

## Thank you for choosing Nomad

**We're confident that you've chosen the best adventure company in Africa and we will go out of our way to prove it.**

**You are embarking on an awesome adventure in the capable hands of Nomad and the care of our excellent guides. Nomad Adventure Tours have been enjoyed by thousands of people from all over the world over the past ten years. A great attitude, an open mind and being well-prepared will go a long way to helping you get the most out of your tour.**

**Remember you are in Africa. Standards and service should not be compared to first world countries. You came here to get away from all that – to experience Africa as she really is. The unexpected is included in your tour - free of charge! Hakuna Matata!**

Your enjoyment of your tour depends upon you reading, understanding and accepting the contents of this document and the relevant tour dossier. Please ensure that you read them cover to cover. If you have any problems with the contents of these documents it is suggested that you contact us, or your travel agent, prior to departure. Although we make every effort to ensure that these documents are up to date it should be noted that sudden changes in the operational conditions might result in changes to this information.

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### 1. USEFUL DETAILS

#### **NOMAD RESERVATIONS DEPARTMENT**

Nomad Adventure Tours - 1st Floor, Leadership House,  
40 Shortmarket Street, Greenmarket Square  
Cape Town, 8001  
Telephone: +27 21 426 5445  
Facsimile: +27 21 426 4338  
After Hours Number: +27 82 578 2199  
Website: [www.nomadafrica.co.za](http://www.nomadafrica.co.za)  
E-mail: [nomad@nomadtours.co.za](mailto:nomad@nomadtours.co.za)

#### **NOMAD OPERATIONS DEPARTMENT**

21 Chilwan Crescent, Strand, 7140, South Africa  
Cape Town, 8001  
Telephone: +27 21 845 7400  
Facsimile: +27 21 845 7401  
Website: [www.nomadafrica.co.za](http://www.nomadafrica.co.za)  
E-Mail: [ops@nomadtours.co.za](mailto:ops@nomadtours.co.za)

## 2. WHAT ARE ADVENTURE TOURS?

***An adventure Tour is a journey along a suggested route, Which is aimed at the more adventurous and budget-conscious traveller. It is off the beaten track, and many of the areas visited do not have the infrastructure that the package tourist may require. The route taken may also vary from time to time due to various factors.***

It has been said that the average person lives a life of quiet desperation, but there are those who now and then, feel the need to break free of those bonds and seek adventure. Explore uncharted territories, Discover wild and remote places, where each dawn and sunset heralds a new experience. The only way to truly appreciate Africa is to sleep on its earth, bask in its sun, touch its grass and be doused in its water. If you want scented paper towels - stay in the city! Allow Nomad adventure Tours to help you live the great outdoors of Africa...

Adventure Tours are for people who love life and want to embrace it with a passion, who care about culture, people and wildlife. Most of our scheduled departures are participation trips, except for our Accommodated Cape Town to Victoria Falls and South African Explorer tours. It is very important that travellers have a positive attitude and are prepared to put in their fair share towards various everyday camping activities. Joining in is what turns a great trip into an unforgettable journey. With the right attitude we can guarantee that travellers will get the most out of their adventure tour!

Our belief is that it's not so much just the arrival at a destination, but the total experience of the adventure tour that is important. We travel together, learn from each other's cultures and form a strong, supportive and fun team. Although our guides are FGASA registered, they are not "heroes" and won't pamper you. They are, however, enthusiastic and ready for anything and will always get you through the tough times with a smile. For a successful expedition, all we need is space under the stars and your eagerness to join in! A typical day with us starts when the sun comes up - we live by nature's timetable and use as many daylight hours as possible. If you are camping, tents are set up by nightfall, kettles are boiled, the smell of cooking is in the air and we sit around the camp, chatting about the happenings of the day and the excitement of tomorrow. For those on the accommodated tours, the only difference is that it is one step up from camping and you sleep in a bed. Evenings are for writing diaries, playing cards or board games, or just listening to the African night. Every single trip is different - we like it that way!

Be ready for the experience of a lifetime as Africa does not tick like clockwork, so be prepared to pack your sense of humour as there are sure to be a few surprises, which is why Africa is so endearing... We'll show you the way!

### **WHO IS SUITED TO UNDERTAKE AN ADVENTURE TOUR?**

Our groups generally number around twenty people on camping tours and eighteen people on accommodated tours. The individuals come from all walks of life, and of various nationalities: most of our passengers are from Europe, North and South America, Australia, Korea, and the UK. Although there are often couples and groups of friends who have booked together, most travellers are single and the male-female mix generally works out about even.

The nature of an adventure tour tends to attract a certain age group, and experience has shown us that our adventure tours are unsuitable for the majority of travellers outside the 18 to 55-age bracket. We do however accept a limited number of people older than 55 years on trips because we believe it's about being willing and able to join in. Suitability for our trips is not just about fitness it's about being able to take the rough with the smooth - whether you're up to your elbows in mud rescuing your sinking truck, climbing the nearest tree in an attempt to escape from charging buffaloes or searching for the only bush in the desert to squat behind – expect the unexpected!

## 3. CAMPING OR ACCOMMODATED?

### **WHAT IS THE DIFFERENCE?**

Our accommodated tours are here to fill the gap between the camping experience and an expensive lodge-tour. The accommodation is mostly in National Park style chalets and bungalows. All nights on Accommodated Tours are in twin rooms unless a single supplement is booked (4 per tour), or on our East African Tours where we sometimes make use of dorm room accommodation. Ablution facilities are mostly communal and our crew prepares all meals (unless otherwise stated). You are still required to pack as for the camping tour – including your towel. Please keep in mind that this is an adventure tour in an adventure vehicle and luggage should not include any Samsonite style suitcases.

On the accommodated Cape to Vic and South African tours, there will be a third crew to help with chores such as washing dishes, cleaning of the truck etc.

## 4. BEFORE YOU GO - ESSENTIAL PREPARATIONS

***A successful adventure tour requires proper preparation. Travelling in Africa is challenging at the best of times and travelling by an adventure vehicle is a constant adventure. Be prepared to expect the unexpected.***

### **WHAT WE NEED TO KNOW**

Please ensure to inform us of the following before you leave on tour:

- **SPECIAL REQUIREMENTS**

Please confirm if you have any special dietary requirements, allergies or intolerances. We need to know a day or two before departure to arrange any special requests. This does not include ‘I don’t like mushrooms’ – you can tell your guides about your likes and dislikes – we need to know if ‘mushrooms’ (for instance) will make you ill, or if you cannot eat them for religious reasons.

- **OUTSTANDING PAYMENTS**

Please settle any outstanding payments at least 14 days before the tour. We reserve the right to cancel a booking if payment is not received in full. You will not be allowed to depart on tour unless payment is fully received.

- **ONWARD TRAVEL ARRANGEMENTS**

Please ensure that your onward travel arrangements are made BEFORE you depart on tour, as these cannot be made while on tour. We offer a good value for money transit from Vic-Falls to Johannesburg, which you can add to your tour. Please ask our reservations department about the options of onward travel with your tour and for names on low cost airlines if you feel the need to fly to your next destination. Try not to book your onward travel on the day the tour ends. If we arrive late you will have a problem – remember, expect the unexpected.

### **DEPARTURE TAX**

Various countries may require that you pay an Airport Departure Tax when departing on international flights. The following information is given as a guideline only and may change at any time without notice.

**Please note that ALL departure taxes must be paid in hard currency cash (US dollars are usually best).**

### **FLEXIBLE ITINERARIES**

Although we intend to stick to the published itineraries it is critical to grasp that the routing may change from time to time for various reasons. Africa is unpredictable and many variables may require changes to the itinerary. This cannot be stressed enough.

### **YOUR PASSPORT**

Your passport must have sufficient pages for any visas. Your passport should have 2 pages free for every country to be visited. Please ensure that you take your own passport out from your hotel / backpackers safe the night before departure. It is absolutely necessary that you make a copy of your passport and give it to your guides; we strongly recommend that you also leave a copy at home or with some friends.

**Please ensure that your passport is valid for at least six months after your departure from Africa.**

**Please note that you are responsible for ensuring that passports, visas, health certificates and other travel documents are in order and for all costs relating thereto.**

**Please note that it is not advisable to use more than one passport (to avoid visa payments) when travelling. When entering for example Namibia, the official need to see the exit stamp for South Africa and it must be in the same passport in order to allow entry.**

<b>DEPARTURE POINT</b>	<b>DEPARTURE TAX</b>
Cape Town	Incl. In most air tickets
Johannesburg	Incl. In most air tickets
Windhoek	NIL
Victoria Falls	U\$30
Livingstone	U\$ 20
Dar es Salaam	U\$ 30
Zanzibar	U\$ 30
Nairobi	U\$20
Addis Ababa	U\$ 20
Antananarivo	U\$ 15

## YOUR VISAS

**Very important!** As visa requirements vary considerably, please contact the various embassies or a visa service agent to re-check, visa requirements at least 4 weeks prior to departing. Please note that visas are the responsibility of the traveller and that Nomad Adventure Tours will not be held responsible for clients being denied entry should they not be in the possession of the relevant visas. All travellers must be in possession of a valid onward/return air ticket or proof of other means of transport enabling the traveller to leave the country in which your adventure tour terminates. Alternatively you must have proof of sufficient funds (e.g. credit card) enabling you to purchase an air ticket to leave the country. Should the adventure tour you are joining be re-entering a country, be sure to have a multiple entry visa that enables you to re-enter the country.

### **IN DOUBT OR REQUIRE A VISA?**

Contact the embassy in your home country or contact VISA SOLUTIONS (R.S.A)  
C/O Riebeeck and Long Street. Cape Town. Telephone +27 21 425 5896 E-mail: visasolution@mweb.co.za

## LIST OF EMBASSIES & CONSULATES IN RSA

<b>NAME</b>	<b>ADDRESS</b>	<b>TEL</b>	<b>FAX</b>
Botswana Consulate General Cape Town	8 Riebeeck Street Southern Life Centre 5Th Floor, Cape Town	021 421 1045	021 421 1046
High commission of Rep. of Kenya Pretoria	302 Brookside Menlo Park Pretoria	012 362 2249	012 362 2252
High Commission of Tanzania Pretoria	822 George Ave. Arcadia Pretoria	012 342 4393	012 430 4383
Lesotho High Commission Pretoria	391 Anderson St Menlo Park Pretoria	012 460 7648	012 460 7649
Malawi High Commission Pretoria	770 Government Ave. Arcadia Pretoria	012 342 0146	012 342 0147
Moçambican Consulate Cape Town	10TH Floor, Pinnacle Bldg. 8 Burg Street Cape Town	021 426 2944	021 426 2946
Namibian Tourism Cape Town	Ground Floor Pinnacle Bldg. 8 Burg Street Cape Town	021 422 3298	021 422 5132
Swaziland Consulate Johannesburg	23 Jorrison Street, Braamfontein Centre Braamfontein	011 403 2050	011 403 7473
Uganda Consulate Pretoria	882 Church Street Arcadia 0083	012 342 6031	012 348 3123
Zambian High Commission Pretoria	570 Ziervogelst Street, (off Hamilton Street) Arcadia Pretoria	012 326 1854/9	
Zimbabwe Consulate Pretoria	20 Anderson Street CCMA Building Centurion Pretoria	011 838 2156	011 838 5620
Ethiopian Embassy Pretoria	47 Charles Street Baileys, Muckleneuk Brooklyn Pretoria	012 346 3542	012 346 3867
Madagascar Consulate Pretoria	90B Tait Street Colbyn Pretoria	012 342 0983/4/5	

Herewith is a guideline as to which nationalities require visas, and which do not.

**NB: As visa requirements sometimes change whilst you are on safari we recommend that you allow a little extra USD cash.**

NATIONALITY	NAM	BOTS	ZIM	ZAM	MAL	TANZ	KEN	UGA	LES	MOZ	SWAZ	ETH	MAD
American	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Argentinean	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Australian	No	No	Yes	No	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes
Austrian	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Brazilian	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Canadian	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Chinese	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Croatian	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Czech Republic	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Danish	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes
DRC	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Dutch	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Finnish	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
French	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes
German	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes
Greece	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Israeli	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes
Italian	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Japanese	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes
Kenyan	No	No	No	No	No	Yes	-	No	Yes	Yes	No	Yes	Yes
Korean	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Mexican	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Namibian	-	No	No	No	No	Yes	No	Yes	No	Yes	No	Yes	Yes
New Zealand	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes
Norwegian	No	No	No	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes
Polish	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Portuguese	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Spanish	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
South African	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes
Swedish	No	No	No	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes
Swiss	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes
UK	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes

## WHAT TO BRING

Your luggage is limited to ONE backpack and ONE daypack weighing no more than 20kg. As a general rule, if you cannot lift your own luggage - you've got too much stuff! Most people make the mistake of bringing too many clothes. Suitcases are not suitable on tour – especially huge Samsonite-style cases! Bags with wheels are of no use when you are moving your bag from the truck to your tent/chalet through sand.

### YOU SHOULD PACK THE FOLLOWING:

#### Kit for all weather conditions including:

- 2/3 shorts/skirts
- 1 jacket/anorak
- Tracksuit/pullover
- 2 pairs of long pants/jeans
- 2 pairs of walking shoes/boots/trainers
- 1 pair of sandals
- 3 or 4 T-shirts/short sleeve shirts or sundresses
- 2/3 Long Sleeve Shirts
- Smart casual change of clothes
- Swimwear
- Underwear & socks
- Sun Hat – preferably that covers the back of your neck.
- Raincoat
- Kikoi/sarong

Your clothing should be easy to wash and dry and should preferably not need ironing. Avoid synthetics, which can be very uncomfortable in hot weather. Many people underestimate how cold Africa can be – remember that jersey/jacket! There are also nights that are warm but you must still wear clothes that cover arms and legs from mosquitoes. Take a set of casual but smart clothes for the occasional evening out in a restaurant or club. If you wear glasses (or contacts) it is also advisable to bring a spare pair.

#### **Additional Items:**

- Towel & facecloth
- Baby wipes/ Wet Wipes
- Personal toiletries
- Sleeping bag. (we hire these cheap if you don't have your own)
- Torch & enough spare batteries
- Camera & spare batteries and film
- Water bottle. (A 2-litre Coke bottle works well...)
- Penknife
- Insect and Mosquito repellent
- Suntan lotion, sun block & after sun lotion
- Sunglasses
- Watch
- Music! Cassettes – no CD's
- Biodegradable laundry detergent
- Small basic First Aid kit (painkillers, band aids, after-sun lotion, eye drops, anti-diarrhoea tablets etc.)
- Passport (plus a copy of your passport & visas)
- Extra passport photos
- Vaccination certificates
- Money and traveller's cheques (traveller's cheques cannot be used on tours in East Africa and Botswana)
- Small sewing kit
- Plastic bags
- Clothes line and pegs
- Small scrubbing brush
- Toilet paper

## LIFE ON TOUR - WHAT YOU NEED TO KNOW

***It is very important to separate issues that you control from issues that Nomad controls. It is unreasonable to hold Nomad responsible for things out of our control. Understanding this will help you get some perspective and to have realistic expectations.***

### **YOUR GUIDES**

Both crew members are trained and qualified guides, but only 1 maybe tour leader. Although our guides are qualified for the work they do, please remember they are human too. Adventure tours place enormous demands on our guides due to their nature and duration. Working 18 hours a day, week after week would place a strain on anyone. They do it because they love their job and like people so please treat them with respect and decency.

It should also be noted that clients often hold guides responsible for things out of their control. So please be fair to them, the guides are not personal servants, butlers or maids.

Sometimes our tour leaders and drivers have to make a decision with regards to health, safety, security and circumstances beyond their control. This may not always be a popular decision. As far as possible, your guide will take into account the wishes of the group as a whole, but your understanding and patience at these times will be much appreciated. Some times both crew members will need to discuss the matter together, this means that you'll not always have someone in the back of the vehicle to answer questions and remark on certain locations. For anything that you would like to know or have explained, please ask the guides so they may assist.

The Tour Leader has complete authority on tour and his/her decision is final. Although not expected, gratuity is welcome and the amount depends completely on you.

### **YOUR GROUP – WHAT TO EXPECT**

The groups comprise of very diverse individuals from all over the world. Friends, enemies, Romans and countrymen!, Friendly, Grumpy, Fun, Boring, Adventurous, Timid, Loud, Quiet, the good, the bad and the ugly, Expect all types. Nomad tour groups usually range in age from about 18-45, and there is usually an equal balance of the sexes. They're typically made up of adventurous, fun loving, dynamic individuals and couples of many nationalities - all with a sense of adventure and a zest for life! The downside of this is that you will almost certainly meet some people you do not get on well with. You will need to deal with this; tolerance is the order of the day.

Travelling in a group offers many advantages and allows you to share the experience with like-minded fun-seekers! It's also a cheaper and more secure way to explore an unfamiliar continent. Making friends with your tour mates will definitely help you make the most of your tour and an open mind may sometimes be necessary.

You will make friends and form bonds but people do get on each other's nerves from time to time. It all makes up part of the nature of an adventure tour.

## **YOUR DAY - WHAT TO EXPECT**

The days usually start early and end late. Although a lot of time is spent travelling, we do cram a lot into every day. Expect some frustrations, you are in Africa and things don't work that well sometimes. Coming with an open mind, flexible attitude and realistic expectations will see you having a great time.

An average day on tour begins around 6am and departure is after breakfast at around 7am. There are some mornings that need a very early start to reach our next destination, or to photograph a spectacular African sunrise. It's all part of the adventure. Prepare yourself for the worst, especially in winter!

We usually take a lunch-break en-route and, depending on the distance to be covered, afternoons are often spent relaxing or exploring the lay of the land. Every few days we usually spend a couple of days at one venue to break the travel.

Most evenings are spent around the campfire, others at restaurants in town and bars in campsites.

## **YOUR TRANSPORTATION – ON THE ROAD WITH NOMAD**

The transportation on tour is a major component of all adventure tours. These tours are road trips. Long drives, bumpy roads and possible mechanical problems are part of the deal. Digging the vehicle out of mud is sometimes a highlight. These setbacks are what you make of them. Please be prepared.

## **THE VEHICLES**

Nomad vehicles are amongst some of the finest on the road. However, do not forget the nature of an adventure tour. This is not a bus trip. Nor do we provide up-market tours. They are still budget tours aimed at the adventurous traveller. There are no onboard toilets or air-conditioning.

No vehicle is designed to operate under the conditions in which our trucks run. We run a strict maintenance programme but unfortunately breakdowns are not uncommon. If a problem occurs, please be patient. It takes time to resolve mechanical problems in Africa. Make the best of the situation. Getting irritated will not assist anything, neither will attacking the guides.

## **DISTANCES AND ROAD CONDITIONS**

All of our tours cover long distances on the roads of Africa. Our job is to show you the magnificent sights of this continent. This involves many hours spent driving which cannot be rushed for the following reasons:

You are in a truck. It's not a sports car! Expect average speeds of around 80kph. However, there are roads where we are forced to reduce to speeds of 30kph due to bad roads or safety concerns.

Distances between highlights are often on a bigger scale than those at home. Often there is absolutely nothing between focal points except vast open deserts. Most tours average around 350 km per day. However, there can be stretches of up to 650km in a single day, that's a long way! Be prepared.

We will be travelling along winding dirt roads. Your safety is paramount. Keep this in mind when you are tired, hot and irritable.

## **YOUR PARTICIPATION & INTERACTION – WHAT'S EXPECTED OF YOU**

Although we do most of the work, the nature of these tours is not that of a beach holiday. Assistance makes a real difference. The more time guides have for you the better the tour will be, so getting involved definitely enhances the tour experience. This is an adventure tour not a Club Med vacation.

All Nomad tours are limited participation tours: All we require you to do is:

- Assist with washing up duties.
- Loading and unloading your bag
- Putting up and taking down your tent. The first time is a challenge – thereafter, it's a breeze!

On most of the accommodated tours there will be an extra crew member, who will do the washing up and most of the work will be done for you. You are however welcome to assist wherever possible and the more willing hands, the smoother things will run, and the more enjoyable it will be for all.

Your tent and camping equipment and kitchen utensils are provided on your tour. Please take care of our equipment, as anything broken or lost on tour cannot be easily replaced.

Our guides do all the cooking; however you are welcome to share your culinary skills with the group. The more you join in, the greater the experience!

## **YOUR COMMUNICATIONS**

An enjoyable trip depends heavily on open and honest communication between yourself, the guides and your fellow passengers. Many a problem has its root in lack of communication.

### **On Tour**

When on tour be sure to keep the communication channels open with your fellow passengers and the guides. This is the key to a successful trip. If you are unhappy – discuss it. Problems cannot be resolved if no one knows there is a problem. Feel free to approach your guides at any time. The smallest problems can turn into big ones very quickly!

### **How others can reach you**

Although you will not be able to communicate easily on tour – we are always able to find you. Feel free to provide your family with our contact details and should there be an emergency of any kind at home we will be able to contact you almost anywhere. Please bear in mind that in certain instances there may be a charge for this – in some areas there are not even radio facilities - should we have to physically send someone by boat, road or air to your campsite, the person we send will expect to be compensated. Please inform your families that although we can find you – it must be a real emergency - as we will not be sending one of our local contacts 500km over terrible roads to remind you to change your underwear regularly!

We advise that you should contact family and friends before leaving and tell them that you are on an adventure tour and that it can be very difficult to keep in contact en-route.

There are telephones in some places but do not count on these being all that reliable! Our guides do not have mobile cellular phones, as there is often no reception outside of South Africa. In East Africa you can expect to pay up to USD3 per minute for a phone call. E-mail facilities can be found in Swakopmund, Victoria Falls, Zanzibar and Nairobi, but can be slow and expensive.

## **CLIMATE AND WEATHER CONDITIONS**

Please ensure that you are familiar with the exact weather conditions to be expected on your particular tour. Be prepared. Weather in Africa can be extreme. In rainy season, prepare to get wet and in dry season, prepare to bake. The weather is part of the magnificence of Africa but it can be a tough taskmaster.

The African sun is fierce, deadly even, especially in Namibia and Botswana. We suggest a factor 30 sunscreen and that you wear a hat. From October until April you can experience extremely hot temperatures. During the winter months the nights can be cold, even dropping down to zero, but the days are generally warm to hot. In Southern Africa, the short rains are from October to December, but the main rainy season begins in February and can last until April, Cape Town on the other hand experiences winter rainfall from May – August. In Central and East Africa the rainy season is from December to around April. Botswana, Zimbabwe and Zambia experience low average rainfall, usually during the summer months from October – April.

From October until April you can expect temperatures up to 50 degrees Celsius in the desert regions of Namibia and Botswana. During the winter months the nights can be cold, even dropping to freezing, but the days are warm to hot. The Namib Desert is one of the driest places on earth. Please note that this is only a general indication – the weather is not within our control and sometimes the rains start earlier or finish later – or don't come at all...

<b>COUNTRY</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
BOTSWANA	19/32	19/31	18/31	15/31	10/28	05/25	05/25	09/29	14/32	19/35	19/34	19/32
ETHIOPIA	16/23	17/24	18/24	18/24	18/24	16/22	15/20	15/20	16/21	16/22	16/22	15/22
KENYA	12/25	13/26	14/26	14/24	13/22	12/21	11/21	11/21	11/24	13/24	13/23	13/23
MADAGASCAR	21/26	21/26	21/26	20/26	17/24	15/21	14/20	15/21	17/24	19/26	20/27	21/27
MALAWI	17/27	17/27	16/27	14/27	11/25	08/23	07/23	09/25	12/27	15/30	17/29	18/28
MOZAMBIQUE	16/30	16/28	16/26	14/26	14/23	12/22	10/20	10/20	12/22	14/25	16/27	15/30
NAMIBIA	17/29	16/28	16/27	13/25	09/22	07/20	05/20	08/23	12/25	15/29	15/29	17/30
SOUTH AFRICA	16/26	16/26	14/25	12/22	09/19	08/18	07/17	08/18	19/18	11/21	13/23	14/24
TANZANIA	13/26	14/26	15/27	16/25	15/23	13/22	12/23	12/23	13/25	14/27	14/27	14/27
UGANDA	09/24	11/24	11/23	11/23	11/23	09/23	09/23	09/23	11/23	10/24	11/23	10/23
ZAMBIA	17/26	17/26	17/26	17/26	12/26	10/23	09/23	12/25	15/25	18/31	18/20	17/27
ZIMABAWA	16/26	16/26	14/26	13/26	09/23	07/21	07/21	08/23	12/26	14/28	16/27	16/25

## **FACILITIES ON TOUR – WHAT’S AVAILABLE**

This is an adventure tour. We are trying to take you into remote regions. By definition we are attempting to remove ourselves from facilities. Although there are some they should be seen as a bonus not an expectation.

### **ACCOMMODATION**

- **Camping Tour:**

All tours have a minimum number of 4 passengers. The maximum is 24 on camping tours. You are on a camping tour and will be sleeping in two-man Nomad canvas Dome tents with flexible self-supporting poles. No unnecessary pegs to fight with! The tents have a flysheet for rainy weather and a thick industrial mosquito net, which should be kept closed at all times. Please make sure that you pay attention when the guides explain the correct way of putting up and taking down your tent. The incorrect use can cause problems with the tent. Always try and keep the same tent for the duration of your tour. This way you will never have to clean someone else’s dirty tent! Nomad provides all Camping Equipment. We enjoy the luxury of bedded accommodation in Swakopmund and Victoria Falls.

Most of the campsites we use have toilet and shower facilities, but hot water is often a luxury. Fortunately, most places we visit on tour are warm to hot and a cold shower will be appreciated! Some places that we visit are bush camps where there are no facilities. If you are travelling into the wilderness area of the Okavango Delta there are no facilities at all, our truck though is self-sufficient under these circumstances. On all camping tours we provide foam-sleeping mattresses.

- **Accommodated Tour:**

All tours have a minimum number of 4 passengers. The maximum is 18 on Accommodated Tours. Our Accommodated Tours are intended as an upgraded camping product. In order to keep our fantastically low prices on these tours the accommodation that we book is not luxury 5 star! Please expect 1-2 Star lodges and chalets. We also make use of permanent tents in certain areas. Sleeping bags are not required on our Accommodated Tours in Southern Africa, but please bring your own towel, as these are not always provided. When travelling into the wilderness area of the Okavango Delta, facilities are very basic. All nights on Accommodated Tours are in twin rooms unless a single supplement is booked (4 per tour), or on our East African Tours. On these tours there is sometimes dorm room accommodation, East African Tours also require a sleeping bag.

### **LAUNDRY**

Most camps have hand-washing facilities and in Swakopmund, Vic Falls and certain camps in East Africa there are laundry facilities. Please remember to bring some environmentally friendly washing-powder for your laundry. For a small fee you can often have your laundry washed by someone else – ask your guide for assistance en-route.

### **SECURITY**

The truck has a safe for passports, money, credit cards and flight tickets only. Please use this facility as lost passports/money causes delays and may result in you having to leave the tour. The camps that we use are generally safe but please be-aware all the time, as tourists are easy-to spot targets in Africa – as well as in the rest of the world! Make photocopies of travel documents and keep separate from the originals. Your possessions are your responsibility at all times. It is advised that you take out comprehensive insurance if you are planning on bringing expensive cameras etc on tour.

**Although all care and attention will be exercised neither Nomad Adventure Tours nor its Agents, Employees and operators can accept responsibility for anything deposited in the truck safe or left on the vehicle.**

### **PHOTOGRAPHY**

Please ask the guide to stop if you would like to take photos at any time. The guides will also stop at panoramic viewpoints along the route, to ensure you get the best scenic photo. Please stock up on film and spare camera batteries before departure, as these can be difficult to find en route. 100asa film is generally suitable. Please take care of your photographic equipment in the dusty areas we pass through. At some campsites power points to recharge batteries for video/digital cameras are available, but you will have to provide the necessary connections and adaptors.

- **Forbidden Photos:**

Don’t take pictures at border crossings, government buildings, and military installations and avoid photographing army, police or anywhere else if your guide advises against it. Please remember we are guests in the countries we visit and respect local customs and feelings. Certain tribes in Southern and Central Africa do not allow their picture taken. Please ask your guides before whether it is permissible or not. You may also have to pay a nominal fee to take photos of some local people.

### **RESPONSIBLE TOURING**

Nomad is committed to the principles of responsible environmental tourism. It would be appreciated if you would respect the customs, laws and environment of the countries and areas we visit. Please be ‘green-minded’ and dispose of rubbish in the appropriate manner. We have a dustbin on board and we ensure that we have cleaned up everything before leaving our campsites.

### **YOUR MONEY**

Money can make or break a tour, obviously. Make sure you have enough and tailor your trip to your pocket. Africa is not cheap. Spend wisely and be aware of hidden cost like curios etc.

## WHAT'S INCLUDED AND WHAT'S NOT: OPTIONAL ACTIVITIES – IT'S YOUR CHOICE

### It's your tour – Make it work for you

Years of experience have shown us the best way to navigate Africa. An organized tour allows you to take full advantage of our knowledge, experience and, of course, superb guides. And while the sum total of group travel with most companies is limited to the friendship, fun and security side of an adventure tour – we keep all of these elements and still allow you your individuality to discover Africa your own way. We let you structure our tours around your needs. Nomad's tour price does not dictate what you spend on activities. It's like pizza, we provide the base and you add the toppings!

### What's in, What's not and Why

Let's face it, there is no such thing as an "all-inclusive tour", there are always extra activities that you can do. We choose to let you take advantage of this; you don't have to pay for activities that you would not choose to - just because a company decides they think you want them. Nomad gives you the real Africa: adventure, animals, famous landmarks and exotic locations. The sights, smells and tastes. You don't have to spend anything more than the cost of the tour price, the odd meal out, beers and souvenirs. You choose the rest.

### Doing What You Want

When you require an additional adrenalin injection you are free to choose and the list of activities on offer gets longer every day. Make it your tour; choose what you want because "it's up to you". Not everyone wants to do all the activities. We're not throwing you out of a plane if you're scared of heights!

### Doing What You Can Afford

Unfortunately, not everyone can afford all of the activities. We keep the tour price as low as we can without compromising quality so you have choices. Let your budget dictate what you spend not your tour operator! The optional experiences and activities are carefully and strategically selected to give you a break from the routine of travelling adventure tour style. They enhance your holiday and give you an adrenaline rush when you need one! These are selected for their value for money, enjoyment factor and the feedback from clients.

Optional activities are not included in the price of the tour for three simple reasons:

- Not everyone can afford to do them all
- Not everyone wants to do them all! (No point in throwing you out of a plane if you can't bear heights!)
- We leave the running and safety of these specialized activities to the people who do them best. We take you there and then let the professionals take care of you in pursuit of your thrills and spills!

**All optional activities are to be paid for on tour. Many will need to be paid in USD cash - this is due to the instability of many African currencies and unforeseen price changes by the local operators.**

COUNTRY	AREA	ACTIVITY	PRICE
Botswana	Ghanzi	Bushman Experience	USD15 to USD25
	Kasane	Chobe NP River Cruise	USD40 to USD45
	Kasane	Chobe NP Game Drive	USD 40 to USD 45
	Kasane	Chobe NP Combo (River & Drive)	USD 60 to USD 65
	Maun	Scenic Flight over Okavango Delta	USD 65 to USD 75
	Okavango	Okavango Delta Excursion	USD 160 to USD 180
	Okavango	Tips for Polers - Per Day	USD 5 to USD 8
Ethiopia	Addis Ababa	Dinner at Local Restaurant	USD 20 to USD 25
Kenya	Amboseli NP	ACWT Project	USD 10 to USD 50
	Lake Naivasha	Hells Gate NP	USD 15 to USD 25
	Lake Naivasha	Elsamere High Tea (meal)	USD 25 to USD 85
	Masai Mara	Masaai Village Tour	USD 25 to USD 35
	Masai Mara	Tips for Guide - Per Day	USD 10 to USD 15
Lesotho	Nairobi	Dinner at Local Restaurant	USD 25 to USD 35
	Malealea	Pony Trekking	R 160 to R 310
	Malealea	Village Walk - 1 hour	R 10
Madagascar	Antananarivo	Dinner at Local Restaurant	USD 20 to USD 35
Malawi	Kande Beach	Scuba Diving 2-Dives	USD 30 to USD 40
	Kande Beach	Horse Riding	USD 45 to USD 50
	Kande Beach	Dinner at Local Restaurant	USD 3 to USD 5
	Luwawa	Mountain Biking	USD 5 to USD 20
	Luwawa	Guided Hike	USD 10 to USD 20

contined...

COUNTRY	AREA	ACTIVITY	PRICE
Moçambique	Inhambane	Scuba Diving - Per Dive	USD 45 to USD 60
	Inhambane	Snorkelling	USD 25 to USD 35
	Vilanculo	Bazaruto Excursion incl NP Fee	USD 220 to USD 250
	Vilanculo	Deep Sea Fishing - Per Hour (excl Fuel)	USD 25 to USD 30
Namibia	Gariep / Orange River	1/2 day Canoe Trip	R 120 to R 140
	Keetmanshoop	Bushman Experience	R 150 to R 200
	Rundu	Sunset Cruise	R 30 to R 40
	Rundu	Local Dancing Display	R 30 to R 40
	Rundu	Horse Riding - Per Hour	R 120 to R 150
	Sossusvlei	Guided Walk to Deadvlei	R 150 to R 200
	Swakopmund	Sky Diving	R 1,350 to R 2,000
	Swakopmund	Quadbiking	R 250 to R 600
	Swakopmund	Sandboarding	R 200 to R 300
	Swakopmund	Dinner at Local Restaurant	R 150 to R 300
	Swakopmund	Ballooning	R 1,500 to R 2,000
South Africa	Windhoek	Dolphin Cruise	R 400 to R 540
	Windhoek	Dinner at Local Restaurant	R 150 to R 200
	Bloukrans	Bridge Worlds Highest Bungee Jump	R 580 to R 650
	Coffee Bay	Local Guide for Hole in Wall Hike	R 10 to R 20
	Coffee Bay	Horse Riding - Per Hour	R 50 to R 100
	Drakensberg	Horse Riding - Per Hour	R 120 to R 150
	Durban	Dinner at Local Restaurant	R 150 to R 200
	Johannesburg	Dinner at Local Restaurant	R 150 to R 200
	Knysna	Lagoon Cruise	R 80 to R 120
	Knysna	Knysna Forest Entrance Fee	R 10 to R 30
	Kruger NP	Sunset Game Drive 3-Hours	R 120 to R 160
	Kruger NP	Dawn Game Walk 2 to 3-Hours	R 185 to R 230
	Oudtshoorn	Tour of Ostrich Farm	R 50 to R 100
	St Lucia	Lagoon Cruise	R 120 to R 150
Swaziland	Timbavati	Local Village Tour	R 50 to R 150
	Tsitsikamma NP	Treetop / Canopy Tour	R 250 to R 300
Swaziland	Mlilwane	NR Horse Riding	R 100 to R 400
	Mlilwane NR	Mountain Biking	R 150 to R 150
Tanzania	Arusha	Serengeti 3-Days Camping	USD 360 to USD 380
	Arusha	Serengeti 3-Days Accommodated	USD 460 to USD 550
	Arusha	Tips for Guide - Per Day	USD 10 to USD 15
	Kilimanjaro	Porter Fees (1 USD per 15kg) - Per Day	USD 20 to USD 30
	Serengeti	Flight from Serengeti to Arusha	USD 150 to USD 200
	Serengeti	Ballooning over Serengeti NP	USD 400 to USD 500
	Zanzibar	Scuba Diving - Per Dive	USD 50 to USD 65
	Zanzibar	Zanzibar Ferry - One Way	USD 40 to USD 60
	Zanzibar	Zanzibar Meals - Per Day	USD 15 to USD 25
	Zanzibar	Accommodation (Stone Town)	USD 30 to USD 90
	Zanzibar	Accommodation (Nungwe)	USD 20 to USD 45
	Zanzibar	Spice Tour	USD 15 to USD 20
	Zanzibar	City Tour	USD 15 to USD 20
Uganda	Zanzibar	Swimming with Dolphins	USD 30 to USD 50
	Bwindi	Guided Village Walk	USD 5 to USD 10
	Jinja	Nile River Rafting	USD 95 to USD 105
	Jinja	Guided Village Walk	USD 5 to USD 10
	Kampala	Ngamba Chimpanzee Sanctuary	USD 25 to USD 40
Zambia	Queen Elizabeth NP	Kazinga Channel Cruise	USD 25 to \$ USD 50
	Livingstone	Victoria Falls NP Entrance Fee	USD 20 to USD 30
	Livingstone	White Water Rafting	USD 95 to USD 120
	Livingstone	Bungee Jump	USD 95 to USD 105
	Livingstone	Zambezi Sunset Cruise	USD 45 to USD 55
	Livingstone	Elephant Visit	USD 100 to USD 130
	South Luangwa NP	Nocturnal Game Drive	USD 35 to USD 65
	South Luangwa NP	Game Walk	USD 40 to USD 50
Zimbabwe	South Luangwa NP	South Luangwa NP Fee	USD 25 to USD 30
	Victoria Falls	Victoria Falls NP Entrance Fee	USD 20 to USD 30
	Victoria Falls	White Water Rafting	USD 95 to USD 120
	Victoria Falls	Combo River Board and Rafting	USD 125 to USD 160
	Victoria Falls	Bungee Jump	USD 95 to USD 105
	Victoria Falls	Zambezi Sunset Cruise	USD 35 to USD 45
	Victoria Falls	Elephant Visit	USD 100 to USD 130

## **CURRENCY, MONEY AND BANKING – THE FACTS**

### **SOUTHERN AFRICA**

The South African Rand is usable throughout Namibia, Botswana & Zimbabwe. Traveller's cheques can be used to pay for activities in Namibia. Credit cards can be used in South Africa and Namibia. Credit cards should not be used in Zimbabwe. Botswana only accepts Visa cards and not Maestro cards. You will have only one banking stop along the way, but this is not guaranteed. Get ALL your US Dollars before you depart on tour.

### **CENTRAL & EAST AFRICA**

Credit cards should be avoided in Zimbabwe, Zambia, Malawi, Tanzania, Uganda and Kenya. US Dollars are the most widely accepted currency in Zambia, Malawi, Tanzania, Kenya and Uganda. It is essential that your US Dollar notes are from the year 2000 (or younger) as notes from the year 1999 and older are not accepted and many places will not accept USD 100 notes so make sure you bring lots of USD 1, USD 5, USD 10 for tips and craft markets. USD 20 and USD 50 notes are good to change into local currency. It is generally cheaper and easier to arrange your foreign exchange in your home country. Foreign Currency can be purchased in South Africa – but you will require proof that you are travelling out of South Africa – i.e.: your Nomad tour voucher or onward air ticket.

### **FX AFRICA - FOREIGN EXCHANGE**

Protea Assurance Building, Green Market Square, Cape Town Telephone +27 21 426 5310 Email: fx-africa@mweb.co.za

### **SPENDING MONEY**

It is difficult to estimate how much you will spend on tour as this depends largely on your personal preferences - smoking, drinking, shopping, snacks etc. For the average person around USD 20 per day for few curios, postcards, drinks, tips etc. is about average.

We recommend that you bring some in cash and some in Travellers cheques – USD denominations. However, please take care with this because it is often not possible to use or cash travellers cheques outside of major towns, especially in East Africa. When they can be cashed, you may find yourself paying high commission rates. Credit cards can be used in some places so can be a useful resource. However, credit cards should not be relied upon as a main source of funds as there are many places (especially north of Zimbabwe) where cards cannot be used, especially for cash advances.

Speak to our reservations department - they have personal experience of these issues and will give you sound advice about exchange and currency matters on tour!

<b>COUNTRY</b>	<b>CURRENCY</b>	<b>SYMBOL</b>	<b>PLEASE NOTE THE FOLLOWING</b>
Botswana	Botswana Pula	BWP	BWP and ZAR are on a 2:1 ratio. Rand can be used in Botswana, but you will receive your change in BWP.
Ethiopia	Birr	ETB	It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD. Only USD traveller's cheques are accepted.
Kenya	Kenya Shilling	Ksh	It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.
Lesotho	Loti	LSL	LSL and ZAR are on a 1:1 ratio. Rand can be used in Lesotho, but you will receive your change in Loti.
Madagascar	Franc	MGF	It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD. No USD 100 bills accepted.
Malawi	Malawi Kwacha	Mk	It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.
Mozambique	Metical	MZM	It isn't necessary to obtain monies in this currency beforehand. You will require USD or ZAR. Traveller's cheques attract a high commission when exchanging for cash, so try to avoid these.
Namibia	Namibian Dollar	N\$	N\$ and ZAR are on a 1:1 ratio. Rand can be used in Namibia, but you will receive your change in N\$.
Swaziland	Lilangeli	SZL	SZL and ZAR are on a 1:1 ratio. Rand can be used in Swaziland, but you will receive your change in Lilangeli.
Tanzania	Tanzanian Shilling	Tsh	It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.
Uganda	Uganda Shilling	Ush	It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.
Zambia	Zambian Kwacha	ZMK	It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.
Zimbabwe	Zimbabwe Dollar	ZIM\$	It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.

## **YOUR HEALTH AND WELFARE**

Staying healthy on tour means staying happy. It's no fun being sick in Africa, and even less fun on an adventure tour. Added to the normal health issues, Africa has some nasty bugs and bad facilities. Ignore the following at your peril:

### **GENERAL**

The guide has authority on tour at all times and this includes decisions regarding safety.

AIDS is an enormous problem in Africa. HIV estimates range between 20% and 50% of the population. In some areas it is even higher than this. Please be careful and practical! Condoms are cheap and freely available.

It is important that you inform us of any medical conditions or prescription drugs that you are taking such as diabetes or asthma etc. as we are sometimes 300km or more from the nearest medical assistance. This is especially important if your medication has to be kept at a certain temperature – we must know about this beforehand. Please report to the tour leader if you are feeling even slightly ill, as they may need to make plans for you to get to medical assistance promptly. Many travellers start feeling sick within the first two weeks of travelling. This is very common. Keep this in mind, but do NOT take it lightly! Speak to you guides.

### **FIRST AID**

There is a First Aid Kit for emergencies on board. This is for emergencies only. The guides will not use it as a dispensary. We strongly recommend that you take a personal medical kit. All of our guides are qualified in First Aid.

Suggested contents include:

- Lip balm
- Anti-histamine cream or tablets
- Sunscreen
- Water purifying tablets
- Pain killers
- Anti diarrhoea remedy
- Moisturiser
- Dehydrations salts
- Elastoplasts/band-aids
- Insect repellent
- Sterile dressings
- Antiseptic cream

### **HYGIENE**

Personal hygiene is very important on tour as you are travelling together in the truck in warm to hot climates. Please be considerate and attentive to your personal cleanliness. Being ill on tour is no fun and the enjoyment of the group as a whole depends largely on everyone being healthy. It is quite normal for some people in the group to have traveller's diarrhoea at some stage of the tour. This is generally not serious, usually being the reaction to the food, water and the anti-malarial tablets. It is often also the result of a lack of attention to basic hygiene. If you suffer from this at any stage please inform your guide immediately.

Please pay attention when washing dishes and cutlery, as this is the quickest way for the whole group to fall ill. Make sure that your plates are thoroughly cleaned. We provide anti-bacterial washing up liquid – please use it liberally. We supply an anti-bacterial soap for the washing of hands. Please ensure that you use it regularly, especially before meals.

All fresh foods we use are sanitized with a sterile solution.

### **MEDICAL INSURANCE**

Please note that it is a condition of booking on any Nomad tour that you have adequate medical insurance. We require the details of your insurance policy for our records before you will be permitted to depart on tour.

Please check the small print of any credit-card insurance – your insurance must cover you in the instance that you need to be airlifted to a hospital. As many public hospitals in Africa are below western standards you might have to be airlifted to South Africa for a simple problem. Many insurance policies do not cover adrenaline sports: i.e.: bungee jumping – please check this before you book the activity.

### **WATER**

One of the most common ailments on the tour is dehydration. You should be drinking a minimum of 3 litres of water per day, and even more during the hot summer months. The water on the route is generally drinkable, but your guides will advise you when not to drink the local water. There is a 200-litre water tank on the truck for emergency use. Mineral water available in most places, but this can be expensive. In some places it would be necessary for you to buy your own drinking water.

## **VACCINATIONS**

We recommend that you have the following vaccinations for Africa:

Hepatitis A (Havrax)	Cholera
Tetanus Booster Shot	Rabies

**Please note this guide is for information only - you should consult your doctor or travel clinic for the latest requirements**

COUNTRY	TETANUS	DIPHTHERIA	POLIO	HEPATITIS A	HEPATITIS B	TYPHOID	MENINGITIS	RABIES	YELLOW FEVER	MALARIA
Botswana	R	R	R	R	R	R		R	#	R
Ethiopia	R	R	R	R	R	R	R	R	R	R
Kenya	R	R		R	R	R		R	R#	R
Lesotho	R	R		R	R	R		R		
Madagascar	R	R		R	R	R		R		R
Malawi	R	R		R	R	R		R	#	R
Mozambique	R	R		R	R	R		R	#	R
Namibia	R	R		R		R		R	#	R
S. Africa	R	R		R				R	#	R
Swaziland	R	R		R	R	R		R		R
Tanzania	R	R		R		R		R	C	R
Uganda	R	R		R	R	R		R	C	R
Zambia	R	R		R	R	R		R	#	R
Zimbabwe	R	R		R	R	R		R	#	R

R Required

# If you are entering one country from a Yellow Fever infected area, you must have a vaccination certificate.

C Compulsory

If travelling further north of Vic Falls, then you will definitely require proof of a Yellow Fever vaccination. Travel Clinics provide vaccinations and Malaria tablets, as well as free consultations. This is useful before and after the tour. Many of the clinics listed below also have branches in Johannesburg or Pretoria.

### **MEDI-TRAVEL INTERNATIONAL**

Clock Tower Development, V&A Waterfront, Cape Town  
Tel: +27 21 419 1888  
E-mail: [mti@mediclinic.co.za](mailto:mti@mediclinic.co.za)  
Website: [www.meditravel.co.za](http://www.meditravel.co.za)

### **NETCARE TRAVEL CLINIC**

58 Strand Street, Picbel Arcade, 11th floor, Cape Town  
Tel: +27 21 419 3172  
Website [www.travelclinic.co.za](http://www.travelclinic.co.za)  
E-mail [batcc@telkomsa.net](mailto:batcc@telkomsa.net)

## **ALCOHOL AND DRUGS**

At Nomad we do not run booze-cruise tours. We want you to enjoy yourselves and it is great to sit around the fire exchanging stories enjoying your favourite tippie, but the attitude of drinking from early morning until late at night makes for unpleasantness. You dehydrate even quicker consuming alcohol. Unfortunately alcohol is very much a part of Africa and most campsites have a bar. Please use these facilities responsibly.

We have a firm policy about drugs on tour. We do not tolerate them! Police regularly inspect our trucks and campsites and we make numerous border crossings. If you are caught in possession of illegal substances we cannot help. You do not want to add a spell in a local jail to your experiences!

## **LOCAL LAWS AND CUSTOMS**

Passengers are required to obey all laws of the countries through which we pass. This particularly applies to the smuggling of contraband and possession of narcotic drugs and firearms. Any passenger found contravening such laws or putting other passengers at risk may be required to leave the tour immediately with no refund of the tour fare. Please remember that we are guests in each of the countries we visit, it is good manners to comply with their customs.

## **MALARIA**

Malaria is a serious problem in Africa. It does not have to be a problem for you as long as you are vigilant about using your mosquito repellent and you take your malaria pills. Malaria is transmitted by mosquitoes and is more prevalent where there are high concentrations of people – i.e.: in towns. There are two main malaria strains: Plasmodium vivax, falciparum (Vivax accounts for about 90% of the cases) the main points to remember:

### **Prevent getting bitten! Use an effective prophylactic!**

#### **How to avoid getting bitten: Basic rules**

- Insect repellent is the single most important line of defence. Make sure you bring enough of an effective (preferably stick or lotion) repellent and that you use it liberally and frequently! You need to look for the active ingredient (DEET) on the bottle.
- Keep the mosquito nets in the tent closed at all times.
- Wear long-shirts, socks/shoes and long-pants after dark. Most mosquito bites occur below the knee.

#### **Malaria Prophylactics**

Malaria prophylactics do not prevent Malaria, but do treat it if you come down with the disease. They also prevent you from getting seriously ill. It is NOT true that Malaria cannot be cured.

#### **You have TWO broad malaria prophylaxis choices:**

Daily tablets: Doxycycline or Chloroquine & Paludrine combination pills    Weekly tablets: Lariam, Mefliam, Mefloquine, Malarine.

Please note that the Chloroquine & Paludrine combination pills are virtually ineffective in East Africa due to their widespread usage there in the past. We do not recommend that you take this type of prophylaxis unless you are unable to take any of the others. You may have heard negative reports about Lariam and its side effects. However, it is 95% effective while the daily tablets are only about 30% effective. Please consult your doctor before selecting your prophylaxis.

**It is very important to begin taking your tablets one week before entering a malaria area, and for four weeks after leaving, as this is the incubation period. For more information on Malaria, visit [www.travelclinic.co.za](http://www.travelclinic.co.za)**

## **SECURITY**

Travelling in any strange place has its potential dangers. Africa is no different. Due to massive levels of poverty, petty theft is rampant.

#### **Basic rules apply:**

- Do not bring unnecessary valuables along with you such as jewellery or expensive watches.
- Do not leave your personal possessions unattended
- Do not be reckless in your behaviour. Be careful
- Always walk together as a group, especially at night

It is also suggested that you photocopy all your travel documents and store them separately to the originals. Security of the vehicle is part of the realities of tour and you will be expected to assist when necessary.

**Although all care and attention will be exercised, Nomad Adventure Tours nor its agents and employees can accept responsibility for anything deposited in the truck safe or left on the vehicle.**

Travel insurance for personal belongings is also advisable, as you are not covered by Nomad for personal items such as clothes, cameras etc. You are responsible for your possessions at all times.

## BACKGROUND INFORMATION

### SPECIFIC COUNTRY HISTORY, GEOGRAPHY, GEOLOGY AND CLIMATOLOGY.

#### SOUTH AFRICA

South Africa has a turbulent and notorious past. The new era represents a much happier and more positive vision for the future. South Africa is still plagued by high crime levels. Good travel networks, beautiful scenery and a well-developed tourism segment have enabled South African tourism to go from strength to strength. A powerful economy has seen SA as the powerhouse of Africa.

#### FACTS AND FIGURES

<b>Area:</b>	1,221,037 km <sup>2</sup> (10th in Africa)
<b>Capital:</b>	Cape Town (Legislative), Pretoria (Executive)
<b>Largest towns:</b>	Johannesburg, Cape Town, Durban, Pretoria, Bloemfontein, Port Elizabeth
<b>Population:</b>	45 – 50 million
<b>Official language:</b>	11, including English, Afrikaans, Zulu and Xhosa
<b>Currency:</b>	Rand
<b>Head of state:</b>	President Thabo Mbeki
<b>Life expectancy:</b>	44 years
<b>Literacy:</b>	86%

<b>TOURIST ATTRACTIONS</b>	Cape Province - Table Mountain, Cape Point, Robben Island, Wine Farms, Garden Route Free state - Karoo Kwazulu Natal - St. Lucia, Sudwana, Drakensberg Transvaal - Kruger NP, God's Window, Blyde River Canyon
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<b>MAIN INCOME</b>	Tourism, Gold, Diamonds, Precious Metals, Agriculture.
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<b>MAJOR CULTURES</b>	European - Afrikaans and English. Bantu - Zulu, Xhosa, Tswana, Sotho, etc. Asian - Indian, Malay. Cape Coloureds - Afrikaans and English
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<b>RELIGIONS</b>	Christian. Hindu. Moslem. Combination between Christianity and local ethnic beliefs forming the ZCC.
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#### GEOGRAPHY AND CLIMATE

RSA's most important topographical feature is the escarpment, which runs around the country in a rough crescent between 50km and 250km inland and divides the country into 3 broad regions: the coastal belt, the highveld, and the escarpment itself. Temperate climate throughout, but it can get really hot in Summer in parts of Northern Cape and Northern Province, as does the humid coastal belt North of Durban. Summer is between October and March, and winter between May and August. The Western Cape has winter rainfall, while the rest has summer rains. Higher rainfall in the East (average 1000mm) while on West coast and Kalahari it drops below 250mm.

<b>HISTORY</b>	First European settlement at Table Bay in 1652, established by VOC (Dutch East India Company). Cape formally colonized in 1815. Richest gold reefs known to man discovered in Transvaal in 1886. 1899 Anglo-Boer War started over gold reef – longest, bloodiest and most expensive war fought by Britain between 1815 and 1915. Union of South Africa in 1910. NP came in power in 1948 and so did apartheid. 1990 Bans on ANC, PAC, etc. lifted by FW de Klerk. 1990 Nelson released. 27 April 1994 first all-party election. ANC in power since 1994.
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<b>CRIME AND SAFETY</b>	One of the highest crime rates in the world. Johannesburg rated the most dangerous.
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<b>MONEY</b>	Rand unstable. Economy unstable. Foreign bankcards widely accepted at banks. ATM's readily available. Banking – 08:00 to 15:30 weekdays, and 08:30 to 11:00 on Saturday.
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<b>POST AND TELEPHONE</b>	Send parcels by registered mail. Slow postal service. Good phone system.
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## **NAMIBIA**

Its German heritage is a fact that distinguishes Namibia amongst its neighbours. Rich mineral wealth, low population density and a powerful tourism sector is propelling Namibia to the top in Africa. Accessible and popular attractions are ensuring Namibia's growth.

### **FACTS AND FIGURES**

<b>Area:</b>	824,290km <sup>2</sup> (15th in Africa)
<b>Capital:</b>	Windhoek
<b>Largest towns:</b>	Windhoek, Keetmanshoop, Tsumeb, Swakopmund, Walvis Bay
<b>Population:</b>	2.1 million
<b>Official language:</b>	English
<b>Other languages:</b>	German, Afrikaans, Ovambo, Herero, Nama
<b>Currency:</b>	Namibian Dollar / South African Rand
<b>Head of state:</b>	President Hifikepunye Pohamba
<b>Life expectancy:</b>	44 years
<b>Literacy:</b>	84%

### **TOURIST ATTRACTIONS**

Namib Desert, Fish River Canyon, Epupa Falls, Caprivi, Etosha, Skeleton Coast, Spitzkoppe, Waterberg, Moon Landscapes, Sossusvlei, Himba

**NATURAL RESOURCES**      Diamonds, Precious Stones, Metals and Minerals, Uranium, Salt

**MAIN CULTURES**            European (English, Afrikaans, German), Herero, Himba, Kavango, Ovambo, Nama and Damara

**RELIGIONS**                Christian and ZCC

### **GEOGRAPHY AND CLIMATE**

Namib Desert – follows the 1600km Atlantic coastal belt – one of the driest places on earth- hyper-arid desert. Inland – a deeply incised escarpment rises to an altitude of 2000m before giving way to the mid-altitude plateau that merges with the Kalahari Desert in Botswana. Highest mountain in Namibia – Brandberg (2573m) in the northwest. Large rivers – Fish River, Orange River, Cunene, Kavango, Linyati and Zambezi. No substantial lakes. Biggest body of water – Hardap dam near Mariental. The climate is hot and dry with much colder night temperatures. Summer from December to March- most rainfall, average below 250mm. Frequent overnight mist along the coast until morning. Namibia is bordered by Angola, Botswana, South Africa and Zambia. Natural hazard is drought. They have limited fresh water supplies

**HISTORY**                    Thinly populated because of inhospitable climate. Still inhabited by Khoi-san –10% of population.  
 First European – Diogo Cao (Portuguese) – landed in 1496 – erected cross at Cape Cross.  
 German South West Africa borders declared in 1890's.  
 SA captured German South West Africa during WW1 and took over its governance in 1921 as mandate.  
 1990 Gained independence - Sam Nujoma President until 1994

**CRIME AND SAFETY**      Pretty safe throughout the country - Windhoek is dangerous if not careful.

**MONEY**                    One to one with the Rand (it is possible to change N\$ to Rand almost anywhere)  
 Banking hours are 08:00 - 13:00 Monday to Saturday and 14:30 - 17:00 Monday to Friday.

**POST AND TELEPHONE**    Good postal system from WDK. Good phone system.

**ECONOMY**                 G.D.P. Composition: Agriculture 12%, Industry 25%, Services 63%  
 Exports partners are UK, South Africa, Spain, France, Japan. Inflation is 9.1%  
 Mining accounts for 20% of Gross National Product.  
 Half the population depends on agriculture for their livelihood.

### **INTERESTING FACTS**

Namibia was the first country in the world to incorporate protection of the environment into its constitution. In 1890 the Caprivi Strip was given to the German Colonial Government by Great Britain in exchange for the island of Zanzibar. This casual swapping of land was designed to allow Germany to link up its territories in Southern Africa, this never happened but it did bring Namibia into physical contact with the Zambezi river. The strip is named after Chancellor Leo Von Caprivi, who negotiated the Zanzibar treaty with Great Britain.

## **BOTSWANA**

Botswana is large but arid and empty. It's low population density and rich mineral wealth has ensured that it's people are amongst the best off in Africa. Tourism plays a major role in this with Moremi, Chobe and The Okavango Delta comprising the highlights.

### **FACTS AND FIGURES**

<b>Area:</b>	581,730km <sup>2</sup> (21st in Africa)
<b>Capital:</b>	Gaborone
<b>Largest towns:</b>	Gaborone, Francistown, Selibi-Phikwe, Lobatse
<b>Population:</b>	1,640,000
<b>Official language:</b>	English, Setswana
<b>Currency:</b>	Pula / USD are accepted as well
<b>Head of state:</b>	President Festus Mogae
<b>Life expectancy:</b>	Life expectancy should be at 72 years, but the huge number of AIDS cases has cut life expectancy to 39 years.
<b>G.N.I.</b>	USD 2800-00 per person annually.
<b>Literacy:</b>	80%

**TOURIST ATTRACTIONS** Okavango Delta. Kalahari Desert. Moremi Game Reserve. Chobe National Park, Makgadikgadi and Nxai pans.

**NATURAL RESOURCES** Beef, Diamonds, Maize.

**MAJOR CULTURES** European, Tswana.

**RELIGIONS** Christian, ZCC.

### **GEOGRAPHY AND CLIMATE**

Landlocked. The country is divided into 2 topographical regions divided by a plateau which is about 4000ft high Consists mainly of a flat, practically uninhabitable semi- desert - Kalahari. Vast inland delta – Okavango delta. Summer rains. Summer November to March.

**HISTORY** Went under British protection in 1885.  
 Seretse Khama and Quett Masire started the Bechuanaland Democratic Party in 1962.  
 First general elections in 1965.  
 1965 Seretse Khama elected president.  
 1966 Gained independence.  
 Khama knighted with independence.  
 1967 diamonds discovered near Orapa.  
 1980 Sir Seretse Khama died, succeeded by Dr. Quett Masire – Botswana Democratic Party still in power.

**CRIME AND SAFETY** Low crime, especially against tourism. The BDF are very good.

**MONEY** Strong currency. Easily changeable. Difficult to get money out on credit cards from banks and ATM's.

**POST AND TELEPHONE** Fairly good postal system in major towns. Good phone system.

### **INTERESTING FACTS**

Of the 7 major diamond pipes in the world, 3 are found in Botswana. The second largest diamond mine in the world is found at Orapa in Botswana. The first school in Botswana was founded in 1815 by Robert Moffat. When the "buffalo" fence was erected in 1966 approx 300 000 wildebeest died while trying to move from South to North to try and get water. Lake Ngami was discovered in 1849 by David Livingstone.

## **MOZAMBIQUE**

Mozambicans are putting their shattering past behind them and are rebuilding their country at a remarkable pace. And there's a fair number of things to see, including stunning beaches, World Heritage sites, funky colonial architecture and colourful local culture.

### **FACTS AND FIGURES**

<b>Area:</b>	801,600km <sup>2</sup>
<b>Capital:</b>	Maputo
<b>Largest towns:</b>	Beira, Inhambane, Pemba
<b>Population:</b>	20 million
<b>Official Language:</b>	Portuguese
<b>Currency:</b>	Metical
<b>Head of State:</b>	President Joaquim Alberto Chissano
<b>Per Capita Income:</b>	USD 670
<b>Literacy:</b>	48 %

## **MOZAMBIQUE continued**

### **TOURIST ATTRACTIONS**

Maputo, Beira, Ilha de Mozambique (Mozambique Island), Pemba, Bazaruto Archipelago, Tofu and Barra Beaches.

### **GEOGRAPHY AND CLIMATE**

Mozambique stretches for 2500km (1550mi) on the south-eastern coast of Africa, bordered by Tanzania to the north, Malawi and Zambia to the north-west, Zimbabwe to the west, and South Africa and Swaziland to the south-west. The island of Madagascar lies directly east, 400km (250mi) across the Mozambique Channel. There are many regional variations in Mozambique, but generally the dry season runs from April to September, when the average daily high tops out at 27°C (80°F) on the coast, cooler inland. The rainy season lasts most of the rest of the year, when the average daily high hits 31°C (88°F).

### **HISTORY**

Starting around 2000 years ago, Bantu peoples (named for their language group) began migrating into the area, bringing iron tools and weapons with them. Toward the end of the first millennium, several towns along the Mozambican coast grew into Bantu trading ports with links to other parts of Africa, the Middle East and India. By the early 20th century a pattern was established in Mozambique. Rather than developing the country, the Portuguese simply rented out the available resources. This included human labour hired to neighbouring countries, particularly South Africa and Rhodesia, thus removing a large segment of the male labour force. Elections in 1994 were surprisingly smooth and fair, resulting in the election of the head of Frelimo, Joaquim Chissano, to the presidency. Mozambique has done much to rebuild itself since then, though landmines, droughts (one as recent as 1998) and cyclones have continued to plague it.

**RELIGIONS** Mainly indigenous beliefs (50%), also Muslim (20%) and Christian (30%)

**POST AND TELEPHONE** Fairly good postal system in Maputo and other major towns. Bad phone system.

**CRIME AND SAFETY** Pretty safe, as long as you do not go looking for trouble. Always be careful when stopping along the side of the road. Lots of landmines still in rural areas.

### **INTERESTING INFO**

Time and tide have not been kind to Mozambique. A long, horrific civil war has scarred the country, shattered its infrastructure and left a million land mines scattered about the countryside. Much of its wildlife, including big game such as elephants and rhinos, has been decimated by war, and cyclones have ravaged its coastline. Droughts and floods take turns rubbing salt in Mozambique's wounds.

## **ZIMBABWE**

Zimbabwe, like South Africa, is a world in one country. With spectacular highlights that include Forests, Lakes, Victoria Falls and excellent game parks, it has something for everyone. Recent economic problems and a leader in the world spotlight has caused a downturn but the eternally optimistic people of Zimbabwe are working to turn things around.

### **FACTS AND FIGURES**

**Area:** 390,580km<sup>2</sup> (25th in Africa)  
**Capital:** Harare  
**Largest towns:** Harare, Bulawayo, Gweru, and Mutare  
**Population:** 13 million  
**Official language:** English  
**Other languages:** Shona, Matabele  
**Currency:** Zimbabwe Dollar – USD are accepted as well  
**Head of state:** President Robert Mugabe  
**Life expectancy:** 39 years  
**Literacy:** 90%

**TOURIST ATTRACTIONS** Victoria Falls, Eastern Highlands, Matobo National Park, Zimbabwe Ruins, Kariba Dam.

**NATURAL RESOURCES** Agriculture - Maize. Tobacco farming, Beef.

**MAJOR CULTURES** European, Bantu – Ndebele, Shona.

**RELIGIONS** Christian and ZCC

## **ZIMBABWE continued**

### **GEOGRAPHY AND CLIMATE**

Landlocked. Northern and Southern borders formed by Zambezi and Limpopo rivers.

Lake Kariba on Zambezi – one of the largest bodies of water in southern Africa.

A feature – the large granite outcrops – koppies.

Temperatures are moderate to hot, with winter nights in some areas being chilly.

Zambezi valley the hottest and most humid part of the country.

Coolest area is the highlands along the Mozambique border.

Low annual rainfall – drought and semi-drought conditions regular.

Summer – November to March – rainy season. Winter – May to September.

### **HISTORY**

Named Rhodesia after Cecil John Rhodes who went there looking for gold.

1890 – Rhodes obtained a concession from the British government to govern an area north of the Limpopo (through BSAC).

1923 – BSAC conceded to Rhodesia to become a self-governing colony.

1930 – Land appointment act, European settlers were given preferential land choice.

1934 – Industrial conciliation act, Africans were not allowed skilled work.

1965 Prime Minister Ian Smith illegally made Unilateral Declaration of Independence (UDI).

1976 – An alliance was formed between guerilla forces.

On April 16 1980 Zimbabwe officially came into being under ZANU with Robert Mugabe as the Prime Minister and the Reverend Canaan Banana as president.

Mugabe stays at the helm, insuring a one-party state by jailing the opposition – two parties in the last two centuries – ZAPU and MDC.

Currently they have a land distribution problem, where the veterans from the independence war are taking over white farmlands, while being encouraged by Mugabe.

The last election took place in March 2002.

### **CRIME AND SAFETY**

Fairly safe – the violence is not tourism related or aimed. Big towns are dangerous as in other countries.

Wild animals roam freely, especially in Victoria Falls, a national park.

### **MONEY**

Very unstable currency and economy. Very weak. Very difficult to get money out with credit cards at banks and ATM's – not advisable. Banking – 08:30 to 14:00 except for Wednesdays (close 11:00), Saturdays (close 11:00). Foreign exchange not available at all!!

### **POST AND TELEPHONE**

Postal and telephone services fairly reliable in major towns.

### **INTERESTING INFO**

The name Zimbabwe comes from an Ancient city built by the Karanga & Rozvi tribes, it was built skilfully with equal sized granite rocks placed on top of one another, no cement or mortar was used. The word Zimbabwe is derived from the city walls; it means "house of stone" within these walls they found 6 stone statues of birds, the bird is now depicted as one of the national emblems. The city ruins are found near Masvingo in the South East and is now a National Heritage site. The Baobab tree found at Vic Falls is also a national Heritage site and is depicted on the 10 cents coin. It takes 33 grown men with outstretched arms to surround the tree's trunk.

## **ZAMBIA**

### **FACTS AND FIGURES**

<b>Area:</b>	752,610 km <sup>2</sup> (17th in Africa)
<b>Capital:</b>	Lusaka
<b>Largest towns:</b>	Lusaka, Ndola, Livingstone, Kabwe, Kitwe
<b>Population:</b>	11.2 million
<b>Official language:</b>	English
<b>Currency:</b>	Zambian Kwacha
<b>Head of state:</b>	President Levy Manawasa
<b>Life expectancy:</b>	40 years
<b>Literacy:</b>	80 %

## **ZAMBIA continued**

**TOURIST ATTRACTIONS** Victoria Falls, Lower Zambezi River, South Luangwa National Park.

**MAIN INCOME** It used to be copper, Tourism. No major other sources of income.

**MAJOR CULTURES** 39 Different tribes. European – colonial ex-pats.

**RELIGIONS** Christian, ZCC and Muslim.

### **GEOGRAPHY AND CLIMATE**

Landlocked. Transitional zone together with Malawi between east and southern Africa.

Country consists mainly of an undulating plateau sloping to the South.

Three distinct seasons – cool and dry from May to August; hot and dry from September to October; and rainy between November and April.

### **HISTORY**

Known as Northern Rhodesia before independence.

Created by Cecil John Rhodes' company British South Africa Company (BSAC) in 1890's.

Late 1920's large copper ore deposits found in North.

Under British control in 1924.

1964 gained independence – Zambia Kenneth Kaunda president (leader of majority party UNIP).

In power for 27 years – declared UNIP the only legal party with himself sole presidential candidate in 1972.

October 1991 – full elections, UNIP defeated by MMD under Frederick Chiluba.

Manawasa became president in 2003.

**CRIME AND SAFETY** Pretty safe country all round. Lusaka is dangerous – be careful when walking around there.

### **MONEY**

Very poor currency. You cannot get money out of the banks on credit cards, or any other way.

Money changing available. Banking – 08:15 to 14:45 Monday to Wednesday and Friday, and 09:00 to 11:00 and Thursday (and on Saturday in Lusaka).

**POST AND TELEPHONE** Bad postal and telephone service.

## **MALAWI**

Friendly Lake Malawi gained independence in 1964. The famous lake comprises a large part of the countries size. A beautiful and hilly country, it's most memorable asset is it's people, amongst the friendliest in Africa.

### **FACTS AND FIGURES**

**Area:** 118,484km<sup>2</sup> (35th in Africa)

**Capital:** Lilongwe (Zomba until 1975)

**Largest towns:** Blantyre, Lilongwe, Zomba, Mzuzu

**Population:** 12 million

**Official language:** English

**Other languages:** Chichewa, Yao, Ngoni, Nyanja

**Currency:** Malawian Kwacha

**Head of state:** President Bingu wa Mutharika

**Life expectancy:** 41 years

**Literacy:** 62%

**Per Capita Income:** USD200

**TOURIST ATTRACTIONS** Lake Malawi (3rd biggest in Africa, 585km by 80km). Liwonde National Park. Kuzungu National Park.

**MAIN INCOME** Tourism.  
Agriculture.

## **MALAWI continued**

<b>MAJOR CULTURES</b>	European. Bantu – Ngoni, Chewa.
<b>RELIGIONS</b>	Christian. ZCC. Muslim.
<b>GEOGRAPHY AND CLIMATE</b>	Dominated by the Rift Valley. Lake Malawi is part of the Rift Valley. Three seasons in Malawi: hot rainy season from November to April; moderate dry season from May to August; hot dry season in September and October.
<b>HISTORY</b>	The name Malawi derives from the Maravi Kingdom. Slave trading was very big, with local tribes and Islamic converts selling locals to the Portuguese. Scots missionaries greatly responsible for curbing the slave trade. Gained independence through Dr. Hastings Kamuzu Banda in 1964 (still known as Nyasaland). Banda was a dictator, dictating what people should do and how they should dress. Banda was still in rule till 1994 – being puppeted by his “Official Hostess” and her uncle John Tembo. In 1994 first multi-party elections – won by UDF under Bakili Muluzi.
<b>CRIME AND SAFETY</b>	Pretty safe, as long as you do not go looking for trouble. Always be careful when stopping along the side of the road.
<b>MONEY</b>	Pretty strong currency for African standards. It is possible but difficult to get money from credit cards from the banks. It is not advised. There are places for changing money readily available in big towns. Banking – 08:00 to 13:00 on weekdays.
<b>POST AND TELEPHONE</b>	The postal and telephone services are not very reliable.

## **TANZANIA**

Tanzania gained independence in 1964 and although very similar to Kenya has not benefited from the same growth and popularity. However, in real terms Tanzania’s highlights equal if not surpass Kenya’s. These include the Serengeti, Ngorongoro Crater and Kilimanjaro, all within striking distance of Nairobi.

### **FACTS AND FIGURES**

<b>Area:</b>	945,166 km <sup>2</sup> (13th in Africa)
<b>Capital:</b>	Dodoma displaced Dar es Salaam as the official capital
<b>Largest towns:</b>	Dar es Salaam, Mwanza, Tanga, Arusha, Mbeya, Zanzibar, and Iringa
<b>Population:</b>	37 million
<b>Official language:</b>	KiSwahili and English
<b>Currency:</b>	Tanzanian Shilling
<b>Head of state:</b>	President Benjamin Mkapa
<b>Life expectancy:</b>	45 years
<b>Literacy:</b>	78%
<b>Per Capita Income:</b>	USD 120

**TOURIST ATTRACTIONS** Zanzibar. Serengeti National Park. Ngorongoro Crater. Mt Kilimanjaro.

**MAIN INCOME** Tourism. Agriculture.

**MAJOR CULTURES** European. Bantu. Asian.

**RELIGIONS** Christian, ZCC and Muslim.

## **TANZANIA continued**

### **GEOGRAPHY AND CLIMATE**

Country is dominated by a vast, dry and thinly populated plateau which rises to an altitude of between 1000m and 1500m to the West of the moister and hotter coastal belt, and is bisected by the eastern arm of the Great Rift Valley. Africa's highest (Kilimanjaro – 5985m) and fifth highest (Meru – 4565m) mountains. Also within Tanzania are portions of Africa's three largest bodies of water – Lakes Victoria, Tanganyika and Malawi. Rainy season between November and April – also the hottest time of the year. At the coast and northern Tanzania the rains are split into short rains (November and December) and long rains (March to May).

### **HISTORY**

Came under German rule in the scramble for Africa – Tanganyika.  
Zanzibar became the capital of the Sultan of Oman – used for slave trading.  
At the end of WW1 it came under British mandate.  
1961 – attained full independence under TANU with Lucas Nyerere at the helm.  
Zanzibar gained full independence in 1963.  
1964 – Tanganyika and Zanzibar united to form Tanzania.  
Nyerere succeeded after retirement by Ali Hassan Mwinyi under which Tanzania moved away from socialism.  
First multi-party election in 1995 won by the CCM (former TANU) under Benjamin Mkapa.

### **CRIME AND SAFETY**

Pretty safe country. Dangerous in big towns like Dar.

### **MONEY**

Possible but difficult to get money off cc from bank – not advisable.  
Banking – 08:30 to 12:30 on weekdays, and 08:30 to 11:30 on Sat. Some forex open till 15:00/16:00.

### **POST AND TELEPHONE**

Post is cheap and relatively reliable. International phone service is bad.

## **KENYA**

Kenya gained independence in 1963 and has proven to be a relatively stable and peaceful destination since. Kenya is very tourism oriented and leads the way in conservation policies. The capital Nairobi is a central travel hub and English is widely spoken.

### **FACTS AND FIGURES**

**Area:** 582,645km<sup>2</sup> (22nd in Africa)  
**Capital:** Nairobi  
**Largest towns:** Nairobi, Mombassa, Nakuru, Kisumu, Eldoret  
**Population:** 34 million  
**Official language:** English and KiSwahili  
**Other languages:** 70 including Kikuyu, Luo, Akamba and Mao  
**Currency:** Kenya shilling  
**Head of state:** President Mwai Kibaki  
**Life expectancy:** 45 years  
**Literacy:** 85%  
**Per Capita Income:** USD 370

### **TOURIST ATTRACTIONS**

Mt Kenya, Lake Turkana, Amboseli NP, Nakuru NP, Masai Mara NP, Lake Victoria.

### **MAIN INCOME**

Tourism. Agriculture.

### **MAJOR CULTURES**

European. Bantu – Kikuyu, Masai and Asian.

### **RELIGIONS**

Christian, ZCC and Muslim

### **GEOGRAPHY AND CLIMATE**

The Great Rift Valley runs largely through Kenya separating the central and western highlands. Mt Kenya – second highest mountain in Africa (5199m). Large bodies of water in Kenya – Lake Victoria in the Southwest and Lake Turkana in the North. Coast is very hot and moist, with temp and humidity peaking from December to March, and rainfall peaking from April to June. The Lake Victoria is a bit cooler but has similar rainfall pattern and humidity levels. Nairobi and other highland areas are cooler with a main rainy season from March to May. The Rift Valley is hot and dry. The north is a desert with a soaring midday temp and an average annual rainfall of under 250mm.

## **KENYA continued**

<b>HISTORY</b>	<p>Britain declared protectorateship over Kenya.          1961 – first democratic election.          1963 – gained independence under Jomo Kenyatta and KANU.          Became a one party state with opposition leaders being jailed.          Moi succeeded Kenyatta.          1982 – Kenya officially declared a one party state leaving Moi as a “benign” dictator.          Multi-party election in 1992 – KANU won.          1997 – second multi-party election – won by Moi again.</p>
<b>CRIME AND SAFETY</b>	<p>Nairobi is very dangerous if you are not careful. The coastal “hot spots” are also dangerous.          The rest of Kenya is fairly safe.</p>
<b>MONEY</b>	<p>Although the currency is not very strong, it is very stable.          It is possible to get money from the banks in Nairobi with a little difficulty.          Banking – 09:00 – 14:00 Mon to Fri and 09:00 to 11:00 on the first and last Sat of the month.          Foreign exchange keeps normal shopping hours.</p>
<b>POST AND TELEPHONE</b>	<p>Post is cheap and relatively reliable. International call services are available, but very expensive.</p>

## **UGANDA**

Uganda is one of the most beautiful countries in Africa and is populated by friendly and hospitable people. Uganda suffered immensely under the rule of the notorious Idi Amin and is still rebuilding itself but things are improving every year. Attractions include the Ruwenzoris, the source of the Nile and the renowned Mountain Gorillas.

### **FACTS AND FIGURES**

<b>Area:</b>	235,796km <sup>2</sup> (32nd in Africa)
<b>Capital:</b>	Kampala
<b>Largest towns:</b>	Kampala, Jinja, Mbale, Fort Portal, Kabale
<b>Population:</b>	27 million
<b>Official language:</b>	English
<b>Other languages:</b>	KiSwahili (widely spoken, but not indigenous), Luganda, Runyoro
<b>Currency:</b>	Uganda shilling
<b>Head of state:</b>	President Yoweri Museveni
<b>Life expectancy:</b>	52 years
<b>Literacy:</b>	70%
<b>Per Capita Income:</b>	USD 220

**TOURIST ATTRACTIONS** Murchinson Falls, Bwindi NP – Gorillas., Ruwenzori Mountains. Ssese islands, Lake Victoria, Source of the Nile.

**MAIN INCOME** Tourism.

**MAJOR CULTURES** European. Bantu – Batembuzi, Baganda, etc. and Asian.

**RELIGIONS** Christian, ZCC and Muslim.

**GEOGRAPHY AND CLIMATE** Lies on the elevated basin between the eastern and western branches of the Rift Valley.  
 Most of the country is relatively flat and lies at an altitude of 1000m, although it has some big mountains.  
 Important Lakes are Lakes Victoria, Albert, Edward, George and Kyoga.  
 Wet seasons are from mid-September to November and March and May.

## **UGANDA continued**

<b>HISTORY</b>	<p>Had a big slave-trading problem with the Islamic slave traders.          Fell under British protectorate the same time as Kenya.          1962 gained independence under Milton Obote.          1971 – military coup by General Idi Amin.          1972 – all Asians expelled from the country, and their businesses, possessions and money were commandeered for state use.          Idi Amin’s reign of terror began in which about 300,000 Ugandans died.          1975 Amin became president.          He declared war against Tanzania, and was later driven into exile by Nyerere (1979) – still in exile today.          Obote back in power in 1980 initiating a reign of terror.          1985-second coup by Tito Okello – became president.          In 1986 Yoweri Museveni returned from exile and Okello surrendered to him.          Museveni president since 1986.</p>
<b>CRIME AND SAFETY</b>	<p>Relative safe country, probably one of the safest.          Some political unrest in a couple of national parks in the West due to the civil war in the Congo.          No real tourist related/aimed crime.</p>
<b>MONEY</b>	<p>It is very difficult to get money out on cc’s from the banks – it is not advisable.          Very weak currency. Banking hour’s 09:00 – 14:00 on weekdays, forex open till 17:00 and Saturday mornings.</p>
<b>POST AND TELEPHONE</b>	<p>Very slow post, and not very reliable. Relatively good phone system where available.</p>

## **ETHIOPIA**

Ethiopia has a cultural, historical and linguistic identity quite distinct from the rest of Africa, mainly due to the long history periods spent in isolation. Ethiopia is where the Ancient World and Africa meet. Ethiopia is also a land of dramatic natural contrasts.

### **FACTS AND FIGURES**

<b>Area:</b>	1,127,127 km <sup>2</sup>
<b>Capital:</b>	Addis Ababa
<b>Largest towns:</b>	Dire Daoua, Gonder, Dessie, Harar
<b>Population:</b>	60-70 million
<b>Official language:</b>	Amharic. 70 languages are spoken in Ethiopia, English is the most widely spoken European language
<b>Currency:</b>	Birr
<b>Head of state:</b>	President Girma Wolde-Giorgis
<b>Life expectancy:</b>	49 years
<b>Literacy:</b>	42,7 %

**TOURIST ATTRACTIONS** Bale National Park, Simien Mountain National Park, Rock-hewn churches of Tigray in Lalibela, Bahir Dar

**MAIN INCOME** Agriculture

**MAJOR CULTURES** Oromo, Amhara, Tigre, Sidamo

**RELIGIONS** Christian, Islam

### **GEOGRAPHY AND CLIMATE**

The Ethiopian landscape is dominated by a volcanically formed and dramatically mountainous central plateau, which is isolated on three sides by low-lying desert. The Ethiopian highlands have an average altitude of above 2,000m. The Ethiopian highlands are bisected by the Rift Valley. The part of the Rift Valley south of Addis Ababa is known for 8 lakes. Simiens, 4,620m, is the fourth highest peak in Africa. Ethiopia has a huge variation in climate – it receives periodic snowfall and then regular daytime temperatures of 50 degrees in the desert. In the northern section of the country, rain falls between June and October. In the south most of the rainfall occurs between March and May.

## **ETHIOPIA continued**

<b>HISTORY</b>	<p>Unique among African countries, the ancient Ethiopian monarchy maintained its freedom from colonial rule, with the exception of the 1936-41 Italian occupation during World War II.</p> <p>In 1974 the military junta deposed emperor Haile Selassie who ruled since 1930.</p> <p>A socialist state was formed.</p> <p>After many uprisings, coups, many refugee problems and serious droughts, the EPRDF party brought an end to the socialist state in 1991.</p> <p>A constitution was formed in 1994 and Ethiopia had its first multiparty election in 1995.</p>
<b>CRIME AND SAFETY</b>	Is generally a very safe country although theft and pick pocketing are fairly common.
<b>MONEY</b>	<p>One of the strongest currencies in Africa. Can also change money at any government hotel.</p> <p>Only USD traveller's cheques are accepted but only changeable in big towns.</p> <p>Banking – 09:00 to 16:00 weekdays, lunch break is from 12h00-14H00.</p>
<b>POST AND TELEPHONE</b>	<p>It has a good but quite slow internal and international post service.</p> <p>Their phone system is pretty good and international calls pretty cheap.</p>

## **MADAGASCAR**

Madagascar faces the dilemma of many developing countries – the government is anxious to encourage tourism and yet this is one of the poorest countries in the world. They are trying to get to grips with democracy and struggling to repair decades of financial mismanagement.

### **FACTS AND FIGURES**

<b>Area:</b>	587,040km <sup>2</sup>
<b>Capital:</b>	Antananarivo
<b>Largest towns:</b>	Toamasina, Mahajanga, Fianarantsoa
<b>Population:</b>	18 million
<b>Official language:</b>	French, Malagasy
<b>Currency:</b>	Malagasy franc
<b>Head of state:</b>	President Marc Ravalomanana
<b>Life expectancy:</b>	57 years
<b>Literacy:</b>	68,9 %

<b>TOURIST ATTRACTIONS</b>	Perinet, Montagne d'Ambre and Ankara reserves, Isalo National Park, Beaches
<b>MAIN INCOME</b>	Agriculture, Fishery and Forestry
<b>MAJOR CULTURES</b>	Afro-Indonesian, European, Chinese, Indian
<b>RELIGIONS</b>	Christian, Islam, Indigenous beliefs

### **GEOGRAPHY AND CLIMATE**

Madagascar is the fourth largest island in the world. A chain of mountains runs down the east-centre of the island, leaving only a narrow coastal plain. The dense rainforest sections are found on these mountain slopes. Madagascar has a tropical climate. The wet season is from November to March and the dry season from April to October. June is the coolest month.

<b>HISTORY</b>	<p>Madagascar became a French colony in 1896.</p> <p>The island regained its independence again in 1960.</p> <p>During 1992-93, free presidential and National Assembly elections held, ending 17 years of single-party rule.</p> <p>In 1997, in the second presidential race, Didier Ratsiraka, the leader during the 1970s and 1980s, was returned to the presidency. In April 2002, the High Constitutional Court announced RAVALOMANANA the winner.</p>
<b>CRIME AND SAFETY</b>	Is generally a very safe country although theft and pick pocketing are fairly common.
<b>MONEY</b>	<p>Credit cards can be used to withdraw cash in some towns. Do not bring USD 100 bills – not acceptable.</p> <p>Banking – 08:00 to 16:00 weekdays</p>
<b>POST AND TELEPHONE</b>	It has a good internal and international post service. Their phone system is pretty good and international calls pretty cheap.

**PLEASE NOTE: LIFE EXPECTANCY FIGURES ARE BASED ON THE LIFE EXPECTANCY BY BIRTH FIGURES PROVIDED BY GOOGLE.**

## BOOKS, MAPS, VIDEOS AND GAME RECORD

Many people like to read up on an area before visiting it. We have compiled a selection of books and maps, which we feel, will reflect much of what you are going to experience and see.

**These books are among many that are worth looking out for and should be available at any good book store or library**

LONELY PLANET GUIDES	Africa
THE SCRAMBLE FOR AFRICA	Thomas Pakenham
VENTURE INTO THE INTERIOR	Laurens Van der Post
OUT OF AFRICA & LETTERS FROM AFRICA	Karen Blixen
GREEN HILLS OF AFRICA	Ernest Hemingway
THE SERENGETI SHALL NOT DIE	B & M. Grzimek
THE INNOCENT ANTHROPOLOGIST	Nigel Barley
THE FLAME TREES OF THIKA	Elspeth Huxley
THE AFRICANS	David Lamb
FACING MOUNT KENYA	Jomo Kenyatta
A FIELD GUIDE TO THE MAMMALS OF AFRICA	T.Holtenorth & H.Diller
A FIELD GUIDE TO THE LARGER MAMMALS OF AFRICA	J.Dorset, P.Dandelot
A FIELD GUIDE TO THE BIRDS OF EAST AFRICA	J.Williams & N.Arlott
AFRICA'S TOP WILDLIFE COUNTRIES	Mark Nolting
ATATURK: THE REBIRTH OF A NATION	Lord Kinross
MIDDLE EAST ON A SHOESTRING	Lonely Planet
BEYOND THE PYRAMIDS	Douglas Kennedy
PILLARS OF HERCULES	Paul Theroux
MIRROR IN DAMASCUS	Colin Thubron

### Follow your route with a good map

The Michelin 955, which covers East and Southern Africa; Bartholomew's 'Africa World Travel Map' – covering the whole continent on one map

### Videos worth seeing

OUT OF AFRICA – The adaptation of the life of Karen Blixen

GORILLAS IN THE MIST – The story of Dian Fossey's work with the mountain gorillas.

WHITE MISCHIEF – The true story of the unsolved murder in Kenya, in the early 1940's, of Josslyn Hay, the 22nd Earl of Errol.

I DREAMED OF AFRICA – The story of an Italian family settling in Kenya, from the book of the same name.

THE GRANADA SURVIVAL SERIES – The National Geographic society's collection of wildlife videos.

### Game Record

Aardvark	Genet Cat	Klipspringer	Roan Antelope
Aardwolf	Gerenuk	Kudu (Greater)	Sable Antelope
Baboon (olive)	Giant Forest Hog	Kudu (Lesser)	Serval
Baboon (Yellow)	Giraffe (Masai)	Leopard	Sitatunga
Bat-eared Fox	Giraffe (Reticulated)	Lion	Spring Hare
Bongo	Golden Cat	Mongoose	Squirrel (Bush)
Buffalo	Gorilla (Mountain)	Monitor Lizard	Squirrel (Ground)
Bush Baby	Hare	Colobus Monkey	Steinbok
Bushbuck	Hartebeest	Patas Monkey	Suni
Bush-pig	Hippopotamus	Sykes Monkey	Topi
Cheetah	Honey Badger (Ratel)	Vervet monkey	Uganda Kob
Chimpanzee	Hunting Dog	Oribi	Warthog
Civet	Hyaena (Spotted)	Oryx	Waterbuck (Common)
Crocodile	Hyaena (Stripped)	Ostrich	Waterbuck (Defassa's)
Dikdik (Bush)	Hyrax (Rock)	Otter	Wildcat
Duiker (Red)	Hyrax (Tree)	Pangolin	Wildebeest
Eland	Impala	Porcupine	Zebra (Burchill's)
Elephant	Jackal (Golden)	Reedbuck	Zebra (Grevy's)
Gazelle (Grant's)	Jackal (Side Stripped)	Rhinoceros (Black)	Other...
Gazelle (Thompsons)	Jackal (Silverbacked)	Rhinoceros (White)	Other...

### Please note

All information provided in this booklet has been compiled with great care. To the best of our knowledge all the information is as accurate as possible, however it must be accepted that various details are subject to change according to local conditions

### And finally...

We would be most grateful if you would help us by completing the questionnaire provided at the end of your holiday or write to us with your comments. The constructive views of previous clients have helped us to refine our itineraries and maintain high operating standards.