



You know you're truly alive when you're living among lions...
There's something about safari life that makes you forget all
your sorrows and feel as if you had drunk half a bottle of
champagne — bubbling over with heartfelt gratitude for being
alive.

— Karen Blixen, OUT OF AFRICA

Kenya Writing Retreat Your Wildest Story Yet June 5 – 13, 2026

See Photos, Videos, & Full Details of This Amazing Adventure!

I never knew of a morning in Africa when I woke up that I was not happy. — Ernest Hemingway

How long since you woke up happy in a world full of wonder and possibility? Or have you spent most of 2025 feeling tired... numb... overwhelmed?

Are you a writer not writing or an explorer not exploring? Are you a journalist or travel blogger afraid of being replaced by AI? Are you bored with generic listicles on crowded destinations based on secondary sources (“The Top Ten Things to Do in Paris”)? Do you want, instead, to write authentic stories based on unique, deep travel experiences?

Whether you're a novice or pro writer, you're HERE because you know what your soul needs:

- **Travel/Cross-Cultural Experiences that provide beauty, adventure, and rich relationships**
- **Time and Tools to Write Stories You Need to Tell**
- **Practices for Sustaining a Creative Life**

Traveling and unpacking our travel tales transform us. We realize how our journey made us see the planet, others, and ourselves differently. We get clarity on what to do with our “wild and precious life.” Our stories can build bridges and give readers new perspectives. They can change the world.

TANGIBLE TAKEAWAYS

In this retreat, we study the works of master authors. Using lush imagery, compelling storytelling, and poetic prose, they transport us to places that moved their heads and hearts. Using these models and other tools for drafting, crafting, and editing, you'll write a better travel tale while living your wildest chapter yet. You'll leave with...

- One complete, poignant travel tale (personal essay, blog post, or memoir chapter). (You'll share this with the group on our last night together.)
- Artifacts from Kenya for future writing material (guided journal entries, images, videos, cultural and historical context via Dee and other guides/experts).
- A supportive writing community

WHY KENYA

Africa's wild beauty and epic adventures moved icons like Ernest Hemingway and Karen Blixen to write their personal stories. Africa continues to inspire writers like Dee (who lived in Kenya) and Cindy (who lived in Morocco), which is why we're hosting this retreat. As the adage goes: “Once you drink of African waters, you will return to drink again.” We do. Often. The continent refills our creative wells. We meet kindred spirits, connect with nature, and reconnect with our best selves. We invite you to join us because Africa is a Fountain of Youth.

Retreat Hosts



Cindy McCain has been empowering writers to tell their best stories in her Travel Tales workshops/writing retreats in the US and Morocco since 2018. She's a university writing/literature instructor, writer, and editor. Living in Marrakesh inspired her memoir, travel articles, personal essays, and podcast, [Southern Girl Gone Global](#), named a Top Travel Blog by London's Market Inspector and a Top 35 Baby Boomer Travel Blog 2020 – 2025, has been featured by U.S. News & World Report, Orbitz, and Expedia. Travel publications include Yahoo!, She Knows, and StyleBlueprint. She received the Nashville Area Hispanic Chamber of Commerce Journalism and Community Award for celebrating cultural diversity.



[Dee Flower](#) is an author, photographer, and former park ranger. Her love affair with Kenya started with a safari, then a one-year stay through Origins Safaris. During that time, she lived with the Taita and Maasai tribes and as a Certified Interpreter Trainer (CIT) for the National Association of Interpreters (NAI), trained 55 safari guides. Her publications include [Where the Wind Wills](#), an adventure-driven travel memoir; “Exploring Rural Africa,” the cover story on NAI's LEGACY magazine; and articles in Kenya's THE CONSERVATIONIST and the US Army Corps of Engineers' DISTRICT DIGEST. The wind has taken Dee to over 40 countries on six continents. Exhibitions of her photos from around the world have been held in Idaho, Ohio, and Tennessee. She is the former President of the Lost Boys Foundation of Nashville (LBFN).

Photography (right) from Dee Flower's Exhibitions and Publications

Write what should not be forgotten.— Isabel Allende

Retreat Package Includes:

- 8 Nights Accommodations including compulsory government hotel taxes and VAT (where applicable)
- All Meals (Breakfast, Lunch, Dinner)
- Airport Pickups/Departures and Land transport for Group Excursions, specially built 4x4 safari vehicles and Expert Guides
- Charter Flights to and from Tsavo East Safari Camp
- ALL portorage and Airport Assistance.
- ALL bottled mineral water (some camps may include free house beverages)
- Zoom Meeting Before We Go (Book & Movie Lists on Kenya, Cultural Context, How to Prepare for Kenya by Dee/How to Prepare for Workshop by Cindy)
- Creative Community of Explorers (Group limited to only 8 participants — Novice and Experienced Writers Welcome!)
- Personal Travel Narrative (Essay, Blog Post, or Memoir Chapter) Craft Sessions by Cindy and Journal Prompts for Excursions by Dee
- Time to Write, Recharge, Relax
- Literary Salon for Sharing Your Work
- Follow-up & Feedback/Edit After the Retreat

Package Does Not Include:

- Flights to and from Nairobi
- Passport and African Visa
- Travel Insurance (required)
- Alcohol
- Gratuities to drivers, guides, or camp staff
- Spa treatments or other optional activities



Tentative Schedule

Note: Excursions and workshop sessions listed below are for creative inspiration, craft instruction, & community. If you prefer more writing time instead of joining a group gathering, just tell Cindy or Dee you won't be joining.

Day 1 June 5

Arrive in Nairobi at Jomo Kenyatta International Airport (JKIA), VIP meet and greet, transfer to Macushla House

Day 2 June 6

Visit the Giraffe Center, Sheldrick Trust public viewing, Kobe Tough, lunch at Utamaduni, followed by a late afternoon class at the hotel.

Day 3 June 7

Visit the Nairobi National Museum in the morning, drive back to Karen to visit the Karen Blixen Museum. Lunch at Mat Bronze Gallery, followed by a late afternoon class at the hotel.

Day 4 June 8

Early game drive in Nairobi National Park with picnic lunch, followed by a visit to the Nairobi Animal Orphanage. Return to the hotel for an afternoon class.

Day 5 June 9

Private transfer to Wilson Airport. Charter flight to Tsavo East National Park for 2 nights at Satao Camp

Day 6 June 10

Satao Camp

Day 7 June 11

Drive to Tsavo West National Park, overnight at Kilaguni Serena Safari Lodge

Day 8 June 12

Fly to Nairobi. Lunch and afternoon at leisure to prepare for Dinner & Literary Salon Readings at Macushla House.

Day 9 June 13

Day room, lunch, and dinner at Macushla House. Transfer to JKIA with departure assistance and onward flight.

Testimonials

Cindy McCain's writing workshop in Morocco was an incredibly impactful learning experience. She thoughtfully planned and executed every detail, from the travel writing modules to the sightseeing itinerary, all of which inspired the kind of creativity I thought I had lost. Cindy is a bright light in this world who imparts her vast knowledge with clarity, kindness, and passion. I can't wait to participate in another one of her workshops! — **Nicole Clark, Cyber and Physical Security Professional**

I had the absolute pleasure of attending a writing retreat in Morocco hosted by Cindy McCain, and I truly can't say enough about how life-changing it was for both me and my aunt Carolyn, who accompanied me. From the moment we arrived, it was clear this was going to be something special. Not only did we sharpen our writing and editing skills in nurturing and inspiring daily workshops, but we also got to experience Morocco in such an authentic and unforgettable way... That trip was a catalyst. It wasn't just a retreat. It was a portal into the next version of myself. I would recommend her writing retreats over and over again. If you're looking for more than just a trip and craving connection, creativity, culture, and transformation, this is it. She gets a 10 out of 10 in my book. — **Britney Darnell, Certified Health & Well-being Coach**

Cindy's three courses helped me think about structure, story arc, and character development. I especially appreciate the structure and organization that Cindy brought to each class. More importantly, I was inspired personally as well as intellectually...

Her courses turned out to be life-changing for me as I reconnected to my lifelong passion for travel as a means to self-discovery, which led to a walking pilgrimage in Italy and several extended stays there. I completed an MFA program (Creative Non-Fiction, Vermont College of Fine Arts) ... Cindy was a key factor with her encouragement, excellent teaching, and kindness. Cindy obviously enjoys teaching and creates a supportive atmosphere for learning. I highly recommend her as a writer and teacher. — **Lisa Crowe, M.D., M.F.A.**

Cindy McCain is an enthralling writer and excellent teacher. She has extensive knowledge of literature and is able to pull threads from various masters, providing a framework for writing intriguing prose. She is able to help develop your voice as a writer by providing various pathways to inspire and elevate your own story. A class with Cindy is a colorful adventure worth taking. — **Stephanie Sullivan, Director of Operations, Tennessee Scenic Rivers Association**

Cindy McCain is an inspiring writing coach and intrepid traveler. Even though I am an author, when I attended Cindy's Writers Retreat in Morocco, she introduced us to the 'hero's journey' and provided a chance to become the hero in our own stories. With her in-depth program, she was able to bring out the best writing in all of us. — **Dee Flower, Author and Former Park Ranger**

Payment & Terms

Retreat/Workshop Price: \$6,288 USD (twin room)

*Single occupancy supplement: + \$276

The retreat is limited to only 8 participants. **To hold your spot, a *non-refundable registration fee of \$1060 is due by December 15, 2025. Contact Cindy for registration forms and payment details at cindylmccain@gmail.com.**

*Should we not get 8 participants by December 15, the trip will be canceled, and you'll receive a full refund.

Payment Deadlines

December 15, 2025 \$1060 Registration Fee Due (Cash Transfer by ZELLE Only)

March 5 : Final Balance Due to Origin Safaris

\$5228 per person (twin room) \$5504 (single room)

*Origin Safaris accepts credit cards for the final balance if guests have CFAR (Cancel for Any Reason) trip cancellation insurance. Please also be aware, there's a 5% credit card fee.

Contact Cindy cindylmccain@gmail.com for writing workshop details, registration forms, and payment details.

Contact Dee deeflower@mac.com for questions about excursions/more information on Nairobi and Tsavo.