

DOSSIER: NCMG – 56 Day Best of Africa

Local Payment – USD 1,335

Payable in cash to the guide on departure. Only small denomination (\$50, \$20, \$10, \$5) notes printed after 2000 will be accepted.

Gorilla Permit – USD 505

The cost of a permit to visit the Gorillas is currently as above. Please note that this amount can (and has) change without notice. Please check actual amount with us closer to departure. You will be pre-invoiced for this nonrefundable amount.

Countries Visited

South Africa, Namibia, Botswana and Zimbabwe
Zambia, Malawi, Tanzania, Kenya, Uganda (Possibility of Rwanda or DRC if Gorilla Permits are unavailable in Uganda – you will be advised beforehand if we need to travel to either of these countries.)

Vehicle

Overland Truck

Malaria

Malaria prophylactics are required. Very Low Risk of Malaria in Northern Namibia, but the risk increases to High risk as we travel north to Zimbabwe.

Departure Point

With AFTours partner: 8.00am Nomad Adventure Tours, 40 Shortmarket Street, 1st Floor, Leadership House, Greenmarket Square, Cape Town, South Africa. Tel: +27 21 426 5445.

End Point

The Meridian Court Hotel, Muranga Road, Nairobi, Kenya. Tel: +254 20 313991.
www.meridianhotelkenya.com

What's included

Meals as indicated on the itinerary, accommodation, registered guides, transport and selected activities as per itinerary.

What's excluded

All items of a personal nature, alcohol, snacks, souvenirs, tips and optional activities (see list for an indication of prices).

Health

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disability that you may have.

Visas

Please note that these are your responsibility. Some nationalities require visas for Namibia and Botswana. Most nationalities will require visas for East Africa. See Pre Departure Booklet for more information.

Climate

The African sun is very strong, especially in Namibia and Botswana. Please use a factor 30 sunscreen and wear a hat. You should drink at least 3 litres of water per day to avoid dehydration. It can also get very cold during winter months on this route. Please see Pre Departure Booklet for detailed information.

Currency and Banking

South African Rand is the most widely used currency on this route. US Dollar cash can be used for optional activities. In Botswana, the Pula is the local currency. You can change your Rand or Dollars to Pula when you enter Botswana. ATMs do not always work in Botswana. Travellers Cheques can take a long time to change into cash and often incur unreasonable charges. Credit Cards cannot always be processed – especially in remote areas. USD Notes printed before 2000 (i.e. the old style notes) will not be accepted and many places will not accept USD100 notes, so make sure to bring lots of USD1, USD5 and USD10 notes for tips and craft markets. Please see Pre Departure Booklet for detailed information on each country.

Vaccinations

A Yellow Fever Certificate is required for this tour. Please see the Pre Departure Information booklet for detailed information on vaccinations in Africa.

Onward Travel

You can extend this tour by flying to Johannesburg and join one of our Southern African Explorer tours.

Pre and Post Tour Accommodation

If you require accommodation before or after your tour we can arrange this for you. We can also arrange airport transfers – contact your travel agent to make these bookings.

Arrival

Please be sure to arrive 1 day before your tour is due to depart. This will avoid any problems such as forgotten luggage, misplaced bags or any unpredictable problems such as airline strikes or delayed flight arrival.

Departure

Please book your flight to depart the day after the tour officially ends. This is to account for any delays that we may experience due to unpredictable road conditions.

Note: All information is subject to change without prior notice. Travel times and campsites can change depending on road or weather conditions, etc. These are used as a guideline only.

OPTIONAL ACTIVITIES:

Country	Area	Activity	Price Range		
South Africa	Gariep/Orange River	1/2 day Canoe Trip	R160	to	R180
Namibia	Swakopmund	Sky Diving	R1900	to	R2500
Namibia	Swakopmund	Quadbiking	R500	to	R650
Namibia	Swakopmund	Sandboarding	R350	to	R400
Namibia	Swakopmund	Dinner at local restaurant	R150	to	R300
Namibia	Swakopmund	Dolphin Cruise	R450	to	R540
Namibia	Etosha	Night Drive in Etosha NP with Park Rangers	R500	to	R600
Namibia	Etosha	Dawn Drive in Etosha NP with Park Ranger	R400	to	R500
Namibia	Windhoek	Dinner at local restaurant	R150	to	R300
Botswana	Ghanzi	Hunter-gatherer Guided Walk	P60	to	P75
Botswana	Ghanzi	Trance Dance (min 6 people, book in advance)	P120	to	P150
Botswana	Ghanzi	Game Drive (min 6 people)	P70	to	P85
Botswana	Kasane	Chobe National Park Game Drive	\$40	to	\$50
Botswana	Maun	Scenic Flight over Okavango Delta (Min 5)	\$60	to	\$70
Botswana	Okavango	Tips for Polers - Per Person, Per Day	\$5	to	\$8
Zimbabwe	Victoria Falls	Dinner at local restaurant	\$45	to	\$60
Zimbabwe	Victoria Falls	White Water Rafting - Full Day	\$110	to	\$150
Zimbabwe	Victoria Falls	Combo River Board and Rafting - Full Day	\$140	to	\$160
Zimbabwe	Victoria Falls	Bungee Jump	\$95	to	\$150
Zimbabwe	Victoria Falls	Zambezi Sunset Cruise	\$45	to	\$60
Zimbabwe	Victoria Falls	Elephant Encounter	\$95	to	\$120
Zimbabwe	Victoria Falls	Lion Encounter (Walking with Lions)	\$115	to	\$130
Zambia	South Luangwa NP	Game Walk - Inside National Park	\$45	to	\$55
Zambia	South Luangwa NP	Game Walk - Outside National Park	\$35	to	\$45
Zambia	South Luangwa NP	Morning Game Drive	\$35	to	\$45
Malawi	Luwawa Forest	Guided Hike	\$10	to	\$25
Malawi	Luwawa Forest	Mountain Biking	\$15	to	\$25
Malawi	Kande Beach	Scuba Diving - Per Dive	\$35	to	\$40
Malawi	Kande Beach	Horse Riding	\$50	to	\$60
Malawi	Kande Beach	Dinner at local restaurant	\$7	to	\$15
Malawi	Kande Beach	Water sports Equipment Hire	\$5	to	\$10
Tanzania	Serengeti	Serengeti 3-Days Camping (Min 1-2 Clients)	\$980	to	\$1,550
Tanzania	Serengeti	Serengeti 3-Days Camping (Min 3-4 Clients)	\$750	to	\$855
Tanzania	Serengeti	Tips for Guide - Per Day	\$10	to	\$15
Tanzania	Kilimanjaro	Porter Fees (\$1 per 15kg) – Per Day	\$6	to	\$15
Tanzania	Serengeti	Flight from Serengeti to Arusha – Pre Book	\$200	to	\$300
Tanzania	Serengeti	Ballooning over Serengeti National Park – Pre Book	\$499	to	\$520
Tanzania	Zanzibar	Scuba Diving - Per Dive	\$50	to	\$65
Tanzania	Zanzibar	Zanzibar Meals - Per Day	\$15	to	\$25
Tanzania	Zanzibar	Motorbike Hire - Per Day	\$25	to	\$35
Tanzania	Zanzibar	City Tour	\$30	to	\$35
Tanzania	Zanzibar	Prison Island Excursion	\$20	to	\$40
Tanzania	Zanzibar	Swimming with Dolphins	\$30	to	\$50
Kenya	Nairobi	Dinner at local restaurant	\$25	to	\$45
Kenya	Masai Mara	Masaai Village Tour	\$25	to	\$35
Kenya	Masai Mara	Tips for Guide - Per Day	\$10	to	\$15
Kenya	Nairobi	Dinner at Local Restaurant	\$25	to	\$35
Uganda	On Trek	Tour Tips for Guide - Per Day	\$2	to	\$5
Uganda	Bwindi	Guided Village Walk	\$5	to	\$10
Uganda	Jinja	Nile River Rafting	\$95	to	\$105
Uganda	Jinja	Guided Village Walk	\$5	to	\$10
Uganda	Kampala	Ngamba Chimpanzee Sanctuary	\$25	to	\$40

Note:

There are more optional activities being created every day – we have listed only the most popular. If there is something specific you would like to do then speak to your guide as they will be able to assist you.

DAY 1 SOUTH AFRICA – CEDERBERG MOUNTAIN REGION

After a short stop to view Table Mountain we drive north to the Cederberg region. In the afternoon (weather permitting) we go on a guided walk to see Bushmen paintings and learn about the native fauna and flora.

Meals:	Lunch, Dinner
Accommodation:	Camp: Gekko Backpackers Campsite www.gekko.co.za
Facilities:	Drinkable water, hot showers, shared ablutions, bar.
Included Activities:	Guided nature walk in the mountains, with a local guide.
Route:	Cape Town to Citrusdal. ±200 km
Travel time:	±5 hrs

The Cederberg range, 100km long, is a gigantic mass of sandstone, coloured by iron oxides and eroded into strange shapes. This area has a rich plant life, including rarities such as the snow protea (only flower that grows above the snow line) and the Cederberg or rocket pinchion. The Cedar trees are of the *Widdringtonia cederbergensis* species. They grow at an altitude of 1000m to 1500m. Some species are believed to live up to 1000 years. The highest peak in the range is Sneeuberg (2028m). In 1660 the first European explorers from the cape, led by Jan Danckert came across a great herd of elephants in the Olifants River valley. The source of the river is in the mountains near Ceres. Above Clanwilliam, the Olifants is harnessed by a dam, built in 1935 and expanded in 1968, which irrigates 12140 hectares of farmland.

DAY 2 NAMAQUALAND – GARIEP RIVER

Today we travel to the Gariep/Orange River. We spend the night under the stars and sit at the campfire getting to know each other.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Fiddlers Creek Campsite www.bushwhacked.co.za
Facilities:	Water not drinkable, bar, hot showers, shared ablutions.
Route:	Citrusdal to Orange/Gariep River. ±570 km
Travel time:	±10 hrs

In 1681 a party of Nama people visited Cape Town Castle to trade. They brought with them pure copper and the then Governor, Simon Van Der Stel, saw this as proof of tales told by Khoi Khoi informants. In 1685 Van Der Stel led a major expedition to the Fables Mountains. No copper was found on the surface, but rocks were stained with the green-blue of Malachite. Van Der Stel sank three shafts, which revealed a vast load of copper. After this find, for 200 years nothing was done about it due to the inhospitable environment. The Scottish explorer, Sir James Alexander investigated Van Der Stel's claims in 1852. He found several other copper outcrops and started mining.

Fortune hunters rushed to the area with many mining companies collapsing due to transport difficulties. One of the two that survived, at Okiep, was ranked as the richest copper mine in the world (Okiep is just north of Springbok).

The Orange River was named after The Dutch Royal Family (Oranje). It's now called the Gariep River. The river runs for about 1200 km. The source is at the Gariep dam near Aliwal North in Eastern Cape. It flows into the sea at Oranjemund on the west coast forming the border between RSA and Namibia and forms a natural boundary of various provinces in RSA.

DAY 3 NAMIBIA – GARIEP RIVER - FISH RIVER CANYON

You can choose between a morning on the riverbank or the half-day canoe on the river. After lunch we travel north to the Fish River Canyon. *Optional Activities: Orange/Gariep River Half Day Canoe Adventure.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Hobas Campsite www.nwr.com.na/fish_river_canyon.php
Facilities:	Drinkable water, small kiosk, with hot showers (sometimes), small swimming pool.
Included Activities:	Hike along the rim of the Fish River Canyon
Route:	Gariep/Orange River to Fish River Canyon. ±180 km
Travel time:	±4-5 hrs and a border crossing
Border post:	South Africa: Vioolsdrift, Tel.: +27 (0) 27 761 8760, Open 24 hours Namibia: Noordoewer, Tel.: +264 (0) 63 297 122, Open 24 hours

The Fish River Canyon is approx 27km wide at its widest point and 550m deep. It is the oldest canyon in the world. The rocks at the bottom of the canyon are 2600 million years old. It was formed in part by glacial movements (upper section), erosion and movement of tectonic plates. The plateaus are 220m from the base of the canyon. There are catfish at the bottom that survive the dry season by burrowing into the mud until the water returns. It's a very slow moving and shallow river – more like a stream. Water is present in Feb/Mar/Apr. The highest recorded temperature at the base was 58 degrees Celsius and it's usually ten degrees Celsius hotter at the bottom than where you stand on the ridge.

DAY 4 NAMIB-NAUKLUFT NATIONAL PARK

From the Fish River Canyon we continue into the remote hinterland. We arrive at camp in the afternoon and enjoy a short hike at Sesriem Canyon.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Sesriem campsite www.nwr.com.na/sesriem.php
Facilities:	Drinkable water, bar, swimming pool, hot showers, good ablutions, public phone & shop.
Route:	Fish River Canyon to Namib-Naukluft Park. ±560 km
Travel time:	±10 hrs

At the entry to Sossusvlei is Sesriem Canyon. As a result of erosion over many centuries, a narrow gorge of about one kilometre in length was formed about 30 to 40 meters deep. Early explorers had to tie six lengths of thongs (long reigns for cart horse) together to draw water from the pools in the canyon, hence the name "Sesriem".

The Namib is the oldest and most unique desert in the world. The central Namib stretches over 2000km along the coast from the Olifant's River in the south to San Nicolau in Southern Angola. Much of the desert is linear dunes, which are parallel to the sea and stretch from the coast to the inland gravel plains. These dunes may seem lifeless, but support a complex ecosystem capable of extracting moisture from the frequent fogs. The Desert was formed by a combination of activities. The Orange River combined with the Fish River deposit a great deal of silt into the ocean. Long shore currents push this silt northwards along the coast and onshore winds and wave action deposit this silt on to the shoreline. Over millions of years this belt of sand has pushed further inland and

upwards forming the Namib Desert. The sand is very orange in some places because of the iron ore in the sand, which has simply rusted.

DAY 5 SOSSUSVLEI DUNES - NAMIB-NAUKLUFT NATIONAL PARK

We wake before dawn so we can hike up Dune 45 and watch the sun rise. After breakfast we join a local expert on a guided tour explaining the desert ecosystem.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Solitaire Guest Farm www.solitaireguestfarm.com
Facilities:	Drinkable water, hot showers, shared ablutions, swimming pool.
Included Activities:	Sunrise hike up Dune 45. +/-3hr Desert Walk in Sossusvlei area, with Local Guide.
Route:	Sesriem to Solitaire. ±100 km (excludes drive to and from desert walk)
Travel time:	±3 hrs (round trip into Sesriem), (plus drive to Solitaire)

Sossusvlei is a depression lined by some of the highest dunes in the world. Although a very rare occurrence, during periods of good rains the pan or "vlei" fills up with water from the Tsauchab River. This water wonder in the middle of the desert is a spectacular sight. The mean or average rainfall is used to class areas as either extremely arid (hyper-arid) with a mean rainfall of less than 100mm of rain per year; arid, with a mean rainfall between 100-250mm per year; semi-arid with 250-500mm of rain a year. About 16% of Namibia's land surface is hyper-arid. The Namib is hyper-arid with a rainfall of less than 100mm a year. In its driest areas the annual potential evaporation is 3500mm whereas the annual rainfall is 20mm.

The name Namib, is of Nama origin with the modern spelling referring to a desert, but a particular part of the desert, specifically a large plain. The dune sands are primarily derived from sediments washed down the Orange River and then moved northwards by the long shore drift plus the dominant southerly quadrant winds. The winds move the sand northwards and inland, trapping it by wave action in coastal embayment. Dune sand consists of 90-95% Quartz (Silica) grains and 10-15% Mica, feldspar and heavy minerals such as garnet, ilmenite and magnetite. The sand tends to be redder towards the east as a result of increasing quantities of an iron (ferric) oxide incrustation on the sand grains. This is a form of rusting of the quartz grains and is related to age, temperature and moisture.

DAY 6/7 SWAKOPMUND

Today we cross the Tropic of Capricorn (where we stop for a photo) on our way to Namibia's Atlantic coast. In Swakopmund you will be briefed on the optional activities available here. Day 8 is free for you to explore the town or try one of the many adventure activities. *Optional Activities: Quadbiking, Sandboarding, Sky Diving, Dolphin Cruise, Scenic Flights, Fishing, Dinner out etc.*

Day 6:

Meals:	Breakfast, Lunch
Accommodation:	Hostel (Dorm room): Villa Wiese www.villawiese.com
Facilities:	Shared Ablutions, Bar, drinkable water.
Included Activities:	Stop off in Walvis Bay to view Flamingos
Route:	Solitaire to Swakopmund. ±300 km
Travel time:	±4-5 hrs (including Walvis Bay)

Day 7:

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Hostel (Dorm room): Villa Wiese www.villawiese.com
Facilities:	Shared Ablutions, Bar, drinkable water.

Swakopmund was founded two years later than Windhoek, in 1892, by Captain Curt von Francois as the main harbour of German South West Africa. Increased traffic between Germany and its colony necessitated establishing of own port as Walvis Bay, located 33 kilometres south, was already in British possession. The choice fell on Swakopmund where water could be found and because other sites checked (including Cape Cross) were unsuitable.

The majority of towns and villages in Namibia have grown out of indigenous settlements and very often were located close to sources of water. Names of places given by original inhabitants were very descriptive and in many cases those names were retained by European settlers who sometimes simplified pronunciations of the names. Nama word "Tsoakhaub" can be translated as "excrement opening" which was offensive but accurate description of the waters of Swakop river at the time of coming down in floods carrying masses of mud, sand, pieces of vegetation and animal corpses. The masses of dirty and muddy water were emptied into the ocean and the indigenous name described it very well.

The Nama name was changed to "Swachaub" and with proclamation of Swakopmund as independent district in 1896 the present way of writing came into use.

Surrounded by the Namib Desert on three sides and the cold Atlantic waters to the west, Swakopmund enjoys a temperate climate. The average temperature ranges between 15°C (59°F) to 25°C (77°F). Rainfall is less than 15 mm per year, making gutters and drainpipes on buildings a rarity. The cold Benguela current supplies moisture for the area in the form of fog that can reach as deep as 140 km (87 mi) inland. The fauna and flora of the area has adapted to this phenomenon and now relies upon the fog as a source of moisture.

Swakopmund is well known for adventure sports including: Skydiving, Sandboarding and Quadbiking. You guides will be able to assist you in deciding on a suitable activity, alternatively spend the day exploring the town and enjoying the various coffee shops and souvenir shops.

DAY 8 SPITZKOPPE

We leave all the trappings of modern life behind us and drive inland to the mysterious Spitzkoppe. Tonight we camp in the wild.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Bush Camp: Spitzkoppe Community Campsite www.natron.net/nacobta/spitzkoppe/main.html
Facilities:	No facilities. Long drop toilets.
Route:	Swakopmund to Spitzkoppe. ±170 km
Travel time:	±3-4 hrs

Spitzkoppe

The Spitzkoppe between Usakos and Swakopmund is also described as the "Matterhorn of Namibia". Rising to a altitude of about 1 800 metres, the Spitzkoppe is by no means Namibia's highest mountain, however, due to its striking outlines, it is regarded as the most well-known mountain in the country. Situated on a seemingly endless, dry plain, the island of mountains can be seen from far away.

The granite massif, which is part of the Erongo Mountains, was created by the collapse of a gigantic volcano more than 100 million years ago and the subsequent erosion, which exposed the volcanic rock, granite.

One can go for beautiful walks in this stunning landscape and climb about between the bizarre rock formations. For those interested in flora, there is a lot to look at, like the yellow Butter Trees and the Poison Tree (*euphorbia virosa*), which leaks an extremely poisonous white juice; the Bushmen use this to poison their arrows.

Bushman paintings can be found in various places, many in the "Bushman Paradise" under an overhanging rock wall. The difference in height between the peak of the mountain and the surrounding land is 700 metres. Next to the Spitzkoppe lie the "Little Spitzkoppe" with a height of 1584 metres above sea level and the Pontok mountains. Despite appearances, it is quite difficult to climb the Spitzkoppe, first conquered in 1946. Only experienced and well-prepared mountaineers with adequate equipment should take this mountain on. In summer, it is out of the question, because the rock gets so hot, you would burn your hands immediately.

DAY 9 HIMBA TRIBES

After some early morning exploration we continue inland and drive towards Kamanjab. The Himba are a pastoral people and predominantly breed cattle or goats, they are easily recognisable by their unique style of dress.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Himba Camp (no website available)
Facilities:	Bush shower and basic toilets.
Route:	Spitzkoppe to Kamanjab. ±340 km
Travel time:	±5- 6 hrs

Himba Visit

The Himba ethnic groups, who have kept their ethnic individuality and culture, live in the seclusion of the Kaokoland. The friendly people are closely related to the Herero. Both ethnic groups speak the same language. Depending on the time of year, they move with their herds to different watering places. Clothes, hairstyle and jewellery are all of particular significance to the Himba and are part of their tradition and culture. Even newborn babies are adorned with pearl necklaces. When the children are a little older, bangles made of beaten copper and shells are added.

The proud Himba women take several hours for beauty care every morning. The entire body is rubbed with a cream, which consists of rancid butterfat and ochre powder. The aromatic resin of the Omuzumba bush is added as well. The cream lends the body an intense reddish shine, which corresponds to the Himba ideal of beauty.

Situated about 20 km outside of town, a guided tour around the village will, not only give you an in depth insight into the life and ways of the last traditional tribe in Namibia, the Ova-Himba, but an amazing photographic opportunity as well. You will experience the milking ceremony, the smoke bath, be informed on the beliefs around the holy fire, ancestors, and herbal medicine. You will also learn about the jewellery and hairstyles to imitate the status of each tribe member and their close relationship with nature, their cattle and children.

Your guide Jaco is an Afrikaans-speaking white male who has lived with his Himba family within the Himba Culture now for several years and speaks the language fluently. He was adopted into the Himba Culture by an old chief, Tjsikume Bhahona, who lives in the mountains at Ongkongo near Opuwo. After spending a lot of time with his new adopted family, Jaco decided to return home to the farm of his father just outside of Kamanjab where he still had herds of Nguni Cattle, goats and some sheep. Chief Tjsikume has later asked Jaco if some of his people can come live on the farm to help him look after his goats and cattle. Part of the family then moved to the farm and built a traditional village to stay true to their culture.

The income generated from these excursions, helps to sustain the tribe from day to day, buying food and supplies, medicine (if necessary) and taking care of the children adopted by Jaco from various families unable to support them, some of them needing books and clothing for school.

Please take note that the village is not for show or a human zoo, you will be allowed inside these amazing peoples' home and have a cultural exchange. Please respect their lives and ways as they would respect yours and in this way help preserve their culture and traditions.

DAY 10/11 ETOSHA NATIONAL PARK

Etosha National Park is the venue for some of the most unique game viewing experiences in Africa. We will go on various game drives, and spend our evenings at the abundant water holes for some excellent game photography.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Okaukuejo, Halali or Namutoni www.nwr.com.na/etosha.php
Last updated:	05 December 2008 7
Facilities:	Drinkable water, shared ablutions, bar, shop, post box, swimming pool and waterholes at all campsites.
Route:	Kamanjab to Etosha NP. ±270 km
Travel time:	±3-4 hrs

Etosha National Park, with its wealth of animal and plant life, lies in the North of Namibia and covers an area of 22 270km²; the Etosha pan's size is 4 590km². In 1851 the explorers Sir Francis Galton and Charles Anderson were the first Europeans to visit the great pan known as Etosha (the white place of mirages). The area around it teemed with game animals and the spectacle during the rainy season of December to March, with the pan filled with water more than a meter deep and countless flamingos resting here, made this one of the most exciting wildlife areas in Africa.

Fifty years later the German government built a fort at the eastern end of the pan, at Namutoni. In 1904 the Wambo attacked this fort; only seven German policemen were stationed in the fort at the time and they were short of ammunition, after seven hours of fighting they slipped away in the night and made their way southwards until they encountered a German colony coming to their relief. The combined party returned to the fort in Etosha and recaptured it. The fort had been badly looted and largely destroyed by the Wambo warriors, as a result a new fort was built – a glistening white, 'Beau Geste' stronghold, which until today has never been under attack. The new fort was a police post until the 1950's. In 1907 the German government proclaimed Etosha Pan and its surroundings a game reserve. The amenities weren't built until 1952 however, when the construction of rest camps and roads began, particularly along the southern edge of the pan, where there are perennial waterholes that attract a concentration of wild animals.

DAY 12 WINDHOEK

After an early morning game drive we set off towards Windhoek in the centre of Namibia. On the way we stop at a popular craft market. In the afternoon we go on a short city tour. *Optional Activities: Dinner out at Joe's Beer House.*

Meals:	Breakfast, Lunch
Accommodation:	Hostel (Dorm Room): Cardboard Box Backpackers www.ahj.addr.com/facilities.html
Facilities:	Drinkable water. shared ablutions, bar, swimming pool.
Route:	Etosha to Windhoek. ±550 km
Travel time:	±8-9 hrs

The Windhoek city centre is characterized by a proliferation of German style buildings, a lasting reminder of Namibia's early colonial history. Early buildings such as the Alte Feste (old fort), Christuskirche and Tintenpalast (the parliament buildings) are of particular historical interest. In a typical display of unintentional Namibian irony, the Alte Feste Fort, once the bastion of German colonialism, now houses the National Museum which places particular emphasis on the freedom struggle and Namibian independence. Windhoek has had several names the earliest of which were the Damara /Ais //Gams (the "/" indicates a click in Nama spelling) which means firewater and the Herero Otjimuisse or place of steam. The area was also called Queen Adelaide's Baths for a (mercifully) brief time. Several opinions are offered for the origin of the present name; the most popular of these is that sometime before 1840 Jonker Afrikaner, a Nama leader, named the area Winterhoek, after the farm in South Africa where he was born. Windhoek, or windy corner, is a corruption of this name.

Windhoek has Namibia's only international airport. During the day the city centre has a European cafe culture. German cuisine dominates, but Namibian influence can be found in the quantity, and quality, of meat on offer (vegetarians be warned, Namibia is carnivore country!). Nightlife in the city centre is limited to a few restaurants and the occasional night club. Rather strangely most of the nightlife happens outside of the city centre in the suburbs and township areas. During South African occupation Windhoek was divided into three areas: Windhoek for the whites, Khomasdal for the coloureds and Katatura for the blacks. The safest and most informative way of visiting these areas is on a Windhoek Township Tour. Most importantly Windhoek is home to Namibia's brewing industry, and for the less active Windhoek is a great place to wile away the time while sipping a cold beer.

DAY 13 GHANZI, BOTSWANA

It is a scenic drive to the Buitepos border, where we cross into Botswana. Once at camp we will meet with a local Bushmen community and experience some traditional Tribal Dancing. *Optional Activity: Guided Walk-Hunting Gathering/Village, Trance Dance (min 6 x clients advance booking), Game Drives (min 6 x clients)*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Ghanzi Trail Blazers (no available website)
Facilities:	Hot showers, shared ablutions.
Route:	Windhoek to Ghanzi. ±516 km
Travel time:	±8-9 hrs, plus a border crossing on this day.
Border post:	Namibia: Buitepos, Tel.: +264 62 560 405, Open: 07h00-22h00 Botswana: Mamanu, Tel.: +2676592013/2064, Open: 07h00-24h00

The San People who were formally known as the Bushmen, are indigenous to Botswana (and Namibia) and have lived here for over 30,000 years. It is truly an incredible experience to get an understanding of what Africa was like so many years ago and how the people survived in these desert conditions when their very existence was based on the land. It is said that the word San meant 'wild people who can't farm', however historically they didn't have a collective word for themselves. Now they call themselves Ncoakhoe meaning 'red people', but it seems San has stuck. They were nomadic people – primarily hunter gatherers, moving to where the food and water could be found.

It is estimated that there are 55,000 San people left, with 60% of them living in Botswana and many examples of their cave drawings can be found dotted around. Sadly nowadays, their existence is similar to the aboriginals and can be found in 'squalid alcohol plagued settlements' or on farms and cattle posts. You will notice a visible difference between Botswana and Namibia; that being people and livestock. As we cross the border we'll start to see villagers, cattle, donkeys, and sheep roaming along the side of the highway. Sometimes the donkeys and cows sit in the middle of the road and any amount of horn blowing won't get them out of the road.

Independent since 1966 (formally a British protectorate) three of the world's richest diamond mines were discovered in the country, and this has made Botswana quite a rich nation, allowing them to pick and choose their future. Now 40 years old, it is known as the African success story. Politically stable and with the foresight to invest in education, healthcare, high economic standards and without the racial issues that have plagued other countries has resulted in Botswana having the best economy in sub-Saharan Africa. The government has employed a strategy of high income - low impact tourism. This is where they reduce the number of tourists entering any area of the country by charging a lot more than neighbouring countries, thereby making it more restrictive for the budget traveller.

DAY 14/15/16 MAUN – OKAVANGO DELTA

Another early day! Our journey takes us from Ghanzi towards Maun. We spend the night here (Maun) and prepare for our 2-night bush-camping experience. Your guides will provide you with a briefing about the next few days' activities and the community run tourism operation. From here we will enter the Delta using local transport. If the water level allows we will take a mokoro (traditional canoe) as well as a nature walk with the local people. *Optional Activity: Scenic flight over the Delta (time allowing).*

Day 14

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Sitatunga www.deltarain.com/sitatunga.htm
Facilities:	Hot showers, shared ablutions, bar and a swimming pool.
Route:	Ghanzi to Maun. ±300 km
Travel time:	±4-5 hrs

Day 15 (Day 1 in Delta)

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Bush Camp www.deltarain.com/mokoro.htm
Facilities:	No facilities – bush camping
Route:	Maun to Bush Camp

Day 16 (Day 2 in Delta)

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Bush Camp www.deltarain.com/mokoro.htm
Facilities:	No facilities – bush camping

Please note that we cannot guarantee that there will be time to go on a scenic flight.

Maun

Since Maun's founding in 1915 as the tribal capital of the Batawana people, it has had a reputation as a hard-living 'Wild West' town helping the local cattle ranching and hunting operations. However, with the growth of the tourism industry and the completion of the tar road from Nata in the early 1990s, Maun has developed swiftly, losing much of its old town character. It is now home to over 30,000 people. Maun is today a thriving, chaotic tourist town, infamous for its infestation of donkeys and to lesser extent, goats. These animals can be seen standing around on their own as the local farmers arrive in the innumerable taxis to sell their wares on the kerbside.

With the influx of tourism dollars, the typical traditional Rondavels of yesteryear have been replaced by square but modestly sized cinderblock homes roofed with tin and, rarely, tiles. It is not unusual to see mud rondavels with satellite dishes, attesting to the increasing affluence of Botswana, and the increasingly reliability of power and communications in Maun. Likewise, mobile phone service in Maun is excellent to a range of about 20 to 25km depending on weather. Opposite the main shopping strip which has grown around Riley's Garage, multi-level air-conditioned shopping centres are incongruously surrounded by potholes, dusty or muddy car parking lots, also inevitably a marketplace for whoever wishes to sell. There is now, also, no less than three major chain supermarkets, Cbstore, Spar, Shoprite and a Nandos.

Okavango delta

The Okavango delta is one of the world's largest inland water systems. Its headwaters start in Angola's western highlands, with numerous tributaries joining to form the Cubango River, which then flows through Namibia (called the Kavango) and finally enters Botswana, where it is then called the Okavango. Millions of years ago the Okavango River used to flow into a large inland lake called Lake Makgadikgadi (now Makgadikgadi Pans). Tectonic activity and faulting interrupted the flow of the river causing it to back up and form what is now the Okavango Delta. This has created a unique system of waterways that now supports a vast array of animal and plant life that would have otherwise been a dry Kalahari Savannah.

The delta's floods are fed by the rains in Angola and Zambia, which start in October and finish sometime in April. The floods only cross the border between Botswana and Namibia in December and will only reach the bottom end of the delta (Maun) sometime in July, taking almost nine months from the source to the bottom. This slow meandering pace of the flood is due to the very minor drop in elevation - little more than 60 meters over a distance of 450 kilometres!

The delta environment has large numbers of animal populations that are otherwise rare, such as Crocodile, Red Lechwe, Sitatunga, Elephant, Wild dogs, Buffalo, Wattled crane, as well as the other more common mammals and bird life.

DAY 17 GWETA

We leave the Delta behind us and travel east to Gweta, which is located halfway between Maun and Nata, near the Makgadikgadi Pans National Park.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Planet Baobab Campsite www.unchartedafrica.co.za/page.php?p_id=59
Facilities:	Hot showers, shared ablutions, bar and swimming pool.
Route:	Maun to Gweta. ± 201 km
Travel time:	± 2 -3hrs (4x4 & mokoro transfers), ± 3 hrs driving in truck.

Along the cracked and crop-less landscape on the road between Maun and Francistown, where elephants tear up any tree that dares to raise its head, a large grey hulk looms into sight at the edge of the road. If this is an elephant it is a very peculiar one! As the eyes recognise a giant anteater, the brain begins to wonder what might have been in that last beer?

But, follow the side road pointed out by that anteater snout and you will discover the intriguingly named "Planet Baobab". Welcome to the Baobab capital of the world and home of the Kalahari Surf Club! The average age of each baobab tree; 4000 years and beyond, the boundless salt pans of the Makgadikgadi, a lunar landscape the size of Switzerland.

Thankfully, the funkiest bar in the Kalahari awaits your pleasure, a well known watering hole for travellers of every description and the more colourful characters from Maun. At any one time, locals jostle the cross-continentials who have slogged it through the bush, and worse, to get here. Just a stone's throw from all this beer and bustle is the elephant's paddling pool. Oblivious to Guests crouching in the nearby trees, the elephants and travellers mostly ignore each other.

DAY 18 BOTSWANA - CHOBE NATIONAL PARK

When we arrive at Kasane we set up camp on the bank of the Chobe River. The afternoon is spent game viewing from a boat in the Chobe National Park. This is an excellent opportunity to view Africa's spectacular wildlife. You will have the chance to experience an early morning game drive the following day.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Thebe River Safaris www.openafrica.org/participant/thebe-river-safaris
Facilities:	Hot showers, good ablutions, bar and swimming pool.
Included Activities:	Sunset Boat Cruise in the Chobe NP
Route:	Gweta to Kasane. ± 400 km
Travel time:	± 6 -7hrs

Chobe National Park

The Chobe National Park, which is the second largest national park in Botswana and covers 10,566 square kilometres, has one of the greatest concentrations of game found on the African continent. Its uniqueness in the abundance of wildlife and the true African nature of the region, offers a safari experience of a lifetime.

The park is divided into four distinctly different eco systems: Serondela with its lush plains and dense forests in the Chobe River area in the extreme north-east; the Savuti Marsh in the west about fifty kilometres north of Mababe gate; the Linyanti Swamps in the north-west and the hot dry hinterland in between.

The original inhabitants of what is now the park were the San people, otherwise known in Botswana as the Basarwa. They were hunter-gatherers who lived by moving from one area to another in search of water, wild fruits and wild animals. The San were later joined by groups of the Basubiya people and later still, around 1911, by a group of Batawana led by Sekgoma. When the country was divided into various land tenure systems, late last century and early this century, the larger part of the area that is now the national park was classified as crown land. In 1931 the idea of creating a national park in the area was first mooted, in order to protect the wildlife from extinction and to attract visitors. In 1932, an area of some 24,000 square kilometres in the Chobe district was declared a non-hunting area and the following year, the protected area was increased to 31,600 square kilometres. However, heavy tsetse fly infestations resulted in the whole idea lapsing in 1943. In 1957, the idea of a national park was raised again when an area of about 21,000 square kilometres was proposed as a game reserve and eventually a reduced area was gazetted in 1960 as Chobe Game Reserve. Later, in 1967, the reserve was declared a national park - the first national park in Botswana. There was a large settlement, based on the timber industry, at Serondela, some remains of which can still be seen today. This settlement was gradually moved out and the Chobe National Park was finally empty of human occupation in 1975. In 1980 and again in 1987, the boundaries were altered, increasing the park to its present size.

The Chobe Elephant

A major feature of Chobe National Park is its elephant population. First of all, the Chobe elephant comprise part of what is probably the largest surviving continuous elephant population. This population covers most of northern Botswana plus northwestern Zimbabwe. The Botswana's elephant population is currently estimated at around 120,000. This elephant population has built up steadily from a few thousand since the early 1900s and has escaped the massive illegal poaching that decimated other populations in the 1970s and 1980s.

The Chobe elephant are migratory, making seasonal movements of up to 200 kilometres from the Chobe and Linyanti rivers, where they concentrate in the dry season, to the pans in the southeast of the park, to which they disperse in the rains. The elephants, in this area have the distinction of being the largest in body size of all living elephants though the ivory is brittle and you will not see many huge tuskers among these rangy beasts.

DAY 19 ZIMBABWE - VICTORIA FALLS

On arrival in Victoria Falls we have time to plan the next day's adventure activities before we visit the spectacular Victoria Falls National Park and experience the thundering of the mighty Zambezi. The popular optional sunset cruise includes dinner and drinks. *Optional Activities: Chobe morning game drive.*

Meals:	Breakfast, Lunch
Accommodation:	Hostel: (Dorm Rooms) Savanna Lodge www.safpar.co.za/savanna.html
Facilities:	Drinkable water, hot showers, shared ablutions, bar, swimming pool.
Route:	Kasane to Vic Falls. ±100 km
Travel time:	±2 hrs plus border crossing
Border posts:	Botswana: Kazangula Road, +26721 50320, Open: 06h00-20h00
Zimbabwe:	Kazangula Road, +26721 50320, Open: 06h00-18h00

The small tourist town of Victoria Falls is located within walking distance of the famous waterfall. Victoria Falls is also an adventure hub with activities that include the ever-popular white water rafting, the flight over the Falls, an encounter with the Lions as well as the opportunity to ride an Elephant!

Once we have crossed the border in to Zimbabwe it is a short drive to town where we will be briefed about all the different activities available. Choose carefully as almost all of them are really worth doing, speak to your guides for some advice.

Please be aware that you cannot use credit/debit cards in Zimbabwe, so cash (Rand or USD) is best. The prices of the activities are listed at the beginning of this dossier so you can make sure to bring what you need.

The Victoria Falls

Mosi-oa-Tunya is the name used by the local people and Victoria Falls is the later name given by Scottish explorer Dr. David Livingstone for Britain's Queen Victoria.

While it is neither the highest nor the widest waterfall in the world, the claim it is the largest is based on a width of 1.7 kilometres (1 mile) and height of 108 meters (360 ft), forming the largest sheet of falling water in the world.

The unusual form of Victoria Falls enables virtually the whole width of the falls to be viewed face-on, at the same level as the top, from as close as 60 metres (200 ft), because the whole Zambezi River drops into a deep, narrow slot like chasm, connected to a long series of gorges. Few other waterfalls allow such a close approach on foot.

Victoria Falls are one of Africa's major tourist attractions, and are a UNESCO World Heritage Site. The falls are shared between Zambia and Zimbabwe, and each country has a national park to protect them and a town serving as a tourism centre: Mosioa-Tunya National Park and Livingstone in Zambia, and Victoria Falls National Park and the town of Victoria Falls in Zimbabwe.

For a considerable distance above the falls, the Zambezi flows over a level sheet of basalt, in a shallow valley bounded by low and distant sandstone hills. The river's course is dotted with numerous tree-covered islands, which increase in number as the river approaches the falls. There are no mountains, escarpments, or deep valleys which might be expected to create a waterfall, only flat plateau extending hundreds of kilometres in all directions.

The falls are formed as the full width of the river plummets in a single vertical drop into a chasm 60–120 metres (200–400 ft) wide, carved by its waters along a fracture zone in the basalt plateau. The depth of the chasm, called the First Gorge, varies from 80 metres (262 ft) at its western end to 108 metres (360 ft) in the centre. The only outlet to the First Gorge is a 110-metre-wide (360 ft) gap about two-thirds of the way across the width of the falls from the western end, through which the whole volume of the river pours into the Victoria Falls gorges.

There are two islands on the crest of the falls that are large enough to divide the curtain of water even at full flood: Boaruka Island (or Cataract Island) near the western bank, and Livingstone Island near the middle. At less than full flood, additional islets divide the curtain of water into separate parallel streams. The main streams are named, in order from Zimbabwe (west) to Zambia (east): Leaping Water (called Devil's Cataract by some), Main Falls, Rainbow Falls (the highest) and the Eastern Cataract.

DAY 20/21 VICTORIA FALLS

Most people will spend the day White Water Rafting, a not-to-be-missed experience of a lifetime! Vic Falls offers many exciting alternatives. *Optional Activities: White Water Rafting, Bungee Jump, Elephant Excursion, Dinner out.*

Meals:	Breakfast
Accommodation:	Hostel: (Dorm Rooms) Savanna Lodge www.safpar.co.za/savanna.html
Facilities:	Drinkable water, hot showers, shared ablutions, bar, swimming pool.

Note:

Please be aware that at this point of your tour, it is possible that you may be joining another truck with a different group from the first section of your trip with Nomad. This is giving you the opportunity to meet new people and crew. Please try not to compare the truck, crew, facilities or fellow clients with the 1st section of your journey as you are now entering a different part of Africa.

DAY 22 LUSAKA

Leaving behind the excitement of Victoria Falls we begin our expedition. The journey towards the bustling Zambian capital of Lusaka takes us along an interesting route.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Pioneers Camp www.pioneercampzambia.com
Facilities:	Water not drinkable, hot showers, swimming pool and bar
Route:	Victoria Falls to Lusaka. ±520 km
Travel time:	±7-8 hrs (plus a border crossing)
Border posts:	Zimbabwe: Victoria Falls (no telephone) Open: 06H00 to 20H00 Zambia: Victoria Falls, Tel: +260 977 827 006, Open: 06H00 to 20H00

Lusaka is the capital and largest city of Zambia. It is located in south central Zambia at 15°250S 28°17E, on a plateau at 1280 m (4200 ft) in altitude. It has a population of 1,084,703 (2000 census).

Lusaka was founded in 1905 by European settlers, at the site of a village named after the village headman Lusaaka. Due to its central location in the country, in 1935 it replaced Livingstone as the capital of the British colony, Northern Rhodesia. After the federation of Northern and Southern Rhodesia in 1953, it was a centre of the civil disobedience movement that led to the creation of the independent state of Zambia. In 1964 it became the capital of the newly independent Zambia. Lusaka will host the 2011 All-Africa Games.

DAY 23 CHIPATA

This is an interesting area full of friendly locals. Visitors can make use of the Barclays Bank, supermarkets and post office and you can purchase almost anything.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Mama Rulas www.mamarulas.com
Facilities:	Water not drinkable, shared ablutions and hot showers.
Route:	Lusaka to Chipata. ±750 km
Travel time:	±10-12 hrs. Bad road conditions

We drive from Chipata to Lilongwe in Malawi and there is a steady stream of people and transport bringing in supplies that are not always readily available elsewhere in Zambia. You will also find colourful fruit and vegetable markets and an unexpected amount of ornate mosques due to its large Islamic Indian community. Chipata has a population 75,000, and is the capital of the Eastern Province of Zambia. Formerly known as Fort Jameson, the city is located near the border with Malawi, on the highway connecting the capitals Lilongwe (130 km) and Lusaka (550 km).

DAY 24/25 SOUTH LUANGWA NATIONAL PARK

Early in the morning we drive from Chipata to the border of the South Luangwa NP where we spend two nights on the riverbank. The next day we visit the community run tribal textile project and a local village. Later this afternoon we enjoy a guided sunset game drive in South Luangwa NP. On occasion, in the rainy season it is impossible or inadvisable to attempt to reach South Luangwa NP, if this happens an alternative itinerary will be chosen. *Optional Activities: Morning Game Drive and Game Walk in South Luangwa NP*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Wildlife Camp www.wildlifecamp-zambia.com
Facilities:	Water not drinkable, shared ablutions, hot showers, bar, swimming pool.
Included Activities:	Evening Game Drive and Village/Tribal & Textile Tour
Route:	Chipata to South Luangwa National Park. ±180 km
Travel time:	±6-8 hrs. Bad road conditions

A totally different experience to parks elsewhere in Africa, Luangwa offers a real immersion to the bush life in an attractive habitat of sausage trees and lagoons. In the stunning light of early morning and late afternoon, one can often see elephants, impala, puku, troops of baboons, and hosts of water birds, crocodiles and hippos all through the same view finder of your camera or binoculars!

The park is reputed to have the highest concentration of Leopard in Africa. It is estimated that there is one Leopard for every kilometre of river in the Luangwa Valley, so your chances of seeing this elusive nocturnal cat are heightened in this park. Pods of up to 500 hippos are possible to view in the dry season as the river shrinks and they are confined to areas of deep pools. On average there are probably 35 – 42 hippos per kilometre! World famous walking safaris are a favourite activity in South Luangwa and operate from June until October. Morning and night drives in open topped safari vehicles are available year round.

DAY 26/27 MALAWI – LUWAWA FOREST

Today we cross the Zambia-Malawi border after leaving South Luangwa NP in the early morning. Heading north we enter the highlands of Malawi and spend the two nights at Luwawa Forest. *Optional Activities: Fishing, Mountain Biking, Hiking.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Luwawa Forest Lodge www.luwawaforestlodge.com
Facilities:	Water not drinkable, bar, lake, hot showers, shared ablutions.
Route:	South Luangwa National to Luwawa Forest. ±440 km
Travel time:	±7-9 hrs plus border crossing
Border posts:	Zambia: Chipata/Nwami, Tel: +260 622 1652, Open: 06H00 to 18H00 Malawi: Mchinji, (no telephone) Open: 06H00 to 18H00

The Republic of Malawi (formerly Nyasaland) is a democratic, densely populated country located in south-eastern Africa. It has Zambia to the north-west, Tanzania to the north, and Mozambique surrounding it on the east, south, and west. The origin of the name Malawi remains unclear; it is held to be either derived from that of southern tribes, or noting the “glitter of the sun rising across the lake” (as seen in its flag).

Luwawa Forest is in the Viphya Mountains of Malawi at about 1200 meters above sea level. The forest claims to be the largest cultivated forest in Africa and is made up of conifers and native trees of Malawi. Luwawa is about 45 km from Lake Malawi in a direct line, but its height above the lake means that mosquitoes are rarely found at the lodge.

DAY 28/29 CENTRAL LAKE MALAWI

We will spend the next couple of carefree days relaxing on the white sandy beaches. For the more adventurous there are endless leisure and water sport activities. Alternatively, soak up the atmosphere and relax in one of the most memorable holiday destinations. *Optional Activities: Scuba diving, parasailing, windsurfing, fishing, canoeing, horse riding, craft shopping, hiking and more.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kande Beach www.kandebeach.com
Facilities:	Water not drinkable, bar, shared ablutions, craft market, restaurant and beach.
Route:	Luwawa Forest to Kande Beach. ±380 km
Travel time:	±7-8 hrs

The lake is Malawi's main attraction and covers one fifth of the country. It is the third largest lake in Africa and is about 500km long. The lake has more fish species than any other lake in the world with around 600 different species. The largest family is the chichlids, which are exported all over the world for tropical fish-tanks. The lake is also known for its good snorkelling and diving. The locals depend on the lake for fishing and survival and use dug-out canoes to set out long nets. There are many different ethnic groups all speaking their own language, many are Christians and the rest have traditional beliefs as do most African countries.

DAY 30/31 NORTHERN LAKE MALAWI

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Chitimba www.chitimba.com
Facilities:	Water not drinkable, bar, cold showers, shared ablutions.
Route:	Kande beach to Chitimba. ±340 km
Travel time:	±4-5 hrs

In 1859 David Livingstone reached Lake Malawi, when he was trying to put an end to the slave trade. He then returned in 1861 accompanied by seven missionaries. They opened a mission station in the south lake area, but suffered from malaria, illness and conflict with slavers. In 1864 the surviving missionaries withdrew to Zanzibar. Livingstone then returned to the region in 1866 as part of an expedition to find the source of the Nile.

In 1869 he pushed north and was out of contact for two years. He was found by journalist Henry Stanley on the banks of Lake Tanganyika in 1871 and Stanley uttered the words “Dr Livingstone I presume” Livingstone continued on his mission and died at a village called Chitombo in Zambia in 1873. His death rekindled a desire in missionaries to come to Malawi and eventually, after setting up missions in various bad malaria areas, they set up a mission called Livingstonia in the highlands of the eastern escarpment (with no malaria) It is still in operation today.

The walk up to Livingstonia can be quite strenuous and you should be reasonably fit especially if it's hot. It's about a 6 to 8 hour round trip

DAY 32 TANZANIA – IRINGA

As we ascend out of the Great Rift Valley through some spectacular mountain passes, we pass the vast tea plantations in the highlands to our camp outside Iringa.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kisolonza Farm (no website available)
Facilities:	Drinkable water, bar, hot showers, shared ablutions.
Route:	Chitimba to Iringa. ±640 km
Travel time:	±10-11 hrs and a border crossing
Border posts:	Malawi: Songwe (no telephone) Open: 06H00 to 18H00 Tanzania: Chi'zumulu, Tel.: +265 15 357 207, Open 06H00 to 18H00

Tanzania is the largest country in East Africa (although not in Africa as a whole, the Sudan is 3 times larger); it's landmass covering an area of just over 945,000 sq. km (including Zanzibar). This makes Tanzania about the size of France, Germany and Switzerland combined; 3 times the size of the entire British Isles or one-tenth the size of the whole of the USA. Tanzania's population at the last official census was 31.3 million, with approximately one third being classified as “urban” despite agriculture forming roughly half of GDP and agri-products (e.g.: coffee, tea, tobacco, cashew nuts, sisal, cotton) some 75% of export earnings.

Dodoma, in central Tanzania, is the political capital of the country although Dar es Salaam is the effective trading and business capital, with it's safe harbour (“Dar es Salaam” means “Haven of Peace”), international airport and population of some 1.75million. Arusha is the capital of the Arusha Region, located in the north of Tanzania. It has a population of 270,485 (2002 census). This city is located on a plateau in the Great Rift Valley amidst the Serengeti Plain, Ngorongoro Crater, Lake Manyara, Olduvai Gorge, Tarangire National Park, and Mount Kilimanjaro National Park. Official documents ceding independence to Tanzania were signed by the United Kingdom at Arusha in 1961. Historically, Iringa was a centre of colonial administration.

During German occupation, the German military constructed the town as a fortified defence against marauding Hehe tribal warriors intent on driving them out of the region. Gangilonga Rock, a site just outside of the town, is a legendary spot where the Hehe chief at that time, Chief Mkwawa, met with his people and decided how to fight the Germans. Iringa was also the site of several battles during the First and Second World Wars, and Commonwealth War Graves are located just outside of town.

Some useful Swahili words to know:

Hello - Jambo	Yes – Ndiyo
How do you do - Habari gani	No – Hapana
Thank you - Ahsante	Bring here - Lete hapa
Mister - Bwana	To eat – Kula
Go away - Enda	Today – Leo
Slowly - Pole pole	Tomorrow – Kesho
Coffee - Kahawa	To sleep – Kulala
Tea - Chai	Goodbye – Kwaheri
Milk - Maziwa	How much – Ngapi
Water - Maji	Come here - Njoo hapa
Sugar - Sukari	Welcome again - Karibu tena
Food - Chakula	See you – Tutaonana

DAY 33 IRINGA - DAR ES SALAAM

Today we transit through Mikumi National Park to the historical port city of Dar es Salaam.

Meals: Breakfast, Lunch, Dinner

Accommodation: Camp: Kipepeo Camp www.kipepeocamp.com

Facilities: Water not drinkable, sometimes hot showers, bar, shared ablutions.

Route: Iringa to Dar es Salaam. ±630 km

Travel time: ±10-12 hrs

Living up to its reputation, Baobab Valley is a valley populated by baobabs, and obviously renowned for this. One of the great symbols of Africa is, in fact, the baobab tree, with its bizarre appearance, surrounded by myth and folklore, and with a multitude of uses for the local people & wildlife, the fruit that is eaten, gum, fibre for rope, paper, and cloth; bark and oil from the baobab seeds have medical properties. It's along the main highway artery that connects Dar es Salaam and Iringa. If you see a tree small enough to put your arms around they say all your dreams and wishes will come true.

German East Africa was captured by the British during World War I and from then on was referred to as Tanganyika. Dar es Salaam was retained as the territory's administrative and commercial centre. Under British indirect rule, separate European (e.g. Oyster Bay) and African (e.g. Kariakoo and Ilala) areas developed at a distance from the city centre. The town's population also included a large amount of South Asians.

After World War II, Dar es Salaam experienced a period of rapid growth. Political developments, including the formation and growth of the Tanganyika African National Union (TANU), led to Tanganyika attaining independence from colonial rule in December 1961. Dar es Salaam continued to serve as its capital, also when in 1964 Tanganyika and Zanzibar merged to form Tanzania. However, in 1973 provisions were made to relocate the capital to Dodoma, a more centrally located city in Tanzania's interior. The relocation process has not yet been completed, and Dar es Salaam remains Tanzania's primary city.

DAY 34/35/36 ZANZIBAR

A local ferry will take us from Dar Es Salaam (where we leave the truck) to Stone Town, the capital of Zanzibar. We spend the first night in Stone Town where you will have time to explore the markets and unique architecture. The following day we take a transfer to the northern part of the Island where we will spend 2 days relaxing on the beach. *Optional Activities: Lunch & Dinner, Dolphin Tours, Scuba Diving, Snorkelling.*

Day 34

Meals:	Breakfast
Accommodation:	Two per Room: Shangani Hotel www.shanganihotel.com
Facilities:	En-Suites, hot showers, coffee shop, laundry services.
Route:	Dar es Salaam to Zanzibar by Ferry

Day 35/36

Meals:	Breakfast
Accommodation:	Two to Four per Room: Amaan Bungalows www.amaanbungalows.com
Facilities:	En-suite per Room sharing, hot showers, bar, restaurant, laundry services.
Route:	Stone Town to Nungwi Beach

You do not need to take your whole backpack; you can leave this locked in the truck at Dar es Salaam as one of the guides normally remain behind here. A day pack is enough. Once on the island you will be met by a local tour operator who will make your other arrangements; for Spice Tours, Snorkelling etc.

Appropriate Clothing

Zanzibar's main religion is Islam and so appropriate clothing should be worn in Stone Town. Beach ware should only be worn on the beach and women should wear a t-shirt and knee-length shorts or a skirt in the town. It is not appropriate to show the arms above the elbow or legs above the knee. Shoulders should remain covered and revealing necklines are not acceptable.

Men's clothing is less restrictive and a t-shirt and pair of shorts are fine. On the beach or in the resort there are no dress restrictions other than the normal ones in pool/public areas.

Religious Holidays

If you are visiting Zanzibar in the month of fasting (Ramadan) please speak to your local guide about the customs during this time. Normally eating during the sunlight hours is not allowed and some locals will make sure that you are aware of this (sometimes very loudly if you are seen). Most shops and restaurants are closed during this period, but it is acceptable (as a foreigner) to eat at the hotel / resort. The guide will tell you what is appropriate and when.

Zanzibar

Zanzibar as used today, is the collective name for two East African islands off mainland Tanzania: Unguja (also called Zanzibar) and Pemba. The capital of the islands, located on the island of Unguja, is also known as Zanzibar. The city's old quarter, known as Stone Town, is a World Heritage Site. The population of Zanzibar was 981,754 in the 2002 census, and its area is 1,651 km² (637 mi²). Zanzibar's main industries are spices (cloves, nutmeg, cinnamon and pepper), raffia, and tourism. Zanzibar is also the home of the, extremely endangered, Zanzibar Red Colobus Monkey.

The word "Zanzibar" probably derives from the Persian, Zangi-bar ("coast of the blacks"). However, the name could also have been derived from the Arabic Zayn Z'al Barr ("fair is this land"). "Zanzibar" often refers especially to Unguja Island and is sometimes referred to as the "Spice Islands," though this term is more commonly associated with the Maluku Islands in Indonesia. Zanzibar was the first region in Africa to introduce colour television, in 1973. The current TV-station is called TvZ. The first television service in mainland Tanzania was not introduced until some twenty years later.

The musician Farrokh Bulsara (a.k.a Freddie Mercury) of Queen was born in Unguja, Zanzibar on September 5, 1946 to Indian-Parsi parents, who were employed by the British colonial administration. There is a restaurant named 'Mercury's' on the beachfront of Stone Town. In September 2006, a radical Islamic group on the archipelago, Uamsho, forced organizers to abandon plans to mark his 60th birthday, saying he violated Islam with his openly gay lifestyle. Zanzibar criminalized gay and lesbian sex in 2004, but it remains a popular resort destination for the South African gay community

DAY 37 ZANZIBAR- DAR ES SALAAM

Today we leave Zanzibar and catch a late ferry back to Dar Es Salaam and return to our campsite. The evening can be spent reminiscing about our days on the island.

Meals:	Dinner
Accommodation:	Camp: Kipepeo Camp www.kipepeocamp.com
Facilities:	Water not drinkable, sometimes hot showers, bar, good ablutions.
Route:	Ferry back from Zanzibar

Dar es Salaam (Arabic translation: "Abode of Peace"), formerly Mzizima, is the largest city in Tanzania. With a population estimated around 2,500,000, it is also the country's richest city and an important economic centre. Though Dar es Salaam lost its official status as capital city to Dodoma in the mid-1970s, it remains the centre of the permanent central government and continues to serve as the capital for the surrounding Dar es Salaam Region.

In 1859, Albert Roscher of Hamburg became the first European to land in Mzizima ("healthy town"). In 1866 Sultan Seyyid Majid of Zanzibar gave it its present name. Dar es Salaam fell into decline after Majid's death in 1870, but was revived in 1887, when the German East Africa Company established a station there. The town's growth was facilitated by its role as the administrative and commercial centre of German East Africa and industrial expansion resulting from the construction of the Central Railway Line in the early 1900s.

DAY 38 DAR ES SALAAM – ARUSHA

Today we take a long and scenic drive to Arusha, the safari capital of Tanzania. If the weather is favourable and skies are clear we might see Mt Kilimanjaro. After arriving in Arusha, those who are going to explore the Serengeti National Park, prepare for their excursion.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Snake Park or Meserani Oasis (no website available)
Facilities:	Bar, shared ablutions.
Route:	Dar es Salaam to Arusha. ±700 km
Travel time:	±9-10hrs (very long day)

Kilimanjaro is an almost perfectly shaped volcano, which rises from the plains. The mountain is snow capped and the volcano contained within is dormant, but not yet extinct. It is 5895 metres and the highest peak in Africa and the world's highest freestanding mountain. Arusha officially became a city on 1st July 2006 (Source: Arusha Times www.arushatimes.co.tz/2006/19).

The primary industry of the region is agriculture, with large vegetable and flower producers sending high-quality produce to Europe. Small-scale agriculture was badly hit by the coffee crisis of recent years and is now largely subsistence farming. Arusha has several factories including a brewery, tyre and fibreboard plant, and a large pharmaceuticals maker.

DAY 39/40 SERENGETI/NGORONGORO

Today we have the opportunity to go on a three-day trip into the Serengeti. For those not going to the parks, take this opportunity to absorb some of the fascinating local culture. Optional Activities: Serengeti/Ngorongoro Excursion.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camping www.tanzaniaparks.com
Facilities:	Shared Ablutions, cold showers, no bar.

Three Day – Serengeti NP/Ngorongoro Crater tour:

- Day 1:** 8:00am Depart for Serengeti National Park, game drive en-route then dinner and overnight at Seronera Campsite. (Day 18 of the tour)
- Day 2:** Morning game drive in the Serengeti NP, then mid afternoon drive back to Ngorongoro via Olduvai Gorge for talk on prehistoric artefacts found in this area (optional), then dinner and overnight at the rim of crater. Simba Campsite. (Day 19 of the tour)
- Day 3:** After breakfast, descend down the Crater floor with lunch box for half-day game drive, and then drive back to Arusha. (Day 20 of the tour)

What you should take along:

- Daypack with one change of clothes
- Binoculars, cameras & film
- Some warm clothes, as it is always cold on the rim of the crater
- Lots of insect repellent
- A few dollars (small notes) for tips, curios etc
- You also have to buy some snacks, cold drinks, cigarettes etc. for the excursion
- Sleeping bag

Inside Serengeti:

Meals:	Breakfast, Lunch, Dinner
Accommodation:	National Parks Hotels
Facilities:	Poor

The Serengeti is a region of grasslands and woodlands in Mara Region in Tanzania. It has more than 1.6 million herbivores and thousands of predators. Blue Wildebeests, gazelles, zebras and buffalos are the animals most commonly found in the region. This area is most famous for the migration that takes place every year, which is considered to be one of the seven tourist travel wonders of the world. Every year around October nearly 1.5 million herbivores travel towards the southern plains, crossing the Mara River, from the northern hills for the rains. And then back to the north through the west, once again crossing the Mara River, after the rains in around April. This phenomenon is sometimes also called the Circular Migration. Over 250,000 wildebeest alone will die along the journey from Tanzania to Maasai Mara reserves in upper Kenya, a total of 500 miles.

The Ngorongoro Conservation Area (NCA) Authority is the governing body regulating use and access to the NCA. The area became a UNESCO World Heritage Site in 1979. Land in the conservation area is multi-use; it is unique in Tanzania as the only conservation area, providing protection status for wildlife whilst allowing human habitation. As such land use is controlled to prevent negative effects on the wildlife population, for example crop cultivation is prohibited on all but subsistence levels.

The Ngorongoro area is part of the Serengeti ecosystem, and to the north-west it adjoins the Serengeti NP and is contiguous with the southern Serengeti plains. These plains also extend to the north into the unprotected Loliondo division and are kept open to wildlife through transhuman pastoralism practiced by Masai. The south and west of the area are volcanic highlands and the southern and eastern boundaries are approximately defined by the rim of the Great Rift Valley wall, which also prevents animal migration in these directions.

The annual ungulate migration passes through the NCA, with wildebeest and zebra moving south into the area in December and moving north in June. This movement changes seasonally with the rains, but the migration will traverse almost the entire plains in search of food. The NCA has a healthy resident population of most species of wildlife; in particular the Ndutu Lake area to the west has a strong cheetah and lion population.

DAY 41 ARUSHA

Today we visit a local Masai village. Tonight we enjoy a final meal around the truck and talking about the adventures we have had together.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Snake Park or Meserani Oasis (no website available)
Facilities:	Bar, shared ablutions, swimming pool.

Arusha is the capital of the Arusha Region, located in the north of Tanzania. It has a population of 270,485 (2002 census). The Arusha Declarations for Self Reliance in Tanzania were signed in 1967 in Arusha. The Arusha Accords were signed at Arusha on August 4, 1993 by representatives of competing factions in the Rwandan civil war. In 1994 the UN Security Council decided by its Resolution 955 of 8 November 1994 that Arusha should host the International Criminal Tribunal for Rwanda. The establishment of the tribunal with its employees has influenced the local economy of Arusha. The tribunal is expected to end its normal work in 2008 with two more subsequent years for appeals handling.

DAY 42 KENYA – NAIROBI

After crossing the border into Kenya we continue to travel towards Nairobi and the end of our journey. Although our tour has ended some groups like to spend this evening at local restaurant. *Optional Activities: Dinner at Carnivore Restaurant*

Meals:	Breakfast, Lunch
Accommodation:	The Meridian Court Hotel www.meridianhotelkenya.com .
Route:	Arusha to Nairobi. ±310 km
Travel time:	±4-5 hrs plus border crossing
Border posts:	Tanzania: Namanga, Tel.: +254 455132002, Open 06H00 to 18H00 Kenya: Namanga, Tel.: +254 455132002, Open 06H00 to 18H00

Note:

Please be aware that at this point of your tour, it is possible that you may be joining another truck with a different group from the second section of your trip with Nomad. This is giving you the opportunity to meet new people and crew. Please try not to compare the truck, crew, facilities or fellow clients with the 1st section of your journey as you are now entering a different part of Africa.

DAY 43 – LAKE NAIVASHA

The tour will leave the capital city of Kenya and travel north to Lake Naivasha where we spend the day at Hell's Gate NP. The interesting name comes from the huge red-coloured cliffs that form the entrance to the geothermal interior. This is the only National Park where you can go hiking and activities include game and bird watching. The park entry fees are included and one of the more popular optional activities is to go game viewing from a bicycle. An alternative way to spend your afternoon is to take high-tea at Elsamere, the former home of Joy Adams, best known for her autobiographical novel, Born Free.

Optional Activities: Cycle hire, high tea at Elsamere

Meals:	Lunch, Dinner
Accommodation:	Camp: Fish Eagle Camp www.fisheagleinn.co.ke
Facilities:	Good ablutions, Hot water, pool
Route:	Nairobi to Lake Naivasha. ±160 km
Travel time:	±3 -4hrs

Hell's Gate National Park is a tiny park located between Naivasha Lake and the Longonot and Suswa volcanoes and it is an ideal venue for a weekend retreat far from the urban life of Nairobi.

The park provides a variety of wildlife, unusual flora and many species of birds, and is one of the two only Kenyan parks where climbing, walking and biking are allowed. Covered by ashes from the Longonot eruption which occurred 100 years ago, the park is famous for its geothermal station, Lower Gorge and spectacular sceneries (cliffs, volcanoes, gorges, geothermal steam).

DAY 44 – MASAI MARA NATIONAL RESERVE

The Masai Mara National Reserve is the Kenyan side of the Serengeti National Park (located in Tanzania). Today the tour will be entering this huge area of spectacular game viewing to photograph some of Africa's most abundant wildlife. Famous for the annual migration of around 1.5 million wildebeest, the Masai Mara is also home to many other plains animals, including lions. In addition to what we hope will be a successful day's game viewing, cultural interaction with Kenya's native Masaai people will round off your experience.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Masai Mara Campsites (no website available)
Facilities:	Good ablutions, water not drinkable
Route:	Lake Naivasha to Masai Mara. ±220 km
Travel time:	±6-7 hrs

The Masai Mara Game Reserve is often called simply "The Mara" which is the Maa word meaning "Mottled" - a reference to the patchy landscape. Both spellings "Masai" and "Maasai" are acceptable although the latter is more usual when referring to the people. The Masai Mara is a Game Reserve (sometimes called a National Reserve) although an inner area is treated as a National Park. Reserves are normally managed by local authorities and allow lodges, camp sites and the settling of some tribes people with their cattle.

DAY 45 – MASAI MARA AND LAKE NAKURU NP

After further game viewing in the Masai Mara, the tour will travel towards central Kenya and the home of the greater and lesser flamingo. White Rhino inhabit the transitional savanna area surrounding the lake and if you are lucky you will get some great pictures.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Nakuru Camp (no website available)
Facilities:	Long drop toilets, drinkable water, cold showers
Route:	Masai Mara to Lake Nakuru ±250 km
Travel time:	±8-9 hrs

The shallow alkaline lake of Lake Nakuru was formed 12 millions years ago during the formation of the Great Rift Valley. Dependant on annual rainfall, the lake level has been decreasing since 1997 and it is now only 3.5 m (11.5 ft.) deep during wet seasons. The ecosystem is threatened by annual drought (Nakuru means "dusty place" in Maa). This strongly alkaline lake (62 sq. km) is a paradise for ornithologists as the lake is home to flamingo, pelicans and other water birds and a variety of terrestrial birds living in the forested areas.

DAY 46 – LAKE NAKURU TO KAMPALA

It is a long drive from Lake Nakuru and across the border into Uganda. When crossing the equator today there will be opportunity for photography. We will enter Uganda's capital city, Kampala, in the late afternoon.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Red Chilli Hideaway www.redchillihideaway.com
Facilities:	Flush toilets, Warm showers, bar, internet facilities
Route:	Lake Nakuru to Kampala. ±550km
Travel time:	±10-12 hrs and a border crossing
Border posts:	Kenya: Busia, Tel. +256 454 3482 (Uga) Uganda: Malaba, Tel. +256 454 3482

Before the arrival of the British, the Buganda King, Kabaka, had chosen the area that was to become Kampala as one of his favourite hunting grounds. The area was made up of numerous rolling hills and lush wetlands. It was an ideal breeding ground for various antelopes - particularly the Impala. When the British arrived they called the area the "Hills of the Impala". The word Impala is used to describe a particular species of antelope (*Aepyceros melampus*) common across Africa – the word's origin is likely to have been from the Zulu language in South Africa. It was then adopted into the English language by the British.

The Buganda language (Luganda) adopted many 'English' words from Buganda's interaction with the British. In this case, the word "Impala" was adopted and the Baganda translated the "...hill of the Impala" as "Kasozi Ka Mpala" - "Kasozi" means "hill" in Luganda, "Ka" means "of" and the word Impala was pronounced with a silent "l" - thus "Mpala". When spoken in Luganda the "Ka" and "Mpala" sound like one word- "Ka'mpala", and soon whenever the Kabaka went hunting the Baganda would say "Kabaka a'genze e Ka'mpala" - "The Kabaka has gone to Ka'mpala". The name Kampala soon stuck.

Kampala grew up around a fort constructed by Frederick Lugard in 1890 for the British East Africa Company. In 1962 Kampala replaced Entebbe as the national capital. Much of the city was destroyed after the 1979 overthrow of Idi Amin's dictatorship and the subsequent civil war.

Manufacture includes furniture and machine parts. Agricultural exports include coffee, cotton, tea, and sugar. The city grew as the capital of the Buganda kingdom, from which several buildings survive, including the Kasub Tombs (built in 1881), the Buganda Parliament, the Buganda Court of Justice and the Naggalabi Budd Coronation Site. Severely damaged in the Uganda-Tanzania War, the city has since been rebuilt.

DAY 47 – KAMPALA / NGAMBA CHIMPANZEE SANCTUARY

Although officially this day is set aside for everyone to explore Kampala most people use this day to take an optional day trip to the Chimpanzee Sanctuary of Ngamba Island. This non-profit eco-friendly project was set up in 1998 to care for orphaned chimpanzees. Ngamba Island is situated 23 km from Entebbe (near Kampala) on Lake Victoria and is only accessible by boat.

The Chimpanzee Sanctuary & Wildlife Conservation Trust (CSWCT) manages the project and, as only one third of their operating costs are covered by visitors fees, all interested parties are encouraged to join 'Friends of the Sanctuary'. Should the weather be unfavourable, or the lake too rough for this excursion, there are many other activities available in Kampala.

Optional Activities: Ngamba Chimpanzee Excursion, Kampala Markets, Dinner Out.

Meals:	Breakfast
Accommodation:	Camp: Red Chilli Hideaway www.redchillihideaway.com
Facilities:	Flush toilets, Warm showers, bar, internet facilities
Route:	Optional Ngamba Island Excursion. ±50km return journey

Every year in Africa, approximately 5,000 chimpanzees are killed by poachers for the bush meat trade. As a by product of this illegal practice, dozens of infant chimpanzees are taken alive from the forest, bound for the pet trade throughout Africa and the rest of the world.

Ngamba Island Chimpanzee Sanctuary was established in October 1998 to care for these orphaned chimpanzees that have been rescued by the Uganda Wildlife Authority from poachers and/or traders, with no chance of survival back in the wild.

DAY 48 – LAKE BUNYONI

Lake Bunyoni is a small but attractive lake with steep sides and abundant birdlife. Ringed by mountains, Lake Bunyoni is best known for its dense otter population and beautiful scenery. On this tour we make use of this beautiful spot to relax and spend the night before the final drive to the Gorilla's.

Meals:	Breakfast, Lunch and Dinner
Accommodation:	Camp: Lake Bunyoni (no website available)
Facilities:	Warm showers, toilets, bar
Route:	Kampala to Lake Bunyoni. ±550Km
Travel time:	±7-8hrs (long day)

The southern corner of Uganda is an area of outstanding natural beauty. There are numerous lakes in the volcanic crater valleys and Lake Bunyoni is said to be the deepest of these. Lake Bunyoni is ideally situated as a convenient stop-off point between Kampala and the gorilla parks. It is a perfect place to relax and enjoy the scenery providing some tranquillity on otherwise busy itineraries.

The lake is safe for swimming and good for canoeing. Although there are apparently no fish in the lake, there is still a huge variety of birdlife. It is not uncommon to see over 200 species here, notably Narina's trogon, harrier hawk, blue-eared glossy starling, yellow shouldered widow bird, pin-tailed whydah, little purple-banded sunbird, tropical boubou, black-headed paradise flycatcher and the blue flycatcher.

DAY 49/50/51 – GORILLAS

The Mountain Gorilla is extremely endangered and while exact numbers vary it is widely assumed that there are only 650 left. Visiting the Gorilla's is a great way to support their future on earth as the money spent on permits is used for their protection. An extremely important part of the future conservation of the remaining Gorilla's rests in the community development work – as local communities change their attitudes towards wildlife and start to protect rather than poach the future of the Mountain Gorilla's is assured.

As permits granting permission to visit the gorillas are extremely limited we require flexibility in both the tour itinerary and where we actually visit them. The home of the Mountain Gorillas is completely at odds with man-made borders and so their range encompasses Uganda, Rwanda and the DRC (Democratic Republic of the Congo). Whenever possible we choose to make use of the NP in Uganda, but this depends on the availability of permits.

Should we not obtain permits to visit the Mountain Gorillas in either Bwindi or Mgahinga NP in Uganda then we will inform all passengers beforehand that the tour will travel to Rwanda or DRC. Visas for all nationalities are available on the DRC and Rwandan borders.

Meals:	Breakfast, Lunch and Dinner
Accommodation:	Camp: Buhoma (no website available)
Facilities:	Cold showers, toilets, bar
Route:	Lake Bunyoni to Bwindi NP, ±200km
Travel time:	±8 hrs

Please note: Although there are 3-days allocated to Gorilla Trekking you will only spend one-day on the trek. The other days are there to provide a large enough window in which to obtain permits and to allow the entire group to trek if there are more than 6 of you on the tour.

Habitat:

The Virunga volcano chain is home to about half of the mountain gorillas remaining in the world. The pristine rainforest forms an irregular strip spanning the eight volcanoes of the chain. The forest is a small island of habitability for the gorillas surrounded by a vast sea of cleared agricultural lands. The six volcanoes at the centre and right end of the chain are dormant. The two at the left end are still very much alive, as indicated by the numerous distinct lava flows radiating from them. There is a great span of elevation in the Virunga Mountain habitat of the mountain gorillas, ranging from about 1,525 m (5,000 ft) on the plains at the base of the volcanoes to over 3,965 m (13,000 ft) at the summits. The change in temperature and rainfall with elevation gives rise to a correspondingly wide range of forest and vegetation types.

DAY 52 – QUEEN ELIZABETH NATIONAL PARK

Many game species are to be found in this mainly wetland park including the (elsewhere elusive) giant forest hog, and the legendary tree-climbing lions of the Ishasha Sector. The 1995 square kilometres of exceptional bio-diversity contain over 600 species of birds and nearly 100 mammals. Game is best viewed from the water and we recommend a sunset river cruise on the Kasinga channel. *Optional Activities: Kasinga Channel Sunset Cruise*

Meals:	Breakfast, Lunch and Dinner
Accommodation:	Camp: Queen Elizabeth National Park (no website available)
Facilities:	Showers, toilets
Route:	Bwindi NP to Queen Elizabeth NP. ±290km
Travel time:	±9-10 hrs

Queen Elizabeth NP

The wide bio-diversity of habitats means that Queen Elizabeth National Park contains the most astonishing number of species - almost 100 types of mammal and 606 different birds! The Kasinga Channel alone is said to contain the world's largest concentration of hippos, but interestingly enough not many crocodiles!

Other wildlife includes warthogs, buffalo, rare aquatic sitatunga antelope, giant forest hog, beautifully horned Uganda kob, topi, waterbuck, elephant and leopard. There are no giraffe, zebra, impala or rhino. The Maramagambo Forest, south of the Kasinga Channel is also home to large numbers of chimps, plus a number of other monkey species. Some rare and odd birds inhabit this park and keen birders come from all over the world to clock up a sighting of the peculiar, pouting shoebill (or whale-headed) stork. This giant bird stands 4-foot high (more than 1 metre) and wears a rather timid expression. This and a myriad of other birds and animals are best viewed from a boat on the Kasinga Channel.

DAY 53 – QUEEN ELIZABETH NATIONAL PARK AND KAMPALA

This afternoon we return to Kampala where we can dine out at one of Kampala's many restaurants. The next day the tour will leave early for Jinja, home to some of the best White Water Rafting in the world. As we need to pre book this activity, our guides need to know on arrival at Kampala, if you wish to brave the Nile River. *Optional Activities: Meal out in Kampala*

Meals:	Breakfast and Lunch
Accommodation:	Camp: Red Chillii Hideaway www.redchilliihideaway.com
Facilities:	Flush toilets, Warm showers, bar, internet facilities
Route:	Queen Elizabeth NP to Kampala. ±390km
Travel time:	±6hrs

DAY 54 – JINJA

Jinja is Uganda's second largest city and is famous as the point where the Nile (officially the Victoria Nile) flows out of Lake Victoria and begins the 6695 kilometre journey to Egypt and the Mediterranean. If you do not want to go rafting, why not volunteer for the day at Soft Power Education, a UK registered charity that is doing a wonderful job with the education of Jinja's youth. Spending your day helping out will not only assist their projects, but will also afford you the opportunity to spend a day at grass-root level helping Africa's youth. *Optional Activities: White Water Rafting, Soft Power Education Project*

Meals:	Breakfast, Lunch and Dinner
Accommodation:	Camp: Nile River Explorers www.raftafrica.com
Facilities:	Cold showers, toilets, bar
Route:	Kampala to Jinja. ±80km
Travel time:	±1-2hrs

Jinja was formerly a fishing village that benefited from being on long-distance trade routes. The city was founded in 1901 by the British, as an administrative centre for the Provincial Government Headquarters for Busoga region. This was around the time that Lake Victoria's importance in transport rose due to the Uganda Railway linking Kisumu, a Kenyan town on the lake, with Mombasa on the Indian Ocean, 900 miles (1400 km) away. Cotton-packing, nearby sugar estates, and railway access all enabled Jinja to grow in size. In 1906 a street pattern was laid out, and Indian traders moved in from around 1910.

Manchester based Calico Printers Association in association with the Uganda Development Corporation constructed a large vertical textile mill (Nyanza Textile Industries - Nytil) in the mid 1950's to utilise hydro power from the Owen Falls Dam. By 1973 Nytil employed about 3,000 people and exclusively used Ugandan cotton to spin, weave, and dye or print, to sell via its own retail chain, Lebel, throughout Uganda and Kenya. Genuine Nytil fabric was recognised by the "Silver Shilling" - a foil piece resembling a shilling which was inserted at one yard intervals along the edge of every cloth length produced. The city remained the capital of Busoga region, and was the industrial heart of Uganda between 1954 and the late 1970s. Under Idi Amin's bloody rule, it is rumoured that so many bodies were dumped in Lake Victoria that they often blocked the hydroelectric intake channels at the Owen Falls Dam.

Jinja once had a large East Indian community until they were expelled from Uganda by Idi Amin in 1971 and 1972. Much of Jinja's architecture is Indian-influenced, although the detailed shop-fronts and buildings were poorly maintained after the Indians left. Local industrial concerns also collapsed. Many of the East Indians who are now returning to Uganda are choosing to set up businesses in Jinja. The city has been twinned with Finchley, England since 1963.

DAY 55 – ELDORET

The tour returns to Kenya today and this time we spend a night in Eldoret. Eldoret is the 5th largest city in Kenya and is currently the fastest growing. The Great Rift Valley is still the dominant geographical feature of this region and the altitude at Eldoret is 2100 metres above sea level.

Meals:	Breakfast, Lunch and Dinner
Accommodation:	Camp: Naiberi River Campsite (no website available)
Facilities:	Warm showers, flush toilets, bar, laundry, internet access.
Route:	Jinja to Eldoret. ±320km
Travel time:	±4-5 hrs plus border crossing
Border posts:	Uganda: Malaba, Tel.: +256 454 3482 Kenya: Busia, Tel.: +256 454 3482 (Uga)

The town of Eldoret itself started in 1910 with a post office on what was known to the white settlers as "Farm 64" or just "64" because, at that time it was 64 miles from the newly built Uganda Railway railhead at Kibigori. Willy van Aardt owned the farm. The town was officially named "Eldoret" in 1912. In 1908, Eldoret was settled by Afrikaans-speaking South Africans who "trekked" there from Nakuru, after a journey from South Africa, by sea and by rail from Mombassa. Other European and Asian settlers and traders began arriving shortly afterwards. The railway extension toward Uganda reached Eldoret in 1924 starting a new era of prosperity and growth. In 1928 a piped water supply from Sosiani River was installed. In 1933, the East African Power and Lighting Company installed an electricity generator.

DAY 56 – NAIROBI

The city of Nairobi was originally founded as a camp for the Mombassa-Uganda railway in 1899 and had since become the largest city in both Kenya and the East Africa region. As this is the last evening the group may choose to dine together at Nairobi's famous Carnivore Restaurant, where vegetarians are catered for, but not encouraged... *Optional Activities: Meal out in Nairobi*

Meals:	Breakfast and Lunch
Accommodation:	Own Arrangements / Post tour accommodation can be booked through Nomad
Route:	Eldoret to Nairobi. ±320 km
Travel time:	±6-7 hrs (plus a border crossing)

Tour Ends

This tour ends today at the Meridian Court Hotel; you can book an additional night here www.meridianhotelkenya.com. You need to pre book this accommodation through your travel agent or AFTours.

NB: The itinerary is flexible and can be changed without notice in order to accommodate the best possible viewing of the Gorillas. The Permit price to visit the Gorillas can also change without notice.

TIPPING ON TOUR

Southern / East Africa: In general tipping in restaurants is expected and is around 10% for good service, more if you have received exceptional service, and, feel free not to tip at all if you received poor service. Tipping taxi drivers etc is really at your own discretion and not always expected. If in doubt please ask your guides. It is expected to tip Porters and Carguards etc. Ask your guides how much is appropriate in local currency.

Our guides do work hard, but they are also paid at (and often above) industry levels for this work. Our Crew can be tipped if you feel that they have done a good job and/or gone above and beyond the call of duty. The recommended amount is between USD1-2 per person, per day, per crewmember.

The best way to arrange tips is to elect one person in the group to collect the money. So if you have 3-crew on a tour, we would recommend that 3 envelopes are used and each crewmembers name written on one. Place what you feel is fair in to each envelope and the elected person can give these to the crew at the end of the tour. If you do not feel that the crew deserves a tip, please, do not tip them.

THANK YOU FOR TRAVELLING WITH ADVENTURE FANTASY TOURS (AFTours)

At the end of your tour you will be provided with feedback forms. These forms are confidential and should be given to your crew in a sealed envelope. If you are not sure of the confidentiality of the feedback form please feel free to email us as well on admin@overlandtravel.com Please make sure to also complete the feedback form as we use the answers on these forms to improve and maintain our service levels.

Accommodation providers are subject to change without notice, the accommodation listed in this dossier is our preferred supplier, but sometimes due to availability, we are unable to make use of the property listed in this dossier. If we cannot use the accommodation provider as listed we will substitute another property of similar standards, however, en-suite facilities are not always guaranteed.