

Code FZG **Gorillas & Zanzibar**

Tour Dossier Introduction

Dossier Last Updated: 24-11-2014

Tour Code: FZG

Duration: 25 nights / 26 days

Joining City: Dar es Salaam

Departure City: Nairobi

Nearest Joining International Airport: Dar Es Salaam Julius Nyerere Int Airport (DAR)

Nearest Departing International Airport: Nairobi Jomo Kenyatta Intl Airport (NBO)

Please check this document just before departing in case of last minute changes to your tour.

Tour Documents

 PDF Document  Web Page

 Kenya Dossier

 Tanzania Dossier

 Uganda Dossier

 Swahili Language Survival Guide

What's Included

- > 4-day Zanzibar Island excursion including Stone Town and North Beach
- > Guided Tour of the Spice Plantations & lunch at a local house.
- > Game Drives in the Serengeti National Park
- > Morning Game Drive in the Ngorongoro Crater
- > Game Drives in the Masai Mara Nature Reserve
- > Masai Village Tour
- > Boat trip on Lake Bunyonyi & visit to a Pygmy Village
- > Guided Gorilla Trek (permit included)
- > Game Drive in Lake Nakuru National Park

- > 18 nights camping, 3 nights in hotels, hostels & guesthouses, 2 nights assisted camping, 2 nights in tented camps
- > 22 breakfasts, 17 lunches, 21 dinners
- > Travel by **Tucan Travel Expedition Vehicle**, boat, taxi, on foot, 4WD
- > Tucan Travel tour leader, Tucan Travel driver, English-speaking local guide(s) on included excursions

What's not Included

- Sleeping bag & sleeping mat
- International flights and departure taxes
- Domestic flight taxes if applicable
- Tips on included excursions, visas, travel insurance, personal items and single rooms.
- Airport transfers and pre and post tour accommodation
- Spending money – budget for meals, snacks, drinks, limited souvenirs, laundry, tips and any extras
- Optional excursions - Please see our optional excursions guide on the dossier page for a comprehensive list of optional activities and excursions available on this tour.

Detailed Itinerary

Day 1 to 1 - Arrive Dar es Salaam

The first day of your tour is simply an arrival day with no pre-organised activities. In order to allow time to relax and see some of the sights you may wish to add pre tour accommodation. On arrival please ask at the reception for information on when the pre departure meeting will be held.

Dar es Salaam is a bustling port on the Indian Ocean and our gateway to the exotic island of Zanzibar.

Day 2 to 4 - Zanzibar

Today we are bound for the enigmatic, intoxicating Isles of Zanzibar. Taking tuk-tuks to the ferry terminal, we board our fast ferry to make the crossing. Arriving in Stone Town, we're given a guided tour of a nearby spice plantation discovering the many plants that flourish in this verdant, tropical environment. You can sample spices picked straight from the plant including fresh cloves and cinnamon bark before stopping for lunch at a local home.

The UNESCO-listed Stone Town has changed little over the past 200 years. It boasts a labyrinth of walled streets, winding alleys, bustling markets and grand crumbling architecture. You can spend many idle hours simply wandering the streets, shopping at the bazaars and admiring the intriguingly decorated elephant-proof doors before sitting down to watch the sun set with a cold beer and a sumptuous seafood feast. If food is your thing, make sure you check out the excellent night market on the promenade which serves traditional local fare.

Our time in Zanzibar is divided between Stone Town and relaxing on the powder white sands of North Beach. The most beautiful, isolated beaches in Zanzibar lie to the north and east of the island. With sparkling turquoise water and silvery sand fringed with palm trees, these beaches are nothing short of paradise. There are plenty of options available here. Relax and take it easy, indulge with a massage or go diving, snorkelling or swimming with dolphins.

Included Excursions: Guided Tour of the Spice Plantations and lunch at a local house.

Optional Excursions: Dhow sunset cruise – US\$15 • Snorkelling – US\$20-45 • Scuba diving – US\$135

Day 5 to 5 - Dar es Salaam

This afternoon we take a ferry back to the mainland, making the most of our last few hours on Zanzibar Island before we depart. We return to the same campsite in Dar es Salaam, reuniting with our overland truck and gear.

Day 6 to 6 - Arusha

We depart early this morning, making our way across Tanzania towards the Serengeti. If the weather is clear we may be lucky enough to catch a glimpse of Mount Kilimanjaro, the fabled roof of Africa.

Our campsite for the evening runs a free clinic onsite offering snake anti-venom to the local people. They treat snake bites and provide free medical care to the nearly 1000 patients a month that come to them for help. There is also a snake and reptile park, Masai museum and craft market. It is here that we will prepare to enter the Serengeti National Park and Ngorongoro Crater.

Approximate Travel Time: A full day drive

Day 7 to 8 - Serengeti National Park

A place that needs no introduction, the Serengeti National Park is the most famous safari destination in Africa. We're picked up after breakfast and taken by 4WD to the national park. The afternoon is spent game driving to our campsite, located **inside** the national park to maximise our time and wildlife viewing opportunities. Before we reach the Serengeti plains, we'll stop for a stunning vista overlooking the Ngorongoro Crater, the largest unbroken, un-flooded caldera in the world. The vast 300 square kilometre crater stretches out in front of you in a kaleidoscope of blues and greens and it's not until you spot the barely discernible grey speck of an elephant that you truly grasp its scale.

Every safari is unique and you will never know what's in store for you until you arrive. Among the hundreds of species in the park, you may encounter zebra, giraffe, wildebeest, buffalo, lion, cheetah, leopard, hippopotamus, hyena, elephant, vulture, monkey, warthog, gazelle and impala. Each season

offers a different highlight.

Our second day in the park is a full day of game driving, trying to spot the more elusive members of the animal kingdom before heading to our campsite on the rim of Ngorongoro Crater.

Included Excursions: Game Drives by 4WD in the Serengeti National Park

Optional Excursions: Olduvai Gorge – 27,000TS or US\$18 • Masai Village

Day 9 to 9 - Arusha

This afternoon, we return to Arusha to collect the truck and spend the night. Our campsite also produces snake anti-venom for the community. There is a hospital here to treat snake bites for free, also providing free medical care with around 1000 patients a month coming for to them for help. You can learn about the parks efforts, take a tour or make a donation.

Day 10 to 11 - Nairobi

Crossing the border into Kenya, we arrive in the bustling capital of Nairobi. Here you can relax at the campsite or venture out in to the city with plenty of sites to see.

Approximate travel time: Ten hours depending on the border

Optional Excursions: Carnivores restaurant – US\$42 • The Flip Flop Recycling Company – free • Karen Blixen Museum, coffee garden & cottages entrance to the bar. They offer beauty treatments, massages, swimming pools, sauna, gym. • Kazuri bead and pottery factory – free • Giraffe centre US\$9-10 • Elephant orphanage – US\$7. Only open 11am -12am when feeding. • Safari walk – US\$13 • Horse riding – from US\$15 • Nairobi National Museum

Day 12 to 13 - Masai Mara National Reserve

Covering of over 1,500 square kilometres and providing habitat for thousands of animals, the Masai Mara Nature Reserve is deservedly one of Kenya's most popular safari spots. We leave Nairobi in the morning, making our way by safari minivan. Wasting no time, we head off on our first game drive in the afternoon. Animals present in the reserve include the Big Five (lions, elephants, Cape buffaloes, leopards and rhinoceros), various grazing mammals which attract carnivores such as cheetahs, hyenas and jackals, as well as over 500 recorded species of birds. We stay just outside the park in permanent tents with ensuite, enjoying a buffet dinner in the evening.

The following morning we leave camp early for a second game drive, visiting the mighty Mara River en route. During the annual Great Migration, this is the setting for the thunderous display of thousands of wildebeest crossing the river while canny crocodiles lie in wait. At any time of year, the river is vitally important to the ecosystem and a good spot to view animals. We'll also visit a local Masai village, learning about the vibrant, semi-nomadic herders' way of life and join them in a local dance.

Included Excursions: Game Drives by 4WD in the Masai Mara National Reserve

Approximate Travel Time: Seven hours

Optional Excursions: Hot air balloon over the Masai Mara National Reserve – US\$450 per person

Day 14 to 14 - Eldoret

You may awake to some unusual sound effects this morning; from our campsite in Navaisha it is often possible to hear hippos wallowing in the lake's fresh water. We set off, driving through the wilds of western Kenya until we reach Eldoret. The scenery as we pass varies from mountainous scrubland to tangled jungle ravines and fertile high tea country. The city of Eldoret is located on the Uasin Gishu Plateau west of the Great Rift Valley and was originally known as '64', because it was located 64 miles from the newly built Uganda Railway railhead at Kibigori. It is also famous for its cheese!

Approximate Travel Time: Seven hours

Day 15 to 16 - Jinja

Making our way towards the source of the mighty Nile, we cross the border into Uganda stopping at the adventure sports hub of Jinja. With world-class white water rafting on the Nile River, quad biking to local villages along the riverbank and a 44-metre bungee jump, there is plenty to entertain in this buzzing town.

It is also the location of the Soft Power project, a British-registered community charity dedicated to improving quality of life through education. If you wish, you can visit this project and volunteer your services helping with school renovations. Your tour leader will be able to give you more information about this.

Approximate Travel Time: Eight hours depending on the border

Optional Excursions: White water rafting on the White Nile – US\$125 • Rafting and river boarding – US\$140 • Kayaking with the rafters

US\$140 (experienced kayakers only) • Mountain bike guided tour – US\$30 • Horseback safaris approximately 2 hours – US\$45 • Quad biking - approximately 2 hours – US\$45

Day 17 to 20 - Lake Bunyonyi (Gorilla Trek)

The next three days are based in Lake Bunyonyi, our start point for an excursion to see endangered mountain gorillas in the Bwindi Impenetrable Forest. There are believed to be less than 800 mountain gorillas remaining in the world, and about half of that population live in this forest. To watch them in their natural habitat is a heart-stirring experience.

You'll be picked up early in the morning and taken to the national park's office and then transferred by 4WD truck to the trek point. Specialist guides will track gorilla spoor and look for signs of the gorillas' last movements. Gorilla trekking is unpredictable and the distance can vary as gorillas may move very little or travel some distance while foraging for food. Trekking can be physically demanding at times and the weather can be very changeable, but the once-in-a-lifetime experience of seeing these magnificent animals in the wild is entirely worth the effort. It is possible that you may be lucky enough to come within arm's length of these beautiful creatures if they approach you, but you are required to maintain a distance of seven metres from the animals at all times. Your time with the gorillas is restricted to one hour to safeguard the families from excessive human contact.

Back in Lake Bunyonyi, we will visit the Batwa pygmy village and local school. The school was set up by two past passengers and the local community to help pygmy children integrate into Ugandan society. The cost of this included excursion goes directly to the school and donations of school supplies are always welcome. You can also enjoy a cruise on the lake, perhaps take a swim or relax on the shore. Meaning 'place of many little birds', Lake Bunyonyi is about 29 kilometres long and 7 kilometres wide, dotted by 29 islands. Look out for Uganda's national bird, the crested crane, among the 200 other bird species in the area.

Included Excursions: Gorilla Trek with trekking permit included • Lake Bunyonyi excursion

Approximate Travel Time: Eight hours to Lake Bunyonyi

Optional Excursions: Dugout canoe hire on the lake – US\$3 • Mountain biking – US\$5

Day 21 to 21 - Kampala

Crossing the border, we will make our way to Uganda's capital, Kampala, passing townships, local markets and communities on the way. Kampala is now a thriving, dynamic city built over seven hills. There's plenty to see, such as the Uganda National Museum, one of the best in East Africa. The city is also a great place to try some traditional Ugandan cuisine in the local restaurants and bars.

Approximate Travel Time: Full day drive to Kampala including border crossing

Day 22 to 22 - Nakuru

You may awake to some unusual sound effects this morning; from our campsite in Navaisha it is often possible to hear hippos wallowing in the lake's fresh water. We drive across the top of the Great Rift Valley, being treated to views of the immense trench before dropping down into the valley itself. We should arrive at Lake Nakuru in the afternoon with time for you to explore the farm that sits alongside our campsite.

The next day is a full day game drive into Lake Nakuru National Park, famous for the staggering sight of the thousands of pink flamingos that ring the lake feeding along the shores. It is a rhino sanctuary and shelters both the white and the critically endangered black rhino. Also present in the park are leopards, lions, cheetahs, zebras, buffalo, Rothschild giraffes and water birds including terns, stilts, ducks, herons, pelicans, kingfishers and cormorants.

Included Excursions: Game drive in Lake Nakuru National Park

Approximate Travel Time: Three hours to Nakuru

Optional Excursions: Kenana Knitters Project

Day 23 to 24 - Naivasha

After breakfast this morning we board our truck for the first time, enjoying the big windows and comfortable space. Driving through the villages, we pass communities going about their day and you might see children running after the truck waving and shouting hello. We will stop on the way at a viewing point for the Great Rift Valley where you can purchase souvenirs and refreshments as well as admire the view.

Naivasha is the second largest lake in the Great Rift Valley and is a great place to enjoy a boat cruise or guided bush walk to the green crater lake. With patience and a set of binoculars you can see many different species of birdlife found in the thick papyrus and forests of acacia trees fringing the lakeshore. You may also see colobus monkeys and giraffes near the lake.

In the afternoon you will have some free time to explore the nearby Hell's Gate National Park. Being mindful of the buffaloes you can enter this park on foot and it is one of the few parks in Africa you can explore by mountain bike. You may also like to visit Elsamere, the former home of the late Joy Adamson, who became famous for her relationship with the lioness Elsa in the film Born Free. We will camp here for the night before heading to Lake Nakuru the next day.

Approximate Travel Time: Three hours to Naivasha

Optional Excursions: Lake Naivasha boat trip – US\$20 (price dependent on number of passengers) • Elsamere visit – US\$10 • Green crater lake and guided game walk half day – US\$35 • Hells Gate National Park entrance – US\$35. The national park has no animals dangerous to man, making it a safe place to go hiking, rock climbing and cycling. There may also be the option to visit a Masai village at an additional cost of US\$10 per person. • Push bike tour of Hell's Gate National Park with guide – US\$45 • Mountain bike hire – US\$10

Day 25 to 25 - Nairobi

Returning to Nairobi gives you the chance to experience some of the activities around the capital city you may have missed first time around. You may wish to enjoy a meal at the famous African buffet restaurant called Carnivores, where meat is served from Masai spears until you can eat no more and raise your flag in surrender!

Approximate Travel Time: Seven hours

Day 26 to 26 - Depart Nairobi

Your adventure of a lifetime comes to an end today. If you have a late flight or have lengthened your stay by adding post tour accommodation you will have more time to explore the sights.

Day by Day Itinerary

Day	Activity	Country	Meals
Day 1	Dar es Salaam	Tanzania	
Day 2	Zanzibar		B
Day 3	Zanzibar		B
Day 4	Zanzibar		B
Day 5	Dar es Salaam		BD
Day 6	Arusha		BLD
Day 7	Serengeti National Park		BLD
Day 8	Serengeti National Park		BLD
Day 9	Arusha	Tanzania	BLD
Day 10	Nairobi	Kenya	BLD
Day 11	Nairobi		BLD
Day 12	Masai Mara National Park		BLD
Day 13	Masai Mara National Park		BLD
Day 14	Eldoret		BLD
Day 15	Jinja	Uganda	BLD
Day 16	Jinja		BLD
Day 17	Lake Bunyonyi		BLD
Day 18	Lake Bunyonyi		D
Day 19	Lake Bunyonyi		D
Day 20	Lake Bunyonyi	Uganda	D

Day 21	Kampala		BLD
Day 22	Nakuru	Kenya	BLD
Day 23	Naivasha		BLD
Day 24	Naivasha		BLD
Day 25	Nairobi		BLD
Day 26	Nairobi		B

(B - Breakfast, L - Lunch, D - Dinner included)

For tours that include the option of a single supplement, a ? will indicate in which destinations single rooms are available. The detailed and day by day itineraries above are provided in good faith and it is our intention to adhere to the published route. Changes may be made before or during your tour for operational or safety reasons or to incorporate improvements. Impromptu changes may also occur whilst you are travelling as a result of one-off circumstances such as an excursion being closed on a particular day, weather conditions or transport. Delays are rare but occur occasionally and for this reason and the reasons above this itinerary should be considered as a guide only. Published transport times are approximations and may vary depending on local conditions.

Travel Style

This is an Overland Tour, travelling by custom built vehicle and camping along the route. There is a maximum of 34 travellers with an average group size 6 15-24. Please read the Overland Tour travel style dossier to ensure you understand the style of travel you are undertaking:

<http://www.tucantravel.com/travel-styles/dossier/overland-tours>

Local Payment

The tour price is divided into a set amount paid in advance and a compulsory local payment which is due to your tour leader in US\$ cash at the group meeting on the first day of your tour. The local payment amount is found on the tour price page and will be printed on your invoice and tour voucher. Our brochures are updated in September/October each year and the local payment you will pay will be the cost published at the time of your departure. It can be very difficult to obtain US\$ in some South American countries and virtually impossible in others, so we recommend organising your local payment before you arrive for your tour.

In general your local payment will cover:

- Meals while camping and some lunches on travel days on the expedition vehicle
- Campsite fees and cooking gas
- Hotels and hostels when staying in towns/cities (and possibly lodges if bad weather on camping days)
- National park entrance fees when visited in the expedition vehicle

Gorilla Trek

This tour includes a visit to the endangered mountain gorillas in the Bwindi Impenetrable Forest (Uganda). The cost of this excursion is included in the price of the tour and permits for the excursion are limited and need to be purchased beforehand. In the event that no permits are available, you will be refunded the full cost of the excursion. You can read important information on how to book the Gorilla Trek permit here:

<http://www.tucantravel.com/travel-highlights/national-parks-of-africa/travel-highlights/gorilla-trek>

Batwa Pygmy Village & Local School

We also include a visit to the Batwa Pygmy Village & Local School which was set up by two past Tucan Travel passengers to help integrate the local pygmy children into Ugandan Society. While Tucan Travel donate money towards the community, many passengers want to do more to help the community after visiting. The school needs exercise books which your tour leader can help you to purchase beforehand in Kabale if you wish to assist, or you can bring items from home - children's clothing is especially appreciated.

Joining your tour

Your joining location is:

Mikadi Beach,
Kigamboni

South Beach
Dar es Salaam
Tanzania

Tel: +255 754370269
www.mikadibeach.com
info@mikadibeach.com

If you book pre-tour accommodation, you will be staying in cabins or rooms. From day one of your tour you will be staying in tented accommodation.

The Mikadi Beach camp serves breakfast in the bar area (breakfast is not included) with tea and coffee available at the bar all morning.

The camp also offers a safety deposit box facilities which we would advise you to take advantage of. Please leave all of your important documents, money and travellers cheques here when you go out especially in the evening. It is advisable not to wear chains or expensive looking watches or jewellery while in major African cities. You should also keep your camera concealed when not in use and carry daypacks on your front for extra safety.

Arriving in Dar es Salaam

When arriving at Dar es Salaam's Julius Nyerere International Airport we recommend that you obtain some Tanzanian shillings as soon as you arrive. There are several ATMs just outside arrivals on the right, as well as the Galaxy Bureau De Change. The bureau is open 7am – 11pm but does not change traveller's cheques. The airport rates for cash are comparable to what you will get in town and please be advised that although Mikadi do accept US dollars their rates are quite low and they do not exchange cash.

Airport Transfers

Airport transfers are not included in the tour price and must be booked separately in advance through Tucan Travel. If you have booked an airport/hotel transfer with us, please look out for someone with a sign which has your name, Tucan Travel, or both after exiting the customs hall.

If you have booked an arrival transfer with us and you are going to be delayed by more than two hours, you must advise us of the delay at least six hours before arrival. If we are advised in time, we will make every effort to reschedule your transfer and your driver will be asked to wait for two hours after your new expected arrival time. However, if we are not made aware of any change, the driver will only wait for two hours after the original scheduled arrival time and after this point it will be up to you to arrange transport to your hotel at your own expense. Please contact us on the emergency contact details below if you are likely to be delayed.

Contact your arrival transfer

Phone: + 255 (0)754 370 269 or + 255 (0)759 177 393

E-mail:info@mikadibeach.com

Contact: Jo or Lucho

Making your own way

If you would prefer to make your own way to and from your hotel, there is an official taxi stand directly after you exit the arrivals hall on the left, just past the information centre. An official taxi to Mikadi Beach will cost 30,000 Tanzanian shillings (US\$20). All of the major destinations and hostels in Dar es Salaam are listed on a price board with fixed prices. Please be aware that the city and Mikadi Beach are quite some distance from the airport and with traffic it can take over an hour, with the taxi sometimes taking a ferry across to the campsite. If you do go via the ferry it is cheap but should be included in the advertised fare. Mikadi Beach can also organise an airport pick for the same price, which you can organise through the campsite and payment is made directly to the driver.

Pre-Departure Meeting

When you arrive on day one of your trip, you should find some local information at the hotel lobby. Your tour leader will be staying in the hotel and should have put up a welcome note to let you know what room they are in. A pre-departure meeting is usually held in the afternoon or early evening of day one. You will need to bring the following important items to the meeting with your tour leader:

- Your passport, including any necessary visas and at least one photocopy to give to your tour leader
- Vaccination certificates if relevant to any destinations on your tour
- Travel insurance policy and a photocopy to give to your tour leader
- Your travel voucher
- Your local payment in US\$ cash (Budget Expeditions only)

Missing the tour departure

If you miss the start of your tour, please ask at the reception of the hotel for a message from your tour leader which will give you instructions on how to

catch up with the group. Any associated costs will be at your own expense (although, depending on the reason, you may be able to claim these from your travel insurance so ensure you keep all receipts).

If you know in advance that you are unlikely to arrive on time, please contact Tucan Travel immediately so we can inform the tour leader. Tucan Travel cannot be held responsible should your airline/boat/coach be delayed and we are unable to refund any unused portion of your tour.

Time Keeping

Punctuality is very important and throughout the tour your tour leader will give you the time to meet in reception. Tour leaders will often post notes at reception with meeting times, so remember to always look out for these.

Although rare, delays can occur and we therefore advise you not to arrange your onward travel too close to the end of the tour. We take no responsibility for any missed flights or additional expenses if the group arrives late into the departure city at the end of the tour.

Emergency Contact Details

In the unlikely event of an emergency you can contact the number below. Please bear in mind that your tour leader or other crew members should be your first port of call.

Africa Destination Manager: +44 (0)7775 532808

Keeping in Touch

Wifi may be available at some hotels, but the quality of internet in Africa is of varying quality and is often unreliable. If someone needs to contact you urgently during your tour, the best method is to contact our office who can pass a message on to the tour leader.

Optional Accommodation Upgrades

Optional cabin upgrades at campsites and room upgrades at hostels are often available during your tour, subject to availability. Upgrade prices vary usually between - US\$5-\$35 per person and can only be booked locally with the assistance of your tour leader. Upgrades are optional so please consider them in advance as part of your budget.

Money

Your spending money should cover some meals, optional excursions, souvenirs, drinks, laundry, border and airport taxes and any visas obtained locally. We provide guideline prices for optional excursions in the itinerary to help you budget, but ultimately the amount you will need to budget for your trip very much depends on your individual requirements. We recommend bringing extra money to cover emergencies or unexpected situations.

It can be difficult to obtain US dollars in Africa, so please ensure you obtain enough cash to cover your visas and optional excursions before you travel. Local operators do not accept any notes that are marked, torn or older than the year 2002 and you may have difficulty exchanging these notes elsewhere in Africa, so please check your cash carefully at the point of purchase. While bank cards provide a very good way to access funds overall, it is not recommended to rely on them as your sole source of funds as cash machines do not always work and may not be available in remote locations. Carry a mix of cards and cash with you, including notes in small denominations.

Tipping

While tipping is part of the culture in Africa, you should not feel obliged or pressured to tip. A gratuity of 10% of the total bill is recommended in restaurants. Gratuities are usually expected for local guides on included and optional excursions. Tips are also appreciated by Tucan Travel tour leaders at the end of your tour and we recommend an average of \$2-\$4 per person per day for the duration of your tour. This is only if you feel that their service was up to standard and is completely at your own discretion.

Packing List

The best advice when packing is to travel light and leave space for souvenirs in your bag.

Luggage

We recommend a frameless backpack or a sports type shoulder bag as they are less bulky and easier to handle than rigid suitcases or framed backpacks. Suitcases are not suitable for our tours and are not recommended. Generally your luggage is kept in the overland truck or your tent, but in some major cities and towns you will be staying in hotels and hostels and you will need to be able to carry your bag some distance. Tucan Travel takes no responsibility for damage to your luggage while on tour.

In addition to your main bag, you will need a small daypack for your everyday excursions. Try to keep this bag as light as possible and make sure that all main sections of your bags can be padlocked. This daypack should have enough room to carry food and snacks for long hikes and treks and space to

carry belongings for overnight excursions.

Sleeping Bags and Mats

Sleeping bags and sleeping mats are essential on all Africa Overland Tours. A sleeping bag liner is also a good idea to keep your sleeping bag clean and use as a sheet when the weather is hot. The weather in Africa can be varied and is not always as warm as you may think, especially in areas that are at higher altitude, so a warm sleeping bag (3-4 season) is recommended.

Therm-a-rest self inflating mattresses are comfortable and provide protection against the cold ground, while foam roll mats are compact, inexpensive and have similar features. Avoid air mattresses as these can be bulky and puncture easily.

Clothes and Footwear

We recommend packing lightweight and durable clothes. Nights can be cold at higher altitude (Serengeti National Park, parts of Kenya and the Drakensberg region) and in southern Africa in winter, so it is a good idea to bring at least one pair of warm trousers plus several thinner sweaters / fleeces which you can layer. Please avoid military or camouflage-patterned clothing as it can cause problems and in some countries may be illegal.

Good, comfortable walking shoes are essential. These do not need to be expensive boots, but they should have good ankle support and grip, be worn in and ideally waterproof.

When on safari, wear neutral colours to increase your chances of watching animals in their natural environment. Avoid blue or black clothing - these colours attract tsetse flies which deliver a painful sting. White clothes often do not stay that way for long and clothing will likely get dirty, so it is best to bring clothes that are easy to wash and that you won't mind getting ruined.

Essential items:

- A lightweight water/windproof jacket with hood
- Easy to pack wide-brimmed hat or cap
- Towel - you will need a towel for most overnight excursions and while camping
- Swimwear
- Sandals or thongs/jandals/flip flops

Suggested items:

- | | |
|--|---|
| <input type="checkbox"/> Money belt | <input type="checkbox"/> Plastic bags for waterproofing |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Inflatable pillow |
| <input type="checkbox"/> Small calculator | <input type="checkbox"/> Swiss army type penknife |
| <input type="checkbox"/> Small collapsible umbrella | <input type="checkbox"/> Binoculars |
| <input type="checkbox"/> Universal washbasin plug | <input type="checkbox"/> Travel plug adaptor with a USB port |
| <input type="checkbox"/> Head torch or flashlight | <input type="checkbox"/> Small sewing kit |
| <input type="checkbox"/> Travel alarm clock | <input type="checkbox"/> Insect repellent (DEET 35% min) and bite cream |
| <input type="checkbox"/> Lip balm, sun block with high UV factor | <input type="checkbox"/> Antibacterial hand clensing gel |
| <input type="checkbox"/> Wet wipes | <input type="checkbox"/> Ear plugs and sleep mask |
| <input type="checkbox"/> Cheap plastic watch | <input type="checkbox"/> Travel sickness tablets |
| <input type="checkbox"/> Plenty of spare memory cards for your camera | <input type="checkbox"/> Spare pair of spectacles or contact lenses and solution |
| <input type="checkbox"/> Spare rechargeable batteries for camera | <input type="checkbox"/> Hard drive or USB stick to back up your photos |
| <input type="checkbox"/> Writing materials, address book and diary | <input type="checkbox"/> Pocket size phrasebook |
| <input type="checkbox"/> Travel games, cards and a couple of paperbacks | <input type="checkbox"/> Pegless washing line & travel laundry detergent (bio-degradable preferable) |
| <input type="checkbox"/> Toilet paper (best to carry a roll with you at all times and/or tissues) | <input type="checkbox"/> As gifts for local children - pens, coloured pencils, small notepads. To discourage a begging mentality we recommend that you try to give these gifts at schools or childcare centres rather than on the street. |
| <input type="checkbox"/> Small medical kit with diarrhoea remedy, rehydration salts, antiseptic cream, sterile dressings, plasters, bandages, pain-killers, safety pins etc. | |

Laundry

Most campsites and towns have laundry and drying facilities, but these are often basic with laundry done by hand and hung outside on a line. For this

reason drying clothes can be tricky in the wet season. Many hotels have laundry service but they are generally expensive, so it is best to do most of your laundry whilst at campsites. Hotels generally do not allow guests to wash and dry clothing in their rooms.

Electricity supply

The power supply in Africa is approx. 240 volts; electricity is often provided by a generator and can be erratic. In Zambia, Uganda, Tanzania, Rwanda and Malawi electricity is 240 volts and the sockets are the three pin rectangular British-style. In Botswana, Namibia and South Africa, sockets are either two or three pin, and round or flat. We recommend bringing a universal plug adaptor with you. You can also charge your iPods, MP3 players, laptops, cameras, etc using power boards aboard the overland truck, while travelling.

Health, Fitness & Safety

Vaccinations

It is important to consult your doctor or travel clinic in good time before your tour departs to determine what vaccinations you require. You may need several vaccinations and/or malaria tablets and you should be aware that some inoculations require more than one visit and can take several weeks to administer. Always carry your International Certificate of Vaccination with your passport.

For areas with malaria, make sure you pack sufficient prophylactics for the duration of your tour and the incubation period after. Some countries prevent entry for travellers without a valid Yellow Fever certificate. This must be acquired before departure and takes ten days for your body to build up a resistance. This certificate must be taken with you on your tour with a photocopy stored somewhere safe.

Pack a Medical Kit

A medical kit is handy for minor wounds and ailments. In areas with limited or dubious medical facilities, an emergency medical kit containing sterile syringes is also advisable. By law our staff are not allowed to administer first aid or give drugs to travellers, so please be prepared with your own supplies.

If you are taking medication, please ensure you bring an adequate supply and a letter from your doctor to avoid potential issues at border crossings.

Fitness & Suitability

This is a participatory tour involving camping and with basic facilities at times. Disruptions are likely, and while your tour leader will make every effort to ensure your trip runs smoothly, patience, a sense of humour and willingness to get involved are essential ingredients for a successful and happy overland group.

If you have any pre-existing medical conditions please let us know at the time you book or as early before departure as possible. Depending on the severity of the condition, you may be asked to produce a medical certificate from your doctor approving your participation in this tour. While this would only happen in very exceptional circumstances, if we consider you incapable completing this tour or you have concealed an existing medical condition which is affecting your ability to participate in the tour of Tucan Travel reserve the right to turn you away without reimbursement.

Safety & Security

Africa is generally very safe, even more so in a group. Reasonable precaution is advised; do not bring valuable jewellery or watches (even fakes can catch the eye of a thief), do not walk by yourself at night, heed your tour leader's advice and always keep an eye and a hand on your camera and bags in public places. Tucan Travel cannot accept responsibility for any valuables left in safe deposits in hotels or in our vehicles.

Bathrooms

In some countries it is customary to leave a gratuity of 20-50 cents when using public conveniences. An attendant may collect this or a dish/box will be left out. Our vehicles do not have toilets on board for hygiene and logistical reasons. This may mean roadside toilet stops on travel days and our crew always try and stop in isolated areas with as much privacy as possible if this is necessary.

Travel Guides

If you would like to discover more about your destination, including history, geography, climate and language, please have a read of our country travel guides available here: <http://www.tucantravel.com/destination-travel-guides/africa-travel-guides>

Documents

Passport

Your passport should be valid for at least 6 months after you have finished your tour with sufficient blank pages for visas and immigration stamps. Photocopy your passport, leaving one copy at home and taking one with you on tour. If you lose your passport while on tour, you will be responsible for any expenses incurred such as extra accommodation and transport while replacing your passport and will not be entitled to a refund of any unused portion of your tour.

Tour Documents

Before you depart you will be issued with a voucher for your tour and separate vouchers for any extra services such as airport transfers and pre/post tour accommodation. Please print these out and bring them with you. This dossier is updated regularly, so we recommend checking our website for the latest version just prior to the start of your tour.

Final Balance

The balance for your tour is due no later than 60 days prior to the start of your tour and no tour vouchers will be issued until this is received. In addition please send the following details at least 60 days before you depart:

- Passport number, date of issue, date of expiry, nationality and place of issue
- Your full name and date of birth
- Flight arrival details in your starting city
- Special requirements, e.g. special dietary requirements or allergies

Please let us know if you are travelling with another person on the tour but have made separate bookings and we will endeavour to make suitable rooming arrangements.

Visas

All countries have visa requirements that are subject to change at short notice. A general guideline for visa requirements is available here:

<http://www.tucantravel.com/before-you-go/visa-guide>, but you must check with your local embassy or consulate for the very latest visa requirement information based on your nationality. It is your responsibility to ensure that you have all necessary visas for your tour. If you would like help applying for visas, we have recommended visa agencies on our visa page that we work with regularly.

Important things to check when applying for visas:

- Does the validity of the visa cover the duration of your time spent in the country?
- Do you require a single or multiple entry visa(s) for your tour?
- Are you required to show additional documentation when you arrive in a country? (Examples include proof of onward travel and travel itinerary)

Some visas are only valid for entry within three months of the date of issue which means on some of our longer tours the visa would expire before you are scheduled to enter the country. In these cases you must obtain the relevant visa during your tour. If it is necessary for you to obtain any visas en-route, please contact Tucan Travel or your travel consultant and inform your tour leader at the start of the tour. If you do not have the appropriate visas, Tucan Travel will not reimburse any expenses incurred in acquiring visas or any unused portion of the tour.

It is best to apply for visas in your home country if possible. If applying for visas by post, please allow plenty of time before departure and send your application by registered mail. Postal applications tend to be given a lower priority than in person applications and can take longer to process.

Special Note: If you have dual nationality it is advised not to obtain different visas in different passports. Although this may sometimes be cheaper, you may encounter problems at border crossings if your exit stamps from one country are not the same as your visa for the next.

Travel Insurance Policy

Travel insurance is compulsory for all tours. You must be adequately insured for medical, hospital, baggage and personal expenses, any necessary extra travel (rejoining tour or repatriation) as well as curtailment and cancellation.

We strongly recommend that all clients carry a copy of their full policy document with them at all times, together with any certificate showing the policy number and emergency contact details. Your tour leader will also ask for a photocopy of your insurance document, so please take this to the pre-departure meeting at the start of your tour. You will not be able to commence your tour unless you can provide proof of insurance to your tour leader.

Document Checklist

- Tour Voucher & Vouchers for extra services
- Passport (with photocopies of information pages and visas)
- Tour Dossier
- Cash & credit/debit cards (best to take a mixture and more than one card in case one does not work)
- Travel Insurance Certificate and photocopy for tour leader
- Travel consultant's phone number and email address
- Proof of onward travel, ie airline ticket

Optional Excursions

Optional excursions are not operated by Tucan Travel and while every effort is made prices may not be up-to-date and are intended as a general guide to help you budget for your trip. Prices for vehicle-based excursions such as game drives are approximate based on the optimum number of participants and the actual price may vary depending on group size.

Sufficient safety equipment such as helmets and life jackets are sometimes not available and Tucan Travel is unable to provide this equipment. If you intend to participate in an optional excursion you may like to consider bringing your own safety gear.

Excursions are run by a local operator or third party with both Tucan Travel and the Tour Leader acting as a booking agent only. Optional activities are not part of the tour and Tucan Travel's booking conditions do not apply to them. It is your responsibility to ensure you have the correct travel insurance for the excursions you intend to take part in and Tucan Travel is not liable for any injuries incurred.

Responsible Travel

We work hard to ensure our tours are sustainably and ethically run. You can read our responsible travel policy and advice on how you can travel responsibly here: <http://www.tucantravel.com/about-us/responsible-travel>.

Meet Up

Our free Meet Up app, available on Facebook, on iTunes and Google Play is an opportunity to chat with others passengers before you depart or keep in touch when you arrive back from tour. Information on the app is available here: <http://www.tucantravel.com/before-you-go/meet-up>

Add-ons & Extras

On many of our Group Tours, we spend one night in our arrival and departure cities. If you want to explore these cities more we can book pre and post tour accommodation, city tours and airport transfers for you. Price information can be found on the price page of each tour. We also have **Add-ons** - short packages that can be booked alongside a tour or on their own and have been carefully designed to ensure you don't miss out on popular highlights.

Illegal Drugs

The possession or use of illegal drugs will not be tolerated on our tours. When overseas you are subject to local laws and the penalties for breaking these laws can be harsh. In order to safeguard the interests of the group as a whole, our tour leaders have been instructed to insist that any person found with illegal drugs leave the tour immediately – without refund. The tour leader's decision on this matter is final. If you need to carry certain drugs with your purposes of medication, please inform your tour leader and ensure that you carry a copy of your prescription or letter from your doctor.