



GORILLAS, EAST & SOUTHERN AFRICA ENCOMPASSED, (AUW)

Nairobi to Cape Town 71 Days, departing 20th September 2020



TRIP OVERVIEW

Trip Style: Overlanding

Route: Nairobi to Cape Town

Duration: 71 Days

Transport: Overland Expedition Vehicle, Jeep, Private Bus, Ferry, Canoe, Mokoro

Accommodation: Camping 57 nights
Basic Hotel 1 night
Multishare Hostel 3 nights
Camping without facilities 3 nights
Comfortable Hotel 5 nights
Overnight Boat 1 night

Meals: Breakfasts x 65, Lunches x 59, Dinners x 59

Physical Challenge: ● ● ● ○ ○

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. A moderate level of fitness is required.

Lifestyle Challenge: ● ● ● ● ○

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. The terrain and roads may be rough and the facilities can be very basic or non-existent. There may be some long drive days followed by wild camps, and physically and mentally it can be tough, but there will be some rest days and time to relax as well.



DAILY ITINERARY

Day 1 - Nairobi (20th September 2020)

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

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

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

Accommodation: Wildebeest Eco Camp "A"

Daily Activities

Optional Activities

Visit the David Sheldrick animal orphanage

Entrance donations: 500 KES

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

Entrance: 10 USD

Visit the Langata Giraffe Centre in Nairobi

Entrance: 1,000 KES

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

Entrance: 1,200 KES

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

Entrance: 1,200 KES

Head out on a guided safari walk in Nairobi National Park

Entrance and walk: 50 USD

Day 2 - Kericho (21st September 2020)

Meals: Breakfast, Lunch, Dinner

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

Day 3 - Jinja (22nd September 2020)

Meals: Breakfast, Lunch, Dinner

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

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

Day 4 - Jinja (23rd September 2020)

Meals: Breakfast, Lunch, Dinner

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

Daily Activities

Optional Activities

Go on a boat trip to discover the source of the Nile where the river outflows from Lake Victoria

1.5 hours: 20 USD

Head out horse riding along the banks of the White Nile

3 hours: 80 USD

Full Day rafting Jinja

Full day tour: 140 USD

Shoebill tour with the Ugandan Rhino Fund

Shoebill: 35 USD

Day 5 - Nakitoma (24th September 2020)

Meals: Breakfast, Lunch, Dinner

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

Daily Activities

Optional Activities

Bird watching tour in Ziwa searching for shoebills

3hrs: 35 USD

Nakitoma Ziwa Night Walk

Night Safari: 35 USD

Rhino tracking with the Ugandan Rhino Fund

2hrs: 45 USD

Day 6 - Kaniyo Pabidi (25th September 2020)

Meals: Breakfast, Lunch, Dinner

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

Please note that for conservation reasons the maximum group size to track the chimpanzees is 12 people, so if we have a large group we will split in half, one half going on the walk this afternoon and the other half going tomorrow morning.

Daily Activities

Included Activities

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

Included

Day 7 - Murchison Falls NP (26th September 2020)

Meals: Breakfast, Lunch, Dinner

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

Please note that the roads leading into and around Murchison Falls are very poor and can be hazardous in wet conditions. If there has been heavy rain recently, it may not be possible to go into the NP beyond Kaniyo Pabidi - this is firstly for safety reasons on the drive in, and secondly due to the risk of extreme bogging that could cause us to miss the gorilla treks further along in our trip. We will always endeavour to reach the NP as per the itinerary; but when this is occasionally not possible, please respect the tour leader's decision in this matter. On these occasions we will be able to utilise this time with spending longer in Lake Bunyonyi.

Day 8 - Murchison Falls NP (27th September 2020)

Meals: Breakfast, Lunch, Dinner

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

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

Daily Activities

Included Activities

Launch cruise on the River Nile to the mighty Murchison Falls

Included

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

Included

Day 9 - Mpanga Forest (28th September 2020)

Meals: Breakfast, Lunch, Dinner

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

Day 10 - Queen Elizabeth NP (29th September 2020)

Meals: Breakfast, Lunch, Dinner

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

During our time in the park we hope to see elephants, lions, leopards, buffaloes, Ugandan kobs and waterbucks.

Day 11 - Queen Elizabeth NP (30th September 2020)

Meals: Breakfast, Lunch, Dinner

This morning we are up early to go on a full day game drive making our way the visit the volcanoes and salt mines on the edge of the park. We will experience areas of the NP that are impossible to reach without a full days excursion!

Daily Activities

Included Activities

Safari in QEII National Park

Included

Optional Activities

Queen Elizabeth NP Night Safari

Cost per vehicle: 100 USD

Day 12 - Bwindi Impenetrable NP (1st October 2020)

Meals: Breakfast, Lunch, Dinner

Today we prepare for our Gorilla tracking by heading to Bunyoni and taking jeeps up into the mountains of Bwindi.

Day 13 - Bwindi Impenetrable NP (2nd October 2020)

Meals: Breakfast, Lunch, Dinner

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

This region is one of the last remaining sanctuaries for the mountain gorilla. No more than 8 people per day can visit any one habituated family, and visits are strictly controlled to minimise the possibility of disturbance or transmission of disease to the animals.

Tracking gorillas in the dense forest can sometimes be wet, muddy and uncomfortable. The terrain is by no means easy either, so it can be pretty strenuous and often humid; however, the sheer thrill of coming across a habituated group of gorillas, dominated by a great male silverback, more than outweighs any difficulty. You need to be prepared and fit enough to walk at least 4 hours - uphill and downhill. We can usually get very close to the mountain gorillas, who are placid and gentle, and watching their movements is like seeing a mirror image of yourself! Once you find them, you will stay with the gorillas for one unforgettable hour!

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

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

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

Daily Activities

Included Activities

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

Included

Day 14 - Lake Mburo (3rd October 2020)

Meals: Breakfast, Lunch, Dinner

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

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

We will stay in an incredible campsite close to the lake where you may be lucky enough to see hippos leaving the water in the evening.

Daily Activities

Optional Activities

Boat trip on Lake Mburo

2 hours: 15 USD

Walking safari in Lake Mburo National Park

2 hours: 30 USD

Day 15 - Jinja (4th October 2020)

Meals: Breakfast, Lunch, Dinner

After waking up in the beautiful Lake Mburo NP it is time to head back to Jinja and all of the comforts that it has to offer. You may even have time for an evening activity here.

Day 16 - Nakuru NP (5th October 2020)

Meals: Breakfast, Lunch, Dinner

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

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

Day 17 - Nakuru NP (6th October 2020)

Meals: Breakfast, Lunch, Dinner

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

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

Daily Activities

Included Activities

Safari in Lake Nakuru National Park

Included

Optional Activities

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

Entrance: 5 USD

Day 18 - Masai Mara (7th October 2020)

Meals: Breakfast, Lunch, Dinner

Today we will be met by our 6-person 4x4 jeeps that will take us on our 2-night excursion to the Maasai Mara. We will load the jeeps with our personal gear and camping equipment and then head off to Maasai Mara, leaving our truck behind.

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

On arrival, we will have the chance for a short evening game drive in the Maasai Mara NP before heading to our campsite. The Maasai Mara is an incredibly scenic area and is one of the world's greatest places for wildlife spotting which is absolutely teeming with giraffe, buffalo, zebra, elephants, lions, cheetah, leopards, and other big game!

Daily Activities

Included Activities

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

Included

Day 19 - Masai Mara (8th October 2020)

Meals: Breakfast, Lunch, Dinner

Today we will go out for the full day game driving in the NP before returning to our campsite for a second night. There is also the opportunity for a balloon flight over the savannah - demand for this activity is very high so you must reserve this at the time of booking your trip to avoid disappointment.

Daily Activities

Optional Activities

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

Balloon: 595 USD

Day 20 - Nairobi (9th October 2020)

Meals: Breakfast

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

Day 21 - Nairobi (10th October 2020)

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

Welcome to Nairobi! There will be a group meeting today at our joining hotel at 10:00am - your tour leader will meet you at the hotel reception or will leave a note at reception telling you where this important meeting will take place.

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

Daily Activities

Optional Activities

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

Entrance: 10 USD

Visit the Langata Giraffe Centre in Nairobi

Entrance: 1,000 KES

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

Entrance: 1,200 KES

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

Entrance: 1,200 KES

Day 22 - Amboseli NP (11th October 2020)

Meals: Breakfast, Lunch, Dinner

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

Daily Activities

Included Activities

Spend the afternoon out on a game drive hopefully witnessing the huge herds of elephants that roam here
Included

Day 23 - Arusha (12th October 2020)

Meals: Breakfast, Lunch, Dinner

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

We will have an early start as we head south to cross the border into Tanzania. We will go to the town of Arusha, where we will stop for food shopping in preparation for our excursion to the Serengeti NP.

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

In Arusha we stay in a well equipped campsite.

Daily Activities

Optional Activities

Take a short walk to a nearby Maasai village to learn all about the life and culture of the Maasai people

Camel ride to Maasai villages including visit to the Maasai cultural museum: 10 USD

Walk to the Maasai villages including visit to the Maasai cultural museum: 7 USD

Day 24 - Tarangire NP (13th October 2020)

Meals: Breakfast, Lunch, Dinner

Today we will be met by our fleet of 6-person 4x4 jeeps - we will load the jeeps with our camping and personal gear, and then head out for our 4-day excursion to the Tarangire NP, Serengeti and Ngorongoro Crater, leaving our truck behind.

We will also be leaving our large bags behind (where they will be stored in a secure location), and advise you to bring along a smaller daypack for your personal gear for this trip that will need to be packed soon after the group meeting before we set off. You should pack clothing for 4 days (including a warm jumper or fleece and long trousers), a waterproof jacket, toiletries (including sun screen and insect repellent), your camera and charger, a small towel, a head torch, a water bottle (as there are no single use plastics or bottles available during this excursion), books and personal snacks, etc.

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

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

Daily Activities

Included Activities

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

Included

Day 25 - Serengeti NP (14th October 2020)

Meals: Breakfast, Lunch, Dinner

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

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

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

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

Day 26 - Serengeti NP (15th October 2020)

Meals: Breakfast, Lunch, Dinner

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

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

Daily Activities

Optional Activities

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

Optional Balloon Safari: 700 USD

Day 27 - Arusha (16th October 2020)

Meals: Breakfast, Lunch, Dinner

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

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

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

Day 28 - Lushoto (17th October 2020)

Meals: Breakfast, Lunch, Dinner

This morning we will set off again in our overland truck and head east to Lushoto via Marangu, where we have a nightstop camping in the grounds of a beautiful colonial hotel at the base of Mount Kilimanjaro. We will go past the whole length of Mount Kilimanjaro where we'll hope for clear skies and fantastic views of the mountain from the road.

Day 29 - Lushoto (18th October 2020)

Meals: Breakfast, Lunch, Dinner

In Lushoto we will camp in the grounds of a hotel. We have 2 nights here. Today we can go on a mountain walk for the morning and visit some great viewpoints. We have time to recharge before we are on the move again!

Daily Activities

Included Activities

Half day trek out to the stunning Irete view point and community visit to the Irete villages

Included

Day 30 - Zanzibar (19th October 2020)

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 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!

Day 31 - Zanzibar (20th October 2020)

Meals: Breakfast

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.

Day 32 - Zanzibar (21st October 2020)

Meals: Breakfast

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.

Daily Activities

Included Activities

Guided tour of Spice Plantations and local lunch on the spice island of Zanzibar	Included
Take a guided tour of the beautiful and historic streets of Zanzibar's Stone Town	Included

Day 33 - Zanzibar (22nd October 2020)

Meals: Breakfast

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.

Daily Activities

Optional Activities

Enjoy a sunset trip in a traditional dhow

Beach activities: 20 USD

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

Beach activities: 55 USD

Head out on a boat trip out of Zanzibar in search of the local dolphins

Beach activities: 30 USD

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

Tour: 40 USD

Explore the beautiful 'Prison' Island near Zanzibar

Beach activities: 35 USD

Go on a snorkelling trip in the turquoise waters off Zanzibar

Snorkelling Trip: 40 USD

Day 34 - Dar Es Salaam (23rd October 2020)

Meals: Breakfast, Lunch, Dinner

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.

Day 35 - Iringa (24th October 2020)

Meals: Breakfast, Lunch, Dinner

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 NP.

We will stay on a working ranch 52kms south of the town of Iringa.

Day 36 - Chitimba (25th October 2020)

Meals: Breakfast, Lunch, Dinner

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.

Day 37 - Kande (26th October 2020)

Meals: Breakfast, Lunch, Dinner

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.

Daily Activities

Optional Activities

Head out for a hike through Chitimba and surrounding areas

Day hike: 20 USD

Village walk around Chitimba

Village walk: 10 USD

Woodcarving lessons with the locals in Chitimba

Price: 10 USD

Day 38 - Kande (27th October 2020)

Meals: Breakfast, Lunch, Dinner

Today 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.

Daily Activities

Optional Activities

Canoe hire to explore Lake Malawi from the water

Price: 10 USD

Scuba dive, Lake Malawi

Price: 85 USD

Horse Riding excursions in the forests and beaches near Lake Malawi

3hrs: 90 USD

Snorkelling excursion to Lake Malawi

Price: 15 USD

Guided walk and visit to a local Tonga village

Price: 10 USD

Windsurfing on Lake Malawi

Price: 10 USD

Day 39 - Lilongwe (28th October 2020)

Meals: Breakfast, Lunch, Dinner

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.

Day 40 - South Luangwa NP (29th October 2020)

Meals: Breakfast, Lunch, Dinner

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

Today our journey continues across the Zambian border to the stunning South Luangwa NP, 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.

Daily Activities

Included Activities

2 nights in South Luangwa National Park, known for its abundance of wildlife, with two included game drives Included

Optional Activities

Optional extra evening game drive (if time allows)

Price: 40 USD

Walking safaris in South Luangwa National Park

Optional upgrade to walking safari: 50 USD

Day 41 - South Luangwa NP (30th October 2020)

Meals: Breakfast, Lunch, Dinner

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

South Luangwa NP 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.

Day 42 - Luangwa River (31st October 2020)

Meals: Breakfast, Lunch, Dinner

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

Day 43 - Lower Zambezi Area (1st November 2020)

Meals: Breakfast, Lunch, Dinner

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.

Day 44 - Lower Zambezi Area (2nd November 2020)

Meals: Breakfast, Lunch, Dinner

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!

Daily Activities

Included Activities

Spend 2 days and 2 nights on the Zambezi, travelling in canoes and wild camping on the islands - an experience of a lifetime!

Included

Day 45 - Lower Zambezi Area (3rd November 2020)

Meals: Breakfast, Lunch, Dinner

Today we have our second day out on the river. By now you will have a keen eye for wildlife and be well on your way to being a pro at paddling!

Day 46 - Livingstone (4th November 2020)

Meals: Breakfast, Lunch, Dinner

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.

Day 47 - Victoria Falls (5th November 2020)

Meals: Breakfast

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.

Daily Activities

Included Activities

Visit to the incredible Victoria Falls

Included

Day 48 - Victoria Falls (6th November 2020)

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

There will be a group meeting at 10:00am at the Victoria Falls Rest Camp. Your leader will leave a note on the reception with the details of this important meeting - when you arrive you will easily spot the truck as well (to the right-hand-side of the reception), where you'll be able to meet one of our crew.

This afternoon we will have an included visit to the main viewpoints over the awe-inspiring Victoria Falls.

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

Our camping ground is centrally located on the Zambezi River only four kilometres from the Falls, the perfect place to use as a base for the vast array of adventure activities on offer in the area. Please note that no meals are included in Victoria Falls.

Daily Activities

Included Activities

Visit to the incredible Victoria Falls

Included

Day 49 - Victoria Falls (7th November 2020)

Meals: Breakfast

Today is a free day to allow you to participate in some of the many optional activities on offer. There are various activities and excursions to choose from, including white water rafting and canoeing, horse riding, abseiling or gorge swinging!

Daily Activities

Optional Activities

Bungee jump or swing from the bridge (111 m) over the Second Gorge of the Victoria Falls

Bridge Swing or Bungee Jump: 160 USD

Enjoy a relaxing canoeing trip on the River Zambezi

Price: 110 USD

Take a relaxing cruise on the Zambezi

Dinner Cruise: 90 USD

Sunset Cruise: 60 USD

See the incredible Victoria Falls from the air with a helicopter flight over the waterfalls

Long Flight (25 min): 294 USD

Short Flight (12-13 min): 162 USD

Horse riding along the scenic banks of the Zambezi

3 hrs: 85 USD

4-5 hrs: 125 USD

8 hrs: 155 USD

White water rafting on the Zambezi

Full day (high water): 140 USD

Full day (low water): 150 USD

Rafting and Riverboarding Combo: 203 USD

Take a guided walk to a local Matabele village

Price: 55 USD

Day 50 - Kasane (8th November 2020)

Meals: Breakfast, Lunch, Dinner

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

Today our journey begins with a drive across the border into Botswana and the town of Kasane, the gateway to the beautiful Chobe NP.

This afternoon we will visit the park by taking a boat trip down the Chobe river, seeing how many animals we can spot! The boat trip provides a fantastic opportunity to take some stunning wildlife photographs, getting extremely close to the animals without disturbing them.

Daily Activities

Included Activities

Take a boat trip to view Chobe National Park's prolific wildlife from the water

Included

Optional Activities

Head out on a safari in Chobe National Park in an open-top jeep

Jeep Safari: 280 BWP

Day 51 - Hwange NP (9th November 2020)

Meals: Breakfast, Lunch, Dinner

We have an early start today as we head towards Hwange NP, stopping en route to visit the Painted Dog Conservation Group for an insight into the plight of the African Wild Dog. We will take an included afternoon game drive in local safari trucks through Hwange NP.

Daily Activities

Included Activities

Jeep safari in Hwange National Park

Included

Visit to the Painted Dog Conservation project near Hwange

Included

Day 52 - Bulawayo (10th November 2020)

Meals: Breakfast, Lunch, Dinner

This morning we will head out on an early morning game drive within Hwange NP. In the afternoon we will travel to city of Bulawayo in the southeast of Zimbabwe.

Daily Activities

Optional Activities

Visit the animal rescue sanctuary at Chipangali

Entrance: 10 USD

Explore the ancient ruined capital of the Butua civilisation at Khami

Entrance: 10 USD

Visit Bulawayo's National Art Gallery

Entrance: 2 USD

Learn all about the eco-systems of Southern Africa at Bulawayo's excellent Natural History Museum

Entrance: 10 USD

Visit the fascinating Railway Museum in Bulawayo

Entrance: 1 USD

Day 53 - Matobo NP (11th November 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have an included day trip to explore the Matobo NP, home to a large population of black and white rhinoceros. We have an incredible safari to track them on foot, and also have the chance to visit the grave of Cecil Rhodes and learn all about Zimbabwe's past.

Daily Activities

Included Activities

Full day guided tour of Matobo National Park including a visit to the grave of Cecil Rhodes to learn all about the colonial past of Southern Africa and a walking safari in search of White and Black Rhino

Included

Day 54 - Makgadikgadi Pans (12th November 2020)

Meals: Breakfast, Lunch, Dinner

Border Information: Exit Zimbabwe at Plumtree, enter Botswana at Ramokgwebana.

Leaving Zimbabwe behind, we have a long drive day today into Botswana to the Makgadikgadi Pans NP, home to one of the largest salt pans in the world.

Day 55 - Makgadikgadi Pans (13th November 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have the time for optional excursions into the Makgadikgadi Pans to see the incredible scenery and go in search of meerkats!

Daily Activities

Optional Activities

Take a guided walk around the immense baobab trees found in the area

Price: 35 USD

Visit and explore a local cattlepost village

Price: 80 USD

Guided trip to explore the salt pans

Ntwetwe Pan Expedition: 150 USD

Nxai Xini Pan Expedition: 120 USD

Day 56 - Shakawe (14th November 2020)

Meals: Breakfast, Lunch, Dinner

Today we have a big drive from our camp in the Makgadikgadi Pans NP to our base camp for the Okavango Delta experience.

Day 57 - Okavango Delta (15th November 2020)

Meals: Breakfast, Lunch, Dinner

Today we will drive to the village of Sepupa, where we leave our vehicle and board boats out over to Mokoba island.

Here we will meet our 'mokoro' team, who will take us out into the stunningly beautiful area of the Okavango. We'll board the mokoros (which are small dugout-style canoes) and get poled out into the reed beds of the delta. Each canoe takes two people and is poled through the meandering waterways. Reeds and lily pads line the streams, and birds startled by the mokoros rise out of the long grasses. Punting along, the peace may be shattered by the deep grunting of hippos.

We'll be camping out on an island in the middle of a wilderness area (at a permanent campsite with facilities). All food will be provided by our local hosts.

Daily Activities

Included Activities

Head on an unforgettable 3-day/2-night guided safari deep into the Okavango Delta including Mokoro trips and bushwalking safaris

Included

Day 58 - Okavango Delta (16th November 2020)

Meals: Breakfast, Lunch, Dinner

Today we will explore the island on foot, and then take the mokoros out to a different island for more game walks, lunch, and then mokoro back to camp. Hopefully we will have the opportunity to swim in a safe area of the delta and have a try at poling the canoes ourselves! We will stay overnight at a houseboat.

Daily Activities

Optional Activities

Take a scenic flight over the Okavango Delta

6-seater plane: 105 USD

Day 59 - Grootfontein (17th November 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have an early start and cross the border into Namibia, to the area north of the town of Grootfontein. This region is home to many of the San people, and we will visit a village community project here - we will go on a fascinating 'bushwalk', learning all about the survival skills, crafts and traditional life from our local San guides! After this, we will head to our campsite for the evening.

Daily Activities

Included Activities

Visit to the San Village project near Grootfontein

Included

Day 60 - Etosha NP (18th November 2020)

Meals: Breakfast, Lunch, Dinner

Today we head west to the stunning Etosha NP.

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

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

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

Day 61 - Etosha NP (19th November 2020)

Meals: Breakfast, Lunch, Dinner

Today we will spend the day exploring Etosha on our truck

Daily Activities

Included Activities

Overland safari through Etosha National Park with excellent wildlife

Included

Day 62 - Spitzkoppe (20th November 2020)

Meals: Breakfast, Lunch, Dinner

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

Daily Activities

Included Activities

Spend time exploring the area around Spitzkoppe (nicknamed the Matterhorn of Africa), a granite peak rising 1728 metres above sea level

Included

Optional Activities

Guided walk around the stunning landscape of Spitzkoppe

1-4 persons - NAD50pp/hour, 5-10 persons - NAD35pp/hour: 75 NAD

Day 63 - Swakopmund (21st November 2020)

Meals: Breakfast, Lunch, Dinner

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

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

Daily Activities

Included Activities

Visit the seal colony at Cape Cross

Included

Day 64 - Swakopmund (22nd November 2020)

Meals: Breakfast, Lunch, Dinner

Today we have free time for all of the amazing optional activities available in Swakopmund

Daily Activities

Optional Activities

Learn about Namibia's marine life at the Swakopmund Aquarium

Entrance: 30 NAD

Explore the ocean by boat and search for dolphins seals and other marine life

Approx price, depends on numbers: 600 NAD

Take a boat out for off-shore fishing in the seas near the Forbidden Coast

Offshore fishing trip: 1,200 NAD

Take a scenic flight over the Forbidden Coast and the Skeleton Coast

2 hrs: 150 USD

All day: 450 USD

Go in search of dolphins on a sea kayak trip off the coast of Swakopmund

Scenic tour: 800 NAD

Learn all about the German colonial history of the area at the Swakopmund Museum

Entrance: 25 NAD

Tour to the Rossing Uranium mine: 40 NAD

Head out sandboarding and quad-biking on the dunes near Swakopmund

2hr Quad-biking: 600 NAD

Lie-down Sandboarding: 400 NAD

Stand-up Sandboarding: 450 NAD

Combo Quad Biking and Sandboarding: 1,000 NAD

Explore the townships of Swakopmund meeting the local Damara Herero and Ovambo people

Price: 400 NAD

Head out on horseback to explore the beautiful area around Swakopmund

2hr trip: 690 NAD

Day 65 - Namib Desert (23rd November 2020)

Meals: Lunch, Dinner

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

Daily Activities

Included Activities

Visit the famous Dune 45 and explore the other-worldly landscapes of the Sossusvlei and the Dead Vlei salt pans

Included

Day 66 - Sesriem (24th November 2020)

Meals: Breakfast, Lunch, Dinner

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

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

Daily Activities

Optional Activities

Take a balloon trip over the Namib desert and Dune 45

Price: 5,950 NAD

Explore the Sesriem Canyon

Entrance: 50 NAD

Go on a scenic flight over the Sossusvlei

1hr trip (price per plane, taking max 5 pax): 4,280 NAD

40min trip (price per plane, taking max 5 pax): 3,000 NAD

1hr 30min trip (price per plane, taking max 5 pax): 7,075 NAD

Day 67 - Fish River Canyon (25th November 2020)

Meals: Breakfast, Lunch, Dinner

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

Daily Activities

Included Activities

Take in the jaw-dropping vistas at the Fish River Canyon

Included

Day 68 - Noordoewer (26th November 2020)

Meals: Breakfast, Lunch, Dinner

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

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

Daily Activities

Optional Activities

Head out on a short canoe trip on the Orange River which marks the boundary of Namibia and South Africa

Full-day Canoe trip incl packed lunch: 300 NAD

Day 69 - Citrusdal (27th November 2020)

Meals: Breakfast, Lunch, Dinner

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

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

Daily Activities

Optional Activities

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

Price: 100 ZAR

Day 70 - Cape Town (28th November 2020)

Meals: Breakfast

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

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

Day 71 - Cape Town (29th November 2020)

Today marks the end of our fantastic adventure.

Border Information: If finishing in Cape Town, you will most likely exit South Africa at Cape Town International Airport (IATA code: CPT).

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.

Accommodation:

Daily Activities

Optional Activities

See the sights of Cape Town on a Hop On - Hop Off bus tour

1-day ticket: 200 ZAR

Cable car trip to the top of Table Mountain

One way ticket: 200 ZAR

Return ticket: 395 ZAR

Tour to the Cape of Good Hope and the Boulders Penguin Colony

Additional boat trip to Cape Seal colony: 60 ZAR

Visit the District Six Museum to learn about the old vibrant neighbourhood that was destroyed by the apartheid government in the 1960s

Entrance: 45 ZAR

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

Excursion: 280 ZAR

ITINERARY DISCLAIMER

The routes, activities and places visited described in these notes are intentions and are meant as a rough guide only. By their very nature, overland itineraries need to be flexible and the regions that we are travelling through are often unpredictable. We intend to follow the planned route but exact night stops and inclusions cannot be guaranteed and 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. Changes to the itinerary may occur with little notice so please be prepared for modifications to your trip.

Drive Times

Drive times are listed in the day-to-day itinerary. These are the approximate number of hours that the vehicle will be in motion, 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.

Accommodation and Meals Included

The type of accommodation and included meals are listed for each day of the itinerary. These listings show our intention and on most departures the listings will be accurate. However due to the flexible nature of overland itineraries, climatic, bureaucratic or road conditions may demand changes to our listed intentions or groups may simply decide to amend the plans from time to time.

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. Certain activities may not be available on your particular visit and it may not be possible to do all the activities listed in the time available at each destination. 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. The 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, and therefore any prices listed are a guide only and cannot be guaranteed. If you partake in 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. For more information around activity safety and insurance, please see the Essential Information document.

EMERGENCY CONTACT INFORMATION

In the event of a real emergency once you have left your home country, please contact us on our out of office hours number. If you cannot get through on the phone, please leave a message with your name, reference number, contact details and a message with the help that you need and we will get back to you. Please bear in mind that real progress or action may not be possible until normal office hours, depending on the issue.

If your flight is delayed, please inform us as soon as you can and then make your way to the joining hotel as instructed in the Joining Point section of these notes.

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

A FEW RULES

We expect all group members to act respectfully towards our staff and other group members. Bullying will not be tolerated.

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, or carrying weapons 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.

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.

IMPORTANT NOTES

OVERLANDING LIFESTYLE

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! For more details of how an overlanding trip works, please see the Essential Information document.

SAFETY STANDARDS

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. For more information, please see the Essential Information document

MEDICAL ASSISTANCE IN REMOTE AREAS

We will be travelling to areas in remote locations where medical assistance will not be available, and communications may be sparse. We do not carry satellite phones on our regular trips. Therefore, 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.

VISAS, HEALTH, INSURANCE & MONEY

Before you travel there are vital things to consider such as:

- Any visas needed for your trip
- Any vaccinations needed (please consult your GP or travel clinic)
- Organising your local payment (the kitty)
- Buying travel insurance (insurance is compulsory to be allowed to join our trips)

For more information on these topics, please see the Essential Information Document.

GORILLA TREK NOTES

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

1. Passport details at the time of booking
2. A non refundable trip deposit payment of GBP500 at the time of booking (higher than our usual trip deposit)

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

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

KENYA NOTES

UGANDA NOTES

TANZANIA NOTES

ZIMBABWE 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.

MALAWI NOTES

ZAMBIA NOTES

SOUTH AFRICA NOTES

BOTSWANA NOTES

NAMIBIA NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 27th September 2020**