



JAN VOYAGE

MAY & JUNE 2025
LIGURIA, ITALY





YOU'RE ABOUT TO EMBARK ON AN EXTRAORDINARY ADVENTURE

Join me for a CULINARY and LIFESTYLE RETREAT in Liguria, Italy.



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SCAN THIS SPOTIFY CODE TO
ENJOY OUR MAY VOYAGE PLAYLIST



PLAYLIST: JAN VOYAGE BY DAY



GO WITH ME, SOMEWHERE.

ITALIAN CULINARY AND LIFESTYLE RETREAT
WITH JAN HENDRIK VAN DER WESTHUIZEN AND HIS TEAM
IN LIGURIA, ITALY, CELEBRATING THE BEST OF SPRING.

*Set in the hills of the Nervia Valley, with over 1000 years of history and surrounded by unspoiled nature,
the magical medieval hilltop village of Apricale awaits.*

You'll stay in a newly renovated historic building, featuring all south-facing rooms thoughtfully designed with luxurious touches and sun terraces. From here, enjoy panoramic views of the valley with its olive groves, rivers, waterfalls, and medieval hilltop villages. Conveniently located near the Cote d'Azur, Monaco, and local villages, you can also indulge in a Turkish bath, sauna, and a heated pool to relax and bask in the Ligurian sun. Elegant and comfortable living areas ensure there's always a quiet corner to retreat to before stepping into the carefully crafted world of the JAN experience, which includes:

- Culinary Masterclasses by Jan Hendrik
- Sommelier-hosted wine tastings
- Local food experiences
- Pergola, rooftop and terrace lunches
- Gnocchi making classes
- Kitchen, garden and outdoor events
- Advanced wellness workshops
- All experiences captured by our tour photographer
- Other masterclasses by team members of the JAN group
- Exclusive dinner experience at Jan Hendrik's personal residence in Apricale

WELLNESS PROGRAMMES

We're excited to share a transformative experience that focuses on rejuvenating both body and mind. Each morning, you'll start your day with invigorating breath work and movement therapy, including Pilates sessions designed to enhance your flexibility, strength, and overall well-being.

As part of our holistic approach to wellness, we encourage guests to be able to comfortably complete a 3 km hike with an incline. Many of our events will feature a scenic hike, making walking an integral part of your journey with us.

Join us for daily sessions in movement and mindfulness

- Breathwork - more than just air
- Balance - simple but significant
- Fascial Hydration & Lymphatic flow
- Core - keeping it all together
- Digestion - food for thought
- Posture - onwards & upwards

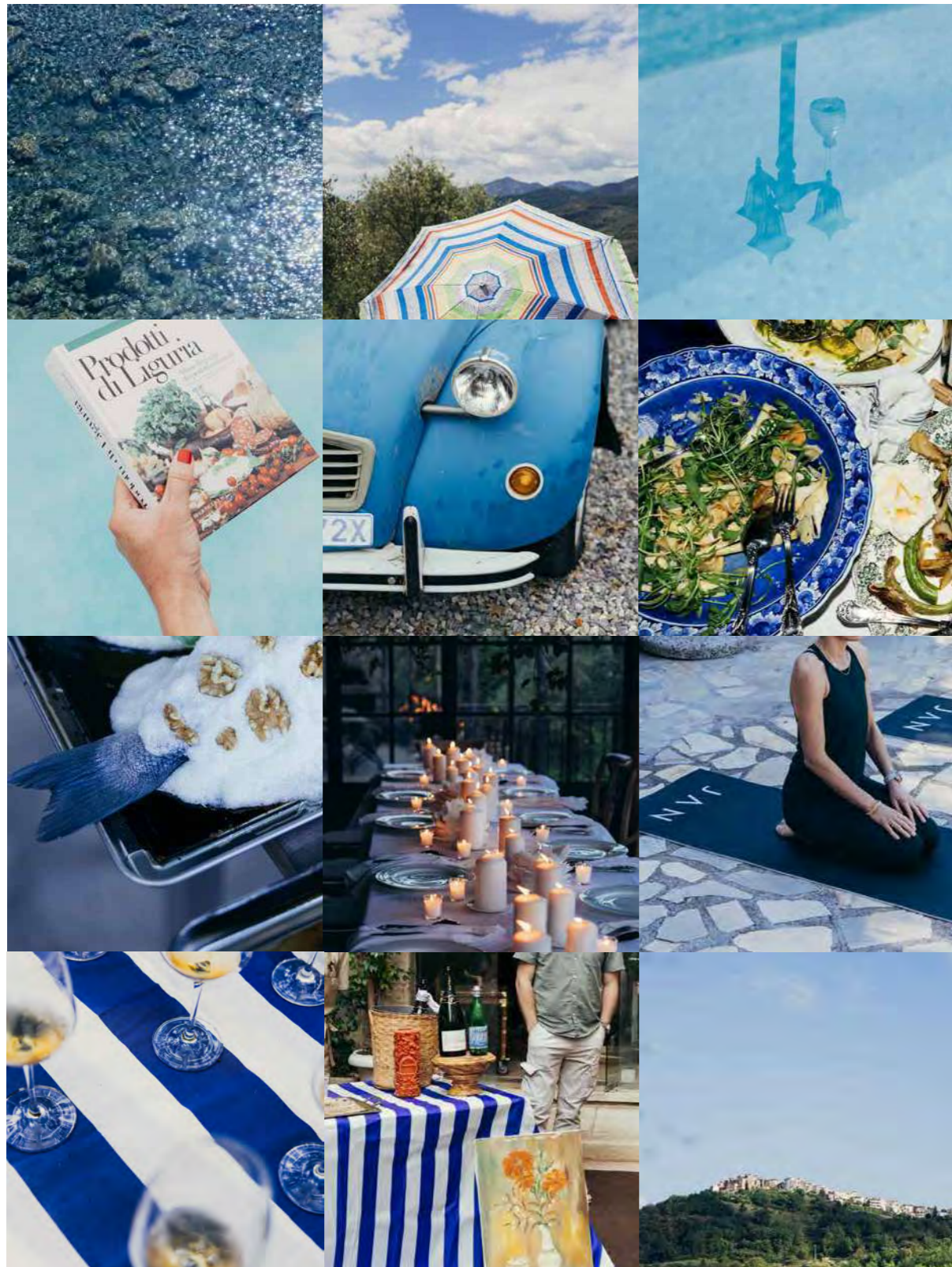




RED AND ROSIE. ROSÉ. REGINA.



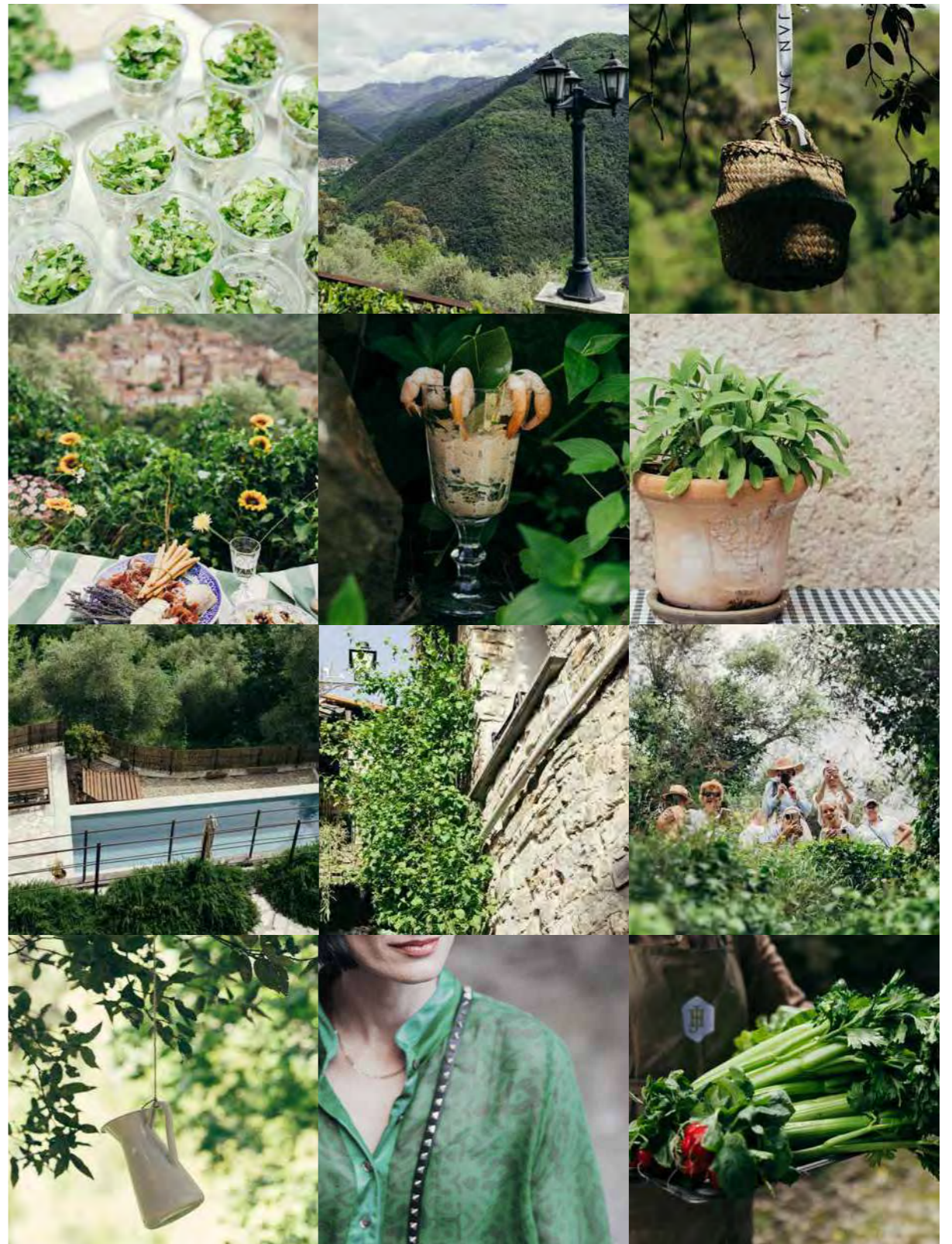
EXPLORE WITH ME



THE COLOUR OF THE SKY
ON A CLEAR DAY.







GREEN. CLEAN. LIGHT AND SERENE.

Depuis 2013

JAN



GUESTBOOK

"I am home now in Cape Town and need to thank you, Jan and all the amazing, wonderful, fabulous people that made the time and experience in Apricale and Nice just simply out of this world. Everything was simply superb and I need to compliment you all on making this trip a trip of a life time and one that will never be forgotten. A million thanks to you all."

Pippa Schou | May 2024

"Thank you for a once in a lifetime experience, which was our trip to Nice and Apricale. Everything was above expectations. The visit to the market was an amazing experience, beautifully displayed extraordinary produce, fish, meats and pastries! Dinner at JAN was the best dinner experience of my life! We were a harmonious group and fortunate to have had the amazing chef, Marnus cooking delicious food for us, Alwijn decorating our tables beautifully and Armand as our sommelier, who explained everything in an understandable way. Our cooking sessions with you were most enjoyable and thank you for the recipes."

Karin von Wenzel-Obholzer | May 2024

"I would like to take this opportunity to thank you and your amazing team once again for an absolutely phenomenal experience. I struggle to find the words every time someone asks me how my trip was, because it was simply OUT OF THIS WORLD, an indescribable experience, in the best possible way! The attention to detail was unmatched and the whole experience, so much MORE than I had expected! I knew it was going to be special, but damn, you outdid yourselves at every possible turn. Thank you from the bottom of my heart for a trip of a lifetime, and for the memories that will forever be embedded in my heart."

Judy Bloomfield | May 2024

"Just wanted to thank you for all you did to make my time on the JAN journey an experience of a lifetime. Thanks a million and please convey my thanks to everyone on the team."

Ettie Allen | October 2024

"I want to take a moment to express my deepest gratitude for the truly unforgettable week. From the moment I arrived I felt I was enveloped in the most welcoming and calming atmosphere, and every detail from the fine dining to the wellness experience etc were all beyond exceptional.

Jan, your culinary talent paired with your genuine warmth and humility, made the experience more than just a meal - it was a journey for the senses. The entire team went above and beyond in catering to our every need with such grace and attentiveness.

I feel rejuvenated, inspired and so incredibly grateful to you and everyone for all the hospitality and care."

Shirley Tamaris | October 2024

"Dankie vir alles dit was ongelooflik! Almal van die JAN span was buitengewoon besonders. En JAN is net in 'n league of his own. Ek gaan verseker julle weer sien."

Miriam Stornkhorst | October 2024

TASTE
WITH
ME





BEFORE YOU PACK YOUR BAGS

LIGURIA, ITALY

19-24 May | 26-31 May | 2-7 June

ROOMS

All rooms are ensuite and uniquely designed with their own features.

Grand Suite suitable for a couple

6400 Euro per person sharing

Deluxe Suite suitable for a couple

6300 Euro per person sharing

Double or Twin Suite suitable for friends or a couple

5900 Euro per person sharing

Single occupancy guests

6200 Euro

RESERVATIONS

Because of the high demand for Jan Hendrik's experiences, we can only confirm your booking upon receipt of a €1000 per person sharing deposit. Payments can be made by EFT.

We require the balance to be settled 60 days prior to the Voyage.

OCCUPANCY

The cost is calculated per guest, based on a double occupancy.

Twin rooms are subject to availability.

EXCLUDED

Return flights. Visa fees, passport fees and spending money.

SURROUNDINGS

Due to the nature of Apricale and most medieval villages, please expect steep and uneven walkways and several stairways.

We highly recommend that you arrive in the area a day before to acclimatise and relax.

To make your booking please email voyage@janhendrik.com





FREQUENTLY ASKED QUESTIONS

HOW MANY PEOPLE WILL BE ON THE TOUR?

Our gatherings are small and intimate, with a maximum of 12 guests unless stipulated otherwise.

ARE THESE GUIDED TOURS?

We take our guests to experience destinations that Jan Hendrik has discovered and revisited over his many years of living in Europe, sharing his passion for travel, food, and all things beautiful. We are not tour guides; instead, we see these experiences as sharing the beauty we've found and sometimes discovering new things together. We'll be with you throughout your stay. During leisure time and after dinner, feel free to roam about on your own.

WHO WILL HOST THESE VOYAGES?

The JAN team will make sure you are taken care of. There will always be a JAN representative with the group on outings. Jan Hendrik will be joining and hosting a daily event, class or outing.

WHAT IS INCLUDED?

All accommodation and meals, ground transport, demonstrations, masterclasses, JAN Team curated experiences, market visits, alcoholic and non-alcoholic beverages, and entrance fees.

WHO CAN JOIN THE RETREAT?

Anyone who enjoys traveling, culture, photography, food, wine, cobblestones, and picturesque villages filled with authenticity.

HOW MUCH SPENDING MONEY DO I NEED?

When perusing the streets, you may find something special to take home such as a souvenir or gift. A few Euros in your back pocket is always a good idea.

IS WELLNESS COMPULSORY TO ATTEND?

Wellness activities are not compulsory. However, participating in them can help refresh and prepare your body for a day of indulgence. No prior experience in wellness is needed. If you have any concerns, we will arrange an online session with our wellness expert before the JAN Voyage to provide more details.

CAN YOU HELP ME WITH MY VISA APPLICATION?

While you need to apply and pay for your visa yourself, we'll point you in the right direction and send you all the necessary documents, like proof of residence while on tour.

CAN I CANCEL MY BOOKING AFTER PAYING THE DEPOSIT?

Please see our cancellation policy.

ARE YOU ABLE TO ACCOMMODATE MY DIETARY REQUIREMENTS?

Although we will try our best to accommodate your needs, this cannot be guaranteed by all the service providers at every gathering.

WHICH AIRPORT SHOULD I TRAVEL TO?

We will meet our guests in Nice on the first day of the JAN Voyage, so we recommend flying to Nice Côte d'Azur Airport.

WILL I HAVE THE OPPORTUNITY TO HAVE DINNER AT RESTAURANT JAN?

Dinner at JAN will be included as part of the JAN Voyage Itinerary.

IS THERE AN AGE RESTRICTION?

We require travelers to be 18+ to join us on a JAN Voyage.





“BRAVO, BELLO!”



CANCELLATION AND REFUND POLICY

BOOKING AND PAYMENT DETAILS

A deposit of €1000 is required to secure your booking, with payments accepted by EFT. We require the full payment to be settled 60 days prior to the Voyage. Failure to complete the full payment on time will result in automatic cancellation unless prior arrangements have been made.

While the JAN Group strives to adhere to confirmed tour dates and itineraries, we reserve the right to make necessary changes. Any special requirements should be disclosed when making the final payment, and we'll make reasonable efforts to accommodate them.

As a traveler, it is your responsibility to have full travel and medical insurance for the entire tour duration.

CANCELLATION POLICY

Cancellation 60 days prior to the tour date ensures a full refund of all payments.

Cancellation 45 days prior to a tour date results in a 50% refund of all payments.

Cancellation less than 21 days prior to the tour date ensures a 25% refund of all payments.

If the tour is canceled by JAN Group for any reason other than Force Majeure, and the cancellation is not caused by your fault or negligence, you will have the option of a full refund. If you have pre-existing medical conditions that may impact your ability to travel or participate in the tour, you must submit a medical form signed by a practitioner when the final payment is due.





YOU'VE FELT IT; STIRRING DEEP INSIDE.
A LINGERING YEARNING FOR SOMETHING UNEXPLORED...
SOMETHING EXTRAORDINARY, WAITING TO BE DISCOVERED:
AN ADVENTURE OF A LIFETIME.

LET'S CELEBRATE THE BEST OF
SPRING TOGETHER.
IT STARTS HERE.

RESERVE YOUR SPACE

JOIN OUR MAILING LIST



FOLLOW THE VOYAGE ON INSTAGRAM: @JAN.VOYAGE



JAN

janonline.com/voyage