

## Cape Town to Victoria Falls Adventure - DAFD

18 days: Cape Town to Livingstone

### What's Included

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- Fish River Canyon entrance, Sossusvlei Dunes entrance and transfers, Etosha National Park entrance with game drives (own vehicle), Okavango Delta 2 day/1 night excursion with entrance, game walks and dugout canoe trips, sunset boat cruise in Maun, guided bird watching walk in Maun, village visit with local guide in Gweta

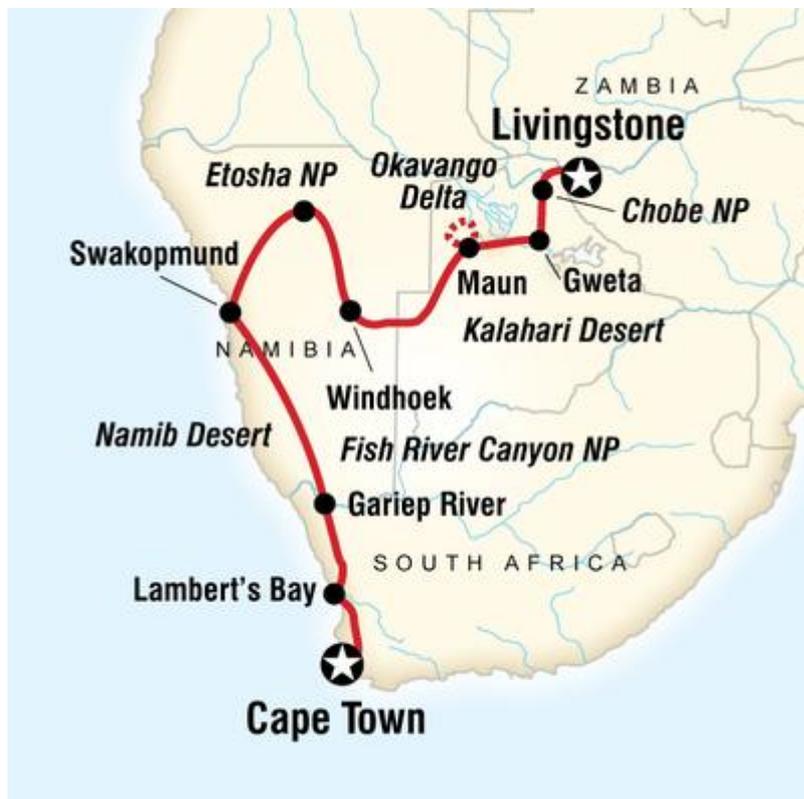
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one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

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

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

### Itinerary

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### What's Included

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Fish River Canyon entrance, Sossusvlei Dunes entrance and transfers, Etosha National Park entrance with game drives (own vehicle), Okavango Delta 2 day/1 night excursion with entrance, game walks and dugout canoe trips, sunset boat cruise in Maun, guided bird watching walk in Maun, village visit with local guide in Gweta

## Highlights

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Wandering through historic Cape Town, marvelling at Fish River Canyon, exploring giant sand dunes and Victoria Falls, tracking the Big Five, taking game walks and dug-out canoe rides.

## Dossier Disclaimer

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## Itinerary Disclaimer

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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

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1. This is not a physically demanding journey; however, travelling can be difficult, with long drives and poor road conditions at times. Despite this, most clients feel that the diversity of the African landscape, countries, culture and wildlife are all well worth the experience. We use a comfortable and safe air-conditioned touring vehicle for the long drives.
2. It may be required to show a Yellow Fever certificate if you are traveling to South Africa from a Yellow Fever endemic country.
3. Please note that this tour is a combination of several G Adventures tours. As such, your group CEO, fellow passengers, or vehicle may change between the individual tour sections.
4. Looking to add to your experience? Check out our Theme Packs! Specially designed for travellers with unique interests, theme packs are optional add-ons to your G adventures trip that make your adventure more you-centric. Theme Packs must be booked prior to departure, please see details in our optional activities field and ask you sales CEO.

## Group Leader Description

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On this tour, you will be accompanied by a group Chief Experience Officer (CEO) and an expert driver. The Chief Experience Officer (CEO) will be the group manager and leader. All of our leaders in southern Africa are registered and licensed tourism guides, meaning they've studied to have a broad knowledge base of the region's history, cultures, and wildlife, and are legally certified to lead/guide tours in the regions visited. Most of our leaders in the region are from South Africa, though it may be possible that you'll have a leader from another country in the southern African region.

As the group manager and leader, the aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places where are travelling, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. He/she will take care of the small things so you can concentrate on enjoying your adventure. In addition, as an integral part of the team, your driver is skilled and experienced driver who has intimate knowledge of the vehicle and routes travelled.

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

## Group Size Notes

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Max 18, avg 14.

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## Meals Included

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12 breakfasts, 1 lunch, 4 dinners.

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## Meals

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Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available in southern Africa. On this tour, we provide only a few meals for you and your group members, so as to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility in your choices. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though - while in the larger centres, your CEO will be able to suggest favourite restaurants during your trip.

Your CEO prepares the meals included in the Okavango Delta, arranging to purchase the foodstuffs before our bush camping excursion begins. Breakfasts will generally be cereals, if time allows a warm breakfast may be prepared. Lunches 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.

For the included meals, vegetarian meal requests and other dietary requirements need to be specified prior to arrival.

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## Meal Budget

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Allow USD425-500 for meals not included.

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## Transport

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Air-con touring vehicle, walking, mokoros.

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## About our Transportation

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For all of our standard class trips in southern Africa, including this tour, we use a private local bus for the journey. With air conditioning, and sliding windows, this style of transportation is a comfortable way to travel through the region. In addition, even with a full group of 18 travelers, there will be extra space for the benefit of the group. Having our own private vehicle throughout the tour allows us the flexibility of making stops when needed. In addition, we are able to travel to out-of-the-way locations where public transportation does not reach.

Road conditions in South Africa are generally good, though once in Namibia and beyond, the road quality deteriorates. As such, we slow our traveling speed and enjoy some sand and bumps en route – something which is of course part of the adventure of traveling in Africa!

In the Okavango Delta, we leave our bus behind and explore in the area in mokoros – traditional dug-out canoes. The mokoros usually seat 2 people and are handled by 'polers' – so named as they move the mokoro forward by using a very long pole pushed into the ground under the water. This is a relaxing and peaceful way to take in the fascinating environment and wonderful scenery of the delta.

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## Solo Travellers

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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.

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## Accommodation

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Hotels (4 nts), guesthouses (1 nt), lodges (4 nts), basic camping (1 nts), supported camping (6 nts), bushmen hut (1 nt),

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## My Own Room Exceptions

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Nights 5-6 Namib Desert; Nights 9-10 Etosha National Park; Night 14 Okavango Delta; Night 17 Livingstone.

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## About Accommodation

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## Hotel

9 nights in comfortable twin rooms with en suite or shared facilities.

## Lodge

1 night in standard rooms with en-suite facilities.

## Cabin/Huts

1 night are spent in simple Hut. Rooms are twin or single with shared facilities.

## Adventure Tents

2 nights are spent in simple Dorm/Adventure tents. Rooms are twin or single with shared facilities.

## Basic Camping (participative, please bring your sleeping bag)

1 night is spent in pitched tents in the Delta with very basic facilities (no shower, dig-out toilet). Tents are twin.

## Camping (participative, please bring your sleeping bag)

4 nights are spent in pitched tents in Etosha National Park and Solitaire Area. Tents are twin with shared ablutions.

## Joining Hotel

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Lady Hamilton Hotel

Address: 10 Union Street Gardens

Cape Town 8001

Tel: +27 (0)21 423 3888

Fax: +27 (0)21 423 7788

For the tour departing on Nov 20, 2013 your start hotel is:

Saasveld Lodge

73 Kloof Street Gardens

Cape Town

Western Cape

South Africa

+27 21 424 6169

## Joining Instructions

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

To take a taxi, leave the international terminal, cross the first road and you will see the taxi stand. Official taxis have the kilometre rate on the door. If you wish to take a shuttle to the city centre, when arriving at the international terminal, turn immediately left and walk straight ahead and you'll see the shuttle services desk. Cost is approximately 80zar.

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

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

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

## Arrival Complications

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

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Should you need to contact G Adventures during a situation of dire need, it is best to first call our local G Adventures emergency number. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

G Adventures South Africa Emergency Number:

From outside South Africa: +27 82 5757 434

From within South Africa: 082 5757 434

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

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

Calls from UK: 0844 272 0000

Calls from Australia: 1 300 796 618

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

## Finishing Point Instructions

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The tour ends in Livingstone on Day 21 after breakfast.

## What to Take

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You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labelled and restricted to one soft compact suitcase (please avoid a hard-top case), or sports bag, maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced and space on vehicles is limited. Porters are not often available, so be prepared to carry your own bags. 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. During the winter months (May to October), the temperatures can get quite cold in Namibia and Botswana. It is wise to bring plenty of layers for cool mornings and evenings. A set of smart casual clothes is also advisable.

## Checklist

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Suggested Items:

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

- Camera and extra memory card/film
- Extra batteries (recommended)
- Electricity Plug Adapter

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

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

Documents:

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

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Please note that you will be on the move a lot, and as such there will not be a lot of time for same-day laundry service. Please ask your guide/CEO to arrange if any laundry needs to be done, so that he / she can advise or make arrangements for you. Most travellers on this trip find that Swakopmund and Windhoek are convenient places to get their washing done, though facilities are available as well in Cape Town, Lambert's Bay, and Livingstone.

## Visas

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

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

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

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

South Africa

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

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

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

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

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

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

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, Lienchtenstein, Luxemburg, Malaysia, Macau (SAR), Malawi, Mauritius, Mozambique, New Zealand, Netherlands, Norway, Portugal, Russian Federation ( Including States

of the former U.S.S.R), South Africa, Singapore, Spain, Swaziland, Sweden, Switzerland, Tanzania, United Kingdom, United States of America, Zambia, Zimbabwe.

Other categories must obtain VISAs

Visa costs

Please enquire with your agent or closest embassy.

Botswana

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

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

Visas cannot be obtained at the border.

Countries that does not require a visa for Botswana

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

Countries that do require a visa for Botswana

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

Visa costs

Please enquire from your agent and/or embassy.

Zambia

[http://www.zambiaimmigration.gov.zm/index.php?option=com\\_content&view=article&id=93&Itemid=118](http://www.zambiaimmigration.gov.zm/index.php?option=com_content&view=article&id=93&Itemid=118)

[http://www.zambiaimmigration.gov.zm/index.php?option=com\\_content&view=article&id=92&Itemid=117](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

For a daily visa update visit, please have a look at [www.the-gsa.co.za](http://www.the-gsa.co.za).

## Detailed Trip Notes

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### REGIONAL INFORMATION

#### Climate

Southern Africa is renowned for its excellent outdoor living climate. The winter months are from May to September and are characterized by cold nights and pleasant days. Summer is from October to April and starts off with increasing dry heat and dust. Rains generally only start from mid to late December and last until March; this period is hot and humid.

#### Electricity

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

#### Language

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

### ITINERARY

#### SOUTH AFRICA

Full country name: Republic of South Africa

Area: 1,221,037km<sup>2</sup> (447,443mi<sup>2</sup>)

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

#### HISTORY

Recommended reading: Long Walk to Freedom (Nelson Mandela), A History of South Africa (Leonard Thompson), Cry the Beloved Country (Alan Paton), No Future Without Forgiveness (Desmond Tutu)

#### Namibia:

Full country name: Republic of Namibia

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

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

Capital city: Windhoek (pop 161,000)

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

Religion: Christian, Lutheran, native religions

Government: Republic

President: Hifikepunye Pohamba

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: Seretse Ian Khama

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 months export earnings, rather than the six months earnings it takes most other African countries. With the amount of for ex saved up the country could survive with no income for 36 months. Botswana has the world's highest birth rate at 3.5%, and average women have 5 children. The country has a strong currency, the Pula meaning rain and the Thebe meaning raindrop. Government policies and poaching: Their policy on tourism is "high cost and low impact" therefore rather having a few less tourists and charging more money for the privilege of a visit to a park or similar. The country has a very good army, which has an anti poaching unit. Poaching has in the past been a problem in the country but in now almost under control. The army is allowed to shoot to kill without asking questions if you are caught poaching. Rhinos are very few due to poaching and they have breeding programs in place.

#### ZAMBIA

Full country name: Zambia

Area: 752,615km<sup>2</sup> (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: Rupiah Banda

Currency: Kwacha

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

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

#### INTERESTING FACTS

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

### Spending Money

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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

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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 to the South African Rand.

In Botswana, you pay with Pula (BWP) and the official currency of Zambia is the Zambian Kwacha, denoted by ZMK.

It is advisable to pay in US\$ in Zambia, as it is not that easy to get a good exchange rate, however, change will then be in Kwacha.

Each of the countries visited on this tour has their own currency, and all can be obtained locally by changing foreign currency or by using ATMs (where available) which will disperse local currency. Your CEO will inform you where you can change money throughout the tour and approximately how much money you will need for each country.

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

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

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

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

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

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

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

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

Please note that in many areas there may be occasional power-outages, where there will be no electricity for hours at a time. In addition, ATMs outside of larger centers often run out of cash or can be out of order unexpectedly. These factors could affect your ability to access money from ATMs. As such, please do not rely on credit or debit cards as your only source of money. A combination of foreign currency and debit/credit cards for cash advances is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com).

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## 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!

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## Departure Tax

There is currently no departure tax leaving Zambia.

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## 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: up to the discretion of the guest.

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## Optional Activities

### CUSTOMIZE YOUR ADVENTURE

Our trip designers work very hard to assemble the life-altering experiences that fill this brochure. 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:

### OKAVANGO DELTA BY PLANE

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

### 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

Lambert's Bay Area

Visit to the Bird Island \$3

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

Etosha

Game drives (in open-air safari vehicles)

Evening drive- \$80 p/p

Morning & day drives- Prices on request

BOTSWANA

Ghanzi

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

Traditional dancing- \$10p/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

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)

## Health

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

We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure. Travelers should also carry a basic first-aid kit, 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.

Yellow Fever Certificate Note:

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

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

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

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

**BOTSWANA (Malaria Area):** Water in the towns and villages, reassuringly, is perfectly safe to drink, BUT Bottled water is the safer option. It is recommended to visitors, though - those who want to take sensible precautions - that they are vaccinated against hepatitis A & B, which are common diseases, before entering the country. Malaria Area - please take anti malaria medication when travelling to Botswana.

**NAMIBIA:** Bottled water is the safer option when travelling in Namibia.

**ZAMBIA:** Vaccinations for cholera and tetanus are advised. Malaria is virulent in the low lying areas of the country which include most of the good wildlife destinations. Take prophylactics two weeks before arrival and continue two weeks after leaving. Your chemist or doctor can advise you of the most suitable drug available as certain drugs lose their effectiveness.

Tap water in the major towns is purified and perfectly safe to drink. In the more remote areas always boil it first, except if you're staying at a lodge or hotel where drinking water is boiled already. Bottled water available in bigger cities.

## Safety and Security

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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/](http://www.gadventures.com/travel-resources/safety/)

## Trip Specific Safety

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**GENERAL:** Look after your personal items. Do not leave your valuables visible in a car or hotel room. Lock your hotel room door when you enter and when you leave. Do not carry large amount of cash on you. Avoid displaying flashy jewellery and carry your camera in its pack on your shoulder rather than around your neck. Keep your passport, airline tickets, money, important documents locked up in your room/safe - do not carry it with you. Vital Information when you are staying the KNP or any Reserve: Please ensure that your stay is happy and safe by taking note of a few simple warnings. You will be sharing your stay with many exciting and unusual creatures but without knowledge some of them could be dangerous: Example: Bats, Spiders, Snakes, Scorpions, Malaria Zone. If you must walk around at night please DO NOT DO SO WITHOUT A TORCH. Remember: by feeding any wildlife, you are signing their death warrant as they become aggressive!

**NAMIBIA:** Always be alert of animals that are wandering too close to the road. Both domestic and wild animals frighten easily and can jump directly in front of the moving vehicle. If possible, avoid travelling at night. Some wildlife tends to be more active at dusk. Always be on the look-out for sandy patches, potholes and sharp bends in the road. In rainy or wet conditions beware of slippery roads, washaways, running and or stagnant water. Always have enough water (bottled) for the journey. NO matter how beautiful or gentle an animal may appear, the only safe way to look at it is from the safety of your vehicle.

**ZAMBIA:** Theft, however, is rife in the bigger towns and cities. Don't walk around with things you can't do without, like your passport or airline tickets. Carry minimum amounts of cash and keep it hidden or in a money belt and if possible, don't leave your car unattended. This is less of a problem in the rural areas.

## Medical Form

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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](http://www.gadventures.com/medical-form).

## A Couple of Rules

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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

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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

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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](http://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

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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](http://www.planeterra.org) or contact us at [info@planeterra.org](mailto:info@planeterra.org)

## Feedback

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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

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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/](http://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

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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](http://wateringhole.gadventures.com).