

ACACIA AFRICA

KENYA TO CAPE TOWN – TOUR DOSSIER

Tour Code KTC43

NAIROBI – CAPE TOWN

43 DAYS

Tour Departure – 08:00

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

HIGHLIGHTS

Masai Mara National Reserve
Great Rift Valley
Meserani Snake Park
Masai Village Walk
Serengeti National Park
Olduvai Gorge
Ngorongoro Crater Conservation Area
Zanzibar
Lake Malawi
Livingstone – Victoria Falls
Chobe National Park
Okavango Delta
Kalahari Bushman Walk
Windhoek
Etosha National Park
Cape Cross Seal Colony
Spitzkoppe
Namib Naukluft Park
Sossusvlei Sand Dunes
Fish River Canyon
Cape Flats Township Tour



An epic journey from Kenya to Cape Town covering scenic game parks, the world's largest inland delta, tropical Zanzibar Island, the third largest lake in Africa, the world's oldest desert and the 'Smoke That Thunders' over the dramatic Victoria Falls. Africa's best highlights on this comprehensive tour.

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: 43 Days

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

DAY 1-3

Nairobi, Masai Mara National Reserve

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's scheduled departure in order to relax and overcome any jetlag before starting your trip. Nairobi, has seen rapid growth in recent years but has a comparatively small city centre, ideal for walking, a highly interesting city market (great for sharpening your bargaining skills!), numerous craft shops, book shops and plenty of cafes and restaurants to try.

We depart the city early Day One and make our way across the Great Rift Valley to the Masai Mara National Reserve, our first highlight of the tour. 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. Predators (such as lion, cheetah, leopard) are well represented as are 'scavengers' (hyena, vultures) and the grazing animals – zebra, giraffe, buffalo, impala, gazelle as well as abundant birdlife.

From the Mara, we back across the Rift Valley to Nairobi, where we overnight on our way south to Tanzania.

DAY 4- 8

Arusha, Serengeti National Park,
Olduvai Gorge, Ngorongoro Crater

After crossing the border at the busy Namanga frontier we come to Arusha. Situated mid-way between Cape Town and Cairo, this is very much Tanzania's 'safari capital' - a bustling city with colourful markets, shops, vehicles and people, all nestling in the shadow of the brooding Mt Meru (4556m). After exploring the curio markets, we head to our camp outside Arusha on the open plains to the west of the city. There is the opportunity to walk or take a camel to one of the local Masai villages and to visit the very informative Snake 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 9 - 13

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 camp near 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.

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.

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.

DAY 14 - 19

Mikumi National Park – Lake Malawi Beaches

After returning from Zanzibar we spend one further night in Dar es Salaam before driving across country towards Malawi on the main road running through Mikumi National Park. We enter Malawi - the 'warm heart' of Africa – at its northern tip and almost immediately catch a glimpse of the enormous Lake Malawi. Covering almost a fifth of the country's area, the lake provides a source of livelihood for many of the Malawi people and fishermen, fish traders as well as canoe and net makers are common sights along the shoreline. Freshwater and safe for swimming, the lake is a major visitor attraction.

We camp along the lake shore, usually by one of the wonderfully peaceful beaches. There is usually a range of water sports available and time to indulge or simply to relax. The Malawi people are well known amongst travellers as being amongst the friendliest in Africa and there is usually the opportunity to meet some of the local people from the communities near the beach.

DAY 20 - 25

Lusaka – Livingstone – Victoria Falls

Leaving Malawi we cross into Zambia. We drive over the Luangwa River and pass through the capital city, Lusaka, to Livingstone and Victoria Falls, arriving on day 22 of the tour. Our camp is on the banks of the mighty Zambezi River, one of Africa's major rivers, the largest flowing eastward into the Indian Ocean. Time is at leisure. Take advantage of the wide range of optional activities typically available here: white water rafting, bungee jumping, abseiling, gorge swinging, canoeing, elephant and horse riding, lion walks, game drives and scenic flights. Naturally a visit to the Victoria Falls themselves is a 'must'. At over a mile wide and 100m deep, the 'Falls' is the largest curtain of falling water in the world. Depending on the time of year the spray from the Falls can be seen from 20 or 30 kilometres - 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 selection of reasonably priced meals and snacks throughout the day (we suggest you allow US\$30-\$40 per day). Alternatively Livingstone town is a short taxi ride away, where you can eat out at one of the local restaurants.

DAY 26-27

Chobe National Park

After breakfast we leave Livingstone and travel the short distance to Botswana and the Chobe National Park. Situated in the extreme northern corner of Botswana, Chobe is home to large populations of elephant as well as lion and abundant birdlife, including the African fish-eagle. In the late afternoon, we take an afternoon cruise on the Chobe River - a delightful way to see hippo or elephant, sometimes buffalo, come to the river for bath and drink. Earlier in the day we take an early morning game drive into the park itself for a glimpse of Botswana's premier game reserve.

DAY 28-30

Maun, Okavango Delta

Further south, we cross the fringes of the Kalahari Desert and make our way to Maun and the Okavango Delta. A natural wetland system spreading over some 1.6m hectares of northern Botswana, the results from rivers that rise in Angola and flow south then divide repeatedly to form an intricate floodplain of channels and islands which spreads out into a broad flat inland delta – the only one of its kind in the world. Our overnight excursion gives us the opportunity to explore some of the area on foot and by dugout canoe (makoro). This is a very unspoilt wildlife area. We search amongst the giant lily pads, tall grasses and narrow channels for hippo, crocodile and a variety of birds. We camp for a night in the Delta itself on one of the river islands - an unforgettable wilderness experience!

DAY 31-32
Ghanzi - Windhoek

Leaving the Okavango we travel south-west skirting the Kalahari. We stop at Ghanzi and take a guided Bushman Walk to discover some of the secrets of this immense terrain and gain a glimpse of how the indigenous people live in this area. The following day we continue west into Namibia and stop a night in the capital Windhoek, a city steeped in German atmosphere and architecture. Enjoy the contrast from the previous few nights, perhaps with a flagon of ale at one of the local taverns.

DAY 33-37
Etosha National Park – Cape Cross Seal Colony - Swakopmund

We make our way north to Etosha National Park, a vast reserve of over 20,000 square kilometres in area surrounding a central salt depression or 'pan.' The pan is seasonally filled with water but managed year-round waterholes sustain some 114 mammal and 340 bird species. We spend two nights in Etosha, camping near a floodlit waterhole which offers exciting night viewing for those who wish to stay up late.

Turning south again, we pass through the eerie Spitzkoppe area and travel along some of the desolate Atlantic coast, stopping to visit the impressive Cape Cross Seal Colony. Home to some 80,000 seals this is the place where in the year 1486, the Portuguese mariner Diego Cão first set foot on the coast of southwest Africa.

We arrive at the colonial town of Swakopmund, Namibia's main seaside resort. Sandwiched neatly between the desert and the ocean, this delightful coastal oasis has developed into something of an adventure centre. Try 'quad biking, sand boarding, or skydiving (weather permitting) or for those preferring a slower pace, take a coastal walk or indulge in Swakopmund's café culture at your own leisure.

DAY 38-40
Namib Naukluft Park – Fish River Canyon

Continuing south through the barren desert we reach the Namib Naukluft Park. The world's oldest desert and containing some of the highest sand dunes in the world – some of Sesriem and Sossusvlei's dunes are over 300m high – this is an ideal spot to clamber to the top of one and see the sun rise over the empty desert. We continue deeper into the park for a nature walk across the salt pans and flat valley floors. Don't forget your camera - the changing colours of the sand as the sun rises and sets throughout the day offer brilliant photographic opportunities.

Continuing to the very south of Namibia we admire the awesome beauty of the 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 America's Grand Canyon. 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.'

DAY 41 – 43
Gariiep River – Cape Town

On our final leg of the journey we leave Namibia and enter South Africa stopping en route for a night next to the desolate but striking Gariiep (Orange) River.

We continue south and notice the desert slowly give way to the increasingly fertile Cape Province. On the edge of Cape Town itself lie the Cape Flats, home to Cape Town's townships. We visit 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. Finally we continue to cosmopolitan Cape Town, without doubt one of the world's most beautiful cities. If time allows we recommend you spend a few days exploring the city and surrounds. Take advantage of the variety of activities normally available here – from abseiling Table Mountain and shopping at the V&A Waterfront, to wine tasting in the nearby winelands of Paarl and Stellenbosch.

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

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) x39, Lunch (L) x32, Dinner (D) x32

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. Nairobi and Cape Town 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 Nairobi and finishes in Cape Town. **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 43 in Cape Town.**

Meeting point in **Nairobi**:
Address:

Boulevard Hotel
Harry Thuku Rd
PO Box 42831
Nairobi
Tel. +245 2 337221 / 227567/8/9
Fax +245 2 334071
hotel@hotelboulevardkenya.com

Contact details:

E-mail:

Pre-dep. meeting:
Tour start time:

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

Tour end 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: ashanti@iafrica.com

Normal end time

Late afternoon/ early evening on day 43

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 the Livingstone/ Victoria Falls area. 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 |
|---|-----------|---|-------|
| Nairobi | USD | Cape Town | ZAR |
| Pre tour accommodation – Twin pp/pn – B&B | \$55 | Pre tour accommodation – Twin pp/pn – B&B | R280 |
| Pre tour accommodation – Single pp/pn – B&B | \$80 | Pre tour accommodation – Single pp/pn – B&B | R 395 |
| Pre tour accommodation – Triple pp/pn – B&B | \$45-\$50 | Pre tour accommodation – Dorm pp/pn – B&B | R 170 |

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 some of 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 |
| Tanzania | R | R | R | R | R | R | R | R | R* | R |
| Malawi | R | R | R | R | R | R | R | R | R* | R |
| Zambia | R | R | R | R | R | R | - | R | C | R |
| Botswana | R | R | R | R | - | R | - | - | * | - |
| Namibia | R | R | R | R | - | R | - | R | * | R |
| S. Africa | 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 |
| Tanzania | Yes | Yes | Yes | Yes | Yes | Yes | Yes | 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 |
| Zambia | Yes | Yes | Yes | Yes | Yes | Yes | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Botswana | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes |
| Namibia | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes | Yes |
| S. Africa | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes | No |

MONEY MATTERS

PERSONAL EXPENSES

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

- **Spending money** is best carried as cash in US dollars, Sterling or Euro which can then be transferred into local currency on arrival. Your guide can advise how and when you can change the rest of your money on tour.
- **Currencies** are as follows: Kenya – Kenyan Shilling; Tanzania (including Zanzibar): Tanzania Shilling, Malawi - Malawi Kwacha; Zambia – Zambian Kwacha; Botswana – Pula; Namibia – Namibian Dollar; South Africa – Rand. Note that South Africa Rand is legal tender in Namibia at the same rate as the Namibian Dollar.
- **ATM machines** are found in Nairobi, Arusha, Dar es Salaam and in main cities on tour BUT they 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 |
|----------------------------------|-------------|---|--------------|
| Masai Mara | | Game-walk | \$70 |
| Village visit | \$25 | White Water Rafting/ Riverboarding | \$155/ \$175 |
| Tanzania | | Flight over the Falls | \$130 |
| Serengeti Balloon Ride | \$499 | Zambezi Sunset Cruise | \$45 |
| Camel Ride | \$30 | Lion Encounter | \$125 |
| Zanzibar (Tanzania) | | Botswana | |
| Scuba Diving (Mnemba island) | \$150 | Okavango scenic flight per 5-seater plane | \$375 |
| Snorkelling Day Trip | \$30-45 | Kalahari desert swim excursion | 50BP |
| Accommodation & Food (per day) | \$35 | Namibia | |
| Spice Tour | \$25 | Quad Biking | N\$500 |
| Dolphin excursion | \$35-\$40 | Sand Boarding | N\$250 |
| Malawi | | Deep Sea Fishing | N\$850 |
| Snorkelling | \$20 | Scenic flights | N\$2695 |
| Masai Mara | | Horse riding | N\$470 |
| Village visit | \$25 | Seal and Dolphin Cruise | N\$480 |
| Livingstone | | Sea Kayaking | N\$600 |
| Vic Falls bungie (single/tandem) | \$110/\$155 | Sky diving (tandem) | N\$1900 |
| Game walk | \$70 | | |
| Croc farm tour | \$25 | South Africa | |
| Gorge Swing | \$55/ 65 | 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. 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, Luvale, 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: | Owambo, 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 Herrero 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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