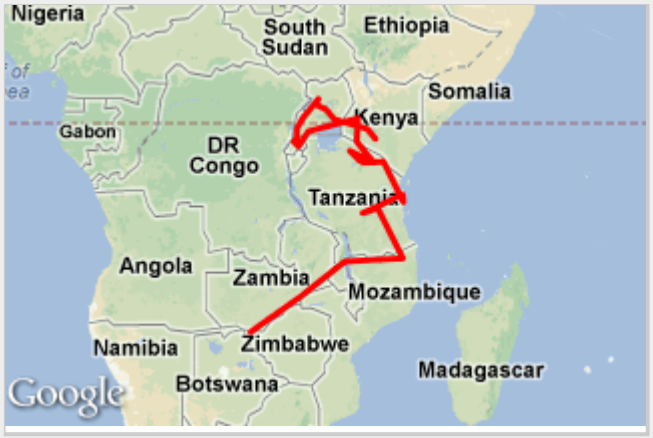
Indepth Overland Nairobi, Gorillas, Zanzibar and Vic Falls (AUF)

Nairobi to Victoria Falls 48 days, departing 07 Oct 2012

Comfort Zone: Basic Luxury
Physical Challenge: Easy Hard
Trip Style: Overlanding
Route: Nairobi to Victoria Falls
Length: 48 days
Transport: Overland expedition vehicle, Canoe, Boats, 4x4s
Accommodation: Mainly camping at campsites with some wild camping and small hotels



Ratings for this trip

Comfort Zone: Basic / Adventurous

Basic comfort levels. Expect to rough it every now and again. On OVERLAND TRIPS be prepared to have some nights wild camping, campsites with basic facilities as well as some basic hotels, often on a multi-share basis. Some of the roads we travel along may be poor. On our ADVENTURE HOLIDAYS you will stay in simple, budget (1-2 star) accommodation with some shared facilities. Some accommodation may be on a multi-share basis and transport will be mainly local.

Physical Challenge: Strenuous in parts

STRENUOUS IN PARTS: These are physical tours; we may well be travelling at high altitudes, across deserts or through hot and steamy tropical countries. Physically it can be quite tough, but not necessarily all the time and there will be plenty of rest days and time to relax as well. The fitter you are the more you will enjoy the trip.

Countries Visited

Kenya

Kenya is a country full of life and colour; of tribes and tradition and of wildlife and game parks.

In the lively capital of Nairobi there are so many attractions to fill a few days. The Karen Blixen museum was donated by Denmark after popularity of 'Out of Africa'. The location of the museum now is also home to some beautiful wildlife including horses. Most visitors also take in the elephant orphanage and giraffe sanctuary, offering the chance to feed the giraffes from a raised platform.

Of course it's the wildlife that draws most people to Kenya due its excellent national parks and reserves such as The Maasai Mara (also known as the Masai Mara to the Mara to locals), Nakuru and Samburu . Of course most people want to get a snap of the big five but there are also good chances of seeing the lesser predators of the genet, jackal and hyena.

Mount Kenya is the country's highest mountain and is the 2nd largest mountain in Africa after Kilimanjaro. Standing at a height of over 5000 metres, it towers over the surrounding plains and is no mean feat to scale with most climbers regarding it as more of a challenge that it's taller cousin in Tanzania .

Kenya's music scene is one of the most eclectic in the whole of Africa. With over 40 regional languages across the country, the folk music of Kenya is incredibly varied. Many of the regions have their own type of music, and one of the most inspiring is the Polyphonic style of the Maasai region in which chanting makes up the song's rhythm.

Tribes all over Kenya are proud of their products, whether it is music or textiles or food. The staple diet is mainly maize based and although each region has its own specific taste, there are many that are common across the country. One of these is Sukuma wiki. It is a phrase that means "to push the week". This meal is full of seasonal vegetables which will last a family a week.

Kenya does pack a lot into a small space but don't underestimate the country, in terms of tourism it is Africa's biggest hit!

Malawi

Malawi is often referred to as the warm heart of Africa, as there is a friendly welcome awaiting any visitors to the country. It is a place full of breathtaking sites and some amazing national parks with plenty to for the adventurous traveller.

The main draw for visitors to Malawi is the lake that takes the country's name, also referred to as the Lake of Stars. It's possible to kayak, snorkel, scuba dive or just kick back and enjoy the beach. After a busy day activities (or not as the case may be) the shore of Lake Malawi is the perfect place to watch the sunsets and enjoy a sundowner. Another attraction is Luwawa Forest is in the Viphya Mountains. At about 1200m above sea level the forest has claim to be the largest man-made forest in Africa and is made up of conifers and native trees of Malawi.

Although overshadowed by its more famous neighbour, Malawi does have some opportunities for game viewing; the Liwonde game reserve and the Luangwa game reserve are home to some of the great wildlife, including warthogs, hippos and elephants. There are over 60 species of animals and over 400 species of birds to be found in these parks.

In the capital of Lilongwe, there is a city brimming with culture. There are markets that line the streets and the sound of jazz is never far away. Malawian jazz is totally different to other types across the world influenced by traditional music.

The main dish in Malawi is fish however tropical fruits and dairy products are also a popular choice of cuisine. Nthoci is bread made with banana and Mbatata which is a mixture of sweet potato and cinnamon cookies and are two more of the delicacies Malawi has to offer.

Malawians want to make visitors feel welcome and their happiness and generous nature have to be admired. It is easy to see why this country is amongst the happiest in the world.

Rwanda

Rwanda is a landlocked republic situated on the eastern rim of the western arm of the Great Rift Valley. It is part of the watershed of Africa's two largest river systems, the Nile and the Congo. Much of the country is covered in mountains, especially in the volcanic Virunga chain protected by the Volcanoes National Park. The two main tribal groupings are the Hutu and the Tutsi. The 1994 genocide was just the most recent chapter of a long and bitter relationship between the two groups. In recognition of this, whilst in Rwanda we will organise a visit to the Genocide Memorial at Kigali. Rwanda has made enormous progress in rebuilding itself following the troubles, and is rapidly acquiring a reputation for the warmth of the welcome provided to travellers.

In the Parc National Des Volcans, the volcanoes reach above the clouds and it is home to the rare mountain gorilla. Treks to see the gorillas are the major attraction for tourist to Rwanda, providing vital income for the country as well as unforgettable experience for the traveller. There are also many animals in Rwanda. Elephants, rhinos and monkeys are a few of the 'big ticket iteams', but there are early 200 species of mammals and over 700 species of birds.

There is a welcoming feeling that brings the opportunity to join in with the amazing traditions and experience what Rwanda has to offer.

Tanzania

Tanzania is the place for the classic East Africa safari experience, home to some of the world's most famous game parks. The wide open plains of the Serengeti, green after the rains, brown and burnt in the dry season and home to thousands of hoofed animals and fierce predators, is perhaps the quintessential image of Africa. Flat and rolling with long grasses the plains get its name from the Maasai word siringitu, "the place where the land moves on forever". Game viewing in the Serengeti is amazing and as you camp out at night, don't be surprised to hear lions in the distance as you recount your amazing sightings during the day. Most visitors either choose the Serengeti as their favourite game park or the Ngorongoro Crater. This huge caldera - a volcano which collapsed in an immense explosion measures 19km in diameter and 265km^2 in area. There is an excellent chance of spotting many of the Big Five as well as many, many other species.

Tanzania is also home to the Africa's highest mountain, Mount Kilimanjaro. It stands at nearly 6000 metres. There are many routes to the summit and each bring a fantastic sensation of accomplishment. Standing at the foot of this giant, is the town of Moshi and not only does it boast one of the most magnificent landscapes in the world, it is also a central region in Tanzania's coffee district.

After safari or mountain climbing where better to relax than the island of Zanzibar. From the white beaches with the lapping sky blue waves, to the stone paved walkways, you can disappear into a world of calm. There is opportunity to visit the slaving forts of Stone Town, visit the spice farms, or scuba dive on the islands fantastic coral reefs.

Tanzania is a country full of challenges and beauty, but also it is a chance to relax. Pick your challenge and discover Tanzania.

Uganda

In the heart of East and Southern Africa lies the wonderful country of Uganda, which Winston Churchill famously called the 'Pearl of Afrcia'

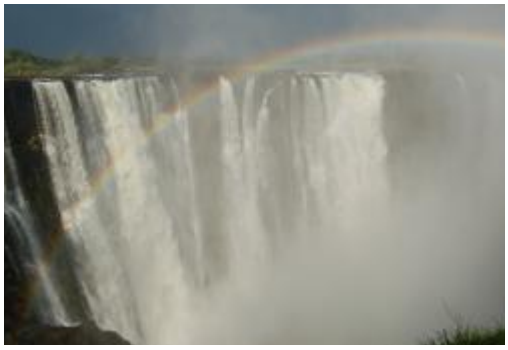
Uganda is brimming with national parks, Queen Elizabeth National Park is one the most visited and contains the most astonishing number of different fauna including 100 different types of mammal and over 600 species of birds.

The capital of Kampala is situated at the south of the country and has many museums, theatres and markets that line the streets. Explore and discover the wonderful history of a capital that is built on seven hills.

Jinja is one of the highlights of any visit to Uganda. This is a place for the adventurer, the adrenaline junkie and for the eco-traveller who wants to do something really worthwhile. The area is beautiful and is located at the source of the Nile as it leaves Lake Victoria. The most popular activity here is the white-water rafting trip down the Nile.

Many locals use the national produce of bananas to from a way of life. One product made is an alcoholic drink called Tonto. The juices are combined with grains and fermented for two days, creating a smooth taste. Many dishes in Uganda have an English, Arab and Indian influence, creating a unique taste. Most meals are served with a centre of soup or stew, and this tradition makes a beautiful icon of Uganda.

Zambia



Zambia is not a country that is considered by most visitors to Africa and yet it has so much to offer the traveller. It has some stunning scenery, friendly people, fascinating tribal traditions and a developing infrastructure. Rural Zambia is the Africa of storybooks and our drive across the country takes us through stunning semi-forested mountains dotted with small villages.

Zimbabwe

Zimbabwe is landlocked between Zambia, South Africa, Botswana and Mozambique and is very much part of the Southern African safari circuit.

With Matobo National Park and Hwange National Park amongst the best in the region. Here you can see black and white rhino, elephant, lions and a vast array of birdlife. There is also the opportunity to know the Ndebele people with our expert local guide.

Sadly, it's impossible to describe Zimbabwe without mentioning the problems the country has faced due to Robert Mugabe's policy of land re-distribution. Whether this policy was correct or not will be a matter for the historians but all we know is that it triggered a decade of violence, and economic ruin.

Happily today the country is getting back on its feet and tourism is playing a vital part in that recovery.

Zimbabwe is perfect for nature lovers and for all travellers who want to experience Africa at its purist. Leave your preconceptions and enjoy the ancient ruins, abundance of wildlife and of course the mighty Victoria Falls.

Daily Itinerary

Day 1: Nairobi

Sun 07 Oct 2012

Border Information: If Joining in Nairobi, enter Kenya at Nairobi Airport.

Group meeting at the Kivi Milimani Hotel at 10.00am

Kivi Milmani Hotel

Milimani Road

Nairobi

PO Box 20681

After the meeting you have some free time to head out to explore the National Museum of Kenya or the Karen Blixen Museum (author of Out of Africa), or Bomas which displays the traditional homesteads of several Kenyan tribes in an outdoor village.

We meet back at the hotel and head off in the truck to our well equipped Campsite situated in the suburb of Karen. Tonight we have the option of going out for a group meal.

Activity	Approximate Cost
NNP Animal orphanage & Safari walk, Nairobi	USD 20
Overnight in Kenya's capital, Nairobi	Included in tour
Karen Blixen Museum, Nairobi	USD 14
Giraffe Centre, Nairobi	USD 12
Carnivore Restaurant, Nairobi	USD 40
National Museum, Nairobi	USD 14
Bomas of Kenya, Nairobi	USD 40

Nairobi

Nairobi is a lively city with a cosmopolitan atmosphere. The Kenyan capital takes it's name from the Maasai meaning 'Place of Cool Waters'. Today it is a busy, bustling place that comes alive through it's many markets, shops, bars and restaurants, not to mention it's vibrant nightlife. If you have time to explore the city, the National Museum of Kenya and Karen Blixen Museum are both worth a visit, or you can get up close to the Giraffe's and help to feed them at the Langata Giraffe Centre.

Day 2: Nakuru National Park

Mon 08 Oct 2012

After breakfast we make our way to Nakuru approx. 160Km from Nairobi.

Tonight we will stay at a beautiful camp site located on a dairy farm on the outskirts of Nakuru Town and depending on what time we arrive we may have the option of a farm visit.

Nakuru National Park

Lake Nakuru National Park was established in 1968 to protect the huge flocks of lesser and greater flamingos that live here. At times there are over one million of these spectacular birds roaming around the acrid waters of the soda lake that is the centrepiece of the park. Even if you are not a keen birdwatcher the sight is inspiring and it is not hard to understand why the lake has become such a favourite for African wildlife

documentaries. Nakuru is also where much of the film "Out of Africa" was shot.

The park is located on the floor of the Rift Valley and is a mixture of bushland, forest and rocky escarpment. Each area is an important habitat for many different species of wildlife. Besides the prolific birdlife, the park is also well established as one of East Africa's premier parks for big game. Beside the lake, hippo, waterbuck, warthogs, Bohor's reedbuck and zebra can regularly be found. Further up in the forests there's a large population of black and white colobus monkeys; and the ultimate forest predator, the leopard. The bushland on the valley floor is home to a large variety of antelope and gazelle including eland, impala, Chandler's reedbuck and the tiny dikdik; and the inevitable pride of lions.You can also see Rothschild giraffe here, but Nakuru's biggest draw is probably it's rhinos. In the late 1980s the Kenyan Wildlife Services used the park as a rhino sanctuary, and it now has a stable black and white rhino population.

Day 3: Kericho

Tue 09 Oct 2012

before having lunch and heading on to Kericho, approx. 150Kms.

Tonight we stay at a well equipped campsite with the opportunity of an optional tea plantation tour.

Activity	Approximate Cost
Tour of tea plantation and stay at the Tea Hotel in Kericho in Western Kenya	

Day 4 to 5: Jinja

Wed 10 Oct to Thu 11 Oct 2012

Border Information: Exit Kenya at Busia. Enter Uganda at Busia

We leave Kenya behind, crossing the border into Uganda as we travel towards its adventure capital - Jinja, approx. 360Kms.

We base ourselves for two nights at a well equipped campsite with stunning views of the White Nile. It is from here that we can organise optional activites such as white water rafting.

Landlocked Uganda, with a population of over 30 million, is one of the 5 countries that make up the East African Community. It is a country of great cultural diversity and in recent years one of the most progressive countries in the region in terms of health education relating to HIV.

Activity	Approximate Cost
2 nights in Jinja camping next to the swirling currents of the mighty White Nile	Included in tour
Bungee Jumping, Jinja	USD 80
Full Day rafting, Jinja	USD 125

Jinja

Jinja is one of the highlights of any visit to Uganda. This is a place for the adventurer, the adrenaline junkie and the eco-concious traveller. The area is beautiful and is located at the source of the Nile as it leaves Lake Victoria. The most popular activity here is the white-water rafting trip down the Nile. Our base in Jiinja is perched spectacularly on a cliff-top thirty metres above the swirling currents of the young Nile. The camp is home to international rafting guides and several troops of monkeys.

Day 6: Ziwa Rhino Sanctuary

Fri 12 Oct 2012

We head approx 220Kms north of Kampala today to the Ziwa Rhino Sanctuary close by to the town of Nakitoma.

Tonight we will stay at the campsite within the Rhino Sanctuary.

Ziwa Rhino Sanctuary

The Ziwa Rhino Sanctuary was created to reintroduce rhinoceros to Uganda, which have been extinct since 1982. The 70 square kilometer sanctuary in pristine bush country is currently home to the only wild rhinos in Uganda. The Sanctuaries long-term goal is to build a sustainable rhino population and relocate rhinos back to their original habitat in Uganda's protected areas. In addition to the rhino-breeding program, Rhino Fund Uganda also runs community upliftment and education programs in the surrounding villages.

During our stay one of the trained rangers will introduce you to the sanctuary and provide you with information about the rhinos. Depending on where our rhinos happen to be when you arrive, you will drive to the closest location and then approach the rhinos on foot.

You will then have an opportunity to observe the rhinos in their habitat at a very close, and very safe, distance. The animals are magnificent and the opportunity to see them up close is truly one not to be missed! The tracking excursion lasts on average between 1-2 hours.

Day 7: Ziwa Rhino Sanctuary, Kaniyo Pabidi
Sat 13 Oct 2012

Today we spend the morning at the sanctuary for optional Rhino trekking and learn more about the programme. After lunch we head to Kaniyo Pabidi in Budongo Forest for afternoon Chimpanzee trekking. Kaniyo Pabidi forest covers an area of about 8km within the heart of Kichumbanyobo gate of Murchison Falls National Park.

Tonight we stay in a dorm rooms.

Activity	Approximate Cost
2 nights at Budongo forest staying at an eco tourism site	Included in tour
Trek on foot in search of Habituated chimpanzees	Included in tour
Forest walks, Budongo Forest	USD 15
Bird Watching, Budongo Forest	USD 15
Overnight stay at the Ziwa Rhino Sanctuary	Included in tour
Rhino Tracking at Ziwa Rhino Sanctuary	USD 20

Kaniyo Pabidi
Kaniyo Pabidi is and eco tourism site part of the Budongo Forest Reserve. The Jane Goodall Institute Uganda took over the management and infrastructure at both sites in 2006 which had been priviously operated by the National Forestry Authority. An eco tourist project was set up in 1993 and opened to the public in 1994 for chimpanzee viewing at both sites.

The terrain is flat allowing for good on-foot travelling conditions for the average tourist; the campsite is located on the edge of the chimpanzees' home range, significantly diminishing the risk of long trekking excursion before contact is made with the group; the habitat consists of primary forest with medium understory vegetation-density allowing for good visibility of the canopy (and thus of the chimpanzees) and the presence of savanna and grassland areas neighbouring the primary forest present an interesting opportunity for viewing of different ecosystems. Finally there is an extensive (115km in total) and well-maintained trail system that further facilitates visitor accessibility.

As of June 2006, the Jane Goodall Institute took over management of these two sites on behalf of NFA. This is due through a management agreement between NFA and JGI. The objective of this agreement is for JGI to ensure appropriate development of these sites for ecotourism, while ensuring that the chimpanzee communities are not put at risk due to these activities. At the same time, all profits made from the venture will be returned back into the protection of Budongo Forest Reserve. Improved law enforcement activities, monitoring, conservation education and community collaborative projects will all be funded from the profits made from these sites.

At Kaniyo Pabidi visitors can enjoy chimpanzee tracking, birding and wonderful accommodation in a beautiful natural setting while Busingiro offers birding and a bush camp. The Royal Mile is a popular birding site, also managed by the Jane Goodall Institute-Uganda, which is accessible with a guide from Busingiro.

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Day 8: Murchison Falls National Park
Sun 14 Oct 2012

There maybe more Chimpanzee trekking this morning depending on whether the whole group trekked the day before.

Today we will cross to the north of the Nile River for an afternoon game drive in Delta.

Depending on timing tonight we will either wild camp in the delta or head to an established campsite at Paraa on the southern banks of the River Nile in the heart of the park.

Activity	Approximate Cost
2 nights at Murchison falls Ntional Park for excellent game viewing	Included in tour

Murchison Falls National Park
Muchison Falls National Park is Uganda's largest national bisected by the mighty river Nile. It is named for the dramatic Murchison Falls, as it is where the world's longest river explodes violently through a narrow cleft in the Rift Valley escarpment to plunge into a frothing pool 43m below. Wildlife populations have largely recovered from the poaching of the 1980s; in the lush grassland to the north of the Nile, elephant, buffalo, giraffe and a variety of antelope are regularly encountered on game drives, while lion are seen with increasing frequency. In the southeast, Rabongo Forest is home to chimps and other rainforest creatures.

The Nile itself hosts one of Africa's densest hippo and crocodile populations, and an incredible variety of waterbirds.

Day 9: Murchison Falls National Park
Mon 15 Oct 2012

Today we head off for more game driving however after lunch we embark on a launch cruise on the Nile to Murchison Falls - the real reason for visiting this stunning part of Uganda. After the cruise we meet back with the truck and head to the outskirts of the park to camp at the Murchison River Lodge.

Activity	Approximate Cost
Launch cruise on the rive Nile from Murchison Falls	Included in tour

Day 10: Kibale
Tue 16 Oct 2012

We set off early today as we have a rather long drive day ahead of us. We are aiming to get as close to Queen Elizabeth II National Park as possible.

Our night stop may well be at Kibale, approx. 350Kms from Murchison Falls NP, staying in a well equipped campsite.

Kibale

The most accessible of Uganda's major rainforests, Kibale Forest National Park lies 35 km south of Fort Portal. This equatorial rainforest is home to the highest concentration of primates in the world, twelve different species have been recorded. The major attraction are the 500 chimpanzees. These delightful animals, more closely related to humans than to any other living creature, are tremendous fun to watch as they squabble and play in fruiting trees.

Our tours that visit Kibale take a 2-4 hour walking safari through the park, giving us the amazing opportunity to watch the way the chimps feed, climb trees, respond to humans and care for their young ones. It is a phenomenal experience and a real highlight to anyone's trip to Uganda. Aside from trekking, there is plenty more to do in this beautiful area, from village walks to exploring the many rivers and lakes, or just kick back and enjoy the lush forest views.

Day 11: Queen Elizabeth National Park
Wed 17 Oct 2012

We travel to the Queen Elizabeth National Park, beautifully set between the Great Rift Valley lakes of Edward and George, undertaking a game drive on our way to the camp (200 km, approx. 5.5 hours).

We take a boat cruise along the Kazinga Channel, well-known for pelicans, eagles and other wonderful birdlife as well as its healthy population of hippos. During our time in the park we also hope to see elephants, lions, leopards, buffaloes, Ugandan kobs and waterbucks.

Tonight we camp. The campground is basic and has drop toilets with basic showers.

Queen Elizabeth National Park

This lies across the Equator in the southwest of Uganda and is bordered by two lakes. The animals that make their home here include hippos, tree-climbing lions, elephants, buffalo, Uganda kob, waterbuck, bushbuck and topi. Over the past 40 years or so, Uganda's wildlife took a terrible hammering from poaching and war. However, with the restoration of peace, the government and wildlife authorities have done a great deal to eradicate poaching and the wildlife is once again on the increase. Elephant numbers have increased substantially, with an influx from the Congo where they are still being persecuted. Queen Elizabeth National Park contains the most astonishing number of different fauna including 100 different types of mammal and over 600 species of birds. We take a boat cruise along the Kazinga Channel, well-known for pelicans, eagles and other wonderful birdlife as well as its healthy population of hippos. During our time in the park we hope to see elephants, lions, leopards, buffaloes, Uganda kobs and waterbucks.

Day 12: Lake Bunyoni
Thu 18 Oct 2012

Today we travel on to Lake Bunyonyi (250 km, approx. 6-7 hours).

Lake Bunyonyi, meaning 'place of many little birds', is in the south west of Uganda and home to some of the most picturesque scenery in the whole of Uganda.

Depending on when we arrive at the lake, if time allows then one of the best ways to admire the landscape is from on the lake itself by hiring a traditional dugout canoe (mokoro). They can be hard to master at first but great fun.

Tonight's campground has flush toilets with basic showers.

Activity	Approximate Cost
Camping on the shores of the stunning and remote Lake Bunyonyi	Included in tour
Dugout Canoe hire, Lake Bunyoni	USD 5

Lake Bunyoni

Lake Bunyoni in the Ugandan mountains. A serene lake surrounded by beautiful hills, you can take dugout canoes (pirogues) out onto the lake to visit the nearby Muko Forest and some of

the local communities. One community, the Batwa Tribe, is indigenous to the Great Lakes Region and found throughout Burundi, Rwanda, Uganda and the Eastern region of the Congo.

Day 13: Ruhengeri & Volcanoes National Park, Kigali

Fri 19 Oct 2012

Border Information: Exit Uganda at Kamuganguzi, enter Rwanda at Gatuna.

Leaving Uganda behind, we cross the border entering Rwanda and travel toward the Ruhengeri, approx. 220Kms, the gateway to the Volcanoes National Park.

We will travel via the capital city of Kigali where we will organise a visit to the very moving genocide memorial.

Ruhengeri is our base for the next three nights however if all the Gorilla trekking permits are issued for the group to trek on the same day we may decide to use our third night to stay in Kigali instead in which case the visit to the Genocide Memorial will take place then instead.

Whilst in Ruhengeri we stay in dormitories at a local church mission, if we overnight in Kigali on the third night this will be camping in the grounds of a hostel.

Ruhengeri & Volcanoes National Park

The town of Ruhengeri is the jumping-off point for the famed Volcanoes National Park. The region is incredibly beautiful with stunning verdant mountains cascading down the shores of Lake Kivu.

The park itself protects an area which is part of a chain of eight volcanoes running along the western branch of the Great Rift Valley. These spectacular mountains and the nearby Bwindi Impenetrable National Park in Uganda are the last refuge of the mountain gorilla, the world's most endangered primate.

A trek out into the park in search of the gorillas is the experience of a lifetime. The pungent aromas of wet mountain vegetation will fill your senses as you trek through the forest following the local trackers, the sides of the mountains often shrouded in mist. The muddy and wet terrain is by no means easy, so it can be pretty strenuous and it's often very humid too - but the sheer thrill of coming face to face with a group of gorillas, dominated by a great male silverback, more than makes up for the difficulties of the trek. The animals are surprisingly placid and gentle and having the privilege of being able to watch their movements at close range is the ultimate wildlife experience. Currently there are four habituated groups. The largest is the Susa Group (35 members including 3 silverbacks) which lives on Karasimba Volcano, and was the original group studied by Dian Fossey. This is usually a pretty strenuous trek of between 1 to 4 hours. The Trebize Group (13 members) and the Sabinyo Group are smaller and the trek is much easier. Lastly the Amahoro Group (also 13 members) live on the slopes of Mount Visoke. This trek is the intermediate one in terms of endurance.

Day 14 to 15: Ruhengeri & Volcanoes National Park

Sat 20 Oct to Sun 21 Oct 2012

We allow two days for gorilla visits as you are assigned a trekking group/time on your permit. The group may be split up into different trekking groups during the day or even over two days depending on time of permit issue and group size. There is a maximum group size of 8 on each gorilla visit.

This region is one of the last remaining sanctuaries for the mountain gorilla. No more than eight per day can visit any one habituated family and visits are strictly controlled to minimise the possibility of disturbance or transmission of disease to the animals.

Tracking gorillas in the dense forest can sometimes be wet, muddy and uncomfortable. The terrain is by no means easy either, so it can be pretty strenuous and often humid, but the sheer thrill in coming across a habituated group of gorillas, dominated by a great male silverback, more than outweighs any difficulty. You need to be prepared and fit enough to walk up to 4 hours - up and down hill. We can usually get very close to the mountain gorillas, who are placid and gentle, and watching their movements is like seeing a mirror image of yourself.

Your visit with the gorillas will last one unforgettable hour!

Activity	Approximate Cost
Golden monkeys, Ruhengeri (Cost does not ic. Park fees & entrance to NP)	USD 100
Mountain gorilla tracking Rwanda's Volcanoes National Park	Included in tour
Diane Fossey's Memorial, Ruhengeri (Cost does not ic. Park fees & entrance to NP)	USD 100
Mountain hiking Visoke (full day), Ruhengeri (Cost does not ic. Park fees & entrance to NP)	USD 100
Nature walk, Ruhengeri	USD 55

Day 16: Lake Mburo National Park

Mon 22 Oct 2012

Border Information: Exit Rwanda at Cyanika. Enter Uganda at Cyanika.

Today we travel to the border with Uganda where we will complete the border formalities. It is possible for most nationalities to purchase a re-entry visa at this land crossing but please check before travelling. We will then head to Lake Mburo, approx. 420 km.

Tonight we will camp on the shores of the lake at a stunning location surrounded by wildlife. While tonight's campground is beautifully located, it is very basic, having drop toilets and basic showers.

Activity	Approximate Cost
Early morning walking safari in Lake Mburo National Park	Included in tour

Lake Mburo National Park

Lake Mburo National Park is located in an area covered by extensive acacia woodland. It is a unique habitat not found elsewhere in Uganda, making the reserve home to a quite different variety of fauna to that which is found in many of the other parks. It is the best place in the country to see the gigantic eland antelope and home to about 68 different species of mammals in total. The most commonly seen are zebra, impala, buffalo and topi - and there are also rare sightings of the roan antelope. Leopard, hyenas and jackals are all predators in the region.

The five lakes within the park attract hippos, crocodiles and a variety of waterbirds, while the swamp fringes hide the sitatunga antelope and red, black and yellow papyrus gonalek. Lake Mburo is a small park, not swarming with tourists, which gives it a much more natural feel to some of the other more famous East African parks.

On Dragoman tours we camp on the shores of the lake at a stunning wild location surrounded by the wildlife, taking an early morning guided walking safari through the park allowing us to see the animals and spectacular birdlife.

Day 17: Jinja

Tue 23 Oct 2012

Before breakfast today we have a two hour guided walking safari through the Lake Mburo National Park allowing us to see some of the animals and spectacular birdlife. Afterwards we travel from Lake Mburo to Jinja via Kampala, stopping at the equator, approx. 340 km.

We camp at scenic riverside retreat with showers and flush toilets.

Day 18: Eldoret

Wed 24 Oct 2012

Border Information: Exit Uganda at Malaba. Enter Kenya at Malaba.

Today we leave Uganda behind as we head back over the border into Kenya, approx. 300kms to the cheese town of Eldoret.

We stay tonight at the Naiberi River Campsite. Naiberi is considered to be nature's own creation, designed to take it's guests as far back as the stone age with a little touch of modern day luxury. It is created on a hilly forest tribal land, which was once home to members of the ancient Sirikwa tribe. Preserved on the site are excavations with stone sides, commonly called Sirikwa holes, which are believed to have been roofed and occupied by the inhabitants of a bygone age. The campsite is Indian owned and so tonight we will feast on an included Indian Dinner.

Activity	Approximate Cost
Overland through western Kenya and the Rift Valley	Included in tour

Eldoret

Originally known as "64" because it was the 64th mile post on the wagon route from Londiani, Eldoret has developed into a vibrant town. There are nightclubs that line the streets and attractions such as the Keiro Valley, Kruger Farm and high altitude training camps.

Day 19: Nakuru National Park

Thu 25 Oct 2012

After breakfast we make our way to Nakuru approx. 200Km from Eldoret.

Tonight we will camp on the outskirts on the town.

Day 20: Nairobi, Nakuru National Park

Fri 26 Oct 2012

We are up very early this morning as we head out in safari vehicles for an early morning game drive of Nakuru National Park .

After lunch the truck meets us and we head back to our camp site in Nairobi arriving early evening.

Activity	Approximate Cost
Safari in Lake Nakuru National Park, excellent for rhino	Included in tour
Kenyan colonial farm visit	

Day 21: Nairobi, Masai Mara National Reserve

Sat 27 Oct 2012

Border Information: If Joining in Nairobi, enter Kenya at Nairobi Airport.

Group meeting today at the Kivi Milimani Hotel at 10.00am.

Kivi Milmani Hotel

Milimani Road

Nairobi

PO Box 20681

Your leader will leave a note at reception telling you where this important meeting will take place.

After the group meeting we will head off in our land cruisers to the Masai Mara for our 2 night 3 day trip.

Both nights are spent in the same camp. Facilities are ready-made tents with twin beds (Including bedding so no need to bring any sleeping gear), toilet and shower areas and a bar serving soft drinks. Camera / phone charging facilities are available at an extra cost for a few hours each evening.

We will be leaving our large bags behind (where they will be stored in a secure location in Nairobi). We advise you to bring along a smaller daypack for this trip that will need to be packed soon after the group meeting. A guideline of what to pack is below and it will be very helpful if all members of the group are able to prepare this small day pack either in advance or soon after the group meeting.

Clothing for 3 days (Including a warm jumper or fleece and long trousers)
A waterproof jacket
Toiletries (Including Sun screen, insect repellent)
Camera & charger
Small towel
head torch
water bottle
books/journal/playing cards etc
personal snacks

Activity	Approximate Cost
2 night/3 day landcruiser excursion into the Masai Mara	Included in tour
Hot Air Balloon ride in the Masai Mara (Must be pre-booked through your sales consultant and is subject to availability)	USD 550

Day 22: Masai Mara National Reserve
Sun 28 Oct 2012

After an early breakfast we head off in our landcruisers for a full day of game driving.

There is an option this morning for the hot air balloon flight which must be pre booked at the time of booking.

Tonight we stay at the same campsite.

Activity	Approximate Cost
Hot Air Balloon ride in the Masai Mara (Must be pre-booked through your sales consultant and is subject to availability)	USD 550

Day 23: Nairobi
Mon 29 Oct 2012

We start the day today with an early morning game drive after breakfast before heading out of the Masai Mara to return back to Nairobi for the night.

We will stay tonight in a well equipped campsite.

Activity	Approximate Cost
Overnight in Kenya's capital, Nairobi	Included in tour
Carnivore Restaurant, Nairobi	USD 40

Day 24: Arusha
Tue 30 Oct 2012

Border Information: Exit Kenya at Namanga, enter Tanzania at Namanga.

Back on the truck today is a full day drive of approx. 300Kms crossing the border to Tanzania to Arusha.

Tonight we stay in a well equipped campsite on the outskirts of Arusha where we will prepare ourselves for heading into the Serengeti.

Arusha
On our trips we make a short stop in Arusha. Arusha is Tanzania's second major city and used to be the capital of the East African community. The town sits in lush countryside near the foot of Mount Meru and enjoys a temperate climate throughout the year. Surrounding it are many coffee, wheat and maize estates tended by the Arusha and Meru people. The town is the centre of Tanzania's safari business and is bustling and busy.

Day 25: Serengeti National Park
Wed 31 Oct 2012

Today we are up very early, leaving our truck behind, putting our camping and personal gear into 6 person jeeps and heading out for our three day excursion.

Tonight we will stay at one of the camps within the Serengeti National Park. The camp where we stay is very simple (showers and flush toilets) but is located right in the middle of the plains, surrounded by animals and the nocturnal noises - something to experience. Your leader will outline the basic safety rules to be followed when camping in an unfenced location where wild animals are present.

Activity	Approximate Cost
Jeep safari in the Serengeti National Park	Included in tour

Serengeti National Park

The wide open plains of the Serengeti, green after the rains, brown and burnt in the dry season and home to thousands of hoofed animals and fierce predators, is perhaps the quintessential image of Africa. Flat and rolling with long grasses, the plains get its name from the Masai word siringitu, "the place where the land moves on forever". Game viewing in the Serengeti is amazing and as you camp out at night, don't be surprised to hear lions in the distance as you recount your amazing sightings from during the day. In normal circumstances we would expect to see the Big 5 during our stay in the Serengeti. The Serengeti Plains usually live up to every-one's expectations. This is the classic East African scenery of rolling grasslands is dotted with Acacia trees. In normal circumstances we would expect to see all of the Big 5 during our stay in the park.

Responsible Travel Note: You will notice many Masai villages in the region of the Serengeti and Ngorongoro crater. While it is of course fascinating to visit different cultures, past experience has shown that these villages exist primarily as businesses. You will be charged an entry fee of approx. US$20 and the Masai will try very hard to sell souvenirs to you. While many clients still enjoy the experience, others have found it artificial and uncomfortable. We would very much prefer that Dragoman clients choose to by-pass this activity as we feel it negatively impacts the Masai culture and your perception of this culture. Unfortunately the tourist village business is such a high earner that we have been unable to find an "True" Masai experience in Tanzania, which is disappointing for all.

For those who really want to spoil themselves with the ultimate game viewing experience, an optional balloon ride over the Serengeti at sunrise will leave you with some unforgettable memories. If you pre-book this activity with us you will be picked up and driven to the launch site early in the morning. Here you will receive a safety briefing from your pilot and help to inflate the balloon. You will then glide through the dawn, sometimes at tree height providing amazing wildlife photography opportunities, sometimes ascending to get an overview of the enormity of the Serengeti and the spectacular early morning sight of teeming herds of animals as they set out on their movements for the day. Upon landing and before being returned to your vehicle and group you'll be treated to a five star bush breakfast!

Please note the balloon safari must be pre-booked in advance through us and the option cannot be guaranteed until confirmation. Weather conditions sometimes stop the balloon flying in which case a full refund will be made. It does get booked up well in advance so you should book early.

Day 26: Ngorongoro Crater, Serengeti National Park

Thu 01 Nov 2012

Today we are up very early as we set off in our jeeps for an early morning games drive. There is an option this morning for the hot air balloon flight which must be pre booked at the time of booking.

We then aim to exit the Serengeti around lunch time and head back through the conservation area to our campsite on the rim of the Ngorongoro Crater.

Again tonight the campsite is very basic and your leader will outline the basic safety rules to be followed when camping in an unfenced location where wild animals are present. It can often be quite cold on the crater rim so it is recommended that you take warm clothes for this night.

Activity	Approximate Cost
Hot Air Balloon ride in the Serengeti (This must be pre booked through your sales consultant. The cost for this is approximately $650 USD)	USD 650

Ngorongoro Crater

The Ngorongoro Crater is a huge caldera - a volcano which collapsed in an immense explosion. It measures 19km in diameter and 265km² in area. On our trips we make the most of our safari in the crater, spending between four and five hours exploring the area which is sometimes called the "Garden of Eden". There is an excellent chance of spotting many of the Big Five, not to mention many other species.

Day 27: Ngorongoro Crater, Mto Wa Mbu

Fri 02 Nov 2012

We are up with the sun this morning as we make an early descent into the world famous Ngorongoro Crater where we will spend approx. 3 hours game driving int the crater.

Departing the crater we return to Mto Wa Mbu and participate in a community village project before finally heading back to camp for an evening relaxing at the campsite's bar reliving our safari experience.

Tonight we stay at a campsite with flush toilets and showers.

Activity	Approximate Cost
Visit to the Mto Wa Mbu village community project	Included in tour
Jeep safari into the Ngorongoro Crater Reserve	Included in tour

Mto Wa Mbu

Mto Wa Mbu is the halfway point between Arusha and the Ngorongoro crater. It is a place to explore and The Curio market is a good place to start. The local merchants will want you to buy their products, a lot are ebony carvings and Massai spears. They are proud of their goods and want to share the culture with others. Occasionally there is a cattle market where the Maasi people will gather with their cows. It is a spectactular site as thousands of people gather at a time.

Day 28: Marangu, Mto Wa Mbu

Sat 03 Nov 2012

If we didn't get chance the previous day then after breakfast this morning we will participate in the local community village program before getting back on board our truck to head high onto the slopes of Kilimanjaro to the village of Maranagu approx. 230 km. We will most likely make a stop for shopping in Arusha town this day also.

Our camping area is the grounds of a beautiful colonial hotel with views of Mount Kilimanjaro.

Marangu

The small village of Marangu is located on the lower slopes of Mount Kilimanjaro. The fertile fields are irrigated by streams that are fed by Mt. Kilimanjaro's glaciers.

Day 29: Dar Es Salaam

Sun 04 Nov 2012

Leaving cool of the slope of Kilimanjaro behind we have a long travel day today we travel further south towards the coastal city of Dar es Salaam , approx. 560Kms.

Once in Dar es Salaam, we set up camp on a balmy beach outside of the city. The camp is on the grounds of a hotel and has flush toilets and showers. Feel free to jump in the ocean and have a swim before dinner.

Activity	Approximate Cost
Overnight camping on the white beaches of the Indian ocean near Dar Es Salaam	Included in tour

Dar Es Salaam

Dar es Salaam, Tanzania's old capital, means Haven of Peace. The city acts as the gateway to the beautiful island of Zanzibar and the port area is fascinating to visit with its ocean-going "dhows" and inshore "ngalawas" (outrigger fishing canoes). Many of the buildings display Arabian influences and the melting pot of African, Muslim and South Asian influences give Dar a vibrant atmosphere, making it well worth exploring if you have the time.

Day 30: Dar Es Salaam

Mon 05 Nov 2012

Border Information: enter Tanzania at Dar es Salaam airport.

Group meeting today at 10.00am. Your leader will leave a note at reception telling you where this important meeting will take place.

In Dar es Salaam, we set up camp on a balmy beach outside of the city. The camp is in the grounds of a small beach resort and has flush toilets and showers. After the meeting you have free time for optional activities or simply relaxing on the beach.

Hotel for the night: Kipepeo Village
Kipepeo Village
Mjimwema
Kigamboni
Dar
Tanzania
Tel: +255 22 282 0877

Activity	Approximate Cost
Overnight camping on the white beaches of the Indian ocean near Dar Es Salaam	Included in tour

Day 31: Zanzibar, Dar Es Salaam

Tue 06 Nov 2012

Today we catch a ferry to the "Spice Island" of Zanzibar (approx 90 minutes)

Our first night is spent in the exotic port town of Stone Town in a basic inn with double/twin share rooms.

Activity	Approximate Cost
Hydrofoil over to Zanzibar	Included in tour
3 nights exploring the spice island of Zanzibar	Included in tour

Zanzibar

The exotic spice island of Zanzibar Filled with idyllic beaches, winding cobblestone alleyways and fragrant bazaars, Zanzibar's rich history involves everything from slave traders to Arabian sultans and fruit exporters. The sight of traditional dhows sailing along

the coast makes it easy to imagine what the island was like back in the days of Livingstone.

Stone Town is the old port town of Zanziba and the best way to experience the city is on foot, exploring the bazaars, shops, mosques, palaces, courtyards and intricate alleyways. When the sun is setting, you can enjoy a sundowner from a bar overlooking the seafront, before trying one of the Island's local seafood curries for dinner at one of the town's many restaurants.

The famous spices are grown in plantations outside of Stone Town and on our trips we head out on a Spice Tour that will dazzle your senses. This also includes a local meal and a tour around the main sites of Stone Town, to learn about the history of its former slave market. We also drive to the spice plantations where you will have the opportunity to touch, smell and taste various spices such as cinnamon, vanilla and ginger, and teas made with these spices. At the end of the day there will also be an opportunity to buy some of the locally grown spices.

The other side to Zanzibar is it's many beaches. The northern beaches enjoy beautiful white sand and sparkling blue sea - the Indian Ocean at its best. Try snorkeling or diving, eat sumptuous seafood, or simply relax in a hammock underneath a coconut tree with a good book.

Day 32 to 33: Zanzibar

Wed 07 Nov to Thu 08 Nov 2012

On our second and third days here we take a guided tour of the sights Stone town and the spice plantations before head to the northern beaches for plenty of optional activities and relaxation.

Our accommodation in Zanzibar is in twin share rooms.

Activity	Approximate Cost
Snorkelling day trip, Zanzibar	USD 35
Dhow trip, Zanzibar	USD 40
Prison Island tour, Zanzibar	USD 25
Guided tour of Spice Plantations and local lunch	Included in tour
Scuba dive, Zanzibar	USD 80

Day 34: Dar Es Salaam

Fri 09 Nov 2012

Today we transfer back to the ferry (approx. 90 minutes) and return to our campsite by the beach outside Dar es Salaam arriving in the late afternoon

Activity	Approximate Cost
Hydrofoil back to Dar Es Salaam	Included in tour
Fishing Trips (per boat), Dar Es Salaam	USD 220
Sailing Safari, Dar Es Salaam	USD 35
Snorkelling & Sailing Experience, Dar Es Salaam	USD 35
Overnight camping on the white beaches of the Indian ocean near Dar Es Salaam	Included in tour

Day 35: Iringa, Mikumi

Sat 10 Nov 2012

Heading for Malawi, we head through Mikumi National Park. The journey today is approx. 550km. We stay at the comfortable Kisolanza Farm campsite in Iringa.

Activity	Approximate Cost
Transit through Mikumi National Park	Included in tour
Overnight at the Old Farm house in Iringa	Included in tour

Iringa

Iringa is set into the slopes of a cliff and overlooks the Little Ruaha River. One place of interest is the markets. They are full of many Tanzanian cultures including the Dabaga chili sauce. This is a treasure to East Africa. Many locals will flock to the scene and you can always see the vibrant colours of the clothes and of Iringa and Tanzania itself.

Mikumi

Mikumi National Park is situated at the foot of the thickly wooded Uluguru Mountains and is home to large herds of elephant, buffalo and giraffe, as well as lions and leopards. It is Tanzania's third largest national park and we spend a couple of hours travelling through the park on the main route to and from Southern Tanzania. Although we do not make an off-road safari into the depths of the park on our trips, we usually still see a good selection of wildlife here as we pass by along the way.

Day 36: Chitimba

Sun 11 Nov 2012

Border Information: Exit Tanzania at Kaporo enter Malawi at Kaporo.

Today is travel day as we enter Malawi, covering approx. 510km to our beautiful lakeside campsite at Chitimba.

Chitimba

Chitimba is a small village with long, white beaches and clear waters, which make it a great place to

relax. On the shores of Lake Malawi, there is some amazing scenery and many places to hike.

Day 37: Kande
Mon 12 Nov 2012

Today we travel from Chitimba to Kande beach on the shore of Lake Malawi approx 240km drive. Our campsite is right on the shore of Lake Malawi. As well as chilling out on the beach and participating in the many optional water activites on offer, make sure you take the opportunity to meet some local Malawians, easily some of the friendliest in Africa.

Activity	Approximate Cost
3 nights to relax on the beaches of Lake Malawi	Included in tour

Kande

Malawi is dominated by Lake Malawi which covers almost a fifth of the country. The lake provides a source of livelihood for many of the Malawian people. Fishermen, fish traders, canoe and net makers all ply their trade, and a common sight is that of a fisherman in his bwato (dugout canoe made from a hollowed out tree trunk), fishing on the still lake at the break of day. On our trips we head away from the commercialism and crowds and enjoy a few days on the lake's more peaceful beaches.

Kande sits on the coast of Lake Malawi and is a half way point from the towns of Bandawe and Mphoza. Less than 2 miles from the village lies Kande beach, a great spot to kick back an relax. This is also a great place for water sports, you can hire pedalos, snorkeling sets and canoe and the clear waters make it perfect for exploring. As well as chilling on the beach and participating in the many optional water activites on offer, make sure you take the opportunity to meet some local Malawians, easily some of the friendliest in Africa.

Day 38: Kande
Tue 13 Nov 2012

Free day at Kande beach on Lake Malawi for relaxation and activities like horse riding or visit to local tribal village. Overnight at same lakeside campsite

Activity	Approximate Cost
Scuba dive, Lake Malawi	USD 80
Horse riding, Lake Malawi	USD 50
Guided village walks, Lake Malawi	USD 3

Day 39: Lilongwe
Wed 14 Nov 2012

Today we head approx. 350kM to the capital of Malawi situated on the Lilongwe River.

If we make good time today then we will have the afternoon to explore the town and its many markets and shops.

In Lilongwe we camp in a camp ground with shared facilities.

Activity	Approximate Cost
Overnight in the capital of Malawi, Lilongwe	Included in tour

Day 40 to 41: South Luangwa National Park
Thu 15 Nov to Fri 16 Nov 2012

Border Information: Exit Malawi at Mchinji, enter Zambia at Kazangula

Our journey now take us approx. 250Km to the stunning South Luangwa National Park.

We stay here for 2 nights in a boutique campsite bordering the South Luangwa National Park. During our stay we take an early morning game drive and an evening game drive.

Activity	Approximate Cost
2 nights camping on the edge of South Luangwa National Park	Included in tour
Morning & evening game drive in South Luangwa National Park	Included in tour
Walking safaris in South Luangwa National Park	USD
Kawaza village visit, South Luangwa National Park	USD 25

South Luangwa National Park

For scenery and variety of animals, South Luangwa (area of 9050sq kilometre) is probably the best park in Zambia to see hippos and crocodiles - the Luangwa River has vast numbers of them. There are 60 different animal species and over 400 different bird species. The plains beside the river are populated with many kinds of buck, kudu, Thompson's gazelle and red lechwe, unique to Zambia. Luangwa is also home to the Thornicroft giraffe not found elsewhere. The valley experiences two distinct seasons, the Dry Season from May to November, and the Green Season from December to April. The best time to view game is between July and September. The coldest time of year is June and July. By October temperatures reach 37 degrees centigrade but the game viewing "hots" up too as the outlying water dries up forcing the game to the riverine area. The park is also renowned for its large

elephant population. Most people comment on the smaller size of these animals as compared to their counterparts in the plains of East Africa or in Zimbabwe and Southern Africa. One theory is that this isolated elephant population has some connection to the Forest Elephants of the Congo. African Forest Elephants have straighter tusks and more rounded ears than the Savannah Elephants. They have five toes on the forefeet and four toes on the hind feet, which is the same as in Asian elephants. The elephant of South Luangwa exhibit some of these characteristics, notably thinner and straighter tusks and their size.

While we are staying in South Luangwa National Park, we have the chance organise an optional visit to Kawaza Village to experience rural life in Zambia. Kawaza is a social centre for many of the surrounding smaller villages and is situated about 10 Kms. from the national park. As far back as 1997, it has been the centre of a community tourism project. The local villagers of Kawaza genuinely want to share their culture with the visitors, so that they see, not only wildlife, but also the local life of the people who live in the area. Usually we will take part in or watch one of the village's two dancing groups. Normally the women's group will perform local dances and stories and discuss everyday life in rural Zambia. They are very keen for their guests to join in and they will cook a traditional Kunda midday meal for us. The Kunda, who live throughout the Luangwa Valley have been here for thousands of years. Like all traditional farming and hunting communities in this part of Africa, they have suffered over the past years with diminishing resources. National Parks may preserve the wildlife but generally, they do not benefit local people and often there is a conflict of interest between the two. At Kawaza, the villagers are now benefiting directly from our visits and have a stake in the local tourist infrastructure. Initially all profits went to the whole community, but over the years profits have gone to fund school supplies, books, a water pump, local medicines and services for the communities sick. Each year the village decides what is to be done with the money.

Please Note: Between January and March during the rainy season, it may not be possible to visit this village. The exact details will depend on local circumstances.

Day 42: Luangwa River

Sat 17 Nov 2012

Today is a drive day of approx. 520Km as we head south towards the Lower Zambezi area.

Tonight we stay at a camp site situated on the banks of the Luangwa River.

Day 43: Lower Zambezi Area

Sun 18 Nov 2012

Today we head approx. 415Kms to our campsite located right on the banks of the Lower Zambezi.

Tonight we will meet our guides for a briefing of the following days canoe trip.

Lower Zambezi Area

The Zambezi Valley has been known outside of Africa for thousands of years. Legends suggest that the kingdoms of Hiram, Solomon and Sheba were enriched by the gold and ivory of Ophir - supposedly part of present day Zimbabwe. The Zambezi was one of the gateways to the ancient treasure trove. More recent history records some of the explorations of hunters, missionaries and slave traders along this part of the Zambezi River.

Nowadays this part of the valley holds very different treasures for modern adventurers!

Beyond Kariba Gorge, the Zambezi River flows through a wide and game-rich floodplain hemmed in by towering escarpments in both Zimbabwe and Zambia.

The shoreline in Zambia has private conservancy areas, game management areas and the relatively unexplored Lower Zambezi National Park. This region is heavily populated by hippos and crocodiles - it's also renowned as a birder's paradise with over 300 species having been recorded and is favored by sports fishermen in search of the famous Tiger Fish.

The lower Zambezi the real destination for serious safari enthusiasts! The prime pursuit being a canoe safari!

Day 44 to 45: Lower Zambezi Area

Mon 19 Nov to Tue 20 Nov 2012

Today we set off on our participatory canoe trip . All gear is carried in the canoes and camps are erected on islands in the river along the way. Everyone gets involved in setting up camp and cooking.

Activity	Approximate Cost
2 night canoe wildlife safari in the Lower Zambezi area	Included in tour

Day 46: Choma

Wed 21 Nov 2012

After breakfast we have an early morning transfer either by road or by boat, back to Zambezi Breezes and then on to either Choma, approx 208Kms, or Livingstone depending on how the morning has been.

Day 47: Victoria Falls

Thu 22 Nov 2012

Border Information: Exit Zambia at Kazangula, enter Zimbabwe at Kazangula

Today we cross the border to Zimbabwe for an early start to Vic Falls. Our drive today ia approx. 215Kms from Choma.

Upon arrival in Victoria Falls we will arrange your optional activites and you will either visit the Falls on this day or tomorrow.

Our campsite at Victoria Falls in very centrally located and a short walks from the National Park.

Activity	Approximate Cost
Visit to the incredible Victoria Falls	Included in tour
Overnight stay at Victoria Falls in Zimbabwe	Included in tour

Victoria Falls

When you arrive in Victoria Falls you will have arrived in one of the friendliest places in Zimbabwe. This lively town is located right on the border with Zambia and is the gateway to the magnificent Victoria Falls, situated just a short distance further up-river.

The falls themselves are an enormous curtain of water about a mile wide, falling 108m into a narrow chasm below. In the wet season, the spray created can rise an incredible 400m, the falls create an impressive raging torrent and the spray can be seen from miles away. The locals call the falls "Mosi oa Tunya" which means "smoke that thunders", a good description of this magnificent sight. In the dry season the view of the falls is less obstructed by spray and it's also possible to see the little islets in the river below. If you have time, it is also possible to jet boat down the gorges and rapids under the falls. Or take an adventurous plunge and dive down the waters on a bungee jump.

As well as enjoying the falls, the is a whole host of other activities you can do here, so if you are starting or finishing a trip at Victoria Falls it is well worth allowing a bit of extra time here. Options to choose from include white water rafting, canoeing, horse-riding, abseiling or gorge swinging. You could also cross over to Livingstone and visit the Livingstone Museum, which contains a few of explorer David Livingstone's possessions, or explore the life size model village of an African village and maps dating back to the late 17th century.

Responsible travel note:

During your visit to the Victoria Falls area you may notice businesses offering an optional "Walk with the Lions" experience. We recommend that travellers bypass this activity as it is contrary to our Responsible Travel ethos. Professional wildlife conservation organisations, including Born Free and the World Society for Protection of Animals (WSPA) advise that habituating lions to humans can shorten their life and may result in lion-human conflict issues. Whilst there is some merit in the argument that the money that you pay for the activity goes towards lion research, we feel that the negative impacts on the lions' rehabilitation far outweigh this.

Day 48: Victoria Falls

Fri 23 Nov 2012

Border Information: If leaving the trip in Vic Falls, depart Zimbabwe at Vic Falls airport

Time in Vic Falls to allow you to participate in some of the many optional activities on offer. There are various activities and excursions to choose from both on the water, on land or high above it all from white water rafting and canoeing, or go horse riding, abseiling or gorge swinging.

Activity	Approximate Cost
White water rafting on the Zambezi	USD 120
Sunset Cruise, Victoria Falls	USD 35
Jet boat, Victoria Falls	USD 95
Day trip over to Zambia to see the falls from the other side (please note you must use the same border to enter & exit through)	USD 20

Visa Information:

Important Notes

The routes, activities and places visited described in these trip notes are intentions and are meant as a rough guide only.

We intend following the planned route but exact night stops cannot be guaranteed. It sometimes happens that we decide to make a change to our basic planned itinerary. This may be for a variety of reasons - climatic, road or bureaucratic conditions may demand it. By their very nature overland itineraries need to be flexible and the regions that we are travelling through are often unpredictable. We run adventure journeys in off the beaten track areas, often in areas without western infrastructure. You should expect that some these areas do not adhere to western safety standards.

Serengeti Balloon Safari

The Balloon Safaris in the Masai Mara and Serengeti must be pre-booked through the UK and is subject to availability.

Gorilla Tracking

To track the gorillas you will need a permit. In order for us to to confirm this permit for you we require the following:-

1. Passport details at the time of booking
2. A non refundable deposit payment of GBP400 at the time of booking.

Please be aware that we cannot confirm your place on a gorilla trip without your passport details.

The likelihood of seeing gorillas is virtually guaranteed, however, they are wild animals and the chances of seeing them are not 100%.

Victoria Falls Bungee Jump

In light of the recent Bungee accident in Victoria Falls we are suspending offering the Bungee Jump as an optional activity until the full investigation is complete.

We have contacts on the ground doing all the necessary follow up with Victoria Falls Bungee whom will advise us once the investigation is complete and what the end result is. At this stage they are not sure how long the investigation will take to complete.

It is the understanding that some safety measures have been put in place and that the Bungee Operator is continuing to operate, however we feel that we should await the investigation before offering this activity to our passengers.

Please note that there is an overlap in Zanzibar. This means a group starting a trip in Nairobi will visit Zanzibar at the same time as groups starting their trips in Dar es Salaam. In practical terms this means there could be up to 44 group members in Zanzibar at the same time.

Gorilla permits post 1st June 2012

For all passengers who booked their Gorilla trip pre 1st June 2012 your kitty will be approx. $250USD less than the current advertised price as you will have booked before the Gorilla permit increase in Rwanda.

EBOLA OUTBREAKS

There have been confirmed cases of Ebola in the Kibale district of Western Uganda since July 2012.

We recommend all travellers exercise caution by avoiding physical contact with people whilst travelling in neighbouring regions. Please see the WHO website or NaTHNaC websites or speak to your doctor for more information.

Physical Preparation

Physical preparation for the North, East & South Africa and Middle East Itineraries

Travelling in North, East & South Africa or Middle East can be demanding - long, rough travel days, dusty conditions and basic campsites all provide a challenge. The conditions in the North can be more challenging than in the East or South, where public camp sites and bathroom facilities can be very basic and may be non existent in the case of bush camps. You will need to be fit enough to help every day with the camp chores (cooking, washing up, general camp set up) as well as putting up and taking down your own tent. There are some long driving days and some early morning starts. The step up into the overland vehicle, while not overly high can become tiring and you need to judge yourself to be physically fit enough to haul yourself up and down the step at least 8-10 times a day. There are some long days driving on rough roads on all itineraries.

Altitude

Please note that this trip spends time above 2800 metres/9200 feet where it is possible for travellers to experience some adverse effects on your health due to the altitude, potentially including Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE).

Because of this it is very important that you make yourself aware of the cause and effects of travelling at altitude and monitor your health during this trip.

For further information please click here to download our AMS information sheet or check out the following website www.high-altitude-medicine.com

Your leader will also hand you a copy of the AMS information sheet during your trip as well as holding a short meeting prior to travelling to altitudes above 2800m/9200ft for the first time.

If you are starting your trip in a destination above 2800m/9200ft we strongly advise reading this information prior to arrival.

Visa Information

Most countries we visit on our travels will require visas. Some are best obtained before you leave home and others can be obtained en-route. Whilst the ultimate responsibility for obtaining visas is yours, we will endeavour to assist you wherever possible.

The visa requirements for your trip vary depending on where you are from and where you are going. The information provided is given in good faith and we do try to keep the visa information as up to date as possible. Please be aware though that rules do change, often without prior warning, which is why it is important that you check for yourself.

For visas that are needed in advance you can choose to submit the applications directly to the relevant embassy /consulate. However our recommendation is that you use a visa agent to assist you with your applications. While this does increase the cost it will make the process much easier for you. Dragoman have teamed up with 'The Visa Machine' to create a safe, secure, hassle-free way of obtaining visas and visa advice. Our unique link within their website is designed to make the visa process as straightforward as possible. Simply go to https://dragoman.thevisamachine.com and click on your region of travel followed by your trip route and 'The Visa Machine' will advise you about not only the required visas but also the dates by which you should apply. 'The Visa Machine' can then assist you in the actual visa application thus taking all the worry and hassle out of the process. This should apply for ALL nationalities and countries of residence.

As you will need to submit your passport together with your applications, we recommend that you avoid making any travel plans in the weeks leading up to your departure. However if you do need to travel in this period please let us know as soon as possible so that we can help you work out the options for your visa application process.

Kenya

Kenyan visas are required by most nationalities.

Single entry visas are available at the point of entry to most nationalities and cost $50USD or $20USD (post 2003 US dollar bills) for transit visas. (Some nationalities require visas to be purchased in advance - you MUST check before departure).

Multiple entry visas are required for people travelling to Rwanda to visit the Gorillas. We recommend that you obtain this in advance as you cannot obtain a Multiple entry visa at the border. However if you are unable to obtain a multiple entry visa before travel you will have to purchase Single visas upon each entry into Kenya at the border.

For more information, including application forms and visa fee rates, is available at http://www.kenyahighcommission.net. Kenya there is an airport departure tax of $20. Payment is also accepted in Kenyan Shillings. This tax is normally included in the price of airline tickets but if you are unsure, you should check with the airline or travel company.

Uganda

Visas are required by most nationalities, including the EU, US and Australia. Visas are available at point of entry to most nationalities. Some nationalities are required to obtain visas in advance - you MUST check before departure. If you plan to purchase your visas on arrival, you will need new (post 2003), clean American dollars cash and the cost is around US$50. When on one of our gorilla itineraries visiting Rwanda, you may require a double entry visa to Uganda. This is dependent on the border guard of the day and can be easily purchased on re entry from Rwanda for nationalities which qualify for visa on arrival. Please allow USD50.

Tanzania

A visa is required by visitors of most nationalities including from the EU, USA and Australia. It is recommended you purchase your visa in advance. The cost is approximately US$75 depending on nationality.

However it is possible to obtain a tourist visa for a single entry at the main ports of entry to Tanzania including Dar Es Salaam airport and the land borders. This is recommended if you are short on time before departure or travelling on a long combination trip that would mean a 3-month visa expiring before entry.

At the present time you do not require a multi entry visa to Kenya, Tanzania and Uganda due to an agreement between the three countries (ie if you exit Kenya to Tanzania you can re enter Kenya on the same visa). However if your trip visits Tanzania twice after a visit to a country other than those listed above, you may need to purchase two visas.

If you do require a multiple entry visa you will need to arrange this through a Tanzanian diplomatic mission before your arrival in Tanzania. Otherwise you will have to buy a single entry visa each time you enter the country.

If you do decide to obtain your visa in advance please use the following address on the application form:-

KipepeoBeach& Village

P.O. Box1520

Dar es Salaam,

Tanzania

Tel :+255 (0)754 276 178

A yellow fever vaccination certificate is required from travellers coming from areas with risk of yellow fever transmission. This is particularly relevant for those travelling to Tanzania from neighbouring African countries. See the Tanzanian Government website for more details: http://www.tanzania.go.tz/immigration.html.

Departure tax

On the 2nd of July 2012 the Tanzanian Government announced an increase to it's passenger airport service charge from 5,000TSH to 10,000TSH for domestic departures, and from 30USD to 40USD for international departures.

This change comes into effect from 1st of July 2012 and will be included in any new Airline ticket costs. Passengers who have already purchased tickets will be required to pay the difference on departure.

Malawi

Citizens of Australia, New Zealand, the UK and USA do not require a visa to enter Malawi for stays of up to 90 days. All nationalities should check with the respective embassies for more information.

Rwanda

Visas are required by all nationalities and need to be obtained in advance. You can apply for this visa online at www.migration.gov.rw

You'll need to apply for an Entry Visa on their website (Services tab, Visa) which should take approx 2-5 days to come through. You must print this Entry Facility out to present at the border.

If you are asked to provide an address in Rwanda on your visa form, please use the address below -

Centre Pastoral Notre Dame De Fatima
Avenue de la Nutrition
Ruhengeri, Rwanda

Supporting Documents may also be required - the embassy will contact you if they require these.

The visa costs approx US$60 payable on the border with the exception of USA, Germany, South Africa, Kenya, Great Britain, Sweden, Singapore, nationals where the visa is free of charge.

Note: Rwanda is constantly updating its visa information; therefore we recommended that you check the website carefully for the latest up to date information www.migration.gov.rw

Please note: The borders in which we cross into Rwanda are insisting that all nationalities complete the on line entry facility before arrival regardless of whether you are a nationality that requires a visa or not.

If you are asked to provide an address in Rwanda on your visa form, please use the address below -

Centre Pastoral Notre Dame De Fatima

Avenue de la Nutrition

Ruhengeri, Rwanda

Yellow Fever

A vaccination certificate is required for travellers arriving from all countries.

Zambia

Zambian visas are required by most nationalities, including from the EU, US and Australia.

We advise that you obtain this visa in advance and costs approx. £35 GBP direct through the embassy or £70GBP through Travcour. All nationalities should check with their nearest Zambian Embassy for more information.

You may require an address in Zambia. If so you can use the following:-

Eureka Camping

Luskaka

on the Kafue Road

Tel: (+260 211) 272351 or 278110

Fax: (+260 211) 272351 E-mail: eurekacamp.zm@gmail.com

Zimbabwe

Zimbabwean visas are required by most nationalities, including from the EU, US and Australia. All nationalities should check with their nearest Zimbabwean Embassy for more information. For most nationalities, Zimbabwean visas are available at the point of entry. If you plan to purchase your visa on arrival you will need US dollars cash.

The cost of a single entry visa is approximately 55USD.

Zimbabwean authorities are planning to introduce a new airport tax in the country to be used for the upgrading of all airports. The tax will be charged at 30USD and comes into affect for all air bookings ticketed as from April 2011.

TYPHOID: It is recommended that if you are travelling to Harare you make sure that your Typhoid vaccinations are up to date. There has been an outbreak of typhoid in parts of Harare, with over 1500 cases reported since October 2011. For more information speak to your doctor and see the World Health Organization (WHO) website.

Personal Spending

Based on the range that previous travellers have spent on this trip, we recommend you allow between a minimum of US$10 and a maximum of US$20 per day.

This will cover individual expenses such as drinks, meals whilst out and also when staying in hotels, souvenirs, tips and personal permits.

What else you need to know

Currencies & Cash

It is not really worth trying to buy local currencies before you travel. Do also bear in mind that many countries have strict regulations about the amount of their own local currency you are allowed to import - if you are found with amounts in excess of the allowed amounts, it may well be confiscated!

For obvious security reasons we hesitate to recommend you bring lots of cash with you, a sensible mix of cash, travellers cheques, cash passports such as TravelEx cards and ATM cards is best. However, most of our past passengers have said they wished they had been told to bring more cash. Apart from the convenience of being able to change money in many more places, you will sometimes get a much better exchange rate for cash.

You should take a mixture of denomination notes. Banks and moneychangers in most countries will now only accept bills with a metallic strip running top to bottom of the bill and which are dated from **2003** or later. You should not take worn or damaged notes, or any that have been written on.

Cash machines are readily available in most of East and Southern Africa but are not always reliable therefore we recommend that you do not rely on them as your only source of cash. Please note that there are no cash machines in Sudan.

Credit cards such as Visa and American Express are the most commonly accepted, but be prepared for very high commission charges. Please do not rely on cards for daily use, as they are not always accepted outside of larger towns and cities. Please bring a mixture of small and large denominations as in more remote areas it can be hard to change amounts over $50.

Pre and post trip accommodation and connecting flights

At Dragoman we believe you should make the most of the places you visit, so if you would like to see more of your joining or finishing point cities, why not book additional accommodation to extend your stay. Dragoman can take away the hassle of time zones and language barriers by making the booking for you. This accommodation is only available at the joining or finishing city of your trip, immediately before or after the trip you are travelling on.

While Dragoman is happy to assist with booking your pre and post trip accommodation, it is important that you understand you may be able to book your own room at a cheaper rate directly through the hotel or on the internet. Our additional accommodation prices are based on the hotel's rate plus an administration fee. Please note our rates do not reflect last minute walk in rates or internet specials.

We can also book arrival airport transfers for you as long as we have your flight arrival details. These are normally payable in cash upon arrival, however we do have pre paid transfers in a few destinations.

Please contact our reservations team for details of the accommodation and transfers that we can offer as not all hotels offer this service.

Accommodation on tour

Dragoman overland trips are designed for shared accommodation, whether camping or staying in hotels and therefore do not involve a single supplement. Single travellers will share with people of the same sex for the duration of the trip, in accommodation ranging from twin to multi-share. The type and variety of accommodation is determined by conditions on each of our routes. The campsites will range from rather basic to those with excellent facilities, including swimming pools, restaurants and bars. In some cases it may also be possible to upgrade locally to bungalows, lodges or even tree-houses. One of the highlights of overlanding is that in more remote areas we will wild camp. This allows us to get far away from the tourist crowds to some beautiful, secluded spots. We will also arrange as many village or local homestays as possible, allowing us to get close to indigenous populations and ensures our money stays within local communities.

Group size?

The maximum group size we take on our overland journeys ranges from 19 to 22 depending on the geographical location, however the average number of passengers is more likely to be around 16.

Please note that there is an overlap of 2 trips in Zanzibar. This means a group starting a trip in Nairobi for example will visit Zanzibar at the same time as groups starting their trips in Dar es Salaam. In practical terms this means there could be up to 44 group members in Zanzibar at the same time.

Who travels with Dragoman?

Our passengers come from around the world and are always an interesting mix of nationalities and ages. On average there is a pretty even split, males to females and between solo travellers, couples and small groups of friends. We believe that overlanding should be open to as many people as possible and so although we have a minimum age limit of 18, as long as you are fit, healthy and passionate about travel, we are happy to take you, whatever your age is. One of the beauties of group travel is the camaraderie and friendships that are formed along the way and as well as the variety of people that you will meet.

Our Community

At any time before or after you book you can join our community - Dragoland. This is a great place to ask questions before you travel and catch up with your fellow travellers once your trip has finished. You can share photos, videos and stories You can also download a selection of free travel apps. See the home page to sign in, it's free and easy.

We also have a Facebook page where travellers regularly swap info with each other - you can join here

Our crew and guides

Our crew are passionate about travel and always up for adventure. It takes someone special to become a Dragoman leader. Our crew undergo the most intensive training program of all overland companies, spending 10 weeks learning the ropes at our base in Suffolk, UK and then up to six months on the road as a trainee. On all Dragoman overlanding trips two western crew who are responsible for the group and the overall organisation will accompany you. While not being guides in the traditional sense you can expect them to have a broad knowledge of the places visited and to offer

suggestions of things to do and see. In East and Southern Africa we will also have an African camp master/cook who is in charge of running the camp and organising all of the meals. Their knowledge of the local produce makes shopping at the markets great fun and you will learn how to prepare and cook some unusual dishes. In the rest of Africa, South America and the majority of Central Asia and China we use local guides who may stay with us for just a few hours or will actually travel with us for some or all of the journey. In these cases they become a third crew member and are able to offer their local knowledge as well as a real insight into the lives of the local people.

(If travelling in East & Southern Africa, also please see the note about our code-share crew)

Your tour leader has a duty of care to all of their passengers and therefore they have the authority to ask passengers to leave the trip if they require medical assistance, are behaving in an anti-social manner or refuse to comply with local laws and customs. In all matters relating to the trip, the leader's decision will be final and we appreciate your respect of this.

Medical conditions

We ask all of our passengers to declare any pre-existing medical conditions and in some cases you will be asked to complete one of our medical questionnaires. For trips that travel to areas of high altitude we also require all passengers to complete an altitude questionnaire. The ratings for each trip are a good indication of how challenging they are and in some cases passengers should be prepared for some long driving days and possible limited facilities. We are always happy to give extra advice if you have additional concerns.

Vaccinations

Recommended vaccinations and other health protection measures vary according to region and recent bulletins issued by health authorities. It is essential to get the latest advice on the region(s) you are planning to travel in. It is essential that you check with either your doctor or a travel clinic in good time before you travel.

In the UK we have been working with Nomad Travel for many years and their website has comprehensive, up to date vaccination and health information. Dragoman customers will receive a 10% discount off all vaccinations given at Nomad Travel clinics.

A good source of up to date information is the World Health Organisation - http://www.who.int/en/

Malaria

Get expert advice before travelling about types of malaria pills and take them as instructed. Recommended types do change from time to time and from area to area. Consult your vaccination centre for the most up-to-date requirements

The mosquito usually bites between the hours of dusk and dawn and so covering up by wear long-legged and long-sleeved clothing, preferably light coloured and buttoned at the wrists can help. Do not sleep without closing windows, tent doors or, if sleeping out, use a mosquito net. Wear repellent applied directly to the skin or soaked into clothing.

Treating clothes and mosquito nets with a Permetherin solution provides significant protection. It should be available at most travel stores. Mosquito coils are useful on still nights, in hotel rooms but cannot be used inside the tents.

Meals and group participation

On an overland journey you are more than just a passenger, you're part of the crew, pitching in to set up camp, shop for food, cook and generally help out. We operate a rota system, dividing the group into smaller units of 5 or 6 people, so that these duties are shared equally amongst the group. These jobs will include things like collecting water and firewood, loading the back locker, supervising the kitty and food stores etc. While camping on overland journeys, all meals will be included in the kitty and this means that you will be working as a group to prepare meals and cook for your group. (On trips south of Nairobi we have a cook on board the truck, however you will still be required to help prepare meals). If you have any dietary requirements please tell us at the time of booking and also remind your crew at your welcome meeting. A typical camp breakfast might be toast with spreads, cereal and something hot such as eggs or pancakes as well as tea and coffee. Lunch is almost always a sandwich heaped high with healthy salad and assorted fillings, with fruit to follow. Dinner might be a BBQ, risotto, pasta dish and there is always the chance to try some local cooking. Generally our passengers find the more they put into a trip, the more they benefit from it.

Responsible tourism & code of conduct

Dragoman is committed to ensuring that we have a positive impact on local communities and that we implement policies to minimise any negative impact on the local environment. We are dedicated to making sure that we adopt a responsible attitude to the areas through which we travel and believe that our trips should benefit the local people and their environment. Dragoman recognises that we are guests of local communities and strive to make these communities our partners, so that they benefit directly from our visit.

You can find full details of Dragoman's responsible tourism policy linked from the home page. All passengers are required to obey all laws of the countries through which we pass. This particularly applies to the smuggling of contraband and possession of narcotic drugs, firearms, antiquities and ivory. Any passenger found contravening such laws or customs may be required to leave the trip immediately with no refund of the trip price.

Overland travel and security

One of the real advantages of overland travel is that the vehicle provides a very real level of security when travelling. There is no doubt that a properly equipped overland vehicle, with safes, fully lockable doors and windows is an obvious advantage when travelling in much of the world. We recommend the use of a neck wallet or money belt whilst travelling for the safe-keeping of your passport, air tickets, cash and other valuable items (although most of these can be locked in the safe whilst you are on the trip) and advise passengers to leave any valuable jewellery, watches etc at home. Generally speaking, you will not be travelling on local public transport and will have the added security of travelling in a group with experienced crew on hand to offer advice.

Please note: Any personal effects that are left on the truck, even if they are stored in the safe, are left at your own risk and Dragoman cannot be held responsible for any damage or theft that may occur.

The safety of our passengers, leaders and operators is a major priority of Dragoman. With this in mind we monitor world events very closely. By the very nature of the adventure travel that we take, there are risks and hazards that are inherent in our itineraries. Dragoman makes operational decisions based on informed advice from a number of sources:

The British Foreign and Commonwealth Office travel advice

Reports from other travel companies and local suppliers

Leaders reports from off the road

Local contacts we have built up over 29 years of experience

Many national governments provide a regularly updated advice service on safety issues involved with international travel. You should always make yourself aware of the travel advice before you book and again before you travel. Below are links to some of the websites

Britain. http://www.fco.gov.uk/en/travelling-and-living-overseas/travel-advice-by-country

Australia. http://www.smartraveller.gov.au/

New Zealand. http://www.safetravel.govt.nz/

United States. http://travel.state.gov/travel/travel_1744.html

Canada. http://www.voyage.gc.ca/countries_pays/menu-eng.asp

Dragoman has comprehensive passenger liability protection and tour operator insurance. These policies have total indemnities of £3,000,000 and £10,000,000 respectively. This is in addition to local vehicle insurance and your personal travel insurance.

Emergency contact

We have a dedicated 24 hour telephone number which should only be used once you have left the UK and in the event of a real emergency. Should you need to call the number, we will do what we can to help but please bear in mind that real progress or action may not be possible until normal office hours.

If your flight is delayed or cancelled, please let us know and then make your way to the joining hotel as instructed in theses trip notes. If you cannot get through leave a message and a contact number as these will be regularly checked and the crew informed if necessary.

Emergency Number: +44 (0) 7985106564.

Insurance

It is a condition of booking that you have comprehensive travel insurance. Without evidence of valid travel insurance you will not be allowed to start the trip.

Whatever policy you choose, you must ensure that it is designed for adventure/overland travel. As such it must cover you for adventure activities such as white water rafting, trekking, horse-riding and that the 24 Hour Emergency Assistance Company must be experienced in handling situations in developing countries – for example they have the ability to arrange repatriation from remote areas such as the Sahara or if you were trekking in the Andes. Please double

check if you have annual travel and/or credit card policies to ensure they have the cover you require, as many of these policies are not able to cope with adventure travel to remote areas. We recommend that any policy has the following minimum levels of cover: Medical (incl. repatriation) £5,000,000 Personal Liability £5,000,000 Cancellation and Curtailment £5,000 Loss of Baggage, personal effects, money and other inclusions are down to personal choice.

Issues on the trip

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on customer_relations@dragoman.co.uk. You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

Passports

Check that your passport will still be valid for 6 months after the end of the trip - this is important as some countries WILL refuse entry to anyone whose passport is due to expire. A temporary or "visitor's" passport is not valid on our trips. You will need to provide us with your passport details prior to departing for you trip. If you change your passport please remember to inform us.

Luggage & Kit List

Although you will not have to carry your main bag long distances you will need to help load and unload them onto the truck. For this reason we recommend that you use a backpack or soft bag rather than a heavy suitcase. During your trip your main luggage will be kept in the back locker so you will also need a small daypack. This can be used to carry your camera, water bottle and other personal effects for daily use.

The size of baggage that can be brought on this tour is limited by the locker space on the truck. Different trucks have different-sized lockers however to be safe we recommend that your bag be no larger than 66cm deep, 30cm wide, and 30cm high. The weight limit for luggage on all trucks is maximum 20kg. Backpacks should not have an external frame unless it can be easily removed and stored separately to avoid damaging other people's luggage.

Your clothes and equipment should be appropriate for the conditions you are travelling in. On overland trips Dragoman will provide all camping equipment apart from sleeping bags and ground mats (except on routes between Nairobi and Cape Town where ground mats are provided).

The clothes and equipment should be appropriate for the conditions you are travelling in, which will vary depending on which part of the world you're heading to. On overland trips Dragoman will provide all camping equipment apart from sleeping bags and ground mats*, so you'll need to bring those with you. Think about the climate and altitude of the areas you'll be travelling to, there's nothing worse than being cold at night so it's worth investing in a decent sleeping bag if it's likely to get cold. And remember even when it's warm during the day, it can often get cold at night, particularly in desert regions.

**Ground mats are provided on our non "in-depth" overland trips that run in South and East Africa, between Nairobi and Cape Town.*

For a general idea of what you need this list provides a guide:

- Sleeping bag - Check the expected climate en route. Nights in desert and mountain regions can be very cold in winter months
- Mattress or compressed foam
- A day pack is useful for short hikes in the countryside, wandering around cities, etc and also for keeping inside the vehicle for items used during the day
- 2 sets of comfortable travelling clothes (light, easily washable cotton clothes are best)
- 1 set of casual but smart clothes for evenings out. Women should bring a skirt that covers their knees and a scarf for visiting places of worship
- 2 pairs of shorts
- Sun hat or warm hat if trekking
- 1 pair of sunglasses
- Warm sweater/fleeces
- 1 waterproof jacket with hood
- 1 pair of comfortable walking shoes/boots (or ankle height canvas jungle boots)
- 1 pair of sandals or flip-flops

- Underwear and socks (thermals are also a good idea if you are travelling to altitude or to the desert as it can get very cold at night)
- Swimwear
- 2 small towels
- Washing kit, including a small mirror
- Clothes washing detergent, small scrubbing brush & washing line (just a length of cord)
- Head torch/flashlight with spare batteries & bulbs (only the 3 standard sizes of round 1.5v batteries are widely available en route)
- Passport photos (average of 2 per country for which visas will be applied for en route)
- Good water bottle at least 1 litre
- A pouch or money belt worn inside your clothing, or unobtrusive pocket sewn into the inside of a pair of loose fitting trousers, is a must.
- Alarm clock
- Pocket calculator (useful when exchanging money)
- Writing materials & notebook/diary
- Multi purpose knife
- Cotton sheet sleeping bag (or sheet folded and sewn up on 2 sides). It will help keep your sleeping bag clean, and can be used on its own on warm nights.
- Mosquito net - The tents supplied by us have mosquito netting and you will only need a net if you think you will sleep out under the stars a lot of the time.
- "Wet Ones" (moistened tissues) and hand gel
- Toilet paper – this can be purchased almost everywhere en-route but one roll is worth packing
- Assorted sized plastic bags - protects clothing and equipment from dust and damp

For a comprehensive kit lists take a look at the Dragoman kit list that Nomad Travel have created. Dragoman customers will receive a 10% discount on all equipment purchased either online or in store. Click to see the kit lists www.nomadtravel.co.uk/kitlist/overlanders-kit-list

Water

The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 liters of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments.

Please avoid the purchase of bottled water by using the chemically sterilized water stored in the purpose built storage tank or in water jerry cans in your Overland vehicle. You are free to refill your bottle as many times a day as you like. You are helping the environment and your hip pocket!

Personal medical kit

All of our trucks have a fully stocked medical kit onboard for use in emergency situations only. Therefore in addition to this we recommend that you purchase your own personal medical kit. In the UK we have teamed up with Nomad Travel Stores and Clinics to produce the Dragoman Travel Medical Kit. It has been designed in conjunction with the truck kits and contains everything you would need for any minor accidents. For more details please visit their website:

nomadtravel.co.uk/catalog/view/dragoman-medical-kit

Electrical equipment

Your vehicle will be equipped with a 12 volt socket so to charge your iPod, MP3 player, camera, laptop and mobile phone you will need a DC 12 volt adapter - the type that can be used from a cigarette lighter in your car. Please be aware that only one piece of equipment can be charged at a time and it will not be allowed if there is a risk of running the vehicle's batteries low. Batteries may also be recharged from hotel room wall sockets and the majority of the campsites we stay at have electricity points so please bring along your normal charging adapters as well. You will need to ensure that you have the correct country adaptor for your specific charger.

The kitty

The Kitty is a group fund paid separately from the trip price at the start of your trip which covers all things that the whole group does, such as:

- Hotel accommodation and campsite fees
- Meals whilst camping (not in hotels)
- Activities listed as included (e.g. National Park entrances, excursions and local guides).

It is an amount that each passenger puts into a central fund and is monitored by the Dragoman crew. It's payable in full at the start of your trip, and in instalments at the start of each individual trip on combination trips

The kitty system is very unique to over landing as it allows us to have flexibility on the road. You can see exactly how your money is being spent and ensure that you are getting the best value by buying locally.

The kitty advertised in the brochure is an estimate at the time of printing. Local inflation and costs vary throughout the year and so we review kitties on a monthly basis. Once you book your trip it is very important that you check our website on a regular basis and just before departure for any changes to the kitty amount.

Your kitty can be paid in a mixture of US Dollar cash and local currency and most of our travellers choose to bring a cash passport with them for withdrawing local currency (you can visit www.cashpassport.com for further information on these). This is a very secure way of carrying your money whilst travelling. You treat them exactly like an ATM card and draw out local currency from an ATM to give to your leader within each country.

Travellers cheques have become increasingly difficult to change around the world with passengers and our leaders experiencing huge frustration and numerous hours spent trying to find a bank which will change travellers cheques. For this reason we no longer accept them on our trips.

Continuing your trip

Having an amazing trip and met a great group of people? Having too much fun to go home yet? If on your trip you decide you would like to continue, then why not speak to your trip leader who can advise you of the cost and availability of continuing your journey.

Contingency emergency fund

Sometimes, civil or political unrest, or reasons beyond Dragoman's control (e.g. a natural disaster), can mean that an itinerary is disrupted and we have to make a contingency plan. This may involve hiring alternate transport or even the whole group flying over an area. Although Dragoman will help organise travel arrangements, in circumstances outside Dragoman's control you should be prepared to contribute towards the costs and therefore we ask you to bring along a 'Contingency Fund' of USD400. In almost all cases trips run smoothly and this fund is therefore never used. We also recommend that you take along an internationally recognised credit or charge card with a decent limit in case of emergencies, such as medical treatment en route, or even the need to be repatriated; though these occurrences are rare. Remember that travel insurance policies usually only refund you for expenses after you have already paid out.

Tipping

Tipping is entirely voluntary. The Dragoman crew may be travelling with you for many weeks and usually they become good friends with most members of the group. It is sometimes easy to forget that they do work hard to ensure that you do have a great trip. If you feel you would like to tip them, they certainly would appreciate it. On a number of our trips, we also use a local guide as well as our own Dragoman crew. These guides live and travel with you through their home country and it is usual to tip them when they leave. We recommend USD10 to USD15 per person.

These trip notes have been compiled to help you prepare for your journey, once you have booked. They include the full itinerary and dates, information and kit lists, meeting hotels, insurance, vaccinations, visas, and other information that will help you get ready for your trip.

Please ensure you have an up to date version of these Trip Notes

These trip notes were printed on 23/05/2013