

Wildlife and Spice Island

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 Wildlife and Spice Island

Depart Nairobi	Finish Dar es Salaam	Price	Local Payment
10 Apr 2020	14 May 2020	£1275	US\$875
17 May 2020	20 Jun 2020	£1275	US\$875
24 Jun 2020	28 Jul 2020	£1275	US\$875
24 Jul 2020	27 Aug 2020	£1275	US\$875
14 Aug 2020	17 Sep 2020	£1275	US\$875
20 Sep 2020	24 Oct 2020	£1275	US\$875
15 Oct 2020	18 Nov 2020	£1275	US\$875
04 Dec 2020	06 Jan 2021	£1275	US\$875
24 Jan 2021	27 Feb 2021	£1275	US\$875
25 Feb 2021	31 Mar 2021	£1275	US\$875
30 Apr 2021	03 Jun 2021	£1275	US\$875
30 May 2021	03 Jul 2021	£1275	US\$875
24 Jun 2021	28 Jul 2021	£1275	US\$875
27 Jul 2021	30 Aug 2021	£1275	US\$875

Countries visited: Kenya • Uganda • Rwanda • Tanzania

Highlights: Sheldrick's Elephant Orphanage • Giraffe Park • Masai Mara • Rift Valley • Maasai at Loita Hills • Elsamere • Lake Naivasha • Hell's Gate National Park • Crater Lake Sanctuary • Hippo cruise • Lake Nakuru National Park • Whitewater rafting on the White Nile • Ziwa Rhino Sanctuary • Volunteer in a local school • Bungee jump • Quad biking • Horse riding • Kayaking • Lake Victoria • Chimpanzee trekking • Queen Elizabeth National Park with a cruise on Kazinga Channel • Genocide Memorial and Museum • Mountain gorilla trek • Golden monkey trek • Dian Fossey's grave • Orphanage visit • Batwa (pygmy) village • Grumeti Reserve • Serengeti National Park • Ngorongoro Crater • Maasai boma • Zanzibar Island • Spice tour • Snorkelling and scuba diving • Mnemba Atoll • Dolphin boat cruise • Prison Island and the giant

Safari structure: An overland trip to safari in the Masai Mara and the Serengeti, to trek in the Virungas to view the endangered mountain gorillas, finishing on the palm fringed white sand beaches of Zanzibar, the spice island. The Wildlife and Spice Island Safari is a component of our main programme of safaris. Along the way you will meet travellers who may be doing longer or shorter components of this program. If you wish to spend a few extra days on Zanzibar we can extend your cottage bookings for you.

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Flights

When arranging your flights we suggest that you arrive the day before this overland safari begins.

You will find it most convenient at the end of your safari to fly either from Dar es Salaam or from Zanzibar Island. There is an international airport on Zanzibar island. Return flights should be arranged to depart from Zanzibar airport any time from 11am the day after the trip ends, or from Dar es Salaam from 4pm the day after the trip ends.

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

There are several airlines that fly into Nairobi and out of Dar es Salaam including Kenya Airways, KLM/Air France, Lufthansa, Qatar Airways, Emirates, Swiss Airlines and Ethiopian Airways. A number of airlines also fly between Zanzibar and Nairobi or Dar es Salaam and Nairobi, such as Precision Air, Kenya Airways, KLM, and Fly540.

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.

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.

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 it 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 and bungee jumping.

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

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

Visa requirements for the the Wildlife and Spice island

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 that you visit. As a guide then, for the Wildlife and Spice Island you will want to have a minimum of 5 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 en route. Visas can only be paid for in US Dollars cash.

Please note that since June 2014 the East African Tourist Visa has been introduced for multiple entry to Kenya, Rwanda and Uganda. Where this visa is being issued it should provide a saving in money and time. For the Wildlife and Spice Island it is now being regularly issued on arrival in Nairobi. The new visa is reflected in the chart below. It is being charged at \$100 to cover all three countries.

The East African visa is not currently available at the Kenya/Uganda border and so South African nationals can purchase the Ugandan and Rwandan visas separately at the respective borders, as they do not require a Kenyan visa.

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

Passport	Kenya	Uganda	Rwanda	Tanzania	No of Visas	Total Value US\$
Australian	\$100	-	-	\$50	2	\$150
New Zealand	\$100	-	-	\$50	2	\$150
South African	-	\$50	\$30	-	2	\$80

Canadian	\$100	-	-	\$50	2	\$150
American	\$100	-	-	\$100	2	\$200
British	\$100	-	-	\$50	2	\$150
German	\$100	-	-	\$50	2	\$150
Dutch	\$100	-	-	\$50	2	\$150
Irish	\$100	-	-	\$100	2	\$200
French	\$100	-	-	\$50	2	\$150

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. Ultimately you are responsible to ensure you have the appropriate visas for your trip. For more information on visas check out <http://www.visahq.com/> or alternatively www.projectvisa.com

Pre and post safari information

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The Wildlife and Spice safari departs from both the Heron Portico Hotel at 7.30 am on the departure date, and from the Wildebeest Eco Camp at 8.15am..

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

Accommodation options

THE HERON PORTICO HOTEL

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

Prices for the Heron Portico Hotel are

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

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

Airport transfers can be arranged to the Heron 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 Portico is payable on arrival in Kenyan Shillings or by credit card (Visa and MasterCard)

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

Alternatively Wildebeest Camp offers slightly cheaper accommodation.

WILDEBEEST ECO CAMP

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

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

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

Prices for the Wildebeest Camp are:

Dorm	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 in Nairobi

If you wish we can arrange a tour for you from Nairobi.

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

Departing 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 8.15 am, depending on your location.

We spend our first day visiting Sheldrick's Elephant Orphanage and The Giraffe Park. There is also time for final preparations for the trip, before we head out on the open road on the second day.

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

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 'Nairobbery'. Make sure you stay alert at all times and take sensible precautions. It's 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 in Milimani Road and do not walk on the streets at night.

Eating out in Nairobi prior to departure

The restaurant at the Heron Portico 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 advise you to catch a taxi to the Pan Afric, particularly if eating there at night. The taxi should cost

approximately 300 - 400 KSH.

Important pre-safari details

Upon booking this overland trip a form is sent to you on which you can advise us of all your booking requirements in Nairobi including transfers and accommodation. 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.

Do protect your valuables at all times. Whilst staying at the Heron Portico or Wildebeest, please 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, the signs are in English and Swahili. There is always a bank open for international arrivals.



You will find a bank to your right after you collect your backpack before you go through customs. You should change up enough money into Kenyan shillings for what you need until you meet the truck or can next get to a bank. Do remember you need to pay for any meals you will 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 15 km from the centre of Nairobi. The easiest way to get into town and to the Heron Portico 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 Portico, 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 help you with taxis, which can be hired at 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. A taxi to the Heron Portico from the airport should be approximately 1,500 KSH (approx USD 15), per person; a taxi to Wildebeest will cost slightly more.

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

The end of the safari

You can finish this tour either on Zanzibar or Dar es Salaam depending on what suits you best.

Please note accommodation on the final night of the tour is included and so you should arrange flights for the day after the trip ends. Many tend to catch the ferry back to Dar es Salaam with the tour leader in the morning after the last day, but we can also arrange the ferry for a later time and/or date if you wish, as well as provide you with assistance with transfers and further accommodation if you would like. If catching the morning ferry, please do not arrange onwards flights from Dar es Salaam until after 4pm.

There is an international airport on Zanzibar and you can also fly out directly from Zanzibar at any time the day after the trip ends, or later if you wish to stay on.

Airport transfers are usually about 35 USD for the taxi.

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

Alternatively, if you wish to spend a few more days on Zanzibar we can also arrange this for you, either by the beach at Kendwa in the north of the island or in Stone Town. Feel free to get in touch for further details.

If you need to spend a night or more in Dar es Salaam at the end of the trip we can book you accommodation at Sleep Inn on Mahiwa Street in the centre of the city. Sleep Inn has a restaurant, internet access, satellite TV, air conditioning and laundry facilities.

Or alternatively we can book you in at Mikadi Beach Camp which is right on the beach, just outside the city centre, and has simple beach bandas. There is a swimming pool and also a restaurant/lounge area. Please return the form previously mentioned including your post-safari accommodation and transfer needs to the office 10 weeks before departure. Please also confirm your post safari requirements with your crew on the road.

Health and immunisation

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

You will need to have the required immunisations and start a course of anti-malarials prior to departure for this trip. Traveling to Africa will expose you to diseases and health hazards that you may not have come across before, such as malaria and waterborne parasites including bilharzia. You must consult a medical

professional who specialises in travel medicine before you depart to discuss where you will be traveling in regard to the above, your immunisation schedule and any other requirements. Remember to start your vaccination program in good time, so that it is completed before you go. About six weeks is usually adequate, depending on how up to date you currently are.

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

You may also like to check out the following websites:

www.fitfortravel.nhs.uk

www.dh.gov.uk

Suggested travel clinics in the United Kingdom

Nomad Travel Stores and Clinics

Tel: 01341 555 061

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

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

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

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

www.traveldoctor.com.au/

www.traveldoctor.co.nz

www.traveldoctor.co.za

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

Suggested immunisation requirements (This is only a guide!)

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

- Yellow fever – Vaccination must not be left any later than 10 days prior to departure and you must be able to show proof i.e. carry your certificate of vaccination with you.
- 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 traveling. 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 traveling.

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, and complete the entire course. If you are taking a daily medication as an anti-malarial, 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 20.

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 protect yourself from being bitten:

- Cover exposed skin thoroughly in insect repellent, such as DEET, from dusk to dawn, and reapply it regularly. When applying with sunblock, put it on top of 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.
- Always sleep under a mosquito net or in a secure tent with all zips zipped up.
- Cover up at the beginning and end of the day including wearing long sleeves and long trousers as well as socks.
- 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 Lake Victoria. 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 Wildlife and Spice Island Safari Itinerary

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Day 1: Nairobi, Kenya

On our first morning we have the opportunity to visit the two famous animal conservation projects in Kenya's capital, Nairobi. At the Sheldrick's Elephant Orphanage there is an informative introduction to all the work the trust is involved with, helping protect the African elephant and other affected species. At the Giraffe Centre, you can hand feed the world's tallest mammal in the beautiful grounds of Giraffe Manor.

We have our departure meeting today, take time to get know our fellow travellers and have our first introduction to the Absolute tents.

Distance: 0 kms

Est. Drive Time: 0 hours

Meals: X1 Dinner

Included wildlife activity: The Giraffe Park

Optional excursion: Sheldrick's Elephant Orphanage

Day 2: Nairobi to Loita Hills

An early breakfast today before the adventure begins on the big yellow truck. We head out on the dusty roads to a beautiful remote part of the Masai Mara.

We stop at Loita Hills, home to East Africa's ancient tribespeople, where the Maasai give us a warm welcome with traditional singing and dancing.

We spend this afternoon with a walk in the hills with the Maasai warriors, learning about their culture and the surrounding nature. We visit the local hot springs and a women's village. This evening the warriors show us how to light the campfire and we find out more about their fascinating culture.

Distance: 261 kms

Est. Drive Time: 7 hours incl. stopping at the Rift Valley Viewpoint and for shopping

Meals: X1 Breakfast, X1 Dinner

Days 3 - 4: Loita Hills to the Masai Mara

Up early and before we say goodbye to our Maasai hosts, we have time for "warrior training" and to visit the local Maasai children at their school. We then set off on the road to the Masai Mara, Kenya's most famous game reserve.

Here, we have our first game drive in small 4x4s with a local guide, on the renowned stage of the wildebeest migration. We are on the watch for all the wildlife for which Africa is famous from elephant to lion, cheetah, zebra, giraffe, hippo, crocodile, gazelle and warthog.

We take our game drives by Landcruiser in this impressive National Park. A morning balloon safari can also be arranged.

Distance, Day 3: 60 kms

Est. Drive Time, Day 3: 2 hours

Meals: X2 Breakfasts, X2 Dinners

Included wildlife activities: Afternoon game drives in the Masai Mara (x2), Morning game drives in the Masai Mara (x1)

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

Optional excursion: Balloon Safari

Days 5 - 6: Masai Mara to Lake Naivasha

This morning we have our last game drive in the Mara. We then get back to the overland truck and head for our next camp at Lake Naivasha.

Lake Naivasha is famous for hippopotamus; by day the hippo wallow in the lake and at night they come out to graze on the lawns near our camp. We can take a 'hippo cruise' on the lake. A cycling safari can also be arranged in Hell's Gate National Park. Here you can explore with a guide, see evidence of geological changes as well as a range of wildlife including gazelle, impala, eland and the fascinating and abundant bird and plant life of the region. The Maasai Cultural Centre in the park also allows us to discover more about the Maasai people and culture. Alternative options are to take a guided walk to the Crater Lake Game Sanctuary, or enjoy high tea at Elsamere, the home of Joy Adamson of 'Born Free' fame, where we can also enjoy the antics of the black and white colobus monkeys on the lawns of the Conservation Centre.

Distance, Day 5: 258 kms

Est. Drive Time, Day 5: 6 hours to Naivasha camp incl. lunch and shopping stop

Meals: X2 Breakfasts, X2 Dinners

Included wildlife activity: Morning game drive, Masai Mara

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

Optional excursions: Balloon safari, Elsamere for afternoon tea, cycling in Hell's Gate National Park, guided walk to Green Crater Lake, hippo cruise.

Days 7 - 8: Naivasha to Nakuru

Today we head further up country to camp near Nakuru National Park where we can enjoy a swim in the swimming pool.

A day of game drives in Lake Nakuru National Park take us through acacia forests, candelabra euphorbia stands and grasslands. The park is also a sanctuary for black and white rhino, Rothschild's giraffe as well as waterbuck, reedbucks, zebra, warthog and Grant's and Thomson's gazelle. These in turn attract the resident carnivores: lion and leopard.

The park's alkaline lake supports hippo and migratory waterfowl and waders, and particularly the beautiful greater and lesser flamingos, which can give the lake a pink appearance.

Distance, Day 7: 70 kms

Est. Drive Time, Day 7: 3 hours incl. a stop for shopping

Meals: X2 Breakfasts, X2 Dinners

Included wildlife activity: Full days game drives in Nakuru National Park

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

Days 9 - 10: Nakuru to Jinja, Uganda

We stop in Nakuru town for shopping before the steep drive through the Nandi Hills to Eldoret and Raj's zany campsite.

The following day we head to the border crossing and enter Uganda. We camp in Jinja by the White Nile, just downstream from the source of the Nile.

We have a briefing on all that Jinja has to offer us over the next two days, with its many activities, some more adventurous than others!

Distance over two days: 420 kms

Est. Drive Time, Day 9: 5 hours incl. lunch and shopping stop

Est. Drive Time, Day 10: +/- 7.5 hours (depending on the border) incl. stops for lunch and shopping

Meals: X2 Breakfasts, X1 Dinner

Days 11 – 12: Jinja

Enjoying a welcome break from travelling, we spend two days in Uganda's adventure capital, Jinja

Spend a day white water rafting or kayaking on the White Nile or feel the ultimate rush of the 'Nile High' bungee. Options to explore equatorial jungle by horseback, quad bikes or mountain bikes are also available.

Many also enjoy helping out in a local preschool or exploring the local area with a village walk. This is a good opportunity to catch up on laundry, relax and trying out the fare in small local restaurants or at the campsite restaurant.

Distance: 0 kms

Est. Drive Time: 0 hours

Meals: None

Optional excursions: Whitewater rafting, bungee jump, kayaking, boat trips and cruises, incl. fishing trips, sups, voluntary work in a local school, quad biking, horse riding, mountain biking.

Day 13: Jinja to Ziwa Rhino Sanctuary

Today we leave Jinja and head into the bush to Ziwa Rhino Sanctuary, the only place in Uganda to see rhino.

There are options to go for a rhino trek on foot with a trained ranger in the afternoon, or do an early morning

boat trip in the gorgeous swamps of the park particularly to see the prehistoric looking shoebill.

Distance: 225 kms

Est. Drive Time: 4 hours

Meals: X1 Breakfast, X1 Dinner

Included wildlife activity: Entry to Ziwa Rhino Sanctuary

Optional excursions: Rhino trek, boat ride

Day 14: Ziwa Rhino Sanctuary to Kampala

We leave the rhinos and drive to Uganda's capital, Kampala. On our journey roadside stalls sell fresh rotisserie meat such as 'chix on sticks'. At Kampala we take the chance to catch up on emails and banking, and can also pick up some supplies.

Distance: 170 kms

Est. Drive Time: 3 hours

Meals: X1 Breakfast, X1 Dinner

Days 15 – 16: Kampala to Queen Elizabeth National Park

The next day we leave camp and head further into Ugandan countryside looking out for the impressive long horned "Ankole" cattle. It is here we stop for the famous "equator" pic and visit a craft and drum market.

We continue on to our camp by the hillside tropical forest of Kalinzu, on the edge of the Rift Valley and Queen Elizabeth National Park. In the early morning there's an option to embark on some chimpanzee trekking in the Kalinzu Forest. Other primates can be seen, including the striking black and white colobus monkey.

In the afternoon we game drive whilst on transit through Queen Elizabeth National Park, stopping to board an open cruise vessel for a game cruise on the Kazinga Channel.

On the cruise, enjoy sightings of hippo and Nile crocodile from the safety of a boat. Watch kingfishers diving behind us to catch small fish disorientated by the slowly passing boat. There is a chance to spot buffalo, elephant, lion, hyena, leopard and an abundance of birdlife in the park.

Distance, Day 15: 230 kms

Distance, Day 16: 40 kms

Est. Drive Time, Day 15: 8.5 hours incl. stops for lunch and photos at The Equator

Est. Drive Time, Day 16: 1 hour

Meals: X2 Breakfasts, X2 Dinners

Included wildlife activities: Game cruise on the Kazinga Channel, Queen Elizabeth National Park.

Conducted in open cruise vessel

Slow transit afternoon drive, Queen Elizabeth National Park

Vehicle for transit drive: Overland truck

Optional Excursion: Chimpanzee trek in Kalinzu Forest

Days 17 - 18: Queen Elizabeth National Park to Kisoro

Today starts with a final early morning game drive in Queen Elizabeth N.P. Look out for an antelope specific to this area, the Ugandan Kob, famous for their beautiful horns. These antelope return to the same grazing areas and water holes throughout their life. The Park is also home to over 600 species of birds so there's lots to see.

We leave the park and head to Kisoro via Kabale, giving us a chance to get supplies.

The hostel in Kisoro is our new home for the next two nights surrounded the Virungas, home of the mountain gorillas. A visit to Lake Bunyoni can be arranged on the way to enjoy time on the lake.

Distance, Day 17: 218 kms

Distance, Day 18: 75 kms

Est. Drive Time, Day 17: 7 hours incl. lunch stop

Est. Drive Time, Day 18: 3 hours
Meals: X2 Breakfasts, X2 Dinners

Included wildlife activities: Morning game drive, Queen Elizabeth National Park
Vehicle for game drive: Overland truck

Day 19: Kisoro

At altitudes of up to 3,500 feet, gorilla trekking through dense vegetation on the volcanic slopes of the Virungas is one of the trip's high points. There are just about 1,000 mountain gorillas left and the world's largest primates can only be found in Uganda, Rwanda and DRC. A male gorilla will eat about 50 pounds of vegetation a day and rarely drink water as they get much of their water from the plants they feed on. Families have up to 20 members and a baby weighs 4.5 pounds! Gorillas are always on the move and build a sleeping nest every evening. Mountain gorillas are incredible to visit.

For the remaining time, there are several excursions to consider: a trek in the lower part of the forest in search of the "golden monkey" - a cheeky monkey with striking colouring. A tour to the Batwa or pygmy, an indigenous people whom have sadly had to relocate from their traditional life in the forest and diversified in welcoming visitors and sharing their culture. Or enjoy the coffee tour and see where it's grown.

Also a pygmy dance troupe can be invited to our camp to entertain with some traditional drumming.

Distance: 0 kms
Est. Drive Time: 0 hours
Meals: X1 Breakfast, X1 Dinner

Optional excursions: Mountain gorilla trek Bwindi Impenetrable Forest (Uganda). Golden monkeys trek or orphanage visit. Batwa (Pygmy) village visit or coffee tour. Lake Mutande.

Day 20: Kisoro to Musanze, Rwanda

Today we leave Uganda to enter Rwanda "the Land of a Thousand Hills". Our next camp is involved in very simple community based projects including basket weaving and banana beer making.

Alternatively a cycle tour in the local area can be arranged.

Distance: 51 kms
Est. Drive Time: 3 hours (depending on the border)
Meals: X1 Breakfast, X1 Dinner

Optional excursions: Golden monkey trek, banana beer making, basket weaving, bike tour.

Days 21 - 22: Musanze to Kigali

Those wishing to head out on the steep trek to see Dian Fossey's grave spend time today in the Rwandan forest. On the trek you can also see Digit's grave - one of her favourite gorillas - and the Karisoke Research Centre. Dian is world famous for her research work and passionate commitment to the mountain gorillas' survival.

If you are not trekking we head off early, making our way to the capital Kigali, a very European style city. For those trekking a transfer is arranged for later in the day through to Kigali.

We spend the next two nights in Kigali, the modern capital of Rwanda. A country that has had a turbulent history, Rwanda has now moved rapidly forward in an attempt to put their past behind them. We honour and reflect on this past during a visit to the Genocide Memorial in the capital Kigali. Some also take time to visit the Nyamata Church Memorial, a Women's Centre, Hotel des Mille Collines (well known from the movie Hotel Rwanda) or wander in the local markets.

Distance, Day 21: 115 kms
Est. Drive Time, Day 21: 3 hours
Meals: X2 Breakfasts, X2 Dinners

Optional excursions: Trek to Dian Fossey's grave, Visit to the Genocide museum and memorial, Nyamata Church Memorial.

Days 23 – 24: Kigali to Mwanza, Tanzania

Leaving beautiful Rwanda we cross the border into Tanzania. For the next two days we see a little of the “real Africa”, travelling off the beaten track.

Our first night in Tanzania, we stay in a small local guest house in Nyakanazi, away from Western comforts. We eat locally and there is time on our journey to mingle in the village markets and kick a football with the local kids.

Next day's adventure finds us on back roads heading for the south side of Lake Victoria to our camp in the city of Mwanza which we reach by ferry. Tonight we camp by Lake Victoria.

Distance over two days: 535 kms

Est. Drive Time, Day 23: +/- 10.5 hours (depending on the border) incl. lunch stop

Est. Drive Time, Day 24: 9 hours incl. ferry journey, lunch and shopping stop

Meals: X2 Breakfasts, X2 Dinners

Days 25 - 26: Mwanza to Ngiri, central Serengeti

Reaching Bunda we prepare for the next exciting part of the tour, our entry and drive across the world famous Serengeti National Park and Ngorongoro Crater, ecosystems boasting the Big Five.

There is time this afternoon to stretch our legs on a hill walk near camp offering wonderful views.

The next morning we pass through the Grumeti Reserve en route to Ikoma Gate where we enter The Serengeti in our overland truck for game drives. The famous migration regularly passes this area year in, year out in search of fresh grazing anytime from late April through to August.

The Serengeti is Tanzania's oldest national park. On our slow game drive through the park this afternoon we regularly have wonderful viewing including of the big cats and much other wildlife. Home to The Big Five, Serengeti is famous for the annual migration when more than 200,000 zebra and 300,000 Thomson's gazelle join the wildebeest's trek. Even when the migration is quiet, the Serengeti is home to resident large herds of buffalo and elephant as well as giraffe, and thousands upon thousands of eland, topi, kongoni, impala and Grant's gazelle. Hippo pods can be found in the pools, and there is fabulous birdlife with favourites such as ostrich and secretary birds. The park is as well famous for its “big cats” – lion, leopard and cheetah.

Distance to Bunda, Day 25: 156 kms

Est. Drive Time, Day 25: 3 – 4 hours incl. lunch stop

Distance to Ikoma Gate, Serengeti, Day 26: 160 kms

Est. Drive Time, Day 26: 5 hours to Ikoma Gate incl. slow transit through Grumeti.

Meals: X2 Breakfasts, X2 Dinners

Included wildlife activity: Afternoon game drive, Serengeti National Park

Vehicle for game drive: Overland truck

Optional excursion: Hill walk

Day 27: Central Serengeti to Ngorongoro Conservation Area

Up early, we head out on morning game drives in the Serengeti National Park. A balloon safari can be arranged in advance. Watching the sun rising, hearing the roar of the burners and then the silence. The ultimate vantage point to experience the iconic Serengeti plains.

By lunchtime we enter the Ngorongoro Conservation Area gradually making our way to camp. On the way we pass Olduvai Gorge. The Museum can be visited depending on timing and road conditions en route.

Semi-nomadic Maasai tribespeople can be found as well throughout this region still living their traditional lifestyle around the Crater rim, shunning modern ways. They continue to dye their hair with ochre and live on a diet of milk and blood obtained from their cattle. They can be regularly seen herding their cattle dressed in their distinctive check blankets. Another visit to a Maasai boma is arranged time permitting.

Our landscape changes as our drive takes us above Ngorongoro Crater, the world's largest extinct volcano. Our camp has sweeping views across the Crater, another camp in the wilds under African stars, listening to the buffalo grazing just outside the tent.

Distance: 161 kms
Est. Drive Time: 5 hours
Meals: X1 Breakfast, X1 Dinner

Included wildlife activity: Morning game drive, Serengeti. Afternoon slow transit drive, Ngorongoro Conservation Area
Vehicle for game drive: Overland truck

Optional excursions: Balloon safari, Maasai boma visit, Olduvai Gorge Museum depending on road conditions. Please note if you wish to visit Olduvai Museum you must let the office know prior to the tour departure.

Day 28: Ngorongoro Crater to Arusha

After an early breakfast, we transfer over to 4x4 landcruisers with special pop up game viewing roofs to descend 2,000 feet into the Crater. Now we can view rhino, hippo, lion, elephant, hyena, buffalo, zebra, impala, wildebeest, cheetah, monkey, ostrich and flamingo.

After our morning game drives in the Crater and a picnic lunch, we travel to Arusha. There is usually time to purchase traditional beads, carvings and special artwork at a market stall on the way. This evening we enjoy a great barbeque and share our amazing experiences of the East African parks we have seen.

Distance: 195 kms
Est. Drive Time: 3 - 4 hours
Meals: X1 Breakfast, X1 Dinner

Included wildlife activity: Morning game drive, Ngorongoro Crater
Vehicle for game drive: 4x4 landcruiser with pop up roof

Days 29 – 30: 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.

The next day there is the option for a day hike in Kilimanjaro National Park to Mandara hut along the start of the Marangu route. This is a beautiful walk through tropical forest and on clear days there are exciting views of both the Kibo and Mawenzi peaks of the mountain.

Alternatively take 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 29: 120 km
Est. Drive Time, Day 29: 3 hours
Meals: X2 Breakfasts, X2 Dinners

Optional excursions: Kilimanjaro day hike, Marangu day tour

Day 31: Marangu to Bagamoyo or Dar es Salaam

We head south today parking up on the coast.

We make final preparations this evening for our break from truck life to spend four days on the exotic Swahili spice island of Zanzibar. The core arrangements for the visit to Zanzibar Island 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.

We sleep well tonight lulled to sleep by the sound of the nearby waters of the Indian Ocean and the breeze in the coconut palms.

NB: Alternatively for those who want to get to Zanzibar a day earlier there is the option of flying today straight on to the island where we can collect you from the airport to transfer you to beach accommodation a day early.

Distance: 485 (545 if to Dar) kms

Est. Drive Time: 9 - 10 hours incl. lunch stop (11 - 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.

Days 32 - 35: Optional stay on Zanzibar Island

On day 32 we leave camp for the ferry port in Dar es Salaam and take the ferry to Zanzibar. The tour leader travels over to the island with the group to ensure that all runs smoothly during our stay.

Swim and snorkel in the crystal clear, coral waters, relax on the long white beaches and enjoy the fresh local seafood during our beach cottage stay. Scuba diving can be arranged from the dive centre near the beach cottages, as well as fishing trips. Otherwise book a snorkelling trip to Prison Island famous for its giant Aldabra tortoise, or to Mnemba Atoll, or visit the turtle sanctuary visit or trek in Jozani Forest to see the red colobus monkeys amongst beautiful scenery on the mangrove walkway.

On the final day – day 35 - we explore the ancient capital of Stone Town.

Stone Town has a lot to offer with its maze of winding streets, incredible architecture, iconic wooden doors and coral brick houses. The fish market, spice stalls and bazaars ignite all the senses. A spice tour provides some history of the island centred on the slave and spice trades. Tonight we stay in a lodge in the centre of town.

The day after the trip ends, we can arrange the ferry back to Dar es Salaam for you should you fly out from there or you can fly out from Zanzibar or spend more time on the island. Contact the office for more information as to arrangements at the end of the tour.

Distance, Day 32: 60 kms Bagamoyo to Dar es Salaam

Est. Drive Time, Day 32: Up to 2 hours Bagamoyo to Dar es Salaam

Meals, Day 32: X1 Breakfast

Optional excursions: City tour, snorkeling, scuba diving, Mnemba Island, Turtle Sanctuary visit, Prison Island with a visit to the Aldabra tortoise, Jozani Forest to view the red colobus monkeys

Please note safari itineraries are given as a guide only. A safari is a journey and true journeys in Africa unfold and are of an adventurous nature, the unexpected can arise, so do allow for this.

Other Information

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Gorilla Trekking

On your trip we travel to southwest Uganda to Kabale and from there to one of the gorilla parks for those who wish to trek the mountain gorillas. We book the gorilla permits for your safari ahead of time to visit either Rwanda's Parc National des Volcans, where Dian Fossey worked with the gorillas, or alternatively Bwindi National Park, depending on availability.

A few things to note about your gorilla trek

Trekking the gorillas is undoubtedly the highlight of most passengers' safari and on average 30 to 40 people trek successfully with us each month in the gorilla parks. In order to protect the gorillas, only eight people trek to see them at a time so, to help you and avoid difficulties at the parks, gorilla permits are booked and paid for in advance. Our aim is always to obtain booking slots back to back to avoid delays and so that the group has the best possible itinerary. Do be aware that permit availability can become very difficult and permits are in high demand. Delays in procuring permits can have an impact on the itinerary so we need to buy permits for your safari well in advance.

If you wish to trek, do return payment as early as possible on receipt of your invoice. Details as to timing of payment will be sent to you upon booking.

Trekking the mountain gorillas is one way of channelling essential and much-needed funds towards protecting this endangered species. Gorilla numbers remain dangerously low and trekking allows you to view these extraordinary creatures whilst also helping them survive. Tourism is making a difference to the gorilla's survival and it is vital that trekking continues to be supportive of this.

The gorilla parks are small and your actions in them have a real impact. Please take note of the following to ensure that trekking continues to impact positively on the gorillas and their environment:

- We will only take part in official walks with a guide. No more than 8 people trek at a time. You will have an hour with the gorillas. Please do not walk alone in the park.
- Coughs, colds and other viruses including diarrhoea are easily transmitted to the gorillas. If you are sick with a cold, flu or contagious illness please do not visit the gorillas. We do ask for your cooperation here.
- When you are with the gorillas do stay together in a tight group and don't surround them. You are asked to keep your distance, a minimum of 7 metres (22 feet). If approached by a gorilla, back away slowly to keep the 7 metre separation.
- Go quietly in the parks. Keep your voice down. Do not wave your arms or point as this can be seen as a threat. Move slowly.
- Please do not use flash. Make sure your flash is switched off. It can frighten the gorillas.
- Please do not smoke, eat or drink with the gorillas or within 200 metres of the gorillas. If you do need to cough or sneeze cover your face and turn away from the gorillas.
- If you need to go to the toilet, dig a 30 centimetre hole and bury it. Take all litter home and please do not pick or remove any plants or wildlife.

Do be aware there can be delays at the gorilla parks and that the gorillas are wild animals roaming in densely forested terrain. To find the gorillas you will trek in their forest home, up steep inclines and in dense jungle. The park guides are experts at finding them and at helping the gorillas feel comfortable and at ease with their visitors. Your guide and the trackers do everything possible to locate the gorillas quickly on your trek but it can be sometimes a long (but very beautiful!) hike. Bear in mind at other times they can be found within an hour.

Whilst your trekkers work very hard to enable you to see the mountain gorillas and 99.9% of clients do see the gorillas, a sighting is never guaranteed.

Do be aware the gorillas are located in an area that is subject to some ongoing political unrest. The Rwandan and Ugandan Armies work very hard to maintain security in the region. Gorilla tourism is an important contributor to the Ugandan and Rwandan economy. There is a significant army presence on all borders and much visible security at all Parks and the campsites. Plain-clothes and uniformed security personnel patrol local roads and in the local communities. Do be aware also that armed guards trek with visitors to the gorillas. We are confident that everything possible is being done to ensure security in the area. Our top priority must be the safety and security of our passengers and crew. Security in this region will be of ongoing concern for a while and can never be completely guaranteed as the park is on the border with Democratic Republic of Congo. Do be aware also that if we do perceive any increased security risk in the region we will immediately re-route your safari.

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. Gorilla permit
5. Zanzibar Island stay
6. Insurance
7. Equipment

Step off the plane in Africa with...

8. Spending money – This is very individual and often depends on how much you drink, shop and wish to upgrade. A suggested budget would be 690 - 865 USD.
9. Local payment – 875 USD
10. Optional excursions – A traveller who wishes to do most optionals on the trip will spend an average of between 260 - 650 USD.
11. Visas 80 - 200 USD depending on nationality
Purchasing visas in Africa in US dollars for the above passports is currently cheaper than buying ahead of time.
12. Pre and Post safari costs

Please note: You need to carry money with you out to Africa to cover Items 8 to 12 (i.e. for your spending money, local payment, optionals, visas and pre and post safari costs). The figures above are conservative estimates for average spending per person on safari. There is a lot of variation in how much spending money individuals need as it is dictated by personal choice, as is your budget for optional activities.

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

How do I take this money to Africa?

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

USD cash

We are finding that clients find it most convenient to take approximately 1,400 - 1,700 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 is probably the most convenient including a few 5 USD and 10 USD notes as well as 20s, 50s and 100s.

Remember you will need 100 USD for your East Africa Tourist visa when you land at Jomo Kenyatta International Airport in Nairobi unless you are travelling on a South African passport. Also do have suitable notes organised to pay the exact amount for your local payment if at all possible. Your local payment is payable on Day One of the trip.

Pounds Sterling and Euro cash

You may also like to carry up to 170 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.

When you arrive in Nairobi, you should change up enough money into Kenyan shillings to cover all 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.

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

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

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 Jinja 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 it is possible the rate is usually poor.

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

For your information the currencies you will meet are:

Kenya	Kenyan shillings
Uganda	Ugandan shillings
Rwanda	Rwandan francs
Tanzania	Tanzanian shillings

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 the following reasons: prices for some optionals can vary a lot month to month; 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 in this way, you also know that your money is regularly going directly to local operators 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?

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

- The Masai Mara
- The Serengeti
- Ngorongoro Crater
- Nakuru National Park
- Queen Elizabeth National Park
- The Grumeti Game Reserve
- The Giraffe Park
- Maasai village visit incl. bush walk
- A game cruise on the Kazinga Channel
- Bujagali
- Lake Naivasha
- Ziwa Rhino Sanctuary
- Kigali - Genocide Memorial
- Lake Victoria

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.

- 29 Breakfasts & 28 dinners whilst travelling on the truck including some pre-prepared bbqs and local meals
- 31 nights accommodation including 28 nights camping and 3 nights dorm accommodation in a lodge or similar

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 is parked up at Jinja and Dar es Salaam.
- 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

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. The spending money is also calculated to cover those times when you don't eat and sleep on the truck whilst on Zanzibar Island. You may also need to spend on personal costs such as email, toiletries etc. It is a regularly updated average that has been provided by the crew and recent clients. Some weeks you will spend more and other weeks less. The current recommendation to carry as personal spending money for this safari is 690 - 865 USD. Allow an extra 30 USD per 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 – traditional drums from Uganda, Tanzanian makonde carvings and stone chess boards, kangas and kikoi, beads and jewellery, to name just a few.

Regularly 'smallish' optional activities costing under 20 USD also arise and these also will be covered by

this spending money.

Tipping: You may like to consider tips for good service, particularly at some of the main highlights such as after your gorilla trek, and the Ngorongoro Crater. You may find that you want to organise these tips 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 gorilla permit and the Zanzibar Island stay, which are booked and paid for in advance in London if you wish to do these options. Do note these excursions are run by local operators on the ground. They are not run by Absolute Africa.

Please contact us if you would like further information about any of these activities or excursions. Many of the optionals are payable in Africa in USD (cash). A few may be payable in local currencies. (Prices are given as a guide only as at March 2020)

KENYA

- Elephant sanctuary KSH 500 (5 USD)

Staying by Lake Naivasha

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

UGANDA

Jinja and the White Nile

White Water rafting packages

Whitewater rafting on the White Nile (full day 30 km) 140 USD

grade 5 rapids with breakfast, light lunch, dinner, sodas and beers

Whitewater rafting on the White Nile (half day) 115 USD

Extreme Rafting 160 USD

Full day Rafting /river board trip 160 USD

Combos

Raft and cruise 160 USD

Extreme raft and cruise 180 USD

Tandem Kayak and cruise 180 USD

Riverboard and cruise 180 USD

SUP (Stand Up Paddle boarding) rental per hour 15 USD

2 hr Bujagali Sup tour 40 USD

½ day guided SUP 95 USD

Source of the Nile lunch cruise 30 USD

Nile Sunset cruise with snacks and drinks 45 USD

Bungee jump - 44 metres over the Nile river	95 USD
Quad bike safaris	
Quad biking (1 hour)	49 USD
Quad biking (2 hours)	79 USD
Quad biking (3 hours)	99 USD
Quad biking (4 hours)	119 USD
Quad biking (3 ½ hours, twilight)	89 USD
Horse back safaris	
Horse riding - 1 hour	40 USD
Horse riding - 1.5 hours	50 USD
1.5 hours – Sunset	60 USD
Horse riding - 2 hours	60 USD
Horse riding - 3 hours	80 USD
Mountain bikes ½ day freedom rental	15 USD
2-4 hour guided tour to Bugembe viewpoint	45 USD
4 hour guided tour of Mabira Forest	60 USD
Nile kayaking	
Tandem kayaking	160 USD
Kayak school - Half day introduction	95 USD
Kayak school - Full day introduction	125 USD
<i>At Ziwa rhino sanctuary</i>	
Rhino trekking	30 USD
Shoebill canoe ride	35 USD
Night walk	35 USD
Nature/birding walk	35 USD
Kalinzu Forest Chimpanzee trek	50 USD
<i>At the gorillas</i>	
Please note as you pay for your permit in advance you only need to pay for your transport costs. These are dependent on road conditions. Remember to also budget for a tip if you wish.	
Transport to the gorilla trek start point p/p	From 40 USD
Suggested tip for your gorilla guide	10 USD
Golden monkeys entrance	90 USD
Transport to Golden Monkeys	50 USD/vehicle
Orphanage visit	10 USD
Batwa village visit - visiting a tribe in their relocated village, inc. transport, minimum number 3 people	35 USD
Sunset canoe trekking – Lake Mutanda	10 USD
Coffee tour	35 USD
RWANDA	
• Genocide Memorial and Museum	Free
• - Audio Guide	25 USD
Dian Fossey's grave	80 USD
• Transport to Dian Fossey's grave	100 USD/vehicle
• Banana beer making	30 USD
• Basket weaving	10 USD
TANZANIA	
• Kilimanjaro NP day hike to first camp incl. lunch, guide and park fees	125 USD
• Marangu village tour with visit to coffee plantation, waterfall, local traders etc. incl. lunch and guide	60 USD

Zanzibar Island

Scuba Diving

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

Snorkeling

• Kendwa from	15 USD
• Tumbutu half day from	25 USD
• Mnemba (inc lunch) from	45 USD

• Prison Island Entry and transport (depending on numbers)	from 25 - 35 USD
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• 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

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 whitewater rafting, scuba diving and so on. 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 at Jinja or Zanzibar there is a lot of choice and either/or optional choices. 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.

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 backpack, travel bag or soft suitcase (65 to 85 litre maximum). Day to day necessities can also be kept in an additional day bag. 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 x2 bottles
- Insect repellent spray
- 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.

Consider bringing:

- 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/iPhone as a hard drive to store photos – check the memory before traveling 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 traveling 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

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. Seat belts are fitted on the truck. For your safety please use these. Please also follow all washing and cleaning procedures carefully to avoid infections being spread.

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

Camping

We supply large, durable three-person tents complete with ground sheet and separate waterproof flysheet, 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 are in the main long drop style through Kenya, Uganda and Tanzania. 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.

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

Specialist diets

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

We can also cater for gluten-free, vegans, wheat-free and dairy-free diets, supplying soymilk, rice noodles, gluten-free cereals etc.

When booking, do remember to let us know if you have any specific dietary requests.

Safety and security whilst on safari

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

Personal safety

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

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

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

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

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

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

Truck Security

Your truck will have a lockable safe in which to keep your passport and valuables. You will also have a lockable place on the truck to keep your day bag. Your backpack is stored underneath the truck. The truck is never left unattended. Do be aware on safari you will be required in certain locations to assist with watching that all is safe and secure with other passengers. Please note whilst all precautions will be taken

in regards to valuables left on the vehicle we cannot be held responsible for any damage or loss from the vehicle.

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

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

Photography

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

Trading, donating and supporting

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

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

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

Problems or issues you may have while on the tour

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

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

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

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

General code of conduct

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

We 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.

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.

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.

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, Kampala, Arusha and Zanzibar. 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 countries. Learning some Swahili 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.

What and where?

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

ABSOLUTE AFRICA



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

* Incubation not gestation

Status: LC = Least Threatened, VU = Vulnerable, EN = Endangered, CR = Critically Endangered

DIET: C = Carnivore, H = Herbivore, O = Omnivore

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
The Last King of Scotland	Giles Foden
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 other titles	Wilbur Smith
Out of Shadows	Jason Wallace
A Sunday at the Pool in Kigali	Gill Courtemanche
Africa on a Shoestring	Geoff Crowther
Healthy Travel Africa	Isabelle Young, Lonely Planet 2000

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

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

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

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

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

3rd March 2020