

Inclusions & Experiences



5 nights accommodation in 5 star resort

King bed in superior room at Sails in the Desert at Ayres Rock Resort



Meals at Ikari Restaurant and Walpa Lobby Bar

Daily buffet breakfast and dinner at Ikari Restaurant and two lunches at Walpa Lobby Bar; located in Sails in the Desert Resort



Camel Ride

Catch the camel train to experience a 45 minute journey through the desert with Uluru and Kata Tjuta as a breathtaking backdrop. Photo opportunity on the sand dune lookout



Helicopter flight

An incredible scenic flight over Uluru and Kata Tjuta in a breathtaking 25 minute joy flight that you will never forget



Sunrise Field of Lights

In the silence of the pre-dawn under a blanket of stars, be immersed in the Field of Light. Just before the sun kisses the horizon and floods the land with warm yellow light, enjoy a warm beverage watching Uluru come to life at the dawning of the sun

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Self-guided walk around Uluru

We will take the 10.4km walk around Uluru, with breathwork and meditation along our journey



Self-guided walk to Valley of the Winds, Kata Tjuta

Walk through the Valley of the Winds, passing Karu lookout and onto to Karingana lookout (5.4 km return). We will walk down into the valley and creek beds. We will also visit the Walpa Gorge on another day



Wintjiri Wiru Light Show

An open air theatre, set upon a dune top with incredible views of Uluru and Kata Tjuta. Choreographed drones, lasers, and projections take flight, lighting up the night sky in a modern, artistic expression of an ancient, Anangu story - the Mala story - passed on for thousands of generations



Dot Painting Workshop

Learn about traditional art, symbols, tools and more in this interactive creative dot painting workshop with a local Anangu artist. Be inspired by the ancient ways of the desert and create your very own work of art to treasure



Uluru Sacred Sites with Sunset & BBQ Dinner

Driving tour around Uluru, guided tour to explore Mutitjulu Waterhole and visit the Cultural Centre. We'll enjoy a glass of wine and nibbles, watching the sun set over Uluru at 'Sunset Strip', then go to a private dining area at Uluru under the stars for a BBQ dinner. Our guide will offer a tour of the night sky, describing visible constellations

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Guided breathwork, meditation and yoga

Amanda and Tanya are Rebirthing Breathwork Facilitators. There will be no experience more sacred and heart expanding than starting the morning before dawn, immersed in the red dirt under the watchful eye of Uluru, connecting with the land and ourselves, through breath, yoga and meditation practices. Rebirthing Breathwork will be an integral component of this retreat experience



Guided cold immersion

As we connect deeply to the land, we will also connect deeply with ourselves. You will be guided into an immersive experience of cold water therapy to aid muscle recovery from our big hiking days, elevate mood, improve sleep, regulate the nervous system, reduce inflammation and bring you back home to your body



Uluru Kata Tjuta National Park Pass

It is a requirement of entry that all visitors have a park pass. This helps maintain the park's facilities, preserve its World Heritage sites and support Traditional Owners and their community. Passes are required on a per person basis and are valid for 3 days, with a free extension period of 2 days



Private car hire

We will self drive to experience our self-guided walks around Uluru and Kata Tjuta