

ABSOLUTE AFRICA

The Classic Component MAKE TRACKS FOR AFRICA

This information pack has been put together so that you can prepare for your overland tour. It has been developed over many years of experience overlanding. Please read it carefully.

Departure dates for the Classic Component

Depart Nairobi			Finish Victoria Falls			Price	Local Payment
10	Jun	2023	18	Jul	2023	£1,850	US\$620
10	Jul	2023	17	Aug	2023	£1,850	US\$620
09	Aug	2023	16	Sep	2023	£1,850	US\$620
05	Sep	2023	13	Oct	2023	£1,850	US\$620
05	Oct	2023	12	Nov	2023	£1,850	US\$620
31	Oct	2023	08	Dec	2023	£1,850	US\$620
19	Dec	2023	26	Jan	2024	£1,850	US\$620

Countries visited: Kenya • Tanzania • Malawi • Zambia • Zimbabwe

Highlights: Sheldrick's Elephant Orphanage • The Giraffe Park • Great Rift Valley • The Masai Mara • Nakuru National Park • Lake Naivasha • Elsamere for afternoon tea • Hippo cruise • Hells Gate National Park • Crater Lake Sanctuary • Maasai boma • Serengeti National Park • Ngorongoro Crater • Zanzibar Island • Spice tour • Snorkeling and scuba diving • Mnemba Atoll • Prison Island and the giant tortoise • Dolphin boat cruise • Red colobus monkey trek • Lake Malawi • Horse riding • South Luangwa National

Park • Great Zimbabwe Ruins • Matopos National Park • Lake Kariba Houseboats • Rhino trek • The Victoria Falls • Whitewater rafting on the Zambezi • Flights over the Falls • Bungee jump • Abseil/Gorge swing • Sunset cruise

Safari structure: This safari runs from Nairobi, Kenya, to Victoria Falls allowing you to experience an extraordinary diversity of wildlife in game park after game park, visiting stunning landscapes from the Rift Valley lakes, vast savanna plains, the exotic Zanzibar Island, Lake Malawi and the mighty Victoria Falls. We also visit local villages and markets, including those of the vibrant culture of the Maasai, and enjoy the excitement of various adventure sports and activities such as walking with lions, as well as whitewater rafting, gorge swings and bungee jumping.

The Classic Component is a component of a longer safari. Along the way you will meet travellers who may be doing longer or shorter components of this program.

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Flights

When arranging your flights we suggest that you arrive the day prior to departure. The last few days of the trip we can spend on either side of the Falls, on either the Livingstone, Zambian side, or the Victoria Falls, Zimbabwean side, and flights for the end of your trip can be arranged from the airport on either side of the Zambezi river. We are currently finishing on the Zimbabwean side, but this isn't always the case.

So as not to miss any time at The Falls for activities, we advise booking flights out the day after your trip ends.

At certain times of the year flight availability can become very tight and if you delay your booking you might have to pay a higher price. Please organize your flights as soon as you can if you decide to travel.

The usual flight arrangements for this trip are sometimes known as 'open jaw' flights. These allow you to fly in to one destination and out of another. If searching online these are often called 'multi-city' or 'multi-stop' tickets.

There are several airlines that fly in to Nairobi and out of Johannesburg including British Airways, Kenya Airways, Air France, Virgin and Qatar.

South African Airways offer flights from either Victoria Falls or Livingstone to Johannesburg, as does BA/ComAir. The popular budget carrier that flies from Livingstone to Johannesburg is Kulula (www.kulula.com). We also run a three-day safari between The Falls and Johannesburg if you don't want to fly. Contact the

office for further information.

If you are wanting to travel onwards to Cape Town Kulula also do connections from Johannesburg to Cape Town.

If wanting to fly onto Australia or New Zealand, British Airways and Qantas also have tie up Discovery flights flying London – Nairobi, then Johannesburg - Australia and/or New Zealand that are really popular and well priced.

We can help you with a flight quote. Please feel free to call the office if you would like assistance.

We also run a three day safari between The Falls and Johannesburg if you don't want to fly this leg.

A friendly reminder - When purchasing flights to check whether your flight ticket already includes departure tax (if applicable) for the country you are flying out at the end of your trip. If it does not, remember to keep the necessary funds aside in USD to make this payment at the end of your trip.

Insurance

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Your safety and enjoyment when traveling with Absolute Africa are of the utmost importance to us, which is why it is essential that you have arranged adequate travel insurance to cover the entire duration of your trip.

We are happy to introduce you to specialist insurance brokers Campbell Irvine, underwritten by AWP P&C SA. The cover includes a 24-Hour Worldwide Emergency Medical Service who are expert in providing friendly and professional emergency help.

Click on the following link to the page on our website to find out more:
<http://www.absoluteafrica.com/Insurance>

Do note that is a condition of booking that you have contacted your insurers to confirm that the cover you have arranged is appropriate for ALL your requirements, taking into account the remote nature of overland travel, and that any hazardous activities you may intend to undertake are fully covered, including whitewater rafting on grade 5 rapids, scuba diving, trekking Kilimanjaro, volunteer work, tandem sky diving and bungee jumping.

When selecting insurance carefully consider the cancellation policy, as well as cover for any valuables you might take. If you buy insurance in the UK you should check that your policy is valid if you are a non-UK resident and the provision for one-way travel if this is required.

Remember when travelling it is important to take all sensible precautions in regards to your security, safety and health, including taking precautions to avoid illness such as malaria. We advise you to make an appointment with a travel clinic as soon as possible after deciding to travel. Your travel insurance might also be affected by the relevant government's Travel Advice for the countries on your route. Do stay up to date with the latest official government Travel Advice.

Visa requirements for the Classic Component

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Your passport needs to be valid for at least 6 months after your trip finishes. Ensure also that you have enough pages in your passport for each country you visit. As a guide then, for the Classic Component Safari you will want to have a minimum of 8 blank pages (sides).

If you have dual nationality you can only use one passport for the entire trip, but bringing both passports is a wise back-up strategy. You can find more information in the different country listings on the FCO's website (www.fco.gov.uk) under 'entry requirements'. Do be aware it can be illegal to travel in Africa on two passports.

At present please note that all travellers must apply online for a visa for Kenya and Malawi prior to arrival. Visas for other countries for most passport holders including British, Australian, New Zealand, Irish, South African, German, French, Dutch, Canadian and American passport holders can be arranged in Africa en route. Visas are payable in US Dollars cash.

Below is an estimation of current visa requirements and their cost:

Passport	<i>Kenya</i>	<i>Tanzania</i>	<i>Malawi</i>	<i>Zambia</i>	<i>Zimbabwe</i>	<i>Total No.</i>	<i>Total in USD</i>
Australian	\$50	\$50	\$50	-	\$30	4	\$180
New Zealand	\$50	\$50	\$50	-	\$30	4	\$180
South African	-	-	-	-	-	0	\$0
Canadian	\$50	\$50	\$50	-	\$75	4	\$225
American	\$50	\$100	\$50	-	\$30	4	\$230
British	\$50	\$50	\$50	-	\$55	4	\$205
German	\$50	\$50	\$50	-	\$30	4	\$180
French	\$50	\$50	\$50	-	\$30	4	\$180
Dutch	\$50	\$50	\$50	-	\$30	4	\$180
Irish	\$50	\$100	\$50	-	\$55	4	\$255

The above information covers current visa requirements for British, Australian, New Zealand, Irish, South African, German, French, Dutch, Canadian and American passport holders only. If your passport is not detailed above please do not hesitate to contact the office if you would like further details of your visa requirements.

Be aware that visa requirements can change without prior notice. This information is given as a guide only. We do ask that you also check your personal current visa requirements with the relevant embassies well in advance before you travel. You are ultimately responsible for ensuring you have all required visas. For more information on visas check out www.projectvisa.com

Pre and post safari information

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The Classic Component safari departs from both the Heron Hotel at 8.30 am on the departure date, and from the Wildebeest Eco Camp at 9.15am.

We can reserve accommodation for you prior to departure in Nairobi at the Heron Portico Hotel, Jakaya Kikwete Road or Wildebeest Eco Camp, Mokoyeti Road West, which is about an hour from the Heron Portico Hotel, depending on traffic.

Accommodation options

THE HERON PORTICO HOTEL

Rooms are en suite and room service is available. There is an e-mail cafe as well as a swimming pool and a restaurant. The restaurant is open from 7.00 am for breakfast. There are also individual electronic safety deposit boxes in every room and this is inclusive of the accommodation.

Prices for the Heron Portico Hotel are

110 USD for a single en-suite room including breakfast (10,995 Kenyan shillings - KSH)

135 USD for a double en suite room or twin share en suite room including breakfast. (13,495 KSH)

Airport transfers can be arranged to the Heron Hotel . Prices are:

US\$25 (2,500 KSH) for 1 person

US\$17 (1,750 KSH) for 2 people

US\$15 (1,500 KSH) for 3 people or more

The Heron is payable on arrival in Kenyan Shillings or by credit card (Visa and MasterCard)

Cancellation penalties apply for 'no show' unless 24 hours notice is given. If your arrival in Nairobi is delayed, please ensure you contact the Absolute office or the Heron Portico Hotel in Nairobi.

Alternatively Wildebeest Camp offers slightly cheaper accommodation.

WILDEBEEST ECO CAMP

Wildebeest is a permanent-tented camp with dorms, budget rooms and safari tents including en-suite, based in peaceful gardens. Prices include a simple breakfast.

Wildebeest is payable in Kenyan Shillings, Euros, USD, GBP and credit card. Credit card payments attract a 5% charge.

The camp has a restaurant, bar, internet, and lockers in the dorms. Breakfast is served from 07:00am. The showers are usually hot.

Prices for the Wildebeest Camp are:

Dorm	32 USD (3,500 KES)
Single Garden Tent	50 USD (5,500 KES)
Double Garden Tent	77 USD (8,500 KES)
Single Cottage Room	77 USD (8,500 KES)
Double Cottage Room	110 USD (12,000 KES)
Single En-suite Garden Tent	95 USD (10,500 KES)
Double En-suite Garden Tent	118 USD (13,000 KES)

All prices include breakfast.

Airport transfers can also be arranged to the Wildebeest Campsite payable in KES. Prices are:

US\$20 - 25 (2,500 KES) for 1 person

US\$15 - 18 (1,500 KES) pp for 2 people

If your arrival in Nairobi is delayed please ensure you contact the Absolute office or the Wildebeest campsite in Nairobi.

Wildebeest campsite require 30 days notice to cancel a booking. All bookings cancelled within one month of arrival will be subject to a 100% cancellation fee.

Please note that all prices quoted in USDs are an approximation. Prices can vary dependant on the foreign exchange rate of the day.

Day Trips Available in Nairobi

Nairobi National Park

For our second day trip we can arrange a half-day visit to Nairobi National Park, which is the oldest park in Kenya. Lion, gazelle, oryx, zebra, giraffe, buffalo, cheetah and leopard are seen regularly, as well as rhino.

Price: Upon Request

Other options to consider before your safari

Climb Kilimanjaro: Arrive 7-9 days prior to climb to the 'roof of Africa', Kilimanjaro. A range of trekking routes are available. For further details contact us or visit <http://www.absoluteafrica.com/Climb-Kilimanjaro-with-Absolute-Africa>

Beach Stays on the Kenyan Coast: Arrive a few days early to unwind on the white beaches of the Kenyan coast. Prices from U\$22 pppn for stays in simple beach tree huts. Please contact us for further details.

Departure from Nairobi

On the departure date we will collect you from either from The Heron Portico Hotel, Nairobi, at 8.30 am, or Wildebeest Eco Camp at 9.15 am, depending on your location. We then head up country to Nakuru.

The crew will organise a meeting on Day One to go through all the basics you need to know about your safari, including health, hygiene, security and safety procedures. Please ensure you read the relevant sections in this dossier carefully. The crew will also collect the local payment, organise rosters and tent partners, show you how to put up your tent, and answer any questions you may have. There will probably be many aspects of going on an overland camping safari in Africa that will be very new for you, so do listen carefully.

should check in. When checking in you may need to show your Booking Voucher to demonstrate that you will be leaving Kenya on safari. Please remember to carry this with your personal documents.

Arriving in Kenya – Jomo Kenyatta International Airport, Nairobi

At the airport, the signs are in English and Swahili. There is always a bank open for international arrivals.

You will find a bank to your right after you collect your backpack before you go through Customs. You should change up enough money into Kenyan shillings for what you need until you meet the truck or can next get to a bank. Do remember you need to cover any meals you have before the trip starts, including breakfast for the morning of the departure as well as your accommodation and transfers prior to departure.

NB: For rough budgeting/banking purposes, in Kenya the exchange rate is currently 1US\$ =129 KSH (March 2023)

Traveling into Nairobi - The airport is situated 15km from the centre of Nairobi. The easiest way to get into town and to The Heron Portico Hotel is to use a taxi. For your own personal safety and security, do not get the local bus into town.

If you would like the Absolute Office to order a taxi for you ahead of time so that there is someone waiting for you at the airport when you arrive do let us know using the previously mentioned form.

If we book a cab in advance for you the cost is approx 1,750 KSH (approx USD 18) per person if 2 people or more payable with your hotel bill to the Heron, or 2,000 KSH (approx USD 19) per person to the Wildebeest. This is payable whether you use the taxi or not.

Alternatively the information desks at the airport can assist with taxis which can be hired out the front of the airport. Do ensure your taxi is licensed and appears in reasonable working condition. Remember also to confirm the fare before you climb in the taxi. The taxi to The Heron Hotel from the airport should be approximately 1,500 KSH (Approx US\$15), per person, and slightly more to Wildebeest.

Do be aware that anyone offering to assist you with your bags at the airport will expect a tip. You can say no politely. Expected tips for assistance with bags are around 100 KSH. It is wise to have a small amount of change readily available.

At the end of your overland safari

The Classic Component safari finishes in Victoria Falls. You can camp with us on the last night of the trip and the camping cost is included on the last night. We can book extra onwards accommodation if required.

Taxi transfers are between 16 USD and 30 USD, payable in USD cash depending on which airport you are using for your onward flights. Please talk with your group leader in regards to your transfer needs as well if you need any additional accommodation at the end of the trip until you fly out.

If crossing the border to fly out do remember to budget for your extra visa costs if necessary.

Remember if flying out from Livingstone as well that there is 25 USD airport tax from the Zambian side. A 5 USD security tax is also now applicable. If this is not included in your ticket, please have this ready.

Accommodation can be arranged on either side of the river as well. You should budget between 15 to 65 USD a night depending on availability and whether you wish to stay in a dorm or single room, payable in USD cash.

In Victoria Falls we can book rooms at Rest Camp where the group camps at the end of the trip.

Dorm room:	20 USD
Basic Twin/Double non a/c:	46 USD
Ensuite Twin/Double non a/c:	100 USD
Ensuite Twin/Double ac room:	120 USD

Airport transfer: 15 USD per person based on x2 people sharing. 30 USD for x1 person.

In Livingstone we recommend Jollyboys Backpackers where there are dorms and private rooms ranging from 15 - 65 USD. This can be booked online at <https://backpackzambia.com/>

Please return the form previously mentioned including your post-safari accommodation and transfer needs to the office 10 weeks before departure. Please also confirm your post safari requirements with your crew on the road.

Heading further afield

If you wish to visit the Okavango Delta for a mokoro safari have a look at our 6 day Botswana Safari visiting both Chobe National Park and the Delta. Price £785 including a game cruise in Chobe National Park and a two night mokoro safari. Do let us know if you would like to join us for this Add-On.

Health and immunisation

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Prior to departure it is essential that you contact a specialist travel medical clinic. Clinics such as Nomad Travel Stores and Medical Centre in London will provide you with the latest recommendations for travel in Africa.

You will need to have the required immunisations and start a course of anti-malarials prior to departure for this trip. Traveling to Africa will expose you to diseases and health hazards that you may not have come across before, such as malaria and waterborne parasites including bilharzia. You must consult a medical professional who specialises in travel medicine before you depart to discuss where you will be travelling in regard to the above, your immunisation schedule and any other requirements. Remember to start your vaccination program in good time, so that it is completed before you go. About six weeks is usually adequate, depending on how up to date you currently are.

Ensure you are well informed about any health concerns en route so you can stay fit and healthy to relax and enjoy your trip. The Lonely Planet publishes a medical travel guide for the region that may be of interest called 'Healthy Travel Africa'.

You may also like to check out the following websites:

www.fitfortravel.nhs.uk

www.dh.gov.uk

Suggested travel clinics in the United Kingdom

Nomad Travel Stores and Clinics

Tel: 01341 555 061

- Wellington Terrace, 3 Turnpike Ln, Wood Green, London N8 0PX,
- Beatty House, 1 Admirals Way, Canary Wharf, London E14 9UF, UK
- 11 S Molton St, Mayfair, London W1K 5QP, UK
- 65 London Wall, London, EC2M 5TU
- 52 Grosvenor Gardens, London, SW1W 0AU

There are also Nomad clinics in Bath, Birmingham, Bristol, Cardiff and Manchester.

Visit www.nomadtravel.co.uk for further information.

If travelling from Australia, Fiji, New Zealand, South Africa or destinations in Asia we recommend you contact Travel Doctor/TMVC. Their websites are at:

www.traveldoctor.com.au/

www.traveldoctor.co.nz

www.traveldoctor.co.za

There are travel clinics in many of the big centres in Australia, New Zealand and South Africa, as well as in Thailand, Singapore, Hanoi, Bali and Nadi.

Suggested immunisation requirements (This is a guide only)

The immunisations usually suggested for the countries visited on this safari are:

- Yellow fever - Vaccination must not be left any later than 10 days prior to departure and you must be able to show proof i.e. carry your certificate of vaccination.
- Typhoid
- Polio
- Tetanus
- Hepatitis A (three months)

- Meningitis
- Diphtheria
- Tuberculosis
- Other suggested immunisations - Hepatitis B, rabies.

It is essential to take a course of anti-malarials. It is best to discuss the type of anti-malarial medication you should take with a travel clinic such as Nomad. They will have the latest information on which medication is most effective in the countries through which you will be travelling. They can also advise on possible side effects and which drug might best suit you. Do follow all medical advice given with your prescribed medication. Do be aware that some anti-malarials can have negative side effects and also that your choice of drug needs to be appropriate to protect against strains of malaria specific to the regions in Africa through which you are travelling.

The choices usually suggested are:

Larium, taken x 1 a week

Doxycycline, taken x 1 a day

Malarone, taken x 1 a day

Do think about a reminder system for yourself so you remember to take your medication. If taking a daily medication such as an anti malarial do remember also to carry it with you on the plane in your hand luggage.

As well as your anti-malarials, you will need to bring a number of other medical items in a simple Personal Medical Kit. Medical kits can usually be bought at travel clinics. Alternatively lists as to the types of items you are advised to carry can be found in the 'What do I need to bring on safari?' section on page 19.

General information on avoiding malaria

The best way to avoid malaria is to guard against being bitten by mosquitoes and stick strictly to your chosen medication regime. To avoid against being bitten:

- Cover exposed skin thoroughly in insect repellent, such as DEET, from dusk to dawn, reapplying regularly. If applying with sunblock apply it above the sunblock.
- Ensure you carry enough DEET with you to Africa. It is not easy to get hold of mosquito repellent once on the road.
- Wear long sleeves and long legged light weight clothing in light colours as well as socks.
- Always sleep under a mosquito net or in a secure tent with all zips zipped up.
- Wear impregnated wrist and ankle bands.
- You may wish to treat clothing with permethrin.

Do be aware also your insurance cover may well assume you are on a recognised course of anti-malarials. If you don't take a recognised anti-malarial, it may affect your cover.

Other medical issues

You are reminded that the incidence of HIV AIDS is very high in the countries through which we travel. Sexual contact and dirty needles are the main ways that the disease is spread. Do take all necessary precautions. Use condoms. If having an injection do ensure that the needle is unwrapped in front of you.

You are advised also that the waterborne bilharzia parasite is present in many bodies of fresh water in Africa including sections of Lake Malawi. Bilharzia can be serious. Once diagnosed it is treatable but of course it is best to avoid getting infected. It is recommended also to have a medical check up including a blood test particularly to check for bilharzia upon your return from your safari as a precaution.

Please ensure you contact a travel health clinic prior to departure for the most recent professional medical advice. The above is given as a broad guide only.

Remember it is a condition of booking that you let us know upon booking or at the earliest opportunity if you have any medical conditions, and particularly if you are on regular medication.

It is wise to know your blood group particularly when travelling in the Third World. As this is the case, as a precaution on day 1 your crew will ask for your blood type can you please have this information available for them.

The Classic Component Safari itinerary

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Days 1 – 2: Nairobi, Kenya to Nakuru

We meet from the two collection points in Nairobi on the morning of Day One. From here we leave Kenya's bustling modern capital to head up country, stopping at the Rift Valley Lookout on the way to enjoy the panoramic views. You may well be tempted by the curio markets here, too.

Centred around the soda lake, Nakuru is the first game park on our itinerary. Famous for its flocks of both greater and lesser flamingo, these beautiful creatures feed on algae and crustaceans in the lake. The park is also a sanctuary for black and white rhino, lion, waterbuck, buffalo and Rothschild's giraffe to name but a few of the park's inhabitants. Leopard can be found in this park as well. We have a full day of game drives here in special safari vehicles.

Distance: 162 kms

Est. Drive Time: 4.5 hours

Meals: X2 Breakfasts, X2 Dinners

Included wildlife activity: Full day of game drives in Nakuru National Park.

Vehicle for game drives: 4x4 minivan with pop up roof

Days 3 - 4: Nakuru to Naivasha

Today we stop over at a children's orphanage Absolute Africa have been visiting for many years. We then travel on to set up camp by the freshwater lake of Naivasha for two nights.

Most choose to head to Elsamere in the afternoon to enjoy high tea on the grassy lawns under the huge yellow acacia trees overlooking the lake. A troop of black and white colobus monkeys often keep everyone entertained. Elsamere was the home of George and Joy Adamson who are famous for their time with Elsa and the other lions portrayed in the movie "Born Free".

The following day a visit to spectacular Hell's Gate National Park is always popular.

Rising from the floor of the Rift Valley, the towering cliffs and undulating grasslands of this relatively small park offers the rare opportunity to walk or cycle alongside herds of buffalo, zebra, eland, hartebeest, Thomson's gazelle and giraffe.

A relatively waterless volcanic landscape of tortured basalt cliffs, stark rock towers and scrub-clad volcanoes, complete with belching plumes of geothermal steam, the park has provided the backdrop to many a Hollywood movie. Most wildlife is found by the waterholes, and community guides are available to assist with tours visiting the dramatic winding water-gouged gorge, the Maasai Cultural Centre in the middle of the park and other features.

Alternatively a guided walk on the nature trail to the jade green Crater Lake set at the bottom of a small volcanic crater found on the western shores of Lake Naivasha can be arranged. Here we can often see flamingo, as well as zebra, giraffe, eland, buffalo and impala.

We can finish the day on a hippo cruise - a fun and thrilling boat ride to enjoy the natural environment, thick with water lilies. Watch and listen for birdlife – storks, cranes, egret, ibis, pelicans and fish eagle - and of course the resident hippo. You can also elect to do a guided walk with the cruise.

Distance, Day 3: 70 kms

Est. Drive Time, Day 3: 3 hours incl. stop for shopping

Meals: X2 Breakfasts, X2 Dinners

Optional excursions: Cycling in Hells Gate National Park, guided walk to Crater Lake Sanctuary, hippo cruise, Elsamere for afternoon tea

Day 5: Naivasha to Loita Hills

This morning we leave Naivasha for Kenya's most visited protected area, the Masai Mara reserve, which has been declared one of the natural wonders of the world. We stop overnight at Loita Hills for a stay with the Maasai, East Africa's most renowned ancient people who proudly retain so many of their traditional

ways.

This afternoon we walk in the hills with the warriors to learn about traditional life in the bush. We will also visit a woman's village and the local hot springs. Traditional dancing is performed, and in the evening we spend time with some of the warriors around the fire to find out more about their culture.

Distance: 154 kms

Est. Drive Time: 5 hours incl. stop for shopping

Meals: X1 Breakfast, X1 Dinner

Days 6 - 7: Loita Hills to Masai Mara

Up early we have time for some "warrior training" this morning before we say goodbye to our Maasai hosts. Then we head on to the Masai Mara, Kenya's premier game park, for two days of game drives in special safari vehicles with a local guide.

The Mara is set on a remote plateau, and is perhaps best known for being part of the setting for the famous wildebeest migration, a mass movement of up to 1.5 million wildebeest, accompanied by 600,000 zebra and Thomson's gazelle.

The migration moves between the plains of the Serengeti in Tanzania and the Masai Mara in Kenya. Numerous documentary teams have captured the treacherous river crossings of the Mara and Talek Rivers. Apart from ever watchful crocodiles found in and by the rivers, other predators, particularly lion, cheetah and hyena, closely follow the herds on their seasonal migrations adding to the drama. The Mara is particularly famous for its lion population as well as cheetah and leopard. On the months when the migration arrives any time from mid June vast herds can be regularly found on the grassy plains. The herds tend to stay on through to October by which time they are in the main heading back south to the Serengeti in Tanzania.

Regardless of the season there is always plenty to see in this world-renowned park. Apart from the migratory herds, and predators, elephant and buffalo also wander the plains and fat pods of hippo wallow in the mud-brown rivers. There is a great chance to see eland, warthog and giraffe as well as an immense variety of bird life with well over 550 recorded species of bird noted here. There are also a few treasured rhino in the park that are very closely monitored as they are so endangered.

Distance, Day 6: 60 kms

Est. Drive Time, Day 6: 2 hours to the park gate, then slow transit to camp

Meals: X2 Breakfasts, X2 Dinners

Included wildlife activity: X1 morning and X2 afternoon game drives in the Masai Mara

Vehicle for game drives: 4x4 open Land cruiser with pop up roof

Optional excursion: Balloon safari

Days 8 - 9: Masai Mara to Nairobi

Up early for our last game drives in the Mara we head out one more time wildlife spotting, before departing for the drive back to Nairobi.

The next day is a free day in Nairobi with the option to visit the Giraffe Centre and Sheldrick's Elephant Orphanage in the morning.

Tonight we enjoy a hot shower and then head out for a fun night out in one of Nairobi's famous restaurants.

Distance, Day 8: 300 kms

Est. Drive Time, Day 8: Short morning game drive, then 6.5 hours to Nairobi incl. lunch stop and photo stops

Meals: X2 Breakfasts, X2 Dinners (incl. contribution to night out)

Included wildlife activity: Morning game drive, Masai Mara

Vehicle for game drive: 4x4 landcruiser with pop up roof

Optional excursions: Meal out at a restaurant, Giraffe Centre, Sheldrick's Elephant Orphanage

Day 10: Nairobi, Kenya to Arusha, Tanzania

We head off on the drive across the Athi plains to the border into Tanzania and on to Arusha, the safari capital of northern Tanzania.

Over the next three days there is the option available to visit what is known as the northern circuit which takes us into the world famous Serengeti and the Ngorongoro Crater. We finalise arrangements over dinner tonight at our camp in Arusha.

Distance: 278 kms

Est. Drive Time: 6 - 7 hours (depending on the border)

Meals: X1 Breakfast, X1 Dinner

Days 11 - 13: Arusha camp

Optional safari into the Serengeti and Ngorongoro Crater

Three days are allocated to allow time for a safari into Tanzania's world famous game parks –The Serengeti and Ngorongoro Crater – which most in the group choose to do.

Day 11: Rising early, those going on safari head out with a local guide in the 4x4 vehicles that have pop up roofs. Our journey heads to the Ngorongoro Gate, and through the Conservation Area in transit to Serengeti where we have 24 hours. Across these two parks – the Serengeti and Ngorongoro Crater - wildlife viewing is regularly exceptional.

Once in the Serengeti we see the famous kopjes, small hills of rocks from where lions dozing in the sun nonchalantly oversee the surrounds, keeping an eye out for their next meal. Multi-coloured agama lizards can also be seen basking in the sun and golden jackal tussle over a kill in the grasses.

The Serengeti is a continuation of the same ecosystem across which the spectacular wildebeest migration travels, a mass movement driven by the rains, and the herds' endless search for water and good grazing. To encounter one of the countless wildebeest herds in a bleating, snorting dust - kicking motion on the famous migration moving across "Siringet" the "endless plains" is an experience of a lifetime.

We spend the night camped within the Serengeti with the sounds of the African bush around us. It is quite an experience to be in a tent with just the canvas between you and any wildlife that is out there.

Day 12: Game viewing is often at its best early in the day, so we rise early again to explore more of the Serengeti.

We leave the famous Serengeti plains by mid afternoon to enter more mountainous terrain.

Our drive is also taking us through Maasai lands as well, and the traditional herdsmen can be seen throughout the region. En route we stop to visit a Maasai boma.

Tonight we camp near the rim of the Ngorongoro Crater. We are at altitude here, so wrap up warm tonight.

Day 13: This morning we are up before sunrise to visit Ngorongoro Crater. The Crater is a perfectly intact volcanic caldera and known as the 'Noah's ark' of game reserves. During our morning game drives we might view the 'big 5', lion, leopard, elephant, rhino and buffalo, as well as plains game peacefully grazing including zebra, gazelle, impala and wildebeest. Hippopotamus can usually be found lolling in the pools and Lake Magadi can be rimmed with the pink of greater and lesser flamingo.

During our safari depending on our timing we can stop over in local markets where Maasai display their ebony carvings, spears and beadworks for those who wish to do some shopping.

For those that don't head out on this set of safaris you can relax in camp and spend time in Arusha which has busy markets, a shopping mall, coffee shops and internet. A camel safari can be arranged to visit a Maasai village as well as a visit to Shanga, a social enterprise community based bead factory. You can visit in the extensive Maasai Cultural Centre and Museum, and visit the Snake Park which has a large collection of reptiles as well as a Maasai display.

Back in Arusha we all enjoy a group barbecue to celebrate.

Distance, Day 11: 175 kms to the Conservation Area gate

Distance, Day 13: 175 kms from the Conservation Area gate

Est. Drive Time, Day 11: 3 to 4 hours
Est. Drive Time, Day 13: 3 to 4 hours
Meals, Day 11: X1 Breakfast
Meals, Day 12: None
Meals, Day 13: X1 Dinner

Optional excursions for Days 11 to 13: Three day/two night safari with game drives in both the Serengeti and Ngorongoro Crater in open top 4x4 vehicles (incl. x2 dinners, x3 lunches, x2 breakfasts), Balloon safari, Maasai boma visit, Olduvai Gorge Museum (Please note this visit is dependent on road conditions and time constraints. We also require advance notice prior to the tour departure).

Days 14 – 15: Arusha to Marangu

We travel to Marangu today at the foot of Kilimanjaro, Africa's highest mountain and the highest free-standing mountain in the world.

Here we spend two nights and have the opportunity to explore, including the option to take a day hike to Mandara Hut, 2,700 kms from the base of the mountain. This is a beautiful walk through tropical forest and on clear days there are special views of both the Kibo and Mawenzi peaks of the mountain.

Alternatively there is the chance to do a day tour of the Marangu area to visit the village to learn more of local life, to visit a coffee plantation and a nearby waterfall.

Distance, Day 14: 120 kms
Est. Drive Time, Day 14: +/- 3 hours
Meals: X2 Breakfasts, X2 Dinners

Optional excursions: Kilimanjaro day hike, Marangu day tour

Day 16: Marangu to Bagamoyo or Dar es Salaam

We continue our journey south, travelling through lush surroundings and the stunning Usambara mountain range, before sleeping over at a coastal campsite either in Bagamoyo or in Dar es Salaam 70 kms further south. Bagamoyo itself was one of the first landing points for the Arabian slavers.

We make final preparations for the optional excursion on Zanzibar Island. The core arrangements are made well ahead of time so we are assured our groups are comfortable in the popular beach cottages to the north of the island at Kendwa and for a night in a local lodge in the traditional capital. The time is yours to relax and do as you please. The tour leader travels over to the island with the group as well to ensure that all runs smoothly.

Distance: 485 kms (545 kms if to Dar)
Est. Drive Time: 9 - 10 hours incl. lunch stop (11 - 12 if to Dar es Salaam)
Meals: X1 Breakfast, X1 Dinner

Days 17 – 20: Optional stay on Zanzibar Island

You now have the opportunity to have a break from camping and truck life for five days on Zanzibar during which you can relax and enjoy all on offer on this tropical paradise.

The tour leader travels over to the island with all those who book to visit the island to ensure that all runs smoothly. We make the core arrangements well ahead of time, so we are assured our groups are comfortable in popular beach cottages to the north of the island and for a night in a Lodge in the traditional capital, Stone Town.

Heading north we arrive at the palm fringed white sand beaches at Kendwa to check into our beach accommodation - swim and snorkel off Kendwa in the crystal clear waters of the Indian Ocean, enjoy some beach volley ball and locally caught fresh seafood.

For those that want to snorkel further afield a snorkelling excursion to Prison Island with its Aldabra giant tortoise can be arranged, as well as to Mnemba Atoll. Scuba diving can be arranged from one of the Dive Centres. Another popular option is to explore the mangrove walkways of Jozani Forest and view the rare red colobus monkeys.

On the last day we spend time in the traditional capital, Stone Town including a short spice tour to find out a

little about the spice trade that dominated the island's history, as well as the slave trade.

Distance, Day 17: 60 kms Bagamoyo to Dar es Salaam

Est. Drive Time, Day 17: Up to 2 hours Bagamoyo to Dar es Salaam

Meals, Day 17: X1 Breakfast

Optional excursions whilst on Zanzibar: Stone Town City tour, snorkelling, scuba diving, Mnemba Island, Turtle Sanctuary visit, Prison Island with a visit to the Aldabra tortoise, Jozani Forest to view the red colobus monkeys

Day 21: Zanzibar Island to Morogoro

We leave Zanzibar Island today and transfer via ferry to the mainland to rejoin the truck and to start our journey south. We have an overnight stop in Morogoro.

Distance: 194 kms

Est. Drive Time: 6 hours

Meals: X1 Dinner

Day 22: Morogoro to Iringa

The next day we travel through Mikumi National Park, where we often see elephant, giraffe, zebra and antelope from the roadside. We pass through Baobab Valley with its ancient and monumental baobab trees dominating the scenery on our way to our overnight campsite at the Old Farmhouse in Iringa.

Distance: 310 kms

Est. Drive Time: 9 hours incl. lunch stop

Meals: X1 Breakfast, X1 Dinner

Days 23 - 26: Iringa to Kande, Malawi

We are travelling now in the cooler mountainous region of the southern Rift Valley before crossing into Malawi, the 'warm heart of Africa' to camp by Lake Malawi on a couple of its popular beaches.

Lake Malawi is the third largest lake in Africa, taking up 20% of Malawi's total landmass and created by the chasm provided by the Great Rift Valley.

Known as "the Heart of Africa" you will be struck by the warm welcome we receive here as well, despite Malawi being one of the poorest countries en route. We have the chance to visit a couple of local schools and this is a great opportunity to immerse yourself in traditional village life. Try bartering too with local craftsmen selling beautiful carvings including the traditional Malawi chairs, and enjoy sharing in a village meal during our stay.

We can fish, as well as try a variety of water sports, including snorkeling, hiring a pedalo, canoeing and scuba diving. Lake Malawi contains an unprecedented variety of aquatic life, such as the brightly coloured mbuna cichlid fish. Scuba diving and snorkelling are popular excursions here - activities that have been described as comparable to diving into a fish tank! Horse riding in and by the lake is also very popular.

Kande Beach particularly is a popular stop for a party. The Malawi markets are also the markets to raid for the latest in fashion attire if the group decides on an Absolute Bad Taste Party.

Distance, Day 23: 498 kms

Distance, Day 24 or 25: 235 kms

Est. Drive Time, Day 23: 12 hours incl. lunch and fuel stop and depending on the border

Est. Drive Time, Day 24 or 25: +/- 5 hours incl. stop for shopping

Meals: X4 Breakfasts, X4 Dinners

Optional excursions: Water sports, including snorkelling, canoeing, scuba diving and pedalo hire, horse riding, village walk, wood carving lesson.

Days 27 – 28: Lake Malawi to South Luangwa National Park, Zambia

We travel to Zambia today, heading for one of the country's treasures – South Luangwa National Park. Slightly off the beaten track, Luangwa is a stunning national park with high populations of game, including 60 different animal species and 400 different bird species.

On our full day in the park, we have time to relax by the pool and enjoy the wonderful African bush surrounds, with the chance for a game drive or walk in the morning and also in the evening. The evening drive gives you the chance to see some of Africa's nocturnal and more elusive animals such as the leopard and genet.

Distance, Day 27: 600 kms

Est. Drive Time, Day 27: +/- 11 hours (depending on the border) and incl. stops for shopping and lunch

Meals: X2 Breakfasts, X2 Dinners

Included wildlife activity: X1 game drive in South Luangwa National Park

Vehicle for game drive: Open 4x4 safari vehicle

Optional excursions: Extra game drive or walk, South Luangwa National Park

Days 29 - 30: South Luangwa to Lusaka

We now make our way towards the capital. Upon reaching Lusaka on day 30, we have a chance to get to internet, the bank and also stock up on supplies in a large supermarket.

Distance over two days: 560 kms

Est. Drive Time, Day 29: +/- 6 hours incl. stop for lunch and shopping

Est. Drive Time, Day 30: +/- 6 hours

Meals: X2 Breakfasts, X2 Dinners

Day 31 – 32: Lusaka to Lake Kariba, Zimbabwe

Optional stay on Lake Kariba houseboats

From Lusaka we travel to the Kariba border and cross into Zimbabwe. Arriving at Lake Kariba we hire a houseboat to set sail into Matusadona National Park.

The houseboat allows us two nights away from the truck and camp life again, relaxing on the man-made Lake Kariba. The houseboat crew prepare our meals and the boats have bedrooms, a swimming cage (so you are protected from crocodile!), a jacuzzi and an entertainment area. We travel whilst on the houseboat into Matusadona National Park, which was a refuge established for animals saved when the valley was flooded. Watch game by the water's edge – elephant, water buck and gazelles, crocodile and hippo, and fish from the tender boat for the ferocious tiger fish. The sunsets across the lake are truly unforgettable. This is nature at its best, as dawn breaks through the stark silhouettes of the driftwood trees, the silence only broken by the haunting cry of a fish eagle.

The boats have bedrooms, a jacuzzi and the houseboat crew cook our meals, so this is a fun change from camping and life on the road.

Distance, Day 31: 208 kms

Est. Drive Time, Day 31: 4 to 5 hours depending on the border and incl. photo stop Lake Kariba dam wall.

Meals: X2 Breakfasts, X2 Dinners

Optional excursion: Houseboat cruise on Lake Kariba

Days 33 - 34: Lake Kariba to Great Zimbabwe Ruins

We drive via Chinoyi to the Great Zimbabwe Ruins - the remains of the ancient capital of the Shona people which was constructed between the 11th – 15th century. There are three main areas of ruins known as Dzimba dzamabwe ("stone houses") from which modern-day Zimbabwe gained its name. These were formed using the dry stone technique, completely without mortar. The term "Great" distinguishes these rock constructs as different to smaller formations in the region and Great Zimbabwe are known to be the largest collection and most impressive ruins south of the Sahara.

Distance, Day 33: 249 kms

Est. Drive Time, Day 33: +/- 6 hours incl. shopping stop

Distance, Day 34: 440 kms

Est. Drive Time, Day 34: 9 hours incl. shopping and lunch stops

Meals: X2 Breakfasts, X2 Dinners

Day 35: Great Zimbabwe Ruins to Bulawayo

This morning we have a guided tour of the ruins before continuing our way to the city of Bulawayo.

Distance: 307 kms

Est. Drive Time: 3 - 4 hours

Meals: X1 Breakfast, X1 Dinner

Included Activity: Visit to Great Zimbabwe with guided tour

Day 36: Bulawayo

Here we head out for game drives and a rhino trek in Matopos National Park. Set in hauntingly beautiful terrain, formed over 2 billion years ago, we head out on safari to trek to see rhino here with one of Zimbabwe's most knowledgeable professional guides.

This is an area of spectacular scenery of large, balancing granite boulders, for which Mzilikazi, founder of the Ndebele nation, gave the area its name which is believed to mean 'Bald Heads' by some.

Cecil Rhodes and several other leading early white settlers are buried amongst the rocky outcrops. There are also very special San Bushmen cave paintings found in the hills. The Park is home to both, black and white rhino, giraffe, hippo, leopard and has a wonderful amount of birdlife including a large black eagle population.

Distance: 0 kms

Est. Drive Time: 0 hours

Meals: X1 Breakfast, X1 Dinner

Included wildlife activities: Game drive and rhino trek in Matopos National Park.

Vehicle for game drive: Open 4x4 safari vehicle

Optional excursions: Extra game drives in Matopos National Park, Afternoon visit to rock paintings and Cecil Rhodes' grave or a Ndebele Village.

Day 37: Bulawayo to Victoria Falls

Our final drive brings us to 'Mosi-Oa-Tunya', 'the smoke that thunders'. The Falls provide breathtaking views of sheer drops and raging waters. Mists from the Falls rise meters into the air and water a lush tropical rainforest on the rim.

Distance: 438 kms

Est. Drive Time: +/- 7 hours incl. a stop for lunch

Meals: X1 Breakfast

Days 38 – 39: Victoria Falls

Our last few days allow time to enjoy all the area has to offer – from adrenalin- activities to sunset cruises gliding on the placid waters. Try white water rafting in the gorge, a bungee jump or gorge swing, abseil or take a flight in a small craft over the Falls known as 'The Flight of the Angels'.

Wander the rainforest beside the Falls and explore the different views of the Falls along the way. Horse riding is also on offer. There are also a good number of bars and restaurants, and a variety of markets. This is the perfect place to enjoy the last few days of your overland adventure.

Distance: 0 kms

Est. Drive Time: 0 hours

Meals: None

Optional excursions: Whitewater rafting, riverboard, bungee jump, gorge swing, flying fox and zip line, 'Flight of the Angels', canoe trip, horse riding, a sundowner cruise

Please note: Itineraries are given as a guide only. A safari is a journey and true journeys unfold. They are of an adventurous nature. The unexpected can arise, so do allow for this. Feel free to give us a call about your safari plans. We look forward to having you onboard

Zanzibar Island

As part of your safari we offer the option to go over to exotic Zanzibar Island for a 4-night stay in bed and breakfast accommodation. Three nights are spent in beach bungalows to the north of the island and then one night is spent in a lodge in the traditional ancient capital, Stone Town. We also organise a spice tour which provides a fun and fascinating glimpse of the history of the island. We visit the ruins of the Maharubi palace and plantations where exclusive fruits and spices are grown, the island's history being based around the spice trade. Otherwise the time on the island is yours to relax, enjoy the beach, warm waters and fresh seafood. There is a scuba diving centre beside the bungalows and snorkeling is also easily arranged from here.

Accommodation and other arrangements on Zanzibar Island can book out. We have found it best, over many years of overlanding, to prearrange bookings well ahead of time to avoid disappointment and ensure all runs smoothly. If you would like to travel over to the island and stay together with your group and safari leader, these arrangements can be paid for before departure. Paying for these arrangements ahead of time also reduces the amount of cash you need to carry with you to Africa and particularly over to Zanzibar, which is a significant advantage. Most join in with these arrangements on the island, opting for shared accommodation in doubles or triples. Singles are also available, for which there is a supplement.

Money and budgeting

When costing an overland safari the areas you need to consider are:

Before you go...

1. Your price
2. Your airfare
3. Immunisation and anti-malarials
4. Zanzibar Island stay
5. Insurance
6. Equipment

Step off the plane in Africa with...

7. Spending money – this is very individual and often depends on how much you drink. A suggested budget would be 800 - 950 USD.
8. Local payment – 620 USD
9. Optional excursions – The average amount people usually spend who are wanting to do most optionals on the trip is between 370 - 1,300 USD.
10. Visas: Up to 305 USD depending on nationality
Purchasing visas in Africa in \$US dollars for the above passports is currently cheaper than buying ahead of time.
11. Pre and post safari costs.

Please note: You need to carry money with you out to Africa to cover Items 7 to 11 (i.e. for your spending money, local payment, optionals, visas and pre and post safari costs). The figures above are conservative estimates for average spending per person on safari. There is a lot of variation in how much spending money individuals need as it is dictated by personal choice, as is your budget for optional activities.

We have no control over local operators' charges and new or other options that become available after our date of printing. Nor can we control exchange rate fluctuations, which can impact on budgets as some items are only payable in USD or are cheaper when purchased in USD. USD often tends to be the preferred currency. Figures quoted are based on regular information we receive from operators, passengers and crew in the past 12 months. You are advised that prices do go up and down very regularly. Our aim is to keep you informed of the most recent prices. In general you will often find that whilst some prices are underestimated at other times they are overestimated.

How do I take this money to Africa?

We strongly recommend that you organise the money you want to take to Africa *before* you leave for your trip. Clients are currently organising their cash for their safari as follows:

USD cash

We are finding clients find it most convenient to take approximately 1,900 - 2,100 USD cash on this trip. This includes money for your local payment, visa payments, some optionals and occasionally to buy local currency when you can't get to a bank or forex bureau, assuming you are also carrying some sterling or euro cash to use for purchasing local currency for spending money as well.

Please note that in general USD notes need to be post 2008 and in good condition. When arranging your USD cash a range of denominations is probably the most convenient including a few 5 USD and 10 USD notes as well as 20s, 50s and 100s.

Remember you will need 50 USD for your Kenyan visa when you land at Jomo Kenyatta International airport in Nairobi unless travelling on a South African passport. Also do have suitable notes organised to pay the exact amount for your local payment if at all possible. Your local payment is payable on day one of the trip.

Pounds and Euro cash

You may also like to carry up to 120 GBP or EUR cash as well if your money is currently in sterling or euro. This can be useful to buy local currency when you can get to a bank or regular forex bureau. If you are not in sterling or euro consider carrying more USD cash.

When arranging your cash remember small denominations can be useful but the larger denominations will give a better exchange rate. You should also request that your notes are not torn, written on or damaged in any way.

Sterling and euro are best carried as 20s and 50s to be used to buy local currency when you can get to a bank or forex bureau. Please note also that Scottish pound notes are not accepted.

When you arrive in Nairobi you should change up enough money into Kenyan shillings to cover all our personal needs, such as accommodation, transfers and meals, including breakfast for the first day before you meet the truck.

As you spend about a week in Kenya and sterling and euro can attract good rates at times we would strongly recommend you change up 100 GBP/EUR at Nairobi airport when you arrive if your money is currently in sterling or euro. Otherwise change the equivalent in USD.

When you land in Nairobi there are a couple of banks on the right just before you come to Customs at Nairobi airport.

Cash is carried at your own discretion and should be organised before you leave for Kenya.

ATM access and Paying by Card

Note that it will be possible to access ATMs en route if you have a debit (Maestro) card or credit card (Visa and master card).

Do be aware where ATM access is available you can usually only draw local currency which cannot be used for all your costs. Many of your costs such as the local payment, visas and some of the optionals can only be paid in USD cash. Please note as well that Visa is the preferred card to use for payments.

Travel cards and cash passports are not well known and not widely accepted so not recommended to bring.

Do note that ATMs are not always reliable as they can be out of money, broken or the power could be out so do not solely rely on ATMs.

In places like Victoria Falls, a lot of the optionals can also be paid for by card. Note there might be charges for this.

Other things to note in regards to organising your money for Africa

It is not often possible to obtain many of the relevant African currencies prior to going, and where possible the rate is usually poor.

Your crew will let you know where is best to change up as you enter each country into their local currency. It is best not to organise any local currencies prior to arriving.

For your information the currencies you will meet are:

Kenya	Kenyan shillings
Tanzania	Tanzanian shillings
Malawi	Malawi kwacha
Zambia	Zambian kwacha

Your crew can advise you as to what you will need, where exchanges/banks are available etc. as you travel. You will need to consider as you travel what optionals you will wish to do as well as how much you'll require for your personal needs.

This trip is structured so that most of your costs are 'pay as you go' via the local payment, some optionals and your spending money. This allows you to control your budget and only pay for those things you wish to do. Overland trips have been costed this way for many years and for a number of reasons - partly as prices for some optionals can vary a lot month to month: as some optionals are quite seasonal, such as specific game parks and whitewater rafting; different clients like to do different options; banking in Africa is quite difficult. By doing it this way you also know that your money is regularly going directly to local operators on the ground in Africa. Please note every safari is individual and it is not possible to detail all the possible optionals you will have a choice to do, nor to predict new options that can arise. It is important that you do budget carefully to ensure you have adequate spending money to cover all eventualities and enjoy all you wish to do once out in Africa. Do remember also to carry what you need for before and after the safari on top of the above budget.

What we cover from the price and local payment?

A GAME DRIVE IN THREE OF AFRICA'S BIG GAME PARKS AS WELL AS OTHER WILDLIFE RESERVES AND HIGHLIGHTS Incl.

- The Masai Mara
- Matopos National Park with a rhino trek
- Nakuru National Park
- South Luangwa National Park
- Mikumi National Park
- Lake Naivasha
- Maasai village visit incl. bush walk
- Lake Malawi
- Great Zimbabwe Ruins

WE ALSO INCLUDE

- A fully equipped and diesel expedition truck/vehicle including all camping and cooking gear, a fridge, gas cooker, tents, sleeping mats etc.
- Services of a driver and safari leader
- Services of a cook in East Africa
- The ongoing advice and back up from The Absolute Team.
- All road tolls and taxes are paid

CAMPING, BREAKFAST & DINNER WHILST TRAVELLING ON THE TRUCK i.e.

- 30 Breakfasts & 30 dinners whilst travelling on the truck including some pre-prepared bbqs and local meals
- 31 nights camping whilst with the truck, including during our stay at Victoria falls

WHAT'S NOT INCLUDED

- Flights including taxes
- Optional excursions as listed
- Pre and post tour Add Ons as well as airport transfers and accommodation
- Lunch and drinks throughout, as well as breakfast and dinner when the truck parks up at Arusha, Dar es Salaam and Victoria Falls.
- Camping costs when overnight excursions are taking place i.e Zanzibar Island excursion, Serengeti and Ngorongoro Crater etc..
- Other incidentals including for tips, internet use, upgrades from camping and the occasional cheap

- excursion such as local walks
- Visas
- Extra equipment including sleeping bag, torch and medical kit
- Personal travel insurance
- Vaccinations and anti malarials as required

Personal spending money

This amount is individual and variations in budgets depend largely on how much you spend on souvenirs and drink, as well as on lunch and snacks. It is a regularly updated average that has been provided by the crew and recent clients.

The spending money budget is also calculated to cover meals and occasionally camping those times when the truck is not on the road. In some destinations where there are popular overnight excursions such as on Zanzibar Island or on the houseboats on Lake Kariba meals and camping are not covered. At other busy destinations such as Victoria Falls accommodation is covered but there is so much happening it is impractical to organise meals from the truck. You may also need to spend on personal costs such as email, toiletries etc.

Some weeks you will spend more and other weeks less. The current recommendation to carry as personal spending money for this safari is 800 - 950 USD. Allow an extra 30 USD a week approximately if you think you might want to occasionally upgrade your accommodation to stay in chalets, which are available at some campsites.

For those who enjoy shopping or even browsing there are many different items to tempt you - Tanzanian makonde carvings and stone chess boards, kangas and kikois, beads and jewellery, Malawi chairs, wooden giraffes and batiks to name just a few.

Regularly 'smallish' optional activities also arise costing under 20 USD, and these also will be covered by this spending money. Alternatively some clients like to buy a T-shirt at Livingstone or one of the many activities you might try or a DVD of 'the big day out' - white water rafting or gorge swinging. Livingstone is also one of the places where the local restaurants offer huge variety and after weeks on the road are too tempting to miss.

Tippling: You may like to consider tips for good service, particularly at some of the big highlights such as after the Serengeti, Ngorongoro Crater or the houseboats at Lake Kariba for example. You may find that you may like to organise this as a group or individually.

If eating out in restaurants, a 10% tip is a good guide to follow.

Crew tips are certainly not expected although the Absolute crew do work incredibly hard and often much of this work is done 'behind the scenes', before or after the group is up and about. A tip or small gift is always appreciated and is also a way to show your appreciation of their efforts if you have had an enjoyable trip.

Do budget carefully to ensure you have adequate spending money to cover all eventualities and enjoy all you wish to do once out in Africa, bearing in mind that it is very difficult to access money from overseas once you are on the trip. Remember also to budget for whatever pre and post safari arrangements you might also have in mind.

Optional activities

These excursions are paid for in Africa with the exception of the Zanzibar Island stay, which are booked and paid for in advance in London if you wish to do these options. Do note these excursions are run by local operators on the ground. They are not run by Absolute Africa.

Please contact us if you would like further information about any of these activities or excursions. Many of the optionals are payable in Africa in USD (cash). A few may be payable in local currencies. (Prices guide only as of **March 2023**).

KENYA

- | | |
|----------------------------------|----------|
| • The Giraffe Park | 1500 KSH |
| • Sheldrick's Elephant Sanctuary | 1500 KSH |

Staying by Lake Naivasha

• Hells Gate National Park half day cycle trip	55 USD
• Crater Lake Sanctuary walk	45 USD
• Elsamere for afternoon tea (1050Ksh)	12 USD
• Hippo boat cruise -	30 USD

TANZANIA

• Serengeti and Ngorongoro Crater game drives, 3 days/2 nights	From 645 USD
• Kilimanjaro NP day hike to first camp incl. lunch, guide and park fees	125 USD
• Marangu village tour with visit to coffee plantation, waterfall, local traders etc. incl. lunch and guide	60 USD

Zanzibar Island

Scuba Diving

• Double tank dive (local)	115 USD
• Single dive (local) from	65 USD
• Discover scuba diving	99 USD
• PADI open water diver (3 days + needed)	499 USD

Snorkeling

• Kendwa from	15 USD
• Tumbutu half day from	25 USD
• Mnemba (inc lunch) from	45 USD
• Prison Island Entry and transport (depending on numbers)	from \$25 - \$35
• Fishing off the reefs	40 USD
• Deep sea fishing, boat (takes 5 people), half day	from 450 USD
• Turtle Aquarium	20 USD
• Sunset cruise	30 USD

Jozani Forest – to visit the red colobus monkeys

From Stone Town (depending on numbers)

From North

from \$30 - \$120

from \$40 - \$160

MALAWI

• Scuba Diving Lake Malawi – introductory course	45 USD
• Scuba diving – 2 qualified dives	90 USD
• Scuba Diving – night dive	55 USD
• Canoe rental	15 USD
• Pedalo boat	25 USD/hr
• Snorkelling	20 USD
• Boat ride to Island (Min 4 people)	from 10 USD
• 1 hour horse forest ride	35 USD
• 1 hour horse riding including swim/ride	45 USD
• 2 hour horse riding including swim/ride	70 USD
• 3 hour horse riding including swim/ride	90 USD

ZAMBIA

• South Luangwa extra game drive	45 USD
• Walking safari	53 USD

ZIMBABWE

• Lake Kariba Houseboats for two nights	170 USD
• Fishing including park fes, rod, bait, hooks & sinkers	20 USD
• Extension to full day, Matopos National Park	45 USD

Victoria Falls by the Zambezi

- Victoria Falls Entrance 30 USD

Please note these prices do not include a Zambian visa if you need to cross over. The Zambian day visa is 20 USD.

- "Flight of the Angels" over Victoria Falls: Depending on time in the air and type of craft -
- Microlite (Zambia) 15 mins 185 USD
- Microlite (Zambia) 30 mins 366 USD
- Helicopter Flights
- Flights of Angels 15 mins (Zim side) 150 USD
- Zambezi Spectacular 25 mins (Zim side) 284 USD

White water rafting packages

- Whitewater rafting full day low water only 120 USD
 - Whitewater rafting, half day high water only 120 USD
 - Whitewater rafting/riverboarding package (minimum 4 pax) 190 USD
- (subject to water levels)
- Rafting DVD 30 USD

Horse back safaris

- Horse Rides - Novice, 2 hours 95 USD
- Horse Rides - Experienced – 4 hours 95 USD
- Village tour (includes return transfers from Victoria Falls, approx 3 hrs) 60 USD

Bungee Jumping

- Bungee Jump (111 metres - 3rd highest commercial bungee in the world) 160 USD
- Bridge slide 45 USD
- Tandem bridge slide 65 USD
- Bridge swing 160 USD
- Tandem bridge swing 240 USD

Gorge activities

- Gorge Swing only (1 jump) 103 USD
- Tandem gorge swing 156 USD
- Single flying fox 53 USD
- Single zip line 83 USD
- Tandem zip line 127 USD
- Canopy Tour 64 USD
- Big Air Combo, 1x bungee, 1x bridge swing, 1x bridge slide 220 USD
- Half day adrenaline - gorge swing, zip line, flying fox 158 USD
- Half day adrenaline/Canopy tour 198 USD

Adventure Pass 1

320 USD

Any 2 of the following with a sunset cruise

- Half day rafting Elephant Interaction
- Full day rafting 15 minute Helicopter
- Bungee jump Adventure jetboat (seasonal)
- Gamewalk Game drive

(Park fees not included where applicable)

Adventure pass 2

385 USD

Any 3 of the following activities

- Half day rafting Elephant Interaction

- Full day rafting 15 minute Helicopter
- Bungee jump Adventure jetboat (seasonal)
- Gamewalk Game drive

(Park fees not included where applicable)

Upper Zambezi Canoeing

- | | | |
|---|-----|-----|
| • Zambezi drift - incl. transfers, b'fast, drinks and park fees (7am-2.30 pm) | 150 | USD |
| • Wine drift | 70 | USD |
| • Half day Canoe Safari including park fees | 125 | USD |
| • Full day Canoe Safari including park fees | 150 | USD |

Zambezi River Cruises

- | | | |
|---|----|-----|
| • Sunset/ booze cruise (inc transfer,full bar and snacks) | 50 | USD |
| • Dinner/sundowner cruise (inc transfers,full bar,snacks and 3 course dinner) | 90 | USD |

- | | | |
|----------------------------------|----|-----|
| • Zambian day visa (if required) | 20 | USD |
|----------------------------------|----|-----|

- | | | |
|---------------------------------|-----|-----|
| • Devils Pool (incl breakfast) | 110 | USD |
| • Devils Pool (incl lunch) | 175 | USD |
| • Devils Pool (incl high tea) | 150 | USD |

*subject to availability and season

**visa for Zambia and transfers not included

Further information in regards to optional excursions and spending money

Paying for excursions in Africa allows you to decide what you wish to do as you travel. Bear in mind that some activities such as white water rafting and also some game parks can be seasonal. Please note also that prices constantly fluctuate in Africa, partly due to exchange fluctuation. The above figures are the very latest currently available to us at the time of writing. They can be taken as a reasonable guide only.

Lunch, drinks, souvenirs and your evening meals on Zanzibar are also covered by your spending money.

Updates on the price for all optional excursions are usually available in the update information we send out about two months before departure. Do check for the latest copy of this document as well which is available on line. Do be aware though that you are covering an enormous amount of territory on this trip and visiting many destinations, and consequently you may well spend a lot. Africa is 'not cheap' particularly when you add in game park entries and the cost of adventure sports such as tandem sky diving, whitewater rafting, scuba diving and the gorge swing. Much of what you see though will afford you priceless memories and allow you to be actively involved to the limit. Much of what you spend also enables much needed cash to go to local people and wildlife conservation.

The optionals listed are usually those most clients wish to do. If you choose not to do an optional activity do bear in mind this is your chance to catch up on washing, communications, read, relax and take time for yourself. During these periods the truck is usually parked up at a campsite where there are adequate facilities for you to be quite comfortable while you wait. Your crew will also, when possible, help you with alternative activities – e.g. safe places to take local walks that might be available throughout the route, swim, cycle, hire a canoe, kick a soccer ball around with the local kids, go fishing, camel ride, visit the local markets or post office, a cinema, a museum, golf course, church, club or coffee shop.

There is a range of availability of things to do from destination to destination on the itinerary. At some places such as in Victoria Falls there is a lot of choice and either/or optional choices. It is probably physically impossible to do all there is to do at Victoria Falls. At other destinations, which are quieter, there are fewer choices if you do not do the listed optional excursion/s. This is worth noting particularly for optionals that last over one or two nights as you may not wish to be on your own at a campsite for an extended period such as when the group visit Kariba Houseboats. Do bear in mind also with the houseboats in particular that they allow you to visit Chete Island for game walks or alternatively Matusadona National Park, and as well give the group a welcome break from camping and cooking.

If you would like further details of any of the different optionals for the safari do not hesitate to contact

the office. It is a group participation safari so it is worthwhile thinking and planning ahead as to what you personally might like to do and to work out a realistic budget accordingly.

Please note also every safari is individual and it is not possible to detail all the possible options you will have a choice to do nor to predict new options that can arise. We will endeavor to provide another accurate price update for you just prior to departure. Please note also though we have no control over local operators' prices or government taxes. Nor do we just select operators on price, many factors have to be weighed up when selecting operators. We are always keen to get information on new operators and the best prices but do be aware that deals come and go constantly in Africa. Consistent service delivery and safe and respectful ethical practices are also worth searching for and rewarding. Your crew will work very hard to ensure you get the best value for money day to day on the road.

If you would like any assistance in regard to your budget please do not hesitate to get in touch with us.

What do I need to bring?

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We ask that you carry your possessions in one large back pack, travel bag or soft suitcase (65 to 85 litre maximum). Day to day necessities can also be kept in an additional day bag which should be large enough to carry your needs for two to three days at a time. Please note we reserve the right to refuse any extra baggage and sending it home or storing it will be at your own cost.

You should carry your valuables in a flat money belt which you wear against your skin.

Do remember traveling light is always wise and particularly when going overland. Passengers also often buy a lot of African souvenirs on the way.

The vehicles have good storage capacity to carry souvenirs and lockups in the vehicle for your valuables, pack and day bag. There is a locker under your seat for easy access for day to day needs.

The following list details essentials as well as non essentials. It is a guide only. If you are unsure about specific items please feel free to ring us.

You need to bring:

- Travel documents including passport (including relevant visas) and air tickets
- Booking Voucher with Final Receipt - essential for immigration purposes
- Vaccination documentation, particularly for yellow fever shot
- Insurance policy
- US\$ cash for your optionals, local payment and spending money
- Credit card - preferably Visa

Other items to consider

- Student/YHA card
- PADI licence/diving ticket
- International drivers licence
- Photocopies of main documents (keep separately)

Essential camping equipment

- Sleeping bag and sheet.
- Eating utensils, including cutlery, cup, plate/bowl.
- Torch and batteries, a head torch being the most useful.
- Mosquito repellent (DEET) 50% strength - up to 3 bottles.
- Insect repellent spray
- High-factor sunblock cream
- Lip salve/Chap Stick
- Padlock
- Small personal medical kit including: anti-malarials, vitamin tablets, paracetamol, antibiotic powder, Band-Aids, cotton wool, sterile gloves, flu medication for coughs, colds and sinuses, rehydration salts, sports injury cream for sprains, an antihistamine, immodium, treatment for tummy bugs, stings/bites and

sunburn and eye drops. If you wear contact lenses you are advised to carry disposables.

Other items

- Pocket knife
- 1 litre water container (Make sure it screws tight)
- Non-plastic bags for wet items, rubbish and to keep items dust free.
- Towel
- Antibacterial Soap
- Condoms
- Tissues
- A means of securing your hair back is useful such as a bandana, a scarf, beanies, hair ties and clips as it can be windy day to day driving on the truck.
- Cigarette lighter
- Concentrated travel washing liquid or washing powder, clothes line
- Emergency sewing kit
- Tweezers, nail scissors, nail brush

You will probably find it worthwhile to pick up a cheap blanket once you arrive.

In regards to toiletries these are available to buy in Africa including shampoo, soap, toilet paper and tampons. Please note though they can be quite expensive and it can be time-consuming sourcing particular items. Carry some toiletries at least for your first month.

Ensure you bring any medications you might require with you with the script.

The two most common gynecological problems that may occur whilst traveling in Africa are thrush and urinary tract infections. If you know you are prone to either of these it may pay to seek advice from your doctor and bring the necessary treatments. Loose fitting, cotton underwear and clothes are always wise.

Consider bringing

- Binoculars
- Pillow
- Inflatable roll mat (in addition to the provided mat if you prefer) and puncture kit
- Wet Ones can be useful
- Books
- Writing paper, pens
- Mossie net impregnated with permethrin or similar if you want to sleep out of your tent at any time on safari, particularly in the warmer months (tents have in-built mossie nets at door and openings)

Electrical items

- Mobile phone
Text messaging can be a good way to stay in touch with the outside world. Remember if you are on international roaming the charges will be very high to make and receive phone calls. If communication is very important to you, sim cards can be purchased very cheaply on the road. Some clients have their phone unlocked before arriving in Africa whilst coverage is not always good on this tour.
- iPod/iPhone/MP3/Music player including earphones if you want to listen to your own music
Please note it is also possible to use your iPod/iPhone as a hard drive to store photos – check the memory before travelling to ensure you have enough space to store all the photos you may wish to take.
- Camera in a protective case and spare memory card(s)
- For SLR cameras we recommend a telephoto of 120 mm (or similar) or an 80-200 mm zoom
- 2 camera batteries
- Polarising filter/lens hood for SLRs
- USB cable – to connect to internet cafes or for downloading
- Camcorder

Charging your equipment

If bringing a camcorder, digital camera, iPod or mobile, your equipment can be charged from the truck. The trucks have 600 watt Intelligent Power Inverters converting 24v DC to AC mains electricity (220-240v). This will be sufficient for charging any photographic equipment required. Remember to bring all necessary cables. You will also want to bring a mains international adapter to charge at campsites as an alternative. A spare

battery pack, where possible, is also advised.

Clothes

Please double check the weather conditions for your particular safari when packing. Cotton and loose fitting items are preferable. Do also realise that any white clothing won't stay that way!

- Lightweight cotton clothing, shorts and T-shirts as well as shirts with long sleeves and long pants, including casual wear for nights out. Long pants, sarongs and sandals are fine for these times
- Lightweight waterproof jacket and a fleece
- Swimming costume, sun hat, sunglasses, sandals
- Lightweight closed-in comfortable walking boots, shoes or trainers with a non-slip tread which give enough support and good traction. Please avoid shoes that get too heavy and hot, 'platforms', high heels or 'strappy' sandals
- Spare shoelaces

We would encourage you to bring clothes that will wear well, as travelling in Africa is very hard on clothes. Conditions are rough and belongings do get dusty and can get damaged. Soft bush colours are most suitable. Being able to layer clothing that can be removed easily as the day heats up is an advantage. This also helps to keep valuables inconspicuous. Clothes with zip and velcro pockets are sensible. Due to the bumpy road conditions women are advised to bring at least one sports bra. Women should dress 'modestly', respecting the sensibilities and attitudes of the people and countries they are visiting. This is of particular importance for your stay on Zanzibar. Note as well that G-String bikini bottoms can cause embarrassment and concern in some regions of southern Africa. *Be aware that camouflage clothing should be avoided.*

Life on your Big Yellow Truck

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Day to day it is essential that everyone helps out with every routine chore. The trips are participatory in nature - the more you put in to the group and the trip the more you will get out of it. Overland safaris are very much about everyone willingly getting involved and working as a team. A roster is established for duties. Tasks you will need to be involved in are: cooking and shopping, assistant to the cook, washing up, cleaning the truck, filling the jerry cans, lighting the fires and truck guard duty.

On safari do follow all instructions given by your safari leader as to how to use equipment, move around on, and enter and exit the truck as well as how to maintain all supplies. Please also follow all washing and cleaning procedures carefully to avoid infections being spread. Seat belts are fitted on the truck. For your safety please use these. Please also follow all washing and cleaning procedures carefully to avoid infections being spread.

It is essential in order to keep to schedules that you listen at group meetings to know what is happening and when, on the following day. Please follow all instructions carefully in regard to border crossings. Most trucks will also have an information folder on the truck with information as to what is happening for the next few days. For the group to function well you do need to keep yourself informed about upcoming arrangements. Group meetings are essential to help the group work together.

On a daily basis you are encouraged to look out for each other and be considerate of everyone else's needs and wishes. Your group will be made up of individuals all wanting to get the most out of their trip and at the same time each of you will have your own specific likes and dislikes, needs and wishes. These are group adventure camping safari, not a 5 star holiday! A sense of humour and patience are essentials to pack! The group experience of seeing your safari through together on the truck is one of the really exciting and fun aspects of the trip. For some, the group experience and day to day life on the truck becomes a main highlight.

Often on the road you will be up early for breakfast. Wherever possible, you buy lunch in local markets and you then have opportunities to mix in with the local community and organise anything you need to including ensuring you have enough drinking water. Remember how important it is to keep up your fluid levels during the trip. Please note we cannot guarantee the provision of regular clean drinking water from the truck throughout the safari and you do need to organise your water day to day. At most campsites the truck can

easily access clean drinking water and you will find the water carried on the truck is often drinkable, particularly once we head south into Tanzania. Where this is not the case it is advisable to buy your own bottled water, which is readily available and most campsites now sell sealed bottled mineral water. When purchasing your water do check that the bottles are sealed.

Drive times in Africa, even in southern and eastern Africa, can be difficult to predict so do be prepared for the occasional situation when the plot changes! Getting bogged is an essential optional extra...be prepared. And in general, be ready for some occasional long and dusty drives. These are based on ongoing and careful scheduling decisions to ensure you get to the current 'must see' places.

On the road there is always a lot to see but also too, you may like to bring some good books and an iPod to listen to your own music. The occasional long drives are deemed essential by crew to get you where you want to be in the time give

Schedules and Itineraries

When you go on safari do remember our aim at all times is to enable you to have an experience of a lifetime at an affordable price. Due to the nature of Africa - weather, politics, road conditions, lack of infrastructure, border restrictions, breakdown, sickness, etc. - it is not always possible to exactly follow departure/arrival dates and routes. The best plans can unravel and in a lot of ways that is all part of the adventure that makes your safari. Itineraries and truck schedules can be changed at any stage prior or during your safari particularly in consideration of crew needs, weather and road conditions as well as security concerns, truck servicing requirements and booking patterns. Whilst we do all we can to avoid making changes please note we do reserve the right to change vehicles and/or crew on a safari at any time without notifying passengers.

The trips are made up of components and quite often during the safari you will probably meet clients doing shorter and longer sections of your trip depending on the booking patterns for the months you are traveling.

Camping

We supply large, durable three-person tents complete with ground sheet and separate waterproof fly sheet, ideal for Africa's varied conditions. They also have mossie netting in-built at the doors and openings. These are used for two people only.

We also supply high-density foam roll mats.

All cooking equipment is supplied including pots and pans, gas cookers, a cool box, lighting, fire-grate, cooking bench, chairs and shelter. The truck also has a large fridge.

It is a participation trip and part of your every day routine will be to put up your own tent and be involved in all the daily chores on a daily basis including cooking and cleaning. For reasons of personal hygiene, we ask you to supply your own cup, plate and cutlery. You may wish to bring your own mossie net as well if you think you may wish to sleep out of your tent, particularly in the hotter months. It can become warm in the tents. Please note your net needs to be large enough to tuck in under your roll mat.

There is also the occasional opportunity to upgrade to dorm-style chalet or simple hut accommodation with a bed if you think you might need a break from camping. This usually costs about 20 USD a night. Availability though is very limited and you need to be considerate of everyone else on the truck. Do budget accordingly though if you might wish to upgrade once or twice en route.

The facilities in the campsites we use vary a lot. In general you will find campsites that are clean, may give a little hot water, and can have working flush toilets. Be aware though that water pressure is often very weak and toilets can be long drop style. Please do not come on your African adventure camping safari expecting pristine bathroom facilities...

You will find we may also camp in the bush a couple of times during this trip under the African night sky. Your truck is well equipped for these opportunities but be prepared to 'rough it' a little these nights and enjoy the chance to camp out in the wild.

Please remember when leaving a campsite we do expect you to be diligent to leave places as you find them if not better. In particular we insist that cigarette butts and toilet paper are not left behind when free camping....we are just visitors here in a continent with extraordinary challenges and dilemmas to face. Do be responsible as you travel.

Sickness

All our trucks have a medical kit, which has been put together by tropical expedition specialists for emergency use only. The foreign embassies throughout Africa provide English-speaking doctors for emergency situations. If you do fall ill we will transport you as soon as possible to the nearest health clinic and your crew will do all they can to assist. You will always have a friendly escort.

Meals and cooking on the truck

Day to day meals are prepared from the truck using both the non perishable supplies we buy in bulk prior to the safari and fresh supplies we buy as we travel. Staying fit and healthy on safari is a priority as we do keep busy and we want you to enjoy all you do. Everyone takes turns on a roster basis cooking for the group, being 'assistants' to the cooks and with the clean up. The safari leader assists with menus, recipes and loads of ideas as well as being directly involved with cooking day to day as needed. She/he is available to provide support and encouragement at any time during meal preparation. Cooking together is lots of fun and all part of the group experience! The sort of meals provided day to day are spaghetti and pasta dishes, stir fries, cottage pies, kebabs, curries, stews and casseroles, hamburgers or jacket potatoes, which are then complimented with rice and/or salads. Breakfast is usually fruits, muesli and/or other cereals, toast, as well as some regular cooked breakfasts like eggs, bacon, baked beans or pancakes. During the trip we often also arrange to cook a spit-roast pig or goat or alternatively do a hungi, which is usually a project in itself...

There are also a few pre-arranged meals booked ahead of time so the whole group can occasionally relax in the evenings in the knowledge that someone else is doing the cooking. This frees up the itinerary so you can enjoy a little more of Africa. We also use these opportunities to enjoy a couple of traditional local meals on safari and as well arrange a seafood buffet so the group can experience seafood fresh from the Indian Ocean.

Specialist diets

For vegetarians we do all possible to ensure a good supply of veggies, salads, fruits, beans, pastas and rice. The diet leans towards vegetarian day to day as fresh quality meat is not easily accessed every day. The staples are beans, pastas, pulses, and rice, as well as fresh fruit and vegetables when available and in season. In restaurants, when meals are ordered ahead of time, vegetarian options are available with usually good supplies of fresh fruits, veggies and salads. Do be aware though how spoilt we are in the Western world with our constant supplies of fruit and veggies regardless of the season. In reality, and more naturally, fruit and vegetable supplies are seasonal, may not be as chemically assisted and can also be difficult to access en route. We will do all we can to ensure supplies where possible.

We can also cater for gluten-free, vegans, wheat-free and dairy-free diets, supplying soymilk, rice noodles, gluten-free cereals etc. When booking, do remember to let us know if you have any specific dietary requests.

Safety and security whilst on safari

Traveling as a group does provide you with an added level of security. Perhaps the two most important factors to always bear in mind when travelling in Africa are to be constantly vigilant as to your own and your group's health and security.

Personal safety

Do be very aware of protecting your cash and valuables at all times and do not walk around flaunting valuables e.g. cameras, jewellery and money. Remember even cheap jewellery can look expensive! Day to day, layer your clothing to keep valuables inconspicuous and take clothes preferably with zip and velcro pockets.

Money Belts - The most efficient money belts are ones that go under your clothing, against your skin. If you use a bum bag please only carry small amounts of local currency in it that you are prepared to lose.

Do not leave anything unattended anywhere - including in your tent - and avoid being crushed in large crowds. Be very careful when you walk after dark; never walk alone or become separated from the group. Take taxis in cities at night and around unfamiliar areas. When taking taxis always agree on a price before setting off.

Whilst in Nairobi before the start of your safari, all valuables should be kept on your body when not in a safe. Once you join the truck, valuables can be locked safely away in a safety deposit box, which is kept hidden within the vehicle.

In Kenya confidence tricksters are particularly common. Be wary of anyone with a hard luck story, asking for assistance, soliciting sponsorship (particularly educational) or anyone offering a deal to change money at favourable rates. In particular Nairobi is known as 'Nairobbery' so please make sure you stay alert at all times.

ATMs are becoming more accessible on the route, you must also be wary of security of crimes around ATMs. Be discreet when withdrawing cash and as always be very careful with your card and cash.

Truck security

Your truck will have a lockable safe in which to keep your passport and valuables. You will also have a lockable place on the truck to keep your day bag. Your backpack is stored underneath the truck. The truck is never left unattended. Do be aware on safari you will be required in certain locations to assist with watching that all is safe and secure with other passengers. Please note whilst all precautions will be taken in regards to valuables left on the vehicle we cannot be held responsible for any damage or loss from the vehicle.

Do listen carefully to all instructions regarding security issues given by your crew and local operators as we travel. Before traveling you are also advised to keep yourself informed and up to date as to the current political situation in the countries through which we travel and to check out the Foreign Office Travel Advice. If you are a British, Australian or New Zealand citizen you may like to look at: www.fco.gov.uk, www.dfat.gov.au or www.mfat.govt.nz.

Remember this is a group experience you are booking. It is a condition of booking that you follow the group leader's instructions and take responsibility for your rostered tasks. It is important that every member of the group is attentive and looks out for each member of the group's health and security. All in your group will appreciate your co-operation with this.

Photography

African authorities often require that tourists do not take pictures of bridges, airports, railway stations or military installations. We are often in areas where locals are not used to being photographed and we ask you to show them every courtesy. If in doubt it is always best to ask first.

Trading, donating and supporting

You may wish to consider if you want to bring items such as old T-shirts, sunglasses, cheap watches, old walkmans/discmans and mobiles to trade.

Please be aware we strongly discourage giving away 'something for nothing' from the truck, whilst we are very happy on the other hand to donate pens, books etc. to schools. Do note it is also very unwise to donate cash en route. If you wish to donate something whilst in Africa remember pens, crayons, balls, books, soap and stickers are always welcome in schools and orphanages. For more ideas feel free to contact us.

For projects we support check out the website or contact us.

Problems or issues you may have while on the tour

Where you have any issue at all during the tour, talk to the tour leader at the very earliest as this could affect the rest of your trip. The tour leader is there to help and they can't if you don't let them know the issue. Your driver is always happy to chat as well if the tour leader isn't available.

Remember as well these are group participation trips. Group meetings are there so everyone can talk about what's happening day to day so do raise any niggles or queries at the meetings.

If you do experience a problem while you are on the tour such as feeling unwell, not getting along with a fellow traveller or if there is something that you are unhappy with in regard to the running of the tour or anything else that is bothering you or stopping you from having an enjoyable trip, please do inform your tour leader directly of the problem as a priority. They will want to know. Once they know they can take the appropriate actions to resolve the issue as quickly as possible. All and any issues will be treated with the utmost confidentiality.

Everyone at Absolute Africa works very hard to ensure our travellers have the very best of trips. Should you have a continuing problem that you feel is not being addressed effectively it is your responsibility to email or contact the office at the very earliest. Detailing your concern in writing in an email is usually the best way to explain. We will then look into this immediately to see how the problem can be resolved so you can continue to have an enjoyable tour. Further details can be seen in our Terms and Conditions (14).

General code of conduct

We are ambassadors for our respective countries. How we act on safari should reflect this. An open mind, and a desire to have a positive impact, are vital attitudes to carry. A sense of humour is also an essential to pack for any safari in Africa.

We won't leave a campsite until it is entirely clean. Your enthusiasm with packing up camp to ensure all is left clean is appreciated.

In a serious situation where behaviour is disruptive and/or dangerous the Safari Leader can step in and will remove you from the trip. Don't spoil your trip or someone else's trip.

Keeping in touch

It can be quite difficult and also expensive staying in touch whilst you are traveling in Africa. Please let your family know that this will be the case, particularly if you are usually in touch on a regular basis. In an emergency if your family needs to get in touch they should contact the Absolute office and we will do all we can to assist.

E-mail - you will be able to access email in Nairobi, Arusha, Zanzibar, Lilongwe, Lusaka and Victoria Falls. Please note internet speed is quite often very slow so be warned!

Post - Letters from the U.K. to Africa take approximately 10 - 14 days and from Australia or New Zealand to Africa approximately 2-3 weeks. Please be aware that articles regularly going missing in the post.

If you did need to have something sent to you while traveling please contact the office as to the best destination and address to use

Please do not have anything of value posted to Africa en route, including credit cards or prescription drugs. We would also advise against having birthday and Christmas parcels posted. In an emergency if something needs to be got out to you, the Absolute office should be contacted for further advice.

Language

English is understood in most East and Southern African Countries. Learning some Chichewa, Swahili and Shona will ensure a warm response from the locals.

The Great Migration

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The Great Migration

The migration covers over 3,000 kilometers on the stage of the Serengeti and Masai Mara plains. It is a constant movement of 2.5 million animals and may well be the highlight of your safari! (Depending on the season). Follow the link for our chart, which will show you where you are most likely to see the migratory herds each month of the year: <http://www.absoluteafrica.com/The-Migration>

For information on where you should be able to see which animal, as well as other useful facts, check out the chart on the next page.

With such a huge variety of wildlife to see in Africa - we have put together a quick reference guide to help you plan your safari so you know what animals might be found in game parks in each country.

ABSOLUTE AFRICA



Group Name	Average Gestation (months)	Average Life Span (years)	Status	Diet	Distribution as at June 2010															
					Kenya	Uganda	Rwanda	Tanzania	Malawi	Zambia	Zimbabwe	Botswana	Namibia	South Africa						
Lion	3.7	15	VU	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
African Elephant	22	70	VU	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cape Buffalo	11	17	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Leopard	3	20	NT	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rhinoceros	6	35	CR	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Black White	6	35	NT	H	Introduced	Reintroduced	✓	✓	✓	✓	Reintroduced	Reintroduced	Reintroduced	Reintroduced	Reintroduced	Reintroduced	Reintroduced	Reintroduced	Reintroduced	Reintroduced
Cheetah	3	11	VU	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Spotted Hyena	4	25	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
African Wild/Painted Dog	2.5	11	EN	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Blue Wildebeest (Gnu)	8.5	20	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Giraffe	15	28	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Plains/Burchell's Zebra	12	28	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Oryx/Gemsbok	8.5	20	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sitatunga	7.5	19	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Greater Kudu	9	7.5	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Eland	9.2	17.5	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Impala	6.5	12	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Thomson's Gazelle	6	10.5	NT	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gerenuk	7	20	NT	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dik-dik	6	3.5	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Warthog	5.7	15	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Gorilla	8.5	45	EN	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chimpanzee	8	50	EN	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Baboon	6	25	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Golden Monkey	5	19	EN	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Zanzibar Red Colobus Monkey	6	20	EN	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rock Hyrax/Dassie	7	12	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Banded Mongoose	1.7	8	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Genet	2.5	8	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Meerkat	2.5	13	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hippopotamus	7.9	50	VU	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nile Crocodile	3*	45	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Bottlenose Dolphin	12	20	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Status: LC = Least Critical, NT = Near Threatened, VU = Vulnerable, EN = Endangered, CR = Critically Endangered **DIET:** C = Carnivore, H = Herbivore, O = Omnivore * Incubation not gestation

For those of you who want to read before you go, here are a few suggested titles:

The Africans	David Lamb
Malaria Dreams	Stuart Stevens
Out of Africa	Karen Blixen
Letters from Africa	Karen Blixen
Venture Into The Interior	Laurens Van der Post
Gorillas in the Mist	Dian Fossey
A Good Man in Africa	William Boyd
The Grass is Singing	Doris Lessing
African Laughter	Doris Lessing
The Tree Where Man Was Born	Peter Matthiessen
African Silences	Peter Matthiessen
Cry the Beloved Country	Alan Paton
The Weather in Africa	Martha Gellhorn
The Last King of Scotland	Giles Foden
Zanzibar	Giles Foden
Mukiwa: A White Boy in Africa	Peter Godwin
Don't Let's Go To The Dogs Tonight	Alexandra Fuller
I Dreamed of Africa	Kuki Gallman
Songs to an African Sunset	Sekai Nzenza-Shand
The Scramble for Africa	Thomas Pakenham
Disgrace	J.M. Coetzee
The State of Africa	Martin Meredith
Mugabe: Power, Plunder and the Struggle for Zimbabwe	Martin Meredith
Blood River	Tim Butcher
The Zanzibar Chest	Aiden Hartlet
Sowing the Mustard	Yoweri Museveni
In the Footsteps of Mr Kurtz	Michela Wrong
River God and The Seven Scrolls, and other titles	Wilbur Smith
Out of Shadows	Jason Wallace
A Sunday at the Pool in Kigale	Gill Courtemanche
Africa on a Shoestring	Geoff Crowther
Healthy Travel Africa	Isabelle Young, Lonely Planet 2000

Lonely Planets, Bradts and Rough Guides are always a mine of information

A 746 Michelin map will give you a good insight into where you are travelling.

A friendly note that conditions, prices and details change constantly in Africa and what may be appropriate and/or correct one day is not necessarily the case the next. Much time and effort goes into keeping this information as up to date as possible. At the same time do not treat this document as 'the bible' for your safari. It is a guide only to assist in steering you in the right direction.

If you have any queries please do not hesitate to get in touch. We are more than happy to assist.

Queries about your safari booking should be directed to Absolute Africa. We are available on Skype and Live Chat, or feel free to email us at our bookings office at bookings@absoluteafrica.com

17th March 2023

