

Amboseli Camping Safari - TDKAAB

3 days: Nairobi to Nairobi

What's Included

- Entrance and game drives in Amboseli National Park

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2013 - December 31st, 2013

Itinerary



What's Included

Entrance and game drives in Amboseli National Park

Highlights

Looking for and snapping photos of extraordinary wildlife, Taking in views of African landscape.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Please note that this is an Independent style G Adventures tour. This means that we do not have dedicated group departures, but rather that we offer the trip on a private basis on any given day that you choose. As such, when you book this trip, you are doing so on an individual basis, and there may or may not be other passengers booked on the exact same day as you. Locally, you may have the option to be pooled with other passengers who have not booked through G Adventures.
2. The idea of camping in Africa can be a daunting one. For those not accustomed to 'roughing it' for a few days we offer a full camping service. All tents are pitched for you, meals are prepared and served and the washing up is done by G Adventures staff. This leaves you with more time to enjoy your surroundings and is ideal for first-time campers who may be worried about the challenges such a trip can entail. When camping we are exposed to the elements, and whilst there are times when the weather is fine and temperatures are pleasant, there may be days when it is foggy, rainy and cool. In certain locations there may also be a number of bugs. These factors, however, should be seen as minor downsides to a camping experience which will allow you to get up close to the beautiful nature that Africa has to offer. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply canvas dome tents with built-in mesh insect nets on the doors and windows. Mattresses are also available, which are approximately 4cm thick, warm and comfortable. Please note drinking water, ice, and fire wood are not provided but can be bought locally with the assistance of the Chief Experience Officer.
3. This is not a physically demanding journey; however, travelling can be difficult, as long drives and poor road conditions are the rule as opposed to the exception in Kenya. A safari is about travelling to see animals, so we travel to Amboseli National Park, and once there, we spend the majority of the time viewing game while driving in the park. This translates to a lot of driving. Despite this, the diversity and scenery of the Kenyan landscape, the local culture and abundant wildlife are all well worth the experience.
4. Please note that this tour departs early on day 1 from Nairobi. Though this tour does not include accommodation in Nairobi, you may choose to pre-reserve a room through G Adventures.
5. Best time to visit: January and February are good months to visit Amboseli, as well as June through September. Avoid April and May, which are the rainy season. There may also be some rain from November to December, which may make the roads in Amboseli impassable.
6. **LUGGAGE COMPLICATIONS:** It occasionally happens that luggage on international flights into Nairobi does not arrive, especially with, but not exclusive to, major airlines out of London-Heathrow or Schiphol (Amsterdam). Please be aware that this may happen, especially if you have a tight connection in either of these centres, are flying with different airlines with a connection, have a last minute flight change or re-route, or fly from or connect through another African centre. Please be prepared and keep all important documentation and valuables on your person. As well we recommend a change of clothes in your hand luggage. If unfortunately this does happen, and your luggage does not arrive, you should be entitled to a limited initial compensation from your airline. In Nairobi, the arrival of lost luggage normally takes between 48 and 72 hours after the initial plane's arrival. The airlines technically should be

responsible to forward your luggage to you, to your hotel or elsewhere in Kenya. You may find that your tour will begin, and you still have not received your luggage. Considering that the customer service standards in Kenya are different from home, and that we find that the airlines are not always pro-active in helping luggage in its care be reunited with its owner, it is recommended that you purchase locally any items that you need, and start the tour without our luggage. You may hire someone locally through G Adventures to persist with your airline to retrieve your luggage, or just may of course just follow it up upon your return to Nairobi. Because of the short nature of this tour, it may not make sense to try to have the luggage shuttled to the game park. Please note that any costs that you may incur for luggage retrieval or sending luggage are not the responsibility of G Adventures, though we will always strive to assist you in any way possible. You should always keep all receipts and documentation, and contact your airline or insurance provider for reimbursement.

7. Flying through London-Heathrow to East Africa?

Please note that regardless of the rules in other centres, travellers flying from, or connecting in, London-Heathrow are currently only permitted one carry-on piece of luggage and one small personal bag (purse, laptop-size bag, briefcase) on board on flights to Nairobi. If you arrive to the security gate with 2 pieces, you will be forced to check-in one of them, which may result in complications noted above. This policy is in place as of the time of writing, though local rules and regulations may indeed change. It is thus advisable to contact your airline directly for the most up-to-date information.

8. The power supply in Kenya is nominally 240VAC, 50hz. Variable voltage, spikes and sporadic, unexpected, unscheduled power cuts of varying duration can be expected.

Group Leader Description

For this 3 day camping safari in Kenya, you will be accompanied on your trip by a G Adventures driver/guide and a camp cook. All of our driver/guides are certified safari guides, and are of course very skilled and experienced drivers. With years of experience taking wildlife seekers into the game parks of Kenya, our local driver/guides are exactly what will make your safari a success. Of course, do not forget your camp cook, who will add some further local flavour to your trip.

Meals Included

2 Breakfasts, 3 Lunches, 2 Dinners.

Meals

Shopping for food will be done before the trip departs, fresh vegetables and fruit will be bought along the route from supermarkets, local shops and markets. Breakfasts will generally be cereals, if time allows a warm breakfast may be prepared. Lunches will be either en route, in the game park, or in camp, and will be light meals such as sandwiches or salads. All evening meals will be hot and will consist of a variety of continental and local dishes. Meals will be prepared by the crew with assistance from you if you would like to help cook, this is not compulsory. Vegetarian meals and other dietary requirements need to be specified prior to arrival. We do however ask you to wash your own dishes. Please note all bottled drinking water will be at your own expense.

Meal Budget

Allow USD20-25 for meals and drinks (including bottled water) not included.

Transport

7-seat 4x4 safari vehicle.

About our Transportation

With sliding windows and a large pop-up roofs, these vans are designed for game viewing. Road conditions can run the full range of conditions from new to very poor. This style of travel is by no means luxurious, but the seats are comfortable and having our own private vehicles allow us the flexibility of making stops when needed, and to stay and watch that crouching lion prepare for an attack.

Speed governors set to 80kph are used on all vehicles to ensure a safe driving speed. Please note for your own safety it is mandatory to wear your seat belt at all times when in a vehicle.

All G Adventure vehicles are regularly serviced and follow a strict maintenance schedule. However given the long travel days and rough conditions of many of the roads in Africa, vehicles can and do breakdown on occasion. If such situations occur all drivers are trained mechanics and any vehicle issues are rectified as quickly as possible so as to not disrupt your trip. Your patience is requested if the vehicle you are traveling in happens to encounter a mechanical fault.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Full-service camping (2 nts).

About Accommodation

Camping in Kenya is truly an adventure. You will be able to get off the beaten track to get a first-hand experience of the beautiful wilderness and nature. While camping at Amboseli, we use our own tents to pitch at the public campsite. The campsite itself is very basic, with no electricity, and shared, very simple toilet and shower facilities. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply dome tents and assembly/disassembly takes only 5 minutes. All tents have built-in mesh insect nets on the doors and windows. Mattresses are also available, which are approximately 4cm thick, warm and comfortable.

The idea of camping in Africa can be a daunting one. For those not accustomed to 'roughing it' for a few days we offer a full camping service. All tents are pitched for you, meals are prepared and served and the washing up is done by G Adventures staff. This leaves you with more time to enjoy your surroundings and is ideal for first-time campers who may be worried about the challenges such a trip can entail.

Joining Hotel

The default start hotel for this tour is the Hotel Boulevard, however, if you wish to arrange an alternative hotel, please speak with your agent."

Joining Instructions

This tour begins at 7:30am in the morning of Day 1 at your Nairobi hotel. Please be on time to meet your driver/guide at the front entrance of the hotel. A brief departure meeting will be held in the hotel reception area about general and specific aspects of the trip before setting off to Amboseli.

Accommodation is provided only while visiting the game park (2 nights), so you are responsible for your own hotel arrangements in Nairobi. However, you may choose to pre-reserve a room through G Adventures.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

We strongly advise you to pre-purchase your entry visa prior to arrival as queuing for the visa at the airport can cause long delays in clearing customs. This is especially relevant if you have pre-booked an airport transfer.

If you have pre-booked an airport transfer, it is necessary to make contact with our representative, who waits with a G Adventures sign outside the secure baggage-retrieval area, within 1.5 hours (90 minutes) of your flight's scheduled arrival time. No refunds will be granted if you fail to make contact with our representative within this reasonable time. After such time, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions.

Your arrival transfer has been arranged based on flight information provided to us. If you receive notification of a flight schedule change outside of 48 hours before your flight is scheduled to arrive, please contact us to advise of your new flight details.

Sales offices:

From within Australia - 1-300-796-618

From within Canada or the United States - 1-800-465-6500

From within the UK - 0870 999-0144

From anywhere else - +1-416-260-0999

Important note If you are advised of the flight schedule change within 48 hours of your scheduled arrival time, please contact the airport transfer operator listed as the emergency contact for your tour which can be found below. We will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

For any issues relating to pre-booked transfers for Nairobi Jomo Kenyatta International Airport, including delays or missed transfers, please contact our airport transfer operator:

Patrick: +254 707 889 920 or +254 732 874 566 (from outside of Kenya)

Patrick: 0707 889 920 or 0732 874 566 (from within Kenya)

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Kenya)

Mr. Ashwin Bhatt

During office hours, Mon-Fri, 9am-5pm:

+254 721 474 814 or 0721 474 814 (from within Africa)

+254 729 163 545 or 0729 163 545 (from within Africa)

+254 20 222 3699 or 20 222 3699 (from within Africa)

+254 20 444 9127 or 20 444 9127 (from within Africa)

G Adventures Local Office (Nairobi, Kenya)

Emergency number: +254 727 208 832 or 0727 208 832 (from within Kenya)

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Finishing Point Instructions

This tour ends upon arrival into Nairobi in the afternoon of day 3. Though this tour does not include accommodation in Nairobi, you may choose to pre-reserve a room for after your tour through G Adventures.

What to Take

You will be on the move, so our advice is to pack as lightly as possible. Your baggage should be clearly labeled and restricted to one soft compact suitcase, sports bag, or backpack, no larger than 30cm(height) x 30cm(width) x 60cm(length), maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced and space on vehicles is limited.

For our camping style tours you will need to provide your own sleeping bag, small pillow and sleeping sheet (if you would like). We provide the tent and the sleeping pads.

It is important to pack clothes for warm days and cool evenings, as well as a warm jacket for early morning game drives. Light, quick-drying, practical clothes are advisable for this safari trip. A set of smart casual clothes is also advisable for your time in Nairobi.

Checklist

Suggested Items:

- Fleece or wool jumper/jacket
- Windproof/waterproof jacket
- Small towel and swimwear
- 2 shirts/t-shirts, cool and breathable
- 1 Long-sleeved shirt or sweater for evenings
- 1 pair of shorts
- 1 pair of long trousers
- 1 pair hiking pants/track pants
- Comfortable shoes
- Winter hat/Warm hat
- Warm sleeping bag
- small travel pillow
- Sport sandals
- Sun hat, Bandana
- Sunblock
- Sunglasses
- Watch or alarm clock
- Water bottle
- Purification tablets or filter (bottled water is also available for purchase)
- Pocketknife
- Flashlight or Headlamp (with extra batteries and bulbs)
- Money belt
- First-aid kit (should contain Lip balm with sunscreen, Aspirin, Ibuprofen, Malaria pills, bandaids/plasters, tape, anti-histamine, Antiseptic cream, Imodium or similar tablets for mild cases of diarrhoea, rehydration powder, insect repellent, extra prescription drugs you may be taking)
- Toiletries (biodegradable)
- Hand sanitizer gel/Sanitizer wipes
- Toilet paper
- Camera and extra memory card/film
- Extra batteries (recommended)
- Electricity Plug Adapter

For donation: notebooks, pens, pencils, pins, flags, pictures, postcards from your country for local villagers or children

Optional Items: reading/writing material, binoculars, cover for backpacks, Maps, guidebooks

Documents:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Yellow fever certificate
- Airline tickets (with photocopies)

- Credit or debit card (see personal spending money)
- G Adventures vouchers, pre-departure information and trip details
- Any entry visas or vaccination certificates required

Laundry

Hand washing of clothes can be done at your campsites, as it has simple facilities for this. We recommend you bring a non polluting/biodegradable soap, as well as a roll of simple string to act as a drying line for your clothes.

Visas

All countries require travellers to have a valid passport (with a minimum 6 months validity). Please note that upon arrival by air to Nairobi, Kenya, you can obtain a visa for US\$50. This visa is valid for up to 3 months with multiple entries/exits permitted to Tanzania and Uganda only. Please note that Kenya is now strictly enforcing a "blank pages, condition of entry". All those requiring a visa on arrival must have at least two blank pages available in their passports. Failure to meet this requirement could mean that entry will be refused. This information is accurate at the time of writing. Though as fees and policies can change, we highly recommend that you contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation.

Detailed Trip Notes

REGIONAL INFORMATION

Climate

There are generally two rainy seasons - the short and the long rains. The short rains normally occur from late October through November, and the long rains from late March through to early June. A good time to visit is between late June and October when the rains have finished and the air is coolest. Alternatively, from late December to February or early March is another good time to visit, just after the short rains, but before the long rains; this is the warmest time of the year. The highest season for travellers into the region is in January and February, when the hot, dry weather is generally considered to be the most pleasant. During the rainy season it can be deceptively cold at times and evenings can be cool year round, so ensure you have adequate warm clothing such as a fleece or warm sweater.

Electricity

The electric current in Kenya operates on 220 volts. Electric plugs types come in at least four sizes and vary throughout the country, however, the two rounded pin standard plug is acceptable in most parts of the country. 3 pin square plugs are most common.

Language

The official languages are Swahili and English. There are also numerous dialects spoken throughout.

KENYA - Official Statistics

Full country name: Republic of Kenya (Jamhuri Ya Kenya)

Area: 580,367 km²

Population: 34,256,000-July 2005 est. (31,138,735- 2002 Census)

Capital city: Nairobi

People: 22% Kikuyu, 14% Luhya, 13% Luo, 12% Kalenjin, 11% Kamba, 6% Kisii, 6% Meru, 16% other

Languages: English, Swahili, indigenous.

Religion: 35% Protestant, 30% Roman Catholic, 30% Muslim, 5% Animist

Government: Republic (multiparty state)

President: Uhuru Kenyatta

Major industries: small-scale consumer goods (plastic, furniture, beer, batteries, textiles, flour), agricultural processing, oil refining, chemicals, cement, tourism.

Major trading partners: Uganda, Tanzania, UK, Germany, UAE, South Africa

INTERESTING FACTS

-At 580,367 km² the country is two and a half times the size of Britain.

-The population is over 30 million and has one of the world's fastest growth rates.

-Kenya gained independence in 1963 after 80 years of British rule.

-Most Kenyans are subsistence farmers.

-Coffee and tea are grown commercially and tourism is also a huge income for the country. The country is still in huge debt though and has few mineral resources and corruption is again a problem.

-The country lies on the equator and has good national parks and Mount Kenya the second highest peak in Africa. It also has good beaches and colourful people. Nairobi is the capital and Mombassa the countries port city.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The local currency in Kenya is the Kenyan Shilling (KES, or KSH).

Shillings can be obtained locally by changing foreign currency or by using ATMs (where available) which will disperse local currency. Your CEO will inform you where you can change money throughout the tour and approximately how much money you will need for each country.

The easiest foreign currency to exchange for locally for any of the local currencies is the \$US; however the British Pound and Euro may also be exchanged as well. Please note that due to past problems with forgery, \$US notes that are older than year 2006 are not accepted in Africa.

Large note (\$US 50, \$US 100 etc) can be difficult to change in some places, but will gain you the best exchange rate.

If you plan to rely on cash, please bring foreign currency (Euro, Pound, USD) with you, as it is often expensive to buy these currencies locally. And in more rural areas, it is often not likely.

If you plan to buy your visas at borders, you will need to bring \$USD cash to pay for these visas. Please note you cannot use the local currency or any other currency to buy these visas- they must be purchased in USD.

Please do not bring Travellers' cheques to Africa. They are difficult if not impossible to exchange in many places.

Visa/Plus system cards are the most widely accepted debit cards. It is harder to find machines Mastercard/Cirrus cards. We highly recommend that if you hold a Mastercard, you obtain a Visa card prior to departure and travel with both. This is also useful should something unforeseen happen to one of your cards during your travels.

While there are many ATMs in the major centres, there are no guarantees that your credit or debit cards will actually work in Africa. Check with your bank.

Credit cards can be used in major cities and towns ONLY but please do not rely on them as a method of payment because they are generally not widely accepted. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. The majority of our optional activities can also be paid by credit card. Your CEO will advise on these.

Please note that in many areas there may be occasional power-outages, where there will be no electricity for hours at a time. In addition, ATMs outside of larger centers often run out of cash or can be out of order unexpectedly. These factors could affect your ability to access money from ATMs. As such, please do not rely on credit or debit cards as your only source of money.

A combination of foreign currency and debit/credit cards for cash advances is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

USD40, usually included in most international air tickets.

Tipping

Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. It is one of the most direct ways that you can have a positive economic impact within the East African community. Although it may not be customary for you, it is of considerable significance to the people who will take care of you during your travels, as an important source of income for those in the tourism industry. Giving a tip should be seen as a formal 'thank you', and the action should in no way be awkward. The best method of tipping someone that has served the whole group is to plan in advance, and not rush when it comes to saying goodbye. A suggestion would be for each group member to contribute anonymously by putting their tip into an envelope. This often works the best and the group as a whole should gather to present the gift to the recipient(s), offering their thanks and showing their appreciation. This method brings the action out into the open, allowing for a friendly and appreciative interaction between the group and the recipient(s).

You may use the following as a guideline, all given in a per client format: Restaurant/Café servers: 10% of cost of bill, especially when in a large group (no envelope required); Certified Safari Guide/Driver: US\$5-7 (full day); Camp Cook US\$3 (full day).

Optional Activities

Optional activity prices are subject to change and can fluctuate in relation to the high/low season and the number of people on a specific excursion. Not all excursions listed here may be available, due to season, or weather conditions. As generally not a lot of time is spent in start/end cities, you may want to arrange to arrive early, or stay longer after the trip in order to allow sufficient time to participate in optional activities there.

All prices are listed in US dollar amounts, per person, and are examples of the entrances fees charged - this does not include hiring transport to/from the destination. And the majority of the activities should be paid in local currency.

Nairobi

Bomas of Kenya \$9

Giraffe Centre \$7

Karen Blixen Museum \$12

Nairobi National Park \$40

Nairobi Safari Walk, Animal Orphanage and Impala Sanctuary \$10

National Archives F.O.C.

National Museum \$3

Railway Museum \$3

The Carnivore Restaurant \$30 set meal

Outside Nairobi

Masai village tour \$20 per village

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure.

Please ensure you have all the inoculations recommended by your doctor for travel in East Africa. Be aware that Kenya has regions where malaria is present. We thus recommend that you take malaria medication; your doctor should be able to recommend the necessary prophylactics. Travellers should also carry a basic travel first-aid kit as medical facilities are basic in Kenya. An important item to include is a liquid or gel hand sanitizer and/or alcoholic/sanitary wipes, as they will aid in personal cleanliness and hygiene throughout the trip. The local tap water should not be consumed, so any water treatment tablets (ex. iodine), drops, etc, would help, but good, clean, and inexpensive bottled water is widely available throughout the entire trip. If you have any pre-existing medical condition, you must inform G Adventures prior to the purchase of the tour, and upon arrival, to the CEO so he/she can be prepared to help you.

Sand flies and Mosquitos:

Are found in the areas visited. Mosquitos are more prevalent in areas that receive more rainfall, and sand flies, though generally found on the coast, can also be found in dry & dusty conditions inland. Both tend to come out in the early evening and early mornings. Protective clothing, and insect repellent are highly recommended during these times.

Malaria:

This infectious disease is transmitted by mosquitos carrying the parasite. These mosquitos are found at altitudes of under 1,800m, and thus can be found in most areas that we visit on this tour. You must have prophylactics which you can obtain from your local doctor at or health clinic.

Sun:

It is very important that you wear sun block, even on a cloudy day when it feels cool as we are near the equator and the sun is very strong. A sunburn can turn a pleasant trip into a painful trip.

Hydration

Even when days are cool please be sure to drink a minimum of two litres of water and refrain from drinking too many diuretics, as while when travelling outdoors the breeze can dehydrate you quickly as well as the heat.

Diarrhoea:

It is normal for people travelling overseas to get an upset stomach due to a change of climate and food. Please make sure that you wash your hands and stay away from street food.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Nairobi

- Always leave your passport (It's better to carry a photocopy of it instead), traveller's cheques, flight tickets and money that you won't be using in the safe deposit in your hotel room/reception. This is free of charge to G Adventures Adventure clients.
- Remember that like in any other city, you should never leave your bags unattended, nor flaunt jewellery, cameras etc
- Please don't wander through the city at night. Stick to the main streets only during the day, and after sundown, please take a taxi. Taxis can be organised from reception of your hotel. Also, take the address of the hotel with you.
- People are generally friendly, but don't let people take advantage of you, especially the sales people!
- Beware of people approaching you on the street with an apparent interest of where you are from, and want to sit down and have a chat with you. These people are most likely con men and try to get money from you in one way or another
- People on the street who ask you if you want a safari and have a brochure are often con men, best to avoid these folk. Besides, you're already on safari!

Please refrain from taking photos of police stations, airports, bus stations, immigration and border crossings, army barracks and personnel, or any government building. It is against the law and will result in the minimum of your film and camera being confiscated.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This

is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information. Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.