



The Southern Safari

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 Southern Safari

Depart Nairobi			Finish Cape Town			Price	Local Payment (\$US)
04	May	2020	25	Jun	2020	£1,590	US\$625
10*	Jun	2020	01	Aug	2020	£1,590	US\$625
05*	Jul	2020	26	Aug	2020	£1,590	US\$625
18*	Jul	2020	08	Sep	2020	£1,590	US\$625
17*	Aug	2020	08	Oct	2020	£1,590	US\$625
07*	Sep	2020	29	Oct	2020	£1,590	US\$625
14*	Oct	2020	05	Dec	2020	£1,590	US\$625
08*	Nov	2020	31	Dec	2020	£1,590	US\$625
28*	Dec	2020	18	Feb	2021	£1,590	US\$625
17*	Feb	2021	10	Apr	2021	£1,590	US\$625
21	Mar	2021	12	May	2021	£1,590	US\$625
24	May	2021	15	Jul	2021	£1,590	US\$625
23*	Jun	2021	14	Aug	2021	£1,590	US\$625
18*	Jul	2021	08	Sep	2021	£1,590	US\$625
04*	Aug	2021	25	Sep	2021	£1,590	US\$625
20*	Aug	2021	11	Oct	2021	£1,590	US\$625

Special Departure Details:

*Add On Safari in the Masai Mara available. Please note this is a 6 day add-on which departs 6 days before the main tour departure date.

Countries visited: Kenya • Tanzania • Malawi • Zambia • Zimbabwe • Botswana • Namibia • South Africa

Highlights: Ngorongoro Crater • Serengeti National Park • Maasai village • Zanzibar Island • Spice tour • Snorkeling and scuba diving • Mnemba Atoll • Prison Island and the giant tortoise • Dolphin boat cruise • Red colobus monkey trek • Great Rift Valley • Lake Malawi • Horse riding • South Luangwa National Park • Matopos National Park • Lake Kariba houseboats • Great Zimbabwe Ruins • Rhino trek • Victoria Falls • Whitewater rafting on the Zambezi • Flights over the Falls • Bungee jump • Zambezi gorge swing • Sunset cruise • Canoeing • Chobe National Park • Okavango Delta mokoro safari • Bushman visit • Etosha National Park • Africat Carnivore Care • Skeleton Coast • Cape Cross Seal Colony • Swakopmund • Dune quad-biking • Sandboarding • Tandem skydiving • Township tour • Open-sea fishing • Go-karting • Namib Naukluft National Park • Sossusvlei dunes • Guided walk on the dunes • Fish River Canyon • Orange River • Stellenbosch • Wine tour • Cape Town

Safari structure: This safari travels from the vast savannah plains of the Serengeti to the East African coast to visit Zanzibar Island, a jewel of palm-fringed white beaches set in the Indian Ocean. We travel through Malawi the 'warm heart of Africa' and on to big highlights, Victoria Falls and the massive dunes of Namibia. There are game drives in parks such as the Ngorongoro Crater, Etosha and Chobe and the opportunity to do a mokoro safari in the Okavango Delta. Prior there are options to add on a visit to the Masai Mara and other Kenyan game parks in Kenya, or to relax on the Kenyan coast. The safari finishes in Cape Town where you can relax for a few days before returning home. Alternatively you may like to extend your time away and travel along the Garden Route with us to Johannesburg. Please feel free to contact us for further details.

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Flights

When arranging your flights it is essential that you arrive the day before your safari begins, as we depart early on the day of departure.

This tour arrives into Cape Town on the final day and so we would recommend allowing a few days before booking outbound flights to explore the city and its surrounds. Cape Town is a beautiful city with a lot of exciting highlights and a wonderful destination in which to relax at the end of a trip.

At certain times of the year, flight availability can become very limited and if you delay your booking, you might have to pay a higher price. Please organise your flights as soon as you can once 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.

Airlines that fly in to East Africa and out of South Africa, including Virgin, Qatar, Emirates, Kenya Airways, KLM and British Airways, are the best options for your flights.

As a broad guideline open-jaw flights London – Nairobi, flying out from Cape Town – London vary from £600 in low season to £950 in peak season.

There are several budget airlines that can be used for the connection from Cape Town to Johannesburg including www.kulula.com

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

A friendly reminder - When purchasing your flights check whether your flight ticket already includes departure tax (if applicable) for the country you are flying out of 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 your whole 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:
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, lion walks, tandem sky diving, quad-biking 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 your policy is valid if you are a non-UK resident and provision for one-way travel if this is required.

Remember when traveling it is important to take all sensible precautions in regards to your security and 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 in regards to the latest official government Travel Advice.

Visa requirements for the Southern Safari

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Your passport needs to be valid for at least 6 months after your trip finishes. Ensure also that you have adequate pages in your passport for each country you visit. Up to 2 consecutive blank pages can be required when you enter South Africa at the end of your trip. As a guide then, for the Southern Safari you will want to have a minimum of 10 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.

Visas 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. This includes the Kenyan visa which, for most passport holders, can be easily arranged upon arrival in Nairobi's Jomo Kenyatta International Airport. We advise purchasing a transit visa on arrival in Kenya for U\$20 if you will be in the country no more than 72 hours (the tour leaves Kenya on day 1 of the trip). The Tanzanian visa is then U\$50 for most passport holders except American and Irish for whom it is U\$100

Visas can only be paid for in US Dollars cash.

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

Passport	Kenya	Tanzania	Malawi	Zambia	Zimbabwe	South Africa	Total No.	Total in USD
Australian	\$20	\$50	\$75	\$50	\$30		5	\$225
New Zealand	\$20	\$50	\$75	\$50	\$30	<i>In advance</i>	6	\$225 + SA visa charge
South African	-	-	-	-	-		0	\$0
Canadian	\$20	\$50	\$75	\$50	\$75		5	\$270
American	\$20	\$100	\$75	\$50	\$30		5	\$275
British	\$20	\$50	\$75	\$50	\$55		5	\$250
German	\$20	\$50	\$75	\$50	\$30		5	\$225
French	\$20	\$50	\$75	\$50	\$30		5	\$225
Dutch	\$20	\$50	\$75	\$50	\$30		5	\$225
Irish	\$20	\$100	-	-	\$55		3	\$175

Visas are not normally required for entering Botswana, Namibia or South Africa most passport holders.

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 safari departs from both the Heron Portico Hotel at 7.30am and Wildebeest Eco Camp at 8am on the departure date.

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 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 Portico 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 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	27 USD (2,700 KSH)
Single Garden Tent	43 USD (4,250 KSH)
Double Garden Tent	65 USD (6,500 KSH)
Single Cottage Room	65 USD (6,500 KSH)
Double Cottage Room	90 USD (9,000 KSH)
Single En-suite Tent	80 USD (8,000 KSH)
Double En-suite Garden Tent	100 USD (10,000 KSH)

All prices include breakfast.

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

US\$20 (2,000 KSH) for 1 person

US\$15 (1,500 KSH) 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 £'s are an approximation. Prices can vary dependant on the foreign exchange rate of the day.

Day trips available in Nairobi

If you wish we can arrange tours to take in some of the sights of Nairobi.

Nairobi Excursion

Our first day trip visits the Sheldrick's Elephant Orphanage and the Giraffe Park, to see some of the fantastic work being done for animal welfare on conservation in Kenya. Price: from £28/person

Nairobi National Park

Lastly 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: On request

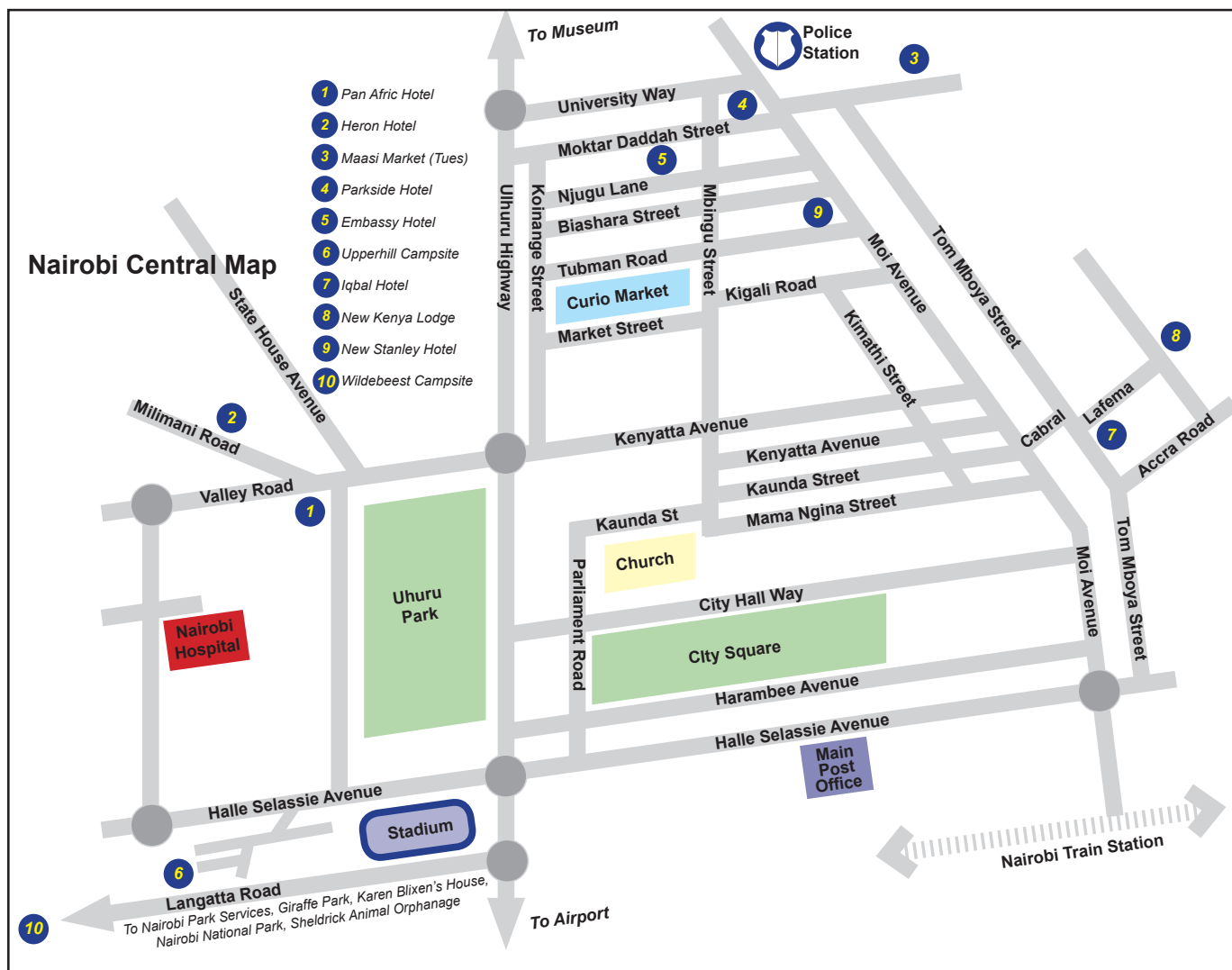
Other options to consider before your Safari

Add on Safari to the Masai Mara

The Mara is the seventh greatest wonder of the world, home to thousands of animals such as elephant, giraffe, lion, leopard, rhino and hippo as well as hosting the migration of wildebeest, zebra and gazelle on an annual basis, on their journey from the Serengeti.

We regularly run add on safaris to visit the Mara before most departure dates of the Southern Safari. Just arrive in Nairobi ready to depart for the Mara six days earlier for Southern Safari departures. Please note the pre tour departs 6 days before the main tour departure date.

Price £795 including the Masai Mara (2 days) a visit to the Elephant Orphanage and the Giraffe Park, Lake Naivasha, a hippo cruise and a visit to the Maasai at Loita Hills plus camping (x6 nights), x6 breakfasts and x6 dinners.



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>

Please note, if climbing Kilimanjaro before starting the Southern Safari, we can arrange to meet you in Arusha, Tanzania, on day one, in the afternoon. This will save you having to double back to meet us in Nairobi. The first day of the trip is a drive day from Nairobi to our campsite in Arusha which is a one and a half hour drive from Moshi, where you will finish your climb. If you are climbing Kilimanjaro, meeting us late afternoon on day one is usually the simplest and preferred option.

Departure from Nairobi

On the departure date we will collect you from either from the Heron Portico Hotel, Nairobi, at 7.30 am or Wildebeest Eco Camp at 8.00 am, depending on your location. We spend our first day travelling south from

Nairobi into Tanzania, setting up camp in Arusha, which will be our base from where we will safari into the world-famous Ngorongoro Crater and Serengeti.

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 as well. 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.

Your crew are there to do all they can to help. Please feel free to discuss any matter with them. Do remember you are on a group trip and it is as valuable to listen to other people's ideas as it is to contribute your own. Your crew have been trained and do know your route. They will facilitate group discussions and will advise to the best of their abilities.

Security in Nairobi

Do be aware that Nairobi is known as 'Nairobi robbery'. Make sure you stay alert at all times and take sensible precautions. You are best to 'dress down'. Don't wear or carry anything valuable or new including cameras. Mobile phones should be inconspicuous. Do not leave anything of value lying around on display in your room at the hotel. Take great care and do not walk on the streets at night.

Eating out in Nairobi prior to departure

The restaurant at The Heron Portico Hotel is excellent. If you feel like an alternative though you might also like to visit the Pan Afric Hotel just down the road, which has a popular terrace cafe overlooking the street. We would advise that it is best to catch a taxi down to the Pan Afric, particularly if eating there at night. The taxi should cost approximately 300 - 400 KSH.

You may also consider visiting Nairobi's famous game restaurant, Carnivores, which is a popular option and a Nairobi highlight. Taxis can be arranged here.

Important pre-safari details

Upon booking we will e-mail you a form, so you can advise us of all your booking requirements in Nairobi. You can also update us on this form of any change in your details and confirm your insurance details, if you don't know these when booking.

Whilst staying at the Heron or Wildebeest, remember to look for last-minute messages in the foyer from your crew.

Flight departure

Check in as early as possible prior to your departure time: your flight ticket will indicate how early you 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. The booking voucher is issued upon receipt of final payment. Your booking voucher will also have emergency contact details in the event you need assistance in transit.

Arriving in Kenya – Jomo Kenyatta International Airport, Nairobi

At the airport you will find all 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\$ =101 KSH (March 2020)

Traveling into Nairobi - The airport is situated 15km from the centre of Nairobi. The easiest way to get into town and to The Heron 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 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.

The end of the safari

The Absolute Safari finishes at Ashanti Lodge at the foot of Table Mountain, Cape Town. Your final night's accommodation in a dorm at the Ashanti Lodge is included in the price.

The Ashanti holds beds for us ahead of our arrival and the crew will reconfirm with you your exact requirements, including upgrades and/or extended stays, as early as possible after you join the trip. Let your crew know if you want to upgrade; you can then just pay the difference.

Dorm accommodation	approx 20 USD (280 Rand)
Single rooms	approx 45 USD (620 Rand)
Double/twin rooms	approx 60 USD per room per night (840 Rand)
Double/Twin Ensuite	approx 79 USD per room per night (1100 Rand)

Airport transfers approx 18 USD (250 Rand)

Current exchange rate is approximately 1 USD = 16 ZAR (March 2020).

The Ashanti also has a travel shop which can help you with all your onward arrangements including airport transfers, tours within South Africa including car hire, and coach seats to Johannesburg as well as flights and excursions throughout South Africa.

Do remember to budget for any excursions you might wish to do after your safari.

Typical excursions among many that might be of interest:

• Topless Bus Cape Town City Tour	R200
• Robben Island	R360
Ferry leaves hourly between 9 and 3. Please speak to your leader about booking ahead of time.	
• Cable Car to Table Mountain (return)	R293
• Abseil Table Mountain	R1095
• Paragliding	R1300
• Aquarium	R175
• Township tour	R585
• Cape Malay Cooking Experience - Tuesdays and Saturdays	R825
• Cape Point and Peninsular Tour	R1100
• Skydiving	R2850
• Whale watching tour	R1200
• Wine lands tour	R880
• White Shark Cage Diving - (inc food, transport and drinks)	R2200

Heading further afield

- We run an Add On Safari at the end of this safari along the Garden Route to Johannesburg visiting all the big highlights including white shark dives, the highest bungee in the world, the Cango Caves, Addo Elephant Park, an Ostrich Farm, Lesotho and the Drakensbergs. Details can be found @ www.absoluteafrica.com/The-Garden-Route/GR16
- For those already booked on the Southern Safari we offer a special price for this add on safari,

£1,145.00. Limited places available so do contact us for further details.

- If you need an internal flight – www.kulula.com or alternatively have a look at www.flymango.com

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 Store and Medical Clinic in the UK 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. Travelling 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 on the health concerns en route so you can stay fit and healthy to relax and enjoy your trip. The Lonely Planet publish a medical travel guide for the region which 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 only a guide)

Typically the immunisations usually suggested for the countries visited on this safari:

- 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 how to set up a reminder system for yourself so you remember to take your medication. If you are taking a daily medication, 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 22.

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 prevent yourself from 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.
- Cover up early morning and at the end of the day and wear long sleeves and long legged trousers 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 you have to have any kind of 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 Southern Safari itinerary

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Day 1: Nairobi, Kenya to Arusha, Tanzania

Leaving Nairobi on Day One the drive south to Tanzania takes you through sweeping and often arid plains dotted with whistling thorn. We cross into Tanzania at Namanga where you are sure to be tempted by Maasai selling beaded jewellery and wooden carvings. Further on Mount Meru looms in the distance and on a lucky day snow-clad Kilimanjaro might come into view. At 5,895 metres it is Africa's highest mountain.

We have the Departure Meeting to go through the details of life on the truck, organise the local payment and all our rosters in Arusha.

Distance: 278 kms

Est. Drive Time: +/- 7 hours including lunch stop and depending on the border

Meals: X1 Dinner

Days 2 - 4: Arusha camp during optional safari in 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 usually choose to do.

Day 2: We depart early with a local guide on safari in 4x4 vehicles with a pop up roof. We travel to the Ngorongoro Gate, then transit on to Serengeti.

Arriving 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 seemingly endless grasslands of the Serengeti are also the stage for the famous wildebeest migration. On the annual migration 1.5 million wildebeest and other game, such as zebra, Thomson's gazelle, impala and topi move on mass between Kenya's Masai Mara, then into Ngorongoro Conservation Area and the Serengeti. This mass movement is driven by the rains, and the herds' endless search for water and good grazing.

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 3: 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 4: 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.

Leaving Ngorongoro we stop off, time permitting, at local markets where we can wander and buy Maasai souvenirs. We enjoy a pre-prepared barbeque to celebrate our first big game drives on our return to Arusha.

Distance, Day 2, and Day 4: 175 kms to and from the Conservation Area gate

Est. Drive Time: 3 to 4 hours

Meals, Day 2: X1 Breakfast

Meals, Day 3: None

Meals, Day 4: X1 Dinner

Optional excursions for Days 2 to 4: 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 5 – 6: Arusha to Marangu

We spend the morning in Arusha to shop and explore the town. After lunch we travel to Marangu 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 5: 120 kms

Est. Drive Time, Day 5: +/- 3 hours

Meals: X2 Breakfasts, X2 Dinners

Optional excursions: Kilimanjaro day hike, Marangu day tour

Day 7: 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 (545 if to Dar) kms

Est. Drive Time: 9 to 10 hours incl. lunch stop (11 to 12 if to Dar es Salaam)

Meals: X1 Breakfast, X1 Dinner

Optional excursion: For those who want to get to Zanzibar early there is the option of flying to Zanzibar today with an extra night at the beach. Note that this needs to be pre booked as early as possible, contact us for prices and more information to fly early to Zanzibar.

Days 8 - 11: Optional stay on Zanzibar Island

Day 8 We head to the ferry port in Dar es Salaam from where we travel to the exotic spice island of Zanzibar for four days.

On arrival we travel to Kendwa where you can enjoy white sand beaches, and swim and snorkel in the crystal clear waters of the Indian Ocean. Fishing trips and cruises in traditional dhows can be organized. Scuba diving and snorkeling to nearby reefs or further afield including to Mnemba Atoll can also be arranged from the Dive Centre near our beach cottages.

There is a wide diversity of marine life off Zanzibar. The diving is some of the best in the world, with stunning coral gardens and more than 350 fish species recorded. Sightings of dolphins and turtles are quite regular occurrences, while humpback whales and whale sharks are occasionally spotted.

You can also explore Jozani Forest and see the red colobus monkeys and Prison Island with its giant tortoise. Snorkelling is also enjoyed off Prison Island.

On the last day we spend time in the traditional capital, Stone Town. Take a spice tour to find out a little

about the spice trade that dominated the island's history, as well as the slave trade. On our final night here we can explore the colorful night market.

Distance: 60 kms Bagamoyo to Dar es Salaam
Est. Drive Time: Up to 2 hours Bagamoyo to Dar es Salaam
Meals, Day 8: X1 Breakfast

Additional 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 12: Zanzibar Island to Morogoro

Arriving back in Dar es Salaam we rejoin the overland truck to head west to Morogoro to stay the night.

Distance: 194 kms
Est. Drive Time: 6 hours
Meals: X1 Dinner

Day 13: Morogoro to Iringa

We continue to travel west across Tanzania travelling through Mikumi National Park where roadside sightings of elephant, giraffe and antelope are common. Travelling the road through Baobab Valley we are surrounded by the iconic 'upside down trees' and past the Ruaha River to Iringa for our last night in Tanzania.

Distance: 310 kms
Est. Drive Time: 9 hours incl. lunch stop
Meals: X1 Breakfast, X1 Dinner

Days 14 - 17: Iringa to Kande, Malawi

We enter Malawi and travel south down the third largest lake in Africa, Lake Malawi, created in the chasm provided by the Rift Valley. Known as "the heart of Africa" you will be struck by the warm welcome we receive, despite Malawi being one of the poorest countries en route.

Popular beaches by the Lake are ideal locations for the camps where we stay and set beside local fishing villages. We are welcomed into these villages with the chance to visit a couple of local schools as well. 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.

Lake Malawi is home to the brightly coloured and prolific mbuna cichlid fish and scuba diving or snorkelling here has been described as 'rather like a dive into a fish tank'. Canoeing is also an option on the lake. Malawi is a spectacularly beautiful country and horse riding and trekking can be arranged too.

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 14: 498 kms
Distance, Day 15 or 16: 235 kms
Est. Drive Time, Day 14: 12 hours Incl. lunch and fuel stop and depending on the border
Est. Drive Time, Day 15 or 16: +/- 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 18 – 19: 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: 600 kms

Est. Drive Time, Day 18: +/- 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 20 - 21: South Luangwa to Lusaka

We now make our way towards the capital. Upon reaching Lusaka on day 21, we have a chance to get to internet, the bank and also stock up on supplies in a large supermarket.

Distance over 2 days: 560 kms

Est. Drive Time, Day 20: +/- 6 hours incl. stop for lunch and shopping

Est. Drive Time, Day 21: +/- 6 hours

Meals: X2 Breakfasts, X2 Dinners

Day 22 – 23: Lusaka to Lake Kariba, Zimbabwe

Optional stay on Lake Kariba houseboats

From here we travel to Lake Kariba where we hire a houseboat for a couple of nights' break from truck life. The man-made lake took 9 years to build, the dam wall being completed in 1959 when the plains began to flood; animals became stranded on submerging islands and Matusadona National Park launched a massive rescue exercise known as Operation Noah. Whilst cruising on the houseboat we can view elephant, buffalo, kudu, waterbuck and, if lucky, lion as they come down to drink by the water's edge. Sunsets over the lake create a rich backdrop of colour for the stark silhouettes of the fossilised leadwood trees remaining in the lake.

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 22: 208 kms

Drive Time, Day 22: 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 24 - 25: 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 24: 249 kms

Est. Drive Time, Day 24: +/- 6 hours incl. shopping stop

Distance, Day 25: 440 kms

Est. Drive Time, Day 25: 9 hours incl. shopping and lunch stops

Meals: x2 Breakfasts, x2 Dinners

Day 26: 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 27: Bulawayo

Here we head out for game drives and a rhino trek in Matopos National Park. The Matopos Hills have the largest concentration of raptors (birds of prey) in the world and black eagles can be seen soaring high over the dramatic ancient landscape of granite boulder stacks. The park is also home to both the endangered black and white Rhinoceros, now closely guarded in an intensive conservation program, and the magnificent sable antelope. We track rhino on foot with a professional guide, as well as look for other game. We also find out the different uses and medicinal value of the plant life in the park.

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 28: Bulawayo to Victoria Falls

Today we travel through to the mighty Victoria Falls. The roaring torrents of water and the mists from the Falls which rise meters into the air, gave rise to the local name 'Mosi-Oa-Tunya', 'the smoke that thunders.'

Distance: 438 kms

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

Meals: X1 Breakfast

Days 29 – 30: Victoria Falls

At the Falls there is a large number of different adrenaline activities on offer, such as the world famous whitewater rafting on the Zambezi, the bungee jump and the gorge swing. You can take a flight over the Falls in a helicopter or microlight on a 'Flight of the Angels'. Time can be spent in the national park overlooking the Falls. We usually meet up at night for meals in local cheap eating places.

One of our nights at The Falls is often spent together on an evening sunset cruise drifting down the Zambezi as the sun sets. Wildlife such as hippo and crocodiles can be seen in and by the water, and monkeys play in the trees by the river.

Distance: 0 kms

Drive Time: 0 hours

Meals: None

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

Days 31 - 32: Victoria Falls to Kasane, Botswana

Today we enter Botswana and visit Chobe National Park, where we have a full day set aside to take a game drive and a game cruise. Chobe is famous for its elephant population – it is known as the world's elephant capital! There are tens of thousands of them here in this park, however that is far from all there is to see. It has strong lion prides, and game drives regularly provide viewing of giraffe, lechwe, kudu, impala herds, buffalo and much more.

Distance: 87 kms

Est. Drive Time: 3 hours (depending on the border)

Meals: X2 Breakfasts, X2 Dinners

Optional excursion: Chobe National Park – game drives and game cruise

Day 33: Kasane to Maun

We leave Chobe and travel past the Makgadikgadi Pans on our way to Maun, set on the edge of the Kalahari Desert.

Distance: 666 kms

Est. Drive Time: 9 hours incl. stop for lunch

Meals: X1 Breakfast, X1 Dinner

Days 34 – 36: Maun - Optional mokoro safari in the Okavango Delta

From Maun we organise our mokoro safari into the Okavango Delta.

The Delta is an ecosystem of lush wetlands, placid lagoons and water-lily filled channels created by the arrival of waters that fell as rain on the mountains of Angola months prior. Here on a mokoro safari we gain a sense of the remoteness and beauty of the African bush. We meander precariously and silently through the maze of waterways in the traditional canoes and camp for two nights in the wilderness. This can be a wonderful opportunity to get up close to Africa's wild animals. During our stay we take guided game walks with professional guides. We might spot buffalo, hippo, crocodile, antelope, warthog, baboon, wildebeest, elephant and lion. Bird life is prolific including kingfishers, ducks, marabou storks, sacred and glossy ibis, herons and egrets. The incessant chatter of birds can make an afternoon nap quite problematic during our bush camp!

Distance: 0 kms

Est. Drive Time: 0 hours

Meals: X3 Breakfasts, X3 Dinners

Optional excursions: Okavango Delta mokoro safari including X2 breakfasts and X2 dinners, flights over the Delta

Days 37 – 39: Maun to Etosha National Park, Namibia

We now head into Namibia and make our way towards Grootfontein where we arrive on day 38 for shopping in town and to make a cultural visit to the local Bushmen. We stop over at a nearby camp before heading the following day for Namibia's most well known National Park, Etosha. We can stop en route to see the Hoba meteorite, the world's largest and estimated to be at least 190 million years old!

Distance over 3 days: 1,111 kms

Est. Drive Time, Day 37: +/- 13 hours (depending on the border) incl. lunch stop

Est. Drive Time, Day 38: 4 - 5 hours

Est. Drive Time, Day 39: +/- 5 hours to Etosha entrance, then afternoon game drives in Etosha

Meals: X3 Breakfasts, X3 Dinners

Optional excursions: Walk with warrior bushmen, visit women's village, Hoba meteorite

Day 40: Etosha National Park

Etosha National Park centres around the vast Etosha Pan, an extensive flat depression of 5,000 square metres of shimmering mirages and in the language of the local Owambo tribe Etosha means 'place of dry water'. The park is home to the 'big five' - lion, leopard, buffalo, elephant and rhino. Optional evening game drives and the floodlit water holes at Okaukuejo and Halali are highlights of this park.

Distance: 0 kms

Est. Drive Time: Game drives through the day

Meals: X1 Breakfast, X1 Dinner

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

Vehicle for game drives: Overland truck

Optional excursion: Evening game drive.

Day 41: Etosha National Park to Africat, Otjiwarongo

Leaving Etosha we travel via Outjo to the Africat Foundation which is a non-profit organization focusing on the conservation of Namibia's predators, particularly cheetah, in their natural habitat. Here we can actively take part in this programme and learn more about these beautiful and amazing animals.

Distance: 182 kms

Est. Drive Time: 7 hours including short game drive and stops for shopping and lunch
Meals: X1 Breakfast, X1 Dinner

Included wildlife activities: Short game drive in Etosha, Africat carnivore care
Vehicle for game drive: Overland truck

Days 42 – 43: Otjiwarongo to Swakopmund

As we head south we stop over to visit the Himba tribe, learning more about this interesting culture. We then travel through some of the most scenic regions of the tour the lower section of the Skeleton Coast that is often shrouded in mist. We spend a night at the amazing Spitzkoppe rock formations, camping under the stars.

We come to Cape Cross Seal Reserve, one of 16 breeding colonies for Cape Fur seals before we arrive into the seaside resort town of Swakopmund, nestled between the desert and the sea.

Distance over 2 days: 452 kms
Est. Drive Time, Day 42: 5 hours
Est. Drive Time, Day 43: +/- 4.5 hours
Meals: x2 Breakfasts, X1 Dinner
Included wildlife activity: Cape Cross Seal colony visit

Optional excursion: Guided walk incl. viewing of rock paintings.

Days 44 – 45: Swakopmund

Swakopmund is the place for action and adventure sports – quad-biking, dune buggies, sandboarding, go-karting, horse riding, fishing and tandem sky diving. There are flights over the Namib Desert and the Skeleton Coast. A township tour provides insight into day to day local life.

Distance: 0 kms
Est. Drive Time: 0 hours
Meals: None

Optional excursions: Quad-biking, sandboarding, skydiving, go-karting, desert tours, open-sea fishing, seal and dolphin cruise, sea kayaking, township tours, horse riding.

Day 46: Swakopmund to Sesriem

We drive through to Sossusvlei in the Namib Naukluft National Park. We are now in the vast arid regions of southern Namibia. Here we can visit the Sesriem Gorge in the afternoon.

Distance: 344 kms
Est. Drive Time: 8.5 hours, Incl. lunch stop
Meals: X1 Dinner

Days 47 – 48: Sesreim to Ai Ais

In the morning we get up before sunrise to climb the famous Dune 45 for sunrise views. After this there is the option to go to Sossusvlei by 4x4 to visit the Dead vlei pan and see more of this harsh but beautiful landscape.

Fish River Canyon is our next highlight. It is the second largest canyon in the world, created by the rushing waters of the Fish River. We then head to our camp at Ai Ais and enjoy a soak in the hot springs in the lower reaches of the Canyon.

Distance over 2 days: 613 kms
Est. Drive Time, Day 47: +/- 5 hours
Est. Drive Time, Day 48: +/- 9 hours Incl stop at the Canyon
Meals: X2 Breakfasts, X2 Dinners
Included activities: Visit to Dune 45, visit to Fish River Canyon.

Optional excursion: Visit to Sossusvlei

Day 49: Ai Ais to Orange River

We stop over by the Orange River, which is fed by the Fish River. Here we can canoe or raft through some of the most rugged terrain in Southern Africa.

Distance: 179 kms

Est. Drive Time: 3 hours Incl. Shopping

Meals: X1 Breakfast, X1 Dinner

Optional excursion: Orange River canoeing

Days 50 – 52: Orange River to Stellenbosch, South Africa

We travel down the South African west coast and into the wine lands of the Cape Province. We spent two nights in the historic town of Stellenbosch, where we can enjoy a wine tour and the other culinary delights of this culturally rich area.

Distance: 678 kms

Est. Drive Time, day 50: +/- 10 hours incl. shopping and lunch stop (depending on the border)

Est. Drive Time, day 51: 6 hours

Meals: X2 Breakfasts, X1 Dinner

Optional excursion: Wine tour

Day 53: Stellenbosch to Cape Town

Our last day's drive is from Stellenbosch into Cape Town. We have our last meal together and spend the night in the comfort of the Ashanti Lodge, which is nestled at the base of Table Mountain.

Cape Town is a wonderful place to relax with plenty of attractions, shopping and cocktail bars. The Travel Shop at Ashanti can assist you with all you wish to do – including white shark diving, a visit to Robben Island where Mandela was imprisoned during the apartheid era and a visit to the Cape of Good Hope Nature Reserve. If you want to explore further safaris in Kruger National Park can be arranged. Or consider continuing on our Garden Route Add-On tour visiting Lesotho for pony trekking and with hikes in the Drakensberg Mountains. This follows on from our arrival in Cape Town and takes in highlights along the coastline, before finishing in Johannesburg, the 'City of Gold'.

Distance: 53 kms

Est. Drive Time: 2 - 3 hours

Meals: X1 Dinner (contribution to the final restaurant meal)

Optional excursion: Meal out at a restaurant

Please note this itinerary is 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 overland safari plans. We look forward to your further enquiries.

Other Information

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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

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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 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, shop and wish to upgrade. A suggested budget would be 1,125 - 1,325 USD.
8. Local Payment - 625 USD
9. Optional excursions: The average amount people usually spend who are wanting to do most optionals on the trip is between 650 - 1,900 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 money including cash for their safari as follows:

USD cash

We are finding clients find it most convenient to take approximately 2,300 - 2,500 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 dated 2008 or later 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.

Pounds and Euro cash

You may also like to carry up to 100 GBP/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.

You should change up enough money into Kenyan shillings when you arrive in Nairobi for what you at least need to cover your personal needs such as accommodation, transfers and meals including breakfast for the first day before you meet the truck. Please note breakfast is not provided on the first day of the safari.

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, Swakopmund and Cape Town 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
Botswana	Botswanan pula
South Africa	South African rand

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

GAME DRIVES IN FOUR OF AFRICA'S BIG GAME PARKS AS WELL AS OTHER WILDLIFE RESERVES AND HIGHLIGHTS Incl.

- South Luangwa National Park
- Entry to Matopos National Park with a rhino trek and game drive.
- Etosha National Park (two nights)
- Lake Malawi
- Great Zimbabwe Ruins
- Bushmen visit
- Fish River Canyon
- Namib Naukluft National Park
- Mikumi National Park
- Africat Carnivore Care
- Sossusvlei Dunes
- Cape Cross Seal Colony
- Spitzkoppe rock formations or similar

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
- 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.

- 39 breakfasts & 39 dinners whilst travelling on the truck, including some pre-prepared bbqs and local meals
- 37 nights camping whilst with the truck and 6 nights in dorm accommodation in a lodge or similar including 3 nights in Swakopmund and the final night in Ashanti Lodge, Cape Town

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 if not participating in an overnight excursion ie Serengeti and Ngorongoro Crater (2 nights), Zanzibar Island (4 nights), Lake Kariba Houseboats (2 nights) and Okavango Delta (2 nights)
- 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

Remember to carry the recommended spending money to ensure you have enough to cover for these times.

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. current recommendation to carry as personal spending money for this safari is 1,125 - 1,325 USD.

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. 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 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. The Falls is also one of the places where the local restaurants offer huge variety and after weeks on the road are too tempting to miss.

Tipping: You may like to consider tips for good service, particularly at some of the big highlights such as after the Serengeti, Ngorongoro Crater, houseboats at Lake Kariba and the Okavango Delta 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 is 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 US\$ (cash). A few may be payable in local currencies. (Prices guide only as at March 2020).

TANZANIA

- Serengeti and Ngorongoro Crater game drives, 3 days/2 nights From 625 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

Upgrade package including flight from Kilimanjaro to Zanzibar and one extra night on the island (to be prepaid) 220 - 280 GBP

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 \$30 - \$120	
From North	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	140	USD
• Fishing including park fees, 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
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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)	270	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	100	USD
• Horse Rides - Experienced – 2.5 hours	100	USD
• Full day horse ride,(experienced riders only)	155	USD

• Village tour (includes return transfers from Victoria Falls, aprox 3 hrs)	60	USD
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Bungee Jumping

• Bungee Jump (111 metres - 3rd highest commercial bungee in the world)	160	USD
• Bridge slide	45	USD
• Tandem bridge slide	70	USD
• Bridge swing	160	USD
• Tandem bridge swing	240	USD
Gorge activities		
• Gorge Swing only (1 jump)	95	USD
• Tandem gorge swing	140	USD
• Single flying fox	45	USD
• Single zip line	70	USD
• Tandem zip line	110	USD
• Canopy Tour	55	USD
• Big Air Combo, 1x bungee, 1x bridge swing, 1x bridge slide	210	USD
• Half day adrenaline - gorge swing, zip line, flying fox	140	USD
• Half day adrenaline/Canopy tour	175	USD
• Raft/ Gorge swing, Combo Half or full day rafting (water level permitting) 1 gorge swing (10 USD park fees for rafting not inclusive)	200	USD
Adventure Pass 1	315	USD
• Any 2 of the following with a sunset cruise		
• Half day rafting Lion Walk		
• Full day rafting 15 minute Helicopter		
• Elephant back safari Canoeing		
• Half day adrenaline		
• (Park fees not included where applicable)		
Adventure pass 2	385	USD
• Any 3 of the following activities		
• Half day rafting Lion Walk		
• Full day rafting 15 minute Helicopter		
• Elephant back safari Canoeing		
• Half day adrenaline		
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)	55	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)	105	USD
• Devils Pool (incl lunch)	170	USD
• Devils Pool (incl high tea)	145	USD

*subject to availability and season

**visa for Zambia and transfers not included

BOTSWANA

• Chobe National Park - game cruise and guided game drives	820	Pula
• Chobe River cruise	410	Pula
• Chobe National Park - guided game drives	410	Pula
• Okavango Delta guided mokoro safari, one night two days (dep. on nos.)	125-275	USD
• Okavango Delta guided mokoro safari, two nights three days	145	USD

- Flight over the Delta - max 5 per plane 1 hour 550 USD

NAMIBIA

- Bushmen village activities (warrior walk, women's village etc.) (200 - 300 N\$) approx 15-20 USD
- Night game drives in Etosha National Park (N\$750) approx 55 USD
- Game drive at Africat reserve (N\$750) approx 55 USD

Swakopmund

- Tandem skydive 3000 N\$
- Sandboarding including lunch with beers and sodas - lie down 600 N\$
- Sandboarding - stand up 700 N\$
- Sandboarding - spectator 100 N\$
- Quad biking 2 hours on the dunes 650 N\$
- Open sea fishing 1600 N\$
- Township tour with traditional lunch 550 N\$
- Sea kayaking 800 N\$
- Living desert tour 800 N\$
- Welwichia tour 800 N\$
- Seals and Dolphin Cruise 900 N\$
- Horse riding 1,5 hours sunset tour 970 N\$

- Sossusvlei visit 170 N\$

SOUTH AFRICA

- Canoeing on the Orange River, 2 hours R 480
- Wine tour R 650

- Options for consider if you have extra time after your trip in and around Cape Town

- Topless Bus Cape Town City Tour R200
- Robben Island R360
Ferry leaves hourly between 9 and 3. Please speak to your leader about booking ahead of time.
- Cable Car to Table Mountain (return) R293
- Abseil Table Mountain R1095
- Paragliding R1300
- Aquarium R175
- Township tour R585
- Cape Malay Cooking Experience - Tuesdays and Saturdays R825
- Cape Point and Peninsular Tour R1100
- Skydiving R2850
- Whale watching tour R1200
- Wine lands tour R880
- White Shark Cage Diving - (inc food, transport and drinks) R2200

Please be aware that shark diving is very weather dependent so do get your booking in as early and quickly with time allowed if possible the next day in case you cant go on your original booked date.

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 as to what there is to do from destination to destination on the itinerary. At some places such as Victoria Falls and Swakopmund there is a lot of choice and either/or optional choices. It is physically probably 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 optionals 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 essentials.

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 x3 bottles
- Insect repellent spray
- High-factor sun block 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.
- Ziploc 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, clothesline
- 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.

To consider:

- Binoculars
- Pillow
- 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 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 cleaning and washing procedures carefully to avoid infections being spread. Seat belts are fitted on the truck. For your safety please use these.

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 informed as to what is happening and use group meetings to help the group work together. Please feel free to discuss any matter with the crew and to use group meetings. Do remember you are on a group safari and it is also as valuable to listen to other people's ideas as well as contribute your own. Your crews have been trained, do know your route and will facilitate group discussions and will advise to the best of their abilities.

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 given.

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 travelling.

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 become 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 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. We also can contribute in part to the final restaurant meal together in Cape Town.

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 ask that each member of the group looks out for each other. These trips are about group participation and each member needs to do all he or she can to enable your group to work well together.

Day to day be sensitive and aware of how you and your group are being perceived by those around you. Be alert to where you are, sensitive when taking photos, aware of how much noise we are making, careful of how you are dressed. Everyone wants to have the best time possible in Africa and there are plenty of chances to have a trip of a lifetime. Excessive noise, obscenities and inappropriate behaviour cannot be tolerated - we need to show respect for the places we visit and the people we meet enroute. It can embarrass other members of the group and seriously upset those around us, particularly in campsites and restaurants. You will get more out of your trip if you are responsive, discrete and sensitive to the world around you.

Be particularly alert to the impact of excessive drinking as you travel. Alcohol abuse will put your health at risk, particularly in malarial zones. For safety reasons we insist that alcohol is not drunk on the trucks.

There is also a strict no smoking rule onboard the trucks, and no-smoking areas will be set up for meal times.

There are serious penalties in Africa with regard to illegal substances.

Game parks are a spectacular sight. We ask that you show respect and keep noise to a minimum. Everybody's game viewing on an ongoing basis is better served if our impact on a park is kept to a minimum. Do be attentive to all signs and instructions as to how to behave in game parks.

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, Victoria Falls, and Johannesburg. 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 combined 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: 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 spreadsheet on the next page.

ABSOLUTE AFRICA

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.



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			
Elephant	3.7	15	VU	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Buffalo	22	70	VU	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Antelope	11	17	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Leopard	3	20	NT	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rhino	6	35	CR	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Black Rhino	6	35	NT	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
White Rhino	6	35	NT	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Meerkat	3	11	VU	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Spotted Hyena	4	25	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Striped Hyena	4	25	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Wild/Painted Dog	2.5	11	EN	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Wildbeest (Gnu)	8.5	20	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Topi	15	28	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	12	28	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Zebra	8.5	20	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Oryx	7.5	19	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	9	7.5	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Eland	9.2	17.5	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	6.5	12	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Gazelle	6	10.5	NT	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	7	20	NT	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	6	3.5	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	5.7	15	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	8.5	45	EN	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	8	50	EN	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	6	25	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	5	19	EN	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	6	20	EN	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	7	12	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	1.7	8	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	2.5	8	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	2.5	13	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	7.9	50	VU	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	3*	45	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Kudu	12	20	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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

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Reading List

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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
Zanzibar	Giles Foden
Mukiwa A white Boy in Africa	Peter Godwin
Don't Let's Go 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 various other titles	Wilbur Smith
Out of Shadows	Jason Wallace
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

3rd March 2020