

GULF OF GUINEA TO THE CAPE, (ZDV)

Accra to Cape Town 85 days, departing 10 Jan 2022



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TRIP OVERVIEW

Trip Style:	Overlanding
Route:	Accra to Cape Town
Duration:	85 days
Transport:	Overland expedition vehicle, 4x4, Boat
	75% 25%
Accom:	Hotels, Campsites, Wild Camps

Physical Challenge:

EASY HARD

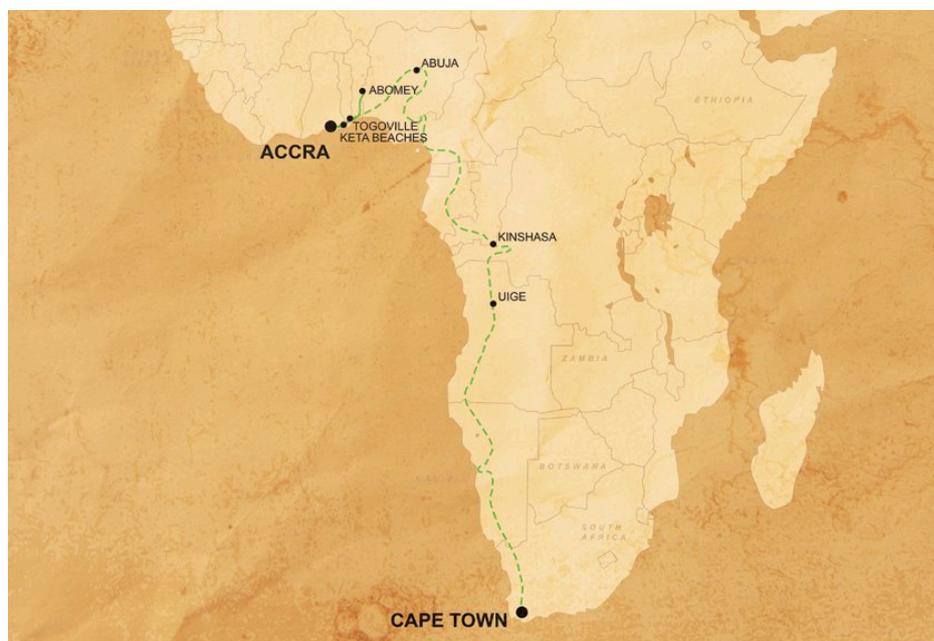
Depending on the trip, activities may include treks of 3-4 hours at altitude or across hilly terrain, multi-day treks at sea level, horseback riding, canoeing and other adventurous activities.

Lifestyle Challenge:

EASY HARD

This is a trip for people with a real sense of adventure.

ROUTE MAP



COUNTRIES VISITED

Angola



Angola is a very large country on the South West coast of Africa - it is twice the size of France or Texas. As with many other countries in the region, Angola has large mineral and petroleum deposits and this is their most valuable economic resource. Due to this, it has one of the fastest growing economies in the world. Despite this, much of the population has a very low standard of living and the life expectancy is just 50 years.

There is a large rural population. In the North people mostly live in villages; however, in the

Benin



WEST AFRICA'S VOODOO CAPITAL

Although small, Benin contains a myriad of incredible highlights and more than punches above its weight! Benin is probably most famous for the traditional vodun (voodoo) culture, which is widely practiced across the country - in the tiny coastal village of Grand Popo we often are lucky

South, there is a more nomadic existence due to cattle herding. Subsistence farming is common with the main plant grown being cassava. Large-scale farming for exportation is increasing with cotton, coffee and sugar regaining popularity after the civil war. Along the coastline, fishing is very rich, with a cold water current encouraging crab, lobster, mackerel and many more into the area.

Angola is unusual in that it has a province that is separate from the main territory. This area is called Cabinda and is separated by a 60km stretch of the DRC.

The Angolan culture has been influenced by Portuguese colonialism and this influence can still be seen today. This is especially noticeable by the amount of the population that speak Portuguese. Many of the ethnic groups have their own rituals and traditions that still remain to this day. These have been kept alive through oral histories, music and dance. There is a yearly 'National Festival of Angolan Culture' that runs from August to September which celebrates the diverse cultures within their communities.

The Angolan national basketball team is the best in Africa and regularly competes in the Olympic Games and World Cup. As to be expected, football also plays a large part in the sporting culture of the country. It has also been hypothesised that Angola could have been the start of the martial art of Capoeira.

Cameroon



Cameroon is a wonderfully diverse country with over 200 different languages. The name Cameroon comes from Rio dos Camarões ("River of Prawns"). It is referred to as 'Africa in Miniature' because it is so diverse.

Cameroon has a very high literacy rate and has

enough to witness an energetic and magical vodun celebration, where the whole village comes out to the sounds of drumming and singing.

Further down the coast we find the historic town of Ouidah, which still bears the legacy of the tragic history of slave trading with its crumbling Fort of São João Baptista de Ajudá and haunting Point of No Return memorial. Further inland we find the phenomenal floating village of Ganvie, where a whole society has emerged living on stilt huts in the middle of Lake Nokoué and has developed a fascinating and unique way of life.

SEE LOCAL TRIBES, RUINS & WILDLIFE

Further still inland we discover the town of Abomey, the ancient capital of the once-mighty Dahomey civilisation and home to its ruined Royal Palace and museum. At the far north of Benin we find the incredible double-storey mud huts of the Tata Somba people and the remote National Park of Pendjari, one of the best reserves of wildlife to be found in [West Africa!](#)

Democratic Republic of the Congo



The Democratic Republic of the Congo is named after the Congo River which runs through the country. It is very densely populated - the 4th highest in Africa and 17th highest in the world. As well as being rich in culture and tradition with

many strong aspects of culture. This includes rhythmic drumming, flute music, pottery, masks and leather work. Each major group within the country has its own cultures and traditions.

Sport plays a large part in the day to day life of the people of Cameroon. Traditionally this includes canoe racing along the coast, wrestling, tug of war and running. Increasingly football is centre stage both at grassroots level and on the world stage with the 2000 Olympic Gold Medal being won by Cameroon. The women's national football team is known as the 'Indomitable Lionesses'!

Just over half of the population is involved in farming in some way. Lots of this is on a small scale; however, they do contribute to the export of many goods, especially cocoa beans, Robusta coffee and sugar. Subsistence farming is also common with families growing beans, yams, plantain and corn.

Cameroon is fairly self-sufficient; it is able to provide enough food for its population and even exports some of its livestock to surrounding countries.

Gabon



Gabon, on the west coast of Africa, is one of the area's most stable countries. Gabon gained independence from France in 1960 and since then has had 3 presidents.

Gabon gains a lot of revenue from oil production.

over 200 ethnic groups, the country also has a bounty of natural resources. The DRC contributes much of the world's cobalt, diamond and gold production. It is these precious metals and minerals that have led to the exploitation of the nation for many years and has led to much of its political instability.

There is a large amount of rainfall throughout the DRC as can be expected of a country along the equator. This rainfall facilitates the huge rainforest that takes up much of the country and is the second largest in the world after the Amazon. Unsurprisingly there is a huge amount of biodiversity within this area, including a large number of rare and endemic plants and animals such as the bonobo and the white rhino.

Unfortunately, these extremely bio-diverse areas are under threat due to the civil war that raged in the 90s, a high amount of poverty, logging and the 'bushmeat' issue. Many areas are listed as 'in danger' by UNESCO.

Most of the country's population lives in rural areas. The villages spread throughout the country range from 10 to 200 houses with the biggest villages being home to approximately 500 people.

Music is the most well known part of the Congolese culture. Many other African countries' music is based on Congolese origins. At the moment the music in the DRC is a blend of Cuban, Congolese and West African.

Ghana



The majority of the population live in urban areas; however, many of the 1.5 million people live in poverty. Approximately three quarters of the country is covered in thick rainforest which holds thousands of different plant and animal species. There is also a tree called the okoumé, which is the staple part of the timber industry in the country.

Much of Gabon culture and heritage is remembered through oral histories. Because of this the country is renowned for its myths, legends and folklore. Masks are also a key part of Gabon's heritage. Their exquisitely-crafted masks made from rare wood and precious materials are world-renowned and are generally used in traditional celebrations and ceremonies. The music in Gabon is not as traditional as its neighbours like Cameroon. As well as traditional drumming and folk music, imported music such as rock and hip-hop from the US and UK are also popular.

Football is the national sport of Gabon. This is played mostly along the coast since the inland rainforest is so dense. Sports growing in popularity include basketball, boxing and squash. Tourists are starting to visit the country more and more for trekking and biking.

WEST AFRICA'S CAPITAL OF CULTURE

Ghana was the first African country to gain independence from Britain, and today it is a proud and welcoming place. It has had a chequered post-colonial history, but certainly now appears to be forging ahead both economically and politically. It is a very friendly country, and the wonderful people are ever smiling and welcoming. Its beaches are the envy of all West African nations, its history and Ashanti culture is fascinating and it has some excellent National Parks. Internationally Ghana is acclaimed for its music, with Ghanaian artists such as Kofi Ghanaba giving concerts across the western world.

The capital of Ghana is the bustling coastal city of [Accra](#), home to some fascinating museums, urban beaches, and many bars and restaurants to check out Ghana's delicious food and exciting nightlife.

EXPLORE BEACHES, JUNGLES & NATIONAL PARKS

The central town of [Kumasi](#) is the centre of the Ashanti culture and home to one of the world's biggest markets where you can shop for all sorts of handicrafts and the colourful textiles that West Africa is famous for. On the coast there are the spectacular beaches of Elmina, the incredible jungles and canopy walkways of Kakum National Park, and the colossal old fort of Cape Coast, a haunting reminder of West Africa's slave-trading past.

Ghana has a welcoming feeling and a unique and lively culture, and is perfect to start or end your West African adventure in!

Namibia



A PERFECT INTRO TO AFRICA OVERLAND

Deep in the corner of Southern Africa lies the wonderful country of Namibia. It has a massively diverse mix of cultures, amazing wildlife, and a seemingly infinite range of landscapes from wild seascapes to rugged mountains, lonely deserts, colonial cities.

A perfect place for an early trek to see the sunrise, the giant sand dunes and desolate salt pans of Sossusvlei and Sesriem are some of the most ethereal sights in Africa, and you'll be able to explore its surreal landscapes in-depth. The breathtaking views of sunset over the colossal Fish River Canyon are equally impressive! Namibia's incredible natural highlights also include the rugged mountain of [Spitzkoppe](#), the bizarre Quiver Tree Forests of Keetmanshoop, and the hauntingly-desolate Namib Desert.

ETOSHA NATIONAL PARK & NAMIBIA WILDLIFE

Namibia also contains some incredible wildlife, and the best place in the country for animal spotting is Etosha National Park in the north. Next to a huge salt pan, the park is packed full of zebras, antelopes, lions, leopards, elephants, zebras, rhinos, and much more! On the Atlantic coast at Cape Cross we can see one of the world's largest seal colonies in their natural habitat.

Swakopmund a laid-back coastal town and home to many pulse-raising optional activities, from quad-biking through the dunes, surfing the waves in the ocean or exploring the Skeleton Coast from the air on a stunning scenic flight. The country is

Nigeria



Nigeria is one of the most colourful countries in West Africa. It is full of life and there are many treasures to discover. Nigeria grew rich very quickly in the oil boom of the seventies. Hospitals, schools, public buildings and excellent roads were built all over the country. It is often referred to as the 'Giant of Africa' because of its large population and status as an economic powerhouse. Although it's not on most people's travel list, it's a fantastic destination for overlanding for that very reason.

Nigeria offers a new challenge every day, and it is a chance to experience the animated life of West Africa.

Nigerian food is typical of West Africa, and there are delicacies available all over the country. For example, the popular meal of Suya is a kebab-style meat that is infused with spices from across the nation, skewered, and barbecued.

There are many national parks and forests across the country and these are home to some amazing wildlife. Most gather at the Gaji River, including elephants, lions, buffaloes and baboons. In the Yankari National Park there are large herds of elephant, as well as giraffe, ostrich, lion, hippo and antelope, so there is certainly a chance of seeing some of these. The main draw here is the Wiki Warm Springs. With a beautiful temperature of around 30 degrees, these glistening clear waters are an experience not to be missed.

also home to a vast variety of fascinating cultures, including the resilient San tribes and the remarkable Himba people.

Namibia is one of the least demanding African countries to travel in, but certainly one of the most rewarding.

Republic of the Congo



The Republic of the Congo is, historically, not one of the most stable countries in the area. Civil wars and uprisings play a painful part in this country's history. Nearly half of the country lives in poverty even though they are a major producer of oil. It is this oil production that keeps the economy strong. Other areas of the economy include forestry, small farming areas and craft work. In 2010, the parliament brought in a new law to protect the rights of the indigenous people of the nation. This was the first ruling of its kind and will hopefully spread through the continent.

The Congo has some very impressive landscapes including the massive Congo River, huge mountainscapes, and over 150km of coastal beaches. This combined with large swathes of rainforest means that it is very hard to access much of the country, and so tourism is not a major industry here and most of the population live in the cities and along the coast.

Approximately a sixth of the country is protected. This is excellent for the forests, savannahs and plateaus which have plentiful amounts of gorillas, elephants, rhinos and wild dogs. There is also a large amount of birdlife which makes the Congo a 'must visit' destination for keen twitchers.

There is a lot of traditional heritage in the Congo such as ritual objects, masks and statue work. This differs from region to region within all the ethnic groups that are within the nation. There are

South Africa



EXPLORE S.A OVERLAND

South Africa is an unforgettable destination that you will want to travel to again and again.

The city of Cape Town is where we start and end our journeys through South Africa, and it is one of the world's most scenic cities - with its stunning coastline, the spectacular Table Mountain dominating over it, and modern cityscape, Cape Town is one of Africa's most appealing cities. There are vineyards on its doorstep, adventure activities around every corner, gardens, beaches, and museums to explore, and plenty of restaurants and cafes to relax in.

SAMPLE WORLD FAMOUS WINES & TRADITIONAL CUISINE

South Africa has some truly delicious food to sample - from the traditional 'Potjiekos' stew to the meaty 'Boerewors' sausages and the famous dried biltong, you'll never be disappointed when trying the country's fantastic cuisine. South Africa's wine is deservedly world famous, and the region also gave the world Rooibos tea!

The vibrant South African lifestyle is perfectly reflected in the music - from folk music to jazz, hip hop and pop, and traditional music still playing all

also a number of colonial buildings and architecture that are being well looked after within the country, especially in the capital city Brazzaville.

As with many of the Western African countries, sport plays a large part in the nation's identity. Football is by far and away the most popular.

Togo



A tiny narrow country tucked between Ghana and Benin, Togo is one of the most vibrant countries in West Africa and the traditional home of the vodun (voodoo) religion.

Near to the sprawling capital of Lomé is the small village of Togoville, a historically significant settlement which is an incredible place to wander and get a taste of Togolese life. Togoville is a very important centre of the vodun religion, and you'll see many creepy 'fetishes' dotted throughout the town and may even get to meet a genuine vodun priestess!

EXPLORE BEAUTIFUL TOGO LANDSCAPES

Further inland you'll find beautiful and peaceful landscapes dotted with tiny villages. Near the highland town of Klouto there are some fantastic walks to take in the views and search for the colourful butterflies that inhabit the area. Klouto is also home to a talented drumming group who perfectly capture the energetic rhythms of life in Togo.

over the country, the sounds of South Africa are beautifully diverse and an important factor in the country's culture.

South Africa is a modern country with deep roots in traditional African culture, and is a wonderful nation to explore!

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DAILY ITINERARY

Day 1: Accra (Mon 10 Jan)

Border information: if you are joining in Accra, then you will most likely enter Ghana at Accra Kotoka International Airport (IATA code: ACC).

There will be an important group meeting at 10:00am at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting. Your leader will collect your kitty and check your passport, visas, and insurance details at this meeting.

The afternoon will be free to explore the city of Accra.

Please note that many of the options listed below will only be possible for those with extra time in Accra 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 Accra.

In Accra we will stay in a comfortable hotel with good facilities.

Hotel for the night: Roots Hotel Apartment

Roots Hotel Apartment

F97/2

15th Lane

Osu

Accra

Ghana

Tel: +233 30 701 3276/8

Activity

Approximate Cost

Explore the fascinating and chaotic Ghanaian capital city of Accra

GHC 5

Learn all about the history and culture of Ghana in the National Museum

GHC 40

Visit the famous Labadi Beach situated on the outskirts of Accra

GHC 5

Freely explore the huge Independence Square and Black Star Arch in Accra, where independence was celebrated in 1957

Free

Freely explore the area of Jamestown, Accra's oldest district and a vibrant fishing area

Free

Visit the outside of the famous Osu Castle, the seat of power in Ghana since the 1600s

Free



About Accra:

Ghana's sprawling capital of Accra is a bustling coastal city boasting a lively atmosphere and some busy urban beaches full of musicians, acrobats and souvenir sellers.

The Perpetual Flame at the Cenotaph in Revolution Square is worth a look, and the National Museum houses one of the best collections in all of West Africa. Next to the museum you will also find a good craft market, perfect for a bit of souvenir shopping.

In the evening you can sample Accra's lively nightlife, heading out to one of the many bars and restaurants that can be found all over this surprising city.

Day 2: Accra (Tue 11 Jan)

Today we will apply for Togo visas at the Togolese Embassy in Accra.

Day 3: Akosombo (Wed 12 Jan)

This morning we will leave Accra and head north to the village of Akosombo.

In Akosombo we will stay in a campsite next to the River Volta.

Estimated Drive Time - 3-4 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!).

About Akosombo:

The small town of Akosombo lies on the serene banks of Lake Volta, one of the world's largest artificially-created lakes. It was formed in the 1960s after the construction of the nearby Akosombo Dam, which supplies around 70% of the country's electricity demands.

Day 4: Mont Klouto (Thu 13 Jan)

Border information: Exit Ghana at Klouto, enter Togo at Klouto.

Today we will have a full day's drive to the spectacular Mont Klouto, crossing the border into Togo.

Estimated Drive Time - 5-6 hours.

In Mont Klouto we will stay in a campsite, with the option to upgrade to dorm accommodation.

About Mont Klouto:

Hidden away in mountains of central Togo is the serene village of Mont



Klouto - only a couple of hours north of Lomé, it is a welcome relief from the heat of the coast. The mountains here are covered in dense forest, punctuated by gently cascading streams and waterfalls. A nature reserve has been established in the area because Klouto is an important habitat for butterflies - over 500 different species can be found here, many of them incredibly beautiful. It's an ideal place for doing some short hikes, and you can take a guided walking butterfly safari through the forests with a local naturalist guide.

Day 5: Mont Klouto (Fri 14 Jan)

Today we will have a free day around the beautiful Mont Klouto region, with the opportunity to head out on optional forest walks or to visit Kpalimé town nearby.

In the evening, we will head to the village centre to see a spectacular show of drumming and dancing from the local villagers.

Day 6 to 7: Central Togo (Sat 15 Jan to Sun 16 Jan)

Over the next 2 days we will drive up the length of Togo, all the way through the remote northern border with Benin. We will wild camp for 1 night en route.

Estimated Drive Times - 6-7 hours each day.

Day 8: Togoville (Mon 17 Jan)

This morning we will head to the beach while we are waiting for our visas to be processed. Time to relax before we head into Benin tomorrow!

About Togoville:

Togoville is a small town on the shores of Lake Togo, renowned as the historic centre of voodoo culture. Many practitioners of voodoo were taken from here to Haiti as slaves, which is why there is also a strong voodoo culture in Haiti even though it's thousands of miles away. There are still a few voodoo shrines and fetishes around the area today.

Interestingly, there is also a German church here, dating back to 1910. Chief Mlapa III signed a treaty with German explorer Nachtigal in 1884, giving Germany the rights over all of Togoland. The church sits on a large terrace, dominating the lake with the village spread out in a semi-circle below, decorated with painting of African Saints and a statue of Our Lady of Lake Togo.

Day 9 to 10: Grand Popo (Tue 18 Jan to Wed 19 Jan)

Border information: Exit Togo at Ketao, enter Benin at Ouaké.

Today we will cross the border into Benin, before continuing our journey



to the Tata Somba region close to the town of Tanguiéta.

Today we will have a free day at Grand Popo for relaxing on the beach or taking a pirogue trip around the nearby ocean and mangroves.

There is also an option this evening to visit an incredible local vodun (voodoo) ceremony in the nearby village, complete with very energetic dancing and incredible magic tricks! It may also be possible to take a night walk in search of Atlantic turtles, which lay their eggs on the beaches between November and March.

About Grand Popo:

Grand Popo, located in the far south west corner of Benin, is a great place for a bit of rest and relaxation on the beach. The town was originally a colonial port, although coastal erosion has destroyed most of the old buildings. It is a pleasant coastal village with a strong Vodun culture and some mangroves to explore nearby.

Day 11: Ouidah (Thu 20 Jan)

Today we will take a very interesting half-day tour of the sites in Ouidah, including the Voodoo Python Temple, the "Route des Esclaves" (Slave Route), La Maison du Brésil art gallery and the Ouidah Museum of History in the old Portuguese Fort of São João Baptista de Ajudá.

We may hopefully see many of the local fishermen bringing their catch in.

In Ouidah we will camp at an auberge on the beach.

Estimated Drive Time - 1-3 hours.

About Ouidah:

Benin is a country that takes the Vodun religion very seriously - it is recognised as an official religion and is practiced by over 60% of the population. Vodun is spread over wide areas of West Africa and spawned the related beliefs of Candomble in Brazil and Voodoo in the Caribbean. The tiny town of Ouidah is one of the centres Vodun culture, and hosts many voodoo festivals and celebrations throughout the year.

The town also has a fascinating and colourful history, and was an important port town during the days of the Atlantic slave trade. The "Route des Escalves" is a 4km road between the Ouidah's History Museum and the beach, and is probably the same road along which thousands of slaves travelled on their way to board the slaving ships for the New World. The Portuguese, English and French all constructed forts here to protect their trading interests - the old Portuguese Fort of São João Baptista de Ajudá now houses a museum that gives you a unique glimpse into the terror and destruction that the slave trade wreaked on this part of the world - interestingly the 5-hectare fort was once the smallest recognised enclave in the world, as it was officially part of Portugal until its final annexation in 1961 which expelled the last two occupants.

The town is also home to the fascinating Temple of the Python - the serpent deity Dangbé has been revered in the Ouidah area for centuries, and this temple in his honour is home to dozens of the



sacred pythons which freely roam the grounds.

Day 12: Ganvie (Fri 21 Jan)

This morning we will drive to Abomey-Calavi (a port on the outskirts of Cotonou), where we say goodbye to the truck for the night and jump aboard motorised pirogues to Ganvie, a fascinating town built entirely on stilts in the middle of Lake Nokoué.

Today we will have an included tour of the stilt town of Ganvie, exploring deeper on our pirogues and soaking up the unique way of life in the floating village.

In Ganvie we will stay in a basic hotel in the stilt village itself!

Estimated Drive Time - 6-8 hours.

About Ganvie:

Ganvie is a phenomenal feat of human ingenuity - home to more than 20,000 people, the village is built entirely on stilts in the middle of the large Lake Nokoué and can only be reached by pirogue (dug-out canoe). The ancestors of the Tofinu people used the lake as a refuge from slave traders from the Fon and Dahomey tribes in the 17th Century and the Tofinu have lived on the lake ever since - the stilt village has slowly grown over the past few hundred years. The largest lake village in the whole of Africa, the local people here depend on fishing and fish farming for their livelihoods.

Day 13 to 14: Abomey (Sat 22 Jan to Sun 23 Jan)

Our journey today continues to Abomey, the ancient capital of the Dahomey kingdom. On arrival we will take an included tour of the Dahomey Palace and Museum.

In Abomey we will stay in a campsite, with the possibility to upgrade to rooms for the night.

Estimated Drive Time - 6-7 hours.

About Abomey:

Abomey is the ancient capital of the Dahomey Kingdom, once one of the most powerful empires in Africa.

The Dahomey Empire developed on the Abomey plateau in around the year 1600 CE, becoming an important regional power in the 18th Century after conquering key cities on the Atlantic coast. The Dahomey economy was built around conquest, slavery and international trade, and the civilisation was one of the most important practitioners of the Vodun religion in Africa. They were defeated by French colonial forces in 1894.

You can still see some of the original Dahomey palaces and treasures here, and the Musée Historique d'Abomey is a great place to learn about the history of the region. The palace is full of gold, silver, thrones, and tapestries of bloody battles, a testament to the prodigious wealth of this once-great kingdom.

Day 15 to 23: Nigeria (Mon 24 Jan to Tue 01 Feb)

Today is where our true adventure begins! We will be making our way through the next 6 countries without a fixed itinerary. We will be keeping a close eye on the travel advice for each area that we head towards. This starts with the next 8 days through Nigeria. Some of the highlights we may experience include the impressive Usman Dam, Abuja National Mosque, Lekki Market and the beautiful Yankari National Park.

We will be wild camping for the majority of this trip from now on, experiencing the true life and culture of the towns and villages we stop in.

About Nigeria:

Nigeria is one of the most colourful countries in West Africa. It is full of life and there are many treasures to discover. Nigeria grew rich very quickly in the oil boom of the seventies. Hospitals, schools, public buildings and excellent roads were built all over the country. It is often referred to as the 'Giant of Africa' because of its large population and status as an economic powerhouse. Although it's not on most people's travel list, it's a fantastic destination for overlanding for that very reason.

Nigeria offers a new challenge every day, and it is a chance to experience the animated life of West Africa.

Nigerian food is typical of West Africa, and there are delicacies available all over the country. For example, the popular meal of Suya is a kebab-style meat that is infused with spices from across the nation, skewered, and barbecued.

There are many national parks and forests across the country and these are home to some amazing wildlife. Most gather at the Gaji River, including elephants, lions, buffaloes and baboons. In the Yankari National Park there are large herds of elephant, as well as giraffe, ostrich, lion, hippo and antelope, so there is certainly a chance of seeing some of these. The main draw here is the Wiki Warm Springs. With a beautiful temperature of around 30 degrees, these glistening clear waters are an experience not to be missed.

Day 24 to 35: Cameroon (Wed 02 Feb to Sun 13 Feb)

Now we will head out of Nigeria into Cameroon. We have allocated another 11 days here. We may have the chance to apply for some visas during our time in Cameroon.

Highlights of the country include Douala with its bustling shopping and nightlife as well as Yaounde which is where we will find the National Museum. There will be opportunities to relax by the beach as well as spend time in the foothills of Mount Cameroon which is one of Africa's biggest volcanoes.

About Cameroon:

Cameroon is a wonderfully diverse country with over 200 different languages. The name Cameroon comes from Rio dos Camarões ("River of Prawns"). It is referred to as 'Africa in Miniature' because it is so diverse.

Cameroon has a very high literacy rate and has many strong aspects of culture. This includes rhythmic drumming, flute music, pottery, masks and leather work. Each major group within the country has its own cultures and traditions.

Sport plays a large part in the day to day life of the people of Cameroon. Traditionally this includes canoe racing along the coast, wrestling, tug of war and running. Increasingly football is centre stage both at grassroots level and on the world stage with the 2000 Olympic Gold Medal being won by Cameroon. The women's national football team is known as the 'Indomitable Lionesses'!

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Cameroon is fairly self-sufficient; it is able to provide enough food for its population and even exports some of its livestock to surrounding countries.

Day 36 to 41: Gabon (Mon 14 Feb to Sat 19 Feb)

We now pass into our next destination, Gabon. We will spend 6 days travelling through this vibrant country. This is the point where the tarmac runs out, we will be getting used to dirt roads from now on!

There may be options for time on safari here as much of Gabon is rainforest. This could be in Lambarene or Loango National Park which are barely inhabited by people and the wildlife is protected. There are also many Bwiti rituals in these areas.

About Gabon:

Gabon, on the west coast of Africa, is one of the area's most stable countries. Gabon gained independence from France in 1960 and since then has had 3 presidents.

Gabon gains a lot of revenue from oil production. The majority of the population live in urban areas; however, many of the 1.5 million people live in poverty. Approximately three quarters of the country is covered in thick rainforest which holds thousands of different plant and animal species. There is also a tree called the okoumé, which is the staple part of the timber industry in the country.

Much of Gabon culture and heritage is remembered through oral histories. Because of this the country is renowned for its myths, legends and folklore. Masks are also a key part of Gabon's heritage.

Their exquisitely-crafted masks made from rare wood and precious materials are world-renowned and are generally used in traditional celebrations and ceremonies. The music in Gabon is not as traditional as its neighbours like Cameroon. As well as traditional drumming and folk music, imported music such as rock and hip-hop from the US and UK are also popular.

Football is the national sport of Gabon. This is played mostly along the coast since the inland rainforest is so dense. Sports growing in popularity include basketball, boxing and squash. Tourists are starting to visit the country more and more for trekking and biking.

Day 42 to 50: Republic of the Congo (Sun 20 Feb to Mon 28 Feb)

Now onto 8 days in the Republic of the Congo. This is where we really prepare for the unexpected! Digging out the truck, huge potholes and overgrown passages can make this country feel truly wild. We will only pass through this country with the whole team working together.

The people in this country are renowned for their hospitable welcomes and we will find smiling faces wherever we go, from Nouabalé-Ndoki National Park (home to Gorilla's), to Pointe-Noire (where the beaches are renowned) we will be greeted with open arms.

About Republic of the Congo:

The Republic of the Congo is, historically, not one of the most stable countries in the area. Civil wars and uprisings play a painful part in this country's history. Nearly half of the country lives in poverty even though they are a major producer of oil. It is this oil production that keeps the economy strong. Other areas of the economy include forestry, small farming areas and craft work. In 2010, the parliament brought in a new law to protect the rights of the indigenous people of the nation. This was the first ruling of its kind and will hopefully spread through the continent.

The Congo has some very impressive landscapes including the massive Congo River, huge mountainscapes, and over 150km of coastal beaches. This combined with large swathes of rainforest means that it is very hard to access much of the country, and so tourism is not a major industry here and most of the population live in the cities and along the coast.

Approximately a sixth of the country is protected. This is excellent for the forests, savannahs and plateaus which have plentiful amounts of gorillas, elephants, rhinos and wild dogs. There is also a large amount of birdlife which makes the Congo a 'must visit' destination for keen twitchers.

There is a lot of traditional heritage in the Congo such as ritual objects, masks and statue work. This differs from region to region within all the ethnic groups that are within the nation. There are also a number of colonial buildings and architecture that are being well looked after within the country, especially in the capital city Brazzaville.

As with many of the Western African countries, sport plays a large part

in the nation's identity. Football is by far and away the most popular.

Day 51 to 62: Democratic Republic of the Congo

(Tue 01 Mar to Sat 12 Mar)

We will be passing through a small portion of the Democratic Republic of the Congo as we make our way to Angola. Here we have the option of travelling West and visiting Kinshasa or, if it is in our best interests to do so, we can visit the enclave of Cabinda, which is part of Angola.

We should be able to view the Crystal Mountains range and have the option to climb Mont Mangenge, a pilgrimage site for local people. You will probably be overtaken by the Congolese praying step by step as they ascend. The DRC is also home to the only Bonobo sanctuary in the world, definitely worth a visit!

About Democratic Republic of the Congo:

The Democratic Republic of the Congo is named after the Congo River which runs through the country. It is very densely populated - the 4th highest in Africa and 17th highest in the world. As well as being rich in culture and tradition with over 200 ethnic groups, the country also has a bounty of natural resources. The DRC contributes much of the world's cobalt, diamond and gold production. It is these precious metals and minerals that have led to the exploitation of the nation for many years and has led to much of its political instability.

There is a large amount of rainfall throughout the DRC as can be expected of a country along the equator. This rainfall facilitates the huge rainforest that takes up much of the country and is the second largest in the world after the Amazon. Unsurprisingly there is a huge amount of biodiversity within this area, including a large number of rare and endemic plants and animals such as the bonobo and the white rhino.

Unfortunately, these extremely bio-diverse areas are under threat due to the civil war that raged in the 90s, a high amount of poverty, logging and the 'bushmeat' issue. Many areas are listed as 'in danger' by UNESCO.

Most of the country's population lives in rural areas. The villages spread throughout the country range from 10 to 200 houses with the biggest villages being home to approximately 500 people.

Music is the most well known part of the Congolese culture. Many other African countries' music is based on Congolese origins. At the moment the music in the DRC is a blend of Cuban, Congolese and West African.

Day 63 to 71: Angola (Sun 13 Mar to Mon 21 Mar)

Our final country with no fixed itinerary is Angola. This is a country that is still making its way back from years of civil war. Due to this tourists are not seen very regularly, in fact, we may be the first tourists to travel through some villages. We also have the chance to test out our Portuguese here.

Close to where we enter the country is Turtle Beach where endangered Olive Ridley Turtles hatch through September to March. The National Museum of Slavery near Lobito is a stark reminder of Angolas past. Other highlights include Kalandula Falls and Quicama National Park.

About Angola:

Angola is a very large country on the South West coast of Africa - it is twice the size of France or Texas. As with many other countries in the region, Angola has large mineral and petroleum deposits and this is their most valuable economic resource. Due to this, it has one of the fastest growing economies in the world. Despite this, much of the population has a very low standard of living and the life expectancy is just 50 years.

There is a large rural population. In the North people mostly live in villages; however, in the South, there is a more nomadic existence due to cattle herding. Subsistence farming is common with the main plant grown being cassava. Large-scale farming for exportation is increasing with cotton, coffee and sugar regaining popularity after the civil war. Along the coastline, fishing is very rich, with a cold water current encouraging crab, lobster, mackerel and many more into the area.

Angola is unusual in that it has a province that is separate from the main territory. This area is called Cabinda and is separated by a 60km stretch of the DRC.

The Angolan culture has been influenced by Portuguese colonialism and this influence can still be seen today. This is especially noticeable by the amount of the population that speak Portuguese. Many of the ethnic groups have their own rituals and traditions that still remain to this day. These have been kept alive through oral histories, music and dance. There is a yearly 'National Festival of Angolan Culture' that runs from August to September which celebrates the diverse cultures within their communities.

The Angolan national basketball team is the best in Africa and regularly competes in the Olympic Games and World Cup. As to be expected, football also plays a large part in the sporting culture of the country. It has also been hypothesised that Angola could have been the start of the martial art of Capoeira.

Day 72 to 73: Etosha National Park (Tue 22 Mar to Wed 23 Mar)

Today we head west to the stunning Etosha National Park.

Etosha is one of the world's most pre-eminent wildlife areas, and we have an excellent chance to spot some of Africa's most famous animals such as elephant, lion, giraffe, zebra, leopard, oryx, impala, and rhino!

We will stay in the park for 2 days, giving us plenty of opportunity for game drives in our truck in search of the animals here.

In Etosha National Park we will stay in a mixture of the campsites of Namutoni, Halali or Okaukuejo according to availability, all of which are superbly located within the National Park, have excellent facilities and are situated next to watering holes where many animals come for a

drink at night.

Estimated Drive Time - 4-5 hours each day.

About Etosha National Park:

Etosha National Park is one of Southern Africa's most important game reserves, home to a huge range of wildlife including many big carnivores as well as five rare or endangered species - the Black Rhino, Hartmann's Mountain Zebra, Black Faced Impala, Roan Antelope and the tiny Damara Dik Dik - and because Namibia has protected its game reserves against poaching, there are large herds of elephant, antelope and other herbivores.

Etosha means "Great White Place" in the local language, describing the massive mineral pan that dominates the National Park's landscape. The wildlife here is prolific and Etosha has every right to proclaim itself as one of the world's most pre-eminent wildlife reserves. Game viewing in the park is superb due to the man-made water holes and the large sparsely-vegetated pans, which make it easier to get good sightings of many of the animals. The bushland surrounding the pans is more difficult to see through, but there are enough clearings, pans and waterholes to make most visits very worthwhile.

Day 74: Windhoek (Thu 24 Mar)

About Windhoek:

The old German colonial town of Windhoek has evolved into a modern city, and has served as Namibia's capital since their independence in 1990. The German architecture of the older buildings lends the town a historic atmosphere - good examples of this German architecture can be seen in a number of buildings, including the Tintenpalast (Ink Palace) and the Christuskirche (church).

Day 75: Spitzkoppe (Fri 25 Mar)

Today we will drive south to the stunning mountains of Spitzkoppe. This remote region has breathtaking sunsets and sunrises as the colour of the landscape takes on remarkable oranges and reds.

In Spitzkoppe we will wild camp with very limited facilities.

Estimated Drive Time - 5-7 hours.

About Spitzkoppe:

The rugged mountain of Spitzkoppe is sometimes known as 'the Matterhorn of Namibia' - it is a staggering 700 million years old, and stands at 1,987m rising above the wild lands of the surrounding deserts.

Although you should not attempt climbing to the top, there are some excellent hikes throughout the area - it is a truly spectacular landscape, which although in the desolate rocky deserts is nevertheless abundant in unique plant life. This is a great place to get away from it all and to appreciate the stunning harsh beauty of this sparsely-populated country. One amazing sight to witness here are the breathtaking sunsets and sunrises, as the colour of the landscape takes on a series

of remarkable orange and red hues.

Day 76 to 77: Swakopmund (Sat 26 Mar to Sun 27 Mar)

Today we will continue to the old German colonial town of Swakopmund, where we will have 2 nights to explore the town and enjoy some of the many optional adventure activities on offer.

We will also have an included visit to Cape Cross en route from Spitzkoppe, to experience the sight, sound and smell of thousands of olive-coloured seals on the shore.

In Swakopmund we will stay in group Cabins, near town.

Estimated Drive Time - 5-6 hours.

About Swakopmund:

Surrounded by the massive dune fields of the Namib Desert on three sides and the Atlantic Ocean on the other, Swakopmund is an extraordinary remnant of German colonial culture that's found throughout Namibia. It's worth wandering around the town to admire the beauty of the Germanic architecture and take advantage of some excellent souvenir shopping.

Swakopmund has become the adventure capital of the region. This is a great place for the adrenaline junkie, and there are some excellent outdoor activities that you can get involved with - some of the most popular include sandboarding, quad-biking across the beautiful dunes or exploring the marine life on a boat trip along the coast.

Day 78: Sesriem & Soussusvlei (Mon 28 Mar)

Today we will drive from Swakopmund to Sesriem, our base for exploring the spectacular Namib Desert. If time allows, en route we will have the option to take a short walking tour of the desert around Solitaire where we can learn all about the ecosystem of the desert - please note that our time available for this is dependent on the time of the sunset, as they close the gates to our Sesriem campsite at sunset.

In Sesriem we will camp at a well equipped campsite.

Estimated Drive Time - 9-10 hours.

About Sesriem & Soussusvlei:

The Namib Deserts are thought to be the oldest in the world, and are between 55-80 million years old. The most famous parts of the Namib Desert are its vast dune fields, the most spectacular of which are found near the Sesriem Canyon and in the Namib-Naukluft National Park.

The Sesriem Canyon was formed when the Tsauchab River carved a gorge 30m deep into the gravel deposits about 15 million years ago. It is thought that this river once flowed to the Atlantic Ocean but its course was blocked by the encroaching sand dunes. Now the river flows out to the dune fields that stretch for hundreds of miles up the coast, and dries up in a clay pan at Soussusvlei.

The dunes are stunning, with magnificent red/orange tones from the brightly coloured sands - they are the highest sand dunes to be found anywhere in the world and are home to a plethora of animal life. The sight of the graceful oryx wandering along the base of these massive dunes is beautiful to see. We get the chance to appreciate the area in all its glory on a sunrise climb to the top of Dune 45 - a star-shaped dune at the 45th kilometre marker from the Sesriem gate, standing over 170m tall above the ancient desert. This is without doubt the best way to take in the landscape, and watching a sunrise there is an ethereal and unforgettable moment!

Day 79: Bethanie (Tue 29 Mar)

Today we have an early morning start to climb to the top of the famous Dune 45 for a dramatic and incredible sunrise view across a vast sea of sand. We will also have chance to explore the otherworldly landscape of the Dead Vlei. In the afternoon, we head south to our river camp near the small town of Bethanie.

At Bethanie we will camp at an eco-tourism campsite.

Estimated Drive Time - 5-6 hours (not including the Dune 45 excursion).

About Bethanie:

An Eco campsite located on a river near to the town of Bethanie. This stop is perfect to wash out the sand after the dunewalk at Sossusvlei and all the dust after a long drive before heading to Fish River Canyon.

Day 80: Fish River Canyon (Wed 30 Mar)

Today we head south to the dramatic scenery of the Fish River Canyon. Here we will have some time for exploration and taking in the beautiful sunset over the canyon.

At Fish River Canyon we will camp in a basic campsite.

Estimated Drive Time - 8 hours.

About Fish River Canyon:

Fish River Canyon is one of the great natural wonders of Africa. It is Africa's largest canyon, and one of the largest canyons in the world - it is similar in dimension and sheer magnificence to the Colca Canyon in Peru and the Grand Canyon in the USA. Fish River has its source east of the Naukluft Mountains, and from there it flows down into the great Orange River. The river has cut into the escarpment through which it flows to create a canyon more than 150 kms long, and up to 550 m deep in places.

There are remarkable photographic opportunities here, and on our overland trips we will watch the incredible orange and pink glows of the ground at sunset before heading on to our campsite.

Day 81: Noordoewer (Thu 31 Mar)

This morning we will drive to Noordoewer, next to the scenic banks of the Gariiep (Orange) River - the natural border between Namibia and South Africa. If there is sufficient water in the river we may be able to take an optional canoeing tour on the Orange River.

NB: If we have arrived late the previous day, the Tour Leader may opt to spend more time at Fish River Canyon before driving to Noordoewer.

In Noordoewer we will stay in a well equipped campsite.

Estimated Drive Time - 3-5 hours.

About Noordoewer:

Noordoewer (meaning "North Bank" in Afrikaans) is a small settlement on the banks of the Orange River, which marks the boundary between Namibia and South Africa. It is one of the hottest places in Namibia, but fortunately there is an abundance of water which is used to irrigate the fruit trees - in particular, the grape vines that are common in the area.

Day 82: Citrusdal (Fri 01 Apr)

Border Information: Exit Namibia at Noordoewer, enter South Africa at Noordoewer.

Today we cross the border into South Africa and head down the Western Cape to camp site near Citrusdal. In the evening we will have the option for some wine tasting!

We will stay in a well equipped campsite.

Estimated Drive Time - 8-9 hours.

About Citrusdal:

The Western Cape of South Africa is one of the world's best regions for wine production - the temperate climate of the region and the altitude profile of the nearby Cedarberg Mountains make the area ideal for the cultivation of grapes, and a thriving wine industry has grown up in the area. Amongst the most common varieties of wine produced here are Sauvignon Blanc, Chardonnay, Blanc de Blanc, Blanc de Noir, Chenin Blanc and Pinotage.

The area of the Cedarberg Mountains is also famous as rooibos tea is endemic there - enjoyed in Southern Africa for centuries, rooibos tea has become very popular worldwide in recent decades, and is still almost exclusively grown in the Western Cape.

Day 83 to 84: Cape Town (Sat 02 Apr to Sun 03 Apr)

Our final day takes us down the Western Cape to the charming and beautiful city of Cape Town.

This evening you will have the opportunity to enjoy a final group meal to say goodbye to your fellow travellers.

In Cape Town we stay in a well located and busy Hostel.

Estimated Drive Time - 5-6 hours.

About Cape Town:

With its stunning coastline, dominating mountain and modern cityscape, Cape Town is one of Africa's most appealing cities. With vineyards on its doorstep, adventure activities around every other corner and plenty of restaurants and cafes to while away the time, this is a fantastic holiday destination in its own right.

Whether you're finishing or joining a Dragoman trip here, Cape Town is a very easy city to spend some extra time in. Cape Town and the Western Cape in general has a very cosmopolitan feel thanks to its cultural diversity, vibrancy and creativity. The city is also lucky enough to benefit from great weather, with warm languid summers and mild winters - making it a great destination all year round.

Home to 6 internationally recognised Blue Flag beaches, it's a great place to kick back and relax, or if you'd rather get active, hop inside the revolving cable car and set off on one of hundreds of hiking trails that criss cross Table Mountain to its summit, stopping off to admire the views of Camps Bay down below. If you've got any energy left you can even strap on a harness and abseil all the way down. Other attractions in the city include the Kirstenbosch National Botanical Gardens, the famous Robben Island where Nelson Mandela once spent time as a prisoner, and the Cape Point Nature Reserve.

Day 85: Cape Town (Mon 04 Apr)

End Day

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.

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 is going through completely new areas for Dragoman. This is what we call an Exploratory trip, and it means that all the passengers on this trip will be the route's pioneers for the first season!

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 and will be playing a lot of things by ear. The itinerary may be altered in places where it becomes necessary and the drive times may differ significantly from the published estimates.

Most Exploratory 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 and that there are much more pleasant surprises in store than unpleasant ones. You will be immersing in to the camaraderie with your crew and fellow travellers and give you the fantastic opportunity to shape the trip as a group.

However, the warning is sincere and this trip 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.

There will be numerous challenges on this trip including border delays, visa and paperwork delays, potential re-routing at short notice, lack of western facilities, road closures and other obstacles and unforeseen issues.

There is a risk of cancellation if the FCO advise changes (as of now the route is safe to travel all the way through).

West and Central Africa will test everyone's patience due to potential issues with obtaining visas. This is likely to lead to long delays in places where there may not be much to do. It may also be necessary to fly over some places which would be at your own expense.

This trip will have a higher level of participation compared to our other Dragoman trips and you will be required to help out with setting up camps, cooking etc. The campsites are also likely to be basic for much of the trip along with a high number of bush camps.

This will be a challenging trip and you must be fit in order to participate. If you have a pre-existing medical condition or any medical concerns you should check with your doctor prior to travel that this would be a suitable trip for you. You should also be aware that in the event of accident or illness, access to medical centres will be limited.

On the flip side, we'll be visiting regions and areas very rarely seen by Western travellers. Meeting people who have perhaps never seen foreigners. Enjoying the chaotic and buzzing cultures of West and Central Africa. And of course, the immense satisfaction of completing a classic adventure that only a handful of people ever get the chance to complete.

PHYSICAL PREPARATION

PHYSICAL PREPARATION FOR WEST AFRICA ITINERARIES

The roads in West Africa can be very rough, which makes for some long bumpy travel days. Much of the area is very hot and humid. It is however all worth it for the spectacular scenery and for travelling through regions that very few other westerners go!

Accommodation in the region tends to be very basic. Where there are public campsites or hotels, the bathroom facilities can be very basic, and may be non-existent in the case of many of the bush camps on this itinerary. There is never toilet paper provided and shower facilities, if existing, often consists of a bucket of cold water and a jug. Once again, the spectacular serenity and chance to sleep so close to nature makes a little inconvenience all worthwhile and part of the African overlanding experience. Note that not all campsites are as basic as this description; it's just to make sure there are no surprises for you.

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.

Lastly, 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 at least 8-10 times a day, as can the constant setting and packing up of camp.

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.

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.

GHANA

Citizens of all countries (except West African countries) **will** need a visa to enter Ghana as a tourist for up to 30 days.

You must obtain the visa **in advance**, and you cannot obtain the visa at the border except in certain special circumstances – it is highly recommended that you do not try this, and simply get the visa in advance. You can either apply yourself directly to the embassy, or hire a specialist visa agency to make the application on your behalf (which is recommended, especially if you are applying for several visas).

IMPORTANT NOTE - if you are on our trip that goes through Togo and Benin and then returns to Accra, **you must obtain a Double or Multiple-Entry visa for Ghana.**

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

*The Stumble Inn,
Elmina,
Ghana
Tel: +233 5414 62733*

If you are asked to provide a host in Ghana on your visa form, please use the details below:

*Aubrey Malcolm Green,
Sabre Trust Project,
Elmina,
Ghana
Tel: +233 2415 90201*

A valid yellow fever vaccination certificate is required from all travellers upon entering the country. If you arrive at Accra Kotoka International Airport without a certificate you will be vaccinated at the airport (at massive expense).

You may require a Letter of Invitation to obtain your visa; if so please contact us as soon as possible and we will require a clear scan of the information pages of your passport.

Please note that Letters of Invitation are typically issued once a day to the complete group of people that happen to have applied on the same day through the same agent addressed to the same consulate; as such your name, nationality and passport number will appear on a list on the Letter of Invitation alongside other tourists who may be on your Dragoman trip or travelling with other companies, and this list will be shared with everyone on it. As this is a standard practice of the Ministry of Foreign Affairs, we do not have any control over this and cannot get around it; if you view this as an unacceptable breach of privacy, then you will be unable to apply for the Letter of Invitation.

TOGO

Citizens of all countries (except West African countries) **will** need a visa to enter Togo as a tourist for up to 30 days.

The easiest way to obtain the visa will be **en route** whilst in West Africa, with the help of your tour leader. We have built time into the trip to visit the Togolese Embassy in **Accra, Ghana**, where we will all visit as a group to put the applications in, then collect the passports in the afternoon and continue with our trip. Please bring 2 passport photos for the application. At the time of writing (2018), the cost was approximately USD85 for all nationalities.

Due to the difficulty and expense of obtaining a Togo visa in many countries, we do not recommend trying to get the visa before travel. However, if you do wish to obtain your Togo visa in advance, please make

sure you apply for a **Multiple-Entry visa** valid for 30 days.

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

*Hotel Le Galion,
Rue de Camomilles,
Lome,
Togo
Tel: +228 2222 0030*

A valid yellow fever vaccination certificate is required from all travellers upon entering the country.

BENIN

Citizens of all countries (except West African countries and South Africa) **will** need a visa to enter Benin as a tourist for up to 30 days.

You must obtain the visa **in advance**, and you cannot obtain the visa at the border in any circumstance. The best way to do this is via Benin's e-visa system - <https://evisa.gouv.bj/en/>. You can apply up to 90 days before your entry date, it should take up to 24 hours to process however you should always apply at least one week before entry to ensure it is issued in time.

You can also apply yourself directly to the embassy, or hire a specialist visa agency to make the application on your behalf (which is recommended, especially if you are applying for several visas).

It is also possible for most nationalities to obtain a visa in the Benin Consulate in Accra, Ghana, which may be a good option for those arriving early to Accra - this takes between 1-3 working days to process, but please note that there may be additional charges in order to get an express visa in Accra.

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

*Chez Monique,
Abomey,
Benin,
Tel: +229 2250 0168*

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

SOUTH AFRICA

Citizens of the UK, Ireland, Australia, USA, Canada and most EU countries **will not** need a visa to visit South Africa as a tourist for up to 3 months.

Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it **in advance** and apply in person to provide biometric data.

A valid yellow fever vaccination certificate is required from travellers coming from [areas with risk of yellow fever transmission](#) (including transiting for over 12 hours in an airport in an area of risk).

NAMIBIA

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and most EU countries **will not** need a visa to visit Namibia as a tourist for up to 3 months.

Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it **in advance**. Please note that certain Eastern European nationalities **will** need to obtain a visa.

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).

Additionally, if the child is travelling with only one parent, with neither biological parent, or is unaccompanied, then they must provide a birth certificate and an affidavit of consent of the parent(s) that are not travelling, to prove that the trip is made with both parents' consent. Please contact your nearest Namibian Embassy if you have further questions regarding this.

Republic of the Congo

Most nationalities require a visa for the Republic of the Congo. Visas will be obtained en-route and will cost approx. 115EUR. You are likely to require a passport photo and a photocopy of the information pages of your passport for the application.

ANGOLA

All nationalities except, Botswana, Mauritius, Seychelles, Zimbabwe and Singapore, require a visa for Angola. You will obtain this visa on route and it should cost approximately 300USD.

For the purposes of granting a tourist visa, citizens of the countries concerned must present proof of hotel reservation or proof of reception by a citizen resident in Angola, passport valid for more than six months, round-trip ticket, international vaccination card and proof of livelihood.

The visa should be issued within three working days.

CAMEROON

We strongly recommend you obtain your visa for Cameroon in advance. If you are starting your trip in Accra you will definitely need to have organised your Cameroon visa before arrival. If you are starting your trip in Dakar it is possible to obtain your visa while on the trip; this would be applied for in Côte d'Ivoire.

The procedure and cost will vary depending on your nationality but it is common to require quite a lot of paperwork for this visa. This may include a copy of our vehicle carnet (licence to travel through Cameroon in our truck), guarantee letter, a Letter of Invitation, recent bank statement and a copy of your yellow fever certificate.

Please note that we have had instances where the visa for Cameroon was needed to support applications for the visa for Nigeria; as proof of onward travel along with your itinerary. Therefore you may find you need to apply for the visa for Cameroon first, although this can vary depending on your nationality or where you are applying.

DEMOCRATIC REPUBLIC OF THE CONGO

Most nationalities require a visa for the DRC. Visas will be obtained en-route and will cost approx. 250 USD. For the application you are likely to require a passport photograph, a recent bank statement (covering 2 months) and a copy of your e-visa for Benin.

NIGERIA

All nationalities will need to obtain a visa for Nigeria **in advance**.

The procedure and cost will vary depending on your nationality but it is common to require quite a lot of paperwork for this visa. This may include a guarantee letter, a Letter of Invitation, copy of the inviting host's passport, a recent bank statement, proof of address and all of your previous passports (or an explanation letter if you are unable to provide them). The application will also require an appointment at your local embassy to provide your fingerprints.

GABON

Most nationalities require a visa for Gabon. The visa will be obtained en-route and will cost approx. 100EUR. For the application you are likely to need 2 passport photos with a white background, a photocopy of the information pages of your passport, copy of travel insurance confirmation, copy of yellow fever certificate and a copy of a recent bank statement.

PERSONAL SPENDING

WEST AFRICA CURRENCIES AND CASH

In North and West Africa we recommend bringing Euros and not US Dollars. Please note that although we do quote kitties, personal spending and other items in US Dollars (because we operate globally), for trips passing through these countries it is better to bring Euros as exchange rates are more favourable. It is still possible to change USD if you need to. If you pay the kitty in EUR, the trip leader will confirm the exact exchange rate between USD and EUR to be used for the kitty at the pre departure meeting.

It is very easy to change your money into local currencies at borders and in most towns, so 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, but in West Africa travellers cheques are almost impossible to change so for that reason we recommend a mix of cash and ATM cards. Please note that most ATMs only take Visa cards NOT Mastercard.

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. Cash machines are readily available in most areas but are not always reliable therefore we recommend that you do not rely on them as your only source of cash. Credit cards such as Visa and American Express are the most commonly accepted, but be prepared for very high commission charges. Please do not rely on cards for daily use, as they are not always accepted outside of larger towns and cities. Please bring 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.

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.

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 your 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.

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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 16/09/2019