

ACACIA AFRICA

CAPE TOWN TO KENYA – TOUR DOSSIER

Tour Code CTK41

CAPE TOWN – NAIROBI

41 DAYS

Tour Departure – 08:00

Pre-departure Meeting – 18:00 day prior to day 1

HIGHLIGHTS

Cape Flats Township Tour
Fish River Canyon
Sossusvlei Sand Dunes
Namib Naukluft Park
Swakopmund
Cape Cross Seal Colony
Spitzkoppe
Etosha National Park
Windhoek
Kalahari Bushman Walk
Okavango Delta
Chobe National Park

Livingstone – Victoria Falls
Lusaka
Lake Malawi
Dar es Salaam
Zanzibar
Serengeti National Park
Olduvai Gorge
Ngorongoro Conservation Area
Meserani Snake Park
Masai Village Walk
Great Rift Valley
Nairobi



From Table Mountain to Mt Kilimanjaro, from giant sand dunes in ancient deserts to sun-kissed beaches on tropical Zanzibar, from thundering Victoria Falls to the serenity of the Chobe River, from the majesty of the Ngorongoro crater to the vast Serengeti plains – this comprehensive tour will leave you with unforgettable memories.

INTENDED ITINERARY

Whilst it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the tour and on occasion it may be necessary or desirable to make alterations to the published itinerary. Please therefore treat the following as a guide only.

Duration: 41 Days

Countries visited: South Africa, Namibia, Botswana, Zambia, Malawi, Tanzania, Kenya.

DAY 1

Cape Town – Western Cape - Gariep River

Our overland safari begins in cosmopolitan Cape Town, overlooked by Table Mountain and bordered by the Atlantic Ocean, one of the world's most picturesque cities. Before we leave the city we take a tour of the Cape Flats – Cape Town's famous townships, visiting some of the local people and community projects in the area. The townships illustrate both South Africa's tumultuous history and its hope for the future and make a fascinating visit. From here we head north through South Africa's western and northern Cape provinces, a fertile area of winelands and wild flowers in the south that gradually turns drier and rockier as we head north towards the Namibian border. We camp in the western Cape area overnight on the way to the Gariep (Orange) River. There will be time tonight to settle in to life on the road, properly meet the rest of the group and enjoy our first night under the huge African sky.

DAY 2 - 5

Fish River Canyon – Namib Naukluft Park

We enter Namibia and arrive at the awesome Fish River Canyon. One of the natural wonders of Africa, some 500m deep and over 160km long, this is the second largest canyon in the world (after the Grand Canyon, USA). Again, there are plenty of opportunities for keen photographers as we spend time around this area and visit the canyon's infamous sharp river bend known as 'Hell's Corner.' After a night near the canyon we continue north until we reach the Namib Naukluft Park, containing the world's oldest desert and the highest sand dunes. Some of Sossusvlei's dunes are over 300m high and a popular activity here is to trek to the top of one of them in time to watch the sun rise over the open desert. A spectacular sight but be warned, it's an energy sapping climb to the top! Another well worthwhile option is to continue deeper into the park for a nature walk across the salt pans and valley floor, amidst the dunes – a real glimpse of Namibia's unspoilt natural environment. Bring your camera - the shifting colours of the desert as the sun climbs throughout the mid/late morning offer some brilliant photographic opportunities.

DAY 6 - 7

Swakopmund

Continuing on, we drive out of the desert and hit the Atlantic coast at Swakopmund, a small town redolent of Namibia's colonial past but with modern adventure oriented attractions for the visitor. Swakopmund is Namibia's main seaside resort, sandwiched neatly between the desert and the ocean, and is a delightful coastal oasis. Try some adventure desert based activities if you wish – quad biking, sand boarding, skydiving (weather permitting) – or else simply walk along the promenade admiring the ocean and indulge in the town's café culture.

DAY 8

Cape Cross Seal Colony - Spitzkoppe

We leave Swakopmund and continue north, stopping briefly at Cape Cross where, in 1486, the Portuguese mariner Diego Cão first set foot on the coast of southwest Africa. Cape Cross is also home to some 80,000 seals, the largest seal colony along this stretch of coast-line. It's an impressive sight, if not just for the number of seals but also for the immense noise and smell!

Leaving the Cape we turn inland to the beautiful Damaraland region and stop at Spitzkoppe to admire ancient bushman paintings still visible on the peculiar rock formations.

DAY 9 – 11

Etosha National Park - Windhoek

We make our way north to Etosha National Park, a vast reserve of over 20,000 sq km surrounding a central salt depression or 'pan.' The pan is seasonally full of water but specially managed waterholes sustain some 114 mammal and 340 bird species. We spend two nights here, usually making camp near a floodlit waterhole. Observers frequently see a range of night visitors including elephant, giraffe, zebra, even lion and hyena, making it one of the most memorable wildlife encounters in Namibia. After two nights we leave Etosha and turn south to the Windhoek, the capital, a city steeped in German architecture and atmosphere. Take the opportunity to enjoy a night out at one of the local taverns!

DAY 12 – 17

Ghanzi – Okavango Delta – Chobe National Park

Leaving Windhoek we travel west into the Kalahari region and cross into Botswana. Our first stop is at the town of Ghanzi. Here, in this midst of (seemingly) barren terrain we meet the Bushman and have a guided bush walk for a glimpse of this ancient people's way of life. We stay the night nearby before continuing north to Maun for our next national park - the Okavango Delta. The Okavango is a natural wetland spreading over some 1,600,000ha of northern Botswana. The Okavango River rises in Angola (farther to the north) and flows south dividing repeatedly after crossing into Botswana to form an intricate floodplain of channels and which spreads out into a broad flat inland delta – the only one of its kind. Here we explore amongst the giant lily pads, tall grasses and labyrinthine channels in search of hippo, crocodile and a variety of birds. We travel on foot and by mokoro (dugout canoe) and camp for a night on one of the river islands.

The Okavango is a very unspoilt area and camping out amidst the bush and the rivers listening to sounds of the African night is an unforgettable experience!

After our return to Maun we make our way to the northern corner of Botswana to Chobe National Park, home to elephant, lion, buffalo, hippo and abundant birdlife, including the famous African fish eagle. Rising early we take a game drive, we rest during in the heat of the day and then in the late afternoon, we take a cruise on the Chobe River – a great opportunity to see hippo and perhaps elephant or buffalo coming to the river to bathe and drink.

DAY 18 – 19

Livingstone – Victoria Falls

Moving on from Chobe we take the ferry across the Zambezi River to Zambia and drive the short distance to the small town of Livingstone. We set up camp at the Waterfront campsite on the banks of the Zambezi, just a few kilometres from the Victoria Falls. The campsite reception will give advice and information about the various optional activities available in the area (typically these include rafting, canoeing, bungee, abseiling, gorge swinging, elephant and horse riding, scenic flights, river cruises), allowing you to plan your time accordingly. But whatever you do, don't forget a visit to the Victoria Falls themselves. At various times of year the spray from the Falls can be seen from up to 20 or 30 kilometres away, hence the local name 'Mosi au Tunya' – the 'smoke that thunders'.

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 restaurant overlooks the Zambezi River and offers a good selection of reasonably priced meals and snacks throughout the day (allow US\$15 -\$30 per meal). Relax and enjoy these few days at your own leisure. Alternatively, take a taxi into Livingstone to try local fare.

DAY 22 - 28

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 29 – 34

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.

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.

DAY 35 - 37 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 38 – 40 Serengeti National Park – Olduvai Gorge – Ngorongoro Crater

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 41 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.

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 Acacia overland tour across this amazing continent.

TOUR STYLE

Acacia Overland Tour

WHAT'S INCLUDED

Fully equipped safari vehicle, camping and cooking equipment, all road tolls and vehicle taxes, transport, sleeping mattresses, services of driver and tour leader, meals as indicated & Victoria Falls visit.

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.

ACCOMMODATION

We use 2-person dome tents with fly sheets, 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, bar or swimming pool. We bush camp for two nights in the Okavango Delta, where there are little or no facilities, but just us amidst beautiful wild scenery – a real African highlight.

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) x37, Lunch (L) x31, Dinner (D) x30

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 Acacia 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. Cape Town and Nairobi are well served by a number of airlines and your travel agent can advise on flights to the start of the tour.

JOINING INFORMATION

This tour starts in Cape Town. **The pre-departure meeting is held at 18:00 on the evening prior to departure. The tour departs at 08:00 on day 1 and ends in Nairobi on day 41.**

Meeting point in **Cape Town**:
Address:

Ashanti Lodge Green Point
23 Antrim Rd
Three Anchor Bay,
Green Point
Cape Town, 8005,
Tel +27 (0)21 433 1619
Email: info@ashanti.co.za

Pre-dep. meeting:
Tour start time:

18:00 prior to departure day
08:00 on day 1

Tour end point in **Nairobi**:
Address:

Boulevard Hotel
Harry Thuku Rd
PO Box 42831
Nairobi

Contact details:

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

E-mail:

hotel@hotelboulevardkenya.com

Tour end time:

Late afternoon/ early evening of day 29

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 Cape Town 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 Acacia or your agent to check current prices.

Description	Price	Description	Price
Cape Town	ZAR	Nairobi	USD
Pre tour accommodation – Twin pp/pn – B&B	R280	Pre tour accommodation – Twin pp/pn – B&B	\$55
Pre tour accommodation – Single pp/pn – B&B	R 395	Pre tour accommodation – Single pp/pn – B&B	\$80
Pre tour accommodation – Dorm pp/pn – B&B	R 170	Pre tour accommodation – Triple pp/pn – B&B	\$45-\$50

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 also need a sleeping bag (and small pillow if preferred). We recommended you pack a small torch or headlamp, mosquito spray and a money pouch/ belt that can be 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. A full 'What to Bring' list is included in our **pre-departure booklet (online version)**, issued when you book.

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.

Please be aware that the areas visited on this tour are **malarial**. We strongly recommend your seeking professional medical advice for the appropriate anti-malarial tablets.

Country	Tetanus	Diphtheria	Polio	Hepatitis A	Hepatitis B	Typhoid	Meningitis	Rabies	Yellow Fever	Malaria
S. Africa	R	R	R	R	-	R	-	-	*	R
Namibia	R	R	R	R	-	R	-	R	*	R
Botswana	R	R	R	R	-	R	-	R	*	R
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

C = Compulsory, **R** = Recommended, * = If travelling from infected countries a certificate of proof may be required.

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 For other nationalities a number of travel advice websites are listed on the Acacia website.

Nationality	UK	AUS	NZ	USA	CAN	BEL	IRE	NED	DEN	ITA	GER	AUT	SWE	FIN	NOR	MEX	KOR
S. Africa	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Namibia	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Botswana	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Zambia	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Malawi	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	Yes	Yes
Tanzania	Yes	Yes	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	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\$15-25 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 local currency on arrival. Your guide can advise how and when you can change the rest of your money throughout the tour.
- **Currencies** are as follows: Kenyan Shilling; Tanzania (including Zanzibar): Tanzania Shilling; Malawi Kwacha; Botswana Pula, Namibian Dollar, South African Rand.
- **ATM machines** are found in Nairobi, Arusha, Dar es Salaam, on Zanzibar and in the main cities on tour from Cape Town 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.

We recommend you bring your spending money in several different ways (some cash, some t/cheques, some cards); 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 (in US\$ unless otherwise stated. subject to change and availability).

Activity	Price	Activity	Price
Tanzania		Game-walk	\$70
Serengeti Balloon Ride	\$499	White Water Rafting/ Riverboarding	\$155/ \$175
Camel Ride	\$30	Flight over the Falls	\$130
Zanzibar (Tanzania)		Zambezi Sunset Cruise	\$45
Scuba Diving (Mnemba island)	\$150	Lion Encounter	\$125
Snorkelling Day Trip	\$30-45	Botswana	
Accommodation & Food (per day)	\$35	Okavango scenic flight per 5-seater plane	\$375
Spice Tour	\$25	Kalahari desert swim excursion	50BP
Dolphin excursion	\$35-\$40	Namibia	
Malawi		Quad Biking	N\$500
Snorkelling	\$20	Sand Boarding	N\$250
		Deep Sea Fishing	N\$850
		Scenic flights	N\$2695
Livingstone		Horse riding	N\$470
Vic Falls bungi (single/tandem)	\$110/\$155	Seal and Dolphin Cruise	N\$480
Game walk	\$70	Sea Kayaking	N\$600
Croc farm tour	\$25	Sky diving (tandem)	N\$1900
Gorge Swing	\$55/ 65		
		South Africa	
		Orange River Canoeing	R200

INSURANCE

It is a booking condition of Acacia that you have full travel insurance valid for the duration of your tour to cover you for medical emergency and repatriation to your home country. Your guide will ask you for a copy of this when you join the tour. It is also important that you leave a copy of your insurance with the person nominated as your emergency contact. We can recommend a respected, specialist travel insurance provider for this tour. Please contact Acacia for more information.

Country Information - KENYA

Facts

Capital: Nairobi (from the Masai word 'sweet water' – once a major watering hole)
 Size: 582 646 sq km / 362 116 sq miles
 Population: 36,913,721 (Sept. 07)
 Groups: Kikuyu, Luhya, Luo, Kalenjin, Kamba, Kisii, Meru, non-African (Asian, European, and Arab)
 Languages: English, Swahili, Kikuyu, Luo, Kikamba, Masai, Samburu
 Local time: GMT +3
 Seasons: Dry (June-October), short rainfalls (October-December) and long rainfalls (March-June)
 Currency: 1 Kenyan Shilling (KES) = 100 Cents
 Telephone: Country code 254, international access code 00
 Electricity: 240 V / 50 Hz, rectangular blade plug

Kenya straddles the equator and covers an area of 582,646 sq kilometres, which includes around 13,600 sq kilometres of inland lakes. It is one of Africa's most diverse communities, having been a major migratory pathway for millennia. More than 70 tribal groups occupy the land and whilst distinctions between them have become blurred and western cultural values being adopted, the individual cultures and traditions can still be detected, especially in rural areas. Most of the African population is Christian whereas the Asian population is a mix of Muslim, Hindu and Sikh. English and Swahili are the official languages, however there are many other major tribal languages spoken.

Points of Interest

Masai Mara National Reserve

The Masai Mara National Reserve (sometimes abbreviated to 'the Mara' meaning 'mottled' – due to its patchy landscape) is Kenya's best known game reserve. It is coined by gently rolling hills, woodland and acacia trees and watered by two rivers, the Mara and Talek. There are no fences between the Masai Mara and the bordering Serengeti National Park in Tanzania, and large numbers of animals roam freely between the two parks.

The most dramatic spectacle of the area is the migration of zebra and wildebeest. Every year in May, they leave

the dry south in herds of thousands and head first west and then north to the greener grasses. Lion, cheetah, hyena and wild dog follow the wildebeest and zebra, making sure that only the fittest survive. In November, when the grazing is finished in the north, this army of animals surges back to the now green pastures of the south where they calve and mate before starting the entire cycle again.

You will also be likely to spot the 'Big 5' here - buffalo, elephant, rhino, lion and leopard. It's little known but the term originally referred to the 5 large animals that proved the most challenging to early colonial hunters – and therefore became a much sort after prize. Nowadays visitors prefer to 'shoot' the animals with cameras rather than guns and the park also has very healthy populations of cheetah, zebra, giraffe, hippo, hyena, jackal, eland, crocodile and many different birds.

Several sub-tribes of the Maasai people live within the Mara area. These are a proud semi-nomadic, non-hunting people who live and raise their cattle in harmony with the surrounding wildlife. Despite the growth of modern civilization, the Maasai have largely managed to maintain their traditional ways.

Country Information - TANZANIA

Facts

Capital:	Dodoma
Size:	945 087 sq km / 364 900 sq
Population:	36,766,356 (Sept. 05)
Groups:	Mainland: native African (mostly Bantu tribes), other (Asian, European, Arab) Zanzibar: Arab, native African, mixed Arab and native African
Languages:	Swahili, English, Nyamwezi, Arabic
Local time:	GMT + 3
Seasons:	Dry (January-March, July-October), short rains (November/December), long rains (April-June)
Currency:	1 Tanzanian Shilling
Telephone:	Country code 255 , international access code 00
Electricity:	230 V / 50 Hz, round pins with ground or rectangular blade plug

The United Republic of Tanzania (the largest country in East Africa, including the islands of Zanzibar and Pemba) came into existence in 1964, three years after gaining independence from Britain. Although it shares many characteristics with Kenya (particularly with the Swahili culture and language), it does not have the same ethnic mix and following independence developed along more socialist lines than Kenya. Possibly for that reason Tanzania did not experience the growth in industry that Kenya enjoyed , although in recent years it has made up much ground on its northern neighbour. Tanzania's game parks however are - if anything - even better known than Kenya's. The Serengeti National Park and Ngorongoro Conservation Area are truly world renowned, as is Africa's highest peak Mount Kilimanjaro. All of these highlights are within easy reach of Nairobi, attracting many tourists and earning Tanzania much needed foreign exchange.

Points of Interest

Serengeti National Park

Of all the wildlife sanctuaries in Africa, the Serengeti is probably the most famous. With 14,763 square kilometres (the size of Northern Ireland) and no fences between the adjacent game parks. The Masai word is '*siringitu*' – meaning 'endless plains'. The landscape, formed by volcanic activity, varies from grassy plains in the south, to savannah and hilly grassland in the north to extensive woodland and black clay plains in the west. Small rivers, lakes and swamps are scattered throughout. Each area has its own particular atmosphere and wildlife.

The wildlife here comes in large numbers: 1.3m wildebeest, 200000 zebra, 1500 lion, 1000 elephant, 300000 gazelle, 25000 buffalo, 72000 topi, 500 giraffe and 10000 eland. As well as some 500 bird species.

Ngorongoro Crater Conservation Area

Located between the Serengeti and Lake Manyara, sits **Ngorongoro Crater**, the largest unbroken caldera in the world and a World Heritage Site. Some 600 metres deep and 16km wide, the Ngorongoro hosts almost all animal species found in East Africa, including zebra, wildebeest, rhino, lions, cheetah, elephant, hyena, warthog, impala, buffalo, hartebeest, eland, various antelope and birds. The rim of the crater, where all the lodges are located, offers spectacular views.

Olduvai Gorge

The name Olduvai derives from a misspelling of Oldupai, the correct Masai word for the wild sisal plant fibre growing in the gorge. Located between the Serengeti and Ngorongoro, the Olduvai is where Drs Mary and Louis Leakey discovered early remains of mankind in the late 1950's and later an ancient human footprint. It became known as the 'Cradle of Mankind' - as the findings suggest that our species first evolved in this area.

Zanzibar

Zanzibar is Tanzania's 'spice island'. It has a colourful history, spice plantations and **beautiful beaches**. Once a trading centre for spices and base for 19th century explorers such as Speke, Burton and Livingstone the island had a darker history too – as a staging post for slaves being shipped out of the African heartland to the Middle East and elsewhere. Zanzibar's traditional trade has always been with the Arabian peninsula, historically by traditional dhow sailboat plying the ocean by the annual trade winds. The Arab influence is evident in the architecture and diverse street stall offerings of Stone Town – and in fact this same influence is seen right along the East African coast with the Swahili language and culture displaying the mix of Arab and African cultures over the centuries.

Useful Swahili Words

Hello	Jambo	Yes	Ndiyo
How's things?	Habari gani?	No	Hapana
Thank you	Asante	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
Please	Tafadali	No, thanks	Hapana santé

Country Information - MALAWI

Facts

Capital:	Lilongwe
Size:	118 484 sq km / 45 747 sq miles
Population:	12,158,924 (Sept. 05)
Groups:	Chewa, Nyanja, Tumbuka, Yao, Lomwe, Sena, Tonga, Ngoni, Ngonde, Asian, European
Languages:	English, Chichewa
Local time:	GMT + 2
Seasons:	Rainy season (November to May)
Currency:	1 Malawian Kwacha = 100 Tambala
Telephone:	Country code 265, international access code 101
Electricity:	220 V / 230 V / 240 V / 50 Hz, rectangular blade plug

Established in 1891, the British protectorate of Nyasaland became the independent nation of Malawi in 1964. Countries bordering Malawi are Mozambique, Tanzania and Zambia. Lilongwe is the capital but Blantyre the largest and most important commercial and industrial city. The country's terrain consists of plateaux and mountains but is dominated by the enormous Lake Malawi, 600km long and some 85km wide, one of Africa's 'great lakes'. The climate is sub-tropical with rains mainly from November to May. The population of Malawi is around 12 million with English and Chichewa being the main languages.

Points of Interest

Lake Malawi

The third largest lake in Africa, taking up a fifth of Malawi's total land area. Sometimes known as the 'calendar lake' (from its imperial dimensions: 365 miles long and 52 miles wide, the lake is freshwater and home to more than 500 species of fish – more than in North America and Europe combined! The clear waters of this lake are also one of the world's premier fresh water dive and snorkelling spots and the major tourist attraction – the water being broadly safe for swimming. Many water sports are available - including fishing, water skiing, windsurfing and sailing.

Country Information - ZAMBIA

Facts

Capital:	Lusaka
Size:	752 614 sq km / 290 586 sq miles
Population:	11,261,795 (Sept. 05)
Groups:	Native African, European
Languages:	English, Bemba, Kaonda, Lozi, Lunda, Luvala, Mambwe, Nyanja, Ngoni, Tonga, Tumbuka
Local time:	GMT + 2
Seasons:	Warm and rainy (November-April), cool and dry (May-August), hot and dry (September/October)
Currency:	1 Zambian Kwacha = 100 Ngwee
Telephone:	Country code 260 , international access code 00
Electricity:	220 V / 230 V / 50 Hz, round pin plug, round pins with ground or rectangular blade plug

Formerly Northern Rhodesia, Zambia is made up of a highland plateau (approximately 1000 metres above sea level) which rises toward the east and which - in the north, along the border of DR Congo- houses enormous reserves of copper, cobalt, coal, zinc and lead, the mining of which is of extreme importance to the economy. Tourism is of increasing importance with the magnificent Victoria Falls on the Zambezi River marking the border with Zimbabwe. The game parks of Zambia, although not so well known as those of Kenya and Tanzania, are large and well stocked with wildlife of all types. Zambia is one of Africa's newest democracies with its first multi party elections in 1991.

Points of Interest

Victoria Falls

'Mosi-oa-Tunya' – (the smoke that thunders) is the local name for Victoria Falls. At most times of year the Falls is an inspiring sight: 1,708 metres wide and drop between 90 and 107 metres into the Batoka Gorge. An average of 550,000 cubic metres water /minute plunge over the gorge and at high water times the spray can be seen from 20-30 kilometres away. The Batoka Gorge forms the border between Zambia and Zimbabwe. David Livingstone, the first European to see Falls in 1855 (and who named them after Queen Victoria) reported 'Scenes so lovely, they must have been gazed upon by angels in their flight'.

Today, visitors come here not only to look at the Falls themselves but also to try the various adventure activities available in the area -white water rafting, river boarding, jet boating, bungi, microlighting, helicopter flights, sunset cruises and elephant back safaris to name a few. Most tours spend several days in the area, just outside Livingstone, the nearest town, giving opportunity to view the Falls themselves and to try some of the adventure activities available. If your tour starts or finishes here though we do recommend you planning on having another day or so if time allows.

Country Information – SOUTH AFRICA

Facts

Capital:	Pretoria (official), Bloemfontein (judicial), and Cape Town (legislative)
Size:	1 219 090 sq km / 470 693 sq miles
Population:	44,344,136 (Sept. 05)
Groups:	African/Black, White (mainly of Afrikaner and British origin), Coloured, Indian/Asian
Languages:	English, Afrikaans, Ndebele, Xhosa, Zulu, Pedi, Sotho, Tswana, Swati, Venda, Tsonga (all 11 are official languages)
Local time:	GMT + 2
Seasons:	Western Cape: warm (September-April), cold and wet (May-August); East coast: humid all year; Northern provinces: wet (September-April), dry (May-August)
Currency:	1 South African Rand = 100 Cents
Telephone:	Country code 27, international access code 09
Electricity:	220 V / 230 V / 250 V / 50 Hz, the plug fits a 15A socket with three round pins

South Africa is a country rich in minerals, wildlife and scenery; a land of beauty with a complex social and political structure. Having by far the most developed and sophisticated economy on the continent, South Africa is essential to many of the neighbouring countries as an avenue for exports and as provider of electricity and high tech products. An excellent network of roads and an abundance of high quality camp sites makes travelling in and around South Africa an easy and rewarding experience.

Points of Interest

Cape Town

Founded in 1666 as a place where trading ships rounding the Cape of Good Hope could replenish supplies, Cape Town today is South Africa's tourist destination No.1. It is one of the most beautiful cities in the world with plenty of sights and outdoor activities. The natural beauty of the place is defined by mountains (especially the famous Table Mountain) and sea (and not only one, it is here the Atlantic and the Indian Oceans meet).

The 'Mother City' has also has one of the most diverse populations in Africa including descendants from Indonesian, Malay, French, Dutch, British & German settlers, the local Khoisan (Bushman & Hottentot) tribes and the Bantu tribes from the north. It is one of the most tolerant and relaxed cities in Africa.

Places of interest in and around Cape Town:

Table Mountain – Cape Town's trade mark towers 1086 metres above sea level and is accessible by cable car or by several trekking routes (Platteklip Gorge being the most commonly used)

The Castle – Cape Town's oldest remaining building

Bo-Kaap – the old Malay quarter is a predominately Muslim area coined by Malay slaves who were brought in by the Dutch.

Victoria & Albert (V&A) Waterfront – this complex of shops, restaurants and bars attracts over 20 million visitors every year; it also has a oceanarium where you can dive with sharks; there is also the adjacent (and still working) port of Cape Town.

Robben Island – 11 kilometres from the coast, this World Heritage Site features a former prison of Nelson Mandela.

Company Gardens – the remains of the original fruit and veg gardens to provide the ships, these gardens now host many interesting museums.

Kirstenbosch Botanical Gardens – situated at the eastern side of Table Mountain, these gardens contain a wide variety of mostly indigenous flora with the mountain as a backdrop; in summer concerts are held here every Sunday afternoon.

Beaches – Cape Town has a great many beaches on both Atlantic and Indian Oceans: the 4 beaches at Clifton, Camps Bay and Bloubergstrand on the Atlantic and Muizenberg, Kalk Bay and Fishhoek on the Indian Ocean, to mention just a few. However the sea-water here is generally cold.

Townships – the townships of Guguleu, Langa and Kayelitsha offer great insights into Cape Town's black communities.

Cape Peninsula – a day tour around the Cape Peninsula will lead you to Hout Bay Harbour with its Cape Fur Seal colony on Duiker Island, Boulders Beach with its jackass penguins and to the Cape Point Nature Reserve where the south-western most point of Africa is to be found.

Winelands – the world-renowned wine region around Stellenbosch has some of the oldest and most beautiful wineries in South Africa. Visit the beautiful buildings and sample some excellent wines.

Country Information - NAMIBIA

Facts

Capital:	Windhoek
Size:	824 292 sq km / 318 261 sq miles
Population:	2,030,692 (Sept. 05)
Groups:	Ovambo, Kavango, Herero, Damara, Nama, Caprivian, San (Bushmen), Baster, Tswana (80%), Mixed + European (20%)
Languages:	English, Afrikaans, German, Ovambo, Herero, Kwangali, Nama/Damara, Lozi, Tswana
Local time:	GMT + 2
Seasons:	Dry (April-October), short rains (October-December), long rains (January-March)
Currency:	1 Namibian Dollar = 100 Cents also South African Rand
Telephone:	Country code 264 , international access code 00
Electricity:	220 V / 50 Hz, round pins with ground plug

Having the world's oldest desert, the highest sand dunes, and one of the most notorious coasts to shippers (the 'Skeleton Coast'), Namibia is one of the world's newest independent republics. Previously known as South West Africa, Namibia was a German protectorate up until WW1, when it came under the administration of South Africa. The German heritage is still evident in the architecture and place names (Luderitz, Swakopmund) and in the dress of the Herero tribe womenfolk, who still copy the dress of the 19th century German missionary wives. The country has large stocks of diamonds, copper, uranium, tin, silver and other minerals, and these, plus the more traditional stock raising and fishing underpin the economy. Namibia appears to the visitor huge and empty. The largely desert-like landscape offers some stunning scenery. The Fish River Canyon in the south, Etosha National Park in the north and the dunes of the Namib-Naukluft desert in the middle are the main points of interest.

Points of Interest

Fish River Canyon

Fish River Canyon is the largest canyon in Africa and the second largest in the world (161 kilometres in length, 27 kilometres wide, with a drop from the rim of over 500 metres). The views from the many view points are spectacular. The Fish River itself does not flow every year but when it does, it appears suddenly and with force. During the winter months it is reduced to a few pools. There is a hiking trail along the bottom – some 86 kilometres long, it takes about 5 days to complete and ends in Ai-Ais (hot springs) but it is only accessible at certain times of the year.

Etosha National Park

Etosha is one of the largest game parks in Africa, at some 22,270 sq kilometres in area surrounding a central salt pan. The local Ovambo people named Etosha – as 'huge white area' or 'place of dry water'. In the dry season the Pan is an inhospitable lifeless place where salt crystals reflect the sun to form mirages. During the rains however, the Pan changes completely: birds, especially flamingos, flock to it and the land blooms. There are 144 mammal species in the park including the 'Big 5' and game viewing at one of the waterholes can be both relaxing and enjoyable.

Namib-Naukluft Park

Namibia's largest National Park - at 23000 sq kilometres, the fourth largest nature conservation area in the world - lies within the Namib Desert which stretches from the Orange River in the south to the Kunene River in the north (border of Angola). The Nama people call it, appropriately : 'Namib' – meaning 'vast'. Within its borders, the landscape varies from mountain, canyon and gorges to desert plains, lagoons and sand dunes. The main areas are Sossusvlei, the lagoon at Sandwich harbour, and the Naukluft Park.

Sossusvlei + Sesriem canyon

Sossusvlei is a dusty clay pan overlooked by hundreds of towering sand dunes up to 300 metres high. The dunes vary from pale apricot to vivid reds and bright orange. The most famous one is undoubtedly Dune 45. It is best to climb it in the early hours and watch the sunrise from the top.

Sesriem canyon is a small canyon which used to be an important water source for the early explorers and settlers. They used to lower buckets into the Tsauchab River with six thongs from where the Afrikaans name 'Ses Riem' derives. You can take a walk in the canyon where you will find a variety of bird, insects and lizards.

Swakopmund

Namibia's second largest town looks like as if it had been 'cut and pasted' from Germany into Namibia. The architecture of the town, wedged between the desert and the ocean is redolent of its German colonial past. But Swakopmund has a relaxed atmosphere with pleasant promenades, palm trees and gardens and there is plenty to do here. Walk around town – see the pier, lighthouse, the former train station, the Hansa brewery or the Ethnology and Natural History Museum. At night, head to one of the many bars and restaurants or the casino.

Swakopmund has also become Namibia's adventure capital and there is an array of activities on offer: sand boarding, quadbiking, camel rides, offroad driving, sky diving and desert horse riding.

Windhoek

Namibia's capital Windhoek (meaning 'windy corner' in Afrikaans) is an interesting mix of modern city and colonial past. It sits at 1650 metres above sea level and is Namibia's largest city with 15,000 inhabitants. The German influence is still visible and German widely spoken. Local highlights are Christuskirche (German Lutheran church), the Alte Feste (old fort) and State Museum, and the Tintenpalast (ink palace) the parliament.

If you happen to be there in October or April, you may experience German culture in form of the Oktoberfest (beer festival) or the Windhoek Carnival.

Country Information – BOTSWANA

Facts

Capital:	Gaborone
Size:	585 370 sq km / 363 809 sq miles
Population:	1,815,508 (Sept. 07)
Groups:	Tswana, Kalanga, Basarwa, Kgalagadi, European
Languages:	English, Setswana, Kalanga, Sekgalagadi
Local time:	GMT + 2
Seasons:	Dry (April-August), rainy (November-March)
Currency:	1 Pula (BWP) = 100 Thebe (pula = rain; thebe = raindrops)
Telephone:	Country code 267, international access code 00
Electricity:	230 V / 50 Hz, round pins with ground or rectangular blade plug

Although vast, semi arid and empty, Botswana has prospered since independence and is comparatively well off in relation to its neighbours - especially those to the north. The economy relies on mining (Botswana supplies much of the world diamond supply), cattle ranching and tourism. Botswana is heavily reliant on South Africa for rail, air and sea links. The Okavango Delta in the north west of the country is a major attraction, the water levels rising and falling annually with the rivers originating in the Angolan highlands. Perennially short of water, the word for Botswana's currency unit (one of the strongest currencies in Africa) is the same word for rain.

Points of Interest

Okavango Delta Reserve

Some 1.6m hectares in area the Okavango Delta is the largest inland delta in the world and known to the locals as 'the river which never finds the sea'. Arising as a result of rivers rising in Angola (to the north) and flowing south and then dividing to form a natural wetland consisting of natural reed filled water channels, lagoons and islands. The Okavango consists of 4 parts: the Inner Delta, the Eastern Delta, Moremi Game Reserve and the Okavango Panhandle.

The Okavango is best explored on foot and by mokoro (dug-out canoe) where 'polers' guide you through the labyrinth of channels, standing like gondoliers at the rear of the boat. An alternative is to fly over the reserve for a bird's eye view. The Okavango is also very good for birders as huge numbers of waterfowl and raptors reside there, but you also find elephant, zebra, buffalo, wildebeest, giraffe, hippo, crocodile, lion and kudu here.

Chobe National Park

This park, 11,000 sq kilometres in size is located in the northern corner of Botswana near where the borders of Namibia, Zambia and Zimbabwe come together. One of Chobe's main attractions is the 25000 strong elephant population – part of a huge 'superpopulation' that exists across the northern belt of Botswana and Zimbabwe in which elephant numbers are thought to total some 120000. The Chobe River, its floodplain and nearby teak forest marks the heart of the park and it is there that animals come to drink and bathe. Besides elephant, you may also see antelope, buffalo, crocodile, lion, hippo and a number of birds including the African fish eagle.

ACACIA ON THE ROAD – NEWS & EVENTS

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In line with the 2010 Football World Cup, in Cape Town, Acacia's keeping its eye on the ball. We've got together with the charity Footballs for Fun to spread some goodwill and love for the beautiful game across the continent. In 2008 all our trucks will carry footballs which can be bought and donated to children in the local towns along our route. The footballs are a perfect ice breaker and a game with locals is a great way to make friendships despite language differences. And all the profit (at least £2 from each ball) goes straight back into Africa, helping support a selection of AIDS charities and children's homes. Make a difference, get kicking and buy a ball when you're next on one of our trucks.



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We believe that you get the most out of a journey by respecting the culture and people of the places you visit. On our tours we try to travel in a way that benefits the communities we pass through and minimises negative impact on the environment. This can be from ensuring the campsites we use are clean when we leave and dressing respectfully in conservative areas to getting involved with local charity projects. We ask that you are open to this when you travel with us. Being proactive in responsible travel helps develop cross-cultural understanding and friendships with the local people, and will greatly enhance your experience in Africa.

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