

BEACHES, WILDLIFE & WATERFALLS - 25 DAYS

HIGHLIGHTS

- Dar Es Salaam - bustling sea port on the coast of Tanzania
- Zanzibar - Island of stunning tropical beaches and the intriguing Stone Town
- View the sites of rural Tanzania and the animals of Selous Game Reserve from the train
- Experience village life in the Great Rift Valley, Tanzania
- Beautiful Lake Malawi - Nkhata Bay, Cape Maclear, Chitimba
- Wildlife viewing in South Luangwa NP - Tanzania
- Donwe Island - optional 2 day trip
- Serengeti and Ngorongoro optional 3 day trip
- Kawaza village - visit a local school, learn about the culture of the Kunda People
- Victoria Falls - view from Zambia and Zimbabwe

Local payment: \$450

INCLUSIONS

- 14 nights multi share mixed gender rooms, traditional bandas/chalets/dorms
- 2 nights camping
- 1 overnight sleeper train (4 person mixed gender shared cabin)
- 2 nights ferry (sleeping on deck)
- 2 breakfasts, 2 lunches, 2 dinners
- All relevant transfers and transportation
- English speaking tour leader to provide information and assistance in booking optional activities and accommodation

Please note: accommodation in Zanzibar is not included to give you flexibility for exploration, please budget accordingly

TOUR MAP



GO GUIDE

Your guide to on the ground...

PRE DEPARTURE MEETING

Pre Departure Meeting: Held at the Departure Point at 17h00 on day your trip commences.

Departure Point: Kipepeo Campsite, Plot 4, Mjimwema, Kigamboni, Dar Es Salaam

Check-In Time: 17h00

Departure Time: (08h00 next morning)

FREE HWANGE COMMUNITY EXPERIENCE

If you have booked the 3 day free Hwange Community Experience and Safari, please read through the details below:

You will need to meet at 09:00 on day 1 at the Adrenaline Zone - Shop 8, the Bata Centre, Livingstone Way, Victoria Falls for the start of your trip.

The Local Payment for the Hwange trip is to be paid to your trip leader at the start of your expedition on day 1.

VISA REQUIREMENTS

Most visas are usually available on route if you are a passport holder from UK, AUS, NZ, Canada or USA. RSA nationals may need to obtain all visas before they go. However, as this information can change regularly we advise you to check with each consular office prior to and in good time for the trip. Visas cost money so be sure to budget for them! Please ensure that you have at least one blank page per visa and that your passport is valid for at least six months from the end date of your trip. Visas are your responsibility. Don't forget to check!

CLIMATE

The climate in Tanzania is tropical but can drop significantly at altitude. Coastal areas are hot and humid and the central plateau is dry and arid. The weather at Victoria Falls is generally hot and dry - except inside and near Batoka Gorge, where it's hot and wet. The summer rainy season lasts from November to March, and the rain usually comes in the form of afternoon thundershowers. During this time the weather can be quite unpredictable, with torrential downpours one day, and clear skies the next. There is a considerable difference in the flow of water over the Falls from the rainy to the dry season. Malawi is least rainy and humid from May-October. The rainy season is primarily November-April (there's more rain on the higher plateaus than around the lake). No matter when you visit, take along a sweater to wear in the evening. For further info please check www.bbc.co.uk/weather/world

TIME

Tanzania is 3 hours ahead of GMT. Malawi, Zambia and Zimbabwe are 2 hours ahead. All do not observe daylight savings time.

VOLTAGE

Plug types and voltages vary so you will need a universal adapter. Check www.kropla.com/electric2 for more info.

MONEY

We advise to bring most of your money is US dollars cash. Notes should be **clean, un-torn and printed after 2001. Credit cards are not widely accepted except in major cities.**

LOCAL PAYMENT

To be paid to the tour leader at the start of your

trip in US dollars cash. Please be aware that as the local payment is calculated in advance, and due to currency fluctuations and inflation, occasionally the local payment will rise, usually only by a few dollars, and this would be collected on arrival

ZANZIBAR ACCOMMODATION

This is not included in your trip price and can be booked on arrival by your tour leader from US\$30 per person per night alternatively, well priced hostels can be found on the internet.

TIPPING

Tipping is common in Africa but of course is an entirely personal gesture. Guidelines are below:
 Your guide (suggested amount) US \$3-\$5 per day
 Assistants to the guide US \$2-\$3 per day
 Others (such as housekeeping staff) US \$1 per day
 Restaurants 10% for satisfactory service

BITS & BOBS

- Mineral water (500ml or 1L) US \$1.50
- Can of coke US \$1.20
- Beer US \$1.50 - 3.00
- 2 course meal (cafe or local style restaurant) US \$ 6-25

GOOD ADVICE

- Bring a sleeping bag for camping and the overnight train
- Bring spare camera batteries/film and go snap happy.
- Take a money belt
- Bring a small daypack for your day-to-day needs.
- Keep a supply of small notes for local transactions.
- Keep a photocopy of your passport data pages and your yellow fever certificate
- Bring cutlery and bowl/plate for the days you would like to cook for yourself

GO GUIDE

BEACHES, WILDLIFE AND WATERFALLS: ITINERARY

DAY 1: DAR ES SALAAM - WEDNESDAY

Our first day is spent at leisure in the vibrant harbour city of Dar Es Salaam or simply relaxing on the beach at our camp.

DAYS 2 - 8: ZANZIBAR

A ferry from Dar es Salaam takes us to the "Spice Island," where we spend the next 5 nights. Zanzibar is steeped in history and was one of the major starting points for most East African explorers in their quest for new lands.

Zanzibar offers you a wealth of experiences. Today the quiet streets of the old Stone Town still retain their Arabic influence, from the Medina-like shops to the palaces of the Sultans, who founded their vast empires on the spoils of the slave and ivory trade. The island is still famous for its spices and an optional excursion around a spice plantation can be organised. Other options include a trip to the beautiful beaches and giant tortoises of Prison Island, a full day scuba dive in Nungwe or a fishing trip in a traditional dhow. Mopeds are available for hire if you'd like to explore the more remote areas of the island. Zanzibar is a seafood lover's paradise. Numerous restaurants offer a great variety of the freshest catch from the ocean - giant lobsters being a popular speciality. Alternatively, mingle with the locals for dinner at the Forodhani Gardens seafront market, where delicious, inexpensive seafood is on offer.

PLEASE NOTE: Accommodation is not included whilst on Zanzibar, as it is our experience that people prefer to explore the island on their own. The Trip Leader joins you and can arrange your accommodation, while meals can be enjoyed from a wide selection of restaurants.

DAY 7: MBEYA

Leaving Zanzibar, we return to the mainland where we board our overnight train bound for Mbeya. The route we follow is off the beaten track and we get to glimpse rural Tanzania. We travel through Morogoro at the base of the Uluguru Mountains before passing through the Selous Game Reserve where it's possible to view a range of wildlife from our cabin. The train itself is fairly comfortable (by African standards) and affords us a great opportunity to meet the

friendly local people. Some of our fellow passengers leave us on our return from Zanzibar.

DAY 8: GREAT RIFT VALLEY

On arrival in Mbeya we board local transport and head to the small town of Tikuyu on the Great Rift Valley escarpment. The locals in this area farm the slopes of the Mbeya and Poroto mountains producing bananas, coffee, tea and cocoa, which are bought into Mbeya town to be packaged and transported all over the world. Tonight we get a real taste of rural village life.

DAYS 9 - 10: CHITIMBA (LAKE MALAWI)

Passing down the Rift Valley Escarpment, we head to the border post of Songwe where we enter the "warm heart of Africa," Malawi. We make our way to Chitimba Beach Camp on the shores of tranquil Lake Malawi, where we'll spend the next 2 nights. Malawi is a landlocked country with 20% of its total area made up of beautiful Lake Malawi. The temperate climate allows for swimming in the clear blue fresh-water lake all year round. Explore the beautiful shore where you'll see local fishermen sorting their catch. Traditional fishing techniques are still practised and to appreciate their boating skills, try to paddle a dug out canoe yourself! The various beachside campsites along Lake Malawi's shores offer optional excursions including a variety of water sports.

Day 10 is free and you can hike to the Livingstonia Mission in the Khondowe Plateau 900 m above the Lake Malawi. Established in 1875 by Dr Robert Laws to honour the Scottish missionary, David Livingstone, this mission relocated several times before settling in its current position. Plagued by hardship and disease, Dr Laws decided to move the mission from the shores of Lake Malawi to the fertile Khondow Plateau. This higher altitude reduced the risk of malaria and it is here that many Malawians have received their education. For the less energetic, there is the option to enjoy a tour into the local village with a visit to the local school. Others can spend the day learning the game of bao from the locals, scouring the markets for a bargain or simply relaxing on the pristine white beaches.

DAYS 11 - 12: NKHATA BAY (LAKE MALAWI)

We head to Nkhata Bay via the inland town of Mzuzu. Nkhata Bay is a beautiful lakeside town straddling the lush mountains of Malawi's Rift Valley. We can spend the days relaxing on the lake's shores or visiting the local Chichewa market. We have the option of participating in various water sports or hiking in the surrounding hills. A visit to the local brewery or witchdoctor can also be arranged.

DAYS 13 - 14 ILALA FERRY

Today we board the MV Ilala to cross the 'Lake of Stars.' The next couple of days are spent calling in at various ports in Tanzania and Mozambique along the edge of Lake Malawi before reaching our destination in Cape Maclear. The ferry is used by the locals to reach the opposite side of the lake and this is a great opportunity to meet these warm hearted people. We spend the next couple of nights sleeping under the stars on the main deck.

Please note: Should the ferry be unavailable, we will follow the coastal road south via Salima Bay to Cape Maclear.

DAY 15: CAPE MACLEAR

Today we arrive at picturesque Cape Maclear, on Lake Malawi's southern shores. After checking in to our multi share hostel, we visit the local market. Here, those visiting Domwe Island stock up on their supplies for the next 2 days they'll spend on this tropical paradise.

DAY 16 - 17: CAPE MACLEAR/ DOMWE ISLAND

Domwe Island is the biggest uninhabited island in Lake Malawi. Separated from the mainland by the Ilala Gap, this gap occasionally dries up due to the fluctuations of the lake's level enabling various mammals to cross from the mainland.

For those of us doing the 2 Night Domwe Island optional excursion, we transfer via boat to this beautiful island. Accommodation is in shared tents (2 persons). We prepare our meals in the self-catering kitchen (equipped with crockery, cutlery, pots and pans AND a fridge!) We spend the next two days just relaxing or exploring the island. Enjoy the myriad of optional activities - kayak around

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the island, snorkel and swim in the Lake's warm waters or hire some SCUBA gear and search for the beautiful Cichlid fish. Spend an afternoon hiking 400 m to the island's highest point or just enjoy the sunshine on the pristine white beaches. Included in this option is a return transfer to Cape Maclear, park entry fees and all non-motorised watersports and camping for 2 nights.

For those who'd prefer to spend the next 2 days relaxing in Cape Maclear, various activities are available. Hike up the mountain in Lake Malawi National Park, haggle with local vendors for a famous Malawi Chair or just relax on the beach.

DAY 18: CAPE MACLEAR

After reuniting with the rest of our group, we spend one more day relaxing on Lake Malawi's shores, before heading to Zambia tomorrow.

DAY 19: ZAMBIA

Today we leave the "warm heart of Africa" and head towards Zambia. We cross the border and make our way to Chipata where we make the final preparations for our trip into the South Luangwa National Park.

DAYS 20 - 21: SOUTH LUANGWA NATIONAL PARK

At 9050 km², twice the size of Wales, the South Luangwa National Park is famous for large concentration of wildlife. It is said that for every oxbow (U-shaped bend) in the Luangwa River, there is a leopard. Massive herds of elephants and buffalos are often seen. There are no rhinos in the park due to poaching, but efforts are underway to re-introduce this prehistoric beast. So while looking out for the remaining members of the Big 5, look out for the Small 5 - Elephant Shrew, Rhino Beetle, Buffalo Weaver, Ant Lion and Leopard Tortoise and for the Green 5 - Elephant Grass, Rhino Thistle, Buffalo Thorn, Lion's Ear and Leopard Orchid. Our camp for the next two nights is on the edge of this magnificent park. Keep an eye open for the Crawshay zebra, Cookson wildebeest and Thornicroft giraffe - all species unique to this area!

DAY 22: KAWAZA VILLAGE

After spending two wonderful days enjoying Zambia's wildlife, we return to Chipata via the Kawaza Village. This project was set up by the local community with the help of the Zambian Wildlife Authority and some of the tour operators in the Luangwa valley, to offer visitors a glimpse into Kunda Culture. The belief is that the best way to get to know the local people and their way of living is to take part in their daily life. We have the opportunity to visit the Chief's Palace, visit the local health clinic or attend a class at the nearby school. Zambia itself has 74 different cultural groups and although they are different, collectively Zambians are a very friendly and welcoming people

DAY 23: LUSAKA

Today we head to Zambia's bustling capital city - Lusaka. Zambia prospered when copper prices were at their peak. However, when these prices declined in the late 1970s, the country was plunged into debt. In recent years, copper prices have improved and the government has embarked on a diversification programme to move away from its reliance on this precious metal. Agriculture and tourism have begun to play a much larger role in contributing to Zambia's GDP.

Why not check out the many cafes and restaurants, maybe venture out to a club, or a roadside shebeen if you want to do like the locals!

DAY 24: VIC FALLS (ZIMBABWE)

Our last road journey sees us travelling south west, via Livingstone to Victoria Falls. Vic Falls or Mosi-oa-Tunya (the Smoke that Thunders) is one of the Seven Natural Wonders of the World and it's not difficult to see why. At 1700 m wide and around 100 m high, this is the world's largest sheet of falling water and a memorable sight on any African Safari! The falls can be viewed from the Victoria Galls National Park, Zimbabwe and the Mosi-oa-Tunya National Park Zambia. Each offer unique and fantastic photo opportunities.

There are plenty of exciting optional excursions on offer here, including trips into the Zambezi or Hwange National

Parks, elephant back safaris, horse back safaris, a visit to the crocodile ranch, boat cruises and golf at The Elephant Hills Resort. Adrenaline junkies can bungee from the Vic Falls Bride, or abseil down the Batoka Gorge - not for the faint hearted! All year round, flights in fixed wing, microlight and ultra light aircraft or helicopters, provide an aerial perspective over this magnificent World Heritage Site. Depending on the time of year, world class white water rafting on the Zambezi river is available. As well as the excitement of Grade 5 rapids, there are also 'floats' which allow you to admire the scenic cliffs and occasional wildlife on the river banks. This evening we all look back and celebrate the completion of our memorable journey.

You may wish to extend your stay in Vic Falls order to take advantage of all the fun on offer.

DAY 25: TRIP ENDS - SATURDAY

We exchange addresses and part ways, having just experienced a trip of a lifetime!

Please note: This tour requires a minimum of 6 people to run

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STYLE OF TRIP

When considering an African expedition, it is important to consider this choice of holiday is designed for people who have an adventurous spirit in mind, and who perhaps would like to visit Africa on their own but only have limited time and resources to plan the trip, or who would like the security of a group and the benefit of having a tour leader to help with arranging transport and activities along the way. This trip is ideal for the seasoned traveller. Your tour leader will generally be European or Australasian, and will have travelled extensively through Africa. Most have been on the road for a number of years and are very experienced in the routes that we travel. However they are not experts in all aspects of the culture, history and wildlife of each area. They are employed to ensure the smooth running of your trip. That said, they all have a passion for Africa and have acquired much knowledge of each area, which they'll happily share.

ACCOMMODATION

This varies greatly from town to town. In general we use traditional and basic accommodation. Most of the bandas, chalets and bungalows will be sharing with 2-3 other people. When camping we will be in 2 person dome tents. Roll mats are provided but please bring a warm sleeping bag. When on the Ilala ferry in Malawi, sleeping will be on an open deck under the stars and if you would like a roll mat for this, please bring your own. Most bathrooms are shared and hot showers cannot be guaranteed.

TRANSPORTATION

This is a public transport trip which allows you to experience Africa in a more authentic way than an overlander trip, and to meet local people along the way. However please do remember that trains buses and ferries will not always run to schedule, there will be some long days of travelling, in vehicles that may not be to western standards of comfort. That said, you can guarantee that some of these unique experiences will provide great stories for your friends back home. This is Africa, expect the unexpected!

ONWARD TRAVEL

As conditions in Africa are always changing, we can therefore not be held responsible for disruptions and delays that may cause you to miss your connections. We recommend that you **allow 1 to 3 days after the completion date of your trips before flying out.**

MEALS

Meals are not included on this trip with the exception of some of the optional excursions (see below for more details). Fresh fruit and vegetables

will be available cheaply and readily from the local markets and roadside stalls, and local shops will sell dry goods and proteins like meat, eggs and cheese. Bring along basic cutlery and a bowl/plate for days where you will do your own catering. Local restaurants also provide a variety of traditional foods like chicken, stews, rice and chapatti and are reasonably priced.

HEALTH

It is recommended that you be protected against Tetanus and Polio, Hepatitis A, Meningitis, TB, Typhoid and Yellow Fever. You will need to show your certificate for Yellow Fever on arrival in Tanzania. Please contact your local health provider for the latest advice on vaccinations and protection against malaria.

A few simple precautions can help avoid getting a tummy bug:

- Don't eat at dodgy looking restaurants or food stalls
- Avoid salads or fruits that you can't peel
- Never drink tap water even to brush your teeth, unless it has been boiled
- Beware of sunstroke - wear a hat and drink plenty!

MALARIA

Malaria is endemic in most parts of Africa. It is your responsibility to take precautions against catching it. First and foremost, don't get bitten. Wear long sleeved shirts and trousers when mosquitoes are most active - early morning and evening! Use plenty of insect repellent with a high level of DEET on any exposed areas, especially ankles, as mozzies love a bit of foreign cuisine! Contact your doctor for advice on suitable anti-malaria medication.

INSURANCE

Travel insurance is compulsory on our trips. Please ask a member of our reservations team if you would like us to book this for you. Please ensure that your insurance covers you for any optional activities you may like to do such as bungee jumping, white water rafting etc.

SECURITY

Stay alert whilst travelling in Africa, as petty theft is common. Don't bring any unnecessary, expensive jewellery with you. Keep an eye on your belongings at all times, listen to the advice of your tour leader and consider bringing a money belt. We recommend you photocopy all of your travel document and keep them separately from the originals.

CHARGING OF BATTERIES

Most places have electrical points so you should be

able to charge your batteries every few days, but bear in mind that there may be power cuts. We recommend bringing a spare battery.

OPTIONAL ACTIVITIES

We have left many of the activities as optional to allow you the flexibility to do as much or as little as you like so be sure to budget accordingly.

Please Note - these prices are approximate and are subject to change - Where activities occur away from your base, there may be an additional transfer cost.

- Tanzania, Arusha 3 Day Serengeti/Ngorongoro Crater US\$410
- Tanzania, Zanzibar Accom p/p/p/n From US\$ 30
- Tanzania, Zanzibar Spice Tour US\$ 30
- Zimbabwe, Victoria Falls Bungee Jump US\$ 90
- Zimbabwe, Victoria Falls White Water Rafting US\$ 95

**Please note that all accommodation & activities in Victoria Falls must be paid for in US\$ cash (GBP & ZAR also accepted at a lower rate).

LUGGAGE AND PACKING LIST

Don't overdo it!
Luggage Allowance - Luggage is limited to 20kgs. You will have to carry your own luggage so try to pack light. We recommend you bring a backpack as these are easier to carry. Pack sensibly and take garments that are comfortable and can be layered so that you are equipped for all weather conditions. Avoid nylon and other synthetic materials as they will be uncomfortable in hot weather.

- Underwear and socks
- 2 long sleeved shirts/blouses
- 3-4 t-shirts
- 2 pairs trousers or 1 pair & 1 skirt
- 1-2 pairs shorts
- inexpensive sunglasses
- washbag and toiletries
- Spare glasses/contacts
- warm sweater/fleece
- water/wind proof jacket
- walking boots or trainers
- sandals/flip flops
- 1 set smart clothes/shoes
- Camera & charger
- extra memory card/film
- binoculars
- universal plug adapter
- Hat
- Swimsuit
- Towel
- inexpensive watch
- Penknife
- tracksuit bottoms
- light sweater
- Sleeping bag
- Mosquito net
- Torch & spare batteries
- Small sewing kit
- Travel wash
- Clothes line and pegs
- Small scrubbing brush
- Book
- Sealable plastic bags
- Water bottle

Sleeping bag - You will need a good quality, compact sleeping bag for camping and the overnight train. Roll mats are provided for the camping but not the Ilala ferry. If you would like a roll mat for the ferry please bring one with you. We also advise you to bring a mozzie net.

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