

Overland Oz & GH Meditation

Invite you to join us on a unique journey through the
Northern Territory

Come see, connect & rejuvenate in this amazing ancient
land sleeping under the stars.

Saturday 30th April 2022 to Sunday 8th May 2022 (8 nights)
Beginning in Alice Springs & finishing in Uluru.



Our journey invites you to immerse yourself & to connect to this ancient land.

With the space & time to also reconnect with yourself.
With the intention of leading you to a new level of awakening, inspiration and well-being.

To truly connect, we will sleep under the stars in swags and dome tents with views of the spectacular stars above, on some of the oldest surfaces on the earth.

Surrounded by the energy of the oldest civilisation on the planet.

Sleeping under a thousand year old river red gum tree on the banks of the oldest unaltered river system in the world, with Mount Sonder in the background is simply breathtaking. To connect even further, optional Mindful activities are offered each day through the tour (with no prior experience required)

This journey will be led by Matt Wesley & Greg Hawes



Matt has extensive tour guiding experience through Central Australia, Kakadu, Tasmania & The Kimberley. His local knowledge & network through the NT allows for the most amazing journey every time. His passion is specialising in small group unique experiences. Matt has worked very closely with Anangu traditional owners of Uluru & Kata Tjuta and speaks some of their language, he knows just so many locals allowing for unique & authentic up-close experiences.

Greg is Mindfulness/Meditation coach, Mentor & Retreat leader. Greg has led many tours through the NT over the last 20+ years. This also allows great local knowledge and the ability to attune to this land very deeply which Greg can share with the group.

Matt and Greg's extensive experience in leading retreats, their local knowledge & experience allows great synergy & everybody to rest easily knowing that you will be fully supported both physically and emotionally throughout your journey.

It is Greg's belief that retreats / journeys should be a blend of connection as well as incredible fun & laughter. Amazing sights, walks and a couple of dips in an ancient waterhole and the oldest unaltered river system in the world. The deliberate slow pace of this tour with a small group, allows time just for you each day. Followed by setting up camp, preparing the evening meal and watching it cook slowly in the camp oven on the fire, while enjoying a glass of wine or two if you wish to. This seems to always make the perfect day...





Being out in this sacred Australian outback it gives you the space to clear, rejuvenate and to recalibrate. Literally unplugged from normal life for some of the days. Such a refreshing thing in these times.

Day One: We will greet you at Alice Springs airport middle of the day
(Or at your hotel if you have arrived any days earlier to see Alice sights)

We will then head out bush to set up our first campsite
Get the fire setup and just be for a couple of nights.....

Days Three & Four: We will then begin our slow journey westward through the Western McDonnell ranges connecting deeply into this sacred land. Unlike most tours that stop & look for a few minutes, we will mindfully take plenty of time to immerse ourselves & become part of the Mother Earth's natural pace.

Setting up camp, preparing meals and a campfire.



We will take in some amazing sights.

Standley Chasm, Ochre pits, Ormiston Gorge, Tyler's Pass

Sit with ancient river red gums & swim in billabongs. Enjoy spectacular sunrises and sunsets around a beautiful campfire with a backdrop of ancient red hued mountain ranges

(one of life's great experiences)

Days Five & Six: We continue around the red soil Mereenie loop to the Kings Canyon area. Over the next two days we will hike the Kings Canyon rim walk (slowly & mindfully), see some of the sacred local area and learn about local bush tucker, bush medicines & ways of the Lurritja people.

Days Seven & Eight: We head for one of the planet's most significant places on Earth – Uluru & Kata Tjuta.

On the way passing an ancient salt lake and Atila (Mount Conner) which is the little brother of Uluru. We will spend these last two nights in permanent camp tents not far from Uluru & Kata Tjuta.

We will spend time at the base of Uluru, learning about its ancient chukapa history and personally experiencing the immense power of the world's largest monolith.

Enjoying an Uluru sunset, watching the changing colours on the rock. We will also get up early one morning to witness the spectacular sunrise upon majestic Uluru. We will visit the Uluru Cultural Centre, listening to some stories and browsing the handcrafts and artwork of the local indigenous artisans.

We will visit Kata Tjuta. Walking through the spectacular Valley of the winds. We will meander through the domes of the big brother to Uluru. Walking while the winds of this incredible Valley literally whisper to you.

Day Nine: Breakfast then a slow pack up, goodbyes, then a very short distance to Uluru Airport for flights back home. With the intention of you arriving back home in a much-improved mindset, having visited this ancient world, connecting with it and with yourself. Most likely knowing that you need to return to this ancient magical land again one time soon.



The land cost of this 9 day / 8 night fully guided journey is \$2850 per person

\$800 deposit will secure your place (limited spaces available).

full payment due by April 15th 2022

(credit voucher issued or refund only if travel to NT not permitted)

Tour price includes:

Guidance by Greg & Matt 9 days / 8 nights

All accommodation 8 nights

(in swags & sleeping bags in mozzie dome tents)

All breakfasts, lunches & dinners

All transportation in an air-conditioned private 4WD vehicle –

from Alice Springs airport to Uluru airport

All park entrance fees

Optional Mindfulness activities each day.

Not included: Air travel fares, travel insurance, expenses before & after tour,
alcoholic drinks.

(This is a hands-on tour, where you will mostly setup your own tents, swags etc
& if you wish help prepare meals by the fireside.

Toilets will be available at some stage each day for first four days.

No showers for first four days – however chance to swim a couple of times.

Toilets & showers will be available morning & night on the last four days.

All adds to the gratitude & experience!



For further details or bookings please email greg@dghmeditation.com
We look forward to welcoming you on this wonderful journey.

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For the well-being of all guests and guides, we kindly request that all travellers are fully vaccinated at least a couple of weeks before the tour departure.

Often passengers will choose to arrive in the days earlier into Alice Springs to explore this wonderful town. Which can be done both before or after the tour.

We would request that flights be booked to work with the journey.

Saturday 30th April arrive middle of the day (latest)

Sunday 8th May Uluru depart anytime that day – delivery to the airport will be mid-morning.

(Please check with us that your flights will work with tour timings before booking)