

VIC FALLS TO CAPE TOWN OR V.V, (ZLC)

Victoria Falls to Cape Town 22 days, departing 31 Jul 2012



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TRIP OVERVIEW

Trip Style: Overlanding
Route: Victoria Falls to Cape Town
Duration: 22 days
Transport: Overland vehicle, 4WD jeep, mokoro

Accommodation:

 25%  70%

Hotel (1 nt), camping (17 nts), chalet (3 nts) Upgrades from camping to rooms usually available on the road. 18 Breakfasts, 17 Lunches, 16 Dinners

Physical Rating:

EASY      HARD

Suitable for most fitness levels.

ROUTE MAP

[Itineraries](#)
[British Foreign Office Travel Advice and Warnings](#)
[Health](#)
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COUNTRIES VISITED

Botswana



OVERLANDING IN A WILDLIFE PARADISE

Botswana is one of the finest safari destinations in Africa. With 17% of the country covered by National Parks, the wildlife is as diverse as the landscapes - there are over 85 species of mammals and well over 1000 types of birds that reside in the country, with a boat trip in Chobe National Park being one of the best places to observe elephants in the region.

FROM THE KALAHARI DESERT TO THE OKAVANGO DELTA

The sand of the Kalahari Desert covers most of Botswana, and in the east there are the vast salt pans of Makgadikgadi. With very little rainfall, these areas are a perfect habitat for some Botswana's iconic wildlife. On the other end of the scale, another of Botswana's massive highlights is the Okavango Delta, where the Okvango River drains into and never reaches the ocean - this is one of the most scenic areas of the world and is packed full of wildlife. A trip in the local 'mokoros' to wild camp on the delta's islands is one of the most magical experiences in Africa!

Botswana is also home to a variety of cultures, perhaps most famously the San tribe - masters of

Namibia



A PERFECT INTRO TO AFRICA OVERLAND

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

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

ETOSHA NATIONAL PARK & NAMIBIA WILDLIFE

Namibia also contains some incredible wildlife, and the best place in the country for animal spotting is Etosha National Park in the north. Next to a huge salt pan, the park is packed full of



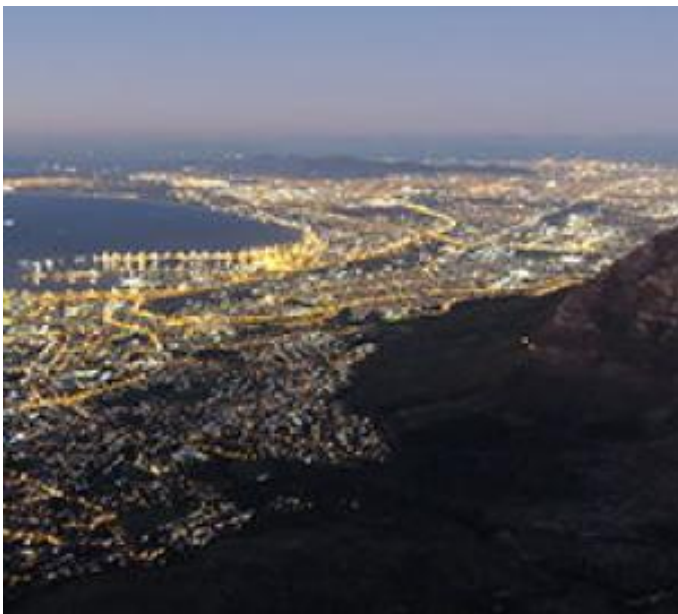
desert survival, this incredible civilisation still thrives in their traditional lifestyle in the Kalahari.

zebras, antelopes, lions, leopards, elephants, zebras, rhinos, and much more! On the Atlantic coast at Cape Cross we can see one of the world's largest seal colonies in their natural habitat.

Swakopmund a laid-back coastal town and home to many pulse-raising optional activities, from quad-biking through the dunes, surfing the waves in the ocean or exploring the Skeleton Coast from the air on a stunning scenic flight. The country is also home to a vast variety of fascinating cultures, including the resilient San tribes and the remarkable Himba people.

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

South Africa



EXPLORE S.A OVERLAND

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

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

SAMPLE WORLD FAMOUS WINES & TRADITIONAL CUISINE

South Africa has some truly delicious food to

Zimbabwe



A MUST ON THE SOUTHERN AFRICAN OVERLANDING CIRCUIT

Zimbabwe is one of Southern Africa's most beautiful regions and home to spectacular rolling landscapes, National Parks and striking baobab trees.

A country recovering from its troubles in the early 2000s, Zimbabwe is once again becoming a gem on the Southern African overland circuit. Two of the continent's finest National Parks can be found here: [Hwange](#), famous for its mighty elephant herds and wild dog populations, and Matobo, well-known for its rhinos, ancient cave paintings and the containing the grave of the colonialist Cecil Rhodes.

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

The vibrant South African lifestyle is perfectly reflected in the music - from folk music to jazz, hip hop and pop, and traditional music still playing all over the country, the sounds of South Africa are beautifully diverse and an important factor in the country's culture.

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

ANCIENT RUINS & MIGHTY WATERFALLS

Some of sub-Saharan Africa's earliest great civilisations emerged from what is today Zimbabwe, and this legacy can be seen in some of the greatest ancient ruins found in the continent - the phenomenal 11th-Century ruins of Great Zimbabwe near Masvingo and Khami near Bulawayo.

And of course, Zimbabwe is most famous for containing one of the world's greatest highlights, the magnificent [Victoria Falls](#)! The largest waterfalls in Africa and featuring an unbroken curtain of water nearly a kilometre long, the Victoria Falls are also known locally as Mosi-oa-Tunya, "The Smoke That Thunders".

Zimbabwe is perfect for nature lovers and for all travellers who want to experience Africa at its purist.

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DAILY ITINERARY

Day 1: Victoria Falls (Tue 31 Jul)

Border Information: If joining in Vic Falls, enter Zimbabwe at Vic Falls Airport.

Free time in Vic Falls until the group meeting at 18.00hrs. Our camp ground is centrally located on the Zambezi River only four kilometres from the Falls, the perfect place to use as a base for the vast array of adventure activities on offer in the area. Please note that no meals are included in Vic Falls.

Hotel for the night: Victoria Falls Rest Camp

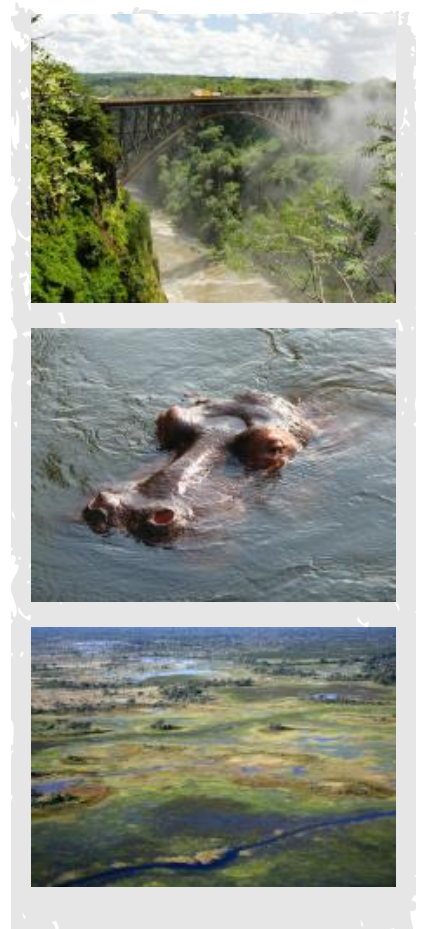
Victoria Falls Rest Camp

Park Way
Victoria Falls
Zimbabwe
Tel - +27 216 836 444

About Victoria Falls:

The lively town of Victoria Falls is located right on the border with Zambia, and is the gateway to the magnificent Victoria Falls, situated just a short distance further up-river. The falls themselves are one of Africa's most spectacular and recognisable icons! They comprise of an enormous curtain of water about a mile wide, falling 108m into a narrow chasm below.

In the wet season, the falls create an impressive raging torrent and creates a spray that can rise an incredible 400m and can be seen from miles away. The locals call the falls "Mosi oa Tunya", which means "the smoke that thunders" - a fantastic description of this magnificent sight. In the dry season the view of the falls is less obstructed by spray,



and it's also possible to see the little islets in the river below. Whichever season you choose, you are sure to be blown away by this awe-inspiring spectacle!

As well as enjoying the falls, there are a whole host of other activities you can do here - so if you are starting or finishing a trip at Victoria Falls it is well worth allowing a bit of extra time here. Options to choose from include white water rafting, canoeing, horse-riding, abseiling or even bungee-jumping from the bridge across one of the cataracts! Please be aware that many activities may need to be booked in advance to avoid them being booked up (especially if you are starting your trip in Victoria Falls) - please see the website of our approved activity supplier in Victoria Falls, Adventure Zone, to see what options they have available and to book any that you wish to do before your trip starts - <http://www.adventurezonevicfalls.com/>

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

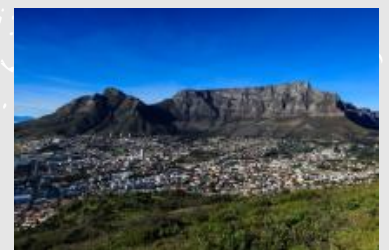
Day 2: Victoria Falls (Wed 01 Aug)

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

| Activity | Approximate Cost |
|--|-------------------|
| Visit to the incredible Victoria Falls | Included in Kitty |
| White water rafting on the Zambezi | USD 150 |
| Take a relaxing sunset cruise on the Zambezi | USD 55 |
| Horse riding along the scenic banks of the Zambezi | USD 95 |

Day 3: Kasane (Thu 02 Aug)

Border Information: Exit Zimbabwe at Kazangula, enter Botswana at Kazangula.



This morning is free for you to continue enjoying all that Victoria Falls has to offer before we make our way in the afternoon to Kasane in Botswana, our base from which we visit Chobe National Park (approx. 150km). We will stay at a campsite in Kasane.

About Kasane:

Kasane is the gateway to the Chobe National Park. The wonderful stretch of the river side creates a lovely scene for the small town. It's a great base for exploring the national park and finding out about the wildlife of Botswana.

Day 4: Chobe National Park, Kasane (Fri 03 Aug)

On our second day here we enjoy an early morning game drive. In the afternoon we take a cruise down the Chobe River.

About Chobe National Park:

Together with the Okavango Delta, Chobe National Park is arguably one of Botswana's top two wildlife destinations. Whilst it's not the country's largest wildlife reserve, its reputation is justifiably deserved, as it is home to some of the most diverse and abundant flora and fauna in the whole of Africa. Chobe is probably best known for its elephants, being home to some 120,000 of them, migrating hundreds of kilometres from the salt pans in the south of the park to the banks of the Chobe and Linyati between the wet and dry seasons.

Inhabiting the park alongside the elephants are giraffe, oribi, roan and sable antelope, waterbuck, hippo and lion. Birdlife along the river is also incredibly diverse and includes fish eagle, harrier hawk, guinea fowl and carmine bee-eaters.

On our visits to Chobe we tend to explore the north of the park, basing ourselves in the River Front region of the Chobe River. In many ways being on the river itself on a boat cruise is the best way to experience the park. Keep an eye out for swimming elephants, a huge variety of bird life as well as hippos wallowing and crocs sunning themselves by the water's edge.

Day 5: Bagani (Sat 04 Aug)

Border Information: Exit Botswana at Ngoma, enter Namibia at Ngoma.

This morning we drive from Chobe to our camp at Bagani in Namibia. The trip from Chobe to Bagani is approx 470km. It is from this camp located in the Namibian Caprivi Strip that we organise our visit to the Okavango Delta in Botswana. In Bagani we stay at a well equipped camp site.

About Bagani:

The town of Bagani is located in the Namibian Caprivi Strip. This is a land of fertile floodplains surrounded by perennial rivers, making for some beautiful scenery. The narrowest part of the Caprivi Strip is also a game reserve, and the main road we travel on runs right through the middle of the reserve.

The Strip is a classic example of how the former colonial powers



shaped the boundaries of modern Africa. At 500 kms long, with the game reserve only 32 kms wide, the Strip opens up to almost 100kms wide at the eastern end, before narrowing to a point on the Zambezi River - and this is where the boundaries of Zimbabwe, Namibia, Zambia and Botswana meet. During the struggle for independence the Caprivi region was home to the South African army and police, and from the early 1960s until 1990 the region was in a constant state of war.

Most Caprivians make a living from farming and fishing. In the wet season, waters from the Zambezi and Kavango Rivers flood much of the area. During these months the local people travel through the region using the mokoro canoes similar to those that you see in the Okavango Delta.

Day 6: Okavango Delta (Sun 05 Aug)

Border Information: Exit Namibia at Muhembo, enter Botswana at Muhembo.

We join our transport for the journey into the Delta from Seronga. You will be in the middle of a wilderness area and on the first night out you will camp out on an island away from civilisation. The Delta is of the world's most fascinating ecosystems. We will explore it in our small dugout styled canoes, poled out into the reed beds of the Delta

Activity

Head on an unforgettable 2-day/1-night guided safari deep into the Okavango Delta, including Mokoro trips and bushwalking safaris

Approximate Cost

Included in Kitty

About Okavango Delta:

The Okavango Delta in Botswana is home to one of the world's most fascinating eco-systems. The Delta is essentially a large swamp plain, created where the Okavango River flows out into a basin on the edge of the Kalahari Desert, never reaching the ocean. The river has no outlet from the desert and the water spreads out into thousands of small streams to form a maze of wetlands - a totally unique and unspoiled habitat which is home to an incredible variety of flora and fauna.

The Delta is a magical wilderness of meandering clear waterways, green islands, lush plains and prolific wildlife, including hippos, crocodiles, elephants, warthogs, and a myriad of different birds. Despite its abundance of wildlife, spotting game is not always easy in the Delta due to the lush plantlife that grows in the area - however, exploring the Okavango is less about searching for wildlife and more about enveloping yourself in a truly unique and magical landscape.

In the Delta, we drift along the labyrinth of waterways in a dugout canoe called a mokoro - like an African gondola, the mokoro is punted along with a long pole by a local boat driver, helping you glide serenely through the reeds and the meandering waterways. Reeds and lily pads



line the streams and birds startled by the mokoros rise out of the long grasses. Punting along, the peace of the Delta is only shattered by the occasional deep grunting of hippos and other animal sounds.

Day 7: Okavango Delta (Mon 06 Aug)

We continue our trip around the Delta and then return to Gao Island and head to the relative civilisation of Umvuvu Camp with its hot showers and small bar.

Day 8: Bagani (Tue 07 Aug)

Border Information: Exit Botswana at Muhembo, enter Namibia at Muhembo.

Travelling back from the Delta, we head back to our camp at Bagani.

Day 9: Rundu (Wed 08 Aug)

We have the morning to relax in Bagani and then we have a drive of approx. 400 km to Rundu. We spend the night in a camp at the beautiful n'Kwazi lodge

About Rundu:

The drive along the Caprivi Strip can contain some marvellous sites, but it also has some fantastic places to relax and Rundu is one of them.

Rundu is the capital of the Kavango region of Namibia, on the border with Angola. A centre of activity for Namibia's growing Angolan community this is a great place to explore. Whether it is to try the regional taste of Paw Paws or to see what the wood carvings on sale at the market look like, Rundu is the place for it.

Day 10: (Thu 09 Aug)

Today we head to Grootfontein (approx 400km) stopping at the San village on the way for our bushwalk. After the village visit we head to our camp just outside town for the evening.

Day 11: Etosha National Park (Fri 10 Aug)

It is approx. 290 km from Grootfontein to Etosha National Park. Etosha is one of the world's most pre-eminent wildlife areas with good chance to see the big five. We will stay in the park for a couple of days giving us plenty of opportunity for game drives.

About Etosha National Park:

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



and other herbivores.

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

Day 12: Etosha National Park (Sat 11 Aug)

Game drive and overnight in Okaukuejo, a particularly spectacular camp as it overlooks a floodlit waterhole visited by many different species throughout the day and night

Activity

Overland safari through Etosha National Park with excellent wildlife

Approximate Cost

Included in Kitty

Day 13: Spitzkoppe (Sun 12 Aug)

The drive today is approx. 500 km to Spitzkoppe. We bush camp here in the midst of this remote region and should witness the breathtaking sunsets and sunrises as the colour of the landscapes take on remarkable oranges and reds.

About Spitzkoppe:

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

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

Day 14 to 16: Swakopmund, Cape Cross (Mon 13 Aug to

Wed 15 Aug)

From the desert we experience the sight, sound and smell of thousands of olive-coloured seals on the shores of Cape Cross. We continue on to the old German colonial town of Swakopmund for plenty of adventure activities on offer (approx. 320km). Our accommodation here is in bungalows. These accommodate 6 people each and share bathroom



facilities.

Activity

Approximate Cost

| | |
|--|-------------------|
| Learn all about the German colonial history of the area at the Swakopmund Museum | ZAR 25 |
| Visit the seal colony at Cape Cross | Included in Kitty |
| Take a scenic flight over the Forbidden Coast and the Skeleton Coast | NAD 4000 |
| Head out for a fun morning of sandboarding on the dunes near Swakopmund | NAD 400 |
| Explore the ocean by boat and search for dolphins, seals, and other marine life | NAD 600 |
| Take a beautiful sunrise balloon flight over the Forbidden Coast | NAD 3000 |
| Head out for a quad-biking trip into the Namib deserts near Swakopmund | NAD 550 |
| Go in search of dolphins on a sea kayak trip off the coast of Swakopmund | NAD 800 |
| Take a boat out for off-shore fishing in the seas near the Forbidden Coast | NAD 1200 |
| Head out on horseback to explore the beautiful area around Swakopmund | NAD 690 |

About Swakopmund:

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

Swakopmund has become the adventure capital of the region. This is a great place for the adrenaline junkie, and there are some excellent outdoor activities that you can get involved with - some of the most



popular include sandboarding, quad-biking across the beautiful dunes or exploring the marine life on a boat trip along the coast.

About Cape Cross:

As the Portuguese explorer Bartholemeu Diaz discovered 500 years before us, Cape Cross is a huge breeding ground for Cape fur seals - and it's now home to about 200,000 of them! It's quite an incredible sight to see the thousands of seals reeling about on the beach and interacting in their natural habitat. Sometimes you may see hyenas and jackals waiting on the edges of the colony for opportunities to steal pups while their mothers are at sea.

Please bear in mind that this is quite a raw experience, and you'll likely smell the seals well before you see them, so please don't expect idyllic scenes of seals basking on the shore!

Day 17: Sesriem & Soussusvlei, Namib Desert (Thu 16 Aug)

A drive of approx 351km takes us from Swakopmund to Sesriem, our base for exploring this incredible Namib Desert. The famous part of the desert region is its vast dune fields, the most spectacular of which are found near the Sesriem Canyon. We camp in the Sesriem region at a campsite.

About Sesriem & Soussusvlei:

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

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

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

About Namib Desert:

The Namib Desert stretches for about 2,000 km from Southern Angola to Olifants River in South Africa. It is squeezed into an area less than 200 kms wide between the South Atlantic Ocean and the Great Western Escarpment.

The desert has some stunning flora and fauna. Probably the most



famous is the wonder plant, Welwitschia mirabilis, which is endemic to the Namib. Many of these horizontal trees are over 1,000 years old. This plant, which is part of the pine tree family, only has two leaves, but these leaves are vital as they allow the plant to take up fog water. In fact, the incessant fog, which comes in from the Atlantic in the mornings, is the reason that the Namib has such prolific flora and fauna, providing just enough moisture for life to carry on. Both plants and animals have adapted to utilising the small amount of moisture that is available.

Due to the fog and the winds off the Atlantic, the temperature here can drop very quickly, then soaring up to over 40°C later in the day as the sun burns through the fog and the winds change to a hot dry easterly breeze. These extremes of temperature make the area inhospitable and yet the desert is home to extraordinary wildlife, including herds of elephant, zebra, oryx and other big game.

Day 18: Sesriem & Sossusvlei, Bethanie (Fri 17 Aug)

Early morning climb to the top of the dunes for a dramatic sunrise view across a vast sea of sand. In the afternoon we head our river camp near the small town of Bethanie approx 350 km.

Activity

Approximate Cost

Explore the vast dunefields at Sossusvlei

Included in Kitty

Take a balloon trip over the Namib desert and Dune 45

NAD 5950

About Bethanie:

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

Day 19: Fish River Canyon, Keetmanshoop (Sat 18 Aug)

Day begins exploring Keetmanshoop's Giant's Playground. Heading south we drive towards Fish River Canyon. Approx 200km.

Activity

Approximate Cost

Time to explore and take in the jaw-dropping vistas at the Fish River Canyon

Included in Kitty

About Fish River Canyon:

Fish River Canyon is one of the great natural wonders of Africa. It is Africa's largest canyon, and one of the largest canyons in the world - it is similar in dimension and sheer magnificence to the Colca Canyon in





Peru and the Grand Canyon in the USA. Fish River has its source east of the Naukluft Mountains, and from there it flows down into the great Orange River. The river has cut into the escarpment through which it flows to create a canyon more than 150 kms long, and up to 550 m deep in places.

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

About Keetmanshoop:

Named after the German financier of a mission established here in the 1800s, Keetmanshoop is regarded as the capital of Southern Namibia and is one of the oldest towns in the country. Prior to the arrival of the European mission the town was known as Nu-gouses, or "Black Marsh", indicating the presence of the important spring in the area.

Whilst being the hub of the karakol wool industry, Keetmanshoop is perhaps best known for the Quiver tree, or 'kokerboom', forests. Lying a short distance north east of town, the Quiver tree forests got their name from the ancient San San's tradition of hollowing out the branches and using the tough outer bark as a means of carrying their arrows; a quiver. The Quiver Tree Forest 'trees' are in fact aloe plants which usually only grow singly, but grow here in large numbers, giving the impression of a small forest.

Another popular sight in the area is the "Giants Playground". These curiously shaped magma formations have been gradually revealed by the erosion of the earth's surface over millions of years. The formations are estimated to be between 160 and 180 million years old, scattered and piled, often somewhat precariously, over hundreds of thousands square kilometres. There is a short trail which guides you past the most striking formations, an area covered in huge, black, basalt rocks all balancing precariously on top of each other.

Day 20: Noordoewer (Sun 19 Aug)

From Fish River Canyon, it is approx. 240km to Noordoewer. We pitch our tents by the scenic banks of the Gariep (Orange) River. We can take the opportunity to go canoeing or rafting for the afternoon.

Activity

Approximate Cost

| | |
|--|---------|
| Head out on a short canoe trip on the Orange River, which marks the boundary of Namibia and South Africa | NAD 250 |
|--|---------|

About Noordoewer:

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

Day 21: Citrusdal (Mon 20 Aug)



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

We depart first thing to Citrusdal approx. 510km. If there is time we will have the opportunity to take mountain walks around the surrounding countryside and farms. Tonight we will also have the opportunity to do some wine tasting.

Tonight we stay in a well equipped campsite.

Activity

Approximate Cost

Sample the delicious wines from the vineyards at the base of the Cederberg Mountains

Included in Kitty

About Citrusdal:

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

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

Day 22: Cape Town (Tue 21 Aug)

Border Information: If finishing in Cape Town, exit South Africa at Cape Town airport.

After approx. 360km our safari ends in the late afternoon in charming Cape Town. There is no accommodation provided for tonight but we are able to organise additional nights, which we recommend as there is plenty to see and do in Cape Town. Please request at time of booking. Please do not book international departure flights until after 21.00hrs on departure day.

Activity

Approximate Cost

Return cable-car trip to the top of Table Mountain

ZAR 250

Excursion to the former jail on Robben Island, where Nelson Mandela was once imprisoned

ZAR 250

Visit to the Kirstenbosch Botanical Gardens

ZAR 45



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|---|----------|
| Full-day Shark Cage Diving excursion | ZAR 1400 |
| Tour to the Cape of Good Hope and the Boulders Penguin Colony | ZAR 540 |
| Tour of Cape Town Townships and the District Six Museum | ZAR 395 |

About Cape Town:

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

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

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

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 EASTERN AND SOUTHERN AFRICA

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

You will need to be fit enough to help every day with the camp chores (cooking, washing up, general camp set up) as well as putting up and taking down your own tent. There are some long driving days and some early morning starts.

The step up into the overland vehicle, while not overly high can become tiring and you need to judge yourself to be physically fit enough to haul yourself up and down the step at least 8-10 times a day. There are some long days driving on rough roads on all itineraries.

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

VISA INFORMATION

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

The visa requirements for your trip vary depending on where you are from and where you are going. The information provided is given in good faith and we do try to keep the visa information as up to date as possible. Please read the information very carefully to make sure everything is clear and you aware of what you need to do. Please also be aware that rules surrounding visas do change, often suddenly, and without prior warning. This is why it is important that you also double-check the information we provide for yourself.

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

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

As you will often need to submit your passport together with your applications, we recommend that you avoid making any travel plans in the weeks leading up to your departure.

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

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

ZIMBABWE

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries **will** require a visa to enter Zimbabwe as a tourist for up to 90 days.

The easiest way to get a visa is to obtain it **on arrival**. This is available for most nationalities at all land



borders and airports into Zimbabwe. At the time of writing (2015), the cost of a single-entry visa is USD55 for UK and Irish passport holders, and USD30 for most other nationalities - this must be paid in USD cash.

On our YVC trip you will need a double entry visa. The same advice as above applies here. The current cost (2017) is USD70 for UK and Irish passport holders.

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. Please note that certain Eastern European nationalities will need to obtain the visa in advance as well.

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

BOTSWANA

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

Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, 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).

Important note - Please note that if you're travelling to Botswana with a person under the age of 18 (especially those on our Family Trips in Southern Africa), then you provide a **certified copy** of the child's full unabridged birth certificate in order to enter the country (the one listing the child's details and both parents' details. - the short birth certificate which only lists the child's details won't be accepted).

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

NAMIBIA

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

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

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

SOUTH AFRICA

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

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

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

PERSONAL SPENDING



PERSONAL SPENDING - AFRICA

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

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

EASTERN AND SOUTHERN AFRICA CURRENCIES AND CASH

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

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

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

Cash machines are readily available in most of East and Southern Africa but are not always reliable therefore we recommend that you do not rely on them as your only source of cash. Please note that most ATMs only take Visa cards NOT Mastercard. Please also do not plan to take out large amounts of USD from the ATMs in Zimbabwe for use on the rest of the trip - the cash in Zimbabwe is often old, dirty and falling apart and will not be accepted anywhere else in the world.

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

Credit cards such as Visa and American Express are the most commonly accepted, but be prepared for very high commission charges. Please do not rely on cards for daily use, as they are not always accepted outside of larger towns and cities.

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

WHAT ELSE YOU NEED TO KNOW

Overland Lifestyle and Trip Suitability

Dragoman was founded in 1981, and has had many years of experience of leading overland trips across 4 continents. Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of Dragoman's purpose-built iconic expedition vehicles on an off the beaten track adventure along rugged roads, experiencing the sights, sounds and smells of the world up-close. Your journey will be overland, sometimes across vast distances, so some long days spent driving are inevitable - but these will be interspersed with breaks of a day or two at a destination or activity. On an



overland journey, you are more than just a passenger and everyone gets involved setting up camp - we supply the tent but it's up to you to pitch it! As part of your trip, you will be assigned a truck job which could be collecting firewood or water, luggage loading, organising food, stores, etc.

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

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

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Who Travels with Dragoman?

Our groups are made up of people from around the world, and are always an interesting mix of nationalities and ages. On average there is a pretty even split between males to females, and between solo travellers, couples and small groups of friends. We believe that overlanding should be open to as many people as possible, and so although we have a minimum age limit of 18 (or 7 on our Family Trips), as long as you are fit, healthy and passionate about travel, we are happy to take you, whatever your age is. One of the wonderful aspects of group travel is the camaraderie and friendships that are formed along the way, and the variety of people that you will meet.

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Group Size

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

Please note that there is an overlap of 2 trips in Cuzco and during the Inca Treks. This means a group starting a trip in Cuzco will embark on the Inca Trail at the same time as a group finishing in or travelling through Cuzco. In practical terms this means there could be more than 22 group members in Cuzco and on the Inca Trail at the same time.

Please note that there is also an overlap of 2 trips in Zanzibar. This means a group starting a trip in Nairobi, for example, will visit Zanzibar at the same time as a group starting their trip there. In practical terms this means there could be more than 22 group members in Zanzibar at the same time.

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

Our Crew and Guides

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

On all Dragoman overlanding trips, we usually have 2 western crew. However on our trips in East and Southern Africa we either have 2 western crew or 1 western crew and 1 local driver. 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.

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).

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.

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

Accommodation on Tour

Dragoman's overland trips are designed for shared accommodation, whether camping or staying in hotels or hostels, and therefore do not involve a single supplement. Whilst our crew will do their best to accommodate couples travelling together in twin rooms, all our travellers should expect to stay in multi-share accommodation when staying in hostels, gers or yurts.

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

The campsites will range from rather basic to those with excellent facilities, including swimming pools, restaurants and bars. In some cases it may also be possible to upgrade locally to bungalows, lodges or even tree-houses. One of the highlights of overlanding is that in more remote areas we will camp away from the tourist crowds. Occasionally on some of our trips we are able to stay in villages or local homestays allowing us to get close to the indigenous population and ensuring that our money stays within the local community.

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The Kitty

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

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

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

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



The kitty is payable in full at the start of your trip (in installments 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_v8.pdf for more details - this letter will also be sent in your booking confirmation upon booking a trip. Please also note that this option is not available for our trips to West Africa or Iran.

If you are bringing the kitty out in cash, please try to pay in US Dollars. Your tour leader will be able to accept some of the kitty in local currency if needed, 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. Please bear in mind that most cards have a maximum withdrawal amount per day, local ATMs may run out of cash, and your bank could block the card despite you warning them of your travel plans, so it could be impractical to try to get the entire kitty out from an ATM.

We cannot accept traveller's cheques on our trips.

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Meals and Group Participation

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

An example of a typical camp breakfast might be toast with spreads, fruit and cereal as well as tea and coffee. When time allows it will also be possible to serve something hot such as eggs or pancakes. Lunch is almost always a sandwich heaped high with healthy salad and assorted fillings, with fruit to follow. Dinner might be a BBQ, risotto or pasta dish and there is always the chance to try some local cooking. Generally our passengers find the more they put into a trip, the more they benefit from it.

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Dietary Requirements

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

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Itineraries

Our itineraries are developed and published with the best of intentions, however travel in more remote areas of the world is unpredictable - borders can close, there can be extreme adverse weather, strikes or maybe mechanical issues that affect the running of your trip, but equally due to the nature of our trips we can often spontaneously include a local festival or event into the itinerary. This being said, the safety of our passengers, leaders and operators is a priority for Dragoman. With this in mind we monitor world events very closely. By the very nature of the adventure travel that we take, there are risks and hazards that are inherent in our itineraries. Dragoman makes operational decisions based on informed advice from a number of sources:

- The British Foreign and Commonwealth Office travel advice



- Reports from other travel companies and local suppliers
- Leaders reports from off the road
- Local contacts we have built up over many years of experience.

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British Foreign Office Travel Advice and Warnings

Dragoman follows the British Foreign Office Travel advice when deciding where and where we are unable to travel. We will base our decisions on itineraries and alterations to published routes based on their advice rather than the advice of other governments.

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

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

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

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

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

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

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

We will advise you of any significant changes in advice before travel or whilst you are overseas.

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Health

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

You should consult your doctor for up-to-date medical travel information prior to travel, particularly if you have a pre-existing medical condition. We also advise you to declare any pre-existing medical conditions to your travel insurers upon purchase.

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Altitude

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



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Yellow Fever

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

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

Malaria & other mosquito-borne diseases

Some areas that we travel to have a risk of contracting malaria. If you will travel through these areas, it's 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 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 - [please see more information here](#).

The mosquito usually bites between the hours of dusk and dawn, so covering up by wearing long-legged and long-sleeved clothing, preferably light-coloured and buttoned at the wrists, can help. Do not sleep without closing your windows, tent door, etc. and use a mosquito net in hotels or if sleeping outside where there are mosquitos present. Use mosquito repellent applied directly to your skin or soaked into your clothing.

Treating clothes and mosquito nets with a Permethrin solution 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.

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Vaccinations

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

www.nathnac.org and www.fitfortravel.nhs.uk

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

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Safety & Security

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

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

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



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Transport Safety

- Our own vehicles have fully-fitted seat belts; make sure you always belt up.
- If you find a safety belt inoperable or missing on one of our vehicles, please inform the crew immediately.
- Unfortunately, we cannot guarantee that other vehicles we may use or recommend in some countries will be fitted with seat belts on every seat as it is not a legal requirement in much of the world.
- Please remain seated on board vehicles at all times when the vehicle is in motion.
- Never place luggage in the aisles or foot wells.
- Ensure you know where your nearest Emergency exit is; this may be a designated emergency exit, a window, a door, or a roof hatch.
- Check the location of the fire extinguisher and first aid kit.
- Follow any safety instructions provided by the crew/driver.
- Our vehicles are fitted with roof seats which can be used in certain conditions, such as when driving at low speeds, off main tarmac roads, etc. The roof hatches can only be opened and the roof seats used with the express permission of the crew and you must never sit in the roof seats without seat belts.

Road Safety

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

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Fire & Other Safety - Hostels/Hotels/Homestays

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



- If in doubt please inform the crew of any safety issues with the hotels/hostels or homestays.

Fire Safety - Campsites

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

Other Campsite Safety & Security

- Familiarise yourself with the campsite and any known hazards.
- Group the tents around our vehicle wherever possible.
- No open flames, smoking or flammable liquids in or near the tents.
- Ensure the cooking area is well away from the tents.
- Ensure all water for cooking and drinking is purified first.
- Ensure any soil toilets are a minimum of 50m away from the tents and the cooking area.
- All food waste should be burned or buried a minimum of 100m away from the site.
- Ensure local advice is followed concerning any wildlife in the area.
- Keep valuables locked in the vehicle.
- Be aware of any local security issues that might be important.
- Do not set out tents close to perimeter fences which may be a security risk.
- Be aware of the security arrangements and local guards for campsite and if in doubt ask them where and where not to pitch tents.
- If in doubt please inform the crew of any safety issues with campsite.
- When wild camping, ensure that you do not wander away from the camp alone. If you do leave camp, ensure that you have notified the leader or other members of the group.

Food Safety

- Make sure your food has been thoroughly cooked.
- Hot food should be hot, cold food should be cold.
- Avoid any uncooked food, except fruit and vegetables (notably those you can peel or shell yourself).
- In many countries you should only drink bottled water or purified water and ensure any seal is intact when purchasing bottles.
- On the Dragoman vehicles we have a tank of drinking water that is kept purified by the crew.



- Avoid ice in drinks as this can cause upset stomachs in hot climates.
- Make sure you wash your hands in antibacterial product when preparing and/or eating food.
- Many of the restaurants that you will eat in, either as a group or as individuals, will NOT have the same standards of food hygiene as we have in the western world. Unfortunately this is a reality of life in these regions. Therefore please think carefully about where you eat, what food you order and be aware of the risks.

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Personal Safety

One of the real advantages of overland travel is that the vehicle provides a very real level of security when travelling. There is no doubt that a properly-equipped overland vehicle, with safes, fully lockable doors and windows is an obvious advantage when travelling in much of the world. Generally speaking, you will not be travelling on local public transport and will have the added security of travelling in a group with experienced crew on-hand to offer advice. We have come up with a few pointers that we recommend you follow:

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

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Activity Safety & Optional Activities

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

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

Optional activities mentioned by Dragoman are not included in the trip price or kitty, and do not form part of your contract with Dragoman. As such you accept that any assistance given by Dragoman crew members or local representatives in arranging optional activities does not render us liable for them in any way. The Dragoman crew are assisting you in arranging these activities for your added enjoyment whilst



on your trip. The operators of these services and optional extras are local suppliers who contract directly with the client 'on the road', subject to and in accordance with their own terms and conditions. Dragoman accepts no liability for any action or activity undertaken by the client which is arranged independently of Dragoman while on tour. Crew may take part in an optional activity but do so as private individuals and not as company representatives.

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

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

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

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Included Activities

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

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Optional Activities

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

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

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

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Insurance

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

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

Whatever policy you choose, you must ensure that it is designed for adventure/overland travel and make



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

Please double check if you have annual travel and/or credit card policies to ensure they have the cover you require, as many of these policies are not able to cope with adventure travel to remote areas. Many credit card medical insurance policies are not valid for travelling outside your country of residence or outside the EU.

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Our Liability Insurance

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

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Out of Office Hours Contact

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

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

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

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Luggage & Kit List

Although you will not have to carry your main bag for long distances, you will need to help load and unload them onto the truck. For this reason we recommend that you use a backpack or soft bag rather than a heavy suitcase. During your trip your main luggage will be kept in the truck's back locker which will be inaccessible during a drive day, so you will also need a small daypack. This can be used to carry your camera, water bottle and other personal effects for daily use. Please be aware that due to the constant dust and vibrations your luggage bag will be subject to extreme wear and tear.

The size of baggage that can be brought on this tour is limited by the locker space on the truck. We recommend that your bag be no larger than a large rucksack with a capacity of about 80 litres (approximately 70cm high, 40cm wide, and 40cm deep). The weight limit for luggage on all trucks is a maximum of 20kg. Backpacks should not have an external frame unless it can be easily removed and stored separately to avoid damaging other people's luggage.

Your clothes and equipment should be appropriate for the conditions you are travelling in, which will vary depending on which part of the world you're heading to. On overland trips, Dragoman will provide all camping equipment apart from sleeping bags and ground mats, so you'll need to bring those with you*.

Think about the climate and altitude of the areas you'll be travelling to - there's nothing worse than being cold at night so it's worth investing in a decent sleeping bag if it's likely to get cold. And remember 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:

- Sleeping bag* - check the expected climate en route. Nights in desert, mountain and high-altitude



regions and Patagonia can be very cold, especially in winter months.

- Sleeping bag liner* (or sheet folded and sewn up on 2 sides) - this will help keep your sleeping bag clean, provide extra insulation on cold nights, and can be used on its own on warm nights.
- Ground mat or compressed foam*.
- A day pack is useful for short hikes in the countryside, wandering around cities, etc., and also for keeping inside the vehicle for items used during the day.
- 2 sets of comfortable travelling clothes (light, easily washable cotton clothes are best).
- 1 set of casual but smart clothes for evenings out. Men should bring a pair of trousers that covers all their legs and women should bring a skirt that covers their knees and a scarf for visiting places of worship.
- 2 pairs of shorts.
- Sun hat or warm hat if trekking.
- 1 pair of sunglasses.
- Warm sweater/fleeces.
- 1 waterproof jacket with hood.
- 1 pair of comfortable walking shoes/boots (or ankle height canvas jungle boots).
- 1 pair of sandals or flip-flops.
- Underwear and socks - thermals are also a good idea if you are travelling to altitude, Patagonia or to the desert, as it can get very cold at night.
- Swimwear.
- 2 small towels.
- Washing kit, including a small mirror.
- Clothes washing detergent, small scrubbing brush and washing line (just a length of cord).
- Head torch/flashlight with spare batteries and bulbs - only the 3 standard sizes of round 1.5V batteries are widely available en route.
- Passport photos - at least 4, and more if you are applying for visas en route.
- Good water bottle - at least 1 litre capacity.
- A pouch or money belt to be worn inside your clothing, or an unobtrusive pocket sewn into the inside of a pair of loose fitting trousers.
- Alarm clock.
- Pocket calculator - useful when exchanging money.
- Writing materials and notebook/diary.
- Multi purpose knife.
- Mosquito net - the tents supplied by us have mosquito netting and you will only need a net if you think you will sleep out under the stars a lot of the time.
- "Wet Wipes" (moistened tissues) and hand gel.



- Toilet paper - this can be purchased almost everywhere en-route, but one roll may be worth packing.
- Assorted sized plastic bags - protects clothing and equipment from dust and damp.
- Extra batteries for your camera, etc., as there may be only limited opportunities to recharge them en route.

For a comprehensive kit list, take a look at the Dragoman kit list that Nomad Travel has created. Dragoman customers can receive a 10% discount on all equipment purchased either online or in store. Click here to see the kit list - <http://www.nomadtravel.co.uk/c/381/Overland>

**For trips with camping nights.*

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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:

Overlander kit (including painkillers) - [www.nomadtravel.co.uk/p/2910/Overlander-Medical-Kit-\(P\)](http://www.nomadtravel.co.uk/p/2910/Overlander-Medical-Kit-(P))

Independent kit (including painkillers and antibiotics) - [www.nomadtravel.co.uk/p/2909/Independent-Medical-Kit-\(POM\)](http://www.nomadtravel.co.uk/p/2909/Independent-Medical-Kit-(POM))

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Passports

Check that your passport will still be valid for 6 months after the end of your trip - this is important as some countries WILL refuse entry to anyone whose passport is due to expire. A temporary or 'visitor's' passport is not valid on our trips. You will need to provide us with your passport details prior to departing for your trip. If you change your passport, please remember to inform us as soon as possible - however, please be aware that changing your passport can cause big problems if you need to apply for visas or permits (such as the Inca Trail or Gorilla Trekking) in advance.

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Pre and Post Trip Accommodation and Connecting Flights

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

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

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

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

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Continuing Your Trip

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

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Contingency Emergency Fund

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

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Responsible Tourism

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

www.dragoman.co.uk/about-us/responsible-travel/our-commitment

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Water

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

Please avoid the purchase of bottled water by using the chemically sterilised water stored in the purpose-built storage tank on your overland vehicle. You are free to refill your bottle as many times a day as you like. You are helping the environment and your pocket!

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Electrical Equipment

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

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

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A Few Rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs is not only against the law, but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Dragoman groups.

It is one of our core values to treat all people we encounter with respect which of course includes all the local people who make our destinations so special. The exploitation of prostitutes or children is completely contrary to this philosophy.

Equally Dragoman will not tolerate any violence or threat of violence towards local people, other group members or any member of our staff. Our group leader has the right to expel any member of the group if drugs are found in their possession, if they use prostitutes, abuse children, use violence or threaten violence, without a refund of the trip price.

We expect you to obey all the laws of the countries through which we pass. This particularly applies to the smuggling of contraband and possession of narcotic drugs (as above), firearms, antiques and ivory. Any customer found contravening such laws or customs will be required to leave the trip immediately with no refund of the trip price.

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Issues on the Trip

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

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on

customer-relations@dragoman.co.uk.

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

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Tipping

Tipping is entirely voluntary. The Dragoman crew may be travelling with you for many weeks and usually they become good friends with most members of the group. It is sometimes easy to forget that they do work hard to ensure that you do have a great trip. If you feel you would like to tip them, they certainly would appreciate it.

On a number of our trips, we also use a local guide as well as our own Dragoman crew. These guides live and travel with you through their home country and it is usual to tip them when they leave. We recommend USD 1 to USD 4 per person per day, but check with your crew for an appropriate amount.

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Our Community

At any time before or after you book, you can join our community - [Dragoland](#). This is a great place to ask questions before you travel and to catch up with your fellow travellers once your trip has finished. You can share photos, videos and stories and you can also download a selection of free travel apps. See the home page to sign in - it's free and easy. We also have a [Facebook](#) page where travellers regularly swap info with each other, as well as other presence on other [social media platforms](#).

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Feedback

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

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

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

These trip notes were printed on 19/10/2017