

Ultimate Africa - DAUA

54 days: Cape Town to Nairobi

What's Included

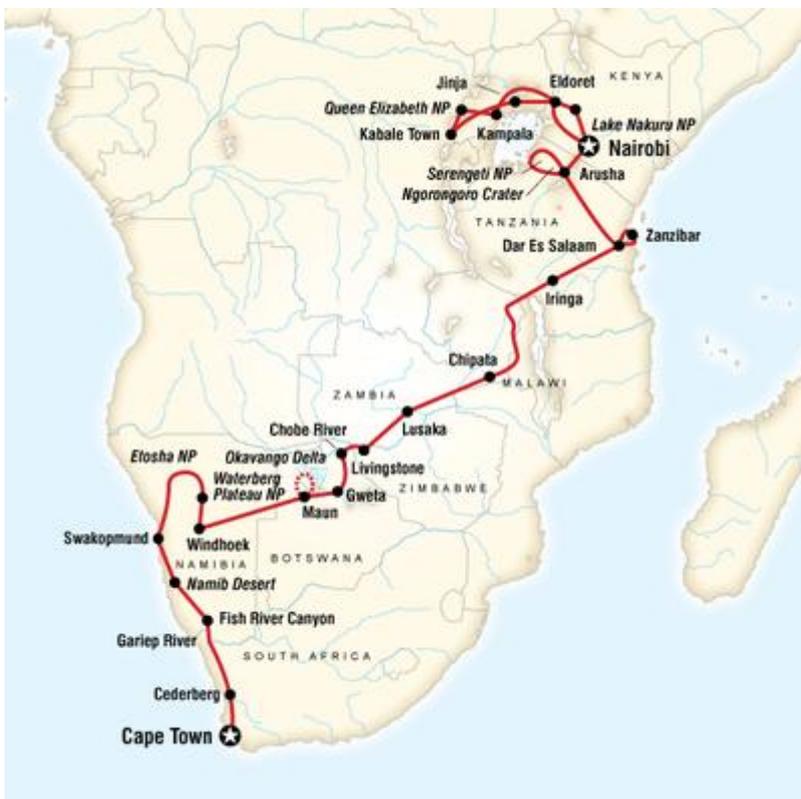
- Fish River Canyon entrance, Sossusvlei Dunes entrance, Entrances and game drives in Etosha, Serengeti Lake Nakuru, Queen Elizabeth, and Lake Mburu National Parks, Guided township tour in Swakopmund, Okavango Delta visit with mokoro excursion, Ngorongoro Crater visit with game drives, Spice Plantation entrance with guided tour, 4-day Zanzibar excursion, Kazinga Channel boat cruise, Guided Mountain Gorilla Trek with permits

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

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

VALIDITY: Valid for all trips departing January 1st, 2013 - November 23rd, 2013

Itinerary



What's Included

Fish River Canyon entrance, Sossusvlei Dunes entrance, Entrances and game drives in Etosha, Serengeti Lake Nakuru, Queen Elizabeth, and Lake Mburu National Parks, Guided township tour in Swakopmund, Okavango Delta visit with mokoro excursion,

Ngorongoro Crater visit with game drives, Spice Plantation entrance with guided tour, 4-day Zanzibar excursion, Kazinga Channel boat cruise, Guided Mountain Gorilla Trek with permits.

Highlights

Experiencing game drives, witnessing giant sand dunes and Victoria Falls, photographing exotic wildlife, riding in 4x4 safari vehicles and dug-out canoes, inhaling the aromas of a spice plantation, meeting mountain gorillas.

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 trip is a combination of multiple G Adventures tours. As such, the staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour in Windhoek, Livingstone, Zanzibar, Nairobi and Kampala.
2. For most parts it 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. However, visitors to Uganda should be in excellent physical condition, without any heart problems and prepared to spend strenuous days in humid rain forests, steep terrain and high altitude trekking for chimpanzee and gorillas, as well as other primates. As it is very dark in the jungle; only high speed film (ISO 400 or higher) will give good results. Those preferring to remain at base camp in Bwindi may do so, however, there is no price reduction
3. 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.

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.

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 cannot be rented on any of our Africa overland or safari trips

6. Because of the migratory nature of the gorillas, G Adventures can not guarantee that you will be able to see the gorillas on your day trek.

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

8. 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.

9. Please note that on all our Yolo overland trucks there is a maximum of 22 people per vehicle.

10. VISAS. Please read the Visa section very carefully. Visas are your own responsibility. Always double check with the embassies what each countries requirement are.

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 your sales CEO.

Group Leader Description

On this journey, you will be accompanied on your trip by 2 crew members - a Chief Experience Officer (CEO) and a driver. (Nairobi to Nairobi); or you will be accompanied by two Chief Experience Officers (Cape Town to Nairobi).

The Chief Experience Officer (CEO) will be the group manager and leader. He/she organizes the trip, and will be there to assist you when needed. He/she will take care of the small things so you can concentrate on enjoying your adventure. All of our CEOs in 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. He/she 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. Your CEO 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.

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 Uganda, during the actual gorilla trek we use an experienced and certified local mountain guide, expert gorilla trackers, and armed guards to accompany you for your safety.

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 19.

Meals Included

52 breakfasts, 43 lunches, 40 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.

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

Vegetarian meals and other dietary requirements need to be specified prior to arrival. Please note all bottled drinking water while on safari will be at your own expense.

Meal Budget

Allow USD250-320 for meals not included.

Transport

Overland vehicle, 4x4 safari vehicles, minibuses, ferry, walking.

About our Transportation

We use a combination of 2 different vehicles on this tour - a larger 22 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 because of its height, is great for game viewing and for enjoying the scenic African landscape. The smaller safari vehicles are more maneuverable, and have pop-up roofs and sliding windows, ideal for game viewing. If there is a large group, the group will be split up while travelling in the safari vehicles.

For your time in Zanzibar, please note that the overland truck will stay in Dar es Salaam, on the mainland. We use a large public ferry with in indoor seating area to cross to the island, and while there, our transportation will be in minibuses.

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

- Storage for main luggage in a compartment under the seating area (accessed from the outside of the truck). Day packs can be stored at your feet (there is plenty of room).
- Onboard safety box(es) for valuables.
- Front view windows
- Large sliding windows, great for game viewing
- Fully equipped retractable kitchen

- Intercom between seating area and driver
- Inverter for battery charging (South African plug - 220-240V)

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

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

Solo Travellers

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

Accommodation

Simple hotels (7 nts), participation camping (41 nts), full-service camping (2 nts), guesthouse (2 nts, multi-share), basic bush camp (1 nt).

My Own Room

Please note that if you have booked the "My Own Room/Tent" option for this tour, you will receive your own single tent for all night stops, with the following exceptions: Nights 7 and 8 Swakopmund (multi-share dorms).

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

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.

Wild or Bush Camping

Your camping experience in the Okavango Delta (2 nights) is fondly called "bush camping", as we camp wild on remote islands, away from civilization and its comforts, and completely surrounded by nature – an unbelievable experience some in fact feel is the highlight of the trip. Wild/bush camps have no facilities - these will be the most basic two nights of our trip, as there is no running water, no showers, nor toilet facilities - we will take our own water and all equipment. Wild camping can be very enjoyable, however please remember that we leave no trace of our stay and take all rubbish away with us. Toilets will be of the "dig and bury" variety, and we will provide "bucket in a tree" style showers (with canvas screen for privacy). Wild camping is the ultimate African bush experience as we camp right in amongst the wildlife, so there is a possibility of elephant and other game coming very close to camp. Your safari guides will have your safety as a priority, so please ensure that you obey all their bush camping instructions.

Guesthouse/Lodge/Bungalows

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

nights. The bathrooms and showers are private, but may also be shared between both males and females.
3 nights on Zanzibar Island we will stay in bungalows. Basic rooms, twin and multi sharing rooms with shared ablutions.

Simple Hotel

1 night in Cape Town and 1 night in Windhoek we will stay in twin rooms.

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.

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.s, and seeing incredible wildlife at your tent door-step is not just gratifying but ultimately an experience of a lifetime.

Joining Hotel

Lady Hamilton

10 Union Street
Gardens
Cape Town
8001

Tel: +27 (0)21 423 3888
Fax: +27 (0)21 423 7788

Joining Instructions

On arrival into Cape Town an arrival transfer is not included. Please make your way to the joining hotel. A brief departure meeting will be held in the hotel reception area in evening on Day 1 of your tour. Upon arrival look for information from your CEO regarding meeting time and also the rest of the tour.

Cape Town International Airport is about 22 km from downtown. There are a variety of ways to get into the city. To take a taxi, leave the international terminal, cross the first road and you will see the taxi stand. Official taxis have the kilometre rate on the door. If you wish to take a shuttle to the city centre, when arriving at the international terminal, turn immediately left and walk straight ahead and you'll see the shuttle services desk. Cost is approximately 80zar.

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

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

The tour ends upon arrival in Nairobi on the late afternoon of Day 54.

Arrival Complications

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

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

Emergency Contact

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

AIRPORT TRANSFER

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

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

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

The tour ends upon arrival into Nairobi, in the late afternoon, at the Hotel Boulevard in central Nairobi. In order to avoid any necessary issues with timing, please book your outgoing flight from Nairobi from 21:00 hrs or later.

There is no included accommodation for this night in Nairobi. You may choose to pre-reserve post-tour accommodation at through G Adventures.

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 labeled and restricted to one soft compact suitcase, or sports bag, maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced and space on vehicles is limited. Porters are not often available, so be prepared to carry your own bags. 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.

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.

On this trip you may experience all four seasons. We suggest you take something warm eg tracksuit, fleece or pullover for the mountainous areas i.e. Bwindi or Virungas. It is at a higher altitude and will therefore be cooler in the evenings - a jersey, anorak/wind jacket and tracksuit pants would be suggested.

It will also be necessary to take some wet weather gear as it does rain in the mountainous areas of Uganda and Rwanda on a regular basis. We suggest lightweight rain gear for the walk to see the gorillas.

While gorilla trekking you will need a comfortable, hard wearing, pair of walking shoes or boots. Conditions are generally very muddy/slippery. There are uphill sections which may be quite steep and strenuous. It is also advisable to wear a long sleeve cotton shirt and lightweight long pants to protect yourself from the undergrowth, stinging nettles and biting ants. (Tracksuit pants often get caught on bushes, thorns, etc and jeans can get very heavy when wet). Gloves are also highly recommended – just cheap gardening gloves will do. Tuck your long pants into your socks/boots to avoid biting insects. Also take a water bottle, and a day pack for camera gear and to carry your jacket if it's too warm.

Your clothes will in all likelihood get very muddy and may not recover to their original state - therefore take old clothing for the gorilla trekking. Hard wearing clothes, no bright colours, no army camouflage clothing should be worn. Greens, khaki and similar neutral clothes are recommended.

Checklist

- Fleece top
- Windproof/waterproof jacket and pants
- Gardening gloves
- Waterproof hiking boots
- Small towel and swimwear
- 4 shirts/t-shirts
- Sun hat
- Warm sleeping bag
- 1 pair of shorts
- 2 pairs of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/sturdy walking shoes
- Sport sandals
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- 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, bag or pouch for camera equipment while hiking/walking

Documents:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Yellow Fever Certificate (with photocopies)(If traveling from an endemic country).
- 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 facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap. Aboard the expedition ships Explorer and Andrea laundry facilities are provided at a charge. Aboard the Amazon Explorer laundry facilities are provided free of charge for each passenger once a week.

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 always available at the border, so please make very sure if you do need a visa before arrival.

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

South Africa

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

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

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

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

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

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

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

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

Visa costs

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

Namibia

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

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

Visas cannot be obtained on arrival.

FOREIGN NATIONALS EXEMPTED FROM VISA REQUIREMENTS WHEN TRAVELLING TO NAMIBIA

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

Other categories must obtain VISAs

Visa costs

Please enquire with your agent or closest embassy.

Botswana

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

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

Visas cannot be obtained at the border.

Countries that does not require a visa for Botswana

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

Countries that do require a visa for Botswana

Afghanistan, Albania, Algeria, Andorra, Angola, Armenia, Azerbaijan, Bangladesh, Burkina Faso, Bosnia & Herzegovina, Belarus, Benin, Bhutan, Bolivia, Burkina Faso, Burundi, Cambodia, Cameroon, Cape Verde, Central African Republic, Chad, China, Columbia,

Comoros, Congo (Republic Of), Congo (Democratic Republic Of), Cote D'ivoire (Ivory Coast), Cuba, Czech Republic, Djibouti, Ecuador, Egypt, El Salvador, Equitorial Guinea, Eritrea, Ethiopia, Gabon, Georgia, Ghana, Guatemala, Guinea, Guinea Bissau, Haiti, Honduras, India, Indonesia, Iran, Iraq, Jordan, Kazakhstan, Korea (Dem. Peoples Rep), Kuwait, Kyrgyzstan (Kirghizia), Laos (Peoples Dem. Rep), Lebanon, Liberia, Libya, Macedonia, Madagascar, Mali, Mauritania, Micronesia, Moldova, Mongolia, Montenegro, Morocco, Myanmar (Burma), Nepal, Nicaragua, Niger, Nigeria, Oman, Pakistan, Palau, Panama, Phillipines, Qatar, Rwanda, Sao Tome & Principe, Saudi Arabia, Senegal, Serbia, Somalia, Sri Lanka, Sudan, Sumatra, Suriname, Syria, Taiwan, Tajikistan, Thailand, Togo, Tunisia, Turkey, Turkmenistan, Ukraine, United Arab Emirates, Uzbekistan, Vatican City, Vietnam, Yemen

Visa costs
Please enquire from your agent and/or embassy

Zambia

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

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

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

Visas issued at ports of entry or missions abroad

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

Countries not requiring a visa

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

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

Single Entry- US \$50.

Double Entry- US \$80

Multiple Entry- US \$80

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, Bahrain, Bangladesh, Belarus, Benin, Bermuda, Bhutan, Bolivia, Bosnia And Herzegovina, Bouvet Island, Brazil/British 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 Brazzaville, 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 Guinea, 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, Montenegro, 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 (Slovak 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 30 days 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)

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, Lesotho, 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, Equatorial Guinea, Eritrea, Lebanon, Mali, Mauritania, Morocco, Niger, Palestine, Refugees and Stateless individuals, Senegal, Somalia, Sierra Leone, Tajikistan, Turkmenistan, Uzbekistan, Kazakhstan, Kyrgyzstan, 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

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.

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 Nevis, Sierra Leone, 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, Latvia, 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

Uganda

<http://www.ugandahighcommission.co.uk/ConsularInformation/VisalInfo.aspx>

Visa Fees:

Single entry visa:

A Single entry visa is valid for three months from the date of issue and costs £25 (in the UK) or \$50 (at entry point in Uganda).

Multiple entry visa:

A six-month multiple entry visa costs £65 (sixty five pounds). Other categories of multiple entry visas (12 months, 24 months & 36 months) can be applied for at the Ministry of Internal Affairs, Kampala. Information on these other categories can be got on the Ministry of Internal Affairs' website: www.mia.go.ug.

Uganda visas may be obtained at Uganda missions abroad or on arrival at the country's exit /entry stations

LIST OF COUNTRIES WHOSE NATIONALS DO NOT REQUIRE TO PAY FOR A VISA TO ENTER UGANDA:

Angola, Antigua, Bahamas, Barbados, Belize, Burundi, Comoros, Cyprus, Eritrea, Fiji, Gambia, Grenada, Italy (Diplomatic Passport holders only), Jamaica, Ireland, Kenya, Lesotho, Malawi, Malta, Mauritius, Madagascar, Rwanda, Seychelles, Sierra Leone, Singapore, Solomon Islands, St. Vincent and Grenadines, Swaziland, Tanzania, Tonga, Vanuatu, Zambia and Zimbabwe.

Nationals of these countries are issued gratis (free of charge) visas upon their arrival.

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

Anyone who is generally active and in good health should enjoy this trip. 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, culture and wildlife are all well worth the experience. We use a comfortable and safe customized safari truck for the long open road drives. This is a true African experience for outdoor enthusiasts interested in culture, adventure and wildlife, who enjoy simple campsites and basic wild camps. We will get dusty on occasion; but this is Africa!

Other Trip Comments

An essential part of your safari is participation - from putting up your tent (while camping) or packing away in the morning, to helping with meal preparation and cleaning up - 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!

Language

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

SOUTH AFRICA

Full country name: Republic of South Africa

Area: 1,221,037km² (447,443mi²)

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

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

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

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

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

Government: Parliamentary democracy

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

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

Currency: Rand (ZAR), consisting of 100 cents

NAMIBIA

Full country name: Republic of Namibia

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

Population: 2,032,000 (July 2005 est) 1.820,916 (Census 2002)

Capital city: Windhoek (pop 161,000)

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

Religion: Christian, Lutheran, native religions

Government: Republic

President: Sam Nujoma

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

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

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

BOTSWANA

Full country name: Republic of Botswana

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

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

People: Botswana 60%, Bakalanga, Basarwa, Bakgalagadi

Languages: English, Setswana

Religions: indigenous beliefs 50%, Christian 50%

Government: parliamentary republic

President: Festus Mogae

Major industries: diamonds, copper, nickel, coal, salt, soda ash, potash, livestock processing, sorghum, maize, millet, pulses,

groundnuts (peanuts), beans, cowpeas, sunflower seed, livestock

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

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

ZAMBIA

Full country name: Zambia

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

Population: 10.4 million

Capital city: Lusaka

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

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

Official Language: English

Other Languages: Bemba, Tonga, Nyanja, Lozi

Religion: Christian, ZCC and Islam

Government: Multiparty parliamentary democracy

President: Levy Mwanawasa

Currency: Kwacha

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

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

INTERESTING FACTS

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

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)

TANZANIA - Official Statistics

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

Area: 945,087 km²

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

Capital city: Dodoma

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

Languages Swahili, English, indigenous.

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

Government: Republic (multi-party state)

President: Benjamin William Mkapa

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

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

Currency: Tanzanian shilling

TANZANIA - Interesting Facts

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

KENYA - Official Statistics

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

Area: 580,367 km²

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

Capital city: Nairobi

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

Languages: English, Swahili, indigenous.

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

Government: Republic (multiparty state)

President: Uhuru Kenyatta

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

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

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.

UGANDA - Official Statistics

Area: 235,796sq km (32nd in Africa)

Population: 26,219,000

Capital City: Kampala

Official language: English

Other languages: KiSwahili (widely spoken, but not indigenous), Luganda, Runyoro

Head of state: President Yoweri Museveni

Life expectancy: 52 years

Literacy: 70%

Per Capita Income: US\$220

Main industry: Tourism

Major Cultures: Bantu, Batembuzi, Baganda, Asian (Indian)

Religion: Christian, ZCC and Muslim.

Uganda enjoys ideal equatorial weather conditions, ranging from the warmth of the lowland areas and lakeshores to the coolness of the highlands. The altitude on a Uganda safari varies from 1,000 metres to 2,400 metres above sea level. The days are a pleasant 75 to 85 degrees Fahrenheit and nights are a moderate 50 to 60 degrees Fahrenheit with January being the warmest month. At higher altitudes it can be cooler, especially at Bwindi. The long rainy season is between March and May and the short rains are from October to November, but it can rain at any time of the year. The rainy season can sometimes make travel difficult but the views are clearer. It can be cool in the evenings, especially in the hilly and mountainous areas. Despite the high temperatures and rainfall, due to altitude, the humidity is low, making for one of the most pleasant and comfortable climates in the world.

Spending Money

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

Money Exchange

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

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

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

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

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

Emergency Fund

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

Departure Tax

USD40, may be included in the international air ticket

Tipping

Tipping is an expected - though not compulsory and optional (up to the discretion of the group/guest) - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. It is one of the most direct ways that

you can have a positive economic impact within the African community. Although it may not be customary for you, it is of considerable significance to the people who will take care of you during your travels, as an important source of income for those in the tourism industry. Giving a tip should be seen as a formal 'thank you', and the action should in no way be awkward. The best method of tipping someone that has served the whole group is to plan in advance, and not rush when it comes to saying goodbye. A suggestion would be for each group member to contribute anonymously by putting their tip into an envelope. This often works the best and the group as a whole should gather to present the gift to the recipient(s), offering their thanks and showing their appreciation. This method brings the action out into the open, allowing for a friendly and appreciative interaction between the group and the recipient(s). You may use the following as a guideline, all given in a per client format: Restaurant/Café servers: 10% of cost of bill, especially when in a large group (no envelope required); Driver / Camp Cook / CEO US\$3/4 each, per day worked, per traveller. 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

CUSTOMIZE YOUR ADVENTURE

Our trip designers work very hard to assemble the life-altering experiences that fill this adventure. That said, our travellers are a diverse group driven by all sorts of different tastes, motivations and interests. What's a trip designer to do? The solution? 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.

Theme Packs available on this trip:

SERENGETI BALLOON SAFARI

Serengeti, 1-hour

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.

OKAVANGO DELTA FLIGHT

Okavango Delta, 45 minutes

Get a fresh perspective on the vast wilderness of africa with a once-in-a-lifetime view only a select few will ever see.

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.

SOUTH AFRICA

Cape Town

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

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

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

Township tour \$77

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

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

Boulders Beach (where the Jackass Penguins can be seen)

Entrance- \$5 p/p

Cape of Good Hope (Cape Point)

Entrance- \$10 p/p

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

Two Oceans Aquarium

Adults- \$13 p/p

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

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

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

Winetasting Stellenbosch (8hrs, min3 pax)
\$85

Lambert's Bay Area
Visit to the Bird Island \$5

NAMIBIA

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

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

Horse riding (1–2 hrs)- \$53 p/p

Sand boarding – (half day)
Standing up- \$45 p/p
Lie down- \$35 p/p

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

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

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

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

Paragliding- \$100 p/p

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

Township tour- \$45 pp

Twyfelfontein
Guided Engravings Walk- \$7 p/p

Etosha
Game drives (in open-air park vehicles)
Evening Drive- \$80 p/p
Morning & day drives- Prices on request

BOTSWANA

Ghanzi
Guided walks - Hunting and Gathering- \$10 p/p
Traditional dancing- \$10 p/p

Kasane (Chobe NP)
Boat cruise (Incl. park fees)- \$40 p/p
Game drive (Incl. park fees)- \$40 p/p

Maun
Okavango Delta Scenic flight- \$110 p/p

ZAMBIA

Optional activity prices are subject to change and can fluctuate in relation to the high/low season and the number of people on a

specific excursion. Not all excursions listed here may be available, due to season, or weather conditions.

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

Livingstone:

Breakfast Cruise ZMW 240 (47 USD)

Lunch or Sunset Cruise ZMW 290 (56 USD)

Lady Livingstone Sunset Cruise ZMW 415 (80 USD)

ZMW 415 (80 USD)

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 ZMW 800 (154 USD)

Half Day AM (Low Water) - no lift ZMW 700 (135 USD)

Half Day PM (Low Water) or High Water - inc lift ZMW 700 (135 USD)

White Water Rafting / River Boarding Combo

Full Day (Low Water) - inc lift ZMW 960 (185 USD)

Half Day AM (Low Water) - no lift ZMW 850 (164 USD)

Half Day PM (Low Water) or High Water - inc lift ZMW 850 (164 USD)

Overnight White Water Rafting

2 Days, 1 Night Rapid 1 - 25 ZMW 1,590 (307 USD)

3.5 Days, 3 Night Rapid 1 to Moemba Falls ZMW 5,225 (1006 USD)

Raft Float on Upper Zambezi ZMW 470 (90 USD)

Upper Zambezi Canoe:

Half Day ZMW 520 (100 USD)

Full Day ZMW 675 (130 USD)

Overnight Canoeing ZMW 1,350 (260 USD)

Abseiling:

Full Day ZMK 700 (135 USD)

Half Day ZMK 600 (116 USD)

Gorge Swing - (single / tandem) ZMW 400/ZMW 500 (77/97 USD)

Flying Fox or Cable Slide (excl transfer) ZMW 250 (48 USD)

Abseil or Rap jump (excl transfer) ZMW 250 (48 USD)

Vic Falls Bungee:

Big Air Experience (Combo) ZMW 890 (172 USD)

Bungee jump ZMW 705 (136 USD)

Bridge Swing (single / tandem) ZMW 705/ZMW 1080 (136/208 USD)

Bridge Slide (single / tandem) ZMW 190/ZMW 270 (37/52 USD)

Bridge Tour (no lunch / with lunch) ZMW 300/ZMW 380 (58/74 USD)

*Excludes transfers

River Safaris

Morning / Lunch / Sunset *\$10 Park fee to be paid direct ZMW 480 (93 USD)

Jet Boating * includes cable car ZMW 520 (100 USD)

Fishing Safaris

Half Day AM/PM ZMW 675 (130 USD)

Full Day ZMW 1,375 (265 USD)

Game Drive ZMW 305 (60 USD)

Zambezi Elephant Trail (AM/PM Ride) ZMW 850 (164 USD)

Lion Encounter (AM/PM Walk): ZMW 750 (145 USD)

Game Walk ZMW 375 (72 USD)

2 hr Horse Ride ZMW 450 (87 USD)

Half Day Horse Ride with lunch ZMW 645 (125 USD) * \$10 pp Park Fee to be paid direct

Chobe Game Park (Botswana) Day Trip (Excludes Visa Fees) ZMW 990 (191 USD)

Guided tour of Croc Farm ZMW 200 (39 USD)

VICTORIA FALLS:

Falls Tour (Zambia) ZMW 275 (53 USD)

Falls Tour (Zimbabwe) ZMW 385 (75 USD)

Flights over the Falls

Helicopter Short flight (approx 15mins) ZMW 870 (168 USD)

Helicopter Long flight (approx 30mins) ZMW 1,740 (335 USD)

Microlight Short flight (approx 15mins) ZMW 840 (162 USD)

Microlight Long flight (approx 30mins) ZMW 1,680 (324 USD)

Livingstone Island (Devil's Pool)

Morning Breezer ZMW 415 (80 USD)

Lunch ZMW 715 (138 USD)

High Tea ZMK 580 (112 USD)

*Excludes transfers

Livingstone Royal Golf Club:

9 holes ZMW 80 (16 USD)

18 holes ZMW 165 (32 USD)

Club hire (pay direct) ZMW 55 (11 USD)

*Excludes transfers

Quad Biking:

Eco Trail - 1 hr ZMW 450 (87 USD)

Eco Trail - 2 1/2 hrs ZMW 785 (152 USD)

Zambezi Paintball (AM/PM) ZMW 275 (53 USD)

Livingstone Tour ZMW 250 (48 USD)

Mukuni Village ZMW 250 (48 USD) 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) ZMW 310 (60 USD) 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.

Musokotwane African Village Day Trip ZMW 620 (120 USD)

Jewish Historical Tour ZMW 260 (50 USD)

African Impact -

Volunteer with local schools / hospitals / sports & games

Half Day ZMW 275 (53 USD)
Full Day ZMW 550 (106 USD)

MALAWI

Kande Beach
Village Tour- \$10 p/p
Snorkeling- \$15 p/p
Diving- \$50 p/p
Horse riding- \$90 p/p

Chitimba Beach

Village Tour (2-3hrs)- \$10 p/p
Guided tour to Livingstonia- \$5 p/p

TANZANIA

Zanzibar

Prison Island Tour- \$55 p/p
Dolphin Tour- \$40 p/p
Scuba Diving- \$70 p/p

Serengeti

Masai Village-

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

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

UGANDA

Please note that the price of this tour includes all national park and permit fees for the gorilla tracking experience in Uganda. As such, you will not be expected to pay any other fees in order to take part in this amazing experience on this tour—we include all fees of this activity within the selling price.

Jinja

Rafting Half/Full day \$115/\$125
Tandem Kayak Half/Full day \$85/\$125
Quad Biking Half/Full day \$70/\$110

Bunyonyi

Bird Watching \$5
Nature Walk \$5
Canoeing \$5 per canoe
Traditional Dance Show \$20
Fishing \$5
Boat Tour of Lake \$20/15 mins, \$25/1 hr.

While at Lake Bunyonyi, you may be offered the chance to visit 'Little Angels Orphanage'. G Adventures does not endorse this activity as we feel this experience does more harm than good to the children.

Many orphanages rely almost entirely on donations from visitors to survive, and as such, directors may purposefully maintain poor living conditions for children to secure funds from visitors. By visiting orphanages and making a donation you may be fueling this system, and G Adventures thus advises against both visiting and donating to the aforementioned orphanage.

All prices are per person, are in US dollar amounts, are subject to availability and are only an indication due to currency fluctuations.

Health

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

Yellow Fever Certificate Note:

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

According to guidelines effective from October 2011, entry into Zambia, from South Africa also requires a yellow fever certificate although South Africa is 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.

IMPORTANT ADVISORY

There is currently an outbreak of wild poliovirus 1 in Namibia. As such we would like to provide the following information and advice:

Travellers to Namibia

- 1) All travellers to Namibia (including returning residents) are advised to obtain a booster dose of polio vaccine at least 10-14 days before travelling. If travel will commence in $\leq 10-14$ days individuals should still be immunized.
- 2) Travellers should always practice strict hand hygiene and use safe water sources.
- 3) Choice of vaccine: the trivalent oral polio vaccine (TOPV) is the most accessible polio vaccine in SA and will be provided free of charge at government clinics. The vaccine is safe. Vaccine associated paralytic polio is a very rare complication and occurs in 1 in 2-3 million doses in susceptible individuals only. The only absolute contraindication to vaccination with TOPV is in persons with severe humoral immunodeficiencies. These individuals can be vaccinated with the inactivated polio vaccine alone (available only on section 21 through the MCC) or using the combination Td and inactivated polio vaccine (tetanus, diphtheria and inactivated polio). Pregnant individuals who have essential travel to Namibia should receive an inactivated polio vaccine.

Individuals entering SA from Namibia (includes returning SA citizens and visitors to SA)

- 1) These individuals should be advised to report to the nearest health care facility if they develop acute onset of paralysis (weakness or an inability to move any of the limbs) and to inform the health care worker of their visit to Namibia.
- 2) There is no role for vaccination of individuals from Namibia at border entry into South Africa. The vaccine will not prevent paralytic disease if individuals are already infected. Spread of infection can be prevented through scrupulous hand hygiene (washing hands with soap and water after using the toilet and before handling or preparing food) and always using a toilet or designated ablution facility to prevent faecal contamination of the environment. If these individuals are returning to Namibia they should be immunized before they return (see travellers above).

Issued by Epidemiology Unit NICD June 15th 2006

We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure. Travelers should also carry a basic first-aid kit, hand sanitizers / antibacterial wipes. Travellers to South Africa, Namibia, Botswana and Zambia 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.

Safety and Security

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

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

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

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

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

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

Trip Specific Safety

Travelers must exercise common sense and caution at all times. Tourists should stick to set travel arrangements and avoid unknown areas. Always keep a photocopy of your passport, airline tickets and a record of your travelers' checks and credit card numbers separate from where you keep the originals. The route we follow is relatively safe and your guide knows the countries intimately and will endeavor to show you the best parts while looking after you. We do not enter Zimbabwe on this trip. In the cities keep a careful eye on your belongings. In the wild areas, your guide will brief you on the necessary precautions, follow this advice and you will be fine. Be aware, but not paranoid, and you will have a great trip. We also recommend that you wear minimal jewellery and that you keep valuable items safely stored.

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.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

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

Travel Insurance

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

Planeterra-The G Adventures Foundation

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

Planeterra Dollar-A-Day Program

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

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

Associated Planeterra Project

Planeterra – The G Adventures Foundation supports the work of Youth Challenge International in Africa.

Youth Challenge International (YCI) is a non-profit, charitable organization that combines community development, health promotion and conservation in projects conducted by international teams of volunteers. By involving youth in the solutions to the issues they face, YCI aspires to a world where young men and women aged 10 to 25 have access to education, healthcare and meaningful employment. Youth in Africa, South America and Asia face huge challenges and YCI is working right now to provide them with education on HIV/AIDS and basic employment skills training.

To achieve these aims YCI works within an international network and global constituency for youth. International volunteers aged 18 to 30 play a key role in the planning and implementation of development projects. Since 1989 YCI has successfully involved over 2000 Canadian youth volunteers in the implementation of our programs in developing countries such as Tanzania, Guyana, Costa Rica, and Vanuatu.

Each year we work with the staff at YCI to determine which African programs are in need of support. Through fundraising efforts and matched donations from travellers we have provided financial assistance to the following YCI programs:

The Planeterra Foundation has supported YCI's work in improving young men and women's lives in Tanzania. The ravages of HIV/AIDS combined with poor employment skills training for youth have led to a loss of hope and reduced opportunities for young people. YCI addresses these problems by implementing three-day employment skills training seminars and HIV/AIDS education workshops for young men and women across Tanzania. These seminars and workshops have reached over 1,000 rural Tanzanian youth during the coming year - youth who typically receive little in the way of HIV/AIDS education or employment skills training.

Planeterra has also supported the research of a pilot project so that YCI may develop new partnerships in Kenya and Ghana and continue to develop their valuable programs within Africa.

Your donation is critical to YCI and your support will help them to continue their effective and valuable work within Africa.

In South Africa, Planeterra supports the following community project:

Shalati Community Project

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

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

How you can help

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

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

Feedback

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

Newsletter

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

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

Travel Forum - The Watering Hole

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