

## SPLENDOURS OF EGYPT & SUDAN, (ZCK)

Cairo to Khartoum 27 days, departing 18 Nov 2019



## CONTENTS

- [Optional Activities](#)
- [Insurance](#)
- [Out of Office Hours Contact](#)
- [Luggage & Kit List](#)
- [Personal Medical Kit](#)
- [Passports](#)
- [Pre And Post Trip](#)
- [Accommodation And Connecting Flights](#)
- [Continuing Your Trip](#)
- [Contingency Emergency Fund](#)
- [Responsible Tourism](#)
- [Electrical](#)
- [A Few Rules](#)
- [Issues On The Trip](#)
- [Our Community](#)
- [Feedback](#)
- [Countries Visited](#)
- [Daily Itinerary](#)
- [Visa Information](#)
- [Important Notes](#)
- [Overland Lifestyle And Trip Suitability](#)
- [Tipping](#)
- [Who Travels With Dragoman?](#)
- [Accommodation On Tour](#)
- [The Kitty](#)
- [Group Size](#)
- [Our Crew And Guides](#)
- [Meals And Group Participation](#)
- [Dietary Requirements](#)

## TRIP OVERVIEW

**Trip Style:** Overlanding

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**Route:** Cairo to Khartoum

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**Duration:** 27 days

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**Transport:** Overland expedition vehicle, Private bus, Overnight boat

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25% 
 75%

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**Accom:** Hotels, Hostels, Campsites, Wild Camps

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### Physical Challenge:

EASY 




 HARD

Your itinerary may include easy-paced day walks, bike rides, and other activities that are not too strenuous.

### Lifestyle Challenge:

EASY 

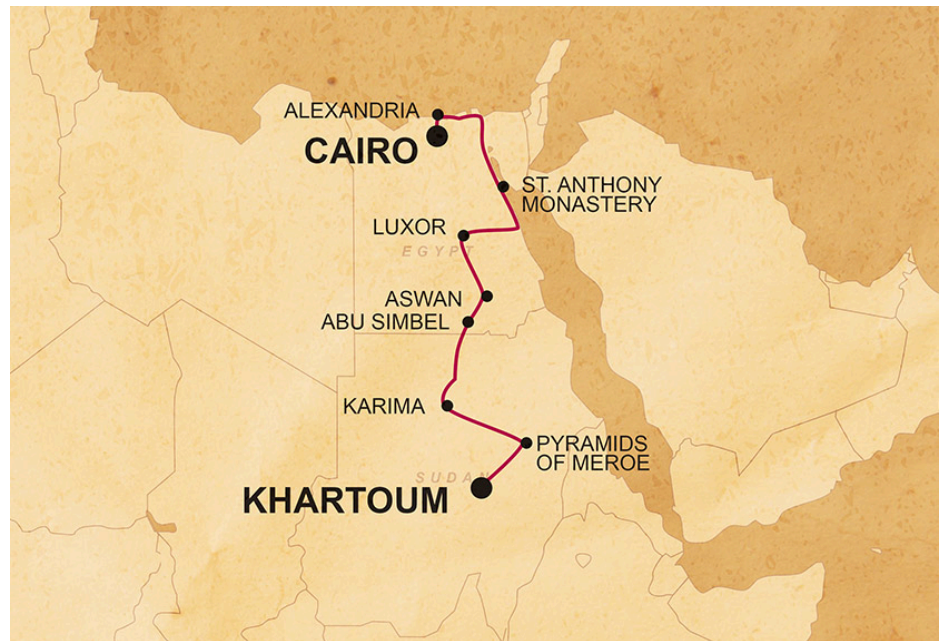



 HARD

This trip has a bit of everything.

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

## ROUTE MAP



## COUNTRIES VISITED

### Egypt



### EXPLORE MESMERISING EGYPT OVERLAND

Egypt is a country packed full of internationally-celebrated historical sites!

The history and culture of Ancient Egypt spans back an incredible 6000 years, and vast swathes of this heritage remains in its brilliantly-preserved

### Sudan



### SO MUCH TO OFFER THE OVERLAND TRAVELLER

Sudan is one of the least-visited places in Africa, and yet it has so much to offer the overland traveller. The friendliness of the Sudanese people is legendary in traveller circles, and you'll always find a warm and curious reception from the locals!

glory. From the earliest Old Kingdom sites of Saqqara and Dashur, to the New Kingdom capital of [Luxor](#) and the Valley of the Kings, to the Ptolemaic-era Temple of Edfu and the Greek and Roman sites of Alexandria, the country is brimming full of history and unique treasures.

The capital Cairo is the largest city in Africa, and is full of fascinating places to visit such as the Egyptian Museum and the Saladin-era Citadel, as well as being the centre of culture, art and music in the Arabic world.

### THE GREAT PYRAMIDS OF GIZA & OTHER ICONIC SITES

However, the main attraction for visitors are the iconic [Great Pyramids of Giza](#) - the oldest and only remaining of the Seven Wonders of the Ancient World, the Pyramids are one of the most incredible and mind-blowing sights on the planet.

Some of Egypt's other amazing historical highlights include the remarkable Temple of Ramses II at Abu Simbel, the impeccably-preserved Temples of Edfu and Dendara, and Luxor's alley of the Kings and the Temple of Karnak. Other fantastic highlights are experiencing the coast of the glittering Red Sea, strolling around the busy city of Alexandria, exploring the remote Sahara deserts, and of course drifting down the famous River Nile on a [traditional felucca sailing boat](#).

Egypt has an amazing history, and there is so much to be discovered and so many adventures to be found.

## DAILY ITINERARY

### Day 1: Cairo ( Mon 18 Nov )

**Border Information:** if joining in Cairo, you will most likely enter Egypt at Cairo International Airport (IATA code: CAI).

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 need to check your Sudanese visa or make sure the necessary preparations have been done to pick your visa up in Cairo or Aswan. They will also need to check the Ethiopian visas of anyone going beyond Khartoum.

In the afternoon we will have an included half-day guided visit to the Egyptian Museum. We will go to the museum by metro or by taxi, and be shown around the vast and breathtaking collection of historical relics and treasures, including the sarcophagus of Akhenaten, the

Khartoum is the capital city, and it is full of life and colour - there's a few interesting museums to explore and some incredible markets to see.

Sudan is famous for its unique Kushite-era temples and steep-sided pyramids. Much less-known than the ancient treasures of Egypt, the ancient Nubian ruins of Meroe, Naqa and Musawwarat are incredibly impressive and very special to witness.

### CAMP IN THE VAST SAHARA DESERT

Perhaps Sudan's biggest highlight is the vast and desolate [Sahara](#) Desert, and the incredible journey that we will make while overland across the country. Sudan is one of the world's best areas for remote and serene wild camping, and our many nights camping out underneath the dazzling stars will be truly transcendent.

Cherish this wonderful and often-overlooked country. Meet some of the friendliest people in the world, embrace the traditions and you'll never forget the magic of Sudan.

[Back to top ^](#)





mummy of Ramses II and of course the incredible golden mask of Tutankhamun!

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

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

Hotel for the night: The King Hotel

**The King Hotel**

20 Abdel Rehim Sabri St.

El Dokki

Cairo

Egypt

Tel - +20 233 359 455

**Activity**

**Approximate Cost**

Guided tour of the Cairo Egyptian Museum

Included in Kitty

Entrance to the Mummy Room in the Egyptian Museum, which displays the mummies of some very important Pharaohs such as Akenaten, Ramses II and Hatshepsut

EGP 100

Visit The Pharonic Village, a showcase of various scenes of everyday life in Ancient Egypt

EGP 150

Explore the medieval Islamic fortress of the Cairo Citadel, built by the warrior Saladin, and the beautiful Ottoman Mosque of Muhammed Ali Pasha

EGP 50

Visit the collection of Egyptian Coptic Christian heritage at the Coptic Museum and the nearby Hanging Church

EGP 50

See the 9th-century Nileometer on Rhoda Island, which was once used for carefully measuring the height of the Nile during the annual flood

EGP 15

Entrance to the distinctive Cairo Tower, the tallest building in North Africa (when open)

EGP 70

Explore the scenic Al Azhar Park, an oasis of beautiful greenery within Cairo, built in tradition Islamic style

EGP 7

**About Cairo:**

Situated on the banks of the River Nile on the edge of the Nile Delta,



Cairo is one of the largest cities in Africa. Built near the remains of the ancient Old Kingdom capital of Memphis, the modern capital is a colossal buzzing metropolis which is the world's centre of Arabic culture, music and art.

There are countless highlights and activities to see and do in Cairo, such as exploring the narrow cobbled streets and ancient churches of the Coptic Christian sector, visiting the Saladin-era Cairo citadel, and discover some fantastic art in the Museum of Islamic Art.

Whilst in Cairo, we take an unforgettable tour around the sites of Giza - these include the ruins of the Old Kingdom capital of Memphis, the ancient Step Pyramid of Djoser at Saqqara (built all the way back in the 3rd Dynasty in approximately 2650 BCE), and the Red Pyramid of Sneferu at Dahshur (built in the 4th Dynasty between 2613 and 2589 BCE). This tour culminates in a visit to the world-famous icons of Ancient Egypt - the Great Pyramids of Giza and the Sphinx! Built as the tombs of the Pharaohs Khufu, Khafre and Menkaure between 2570 and 2510 BCE, the pyramids are truly a masterpiece of ancient engineering and ambition - the pyramid of Khufu was the oldest of the Seven Wonders of the Ancient World and is the only one that still stands today!

Another massive highlight of Cairo is a visit to the Egyptian Museum in the central Tahrir Square. The museum is one of the most incredibly well-stocked collections of ancient treasures in the world, and contains the horde of phenomenal art and gifts that were uncovered from the tomb of Tutankhamun in 1922, including the Pharaoh's iconic blue and gold funerary mask. The museum also contains a fabulous collection of other artifacts and the mummies of several important Pharaohs, making a visit absolutely essential while you are in Cairo!

## Day 2: Cairo ( Tue 19 Nov )

Today we will set off in a local chartered minibus for an included full-day guided tour to Memphis, the pyramids at Saqqara, the Great Pyramids of Giza and the Sphinx.

We will aim to be back in Cairo for around 4:00pm today and stay overnight in the same hotel.

### Activity

### Approximate Cost

Guided visit to the Giza and Saqqara Pyramids, Cairo

EGP 120

Visit the site of Dashur, with the fascinating Red and Bent Pyramids built by the 4th Dynasty Pharaoh Sneferu - includes entrance to the interior of the Red Pyramid

Included in Kitty

Entrance to the interior of the Menkaure Pyramid at Giza

EGP 100



Explore the world-famous site of the Great Pyramids of Giza, the tombs of three Pharaohs of the 4th Dynasty, and the oldest and only remaining of the Seven Wonders of the Ancient World

Included in Kitty

See the reconstruction of an Ancient Egyptian reed boat at the Pyramids of Giza

EGP 40

Visit the ancient 3rd Dynasty necropolis of Saqqara, including Djoser's Step Pyramid, the oldest complete stone building ever built in the world

Included in Kitty

See the stunning Sound and Light show at the Pyramids of Giza and the Sphinx

EGP 120

Explore the remains of Memphis, the old capital of Lower Egypt

Included in Kitty

### Day 3 to 4: Alexandria ( Wed 20 Nov to Thu 21 Nov )

Today we will start our journey by travelling up to the Mediterranean coast to the bustling city of Alexandria, where will spend 2 nights exploring the sights. We will have the chance to visit the beautiful modern Alexandria Library, explore various historical sites, and to go diving in the Mediterranean.

In Alexandria we will stay in a local hotel.

Estimated Drive Time - 4-5 hours (please note that all drive times given here are the approximate number of hours that the truck will be in motion only, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors - flexibility is essential on any overland trip!).

#### Activity

#### Approximate Cost

Visit the Bibliotheca Alexandria, the incredible modern Library of Alexandria

EGP 70

Scuba diving around the incredible submerged port of Heracleion in the Mediterranean Sea

EGP 800

See the interesting collections and exhibits at the Alexandria Museum, located in a

EGP 65



restored Italian-style palace

Explore the incredible 2nd-century Roman amphitheatre of Kom El Dikka EGP 15

Visit the incredible Citadel of Qaitbey, a 15th-century defensive fortress on the mouth of the Eastern Harbour EGP 25

Explore the ancient underground catacombs of Kom El Shoqafa EGP 35

Take a trip out to the incredibly moving war cemeteries of El Alamein, the site of one of the most influential battles of World War II EGP 50

### About Alexandria:

Egypt's second largest city and main port, Alexandria was built by the Greek architect Dinocrates in 331 BCE under the orders of Alexander the Great. The city, immortalising Alexander's name, quickly flourished into a prominent cultural, intellectual, political and economic metropolis, and it has been an important Mediterranean settlement ever since.

Modern Alexandria is still a bustling urban centre, and features some wonderful historical sites, including the Roman amphitheatre of Kom El Dikka and the incredible 15th Century fort of the Citadel of Qaitbey. There are some fantastic museums and the wonderful modern architecture of the Alexandria Library.

If you are keen on scuba diving, there are also some excellent trips out to wrecks and sunken Egyptian towns out of the harbour!

## Day 5: Port Said ( Fri 22 Nov )

Today we will follow the Mediterranean coast across the Nile Delta to reach Port Said, the town at the northern outflow of the Suez Canal.

In Port Said we will stay in a local hotel.

Estimated Drive Time - 4-6 hours.

### Activity

### Approximate Cost

See the famous and influential Suez Canal near Port Said

Included in Kitty

### About Port Said:

Port Said is a bustling town on the Mediterranean coast, and marks the northern point of the world-famous Suez Canal. The Suez Canal was constructed in the 1860s to allow ships to travel between Europe and South Asia without having to navigate around Africa, reducing the journey distance by around 7,000kms. It is around 193kms long and sees around 50 vessels pass through it per day, making it a vital



waterway for world trade and very influential in Egypt's international relations.

## **Day 6: Eastern Desert, Zafarana ( Sat 23 Nov )**

Today we will travel south following the Suez Canal, then branch out into the Eastern Deserts, visiting the ancient Coptic Monastery of St. Anthony en route.

We will aim to stay in a simple local guesthouse in Zafarana en route.

Estimated Drive Time - 5-7 hours.

### **Activity**

### **Approximate Cost**

Visit the ancient Coptic Monastery of St. Anthony in Egypt's Eastern Desert

Included in Kitty

### **About Zafarana:**

Near the small town of Zafarana in Egypt's eastern deserts is the Monastery of St. Anthony - a Coptic Christian monastery that was built in the 4th Century CE, making it one of the oldest Christian buildings in the world.

The monastery was set up by followers of St. Anthony, who lived an ascetic life of spiritual reflection out here in a nearby cave in the desert, and was thought to be the one of the first Christian monks in the world.

Enjoying relative peace and stability due to its remote location, the monastery is today a centre for many pilgrims to visit. The modern monastery is a self-contained village with gardens, a mill, a bakery and five churches. The walls are adorned with paintings of knights in bright colours and hermits in more subdued colours - the oldest of these paintings date from the 7th Century, while the newest date from the 13th. It is a fascinating and very different place to visit on our travels through Egypt!

## **Day 7: El Quseir ( Sun 24 Nov )**

Today we will travel down the stunning coast of the Red Sea to explore the Ottoman fort at El Quseir.

In El Quseir we will stay in a pleasant campsite.

Estimated Drive Time - 5-7 hours.

### **Activity**

### **Approximate Cost**

Explore the Ottoman Fort at El Quseir

Included in Kitty

### **About El Quseir:**

The Red Sea coastal town of El Quseir has a history spanning back 5,000 years ,and was once one of the principal ports of the Ancient



Egyptians. These days it is a quiet town with a serene atmosphere and a few sandy beaches, the centrepiece of which is the incredible Ottoman fort built by the Sultan Selim in the 16th Century CE.

## **Day 8 to 10: Marsa Alam ( Mon 25 Nov to Wed 27 Nov )**

Today we will complete our drive to the beautiful southern Red Sea village of Marsa Alam.

Estimated Drive Time - 2-3 hours.

We will have 2 full days in Marsa Alam to relax on the beaches, enjoy many optional activities on the Red Sea, or to take an optional overnight camel safari out into the nearby deserts of Wadi-el-Gamal!

In Marsa Alam we will stay in a basic local beach guesthouse.

<b>Activity</b>	<b>Approximate Cost</b>
Head out scuba-diving through the coral reefs of the Red Sea	EUR 60
Explore the coral reefs of the Red Sea from a 'semi-submarine', a boat designed with huge underwater viewing windows	EUR 40
Take an overnight camel safari out into the Wadi-El-Gamal desert, sleeping out under the stars	EGP 300
Snorkel through the crystal clear waters of the Red Sea, searching for dolphins and other marine life	EUR 60
Visit the fascinating traditional camel markets of Shalateen, on the remote coastal border with Sudan	EUR 50
Head out for a sunset quad biking trip into the deserts near Marsa Alam	EUR 35

### **About Marsa Alam:**

The coastal resort of Marsa Alam is a fantastic base to explore the Red Sea - there are many activities available here such as snorkelling, diving, fishing, and surfing, as well as simply relaxing on the stunning sandy beaches. There's also plenty of chance to head inland and explore the desolate Eastern Deserts on camelback!

## **Day 11 to 13: Luxor ( Thu 28 Nov to Sat 30 Nov )**

Today we will head to Luxor, a beautiful modern town built on the site of the Ancient Egyptian capital of Thebes, where we will spend 3 nights exploring the incredible historical sites here. We will also try to visit the Temple of Hathor at Dendara en route (if accessible).

Estimated Drive Time - 7-8 hours.

On the second day we will have an included guided tour around the world-famous Karnak Temple, which is walking distance from our hotel. This temple contains some remarkably preserved painted walls and many awe-inspiring pillars and obelisks, and was the centre of religious life in Thebes. Our tour will last about 2 hours, and then we will have free time for the rest of the day to explore the temple independently, and to visit the other sites in Luxor such as the smaller Luxor Temple in the town centre, and the small but beautiful Luxor Museum, which is filled with priceless treasures from the area.

On the third day we will have an included tour to the West Bank, which will encompass the Hatshepsut Temple and the phenomenal Valley of the Kings, the location of the tombs of the Pharaohs of the New Kingdom of Ancient Egypt.

In Luxor we will stay in a comfortable hotel.

<b>Activity</b>	<b>Approximate Cost</b>
Guided tour of Karnak Temple, Luxor	Included in Kitty
Explore the colossal 18th-Dynasty Temple of Luxor	EGP 65
Visit the fascinating Luxor Museum of Antiquities	EGP 80
See the remarkably well-preserved painted murals in the Temple of Hathor in Dendara	Included in Kitty
Explore the phenomenal royal tombs at the Valley of the Kings on the West Bank of the Nile	Included in Kitty
Visit the world-famous tomb of the Tutankhamun in the Valley of the Kings, the only Egyptian royal tomb ever discovered undisturbed	EGP 150
Visit the impressive Temple of Hatshepsut, built to honour one of Egypt's most influential Pharaohs	Included in Kitty

### **About Luxor:**

Situated on the banks of the Nile, modern-day Luxor was once the ancient Egyptian capital of Thebes (also known to the Ancient Egyptians as Waset). Thebes was first inhabited from around 3200 BCE, initially merely as a small trading post when the Old Kingdom capital was at Memphis, near current-day Cairo. Thebes grew as a religious centre throughout the Middle Kingdom between 1900 and 1700 BCE, but rose to huge prominence in the 18th Dynasty (New Kingdom period) when it was made the capital by Pharaoh Ahmose I in around 1550 BCE. The New Kingdom, with Thebes as its capital, saw some of the most influential Pharaohs come to power, including Hatshepsut, Amenhotep III, Akenaten and Tutankhamun - after the onset of the 19th Dynasty in 1292 BCE, the capital was moved to the Nile Delta.

On the site of Thebes is the modern town of Luxor, and there are some unbelievable highlights to be found in and around the town. In the north of the town is the spectacular temple complex of Karnak, the largest temple in Egypt and the second largest religious site ever built in the world (second only to Angkor Wat in Cambodia). From humble beginnings in the Middle Kingdom, Karnak was continually added to and modified all the way up until its abandonment in 323 CE, making it a site that was active for over 2000 years! The temple has a vast array of pillars, pylons, and temples, including the largest still-standing ancient obelisk in the world, erected by Hatshepsut in the mid 15th Century BCE.

On the other side of the Nile on the west bank is the world-famous Valley of the Kings - a hidden labyrinth of tombs of former Pharaohs and other nobles dating from the 16th to the 11th Centuries BCE, including that of Ramses II, Hatshepsut, Akenaten, and of course of Tutankhamun. So far, 63 tombs and chambers have been discovered, many with phenomenal paintings and murals inside that have been protected from sun damage for centuries. Unfortunately, all of the tombs have been ransacked by various tomb robbers throughout the ages - all except for the tomb of Tutankhamun, which was discovered in 1922 with the entrance and all the treasures within completely intact - the contents having now been moved to the Egyptian Museum in Cairo.

## **Day 14: Edfu, Aswan ( Sun 01 Dec )**

Today we leave Luxor and visit the incredible Temple of Edfu, an awe-inspiring temple dedicated to Horus built during the Ptolemaic era, which is considered to be the best-preserved cult temple in Egypt.

We will then continue on to the southern city of Aswan - here is where we will pick up the Sudanese visas of anyone who has arranged them to be processed here in advance.

In Aswan we stay in a comfortable hotel in the centre of the town, next to the Nile River.

Estimated Drive Time - 5-7 hours.

### **Activity**

### **Approximate Cost**

Take a guided tour of the Ptolemaic-era Temple of Horus at Edfu, considered to be

Included in Kitty

the best preserved temple in Egypt

### About Edfu:

The Temple of Horus in Edfu (also known as the Temple of Edfu) is considered the best-preserved cult temple in Egypt. This partly because it was built later than most during the Ptolemaic era after Alexander the Great's invasion of Egypt - it is thought that the temple was constructed over nearly 200 years between 237 and 57 BCE.

Dedicated to the falcon god Horus, Edfu is also the second largest temple in Egypt after the Karnark Temple in Luxor. Despite its later construction, the temple exactly reflects the traditional Egyptian Pharaonic architecture and provides us with an excellent and authentic idea of how all the temples once must have looked. The temple is a spectacular highlight of our time in Egypt, featuring large sections that are completely preserved and very little that lies in ruins. Much of the paintwork has been preserved, and the interior carvings are very intricately designed.

### About Aswan:

Aswan is a beautiful town situated on one of the most picturesque parts of the Nile - it has stunning vistas, a vibrant market, some wonderful ancient sites, and the whole town is characterised by the Nubian people.

At Aswan you can visit the phenomenal Philae Temple, a quarry with an unfinished obelisk, and the famous Aswan high dam - the dam was built to control the flow of the Nile thus creating Lake Nasser, the largest artificial lake in the world. There is also an opportunity to take a boat trip out to the beautiful Elephantine Island and explore the botanical gardens on nearby Einabatat Island, which were originally cultivated by Lord Kitchener.

Another highlight of Aswan is the excellent Nubian Museum, which showcases the unique and fascinating Nubian culture and history. Aswan is wonderful for a having dinner on one of the many floating riverfront restaurants, watching the traditional feluccas sail by.

## Day 15: Aswan, Nile Felucca ( Mon 02 Dec )

Today we will board a traditional felucca sailboat for an overnight adventure exploring the Nile by boat.

Our accommodation tonight will be on board the felucca.

### Activity

### Approximate Cost

Discover the River Nile by boat on an afternoon and overnight felucca trip

Included in Kitty

## Day 16 to 17: Aswan ( Tue 03 Dec to Wed 04 Dec )

We will return from the felucca to Aswan, where we will have 2 full days to enjoy to wealth of history and culture that Aswan has to offer, and to



make optional visits to the Philae Temple, Elephantine Island, the Nubian Museum, and the Aswan Dam. If the group are keen to extend the felucca trip, we also have time to allow this possibility.

We will return to our same hotel in Aswan for these 2 nights.

<b>Activity</b>	<b>Approximate Cost</b>
Visit the Philae Temple, a beautiful Ptolomaic-era temple to Osiris on an island near Aswan	EGP 110
Visit the controversial Aswan High Dam	EGP 30
Take a boat trip out to Elephantine Island to explore its ruins and Nileometers, and to the beautiful botanical gardens on Elnabatat's Island	EGP 90
Explore the Tombs of the Nobles near Aswan, the rock-hewn tombs of nobility all the way from the Old Kingdom to the Roman era	EGP 40
Visit the Nubian Museum, a fantastic showcase of Nubian culture and civilisation	EGP 20
Explore the nearby Fatimid cemetery, a rare window into the 10th and 11th-century Fatimid Caliphate era	Free
Visit the incredible Roman-era Temple of Kalabsha, constructed in tribute to Mandulis, the Nubian sun god	EGP 50
Learn all about the process and techniques of mummification at the Luxor Mummification Museum	EGP 60

## **Day 18: Abu Simbel ( Thu 05 Dec )**

Today we will drive with the 11:00am convoy to the small village of Abu Simbel, where we will have an included visit to the phenomenal Temples of Ramses and Nefertari, with a possibility to visit the sound and light show after sunset (if it is running).

In Abu Simbel we will stay in a basic local guesthouse.

Estimated Drive Time - 4-5 hours.

<b>Activity</b>	<b>Approximate Cost</b>
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Visit the awe-inspiring world-famous Temple of Ramses II and Temple of Nefertari in Abu Simbel

Included in Kitty

Watch the fantastic Sound and Light show at the Abu Simbel Temples

EGP 60

### About Abu Simbel:

Abu Simbel is the location of two phenomenal ancient temples built in the 13th Century BCE by the Pharaoh Ramses II. Carved into two rock mountains on the shore of the River Nile near the Sudanese border, the UNESCO World Heritage site consists of an ornate temple dedicated to the Pharaoh and commemorating his victory at the Battle of Kadesh against the Hittite Empire, and the other temple dedicated to his wife Queen Nefertari.

The iconic temples feature colossal statues of Ramses and Nefertari on the exterior and incredibly well-preserved wall carvings and painted murals on the interior. Incredibly, the entire complex was painstakingly relocated from its original location in 1968, in order to keep it away from the rising waters of Lake Nasser following the construction of the Aswan Dam.

## Day 19: Wadi Halfa ( Fri 06 Dec )

**Border Information:** Exit Egypt at Qustol, enter Sudan at Qustol.

Today we will take an early transport ferry across to the east side of Lake Nasser, and then head across the border where we meet our local facilitator who will accompany us in Sudan. We will then drive a short distance to the dusty northern Sudanese frontier town of Wadi Halfa, where we will spend the night.

In Wadi Halfa we will stay in a basic local hotel.

Estimated Drive Time - 3-5 hours.

## Day 20 to 21: Wawa, Dongola, Karima ( Sat 07 Dec to Sun 08 Dec )

Over the next 2 days we will journey through the remote areas of Northern Sudan and the vast Sahara Desert. En route we will visit many ruined temples of the Kushite era, including the Temple of Soleb near Wawa, the Deffufa of Kerma near Dongola, and the pyramids at Jebel Barkal mountain near the town of Karima.

On both of these nights we will wild camp out in the remote deserts, which is the true highlight of travelling overland through Sudan!

Estimated Drive Times - 4-7 hours each day.

### Activity

### Approximate Cost

Visit to the Kushite temples and climb to the summit of the distinctive Jebel Barkal mountain

Included in Kitty

Visit the pre-Kushite Temple of Deffufa, a 5,500 year old Nubian archaeological site built by the Kerma civilisation

Included in Kitty

Explore the ancient Kushite Royal Pyramids at Nuri, near Karima

Included in Kitty

Cross the Nile and explore the remote Kushite Temple of Soleb

Included in Kitty

### **About Wawa:**

Soleb is a ruined town in modern-day Sudan just north of the Third Cataract of the Nile, and was the site of an important ancient Egyptian temple built during the 18th Dynasty. Several important Pharaohs of the mid-18th Dynasty visited the site, including Amenhotep III, Akenaten, Tutankhamun, and Ay. The small village of Wawa lies on the opposite bank of the Nile, so we can take a small boat across the river to explore the ruins.

### **About Dongola:**

The ancient site of Old Dongola is a deserted town on the east bank of the Nile - it was an important settlement in medieval times, as it was the departure point for caravans heading west towards Darfur and Kordofan. The old town flourished between the 4th and 14th Centuries CE as the capital of the Kingdom of Makuria, a small Christian kingdom that ruled over the surrounding areas as far north as modern-day Aswan at its peak. In the 19th Century, the remaining population of Old Dongola moved 80kms downstream to the modern site of Dongola.

### **About Karima:**

Near the small town of Karima are the ruins at of the Temple of Amun underneath the distinctive flat-topped mountain of Jebel Barkal.

The hill top of Jebel Barkal was one of the earliest spiritual centres of Kush, and a major landmark for traders and travellers navigating their way through Nubia. The all-powerful Egyptian Pharaoh Ramses II constructed a temple to the Theban god Amun here in the 13th Century BCE, some of which remains to this day. 600 years later, it is said that the great Nubian Pharaoh Taharqa had the mountain's peak covered in gold during his reign in the 7th Century BCE.

The area has numerous historical sites, including some the tombs and pyramids at nearby Nuri - this site contained the tombs of 21 kings, together with 52 queens and princes. Taharqa, the penultimate king of the 25th Dynasty, was the first king to build his tomb at Nuri, and it is the biggest pyramid built at the site. These pyramids are on the opposite bank of the river from Jebel Barkal, and you can get some excellent views of the site if you have the energy to climb to the top of Jebel Barkal!

## Day 22 to 24: Musawwarat, Meroe, Naqa ( Mon 09 Dec to Wed 11 Dec )

Over these days we continue our journey into the heart of Sudan, visiting the incredible and haunting Nuri pyramids and Meroe pyramids of the Kushite era. We will then continue south to visit the Kushite ruins at the sites of Naqa and Musawwarat.

We will wild camp in the Sudanese deserts on these nights.

Estimated Drive Time - 4-6 hours each day.

### Activity

### Approximate Cost

Explore the ancient Kushite temples of Naqa and Musawwarat

Included in Kitty

Guided visit of Meroe Pyramids

Included in Kitty

### About Musawwarat:

Musawwarat es Sufra is the site of a large Kushite temple complex, dating back to the 3rd Century BCE. It contained the primary cult temple of the Meroitic deity Apedemak, a lion-headed god that was said to guard the tombs of kings and other royalty, casting a curse on anyone who would disturb the tombs. The complex had a labyrinth of courtyards, passages, walls and columns, and had many sculptures of animals such as elephants. The complex layout of the site is, as far as is known, without parallel in the entirety of Nubia and ancient Egypt - and it is thought that the complex may have contained a college, a hospital, and even an elephant-training camp!

### About Meroe:

Meroe was the southern capital of the Kingdom of Kush for several centuries between 850 BCE and 350 CE. Early signs of culture in Nubia (northern Sudan and southern Egypt) first appear from around 3500 BCE, when Egypt was in the period of the Old Kingdom. Over time, the Nubian Kushite kingdom became increasingly powerful and consequently the Egyptians began to feel threatened, which prompted an invasion where they attempted to subdue their close neighbours.

Having given in to occupation, Kush effectively became a province of Egypt between 1500 and 1100 BCE. During this time the Egyptians controlled all the trade and the mineral wealth, in particular the gold mines - this is what made Egypt the richest nation in the world during this time, and led to the two cultures being assimilated and becoming one. The Egyptians eventually withdrew from Nubia around 1100 BCE, and in the ensuing vacuum a group of powerful kings arose.

The kings of the Kush had aspirations far beyond their frontiers - one of them, Pharaoh Kashta, was invited by the powerful priests of Amun in Thebes to intercede on their behalf in the internal conflict between the reigning Egyptian Pharaohs. Consequently he and his successor Piankhy received the blessings of the priests, proceeded north, conquered and reunified the warring states of Egypt and thus began the rule of the "Black Pharaohs" from 760 BCE through to 660 BCE.



The Kushite Pharaohs did more than rule - they reinvented Egypt with a cultural renaissance. Some of the finest treasures, temples and artwork date from the period of Nubian rule, known as the Kushite or 25th Dynasty. However their reign in Egypt was shortlived, as at the zenith of their glory the Assyrians invaded Egypt and the Kushite Pharaohs were forced to flee south with their armies and court to their homeland of Nubia. Despite attempted invasions from Egypt, the Kingdom of Kush continued to flourish under an unbroken line of kings until the 4th Century CE, when it finally collapsed due to internal rebellion. At the same time, Egypt was enduring successive invasions from Persia, the Greek state of Macedonia (under Alexander the Great) and finally by Rome.

Perhaps the most splendid of all the Kushite temples and pyramids are those at Meroe, Naqa and Musawwarat. The pyramids at Meroe are the most impressive in Nubia and the site is very well preserved and restored. By the 4th Century BCE, the Kushite kings had moved south down the Nile and set up the royal city in and around Meroe. The southern culture gradually prevailed over Egyptian culture and the area became a powerful centre of trade between the north and the south. The site of Meroe was home to a large population supported by advanced irrigation and a centralised political system - Roman baths, royal palaces, pyramids and temples all tell the tale of an advanced Egyptian-style civilisation.

Today the site is virtually unvisited. Scattered across the sands of the desert are numerous steep pyramids with entrance pylons. The guardian of this Nubian site has been there since 1977 and has probably seen every visitor who has passed through since then. While the mainstream tourists flock to the Egyptian ruins to our north, you will have this remarkable site to yourself. Only a few travellers and a handful of tour groups a year come here.

### **About Naqa:**

Fifty kilometres east of the river Nile lies the ruins of the ancient city of Naqa, built by the Kushite Empire. This ancient site is one of the largest in Sudan, and two of the largest temples here are very well preserved.

Naqa served as one of the centres of the Kingdom of Meroe and it served as a bridge between southern Africa and the Mediterranean. The two temples are dedicated to Amun (the king of the gods) and Apedemak (a lion-headed guardian of deceased kings that was revered prominently by the Merotic people of Nubia). There is also a small temple called the 'Roman Kiosk' due to its Greco-Roman appearance, which was likely dedicated to the worship of Hathor (the goddess of joy and motherhood).

All are relatively well preserved, and the Apedemak temple in particular has some beautiful carvings and is considered a classic piece of Kushite architecture.

## **Day 25 to 26: Khartoum ( Thu 12 Dec to Fri 13 Dec )**

Today we will complete our journey to the Sudanese capital of Khartoum, where your tour leader will have to collect the passports of everyone in the group to register our visas.

We will have the rest of the day and the whole of the following day to freely explore Khartoum, including possible optional trips to the impressive Grand Mosque and the bustling Omdurman market.

In Khartoum we stay in a comfortable hotel with good facilities.

Estimated Drive Time - 3-4 hours.

Activity	Approximate Cost
Explore Omdurman market in Khartoum	Free
Witness the confluence of the Blue and White Niles at 'The Mogran' near Khartoum	Free
Learn all about the Islamic Mahdist era with a visit to the Khalifa House Museum and the Mahdi's Tomb in Omdurman	USD 1
Visit the various interesting museums of Khartoum - the Presidential Palace Museum, the National Museum and the Ethnographic Museum	SDD 1

### About Khartoum:

Khartoum is Sudan's fascinating capital and an interesting place to explore. The city is split down the middle by the Nile - the British colonial city, ornate mosques and modern business districts on the east banks, and the sprawling settlements, markets, and iconic Whirling Dervishes of Omdurman on the west.

There are some good museums in the city, such as the Khalifa Museum in Omdurman, near the Mahdi's tomb, or the National Museum. Khartoum is located on the confluence of the White Nile and Blue Nile, and this can be seen at the 'Mogran' area of the city.

## Day 27: Khartoum ( Sat 14 Dec )

**Border Information:** if finishing in Khartoum, you will most likely exit Sudan at Khartoum International Airport (IATA code: KRT).

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

For passengers continuing their journey on to Gondar, today we will leave Khartoum towards the Ethiopian border, staying in the small town of Gedaref.

### 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.

## **PHYSICAL PREPARATION**

### **PHYSICAL PREPARATION FOR THE NILE ROUTE**

Travelling on the Nile Route can be demanding - long, rough travel days, dusty conditions and basic accommodation all provide a challenge. It can be very hot in places during the day (especially in Sudan and Egypt) but also can be surprisingly cold at night so please make sure you are prepared! In Ethiopia it is often colder and has more rain than many people expect, and there are sections of high altitude, such as the Simien Mountains. You'll travel through some remote regions, and accommodation tends to be very basic in the entire region, including some wild camps with no facilities at all.

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.

## EGYPT

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries **will** need a visa to enter Egypt as a tourist for up to 30 days. The easiest way to obtain a visa for Egypt is to purchase it **on arrival** - the cost for this at the time of writing (2016) is USD25. Alternatively you could get it yourself in advance from your nearest consulate.

Citizens of other countries should check with the relevant consulates as to whether a visa is required, and whether you will need to obtain it in advance.

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).

## SUDAN

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries **will** need a visa to enter Sudan as a tourist for up to 30 days. You will need to obtain the visa in **advance**.

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

The process of obtaining a Sudan visa can take up to 8 weeks, so it must be started well in advance of travel. First you will need to apply for the necessary authorisation letters for you to make a visa application at a specific embassy, so that you can later collect your visa at that specific embassy. You can do this through Dragoman. You will have your application rejected if you try to apply for a visa without that embassy having been previously sent authorisation letters for you via Dragoman. You will need to send Dragoman a scan of your passport and specify to us which embassy you need to make your application to. Usually this will be in Aswan, Addis Ababa or Khartoum International Airport. You will be contacted by a Dragoman representative throughout this process.

At the time of writing (2018), the fee for this service is USD150 (but this varies depending on the embassy of application). This fee is included in your trip price if you are doing our Khartoum to Khartoum trip.

If you are **joining the trip in Gondar**, you will need to apply for the visa and collect it from your nearest Sudan Embassy before travel.

If you are **joining the trip in Khartoum**, you should apply for the visa to be picked up on arrival in Khartoum Airport, which is the cheapest and most convenient way to obtain the visa - however, you will need to go through the whole process with Dragoman as above, as this will need pre-arranging.

If you are on a **Southbound trip from Cairo**, we recommend that you apply for the visa to collect at the Sudan Embassy in Aswan, Egypt, where your tour leaders can assist with obtaining these for the whole group in one go.

Similarly, if you are on a **Northbound trip from Addis Ababa**, we recommend that you apply for the visa to collect at the Sudan Embassy in Addis Ababa, Ethiopia. You will need to arrive in Ethiopia a day



before your trip starts if you intend to collect your visa in Addis Ababa.

You will need 6 passport photos and scans of your passport for the application.

At the time of writing (2018), the cost of a single entry visa was USD150 for most nationalities (and USD180 for USA passport holders) in Aswan and Addis Ababa, but this varies significantly depending on the embassy. This is payable in cash at the embassy.

On arrival in Sudan, you will need to register your visa – this is done by Waleed in Khartoum, or by his representative in Wadi Halfa on your behalf. The current (2018) cost for this is USD40, and you will need another 2 passport photos.

**Important: When bringing cash for this process you must insure you have clean, new USD notes. Any notes that are older than 2006, dirty or torn will not be accepted by the embassy.**

*Please note that entry to Sudan will be refused to Israelis or any travellers with evidence of previous travel to Israel in their passport.*

*Please also note that travelling to Sudan will usually make you ineligible for the USA's ESTA visa waiver scheme should you plan to travel to the USA in the future. You will still be able to travel to the USA, but will have to obtain a visa (usually the B-1/B-2 temporary visitor's visa) to do so as your ESTA will be denied. There are some exceptions to this, please see the following link for more details -*

*<http://www.state.gov/r/pa/prs/ps/2016/01/251577.htm>.*

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).

## PERSONAL SPENDING

### PERSONAL SPENDING – AFRICA

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

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

## NILE ROUTE CURRENCIES AND CASH

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

Cash machines are usually available in Egypt, but are infrequent in Ethiopia and northern Kenya, and do not exist in Sudan (at least not any that will work with non Sudanese cards). It is therefore very important that you have a good supply of USD cash, just bringing cards such as Travelex, VISA or Mastercard to top up your cash on the occasions when you find ATMs.

You should take a mixture of denomination notes. Banks and moneychangers in most countries will now only accept bills with a metallic strip running top to bottom of the bill and which are **no more than 8 years old**. You should not take worn or damaged notes, or any that have been written on. Please bring the majority of the money you intend to change in large denominations (USD/EUR100 and 50 bills) as the exchange rate is often significantly worse if you try to change smaller bills; however, it is also a good idea to have some smaller bills as well, as in more remote areas it can be hard to change amounts over USD50.

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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](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](http://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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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](http://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](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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

### **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 reports these as soon as possible, either to the tour leader or a medical professional.

[Back to top ^](#)

### **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](http://www.who.int/en/news-room/fact-sheets/detail/zika-virus)
- Center for Disease Control and Prevention: [www.cdc.gov/zika](http://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](http://www.travelhealthpro.org.uk/factsheet/38/insect-and-tick-bite-avoidance)

[Back to top ^](#)

### **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](http://www.nathnac.net) and [www.fitfortravel.nhs.uk](http://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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

### 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.

[Back to top ^](#)

### 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.

[Back to top ^](#)

## **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.

[Back to top ^](#)

### **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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## Out of Office Hours Contact

We have an out of office hours number you can call which should only be used once you have left your home country to start the trip and in the event of a real emergency. Should you need to call the number, we will do what we can to help but please bear in mind that real progress or action may not be possible until normal office hours. If you can not get through please leave a message with you name, reference number, contact details and a message with the help that you need and we will get back to you.

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

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

[Back to top ^](#)

## 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

[Back to top ^](#)

### **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))

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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>

[Back to top ^](#)

## 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!

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## 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](mailto: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.

[Back to top ^](#)

## 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.

[Back to top ^](#)

## Feedback

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

## COUNTRY SPECIFIC NOTES

## SUDAN NOTE

The British Foreign & Commonwealth Office (FCO) currently has no travel warnings in place that will affect this trip for British clients.

Non-UK clients should check the travel advice of their own governments, as this may be different to the British FCO advice. Australia and New Zealand currently advise 'against all travel' to all areas of Sudan outside of Khartoum. Canada advises against all travel to Sudan and the U.S asks travellers to carefully consider the risks of travel to Sudan.

We therefore ask that all non UK travellers check their insurance policy carefully to ensure they are still covered for this trip (as travel to these areas may invalidate some insurance policies). All non UK clients will need insurance that will remain valid throughout the entire trip before they are able to travel with us.

Please note that there are no ATMs in Sudan (at least none that will work for non-Sudanese cards), so please bring plenty of USD cash with you.

[Back to top ^](#)

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 21/08/2019