

DOSSIER: NMG – 14 Day Masai Mara & Gorillas

Local Payment – USD 515

Payable in cash to the guide on departure. Only small denominations (\$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 nonre fundable amount.

Countries Visited

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 / Safari Vehicle

Malaria

Malaria prophylactics are required throughout the route.

Departure Point

8.00am from The Meridian Court Hotel, Muranga Road, Nairobi, Kenya. Tel: +254 20 313991 www.meridianhotelkenya.com

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, and transport per itinerary. There is a local payment on this tour

What's excluded

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

Visas

Please note that these are your responsibility. Most nationalities require visas for East African countries. Although most nationalities can obtain their visa on the border we prefer that you obtain it before arrival to save time at immigration when crossing from one country to another. See Pre Departure Booklet for more information.

Climate

The African sun is very strong. Please use a factor 30 sunscreen and wear a hat. You should drink at least 3 litres of water per day to avoid dehydration.

Currency and Banking

USD (United States Dollars) is the best currency for East Africa. 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. USD20 and USD50 notes are good to change in to local currency.

Vaccinations

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

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 that you may have.

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 a booking.

Onward Travel

This tour is ideally linked with our Serengeti Trek & Zanzibar or Kilimanjaro Trek.

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 can change depending on road or weather conditions, etc. Please note that due to the seasonal fluctuations in the trekking dates we cannot guarantee that we will stay at the places indicated in this itinerary. These are used as a guideline only.

OPTIONAL ACTIVITIES ON THIS ROUTE

COUNTRY	AREA	ACTIVITY	PRICE
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 (if it is possible...)

Please Note that the first 3 days you will travel in a safari vehicle and on day 3 you will be met by one of our Nomad trucks.

DAY 1 – 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 2 – 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.

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

DAY 3 – 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 4 – 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 5 – 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 6 – 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 7/8/9– 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 10 – 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 11 – 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 Chilli Hideaway www.redchillihideaway.com
 Facilities: Flush toilets, Warm showers, bar, internet facilities
 Route: Queen Elizabeth NP to Kampala. ±390km
 Travel time: ±6hrs

DAY 12 – 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 13 – 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 14 – 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

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 Car-guards 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 deserve 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.