

Dunes, Deltas & Falls - DCF

21 days: Cape Town to Livingstone

What's Included

Fish River Canyon, Sossusvlei Dunes and Waterberg Plateau Game Park entrances. Etosha National Park entrance with game drives. Guided township tour (Swakopmund). Okavango Delta overnight bush camping excursion. All transport between destinations and to/from included activities.

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 13th, 2014 - December 27th, 2015

Itinerary



Day 1 Arrive Cape Town

Arrive in Cape Town and make your way to the hotel. Attend a pre-departure group meeting with your CEO scheduled for the evening.

*Please note: if you have pre-booked the Okavango Delta Flight your CEO will inform you when you will do the activity throughout your tour, days are subject to change: Okavango Delta Flight (Day 15 - Okavango Delta). For more information on the Extra see the Optional Activities section.

Please make sure you have all of the necessary visas for this tour by the time of the welcome meeting. It is very important to read the Visa section in our trip details to make sure which visas you will need, if any. Please note that not all nationalities are able to obtain a visa on arrival at the border in South Africa. Please also note that no visa can be obtained at the border to Namibia.

Cape Town offers many different activities – something for everyone. Visit Robben Island, Table Mountain, explore Cape Point (Cape of Good Hope), embark on a wine tour in and around Stellenbosch (45min drive). Visit the old French Hugonout town of Franschoek and surroundings (1h drive). For the not so faint-hearted, there are numerous adrenaline activities in the surrounding areas, from skydiving to abseiling to cage diving and having a close encounter with the great white sharks. Or wander through the city centre with some of the oldest buildings and gardens in South Africa (Botanical Gardens and Parliament Gardens). Do not miss the wonderful Cultural Historical Museum, Planetarium and numerous other small museums and theatres.

Cape Town is the third most populous city in South Africa, with over 3 million inhabitants and is the provincial capital of the Western Cape. It is also the legislative capital of South Africa, where the National Parliament and many government offices are located.

For shopping, dining and entertainment the V&A Waterfront is a hotspot for foreigners and locals alike. Still a working harbour, the waterfront is an example of creative architecture and restoration and has become South Africa's most visited tourist attraction. The

Waterfront offers over 250 shops from designer boutiques to craft stalls, a host of restaurants and coffee shops and plenty of other activities.

Day 2-3 Cederberg/Gariep River (2B,2L,2D)

Head out of the city to begin your overland journey with a lunch stop by the coast. We arrive to our first campsite in the afternoon. The campsite is in the Cederberg area on a local vineyard farm. Here you will have free time to sample and buy some local wine, kick a footy around with the local kids, or explore the area near the camp in this beautiful part of South Africa. Or just chill at campsite's swimming pool overlooking the vineyards.

The next day, travel north to the South Africa/Namibia border and stop on the South Africa side of the Gariep River. We will leave early to ensure enough time for an optional canoe drive. After setting up camp in the late afternoon, enjoy swimming, relaxing, or possibly even canoeing on the river. Enjoy a quiet afternoon on the banks of the Orange River (formerly Gariep River). Otherwise go for a hike, and enjoy a spectacular sunset from a nearby hill. Our campsite is located along the river banks and provides a very tranquil setting for our stay.

Cape Town to Cederberg

Approximate Distance: 300 km, estimated Travel Time: 5 hrs

Cederberg to Gariep River

Approximate Distance: 350 km, estimated Travel Time: 6.5 hrs

Day 4 Fish River Canyon (1B,1L,1D)

Cross the border from South Africa to Namibia. We have encountered some problems with travellers that need visas for Namibia. Namibian visas are not available at the border, so please be very sure of the rules and regulations applying to your passport. See our visa section for further information.

We will make our way to Fish River Canyon, the largest canyon in Africa and arguably the second largest in the world. Watch as a spectacular sunset slips over the canyon's rim in the early evening. Permits are required to descend into the crater; we will have access to the rim only, but the views are spectacular. We camp in the surrounding area. The campground offers a small bar and a pool.

Approximate Distance: 180 km

Estimated Travel Time: 5 hrs (with border crossing)

Day 5-6 Namib Desert (2B,2L,2D)

Passing the small and desolate towns of Bethanien and Helmeringhausen, we continue north along long and bumpy roads, en route to the Namib Desert. Arrive in the area in the late afternoon, where the towering red sand dunes of Sossusvlei form the gateway into the Namib Desert. Here you really feel as though you're in the middle of nowhere.

Our first campsite is one of the most beautiful campsites in Namibia including a bar, restaurant, shop and swimming pool. We arrive in the early evening, set up our camp, then continue driving for a short stop at Sesriem Canyon, a small canyon typical of the area.

The following day is spent exploring the natural wonders of this bizarre desert environment. Wake up and set off for a pre-dawn climb of the mighty Dune 45, aiming to reach the top just before the sunrise. Watching the dunes come to life and display their amazing orange and yellow hues, and views for miles of surrounding desert is an unforgettable sight.

After the sunrise from atop Dune 45, enjoy a hot breakfast by the dunes. Visit Sossusvlei - a clay pan, enclosed by the world's largest sand dunes and enclosing ancient dead trees. Here you can take a guided walk at the sand dunes, and enjoy some free time to enjoy them on your own. We arrive back at our campsite around lunch time with time to take down tents, pack up the truck and drive to the next desert campsite. Don't miss out on the optional famous Boesman dune walk. Boesman is famous for his excellent explanation to the ins and out of the dunes.

Day 5 Approximate Distance: 560km

Estimated Travel Time: 10 hrs

Day 6 (excluding the drive to Dune 45 and Sossuvlei)

Approximate Distance: 95km

Estimated Travel Time: 3 hours

Day 7-8 Swakopmund (1B,1L)

Today we will really get a feeling for the Namib Desert, as we cross through this void region and a few dry mountain passes.

After arriving to Swakopmund around midday, we will meet our local friends and explore the back streets and local culture on a guided interpretive walk. During the walk, we will learn about the history of the town, housing and other various topics to give us a better understanding of local life. We visit a woman from the Herero ethnic group and also a Nama Medicine Woman, who will host a “click” lesson in the local Damara language. We finish our cultural walk at a local pub called a “shebeen” with the opportunity to try the local bush delicacy of Mopani worms and a drink.

Swakopmund is one of the adventure capitals of Africa. Enjoy a free day to relax or get the adrenaline pumping. Choose from sky diving, dune boarding or a 4x4 safaris, just to name a few.

Meals are not included while we are in Swakopmund in order to give our travellers the freedom to try out the many restaurants and bars in town.

We will stay in a hostel or small guest house while in Swakopmund to give us a break from camping and be more centrally located than the local campsites. We stay in dormitory-style rooms with up to 6 or 8 people sharing a room. We will strive to divide the group based on gender, but this cannot always be guaranteed. As such, males and females may have to share the same sleeping quarters for these two nights. The bathrooms and showers are private though used by both men and women. Nice shared areas at the hostel round out our accommodation and are great for socializing.

Approximate Distance: 300km

Estimated Travel Time: 7 hrs

Day 9 Damaraland (1B,1L,1D)

Depart early in the morning around 7am and stop for a roadside breakfast along the way. Look out over beautiful desert landscapes as far as the eye can see. There are Himba, Herero and Damara people along the way selling local arts and minerals, and we'll be sure to make a few stops to find out more about their products and offerings. Pass into more stony desert landscapes, and arrive to camp near Twyfelfontein by mid-afternoon.

Just a short drive away, we can check out some prehistoric rock engravings made during the early Stone Age. Opt to explore the area, which is adorned with rock engravings and petrified fossil forests. You will have free time in the area and can opt for a guided walk along the rock engravings. This area is famous for the paintings which are found in the region. Their origin is uncertain, but they are probably the work of Bushmen or Nama artists and are estimated to have lived in the area 5,000 years ago.

Tonight, experience a truly “out in the bush” night of camping at a rustic campsite with basic facilities.

Approximate Distance: 325 km

Estimated Travel Time: 7 hrs

Day 10-11 Etosha National Park (2B,2L,2D)

As one of Africa's highlights, the Etosha National Park offers a variety of wildlife and phenomenal natural beauty. Upon arrival to the park in the afternoon, we will head out for a game drive in our overland truck to find the elephants, herds of antelope and lions around the watering holes.

After sunset you can watch some animals at the watering holes near the camping area, which is safe, being well lit with flood lights. Free time at night allows for the option of a night game drives in an open vehicles. We will go for another game drive in our overland vehicle during our second day in the park.

Our campsites in Etosha are comfortable with amenities such as a bar, restaurant and swimming pool. Spend at least one evening at a campground overlooking a permanent waterhole, which is illuminated by floodlight at night, allowing for better viewing of wildlife.

A brief animal count of Etosha National Park: 30 000 Blue Wildebeest; 25000 Springbok; 23000 Zebra; 5000 Kudu; 3000 Hartbeest; 3000 Gemsbok; 2600 Eland; 450 Giraffe; 2000 Elephant; 260 Lions; 20 Black Rhino; 325 Bird species.

Etosha National Park in Namibia was first established in 1907. At the time, the park's original 100,000 sq km made it the largest game reserve in the world. Due to political changes since its original establishment, the park is now a bit less than a quarter of its original size but still remains a very large and significant area in which wildlife is protected.

The Etosha Pan dominates the park. The salt pan desert is roughly 130km long and in places as wide as 50km; it is usually dry but fills with water briefly in the summer months when it attracts pelicans and flamingos in particular. Periannual springs attract a variety of game and birds throughout the year, including the endangered black rhinoceros and the endemic black face Impala.

Approximate Distance: 300km

Estimated Travel Time: 8 hrs

Day 12 Waterberg Plateau Game Park (1B,1L,1D)

Enjoy one last morning game drive in search of the Etosha's incredible wildlife before leaving the park mid-morning, then travel south to the Waterberg Plateau Game Park, arriving mid-afternoon.

In the afternoon, opt to take a self-guided scenic forest walk to enjoy the natural beauty of the area.

Those who are up for a couple hours of hiking can do a self-guided hike up to the Waterberg Plateau with its magnificent view over the plains of Namibia. It takes about 2 hours roundtrip.

Our usual campsite has a pool and a bar to relax at.

Approximate Distance: 380 km

Estimated Travel Time: 4 hrs (excluding game drive out of Etosha)

Day 13 Windhoek (1B)

Leave Waterberg Plateau Game Park and head south through the Namibian countryside to Windhoek. With a population of 230,000 and an altitude of 1654m, Windhoek is the capital of Namibia. We will arrive around lunchtime, so you will have free time to explore the city, go shopping or just relax at your accommodation.

Please note that this is a combination tour. Some of group members may be departing the tour in Windhoek and some new group members may be joining. Enjoy an optional group dinner with both old and new travellers.

Trade in your sleeping bag for a proper bed in a hotel tonight.

Approximate Distance: 280 km

Estimated Travel Time: 5 hrs

Day 14 Kalahari (1B,1L,1D)

Leave in the morning and continue through the eastern part of Namibia and cross into Botswana, travelling into the heart of the Kalahari. Botswana visas are not available at the border. See our visa section for further information.

We arrive at our campsite that is approximately 10km outside Ghanzi in the early evening, just in time for an optional "Bushman Walk." On this walk, get a glimpse of how the San tribe adapted to the Kalahari Desert, and learn fascinating wilderness survival skills the local people use. The gatherer life of the San/Bushmen has all but disappeared. There are few remaining Bushmen who still retain the survival skills of their ancient way of life. During the walk, your San/Bushmen guides will share through an interpreter their rich heritage of accumulated knowledge that make them masters of this harsh environment, helping us to learn about the botany of our surroundings. The walk is a slow hour and a half meander through about 4km of bushveld.

Around the campfire at night, you can experience the ancient dance rituals of the San/Bushmen. On special occasions, this is be a healing or trance dance that can continue all night and is an intense spiritual experience for both participants and visitors alike.

Our accommodation provider for the night offer a number of activities to interact with the San/Bushmen, and to discover how they survived in the Kalahari. Opt to upgrade your tent and stay in a recreated San/Bushman grass hut for the night, space-permitting. Each hut has stretchers with mattresses, lights and mosquito nets. The campground has a bar and small gift shop.

Approximate Distance: 580 km

Estimated Travel Time: 8 hrs

Day 15 Maun (1B,1L,1D)

Drive across Botswana and travel from the Kalahari towards Maun. We leave Ghanzi in the morning and arrive to Maun around lunch time. After arrival, you can pick up any supplies and prepare for the 1 night/2-day excursion into the Okavango Delta. We recommend each person brings a 5 litre bottle of water to take into the Delta; this should be sufficient for both drinking water and cleaning purposes.

In the afternoon, opt to get a sneak peak of the delta from above on an hour-long flight over the delta in a very small plane. See various groups of wildlife from above and get a feel for the vastness of the delta.

Those not opting for the flight can kick back and relax at the campsite set next to a river and with a pool, bar and restaurant facilities.

Approximate Distance: 280 km

Estimated Travel Time: 4 hrs

Day 16 Okavango Delta (1B,1L,1D)

After leaving some luggage in Maun, we hop into motor boats and travel along a river for about an hour before pairing off and sitting down in mokoros, traditional dug-out canoes, that take us deep into the delta. Each boat is pushed forward by a poler from a local community who stands at the back with a long bamboo pole that reaches the bottom of the waterways.

After a couple hours in the mokoro, we arrive to our basic bush camp in time for lunch. Set up tents and get used to the surroundings. Please note that there is no shower and only a dig-out bush toilet, as our camp is very basic and in the wild – but it is all worth it due to the incredible landscape and wildlife! In the afternoon, set off on a game walk to enjoy birdlife and game viewing in the pristine wilderness area of the Okavango Delta, the world's largest inland delta. In the evening, count the shooting stars, sing with the locals or just unwind with a sundowner around the campfire. The polers will join us around the campfire tonight and usually love to sing and dance... join in!

Day 17 Gweta (1B,1L,1D)

Enjoy the sunrise on an early game walk then return to Maun, first by mokoro, then motor boat, and arrive around lunch time. Pack up the truck, then hit the road to ancient baobab trees of Gweta. We will arrive to our campsite mid- to late afternoon. Have a walk around, take pictures of the baobabs, swim in the pool and enjoy a proper shower after the night in the bush.

Approximate Distance: 240 km

Estimated Travel Time: 4 hrs

Day 18 Chobe River (1B,1L,1D)

Journey to the area of Chobe National Park, home to the largest elephant population in Southern Africa. The best way to appreciate the area's thousands of resident elephants, crocodiles and hippos, is with an optional sunset boat cruise on the Chobe River. You may instead opt to embark on a game drive in search of lions, antelope, and of course, elephants. We arrive to Kasane around lunchtime and the optional sunset cruise starts in the late afternoon. It's best to book the optional sunset cruise on the day of our arrival to the area and then save the optional game drive for the morning of the following day.

Kasane is situated on the banks of the Chobe River, near its mouth. This is where the Chobe and Zambezi rivers meet, creating a border area of four countries – Namibia, Botswana, Zambia, and Zimbabwe. Chobe National Park was Botswana's first national park, and it is situated along the Chobe River. It has one of the largest concentrations of wildlife in Africa. By size, this is the third largest park (11,000 sq km) in the country, but it is definitely the most diverse and spectacular. The park is probably best known for its spectacular elephant population: with over 120,000 elephants, it has the highest concentration of the animal of Africa. Our campsite has a pool, bar and restaurant area.

Approximate Distance: 420 km

Estimated Travel Time: 6 hrs

Kasane is situated on the banks of the Chobe River, near its mouth. This is where the Chobe and Zambezi rivers meet, creating a border area of four countries – Namibia, Botswana, Zambia, and Zimbabwe.

Chobe National Park is Botswana's first national park, and is situated along the Chobe River. It has one of the largest concentrations of wildlife in Africa and one of the world's last remaining sizeable wilderness areas. By size, this is the third largest park (11,000 sq km) of the country, though it is definitely the most diverse and spectacular.

The park is probably best known for its spectacular elephant population: with over 120,000 it has the highest elephant concentration

of Africa. Moreover, most of them are probably part of the largest continuous surviving elephant population on Earth. The elephant population seems to have solidly built up since 1990, from the few initial thousands. By chance, they have not been affected by the massive illicit exploitation of the 1970's and 1980's. Elephants living here are Kalahari elephants, the largest in size of all known elephant species. Yet they are characterized by rather brittle ivory and short tusks. Damage caused by the high numbers of elephants is rife in some areas. In fact, concentration is so high throughout Chobe that culls have been considered, but are too controversial and have thus far been rejected. During the dry season, these elephants sojourn in Chobe River and the Linyanti River areas. During the rain season, they make a 200 km migration to the south-east region of the park. Their distribution zone however outreaches the park and spreads to north-western Zimbabwe.

Day 19-20 Livingstone, Zambia (2B,1L)

Cross the border from Botswana to Zambia at the Kazungula border post. Some nationalities do require a visa for Zambia, and many visas are available for purchase right at the border. See our visa section for further information.

Cross the Zambezi River by ferry to enter into Zambia and continue on to Livingstone. Livingstone is a great base to see both natural wonders and take part in some exciting activities. We've included a full day without any planned activities so each person can do what most interests. The most popular activities include visiting Victoria Falls to feel the immense falls up close and personal, rafting the Zambezi River (water levels-permitting), bungee jumping off a bridge in between Zambia and Zimbabwe or seeing the king of the jungle up close and personal on a lion encounter.

Note that this trip combine with other tours, and some tours will be finishing in Livingstone, while others will be continuing on. Many of our groups opt to book their final evening together aboard a sunset cruise along the Zambezi River with game-viewing, great scenery and an open bar.

Approximate Distance: 100 km

Estimated Travel Time: 3 hrs

Day 21 Livingstone (1B)

Depart at any time.

What's Included

Fish River Canyon, Sossusvlei Dunes and Waterberg Plateau Game Park entrances. Etosha National Park entrance with game drives. Guided township tour (Swakopmund). Okavango Delta overnight bush camping excursion. All transport between destinations and to/from included activities.

Highlights

Experience the culture of Cape Town, spot wildlife on game drives in Etosha National Park, cruise the Okavango Delta in a dug-out canoe, meet the San Bushmen, marvel at Fish River Canyon and Victoria Falls.

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 tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes
2. This is not a physically demanding journey; however, travelling can be difficult, with long drives and poor road conditions at times. Despite this, most clients feel that the diversity of the African landscape, countries, culture and wildlife are all well worth the experience. We use a comfortable and safe customized safari truck for the long drives.
3. It may be required to show a Yellow Fever certificate if you are traveling to South Africa from a Yellow Fever endemic country. SOUTH Africa is to enforce new rules requiring proof of Yellow Fever vaccination for all travelers - even in airport transit - who have been in Zambia or other countries where the disease is endemic. The stricter guidelines, effective 01 Oct 2011, will see pax without an international Yellow Fever certificate refused entry.
As of January 26th 2011 the Director General of the Zanzibar Commission for Tourism declared a valid Yellow Fever Certificate is required at all points of entry into Zanzibar. This includes the airport, seaport and other points of entry. Failure to provide the correct certification may result in an on the spot vaccination or \$50 fine. Please check with your health expert for advice on Yellow Fever and other inoculations required for this area.
4. It is compulsory to show a valid Yellow Fever Certificate if you are travelling to Botswana from a Yellow Fever endemic country. Entry into Botswana when travelling from the following countries (but not limited to) will require a Yellow Fever Certificate: Angola, Benin, Burkina Faso, Burundi, Cameroon, Central African Republic, Chad, Congo, Democratic Republic of the Congo, Republic of the Cote d'Ivoire (Ivory Coast) Equatorial Guinea, Ethiopia, Gabon, Gambia, Ghana, Guinea Zambia, Guinea-Bissau, Kenya, Liberia, Mali, Mauritania, Niger, Nigeria, Rwanda, São Tomé and Príncipe, Senegal, Sierra Leone, Somalia, Sudan, Tanzania, Togo, Uganda, Argentina, Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Panama, Paraguay, Peru, Suriname, Trinidad and Tobago, Venezuela
5. An essential part of your safari is participation. The group is usually divided into small groups and given different tasks which change on a day to day basis, from kitchen duty group (helping in prepare meals and clean up afterwards), the packing group (sets up all tables and chairs outside) and the cleaning group (which cleans the truck by emptying the rubbish bin and brooming). it is all part of your adventure and when everyone puts in a little effort the trip will run smoothly. Your CEOs will do all the meal preparation, but we do ask the clients to help with the washing up. Team spirit is part of the fun! 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 insect nets. Mattresses are also available, which are approximately 4cm thick, warm and comfortable.
6. Sleeping bags can not be rented on any of our Africa overland or safari
7. Your CEO aims to provide you with the best service possible during your tour. They will be joining you in the back of the truck for a maximum of approximately 50% during driving, to answer questions and provide more information about the areas that you visit. They will spend the remainder of the driving time in front with the driver to enable them to make bookings, do planning and to fulfil other organizational requirements of the tour. During game drives, your CEO will ensure to accompany you in the passenger area of the truck. This is of course because they have a lot of knowledge to share with you during these exciting game drives. Please do not hesitate to ask your CEO any questions.
8. Please note that on all our Overland truck safaris there is a maximum of 22 people per vehicle.
9. VISAS. Please read the Visa section very carefully. Visas are your own responsibility. Always double check with the embassies what each countries requirement are.
10. Depending on the lunar cycle, Ramadan will fall between June 18th and July 17th, 2015. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. In Zanzibar and other Muslim areas in Africa, it is important to note that there may be some limitations to services and disruptions to schedules during Ramadan. Generally our tours still operate effectively during this period and food is available to

non-muslims throughout the day. It is important to display increased cultural sensitivity during Ramadan, particularly in Zanizbar. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

Group Leader Description

On this tour, you will be accompanied by two Chief Experience Officers (CEOs). The Chief Experience Officers (CEOs) will be the group manager and leader, cook and driver. They will provide information on the places where we are travelling, offer suggestions for things to do and see and introduce you to our local friends. He/she will take care of the small things so you can concentrate on enjoying your adventure.

All of our CEOs in southern Africa are experienced group leaders, with a broad knowledge base of the region's history, cultures, and wildlife. Most of our leaders in the region are from South Africa, though it may be possible that you'll have a leader from another country in the southern African region.

All of our overland truck drivers are experienced in the routes travelled, and highly skilled in dealing with different terrains. All of our cooks will organize and lead the meal preparation, and have experience in cooking a variety of local and international dishes for large groups.

We also use local guides for some included activities where we think more specific knowledge will add to the enjoyment of the places we are visiting.

Group Size Notes

Max 22, avg 18.

Meals Included

19 breakfasts, 16 lunches, 14 dinners.

Meals

As mentioned above, most of the meals on this tour are included in the tour price. When a meal is not included, this is because there are often many options available - we would like to give you the opportunity to explore a bit and test the local cuisine yourself. In these cases, your CEO will be able to suggest some good local restaurants or options for you to choose from.

All included meals will be prepared from fresh local produce. The majority of the shopping for foodstuffs will be done before the trip departs, and fresh goods, such as meats, fruits, vegetables, and dairy products, will be bought en route during the trip from supermarkets, local shops and markets. Breakfasts will generally consist of breads and cereals, if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will be light meals such as sandwiches and/or salads. All evening meals will be freshly-prepared hot meals, and will consist of a variety of continental and local dishes.

Our cook will organize the meal preparation and lead the way here, but will prepare a duty schedule for ensuring a fair, rotating participation from you and your group members in the meal preparation and dish washing duties.

Vegetarian meals and other dietary requirements need to be specified prior to arrival.

Meal Budget

Allow USD110-145 for meals and drinks not included.

Transport

Overland truck, walking, mokoro.

About our Transportation

We use a large 24 seat overland truck to criss-cross through southern Africa. The overland truck allows the entire group to travel together, and because of its height, is great for game viewing and for enjoying the scenic landscape.

Road conditions can run the full gamut from new to being in very poor condition. This style of travel is by no means luxury as we are traveling in a truck, but it does allow us the flexibility of making stops when needed, and reaching some out-of-the-way parts of Africa where the traditional safari crowd would not dare to go.

Here's a quick look at the well-equipped G Adventures overland truck:

- Storage for main luggage in a compartment under the seating area (accessed from the outside of the truck). Day packs can be stored at your feet (there is plenty of room).
- Onboard safety box(es) for valuables.
- Front view windows
- Large sliding windows, great for game viewing
- Fully equipped retractable kitchen
- Intercom between seating area and driver
- Inverter for battery charging (South African plug - 220-240V)

Please note that our trucks do not have on-board bathrooms. Nor do they have seats that recline as often reclining seats will break, and thus you will have some seats that recline and some that don't.

This is not a physically demanding journey; however, travelling can be difficult, with long drives and poor road conditions at times. Please take note of the travel times and distances in the above itinerary, and consider that this is often on poor quality, bumpy roads. Despite this, most clients feel that the diversity of the African landscape, culture and wildlife are all well worth the experience.

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

Simple hotels (2 nts), participation camping (15 nts), guesthouses (2 nts, multi-share), basic bush camp (1 nt).

My Own Room Exceptions

Days 7-8, 16

About Accommodation

Camping in Africa 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, we stay at designated campsites in national parks and outside towns. Campsite facilities in southern Africa are generally good, but can be basic in certain places. There are generally small restaurants and/or bars, washing facilities and occasionally telephones available.

The camps have flush toilets, and showers at some camps are outdoors, having simple reed enclosures for privacy. Additionally, warm water is available at most sites, but it is not guaranteed to always be warm when you take your shower; the warm water may be used up others who also use the camp. We usually set-up camp within close proximity to the toilet facilities, though occasionally to reach them you may have to walk a short distance.

All camping equipment (with the exception of your sleeping bag and pillow) is supplied, including camp mattresses, which are warm and comfortable. We supply dome tents and assembly/disassembly takes only 5 minutes. They are good quality, durable, industry-standard 2-person safari canvas tents. Please note that most adults will not be able to fully stand up inside the tents, though most travellers find these more than adequate, as they have a base area of approximately 4 square meters. These tents are regularly treated with a waterproofing agent, but under certain rainy conditions, the tent fabric may become saturated to the point where seepage or leakage may occur. All tents have built-in mesh insect netting on the windows and doors.

We travel with our own portable camp chairs with a comfortable back-rest, and we utilize our own cooking equipment to provide the group good quality camp meals.

In camping within the national parks and conservation areas, some camp sites are enclosed for keeping the resident wildlife out. Other camps are open to the natural environment – care must be taken, especially at night, when a torch/flashlight is recommended

when walking around the camp area.

Your camping experience in the Okavango Delta is fondly called “bush camping”. This will be the most basic two nights of our trip, as there is no running water, no showers, nor toilets facilities. You will be truly camping in the wild, away from civilization and its comforts, and completely surrounded by nature – an unbelievable experience some in fact feel is the highlight of the trip.

Despite the challenge that a few days “roughing it” may pose to some, the experience of being that close to nature, camping under the African stars, and seeing incredible wildlife at your tent door-step is not just gratifying but ultimately an experience of a lifetime.

In Swakopmund, we stay in backpacker's (hostels) or small guest houses, which will give us a break from camping and to be better located than the campgrounds in the area. Here, the accommodation is based on several people sharing dormitory-style rooms, with possibly 6 to 8 people sharing a room. Although we will try, we cannot guarantee to be able to divide the group into different dormitories based on gender lines. As such, males and females may have to share the same sleeping quarters for these nights. The bathrooms and showers are private, but may also be shared between both males and females.

Joining Hotel

Lady Hamilton Hotel
10 Union Street
Gardens
Cape Town, 8001
Tel: +27 (0)21 423 3888
Fax: +27 (0)21 423 7788

Joining Instructions

On arrival into Cape Town an arrival transfer is not included. Please make your way to the joining hotel. Cape Town International Airport is about 22 km from downtown. There are a variety of ways to get into the city.

To take a taxi, leave the international terminal, cross the first road and you will see the taxi stand. Official taxis have the kilometre rate on the door.

If you wish to take a shuttle to the city centre, when arriving at the international terminal, turn immediately left and walk straight ahead and you'll see the shuttle services desk. Cost is approximately 80zar.

If you have a pre-arranged transfer, upon walking out of the international arrivals look for a transfer person holding a G Adventures sign and your name. Ask him/her what hotel he/she will take you to (do not volunteer this information). Then present your passport for proof of identity.

The tour departs Cape Town on Day 2 in the morning.

A brief departure meeting will be held in the hotel reception area in evening on Day 1 of your tour. Upon arrival look for information from your CEO regarding meeting time and also the rest of the tour.

The tour ends in Livingstone on Day 21 after breakfast.

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 unable to get in touch with your leader, please refer to our emergency contact details.

If you have pre-booked an airport transfer: After you have picked up your luggage and entered the arrival hall, you should see a G Adventures representative holding a G sign. If you do not see anyone, we ask that you please make your way to the information desk, which is located on the same level. If you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact G Adventures during a situation of dire need, it is best to first call our local G Adventures representative. 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.

G Adventures Representative Emergency Cell Phone: From outside South Africa: From outside South Africa: 00 27 82 556 4568,
From within South Africa: 082 556 4562 (24 hours).

If you are unable for any reason to contact them, we have a toll-free line for North America, which will connect you directly with our Toronto office. In the event that you cannot get through, you can reach a member of our Operations department at the mobile number below.

Toll-free, North America only: 1 800 465 5600.

Calls from UK: 0844 272 0000

Calls from Australia: 1 300 796 618

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

What to Take

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labelled and restricted to one soft compact suitcase (please avoid a hard-top case), or sports bag, maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced and space on vehicles is limited. Porters are not often available, so be prepared to carry your own bags.

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.

Please note that the seasons in Africa is quite extreme. Winters (especially South Africa, Namibia and Botswana) can be really cold and summers will be really hot.

If you travel during winter months(May to October) please ensure that you bring warm clothing and a suitable sleeping bag.

A set of smart casual clothes is also advisable.

Checklist

- Fleece top
- Windproof/waterproof jacket
- Small towel and swimwear
- 4 shirts/t-shirts
- Sun hat
- Warm sleeping bag
- 1 pair of shorts
- 2 pairs of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/sturdy walking shoes
- Sport sandals
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- Pocketknife
- Flashlight (with extra batteries and bulbs), a head torch is very useful
- Money belt
- First-aid kit (should contain lip salve, Aspirin, bandaids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, insect repellent, extra prescription drugs you may be taking)

Optional Items:

Camera and film, reading/writing material, binoculars, cover for backpacks.

Documents:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Yellow Fever Certificate (with photocopies)(If traveling from an endemic country).
- Airline tickets (with photocopies)
- Credit or debit card (see personal spending money)
- G Adventures vouchers, pre-departure information and dossier
- Any entry visas or vaccination certificates required

Laundry

Laundry can be done at least once a week on this route. Swakopmund lodge does laundry for the clients. At some of the camp sites further on the route washing can be done by hand by some of the local women, and the price can be negotiated. The cost is usually between ZAR30-ZAR50 per load. It is recommended to bring some washing powder or liquid with you for smaller items.

Visas

All countries require travellers to have a valid passport (with a minimum 6 months validity), and you are required to acquire the entry visas for each of the countries visited.

Please double check with your agent and/or visa agent what the visa requirements is for each country that you will be traveling to. Some countries do require that you get your visa before arrival. If you show up at a border and should you not have the required visa you will be denied entry to the country and be send back to the closest embassy/high commission to get the visa. All arrangements and expenses for that will be at your own cost. The CEO will assist you with travel arrangements but will not be able to accompany you. You will also have to catch up with the group at their next destination at own cost.

We have been experiencing a lot of problems with people that need visas for Namibia and Malawi. Namibian and Malawian visas is not available at the border, so please make very sure if you do need a visa before arrival.

The information provided here is to be used as a guide only. Please consult with the relevant embassy or your travel agency before you travel. We cannot take any responsibility whatsoever for the use of this information.

South Africa

<http://www.dha.gov.za/Counties%20Exempy%20from%20SA%20Visaa.html>

<http://www.home-affairs.gov.za/Applying%20for%20a%20South%20African%20visa.html>

<http://www.southafrica.info/travel/documents/visas.htm>

Visas are not issued at South African ports of entry, and airline officials are obliged to insist on visas before allowing passengers to board. If you arrive without a visa, immigration officials are obliged to put you onto a flight back to your home country.

If you are a passport holder of the following countries/areas you do not need a visa for stays of LESS THAN 90 days:

African Union / Unity Laissez Passes, Andorra, Argentina, Australia, Austria, Belgium, Botswana, Brazil, Canada, Chile, Czech Republic, Denmark, Ecuador, Finland, Japan, Liechtenstein, Luxemburg, Malta, Monaco, Netherlands, New Zealand, Norway, Paraguay, Portugal, San Marino, Singapore, Spain, St Vincent & the Grenadines, Sweden, Switzerland, United Kingdom, Uruguay, Venezuela, United States of America, France, Germany, Greece, Iceland, Israel, Italy, Jamaica

If you are a passport holder of the following countries/areas you do not need a visa for stays of LESS THAN 30 days:

Antigua and Barbuda, Barbados, Belize, Benin, Bolivia, Hong Kong, Hungary, Jordan, Lesotho, Malaysia Cape Verde, Costa Rica, Cyprus, Gabon, Guyana, Peru, Poland, Seychelles, Slovak Republic, South Korea, Swaziland, Thailand, Turkey, Zambia

Visa costs

The visa fee is different for every nationality, so please check this with your agent or closest embassy.

Namibia

<http://www.namibia.org.za/consular.htm>

<http://www.namibiatourism.com.na/visas/>

Visas cannot be obtained on arrival.

FOREIGN NATIONALS EXEMPTED FROM VISA REQUIREMENTS WHEN TRAVELLING TO NAMIBIA

Angola, Australia, Austria, Belgium, Botswana, Brazil, Canada, Cuba, Denmark, Finland, France, Germany, Hong Kong, Iceland, India (Diplomatic and Official Passport up to 3 Months), Ireland, Italy, Japan, Kenya, Lesotho, Liechtenstein, Luxemburg, Malaysia, Macau (SAR), Malawi, Mauritius, Mozambique, New Zealand, Netherlands, Norway, Portugal, Russian Federation (Including States of the former U.S.S.R), South Africa, Singapore, Spain, Swaziland, Sweden, Switzerland, Tanzania, United Kingdom, United States of America, Zambia, Zimbabwe.

Other categories must obtain VISAs

Visa costs

Please enquire with your agent or closest embassy.

Botswana

<http://www.botswanaembassy.org/index.php?page=visa-consular>

<http://www.botswanaturism.co.bw/entryFormalities.php>

Visas cannot be obtained at the border.

Countries that does not require a visa for Botswana

Antigua & Barbuda, Argentina, Australia, Austria, Bahamas, Barbados, Belgium, Belize, Brazil, Brunei Darussalam, Bulgaria, Canada, Chile, Costa Rica, Croatia, Cyprus, Denmark, Dominica, Dominican Republic, Estonia, Fiji, Finland, France, Gambia, Germany, Greece, Grenada, Guyana, Holy See, Hong Kong, Hungary, Iceland, Ireland, Israel, Italy, Jamaica, Japan, Kenya, Kiribati, Lesotho, Liechtenstien, Latvia, Lithuania, Luzembourg, Malawi, Malaysia, Maldives, Malta, Mauritius, Mexico, Monaco, Mozambique, Namibia, Nauru, Netherlands, New Zealand, Norway & Colonies*, Papua New Guinea, Paraguay, Peru, Poland, Portugal, Romania, Russia, Samoa, San Marico, Seychelles, Sierra Leone, Singapore, Slovak Republic, Solomon Islands, South Africa, South Korea (Republic Of), Spain, St. Kitts And Nevis, St. Lucia, St. Vincent & The Gurenadines, Swaziland, Sweden, Switzerland, Tanzania, Tonga, Trinidad & Tobago, Tuvalu, Uganda, United Kingdom, United States Of America, Uruguay, Vanuatu, Venezuela, Zambia, Zimbabwe.

Countries that do require a visa for Botswana

Afghanistan, Albania, Algeria, Andorra, Angola, Armenia, Azerbaijan, Bangladesh, Burkina Faso, Bosnia & Herzegovina, Belarus, Benin, Bhutan, Bolivia, Burkina Faso, Burundi, Cambodia, Cameroon, Cape Verde, Central African Republic, Chad, China, Columbia, Comoros, Congo (Republic Of), Congo (Democratic Republic Of), Cote D'ivoire (Ivory Coast), Cuba, Czech Republic, Djibouti, Ecuador, Egypt, El Salvador, Equitorial Guinea, Eritrea, Ethiopia, Gabon, Georgia, Ghana, Guatemala, Guinea, Guinea Bissau, Haiti, Honduras, India, Indonesia, Iran, Iraq, Jordan, Kazakhstan, Korea (Dem. Peoples Rep), Kuwait, Kyrgyzstan (Kirghizia), Laos (Peoples Dem. Rep), Lebanon, Liberia, Libya, Macedonia, Madagascar, Mali, Mauritania, Micronesia, Moldova, Mongolia, Montenegro, Morroco, Myanmar (Burma), Nepal, Nicaragua, Niger, Nigeria, Oman, Pakistan, Palau, Panama, Phillippines, Qatar, Rwanda, Sao Tome & Principe, Saudi Arabia, Senegal, Serbia, Somalia, Sri Lanka, Sudan, Sumatra, Suriname, Syria, Taiwan, Tajikistan, Thailand, Togo, Tunisia, Turkey, Turkmenistan, Ukraine, United Arab Emirates, Uzbekistan, Vatican City, Vietnam, Yemen

Visa costs

Please enquire from your agent and/or embassy

Zambia

http://www.zambiaimmigration.gov.zm/index.php?option=com_content&view=article&id=93&Itemid=118

http://www.zambiaimmigration.gov.zm/index.php?option=com_content&view=article&id=92&Itemid=117

Most nationals can purchase their visas upon arrival. Some nationals do have to obtain a visa before arriving in Lusaka such as Greek, Turkish, Indian, Chinese. But please double check with your agent and/or closest embassy.

Visas issued at ports of entry or missions abroad

Albania, Andorra, Angola, Argentina, Australia, Austria, Belarus, Belgium, Bolivia, Brazil, Britain, Brunei, Bulgaria, Burma (Myanmar), Burundi, Cambodia, Canada, Chile, Colombia, Congo Brazzaville, Cook Islands, Costarica, Cuba, Czech Republic, Democratic Republic, Denmark, Djibouti, Ecuador, Egypt, Eritrea, Estonia, Ethiopia, France, German, Ghana, Greece, Guatemala, Guyana, Haiti, Bosnia and Herzegovina, Honduras, Hungary, Iceland, Israel, Italy, Japan, Kazakhstan, Laos, Latvia, Liechtenstein, Lithuania, Luxembourg, Madagascar, Macedonia, Mexico, Moldova, Monaco, Mongolia, Nauru, Nepal, Netherlands, New Caledonia, New Zealand, Nicaragua, Norway, Panama, Paraguay, Peru, Philippines, Poland, Portugal, Puerto Rico, Russia, Rwanda, Saotome and Prince, Slovakia Republic, Slovenia Republic, South Korea, Spain, St Lucia, Sweden, Switzerland, Thailand, Turkey, Ukraine, United Kingdom (UK), United States of America, Uruguay, Western Sahara, Venezuela, Vietnam

Countries not requiring a visa

Anguilla, Antigua and Bermuda, Australian Antarctic Territory, Bahamas, Barbados, Belize, Bermuda, Botswana, British Antarctic Territory, British Indian Ocean Territory, British Virgin Islands, Brunei, Cayman Islands, Channel Islands, Cook Island, Cyprus, Dominica, Falkland Islands, Falkland Islands Dependencies, Fiji Islands, Gibraltar, Grenada, Ireland, Isle of Man, Jamaica, Kenya, Kiribati, Lesotho, Malawi, Malaysia, Maldives, Malta, Mauritius, Montserrat, Mozambique, Namibia, Nauru, Niue, Norfolk Island, Pitcairn Islands, Romania, Ross Dependency, St. Helena, St. Kitts and Nevis, St. Lucia, St. Vincent and Grenadines, Samoa, Serbia-Montenegro, Seychelles, Singapore, Solomon Islands, South Africa, Swaziland, Tanzania, Tokelau, Tonga, Trinidad and Tobago, Tuvalu, Turks and Caicos Island, Uganda, Vanuatu, Western Samoa, Zimbabwe

Types of VISAS and the Applicable Fees – Please use as guideline only.

Single Entry- US \$50.

Double Entry- US \$80

Multiple Entry- US \$80

This information is accurate at the time of writing, and please contact your local embassy or consulate for the most up-to-date visa requirements and costs, regarding these, and the other countries visited, or see your travel agent. It is your responsibility to have the correct travel documentation.

Detailed Trip Notes

American Dollars that are series 1996 or earlier are not accepted and very difficult to change in Southern and Eastern Africa, as there are a lot of forgeries.

REGIONAL INFORMATION

Climate

Southern Africa is renowned for its excellent outdoor living climate. The winter months are from May to September and are characterized by cold nights and pleasant days. Summer is from October to April and starts off with increasing dry heat and dust. Rains generally only start from mid to late December and last until March; this period is hot and humid. Large parts of Namibia are desert environment, so you will have to come prepared with a three-season sleeping bag and appropriate clothing for the winter season (nights only).

Electricity

220-240V, 50 HZ, Most electrical plugs are 15 amp 3-prong with round pins. International adaptor are called for, they can be purchased locally (approx 2 U\$).

Language

There are multiple official languages in Namibia and South Africa, although English is widely spoken. There are also numerous dialects spoken throughout different parts of these lands.

SOUTH AFRICA

Full country name: Republic of South Africa

Area: 1,221,037km² (447,443mi²)

Population: 47,432,000 (July 2005 estimate), 44,819,278 (Census 2001)

Capital cities: Cape Town (Legislative), Pretoria (Administrative) and Bloemfontein (Judicial)

People: Zulu, Afrikaners, Xhosa, Basotho (South Sotho), English South Africans, Bapedi (North Sotho), Indian/Asian, Venda, Tswana, Tsonga, Swazi, Ndebele, others

Language: Afrikaans, English, Zulu, Xhosa, Swati, Ndebele, Southern Sotho, Northern Sotho, Tsonga, Tswana, Venda

Religion: Zion Christian 11%, Pentecostal/Charismatic 8%, Catholic 7%, Methodist 7%, Dutch Reformed 7%, Anglican 4%, other Christian 36%, Islam 2%, none 15%

Government: Parliamentary democracy

Major industries: mining (world's largest producer of platinum, gold, chromium), automobile assembly, metal working, machinery, textiles, iron and steel, chemicals, fertilizer, food stuff, commercial ship repair.

Major trading partners: U.S., UK, Japan, Germany, Netherlands, China, France, Saudi Arabia, Iran (2004).

Currency: Rand (ZAR), consisting of 100 cents

NAMIBIA

Full country name: Republic of Namibia

Area: 824,292 sq km (318,259 sq mi)

Population: 2,032,000 (July 2005 est) 1,820,916 (Census 2002)

Capital city: Windhoek (pop 161,000)

People: 86% African (50% Owambo, 9% Kavango, 7% Herero, 7% Damara, 5% Nama, 4% Caprivian, 3% San, 2% Baster, 0.5% Tswana), 7.4% mixed, 6.6% white Languages: English, Afrikaans, German, Oshivambo, Herero, Nama

Religion: Christian, Lutheran, native religions

Government: Republic

President: Sam Nujoma

Major industries: Meat packing, fish processing, dairy products, mining (diamond, lead, zinc, tin, silver, tungsten, uranium, copper), millet, sorghum, peanuts, livestock, fish, tourism.

Major trading partners: UK, South Africa, Spain, Japan, Germany, USA

Formally known as South West Africa. The whole territory became German protectorate in 1884, except for the British/Cape Colony enclave of Walvis Bay. After the First World War the territory was administered by South Africa until independence on 21 March 1990. The capital is Windhoek and the second largest town is Walvis Bay, Namibia's only port. Swakopmund is a coastal town with a German influence and revolves mainly around tourism. Namibia's economy relies on diamond mining in the south, cattle farming in the north, fishing along the coast and tourism. Most of the country is desert or semi desert. There is a population of around 1.8 million. This, around 1, 5 people per sq. km is one of the lowest in the world. The official language is English although there are many different cultures including Herero, San, Koikoi, Owambo, Afrikaans and German. Namibia was at one stage a German colony therefore having German-speaking people. About 75% of the locals are Christian and the others have traditional beliefs. Namibia is a land of contrasts. Being largely semi-desert and desert, midsummer temperatures may rise to 40°C, while winter night temperatures can drop to freezing. Along the coast it is cool, with regular morning fogs. Namibia's rain falls in summer, from October to April, and the land averages 300 days of sunshine annually.

BOTSWANA

Full country name: Republic of Botswana

Area: 600,370 sq km (231,800 sq mi)

Population: 1.6 million Capital city: Gaborone (pop 192,000)

People: Botswana 60%, Bakalanga, Basarwa, Bakgalagadi

Languages: English, Setswana

Religions: indigenous beliefs 50%, Christian 50%

Government: parliamentary republic

President: Festus Mogae

Major industries: diamonds, copper, nickel, coal, salt, soda ash, potash, livestock processing, sorghum, maize, millet, pulses, groundnuts (peanuts), beans, cowpeas, sunflower seed, livestock

Major trading partners: EU, Southern African Customs Union (SACU), Zimbabwe

The first inhabitants of Botswana were the San (Bushmen). They still populate the country, but the Tswana tribe is now more prominent. Other tribes include the Kalanga, Nbukushy, Yei and the Herero. The Herero women still wear the full-length Victorian-style dresses, which were introduced to them by German missionaries in the late 1800's, however it is now a tribal trademark. The British controlled Bechuanaland (as Botswana was then known) from 1885 until the country received their independence on September 30th 1966. Ironically diamonds were discovered in Botswana in 1967! Interesting fact – Botswana's diamonds do very well on the International market as they are classified as "Blood free," meaning they are not used to fund guerrilla warfare. Botswana has the strongest economy and currency in Africa, mostly due to their diamonds and livestock. The European Union put many stipulations on their imported meats and Botswana's tight veterinary checks, aiming at controlling foot and mouth, mean that the EU are happy to buy their meat. Agricultural income will improve when they have combated the problem of widespread drought. They are currently installing irrigation systems around the country to try to feed the most water-deprived areas. Botswana handles it's international debt much better than any other African country with the interest being paid with one months export earnings, rather than the six months earnings it takes most other African countries. With the amount of for ex the have saved up the country could survive with no income for 36 months. Botswana has the world's highest birth rate at 3.5%, and average women have 5 children. The country has a strong currency, the Pula meaning rain and the Thebe meaning raindrop. Government policies and poaching: Their policy on tourism is "high cost and low impact" therefore rather having a few less tourists and charging more money for the privilege of a visit to a park or similar. The country has a very good army, which has an anti poaching unit. Poaching has in the past been a problem in the country but in now almost under control. The army is allowed to shoot to kill without asking questions if you are caught poaching. Rhinos are very few due to poaching and they have breeding programs in place.

ZAMBIA

Full country name: Zambia

Area: 752,615km² (17th largest in Africa)

Population: 10.4 million

Capital city: Lusaka

Largest Towns: Lusaka, Ndola, Livingstone, Kabwe, Kitwe.

People: Bemba, Tonga, Nyanja, Ngoni, Lozi plus many other different groups as well as Colonial ex-pats and people of Asian descent

Official Language: English

Other Languages: Bemba, Tonga, Nyanja, Lozi

Religion: Christian, ZCC and Islam

Government: Multiparty parliamentary democracy

President: Levy Mwanawasa

Currency: Kwacha

Major industries: Agriculture (mainly subsistence farming), mining, tourism

- Formally called Northern Rhodesia, Zambia gained its independence from colonial Great Britain in 1964.
- By the end of 1970, Zambia has become one of the poorest countries in the world due to corruption, mismanagement of the economy and a fall in the world copper price.
- In the 1990s Kuanda, the president since independence, was forced to amend the constitution, legalizing opposition parties and setting full elections in 1991. They were defeated by Frederick Chiluba. However, Zambia's situation has not improved.
- The country has three distinct seasons: cool and dry from May to August, hot and dry in September and October and rainy between November and April.
- The majority of the population are subsistence farmers and there are also some large commercial farms growing sugar cane.

INTERESTING FACTS

1. Zambia is the fourth-largest supplier of copper in the world and the leading producer of cobalt. Combined the mining of these two minerals accounts for 75% of Zambia's foreign exchange and 5% of employment in the country.
2. There are 73 officially recognized ethnic groups living within Zambia's borders, each with their own culture and language.
3. Unlike many African countries, Zambia's borders do not adhere to any logical language or tribal boundaries.
4. Unlike neighbouring Botswana the Zambian government does not have a comprehensive anti-poaching policy and poaching remains a major problem facing Zambia's wildlife.
5. Approx 750 different species of bird have been recorded in Zambia. 6. The Victoria Falls on the Zambian side is known as "Mosi oa Tunya" (the smoke that thunders)

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 currency in South Africa is the South African Rand (ZAR). The South African rand is also an accepted form of payment in Namibia.

The Namibian currency is the Namibian Dollar (NAD), which is equivalent in value (in Namibia only) to the South African Rand. NAD is not accepted as payment in other countries.

In Botswana, payments at supermarkets, post offices etc are to be with Pula (BWP) but activities and drinks at campsites can be paid for in USD

The official currency of Zambia is the Zambian Kwacha, denoted by ZMK. NO payments in USD are allowed in Zambia anymore (except for activities at the Safpar Waterfront in Livingstone). All other payments need to be with ZMK. Malawi uses the Kwacha (MWK) and Tanzania and Kenya use the Shilling, denoted by TZS and KES.

USD is widely accepted in Malawi, Tanzania and Kenya but some supermarkets might only accept local currencies.

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!

Tipping

Tipping is an expected - though not compulsory and optional (up to the discretion of the group/guest) - 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 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); Driver / Camp Cook / CEO US\$3/4 each, per day worked, per traveller.

Optional Activities

PERSONALIZE YOUR TRIP

Extras are specially designed for travellers with unique interests, they are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure.

For specific days of each activity please see the Full Itinerary

OKAVANGO DELTA FLIGHT

Okavango Delta, 45 minutes

Get a fresh perspective on the vast wilderness of Africa with a once-in-a-lifetime view only a select few will ever see. Enjoy the Hippos in the waterways and Elephant and Buffalo in the tree line. Gaze at the winding water channels as they make their way through the Delta.

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 per person, are in US dollar amounts, are subject to availability and are only an indication due to currency fluctuations. The optional activities in South Africa need to be paid in Rand.

South Africa

Cape Town

Home Dinner- \$50 p/p (Incl. Transfer&Guide)

Table Mountain Cableway- one way ticket- \$12 p/p

Table Mountain Cableway- return ticket- \$23 p/p

Township tour \$77

Robben Island (Tour times are: 9:00, 11:00, 13:00 and 15:00) \$30 p/p (3 hrs)

For bookings: +27 21 413 4263/4 (Credit card details required). In peak season it is recommendable to book 3 days in advance.

Boulders Beach (where the Jackass Penguins can be seen)

Entrance- \$5 p/p

Cape of Good Hope (Cape Point)

Entrance- \$10 p/p

Shark viewing and cage diving (including transport): \$175 p/p

Two Oceans Aquarium

Adults- \$13 p/p

Children (14-17 yrs)- \$8 p/p

Table mountain hike to Platteklip (3 hrs) \$60

City sightseeing bus tour (hop on hop off bus) One day pass- \$20 p/p

Winetasting Stellenbosch (8hrs, min3 pax)

\$85

Lambert's Bay Area

Visit to the Bird Island \$5

NAMIBIA

Sossusvlei

Desert Walk- \$30 p/p (3-4 hrs)

Swakopmund

Quad biking (2-3hrs)- \$73 p/p

Horse riding (1–2 hrs)- \$53 p/p

Sand boarding – (half day)

Standing up- \$45 p/p

Lie down- \$35 p/p

Dolphin cruise (half day)- \$60 p/p

Fishing boat trip (full day incl, transfers, lunch, drinks & equipment)- \$125 p/p

Kayaking (5 hrs)- \$70 p/p

Pleasure Flights – Sossusvlei/Forbidden Coast/Skeleton Coast - (half day to ¾ day) \$275

Paragliding- \$100 p/p

Hot air Ballooning (1hr) - \$340 p/p

Township tour- \$45 pp

Twyfelfontein

Guided Engravings Walk- \$7 p/p

Etosha

Game drives (in open-air safari vehicles)

Evening drive- \$80 p/p

Morning & day drives- Prices on request

BOTSWANA

Ghanzi

Guided walks - Hunting and Gathering- \$10 p/p

Traditional dancing- \$10 p/p

Kasane (Chobe NP)

Boat cruise (Incl. park fees)- \$40 p/p

Game drive (Incl. park fees)- \$40 p/p

Maun

Okavango Delta Scenic flight- \$110 p/p

ZAMBIA

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.

All prices are per person and are listed in Zambian Kwacha with an approximate exchange in USD amounts. These prices are subject to change and the activities are subject to availability.

Livingstone:

Livingstone:

Breakfast Cruise USD55

Lunch or Sunset Cruise USD70

Lady Livingstone Sunset Cruise USD85

White Water Rafting:

River conditions are vary depending on the seasons. Low water season generally runs from August to January each year - this is when the Zambezi is at its very wildest. High water season is from about February to July with a "closed season" for a few months, usually in March, and April, depending on the season's rains. During this time rafting on the river is not permitted.

Full Day (Low Water) - inc lift USD185

Half Day AM (Low Water) - no lift USD160

Half Day PM (Low Water) or High Water - inc lift USD160

White Water Rafting / River Boarding Combo

Full Day (Low Water) - inc lift USD225

Half Day AM (Low Water) - no lift USD195

Half Day PM (Low Water) or High Water - inc lift USD195

Overnight White Water Rafting

2 Days, 1 Night Rapid 1 - 25 USD345

3.5 Days, 3 Night Rapid 1 to Moemba Falls USD1110

Raft Float on Upper Zambezi USD100

Upper Zambezi Canoe:

Half Day USD120

Full Day USD155

Overnight Canoeing USD285

Abseiling:

Full Day USD162

Half Day USD139

Gorge Swing - (single / tandem) USD95/116

Flying Fox or Cable Slide (excl transfer) USD58

Vic Falls Bungee:

Big Air Experience (Combo) USD198

Bungee jump USD157

Bridge Swing USD157

Bridge Slide USD47

Bridge Tour USD70

*Excludes transfers

River Safaris

Morning / Lunch / Sunset *\$10 Park fee to be paid direct USD100

Jet Boating * includes cable car USD116

Fishing Safaris

Half Day AM/PM USD145

Full Day (with lunch) USD296

Game Drive USD65

Zambezi Elephant Trail (AM/PM Ride) USD195

Lion Encounter (AM/PM Walk): USD160

Chobe Game Park (Kasane - Botswana) Day Trip (Excludes Visa Fees) USD190

VICTORIA FALLS:

Falls Tour (Zambia) (Excludes Visa Fees and USD20 park fee) USD35

Falls Tour (Zimbabwe)(Excludes Visa Fees and USD20 park fee) USD50

Flights over the Falls:

Helicopter Short flight (approx 15mins) USD185

Helicopter Long flight (approx 30mins) USD370

Microlight Short flight (approx 15mins) USD175

Microlight Long flight (approx 30mins) USD350

Livingstone Island (Devil's Pool)

Morning Breezer USD90

Lunch USD150

High Tea USD120

*Excludes transfers

Livingstone Tour USD50

Mukuni Village USD50

Visit a typical African village, purchase food from the local market, enjoy a cooking lesson, interact with the Tokayela people and learn their rich culture while having lunch with them. In your tour prize a donation to the village community project is included.

African Culture tour (markets, cooking lunch, languages) USD60

Learn about the African culture on food and the basic languages used in the Livingstone area. It also offers clients an experience of shopping at an African market the way the Africans do it plus an overview on the history of Zambia and Livingstone town.

Chobe River (Kasane – Botswana)

Photo-safari (\$120USD)

The experts will show you how the cameras work and advise you on how to frame the subject to capture a truly great image. We set up the camera for you, to suit the conditions and even beginners will have no problem. The fact that the Chobe is such a game rich environment and that the Nikon D7000 is such a fantastic and user-friendly camera means that in no time you will be taking some images that truly do justice to your safari in the Chobe. Highlights along the river include elephants, hippos, crocodile and ample birdlife. This tour includes: transfers, park fees, drinks, camera usage (Nikon D7000 With 150 - 500 mm Zoom lens), photo permit, exclusive photo seat on Photo boat.

This is a world famous wildlife photography area, a "jewel" according to National Geographic, and a backdrop for lots of African wildlife documentaries. This is a amazing opportunity to take great pictures with a very good camera and zoom lens - the memory card in the camera is yours to keep!

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.

Yellow Fever Certificate Note:

It is compulsory to show a valid Yellow Fever Certificate if you are travelling to South Africa from a Yellow Fever endemic country. Entry into South Africa when travelling from the following countries (but not limited to) will require a Yellow Fever Certificate: Uganda, Kenya, Tanzania, Malawi, Zambia and Zimbabwe. This rule is also applicable to airport transit. If other countries not endemic to Yellow Fever have been visited (such as Botswana and Namibia), after visiting an endemic country such as Zambia, then a Yellow Fever certificate will still be required on entry into South Africa.

According to guidelines effective from October 2011, entry into Zambia, from South Africa also requires a yellow fever certificate although South Africa is a not endemic to Yellow Fever.

A valid Yellow Fever Certificate is also needed for entry into the following countries when coming from a Yellow Fever endemic country:

Uganda, Kenya, Tanzania (including Zanzibar), Malawi and Zambia.

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. Travelers should also carry a basic first-aid kit, hand sanitizers / antibacterial wipes. Travellers to Southern Africa should observe similar precautions to those taken elsewhere in Africa. Medical facilities are basic throughout these countries. For your own safety, we strongly recommend that you advise your CEO of any medical condition that may affect you while travelling with the group. Be aware that this trip enters malaria areas. Your doctor should be able to recommend the necessary prophylactics. Please ensure you have all the inoculations recommended by your doctor.

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.

Precautions against insect bites:

- * Wear protective clothing, including long-sleeved shirts and pants at all times.
- * Wear khaki or olive-colored clothing. Flies are attracted to bright and dark colors.
- * Use bed nets.
- * Avoid bushes. Flies are less active during the hottest part of the day; they rest in bushes and will bite if disturbed.
- * Use insect repellent.

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.

Ringworms:

Can be found in humid conditions, they are easily treated with ointment.

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

Some precautions you should take while in major cities are:

- *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 at the hotel reception. This is free of charge to G Adventures 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 to unknown areas especially at night. Stick to the main streets only during the day, and after sundown, please take a taxi. Taxis can be organised from reception. 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 con men and will ask you for money.
- * People on the street who ask you if you want a safari and have a brochure are often conmen, best to avoid these folk. Besides, you're already on safari.

PHOTOGRAPHY:

Please do not take photo's of Police stations or at Cross borders Airports, 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. In rural areas it is generally much safer, but you should always take your cue from your CEO, who will advise when to be extra vigilant and when to relax.

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.

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)

Associated Planeterra Project

In South Africa, Planeterra supports the following community project:

Shalati Community Project

The HIV/AIDS epidemic is having a devastating effect on the lives of millions of children worldwide especially in Africa. South Africa has one of Africa's strongest economies, but the HIV pandemic has weakened the nation and has taken a severe toll on its adult population. South Africa has the sixth highest prevalence of HIV in the world, with 18.8% of the population estimated to be infected. As children lose one or both parents to the epidemic, they are often either taken into care by other family members or find themselves suddenly responsible for the care of their younger siblings. As a result, the fabric of society has begun to shift and change in unprecedented ways.

In the South African community of Shalati there are many single parent families and a vast number of orphaned children, often cared for by their grandparents. This is due in part to the prevalence of HIV/AIDS. Many children do not begin school until the age of eight, and receive no formal education and limited support during their early formative years. Based on the needs of these families and children, we aim to assist the local community with their goal of building and developing a pre-school so that children are provided with a secure and nurturing environment to learn and grow.

How you can help

Donations raised through the Planeterra Foundation will provide funding for the construction and development of the preschool.

For more information about this project and/or to make a donation please visit our website at www.planeterra.org or contact us at info@planeterra.org

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that 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. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

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.