

NMG – 14 DAY MASAI MARA & GORILLAS

Activity Package

This is a compulsory payment that covers what we consider to be an 'essential activity' on our tour. This payment is 100% transparent and is listed below. As the activity package on this tour is compulsory; we recommend that you pre-pay this to your agent prior to your arrival.

Activity	Price
Masai Mara camping excursion	R3800
	R3800

Gorilla Permit – USD505 – USD605

The cost of a permit to visit the Gorillas is currently as above. Please check actual amount with us closer to departure. You will be pre-invoiced for this non-refundable amount.

Countries Visited

Kenya, Uganda (Possibility of Rwanda or DRC if Gorilla Permits are unavailable in Uganda – you will be advised beforehand if we need to travel to either of these countries) .

Vehicle

Adventure truck / safari vehicle in Masai Mara

Malaria

Malaria prophylactics are required

Departure Point

8.00am from the Meridian Court Hotel, Muranga Road, Nairobi, Kenya. Tel: +254 20 313991/317481/313135
www.meridianhotelkenya.com.

End Point

The Meridian Court Hotel, Muranga Road, Nairobi, Kenya
 Tel: +254 20 313991. www.meridianhotelkenya.com

What's included

Meals as indicated on the itinerary (unless otherwise specified, all meals are prepared and served at the Nomad truck), accommodation, registered guides and transport. We also include some of the highlights. These highlights are listed below in the day-by-day descriptions as "included highlights".

What's excluded

All items of a personal nature, alcohol, snacks, souvenirs, tips and optional activities (see list for an indication of prices).

Health

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disability that you may have.

Insurance

All clients require adequate Travel Insurance. Medical Insurance is not sufficient. Activity providers can refuse participation of activities, if the correct valid Travel Insurance is not provided. Travel insurance can be purchased via the Nomad website http://www.nomadtours.co.za/travel_insurance.html (Nomad World travel insurance is in no way affiliated with Nomad Tours).

Visas

Please note that these are your responsibility. Most nationalities require visas for East African countries. Although most nationalities can obtain their visa on the border we prefer that you obtain it before arrival to save time at immigration when crossing from one country to another. See Pre Departure Booklet for more information.

Climate

The African sun is very strong. Please use a factor 30 sunscreen and wear a hat. You should drink at least 3 litres of water per day to avoid dehydration. It can also get very cold during winter months on this route. Please see Pre Departure Booklet for detailed information.

Currency and Banking

USD (United States Dollars) is the best currency for East Africa. Credit Cards cannot always be processed – especially in remote areas. USD Notes printed before 2004 (i.e. the old style notes) will not be accepted and many places will not accept USD100 notes. USD20 and USD50 notes are good to change in to local currency. Please see Pre Departure Booklet for detailed information on each country.

Vaccinations

A Yellow Fever Certificate is required for this tour. Please see the Pre Departure Information booklet for detailed information on vaccinations in Africa.

Onward Travel

This tour is ideally linked with our East African Adventure Tour or a Kilimanjaro Trek.

Pre and Post Tour Accommodation

If you require accommodation before or after your tour we can arrange this for you.

Arrival

Please be sure to arrive 1 day before your tour is due to depart.

Departure

Please book your flight to depart the day after the tour officially ends.

Note: All information is subject to change without prior notice. Travel times and campsites can change depending on road or weather conditions, etc. These are used as a guideline only. On our longer tours it is possible that your crew, truck and fellow travellers will change due to our unique tour linking system. On this tour the maximum number of participants is 24.

Did you receive your Pre Departure Information Booklet?

If not please contact us at nomad@nomadtours.co.za and we will e-mail you the document; alternatively visit us at 1st Floor, Leadership House, 40 Shortmarket St, Greenmarket Square, Cape Town to collect one. You can also download from our website at www.nomadtours.co.za. After hours contact number: +27 (0) 82 578 2199.

OPTIONAL ACTIVITIES ON THIS ROUTE

Country	Area	Activity	Price Range		
Kenya	Masai Mara	Masaai Village Tour	\$30	to	\$45
Kenya	Masai Mara	Tips for Guide - per day	\$20	to	\$35
Kenya	Lake Naivasha	Hells Gate National Park	\$20	to	\$30
Kenya	Lake Naivasha	Elsamere High Tea (meal)	\$30	to	\$95
Uganda	Kampala	Ngamba Chimpanzee Sanctuary	\$50	to	\$70
<i>*Please note there is a transfer cost applicable to go to the sanctuary. Cost is dependent on the amount of people travelling</i>					
Uganda	Kampala	Dinner at local restaurant	\$35	to	\$45
Uganda	On Trek	Tour Tips for Guide - per day	\$10	to	\$15
Uganda	Queen Elizabeth NP	Kazinga Channel Cruise	\$50	to	\$75
Uganda	Jinja	Nile River Rafting (half day)	\$130	To	\$140
Kenya	Nairobi	Dinner at local restaurant	\$30	to	\$45

SOME USEFUL SWAHILI WORDS TO KNOW

Hello - Jambo	Yes - Ndiyo	Tea – Chai
How do you do - Habari gani	No – Hapana	Milk – Maziwa
Thank you - Ahsante	Bring here - Lete hapa	Water - Maji
Mister - Bwana	To eat – Kula	Sugar - Sukari
Go away - Enda	Today – Leo	Food - Chakula
Slowly - Pole pole	Tomorrow – Kesho	Goodbye – Kwaheri
Coffee - Kahawa	To sleep - Kulala	How much - Ngapi
Come here - Njoo hapa	Welcome again - Karibu tena	See you - Tutaonana

Day 1 Masai Mara National Reserve

We leave the capital and travel to the Masai Mara National Reserve. Today the tour enters this huge area of spectacular game viewing to photograph some of Africa's most abundant wildlife. Famous for the annual migration of around 1.5 million wildebeest, the Masai Mara is also home to many other animals, including lions. Cultural interaction with Kenya's native Masaai people completes our experience.

**The first 3 days of this tour will be operated in safari type vehicles. You will meet your Nomad guide on Day 1 and a Nomad Representative will accompany the group to the Mara. Please ensure that you pack a small overnight bag with essentials. You will meet up with the Nomad truck at Lake Nakuru.*

Meals:	Lunch, Dinner
Accommodation:	Camp: Masai Mara Camp: (no website available)
Facilities:	Shared ablutions, water not drinkable, bar
Route:	Nairobi to Masai Mara ±260km
Travel time:	±6-7 hrs
Activity Package:	2 Day Masai Mara excursion

Masai Mara National Reserve

The Masai Mara National Reserve covers some 1 530 square km and is bounded by the Serengeti Park to the south, the Siria escarpment to the west and Maasai pastoral ranches to the north, east and west. The terrain of the reserve is primarily open savannah grassland with seasonal riverlets. Wildebeest, zebra and Thomson's gazelle migrate into and occupy the Mara reserve

from the Serengeti plains to the south and Loita plains in the pastoral ranches to the north-east, from July to October or later. The Great Migration is one of the most impressive natural events worldwide, involving some 1.5 million wildebeests, 360 000 Thomson's gazelles, and 191 000 zebras. These numerous migrants are followed along their annual, circular route by a block of hungry predators, most notably lions and hyena.

All members of the 'Big 5' are found in the Masai Mara, although the population of black rhinoceros is severely threatened, with a population of only 37 recorded in 2000. Hippopotami are found in large groups in the Masai Mara and Talek rivers. Cheetah is also found, although their numbers are threatened. Additionally, over 450 species of birdlife have been identified in the park, including vultures, marabou storks, secretary birds, hornbills, crowned cranes, ostriches, long-crested eagles, and African pygmy-falcons.

Day 2 Masai Mara to Lake Naivasha

We travel north to Lake Naivasha. One of the more popular optional activities in Hell's Gate NP, is to go game viewing on a bicycle.
Optional Activities: Cycle hire in Hell's Gate NP, High Tea at Elsamere.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Fish Eagle Camp (no website available)
Facilities:	Shared ablutions, swimming pool, bar
Route:	Masai Mara to Lake Naivasha ±230 km
Travel time:	±6-7 hrs
Included highlights:	Cultural interaction with Masai

Lake Naivasha

Lake Naivasha is a freshwater lake forming part of the Great Rift Valley, and lays North West of Nairobi. The name derives from the local Maasai name *Nai'posha*, meaning "rough water" because of the sudden storms which can arise. The lake has a surface area of 139 square km, and is surrounded by a swamp which covers an area of 64 square km, but this can vary depending on rainfall. The lake has an average depth of 6 m with the deepest area being at Crescent Island, at a maximum depth of 30 m. The lake is home to a variety of wildlife; over 400 different species of bird have been reported. There is also sizeable population of hippos in the lake. Between 1937 and 1950 the lake was used as a landing place for water planes on the Imperial Airways passenger and mail route from Southampton in Britain to South Africa. It linked Kisumu and Nairobi. Joy Adamson, author of *Born Free*, lived on the shores of the lake in the mid-1960s. There is the option to visit her residence for high tea and have a taste of a colonial time gone by.

Hell's Gate National Park

Hell's Gate National Park lies to the south of Lake Naivasha, and is mainly comprised of a savannah ecosystem which harbors a wide variety of wildlife. Some of the frequently observed animal species include lions, leopards, and cheetahs. There are over 100 species of birds in the park, including vultures, Verreaux's Eagles, Augur Buzzards, and swifts. African buffalo, zebra, eland, hartebeest, Thomson's gazelle, and baboons are also common. The park is also home to klipspringer antelope and Chanler's mountain reedbuck.

Day 3 Nakuru National Park

We travel towards Lake Nakuru NP, a great place to see flamingos. White Rhino also inhabit the transitional savannah area surrounding the lake.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Lion Hill Camp (no website available)
Facilities:	Water not drinkable, hot and cold showers, flush toilets
Route:	Lake Naivasha to Lake Nakuru ±80 km
Travel time:	±2-3 hrs

Lake Nakuru National Park

Lake Nakuru National Park, established in 1961, is named after the alkaline lake that it encircles. Nakuru means 'dry or dusty place' in the Maasai language. Although it was initially established as a bird sanctuary, it is now home to a surprisingly large number of animal species, including the Big 4 – lion, leopard, rhino and buffalo, but sadly there are no elephants in the park. Lake Nakuru is famous for the vast flocks of flamingoes that line its shores, attracted by the abundance of algae. It is also a sanctuary for black and white rhino, and has recently been extended to protect these endangered animals.

Day 4 Uganda - Kampala

Leaving Lake Nakuru we drive to the Uganda border, and then stop for a photo at the equator. Later we arrive in Uganda's capital and largest city, Kampala.

Meals:	Breakfast, Lunch, Dinner
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Accommodation:	Camp: Red Chilli Hideaway: http://www.redchillihideaway.com/
Facilities:	Water not drinkable, shared ablutions, bar, restaurant.
Route:	Lake Nakuru to Kampala ±520 km
Travel time:	±8-10 hrs plus border crossing
Border posts:	Kenya: no telephone numbers Uganda: no telephone numbers

Kampala

Before British colonials arrived in Uganda, the Buganda King, Kabaka, had chosen the area that was to become Kampala as one of his favorite hunting grounds. This was made up of numerous rolling hills and lush wetlands, an ideal breeding ground for various antelopes - particularly impala. When the British arrived they called the area the "Hills of the Impala", which eventually came to be called Kampala. The city grew up around a fort constructed by Frederick Lugard in 1890 for the British East Africa Company. In 1962 Kampala replaced Entebbe as the national capital. Much of the city was destroyed after the 1979 overthrow of Idi Amin's dictatorship and the subsequent civil war, and is now being rebuilt.

Day 5 Kampala / Ngamba Chimpanzee Sanctuary

Although officially this day is set aside for everyone to explore Kampala, most people take an optional day trip to the Chimpanzee Sanctuary of Ngamba Island. This non-profit eco-friendly project was set up in 1998 to care for orphaned chimpanzees. *Optional Activities: Ngamba Chimpanzee Excursion, Kampala Markets, Dinner Out.*

Meals:	Breakfast, Lunch
Accommodation:	Camp: Red Chilli Hideaway: http://www.redchillihideaway.com/
Facilities:	Water not drinkable, shared ablutions, bar, restaurant.
Route:	Optional Ngamba Island Excursion ±50 km return journey

Ngamba Chimpanzee Sanctuary

The sanctuary is a non-profit organization which is co-ordinated and managed by the Chimpanzee Sanctuary & Wildlife Conservation Trust. CSWCT is a partnership with six organizations committed to the welfare and conservation of wildlife. The sanctuary was set up because every year in Africa, approximately 5 000 chimpanzees are killed by poachers for the bush meat trade. As a by product of this illegal practice, dozens of infant chimpanzees are taken alive from the forest, bound for the pet trade throughout Africa and the rest of the world. The island is set up as an eco-friendly project with compost toilets, rainwater collection, proper waste management practices and solar energy for electricity and hot water.

Day 6 Lake Bunyonyi

Lake Bunyonyi is a small but attractive lake with steep sides and abundant birdlife. Ringed by mountains, the lake is best known for its dense Otter population and stunning scenery. We make use of this busy spot to share trekking stories with fellow travellers.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Lake Bunyonyi Campsite: www.bunyonyioverland.com
Facilities:	Water not drinkable, shared ablutions, bar
Route:	Kampala to Lake Bunyoni ±480km
Travel time:	±7-8hrs

Lake Bunyoni

Lake Bunyonyi ("Place of many little birds") lies to the border with Rwanda. It is 25 km long and 7 km wide, covering an area of 61 square km. The depth of the lake is rumored to vary between 44 m and 900 m, which if true would make the lake the second deepest in Africa. It is one of the few lakes in the region that is free of bilharzia and safe for swimming. Its 29 islands are concentrated in the central part. These islands have few settlements, mostly tourist facilities, schools and missions.

Day 7/8/9 Gorillas

The mountain gorilla is extremely endangered and while exact numbers vary it is widely assumed that there are only around 650 left. Visiting the gorillas is a great way to support their future on earth as the money spent on permits is used for their protection. An extremely important part of the future conservation of the remaining gorillas rests in the community development work – as local communities change their attitudes towards wildlife and start to protect rather than poach, the future of the mountain gorilla is assured.

As permits granting permission to visit the gorillas are extremely limited we require flexibility in both the tour itinerary and where we actually visit them. The home of the mountain gorillas is completely at odds with man-made borders and so their range encompasses Uganda, Rwanda and the DRC (Democratic Republic of the Congo). Whenever possible we choose to make use of the National Park in Uganda, but this depends on the availability of permits.

Should we not obtain permits to visit the mountain gorillas in Uganda then we will inform all passengers beforehand that the tour will travel to Rwanda or DRC.

Day 7

Meals: Breakfast, Lunch, Dinner
 Accommodation: Camp: Buhoma Campsite (no website available)
 Facilities: Cold showers, shared ablutions
 Route: Lake Bunyoni National Park to Bwindi ±150 km
 Travel time: ±5-6 hrs

Day 8/9

Meals: Breakfast, Lunch, Dinner
 Accommodation: Camp: Buhoma Campsite (no website available)
 Route: Bwindi National Park to Lake Bunyoni ±150 km (day 9)
 Travel Time: ±5-6 hrs

If trekking won't be done on day 9, this day will be spent at Lake Bunyoni to ensure a shorter drive on day 10.

Please note: Although there are 3-days allocated to Gorilla Trekking you will only spend one-day on the trek. The other days are there to provide a large enough window in which to obtain permits and to allow the entire group to trek if there are more than 6 of you on the tour.

Day 10 Queen Elizabeth National Park

Many game species are to be found in this wetland park including the (elsewhere elusive) giant forest hog, and the legendary tree-climbing lions of the Ishasha Sector. *Optional Activities: Kasinga Channel Sunset Cruise.*

Meals: Breakfast, Lunch, Dinner
 Accommodation: Camp: Queen Elizabeth National Park: <http://www.queenelizabethnationalpark.com/>
 Facilities: Water not drinkable, flush toilets
 Route: Lake Bunyoni to Queen Elizabeth NP ±320 km
 Travel time: ±5-6 hrs

Queen Elizabeth National Park

The Queen Elizabeth National Park is Uganda's most-visited game reserve. It lies in the west of the nation and occupies 5 000 square km from Lake George to Lake Edward around the Kazinga Channel connecting them. The park is named after Queen Elizabeth II and was established in 1954. It is known for its abundant wildlife, although many animals were killed by poachers and in the Uganda-Tanzania War. Now protected, many species have recovered, including hippopotamus, elephant, leopard, lion and chimpanzees; and it is now home to 95 species of mammal and over 500 species of birds. The park is also famous for its volcanic features, comprising volcanic cones and deep craters, many with crater lakes such as Lake Katwe, from which salt is extracted. Due to the volcanic craters, grassy plains and tropical forest, it has one of the highest biodiversity ratings in the world.

Day 11/12 Jinja

The morning is spent on further game viewing and this afternoon we travel to Jinja. Jinja is Uganda's second largest city and is famous as the point where the Nile (officially the Victoria Nile) flows out of Lake Victoria and begins the 6695 kilometre journey to Egypt and the Mediterranean. *Optional Activities: White Water Rafting.*

Meals: Breakfast, Lunch, Dinner
 Accommodation: Camp: Nile River Explorers Camp: www.raftafrica.com/campsite.htm
 Facilities: Shared ablutions, internet, bar, laundry
 Route: Queen Elizabeth NP to Jinja ±480 km
 Travel time: ±8-9 hrs

Jinja

Jinja was formerly a fishing village that benefited from being on long-distance trade routes. The city was founded in 1901 by the British, as an administrative centre for the Provincial Government Headquarters for Busoga region. This was around the time that

Lake Victoria's importance in transport rose due to the Uganda Railway linking Kisumu, a Kenyan town on the lake, with Mombasa on the Indian Ocean, 1 400 km away. Cotton-packing, nearby sugar estates, and railway access all enabled Jinja to grow in size. In 1906 a street pattern was laid out, and Indian traders moved in from around 1910.

Jinja once had a large East Indian community until they were expelled from Uganda by Idi Amin in 1971 and 1972. Much of Jinja's architecture is Indian-influenced, although the detailed shop-fronts and buildings were poorly maintained after the Indians left. Local industrial concerns also collapsed. Many of the East Indians who are now returning to Uganda are choosing to set up businesses again.

Day 13 Kenya - Eldoret

Returning to Kenya we visit Eldoret, the country's 5th largest city. The Great Rift Valley is still the dominant geographical feature of this region and the altitude at Eldoret is 2100 metres above sea level.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Naiberi River Camp: www.naiberi.com
Facilities:	Flush toilets, drinkable water, cold showers
Route:	Jinja to Eldoret \pm 320 km
Travel time:	\pm 7-8hrs plus border crossing
Border posts:	Kenya: no telephone numbers Uganda: no telephone numbers

Eldoret

Eldoret, strangely, is a Kenyan town founded by Afrikaners in 1910. The town was originally known as 64 or "Sisibo" by the locals, because it was established at the 64th mile post on the wagon route from Londiani. In 1908, the Eldoret area had been settled by Afrikaans-speaking South Africans who "trekked" there from Nakuru after a journey from South Africa by sea and by rail from Mombasa. Other European and Asian settlers and traders began arriving shortly afterwards. When the governor decided to establish an administrative centre the town was officially named Eldoret in 1912. Becoming an administrative centre caused an enormous increase in trade within the prospective city. A bank and several shops were built.

Eldoret is the hometown of numerous legendary Kenyan runners, the most renowned of whom is Kipchoge Keino. The high altitude is an ideal training ground for many middle and long distance athletes. The runners from Eldoret have contributed significantly to the economy of Eldoret town from their winnings in races all over the world.

Day 14 Nairobi

Returning to Nairobi, the largest city in the East Africa region, there's an optional dinner, where we can exchange stories and contact details. *Optional Activities: Meal out in Nairobi.*

Meals:	Breakfast, Lunch
Accommodation:	Own Arrangements / Post Accommodation can be booked through Nomad.
Route:	Eldoret to Nairobi \pm 350 km
Travel time:	\pm 6-7 hrs

Nairobi

Nairobi is the capital and largest city in Kenya. The name "Nairobi" comes from the Maasai phrase *Enkare Nyirobi*, which translates to "the place of cool waters". However, it is popularly known as the "Green City in the Sun" and is surrounded by several expanding villa suburbs.

Founded in 1899 as a simple rail depot on the railway linking Mombasa to Uganda, the town quickly grew to become the capital of British East Africa in 1907 and eventually the capital of a free Kenyan republic in 1963. During Kenya's colonial period, the city became a center for the colony's coffee, tea and sisal industry. Nairobi is the most populated city in East Africa, with a current estimated population of about 3 million.

Nairobi is now one of the most prominent cities in Africa politically and financially. Home to many companies and organizations, including the United Nations Environment Programme and the UN Office in Africa, Nairobi is a hub for business and culture. The Nairobi Stock Exchange (NSE) is one of the largest in Africa, ranked fourth in terms of trading volume and capable of making 10 million trades a day. The Globalization and World Cities Study Group and Network (GaWC) defines Nairobi as a prominent social centre.

NB: The itinerary is flexible and can be changed without notice in order to accommodate the best possible viewing of the Gorillas. The Permit price to visit the Gorillas can also change without notice.

Tour Ends

We will drop you off at The Meridian Court Hotel, Kenya, www.meridianhotelkenya.com. We suggest you book accommodation here for this evening through your travel agent or Nomad.

TIPPING ON TOUR

East Africa: In general tipping in restaurants is expected and is around 10% for good service, more if you have received exceptional service, and, feel free not to tip at all if you received poor service. Tipping taxi drivers etc is really at your own discretion and not always expected. If in doubt please ask your guides. It is expected to tip Porters and Car-guards etc.

Ask your guides how much is appropriate in local currency.

Our guides do work hard, but they are also paid at (and often above) industry levels for this work. Our Crew can be tipped if you feel that they have done a good job and/or gone above and beyond the call of duty. The recommended amount is between USD1-2 per person, per day, per crew member.

The best way to arrange tips is to elect one person in the group to collect the money. So if you have 3-crew on a tour, we would recommend that 3 envelopes are used and each crew member's name written on one. Place what you feel is fair in to each envelope and the elected person can give these to the crew at the end of the tour. If you do not feel that the crew deserve a tip, please, do not tip them.

THE NOMAD AFRICAN TRUST www.nomadafricantrust.co.za

At Nomad we are passionate about the people, places and wildlife of Africa that make our tours so special. In order to give back we have set up the Nomad African Trust.

By the end of your tour you may have left-over local currency that you will not be able to change outside of its country of origin. Any assistance you could provide to the trust by donating this left over currency will be appreciated. Thank you for your help and please join our newsletter at the website above to receive regular updates on what we are doing to support our beneficiaries.



GREEN SEATS - TRAVEL RESPONSIBLY IN AFRICA

Nomad gives you the opportunity to offset your carbon foot print by purchasing a "Green Seat". If you would like to help Nomad making Africa Greener, simply choose the tick box on your booking form and we will take care of the rest. The Nomad African Trust will plant trees that are ecologically viable and that have very high carbon absorption.



Green Seats can be purchased at departure or on tour with your guide. For more information on our "Green Seats", please visit www.nomadtours.co.za/nomad_greenseats.html

THANK YOU FOR TRAVELLING WITH NOMAD

At the end of your tour you will be provided with feedback forms. These forms are confidential and should be given to your crew in a sealed envelope. If you are not sure of the confidentiality of the feedback form please feel free to email us as well on ops@nomadtours.co.za. Please make sure to also complete the feedback form as we use the answers on these forms to improve and maintain our service levels.

Accommodation providers are subject to change without notice, the accommodation listed in this dossier is our preferred supplier, but sometimes due to availability, we are unable to make use of the property listed in this dossier. If we cannot use the accommodation provider as listed we will substitute another property of similar standards.