

# Inner Wisdom

Trail

9-Day Walking, Nature  
& Stillness Retreat

Maasai-land, Tanzania, Africa  
Guided by Cindy Lobo & Marco de Graaff  
and the Maasai Wisdomkeepers

SPIRAL  
BOMA  
RETREATS

# The Invitation

Sometimes the mind keeps running and the body forgets how to rest.

You step out of daily life, and suddenly there is space again.

The Inner Wisdom Trail offers nine quiet days in Northern Tanzania.  
Wide landscapes, stillness, and the gentle presence of Maasai wisdom keepers.

Nothing to achieve. Nothing to perform.

Just being in a world that moves slowly enough for you to arrive.

You stay at sacred lands of the Maasai, sleep one night under the stars,  
and walk through the remote beauty of the Ngorongoro Highlands toward  
Lake Natron. The land is spacious and honest, and many people feel their body  
soften in a way they had forgotten was possible.

This retreat is not about techniques or improvement.

It is about walking, resting, meeting people who live differently,  
and remembering what has always been quietly within you.

You return with more ease, more clarity,  
and a rhythm you can carry back into your everyday life.



# The Journey

The Inner Wisdom Trail brings together two parts of Northern Tanzania that few people get to experience in this way.

## 1. Mukuru Sacred Site

A quiet valley of sacred lands cared for by Maasai wisdomkeepers. You spend time in a place where life moves slowly and simply. There is no pre-determined program. You join the rhythm of the land: walking, listening, sitting, hearing stories, and seeing how the wisdomkeepers relate to their environment. It is a calm, grounded start that helps you arrive. Everything is organized together with the people who live here, so you are always in safe, familiar hands.

## 2. A three day trek through remote Maasai-land

A steady walk through highlands, indigenous forests, crater landscapes and old volcanic terrain. It is not a strenuous hike, but it is real and remote. The guides who walk with you are Maasai who know these areas intimately. The route, pace and camps are planned with them, making the experience well supported and connected to the land.

The walking is simple, the views are wide, and your own rhythm becomes easier to follow.

## THIS JOURNEY IS FOR YOU IF YOU:

- feel that your mind is full and your body tired
- want time in nature without pressure
- like the idea of being offline for a while
- enjoy walking (basic fitness is enough)
- are curious about different ways of living
- prefer small groups and simple conditions
- want a few days without striving or planning



# What to Expect?

## A quiet start at Mukuru Sacred Site

You arrive in a valley cared for by Maasai wisdom keepers for generations. The setting is simple and spacious, helping you slow down without effort. Your cave room overlooks the land, and the first days give you time to settle in. Mukuru offers a simple yet abundant kind of comfort: good food, quiet places to unwind, and enough care for your body to relax into the days ahead.

## Meeting the wisdomkeepers

You meet the people who have lived with this land for generations. They welcome you in an honest and unhurried way. You hear stories, walk together, and see how they relate to the land. It is not a cultural show, it is a real encounter that naturally widens your perspective.

## Walking as a way of arriving

Around Mukuru the walks are gentle and unhurried. Later, during the three-day trek, the landscape becomes more open and remote. The rhythm is simple: walk, pause, continue. The land does the work. The Maasai guides know every path.

## A remote experience few travellers ever see

From highlands to indigenous forests, crater landscapes and volcanic soils, you move through areas rarely visited. The descent into the Great Rift Valley along Ol Doinyo Lengai volcano gives one of the most spectacular views of this journey.

## Nights that stay with you

You sleep one night on the mountain under a sky full of stars, and two nights in simple camps in nature. Warm meals and fire shape evenings that feel both quiet and unforgettable.

## Time for yourself, without distraction

There is room to rest, write, reflect or simply sit. With almost no phone signal, it becomes easy to disconnect from daily noise and reconnect with yourself in a natural way.

## Gentle guidance when needed

This is not a retreat filled with techniques or exercises. There is room for depth, but nothing is pushed. The land sets the pace.

# The Experience

Day 1: Arrival, travel to Mukuru Sacred Site

Day 2: Opening, grounding into land and presence

Day 3: Mountain of Life Vision Quest, overnight under the stars

Day 4: Meeting the ancient Wisdom Tree

Day 5: Transfer to Karatu: an authentic Tanzanian town and a gentle pause before the trail begins

Day 6–8: Three-day trail from Empakaai Crater to Lake Natron

Day 9: Return to Arusha, closure, onward travels

## WHAT IT BRINGS

- Time to reset your mind
- A calmer, more relaxed body
- A rare look into Maasai life, traditions and spirituality
- The experience of walking through untouched land
- Nights under open skies you will never forget
- A break from your daily noise, screens and pressure
- More clarity about what you want and need
- A renewed appreciation for life



# Your Stay

At Mukuru, you are welcomed into a community where Maasai wisdomkeepers live and work. Their presence gives Mukuru a grounded, human feel, and being close to them offers a natural glimpse into their daily life. You stay in comfortable cave rooms with your own bathroom and a terrace overlooking the valley and mountains. The vibe is simple and warm, with excellent freshly prepared meals, quiet spaces, and the option to unwind in the pool, sauna or with a massage. It is a place where nature, care and comfort meet without feeling like a resort.

Your stay also supports local projects in education, health, small business, farming and reforestation, offering something back to the people who care for this land.

On the way to the Ngorongoro Highlands, we spend a night in a comfortable lodge in the authentic town of Karatu, a gentle pause before entering remote terrain.

During the 3-day trekking, you sleep in professional 2-person tents with comfortable mattresses and warm sleeping bags. Facilities are basic and toilet options limited, but our crew handles everything, making the experience safe, supported and uncomplicated in the middle of nature.

At Lake Natron, we stay in a mid-range lodge with comfortable beds and showers to help you recover after the trail.



# Your Guides

Cindy has spent many years living and working in Northern Tanzania, building close relationships with Maasai communities. Trained as a cultural anthropologist, she understands how people, land and tradition shape each other. She speaks Swahili fluently and is trusted by the Maasai who care for Mukuru Sacred Site which makes this retreat possible.

Before stepping into this work, Cindy led international teams in the corporate world. Now, as a facilitator, entrepreneur and founder of Trailblazing Soul, she brings practical leadership together with lived experience and a warm, approachable presence. Her way of guiding is intuitive, steady, human and grounded, allowing people to relax into the experience without pressure.

As a certified mBIT coach and author of *The Medicine: Personal Tales of Awakening and Inner Transformation*, she combines clear guidance with a quiet inner depth shaped by years of personal practice and time spent in sacred landscapes. Cindy helps people slow down, listen inwardly and reconnect with what feels true. Her approach is simple, warm and intuitive, supported by her long-standing connection with the land and the people who hold it.



**Cindy Lobo**

Guide of inner transformation and embodied awareness.



**Marco de Graaff**  
Wilderness & Nature Guide

Marco has over two decades experience leading hiking expeditions around the globe. A seasoned entrepreneur and facilitator, his work bridges outer adventure and inner growth. For more than twelve years he has lived and worked in Maasai-land, Kenya, leading water and sanitation projects for an international foundation and building lasting relationships with local communities. With a background in biology and environmental science, Marco brings a grounded understanding of nature and human systems.

As a facilitator, his approach is simple and experiential: using walking, reflection, breath and body awareness to help people reconnect with themselves. Calm, clear and deeply connected to the Maasai and the land, he guides through experience rather than theory, helping others reconnect to their own strength, truth and rhythm.

# The Location

Mukuru Sacred Site lies within Northern Maasai-land, a serene environment that offers a chance to connect with nature in a powerful way. The mountains of Kilimanjaro, Meru, Longido and Mukuru stand strong in these lands, and the sacred caves, river paths and mountaintop vistas invite you to explore, reflect and find deeper alignment within.

From the wide, quiet expanses of the Ngorongoro Highlands to the raw, elemental beauty of Lake Natron, this trail moves through some of Tanzania's most untouched landscapes. These powerful terrains naturally deepen presence, clarity and inner connection.



# Inner Wisdom Trail

*Exchange: €4.450,- (private cave/room/shared tent on trail)*

## Included:

- Accommodation at Mukuru cave lodges (4 nights)
- Lodge in Karatu (1 night)
- Three-day trail with camping (2 nights, shared tents)
- Lodge in Lake Natron (1 night)
- All meals (local cuisine)
- Vision Quest overnight on the mountain
- Guides & trekking crew
- Transfers from/to Kilimanjaro Airport
- Small group: max. 10 participants

Book your spot via [info@spiralboma-safari.com](mailto:info@spiralboma-safari.com) - we will schedule an intake to get acquainted and ensure this trail is the right fit for you.



*\*Rates of this retreat excludes flights, visa, travel insurance, drinks, personal expenses, tips*

# Important

This trail is a unique and immersive experience. Participants are encouraged to bring an open heart, a willingness to engage with nature, and respect for the sacred traditions of the Maasai. A personal Zoom introduction will be scheduled before confirming your participation. A minimum of 6 participants is required. A 30% deposit secures your place of which 300 euro non-refundable.

## Medical Conditions, Form & Liability

This trail requires a healthy condition, as we engage with different physical activities and being outdoors.

## Connectivity

Expect little to no phone signal. Let your loved ones know you will be offline for several days.

## Clothing

Bring appropriate clothing for wind, sun, mountains and hiking in varying conditions.

## Travel regulations & vaccinations

All participants are responsible for their own visa, vaccinations and related matters to enter Tanzania.

