

ZANZIBAR, ZAMBEZI & THE FALLS, (YDF)

Zanzibar to Victoria Falls 19 days, departing 21 Oct 2019



CONTENTS

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

TRIP OVERVIEW

- Trip Style:** Overlanding

- Route:** Zanzibar to Victoria Falls

- Duration:** 19 days

- Transport:** Overland expedition vehicle, 4x4, Private bus, Ferry, Canoe

- 80% 20%

- Accom:** Hotels, Campsites, Wild camps

Physical Challenge:

EASY HARD

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

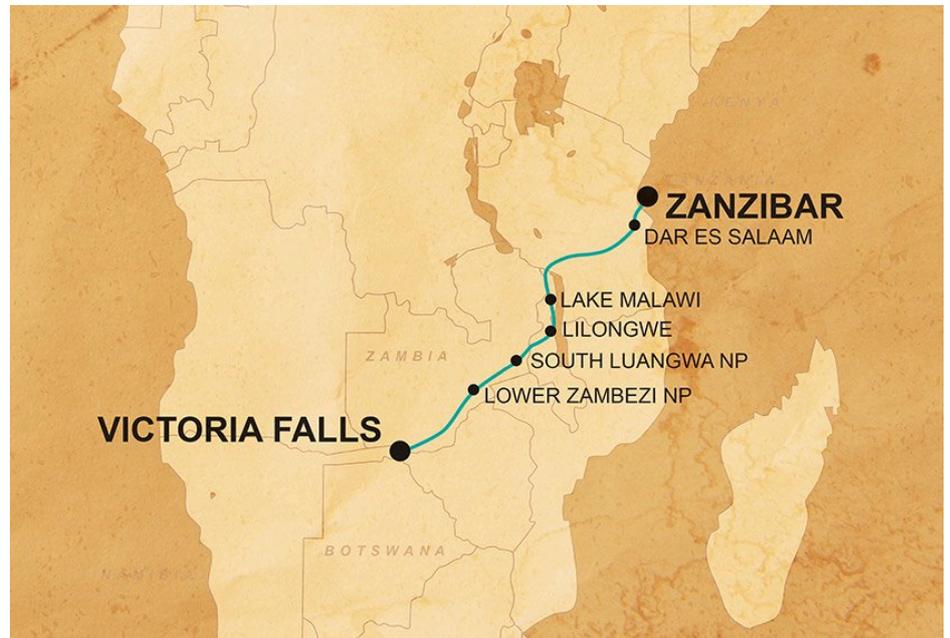
Lifestyle Challenge:

EASY HARD

This is a fairly challenging trip; you may well be travelling at high altitudes, across deserts or through cold and windy or hot and steamy areas.

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

ROUTE MAP



COUNTRIES VISITED

Malawi



TRAVEL OVERLAND TO THE LAKE OF STARS

Malawi is often referred to as the warm heart of Africa, as there is a friendly welcome awaiting any visitors to the country.

The main draw for visitors to Malawi is the beautiful lake that takes the country's name, also

Tanzania



THE ULTIMATE SAFARI DESTINATION

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

referred to as the Lake of Stars. It's possible to kayak, snorkel, scuba dive, horse ride, or just kick back and enjoy the beach. The shore of Lake Malawi is the perfect place to watch the sunsets and enjoy a sundowner.

In the capital of Lilongwe, there is a city brimming with culture. There are markets that line the streets and the sound of jazz is never far away. Malawians want to make visitors feel welcome, and their happiness and generous nature is legendary in overlanding circles!

Zambia



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

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

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

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

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

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

Zimbabwe



TRIPS TO VICTORIA FALLS & INCREDIBLE GAME DRIVES

Zambia is one of Southern Africa's gems, and yet it is often overlooked by travellers to the region - this wonderful small country features some incredible scenery, and friendly gentle people.

Zambia contains one of Africa's best-kept secrets - the spectacular South Luangwa National Park. Much less famous than its counterparts to the north such as the Serengeti and [Maasai Mara](#), South Luangwa draws far fewer tourists; however, it is a game park that is teeming with wildlife, and you'll commonly spot lions, zebras, elephants, giraffes, leopards, and much much more roaming the primeval landscapes.

Of course, Zambia is also famous as being one side of the mighty [Victoria Falls](#), Africa's largest waterfalls and one of the world's most impressive natural sights.

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.

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.

[Back to top ^](#)

DAILY ITINERARY

Day 1: Zanzibar (Mon 21 Oct)

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

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



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

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

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

Hotel for the night: Safari Inn

Safari Lodge

Malindi Street

Stone Town

Zanzibar

Tanzania

Tel - +255 242 236 523

About Zanzibar:

The exotic spice island of Zanzibar is filled with idyllic beaches, winding cobblestone alleyways and fragrant bazaars, and its rich history involves everything from slave traders to Arabian sultans and fruit exporters. The sight of traditional dhows sailing along the coast makes it easy to imagine what the island was like back in the days of David Livingstone.

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

The famous spices are grown in plantations outside of Stone Town which we will visit on our trips. This tour will also include a local meal and a tour around the main sites of Stone Town to learn about the history of its former slave market. In the spice plantations you will have the opportunity to touch, smell and taste various spices such as cinnamon, vanilla and ginger, and teas made with these spices. At the end of the day there will also be an opportunity to buy some of the locally-grown spices.

The other major highlight of Zanzibar is of course its world-famous beaches. The northern beaches boast beautiful white sand and sparkling blue seas - displaying the Indian Ocean at its very best. Try snorkeling or diving, eat sumptuous seafood, or simply relax in a hammock underneath a coconut tree with a good book - Zanzibar is a paradise in every sense of the word!

Day 2: Zanzibar (Tue 22 Oct)

Today will be a free day to explore Stone Town, the atmospheric old



town on the exotic and beautiful island of Zanzibar!

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

Activity

Approximate Cost

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

Included in Kitty

Day 3 to 4: Zanzibar (Wed 23 Oct to Thu 24 Oct)

On our second day on Zanzibar we will join our local guide for a very interesting and informative tour around the sights of Stone Town and learn about the history of the island. We will then head away from town and take in a tour of a spice plantation, enjoy a local lunch with our guide, then head to Nungwi beach at the very north of the island. Nungwi is the Indian Ocean at its best - bright white sand, sparkling blue sea outstanding seafood and a fantastic chilled atmosphere.

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

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

Activity

Approximate Cost

Snorkelling day trip, Zanzibar

USD 40

Dhow trip, Zanzibar

USD 20

Explore the beautiful 'Prison' Island near Zanzibar

USD 30

Guided tour of Spice Plantations and local lunch

Included in Kitty

Scuba diving in the incredible waters of the Indian Ocean near Zanzibar (per dive)

USD 55

Walk through the Jozani Forest in search of the very rare Red Colobus monkeys

USD 40

Day 5: Dar Es Salaam (Fri 25 Oct)



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

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

Activity	Approximate Cost
Sunset kayak trip to explore the mangroves near Dar es Salaam	USD 15
Ferry back from Zanzibar to Dar Es Salaam	Included in Kitty

About Dar Es Salaam:

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

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

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

Day 6: Iringa, Mikumi (Sat 26 Oct)

We have a couple of big drives ahead of us to reach Malawi, starting with a journey out of Dar es Salaam and through the hills of the Mikumi National Park.

We will stay in a well-equipped campsite on a working ranch 52kms south of the town of Iringa.

Estimated Drive Time - 11-12 hours (please note that all drive times given here are the approximate number of hours that the truck will be in motion only, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors - flexibility is essential on any overland trip!).

About Mikumi:



Mikumi National Park is situated at the foot of the thickly wooded Uluguru Mountains and is home to large herds of elephant, buffalo and giraffe, as well as lions and leopards. It is Tanzania's third largest National Park, and we spend a couple of hours travelling through the park on the main route to and from southern Tanzania.

Although we do not make an off-road safari into the depths of the park on our trips, the scenery along the road is wonderful and we often see a decent selection of wildlife here as we pass by along the way.



Day 7: Chitimba (Sun 27 Oct)

Border Information: Exit Tanzania at Songwe, enter Malawi at Songwe.

Today is another travel day as we cross the southern highlands of Tanzania and enter Malawi, arriving at the beaches of Chitimba on the northwestern shores of Lake Malawi.

In Chitimba we will stay in a beautiful campsite on the beach.

Estimated Drive Time - 11-12 hours

About Chitimba:

Chitimba is a small village on the shores of Lake Malawi - with long, white beaches and clear waters, it's a great place to relax and explore.

Day 8 to 9: Chitimba, Kande (Mon 28 Oct to Tue 29 Oct)

This morning, depending on the preferences of the group, we may have to chance for a short village walk or a woodcarving lesson in Chitimba. We will then continue south along the coast of Lake Malawi to Kande beach, a beautiful spot on the lake shore.

Estimated Drive Time - 5-6 hours.

On the following day we will have a free day on Kande beach to relax or to get involved in some of the optional activities available here - there are watersports on the lake, horse riding through the forests and on the beaches, and village walks to see a little bit of the life of the local Tonga people.

In Kande we will stay in a well-equipped campsite.

Activity	Approximate Cost
Woodcarving lessons with the locals in Chitimba	USD 10
Village walk around Chitimba	USD 10
Guided walk and visit to a local Tonga village	USD 10

Horse Riding excursions in the forests and beaches near Lake Malawi	USD 90
Canoe hire to explore Lake Malawi from the water	USD 10
Snorkelling excursion to Lake Malawi	USD 15

About Kande:

Malawi is dominated by the stunning Lake Malawi, the large inland lake that covers almost a fifth of the country's area. The lake provides a source of livelihood for many of the Malawian people - fishermen, fish traders, canoe and net makers all ply their trade, and a common sight is that of a fisherman in his bwato (dugout canoe made from a hollowed-out tree trunk), fishing on the still lake at the break of day.

On our trips we head away from the commercialism and crowds, and enjoy a few days on the lake's more peaceful beaches. Kande sits on the coast of Lake Malawi and is a half-way point from the towns of Bandawe and Mphoza. Less than 2 miles from the village lies Kande beach, a great spot to kick back and relax. This is also a great place for water sports - you can hire pedalos, snorkeling gear or canoes, and the clear waters of the lake are perfect to explore. As well as chilling on the beach and participating in the many optional activities on offer, make sure you take the opportunity to meet some of the friendly local Malawians!

Day 10: Lilongwe (Wed 30 Oct)

Today we will head to the Malawian capital of Lilongwe. Hopefully we will arrive by mid-afternoon so that we have the chance to explore the city, its markets and its shops.

In Lilongwe we will camp in a well-equipped campsite.

Estimated Drive Time - 6-7 hours.

Day 11 to 12: South Luangwa National Park (Thu 31 Oct to Fri 01 Nov)

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

Today our journey continues across the Zambian border to the stunning South Luangwa National Park, where we will stay for 2 nights.

If we make good enough time on the drive to the campsite, then there may be opportunity for an optional extra game drive upon arrival tonight.

Estimated Drive Time - 7-8 hours.

On the following day we will have an included early morning game drive and an included evening game drive, both in open-sided safari vehicles.

South Luangwa National Park is a hidden gem on the safari circuit; it is rarely visited due to its remote setting, but has some incredible populations of wildlife and is one of the only parks in Southern Africa that is open for night driving with spotlights when many of the big game is at its most active.

In South Luangwa National Park we will stay in a well-equipped campsite.

Activity	Approximate Cost
Optional extra evening game drive (if time allows)	ZMW 220
Walking safaris in South Luangwa National Park	USD 10

About South Luangwa National Park:

For scenery and variety of animals, South Luangwa National Park in Zambia is one of Africa's hidden gems and best-kept secrets! South Luangwa is a vast woodland savannah which is home to over 60 animal species and over 400 types of birds, and is teeming with hippos and crocodiles. The plains beside the river are populated with lions, elephants, buffaloes, many kinds of bucks, kudus, Thompson's gazelles and Red lechwes, and you're also likely to see many Thornicroft giraffes (a sub-species of giraffe unique to the South Luangwa region). The birds of the region are incredibly colourful, such as the multi-coloured Lilac-breasted roller and the red Carmine bee-eater.

Day 13: Luangwa River (Sat 02 Nov)

Today we have a full day drive towards the Lower Zambezi area.

Tonight we will stay in a well-equipped campsite at the bridge over the River Luangwa.

Estimated Drive Time - 9-10 hours.

Day 14: Lower Zambezi Area (Sun 03 Nov)

Today we drive to our well equipped campsite on the banks of the Lower Zambezi.

Tonight we will meet our guides who will take us on our two-day canoeing expedition on the Lower Zambezi on the following day - they will give us a full briefing about the canoeing trip on arrival.

Estimated Drive Time - 8-9 hours.

About Lower Zambezi Area:

The Zambezi Valley has been known outside of Africa for thousands of years. Legends suggest that the ancient kingdoms of Hiram, Solomon and Sheba were enriched by the gold and ivory of Ophir, supposedly

part of present day Zimbabwe, and the Zambezi was one of the gateways to the ancient treasure trove! More recent history records some of the explorations of hunters, missionaries and slave traders along this part of the Zambezi River.

Nowadays this part of the valley holds very different treasures for modern adventurers. Beyond Kariba Gorge, the Zambezi River flows through a wide and game-rich floodplain hemmed in by towering escarpments in both Zimbabwe and Zambia. The shoreline in Zambia has private conservation areas, game management areas and the relatively unexplored Lower Zambezi National Park. This region is heavily populated by hippos and crocodiles - it's also renowned as a birdwatcher's paradise with over 300 species having been recorded.

One of the best activities available on the lower Zambezi is to embark on a wonderful and serene canoe safari - paddling ourselves down the calm waters of the river, we can get a unique perspective on the region's amazing wildlife by viewing them from the water. We will also wild camp on the banks of the river on our multi-day trip, making it a very raw and memorable experience surrounded by nature!

Day 15 to 16: Lower Zambezi Area (Mon 04 Nov to Tue 05 Nov)

Today we head out on our 2-day/2-night canoeing trip on the Lower Zambezi river.

This is a fully participatory expedition - everyone will pair up, go out in 2-person canoes and paddle themselves, following the lead boat! Everyone also gets involved in setting up the camps and cooking. All of our gear will be carried in a supply canoe, and wild camps are erected on islands in the river along the way.

This is a fantastic way to see the river, the scenery and some of the wildlife in the area!

Activity

Approximate Cost

2 night canoe wildlife safari in the Lower Zambezi area

Included in Kitty

Day 17: Livingstone (Wed 06 Nov)

After breakfast, we have an early morning transfer from our second island wild camp on a fast barge back to the truck, and then continue our journey to Livingstone, on the Zambian side of the world-famous Victoria Falls.

In Livingstone we will stay in a well equipped campsite.

Estimated Drive Time - 9-10 hours.

Activity

Approximate Cost

See the incredible Victoria Falls from the Zambian side

USD 20

About Livingstone:

The town of Livingstone was an old colonial settlement on the Zambian side of the mighty Victoria Falls. It is named after the famous Scottish explorer David Livingstone, who was the first European to explore the area. Now one of Zambia's tourism hotspots, it offers a different perspective of the incredible waterfalls than the Zimbabwean viewpoints.

Day 18: Victoria Falls (Thu 07 Nov)

Border Information: Exit Zambia at Victoria Falls, enter Zimbabwe at Victoria Falls.

Today we cross the border to Zimbabwe and to the world famous Victoria Falls, the largest waterfalls in Africa!

Upon arrival in Victoria Falls we will go for a briefing for possible optional adventure activities, then we will have an included visit to the main viewpoints over the awe-inspiring Victoria Falls.

In Victoria Falls we will stay in a well equipped campsite.

Estimated Drive Time - 1-2 hours.

Activity

Approximate Cost

Visit to the incredible Victoria Falls

Included in Kitty

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 19: Victoria Falls (Fri 08 Nov)

Border Information: If you are leaving the trip in Victoria Falls, you will most likely depart Zimbabwe at Victoria Falls Airport (IATA code: VFA).

Today is a free day to take advantage of the vast array of adventure activities on offer in the area. If you are interested in a full day of activities here, we advise that you don't book a flight out earlier than 6:00pm, or just aim to stay an extra night, in order to give yourself enough time to do so.

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

Activity	Approximate Cost
White water rafting on the Zambezi	USD 150
Bungee jump (111m) from the bridge over the Second Gorge of the Victoria Falls	USD 135
Take a relaxing sunset cruise on the Zambezi	USD 55
Horse riding along the scenic banks of the Zambezi	USD 95
Enjoy a relaxing canoeing trip on the River Zambezi	USD 110
Take a guided walk to a local Matabele village	USD 55
See the incredible Victoria Falls from the air with a helicopter flight over the waterfalls	USD 152

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.

TANZANIA

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

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

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

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

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

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

MALAWI

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and EU countries **will** need a visa to enter Malawi as a tourist for up to 90 days. The visa can be obtained **in advance** through your nearest consulate. If you can't get a visa before travel, you can get a visa **on arrival** at the border. The current (December 2017) cost of obtaining the visa on the border is USD75 for all nationalities.

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

A valid yellow fever vaccination certificate is required from all travellers.

ZAMBIA

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

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 Zambia. At the time of writing (2015), the cost of a single-entry visa is USD50 for all nationalities - this must be paid in USD cash.

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

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).

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](#).

TRAVELLING VIA SOUTH AFRICA WITH UNDER-18S

Please note that if you're travelling to South Africa with a person under the age of 18, then you must be able to produce the child's full unabridged birth certificate (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).

There are additional requirements if the child is travelling with only one parent, with neither biological parent, or is unaccompanied. [Please see this link for more details](#) or contact your nearest South African High Commission if you have any specific questions.

These supporting documents will not be required for those directly transiting through a South African International Airport en route to another final destination. However, if you need to go through immigration on arrival in South Africa, collect your luggage and check in again, then you will need the same documentation as detailed above - please check with your airline if this is the case for your flight.

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.

[Back to top ^](#)

Who Travels with Dragoman?

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

Group Size

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

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

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

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

Our Crew and Guides

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

On all Dragoman overlanding trips, we usually have 2 western crew but please be aware that there may be times when one crew member has to leave the trip due to unforeseen circumstances such as visa issues, illness of a group member, etc. On some of our trips we have 1 western crew and 1 local driver instead of 2 western crew. On trips south of Nairobi in East and Southern Africa we will also have an African camp master/cook who is in charge of running the camp and organising all of the meals. Their knowledge of the local produce makes shopping at the markets great fun and you will learn how to prepare and cook some unusual dishes.

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

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

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

Accommodation on Tour

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

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

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

[Back to top ^](#)

The Kitty

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

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

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

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

Once you book your trip it is very important that you check our website on a regular basis and just before departure for any changes to the kitty amount. We constantly update the kitty prices on our website and the kitty advertised in the brochure is an estimate at the time of printing. Prices can go up or down with no notice, and exchange rate fluctuations will affect costs.

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

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

We cannot accept traveller's cheques on our trips.

[Back to top ^](#)

Meals and Group Participation

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

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

[Back to top ^](#)

Dietary Requirements

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

[Back to top ^](#)

Itineraries

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

[Back to top ^](#)

British Foreign Office Travel Advice and Warnings

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

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

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

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.

[Back to top ^](#)

Health

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

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

Extreme Environments

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

[Back to top ^](#)

Altitude

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

[Back to top ^](#)

Yellow Fever

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

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

Malaria & other mosquito-borne diseases

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

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

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

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

[Back to top ^](#)

Vaccinations

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

www.nathnac.net 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.

[Back to top ^](#)

Safety & Security

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

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

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

[Back to top ^](#)

Transport Safety

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

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

Road Safety

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

[Back to top ^](#)

Fire & Other Safety - Hostels/Hotels/Homestays

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

Fire Safety - Campsites

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

Other Campsite Safety & Security

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

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

Food Safety

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

[Back to top ^](#)

Personal Safety

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

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

[Back to top ^](#)

Activity Safety & Optional Activities

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

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

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

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

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

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

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

[Back to top ^](#)

Included Activities

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

[Back to top ^](#)

Optional Activities

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

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

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

[Back to top ^](#)

Insurance

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

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

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

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

[Back to top ^](#)

Our Liability Insurance

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

[Back to top ^](#)

Out of Office Hours Contact

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

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

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

[Back to top ^](#)

Luggage & Kit List

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

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

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

Think about the climate and altitude of the areas you'll be travelling to - there's nothing worse than being cold at night so it's worth investing in a decent sleeping bag if it's likely to get cold. And remember that even when it's warm during the day, it can often get cold at night, particularly in desert regions.

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

General

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

Cold weather

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

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

Hot weather

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

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

Trips with trekking

For trips including treks, ensure you bring:

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

[Back to top ^](#)

Sleeping Bags

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

For European sleeping bags there are the following standards:

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

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

Personal Medical Kit

All of our trucks have a standard motorist's first aid kit on board for use in emergency situations only. The first aid kit is in compliance with UK standards for first aid provision within motor vehicles, and contain supplies to treat road side injuries. We do not carry prescription medications, therefore in addition to this we recommend that you purchase your own personal medical kit.

In the UK we have teamed up with Nomad Travel Stores and Clinics to produce travel medical kits. They have been designed in conjunction with the truck kits and contain everything you would need for any minor incidents and health issues. For more details please visit their website:

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

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

[Back to top ^](#)

Passports

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

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

[Back to top ^](#)

Pre and Post Trip Accommodation and Airport Transfers

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

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

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

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

[Back to top ^](#)

Continuing Your Trip

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

[Back to top ^](#)

Contingency Emergency Fund

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

[Back to top ^](#)

Responsible Tourism

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

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

[Back to top ^](#)

Water

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

addition to the water in the bottle, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments.

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

[Back to top ^](#)

Electrical Equipment

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

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

[Back to top ^](#)

A Few Rules

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

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

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

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

[Back to top ^](#)

Issues on the Trip

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

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

customer-relations@dragoman.co.uk.

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

[Back to top ^](#)

Tipping

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

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

[Back to top ^](#)

Feedback

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

COUNTRY SPECIFIC NOTES

ZIMBABWE NOTE

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.

ZANZIBAR NOTE

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

[Back to top ^](#)

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

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

These trip notes were printed on 21/08/2019