



**ABSOLUTE
AFRICA**

Wild Wildebeest MAKE TRACKS FOR AFRICA

This information pack has been put together so that you can prepare for the 9 day Wild Wildebeest overland tour. It has been developed over many years of experience overlanding. Please read it carefully.

The dates for Wild Wildebeest

Depart Nairobi	Finish Nairobi	Price
04 Jun 2020	14 Jun 2020	£1,550
29 Jun 2020	09 Jul 2020	£1,550
12 Jul 2020	22 Jul 2020	£1,550
02 Aug 2020	12 Aug 2020	£1,550
11 Aug 2020	21 Aug 2020	£1,550
01 Sep 2020	11 Sep 2020	£1,550
08 Sep 2020	18 Sep 2020	£1,550
14 Sep 2020	24 Sep 2020	£1,550
03 Oct 2020	13 Oct 2020	£1,550
08 Oct 2020	18 Oct 2020	£1,550
16 Oct 2020	26 Oct 2020	£1,550
02 Nov 2020	12 Nov 2020	£1,550
15 Nov 2020	25 Nov 2020	£1,550
06 Dec 2020	16 Dec 2020	£1,550
15 Dec 2020	25 Dec 2020	£1,550
22 Dec 2020	01 Jan 2021	£1,550
28 Dec 2021	07 Jan 2021	£1,550
05 Jan 2021	15 Jan 2021	£1,550
12 Jan 2021	22 Jan 2021	£1,550
07 Feb 2021	17 Feb 2021	£1,550
11 Feb 2021	21 Feb 2021	£1,550
17 Jun 2021	27 Jun 2021	£1,550

29 Jun 2021	09 Jul 2021	£1,550
12 Jul 2021	22 Jul 2021	£1,550
29 Jul 2021	08 Aug 2021	£1,550
14 Aug 2021	24 Aug 2021	£1,550
22 Aug 2021	01 Sep 2021	£1,550

Note there is no local payment due for this trip.

Countries visited: Kenya • Tanzania

Highlights: Sheldrick’s Elephant Orphanage • Elsamere for morning tea • Giraffe Park • Game drives in the Masai Mara • Rift Valley • Lake Naivasha • Hippo cruise • Maasai village with bush walk • Ngorongoro Crater • Serengeti National Park • Hot air balloon safari

Safari structure: With game drives in Kenya’s Masai Mara, one of the natural wonders of the world, as well as the Serengeti and Ngorongoro Crater this short safari allow you to enjoy East Africa’s most famous game parks. The more intrepid traveller might be tempted to trek Kilimanjaro at the end of the trip. Alternatively travel to the Kenyan Coast or Zanzibar Island for a beach stay relaxing by the Indian Ocean. Please feel free to contact the office for further details.

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Flights

This trip starts and finishes in Nairobi, the capital city of Kenya.

When arranging your flights we suggest that you arrive the day before this overland safari begins. Return flights should be arranged to depart **no earlier than 6pm** on the last day of the trip.

There are many airlines that fly in and out of Nairobi’s international airport from hubs all over the world. Try looking at Kenya Airways, British Airways, KLM/Air France, Virgin, Lufthansa, Qatar Airways, Emirates, Swiss Airlines and Ethiopian Airways.

At certain times of the year flight availability can become very tight and delays in booking may result in having to pay higher prices. Please organise your flights at the earliest possible opportunity if you haven’t already done so.

We can help you with flights if you would like. 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.

Insurance

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Your safety and enjoyment when travelling 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 and bungee jumping.

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

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

Visa requirements for the Wild Wildebeest

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Your passport needs to be valid for at least 6 months after your trip finishes. Ensure also that you have adequate pages in your passport for each country you visit. As a guide then, for the Wild Wildebeest you will want to have a minimum of 4 blank pages (sides).

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

Visas for most passport holders including British, Australian, New Zealand, Irish, South African, German, French, Dutch, Canadian and American passport holders can be arranged in Africa en route. This includes the Kenyan visa which, for most passport holders, can be easily arranged upon arrival in Nairobi's Jomo Kenyatta International Airport. Visas can only be paid for in US Dollars cash.

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

Passport	Kenya	Tanzania	No of Visas	Total Value US\$
Australian	\$50	\$50	2	\$100
New Zealand	\$50	\$50	2	\$100
South African	-	-	0	\$ 0
Canadian	\$50	\$50	2	\$100
American	\$50	\$100	2	\$150
British	\$50	\$50	2	\$100

German	\$50	\$50	2	\$100
Dutch	\$50	\$50	2	\$100
Irish	\$50	\$100	2	\$150
French	\$50	\$50	2	\$100

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 for ensuring your visa arrangements are adequate for your trip. For more information on visas check out www.projectvisa.com

Pre and post safari information

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Joining in Nairobi

The safari departs from both the Heron Portico Hotel at 8 am on the departure date, and from the Wildebeest Eco Camp at 8.30 am.

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

Accommodation options

THE HERON PORTICO HOTEL

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

Prices for the Heron Portico Hotel are

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

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

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

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

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

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

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

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

Alternatively Wildebeest Camp offers slightly cheaper accommodation.

WILDEBEEST ECO CAMP

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

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

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

Prices for the Wildebeest Camp are:

Dorm	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 USDs 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 the following tour:

Nairobi National Park

We can arrange a half-day visit to Nairobi National Park, which is the oldest park in Kenya. Lion, gazelle, oryx, zebra, giraffe, buffalo, cheetah and leopard are seen regularly, as well as rhino. Price: Upon Request

Other options to consider before your safari

Climb Kilimanjaro

Kilimanjaro is just an hours drive from Arusha, and a short flight or shuttle journey from Nairobi. We offer a variety of Kilimanjaro Treks to trek to the 'roof of Africa', Kilimanjaro, along the most popular and the more obscure routes using experienced local guides. For further details please contact us.

We can also tailor beach stays on the Kenyan Coast or on Zanzibar Island....

Beach Stays on the Kenyan Coast

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

Beach Stays on the Zanzibar Island

Rather than travel back to Nairobi on the last day of the trip, we can book flight onto Zanzibar so you can head to the beach after leaving the game parks.

From there we can also arrange for a stay in traditional Stone Town, and on the sunbleached beaches of Zanzibar. Let us know your requirements. For further details contact our office and feel free to visit www.absoluteafrica.com/summary.lasso?trip_code=ZI01

Departing Nairobi

On the departure date we will collect you from either from The Heron Portico Hotel, Nairobi, at 8am, or Wildebeest Eco Camp at 8.30 am, depending on your location. We head up country out of Nairobi, straight to Naivasha.

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 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 crews 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 crews have been trained and do know your route. They will facilitate group discussions and will advise to the best of their abilities.

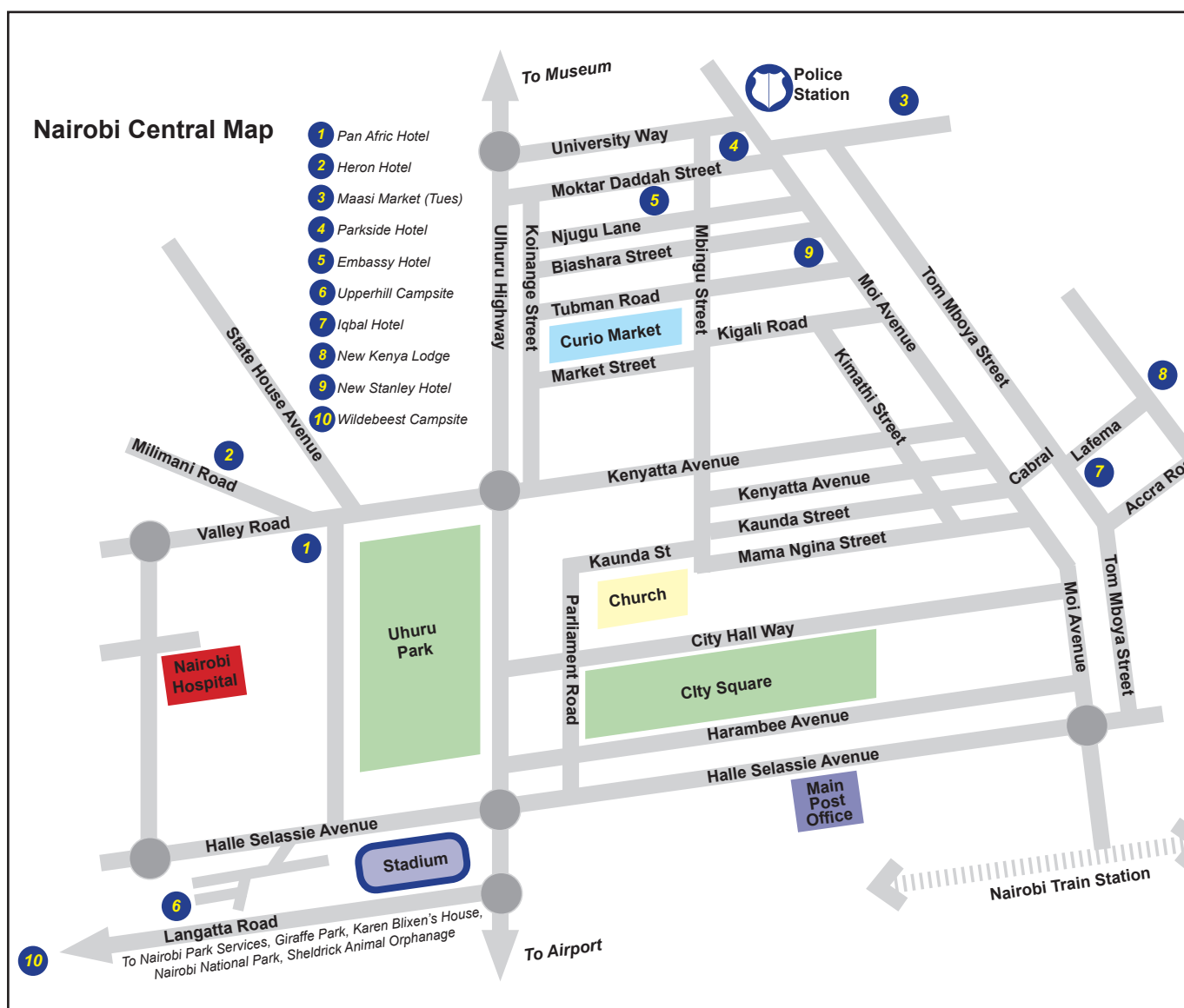
Important pre-safari details

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.

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

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)

Travelling into Nairobi: The airport is situated 15 km from the centre of Nairobi. The easiest way to get into town and to the Heron 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 Office to order a taxi for you ahead of time so that there is someone waiting for you at the airport, do let us know using the previously mentioned form.

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

Alternatively the information desks at the airport can 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 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 your safari

The Wild Wildebeest Safari finishes in Nairobi, Kenya, the early shuttle usually arriving into Nairobi by early afternoon on the last day.

You can get dropped at the airport or in town at the Heron Hotel or the termination point at Silver Springs Hotel. From Silver Springs you can take a taxi to any other point in the city.

If you are spending time in Nairobi we can assist with booking accommodation for you as well as day excursions in Nairobi.

If staying at Wildebeest Eco Lodge, you should budget approx. 20 USD for a taxi from Silver Springs.

Health and immunisation

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Prior to departure it is essential that you contact a specialist travel medical clinic. Clinics such as one of Nomad's Clinics in the UK will provide you with the latest recommendations for travel in Africa.

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

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

You may also like to check out the following websites:

www.fitfortravel.nhs.uk

www.dh.gov.uk

Suggested travel clinics in the United Kingdom

Nomad Travel Stores and Clinics

Tel: 01341 555 061

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

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

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

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

www.traveldoctor.com.au

www.traveldoctor.co.nz

www.traveldoctor.co.za

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

Suggested immunisation requirements (This is only a guide!)

The immunisations usually suggested for 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 travelling. They can also advise on possible side effects and which drug might best suit you. Do follow all medical advice given with your prescribed medication. Do be aware that some anti-malarials can have negative side effects and also that your choice of drug needs to be appropriate to protect against strains of malaria specific to the regions in Africa through which you are travelling.

The choices usually suggested are:

Larium, taken x 1 a week

Doxycycline, taken x 1 a day

Malarone, taken x 1 a day

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

As well as your anti-malarials, you will need to bring a number of other medical items in a simple Personal Medical Kit. Medical kits can usually be bought at travel clinics. Alternatively lists as to the types of items you are advised to carry can be found in the 'What do I need to bring on safari?' section on page 13.

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-sleeved and long-legged lightweight clothing 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. 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.

Detailed itinerary

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Day 1: Nairobi, Kenya to Naivasha

On our first day we meet you in Kenya's capital, Nairobi.

We get straight on the road, heading for Naivasha. This is our first chance for a glimpse of rural Kenya. We stop on the way to take photos at the Rift Valley Lookout and take in the sweeping views of this ancient landscape. On arrival at the Lake, we head out on a hippo cruise to enjoy nature at its best in and around the lake. We also have time for a game walk or to take afternoon tea on the grassy lawns at Elsamere (home to the late Joy Adamson of "Born Free" fame) where the resident troop of black and white colobus monkeys might entertain us.

Distance: 91 kms

Est. Drive Time: 2 hours

Meals: X1 Dinner

Included wildlife activity: Hippo cruise on Lake Naivasha, conducted in a small boat

Optional excursions: Guided walk to Crater Lake Sanctuary, Elsamere for afternoon tea

Day 2: Naivasha to Loita Hills

We leave first thing this morning on the bumpy and dusty road to the remote plateau of the Masai Mara, Kenya's premier game park. On the way 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: 154 kms

Est. Drive Time: 5 hours incl. stop 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.

The Mara is perhaps best known for being part of the setting for the famous wildebeest migration; a mass movement of up to approximately 1.7 million wildebeest, accompanied by approximately 200,000 zebra and 350,000 Thomson’s gazelle. The migration involves a journey covering 3,000 square kilometres, the equivalent to circumnavigating Britain and Ireland. The ever-vigilant predators, particularly lion and hyena, closely follow the herds.

Regardless of the season there is always plenty to see in this world-renowned park. The Mara is famous for the large herds of elephant and buffalo that wander its plains and for the fat pods of hippo that wallow in its mud-brown rivers. The park offers as well a wonderful chance to see eland, warthog and giraffe as well as an immense variety of bird life with well over 550 recorded species of bird noted here. There are also a few treasured rhino in the park.

Here, we have our first game drive in small 4x4 Landcruisers with a local guide. Everyone has cameras at the ready, and many enjoy the use of binoculars during these safaris as we have fabulous views across the sweeping landscapes.

The following morning we continue our game watching. A balloon safari can be arranged the following day in place of the morning game drive if you wish to view the wildlife from a totally different perspective. We then have a further game drive later in the day, using every moment we can in the park.

Distance, Day 3: 60 kms

Est. Drive Time, Day 3: 2 hours

Meals: X2 Breakfasts, X2 Dinners

Included wildlife activity: 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

Day 5: Masai Mara to Nairobi

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

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

Distance: 300 kms

Est. Drive Time: 6.5 hours through to Nairobi upon leaving the park gate

Meals: X1 Breakfast, X1 Dinner (contribution to evening restaurant meal in Nairobi)

Included wildlife activity: Morning game drive, Masai Mara

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

Optional excursion: Dinner in a restaurant

Day 6: Nairobi

There is time this morning to visit the Giraffe Centre and the Elephant Orphanage; our first chance to get up close and personal with some of Africa’s most loved animals.

Langatta Giraffe Park was established in 1979 to protect and educate people about the rare Rothschild's giraffe. Set in the grounds of a traditional manor house, it is possible to hand feed the giraffe and from a specially created wooden walk way we come so close that we are in kissing distance with these gentle giants!

Following the visit to the Giraffe Park, there is time to stop over at Sheldrick's Elephant Orphanage where we view the morning feeding session of the small elephant orphans as well as the fun of the elephant play sessions, these being an essential part of the program to assist in the survival of these highly social animals.

The rest of the day is free to explore the city or relax back at camp.

Distance: 0 kms

Est. Drive Time: 0 hours

Meals: X1 Breakfast, X1 Dinner

Optional excursions: The Giraffe Park, Sheldrick's Elephant Orphanage, Karen Blixen museum, Kazuri bead factory

Day 7: Nairobi to Arusha, Tanzania

We depart Nairobi early to drive south across the vast Athi plains dotted with whistling thorns, a landscape so characteristic of this part of East Africa.

Crossing the border into Tanzania at Namanga we are tempted by Maasai selling beaded trinkets, jewellery and carvings.

Heading to Arusha, with a little luck we view Kilimanjaro, Africa's highest and the world's largest freestanding mountain.

On reaching the town of Arusha, at the foot of Mount Meru, we stop for shopping and to change money before making our way to tonight's campsite. We have a briefing tonight to go through arrangements for our next safari, and relax over dinner together.

Distance: 278 kms

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

Meals: X1 Breakfast, X1 Dinner

Day 8: Arusha to Ngiri, Central Serengeti National Park

Leaving camp early this morning in our 4x4 open top cars we head towards Ngorongoro Conservation Area which sits beside the Serengeti.

Across the Crater and Serengeti wildlife viewing can be exceptional. There is an excellent chance here for some more wonderful sightings of Africa's renowned wildlife from hyena, lion, leopard and cheetah to elephant, hippo, giraffe, wildebeest, zebra, antelope and much more. The seemingly endless grasslands of the Serengeti are also the stage for the famous wildebeest migration too. This is Siringitu for the Maasai – "the place where the land moves on forever". Here on the annual migration 1.7 million wildebeest and other game including zebra and Thomson's gazelle move on mass between the Mara, Ngorongoro Conservation Area and the Serengeti. The rains and the endless search for water and good grazing drive this movement. To encounter one of the countless wildebeest herds in a bleating, snorting dust - kicking motion on migration is an experience of a lifetime.

We have lunch on the way to the Serengeti, arriving at Naabi Gate, the official entry to the park, by mid afternoon. On the way the drive takes us through some very different scenes from the rolling savannah plains where traditional Maasai herdsman can be seen throughout the region tending cattle and goats. And then at the edge of the Crater rim we are up very high with superb views across the caldera before our descent to the flat grasslands of Serengeti.

Arriving in Serengeti we stop off at the Information Centre and then game drive through to the campsite situated deep inside the park boundaries. After setting up camp we then continue on with another late afternoon drive for another chance to see game. With a big fire lit, tonight is an evening to swap stories

and listen out for wildlife that can be close to the camp. Look out for eyes in the bushes!

Distance: 325 kms

Est. Drive Time: 6 hours including time in the Conservation Area, then game drives through the afternoon

Meals: X1 Breakfast, X1 Lunch, X1 Dinner

Included wildlife activities: Drive through Ngorongoro Conservation Area, Afternoon game drive in Serengeti National Park

Vehicle for game drive: 4x4 land cruiser with pop up roof

Day 9: Central Serengeti National Park to Ngorongoro Crater Rim

We are up at sunrise this morning accompanied by the dawn chorus of bush birds too as we head out to explore further into the park in the hope of seeing one, if not all, of the famous "Big 5" and more. Viewing is often best early in the day.

Big cats and other predators capture everyone's imagination. Regularly blonde-maned lions can be seen nonchalantly lazing on the rocky outcrops or lolling in the shade. With a little luck cheetah can be found pacing the open grasslands. Leopard are located resting up in the buffalo thorns and sausage trees that line the Seronera River. Spotted hyenas, bat-eared foxes and jackals also roam Serengeti, as well as the Ngorongoro Conservation Area.

After our morning game drive we return for lunch at the Gate before leaving the plains area, to continue our journey through the Ngorongoro Conservation Area and then back up into the more mountainous terrain around the Crater rim.

A visit to a Maasai boma can be arranged during which Maasai warriors perform the traditional jumping dance for us. Depending on road and time constraints, the Olduvai Gorge Museum is also a stop off point (on request) where you can find out about the Leakey's work into the origins of man.

Tonight is spent camped on the edge of the Rim in another wilderness camp with the possibility of the local wildlife wandering through camp. The camp guards keep careful watch for us.

Distance: Game drives, then 163 kms to Ngorongoro Crater rim

Est. Drive Time: Game drives through the morning and slow transit in afternoon

Meals: X1 Breakfast, X1 Lunch, X1 Dinner

Included wildlife activities: Morning game drive in Serengeti National Park, return drive through the Conservation Area

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

Optional excursions: Maasai Boma, balloon safari over the Serengeti, Olduvai Gorge Museum depending on road conditions and time constraints. Please note if you wish to visit Olduvai Museum you must let the office know prior to the tour departure.

Day 10: Ngorongoro Crater Rim to Arusha

It is another early start today to descend down onto the floor of Ngorongoro Crater in our pop-up top jeeps. We spend the morning in this perfectly intact volcanic caldera and the world's largest extinct volcano. This is a garden of Eden full of the wildlife for which Africa is famous - rhino, hippo, lion, elephant, hyena, buffalo, zebra, gazelle, impala, wildebeest, ostrich, flamingo, and many more. Plain's game peacefully graze. Hippopotamus are found lolling in the pools and Lake Magadi can be rimmed with the pink of greater and lesser flamingo.

We travel back to Arusha via local villages, where Maasai display their ebony carvings, spears and beadworks and if there is time we stop in one of the market stalls en route for shopping.

Tonight we enjoy a final barbecue together to celebrate our experiences over the last week.

Distance: 195 kms

Est. Drive Time: Game drives through the morning in Ngorongoro Crater, then 5 hours to our Arusha camp

in the afternoon

Meals: X1 Breakfast, X1 Lunch, X1 Dinner

Included wildlife activity: Morning game drive into the Ngorongoro Crater

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

Day 11: Arusha to Nairobi

This morning we say our farewells and transfer you to the shuttle bus to travel back to Nairobi. The shuttle can arrange drop off at the airport or at several of the large hotels in central Nairobi. Alternatively we can drop you at Arusha or Kilimanjaro Airports or transfer you through to Moshi if Kilimanjaro trekking.

Distance: 278 kms

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

Meals: X1 Breakfast

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

Money and budgeting

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What is included?

GAME DRIVES IN THREE OF AFRICA'S BIG GAME PARKS AS WELL AS OTHER HIGHLIGHTS Incl.

- Entrance and game drives in the Masai Mara (2 days)
- Entrance to Nairobi's Elephant Orphanage, The Giraffe Park
- Lake Naivasha plus a hippo cruise
- Entrance and game drives in the Serengeti
- Entrance and game drives in the Ngorongoro Crater
- Maasai village stay incl. bush walk

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 services of a cook
- 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.
- Breakfast (x10) & dinner (x10)
- x3 lunches whilst in the Tanzanian parks
- Camping whilst with the truck (x10 nights)

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 except where detailed in the inclusions
- Other incidentals including for tips, internet use, upgrades from camping and the occasional cheap excursion such as local walks
- Visas
- Extra equipment including sleeping bag, torch and medical kit
- Personal travel insurance
- Vaccinations and anti malarials as required

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. Insurance
5. Equipment

Step off the plane in Africa with...

6. Optional activities and spending money – This is very individual and often depends on how much you drink, shop and wish to upgrade. A suggested budget would be 135 - 290 USD.
7. Visas : 100 - 150 USD depending on nationality.
Purchasing visas in Africa in US dollars for the above passports is currently cheaper than buying ahead of time.
8. Pre and post safari costs

Please note: You need to carry money with you out to Africa to cover Items 6 to 8 (i.e. for your spending money, 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 think carefully before you leave as to how to organise your travel money.

USD cash

We recommend you carry 300 - 400 USD cash for this trip. Notes need to be dated 2008 or later and be in good condition.

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 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.

Pounds sterling and Euro cash

Assuming ATMs can be difficult to access regularly and to give you some extra protection against loss and theft as well as back up if you do have problems with your card, we do recommend that you carry some Sterling or Euro cash if travelling from Europe. 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. If travelling from Europe carry at least 50 GBP or EUR to change up into local currency when you arrive at Nairobi airport. Otherwise change the equivalent in USD.

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

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

Change up at the airport

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.

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.

Personal spending money

We find that you are wise to allow 135 - 220 USD approximately for 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. You may also need to spend on personal costs such as email, toiletries etc. The figure is a regularly updated weekly average that has been provided by the crew and recent clients. Allow extra if you think you might want to occasionally upgrade your accommodation, which is available at some campsites.

For those who enjoy shopping or even browsing there are many different items to tempt you –kangas and kikoiis, 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 your spending money too.

Tipping: You may like to consider tips for good service, particularly at some of the main highlights. 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 for 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, which is booked and paid for in advance in London if you wish to do these options.

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

Walk as add on to the hippo cruise	30 USD
Crater Lake Sanctuary walk	45 USD
Elsamere for afternoon tea (1050Ksh)	12 USD
Night out in Nairobi	30 USD

TANZANIA

• Maasai village visit	10 USD
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Further information in regards to optional excursions and spending money

Lunch, drinks and souvenirs are also covered by your spending money.

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, which should be large enough to carry your needs for a couple of days at a time. Please note we reserve the right to refuse any extra baggage and sending it home or storing it will be at your own cost

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

Do remember that traveling light is always wise, 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 there are lockups in the vehicle for your valuables, pack and day bag. There is a locker under your seat for easy access to 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 injection
- Insurance policy
- USD cash for your optionals and spending money
- Credit card - preferably Visa

Other items to consider

- Student/YHA card
- International driver's license
- 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 – 1 bottle
- Insect repellent spray
- High-factor sun block cream
- Lip salve/Chap Stick
- Padlock
- Small personal medical kit including: anti-malarials, 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, Imodium, eye drops, treatment for tummy bugs, stings/bites and sunburn. 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 and anti-bacterial 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 driving on the truck.

- Cigarette lighter
- Concentrated travel washing liquid or washing powder, clothesline
- Emergency sewing kit
- Tweezers, nail scissors, nail brush

In regards to toiletries these are available to buy in Africa including shampoo, soap, toilet paper and tampons. Please note though that they can be quite expensive and it can be time-consuming sourcing particular items so carry what you need if possible. 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
- 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 (the tents we provide have in-built mossie nets at door and openings).

Electrical items

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

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. Your truck will also usually have a small notice board 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.

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

You will find we may also camp in the bush once during this trip under the African night sky. Your truck is well equipped but be prepared to 'rough it' a little 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. 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.

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 eg. cameras, jewellery and money. Remember even cheap jewellery can look expensive! 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 that 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 travelling 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 group member'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

Please remember we are all ambassadors for our respective countries and your behaviour should reflect this. An open mind, and a desire to have a positive impact, are vital attitudes to carry with you. A sense of humour is also an essential to pack for any safari in Africa.

Look out for each other in your group. Your safari is a group participation trip. Ensure you do all you can so that your group works 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. Do please note excessive noise, obscenities and inappropriate behaviour cannot be tolerated. It can embarrass other members of the group and seriously upset those around us, particularly in campsites and restaurants. Be responsive 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. Please note alcohol is not to be drunk on the trucks.

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

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

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

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

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

Keeping in touch

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

E-mail - you will be able to access email in Nairobi and Arusha. 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 African countries. Learning some Swahili will ensure a warm response from the locals.

The Great Migration

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The migration covers over 3,000 kilometres 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.

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

ABSOLUTE AFRICA



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

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

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
A Good Man in Africa	William Boyd
The Grass is Singing	Doris Lessing
African Laughter	Doris Lessing
The Tree Where Man Was Born	Peter Matthiessen
African Silences	Peter Matthiessen
Cry the Beloved Country	Alan Paton
The Weather in Africa	Martha Gellhorn
Zanzibar	Giles Foden
I Dreamed of Africa	Kuki Gallman
The Scramble for Africa	Thomas Pakenham
Disgrace	J.M. Coetzee
The State of Africa	Martin Meredith
Blood River	Tim Butcher
The Zanzibar Chest	Aiden Hartlet
In the Footsteps of Mr Kurtz	Michela Wrong
River God and The Seven Scrolls, and other titles	Wilbur Smith
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