

NVN – 21 DAY EAST AFRICAN ADVENTURE – NORTH

Activity Package

This is an optional payment that covers what we consider to be ‘essential activities’ on our tours. Ideally we would include all of these, but not everyone can afford this. This payment is 100% transparent and is listed below. The Activity Package can be pre-purchased prior to your arrival or through your guide on day 1 of your tour. **This dossier has been written with the inclusion of the Activity Package items.**

Activity	Price
South Luangwa NP sunset game drive	R650
Textile village visit South Luangwa	R300
Village tour Malawi	R60
Zanzibar excursion plus ferry	R2380
Masai Museum, Arusha	R60
	R3450

**For the price of the Serengeti Excursion, please refer to the “Optional Activities” section on the next page.*

Countries Visited

Zimbabwe, Zambia, Malawi, Tanzania and Kenya

Vehicle

Adventure Truck

Malaria

Malaria prophylactics are required throughout the route.

Departure Point

8:00am from Vic Falls Adventure Lodge, Stand 954, Corner Pioneer Road and Chinotimba Drive, Victoria Falls, Zimbabwe.
Tel: +263 134 1354 www.adventurezonevicfalls.com/accommodation-detailed.html?accomdet:acode=3

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. Visas for Malawi are not obtainable at the borders. 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. Travellers Cheques can take a long time to change into cash and often incur unreasonable charges. 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, so make sure to bring lots of \$1, \$5 and \$10 notes for tips and craft markets. USD20 and USD50 notes are good to change in to local currency. Please see Pre Departure Booklet for detailed information.

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

You can extend this tour by doing the Cape to Victoria Falls tour before this tour, the Desert & Delta tour or the Okavango Expedition beforehand. The Masai Mara & Gorilla tour can be booked after this tour.

Pre and Post Tour Accommodation

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

Camping

transfers – contact your travel agent or Nomad to make these bookings.

Arrival

It is best to arrive at least 2 or 3 days before the start of this tour if you wish to participate in the many optional activities available in Victoria Falls.

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 travelers will change due to our unique tour linking system. On some of our tours, camping and accommodated clients will be travelling together with a maximum number of participants of 18.

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:

COUNTRY	AREA	ACTIVITY	PRICE RANGE
Zambia	South Luangwa NP	Game Walk - Inside National Park	\$75 to \$85
Zambia	South Luangwa NP	Game Walk - Outside National Park	\$35 to \$55
Zambia	South Luangwa NP	Morning Game Drive	\$65 to \$75
Malawi	Lilongwe	2 hour city tour	\$8 to \$15
Malawi	Kande Beach	Scuba Diving - Per Dive (licensed divers)	\$40 to \$55
Malawi	Kande Beach	One Day Scuba Diving for PADI open water course	\$320 to \$400
Malawi	Kande Beach	One Day Diving (try out course)	\$45 to \$85
Malawi	Kande Beach	Horse Riding (2 hours)	\$85 to \$95
Malawi	Kande Beach	Snorkeling	\$5 to \$10
Malawi	Kande Beach	Water Sports Equipment Hire	\$6 to \$30
Malawi	Chitimba Beach	Local Boat Trip	\$15 to \$20
Malawi	Chitimba Beach	Livingstonia Hiking Day Trip	\$15 to \$20
Tanzania	Mikumi	Mikumi NP game drive: Price p.p. with minimum 6 clients:	\$35 to \$45
Tanzania	Zanzibar	Scuba Diving - Per Dive	\$65 to \$75
Tanzania	Zanzibar	Zanzibar Meals - Per Day	\$25 to \$35
Tanzania	Zanzibar	Motorbike Hire - Per Day	\$45 to \$60
Tanzania	Zanzibar	City Tour – Half Day (Min 2 x Clients), walking tour	\$25 to \$30
Tanzania	Zanzibar	Spice Tour - Half Day (Min 2 x Clients)	\$35 to \$40
Tanzania	Zanzibar	Swimming with Dolphins – Full day (min 2 x clients)	\$45 to \$55
Tanzania	Serengeti	Serengeti 4-Days Camping	R4950
Tanzania	Serengeti	Tips for Guide - Per Day	\$25 to \$30
Tanzania	Serengeti	Ballooning over Serengeti National Park – Pre Book	\$500 to \$550
Tanzania	Serengeti	Guided day walk-Ngorongoro Forest (group of 5 people)	\$80 to \$100
Tanzania	Serengeti	Guided mountain biking around villages & coffee plantations	\$70 to \$80
Tanzania	Serengeti	Kudu Lodge to Karatu – various day safaris options	\$200 to \$300
Tanzania	Arusha	Camel Ride to local Masaai Village	\$10 to \$20
Kenya	Nairobi	Dinner at Local Restaurant	\$30 to \$45

Note

There are more optional activities being created every day – we have listed only the most popular. If there is something specific you would like to do then speak to your guide as they will be able to assist you with the booking of your activities.

Day 1 Lusaka

Leaving behind the natural wonder of Victoria Falls we begin our expedition. After Livingstone we journey towards the bustling Zambian capital of Lusaka. You will notice the vegetation becoming sub-tropical and the roads a little rougher.

Meals: Lunch, Dinner

Departure

Please book your flight to depart the day after the tour officially ends. This is to account for any delays that we may experience due to unpredictable road conditions.

Accommodation: Camp: Pioneers Camp: www.pioneercampzambia.com
 Facilities: Water not drinkable, hot showers, swimming pool and bar.
 Route: Victoria Falls to Lusaka ±500 km
 Travel time: ±7-8 hrs and a border crossing

Border posts: Zimbabwe: Victoria Falls Bridge (no telephone number) Open: 06h00-20h00
 Zambia: Victoria Falls Bridge (no telephone number) Open: 06h00-20h00

Lusaka

Lusaka is the capital and largest city of Zambia. The two main languages spoken in Lusaka are English and Nyanja. It is located in the southern part of the central plateau of the country, at an elevation of 1300 m and has a population of 3 100 000 (2007 estimate). With one of the fastest growing city centres in Africa, Lusaka is located in a productive farm area, and is the administrative, financial, and commercial center of Zambia. It is thought that with proper and effective economic reforms, Lusaka as well as Zambia as a whole will develop considerably. Lusaka is home to a diverse community of foreigners, many of whom work in the aid industry as well as diplomats, representatives of religious organizations and some business people.

According to history, Lusaka was once the site of a village named after its headman Lusaka, which was located at Manda Hill, near where the National Assembly building now stands. In the local Nyanja language, *manda* means graveyard. The area was expanded by European (mainly British) settlers in 1905 with the building of the railway. In 1935, due to its fairly central location on the railway and at the crossroads of the Great North Road and Great East Road, it was chosen to replace Livingstone as the capital of the British colony of Northern Rhodesia. After the federation of Northern and Southern Rhodesia in 1953, it was a centre of the independence movement which led to the creation of the Republic of Zambia. In 1964 Zambia became the ninth African state to gain independence from the British crown, and President Kaunda took power, with Lusaka as its capital.

Day 2 Chipata

Today is a long drive through lush country, crossing rivers en-route to Chipata, the gateway to the South Luangwa NP. Zambia is truly African and an adjustment from the more Western ways of Southern Africa.

Meals: Breakfast, Lunch, Dinner
 Accommodation: Camp: Mama Rulas: www.mamarulas.com
 Facilities: Water not drinkable, shared ablutions, hot showers, swimming pool.
 Route: Lusaka to Chipata ±756 km
 Travel time: ±10-12 hrs (bad roads conditions)

Chipata

Chipata has a population of around 75 000, and is the capital of the Eastern Province of Zambia. Formerly known as Fort Jameson, the city is located near the border with Malawi, on the highway connecting the capitals Lilongwe (130 km) and Lusaka (550 km). As we drive from Chipata to Lilongwe in Malawi there is a steady stream of people and transport bringing in supplies that are not always readily available elsewhere in Africa. You will also find colourful fruit and vegetable markets and an unexpected amount of ornate mosques due to its large Islamic Indian community.

Day 3 South Luangwa National Park

Early in the morning we drive from Chipata to the border of the South Luangwa National Park where we spend the next two nights right on the banks of the Luangwa River. You can often see hippos and other animals from the camp bar. This afternoon we enjoy an included sunset game drive in the South Luangwa NP.

Meals: Breakfast, Lunch, Dinner
 Accommodation: Camp: Wildlife Camp: www.wildlifecamp-zambia.com
 Facilities: Water not drinkable, shared ablutions, hot showers, swimming pool, bar
 Route: Chipata to South Luangwa National Park ±120 km
 Travel time: ±6-8 hrs (bad road conditions)
 Activity package: Sunset Game Drive in South Luangwa NP

Day 4 South Luangwa National Park

In the morning you have the opportunity to take an optional game drive, the park is known for its high concentration of leopards and hippos. After lunch we visit the community run tribal textile project and a local village. *Optional Activities: Morning Game Drive and Game Walk.*

Meals: Breakfast, Lunch, Dinner

Accommodation:	Camp: Wildlife Camp: www.wildlifecamp-zambia.com
Facilities:	Water not drinkable, shared ablutions, hot showers, swimming pool, bar
Activity package:	Village and textile visit

South Luangwa National Park

South Luangwa National Park in eastern Zambia is a world-renowned wildlife haven, and famous for walking safaris. It supports large populations of Thorneycroft's Giraffe, and herds of elephant and buffalo often several hundred strong, while the Luangwa River supports abundant crocodiles and hippopotamus. Founded as a game reserve in 1938, it became a national park in 1972 and now covers 9 050 square km.

Hippos thrive here due to the patches of flooded grassland habitats (floodplains) that are found close to the river, on which they graze at night. It is possible to see pods of up to 500 hippos in the dry season as the river shrinks and they are confined to areas of deep pools. On average there are probably 35 – 42 hippos per km! They are integral to the ecosystem here, their dung released into the river fertilises its waters and sustains the fish population which in turn sustains the crocodiles. The park is also reputed to have the highest concentration of leopard in Africa. It is estimated that there is one leopard for every km of river in the Luangwa Valley, so your chances of seeing this elusive nocturnal cat are very high.

Day 5 Lilongwe

Today we visit the Lilongwe Wildlife Centre, Malawi's only sanctuary for rescued, orphaned and injured wild animals. The Centre is set in 180 hectares of beautiful woodland, Lilongwe's only protected wilderness.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Barefoot Lodge www.barefoot-safaris.com/index_files/BarefootLodge.htm
Facilities:	Shared ablutions, bar, hot water, wireless internet
Route:	South Luangwa NP to Lilongwe ±330 km
Travel time:	± 8-10 hours
Included Highlights:	Lilongwe Wildlife centre

Border posts:	Zambia: Chipata / Nwami, Tel: + 265 622 1652, Open: 06h00-18h00. Malawi: Mchinji, Tel: +265 124 2217, Open: 06h00-18h00.
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Day 6/7 Kande Beach

This morning we have the opportunity to participate in a 2 hour city tour, before we take a scenic drive to Kande beach. We will spend the next 2 days enjoying the many optional activities available, such as horse riding and different water sports. We will go on a guided village walk in order to meet the local people and learn more about Malawian life. *Optional Activities: 2 hour morning city tour in Lilongwe, Water Sports, Horse Riding, Craft Shopping etc.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kande Beach: www.kandebeach.com
Facilities:	Water not drinkable, shared ablutions, hot showers, bar, craft market, restaurant and beach
Route:	Lilongwe to Kande Beach ± 380 km
Travel time:	± 6-7 hours
Activity Package:	Guided village tour

Lake Malawi

The lake, third largest in Africa and eighth largest in the world, is situated between Malawi, Mozambique, and Tanzania. The lake's tropical waters teem with more fish species than any other lake on earth, and offers wonderful snorkelling and diving experiences. The fish also support the local people, who depend on the lake for survival, using dug-out canoes to set out long nets. There are many different ethnic groups living in the vicinity, and many different dialects are spoken. Many are Christians, as a result of the numerous missionaries that passed through the area, while many have retained their traditional belief systems.

In 1859 David Livingstone reached Lake Malawi, when he was trying to put an end to the slave trade. He then returned in 1861 accompanied by seven missionaries. They opened a mission station in the south lake area, but suffered from malaria, illness and conflict with slavers. In 1864 the surviving missionaries withdrew to Zanzibar. Livingstone then returned to the region in 1866 as part of an expedition to find the source of the Nile. In 1869 he pushed north and was out of contact for two years. He was found by journalist Henry Stanley on the banks of Lake Tanganyika in 1871 and Stanley uttered the famous words "Dr Livingstone I presume". Livingstone continued on his mission and died at a village called Chitombo in Zambia in 1873. His death rekindled a desire in missionaries to come to Malawi and eventually, after setting up missions in various bad malaria areas, they set up a mission called Livingstonia in the highlands of the eastern escarpment (with no malaria) It is still in operation today and visitors can hike to the mission. The walk is quite strenuous and you should be reasonably fit especially if it's hot. It's about a 6 to 8-hour round trip.

Day 8 Lake Malawi - Chitimba

We travel further north and spend our last day in Malawi at Chitimba beach. For those who have had enough of the beach, there is a short hike to the Manchawe Falls. *Optional Activities: watersports etc.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Chitimba: www.chitimba.com
Facilities:	Water not drinkable, shared ablutions, bar and beach.
Route:	Kande Beach to Chitimba Beach ±250 km
Travel time:	±4-5 hrs
Included Highlights:	Short hike to Machawe falls

Day 9 Tanzania –Iringa

Today we leave Malawi and enter Tanzania. We ascend out of the Great Rift Valley through some spectacular mountain passes, passing vast tea plantations in the highlands before arriving at our camp outside Iringa. This evening our dinner is in a local Masai Hut where we enjoy a traditional Tanzanian evening.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kisolanza Farm: www.kisolanza.com
Facilities:	Water not drinkable, shared ablutions, hot showers, bar
Route:	Chitimba to Iringa. ±642 km
Travel time:	±10-11 hrs plus border crossing
Included Highlights:	Dinner in a local Maasai hut

Border posts:	Malawi: Songwe (no telephone), Open: 06h00-18h00. Tanzania: Chi'zumulu, Tel: +265 15 357 207, Open: 06h00-18h00
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Iringa

Tanzania is mountainous in the northeast where Mount Kilimanjaro, Africa's highest freestanding mountain, is situated. To the north and west are the Great Lakes of Lake Victoria (Africa's largest lake) and Lake Tanganyika (Africa's deepest lake, known for its unique species of fish). Central Tanzania comprises a large plateau, with plains and arable land. The eastern shore is hot and humid, with the island of Zanzibar lying just offshore.

Tanzania has a tropical type of climate. In the highlands, temperatures range between 10°C and 20°C during cold and hot seasons respectively. The rest of the country has temperatures rarely falling lower than 20°C. The hottest period extends between November and February (25°C - 31°C) while the coldest period occurs between May and August (15°C - 20°C).

Some useful Swahili words

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

Along the main highway artery that connects Dar es Salaam and Iringa, one travels through Baobab Valley. An endearing local saying goes that if you see a tree small enough to put your arms around, all your dreams and wishes will come true. Living up to its name, the valley is heavily populated by baobabs, one of the great symbols of Africa. This bizarre tree, known as the “upside down tree” is surrounded by myth and folklore, and has a multitude of uses for the local people and wildlife: the fruit is eaten; gum and fibre is made into rope, paper, and cloth; and bark and oil from the baobab seeds have medicinal properties.

Day 10 Mikumi

We leave Iringa today and head north to the Mikumi National Park. Mikumi is home to lion, zebra, wildebeest, impala, buffalo and elephant and today we have the opportunity to enjoy an optional afternoon game drive through the park. *Optional Activities: Afternoon game drive in Mikumi NP*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Tan-Swiss Lodge: www.tan-swiss.com

Facilities: Bar, shared ablutions, hot showers
 Route: Kisolanza to Mikumi ± 280 km
 Travel time: ± 5-6 hours

Day 11 Dar es Salaam

Our journey today brings us out of the cool highland region to the humid Indian ocean coastal city of Dar es Salaam. Meaning 'house of peace' in Arabic, Dar es Salaam is the economic and trade capital of Tanzania, but inland Dodoma remains the official capital city.

Meals: Breakfast, Lunch, Dinner
 Accommodation: Camp: Kipepeo Camp: www.kipepeocamp.com
 Facilities: Water not drinkable, shared ablutions, hot showers, bar.
 Route: Mikumi to Dar es Salaam ±260 km
 Travel time: ± 4-5 hrs

Dar es Salaam

Dar es Salaam (Arabic translation: "house of peace"), formerly Mzizima, is the largest city in Tanzania. With a population estimated around 2 500 000, it is also the country's richest city and an important economic centre. Though Dar es Salaam lost its official status as capital city to Dodoma in the mid-1970s, it remains the centre of the permanent central government and continues to serve as the capital for the surrounding Dar es Salaam Region.

In 1859, Albert Roscher of Hamburg became the first European to land in Mzizima ("healthy town"). In 1866 Sultan Seyyid Majid of Zanzibar gave it its present name. Dar es Salaam fell into decline after Majid's death in 1870, but was revived in 1887, when the German East Africa Company established a station there. The town's growth was facilitated by its role as the administrative and commercial centre of German East Africa and industrial expansion resulting from the construction of the Central Railway Line in the early 1900s.

Being situated so close to the equator and the warm Indian Ocean, the city experiences generally tropical climatic conditions, typified by hot and humid weather throughout much of the year. Annual rainfall is approximately 1 100 mm and in a normal year there are two distinct rainy seasons: "the long rains", which fall during April and May, and "the short rains", which fall during October and November.

Day 12/13/14 Zanzibar

A local ferry will take us from Dar es Salaam (where we leave the truck) to Stone Town, the capital of Zanzibar. We spend the first night exploring the historical and unique architecture. There are also spice and seafood markets to be explored. The following day we take a transfer to the northern part of the island where we will spend our time relaxing on the beach. *Optional Activities: Lunch & Dinner, Swimming with Dolphins, Scuba Diving, Snorkelling etc.*

Day 12

Meals: Breakfast
 Accommodation: Two per room: Stone Town - Shangani Hotel: www.shanganihotel.com
 Facilities: En-suite, hot shower, coffee shop, laundry services
 Route: Dar es Salaam to Zanzibar by Ferry
 Travel time: ±2-3 hrs

Day 13/14

Meals: Breakfast
 Accommodation: Two per room: Nungwi Beach – Nungwi Inn: www.nungwiinnhotel.co.tz
 Facilities: En-Suites, hot showers, coffee shop, laundry services, bar
 Route: Stone Town to Nungwi Beach ± 60-70 km
 Travel time: ±2 hrs

Zanzibar

You do not need to take your whole backpack; you can leave this locked in the truck in Dar es Salaam as one of the guides normally remain behind. A day pack is enough. Once on the island you will be met by a local tour operator who will make your other arrangements for spice tours, snorkelling and other optional activities.

Appropriate Clothing

Islam is Zanzibar's dominant religion and appropriate clothing should be worn in Stone Town. Beachwear should only be worn on the beach and women are advised to wear a t-shirt and knee-length shorts or a skirt in the town. It is not appropriate to show the arms above the elbow or legs above the knee. Shoulders should remain covered and revealing necklines are not acceptable. Men's

clothing is less restrictive and a t-shirt and pair of shorts are fine. On the beach or in the resort there are no dress restrictions other than the normal ones in pool/public areas.

Religious Holidays

If you are visiting Zanzibar in the month of fasting (Ramadan) please speak to your local guide about the customs during this time. Normally eating during the sunlight hours is not allowed and some locals will make sure that you are aware of this (sometimes very loudly if you are seen). Most shops and restaurants are closed during this period, but it is acceptable (as a foreigner) to eat at the hotel or resort. The guide will tell you what is appropriate and when.

Zanzibar

Zanzibar is a semi-autonomous part of the United Republic of Tanzania. It comprises the Zanzibar Archipelago in the Indian Ocean, 25–50 kilometres off the coast of the mainland, and consists of a number of small islands and two large ones: Unguja (the main island, informally referred to as Zanzibar), and Pemba. Zanzibar was once a separate state with a long trading history within the Arab world; it united with Tanganyika to form Tanzania in 1964 and still enjoys a high degree of autonomy within the union. The capital of Zanzibar, located on the island of Unguja, is Zanzibar City, and its historic centre, known as Stone Town, is a World Heritage Site. Zanzibar's main industries are spices, raffia, and tourism. Zanzibar is also the home of the extremely endangered Red Colobus Monkey.

The word "Zanzibar" probably derives from the Persian, Zangi-bar ("coast of the blacks"). However, the name could also have been derived from the Arabic Zayn Z'al Barr ("fair is this land"). "Zanzibar" often refers especially to Unguja Island and is sometimes referred to as the "Spice Islands," though this term is more commonly associated with the Maluku Islands in Indonesia.

Some trivia: Zanzibar was the first region in Africa to introduce colour television, in 1973. The current TV-station is called TvZ. The first television service in mainland Tanzania was not introduced until some twenty years later.

The musician Farrokh Bulsara (a.k.a Freddie Mercury) of Queen was born in Unguja, Zanzibar on September 5, 1946 to Indian-Parsi parents, who were employed by the British colonial administration. There is a restaurant named 'Mercury's' on the beachfront of Stone Town. In September 2006, a radical Islamic group on the archipelago, Uamsho, forced organizers to abandon plans to mark his 60th birthday, saying he violated Islam with his openly gay lifestyle. Zanzibar criminalized homosexuality in 2004, but despite this it remains a popular resort destination for the South African gay community.

Day 15 Lushoto

Today we leave Zanzibar and catch a ferry back to Dar es Salaam and return to our truck. We continue on to Lushoto, the major town and district centre, albeit small, in the Usambara Mountains, halfway between the coast and the parks. The popular pot plant Saintpaulia has its only wild occurrences in Tanzania, and particularly in the Usambara Mts. Here you will have the chance to hike in the surrounding area, or just relax.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	The Lawns Hotel: www.lawnshotel.com
Facilities:	Hot showers, shared ablutions
Route:	Zanzibar to Lushoto ± 360 km
Travel time:	2 hour ferry Zanzibar to Dar es Salaam. Dar es Salaam to Lushoto by truck: ± 6-7 hours
Included Highlights:	Hike in surrounding area or relax.

Day 16 Karatu

Today we take a scenic drive via Arusha to the picturesque town of Karatu. The area's cool climate, verdant hills, and pleasing views made it popular with settlers and farmers. Vast and extensive fields cover the slopes of the volcano and the lands around Karatu town. Karatu is also a stone's throw away from the world famous Serengeti & Ngorongoro Conservation Area.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kudu Camp: www.kuducamp.com
Facilities:	Bar, Swimming pool, hot showers, en-suite, gift shop & internet cafe.
Route:	Lushoto to Karatu ±480 km
Travel time:	± 7-8 hours

Day 17/18/19 Serengeti and Ngorongoro Excursion

These 4 days are set aside for the optional 3-night camping excursion into the Serengeti National Park and Ngorongoro Crater. This area has one of the most densely inhabited large animal populations in Africa. On the first day from Karatu to Ngorongoro, there will be time for visiting the Oldupai gorge and museum.

The Serengeti excursion is in open topped 4x4 safari vehicles in order to tackle the challenging side roads in the parks. For those not going to the parks, take this chance to absorb some of the fascinating local culture. *Optional Activities: Various Serengeti & Ngorongoro Excursion packages, Lake Manyara game drives, day hiking & village tours and many more various day trips.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Day 17: Camp: Seronera Campsite http://www.tanzaniaparks.com/serengeti.html Day 18: Camp: Seronera Campsite http://www.tanzaniaparks.com/serengeti.html Day 19: Camp: Simba Campsite http://www.tanzaniaparks.com/serengeti.html or return to Karatu (Kudu Camp)
Facilities:	Water not drinkable, shared ablutions, cold showers
Route:	Karatu to Serengeti ± 100 km
Travel time:	± 2 hours

What you should take along:

- Daypack with one change of clothes
- Binoculars, cameras & film
- Some warm clothes, as it is always cold on the rim of the crater
- Lots of insect repellent
- A few dollars (small notes) for tips, curios etc
- Snacks, cold drinks, cigarettes etc. for the excursion
- Sleeping bag

For those not going on the excursion:

Optional Activities: Day walk inside Ngorongoro Forest, Mountain biking around the villages, various day safaris options (Kudu Lodge to Karatu)

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kudu Camp: www.kuducamp.com
Facilities:	Bar, Swimming pool, hot showers, en-suite, gift shop & internet cafe

Serengeti National Park

The Serengeti is most famous for the largest and longest overland migration in the world. This migration is one of the ten natural travel wonders of the world. Around October, nearly 2 million herbivores travel from the northern hills toward the southern plains, crossing the Mara River, in pursuit of the rains. In April, they then return to the north through the west, once again crossing the Mara River. This phenomenon is sometimes called the Circular Migration. Over 250 000 wildebeest alone will die along the journey from Tanzania to Masai Mara Reserve in upper Kenya, a total of 800 km. Death is often caused by injury, exhaustion, or predation. Approximately 70 larger mammals and some 500 avifauna species are found there. This high diversity in terms of species is a function of diverse habitats ranging from riverine forests, swamps, kopjes, grasslands and woodlands. Blue Wildebeests, gazelles, zebras and buffalos are some of the commonly found large mammals in the region.

The Ngorongoro area is part of the Serengeti ecosystem, and to the north-west it adjoins the Serengeti NP and is contiguous with the southern Serengeti plains. These plains also extend to the north into the unprotected Loliondo division and are kept open to wildlife through transhuman pastoralism practiced by Masaai. The south and west of the area are volcanic highlands and the southern and eastern boundaries are approximately defined by the rim of the Great Rift Valley wall, which also prevents animal migration in these directions.

Day 20 Arusha

Today the group meets up again and we have the chance to exchange stories of the various adventures that we participated in over the past few days. In the afternoon we visit the local Masai Mara Museum and Snake Park in Arusha. *Optional Activities: camel ride to local Masaai village.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Meserani Oasis or Snake Park Camp: www.meseranisnakepark.com
Facilities:	Water not drinkable, shared ablutions, hot shower, bar
Route:	Karatu to Arusha ± 150 km
Travel Time:	± 2-3 hours
Activity package:	Visit to the local Masai Mara Museum and Snake Park

Arusha

Arusha is surrounded by some of Africa's most famous landscapes and national parks. Beautifully situated below Mount Meru on the eastern edge of the eastern branch of the Great Rift Valley, the city has a temperate climate due to its position on the slopes of Mount Meru. It is close to Serengeti, Ngorongoro Crater, Lake Manyara, Olduvai Gorge, Tarangire National Park, and Mount Kilimanjaro, as well as having its own Arusha National Park on Mount Meru.

The primary industry of the region is agriculture, with large vegetable and flower producers sending high-quality produce to Europe. Small-scale agriculture was badly affected by the coffee crisis of recent years and is now largely subsistence farming. Arusha has several factories including a brewery, tyre and fibreboard plant, and a large pharmaceuticals maker.

Day 21 Kenya – Nairobi

After crossing the border into Kenya we continue to travel towards Nairobi and the end of our journey. Usually we end the tour with a group meal out at one of Nairobi's excellent restaurants. *Optional Activities: Dinner out.*

Meals:	Breakfast, Lunch
Accommodation:	Own Arrangements / Post tour accommodation can be booked through Nomad
Route:	Arusha to Nairobi. ±306 km
Travel time:	±6-7 hrs plus border crossing
Border posts:	Tanzania: Namanga, no telephone number, Open: 24hrs Kenya: Namanga, Tel: +254 455 32002, Open: 24 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.

Tour Ends

We will drop you off at The Meridian Court Hotel www.meridianhotelkenya.com. Should you wish to extend your tour for another night, kindly pre book this accommodation through your travel agent or Nomad.

TIPPING ON TOUR

Southern / 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 1-2 USD 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 deserves a tip, please, do not tip them

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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.