

## DOSSIER: NVC – 20 Day Victoria Falls to Cape Town

### Local Payment – USD 270

Payable in cash to the guide on departure. Only small denominations (\$50, \$20, \$10, \$5) notes printed after 2000 will be accepted. This amount covers your Victoria Falls NP entry fee, Chobe NP fee and River Cruise and Okavango Delta excursion. All other NP fees are covered in the tour price.

### Countries Visited

Zimbabwe (or Zambia), Botswana, Namibia, South Africa. Important Note: We will only start in Zambia in the unlikely event that we cannot start in Zimbabwe.

### Vehicle

Overland Truck

### Malaria

Malaria prophylactics are required. Very Low Risk of Malaria in Northern Namibia, with a higher risk in Zimbabwe and Botswana

### Departure Point

8am from Savanna Lodge, 68 Courtney Selous Crescent, Victoria Falls, Zimbabwe.

Tel: +263 13 44424

[www.safpar.co.za/savanna.html](http://www.safpar.co.za/savanna.html)

### End Point

Afternoon 40 Shortmarket Street, 1<sup>st</sup> Floor, Leadership House, Greenmarket Square, Cape Town, South Africa.

### 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 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 Zimbabwe. 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. Please note that your truck is not airconditioned.

### Currency and Banking

Please note that you cannot use credit cards in Zimbabwe at all, only USD, Euro, Rand or Pula in cash. So make sure you have enough of whatever currency on you when you enter Zimbabwe to pay for your chosen optional activities and any meals or transport you require. You can change your currency 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. USD20 and USD50 notes are good to change in to local currency.

### Vaccinations

No vaccinations are prescribed by law by the countries being visited on this tour. Please see the Pre Departure Information booklet for detailed information on vaccinations in Africa.

### Onward Travel

This tour can be linked with the South African Explorer, Cape Town to Johannesburg

### 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. Also you can arrange Victoria Falls activities on Day 1.

### 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. These are used as a guideline only.**



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## OPTIONAL ACTIVITIES:

Country	Area	Activity	Price Range	
Zimbabwe	Victoria Falls	Lion Encounter (Walking with Lions)	\$115	to \$130
Zimbabwe	Victoria Falls	Elephant Encounter	\$95	to \$120
Zimbabwe	Victoria Falls	Zambezi Sunset Cruise	\$45	to \$60
Zimbabwe	Victoria Falls	Bungee Jump	\$95	to \$150
Zimbabwe	Victoria Falls	Combo River Board and Rafting - Full Day	\$140	to \$160
Zimbabwe	Victoria Falls	White Water Rafting - Full Day	\$110	to \$150
Zimbabwe	Victoria Falls	Dinner at local restaurant	\$45	to \$60
Botswana	Okavango	Tips for Polers - Per Person, Per Day	\$5	to \$8
Botswana	Maun	Scenic Flight over Okavango Delta (Min 5)	\$60	to \$70
Botswana	Kasane	Chobe National Park Game Drive	\$40	to \$50
Botswana	Ghanzi	Game Drive (min 6 people)	P70	to P85
Botswana	Ghanzi	Trance Dance (min 6 people, book in advance)	P120	to P150
Botswana	Ghanzi	Hunter-gatherer Guided Walk	P60	to P75
Namibia	Windhoek	Dinner at local restaurant	R150	to R300
Namibia	Etosha	Dawn Drive in Etosha NP with Park Ranger	R400	to R500
Namibia	Etosha	Night Drive in Etosha NP with Park Rangers	R500	to R600
Namibia	Swakopmund	Dolphin Cruise	R450	to R540
Namibia	Swakopmund	Dinner at local restaurant	R150	to R300
Namibia	Swakopmund	Sandboarding	R350	to R400
Namibia	Swakopmund	Quadbiking	R500	to R650
Namibia	Swakopmund	Sky Diving	R1900	to R2500
South Africa	Gariep/Orange River	1/2 day Canoe Trip	R160	to R180

There are more optional activities being offered 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 VICTORIA FALLS

Today is your arrival day; please meet your guides between 9am and 4pm at the Savanna Lodge (or other accommodation advised). It's a good idea to arrive the day before if you want to arrange an optional activity for today. Tomorrow morning on Day 2 we will visit Victoria Falls itself.

There are no included meals today. Most people will spend the day White Water Rafting which includes lunch, a not-to-be missed experience of a lifetime! Vic Falls offers many exciting alternatives.

Choose carefully as almost all of them are really worth doing, speak to your guides or the staff at Savanna Lodge 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. *Optional Activities: White Water Rafting, Bungee Jump, Elephant Excursion, Dinner out.*

Meals:	No meals
Accommodation:	Hostel: (Dorm Rooms) Savanna Lodge <a href="http://www.safpar.co.za/savanna.html">www.safpar.co.za/savanna.html</a>
Facilities:	Drinkable water, hot showers, shared ablutions, bar, swimming pool.
Route / Travel time	There is no travelling today
Included Activities:	There are no included activities today

Tonight, the popular optional sunset cruise includes dinner and drinks, and is a nice way for everyone to get to know each other. You can organise payment for this with your guides on arrival

## DAY 2 – CHOBE NATIONAL PARK: VIC FALLS TO KASANE

After breakfast we visit the spectacular Victoria Falls National Park and experience the thundering of the mighty Zambezi. The entrance is included in your local payment. We allow approximately 2 hours here so you can visit all the view points and photo opportunities.

When we arrive at Kasane we set up camp on the banks of the Chobe River. The afternoon is spent game viewing with an optional game drive followed by an included scenic boat cruise in Chobe National Park. This is an excellent opportunity to view Africa's spectacular wildlife. *Optional Activities: Chobe NP game drive*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Thebe River Safaris <a href="http://www.openafrica.org/participant/thebe-river-safaris">www.openafrica.org/participant/thebe-river-safaris</a>
Facilities:	Hot showers, good ablutions, bar and swimming pool.
Route:	Vic Falls to Kasane. ±100 km
Travel time:	±2 hrs plus border crossing
Included Activities:	Entrance to Vic Falls NP, Sunset Boat Cruise in the Chobe NP
Border posts:	Zimbabwe: Kazangula Road, +26721 50320, Open: 06h00-18h00 Botswana: Kazangula Road, +26721 50320, Open: 06h00-20h00



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## The Victoria Falls

Described by the Kololo tribe living in the area in the 1800's as 'Mosi-oa-Tunya' - 'the Smoke that Thunders' and in more modern terms as 'the greatest known curtain of falling water', Victoria Falls are a spectacular sight of awe-inspiring beauty and grandeur on the Zambezi River, bordering Zambia and Zimbabwe.

Columns of spray can be seen from miles away as 54 6 million cubic meters of water per minute plummet over the edge (at the height of the flood season) over a width of nearly two kilometres into a deep gorge over 100 meters below. The wide basalt cliff, over which the falls thunder, transforms the Zambezi from a wide placid river to a ferocious torrent cutting through a series of dramatic gorges.

Facing the Falls is another sheer wall of basalt, rising to the same height and capped by mist-soaked rain forest. A path along the edge of the forest provides the visitor who is prepared to brave the tremendous spray with an unparalleled series of views of the Falls.

## 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.

Botswana has been 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 40yrs 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. The economical way to travel through the country is to camp and there are many campsites, even some of the popular and renowned lodges have camping facilities.

Winter is the best time to go and that is between May to August when the days are warm and sunny; the nights can be cold (at times) but it's quite pleasant. This is also the best time to see wildlife as the animals never wonder far from their water source. The summer last from October to April and the rains can make some of the roads impassable.

## DAY 3 KASANE TO MAUN

An early start and our journey takes us towards Maun. We spend the night here (Maun) and prepare for our 2-night bushcamping experience. Your guides will provide you with a briefing about the next few days' activities and the community run tourism operation. There is an optional scenic flight over the Okavango Delta in the afternoon. *Optional Activities: Scenic Flight over Okavango Delta*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Sitatunga <a href="http://www.deltarain.com/sitatunga.htm">www.deltarain.com/sitatunga.htm</a>
Facilities:	Hot showers, shared ablutions, bar and a swimming pool.
Route:	Kasane to Maun. ±600 km
Travel time:	±7-8 hrs



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## DAY 4 OKAVANGO DELTA

After breakfast we board our local truck transport for the 2 hour trip into the Okavango Delta, where we meet with our local guides and polers for our mokoro (traditional canoe) trip to our remote bush camp. In the afternoon there is a nature walk with a local guide which gives a great chance to view wildlife on foot. Tonight is spent swapping stories around the camp fire and enjoying serenity of the Delta.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Bush camp <a href="http://www.deltarain.com/mokoro.htm">www.deltarain.com/mokoro.htm</a>
Facilities:	No facilities – bush camping
Route:	Maun to Bush Camp
Included Activities:	Transfer to Delta in local overland vehicle, mokoro canoe ride (if water levels allow), Guided nature walk in the Okavango Delta

## 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 5 OKAVANGO DELTA

There is normally an early morning nature walk with your local guides, splitting up into small groups so there is a better chance of seeing the wildlife. This is followed by breakfast and a relaxed day around the camp site. Often there is the chance to swim in the clear water. In the afternoon we take another nature walk or perhaps a mokoro trip along the river.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Bush camp <a href="http://www.deltarain.com/mokoro.htm">www.deltarain.com/mokoro.htm</a>
Facilities:	No facilities – bush camping
Route:	Bush Camp
Included Activities:	Guided nature walk in the Okavango Delta

## DAY 6 DELTA TO MAUN

Another early morning walk before breakfast, then it's time to board our mokoro canoe for the trip back to the truck (depending on the water levels). Then we say good bye to our local guides and journey back to the Maun campsite for lunch and a relaxing afternoon.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Bush camp <a href="http://www.deltarain.com/mokoro.htm">www.deltarain.com/mokoro.htm</a>
Facilities:	No facilities – bush camping
Included Activities:	Guided nature walk in the Okavango Delta, transfer in local vehicle

## 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.

## DAY 7 GHANZI, BOTSWANA

Another early start and we drive to Ghanzi. 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 (must be booked in advance min 6 x participants), Game Drives (min 6 x clients)*



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Meals: Breakfast, Lunch, Dinner  
Accommodation: Camp: Ghanzi Trail Blazers (no website)  
Facilities: Hot showers, shared ablutions.  
Route: Maun to Ghanzi 300km  
Travel Time: 4-5 hours  
Included Activities: Bushmen Tribal dancing demonstration

### The San People

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.

### DAY 8 WINDHOEK, NAMIBIA

Today is a long driving day to the Namibian border and onto Windhoek in the centre of Namibia arriving in the early evening. We check into our centrally located hostel (or similar) where the accommodation is dorm style multi sharing. Tonight there is an optional dinner out in town. *Optional Activities: Dinner out at Joe's Beer House.*

Meals: Breakfast, Lunch  
Accommodation: Hostel (Dorm Room): Backpackers Unite [www.backpackerunite.com](http://www.backpackerunite.com)  
Facilities: Drinkable water, shared ablutions, bar and swimming pool.  
Route: Ghanzi to Windhoek. ±570 km  
Travel time: ±8-9 hrs plus a border crossing on this day  
Border post: Namibia: Buitepos, Tel.: 09264 62 560 405, Open: 07h00-22h00  
Botswana: Mamanu, Tel.: +2676592013/2064, Open: 07h00-24h00

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 Otjimuise 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 a 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 Katutura 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 while away the time while sipping (or gulping) a cold beer.

### DAY 9/10 ETOSHA NATIONAL PARK

Leaving the city sights behind, we travel north into Namibia's barren northern area. We enter Etosha National Park and game drive through to the Okaukejo campsite. On the 2<sup>nd</sup> day, more breathtaking game viewing and a night at the Halali camp. 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: Okaukejo, Halali or Namutoni [www.nwr.com.na/etosha.php](http://www.nwr.com.na/etosha.php)  
Facilities: Drinkable water, shared ablutions, bar, shop, post box, swimming pool and waterholes at all campsites.  
Route: Windhoek to Etosha. ±550 km  
Travel time: ±8-9hrs  
Included Activities: Game drives in Nomad Truck, Entrance to Etosha NP

Etosha National Park, with its wealth of animal and plant life, lies in the North of Namibia and covers an area of 22 270km<sup>2</sup>; the Etosha pan's size is 4 590km<sup>2</sup>. 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 mud 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; fortunately 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.

During the rainy season, animals are scattered over a vast grazing area, congregating in large numbers on the plains west of the pan where the grazing is good. At this time bird life in the pan is varied. The 400mm of rain that falls annually also creates muddy roads and excellent conditions for malaria carrying mosquitoes. Temperatures are consistently high - around 38 degrees Celsius - and life is not very comfortable. In the winter temperatures drop to below 3 degrees Celsius at night.

## DAY 11 HIMBA TRIBES

Leaving Etosha we 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. Today you have the chance to visit the Himba camp and see how these interesting people live. The facilities at our camp site are minimal, so its best to treat this as bush camping, however there are basic showers and toilets.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Himba Camp (no website)
Facilities:	Bush shower, toilets.
Route:	Etosha to Kamanjab. ±270 km
Travel time:	±3-4 hrs
Included Activity:	Visit to the Himba camp with local guide

The Himba ethnic groups, who have kept their ethnic individuality and culture, live in the seclusion of 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. The ancient tribe of semi-nomadic pastoralists occupied the Kunene region of the country. The Himba's are extraordinary people who have resisted change and preserved their unique cultural heritage. The Himba's were impoverished by Nama cattle raiders in the middle 1800's and then forced to be hunter-gatherers. Because of these events they were called the Tjimba, derived from the word meaning aardvark, the animal that digs for its food.

Many Himbas fled to Angola where they were called Ovahimba, meaning 'beggars'. They left with their leader called Vita ("war"). After World War 1 he resettled his people in Kaokoland. Since these events the Himbas were living their nomadic pastoralist lives. But now more and more they have to reconcile traditional ways with European values. One of most interesting rituals of these people is that of the ritual fire, the "okoruwo". The fire provides contact between the living and the dead, which is necessary for harmonious living and keeping the ancestors happy. It is kept alive until the death of the headman. When this happens, his hut and the fire are destroyed. His family dance in mourning throughout the night. Before his burial everyone says to him: "Karepo nawa" ("keep well"). Later a fresh mopane tree is lit from the embers of the old fire.

## DAY 12 SPITZKOPPE

From culture to creation we travel to the mysterious Spitzkoppe. Tonight we camp in the wild.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Bush Camp: Spitzkoppe Community Campsite <a href="http://www.namibia/travel.net/centralnamibia/spitzkoppe.htm">www.namibia/travel.net/centralnamibia/spitzkoppe.htm</a>
Facilities:	No facilities. This is bush camping.
Route:	Kamamjab to Spitzkoppe. ±340 km
Travel time:	±5-6 hrs

### Spitzkoppe

The Spitzkoppe between Usakos and Swakopmund is also described as the "Matterhorn of Namibia". Rising to an 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 in an 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.



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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 13 SWAKOPMUND

Today we travel to Namibia's Atlantic coast and Swakopmund, Namibia's adventure capital. You will be briefed on the optional activities available here. At night there is an optional dinner at a local restaurant where you can try different types of local dishes. *Optional Activities: Quadbiking, Sandboarding, Sky Diving, Dolphin Cruise, Scenic Flights, Fishing, Dinner out etc.*

Meals: Breakfast, Lunch  
Accommodation: Hostel (Dorm room): Villa Wiese [www.villawiese.com](http://www.villawiese.com)  
Facilities: Shared Ablutions, Bar, drinkable water.  
Route: Spitzkoppe to Swakopmund.  $\pm 170$  km  
Travel time:  $\pm 3-4$  hrs

### DAY 14 SWAKOPMUND

Your chance to experience the adrenalin filled atmosphere that Swakopmund offers. Most activities include a pick up and drop off service to/from your hostel. You can also take time to go to the internet and wander through the shopping streets.

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

The Topnaar people who live in the valley of the Swakop river (at whose mouth the town lies) gave the name on account of the mud, flotsam, and general detritus washed down during its infrequent floods, which reminded them of very loose evacuation of the bowels.

### Day 15 SESRIEM

After the adventure and adrenaline rush of Swakopmund, we drive south into the mysterious Namib Desert. We arrive at camp in the afternoon and enjoy a short hike at Sesriem Canyon. Tonight we enjoy dinner around the campfire.

Meals: Breakfast, Lunch, Dinner  
Accommodation: Camp: Sesriem campsite [www.nwr.com.na/sesriem.php](http://www.nwr.com.na/sesriem.php)  
Facilities: Drinkable water, bar, swimming pool, hot showers, good ablutions, public phone and shop.  
Route: Swakopmund to Sesriem.  $\pm 500$  km  
Travel time:  $\pm 9-10$  hrs  
Included Activities: Visit to Sesriem Canyon

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 reins 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 Oliphant'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 16 – SOSSUSVLEI DUNES

We wake before dawn for one of the highlights of the trip, hiking up Dune 45 to watch the sun rise. After breakfast we join a local expert on a guided tour explaining the desert ecosystem, then after lunch we drive to Hammerstein.

Meals: Breakfast, Lunch, Dinner  
Accommodation: Camp: Sesriem campsite [www.nwr.com.na/sesriem.php](http://www.nwr.com.na/sesriem.php)  
Facilities: Drinkable water, bar, swimming pool, hot showers, good ablutions, public phone and shop.  
Travel time:  $\pm 3$  hrs (round trip into Sesriem),  
Included Activities: Sunrise hike up Dune 45 & 3hr desert walk into the Sossusvlei area, with Expert guide.

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.



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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 17 FISH RIVER CANYON

Today we travel south to the Fish River Canyon where we hike along the canyon and see the amazing sunset. (It is possible that you may see the sunrise at the canyon next morning instead due to the road conditions or time of year you are travelling)

Meals: Breakfast, Lunch, Dinner  
Accommodation: Camp: Hobas Campsite [www.nwr.com.na/fish\\_river\\_canyon.php](http://www.nwr.com.na/fish_river_canyon.php)  
Facilities: Drinkable water, small kiosk, with hot showers (sometimes) and a small swimming pool.  
Route: Namib-Naukluft Park to Fish River Canyon. ±560 km  
Travel time: ±10 hrs  
Included Activities: Hike along the rim of the Fish River Canyon

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 18 – GARIEP / ORANGE RIVER

We leave early on our last day in Namibia travelling south to the border with South Africa at the Gariep / Orange River. Our campsite lies on the banks of the Orange River on the South African side. In the afternoon there is an optional canoeing activity on the River or you can just chill out at the campsite and go for a swim. *Optional Activities: Gariep /Orange River canoeing*

Meals: Breakfast, Lunch, Dinner  
Accommodation: Camp: Fiddlers Creek Campsite [www.bushwhacked.co.za](http://www.bushwhacked.co.za)  
Facilities: Water not drinkable, bar, hot showers, shared ablutions.  
Route: Fish River Canyon to Gariep / Orange River ±180 km  
Travel Time: ±4-5 hours and a border crossing  
Border post: Namibia: Noordoewer, Tel.: +264 6329 7122, Open: 24 hours  
South Africa: Vioolsdrift, Tel.: 027 761 8760, Open: 24 hours

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 19 – CITRUSDAL

Today is a long drive through the Northern Cape to the fruit producing area in the Cederberg mountains of South Africa. After setting up camp (weather permitting) we go on a guided walk to see Bushmen paintings and learn about the native fauna and flora.

Meals: Breakfast, Lunch, Dinner  
Accommodation: Camp: Gekko Backpackers Campsite [www.gekko.co.za](http://www.gekko.co.za)  
Facilities: Drinkable water, hot showers, shared ablutions, bar.  
Route: Orange River to Citrusdal. ±570 km  
Travel time: ±10 hrs  
Included Activities: Guided nature walk in the mountains, with a local guide.

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.



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## DAY 20 CAPE TOWN

Our final day on tour, we head to the mother city, Cape Town. Travelling along the coast road we stop at Table View for a magnificent view of Table Mountain from the other side of the bay.

Meals: Breakfast, Lunch  
Accommodation: Own Arrangements / Post tour accommodation can be booked through Nomad  
Route: Citrusdal to Cape Town ±200 km  
Travel Time: ±5 hrs  
Included Activities: There are no included activities today.

## Tour Ends

The tour finishes in the vibrant Greenmarket Square in central Cape Town within easy reach of Long Street and the main shopping area. Please let us know if you require post accommodation.

## TIPPING ON TOUR

Southern Africa: In general tipping in restaurants is generally 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.

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 best way to arrange tips is to elect one person in the group to collect the money. We recommend USD1 (or about R5) per day per person, per guide as a fair tip. So if you have 3-crew on a tour, we would recommend that 3 envelopes are used and each crew members 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. You must remember that tipping is only for exceptional service and is not at all compulsory or expected.

## 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](mailto: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.*