Last Updated: July 1, 2014

Nairobi to Victoria Falls Adventure - DNV

20 days: Nairobi to Livingstone

What's Included

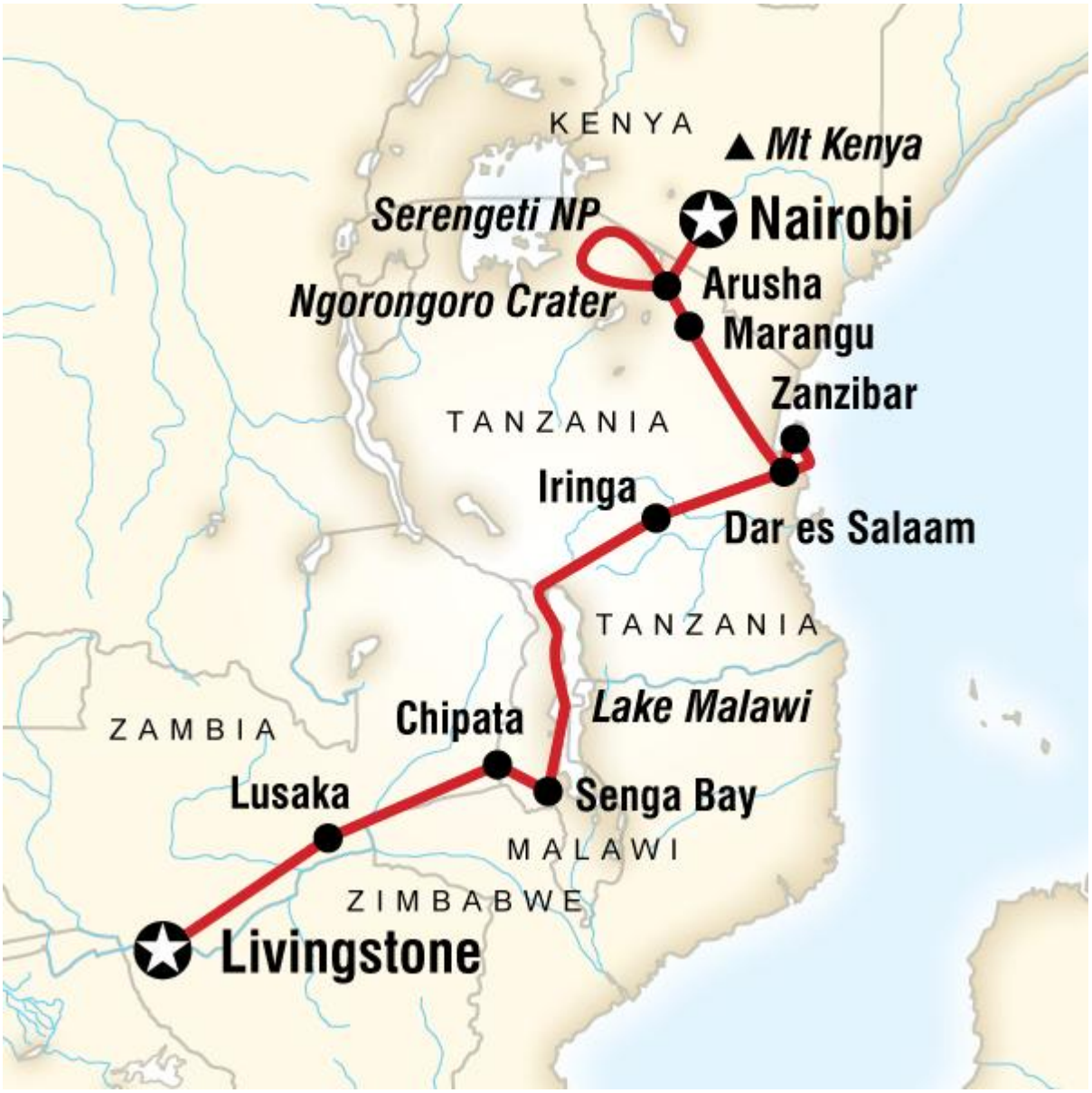
Serengeti National Park and Ngorongoro Crater entrances and game drives. Spice plantation entrance and guided tour. 3-day Zanzibar excursion. All transport between destinations and to/from included activities.

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 1st, 2014 - January 4th, 2016

Itinerary



Day 1 Nairobi

Arrive at any time and expect a welcome briefing by your CEO in the early evening at approximately 6 or 7pm. 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.

*Please note: if you have pre-booked the Serengeti Balloon Safari, your CEO will inform you when you will do the activity throughout your tour, days are subject to change: Serengeti Balloon Safari (Day 4 - Serengeti). You will miss the included morning game drive with the group, but you will have a much better view from above! For more information on the Extra see the Optional Activities section.

Day 2 Arusha (1B,1L,1D)

Approximate Distance: 286 km
Estimated Travel Time: 10 hrs (including border crossing)

Today we will cross the border from Kenya to Tanzania. The name of the border posts are Namanga border post on both sides. Some nationalities do require a visa for Tanzania. See our visa section for further information. Remember that visas are your own responsibility; please double check with your agent if you will require a visa for Tanzania.
The currency in Tanzania is Kenyan shilling (TZS.)You will be able to change your left over KES at the border, Arusha or in Zanzibar. Most establishments, activities etc. do accept USD for payment.

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, and with its markets, services, and fine location, it is a great base for your safari trip.

Arusha officially became a city on the 1st of July 2006. The primary industry of the region is agriculture with large vegetable producers sending high-quality produce to Europe. The city and its environs are also spotted with large coffee plantations, adding to the area's charm. Though in recent years, due to the coffee crisis, many local farmers have been badly hit, and now subsistence farming is the most common source of livelihood.

Arusha, who owes its name from the local Wa-arusha people who resided here for hundreds of years, is historically and politically significant city within East Africa. In 1961 the official documents ceding independence to Tanzania were signed by the United Kingdom in Arusha. Six years later the Arusha Declaration of Self Reliance in Tanzania was signed. On the 4th of August 1993 the Arusha Accords were signed by representatives of competing factions in the civil war in neighbouring Rwanda. After the Rwandan genocide, the UN Security Council decided by its Resolution 955 of 8 November 1994 that Arusha should host the International Criminal Tribunal for Rwanda. The establishment of the tribunal with its employees has influenced the local economy of Arusha.

Day 3 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 Five - 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 4 Ngorongoro Crater (1B,1L,1D)

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.

Day 5 Marangu (1B,1L,1D)

Approximate distance: 250 km
Estimated Travel Time: 8 hrs (including game drive in 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 towards Marangu, where we will set up camp for the night. Marangu is a popular starting point for people climbing Mt Kilimanjaro.

Day 6 Dar es Salaam (1B,1L,1D)

Approximate Distance: 680 km
Estimated Travel Time: 14 hrs

Depart Marangu, 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 7-9 Zanzibar (3B)

Day 7 - Estimated Travel Time: 5 hrs (ferry ride)
Day 9 - Estimated Travel Time: 2 hrs

After arriving on Zanzibar, travel to Nungwi for two days/ two nights at one of Zanzibar's major highlights. Here you can either relax on the idyllic white-sand beaches, take an optional diving/snorkeling excursion, or take a wander through the village of Nungwi.

On Day 9 transfer to 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.

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.

No visit to Zanzibar would be complete without a visit to the spice plantations - an activity that is included during your visit. 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.

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 10 Ruaha River (1B,1L,1D)

Approximate Distance: 200 km
Estimated Travel Time: 9 hrs (6 hr drive + 3 hr ferry ride)

Catch the ferry back to Dar Es Salaam and continuing travelling west to our campsite in the Baobab Valley on the banks of the Ruaha River. Our camp is on the edge of the Udzwungwa Mountains National Park.

Day 11 Iringa (1B,1L,1D)

Approximate Distance: 180km
Estimated Travel Time: 3/4 hrs

Continue the journey south to Iringa, and spend the night just outside of town. Visit a crafts centre that supports the local community.

Historically, Iringa was a centre of colonial administration. During German occupation, the German military constructed the town as a fortified defence against marauding Hehe tribal warriors intent on driving them out of the region. Gangilonga Rock, a site just outside of town, is a legendary spot where the Hehe chief at that time, Chief Mkwawa, met with his people and decided how to fight the Germans. Iringa was also the site of several battles during the First and Second World Wars, and the Commonwealth War. Several graves are located just outside of town.

Day 12-14 Lake Malawi (3B,3L,3D)

Day 12 - Approximate Distance: 534 km ; Estimated Travel Time: 9 hrs
Day 13 - Approximate Distance: 235 km ; Estimated Travel Time: 5 hrs

Today we will cross the border from Tanzania to Malawi. The name of the border posts are Songwe border post on the Malawian side and Kasumulu border post on the Tanzanian side. We have been experiencing a lot of problems with people that need visas for Malawi. Malawian visas is not available at the border, so please make very sure if you do need a visa before arrival. See our visa section for further information. Remember that visas are your own responsibility; please double check with your agent if you will require a visa for Malawi.

The currency in Malawi is Malawian Kwacha (MWK). You will be able to change your left over TZS at the border or only in Lilongwe. Most establishments for activities etc. do accept USD for payment.

Malawi is known as 'the warm heart of Africa.' Spend three days relaxing on the shores of 'the Lake of Stars' taking long beach walks and swimming in the crystal clear water. Opt to snorkel or scuba dive among the tropical fish. As you snake down the shores of Lake Malawi, visit various lakeside camps to overnight. If you'd like to see how the locals live, consider taking a local village walk in Kande Beach and opt for a local lunch.

This is Malawi’s main attraction and covers one fifth of the country. It is the third largest lake in Africa and is about 500km long. The lake has more fish species than any other lake in the world with around 600 different species. The largest family is the chichlids, which are exported all over the world to pet shops etc. The lake is also known for its good snorkelling and diving. The locals depend on the lake for fishing and survival and use dug out canoes to fish from and set out long nets. There are many different ethnic groups all speaking their own language, most are Christians and the rest have traditional beliefs, as do most African countries.

Day 15 Senga Bay (1B,1L,1D)

Approximate Distance: 200 km
Estimated Travel Time: 5 hrs

Today we head to the sleepy capital of Lilongwe, a small village on the banks of the Lilongwe River. Check out the craft stalls and bustling markets in the Old Town or just sit back and relax, finding your groove in 'Malawi time'. Overnight at Senga Bay.

Day 16 Chipata (1B,1L,1D)

Approximate Distance: 200 km
Estimated Travel Time: 4 hrs

Today we will cross the border from Malawi to Zambia. Then continue to the capital of the Eastern Province, Chipata. Previously known as Fort Jameson, Chipata is a popular refueling station for overlanders heading to South Luangwa National Park.

The name of the border posts are Mwami border post on the Zambian side and Mchinji border post on the Malawian side.
Some nationalities do require a visa for Zambia. See our visa section for further information. Remember that visas are your own responsibility; please double check with your agent if you will require a visa for Zambia.

The currency in Zambia is Zambian Kwacha (ZWK). You will be able to change your left over MWK in Chipata. Most establishments for activities etc. do accept USD for payment.

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

Approximate Distance: 544 km
Estimated Travel Time: 10 hrs

Today's long journey across rough and bumpy roads takes us to a private game farm just outside of Lusaka, the capital of Zambia. Here you can marvel at the zebras, buffaloes, and the boks that roam the property, or relax by the pool or at the rest camp's bar.

Lusaka, like many African capitals, is a bustling metropolis developing around its colonial roots, its socialist history, and nowadays its drive for independence. It's an example of how many African cities are trying to find their "independent" way in a world that's surging ahead. Situated in the southern part of the country, Lusaka is considered one of the fastest growing populations in Africa, and is the governmental and administrative centre of Zambia.

Please note that as today is a long driving day, we will not be able to spend time in Lusaka.

Day 18-19 Livingstone (2B,1L)

Approximate Distance: 543km
Estimated Travel Time: 7 hrs

We will spend the last two days of our tour here, a great base to see natural wonders and take part in exciting adventure activities. Get up close to the immense Victoria Falls while wondering the carefully laid out walkways designed for maximum viewing as you feel the powerful spray. Opt to raft the whitewater of the mighty Zambezi or bungee jump from a bridge that spans above the gorge, with the Victoria Falls in view.

Please note that the entrance fee to the Victoria falls is not included in the tour. This will have to be paid by yourself.

David Livingstone was born on March 19, 1813 in the village of Blantyre, South Lanarkshire, Scotland. He first studied Greek, medicine, and theology at the University of Glasgow and while working in London, joined the London Missionary Society became a minister. He originally planned to gain access to China through his medical knowledge. The Opium Wars, which were raging at this stage with no signs of peace on the horizon, forced Livingstone to consider other options. From 1840 he worked in Bechuanaland (present-day Botswana), and in the period 1852–56, he explored the African interior, and was the first European to see the Mosi-oa-Tunya waterfall (which he renamed Victoria Falls after his monarch, Queen Victoria). Livingstone was one of the first Westerners to make a transcontinental journey across Africa. The purpose of his journey was to open the routes, while accumulating useful information about the African continent. In particular, Livingstone was a proponent of trade and Christian missions to be established in central Africa. His motto, inscribed in the base of the statue to him at Victoria Falls, was "Christianity, Commerce and Civilization."

The town of Livingstone is a regional transport center, being located near the borders of Botswana and Zimbabwe, and serves as a base for the many visitors to see this part of Africa, and the impressive Victoria Falls, a mere 12km from Livingstone.

The Victoria Falls waterfalls occur in a country that is perfectly flat. From its source on the borders of the Democratic Republic of Congo, the Zambezi River meanders for 1300 km across the wooded plateau of Zambia, eroding for itself a shallow valley on its mild descent to the site of the falls. The river eventually found a weak spot on the lower lip of the surface over which it passed, and forced a passage which was steadily deepened into an exit gorge. During the last half million years the river has scoured out eight of these cracks across its bed. The Victoria falls occurs where the river is 1688 m wide, presents the spectacle of an average maximum of 550 million liters of water a minute tumbling over the lip of the trench in five main falls, the Devil's Cataract, Main falls, Horseshoe Falls, Rainbow falls and the Eastern Cataract.
The highest of these is Rainbow falls, on an average 108 m high. A peak flood sees 750 million liters of water in one minute hurtling over the falls.

The name Zambezi comes from the Tonka tribe, also meaning Great River, but the Sotho-speaking Kololo people of the upper reaches of the river gave it the well-known name of Mosi o a Thunya (smoke that rises). The Lozi people call it by the same name but translated it into smoke that sounds. The Ndebele call it aManza Thunqayo (the water that rises like smoke). The Namibian people call it Chinotimba (a noise-making place like the distant sound of digging).

Day 20 Livingstone (1B)

Depart at any time.

What's Included

Serengeti National Park and Ngorongoro Crater entrances and game drives. Spice plantation entrance and guided tour. 3-day Zanzibar excursion. All transport between destinations and to/from included activities.

Highlights

Track the Big Five in agile 4x4 safari vehicles, feel the mist of Victoria Falls, chill out at Lake Malawi, raft the Zambezi River, bliss out on the beaches of Zanzibar.

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. 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.

5. Sleeping bags can not be rented on any of our Africa overland or safari

6. LUGGAGE COMPLICATIONS: It occasionally happens that luggage on international flights into Cape Town, Livingstone or Johannesburg does not arrive. 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 Southern Africa, the arrival of lost luggage normally takes between 10 and 48 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 Southern Africa. You may find that your tour will begin, and you still have not received your luggage. When reporting your missing bag at the airport please provide the airline with the emergency telephone number of our local office in South Africa (+27 71 470 6928). Please do not give out any address (starting point hotel) as on most trips we do not stay long enough for the bag to arrive, the airline should phone our local office to arrange the delivery address. It is recommended that you purchase locally a few needed items, begin your tour. Your CEO 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, Please make sure to hand in the reference number of the bag and your flight details to your CEO in order to help with the tracing of the bag. You should always keep all receipts and documentation, and contact your airline or insurance provider for reimbursement.

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 28 and July 27, 2014. 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.

11. Looking to add to your experience? Check out our Theme Packs! Specially designed for travellers with unique interests, theme packs are optional add-ons to your G adventures trip that make your adventure more you-centric. Theme Packs must be booked prior to departure, please see details in our optional activities field and ask you sales CEO.

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. They will take care of the small things so you can concentrate on enjoying your adventure.

All of our CEOs in southern and East Africa are experienced group leaders, with a broad knowledge base of the region's history, cultures, and wildlife. Your leader will be from either southern or East Africa depending on which part of the tour you are on.

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 Serengeti and Ngorongoro Crater to round out the team, along with your CEO, you will be accompanied by a local safari crew consisting of an expert driver/guide and 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

Max 22, avg 20.

Meals Included

19 breakfasts, 14 lunches, 13 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. Please note all bottled drinking water will be at your own expense.

Meal Budget

Allow USD200-250 for meals and drinks not included.

Transport

Overland truck, 4x4 safari vehicles, minibuses, ferry.

About our Transportation

This trip is done a combination of vehicles - a larger 24 seat overland vehicle for most of the trip, and in private 6-7 seat safari vehicles for the safari section in Tanzania. Both styles of vehicles have their advantages - the overland truck allows the entire group to travel together, and sits higher, great for game viewing and to enjoy the scenic landscape.

The smaller safari vehicles will be used when the group is in the Serengeti and Ngorongoro Crater. With sliding windows and a large pop-up roofs, an open 360-degree view of area, great for game viewing. If there is a large group, 2-3 vehicles will be used, and the group will be split up. This style of travel is by no means luxurious, but the seats are comfortable and having our own private vehicles allow us the flexibility of making stops when needed, and to stay and watch that crouching lion prepare for an attack.

Road conditions can run the full gamut from new to being in very poor condition. This style of travel is by no mean luxury, but it does allow us the flexibility of making stops when needed, and reaching some out-of-the way parts of East 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

Participation camping (12 nts), full-service camping (2 nts), simple hotels (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 night stops

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 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.

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.

Guesthouse/Lodge/Bugalows
4 nights on Zanzibar Island we will stay in bungalows. Basic rooms, twin and multi sharing rooms with shared ablutions.

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

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 at 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.

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 ouside 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 day 1 is an arrival day and no activities have been planned, though a brief departure meeting will be held in the hotel reception area in evening of day 1. Here you will meet other tour participants and receive information about general and specific aspects of the trip. Upon arrival to the hotel, look for a notice from your CEO with information regarding this group meeting. If you arrive late and miss the meeting, s/he will leave you a message detailing what time and where you should meet the next morning.

The tour departs Nairobi in the morning of day 2.

Arrival Complications

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

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

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

Your arrival transfer has been arranged based on flight information provided to us. If you receive notification of a flight schedule change outside of 48 hours before your flight is scheduled to arrive, please contact us to advise of your new flight details.
Sales offices:
From within Australia - 1-300-796-618
From within Canada or the United States - 1-800-465-6500
From within the UK - 0870 999-0144
From anywhere else - +1-416-260-0999

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

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Reprsentative (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.

EMERGENCY CONTACT NUMBERS
G Adventures Local Representative (South Africa)
After Hours Emergency number
From outside South Africa: +27 82 556 4562
From within South Africa: 082 556 4562

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

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Finishing Point Instructions

Tour ends at approximately at 8:00am after breakfast. You are free to depart Livingstone 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. You will need a daypack big enough for a change of clothes, towel, toiletries etc to take with on the Serengeti excursion, but still small enough to fit into the smaller vehicles used for the excuresion. Due to limited space in the game-drive vehicles, big backpacks can unfortunately not be taken with to the Serengeti. 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.

It is important to pack clothes for warm days and cool evenings, as well as a warm jacket for early morning game drives.

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
•small travel pillow
•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
•Purification tablets or filter
•Pocketknife
•Flashlight (with extra batteries and bulbs)
•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)

NOTE: Insect netting covering windows and door of tent is provided. We also recommend to bring individual mosquito nets for better protection.

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

Documents:
•Passport (with photocopies)
•Travel insurance (with photocopies)
•Yellow fever certificate
•Airline tickets (with photocopies)
•USD cash
•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 most campsites by the local women. The price can be different from area to area. Please be aware that the clothes get washed in unpurified water, and this can lead to ringworm infections and irritable skin conditions. It might be better to bring some eco-friendly soap with you on tour, as well as some clothes pegs, and do your own washing.

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. Namibian visas are 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.

Kenya
http://www.kenyaembassy.com/visa.html
http://www.magicalkenya.com/index.php?option=com_content&task=view&id=79&Itemid=344
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.

If you are in Kenya for a shorter amount of time (normally max 72 hours but can vary depending on border official) then you can obtain a transit visa which will cost $20. Please make sure you have your travel itinerary at hand and your forward flight details.

Border crossing from Kenya to Tanzania is through Tarime Border Post, and from Tanzania to Kenya at Namanga Border Post
Persons aged 16 years and below will require a visa to enter Kenya.
Nationals(Passport Holders)of the following countries do not require visas to enter Kenya:
Barbados, Belize, Botswana, Brunei Darussalam, Burundi, Cyprus, Dominica, Fiji Island, Ghana, Grenada, Jamaica, Kiribati, Lesotho, Malawi, Malaysia (For less than 30 days stay), Maldives, Malta, Mauritius, Namibia, Nauru, Papua New Guinea, Rwanda, Samoa, St. Kitts and Navis, Sierra Leona, Singapore, Solomon Islands, South Africa (For less than 30 days stay), St. Lucia, Swaziland, Seychelles, The Gambia, Tanzania, The Bahamas, Tonga, Trinidad and Tobago, Tuvalu, Uganda, Vanuatu, Zambia, Zimbabwe, St. Vincent and the Grenadines
Nationals of the following countries require a visa
Albania, Algeria, Andorra, Angola, Argentina, Australia, Austria, Bahrain, Bangladesh, Belarus, Belgium, Benin, Bhutan, Bolivia, Bosnia-Herzegovina, Brazil, Bulgaria, Burkina Faso, Cambodia, Canada, Cape Verde, Central African Rep., Chad, Chile (Nationalist), China (China Peoples Republic), Columbia, Comoros, Congo Brazzaville, Costa Rica, Cote d' Ivoire/ Ivory Coast, Croatia, Cuba, Czech Republic, Denmark, `Djibouti, Dominican Rep, DRC, East Timor, Egypt, El Salvador, Ecuador, Equatorial Guinea, Estonia, Finland, France, French Guyana, Gabon, Georgia, Germany, Greece, Greenland, Guatemala, Guinea, Guinea Bissau, Haiti, Holders of Hong Kong Special Administrative Region (HKSAR), Honduras, Hungary, Iceland, Indonesia, Iran, Ireland, Israel, Italy, Japan, Kampuchea, Kazakhstan, Kirghistan, Korea (South), Kuwait, Laos, Lativia, Liberia, Libya, Liechtenstein, Lithuania, Luxembourg, Macedonia, Madagascar, Malagasy, Malta, Mauritania, Mexico, Moldavia, Monaco, Mongolia, Morocco, Mozambique, Myanmar (formally Burma), Nepal, Netherlands, Nicaragua, Niger, Nigeria, Norway, Oman, Pakistan, Palau Pacific Isles, Panama, Paraguay, Peru, Philippines, Poland, Portugal, Qatar, Reunion, Romania, Russia, Salvador, Sao Tome and Principe, Saudi Arabia, Serbia and Montenegro, Slovakia, Slovenia, Spain, Sri Lanka, St.Christopher Cape, Sudan, Surinam, Sweden, Switzerland, Taiwan (Endorsement made on a paper visitor's pass), Thailand, Togo, Tunisia, Turkey, Turkmenistan, U.S.A., Ukraine, United Arab Emirates, United Kingdom, Uruguay, Uzbekistan, Vatican City, Venezuela, Vietnam, Yemen, Yugoslavia-and also Former, States of Yugoslavia.

Visa costs
a)Single entry Visa Most nationalities $50.00

Tanzania
http://www.tanzaniaembassy-us.org/tzevisa.html
http://www.tanzaniatouristboard.com/plan-your-trip/visa-information/
All countries not mentioned below will need a visa. You can get a visa on arrival at the airport or at any entry point into Tanzania. But please double check your visa requirements before departure.
No Visa is required for nationals of the following countries:
Botswana, Gambia, Ghana, Hong Kong, Kenya, Leshoto, Malawi, Malaysia, Mozambique, Namibia, Swaziland, Uganda, Zambia and Zimbabwe.
Referred Visas are required for nationals of the following countries:
The referred visa is one that requires special clearance or permission from the Director of Immigration Services in Dar es Salaam or the Principal Immigration Officer in Zanzibar.
Afghanistan, Abkhazia, Azerbaijan, Bangladesh, Chad, Djibouti, Ethiopia, Equiatorial Guinea, Eritrea, Lebanon, Mali, Mauritania, Morocco, Niger, Palestine, Refugees and Stateless individuals, Senegal, Somalia, Sierra Leone, Tajikistan, Turkmenistan, Uzbekistan, Kazakhstan, Kyrgyzten, and Sri Lanka.
IT IS EMPHASIZED THAT NATIONALS AND PERSONS OF THE MENTIONED COUNTRIES AND/OR CATEGORIES ABOVE MAY NOT BE ALLOWED ENTRY INTO TANZANIA WITHOUT BEING IN POSSESSION OF REFERRED VISAS.
Visa Costs – Please use only as a guideline
US Citizens ONLY: US$100.00. This fee will apply to single and all multiple entry visas.
Non-US Citizens: Visa fees are US$50.00 for single entry, and US$100.00 for double entry

Malawi
http://www.malawiembassy-dc.org/index.php?page=visa-information
http://www.malawitourism.com/pages/content/index.asp?PageID=77

Please be aware that some travellers may require a VISA before arriving in Malawi. To determine whether you require a VISA prior to arrival check the information at the following link: http://malawi.com.au/?page_id=73. To avoid unnecessary delays, or the possibility of being denied entry, please ensure that you have a VISA prior to arrival if one is required."

Like many countries, visitors to Malawi who are traveling on a Category A passport do not require a VISA prior to arrival in Malawi provided they are staying for less than 30 days and are bona fide tourists. Category A passport holders are listed on most Malawian Embassy and Consular websites.

To apply for a Visa, the Passport must be valid for at least 6 months beyond the date of intended departure.
Visas are not available upon entry and must be obtained in advance.
All countries listed in below, do not require a visa if they are intending to stay in the country for a maximum of 30 days after which they will require a visa
Antigua, Barbuda, Australia, Bahamas, Barbados, Belgium, Belize, Brunei, Canada, Cyprus, Denmark, Dominica Republic, Fiji, France, Gambia, Germany, Ghana, Grenada, Guyana, Iceland, Israel, Ireland, Italy, Jamaica, Japan, Kenya, Kiribati, Lesotho, Luxembourg, Madagascar, Malaysia, Maldives, Malta, Mauritius, Maldives, Mozambique, Namibia, Nauru, Netherlands, New Zealand, Norway, Papua New Guinea, Portugal, Samoa (Western), San Marino, Seychelles, Sierra Leone, Singapore, Solomon Island, South Africa, Sri-Lanka, St. Kitts- Nevis, St. Lucia, St. Vincent and the Grenadines.
Nationals of all countries listed in below, require a visa if they are intending to visit Malawi
Afghanistan, Albania, Algeria, American Samoa, Andorra, Angola, Anguilla, Antarctica, Argentina, Armenia, Aruba, Ascension Island, Austria, Azerbaijan, Barrain, Bangladesh, Belarus, Benin, Bermuda, Bhutan, Bolivia, Bosnia And Herzegovina, Bouvet Island, Brazilbritish Indian Ocean Territory, Bulgaria, Burkina Faso, Burundi, Cambodia, Cameroon, Cape Verde, Cayman Island, Central African Republic, Chad, Chile, Christmas Island, Cocos (Keeling) Islands, Colombia, Comoros, Democratic Republic Of Congo (Kinshasa), Congo, Republic Of Brazaville, Cook Islands, Costa Rica, Ivory Coast, Croatia, Cuba, Czech Republic, People's Republic Of China, Djibouti, Dominican Republic, East Timor Timor-Leste, Ecuador, Egypt, El Salvador, Equatorial Guine, Eritrea, Estonia , Ethiopia, Falkland Islands, Faroe Islands, French Guiana, French Metropolitan, French Polynesia, French Southern Territories, Gabon, Georgia, Ghana, Gibraltar, Greece, Greenland, Guadeloupe, Guam, Guatemala, Guernsey , Guinea, Guinea-Bissau, Haiti, Heard And Mc Donald Islands, Holy See, Honduras, Hong Kong, Hungary, India, Indonesia, Iran (Islamic Republic Of), Iraq, Isle Of Man, Jersey, Jordan, Kazakhstan, Korea, Democratic People's Rep.(North Korea), Korea, Republic Of (South Korea), Kuwait, Kyrgyzstan, Lao, People's Democratic Republic, Latvia , Lebanon, Liberia, Libya, Liechtenstein, Lithuania, Macau, Macedonia, Republic Of, Mali, Marshall Islands Martinique, Mauritania, Mayotte, Mexico, Micronesia, Federal States Of Moldova, Republic Of Monaco, Mongolia, Montenergo, Montserrat, Morocco, Myanmar, Burma, Nepal, Netherlands, Antilles, New Caledonia, Nicaragua, Niger, Nigeria, Niue , Norfolk Island, Northern Mariana Islands, Oman, Pakistan, Palau, Palestinian National Authority, Panama, Paraguay, Peru Philippines, Pitcairn Island, Poland, Puerto Rico, Qatar, Reunion Island, Romania, Russian Federation, Rwanda, Sao Tome And Principe, Saudi Arabia, Senegal, Serbia, Singapore, Slovakia (Slavak Republic), Slovenia, Somalia, South Georgia And South Sandwich Islands, Saint Helena, St. Pierre And Miquelon, Sudan, Suriname, Svalbard And Jan Mayen Islands, Switzerland, Syria, Syrian Arab Republic, Tajikistan, Thailand, Tibet, Timor-Leste (East Timor), Togo, Tokelau, Tunisia, Turkey, Turkmenistan, Turks And Caicos Islands, Ukraine, United Arab Emirates, U.S. Minor Outlying Islands, Uruguay, Uzbekistan
Other
Nationals of Iceland, Israel, Madagascar, Norway and San Marino do not require a visa if they are intending to stay in the country for a maximum of 30 days after which they will require a visa.
NOTE: Visitors on a visitors' permit, can extend their stay to a maximum of 90 days upon payment of a prescribed fee for every 30days extension.
Visa cost.
Please use as a guideline only. Contact visa agent and/or embassy for up to date prices.
Single-entry: USD150 (three months)

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, Luxembourgm, 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, Gilbraltar, 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

REGIONAL INFORMATION

KENYA
Full country name: Republic of Kenya (Jamhuri Ya Kenya)
Area: 580,367 km2
Population: 34,256,000-July 2005 est. (31,138,735- 2002 Census)
Capital city: Nairobi
People: 22% Kikuyu, 14% Luhya, 13% Luo, 12% Kalenjin, 11% Kamba, 6% Kisii, 6% Meru, 16% other
Languages: English, Swahili, indigenous.
Religion: 35% Protestant, 30% Roman Catholic, 30% Muslim, 5% Animist
Government: Republic (multiparty state)
President: Uhuru Kenyatta
Major industries: small-scale consumer goods (plastic, furniture, beer, batteries, textiles, flour), agricultural processing, oil refining, chemicals, cement, tourism.
Major trading partners: Uganda, Tanzania, UK, Germany, UAE, South Africa

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
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.

MALAWI
Full country name: Republic of Malawi
Area: 118,500km2 (35 that)
Population: 10.4 million
Capital city: Lilongwe (pop 260,000)
People: Chewa, Nyanja, Tumbuko, Yao, Lomwe, Sena, Tonga, Ngoni, Ngonde, Asian, European
Languages: English, Chichewa, regional languages
Religion: 55% Protestant, 20% Roman Catholic, 20% Muslim, traditional indigenous beliefs
Government: Multi-party democracy
President: Bakili Muluzi
Major industries: Tea, tobacco, sugar, sawmill products, cement, consumer goods, tobacco, sugarcane, cotton, tea, corn, potatoes, cassava (tapioca), sorghum, pulses, cattle, goats
Major trading partners: US, South Africa, Germany, Japan, Zimbabwe, UK Currency: Kwacha (K)

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

Malawi uses the Kwacha (MWK), as does Zambia (ZMK) and Tanzania and Kenya use the Shilling, denoted by TZS and KES.

Each of the countries visited on this tour has their own currency, and all can be obtained locally by changing foreign currency or by using ATMs (where available) which will disperse local currency. Your CEO will inform you where you can change money throughout the tour and approximately how much money you will need for each country.
The easiest foreign currency to exchange for locally for any of the local currencies is the $US; however the British Pound and Euro may also be exchanged as well. Please note that due to past problems with forgery, $US notes that are older than year 2006 are not accepted in Africa.
Large notes ($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

There is currently no departure tax leaving Zambia.

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 / CEO US$3/4 each, per day worked, per traveller. While on safari in Tanzania: Certified Safari Guide/Driver: US$3-5 (full day); Camp Cook, Supply Driver US$2-3 (full day).

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

Extras available on this trip:
SERENGETI BALLOON SAFARI
Serengeti, Morning 1-hour ride

Spirited aloft in a hot air balloon, you'll get a view of the wildlife and terrain of the Serengeti that only the birds see. Enjoy a champagne breakfast and keep that shutter-finger good and limber—you'll be using it plenty over the course of your hour in the air.

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.

KENYA
Nairobi:
Bomas of Kenya- $9 p/p
Giraffe Centre- $9 p/p
Karen Blixen Museum- $12 p/p
Nairobi National Park- $40 p/p
Nairobi Safari Walk, Animal Orphanage and Impala Sanctuary- $20 p/p
National Museum- $12 p/p
Railway Museum- $3 p/p
The Carnivore Restaurant $35 p/p (set meal)
Hells Gate Bike hire- $10 p/p
Hells Gate Entrance- $25 p/p
Elsamer Conservation Centre- $8 p/p

TANZANIA

Zanzibar
Prison Island tour- $55 p/p
Dolphin tour- $40 p/p

MALAWI

Kande Beach
Village tour- $10 p/p
snorkeling- $15 p/p
Diving- $50 p/p
Horse riding- $90 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.

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. Travelers should also carry a basic first-aid kit and hand sanitizers / antibacterial wipes. Travellers to East and 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 all safaris enter malaria areas. Your doctor should be able to recommend the necessary prophylactics. Please ensure you have all the inoculations recommended by your doctor.

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.

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.

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:

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

Trip Specific Safety

NAIROBI and Dar es Salaam and Lusaka
…aren't classed as safe cities. Some precautions you should take 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 con men, best to avoid these folk. Besides, you're already on safari. Zanzibar can be unsafe to single female travellers. Please always have a male companion with when walking in Stone Town.

ARUSHA and Lilongwe:
many of the above precautions should be taken in these cities, however these towns generally have a more relaxed and friendly vibe, there are many beggars, street sellers and safari touts. These are best avoided by a polite but firm NO THANK YOU!

ZANZIBAR:
Remember that Zanzibar is overwhelmingly Muslim. Women who do not dress modestly, or men in shorts, are likely to cause offense to locals and are likely to attract unwanted attention.
In coastal areas, both male and female prostitution is widespread. Single female travellers in particular should be wary of 'beach boys'. These male prostitutes often employ aggressive methods of socializing with female tourists with their end goal being to solicit sex, money or other benefits. The prevalence of HIV is extremely high in this region, and we urge all travellers to exercise extreme caution.
Our suggestion is to dress moderately, and drink moderately. At all times be aware of your surroundings, and your actions, and to exercise caution.

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.

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)

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.