

ACACIA AFRICA

GORILLA & GAMEPARKS – TOUR DOSSIER

Tour Code GAG28

NAIROBI – DAR ES SALAAM

28 DAYS

Tour Departure – 08:00

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

HIGHLIGHTS

Great Rift Valley
Lake Nakuru National Park
Lake Victoria
Jinja
Kampala
Bwindi Impenetrable National Park
Mountain Gorilla Trek
Lake Bunyonyi
Masai Mara National Reserve
Great Rift Valley
Meserani Snake Park
Serengeti National Park
Ngorongoro Crater Conservation Area
Zanzibar



Game parks, landscapes and culture. This tour gives a glimpse of East Africa's diversity; From the 'Great Rift Valley' to the terraced hillsides of Uganda and a very special wildlife encounter with the magnificent mountain gorillas in their own habitat, to world-class game reserves in Kenya and Tanzania, to the humid sun-drenched Indian Ocean and Zanzibar Island. An unforgettable experience.

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.

The vehicle used for this tour is a fully-equipped safari truck. An additional transfer vehicle may be used for transfers to the start of the trek if we trek from Buhoma.

Duration: 28 Days
Countries visited: Kenya, Uganda, Tanzania

DAY 1 - 2

Nairobi – Nakuru – Eldoret

Kenya is East Africa's most popular destination and has a long tradition of tourism and of welcoming visitors. Very often the first word you hear is the Swahili greeting '*Jambo*' (hello), often followed by '*Hakuna matata*' (no problem!). We recommend you arrive the day before the tour departure in order to relax and overcome any jetlag before your trip. Nairobi has seen rapid growth in recent years but has a comparatively small city centre, a highly interesting city market (great for sharpening your bargaining skills!), as well as craft shops, book shops and plenty of cafes and restaurants to sit and relax in. We depart Nairobi and descend into the 'Great Rift Valley', an enormous cleft in the Earth's surface stretching from the Red Sea to Madagascar but with particularly marked escarpments here in Kenya. Our first stop is Lake Nakuru National Park, a relatively small park (by African standards) located on the Rift Valley floor. Nakuru's shallow soda lake attracts a huge variety of birdlife – especially flamingos, which may gather in such numbers that from the nearby viewing point they form a strikingly pink 'fringe' around the lake-shore. But Lake Nakuru is not simply a bird sanctuary, it is also home to lion, rhino, leopard, warthog, baboon, antelope, and a variety of smaller animals. A delightful introduction to East Africa's wildlife diversity. From Nakuru we continue northwest to Eldoret, and the Uganda frontier.

DAY 3 - 6
Jinja - Kampala

We cross into Uganda, Winston Churchill's 'Pearl of Africa'. This is a wonderfully fertile country of green terraced hillsides, lush banana plantations, steep mountains and tangled forests. But we spend our first couple of nights on the grassy banks of the River Nile, near the town of Jinja. It was the 19th century British explorer John Hanning Speke who recognised Lake Victoria as the 'source of the Nile' settling a long running dispute about Africa's (and the world's) longest river. From this modest monument, marking the historic spot, the Nile begins its 4132 mile course through Uganda, Sudan and eventually Egypt to the Mediterranean Sea.

Our camp overlooks a dramatic set of rapids known as Bujagali Falls. It is here that we usually have the option to try rafting - an exciting day out for those enjoying the thrill of 'white water'. There is also the opportunity to make some difference to local children at a local school project: 'Softpower' is a locally run voluntary programme aimed at building and improving schools in the Jinja area to which your contribution of a few hours of painting or plastering is always most welcome. Other activities at Jinja include quad biking, village walks and even bungy jumping! From Jinja, we move on to Uganda's capital Kampala, an attractive hilly city bustling with African street life - roadside traders, markets and busy matatu (mini-bus taxi) stands.

DAY 7 - 13
Gorilla Trek - Nairobi

From Kampala, we travel south and west, skirting Lake Victoria and heading into the mountainous region of southwest Uganda. Although a long drive, the scenery is very rewarding as we cross the equator and pass through areas of thick papyrus which give way to mountain valleys and ancient forests. Heading deep into the Kigezi Highlands we stop at picturesque Lake Bunyoni, an ancient flooded valley, before arriving at Bwindi National Park. This region of Africa is home to the world's remaining 700 mountain gorillas, half of which inhabit Bwindi. [Occasionally we may travel into neighbouring Rwanda to trek for the gorillas.] On the day of our trek we gather in the early morning to meet our local guide and tracker. Walking in small groups we trek into the thick rainforest. The trekking can be demanding at times with uneven terrain and hilly rainforest but the privilege of spending time with a family of these gentle apes makes the effort well worthwhile. To many people, even those who stay in Africa longer than this two week tour, the day's trek and time with the gorillas remains their most exciting wildlife encounter in Africa.

The usual procedure, once we have located the gorilla 'family', is to squat or sit down and simply observe them for around an hour – the time set by the Uganda Wildlife Authority (the national body charged with controlling and maintaining the gorillas in Uganda). Gorillas are sociable creatures, living in groups between 12 and 20 individuals, usually led by an 'alpha male' (the 'silverback' - so called because of the silver hair on his back which grows once the male gorilla attains maturity). Most people find that the gorillas are remarkably human-like at close quarters – particularly in the social interaction between family members and in 'play' activity in which the young engage. Photography is permitted (although not with a flash and there are restrictions for those who wish to use a video camera.)

Your permit allows you one trek and gorilla viewing (time limited to one hour). However because the authorities maintain strict limits on the number of visitors allowed to view the gorillas each day we may spend several days in the area while all passengers in our group complete the trek and viewing.

We return to Kenya via Kampala and Eldoret and cross the Rift Valley once again to the lights and bustle of Nairobi, where we pause before continuing the rest of the tour.

NB Depending on the availability of gorilla permits the tour itinerary may vary in day to day running order from the above running order which is based on the brochure itinerary. From time to time we may visit neighbouring countries, eg Rwanda, for the gorilla trek (instead of Uganda) and this may entail extra visa fees although we shall endeavour to advise you before departure of any significant change to the tour itinerary.

DAY 14-19

Nairobi, Masai Mara National Reserve

After a day in Nairobi to relax and replenish supplies, we depart the city and re-cross the Rift Valley to the Masai Mara National Reserve. We spend two nights camping on the edge of the Reserve with time to explore the park on morning and afternoon game drives. The sweeping plains, distant horizons, low slung acacia trees, occasional coppices of vegetation, and plentiful wildlife form a deeply evocative introduction to this wonderful continent. The 'Mara' is crossed every year between July and October by great herds of wildebeest, zebra and other grazing animals in their migration from the adjoining Serengeti plains to the south (in Tanzania). Predators (such as lion, cheetah, leopard) and scavengers (hyena, vultures) follow the grazing animals and this enormous congregation of wildlife forms a spectacular display of Africa's natural resource. But the Mara is excellent for game viewing at any time of year and regardless of when you can visit we hope to see some, if not all, of Africa's 'Big 5' (elephant, lion, rhino, buffalo and leopard) and an array of other wildlife.

From the Mara, we return to Nairobi, where we overnight, before continuing south into Tanzania.

DAY 20-24

Arusha, Serengeti National Park,
Olduvai Gorge, Ngorongoro Crater

We leave early and make our way to the busy frontier at Namanga. Formalities can be lengthy but once completed we continue to Arusha, Tanzania's 'safari capital'. Situated mid-way between Cape Town and Cairo and nestling in the shadow of the brooding Mt Meru (4556m), Arusha bustles with colourful markets, shops, traffic and people! We make our way through the city to our camp a few kilometres outside of town on the open plains to the west. There is the opportunity to walk or ride a camel to one of the local Masai villages and to visit the Maasai museum, and to see a range of snakes in the very informative snake park enclosure. It is from here that we prepare for our two night/three day excursion by 4x4 to Serengeti National Park and the 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 25-28

Dar es Salaam - Zanzibar

We have time in Arusha to replenish our stores before continuing past the shadow of Mt Kilimanjaro (Africa's highest peak at 5895m) to Dar es Salaam and the Indian Ocean. 'Dar' is Tanzania's main port and is a hub of commerce and industry - a hot, humid and bustling city. We set up camp at our campsite on the beach just outside of the city centre, usually having time to browse curio markets - best known for ebony wood - and prepare for our trip 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.

Eventually we cross back to the mainland to Dar by ferry, where the tour ends.

NB As we leave the truck on the mainland, food and accommodation on Zanzibar is not included in the price or Local Payment. The time is yours to enjoy at leisure. Your tour leader will assist (if you wish) by booking suitable and well priced accommodation in Stone Town or on the beach (budget approx \$30-35 per night), unless you would like to book something independently in advance.

NB² Accommodation In Nairobi on nights 14 & 15 is not included in the tour price. Please put aside between US\$20-30 per night for meals and accommodation here.

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 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. Accommodation and meals in Nairobi (2 nts: days 14 & 15) and on Zanzibar (3 nts: days 25 - 28).

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 and bar/restaurant.

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) x22, Lunch (L) x23, Dinner (D) x21

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 may be carried out using services provided by local African ground handlers. This is particularly so in the Masai Mara, Serengeti and Ngorongoro Crater where a smaller lighter vehicle is better suited to the narrow tracks and routes within the parks. 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.

GORILLA PERMITS

The Uganda Wildlife Authority imposes strict regulations regarding the gorilla trekking permits. One of these is that permits must be booked and paid in advance. In order for us to do this we must collect your permit money, in addition to your normal deposit, at the time of booking. Like your deposit, the permit money is not refundable if you cancel your tour. The permits currently (Nov 2009) cost US\$510 per person. Please ask your agent or Acacia for the equivalent amount in your own currency.

On rare occasions, subject to permit availability, we may purchase trekking permits to view the gorillas in neighbouring Rwanda.

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 Dar es Salaam 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 and finishes in Nairobi. **The pre-departure meeting is held at 18:00** on the evening prior to departure. **The tour begins at 08:00 on day 1 and ends on day 28 in Dar es Salaam.**

Meeting 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

Pre-dep. meeting:

18:00 prior to departure day

Tour start time:

08:00 on day 1

Tour end point:

Dar es Salaam or Zanzibar. Should you wish to spend more time on Zanzibar, please advise your tour leader early on tour.

Tour end time:

Late afternoon/ early evening (depending on ferry timetables) on day 28.

EXTENDING YOUR STAY

We recommend you stay in Nairobi the night prior to departure as the tour departs early on day 1. You may like to extend your time on Zanzibar and fly home directly from there. Any additional nights can be booked on a direct pay basis. See below for a guide to extra accommodation costs. These prices below are given in USD equivalents and are subject to change. Please contact Acacia or your agent to check current prices.

Description	Price	Description	Price
Nairobi	(USD)	Zanzibar	(USD)
Pre tour accommodation – Twin pp/pn – B&B	\$55	Post tour accommodation – pp/pn	\$35
Pre tour accommodation – Single pp/pn – B&B	\$80	Dar es Salaam	
Pre tour accommodation – Triple pp/pn – B&B	\$45-\$50	Post tour accommodation – Banda – Twin pppn	\$15
		Post tour accommodation – Chalet B&B TW pppn	\$40-\$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
Kenya	R	R	R	R	R	R	R	R	R*	R
Uganda	R	R	R	R	R	R	-	R	R*	R
Tanzania	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
Kenya	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Uganda	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tanzania	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: Kenya – Kenyan Shilling; Uganda: Uganda Shilling; Tanzania (including Zanzibar): Tanzania Shilling.
- **ATM machines** are found in Nairobi, Kampala, Arusha, Dar es Salaam and on Zanzibar BUT please note they are sometimes 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 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
Uganda	USD	Village Walk	\$10
Quad Biking	\$50	Bungy Jumping	\$60
White Water Rafting	\$95	Forest Walk	\$5-10
Masai Mara		Zanzibar (Tanzania)	
Village visit	\$25	Scuba Diving (Mnemba island)	\$150
Tanzania		Snorkelling Day Trip	\$30-45
Serengeti Balloon Ride	\$499	Accommodation & Food (per day)	\$35
Camel Ride	\$30	Spice Tour	\$25
		Dolphin excursion	\$35-\$40

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.

Lake Nakuru National Park

Lake Nakuru National Park was established in 1961 with only the surroundings of Lake Nakuru, but subsequently extended to its present 200 sq kilometres. The park 'centre piece' is still Lake Nakuru, a shallow alkaline lake whose size varies from 5 to 40 sq kilometres depending on rainfall and which attracts a multitude of birds, especially flamingos. These colourful wading birds may gather in such numbers that they form a pink fringe to the lake shore. Other prominent birds are pelicans, cormorants, rollers, and almost 500 other bird species. The forests surrounding the lake are a perfect habitat for black and white rhino, leopard, buffalo, waterbuck, warthog, impala, giraffe, eland, and lion.

Country Information - UGANDA

Facts

Capital:	Kampala
Size:	236 040 sq km / 146 675 sq miles
Population:	27 269 482 (Sept. 05)
Groups:	Baganda, Ankole, Basoga, Iteso, Bakiga, Langi, Rwanda, Bagisu, Acholi, Lugbara, Batoro, Bunyoro, Alur, Bagwere, Bakonjo, Jopodhola, Karamojong, Rundi, non-African (European, Asian, Arab)
Languages:	English, Luganda, other Niger-Congo languages, Nilo-Saharan languages, Swahili, Arabic
Local time:	GMT + 3
Seasons:	Dry (December-February, June-August), rainy (March-May, September-November)
Currency:	1 Ugandan Shilling
Telephone:	Country code 256, international access code 000
Electricity:	240V / 50 Hz, rectangular blade plug

To many people Uganda is one of the most beautiful and friendly countries in Africa. The capital, Kampala, is built on a series of hills on the northern edge of Lake Victoria, and the neighbouring city of Jinja built over the outlet from that lake. The scenery to the west along the border of DR Congo is dominated by high ranges of mountains, the Ruwenzori (Ptolemy's "Mountains of the Moon"), and is suitably spectacular, as are the regions to the north of Kampala, around the Murchison Falls. The 'Idi Amin' days have long disappeared. Uganda in the 1990's is a place of improvement and regeneration. Roads and buildings have been or are being rebuilt, and the economy is slowly re-asserting itself. The tourist industry is still small - but is growing; game parks are being restocked and services in Kampala and around the country being improved.

Points of Interest

Jinja

The city of Jinja is built across the River Nile, just downstream from where the river edges out of Africa's largest lake. At the point where the Nile leaves Lake Victoria there are monuments to commemorate both John Hanning Speke (who was the first European to recognise the river's source) and Mahatma Gandhi (whose ashes were sprinkled here). In recent years various activities have been developed - white water rafting (the stretch outside Jinja boasts world class rapids) or other adventure activities such as bungy jumping or quad biking.

Kampala

Kampala is capital of Uganda and previously capital of the old Kingdom of Buganda. The city is attractive, built on seven hills on the northern shore of Lake Victoria. Historically, control of Uganda has been much fought over and in the 1970s and 80s men as Obute and Idi Amin caused enormous civil strife throughout the country. However Uganda has come a long way since those days and these days Kampala welcomes the visitor. The city has a vibrant street life, many roadside traders, busy markets and noisy matatu (mini-bus taxi) stands. The city boasts a range of Hindu temples, hilltop mosques, tribal memorials and elegant colonial hotels to illustrate its diverse influences. Kampala is also home to Makerere University, Uganda's premier university.

Lake Bunyoni

Lake Bunyoni is situated in the picturesque **Kigezi Highlands**, often nicknamed the '**Switzerland of Africa**' and is accessible from the south-western town of Kabale. The lake is an ancient flooded valley and is perhaps one of the deepest lakes in Africa. Strangely, the lake is devoid of fish, although the area has magnificent birdlife and flora. A small number of the lake's islands are inhabited and one of the largest has a school. Transport on the lake is restricted to small motor boats or dug-out canoe, the local means of getting around.

Bwindi Impenetrable Forest National Park

Situated in the extreme south-west of Uganda, Bwindi is the reason many people travel to Uganda. It covers 330 square kilometres of the hillside, gorges, streams, rainforest - one of the biologically most diverse areas in Africa. Over 100 mammal species, including 11 primates, inhabit the area but the main attraction is the 300 (or so) endangered **mountain gorillas** which live here. To see these gentle giants in their natural habitat is a highly rewarding experience - they are the bulkiest, but yet most peaceful of the living primates. Besides, the park contains elephant, chimpanzee, monkey, various antelope and numerous bird species.

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

ACACIA ON THE ROAD – NEWS & EVENTS

FOOTBALL'S COMING TO AFRICA

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.



RESPONSIBLE TRAVEL

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.

PHOTOS & STORIES SEARCH

If you've ever thought you can take better pictures than the brochures or have a great travel story and want to see yourself in print, then we're looking for you. If you've captured a great moment on tour, whether it's of the wildlife, local people, landscape or life on the road why not enter our monthly photographic competition starting in 2009. Not only do we give away a monthly prize, you may also see your photos published in a future brochure or on our website. We are also on the lookout for stories of life on the road, the funny, exhilarating, moving or simply unforgettable things you did on tour. We publish the best stories on the Tales from the Road section of our website. Send your photos or stories to acaciaontheroad@googlemail.com

Photos should be in digital format & good resolution (max 6 pics per person) and labelled with the location of where the photos were taken. Meanwhile if you have a story or anecdote about your tour (up to 400 words) it needn't be word perfect, we'd love to hear about it. **Legalities:** You, the photographer/author, retain copyright of all images & words submitted but we reserve the right to use of them for Acacia brochures, promotions & advertising.

For information on our Acacia Small Group Safaris, Adventure Tours, Comfort Class Safaris, Short Breaks & City Stays, Voluntours, Dive Tours, New Horizons and Access Tours or to contact us please visit www.acacia-africa.com

<p>Acacia Adventure Holidays Ltd 23A Craven Terrace London W2 3QH</p> <p>UK Tel. +44 (0)20 7706 4700 Fax. +44 (0)20 7706 4686 SA Tel. +27 (0)21 556 1157 Fax. +27 (0)21 557 5983</p> <p>Email: info@acacia-africa.com Website: www.acacia-africa.com</p>			
--	--	--	--