



21 Day East African Explorer - Livingstone to Nairobi Overland Tour

DAY 1: Livingstone/Victoria Falls - Zambia

This tour begins in Livingstone near the mighty Victoria Falls. We camp at the Waterfront campsite on the banks of the Zambezi River - one of Africa's largest rivers. The campsite reception has advice and information about the various optional activities available in the area - white water rafting, bungee jumping, abseiling, gorge swinging, canoeing, elephant and horse riding, scenic flights and river cruises. But don't forget a visit to the Victoria Falls themselves. At various times of year the spray can be seen from up to 20 or 30 kilometres distance, hence the local name Mosi au Tunya - the 'smoke that thunders'.

DAY 2 - 9: Kafue River - Malawi

From Livingstone, we head north-east into Zambia and stop at the Kafue River to take a short journey by boat on the river to a community camp on the river banks. We spend the night here and have the opportunity to visit the neighbouring village and meet the local people who live here. The following morning we continue our journey through Lusaka to Malawi - the 'warm heart' of Africa. We descend to Lake Malawi which covers almost a fifth of the country providing a source of livelihood for many of the Malawi people. Fishermen, fish traders, canoe and net makers all ply their trade, and a common sight is that of a fisherman in his *bwato*, (dugout canoe made from a hollowed out tree trunk) fishing on the still lake at the break of day.

Enjoy a few days on the beach. Try some of the water-sports typically available, or else simply relax and enjoy the warm fresh waters of Lake Malawi. There is the opportunity to meet the local people, generally known as amongst the friendliest in Africa to gain an insight into their way of life.

DAY 10 - 14: Dar es Salaam - Zanzibar

Leaving Malawi we climb into the hills and cross the border into Tanzania. We continue northeast towards the Indian Ocean coast and the port city of Dar es Salaam. On the way we take the road that runs straight through small Mikumi National Park and with luck, may spot forest elephant or giraffe feeding near the side of the road. 'Dar' is Tanzania's hub of commerce and industry - a hot, humid and bustling city. We set up camp at our campsite near the beach just outside of the city centre with time to browse one of the nearby curio markets best. Ebony wood carvings are a good buy in Dar - but be sure to bargain hard. This is also our 'leaping off' point for our excursion to Zanzibar.

Evocative and exotic, Zanzibar conjures up images of idyllic, sandy, palm fringed beaches, romantic winding cobbled alleys and lush tropical forests. You will find all of these and an intriguing past on the island. Zanzibar was once a major trading centre for spices and slaves as well as base for the great 19th century European explorers such as John Hanning Speke, Richard Burton and David Livingstone. Indeed the spice trade is centuries old: Zanzibaris have traded with the people of the Arabian peninsula for generations, plying the ocean in simple dhow sailboats relying on the annual trade winds for passage. The Arab influence is evident in the architecture and diverse street stall offerings of the capital, Stone Town. In fact it can be seen right along the East African coast with the Swahili language and culture displaying the mixing of Arab and African cultures over many centuries.

Our time on the island is not structured and your time is at leisure. Perhaps the best way to see Stone Town is on foot: explore the bazaars, shops, mosques, palaces, courtyards and myriad intricate alleyways of the old town. Spices are grown in plantations nearby and you can take day-tours to visit some and have your senses dazzled by the tastes and scents experienced. But if it's white sand, sparkling ocean and hot sun you prefer - head for the northern beaches and enjoy the

Indian Ocean at its best. Try snorkelling and diving, indulge in some sumptuous seafood, or simply relax beneath a coconut palm with a cocktail and a good book.

After three nights we cross back by ferry to the African mainland and Dar es Salaam.

DAY 15 - 17: River Camp - Arusha

We continue the journey northward and inland to the great game parks of East Africa. We may take a night beside the scenic Pangani River on the way north, and a little further on if the weather is clear we gain a view of the magnificent snow-capped Mount Kilimanjaro, Africa's highest peak (at 5895m). We drive past the town of Moshi and eventually reach Arusha, a city situated exactly mid way between Cape Town and Cairo. Arusha is Tanzania's 'safari capital', a city of some 2 million inhabitants, a bustling melting pot of markets, vehicles and tribesmen, nestling in the shadow of the brooding Mt Meru (4556m). With time to explore town we head out to our camp just outside of the city on the edge of the Masai plains. Here there is the opportunity to take a walk or camel ride to one of the local Masai villages, to visit the very interesting Masai museum, and to visit the snake enclosure at the Meserani Snake Park. Wash the African dust down in the camp's popular 'bush' bar. More importantly, it is from here that we prepare for our two night/three day excursion to the Serengeti National Park and the Ngorongoro Crater.

DAY 18 - 20: Serengeti National Park - Olduvai Gorge - Ngorongoro Crater - Nairobi

Stopping to see the Olduvai Gorge, made famous by Drs Louis and Mary Leakey for their explorations into early man we descend onto the open plains and wide horizons of the Serengeti. Green after the rains, brown and burnt in the dry this is home to an enormous variety of grazing animals, predators, and birdlife. Flatter and larger than the Masai Mara the Serengeti is simply huge - indeed the name 'derives from the Masai word *Siringitu* - 'the place where the land moves on forever'. Game viewing here can be superb and camping out in an unfenced campsite where lion and hyena roam nearby is an unforgettable experience.

The following day we drive out of the plains and ascend the outer wall of the Ngorongoro Crater. We spend the night camping on the rim (you may need a jacket as it can be cold at night). At 326 square kilometres in area the Ngorongoro is Africa's largest intact caldera and is a World Heritage Site. If the view from the rim (2400 metres above sea level) is spectacular, the site from the Crater floor (some 600 metres below the rim) is equally enjoyable. All the major mammals are present, except giraffe (which cannot manage the steep slopes leading down one to the Crater floor). We descend the steep access road for a morning of excellent game driving in this dramatic location. After lunch we drive back up the access road for a final view over the Ngorongoro before we retrace our steps back to Arusha and our camp for the evening.

DAY 21: Nairobi

After a last night at camp, we make our way across the Masai steppe to the Kenyan frontier at Namanga. Completing formalities we drive the last afternoon to Kenya's burgeoning capital, Nairobi, where our tour ends.

¹**NB** For the sake of practicality, meals in the Livingstone/Victoria Falls area are restricted to breakfasts. This allows you to take on half day or full day activities (some of which include lunch) without having to be back with the group at mealtimes. The Waterfront camp has a beautiful restaurant overlooking the Zambezi River which offers a good selection of reasonably priced meals and snacks throughout the day (we suggest you allow US\$25 -\$30 per day). Relax and enjoy these few days at your own leisure. The tour leaves the Livingstone area on Day 2 of the tour.

²**NB** As we leave the truck on the mainland, when we go to Zanzibar food and accommodation is not included and free time is yours to enjoy the island's activities. Your tour leader will assist the group by booking suitable and well priced accommodation both in Stone Town and on the beach (budget approx \$30-35 per night), unless you would like to book something independently in advance.

TOUR INFORMATION

Travelling overland is great fun, but it can also be challenging! This is a participation tour and your help will be needed in setting up the camp each night and assisting (usually on a rota basis) with the various day to day campsite duties, such as shopping, cooking and keeping the truck and camp tidy. But don't worry it's not all hard work and it's a great way to meet the local people and get to know your fellow travellers. Your contribution benefits the success of the tour - most people find the greater their involvement, the greater their enjoyment of the whole trip.

Africa is an adventure destination and travelling here is not always predictable so be prepared to "expect the unexpected" in difficulties or delays which might come our way! However, you'll soon find that the diversity of the African landscape, the wildlife and the communities we pass on our way, make the sometimes rough travel and long driving days worthwhile. Come with a sense of adventure and a flexible attitude and you will be sure to enjoy your overland tour across this amazing continent.

TOUR STYLE

Overland Truck Safari

WHAT'S INCLUDED

Fully equipped safari vehicle, camping and cooking equipment including sleeping mattress, all road tolls and vehicle taxes, transport, services of driver and tour leader, meals as indicated.

WHAT'S NOT INCLUDED

Local Payment excursions, visas, travel insurance, flights, departure taxes, airport transfers, sleeping bag, optional activities, drinks, tips, meals not mentioned in itinerary, items of a personal nature. NB: meals on Zanzibar are not included in tour price or your Local Payment.

ACCOMMODATION

We use 2-person dome tents with flysheets, built in ground sheets, zip-up insect screens and thick foam sleeping mattresses. We mainly use designated campsites, which often have permanent wash and shower facilities, electricity points and sometimes even a small shop and bar/restaurant. NB: Accommodation on Zanzibar are not included in tour price or your Local Payment - please allow USD30 - 35/night.

TRANSPORT

24-seater self contained, custom-built safari truck with onboard tables, plug sockets, freezer, library, i-pod jack, safety features and 70-litre individual lockers.

MEALS

Meals included are - Breakfast (B) x18, Lunch (L) x16, Dinner (D) x16.

These meals are prepared in camp by the group and help preparing the meals is invited. Most dietary requirements can be catered for on the road. Please ensure you inform us of any special requirements when you book or at your earliest convenience.

GAME PARK VISITS

In order to maximise the quality of game driving and to comply with local authority rulings, some of our National Park visits and game viewing is carried out using services provided by local African ground handlers. As well as enhancing our experience it also allows us to contribute at a 'grassroots' level to local economies from which local people benefit. These local services are included in the Local Payment.

TOUR PREPARATION

BOOKING INFORMATION

When you make a confirmed booking for your tour you will be sent your booking documents and a pre-departure booklet with detailed information to help you prepare for your trip. Once you have paid in full you will receive a Travel Voucher giving details of your joining hotel. Nairobi and Livingstone are well served by airlines (most flights to Livingstone go via Johannesburg) and your travel agent can advise on flights to the start of the tour.

JOINING INFORMATION

Meeting point in Livingstone: The Zambezi Waterfront
Address: Sichango Road
Livingstone

Contact details: Tel. +260 3 320 606/7/8

E-mail: waterfront@safpar.com

Pre-departure meeting: 18h00 prior to departure day
Tour start time: Confirmed at pre-departure meeting

Tour end point in Nairobi: Boulevard Hotel
Harry Thuku Road
PO Box 42831
Nairobi

Contact details: Tel. +245 2 337221 / 227567/8/9
Fax. +245 2 334071

Email: hotel@hotelboulevard.com

Tour end time: Late afternoon/ early evening on day 21.

EXTENDING YOUR STAY

If time allows, we suggest you spend a night or two before and after the tour to fully enjoy the site seeing and activities on offer in the Livingstone/ Victoria Falls and Nairobi areas. Any additional nights can be booked on a direct pay basis. See below for a guide to extra accommodation costs. These prices may be subject to change especially at time of the World Cup (Jun-Jul 2010) so please contact us or your agent to check current prices.

Pre-tour accommodation in Livingstone

- Tented - \$30 to \$40 p/p/p/n
- Chalet - \$80 to \$120 p/p/p/n

Post-tour accommodation in Nairobi

- Twin - \$55 p/p/p/n
- Single - \$80 p/p/p/n
- Triple - \$45 to \$50 p/p/p/n

WHAT TO BRING

Please try to keep your luggage to a minimum, bearing in mind that most airlines impose a 20kg limit. It should be brought in a soft holdall or rucksack along with a smaller day bag. You will need to bring a mixture of lightweight clothing and warm clothing for the evenings and early morning game drives. You require a sleeping bag. We recommended you pack a small torch or headlamp, mosquito spray and a money pouch/ belt that is easily hidden. Please try to avoid bringing unnecessary valuables and use your hotel safe to store the bulk of your money, passport, and airline tickets.

VACCINATIONS/HEALTH

The table below indicates the vaccinations suggested for travel on this tour but should be treated as a guide only. You should seek professional medical advice from your GP or clinic at least six weeks prior to departure.

Country	Tetanus	Diphtheria	Polio	Hepatitis A	Hepatitis B	Typhoid	Meningitis	Rabies	Yellow Fever	Malaria
Zambia	R	R	R	R	R	R	-	R	C	R
Malawi	R	R	R	R	R	R	R	R	R*	R
Tanzania	R	R	R	R	R	R	R	R	R*	R
Kenya	R	R	R	R	R	R	R	R	R*	R

VISA REQUIREMENTS

The table below indicates the visas required for travel to the countries on this tour but should be treated as a guide only. At least one month prior to travel seek confirmation from embassies or a visa specialist, that these requirements are still current. For UK citizens the Foreign & Commonwealth Office (FCO) offers free up-to-date travel info: www.fco.gov.uk.

Nationality	UK	AUS	NZ	USA	CAN	BEL	IRE	NED	DEN	ITA	GER	AUT	SWE	FIN	NOR
Zambia	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Malawi	No	No	No	No	No	No	No	Mo	No	No	No	Yes	No	No	Yes
Tanzania	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Kenya	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

MONEY MATTERS

PERSONAL EXPENSES

Naturally you will require extra money for your own personal spending on the tour, for snacks, drinks, souvenirs, tips and items of a personal nature. Everybody has different spending habits but as a guideline we suggest you budget US\$15-20 per day. Also keep US\$ cash for relevant airport taxes and visas needed, optional activities and any additional accommodation before or after your tour.

- Spending money is best carried as cash in US dollars, Sterling or Euro which can then be transferred into the Rand on arrival. Your guide can advise how and when you can change the rest of your money throughout the tour.
- Currencies are as follows: Kenya - Kenyan Shilling; Tanzania (including Zanzibar): Tanzania Shilling; Malawi - Malawi Kwacha; Zambia - Zambia Kwacha;
- ATM machines are found in Nairobi, Arusha, Dar es Salaam, on Zanzibar and in the main cities on tour from Livingstone BUT may be unreliable and therefore we recommend you do not rely on them!
- Credit cards can be used to pay for optional activities although charges may be may be high by western standards (+/- 5%).
- Travellers cheques can be difficult to cash but make suitable emergency funds.

It is recommended you bring your money in a mixture of ways and your guide can best advise on what to use where.

LOCAL PAYMENT

A Local Payment (LP) is to be paid to your tour leader at the pre -departure meeting. The LP fund is administered by the tour leader in conjunction with the group and covers most meals, all game drives using our own vehicle, campsite fees and meals prepared at the truck (usually two or three per day). You can choose to pay either the Basic Local Payment at the beginning, and then pay for

your excursions along the way, or else you may pay for everything up front in the Fully Inclusive Local Payment.

Payment must be made in **US\$ cash in clean, post-2001 edition notes**. Traveller's cheques and credit cards cannot be accepted as means of payment. The LP amounts set out in the brochure are estimates of local costs at the time of printing. It is subject to inflation, exchange rate changes and local price rises. These may vary from the amounts set out in the brochure or website and on rare occasion where there is a shortfall, passengers will be asked to contribute further. Conversely, where there is a surplus of LP funds at the end of the tour, it will be refunded equally amongst all passengers.

TIPPING

This is always a matter for your own individual discretion but as in many areas where tourism is an important contributor to the economy, it has become customary to give a small gratuity to local staff, including your tour leader and driver, at the end of a tour if services rendered have been to your satisfaction.

OPTIONAL ACTIVITIES

In order to give you maximum flexibility on tour we offer a number of optional activities on the tour. To help budget, approximate prices are listed below (subject to change and availability).

Activity	Price	Activity	Price
Livingstone		Zanzibar	
Gorge Swing / Abseiling	\$110 - \$155	Scuba Diving (Mnemba Island)	\$150
Bungi	\$95	Snorkelling Day Trip	\$30 - \$40
Crocodile Farm	\$25	Spice Tour	\$25
Half day / Full day Canoe Safari	\$95 / \$120	Dolphin Excursion	\$35 - \$40
Horse Riding	\$75 - \$110	Accommodation & Food (per day)	\$35
Flight over the Falls	\$130	Tanzania	
Zambezi Sunset Cruise	\$45	Serengeti Balloon Ride	\$499
Lion Encounter	\$125	Camel Ride	\$30
Malawi			
Snorkeling	\$20		
Scuba Diving	\$40		
Horse Riding (half day)	\$45		

- **Please Note:** The above costs have been converted into approximate US dollars for convenience. Expect to pay for some optionals in the local currency.