



NCN – 42 DAY CAPE TOWN TO NAIROBI

Activity Package

This is an optional payment that covers what we consider to be ‘essential activities’ on our tours. Ideally we would include all of these, but not everyone can afford this. This payment is 100% transparent and is listed below. The Activity Package can be pre-purchased prior to your arrival or through your guide on day 1 of your tour. **This dossier has been written with the inclusion of the Activity Package items.**

Activity	Price
Kwa Ttu San experience	R260
Guided desert walk with local expert	R300
Himba Tribe visit	R300
3 day Delta drive in	R1360
Chobe National Park boat cruise	R410
Vic Falls National Park entry	R320
South Luangwa NP sunset game drive	R650
Textile village visit South Luangwa	R300
Village tour Malawi	R60
Zanzibar excursion plus ferry	R2380
Masai Museum, Arusha	R60
	R6400

**For the price of the Serengeti Excursion, please refer to the “Optional Activities” section on the next page.*

Countries Visited

South Africa, Namibia, Botswana, Zimbabwe, Zambia, Malawi, Tanzania and Kenya

Vehicle

Adventure 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 and East Africa

Departure Point

8.00 am from 1st Floor Leadership House, 40 Shortmarket Street, Greenmarket Square, Cape Town, South Africa.
Tel: +27 (0) 82 578 2199.

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 (unless otherwise specified, all meals are prepared and served at the overland truck), accommodation, registered guides and transport. We also include some of the highlights. These highlights are listed below in the day-by-day descriptions as “included highlights”.

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.

Insurance

All clients require adequate Travel Insurance. Medical Insurance is not sufficient. Activity providers can refuse participation of activities, if the correct valid Travel Insurance is not provided.

Visas

Please note that these are your responsibility. Some nationalities require visas for Namibia and Botswana. Most nationalities will require visas for Zimbabwe and 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. Visas for Malawi are not obtainable at the borders. 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. 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 and US Dollars are the most widely used currency on this route. USD (United States Dollars) is the best currency for East Africa. Botswana, the Pula is the local currency. You can change your Rand or Dollars to Pula when you enter Botswana. ATM’s do not always work in Botswana. Credit Cards cannot always be

processed – especially in remote areas. Travellers Cheques can take a long time to change into cash and often incur unreasonable charges. USD Notes printed before 2004 (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 \$1, \$5 and \$10 notes for tips and craft markets. USD20 and USD50 notes are good to change in to local currency. 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

This tour can be linked to the Masai Mara & Gorillas afterwards.

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. On our longer tours it is possible that your crew, truck and fellow travelers will change due to our unique tour linking system. On this tour there can be a maximum number of participants of 24.

Did you receive your Pre Departure Information Booklet?

If not please contact us at info@shapshaptravel.com and we will e-mail you the document; alternatively you can also download from our website at www.shapshaptravel.com

OPTIONAL ACTIVITIES:

Country	Area	Activity	Price Range		
South Africa	Gariep/Orange River	Half Day Canoe Trip	R275	to	R495
Namibia	Swakopmund	Dinner at local restaurant	R200	to	R250
Namibia	Swakopmund	Quad biking (1 x Hour)	R330	to	R380
Namibia	Swakopmund	Sandboarding	R275	to	R400
Namibia	Swakopmund	Sky Diving	R2100	to	R2300
Namibia	Spitzkoppe	San Bushman rock paintings – guided hike	R40	to	R80
Namibia	Etosha	Night Drive in Etosha National Park with Park Rangers	R550	to	R650
Namibia	Etosha	Dawn Drive in Etosha National Park with Park Ranger	R500	to	R550
Namibia	Windhoek	Dinner at local restaurant	R200	to	R275
Botswana	Maun	Scenic Flight over Okavango Delta (5 Seater Plane)	\$80	to	\$375
Botswana	Maun	Scenic Flight over Okavango Delta (7 Seater Plane)	\$80	to	\$485
Botswana	Maun	Crocodile Farm Visit	\$3	to	\$10
Botswana	Okavango	Tips for Polers - Per Day Per Person	\$10	to	\$15
Botswana	Kasane	Chobe Morning Game Drive	\$47	to	\$60
Zimbabwe	Victoria Falls	Bungee Jump	\$135	to	\$150
Zimbabwe	Victoria Falls	Full Day Low/High Water River boarding	\$165	to	\$200
Zimbabwe	Victoria Falls	Dinner at local restaurant	\$45	to	\$55
Zimbabwe	Victoria Falls	Elephant Encounter	\$155	to	\$165
Zimbabwe	Victoria Falls	Lion Encounter	\$125	to	\$150
Zimbabwe	Victoria Falls	White Water Rafting - Full Day	\$135	to	\$165
Zimbabwe	Victoria Falls	Zambezi Sunset Cruise	\$45	to	\$50
Zambia	South Luangwa NP	Game Walk - Inside National Park	\$75	to	\$85
Zambia	South Luangwa NP	Game Walk - Outside National Park	\$35	to	\$55
Zambia	South Luangwa NP	Morning Game Drive	\$65	to	\$75
Malawi	Lilongwe	2 hour city tour	\$8	to	\$15

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 us via info@shapshaptravel.com

Arrival

Please be sure to arrive 1 day before your tour is due to depart. This will avoid any unforeseen problems.

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.

Malawi	Kande Beach	Scuba Diving - Per Dive (licensed divers)	\$40	to	\$55
Malawi	Kande Beach	One Day Scuba Diving for PADI open water course	\$320	to	\$400
Malawi	Kande Beach	One Day Diving (try out course)	\$45	to	\$85
Malawi	Kande Beach	Horse Riding (2 hours)	\$85	to	\$95
Malawi	Kande Beach	Snorkelling	\$5	to	\$10
Malawi	Kande Beach	Water Sports Equipment Hire	\$6	to	\$30
Malawi	Chitimba Beach	Local Boat Trip	\$15	to	\$20
Malawi	Chitimba Beach	Livingstonia Hiking Day Trip	\$15	to	\$20
Tanzania	Mikumi	Mikumi NP game drive: Price p.p. with minimum 6 clients:	\$35	to	\$45
Tanzania	Zanzibar	Scuba Diving - Per Dive	\$65	to	\$75
Tanzania	Zanzibar	Zanzibar Meals - Per Day	\$25	to	\$35
Tanzania	Zanzibar	Motorbike Hire - Per Day	\$45	to	\$60
Tanzania	Zanzibar	City Tour – Half Day (Min 2 x Clients), walking tour	\$25	to	\$30
Tanzania	Zanzibar	Spice Tour - Half Day (Min 2 x Clients)	\$35	to	\$40
Tanzania	Zanzibar	Swimming with Dolphins – Full day (min 2 x clients)	\$45	to	\$55
Tanzania	Serengeti	Serengeti 4-Days Camping	R4950		
Tanzania	Serengeti	Tips for Guide - Per Day	\$25	to	\$30
Tanzania	Serengeti	Ballooning over Serengeti National Park – Pre Book	\$500	to	\$550
Tanzania	Serengeti	Guided day walk-Ngorongoro Forest (group of 5 people)	\$80	to	\$100
Tanzania	Serengeti	Guided mountain biking around villages & coffee plantations	\$70	to	\$80
Tanzania	Serengeti	Kudu Lodge to Karatu – various day safaris options	\$200	to	\$300
Tanzania	Arusha	Camel Ride to local Masaai Village	\$10	to	\$20
Kenya	Nairobi	Dinner at Local Restaurant	\$30	to	\$45

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

Leaving Cape Town we make our first stop at Table View and take photos of Table Mountain from across Table Bay. On the way to the Cederberg we visit !Kwa ttu where we enjoy a San guided tour and museum visit. After the tour, lunch will be prepared and afterwards we continue to our campsite in the Cederberg region. We arrive at our accommodation and your guides will give you a full briefing on the tour.

Meals:	Lunch, Dinner
Accommodation:	Camp: Marcuskraal: www.marcuskraal.co.za
Facilities:	Hot showers, shared ablutions, swimming pool
Route:	Cape Town to Citrusdal: ± 230 km
Travel time:	±5 hrs
Activity Package:	!Kwa ttu San Guided tour

Cederberg Mountains

The Cederberg mountains and nature reserve are located near Clanwilliam and named after the endangered Clanwilliam Cedars (*Widdringtonia cedarbergensis*), which are endemic to the area, growing at an altitude of 1 000 m to 1 500 m. Some species are believed to live up to 1000 years but human activity has led to the destruction of most of the original forests. The mountains extend about 50 km north-south by 20 km east-west, the highest peak in the range is Sneeuberg (2 028 m). The area is defined by dramatic sandstone rock formations, often reddish in colour. Cederberg Wilderness Area was recently proclaimed one of eight World Heritage Sites within the Cape Floristic Region, South Africa. The area is also known for the San rock art and the discovery of important fossils, particularly in recent years. The fossils are of primitive fish and date back 450 million years to the Ordovician Period.

Day 2 Namaqualand – Gariep (Orange) River

An early start, we head north via the distant town of Springbok, best known for its diamonds, copper and spring flowers. We then proceed to our camp located right beside the Namibian border. The camp is situated on the riverbank that forms the border between South Africa and Namibia.

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 river: ±570 km
Travel time:	±10 hrs

The Gariep (Orange) River

The Orange River was originally called the Nu Gariep (“great river”) by the indigenous Nama people. It was named the Orange River by Colonel Robert Gordon, commander of the Dutch East India Company garrison at Cape Town, on a trip to the interior. Gordon named the river in honour of William of Orange, although a popular belief is that it was named for its colour. Nowadays known by its original name Gariep River, it is the longest river in South Africa, covering 1 800 km. It rises in the Drakensberg mountains in Lesotho, where it is known as Senqu, flowing westwards through South Africa to the Atlantic Ocean at Alexander Bay. On its long journey, the Orange offers a variety of vistas: in places seamed by rugged mountain chains and in other parts by endless dune fields. The river forms part of the international border between South Africa and Namibia and between South Africa and Lesotho as well as several provincial borders within South Africa. Although the river does not pass through any major cities, it plays an important role in the South African economy by providing water for irrigation and hydroelectric power. The Orange River is also responsible for the diamond deposits along the Namibian coast. Over millions of years it transported diamonds from the volcanic pipes in Kimberley in South Africa to the sea. From there, the currents took them northward and the surf deposited them into the dune fields of the Namib.

Day 3 Namibia – Gariep (Orange) River - Fish River Canyon

This morning there’s the chance to see the beautiful river valley by canoe or just relax at camp. After lunch we cross the border and travel to the Fish River Canyon. After a scenic walk along the edge of the canyon we enjoy our dinner while watching the sunset. This is also a fantastic photo opportunity. *Optional Activities: Half-Day Canoe Adventure.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Hobas Campsite www.nwr.com.na/hobas.html
Facilities:	Drinkable water, small kiosk, hot showers (sometimes), small swimming pool, bar
Route:	Orange River to Fish River Canyon ±210 km
Travel time:	±4-5 hrs and a border crossing
Included Highlight:	Hike along the rim of the Fish River Canyon
Border posts:	South Africa: Vioolsdrift, Tel: +27 (27) 761 8760, Open 24 hours. Namibia: Noordoewer, Tel: +264 (0) 63 297 122, Open 24 hours.

Fish River Canyon

The Fish River Canyon is the second largest canyon in the world and the largest in Africa, as well as the second most visited tourist attraction in Namibia. It features a gigantic ravine, in total about 160 km long, up to 27 km wide and in places almost 550 m deep. The Fish River is the longest interior river in Namibia but its flow is now a puny trickle compared with the immense volume of water that poured down its length in ages past. It cuts deep into the plateau which is today dry, stony and sparsely covered with hardy drought-resistant plants such as succulents. The river flows intermittently, usually flooding in late summer; and when it ceases to flow it becomes a chain of narrow pools on the sandy rock-strewn floor of the chasm.

The Fish River Canyon area has a typical semi-desert climate. During the hot summer months (October - March) temperatures can rise to 48°C during the day and cool to 30°C at night. Relief from the heat comes in short spells with occasional thunderstorms. The average annual rainfall in the canyon area is 100mm. During the short winters, temperatures can go below zero at night but quickly pick up during the day to a moderate 20 to 28°C.

Day 4 Namib-Naukluft National Park

We arrive at the Namib-Naukluft National Park and set up camp, then enjoy a short hike into the Sesriem Canyon. Tonight enjoy the star-studded sky and enduring silence of the Namib Desert, only occasionally interrupted by the call of a Jackal or, a rather unique lizard, the barking gecko!

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Sesriem campsite http://www.nwr.com.na/sesriem_campsite.html
Facilities:	Drinkable water, bar, swimming pool, hot showers, shared ablutions, shop
Route:	Fish River Canyon to Namib-Naukluft Park ±560 km
Travel time:	±10 hr
Included Highlight:	Hike into Sesriem Canyon

The Namib Desert

The Namib Desert is one of the oldest and largest in the world, occupying an area of around 90 000 km², stretching 1 000 km along the Atlantic Ocean coast of Namibia. Having endured arid or semi-arid conditions for at least 55 million years, it is considered to be the second oldest desert in the world, after the Atacama Desert in Chile. It has less than 10 mm of rain annually and is almost completely barren, characterised by dramatic red dunes with sharp ridges, some of which tower 3 000m in the air, the highest in the world. A section of the central Namib Desert incorporates The Namib-Naukluft Park, one of the largest national parks in Africa as well as the Naukluft Mountains. Despite the harsh conditions, a variety of plant and animal life can be found in the desert. There are some unusual species of plants and animals that are found only in this desert.

The Sesriem Canyon, one of the highlights of the Namib Desert and the entrance point to the western section of the Namib Naukluft Park, was formed by the Tsauchab River, which carved the canyon out of sedimentary rock over the past two million years. During the rare rainfalls in the Naukluft Mountains, the river becomes rapid-running and strong and has over the years created the canyon, now 1 km long and up to 300 m wide. The water held in parts of the canyon provides water for a variety of wildlife that has adapted to life in this arid landscape.

The name *Sesriem* is Afrikaans and means "six belts", since the early travellers and settlers had to attach six belts together in order to reach buckets down into the canyon to scoop up water.

Day 5 Sossusvlei Dunes - Namib-Naukluft National Park

This is our earliest morning as we prepare for our hike up Dune 45 to marvel at the sunrise. After our hike, we will have the chance to visit Sossusvlei. Later, we join a local expert on a guided hike and learn more about the unique desert ecosystem and how the Bushmen survived in the harsh desert conditions.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Desert Shelter Cha-re: No website available
Facilities:	Hot showers, good shared ablutions, swimming pool, bar
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)
Activity package:	Guided desert walk with local expert
Included Highlights:	Sunrise hike up Dune 45, explore Sossusvlei on foot

Namib-Naukluft National Park

Namib-Naukluft National Park is an ecological preserve in the Namib Desert. It is the largest game park in Africa, covering about 50 000 square km and a surprising collection of creatures survives in the hyper-arid region, including snakes, geckos, unusual insects, hyenas, gemsbok and jackals. Most of the life here is sustained by sea mists from the Atlantic and sporadic rainfall. The winds that bring in the fog are also responsible for creating the park's towering sand dunes, whose burnt orange color is a sign of their age. The color develops over time as iron in the sand is oxidized, like rusty metal; the older the dune, the brighter the color. These dunes are the tallest in the world; the most famous of which is Dune 45, which reaches more than 170 m. The dunes were numbered to make the area easier to navigate and coincidentally Dune 45 is 45 km from Sesriem Canyon.

'Namib' means open space in the local Nama language and the Namib Desert gave its name to form Namibia – "land of open spaces". The park was established in 1907 by the German Colonial Administration. The park's present boundaries were established in 1978 by the merging of the Namib Desert Park, the Naukluft Mountain Zebra Park, parts of Diamond Area 1 and some other bits of surrounding government land.

The Park includes Sossusvlei, a clay pan in the central Namib Desert, fed by the Tsauchab River and known for the high, red sand dunes which surround it, forming a vast sand ocean.

Day 6 Swakopmund

After a brief photo stop while crossing the Tropic of Capricorn, we travel onto Namibia's Atlantic coast and the adventure capital, Swakopmund. Often there are flamingos at the Walvis Bay lagoon, just before we arrive in Swakopmund. You will be briefed on the many optional activities available here and then there is time to explore the town before dinner out at one of the local restaurants.

Optional Activities: Dinner out

Meals:	Breakfast, Lunch
Accommodation:	Two per room: Dunedin Star Guest House: www.dunedinstar.com
Facilities:	En-suite, laundry, wireless internet, drinkable water
Route:	Solitaire to Swakopmund. ±280 km
Travel time:	±4-5 hrs (including Walvis Bay)
Included Highlight:	Stop off in Walvis Bay to view Flamingos

Day 7 Swakopmund

The whole day is free to relax, explore or partake in one of the many activities available here. Most popular are Quadbiking in the Dunes or Tandem Skydiving. On a clear day's skydiving you can see all the way to the next day's destination! Taking a walk around Swakopmund's shops and having a leisurely lunch is also a great way to spend your day. *Optional Activities: Quad biking, Sand boarding, Sky Diving, Scenic flights, Dinner out etc.*

Meals:	Breakfast
Accommodation:	Two per room: Dunedin Star Guest House: www.dunedinstar.com
Facilities:	En-suite, laundry, wireless internet, drinkable water

Swakopmund

Founded in 1892 by German settlers, Swakopmund was intended to be the main harbour of German South-West Africa. Increased traffic between Germany and its colony necessitated the establishment of a port of its own, as Walvis Bay, located 33 kilometres south, was in British possession. The choice fell to a site north of the Swakop River where water was readily available. There is a strong German architectural influence in the town, with its Bavarian-style buildings, including the Altes Gefängnis prison, designed by Heinrich Bause in 1909 and the Wörmannhaus, built in 1906 with a prominent tower, now a public library.

The area now known as Swakopmund was originally called "Tsoakhaub", a Nama word that can be translated as "excrement opening", an offensive but accurate description of the waters of the Swakop River when it flooded, carrying masses of mud, sand, vegetation and animal corpses to the Atlantic Ocean. The name was changed to "Swachaub" by German settlers and with the proclamation of Swakopmund as an independent district of German South-West Africa in 1896, the present way of writing Swakopmund (meaning Estuary of the Swakop in German) came into use.

Surrounded by the Namib Desert on three sides and the cold Atlantic waters to the west, Swakopmund enjoys a temperate climate. Rainfall is rare but the cold Benguela current supplies moisture to the area in the form of fog that can reach as deep as 140 km inland. The fauna and flora of the area has adapted to this phenomenon and now relies upon the fog as a source of water.

Swakopmund is well known for adventure sports including: skydiving, sandboarding and quadbiking. Your 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

Leaving the coast we drive through arid landscapes to Spitzkoppe Mountain. The enormous granite monoliths dominate the otherwise flat landscape and we set up camp in the wild plain at the base. This afternoon our guide will take us on a guided walk to explore the unique rock formations. The more adventurous among us may want to try some mountain climbing behind camp for some stunning views of the landscape. *Optional activity: Guided hike to the San rock paintings at bushman paradise.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Bush Camp: Spitzkoppe Community Campsite http://www.namibian.org/travel/community/spitzkoppe.htm
Facilities:	No facilities. Long drop toilets.
Route:	Swakopmund to Spitzkoppe ±170 km
Travel time:	±3-4 hrs
Included Highlight:	Guided walk with your guide through Spitzkoppe

Spitzkoppe

The Spitzkoppe (also referred to as Spitzkop, Groot Spitzkop, or the "Matterhorn of Namibia"), is a group of bald granite peaks located between Usakos and Swakopmund in the Namib desert. The granite is more than 700 million years old and the highest outcrop rises about 1 784 m above sea level. The peaks stand out dramatically from the flat surrounding plains. The highest peak is about 700m above the floor of the desert below. A minor peak- the Little Spitzkoppe - lies nearby at an elevation of 1 584 m above sea level. Other prominences stretch out into a range known as the Pontok Mountains. Many examples of Bushman artwork can be seen painted on the rock in the Spitzkoppe area.

It is possible that the main peak was summited as early as 1904, when a soldier of the Royal Schutztruppe supposedly soloed the peak and made a fire on the summit. What he may have burned remains a mystery, as there is absolutely no natural fuel of any kind on the upper parts of the peak. The legend suggests that he never returned and that his body was never recovered. Certainly no proof of his conquest is available today.

Day 9 Himba Tribes

After some early morning exploration we continue north and drive towards Kamanjab. Today we have the chance to experience life within a Himba tribe. The Himba are a pastoral people and predominantly breed cattle or goats. They are easily recognisable by

their unique style of dress. The Himba have been extremely diligent about upholding the roots of their culture but they are also very curious about visitors to their home.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Himba camp– no website available
Facilities:	Bush shower, toilets
Route:	Spitzkoppe to Kamanjab ±340 km
Travel time:	±5-6 hrs
Activity package:	Guided visit to the Himba Tribe with Local Guide.

The Himba People

The Himba are descendents of the Herero people and still speak a dialect of the old Herero language. There are about 20 000 – 50 000 Himba people living in the Kunene region, where they have recently built two villages at Kamanjab. The Himba are semi-nomadic pastoralists who breed cattle and goats in this dry, rugged, and mountainous area. They are some of the most photographed people in the world, due to their striking style of dress and their traditional lifestyle. Their appearance is characterised by scanty goat-skin clothing, and they are heavily adorned with jewellery of shells, copper and iron, according to the tribal hierarchy. The distinctive red colour of their skin and hair is a mixture of butter, ash and ochre (otjize) which protects them from the harsh desert climate.

Typically the women take care of the children, do the milking and other work, whilst men take care of the political tasks. The villages are made up of family homesteads – huts built around a central fire and livestock enclosure. Both the livestock and fire are pivotal to the Himba belief in ancestor worship, the fire representing ancestral protection of the living community.

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 find out about 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 jewelry and hairstyles to imitate the status of each tribe member and their close relationship with nature, their cattle and children. 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. 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 is the venue for some of the most unique game viewing experiences in Africa. The sparse grasslands allow great opportunities to see animals normally hidden in dense vegetation. You may even see some of the amazing animals crossing the road in front of your truck! We will go on various game drives and spend our evenings at the abundant water holes for some excellent game photography. *Optional Activities: Night or Dawn Game Drives in safari vehicles.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Halali and Okaukuejo: www.nwr.com.na/etosha_national_park.html
Facilities:	Drinkable water, shared ablutions, bar, shop, post box, swimming pool and waterholes at all campsites.
Route:	Kamanjab to Etosha NP ±280 km
Travel time:	±4-5 hrs
Included Highlight:	Game drives in overland truck

Etosha National Park

Etosha, meaning "Great White Place", is dominated by a massive mineral pan, part of the great Kalahari Basin. The Etosha pan, originally a lake fed by the Kunene River, covers about 5 000 square km, a quarter of the Etosha National Park. The lake dried up thousands of years ago and is now a dusty depression of salty clay which occasionally fills with the rare heavy rains. This temporary water supply stimulates the growth of an algae which attracts wading birds and flamigos by their thousands. Large concentrations of wildlife gather year-round at the perennial springs on the edges of the pan. This amazing abundance of wildlife makes Etosha one of Southern Africa's finest and most important game reserves. Covering an area of 22 270 square km, it is home to 114 mammal species, 340 bird species, 110 reptile species, 16 amphibian species and, surprisingly, one species of fish.

Day 12 Windhoek

After an early morning game drive we set off towards Windhoek, the Capital city of Namibia. On the way we stop at a popular craft market where you can barter for handmade gifts to take home. Windhoek is not only the capital; it is also the cultural, social and

economic centre of the Namibia. On arrival in Windhoek our guide will take us on a short city tour in our truck. Joe's Beer House is an exciting dining experience for our optional dinner out. *Optional Activities: Dinner out.*

Meals:	Breakfast, Lunch
Accommodation:	Two per room: Hotel Umland: www.hoteluhland.com
Facilities:	En-suite, hot showers, swimming pool, bar, laundry
Route:	Etosha to Windhoek. ±550 km
Travel time:	±8-9 hrs
Included Highlight:	Craft market en-route and short city tour in overland truck

Windhoek

The Nama people originally gave Windhoek the name Ai-Gams, meaning "hot water" due to the hot springs that were once part of the town. The Herero people who lived there called it Otjomuise, "place of steam". Theories vary on how Ai-Gams/Otjomuise got its modern name of Windhoek, most believe the name Windhoek is derived from the Afrikaans word Wind-Hoek, meaning "corner of wind". It is also thought that the Afrikaners named Windhoek after the Winterhoek Mountains, at Tulbagh in South Africa, where the early Afrikaner settlers had lived. In those days Windhoek was the point of contact between the warring Namas, led by Jan Jonker Afrikaner, and the Herero people.

Present-day Windhoek was founded on 18 October 1890, when German settler Von François fixed the foundation stone of the Alte Feste fort. During the next fourteen years Windhoek developed slowly, with only the most essential government and private buildings being erected. After 1907, the town grew quickly as people migrated from the countryside to the city and a large influx of European settlers began arriving from Germany and South Africa. Many beautiful buildings and monuments were erected, including Heinritzburg, one of three castles in Windhoek, the fairy-tale Christuskirche and The Rider statue.

Day 13 Botswana - Ghanzi

After an early start, we cross into Botswana and drive to Ghanzi. After setting up camp we meet with a local Bushman (San) community and experience some traditional tribal dancing.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Ghanzi Trail Blazers: http://ghanzitrailblazers.wheretostay.na/
Facilities:	Hot showers, shared ablutions.
Route:	Windhoek to Ghanzi. ±570 km
Travel time:	±8-9 hrs, plus a border crossing on this day.
Included Highlight:	Bushmen Tribal Dance in evening
Border posts:	Namibia: Buitepos, Tel: +264 62 560 401, Open: 07h00-24h00 Botswana: Mamanu, Tel: +267 6592013/2064, Open: 07h00-24h00

As we cross the border we'll start to see villagers, cattle, donkeys, and sheep 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, Botswana (formally a British protectorate) has three of the world's richest diamond mines and this has made Botswana quite a wealthy nation. 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, Botswana has 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.

Bushman (San) people

The San people, formally known as Bushmen, are indigenous to Southern Africa and have lived here for over 30 000 years. It is truly an incredible experience to get an understanding of what Africa was like in the past and how these people survived in the desert conditions, living in harmony with nature. 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. They now call themselves *Ncoakhoe* meaning 'red people' but the term 'San' is still predominant. They were nomadic people – primarily hunter gatherers, moving to where the food and water could be found. It is estimated that there are only 55 000 San people left, with 60% of them living in Botswana and the rest in Namibia and northern South Africa. Many examples of their expressive and remarkable cave paintings can be found dotted around Southern Africa, tracking their historical movements. Sadly nowadays their traditional lifestyle has been eroded by colonial influence and they can be found in 'squalid alcohol plagued settlements' or on farms and cattle posts.

Day 14 Maun

Our journey takes us from Ghanzi towards Maun. Maun is the gateway to the Okavango Delta and this afternoon we will prepare for this excursion, packing small 2-night bags. There may be an opportunity this afternoon to visit the local crocodile farm or take a scenic flight over the Okavango Delta. *Optional Activity: Crocodile Farm visit, Scenic Flight (time permitting)*

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

Day 15/16 Maun – Okavango Delta

This morning we board the big 4x4 truck that will take us in to the Delta. In high-water season it is sometimes necessary to take a boat to the poling station where we meet up with the members of a local community who will be showing us their homeland. We spend 2 nights bush camping in the wilderness and, if the water level allows, we will take a mokoro (traditional canoe) trip through the waterways. We will also be going on some nature walks in the hope of seeing some wild animals in their natural habitat.

Day 15 (Day 1 in Delta),

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Bush Camp www.deltarain.com
Facilities:	No facilities – bush camping
Route:	Maun to Bush Camp
Activity package:	4 x 4 vehicle transfer into Okavango Delta, Mokoro ride and guided nature walk

Day 16 (Day 2 in Delta)

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Bush Camp www.deltarain.com
Facilities:	No facilities – bush camping
Activity package:	Guided Nature walk and mokoro rides

Maun

Maun, the fifth largest town in Botswana, is known as the tourism capital and the gateway to the Okavango Delta. It is an eclectic contrast of modern buildings and traditional huts. Now home to over 30 000 people, the town were founded in 1915 as the tribal capital of the Batawana people. It originally serviced the local cattle ranching and hunting operations of the area, and had a reputation as a hard-living 'Wild West' town. With the growth of the tourism industry and the completion of the tar road from Nata in the early 1990s, Maun developed swiftly, losing much of its old town character. However, it is still infamous for its infestation of donkeys and to lesser extent, goats. These animals can be seen wandering around freely 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 (round huts) of the past have been replaced by square but modestly sized cinderblock homes roofed with tin, or sometimes 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 the town. This striking contrast of the traditional and the modern is also evident in the multi-level air-conditioned shopping centres incongruously surrounded by potholes, dusty parking lots and lively market places.

Okavango Delta

The Okavango Delta is the world's largest inland delta, a labyrinth of lagoons, lakes and hidden channels covering 17 000 square km. It originates in Angola - numerous tributaries join to form the Cubango River which then flows through Namibia, becoming the Kavango River and finally enter Botswana where it is becomes 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 supports a vast array of animal and plant life that would have otherwise been a dry Kalahari savannah.

There are an estimated 200 000 large mammals in and around the Okavango Delta. On the mainland and among the islands in the delta, lions, elephants, hyenas, wild dog, buffalo, hippo and crocodiles congregate with a teeming variety of antelope and other smaller animals - warthog, mongoose, spotted genets, monkeys, bush babies and tree squirrels. Notably the endangered African Wild Dog is present within the Okavango Delta, exhibiting one of the richest pack densities in Africa. The delta also includes over 400 species of birds, including the African Fish Eagle.

Many of these animals live in the Delta but the majority pass through, migrating with the summer rains to find renewed fields for grazing. With the onset of winter the countryside dries up and they make their way back to the floodplains. This leads to some of

the most incredible sightings as large numbers of prey and predators are pushed together. Certain areas of the Delta provide some of the best predator action seen anywhere in the world.

Day 17 Gweta

We leave the Delta behind us and travel east to Planet Baobab. You can explore the bush around the campsite, lounge by the pool and view some of the region's oldest Baobab trees.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Planet Baobab Campsite www.unchartedafrica.com/page.php?p_id=59
Facilities:	Hot showers, shared ablutions, bar, swimming pool.
Route:	Maun to Gweta ±200 km
Travel time:	±2-3 hrs (4x4 & mokoro transfer), ±3 hrs driving in truck.

Planet Baobab

Planet Baobab provides an oasis in the middle of the endless lunar landscape of the Makgadikgadi salt pans. It's reputedly the baobab capital of the world and home of the Kalahari Surf Club! Planet Baobab is perhaps the funkier camp in the Kalahari, where you can sleep in authentically styled, luxurious Bakalanga huts, or simply pitch a tent nearby.

The pans are the remnants of the once great Lake Makgadikgadi which covered some 80 000 square km. Up to 30 metres deep, thousands of years ago, this was the largest inland sea in Africa. The pans now support strange 'upside down trees' – the massive Baobab – some of which are 2 400 years or older. Elephants are the other giants in the area, they splash about in a nearby watering hole to cool off, seemingly unaware of the guests' presence.

Day 18 Botswana - Chobe National Park

We travel to Chobe and this afternoon we enjoy a sunset river cruise as the animals are best spotted from the Chobe River. Elephants, Hippo, Crocodiles, Eland and many other creatures reside in Chobe so keep your cameras ready.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Thebe River Safaris: www.theberiversafaris.com
Facilities:	Hot showers, good ablutions, bar, swimming pool.
Route:	Gweta to Kasane. ±400 km
Travel time:	±6-7 hrs
Activity package:	Sunset Boat Cruise in the Chobe NP

Chobe National Park

Chobe National Park, the second largest park in Botswana, covers 10 566 square km of northern Botswana. The Park forms part of the mosaic of lakes, islands and floodplains formed from the Kwando, Linyanti and Chobe River systems. The area is renowned for its vast herds of elephant and buffalo. The elephant population is currently about 120 000. The Chobe elephants are migratory, moving up to 200 km from the Chobe and Linyanti rivers, where they concentrate in the dry season, to the pans in the southeast of the park in the rainy season. They are Kalahari elephants, characterized by rather brittle ivory and short tusks, perhaps because of calcium deficiency in the soil. Due to their high concentration, there is a lot of damage to the vegetation in some areas. Culls have been considered but are too controversial and have thus far been rejected.

The original inhabitants of the area 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 hunting grounds. The San were pushed out by groups of the Basubiya people and, around 1911, a group of Batawana moved to the area. In 1931 it was decided that a national park would protect the wildlife from extinction and attract tourists. In 1932, an area of some 24 000 square km in the Chobe district was declared a non-hunting area. Over the years the park's boundaries have been altered and the people settled in the area have been relocated gradually and 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.

Day 19/20/21 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 and experience the thundering of the mighty Zambezi. *Optional Activities: Chobe morning game drive, Zambezi Sunset Cruise, Dinner out, White Water Rafting, Bungee Jump, Elephant Excursion, Walking with Lions, Horse Riding and much more...*

Meals:	Breakfast, Lunch (Day 19 only)
Accommodation:	Hostel: Vic Falls Adventure Lodge: www.adventurezonevicfalls.com/accommodation.html
Facilities:	En-suite rooms, hot showers, bar, restaurant, laundry, internet café.

Route:	Kasane to Vic Falls. ±100 km
Travel time:	±2 hrs plus border crossing
Activity package:	Entrance to Victoria Falls National Park
Border posts:	Botswana: Kazangula Road, +267 6250320, Open: 06h00-20h00 Zimbabwe: Kazangula Road, Open: 06h00-18h00

Victoria Falls

Victoria Falls, 1 700 m wide and 108 m high – is said to be the largest falls in the world. David Livingstone, the Scottish explorer, is believed to have been the first European to view the Victoria Falls and wrote: "It has never been seen before by European eyes, but scenes so wonderful must have been gazed upon by angels in their flight". The older, indigenous name of Mosi-oa-Tunya ('the Smoke that Thunders') is the name in official use in Zambia. Due to its immense power and size, the waterfall is surrounded by a rich mythology. The local Tonga people of the Zambezi believe that a river god, Nyaminyami, resides in the water in the form of an immense snake. When the Kariba Dam was built in the 1950s, the Zambezi River flooded three times, causing many deaths and much destruction. The local people believe Nyaminyami caused the terrible floods in anger at the construction.

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, 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.

The falls are formed as the full width of the river plummets in a single vertical drop into a chasm 60–120 m 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 m at its western end to 108 m in the centre. The only outlet to the First Gorge is a 110 m-wide 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 22 Lusaka

Leaving behind the natural wonder of Victoria Falls we continue on our expedition. After Livingstone we journey towards the bustling Zambian capital of Lusaka. You will notice the vegetation becoming sub-tropical and the roads a little rougher.

Meals:	Lunch, Dinner
Accommodation:	Camp: Pioneers Camp: www.pioneercampzambia.com
Facilities:	Water not drinkable, hot showers, swimming pool and bar.
Route:	Victoria Falls to Lusaka ±500 km
Travel time:	±7-8 hrs and a border crossing
Border posts:	Zimbabwe: Victoria Falls Bridge (no telephone number) Open: 06h00-20h00 Zambia: Victoria Falls Bridge (no telephone number) Open: 06h00-20h00

Lusaka

Lusaka is the capital and largest city of Zambia. The two main languages spoken in Lusaka are English and Nyanja. It is located in the southern part of the central plateau of the country, at an elevation of 1300 m and has a population of 3 100 000 (2007 estimate). With one of the fastest growing city centres in Africa, Lusaka is located in a productive farm area, and is the administrative, financial, and commercial centre of Zambia. It is thought that with proper and effective economic reforms, Lusaka as well as Zambia as a whole will develop considerably. Lusaka is home to a diverse community of foreigners, many of whom work in the aid industry as well as diplomats, representatives of religious organizations and some business people.

According to history, Lusaka was once the site of a village named after its headman Lusaka, which was located at Manda Hill, near where the National Assembly building now stands. In the local Nyanja language, *manda* means graveyard. The area was expanded by European (mainly British) settlers in 1905 with the building of the railway. In 1935, due to its fairly central location on the railway and at the crossroads of the Great North Road and Great East Road, it was chosen to replace Livingstone as the capital of the British colony of Northern Rhodesia. After the federation of Northern and Southern Rhodesia in 1953, it was a centre of the independence movement which led to the creation the Republic of Zambia. In 1964 Zambia became the ninth African state to gain independence from the British crown, and President Kaunda took power, with Lusaka as its capital.

Day 23 Chipata

Today is a long drive through lush country, crossing rivers en-route to Chipata, the gateway to the South Luangwa NP. Zambia is truly African and an adjustment from the more Western ways of Southern Africa.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Mama Rulas: www.mamarulas.com
Facilities:	Water not drinkable, shared ablutions, hot showers, swimming pool.
Route:	Lusaka to Chipata ±756 km
Travel time:	±10-12 hrs (bad roads conditions)

Chipata

Chipata has a population of around 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). As we drive from Chipita to Lilongwe in Malawi there is a steady stream of people and transport bringing in supplies that are not always readily available elsewhere in Africa. You will also find colourful fruit and vegetable markets and an unexpected amount of ornate mosques due to its large Islamic Indian community.

Day 24 South Luangwa National Park

Early in the morning we drive from Chipata to the border of the South Luangwa National Park where we spend the next two nights right on the banks of the Luangwa River. You can often see hippos and other animals from the camp bar. This afternoon we enjoy an included sunset game drive in the South Luangwa NP.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Wildlife Camp: www.wildlifecamp-zambia.com
Facilities:	Water not drinkable, shared ablutions, hot showers, swimming pool, bar
Route:	Chipata to South Luangwa National Park ±120 km
Travel time:	±6-8 hrs (bad road conditions)
Activity package:	Sunset Game Drive in South Luangwa NP

Day 25 South Luangwa National Park

In the morning you have the opportunity to take an optional game drive, the park is known for its high concentration of leopards and hippos. After lunch we visit the community run tribal textile project and a local village. *Optional Activities: Morning Game Drive and Game Walk.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Wildlife Camp: www.wildlifecamp-zambia.com
Facilities:	Water not drinkable, shared ablutions, hot showers, swimming pool, bar
Activity package:	Village and textile visit

South Luangwa National Park

South Luangwa National Park in eastern Zambia is a world-renowned wildlife haven, and famous for walking safaris. It supports large populations of Thornycroft's Giraffe, and herds of elephant and buffalo often several hundred strong, while the Luangwa River supports abundant crocodiles and hippopotamus. Founded as a game reserve in 1938, it became a national park in 1972 and now covers 9 050 square km.

Hippos thrive here due to the patches of flooded grassland habitats (floodplains) that are found close to the river, on which they graze at night. It is possible to see pods of up to 500 hippos 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 km! They are integral to the ecosystem here, their dung released into the river fertilises its waters and sustains the fish population which in turn sustains the crocodiles. The park is also reputed to have the highest concentration of leopard in Africa. It is estimated that there is one leopard for every km of river in the Luangwa Valley, so your chances of seeing this elusive nocturnal cat are very high.

Day 26 Lilongwe

Today we visit the Lilongwe Wildlife Centre, Malawi's only sanctuary for rescued, orphaned and injured wild animals. The Centre is set in 180 hectares of beautiful woodland, Lilongwe's only protected wilderness.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Barefoot Lodge www.barefoot-safaris.com/index_files/BarefootLodge.htm
Facilities:	Shared ablutions, bar, hot water, wireless internet
Route:	South Luangwa NP to Lilongwe ±330 km
Travel time:	± 8-10 hours
Included Highlights:	Lilongwe Wildlife centre

Border posts: Zambia: Chipata / Nwami, Tel: + 265 622 1652, Open: 06h00-18h00.
Malawi: Mchinji, Tel: +265 124 2217, Open: 06h00-18h00.

Day 27/28 Kande Beach

This morning we have the opportunity to participate in a 2 hour city tour, before we take a scenic drive to Kande beach. We will spend the next 2 days enjoying the many optional activities available, such as horse riding and different water sports. We will go on a guided village walk in order to meet the local people and learn more about Malawian life. *Optional Activities: 2 hour morning city tour in Lilongwe, Water Sports, Horse Riding, Craft Shopping etc.*

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: Kande Beach: www.kandebeach.com
Facilities: Water not drinkable, shared ablutions, hot showers, bar, craft market, restaurant and beach
Route: Lilongwe to Kande Beach ± 380 km
Travel time: ± 6-7 hours
Activity Package: Guided village tour

Lake Malawi

The lake, third largest in Africa and eighth largest in the world, is situated between Malawi, Mozambique, and Tanzania. The lake's tropical waters teem with more fish species than any other lake on earth, and offers wonderful snorkelling and diving experiences. The fish also support the local people, who depend on the lake for survival, using dug-out canoes to set out long nets. There are many different ethnic groups living in the vicinity, and many different dialects are spoken. Many are Christians, as a result of the numerous missionaries that passed through the area, while many have retained their traditional belief systems.

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 famous 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 and visitors can hike to the mission. The walk is quite strenuous and you should be reasonably fit especially if it's hot. It's about a 6 to 8-hour round trip.

Day 29 Lake Malawi - Chitimba

We travel further north and spend our last day in Malawi at Chitimba beach. For those who have had enough of the beach, there is a short hike to the Manchawe Falls. *Optional Activities: watersports etc.*

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: Chitimba: www.chitimba.com
Facilities: Water not drinkable, shared ablutions, bar and beach.
Route: Kande Beach to Chitimba Beach ±250 km
Travel time: ±4-5 hrs
Included Highlights: Short hike to Machawe falls

Day 30 Tanzania –Iringa

Today we leave Malawi and enter Tanzania. We ascend out of the Great Rift Valley through some spectacular mountain passes, passing vast tea plantations in the highlands before arriving at our camp outside Iringa. This evening our dinner is in a local Masai Hut where we enjoy a traditional Tanzanian evening.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: Kisolanza Farm: www.kisolanza.com
Facilities: Water not drinkable, shared ablutions, hot showers, bar
Route: Chitimba to Iringa. ±642 km
Travel time: ±10-11 hrs plus border crossing
Included Highlights: Dinner in a local Maasai hut
Border posts: Malawi: Songwe (no telephone), Open: 06h00-18h00.
Tanzania: Chi'zumulu, Tel: +265 15 357 207, Open: 06h00-18h00

Iringa

Tanzania is mountainous in the northeast where Mount Kilimanjaro, Africa's highest freestanding mountain, is situated. To the north and west are the Great Lakes of Lake Victoria (Africa's largest lake) and Lake Tanganyika (Africa's deepest lake, known for its unique species of fish). Central Tanzania comprises a large plateau, with plains and arable land. The eastern shore is hot and humid, with the island of Zanzibar lying just offshore.

Tanzania has a tropical type of climate. In the highlands, temperatures range between 10°C and 20°C during cold and hot seasons respectively. The rest of the country has temperatures rarely falling lower than 20°C. The hottest period extends between November and February (25°C - 31°C) while the coldest period occurs between May and August (15°C - 20°C).

Some useful Swahili words

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

Along the main highway artery that connects Dar es Salaam and Iringa, one travels through Baobab Valley. An endearing local saying goes that if you see a tree small enough to put your arms around, all your dreams and wishes will come true. Living up to its name, the valley is heavily populated by baobabs, one of the great symbols of Africa. This bizarre tree, known as the “upside down tree” is surrounded by myth and folklore, and has a multitude of uses for the local people and wildlife: the fruit is eaten; gum and fibre is made into rope, paper, and cloth; and bark and oil from the baobab seeds have medicinal properties.

Day 31 Mikumi

We leave Iringa today and head north to the Mikumi National Park. Mikumi is home to lion, zebra, wildebeest, impala, buffalo and elephant and today we have the opportunity to enjoy an optional afternoon game drive through the park. *Optional Activities: Afternoon game drive in Mikumi NP*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Tan-Swiss Lodge: www.tan-swiss.com
Facilities:	Bar, shared ablutions, hot showers
Route:	Kisolanza to Mikumi ± 280 km
Travel time:	± 5-6 hours

Day 32 Dar es Salaam

Our journey today brings us out of the cool highland region to the humid Indian ocean coastal city of Dar es Salaam. Meaning ‘house of peace’ in Arabic, Dar es Salaam is the economic and trade capital of Tanzania, but inland Dodoma remains the official capital city.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kipepeo Camp: www.kipepeocamp.com
Facilities:	Water not drinkable, shared ablutions, hot showers, bar.
Route:	Mikumi to Dar es Salaam ±260 km
Travel time:	± 4-5 hrs

Dar es Salaam

Dar es Salaam (Arabic translation: “house 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.

Being situated so close to the equator and the warm Indian Ocean, the city experiences generally tropical climatic conditions, typified by hot and humid weather throughout much of the year. Annual rainfall is approximately 1 100 mm and in a normal year there are two distinct rainy seasons: "the long rains", which fall during April and May, and "the short rains", which fall during October and November.

Day 33/34/35 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 exploring the historical and unique architecture. There are also spice and seafood markets to be explored. The following day we take a transfer to the northern part of the island where we will spend our time relaxing on the beach. *Optional Activities: Lunch & Dinner, Swimming with Dolphins, Scuba Diving, Snorkelling etc.*

Day 33

Meals: Breakfast
Accommodation: Two per room: Stone Town - Shangani Hotel: www.shanganihotel.com
Facilities: En-suite, hot shower, coffee shop, laundry services
Route: Dar es Salaam to Zanzibar by Ferry
Travel time: ±2-3 hrs

Day 34/35

Meals: Breakfast
Accommodation: Two per room: Nungwi Beach – Nungwi Inn: www.nungwiinnhotel.co.tz
Facilities: En-Suites, hot showers, coffee shop, laundry services, bar
Route: Stone Town to Nungwi Beach ± 60-70 km
Travel time: ±2 hrs

Zanzibar

You do not need to take your whole backpack; you can leave this locked in the truck in Dar es Salaam as one of the guides normally remain behind. 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 and other optional activities.

Appropriate Clothing

Islam is Zanzibar's dominant religion and appropriate clothing should be worn in Stone Town. Beachwear should only be worn on the beach and women are advised to 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 or resort. The guide will tell you what is appropriate and when.

Zanzibar

Zanzibar is a semi-autonomous part of the United Republic of Tanzania. It comprises the Zanzibar Archipelago in the Indian Ocean, 25–50 kilometres off the coast of the mainland, and consists of a number of small islands and two large ones: Unguja (the main island, informally referred to as Zanzibar), and Pemba. Zanzibar was once a separate state with a long trading history within the Arab world; it united with Tanganyika to form Tanzania in 1964 and still enjoys a high degree of autonomy within the union. The capital of Zanzibar, located on the island of Unguja, is Zanzibar City, and its historic center, known as Stone Town, is a World Heritage Site. Zanzibar's main industries are spices, raffia, and tourism. Zanzibar is also the home of the extremely endangered 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.

Some trivia: 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 homosexuality in 2004, but despite this it remains a popular resort destination for the South African gay community.

Day 36 Lushoto

Today we leave Zanzibar and catch a ferry back to Dar es Salaam and return to our truck. We continue on to Lushoto, the major town and district centre, albeit small, in the Usambara Mountains, halfway between the coast and the parks. The popular pot plant Saintpaulia has its only wild occurrences in Tanzania, and particularly in the Usambara Mts. Here you will have the chance to hike in the surrounding area, or just relax.

Meals: Breakfast, Lunch, Dinner
Accommodation: The Lawns Hotel: www.lawnshotel.com
Facilities: Hot showers, shared ablutions
Route: Zanzibar to Lushoto ± 360 km
Travel time: 2 hour ferry Zanzibar to Dar es Salaam. Dar es Salaam to Lushoto by truck: ± 6-7 hours
Included Highlights: Hike in surrounding area or relax.

Day 37 Karatu

Today we take a scenic drive via Arusha to the picturesque town of Karatu. The area's cool climate, verdant hills, and pleasing views made it popular with settlers and farmers. Vast and extensive fields cover the slopes of the volcano and the lands around Karatu town. Karatu is also a stone's throw away from the world famous Serengeti & Ngorongoro Conservation Area.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: Kudu Camp: www.kuducamp.com
Facilities: Bar, Swimming pool, hot showers, en-suite, gift shop & internet cafe.
Route: Lushoto to Karatu ±480 km
Travel time: ± 7-8 hours

Day 38/39/40 Serengeti and Ngorongoro Excursion

These 4 days are set aside for the optional 3-night camping excursion into the Serengeti National Park and Ngorongoro Crater. This area has one of the most densely inhabited large animal populations in Africa. The excursion is in open topped 4x4 safari vehicles in order to tackle the challenging side roads in the parks. For those not going to the parks, take this chance to absorb some of the fascinating local culture. *Optional Activities: Various Serengeti & Ngorongoro Excursion packages, Lake Manyara game drives, day hiking & village tours, volunteer at educational project and many more various day trips.*

Meals: Breakfast, Lunch, Dinner
Accommodation: **Day 38:** Camp: Seronera Campsite <http://www.tanzaniaparks.com/serengeti.html>
Day 39: Camp: Seronera Campsite <http://www.tanzaniaparks.com/serengeti.html>
Day 40: Camp: Simba Campsite <http://www.tanzaniaparks.com/serengeti.html> or return to Karatu (Kudu Camp)
Facilities: Water not drinkable, shared ablutions, cold showers
Route: Karatu to Serengeti ± 100 km
Travel time: ± 2 hours

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
- Snacks, cold drinks, cigarettes etc. for the excursion
- Sleeping bag

For those not going on the excursion:

Optional Activities: Day walk inside Ngorongoro Forest, Mountain biking around the villages, Various day safaris options (Kudu Lodge to Karatu)

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: Kudu Camp: www.kuducamp.com

Facilities: Bar, Swimming pool, hot showers, en-suite, gift shop & internet cafe

Serengeti National Park

The Serengeti is most famous for the largest and longest overland migration in the world. This migration is one of the ten natural travel wonders of the world. Around October, nearly 2 million herbivores travel from the northern hills toward the southern plains, crossing the Mara River, in pursuit of the rains. In April, they then return to the north through the west, once again crossing the Mara River. This phenomenon is sometimes called the Circular Migration. Over 250 000 wildebeest alone will die along the journey from Tanzania to Masai Mara Reserve in upper Kenya, a total of 800 km. Death is often caused by injury, exhaustion, or predation. Approximately 70 larger mammals and some 500 avifauna species are found there. This high diversity in terms of species is a function of diverse habitats ranging from riverine forests, swamps, kopjes, grasslands and woodlands. Blue Wildebeests, gazelles, zebras and buffalos are some of the commonly found large mammals in the region.

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 Masaai. 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.

Day 41 Arusha

Today the group meets up again and we have the chance to exchange stories of the various adventures that we participated in over the past few days. In the afternoon we visit the local Masai Mara Museum and Snake Park in Arusha. *Optional Activities: camel ride to local Masaai village.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Meserani Oasis or Snake Park Camp: www.meseranisnakepark.com
Facilities:	Water not drinkable, shared ablutions, hot shower, bar
Route:	Karatu to Arusha ± 150 km
Travel Time:	± 2-3 hours
Activity package:	Visit to the local Masai Mara Museum and Snake Park

Arusha

Arusha is surrounded by some of Africa's most famous landscapes and national parks. Beautifully situated below Mount Meru on the eastern edge of the eastern branch of the Great Rift Valley, the city has a temperate climate due to its position on the slopes of Mount Meru. It is close to Serengeti, Ngorongoro Crater, Lake Manyara, Olduvai Gorge, Tarangire National Park, and Mount Kilimanjaro, as well as having its own Arusha National Park on Mount Meru.

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 affected 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 42 Kenya – Nairobi

After crossing the border into Kenya we continue to travel towards Nairobi and the end of our journey. Usually we end the tour with a group meal out at one of Nairobi's excellent restaurants. *Optional Activities: Dinner out.*

Meals:	Breakfast, Lunch
Accommodation:	Own Arrangements / Post tour accommodation can be booked through ShapShap
Route:	Arusha to Nairobi. ±306 km
Travel time:	±6-7 hrs plus border crossing
Border posts:	Tanzania: Namanga, no telephone number, Open: 24hrs Kenya: Namanga, Tel: +254 455 32002, Open: 24 hrs

Nairobi

Nairobi is the capital and largest city in Kenya. The name "Nairobi" comes from the Maasai phrase *Enkare Nyirobi*, which translates to "the place of cool waters". However, it is popularly known as the "Green City in the Sun" and is surrounded by several expanding villa suburbs.

Founded in 1899 as a simple rail depot on the railway linking Mombasa to Uganda, the town quickly grew to become the capital of British East Africa in 1907 and eventually the capital of a free Kenyan republic in 1963. During Kenya's colonial period, the city became a center for the colony's coffee, tea and sisal industry. Nairobi is the most populated city in East Africa, with a current estimated population of about 3 million.

Nairobi is now one of the most prominent cities in Africa politically and financially. Home to many companies and organizations, including the United Nations Environment Programme and the UN Office in Africa, Nairobi is a hub for business and culture. The Nairobi Stock Exchange (NSE) is one of the largest in Africa, ranked fourth in terms of trading volume and capable of making 10 million trades a day. The Globalization and World Cities Study Group and Network (GaWC) defines Nairobi as a prominent social centre.

Tour Ends

We will drop you off at The Meridian Court Hotel www.meridianhotelkenya.com. Should you wish to extend your tour for another night, kindly pre book this accommodation through ShapShap Travel.

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 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 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 member's 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.

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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 info@shapshaptravel.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.