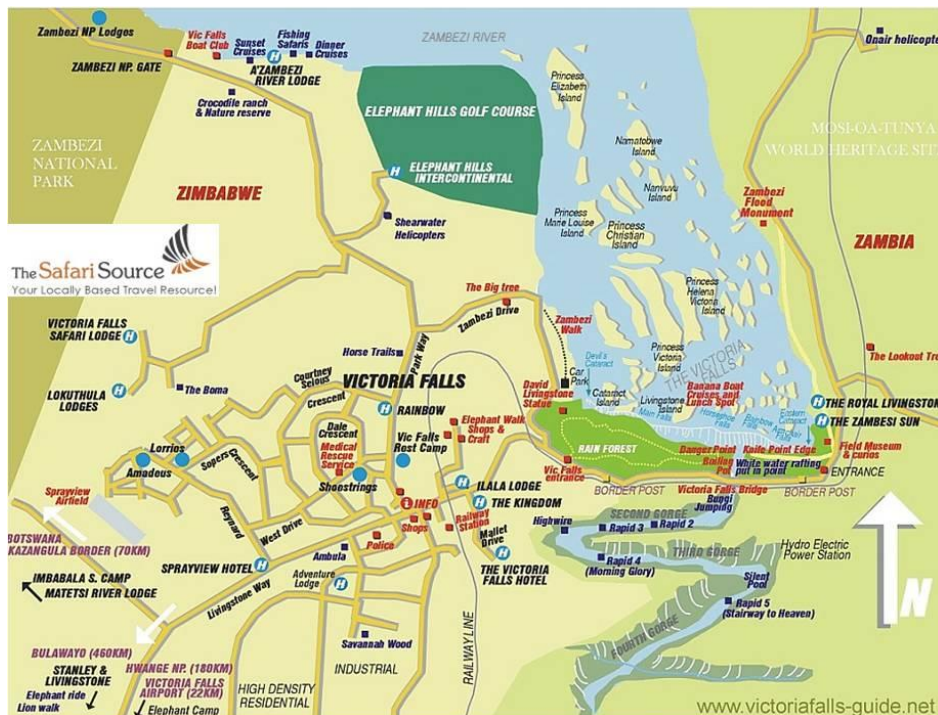
For the more daring traveller, the sites can also be taken in from above or below. Hop into a microlite or helicopter and soar to new heights. This amazing experience allows passengers to take in an unparalleled series of views of the falls, making this an ample opportunity for one to capture the opulence that lies below them.

Not only are visitors to the Falls enchanted by the wonder that is before them, the national parks surrounding the attraction offer some of the best game viewing the continent has to offer.

The abundance of wildlife on view in both the Victoria Falls National Park and the Zambezi National Park include elephant, buffalo, crocodiles, hippopotamus, zebra and the largest herd of the rare sable antelope in Africa. A large variety of bird and fish species also call the falls home making a trip along the Zambezi pleasing to the eye from both above and below.

Zimbabwe is an all year-round holiday destination, providing its visitors with some of the best weather conditions in the world.

For the adventurer in you, Victoria Falls offers the chance to take on the falls head on. From white water rafting, kayaking and canoeing trip in the various gorges along the river's edge to bungee jumping off the one hundred and eleven metre bridge situated between the two countries. These activities are definitely not for the faint hearted.



### LOKUTHULA LODGE

The 31 stylish self-catering lodges are nestled amidst beautiful green gardens around a clear pool, a welcoming bar and the award-winning Boma restaurant. Due to the generous structure of the chalets on the property, you will have your privacy and your own access to the African Bush.





As there are no fences and your veranda leads into the indigenous bush, it invites 'wild' guests like warthog, bushbuck and a rich variety of birds onto your private terrace. All 31 lodges are a great example of lavish Victoria Falls accommodation. By offering stylish comfort, flexibility due to the self-catering option and privacy, they are very much in demand.

The lodges are split-level, fully equipped and serviced daily. They include a fully equipped self-catering kitchen as well as an lounge-dining room area. The two couches in the lounge can be converted to beds to cater for a maximum of 8 adults. All lodges have fans, mosquito nets and a range of customised toiletries including insect repellent and sunscreen lotion. If you don't want to do self-catering, the option of Bed and Breakfast is also available.

The Lokuthula Lodges are part of the Victoria Falls Safari Lodge compound, therefore these facilities can be used as well: WIFI, daily vultures feeding at 13.00hrs, free hourly shuttle service to town and access to the renowned MaKuwaKuwa Restaurant.



Arrangement: Accommodation only, with self-catering facilities.

Excludes: All meals, drinks and Items of personal nature

## 28 July 2019 : Departure

**Today you will be ready at the main area at a time to be advised where your driver will be waiting for you as you will depart from Lokuthula Lodge to Victoria Falls International Airport on a scheduled road transfer.**

## End of Safari

### Costs:

**The above Safari is based on 6 people sharing and is INCLUDED in the \$4300USD trip total. Single Supplements are available at an additional cost.**

Price includes:

- Accommodation at Banff Lodge in Bulawayo
- Full day Matopos Day Trip including parks fees
- Road transfers as specified
- Accommodation at Sable Sands including 1 activity per day
- Accommodation at Lokuthula Lodge in Victoria Falls

Price excludes:

- Items of a personal nature
- International flights
- Meals at Banff Lodge
- Parks fees for the activities in Hwange
- Meals and activities in Victoria Falls



**For all questions & inquiries please contact  
Nicola Paviglianiti – Lift4Life Program Director  
[nicola@lift4life-wordwide.com](mailto:nicola@lift4life-wordwide.com)**

**The above itinerary is subject to change.**

