Last Updated: March 18, 2013



Kenya & Tanzania Overland Adventure - DKKT

16 days: Kenya - Tanzania

What's Included

Entrances and game drives in Masai Mara Game Reserve and Lake Nakuru National Park, Serengeti National Park and in the Ngorongoro Crater, Masai settlement visit and cultural walk, Entrance and guided tour of spice plantation, 4 day Zanzibar excursion.

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

Trip Style

Yolo: Popular with 18-30-somethings.

Yolo trips are built for those who want to take on the planet in a fun and affordable way with a small group of like-minded travellers. Skip the oversized tour bus and truly connect with your destination. Hit the highlights without giving up the freedom to mix it up according to your own tastes.

Service Level

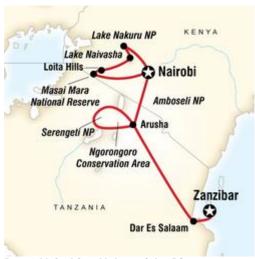
Camping:

- · Excellent value, amazing prices, quality experiences
- · Camping most nights with some hotel stays to start and throughout
- Affordable public and private transport for maximum cultural interaction

Physical Grading

2: There'll be some light walking and hiking. Suitable for most fitness levels. Nothing too challenging.

Itinerary



Day 1 Nairobi to Nakuru (1L,1D)

Approximate Distance: 156 km Estimated Travel Time: 4 hrs

The journey begins early with a brief welcome meeting in the morning (7am) before we travel north from Nairobi (approximately at 8am) through the Great Rift Valley stopping at Lake Nakuru National Park, home to a vast variety of birdlife, particularly hundreds of thousands of flamingoes. Search for white and black rhino, buffalo, impala, hyena, and even leopard on our afternoon game drive in this renowned game park.

Kenya's fourth largest town and the capital of the Rift Valley province, Nakuru, meaning "dusty place" in the Masai language, is a cheerful and vibrant agricultural town with a variety of coulourful local markets. We camp outside of the town itself and within the Lake Nakuru National Park, the area's principal highlight and best natural attraction.

Lake Nakuru itself is one of the Rift Valley soda lakes. The alkaline lake's abundance of algae attracts the large quantity of flamingos, estimated into the millions, which famously line the shore. The surface of the shallow lake is often hardly recognizable due to the continually shifting mass of pink. There are two types of flamingo species: the Lesser flamingo can be distinguished by its deep red carmine bill and pink plumage unlike the greater flamigo, which has a bill with a black tip. But flamingos are not the only avian attraction, also present are two large fish-eating birds, pelicans and cormorants. The park is rich in other birdlife, including grebes, white winged black, stilts, avocets, ducks, and in the European winter, the migrant waders.

Day 2 Lake Naivasha (1B,1L,1D)

Approximate Distance: 86 km Estimated Travel Time: 2.5 hrs

At the beautiful Lake Naivasha, spend your time enjoying various optional activities, such as a walking safari to view giraffes and antelope on Crescent Island, or a visit to the flamingo-filled Green Crater Lake, or simply viewing birds and wildlife around your camp - spotting ibis, lovebirds, fish eagles, hippo, and the black and white colobus monkey on the banks of this scenic lake.

The name Naivasha comes from the Masai "Nai'posha", which means "rough water", though Lake Naivasha is general calm in the morning, the best time for spotting hippos, crocodiles, and birdlife. A freshwater lake, Lake Naivasha is currently about 20km long and 15km wide, but the lake levels have fluctuated enormously over the years. In the early 1880s during the time of Joseph Thompson's travels, it was reduced to a swamp, while in the 1920s lake levels were about eight meters higher than at present. Surrounded by forests of the yellow barked Acacia Xanthophlea, known as the yellow fever tree, Lake Naivasha has a fairy-tale beauty to it which is rarely matched. Abound prolific birdlife from majestic fish eagles and waterfowl to tiny malachite kingfishers, is known as a world class birding destination, and is an international Ramsar site.

Between 1937 and 1950 this beautiful, peaceful lake was used as a landing place for plane passengers destined for Nairobi. The flying boat from London would land on the lake where the Lake Naivasha Country Club now stands, and travellers would board a bus for Nairobi. Today the lovely lake, with its cool climate, has become a retreat for Nairobi residents and tourists looking for peace.

Because the lake is fresh water and the surrounding soil fertile, this is a major production area for fruit and vegetables and, more recently, vineyards. Many animals call the area home; giraffes wander among the acacia, buffalo wallow in the swamps and colobus monkeys call from the treetops while the Lakes large hippo population sleep the day out in the shallows.

Day 3 Loita Hills (1B,1L,1D)

Approximate Distance: 163 km Estimated Travel Time: 4 hrs

Within the lands of the Masai people, be welcomed into a community by our local Masai guide and his villagers. Spend some time learning the ways of these semi-nomadic people on a guided tour of their land and village. Learn about their diet (the daring may even try it!), clothing, social and cultural traditions, as well as their belief systems. Our camp site allows us not to infringe upon the village, while still allowing for meaningful interaction with these wonderful people and their territory.

Day 4-5 Masai Mara Game Reserve (2B,2L,2D)

Approximate Distance: 80 km Estimated Travel Time: 2 hrs

With its vast open plains and distinctive flat-topped acacia trees, no visit to Kenya would be complete without a visit here! Spend time game viewing in our overland truck, with excellent chances of seeing the "Big 5" - lion, leopard, buffalo, elephant and rhino, and marvel at gazelles, impala, and ostrich from wonderful vistas along the Esoit Oloololo Escarpment. In addition, stop at a traditional Masai village for an optional visit to learn about the local Masai culture.

The Masai Mara (also spelled Maasai Mara) is a game reserve in south-western Kenya, which is effectively the northern continuation of the Serengeti National Park in Tanzania. Named for the Masai tribes people, who are the traditional inhabitants of the area, and the Mara River, which divides it, the reserve is famous for its exceptional population of game and the annual migration of the wildebeest every September and October, a migration so immense to be called the Great Migration. Thousands of wildebeest die in the crossing due to crocodile attacks. The Great Migration is one of the most impressive natural events worldwide, involving an immensity of herbivores: some 1,300,000 wildebeest, 360,000 Thomson's gazelle, and 191,000 zebra.

With an area of 1510 km sq., the Masai Mara is not the largest game park or reserve in Kenya, but it is probably the most famous. The entire area of the park is nestled within the enormous Great Rift Valley that extends from the Mediterranean Sea to Mozambique. The terrain of the reserve is primarily open grassland, with clusters of the distinctive acacia tree in the south-east region. The western border is the Esoit Oloololo Escarpment of the Rift Valley, and wildlife tends to be most concentrated here, as the swampy ground means that access to water is always good. The easternmost border is 224 km from Nairobi.

The Masai Mara is perhaps most famous for its lions, though the other members of the "Big Five" (lion, leopard, buffalo, elephant, and rhinoceros) are as well found. This said, the population of black rhinoceros is severely threatened, with a population of only 37 recorded in 2000. Hippopotami are found in large groups in the Masai Mara and Talek Rivers, and many cheetah, zebra, impala, gazelles, hartebeest, warthog, ostrich, topi, the Masai giraffe, among other mammals, all consider the "Mara" their home territory. As well, the large Roan antelope and the nocturnal bat-eared fox, rarely present elsewhere in Kenya, can be seen within the reserve borders. Like in the Serengeti in Tanzania, the wildebeest are the dominant inhabitant of the Masai Mara, and their numbers are estimated in the millions. Around July of each year these animals migrate in a vast ensemble north from the Serengeti plains in search of fresh pasture, and return to the south around October. These numerous migrants are followed along their annual, circular route by a block of hungry predators, most notably lions and hyena.

The Masai Mara is a also major research centre for the spotted hyena. Additionally, over 450 species of birdlife have been identified in the park, including vulture, marabou, secretary bird, hornbill, crowned crane, ostrich, long-crested eagle, and pygmy falcon.

Day 6-7 Nairobi/Arusha (2B,2L,1D)

Day 6

Approximate Distance: 320 km Estimated Travel Time: 6 hrs

Arrive back into Nairobi in the mid afternoon and enjoy a good shower and a cold drink at our centrally located hotel. This evening gives us a nice break from the wilderness and a chance to charge our batteries before continuing our adventure into Tanzania.

Day 7

Approximate distance: 286 km

Estimated travel time: 10 hrs (depending on border crossing)

Today we will journey to low altitudes through African savannah into Tanzania, and settle at our camp outside of Arusha. Spend some time exploring the town and its bustling markets, before settling down at our campsite for the night.

Arusha, also known as Tanzania's "safari capital", is undoubtedly the most important center in northen Tanzania. With many protected national parks, reserves, and mountains nearby (on a clear day, you can see Mt. Kilimanjaro in the distance), Arusha is a modern town, with markets, services, and fine location.

Please note that this is a COMBO tour. Some of your fellow travellers might be finishing their tour in Nairobi and you may be joined by new travellers who will be beginning their journey in either Nairobi or Arusha.

Day 8 Serengeti National Park (1B,1L,1D)

Approximate Distance: 320 km

Estimated Travel Time: 8 hrs (including game drive into Serengeti)

After breakfast, we begin our 2 night/3 day excursion to the Serengeti National Park and the Ngorongoro Crater, two of Africa's premier wildlife areas. Changing to specialized 4WD 7-seater safari vehicles, we are met by experienced safari driver/guides, who will ensure us wonderful wildlife encounters. Our safari vehicles each have sliding windows and a large pop-up roof, perfect for game viewing. They are smaller than our overland truck, and will allow us to maneuver easily through the wildlife areas. As the vehicles are smaller than our overland truck, our group will split up among several vehicles,.

The Serengeti is to Tanzania what the Masai Mara Game Reserve is to Kenya, though with an area of 14,763 sq km, it is actually over 7 times as large! The area where you will be staying and game viewing is in the central Serengeti 'Seronera' area, which lies in the southeast of the National Park. Because of the sheer size of the National Park other areas will not be accessible during your stay.

As we drive through the Ngorongoro Conservation Area and on to the Serengeti National Park, en route you will begin to experience the sheer vastness of this territory, and you will marvel at the multitude of animal and bird life while cruising through this acacia-spotted savannah. The next day, we continue your search for the "Big 5" - lion, leopard, buffalo, elephant and rhino - while taking in the vastness of the Serengeti plains with a game drives through out the day.

There is no bad time to visit the Serengeti as every season has its own special highlight – even the rainy season has the daily thunder and lightening to look forward to. Changing seasons and light patterns form the most beautiful backdrop to view Africa's majestic and incredible wildlife. It has more than 1.6 million herbivores and thousands of predators. Blue Wildebeests, gazelles, zebras and buffaloes are the animals most commonly found in the region.

Day 9 Ngorongoro Crater (1B,1L,1D)

Day 3 Ngorongoro Crater (B,L,D) Approximate Distance: 160 km

Estimated Travel Time: 5 hrs (including game drive out of Serengeti)

Before leaving the Serengeti, enjoy one last morning game drive to see the animal kingdom come to life in this incredible expanse of grassland savannah. You will return and break camp, and journey to the Ngorongoro Conservation Area, famous for Africa's best game viewing. The views from the Ngorongoro Crater rim are stunning, and there is an ever-present abundance of wildlife, due to the permanent water supply on the crater floor. You will arrive at your campsite at the crater rim in the late afternoon.

The 8,300 km² Ngorongoro Conservation Area is named after its central feature, the Ngorongoro Crater, the world's largest intact volcanic caldera, and arguably its most spectacular natural arena. Ngorongoro Crater has often been described as one of the wonders of the world, not only because of its inherent geological significance, but also because it serves a quite extraordinary natural sanctuary for some of Africa's most dense population of large mammals. The Ngorongoro was part of the original Serengeti National Park proclaimed in 1951, but it was made a separate conservation area in 1956 so that the Masai could graze their cattle there. The Ngorongoro Crater became a World Heritage Site in 1978.

Land in the conservation area is unique to Tanzania as it provides protection for the wildlife whilst allowing human habitation. The landscape is made up of a blend of volcanoes, grasslands, waterfalls and mountain forests, where the wildlife is extensive. The southern and eastern boundaries are approximately defined by the rim of the Great Rift Valley, which also prevents animal migration in these directions. The annual ungulate migration passes through the Ngorongoro Conservation Area, with wildebeest and zebra moving south into the area in December and moving north in June. The area has healthy resident populations of most species of wildlife.

Approximate Distance: 200 km

Estimated Travel Time: 5 hrs (including game drive in the Crater)

After breakfast we embark on a half-day crater tour. The rich pasture and permanent water of the Crater floor supports a resident population of more than 20,000 to 25,000 large mammals. They are not confined by the crater walls, and can leave freely; they stay because conditions are favourable. Since most of the crater floor is grassland, grazing animals predominate: zebra, gazelles, buffalo, eland, and warthogs. The swamp and forest provide additional resources for hippos, some of Tanzania's last remaining black rhinos, giant-tusked elephants, waterbucks, reedbucks and bushbucks, baboons and vervet monkeys. All these animals in turn support large predators such as lion and leopard, and scavengers such as hyena and jackals.

After this fabulous experience within the crater, we have to leave the wildlife behind us and start heading back to Arusha, where we will set up camp for the night.

Day 11 Dar Es Salaam (1B,1L,1D)

Approximate Distance: 680 km Estimated Travel Time: 14 hrs

Depart Arusha, passing the majestic Mt Kilimanjaro, Africa's highest mountain, and head towards, Dar Es Salaam. The city started as a fishing village in the mid 19th century before becoming a port and trading centre.

Between independence and 1996 – Dar Es Salaam was the countries capital. Today, Dar remains the principal commercial city and the de facto seat of most government institutions in Tanzania. It is the major seaport for the country and its landlocked neighbours.

Dar Es Salaam - Arabic for "Abode of Peace" (a word closely related to the familiar "Yer u-salem" in Israel) - is the largest city in Tanzania. With a population estimated around 2,500,000, it is also the country's richest city and an important economic centre.

Day 12-15 Zanzibar (4B)

Day 12 - Estimated Travel Time: 3 hrs (ferry ride)

Day 13 - Estimated Travel Time: 4 hrs (including 2hr Spice Tour)

Day 15 - Estimated Travel Time: 2 hrs

After arriving on Zanzibar, spend the remainder of the day exploring Stone Town, the heart of the island. It has an intriguing maze of narrow, cobbled lanes hemmed in by Arabic buildings. The best way to see the Stone Town is, literally, to get lost. You can spend hours just wandering the alleys and squares, drinking potent coffee from pavement vendors, or buying sweetmeats from scores of tiny cafes. At this point you may be joined by other G Adventures travellers who are starting their tour here on Zanzibar. A group meeting with your tour leader for this portion of your trip is scheduled for the early evening. Please look for information from your tour leader on the hotel bulletin board regarding the time of this meeting.

Zanzibar Island, 'the spice island,' has an extremely interesting history and culture as it was the centre of the slave and spice trade in the 1800s. Zanzibar is one of the most fascinating places in East Africa, despite a heavy increase in tourism since the early 1990s. Thanks to an ambitious and far-reaching preservation programme funded by UNESCO and the Aga Khan, many famous old buildings have been restored, or are in the process of being renovated.

The following morning we head north to Nungwi for two days/ two nights at one of Zanzibar's major highlights. Here you can either relax on the idyllic white-sandy beaches, take an optional diving/snorkeling excursion, or take a wander through the village of Nungwi.

No visit to Zanzibar would be complete without a visit to the spice plantations - an activity that is included on our way north to Nungwi on Day 7. Your senses will be aroused as you will receive a detailed description on the assortment of spices (black pepper, cardamom, cinnamon, nutmeg, breadfruit, jackfruit, vanilla, lemon grass) and their various uses. It was the wonderful spice plantations that brought the beginnings of Zanzibar's infamous slave trade dating back to the 1840's.

On our fourth day on the island, we head back south to Stone Town, for our final night on this enchanting island. It's your last chance to shop and/or enjoy all that Stone Town has to offer. This maybe the last night for some of your travel companions as some will be finishing their G Adventures tour here on Zanzibar.

Remember that Zanzibar is a Muslim society, and immodestly dressed women, or men in shorts, will get harassed and cause great offence in Stone Town. In Nungwi, customs are a little more relaxed, but passengers are encouraged to be respectful of the islands culture and still cover up when walking around. Never try to take a photograph without asking permission. The polite way to ask is

"Tafadhali (pronounced tougher-thaarli) naomba ruhusu kwa kupiga picha yako." Many guidebooks say the correct phrase is "nataka kupiga picha yako", but this is incredibly rude, the equivalent of saying "give me your picture".

Day 16 Zanzibar (1B)

None

What's Included

Entrances and game drives in Masai Mara Game Reserve and Lake Nakuru National Park, Serengeti National Park and in the Ngorongoro Crater, Masai settlement visit and cultural walk, Entrance and guided tour of spice plantation, 4 day Zanzibar excursion.

Highlights

Encountering the wildlife of the famous Masai Mara, photographing legions of flamingos at Lake Nakuru National Park, walking among giraffes on Crescent Island at Lake Naivasha, learning from the Masai people in the Loita Hills, tracking the Big Five across the Serengeti and Ngorongoro Crater, exploring Zanzibar's spice plantations and pristine waters.

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. 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.
- 2. Sleeping bags can not be rented on any of our Africa overland or safari trips
- 3. Migration Tanzania and Kenya

The Seronera Plains, which lie in the southeast of the National Park and extend into the western Ngorongoro Conservation Area, form the main ungulate calving grounds of the Serengeti. The wildebeest typically disperse into the Seronera plains during the short rains, which fall in late November or early December, before calving in January, and staying put until the end of the long rains from January to early May. Towards the end of April the wildebeest start to congregate on the southern plains in the preparation for the 800km northward migration. The major obstacle faced by the wildebeest on this migration is the crossing for the Grumeti River through the western corridor, which typically occurs from June into early July. From July to October, the ungulates disperse again, with about half

of them crossing the Mara River into Kenya's Masai Mara Game Reserve and the remainder spreading out through the northern and western Serengeti. By late October the animals have generally started to plod back southward to the Seronera Plains, to arrive there in late November when the cycle starts all over again.

- 4. 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 both Kenya and Tanzania. A safari is about travelling to see animals, so we cover long distances crossing the country to visit different game parks. Once there, we spend the majority of the time viewing game while driving in the parks. This translates to a lot of driving. Despite this, the diversity and scenery of the African landscape, the local culture and abundant wildlife are all well worth the experience.
- 5. 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 a few needed items, begin your tour, and hire someone locally to persist with the your airline to retrieve your luggage. Your tour leader or local representative will be able to help you organize this, and once your luggage is retrieved, it should be able to be forwarded to you depending where you are. 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.
- 6. 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.

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

Group Leader Description

On this journey, you will be accompanied on your trip by 2 crewmembers - a Chief Experience Officer (CEO) and a driver.

The Chief Experience Officer (CEO) will be the group manager and leader. He/she organizes the trip, and will be there to assist you when needed. He/she will take care of the small things so you can concentrate on enjoying your adventure. All of our CEOs in East 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 East Africa, though it may be possible that you'll have a leader from 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.

In the Masai Mara, Serengeti, and Ngorongoro Crater to round out the team, along with your CEO, you will be accompanied by a local expert driver/guide, and extra camp cook. Your driver/guide is skilled and experienced driver and a certified safari guide, and is an integral part of the team. As well, your cook will prepare the camp meals to add some further local flavour to the trip.

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

Your Fellow Travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Meals Included

15 breakfasts, 11 lunches, 10 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 tour leader 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.

Your CEO will do all 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. Please note all bottled drinking water will be at your own expense.

Meal Budget

Allow USD40-50 for meals and drinks (including bottled water) not included.

Transport

Overland vehicle, 4x4 safari vehicle, ferry

About our Transportation

We use a large 24 seat overland truck to criss-cross through Kenya and Tanzania. 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)
- A cd-player with an input for mp3s

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.

Single 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

Participation camping (6 nts), permanent tented camp (2 nts), full-service camping (2 nts), simple hotel (5 nts).

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all nights in hotels and your own tent for all the nights at campsites

About Accommodation

Camping in East 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 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.

At the Masai Mara, we will stay in a simple permanent tented camp. These are walk-in "safari tents" with single beds & mattresses. There is a generator for lights and charging batteries. The facilities here are basic, though there are flushing toilets and hot water when the boiler is working. The campsite in Serengeti National Park is extremely basic, with no electricity, simple bathing facilities (no showers), and squat toilets. While camping at the Ngorongoro Crater rim, there is very limited electricity, occasionally warm showers, and both seated and squat flushing toilets. The campsites for the Serengeti and Ngorongoro Crater are open sites, where the wildlife can wander into the area, but they are safe.

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.

Joining Hotel

Hotel Boulevard Harry Thuku Rd P.O. Box 42831 - 00100 Nairobi, Kenya

Tel: +254 20 337221, +254 20 227 567/8/9

Fax: +254 20 317 825

Joining Instructions

This tour begins at 7:00am on the morning of Day 1 at the Hotel Boulevard in Nairobi (see Joining Hotel, above). Please be on time to meet your driver/guide at the front entrance of the hotel for a brief welcome meeting. The group will depart for Lake Nakuru at approximately 8:00am.

If you are staying at our Indaba Camp for your pre-night, you will be transferred in the Overland truck to the Hotel Boulevard at 6:00am to meet the rest of your fellow passengers, and to have the welcome meeting at 7:00am.

You will be camping for most nights while on tour. However, you may choose to pre-reserve a room at our joining points in Nairobi through G Adventures.

On arrival in Nairobi, an arrival transfer is not included. Please make your way to the joining hotel. Jomo Kenyatta International Airport is about 20 km from downtown and your hotel. There are a variety of ways to get into the city. The dedicated airport bus takes about 40min to 1.5 hours, at approximately USD 5, however an airport taxi is recommended. This can be booked either inside the airport at an 'information desk' or outside of the terminal. The price is approximately USD 20, and again, this may take between 40min and 1.5 hours on average.

If you have a pre-booked transfer, please look for the driver, who will be holding a sign with the G Adventures logo on it. He will be in front of INFORMATION DESK just outside the secured baggage retrieval area. At times there are taxi drivers who will want to get your business, so please be aware of them and look for our G Adventures representative. For security purposes, your name will not be on the G Adventures sign. As well, please do not tell the driver your name straight away, but rather ask the driver FIRST to tell you who they are meant to pick up. This will ensure that you go with the right driver.

Please note that the tour departs Nairobi in the morning of day 1, at 8:00am.

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 trip leader (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 (Uganda) During office hours, Mon-Fri, 9am-5pm:

Ben

From outside Uganda: +256 414 340 533 or +256 312 260 559

From within Uganda: 0414 340 533 or 0312 260 559

After hours emergency number

From outside Uganda: +256 772 616 021 From within Uganda: 0772 616 021

G Adventures Local Office (Nairobi, Kenya)

Emergency number:

From outside Kenya: +254 727 208 832 From within Kenya: 0727 208 832

If you are unable for any reason to contact our local operator or 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

Tour ends at approximately at 8:00am after breakfast. You are free to depart Stone Town at anytime on the last day.

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, 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 due to limited vehicle capacity, the cost of transporting any luggage beyond these restrictions is the responsibility of the client. Please note, if you are travelling with a large amount of luggage and will be returning to Nairobi later in your trip, you may leave a portion of it at the start hotel, this is indeed possible as storage facilities are available.

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
- -4 shirts/t-shirts, cool and breathable
- -Long-sleeved shirt or sweater for evenings
- -1 pair of shorts
- -2 pairs of long trousers
- -1 pair hiking pants/track pants
- -Comfortable shoes
- -Winter hat/Warm hat, warm gloves/mittens
- -Warm sleeping bag
- -small travel pillow
- -Sport sandals
- -Sun hat, Bandana
- -Sull flat, Daridal
- -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, Ibuprofin, 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)
- -USD cash and traveller's cheques
- -Credit or debit card (see personal spending money)
- -G Adventures vouchers, pre-departure information and dossier
- -Any entry visas or vaccination certificates required

Laundry

Hand washing of clothes can be done at campsites, as most have 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. If you arrive in the late afternoon, or if there is poor weather, it may not be possible for your clothes to completely dry. Your start hotel also has laundry service for a fee.

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 note that upon arrival by air to Nairobi, Kenya, you can obtain a visa for US\$50. This visa is normally valid for up to 3 months with multiple entries/exits permitted to Uganda and Tanzania 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.

Please note that a visa is necessary for entry to Uganda, you can obtain a visa for US\$50 in \$US cash (valid for those who would be permitted a Uganda visa while still in their own country). This visa is valid for 3 months with multiple entries/exits permitted to Tanzania and Kenya only.

Border crossing from Kenya to Tanzania is through Tarime Border Post, and from Tanzania to Kenya at Namanga Border Post.

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.

Destination Guide

For practical information on weather, typical costs, visa information, special events and much more, our Destination Travel Guide is the place to visit! This handy guide will tell you everything you need to know about everywhere we go! Head to http://www.gadventures.com/travel-guide for detailed information on the countries and cities we visit.

Detailed Trip Notes

REGIONAL INFORMATION

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: Mwai Kibaki

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

KENYA - 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.

TANZANIA - Official Statistics

Full country name: United Republic of Tanzania (Jamhuri ya Muungano wa Tanzania)

Area: 945,087 km2

Population: 38,329,000-July 2005 est (34,443,603-2002 census)

Capital city: Dodoma

People: 99% native African (over 100 tribes), 1% Asian, European and Arabic

Languages Swahili, English, indigenous.

Religion: 40% Christian, 33% Muslim, 20% indigenous beliefs

Government: Republic (multi-party state)

President: Benjamin William Mkapa

Major industries: Tobacco, sugar, sisal, diamond and gold mining, oil refining, cement, tourism

Major trading partners: India, Germany, Japan, Malaysia, Rwanda, the Netherlands, South Africa, Kenya, U.K., Saudi Arabia, China Currency: Tanzanian shilling

TANZANIA - Interesting Facts

- The name is name made up from an amalgamation of TANganyika and ZANzibar.
- Tanzania is the largest country in East Africa (although not in Africa as a whole, the Sudan is 3 times larger); it's landmass covering an area of just over 945,087 sq. km (including Zanzibar).
- This makes Tanzania about the size of France, Germany and Switzerland combined; 3 times the size of the entire British Isles or one-tenth the size of the whole of the USA.
- Tanzania's population at the last official census was 31.3 million, with approximately one third being classified as "urban".
- Agriculture forms roughly half of GDP and agriproducts (e.g.: coffee, tea, tobacco, cashew nut, sisal, cotton) some 75% of export earnings. Dodoma, in central Tanzania, is the political capital of the country although Dar es Salaam is the effective trading and business capital, with its safe harbour (""Dar es Salaam" means "Haven of Peace"), international airport and population of some 1.75million.

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)., and in Tanzania is the Tanzanian Shilling (TSH).

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 2002 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 somethingunforeseen 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

USD30, usually included in most international air tickets.

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 a 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 / Tour Leader US\$3/4 each, per day worked, per traveller.

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 in US dollar amounts, per person but will generally 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

Naivasha

Crescent Island walk \$25

Hells Gate Bike hire \$15

Hells Gate Entrance \$25

Boat Trip KSH6000 per boat, seating 8 passengers

Elsamere Conservation Centre \$10

Please note transport to/from activities is not included

Please note, the optional Masai village visited in the Masai Mara is not to everyone's taste. The Masai have been known to use aggressive sales techniques to pressure tourists into buying trinkets. G Adventures does not endorse this activity as we feel this experience does not represent an authentic village, nor do we feel that the entrance fee represents good value. Proceed with caution!

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 and Tanzania have many 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 and hand sanitizers / antibacterial wipes as medical facilities are basic throughout these countries. 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 tour leader so he/she can be prepared to help you.

East African trypanosomiasis (sleeping sickness):

This is a serious parasitic disease that is always fatal without treatment. The disease is spread by the bite of tsetse flies, found only in parts of Eastern and Central Africa, including Uganda, Kenya, Tanzania. There is no vaccine or drug to prevent African trypanosomiasis.

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.

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.

Precautions against insect bites:

- * Wear protective clothing, including long-sleeved shirts and pants at all times.
- * Wear khaki or olive-colored clothing. Tsetse flies are attracted to bright and dark colors.
- * Use bed nets.
- * Inspect vehicles for tsetse flies before entering.
- * Avoid bushes. Tsetse flies are less active during the hottest part of the day; they rest in bushes and will bite if disturbed.
- * Use insect repellent. Although repellents have not proven effective in preventing tsetse fly bites, they are effective in preventing other insects from biting and causing illness.

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 to 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!

Arusha

Many of the above precautions should also be taken in Arusha, however this town generally has a more relaxed and friendly vibe. But due to carrying 70% of the tourism in Tanzania, there are many beggars, street sellers and safari touts. These are best avoided by a polite but firm NO THANK YOU!

Photography

Please refrain from taking photos of police stations, airports, bus stations, immigration are 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:

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.

Responsible Travel

Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

- -Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.
- -Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: www.gadventures.com

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/newsletter_signup

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for <u>Planeterra's</u> 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 <u>The Watering Hole</u>, our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the <u>Departure Lounge</u> 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 <u>wateringhole.gadventures.com</u>.

Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.

Recommendation

Looking for some added adventure? Combine with a Kilimanjaro Trek <u>DTM8</u>, or our Zanzibar Discovery <u>TDTZDN</u>.