

GORILLAS, WILDLIFE & ZANZIBAR, (AUZ)

Zanzibar to Nairobi 34 days, departing 08 Jan 2020



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TRIP OVERVIEW

Trip Style:	Overlanding
Route:	Zanzibar to Nairobi
Duration:	34 days
Transport:	Overland expedition vehicle, 4x4, Private bus, Ferry
	85% 15%
Accom:	Hotels, Hostels, Campsites, Wild Camps

Physical Challenge:

EASY HARD

Depending on the trip, activities may include treks of 3-4 hours at altitude or across hilly terrain, multi-day treks at sea level, horseback riding, canoeing and other adventurous activities.

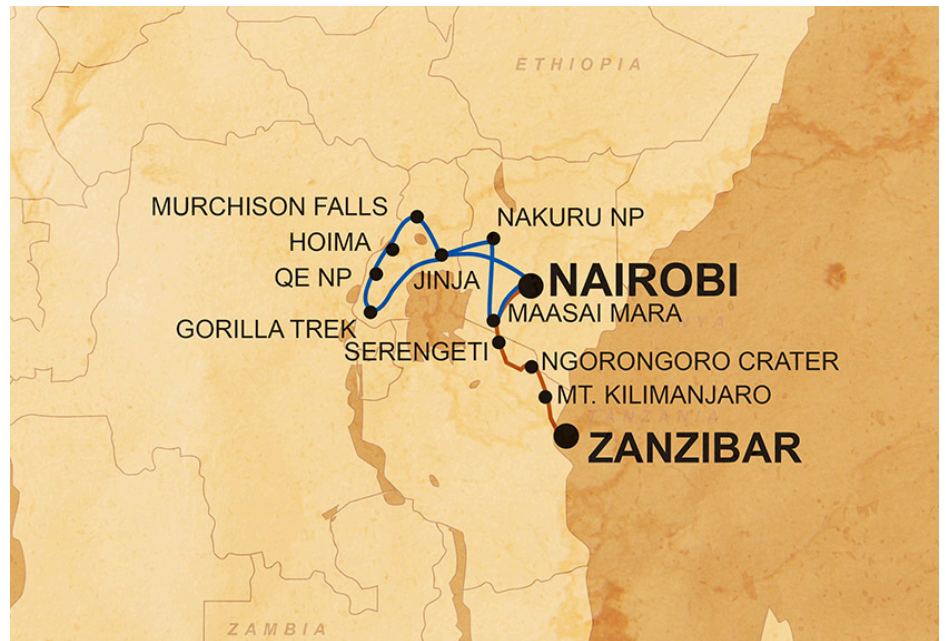
Lifestyle Challenge:

EASY HARD

This trip has a bit of everything.

[Itineraries](#)
[British Foreign Office Travel Advice and Warnings](#)
[Health](#)
[Safety & Security](#)
[Included Activities](#)

ROUTE MAP



COUNTRIES VISITED

Kenya



HOME OF THE MAASAI MARA

Kenya is a country full of life and colour, of tribes and traditions, and of wildlife and game parks!

Of course it's the wildlife that draws most people to Kenya, and the country deserves every bit of its excellent reputation. The famous National Parks

Tanzania



THE ULTIMATE SAFARI DESTINATION

Tanzania is the place for the classic East African safari experience, and is home to some of the world's most famous and unbelievable game parks. The wide open plains of the [Serengeti](#), green after the rains, brown and burned in the dry season, and home to thousands of hooved animals and fierce predators, is perhaps the quintessential image of Africa. Flat and rolling with long grasses,

and Reserves have abundant animal populations, and a safari in Nakuru, Samburu or Hell's Gate is sure to find plenty of Kenya's famous wildlife roaming the breathtaking scenery. The most famous of all is the incredible [Maasai Mara](#), a spectacular savannah land where you'll commonly see lions, leopards, elephants, giraffes, buffalos, zebras, baboons, and many more!

MORE THAN JUST WILDLIFE

Kenya does have much more than just its wildlife, and features excellent scenery, fascinating and lively people, and some of the most eclectic culture and music found in Africa.

Kenya packs a lot into a small space, and has a well-deserved reputation for being one of Africa's biggest highlights.

the plains get its name from the Maasai word siringitu, "the place where the land moves on forever".

Next to the Serengeti is the phenomenal [Ngorongoro Crater](#), a 19km-wide fertile volcanic caldera that is packed full of some of the most incredible wildlife in the world. You have a very good chance to spot leopards, lions, rhinos, hippos, buffalo, giraffes, cheetahs, elephants, and much more in this natural wonderland.

CHILL IN KILIMANJARO'S FOOTHILLS OR EXPLORE ZANZIBAR'S REEFS

Tanzania is also home to the Africa's highest mountain, Mount Kilimanjaro, which towers over the savannah at a height of nearly 6000 metres.

Tanzania is also home to the fabled tropical island of [Zanzibar](#). From the perfect white beaches and dazzling blue ocean to the ancient stone-paved charm of Stone Town, you can disappear into a world of serenity. We can delve into the island's unique history, explore the old slaving forts and bustling markets of Stone Town, visit the famous spice plantations, or snorkel around the island's fantastic coral reefs.

Tanzania is a country full of incredible beauty and natural splendours, and is waiting to be discovered with Dragoman.

Uganda



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

Uganda is brimming with National Parks. In the north we visit the remote [Murchison Falls National Park](#), home to an incredible array of wildlife

including treks to see Mountain Gorillas and to wild chimpanzees, and also the location of the most powerful waterfall in the world.

PARADISE FOR ADVENTURE-SEEKERS

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! The area is beautiful and is located at the source of the Nile as it leaves Lake Victoria. It's a paradise of adventure activities from white-water rafting to quad bikes to bungee jumping!

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DAILY ITINERARY

Day 1: Zanzibar (Wed 08 Jan)

Border Information: If joining at Zanzibar, you will most likely enter Tanzania from Zanzibar Abeid Amani Karume International Airport (IATA code: ZNZ).

There will be an informal meet-and-greet and orientation of Stone Town with our local Zanzibar guide at 6:00pm - please meet at the reception of the joining hotel at this time if you wish to take part in this orientation. Please note that you will not usually meet your regular crew tonight, as they will be arriving in Dar es Salaam this evening and will travel to Zanzibar with members of their previous group tomorrow.

Please note that many of the options listed below will only be possible for those with extra time in Zanzibar before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Zanzibar.

In Stone Town we will stay in a good local hotel.

Please note that the first 4 days of this trip overlap with our "YDF - Victoria Falls to Zanzibar" trip, so some of the group that come to Zanzibar will leave before we take the ferry to Dar es Salaam. This is because Zanzibar is part of both trips, so it means customers going all the way through do not follow our Zanzibar itinerary twice!

Hotel for the night: Safari Inn

Safari Lodge

Malindi Street

Stone Town

Zanzibar

Tanzania

Tel - +255 242 236 523

Activity

Explore the beautiful and historic streets of Zanzibar's Stone Town

Approximate Cost

Free

About Zanzibar:



The exotic spice island of Zanzibar is filled with idyllic beaches, winding cobblestone alleyways and fragrant bazaars, and its 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 David Livingstone.

Stone Town is the old port town of Zanzibar and is one of the most atmospheric old towns in Africa - 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 which we will visit on our trips. This tour will also include a local meal and a tour around the main sites of Stone Town to learn about the history of its former slave market. In the spice plantations 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 major highlight of Zanzibar is of course its world-famous beaches. The northern beaches boast beautiful white sand and sparkling blue seas - displaying the Indian Ocean at its very best. Try snorkeling or diving, eat sumptuous seafood, or simply relax in a hammock underneath a coconut tree with a good book - Zanzibar is a paradise in every sense of the word!

Day 2: Zanzibar (Thu 09 Jan)

Today will be a free day to explore Stone Town, the atmospheric old town on the exotic and beautiful island of Zanzibar!

Your crew will arrive on Zanzibar this afternoon, and there will be an important meeting at 6:00pm at the joining hotel - there will then be the option going for sunset drinks at Africa House and heading out to the night markets for a local dinner.

Activity

Approximate Cost

Explore the beautiful and historic streets of Zanzibar's Stone Town

Free

Guided tour of Spice Plantations and local lunch

Included in Kitty

Day 3 to 4: Zanzibar (Fri 10 Jan to Sat 11 Jan)

On our second day on Zanzibar we will join our local guide for a very interesting and informative tour around the sights of Stone Town and learn about the history of the island. We will then head away from town



and take in a tour of a spice plantation, enjoy a local lunch with our guide, then head to Nungwi beach at the very north of the island. Nungwi is the Indian Ocean at its best - bright white sand, sparkling blue sea outstanding seafood and a fantastic chilled atmosphere.

On our third day on Zanzibar, we will have free time to enjoy Nungwi beach and relax, or to try snorkeling, diving, or other beach activities, or maybe go further afield looking for Red Colobus monkeys in the Jozani Forest.

In Nungwi we will spend both nights in a good hotel right on the shore of the ocean.

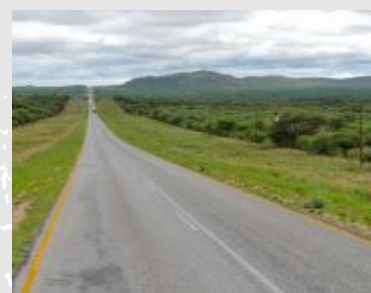
Activity	Approximate Cost
Snorkelling day trip, Zanzibar	USD 40
Dhow trip, Zanzibar	USD 20
Explore the beautiful 'Prison' Island near Zanzibar	USD 30
Scuba diving in the incredible waters of the Indian Ocean near Zanzibar (per dive)	USD 55
Walk through the Jozani Forest in search of the very rare Red Colobus monkeys	USD 40

Day 5: Dar Es Salaam (Sun 12 Jan)

Today we will return to Stone Town and then take a ferry from Zanzibar to Dar es Salaam, before travelling on the local commuter barge from the city centre to the suburb of Kigamboni. The ferry will take about 2 hours and 30 minutes. The rest of the afternoon will be free to relax at the campsite.

In Dar es Salaam we stay at a beautiful and well-equipped beach camp on the southern side of the bay across from the city.

Activity	Approximate Cost
Fishing Trips (per boat), Dar Es Salaam	USD 220
Sunset kayak trip to explore the mangroves near Dar es Salaam	USD 15
Visit to the Wonder Workshop, a craft workshop providing employment and training to local disabled people	Free



Ferry back from Zanzibar to Dar Es Salaam Included in Kitty

Learn all about Tanzania's history at the National Museum and the House of Culture TZS 6500

About Dar Es Salaam:

Dar es Salaam (meaning 'Haven of Peace' in Arabic) is Tanzania's largest city and was the country's capital until 1974 when the capital was moved to the central town of Dodoma. The city is the most populous in East Africa and one of the fastest growing cities in the world - it is Tanzania's financial centre and the most prominent city in the country's arts, fashion, media, music, film and television.

Dar es Salaam 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.

On our trips we stay on the beaches of the southern district of Kigamboni - this is a beautiful and serene part of Dar es Salaam, and you'll be forgiven for not realising you're so close to such a big metropolis!

Day 6: Lushoto (Mon 13 Jan)

Today we join our overland truck and set off early to beat the morning traffic in Dar es Salaam. We have a full day's drive to Lushoto, where we have a nightstop camping in the grounds of a beautiful colonial hotel at the base of Mount Kilimanjaro.

In Lushoto we will camp in the grounds of a hotel.

Estimated Drive Time - 7-8 hours (please note that all drive times given here are the approximate number of hours that the truck will be in motion only, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors - flexibility is essential on any overland trip!).

Activity

Approximate Cost

Half day trek out to the stunning Irente view point and community visit to the Irente villages USD 25

About Lushoto:

Lushoto was originally a German colonial settlement set in the beautiful Usambara Mountains. The stunning mountain range is over 90kms long and, unusually for East African mountain ranges, is covered in tropical



forest. There are many stunning walks and viewpoints in the area out over the mountains and the Maasai Steppe beyond.

Day 7: Arusha, Marangu (Tue 14 Jan)

After breakfast we head west to the town of Arusha, where we will stop for food shopping in preparation for our excursion to the Serengeti National Park. On the drive to Arusha we will go past the whole length of Mount Kilimanjaro where we'll hope for clear skies and fantastic views from the road.

We will then head to our campsite on the outskirts of Arusha. On arrival we should have time to go on an optional walk to a nearby Maasai village, or visit a reptile house and snake-bite clinic that are run by the campsite. We will also prepare and re-pack for the Serengeti excursion starting the following day.

In Arusha we will stay in a well equipped campsite.

Estimated Drive Time - 6-7 hours.

Activity	Approximate Cost
Visit to an African snake park	Free
Take a short walk to a nearby Maasai village to learn all about the life and culture of the Maasai people	USD 7

About Arusha:

On our trips we make a short stop in the northern Tanzanian town of Arusha. Arusha is the largest city in northern Tanzania, 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, and surrounding it are many coffee, wheat and maize estates tended by the Arusha and Meru people.

Arusha is the centre of Tanzania's safari business and is the gateway for safaris to the Serengeti and Ngorongoro Crater National Parks.

About Marangu:

The small village of Marangu is located on the lower slopes of Mount Kilimanjaro, and is the starting point for the most popular route to climb to the mountain's summit. Mount Kilimanjaro is Africa's highest mountain at 5,895m tall, and the highest free-standing mountain in the world - it is absolutely stunning to see from its base and is a magnificent backdrop to the surrounding grasslands on a clear day!

Day 8: Tarangire National Park (Wed 15 Jan)

Today we will be met by our fleet of 6-person 4x4 jeeps - we will load the jeeps with our camping and personal gear, and then head out for our 4-day excursion to the Tarangire National Park, Serengeti and

Ngorongoro Crater, leaving our truck behind.

We will also be leaving our large bags behind (where they will be stored in a secure location), and advise you to bring along a smaller daypack for your personal gear for this trip that will need to be packed soon after the group meeting before we set off. You should pack clothing for 4 days (including a warm jumper or fleece and long trousers), a waterproof jacket, toiletries (including sun screen and insect repellent), your camera and charger, a small towel, a head torch, a water bottle, books and personal snacks, etc.

We will have a safety talk with our safari guides and then on to a day drive within Tarangire National Park followed by a treetop walkway in the afternoon. You should have many opportunities for photographs so remember your cameras!

Once we make it into our camp site we will have our evening meal before the opportunity for a night game drive to Lake Manyara.

About Tarangire National Park:

Tarangire National Park is named after the river which winds its way through this park. Surrounded by the Serengeti and the Ngorongoro Crater this park is sometimes unfairly forgotten. Tarangire is Tanzania's sixth largest National Park and is most famous for its herds of elephants which migrate in large numbers, sometimes up to 3000! It also has baobab trees rising into the heavens and vistas that will make you know you are having a true safari experience.

Day 9 to 10: Ngorongoro Crater, Serengeti National Park, Lake Manyara National Park (Thu 16 Jan to Fri 17 Jan)

This morning we will make our way down into the plains of the Serengeti. We will take an evening game drive around the savanna before heading to our campsite - the area is one of the world's premier spots for wildlife viewing and we hope to be able to find elephants, lions, leopards, giraffe and other big game during our time here!

Tonight we will stay at a campsite within the Serengeti National Park. The camp where we stay is very basic (with showers and flush toilets, but no other facilities) but is located right in the middle of the plains, surrounded by animals and their nocturnal noises! Your leader will outline the basic safety rules to be followed when camping in an unfenced location where wild animals are present.

The next morning we will get up very early and we set off in our jeeps for an early morning game drive in the heart of the Serengeti plains. The early morning is the best time of day for wildlife viewing, as many of the animals are at their most active while it is still cool.

There is an option this morning to take a hot air balloon flight over the Serengeti instead of the game drive - demand is high for this activity, so this must be pre-booked at the time that you booked your trip with

us.

We will return to our campsite for lunch, and then aim to exit the Serengeti early afternoon. We will head back through the conservation area to our next campsite, on the rim of the Ngorongoro Crater, where we will arrive in the early evening.

Again, the campsite tonight is very basic and unfenced. It can often be quite cold on the crater rim so it is recommended that you take some warm clothes for this night.

Activity

Approximate Cost

Hot Air Balloon ride in the Serengeti (this must be pre booked through your sales consultant)

USD 650

Head on an unforgettable safari in 4x4s into the Serengeti, Tarangire and Ngorongoro Crater National Reserves - three of the world's most incredible areas for wildlife spotting

Included in Kitty

About Ngorongoro Crater:

The Ngorongoro Crater is a huge caldera - a volcano which collapsed in an immense explosion. It measures 19kms in diameter and 265km² in area. The stunning crater is one of the most spectacular sights in Africa, and is absolutely packed with wildlife.

On our trips we make the most of our safari in the crater, spending between four and five hours exploring the area at the base of the crater. There is an excellent chance of spotting many of the 'Big Five' (lions, buffaloes, rhinos, elephants and leopards), not to mention many other species.

About 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 hooved 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 from during the day. The Serengeti plains usually live up to every-one's expectations - the classic East African scenery of rolling grasslands dotted with Acacia trees and teeming with lions, leopards, elephants, giraffes, buffaloes, gazelles, impalas, cheetahs, warthogs, hyenas, vultures, hippos, zebras, wildebeest, and much more!

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. Please note that this must be pre-booked in advance through the Dragoman Sales team.

About Lake Manyara National Park:

As the name suggests a lake makes up a large proportion of Lake Manyara National Park. It is a soda ash lake which means it is extremely alkaline and harbours very unique biodiversity. The park is famous for the unusual tree climbing lions although its scenic beauty is the main draw. It has 11 types of ecosystems and a very high density of mammals such as zebra and wildebeest.

Day 11: Ngorongoro Crater, Arusha (Sat 18 Jan)

This morning we will have another early start to descend into the world-famous Ngorongoro Crater for a morning game drive. Again, the Ngorongoro Crater is an outstanding area for wildlife spotting, often described as a 'natural wildlife enclosure'. This is the best chance on the excursion to spot black rhinos as well as a myriad of other big game.

We will spend as long as our entry tickets allow in the Ngorongoro Crater before departing, which will usually give us about 3-4 hours of game driving. We will then be dropped off at our campsite back in Arusha, where we are re-united with our truck.

We will have a well-deserved free afternoon to relax at our excellent campsite or to do some of the optional activities on offer here.

Day 12: Amboseli National Park (Sun 19 Jan)

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

Today we will head to Amboseli National Park. Here you can experience the iconic view of the African plain with Mount Kilimanjaro standing majestically in the background. We will drive through the park in our truck keeping a keen eye out for all of the animals we will pass.

Estimated Drive Time - 4-5 hours.

About Amboseli National Park:

Amboseli National Park is one of Kenya's smallest National Parks and is close to the border of Tanzania. It has the tallest free standing mountain in the world, Kilimanjaro, towering over it. This makes for some incredible photographic opportunities. Amboseli (meaning 'white dust' in Swahili) is renowned for its large herds of big-tusked elephants, dusty plains and swampland.

Day 13: Nairobi (Mon 20 Jan)

Welcome to Nairobi, the final stop on our trip!

You will have time to explore Nairobi fully - possible activities include visiting the Karen Blixen Museum, the National Museum and the Langata Giraffe Centre. Your tour leader will let you know some of our recommendations however you are more than welcome to move through the city independently for the day!

About Nairobi:

Nairobi is a lively city with a cosmopolitan atmosphere. The Kenyan capital takes its name from the Maasai meaning 'Place of Cool Waters'. Today it is a busy, bustling place that comes alive through its many markets, shops, bars and restaurants, not to mention its 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 giraffes and help to feed them at the Langata Giraffe Centre.

Day 14: Nairobi (Tue 21 Jan)

Border Information: If joining the trip in Nairobi, you will most likely enter Kenya at Nairobi Jomo Kenyatta International Airport (IATA code: NBO).

Welcome to Kenya! There will be a group meeting at the joining hotel at 6:00pm. Please do not be alarmed if there is no welcome note, as this will often be a travelling day for the crew who will be joining you.

Please note that many of the options listed below will only be possible for those with extra time in Nairobi before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Nairobi.

Hotel for the night: Wildebeest Eco Camp

Wildebeest Eco Camp

151 Mokoyeti Road West

Karen

Nairobi

Kenya

+254 7347 70733

Activity

Approximate Cost

NNP Animal orphanage & Safari walk,
Nairobi

KES 500

Explore the museum at the site of the
former home of Karen Blixen, the author of
'Out of Africa'

KES 1200

Visit the Langata Giraffe Centre in Nairobi

KES 1000

Learn all about the different tribal groups of
Kenya at the Bomas of Kenya cultural
centre in Nairobi

USD 40

Discover some of Kenya's ancient hominids
at the National Museum in Nairobi

KES 1200

Day 15: Kericho (Wed 22 Jan)

This morning we will drive on to Kericho, throughout this drive you will have sights of the world famous tea plantations in the area.

In Kericho we will stay at a well equipped campsite.

Estimated Drive Time - 5-6 hours.

Activity	Approximate Cost
Tour of a tea plantation in Kericho	KES 200

About Kericho:

Kericho is one of the larger towns in the western highlands of Kenya. Its location in the highlands of the Rift Valley next to the Mau forest gives it a warm and temperate climate, that makes it perfect for agriculture and specifically the cultivation of tea.

Day 16 to 17: Jinja (Thu 23 Jan to Fri 24 Jan)

Border Information: Exit Kenya at Busia, enter Uganda at Busia.

Today we have a full day's drive across the border into Uganda as we travel to Jinja, the adventure capital of East Africa!

Estimated Drive Time - 9-10 hours.

On the following day we will have a free day to get involved in the many optional adventure activities available here, such as white water rafting, bungee jumping and boat trips on the White Nile!

In Jinja we will stay at a well equipped campsite.

Activity	Approximate Cost
Full Day rafting, Jinja	USD 125
Go bungee jumping above the Nile at our campsite in Jinja	USD 115
Go on a boat trip to discover the source of the Nile where the river outflows from Lake Victoria	USD 15
Adventure activity combo day of rafting, jet boating and bungee jumping	USD 250
2 nights in Jinja camping next to the swirling currents of the mighty White Nile	USD 75
Head out for a full day of quad biking at the Bujagali Falls near Jinja	USD 160
Head out horse riding along the banks of	USD 75

the White Nile

About 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-conscious traveller. The area is beautiful and is located at the source of the White Nile as it leaves Lake Victoria. The most popular activity here is the spectacular and hair-raising white-water rafting trip down the Nile. Our base in Jinja is perched spectacularly on a cliff-top 30 metres above the swirling currents of the river!

Day 18: Nakitoma (Sat 25 Jan)

Today we continue our journey and head north to the Ziwa Rhino Sanctuary close to the town of Nakitoma. Here we will have the chance to track rhinos on foot with a local ranger!

In Nakitoma we will stay in a well equipped campsite within the Rhino Sanctuary.

Estimated Drive Time - 6-7 hours.

Activity

Approximate Cost

Rhino tracking at the Ziwa Rhino Sanctuary	USD 40
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About Nakitoma:

The Ziwa Rhino Sanctuary near Nakitoma was created to reintroduce the rhinoceros to Uganda, which had previously been extinct there since 1982. The 70 square-kilometre sanctuary in pristine bush country is currently home to the only wild rhinos in Uganda. The sanctuary's 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 can take to the opportunity to go out with the guide by vehicle and then approach the rhinos up close on foot. This is a fantastic 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!

Day 19: Kaniyo Pabidi (Sun 26 Jan)

Today we continue to Kaniyo Pabidi in the Budongo Forest, in the southern part of the Murchison Falls National Park. Here we will head out for our included chimpanzee tracking walk in the afternoon!

Please note that for conservation reasons the maximum group size to track the chimpanzees is 12 people, so if we have a large group we will

split in half, one half going on the walk this afternoon and the other half going tomorrow morning.

In Kaniyo Pabidi we will stay in basic dorm rooms in a small lodge in the Budongo Forest.

Estimated Drive Time - 2-3 hours.

Activity

Approximate Cost

Trek on foot in the Budongo Forest in search of habituated chimpanzees

Included in Kitty

About Kaniyo Pabidi:

Kaniyo Pabidi is an eco-tourism site within the Budongo Forest Reserve in the southern section of Murchison Falls National Park. The terrain of the Budongo Forest is flat, allowing for good on-foot travelling conditions for the average tourist to trek out to try and spot the resident chimpanzees.

Our basic lodge is located on the edge of the chimpanzees' home range, significantly diminishing the risk of a long trek 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. There is an extensive (115km in total) and well-maintained trail system that further facilitates visitor accessibility.

Day 20 to 21: Murchison Falls National Park (Mon 27 Jan to Tue 28 Jan)

If we had to split the group for chimpanzee tracking, the other half of the group will head out for the walk this morning. When we are ready to continue, we will drive to the central region of Murchison Falls National Park to reach our campsite.

Estimated Drive Time - 2-3 hours (to the campsite).

On the next day, we will head out early in the truck for a included morning of game driving around the northern area of the National Park - we will take a local vehicle barge to get over the Nile and pick up a ranger to show us around in search of wildlife!

We will return to our campsite for lunch, and then embark on an included launch cruise on the Nile to spot wildlife from the water and to see the spectacularly-powerful Murchison Falls.

In Murchison Falls National Park we will stay in a well equipped campsite at Paraa on the southern banks of the River Nile in the heart of the park.

Please note that the roads leading into and around Murchison Falls are very poor and can be hazardous in wet conditions. If there has been heavy rain recently, it may not be possible to go into the National Park beyond Kaniyo Pabidi - this is firstly for safety reasons on the drive in,

and secondly due to the risk of extreme bogging that could cause us to miss the gorilla treks further along in our trip. We will always endeavour to reach the National Park as per the itinerary; but when this is occasionally not possible, please respect the tour leader's decision in this matter. On these occasions we will be able to utilise this time with spending longer in Lake Bunyonyi.

Activity

Approximate Cost

Launch cruise on the River Nile to the mighty Murchison Falls

Included in Kitty

Head out game driving in our overland truck in Murchison Falls National Park

Included in Kitty

About Murchison Falls National Park:

Murchison Falls National Park is Uganda's largest reserve and is bisected by the mighty White Nile river. It is named after the dramatic Murchison Falls - 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. The falls are often described as the most dramatic thing to occur along the entire length of the Nile, and are best seen from a boat cruise along the river!

Wildlife populations have largely recovered from the poaching of the 1980s - in the lush grassland to the north of the Nile, elephants, buffaloes, giraffes and a variety of antelope are regularly encountered on game drives, while lions are seen with increasing frequency. The Nile itself hosts one of Africa's densest hippo and crocodile populations, and an incredible variety of waterbirds.

Day 22: Mpanga Forest (Wed 29 Jan)

This morning we will make our way out of the national park and head South to Mpanga Forest via Kampala. This is a chance to experience a new environment as we camp in the forest near traditional communities. We will hopefully be able to visit the Mpambire drum making village to experience their ancient traditions and culture.

Estimated Drive Time - 9-10 hours.

About Mpanga Forest:

Mpanga Forest is a small yet stunning forest which has been protected as a research site since 1953. It has tracks throughout that observers can use to witness the varied bird population as well as a selection of small mammals. There are over 300 species of bird as well as a multitude of butterflies, moths and shrubs. The area is also very well known for the large size of the trees within the forest.

The most common tree in the forest is the Celtis, a large hardwood tree. This is the most dominant as the soft wood trees are often used to make traditional drums by the surrounding communities. The drum making tradition has been part of African heritage since time immemorial to communicate and celebrate.

Day 23 to 24: Queen Elizabeth National Park (Thu 30 Jan to Fri 31 Jan)

This morning we travel to the Queen Elizabeth National Park, beautifully set between the Great Rift Valley lakes of Lake Edward and Lake George, undertaking a game drive on our way to the campsite.

After lunch we will take an included 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.

The next morning we are up early to go on a full day game drive making our way into the depths of the park. We will experience areas of the National Park that are impossible to reach without a full days excursion!

In Queen Elizabeth National Park we will camp at a basic campsite with drop toilets inside the park. Your leader will explain the basic safety aspects of camping in an unfenced area amongst the wildlife upon arrival.

Estimated Drive Time - 8-10 hours.

About Queen Elizabeth National Park:

The magnificent Queen Elizabeth National Park lies across the Equator in the southwest of Uganda, bordering the Rift Valley lakes of Edward and George. The animals that make their home here include many hippos, tree-climbing lions, elephants, buffaloes, Ugandan kob, waterbuck, bushbuck and topi.

Uganda's wildlife took a terrible hammering from poaching and war after the military coup of the 1970s and beyond, but in recent decades 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 poached.

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 also take a boat cruise along the Kazinga Channel between the park's two lakes, which is well-known for pelicans, eagles and other wonderful birdlife as well as its healthy population of hippos.

Day 25 to 26: Bwindi (Sat 01 Feb to Sun 02 Feb)

Here we will go on what is undoubtedly the highlight of the trip - trekking to see the Mountain Gorillas in their natural forest habitat.

This region is one of the last remaining sanctuaries for the mountain gorilla. No more than 8 people 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; however, the sheer thrill of 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 at least 4 hours - uphill and downhill. 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! Once you find them, you will stay with the gorillas for one unforgettable hour!

When visiting the gorillas you will be assigned a trekking group and time on your permit. The group may be split up into different trekking groups during the day.

In Bwindi we will stay in a campsite that occasionally has some very special visitors, the incredible mountain gorillas!

Please note that the gorilla permits are paid for in full by the trip kitty - however, we have to purchase the permits in advance on the customers' behalf, so a higher deposit is charged on the trip price to protect us from losing this money in the event of cancellation - please see the notes at the end for further detail.

Activity

Approximate Cost

Trek out for this once in a lifetime experience - Gorilla Tracking with the endangered Mountain Gorillas in the Impenetrable Forest

Included in Kitty

About Bwindi:

Bwindi Impenetrable National Park lies in southwestern Uganda. It is covered by one of Uganda's oldest and most varied rainforests, which is thought to be over 25,000 years old. Its most renowned feature is the protected mountain gorillas of which there are an estimated 320. This is approximately half of the world's population. There are several habituated groups, which can be tracked.

Day 27: Lake Mburo National Park, Lake Mburo

(Mon 03 Feb)

This morning we will make our way into the stunning Lake Mburo National Park. This drive will take us across the equator - a prime moment for some photos!

In the afternoon we may have time for a walking safari or even a boat trip on Lake Mburo.

We will stay in an incredible campsite close to the lake where you may

be lucky enough to see hippos leaving the water in the evening.

Estimated Drive Time - 8-9 hours.

Activity

Approximate Cost

Walking safari in Lake Mbuoro National Park USD 30

About Lake Mbuoro National Park:

Lake Mbuoro 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 Mbuoro 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.

About Lake Mbuoro:

Lake Mbuoro National Park is 158 square miles in which there are 68 mammal species. The Park has areas of wetlands, grasslands, forest and more as well as Zebra which are only found in this area of Southern Uganda.

Day 28 to 29: Jinja, Nakuru National Park (Tue 04 Feb to Wed 05 Feb)

Border Information: Exit Uganda at Malaba, enter Kenya at Malaba.

Over the next 2 days we will travel back to the east through Jinja to Nakuru.

We will most likely split the drive with a nightstop in Jinja, but if the road conditions improve on a different road then we may go via the western town of Fort Portal instead. Both Jinja and Fort Portal have decent campsites to stay in.

Either way, we will reach Nakuru by the second evening and enjoy a night relaxing at a campsite that we are staying in for 2 nights.

This is our base for tomorrow's excursion into Nakuru National Park. If we make good time on the drive we may have the opportunity to take a walk around the working dairy farm where our campsite is, and to visit a local women's knitting collective.

Estimated Drive Times - 7-9 hours each day.

About 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. However, 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 30: Nakuru National Park (Thu 06 Feb)

This morning we head into Nakuru National Park for an included half-day game drive in local safari trucks. Nakuru is a beautiful park with a large lake and many forested areas - it is teeming with wildlife and there is an excellent chance to see both black and white rhinos.

In the afternoon we will have the opportunity to take a walk around the working dairy farm where our campsite is, and to visit a local women's knitting collective.

In Nakuru we will stay at a beautiful and well equipped campsite located on a dairy farm on the outskirts of town.

Activity

Approximate Cost

Walk to explore a colonial dairy farm and visit a local women's knitting collective

USD 5

Day 31 to 32: Maasai Mara National Reserve (Fri 07 Feb to Sat 08 Feb)

Today we will be met by our 6-person 4x4 jeeps that will take us on our 2-night excursion to the Maasai Mara. We will load the jeeps with our

personal gear (but we will not need our camping equipment) and then head off to Maasai Mara, leaving our truck behind.

We will also be leaving our large bags behind (where they will be stored in a secure location in Nairobi), and advise you to bring along a smaller daypack for your personal gear for this trip that will need to be packed soon after the group meeting before we set off. You should pack clothing for 3 days (including a warm jumper or fleece and long trousers), a waterproof jacket, toiletries (including sun screen and insect repellent), your camera and charger, a small towel, a head torch, a water bottle, books and personal snacks, etc.

On arrival, we will have the chance for a short evening game drive in the Maasai Mara National Park before heading to our campsite. The Maasai Mara is an incredibly scenic area and is one of the world's greatest places for wildlife spotting which is absolutely teeming with giraffe, buffalo, zebra, elephants, lions, cheetah, leopards, and other big game! On both nights at the Maasai Mara, we will stay in a basic campground on the outskirts of the National Park. The campsite has set-tents and bedding, but is self-catered (we will use our kitchen equipment brought from the truck).

The following day we will go out for the full day game driving in the National Park before returning to our campsite for a second night. There is also the opportunity for a sunset balloon flight over the savannah - demand for this activity is very high so you must reserve this at the time of booking your trip to avoid disappointment. Tonight we will stay at the same campsite on the outskirts of the Maasai Mara.

Activity

Approximate Cost

Head out on a phenomenal safari in 4x4s into the Maasai Mara - one of the best areas in Africa for wildlife and scenery

Included in Kitty

Take a hot air balloon flight to see the sunrise over the incredible scenery of the Maasai Mara (alternative to the scheduled game drive). This must be pre-booked through your sales consultant.

USD 550

About Maasai Mara National Reserve:

The Maasai Mara National Reserve is a vast savanna in southern Kenya, and one of the greatest places in the world to spot East African wildlife in its natural habitat! The area has a phenomenal abundance of wildlife and huge populations of lions, leopards, cheetahs, elephants, giraffes, zebra, antelopes, gazelles, wildebeest, hippos, crocodiles, buffalo, and many more. As well as being teeming with wildlife, the sheer beauty of the region is equally breathtaking - the rolling hills, scrub, savanna, and trees create a stunning backdrop and atmosphere.

Affectionately known as 'The Mara', a visit to the area including some game drives (and possibly an awe-inspiring sunrise balloon flight!) is one of the major highlights of Africa and an unforgettable travel experience.

Day 33: Nairobi (Sun 09 Feb)

Today we will have a final game drive in the Maasai Mara in the early morning, before heading back to Nairobi and our campsite in Karen, arriving at about 4:00pm or 5:00pm. This is where we will meet our overland truck and start using the truck's camping equipment. In Nairobi we will stay in a well equipped campsite in the suburb of Karen on the outskirts of the city.

Estimated Drive Time - 5-6 hours.

Activity	Approximate Cost
NNP Animal orphanage & Safari walk, Nairobi	KES 500
Explore the museum at the site of the former home of Karen Blixen, the author of 'Out of Africa'	KES 1200
Visit the Langata Giraffe Centre in Nairobi	KES 1000
Learn all about the different tribal groups of Kenya at the Bomas of Kenya cultural centre in Nairobi	USD 40
Discover some of Kenya's ancient hominids at the National Museum in Nairobi	KES 1200

Day 34: Nairobi (Mon 10 Feb)

Border Information: if you are leaving the trip in Nairobi, you will most likely exit Kenya at Nairobi Jomo Kenyatta International Airport (IATA code: NBO).

Today is this is the final day of this section - if you are leaving here (or continuing northbound with us to Ethiopia) you will have a free day in Nairobi. If you are continuing your trip with us southbound towards Tanzania then there will a new group meeting at 10:00am for the next section of your journey, before heading away from Nairobi - your leader will give you detailed instructions about this.

Today is the end day for passengers finishing their trip in Nairobi. Please note there is no accommodation included on the trip tonight - please contact the Sales Team if you are interested in booking extra nights of accommodation in order to fully explore and take part in some of the optional activities listed below.

Activity	Approximate Cost
NNP Animal orphanage & Safari walk, Nairobi	KES 500
Explore the museum at the site of the former home of Karen Blixen, the author of 'Out of Africa'	KES 1200
Visit the Langata Giraffe Centre in Nairobi	KES 1000
Learn all about the different tribal groups of Kenya at the Bomas of Kenya cultural centre in Nairobi	USD 40
Discover some of Kenya's ancient hominids at the National Museum in Nairobi	KES 1200

IMPORTANT NOTES

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

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

We update these notes regularly, so please ensure you have an up-to-date version of these trip notes.

We intend to follow the planned route but exact night stops and inclusions cannot be guaranteed. It sometimes happens that we decide to make a change to our 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, which often have poor infrastructure. You should expect that some of these areas do not adhere to 'Western' safety standards.

ALTITUDE WARNING

Warning - this trip goes above 2800m.

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 refer to 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.

Some Travel Insurance companies will stipulate a maximum altitude limit. Please ensure that you are covered and if necessary pay the additional premium of extended cover.

GORILLA TREK NOTE

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

1. Passport details at the time of booking
2. A non refundable trip deposit payment of GBP650 at the time of booking (higher than our usual trip deposit)

Please be aware that we cannot confirm your place on a gorilla trip without your passport details. Please also note that the cost of the permit is still covered entirely by the kitty as is normal for a cost of this type. The deposit mentioned is simply a higher trip deposit to protect Dragoman against cancellations, as we have to pay for the permits in full in advance and our tour leaders collect this amount back from the kitty.

The likelihood of seeing gorillas is virtually guaranteed; however, they are wild animals so we can never say that the chance is 100%.

EXPLORATORY TRIP WARNING - THIS IS A NEW TRIP FOR US!

Please note that all or part of this trip is a brand new itinerary, and could be going through completely new areas for Dragoman. This is what we call a New or Exploratory trip, and it means that all the passengers on these trips for the first season are the route's pioneers!

However, while we have thoroughly researched all aspects of this new route and put the itinerary together with the best of intentions, please note that your crew will be finding a lot of information out for us on the ground, will be playing a lot of things by ear, and may alter the itinerary slightly in places where it becomes necessary. Most trips will have slight or significant changes made to them after this first season, and frankly we would be very surprised if an Exploratory trip was to run perfectly to the published itinerary. Usually we find that this is rarely a problem but rather an exciting feature, that there are much more pleasant surprises in store than unpleasant ones, and these Exploratory trips are a fantastic opportunity to shape the trip as a group.

However, the warning is sincere and these trips must be viewed as Exploratory - if this concerns you or you would rather stick to a tried-and-tested itinerary, then we recommend that you wait a year or two until we have this itinerary perfected following operating it many times, or of course to consider one of the more established trips in our extensive portfolio.

PHYSICAL PREPARATION

PHYSICAL PREPARATION FOR EASTERN AND SOUTHERN AFRICA

Travelling in Eastern and Southern Africa or Middle East can be demanding - long, rough travel days, dusty conditions and basic campsites all provide a challenge. It can be very hot in places, but also can be surprisingly cold at night so please make sure you are prepared! There will be many early starts in Africa, especially on mornings where we head out on wildlife spotting trips.

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.

We will be travelling to areas in remote locations where medical assistance will not be available. If you have a medical condition such as a heart condition that would put you at risk, we would suggest that this is not the trip for you. Also, please be aware that should an emergency occur, there is likely to be a considerable delay in accessing medical care, and by joining our trip you accept this risk.

VISA INFORMATION

Many countries that we visit on our travels will require visas to enter. 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 read the information very carefully to make sure everything is clear and you aware of what you need to do. Please also be aware that rules surrounding visas do change, often suddenly, and without prior warning. This is why it is important that you also double-check the information we provide for yourself.

For visas that are needed in advance, you may wish to submit the applications directly to the relevant embassy or consulate. If you require any supporting documentation for your visa applications, Dragoman will obtain this on your behalf as part of your trip price - we will contact you to request additional information in order to make this application for you.

However, for trips that involve multiple visas, you may find it beneficial to use a specialist visa agency to assist you with your applications. While this does sometimes increase the cost, it usually makes the process much easier for you.

As you will often 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.

Most countries require that your passport is valid for at least 6 months after your entry into the country.

For trips that are not yet guaranteed, you may find yourself in the position whereby you will need to start the visa application process prior to your trip being guaranteed - in this situation we still advise you **not** to purchase flights until your trip is guaranteed. However, you **can** start your visa application process, ensuring that when applying for your visas or letters of invitation that you allow several days before and after your entry into the country to allow for delays, availability of flights, etc.

KENYA

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries **will** need a visa to enter Kenya as a tourist for up to 90 days. Citizens of other countries should check with the relevant consulates as to whether a visa is required.

Tourists of all nationalities can obtain a visa in advance at any High Commission. Another option is to apply for an **e-visa**, this will need to be applied for at least 7 days **in advance** of arrival into Kenya - please go to www.ecitizen.go.ke to set up an account and apply; it may take up to 7 days to be approved, then they will send a visa approval confirmation to your email address which you must print out to present at the border. At the time of writing (2015), the cost of a single-entry visa is USD51, EUR40 or GBP30 for all nationalities.

You are allowed to exit and then re-enter Kenya with just a single-entry visa, provided your travel in between visits to Kenya is only within Tanzania and Uganda. If you have been to any further countries during this time, then this single-entry visa will no longer be valid, and you will have to purchase a new visa or e-visa to re-enter Kenya.

A valid yellow fever vaccination certificate is required from travellers coming from [areas with risk of yellow fever transmission](#).

UGANDA

Citizens of the UK, Australia, New Zealand, USA, Canada and most EU countries **will** need a visa to enter Uganda. It is possible to apply for an e-visa just to enter Uganda as a tourist for up to 90 days. This must be done **in advance** at the following website - <https://visas.immigration.go.ug>. At the time of writing (2016), the cost of a single-entry visa is USD50 for all nationalities.

A valid yellow fever vaccination certificate is required from travellers coming from [areas with risk of yellow fever transmission](#).

TANZANIA

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and most EU countries **will** need a visa to enter Tanzania as a tourist for up to 90 days. Citizens of Romania **will not** need a visa to enter Tanzania.

The easiest way to get a visa is to obtain it **on arrival**. This is available for almost all nationalities at all land borders and airports into Tanzania. At the time of writing (2015), the cost of a single-entry visa is USD50 for most nationalities and USD100 for USA passport holders - this must be paid in USD cash.

Citizens of other countries should check with the relevant consulates as to whether a visa is required, and whether it will be necessary to obtain it in advance (this is only necessary for a small number of nationalities).

Travelling to and from Zanzibar is still within Tanzania, so does not affect the validity of your Tanzanian visa. However, you will still need to stamp your passport in and out of Zanzibar.

You are allowed to exit and then re-enter Tanzania with just a single-entry visa, provided your travel in between visits to Tanzania is only within Kenya and Uganda. If you have been to any further countries during this time, then this single-entry visa will no longer be valid, and you will have to purchase a new visa to re-enter Tanzania.

A valid yellow fever vaccination certificate is required from travellers coming from [areas with risk of yellow fever transmission](#) (including transiting through an airport in an area of risk). You will almost certainly be asked to show your yellow fever vaccination certificate when arriving to Zanzibar as well.

PERSONAL SPENDING

PERSONAL SPENDING - AFRICA

Based on the range that previous travellers have spent on our trips in all of Africa, we recommend you allow between USD10 and USD20 per day.

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

EASTERN AND SOUTHERN AFRICA CURRENCIES AND 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 and 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 **no more than 8 years old**. You should not take worn or damaged notes, or any that have been written on. Please bring the majority of the money you intend to change in large denominations (USD/EUR100 and 50 bills) as the exchange rate is often significantly worse if you try to change smaller bills; however, it is also a good idea to have some smaller bills as well, as in more remote areas it can be hard to change amounts over USD50.

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 most ATMs only take Visa cards NOT Mastercard. Please also do not plan to take out large amounts of USD from the ATMs in Zimbabwe for use on the rest of the trip - the cash in Zimbabwe is often old, dirty and falling apart and will not be accepted anywhere else in the world.

Please note that due to a shortage of money in banks and ATMs in Zimbabwe, many ATMs are running dry of cash and some local banks are putting restrictions on international cards being used. It is also illegal to exit Zimbabwe with more than **USD1000** per person, so please make sure that you do not bring a greater amount than this out of Zimbabwe.

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.

Zambian Kwacha - please note that the currency of Zambia (the Kwacha, old code ZMK, new code ZMW) was re-based in 2013, and the old notes are no longer accepted. Please be careful that you only accept notes of the new currency (2013 and later) when exchanging money as some money changers have been known to offload old currency onto travellers. The new currency comes in denominations of ZMW2, 5, 10, 20, 50 and 100 - any notes such as ZMK5000 are the old currency, do not accept them!

WHAT ELSE YOU NEED TO KNOW

Overland Lifestyle and Trip Suitability

Dragoman was founded in 1981, and has had many years of experience of leading overland trips across 4 continents. Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of Dragoman's purpose-built iconic expedition vehicles on an off the beaten track adventure along rugged roads, experiencing the sights, sounds and smells of the world up-close. Your journey will be overland, sometimes across vast distances, so some long days spent driving are inevitable - but these will be interspersed with breaks of a day or two at a destination or activity. On an overland journey, you are more than just a passenger and everyone gets involved setting up camp - we supply the tent but it's up to you to pitch it! As part of your trip, you will be assigned a truck job which could be collecting firewood or water, luggage loading, organising food, stores, etc.

Like all great adventures, the more you put in the more you'll get out!

We are looking forward to welcoming you on one of our overland journeys, but before we do there are a few things we would like to draw to your attention.

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Who Travels with Dragoman?

Our groups are made up of people from around the world, and are always an interesting mix of nationalities and ages. On average there is a pretty even split between 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 (or 7 on our Family Trips), as long as you are fit, healthy and passionate about travel, we are happy to take you, whatever your age is. One of the wonderful aspects of group travel is the camaraderie and friendships that are formed along

the way, and the variety of people that you will meet.

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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 Cuzco and during the Inca Treks. This means a group starting a trip in Cuzco will embark on the Inca Trail at the same time as a group finishing in or travelling through Cuzco. In practical terms this means there could be more than 22 group members in Cuzco and on the Inca Trail at the same time.

Please note that there is also 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 a group starting their trip there. In practical terms this means there could be more than 22 group members in Zanzibar at the same time.

Please also note that on some departures there may be more than one truck doing the same route. This means that you will be in the same hotel or campsite as another Dragoman group on some days. To ensure that you are not always at the same place at the same time as another group, your itinerary will most likely be slightly altered from the itinerary advertised in these trip notes.

Our Crew and Guides

Our crew are passionate about travel and are always up for adventure. It takes someone special to become a Dragoman leader. Our crew undergo the most intensive training program of all the overland companies, spending 8 weeks learning the ropes at our base in Suffolk, UK, and then up to 6 months on the road as a trainee. Our crew are trained to manage and operate the trip safely and efficiently and their duties include: planning the trip according to the itinerary, driving and maintaining the truck, securing services of local guides, general logistics, health and safety, liaising with bureaucracy, dealing with issues where needed and offering advice and support to our customers. In addition they have a basic knowledge of the places visited and will be able to offer suggestions of things to do and see. Dragoman endeavours to provide the services of experienced crew, however, due to the seasonality of travel, situations may arise where your tour leader is new to a particular region or training other crew, new to the area.

On all Dragoman overlanding trips, we usually have 2 western crew but please be aware that there may be times when one crew member has to leave the trip due to unforeseen circumstances such as visa issues, illness of a group member, etc. On some of our trips we have 1 western crew and 1 local driver instead of 2 western crew. On trips south of Nairobi 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.

On the majority of our trips in Ethiopia, Sudan, Central Asia, China and South East Asia, in addition to our crew we will have a local guide on board who will travel with us for the entire duration of our time within one country. In these cases, the local guide becomes a third crew member and is able to offer their local knowledge as well as an insight into their country and the lives of the local people.

In most other areas of Africa, the Americas, India and Turkey, in addition to our crew we will employ local guides in specific locations of interest (for just a few hours up to a few days).

Your crew have a duty of care to all members of the group and therefore they have the authority to ask you to leave the trip if you require serious medical assistance, you 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.

Accommodation on Tour

Dragoman's overland trips are designed for shared accommodation, whether camping or staying in hotels or hostels, and therefore do not involve a single supplement. Whilst our crew will do their

best to accommodate couples travelling together in twin rooms, all our travellers should expect to stay in multi-share accommodation when staying in hostels, gers or yurts.

The type, variety and standard of accommodation will vary greatly depending on what options are available at the time; hotels can vary from very basic rooms without electricity or running water to high standard hotels with good facilities! Generally in hotels most rooms will be single sex, twin-share, but in South America many rooms are triple/quad-share. Hostels, gers and yurts are nearly always multi-share and may be mixed sex.

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 camp away from the tourist crowds. Occasionally on some of our trips we are able to stay in villages or local homestays allowing us to get close to the indigenous population and ensuring that our money stays within the local community.

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The Kitty

In addition to the trip price on our overlanding trips, you will also be required to pay a kitty specified for your trip (please note that there is no kitty on our Family Trips). The kitty is payable in installments at the start of each section of the trip for combination trips, and in full at the start of the trip for individual trips. Each customer joining a trip pays their kitty into a central fund. The fund is managed by the Dragoman crew and the kitty accounts can be viewed by all throughout the trip.

The kitty covers all things that the whole group does, such as:

- Hotel accommodation and campsite fees
- Meals whilst camping (not whilst staying in hotels)
- Activities listed as included (e.g. National Park or historical site entrances, excursions, etc.)

The kitty system is unique to overlanding and allows us to have flexibility and transparency on our trips. You can see exactly how your money is being spent and ensure that you are getting the best value by buying locally. It also helps to keep the costs competitive and save on administration costs so that we can pass the saving on to you. Dragoman makes NO PROFIT on kitties, as they are the group's fund. If there is money left in the kitty at the end of your trip, then this is divided between the group and you receive a refund.

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. We constantly update the kitty prices on our website and the kitty advertised in the brochure is an estimate at the time of printing. Prices can go up or down with no notice, and exchange rate fluctuations will affect costs.

The kitty is payable in full at the start of your trip (in instalments at the start of each individual trip on combination trips). Alternatively you can pay in advance via a bank transfer 3-4 weeks before the start of your trip - please see http://www.dragoman.com/files/Kitty_doc_v10.pdf for more details - this information sheet will also be sent in your booking confirmation upon booking a trip and can be found on www.dragoman.com/overlanding/planning-your-trip/money. Please also note that prepayment is not available for our trips to West Africa, Iran, Tajikistan and any trip in Africa north of Nairobi.

If you are bringing the kitty out in cash, please ensure your USD notes (EUR notes if your trip goes through West Africa) are clean and undamaged and **no more than 8 years old**. If needed, your tour leader will be able to accept some of the kitty in local currency, and they will let you know the exchange rate locally. In most destinations you can withdraw local currencies from ATM machines, using either a cash passport or a credit/debit card. However, please bear in mind that most cards have a maximum withdrawal amount per day, local ATMs may run out of cash, and your bank could block the card despite you warning them of your travel plans, so it could be impractical to try to get the entire kitty out from an ATM.

We cannot accept traveller's cheques on our trips.

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Meals and Group Participation

On an overland journey you are more than just an individual passenger - you're part of the team. You are expected to pitch in to set up camp, shop for food, cook and generally help out. As part of your trip you will be assigned a truck job which could be collecting water and firewood, sweeping out the truck, loading the back locker, etc. While camping on overland journeys, the meals are included in the kitty. This means that you will have to work together to cook for everyone in your group. You will be divided into smaller units of 3-4 people and take it in turns to cook for the whole group according to a rota system. When it is your group's turn to cook you will have to plan the meal, shop for the ingredients in local markets or supermarkets and then prepare the meal for the whole group. The secret to cooking for 20+ people using a basic camping kitchen is to keep it simple! (On trips south of Nairobi we have a cook on board the truck; however you will still be required to help them to prepare meals).

An example of a typical camp breakfast might be toast with spreads, fruit and cereal as well as tea and coffee. When time allows it will also be possible to serve something hot such as eggs or pancakes. Lunch is almost always a sandwich heaped high with healthy salad and assorted fillings, with fruit to follow. Dinner might be a BBQ, risotto or 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.

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Dietary Requirements

If you have any dietary requirements please tell us at the time of booking and tell your crew at your welcome meeting. Our crew will try to cater for any particular dietary requirement or food intolerance whenever possible. However, it must be remembered that it may not always be possible and the variety of dishes may be severely limited in comparison to those available to others. If there is anything in particular you require in your diet, that you would miss from home, or because of an allergy would miss out on, it would be best to bring this with you. Depending on your particular requirements, you may need to allow yourself some extra spending money to allow you to purchase extra food items.

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Itineraries

Our itineraries are developed and published with the best of intentions, however travel in more remote areas of the world is unpredictable - borders can close, there can be extreme adverse weather, strikes or maybe mechanical issues that affect the running of your trip, but equally due to the nature of our trips we can often spontaneously include a local festival or event into the itinerary. This being said, the safety of our passengers, leaders and operators is a priority for us. 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. We make operational decisions based on informed advice from a number of sources, including the British Foreign and Commonwealth Office travel advice, reports from other travel companies and local suppliers, leaders' reports from off the road and local contacts we have built up over many years of experience.

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British Foreign Office Travel Advice and Warnings

Dragoman follows the British Foreign Office Travel advice when deciding where and where we are unable to travel. We will base our decisions on itineraries and alterations to published routes based on their advice rather than the advice of other governments. We will advise you of any significant changes in advice before travel or whilst you are overseas.

However, we recommend you check the latest travel advisories from your own government for the country you are travelling to before you book and prior to departure. If there are any travel warnings present for the region you will travel to, as well as considering whether you are happy to travel despite the warning you must also check to ensure that it is not invalidating your travel insurance. Here are a few useful addresses:

UK - www.gov.uk/foreign-travel-advice

Australia - <http://www.smartraveller.gov.au/>

New Zealand - <http://www.safetravel.govt.nz/>

United States - <https://travel.state.gov/content/passports/en/country.html>

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

We also recommend that you check out the UK Travel Aware website before you travel at <https://travelaware.campaign.gov.uk/>. This website offers straightforward travel advice, top tips, and up-to-date country information to help you plan a safe trip.

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Health

You need to be in good physical health in order to participate fully in our trips. When selecting your trip please make sure you have read through the itinerary carefully and assessed your ability to cope with our style of travel. To help you assess if this trip is suitable, please refer to the physical rating. The ratings for each trip are a good indication of how challenging they are and in some cases you should be prepared for some long driving days and possibly limited facilities. We are always happy to give extra advice if you have additional concerns. Please note that if, in the opinion of our leader, you are unable to complete the itinerary without undue risk to yourself and/or the rest of the group, Dragoman reserves the right to exclude you from all or part of the trip without a refund.

You should consult your doctor for up-to-date medical travel information prior to travel, particularly if you have a pre-existing medical condition. You must also declare any pre-existing medical conditions to your travel insurers upon purchase and provide evidence to us prior to departure that your pre-existing medical condition has been declared to your insurers. Failure to do so will mean that you are unable to join the trip.

Extreme Environments

There may be periods of time within your trip when you meet extreme conditions, such as extreme heat, extreme wind, extreme cold, extreme humidity, extreme altitude, extreme crowds etc. Whilst our crew will let you know at the time when you are likely to meet these conditions, please ensure that you have read through the trip notes carefully and researched the local weather conditions at the time and that you feel that you are fit enough to cope with these conditions. If you have any doubts at all, please contact us to discuss your concerns prior to booking, and when on trip, if you find that the local conditions are causing you concern at any time, please be sure to let your trip leader know so that appropriate precautions can be discussed.

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Altitude

Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude; please discuss these options with your doctor. For trips that travel to areas of high altitude, the tour leader will issue you with a self-assessment altitude questionnaire which allows you to monitor how you are coping with the altitude and informs you of danger signals so that you can report these as soon as possible, either to the tour leader or a medical professional.

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Yellow Fever

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

Malaria & other mosquito-borne diseases

There is a risk of contracting malaria in some areas which we travel through. If your trip goes to a areas with malaria it is always best to get expert advice before travelling about the types of malaria pills available, whether they are recommended, and take any that are prescribed as instructed. Consult your GP or travel clinic for the most up-to-date requirements.

Other mosquito-borne diseases such as yellow fever, dengue fever, chikungunya and Zika are continuing to spread and are becoming a bigger problem around the world. Mosquito bite prevention is vital to avoid contracting any of these diseases, as there are no vaccines or specific treatments available. Health professionals have issued warnings for pregnant women travelling to areas affected by the Zika virus. For more information about Zika please visit:

- WHO: www.who.int/en/news-room/fact-sheets/detail/zika-virus
- Center for Disease Control and Prevention: www.cdc.gov/zika

The Anopheles mosquitoes that transmit malaria usually bite between the hours of dusk and dawn, whereas the Aedes mosquitoes that transmit yellow fever, dengue fever, chikungunya and Zika bite both during the day and the night. To prevent being bitten, it is recommended to cover up by wearing long-legged and long-sleeved clothing, preferably light-coloured and buttoned at the wrists. Do not sleep without closing your windows, tent door, etc. and use a mosquito net in hotels or if sleeping outside where there are mosquitoes present. Use mosquito repellent applied directly to your skin or soaked into your clothing. Treating clothes and mosquito nets with a Permethrin solution also provides significant protection. It should be available at most travel stores. Mosquito coils are useful on still nights and in hotel rooms, but cannot be used inside the tents. For more advice on how to avoid bites please see: www.travelhealthpro.org.uk/factsheet/38/insect-and-tick-bite-avoidance

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Vaccinations

Recommended vaccinations and other health protections vary according to different regions and recent bulletins issued by health authorities. It is essential to get the latest specific health advice on the regions and countries you are planning to travel in, so please check with either your doctor or travel clinic in good time before you travel. The following websites are also a helpful resource:

www.nathnac.net and www.fitfortravel.nhs.uk

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. You will receive a 10% discount off all vaccinations given at Nomad Travel clinics.

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Safety & Security

At Dragoman your safety is of paramount importance and we will do our best to ensure that your travel with us is safe and trouble-free, but we do ask that you take that little bit of extra care whilst you are away and to understand about the nature of this style of travel.

Of course we want you to have an enjoyable time, but you must also remember that part of the enjoyment of travel is experiencing a different way of life and cultures. This may also mean experiencing different safety and hygiene standards than those you are normally used to.

Therefore, please take note of the following safety tips and follow any local safety advice or briefings delivered by our crew or any third-party suppliers we use during your trip.

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Transport Safety

- Our own vehicles have fully-fitted seat belts; make sure you always belt up.
- If you find a safety belt inoperable or missing on one of our vehicles, please inform the crew immediately.
- Unfortunately, we cannot guarantee that other vehicles we may use or recommend in some countries will be fitted with seat belts on every seat as it is not a legal requirement in much of the

world.

- Please remain seated on board vehicles at all times when the vehicle is in motion.
- Never place luggage in the aisles or foot wells.
- Ensure you know where your nearest Emergency exit is; this may be a designated emergency exit, a window, a door, or a roof hatch.
- Check the location of the fire extinguisher and first aid kit.
- Follow any safety instructions provided by the crew/driver.
- Our vehicles are fitted with roof seats which can be used in certain conditions, such as when driving at low speeds, off main tarmac roads, etc. The roof hatches can only be opened and the roof seats used with the express permission of the crew and you must never sit in the roof seats without seat belts.

Road Safety

- Traffic in some countries travels on the opposite side of the road to what you may be used to, so ensure you look both ways before crossing the road.
- In many countries vehicles do not automatically stop at crossings and driving styles may be very unpredictable, so please remain very vigilant when near roads and vehicles.
- Crash helmets are often not provided with mopeds and motorbikes overseas – we do not recommend you hire these vehicles.

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Fire & Other Safety - Hostels/Hotels/Homestays

- Ensure you know where your nearest fire exit is and check to ensure that it is operative.
- Check the location of the nearest fire extinguisher.
- Study the fire instructions in your room if available.
- Identify how to raise the alarm if a fire occurs.
- If a fire occurs, leave immediately; do not stop to collect your effects.
- Proceed to an assembly point well away from the building.
- Electrics in hotels in many of the places that we visit will not be up to the same standards as at home. Please ensure that you check rooms, especially bathrooms and are aware of any issues that look unsafe. If in doubt inform the crew who will endeavour to sort the situation out if possible.
- Staircases and stairwells are often built to a very different design than under western building standards. There may be no guard rails, be excessively steep, have dangerous gaps between the stairs and the wall, etc. At all times be aware and take appropriate and prudent care.
- We often stay in homestays and farmstays. These may range from a traditional yurt through to a tree house or a town house. As these are traditional homes, they may well not adhere to our western standards of safety and so it is important that you make yourself aware of potential risks.
- If in doubt please inform the crew of any safety issues with the hotels/hostels or homestays.

Fire Safety - Campsites

- Ensure you know where the nearest source of water or fire extinguisher is.
- Know how to raise the alarm.
- Extinguish all camping fires fully before retiring to bed.
- Observe any regulations regarding fires and bushfires in dry conditions.
- Identify how to raise the alarm if a fire occurs.
- If a fire occurs, leave immediately; do not stop to collect your effects.
- Proceed to an assembly point away from the tented accommodation/affected campsite.

Other Campsite Safety & Security

- Familiarise yourself with the campsite and any known hazards.
- Group the tents around our vehicle wherever possible.
- No open flames, smoking or flammable liquids in or near the tents.
- Ensure the cooking area is well away from the tents.

- Ensure all water for cooking and drinking is purified first.
- Ensure any soil toilets are a minimum of 50m away from the tents and the cooking area.
- All food waste should be burned or buried a minimum of 100m away from the site.
- Ensure local advice is followed concerning any wildlife in the area.
- Keep valuables locked in the vehicle.
- Be aware of any local security issues that might be important.
- Do not set out tents close to perimeter fences which may be a security risk.
- Be aware of the security arrangements and local guards for campsite and if in doubt ask them where and where not to pitch tents.
- If in doubt please inform the crew of any safety issues with campsite.
- When wild camping, ensure that you do not wander away from the camp alone. If you do leave camp, ensure that you have notified the leader or other members of the group.

Food Safety

- Make sure your food has been thoroughly cooked.
- Hot food should be hot, cold food should be cold.
- Avoid any uncooked food, except fruit and vegetables (notably those you can peel or shell yourself).
- In many countries you should only drink bottled water or purified water and ensure any seal is intact when purchasing bottles.
- On the Dragoman vehicles we have a tank of drinking water that is kept purified by the crew.
- Avoid ice in drinks as this can cause upset stomachs in hot climates.
- Make sure you wash your hands in antibacterial product when preparing and/or eating food.
- Many of the restaurants that you will eat in, either as a group or as individuals, will NOT have the same standards of food hygiene as we have in the western world. Unfortunately this is a reality of life in these regions. Therefore please think carefully about where you eat, what food you order and be aware of the risks.

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Personal Safety

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. 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. We have come up with a few pointers that we recommend you follow:

- Follow the crew's specific safety advice in each destination.
- Always remain aware and vigilant, and stay away from situations where you do not feel comfortable.
- Avoid carrying too much money.
- Always avoid carrying your passport, driving licence, air tickets, and other valuable items around with you unless this is essential. Instead, keep valuables such as this locked away in the truck's safe, or the safety deposit box in the room or reception of the hotel/hostel.
- If you are carrying cash, cards or valuables, use a money belt or neck wallet which are more easily concealed and more difficult to pickpocket.
- Do not take any valuable jewellery, watches, etc. away with you in the first place.
- Avoid walking in poorly lit areas.
- If possible avoid walking around on your own; it is always safer to explore with others.
- Always try to walk with confidence and purpose, which will help you avoid looking like a lost tourist!
- Take special care when walking to avoid spraining or twisting your ankle on potholes, cobbles and uneven ground.

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Activity Safety & Optional Activities

You will have the opportunity to take part in many exciting activities and excursions, some of which are included (e.g. hiking the Inca Trail, trekking to see Mountain Gorillas, visiting the Taj Mahal, etc.), whilst others are optional (e.g. white water rafting in Uganda, zip-lining in Costa Rica, etc.). Some of these activities require a certain level of fitness, so it's important that you read through the trip notes thoroughly and make your own conclusions as to whether you feel that you are fit and healthy enough to enjoy this trip and its activities to their fullest.

Some activities may have higher risks than you are used to and you must judge whether or not you wish, or have the physical ability, to take part.

Please note that riding helmets are mandatory for all optional and included horse riding activities. This is an insurance requirement.

Optional activities mentioned by Dragoman are not included in the trip price or kitty, and do not form part of your contract with Dragoman. As such you accept that any assistance given by Dragoman crew members or local representatives in arranging optional activities does not render us liable for them in any way. The Dragoman crew are assisting you in arranging these activities for your added enjoyment whilst on your trip. The operators of these services and optional extras are local suppliers who contract directly with the client 'on the road', subject to and in accordance with their own terms and conditions. Dragoman accepts no liability for any action or activity undertaken by the client which is arranged independently of Dragoman while on tour. Crew may take part in an optional activity but do so as private individuals and not as company representatives.

Please use your own good judgement when selecting an activity in your free time.

Ensure that you use the appropriate equipment on optional activities, including life jackets, helmets, etc. This is especially important on activities such as horse riding, white-water rafting, etc.

Always ensure that your travel medical insurance covers you for all included and optional activities that you wish to participate in.

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Included Activities

Included activities are listed in the day-to-day itinerary, all other activities are optional and at your own expense. If you choose not to participate in the included activities on this itinerary, the cost will not necessarily be refunded; this is something you will need to check with your leader.

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Optional Activities

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Please note that certain activities may not be available on your particular visit if they are overbooked, underbooked, out of season, or for any other reason - the list of activities is made according to our latest information and in the best faith, but please be aware that things may change between our last visit and your arrival. Please also note that it may not be possible to do all the activities listed in the time available at each destination, and it is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there.

Prices listed are for entrance only and do not include transport costs to and from the sites or local guides unless indicated - again, these prices are displayed according to our latest information and in the best faith, but prices do fluctuate due to exchange rates, season, numbers of participants, and simple increases from the operator - any prices listed are a guide only and certainly cannot be guaranteed.

Optional activities are not necessarily endorsed or recommended by Dragoman nor included in the price of this trip. If you do any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities.

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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.

We recommend that any policy has a minimum medical (including repatriation) cover of £5,000,000. We recommend that any policy also has a minimum level of cover for Personal Liability of £2,000,000 and for Cancellation and Curtailment of £5,000 (or the full cost of your trip). Cover for loss of baggage, personal effects, money and other inclusions are down to personal choice although please bear in mind that personal effects are more likely to go missing whilst travelling and you should ensure that your policy is adequate to cover the value of your personal effects e.g. cameras, tablets, phones, ipods, etc. Please note that Dragoman is not responsible for your personal effects and is not insured for their loss. Please note that you should be insured for trip postponement or cancellation purposes immediately upon paying a deposit.

Whatever policy you choose, you must ensure that it is designed for adventure/overland travel and make sure it covers any activity that you intend to undertake (whether included or optional). As such it must cover you for adventure activities such as white water rafting, trekking, horse-riding, etc., and that the 24-hour Emergency Assistance Company must be experienced in handling situations in developing countries - for example, that they have the ability to arrange repatriation from remote areas such as the Sahara or if you were trekking in the Andes. On activities or side trips that are not recommended by us, please ensure you are happy with the safety of the activity before participating.

Please note that in the case of credit card travel insurance we will require details of the participating insurer, the insurance policy number and emergency contact number prior to travel rather than just the bank's name and credit card details. It is up to you to ensure that these policies have the cover you require, as many of these policies are not able to cope with adventure travel to remote areas and many are not valid for travelling outside your country of residence or outside the EU.

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Our Liability Insurance

Dragoman has comprehensive passenger vehicle liability protection and tour operator insurance. These policies have total indemnities of £5,000,000 and £10,000,000 per incident respectively. This is in addition to local vehicle insurance and your personal travel insurance.

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Out of Office Hours Contact

We have an out of office hours number you can call which should only be used once you have left your home country to start the trip 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 you can not get through please leave a message with you name, reference number, contact details and a message with the help that you need and we will get back to you.

If your flight is delayed or cancelled, please let us know and then make your way to the joining hotel as instructed in these 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.

Out of hours Number: +44 (0) 7985 106564

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Luggage & Kit List

Although you will not have to carry your main bag for 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 truck's back locker which will be inaccessible during a drive day, 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. Please be aware that due to the constant dust and vibrations your luggage bag will be subject to extreme wear and tear.

The size of baggage that can be brought on this tour is limited by the locker space on the truck. We recommend that your bag be no larger than a large rucksack with a capacity of about 80 litres (approximately 70cm high, 40cm wide, and 40cm deep). The weight limit for luggage on all trucks is a maximum of 20kg.

Your 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 if your trip includes camping nights.

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 that even when it's warm during the day, it can often get cold at night, particularly in desert regions.

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

General

- Sleeping bag, sleeping bag liner, sleeping mat and small pillow - if your trip includes camping nights
- Sandals or flip flops
- Comfortable walking shoes
- Sun hat and sunglasses
- Waterproof jacket
- Warm sweater or fleece
- Swimwear
- Comfortable travelling clothes and a set of casual but smart clothes for evenings out
- If visiting places of worship on the trip, men should bring a pair of full length trousers and women should bring a skirt that covers their knees and a scarf
- Towel - quick dry, lightweight travel towels are best
- Toiletries including bio degradable wet wipes, sanitary products, hand gel, sun cream and insect repellent
- Day pack - essential for keeping things handy when on the truck, on short hikes, walking around cities, etc
- Assorted dry bags - to protect your kit from dust and damp
- Pouch or money belt
- Water bottle (at least 1 litre) - we carry drinking water on all of our trucks and actively encourage our customers to use the water supplied. Whilst away from the truck we encourage the use of a filter water bottle and we are able to offer Dragoman customers a 25% discount on Water to Go bottles and filters using the code DRAGOMAN25 on the link <https://www.watertogo.eu/dragoman>
- Head torch with spare batteries and bulbs
- Camera with spare battery and extra memory cards
- Electrical accessories such as charger, power bank, adapter, etc
- Carbon monoxide detector
- A good book, a diary or notebook and pen, a fun game for travel days
- Personal medical kit - see notes below

Cold weather

For trips going through mountainous areas, deserts, high altitude regions and Patagonia, you should be prepared for cold weather, especially at night. Ensure you bring:

- 3/4 or 4/5 season sleeping bag with liner - see note on sleeping bag ratings below
- Thermal base layers
- Winter jacket
- Hat, gloves and scarf
- Warm socks

Hot weather

For trips going through tropical areas you should be prepared for hot and humid weather. Ensure you bring:

- Loose fitting clothes with long sleeves and legs
- Mosquito repellent
- Mosquito net – not essential as our tents have mosquito netting but can be handy for hotels and hostels or sleeping under the stars

Trips with trekking

For trips including treks, ensure you bring:

- Lightweight walking clothes suitable for the general climate
- Waterproof trousers
- Sturdy walking boots
- Walking stick(s) – not essential but can help in steep terrain; sticks can generally be hired or purchased en route

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Sleeping Bags

A sleeping bag's rating typically indicates the lowest temperature at which it will keep the average sleeper warm enough to sustain them but not necessarily make them warm enough to feel comfortable. For example, with a 0°C bag, you should be able to stay in 0°C temperature but you will not necessarily be able to sleep comfortably.

For European sleeping bags there are the following standards:

- The upper limit is the highest temperature at which a 'standard' adult man is able to have a comfortable night's sleep without excess sweating.
- The comfort rating is based on a 'standard' adult woman having a comfortable night's sleep.
- The lower limit is based on the lowest temperature at which a 'standard' adult man is deemed to be able to have a comfortable night's sleep.
- The extreme rating is a survival-only rating for a 'standard' adult man. This is an extreme survival rating only and it is not advisable to rely on this rating for general use.

The transition zone, in between the comfort and lower temperature, is usually considered as the best purchase guideline.

Personal Medical Kit

All of our trucks have a standard motorist's first aid kit on board for use in emergency situations only. The first aid kit is in compliance with UK standards for first aid provision within motor vehicles, and contain supplies to treat road side injuries. We do not carry prescription medications, 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 travel medical kits. They have been designed in conjunction with the truck kits and contain everything you would need for any minor incidents and health issues. For more details please visit their website:

Global Survival Kit - <http://www.nomadtravel.co.uk/p/2712/Global-Survival-Kit>

Ultimate Medical Kit (POM) - [http://www.nomadtravel.co.uk/p/2909/Ultimate-Medical-Kit-\(POM\)](http://www.nomadtravel.co.uk/p/2909/Ultimate-Medical-Kit-(POM))

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Passports

Check that your passport will still be valid for 6 months after the end of your 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 your trip. If you change your passport, please remember to inform us as soon as possible - however, please be aware that changing your passport can cause big problems if you need to apply for visas or permits (such as the Inca Trail or Gorilla Trekking) in advance.

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Pre and Post Trip Accommodation and Airport Transfers

At Dragoman we believe you should make the most of the places you visit, so if you would like to see more of the 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 that 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.

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Continuing Your Trip

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

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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 will be required to contribute the additional costs involved 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.

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Responsible Tourism

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 from the link below:

<https://www.dragoman.com/about-us/responsible-travel/policy-and-guidelines>

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Water

The sale of bottled water contributes to an enormous environmental problem around the world. In

addition to the water in the bottle, the production of a 1 litre plastic bottle takes 2 litres 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 sterilised water stored in the purpose-built storage tank on 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 pocket!

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Electrical Equipment

Your vehicle will be usually equipped with a 12-Volt socket, so to charge your iPod, MP3 player, camera, laptop and mobile phone you will need a DC 12V 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 adapter for your specific charger.

For mobile phones, please note that most countries in the Americas operate at 850 MHz and 1900 MHz which is not the same frequencies used in Europe, Africa, Asia and Australia. Most modern tri-band and quad-band mobile phones will be able to operate on these frequencies but please check your mobile phone specifications before travelling to ensure that you'll be able to use your phone in the Americas.

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A Few Rules

It is one of our core values to treat all people we encounter with respect, including the local people who make our destinations so special. We have therefore set down a number of rules to which our customers must adhere.

Engaging in commercial or exploitative sexual activities, committing acts of violence or threatening violence towards local people, other group members or any member of our staff is not allowed. Any customer engaging in such activities will be required to leave the trip immediately with no refund of the trip price.

You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited and conduct yourself in accordance with our responsible travel policy. Any customer found contravening such laws or regulations will be required to leave the trip immediately with no refund of the trip price.

Although we are aware that in some parts of the world taking, carrying or selling drugs, carrying weapons, or engaging in commercial or exploitative sexual activities may be legal, it is not acceptable for Dragoman customers and our tour leaders have the right to ask you to leave the trip immediately with no refund of the trip price if you are found to be engaging in such activities.

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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.

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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 USD 1 to USD 4 per person per day, but check with your crew for an appropriate amount.

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Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us to understand what we are doing well and what we could be doing better, and it allows us to make improvements for future travellers.

COUNTRY SPECIFIC NOTES

ZANZIBAR NOTE

Please note that there is an overlap in Zanzibar. This means a group starting a trip in Nairobi or Victoria Falls will visit Zanzibar at the same time as groups starting their trips in Zanzibar. This is so that any customers travelling all the way are not scheduled to go to Zanzibar twice - this means that in theory there could be up to 44 group members in Zanzibar at the same time, although in reality it is highly unlikely to be this many.

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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 26/08/2019