

A giraffe stands in a savanna landscape, looking towards the left. In the foreground, two people are seen from behind, looking at the giraffe. The background is filled with lush green trees and foliage. The scene is bathed in warm, golden light, suggesting late afternoon or early morning.

A SAFARI FOR THE BODY AND SOUL

*Discover the art of wellness
at Chem Chem Lodge*

Chem Chem
SAFARI

Immerse yourself in a bespoke *wellness* safari at Chem Chem Lodge – a sanctuary for the soul and the self.



In our fast-paced world, quiet moments of connection are few and far between – and more important than ever.

We have spent the last 13 years refining the art of wellness to create a space where you can escape the stresses of daily life to unwind and attune yourself to nature's rhythm – revitalising and recalibrating as you go.

The Chem Chem experience is rooted in well-being and reconnecting with nature. Each moment is guided by our pioneering 'slow safari' philosophy, where you have the flexibility to define your schedule and savour every experience.



Join us for an experience that's rooted in wellness, without sacrificing the *connection* to nature that makes a safari so special.



Breathe in the fresh air and soak up the beauty of the Tanzanian wilderness.

Your private guide is primed to whisk you into the wilderness to witness the abundant game – from giraffes and tree-climbing lions to the iconic Big Tuskers – while back at the lodge well-being underpins every aspect of your stay.

We invite you to make the most of your time with us, whether you're setting off on restorative nature walks, sampling our specialised health drinks or indulging in a post-gym massage, we offer an array of fitness-led facilities and activities.

Experience

Fitness with a cultural twist

Meditate in a forest glade

Practice mindfulness on *nature walks*

Nourish your body with *healthy dining*

De-stress with rejuvenating *massages*

Walking for wellness

Chem Chem Lodge offers several guided walks, specially designed to immerse you in nature, while simultaneously showcasing the unique landscape and its flora and fauna. **These walks are included in the rate.*



Silent walk

Foster a deeper connection with the land on a silent walk through the wilderness, letting your other senses take control as you soak up the sights, smells and sounds of nature. Break the silence over a traditional baobab drink with your Maasai guide.

Power walk

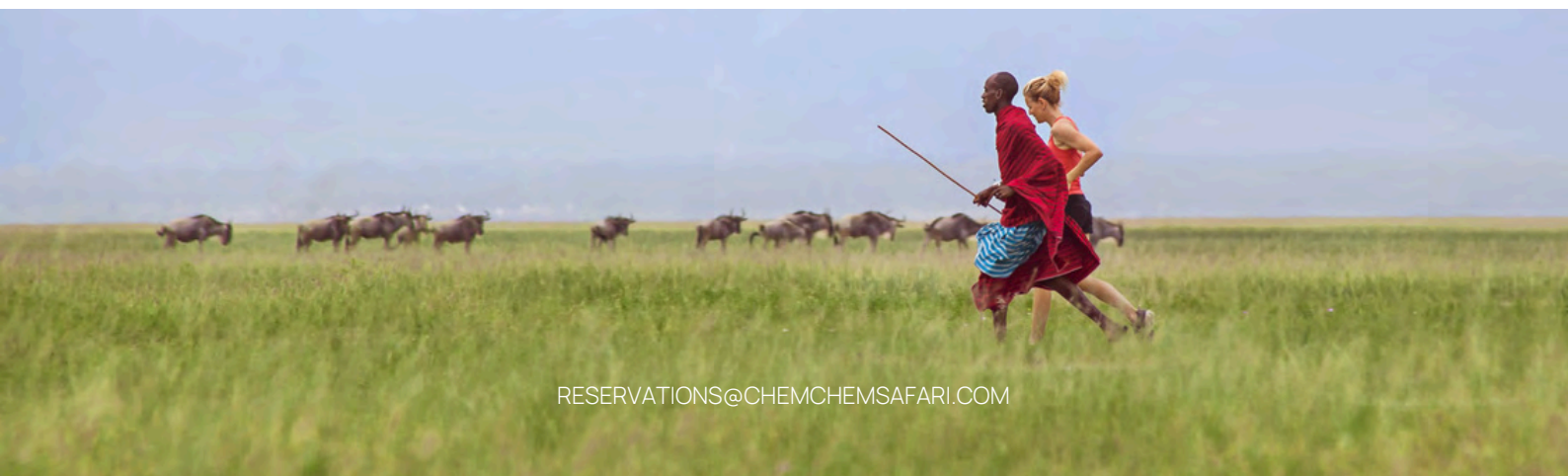
Invigorate yourself with a revitalising 6-10km walk through the wilderness with your Maasai guide.

Nature walk

Set off on a morning or late afternoon walk with your Maasai guide, tapping into their endless knowledge of the landscape and wildlife, before ending with a delicious bush breakfast or sundowners on the shores of Lake Manyara.

Run with a Maasai

Put your fitness to the test on a run with a Maasai warrior. This is a once-in-a-lifetime opportunity for any running enthusiast.



Soak up the goodness

When you're not out exploring the sights and sounds of nature with your private guide and vehicle, make the most of our facilities and take time to unwind at your own pace.



Poolside

Spend a relaxing afternoon lounging at the pool - watching the parade of wildlife that passes by.

Spa treatments

Treat yourself to one of our rejuvenating massages or beauty treatments which incorporate locally grown botanicals to add a Tanzanian twist to your soothing spa experience.

Fully-equipped gym

Just because you're on vacation doesn't mean you need to forgo your favourite workout routine. For those who thrive on a full body workout, our cross-fit gym is appointed with everything you need for complete physical conditioning.

Gourmet dining with a healthy twist

Dining at Chem Chem is an experience unto itself, with a selection of sumptuous chef-crafted dishes available for breakfast, lunch and dinner.

Our specially designed 'Ponya' (meaning 'to heal' in Swahili) lunch menus spotlight health-centric dishes made from nutrient-rich, freshly sourced ingredients (including herbs from our garden). Our 'Maisha Marefu' (meaning long life in Swahili) wellness shots offer a range of health benefits, from general wellbeing, digestion and energy boosters, to cholesterol and blood sugar maintenance.

When it comes time to unwind after an active day, we've specially formulated a sleep shot to help prepare you for bed.



Chem Chem Lodge at a glance

Gazing out over a palm-dotted landscape to the distant shores of Lake Manyara, Chem Chem Lodge is a refined sanctuary set on an exclusive-use protected wildlife area at the western edge of the Burunge WMA.



Location

Chem Chem – which is home to the Kwakuchinja Corridor, a now-restored wildlife migratory route linking the Tarangire and Lake Manyara National Parks – is a place of rejuvenation. This revitalised land, once declared abandoned by the Tanzanian government, thrives once more thanks to the tireless conservation efforts of the Chem Chem Association.



Accommodation

Championing sophistication, relaxation and seclusion above all else, each private tented suite offers a slice of paradise. There are 8 beautifully appointed suites, including the family suite, each designed with the utmost comfort in mind.

To prioritise a good night's rest, each tented suite is furnished with a premium mattress, while an in-room air conditioner ensures a comfortable temperature while you sleep.