

ACACIA AFRICA

ULTIMATE AFRICAN ADVENTURE – TOUR DOSSIER

Tour Code UAAJ46

NAIROBI – JOHANNESBURG

46 DAYS

Tour Departure – **08:00**

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

HIGHLIGHTS

Great Rift Valley
Lake Nakuru National Park
Jinja
Kampala
Bwindi impenetrable National Park
Mountain Gorilla Trek
Lake Bunyonyi
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
Kruger National Park



This tour explores famous game reserves, mighty rivers, misty mountains and golden beaches. Encounter wildlife from the gorillas to the 'Big 5', and meet diverse cultures from the red-robed Masai to the warm-hearted Malawi people. From the source of the Nile to Kruger, from Zanzibar to Victoria Falls, this is the Ultimate African Adventure!

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: 46 Days
Countries visited: Kenya, Uganda, Tanzania, Malawi, Zambia, Botswana, South Africa.

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 bungee 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 - 14 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 the Rift Valley to Nairobi where we have a day to relax.

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

DAY 15- 17
Nairobi, Masai Mara National Reserve

After a day to relax and replenish our supplies we depart Nairobi and make our way across the Rift Valley to the Masai Mara National Reserve. We spend two nights camping on the edge of the Reserve and 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.

NB In Nairobi the price of accommodation on nights 14 & 15 is not included in the tour. Please put aside between US\$20-25 per night for meals and accommodation here.

DAY 15- 19
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 20 - 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.

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 29 - 34

Mikumi National Park – Lake Malawi Beaches - Chipata

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 also a major attraction for visitors.

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 35 - 39

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 37 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 40 - 46

Livingstone – Chobe National Park
Greater Kruger National Park - Johannesburg

After a final day in Livingstone, we travel the short distance into Botswana and the Chobe National Park. This park is home to some of the largest populations of elephant in all of Africa, as well as to lion, hippo, and abundant birdlife. In the late afternoon, we take a Fish Eagle Cruise on the Chobe River to see hippos in the water and hopefully buffalo or elephant on the banks for a drink at dusk.

The following day we cross the vast grasslands of southern Botswana via Nata and Francistown to enter South Africa and one of Africa's most famed reserves, the Kruger National Park. The fences between the park's borders and private game reserves on the fringes of the national park have recently been removed to allow the wildlife to roam the entire area 'Greater Kruger' area. Taken together this is an area of over 24,000 square kilometres and it is home to a wealth of animals, from the dwarf mongoose to the famed 'Big Five'.

There is also a diversity of birdlife and flora to be seen. We spend two nights within the Kruger area and explore by game driving some of the best known (and some of the lesser known) areas.

Finally, on day 46 we leave the Kruger for our last drive of the trip to Johannesburg, where our tour ends (approximately 18:00-19:00).

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. Meals and accommodation on Zanzibar (3 nts. Days 25 - 28) and Nairobi meals & accommodation (2 nts. Days 14 - 15).

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) x40, Lunch (L) x37, Dinner (D) x36

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.

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 Johannesburg 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 Johannesburg. **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 46 in Johannesburg.**

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: Tour start time:	18:00 prior to departure day 08:00 on day 1
Tour end point in Johannesburg : Address:	Backpackers Ritz 1A North Rd Dunkeld West Johannesburg
Contact details:	Tel. +27 11 325 7125/2520 Fax +27 11 325 2521
E-mail:	ritz@iafrica.com
Tour end time:	Late afternoon/ early evening of day 46

EXTENDING YOUR STAY

If time allows, we suggest you spend a night or two before and after the tour to fully enjoy the sightseeing and activities on offer in the Nairobi and Johannesburg. 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 (ZAR)
Nairobi	USD	Johannesburg	
Pre tour accommodation – Twin pp/pn – B&B	\$55	Post tour accommodation – Dorm pp/pn	R110
Pre tour accommodation – Single pp/pn – B&B	\$80	Post tour accommodation – Twin pp/pn	R170
Pre tour accommodation – Triple pp/pn – B&B	\$45-\$50	Post tour accommodation – Single pp/pn	R200

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
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	-	-	*	-
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
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\$15-25 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: Uganda – Uganda Shilling; Kenya – Kenyan Shilling; Tanzania (including Zanzibar): Tanzania Shilling, Malawi - Malawi Kwacha, Zambia – Zambia Kwacha.
- **ATM machines** are found in Nairobi, Arusha, Dar es Salaam, on Zanzibar and in main cities on tour BUT please note 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
Uganda		Dolphin excursion	\$35-\$40
Quad Biking	100,000UG	Malawi	
White Water Rafting	\$85	Snorkelling	\$20
Village Walk	\$5	Scuba Diving	\$40
Bungy Jumping	\$55	Horse Riding (half day)	\$45
Forest Walk	\$5-10	Livingstone	
Kenya		Gorge Swing/ Abseiling	110 - \$155
Village visit	\$25	Bungi	\$95
Tanzania		Crocodile Farm	\$25
Serengeti Balloon Ride	\$499	Half day/ Full day Canoe Safari	\$95/ \$120
Camel Ride	\$30	Horse Riding	\$75 - \$110
Zanzibar (Tanzania)		Game-walk	\$70
Scuba Diving (Mnemba island)	\$150	White Water Rafting/ Riverboarding	\$155/ \$175
Snorkelling Day Trip	\$30-45	Flight over the Falls	\$130
Accommodation & Food (per day)	\$35	Zambezi Sunset Cruise	\$45
Spice Tour	\$25	Lion Encounter	\$125

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 - 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 Ruwenzoris (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 Ghandi (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 - 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 - 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, and some 500 bird species.

Ngorongoro Crater Conservation Area

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

Olduvai Gorge

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

Zanzibar

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

Useful Swahili Words

Hello	Jambo	Yes	Ndiyo
How's things?	Habari gani?	No	Hapana
Thank you	Asante	Bring here	Lete hapa
Mister	Bwana	To eat	Kula
Go away	Enda	Today	Leo
Slowly	Pole pole	Tomorrow	Kesho
Coffee	Kahawa	To sleep	Kulala
Tea	Chai	Goodbye	Kwaheri
Milk	Maziwa	How much?	Ngapi?
Water	Maji	Come here	Njoo hapa

Sugar	Sukari	Welcome again	Karibu tena
Food	Chakula	See you	Tutaonana
Please	Tafadali	No, thanks	Hapana santé

Country Information - MALAWI

Facts

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

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

Points of Interest

Lake Malawi

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

Country Information - ZAMBIA

Facts

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

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

Points of Interest

Victoria Falls

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

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

Country Information – 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

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

Johannesburg

Looking at the modern façade of South Africa's capital it is hard to imagine that it is merely over a hundred years old. It started to boom after gold was found in the area and therefore is still referred to as the gold capital of the world. Besides its great shopping and nightlife, Johannesburg is a good base for daytrips.

Things to do within Johannesburg city are the views from the top of the Carlton Centre, Museum Afrika, the Market Theatre precinct, Hillbrow and Houghton Gold Reef City (a replica of Johannesburg as an old gold mining town), tribal dancing, street theatres and amusement parks.

You can also go on a Soweto township tour where you visit a township, the Hector Petersen monument, apartheid museum and a local shebeen (pub).

At the nearby Lion breeding park you can see cheetah, zebra, giraffe and lion cubs.

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.

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.

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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.

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