

NJN – 28-Day – Southern & Eastern Africa

Local Payment

US Dollar - \$500. Payable in cash to the guide on departure. Only small denominations (\$50, \$20, \$10, \$5) notes printed after 2000 will be accepted.

Countries Visited

South Africa, Botswana X2, Namibia, Zambia, Malawi, Tanzania

Vehicle

Overland Truck

Malaria

Malaria prophylactics is required.

Departure Point

08:00 Fly Inn Lodge, Corner First St. & Eighth Ave. Boksburg North, Tel : +27(0) 11 917-3911

End Point

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

What's included

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

What's excluded

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

Health

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

Visas

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

Climate

The African sun is very strong. Please use a factor 30 sunscreen and wear a hat. You should drink at least 3 liters of water per day to avoid dehydration. Please see Pre Departure Booklet for detailed information.

Currency and Banking

South African Rand is the most widely used currency south of Zimbabwe and US Dollars north of Zimbabwe. US Dollar are needed for optional activities. Travellers Cheques can take a long time to change into cash and often incur unreasonable charges. Credit Cards cannot always be processed – especially in remote areas. USD Notes printed before 2000 (ie: the old style notes) will not be accepted and many places will not accept USD100 notes, so make sure to bring lots of \$1, \$5 and \$10 notes for tips and craft markets. USD20 and USD50 notes are good to change in to local currency. Please see Pre Departure Booklet for detailed information on each country.

Vaccinations

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

Onward Travel

This tour can be linked to our Masai Mara and Gorillas tour.

Pre and Post Tour Accommodation

If you require accommodation before or after your tour we can arrange this for you. We can also arrange airport transfers – contact our offices for details.

NB: Arrangements for Starting and Ending your tour:

On all tours it is recommended that you book your flights as follows:

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

Departure – Please book your flight to depart the day after the tour officially ends. This is to account for any delays that we may experience due to unpredictable road conditions, or unscheduled delays by your airline.

Please speak to your travel agents about booking accommodation before or after your tour. Airport transfers and city tours can also be pre booked.

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

OPTIONAL ACTIVITIES ON THIS ROUTE

COUNTRY	AREA	ACTIVITY	PRICE		
Botswana	Kasane	Chobe NP Game Drive	\$40	to	\$45
Zambia	Livingstone	Victoria Falls NP Entrance Fee	\$20	to	\$30
Zambia	Livingstone	White Water Rafting	\$95	to	\$120
Zambia	Livingstone	Combo River Board and Rafting	\$125	to	\$160
Zambia	Livingstone	Bungee Jump	\$95	to	\$105
Zambia	Livingstone	Zambezi Sunset Cruise	\$45	to	\$55
Zambia	Livingstone	Elephant Visit	\$100	to	\$130
Zambia	Livingstone	Dinner at Local Restaurant	\$20	to	\$50
Zambia	South Luangwa NP	Nocturnal Game Drive	\$35	to	\$65
Zambia	South Luangwa NP	Game Walk	\$40	to	\$50
Zambia	South Luangwa NP	South Luangwa NP Fee	\$25	to	\$30

COUNTRY	AREA	ACTIVITY	PRICE		
				to	
Zambia	South Luangwa NP	Tribal Textile Factory Tour	\$20	to	\$30
Malawi	Luwawa	Mountain Biking	\$5	to	\$20
Malawi	Luwawa	Guided Hike	\$10	to	\$20
Malawi	Kande Beach	Scuba Diving 2-Dives	\$30	to	\$40
Malawi	Kande Beach	Water sports Equipment Hire - Per hour	\$3	to	\$5
Malawi	Kande Beach	Horse Riding	\$45	to	\$50
Malawi	Kande Beach	Dinner at Local Restaurant	\$3	to	\$5
Tanzania	Zanzibar	Scuba Diving - Per Dive	\$50	to	\$65
Tanzania	Zanzibar	Zanzibar Ferry - One Way	\$40	to	\$60
Tanzania	Zanzibar	Zanzibar Meals - Per Day	\$15	to	\$25
Tanzania	Zanzibar	Accommodation (Stone Town)	\$30	to	\$90
Tanzania	Zanzibar	Accommodation (Nungwe)	\$20	to	\$45
Tanzania	Zanzibar	Motorbike Hire - Per Day	\$25	to	\$35
Tanzania	Zanzibar	Spice Tour	\$15	to	\$20
Tanzania	Zanzibar	City Tour	\$15	to	\$20
Tanzania	Zanzibar	Prison Island Excursion	\$20	to	\$40
Tanzania	Zanzibar	Swimming with Dolphins	\$30	to	\$50
Tanzania	Arusha	Ngorongoro day trip	\$150	to	\$170
Tanzania	Arusha	Serengeti 3-Days - Camping	\$360	to	\$380
Tanzania	Arusha	Tips for Guide - Per Day	\$10	to	\$15
Tanzania	Serengeti	Flight from Serengeti to Arusha	\$150	to	\$200
Tanzania	Serengeti	Ballooning over Serengeti NP	\$400	to	\$500
Kenya	Nairobi	Dinner at Local Restaurant	\$25	to	\$35

Note:

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

Did you receive your Pre Departure Information Booklet? If not please contact us at nomad@nomadtours.co.za and we will e-mail you the document, alternatively visit us at our office (40 Shortmarket St, Greenmarket Square,Cape Town) to get one.

DAY 1 BOTSWANA - PALAPYE

We depart Johannesburg heading north to Botswana. After border formalities we continue towards Palapye, previously know as Phalatswe, where we'll spend our first night. Palapye is located on the banks of the Lotsane River.

Meals: Lunch, Dinner
Accommodation: Camp: Itumela Camp
Facilities: Hot showers, good ablutions, swimming pool, bar
Route: Johannesburg to Palapye. ±600 km
Travel time: ±10-12hrs plus a border crossing

DAY 2/3 OKAVANGO DELTA

Our journey takes us through to Maun. We arrive in the afternoon where we leave our truck behind, board our planes, and head into the Delta. After a wonderful scenic flight we arrive at our base for the next two days. During our time in the Delta we enjoy the best nature has to offer. We go on nature walks and explore the Delta by mokoro. The Delta is truly spectacular and unforgettable experience.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: Mbiroba
Facilities: Hot showers, restaurant, bar
Route: Palapye to Maun ±780 km
Travel time: ±7-9hrs plus 45 minute flight to Mbiroba

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

The delta's floods are fed from the Angolan rains, which start in October and finish sometime in April. The floods only cross the border between Botswana and Namibia in December and will only reach the bottom end of the delta (Maun) sometime in July, taking almost nine months from the source to the bottom. This slow meandering pace of the flood is due to the lack of drop in elevation, which drops a little more than 60 meters over a distance of 450 kilometres. The delta's water dead-ends in the Kalahari – via the Botetle River, with over 95 per cent of the water eventually evaporating. During the peak of the flooding the delta's area can expand to over 16,000 square kilometres, shrinking to less than 9,000 square kilometers in the low period. As the water travels through the delta, the wildlife starts to move back into the region. The areas surrounding the delta are beginning to try out (the rains in Botswana occur approximately the same time as in Angola) and the wildlife starts to congregate on the edge of the newly flooded areas, May through October. The delta environment has large numbers of animal populations that are otherwise rare, such as crocodile, red lechwe, sitatunga, elephant, wild dogs, buffalo, wattled crane as well as the other more common mammals and bird life. The best time for game viewing in the delta is during the May-October period, as the animal life is concentrated along the flooded areas and the vegetation has dried out. The best time for birding and vegetation is during the rainy season (Nov.- April) as the migrant bird populations are returning and the plants are flowering and green.

DAY 4 NAMIBIA - CAPRIVI NATIONAL PARK

We leave the Delta behind us and cross back into Namibia. We travel through the Caprivi National Park en-route to our destination beside the Zambezi River. The Caprivi National Park is home to 450 animal species. Animals travel freely across the border with Botswana where the Chobe National Park lies. We spend the night relaxing next to this mighty river.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: Zambezi Lodge
Facilities: Hot showers, good ablutions, and bar.
Route: Seronga to Katima Mulilo. ±450 km
Travel time: ±6-7 hrs plus a border crossing

DAY 5 BOTSWANA - CHOBE NATIONAL PARK

Today is a short drive back into Botswana to Kasane, on the banks of the Chobe River. Apart from being the 2nd biggest National Park in Botswana, Chobe National Park is renowned for its high population of migratory elephants. The afternoon river cruise is included in the tour price and many people take the chance to go on the optional morning game drive the following morning. Optional Activities: Chobe Game Drive.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: Toro Lodge
Facilities: Drinkable water (except when the river is in flood), hot showers, good ablutions, bar and swimming pool
Route: Katima Mulilo to Kasane. ±130 km
Travel time: ±4-6 hrs plus a border crossing

This park is on the banks of the Chobe River and covers an area of 11000 sq km. It has Botswana's most varied wildlife. There are approx. 55000 elephants in the area and they are doing huge damage to the vegetation in the area. The park is also known for its lion population, which on occasion do hunt elephants. The river is good for viewing hippo, crocodiles and watching the elephants wallow in the water. The river flows into the Zambezi just past the park borders. President Clinton and Nelson Mandela have visited the park and Elizabeth Taylor has had one of her marriages in the park

DAY 6/7 ZAMBIA – LIVINGSTONE

After crossing into Zambia by ferry, we arrive at our final destination of Livingstone. This afternoon you have the opportunity to visit the Victoria Falls, with a width of about 1,7 kilometres and height of about 128m the Falls is a not to be missed experience. The popular optional sunset cruise includes dinner and drinks. Optional Activities: Zambezi Sunset Cruise, Victoria Falls.

Meals: Breakfast, Lunch (Lunch only on day 6)
Accommodation: Camp: The Zambezi Waterfront
Facilities: Water not drinkable, hot showers, good ablutions, bar with satellite TV and swimming pool
Route: Kasane to Livingstone ±100 km
Travel time: ±3-4 hrs plus border crossing

Livingstone also Maramba is a town and provincial capital in Zambia, located about 10 km from Victoria Falls on the Zambezi River. Its population is 97,000 (according to 2002 statistics). The city sprang up after the Victoria Falls Bridge was constructed in 1904, and was named in honour of David Livingstone, the first European to explore the region. In 1911, Livingstone became the capital of the British colony of Northern Rhodesia, succeeding Kalomo, until the seat of government was finally moved to Lusaka in 1935.

DAY 8 ZAMBIA - LIVINGSTONE

We spend the day enjoying the activities on offer in Livingstone, experiencing more of the optional activities Livingstone has to offer. Optional Activities: Zambezi White Water Rafting, Bungee Jumping, Elephant Back Safari, Zambezi sunset cruise, Vic Falls NP.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: The Zambezi Waterfront
Facilities: Water not drinkable, hot showers, good ablutions, bar with satellite TV and swimming pool

David Livingstone was born on March 19, 1813 in the village of Blantyre, South Lanarkshire, Scotland, into a family believed to be descended from the highland Livingstones, a clan that had been previously known as the Clan MacLea. He first studied Greek, medicine, and theology at the University of Glasgow and while working in London, he emulated the example of another Scot, Robert Moffat, and joined the London Missionary Society, becoming a minister.

Livingstone originally planned to gain access to China through his medical knowledge. The Opium Wars, which were raging at this stage with no signs of peace on the horizon, forced Livingstone to consider other options. The labours of Mr Robert Moffat seemed to Livingstone to be an "inviting field" and he therefore turned his thoughts to Africa.

From 1840 he worked in Bechuanaland (now Botswana), but was unable to make inroads into South Africa because of Boer opposition.

He married Robert Moffat's daughter, Mary in 1844, and she traveled with him for a brief time at his insistence, despite her pregnancy and the protests of the Moffats. She later returned to England with their children.

In the period 1852–56, he explored the African interior, and was the first European to see the Mosi-oa-Tunya waterfall (which he renamed Victoria Falls after his monarch, Queen Victoria). Livingstone was one of the first Westerners to make a transcontinental journey across Africa.

The purpose of his journey was to open the routes, while accumulating useful information about the African continent. In particular, Livingstone was a proponent of trade and Christian missions to be established in central Africa. His motto, inscribed in the base of the statue to him at Victoria Falls, was "Christianity, Commerce and Civilisation." At this time he believed the key to achieving these goals was the navigation of the Zambezi River. He returned to Britain to try to garner support for his ideas, and to publish a book on his travels.

DAY 9 LUSAKA

Leaving behind the excitement of Livingstone we depart on our expedition. The journey towards the bustling Zambian capital of Lusaka takes us along an interesting route. We begin the following day with some shopping in Lusaka before heading northeast towards the Luangwa River where we spend the night. This is an interesting area full of friendly locals and a walk along the river is a rewarding experience.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Pioneers Camp
Facilities:	Water not drinkable, hot showers, swimming pool and bar
Route:	Livingstone to Lusaka. ±520 km
Travel time:	±7-8 hrs

Lusaka is the capital and largest city of Zambia. It is located in south central Zambia at 15°25' S & 28°17' E, on a plateau at 1280m (4200 ft) in altitude. It has a population of 1,084,703 (2000 census).

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

Attractions include Lusaka National Museum, the Political Museum, the Zintu Community Museum, the Freedom Statue, the Zambian National Assembly, the Moore Pottery Factory, the Cathedral of the Holy Cross, the zoo and botanical gardens of the Munda Wanga Environmental Park. The city is also home to the University of Zambia.

The city is home to Lusaka International Airport and lies on the railway line from Livingstone to Kitwe.

Lusaka will host the 2011 All-Africa Games.

DAY 10 LUANGWA RIVER

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Luangwa Bridge Camp
Facilities:	Water not drinkable, good ablutions and hot showers
Route:	Lusaka to Luangwa. ±300 km
Travel time:	±6-8 hrs. Bad roads.

The Luangwa River is one of the major tributaries of the Zambezi river. It rises in the hills of the northeast part of Zambia, on the border with Malawi, and flows in southwesterly direction for about 500km through a broad, low-lying valley, before entering hills and joining the Zambezi at Luangwa town. The valley is a southern extension of the Great Rift Valley.

The Luangwa Valley contains the North Luangwa National Park and South Luangwa National Parks of Zambia, which are among some of the finest in Africa. The river itself is home to large populations of hippo and crocodile.

The river generally floods in the rainy season (December through March) and then falls considerably in the dry season, even completely drying out in its upper reaches.

DAY 11/12 SOUTH LUANGWA NATIONAL PARK

Early in the morning we drive from the Luangwa River to the South Luangwa NP where we spend two nights on the banks of the river. The second day is put aside for activities. You can choose between a morning or night game drive and a guided game walk accompanied by a professional local guide. If the South Luangwa NP is not for you, then relax by the pool. On occasion, in the rainy season it is impossible or inadvisable to attempt to reach South Luangwa NP, if this happens then an alternative itinerary will be chosen. Optional Activities: Game Drive, Night Drive and Game Walk in South Luangwa NP

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Wildlife Camp, South Luangwa National Park
Facilities:	Water not drinkable, good ablutions, hot showers, bar, swimming pool
Route:	Luangwa to South Luangwa National Park. ±480 km
Travel time:	±9-10 hrs. Bad roads

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

The park is reputed to have the highest concentration of Leopard in Africa. It is estimated that there is one Leopard for every kilometre of river in the Luangwa Valley, so your chances of seeing this elusive nocturnal cat are heightened in this park. Pods of up to 500 hippos are possible to view in the dry season as the river shrinks and they are confined to areas of deep pools. On average during the year there are probably 35 – 42 hippos per kilometre!

World famous walking safaris are a favourite activity in South Luangwa and operate from June until October and morning and night drives in open topped safari vehicles are available year round. This is one of the few places in Africa where you are able to do games drives after dark with spotlight.

DAY 13 MALAWI – LUWAWA FOREST

Today we cross the Zambia-Malawi border after leaving South Luangwa National Park in the early morning. Heading north we enter the highlands of Malawi and spend the night at Luwawa Forest. There are some wonderful hikes in the area as well as other activities. Optional Activities: Fishing, Mountain Biking, Hiking.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Luwawa Forest Lodge.
Facilities:	Water not drinkable, bar, lake, hot showers
Route:	South Luangwa National to Luwawa Forest. ±440 km
Travel time:	±6-7 hrs plus border crossing

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

Luwawa Forest

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

DAY 14/15 CENTRAL LAKE MALAWI

Lake Malawi used to be called Lake Nyasa and is the southernmost of the Great Rift Valley lakes. The lake is at an altitude of around 500 metres and has a tropical climate. We will spend the next couple of carefree days relaxing on the white sandy beaches. For the more adventurous there are endless leisure and water sport activities. Alternatively, soak up the atmosphere and relax in one of the most scenic and memorable holiday destinations in Africa! The evenings are spent beside the tranquil waters. Optional Activities: Scuba diving, parasailing, windsurfing, fishing, canoeing, horse riding, craft shopping, hiking and more.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kande Beach. If there is availability you can upgrade your accommodation at your own cost
Facilities:	Water not drinkable but good for cooking, bar, good ablutions, craft market, restaurant and beach
Route:	Luwawa Forest to Kande Beach. ±370 km
Travel time:	±7-8 hrs

Lake Malawi

This is Malawi's main attraction and covers one fifth of the country. It is the third largest lake in Africa and is about 500km long. The lake has more fish species than any other lake in the world with around 600 different species. The largest family is the chichlids, which are exported all over the world to pet shops etc.

The lake is also known for its good snorkelling and diving. The locals depend on the lake for fishing and survival and use dug out canoes to fish from and set out long nets. There are many different ethnic groups all speaking their own language, most are Christians and the rest have traditional beliefs as do most African countries.

DAY 16/17 NORTHERN MALAWI

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Chitimba Beach or Ngara Resort
Facilities:	Water not drinkable, bar, cold showers
Route:	Kande to Chitimba. ±250 km
Travel time:	±4-5 hrs

Livingstonia Mission And The Walk

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

In 1869 he pushed north and was out of contact for two years. He was found by journalist Henry Stanley on the banks of Lake Tanganyika in 1871 and Stanley uttered the words "Dr Livingstone I presume"

Livingstone continued on his mission and died at a village called Chitombo in Zambia in 1873. His death rekindled a desire in missionaries to come to Malawi and eventually after setting up missions in various bad malaria areas, they set up a mission called Livingstonia in the highlands of the eastern escarpment (with no malaria) It is still in operation today.

The mission station is described as a small piece of Scotland transported into the heart of Africa. The town is quiet and restful. There is a museum, church and school. There is also a hospital, clock tower and book shop. On the walk from Chitimba you can walk via Manchieve Falls, which fall about 50m and have a cave behind them where local people used to hide from slave traders. The walk up to Livingstonia can be quite strenuous and you should be reasonably fit especially if it's hot. It's about a 6 to 8 hour round trip

DAY 18 TANZANIA – IRINGA

Today we make the border crossing out of Malawi. Leaving the lake behind us, we head for our first night in Tanzania, as we ascend out of the Great Rift Valley through some spectacular mountain passes, we pass the vast tea plantations in the highlands to our camp outside Iringa. The next day we transit through Mikumi National Park to the historical port city of Dar es Salaam.

MEALS:	Breakfast, Lunch, Dinner
ACCOMMODATION:	Camp: Kisolonza Farm. If there is availability you can upgrade your accommodation at your own cost
FACILITIES:	Drinkable water, bar, hot showers, veggie shop
ROUTE:	Chitimba to Iringa. ±640 km
TRAVEL TIME:	±10-11 hrs and a border crossing

Tanzania is the largest country in East Africa (although not in Africa as a whole, the Sudan is 3 times larger), it's landmass covering an area of just over 945,000km² (including Zanzibar). This makes Tanzania about the size of France, Germany and Switzerland combined; 3 times the size of the entire British Isles or one-tenth the size of the whole of the USA.

Tanzania's population at the last official census was 31.3 million, with approximately one third being classified as "urban" despite agriculture forming roughly half of GDP and agriproducts (e.g. coffee, tea, tobacco, cashewnut, sisal, cotton) some 75% of export earnings.

Dodoma, in central Tanzania, is the political capital of the country although Dar es Salaam is the effective trading and business capital, with it's safe harbour "(Dar es Salaam" means "Haven of Peace"), international airport and population of some 1.75million.

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

DAY19 IRINGA TO DAR ES SALAAM

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Mikadi Beach or Silversands
Facilities:	Water not drinkable, sometimes hot showers, good toilets and bar
Route:	Iringa to Dar es Salaam. ±630 km
Travel time:	±10-12 hrs

Once we arrive in Dar es Salaam the guides will arrange the Zanzibar Ferry tickets for those that are going on this excursion. This is so you can leave for Zanzibar as early as possible.

BAOBAB VALLEY (Iringa)

Living up to its reputation, Baobab Valley is a valley populated by baobabs, and obviously renowned for this. One of the great symbols of Africa is, in fact, the baobab tree, with its bizarre appearance, surrounded by myth and folklore, and with a multitude of uses for the local people & wildlife - the fruit that is eaten, gum, fibre for rope, paper, and cloth; bark and oil from the baobab seeds have medical properties. It's along the main highway artery that connects Dar es Salaam and Iringa. The land is densely vegetated with acacia and the baobab trees that are so characteristic of the Great Rift Valley and have thus become the watershed's namesake: Baobab Valley.

If you see a tree small enough to put your arms around they say all your dreams and wishes will come true. People have even built flush toilets inside the trees.

Located in the southern highlands of Tanzania, near the country's legislative capital of Dodoma and the agricultural centre of Morogoro, Iringa is a pleasant small town and a focus of regional agriculture and production. Its streets are quiet and peaceful, and the market offers a colourful scene of traditional African culture. Iringa overlooks the Little Ruaha River and is a popular stopping point for visitors to Ruaha National Park.

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

DAY 20/21/22 ZANZIBAR

On this optional activity a transfer by ferry takes us to Zanzibar where we will spend the next few days exploring this fascinating island with its renowned architecture, beautiful beaches, colourful people and history. The excursion is at your own expense and costs can be adjusted depending on your preferred level of accommodation and activities. Optional Activities: Zanzibar Excursion: Ferry, Food, Accommodation, Spice Tours, Dolphin Tours, Scuba Diving, Snorkeling.

Meals:	Breakfast on day 13, after that own arrangements
Accommodation:	Own Arrangements – guides will suggest good places
Facilities:	Dependant on your choice of accommodation, but usually good facilities
Optional Activities:	Zanzibar ferry, scuba diving, motorbike hire, water sports, Spice Island tour, dolphins etc
Route:	Dar es Salaam to Zanzibar by Ferry

On the Zanzibar excursion it is normal for the guides to book your first nights accommodation for you in Stone Town. Check with the guides if the place they suggest is to your liking and then let them know if you want to be booked there. You do not need to take your whole backpack, you can leave this locked in the truck at Dar es Salaam as one of the guides normally remain behind here. A day pack is normally enough. Once on the island you will be met by a local tour operator who will make your other arrangements – for Spice Tours, Snorkeling etc. He will give you the list of available activities and their prices and you can make your bookings for the next few days. After this your arrangements are totally your own – explore, relax, go diving – the choice is yours.

Appropriate Clothing

Zanzibar's main religion is Islam and so appropriate clothing should be worn in Stone Town. Beach wear should only be worn on the beach and women should wear a t-shirt and knee-length shorts or a skirt in the town. It is not appropriate to show the arms above the elbow or legs above the knee. Shoulders should remain covered and revealing necklines are not acceptable. Men's clothing is less restrictive and a t-shirt and pair of shorts are fine. On the beach or in the resort there are no dress restrictions other than the normal ones in pool/public areas.

Religious Holidays

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

Zanzibar as used today, is the collective name for two East African islands off mainland Tanzania: Unguja (also called Zanzibar) and Pemba. The capital of the islands, located on the island of Unguja, is also known as Zanzibar.

The city's old quarter, known as Stone Town, is a World Heritage Site. The population of Zanzibar was 981,754 in the 2002 census, and its area is 1,651 km² (637 mi²). Zanzibar's main industries are spices (cloves, nutmeg, cinnamon and pepper), raffia, and tourism. Zanzibar is also the home of the, extremely endangered, Zanzibar Red Colobus Monkey.

The word "Zanzibar" probably derives from the Persian, Zangi-bar ("coast of the blacks"). However, the name could also have been derived from the Arabic Zayn Z'al Barr ("fair is this land"). "Zanzibar" often refers especially to Unguja Island and is sometimes referred to as the "Spice Islands," though this term is more commonly associated with the Maluku Islands in Indonesia.

Zanzibar was the first region in Africa to introduce colour television, in 1973. The current tv-station is called TvZ. The first television service in mainland Tanzania was not introduced until some twenty years later.

The musician Farrokh Bulsara (a.k.a Freddie Mercury) of Queen was born in Unguja, Zanzibar on September 5, 1946 to Indian Parsi parents who were employed by the British colonial administration. There is also a restaurant named 'Mercurys' on the beachfront of Stone Town. In September 2006, a radical Islamic group on the archipelago, Uamsho, forced organizers to abandon plans to mark his 60th birthday, saying he violated Islam with his openly gay lifestyle.

Zanzibar criminalized gay and lesbian sex in 2004, but it remains a popular resort destination for South African gays

DAY 23 ZANZIBAR- DAR ES SALAAM

Today we leave Zanzibar and catch a late ferry (or flight) back to Dar es Salaam and return to our campsite. The evening can be spent reminiscing about our days on the island. The next day we take a long and scenic drive to Arusha, the safari capital of Tanzania. If the weather is favourable and skies are clear we might see Mt Kilimanjaro. After arriving in Arusha, those who are going to explore the Serengeti National Park, prepare for their excursion.

Meals: Dinner
Accommodation: Camp: Mikadi Beach or Silversands
Facilities: Water not drinkable, sometimes hot showers, good toilets, and bar
Route: Ferry or flight back from Zanzibar

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

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

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

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

DAY 24 DAR ES SALAAM – ARUSHA

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: Meserani Snake Park or Masai Camp
Facilities: Drinkable water at the bar, not at the campsite, bar, hot showers but not very nice
Route: Dar es Salaam to Arusha ±700 km
Travel time: ±9-10hrs (very long day)

Kilimanjaro is an almost perfectly shaped volcano, which rises from the plains. The mountain is snowcapped and the volcano contained within is dormant, but not yet extinct. It is 5895 metres and the highest peak in Africa and the world's highest freestanding mountain.

Arusha officially became a city on 1st July 2006 (Source: Arusha Times <http://www.arushatimes.co.tz/2006/19>).

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

DAY 25/26 SERENGETI/NGORONGORO

There are many options available to explore the Serengeti and Ngorongoro, from a one-day trip, to a three-day trip. We give you every opportunity to match the activity to your budget. For those not going to the parks, take this opportunity to absorb some of the fascinating local culture. Optional Activities: Serengeti/Ngorongoro Excursion

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp : Meserani Snake Park
Facilities: Shared facilities, hot showers, drinkable water at the bar

The Serengeti/Ngorongoro Options:

All activities have a camping or accommodated option.

OPTION 1: One night/ two days - Serengeti & Ngorongoro Crater tour:

Depart from Arusha. Minimum 4 people.

OPTION 2: Three Day – Serengeti/Ngorongoro Crater tour:

Day one: 8:00 Depart for Serengeti National Park, game drive en-route then dinner and overnight at Seronera Campsite or Lodge.
(Day 25 of the tour)

Day two: Morning game drive in the Serengeti NP, then late afternoon drive back to Ngorongoro via Olduvai Gorge for talk on prehistoric artifacts found in this area (optional), then dinner and overnight at the rim of crater. Simba Campsite.
(Day 26 of the tour)

Day three: After breakfast, descend down the Crater floor with lunch box for half-day game drive, then drive back to Arusha.
(Day 27 of the tour)

Check on any special offers with your guides, in the off-season it is possible to stay in the lodges for an small additional fee.

What you should take along:

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

Inside Serengeti:

Meals: Breakfast, Lunch, Dinner

Accommodation: National Parks Campsites

Facilities: Poor

The Serengeti is a region of grasslands and woodlands in Mara Region in Tanzania.

It has more than 1.6 million herbivores and thousands of predators. Blue Wildebeests, gazelles, zebras and buffalos are the animals most commonly found in the region.

This area is most famous for the migration that takes place every year, which is considered to be one of the seven tourist travel wonders of the world. Every year around October nearly 1.5 million herbivores travel towards the southern plains, crossing the Mara River, from the northern hills for the rains. And then back to the north through the west, once again crossing the Mara river, after the rains in around April. This phenomenon is sometimes also called the Circular Migration. Over 250,000 wildebeest alone will die along the journey from Tanzania to Maasai Mara reserves in upper Kenya, a total of 500 miles.

Also in this area is the archeologically significant Olduvai Gorge where some of the oldest hominid fossils are found.

Mara region which contains the Serengeti National Park, is also close to Arusha region where you can find Ngorongoro Conservation Area.

Ngorongoro was declared a conservation area in 1959 and at that point it was separated from the Serengeti National Park. The Ngorongoro Conservation Area Authority is the governing body regulating use and access to the NCA. The area became a UNESCO World Heritage Site in 1979.

Land in the conservation area is multi-use, it is unique in Tanzania as the only conservation area, providing protection status for wildlife whilst allowing human habitation. As such land use is controlled to prevent negative effects on the wildlife population, for example cultivation is prohibited at all but subsistence levels.

The area is part of the Serengeti ecosystem, and to the north-west it adjoins the Serengeti National Park and is contiguous with the southern Serengeti plains, these plains also extend to the north into unprotected Loliondo division and are kept open to wildlife through transhumant pastoralism practiced by Maasai. The south and west of the area are volcanic highlands, including the famous Ngorongoro Crater and the lesser known Empakai. The southern and eastern boundaries are approximately defined by the rim of the Great Rift Valley wall, which also prevents animal migration in these directions.

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

DAY 27 ARUSHA

Getting together again after our various game viewing activities in the game parks, we spend our last night in this beautiful country exchanging 'big game' stories around the campfire.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camp: Meserani Snake Park or Masai Camp
Facilities: Drinkable water at the bar, not at the campsite, bar, hot showers but not very nice

Arusha is the capital of the Arusha Region, located in the north of Tanzania. It has a population of 270,485 (2002 census). This city is located on a plateau in the Great Rift Valley amidst the Serengeti Plain, Ngorongoro Crater, Lake Manyara, Olduvai Gorge, Tarangire National Park, and Mount Kilimanjaro National Park.

Official documents ceding independence to Tanzania were signed by the United Kingdom at Arusha in 1961. The Arusha Declarations for Self Reliance in Tanzania were signed in 1967 in Arusha.

The Arusha Accords were signed at Arusha on August 4, 1993 by representatives of competing factions in the Rwandan civil war.

In 1994 the UN security council decided by its Resolution 955 of 8 November 1994 that Arusha should host the International Criminal Tribunal for Rwanda. The establishment of the tribunal with its employees has influenced the local economy of Arusha. The tribunal is expected to end its normal work in 2008 with two more subsequent years for appeals handling.

DAY 28 KENYA – NAIROBI - TOUR ENDS

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

Meals: Breakfast, Lunch
Accommodation: Own arrangements
Route: Arusha to Nairobi. ±300 km
Travel time: ±4-5 hrs plus border crossing

The Republic of Kenya is a country in Eastern Africa. It is bordered by Ethiopia to the north, Somalia to the east, Tanzania to the south, Uganda to the west, and Sudan to the northwest, with the Indian Ocean running along the southeast border.

The first direct elections for Africans to the Legislative Council took place in 1957. Despite British hopes of handing power to "moderate" African rivals, it was the Kenya African National Union (KANU) of Jomo Kenyatta, that formed a government shortly before Kenya became independent on 12th December 1963. A year later, Kenyatta became Kenya's first president. At Kenyatta's death in 1978, Daniel arap Moi became President. Daniel arap Moi retained the Presidency, being unopposed in elections held in 1979, 1983 (snap elections) and 1988, all of which were held under the single party constitution.

The 1983 elections were held a year early, and were a direct result of an abortive military coup attempt on August 1, 1982. The abortive coup was masterminded by a lowly ranked Airforce serviceman, Senior Private Hezekiah Ochuka and was staged mainly by enlisted men in the Air Force. The attempt was quickly suppressed by Loyalist forces led by the Army, the General Service Unit (GSU) — paramilitary wing of the police — and later the regular police, but not without civilian casualties. This event led to the disbanding of the entire Airforce and a large number of its former members were either dismissed or court-martialled. The election held in 1988 saw the advent of the mlolongo (queuing) system where voters were supposed to line up behind their favoured candidates instead of secret ballot. This was seen as the climax of a very undemocratic regime and it led to widespread agitation for constitutional reform. Several contentious clauses, including the one allowing only one political party were changed in the following years.

In democratic, multiparty elections in 1992 and 1997, Daniel arap Moi won re-election. In 2002, Moi was constitutionally barred from running, and Mwai Kibaki, running for the opposition coalition "National Rainbow Coalition" — NARC, was elected President. The elections, judged free and fair by local and international observers, marked a turning point in Kenya's democratic evolution.