

## BIG 5 AND BEACHES - 17 DAYS

### HIGHLIGHTS

- Nairobi - Kenya's capital city
- Mombasa - beautiful white sandy beaches and Arabic Old town
- Arusha, Tanzania
- Meserani Village, Tanzania
- Serengeti and Ngorongoro optional 3 day trip
- Dar Es Salaam - bustling sea port on the coast of Tanzania
- Zanzibar - Island of stunning tropical beaches and the intriguing Stone Town

Local payment: \$350

### INCLUSIONS

- 5 nights multi-share mixed gender rooms traditional bandas/bungalows/dorms
- 5 nights camping
- 1 overnight sleeper train (4 person mixed gender shared cabin)
- All relevant transfers and transportation
- English speaking tour leader to provide information and assistance in booking optional activities and accommodation

**Please note:** accommodation in Zanzibar is not included to give you flexibility for exploration, please budget accordingly

### TOUR MAP



## GO GUIDE

Your guide to on the ground...

### PRE DEPARTURE MEETING

This takes place on the **day before your trip starts and you will need to book an extra night's accommodation if you would like to attend this.**

We have not to included it as excellently priced accommodation is available for you to book on the internet and this gives you greater flexibility. If however, you would like us to book it for you, please contact our reservations team who will be happy to help. Please make every effort to attend as it will provide you with lots of useful information, and advise us before hand if you will not be able to make it.

**Pre Departure Meeting:** Held at the Departure Point at 5.00pm the day before your departure.

**Departure Point:** Hotel Boulevard, Harry Thuku Road, Nairobi. 8.45am

### FREE MASAI MARA SAFARI

If you have booked a free Masai Mara safari, please read through the following details:

Your pre-departure meeting is at **17:00 the day before your Masai Mara safari starts.** Departure on day 1 is at 08:45am from the BOULEVARD HOTEL.

The Local Payment for the Masai Mara Safari is to be paid to your trip leader at your pre-departure meeting.

### VISA REQUIREMENTS

The visas are usually available on route, if you are a passport holder from UK, AUS, NZ, Canada or USA. RSA nationals may need to obtain them

before they go. However, as this information can change regularly we advise you to check with each consular office prior to and in good time for the trip. Visas cost money so be sure to budget for them! Please ensure that you have at least one blank page per visa and that your passport is valid for at least six months from the end date of your trip. Visas are your responsibility. Don't forget to check!

### CLIMATE

As Kenya sits on the equator, temperatures over much of the country are subtropical or temperate. The climate in Tanzania is tropical but can drop significantly at altitude. Coastal areas are hot and humid and the central plateau is dry and arid. For further info please check [www.bbc.co.uk/weather/world](http://www.bbc.co.uk/weather/world)

### TIME

Kenya and Tanzania are both 3 hours ahead of GMT and do not observe daylight savings time.

### VOLTAGE

Plug types and voltages vary so you will need a universal adapter. Check [www.kropla.com/electric2](http://www.kropla.com/electric2) for more info.

## MONEY

We advise to bring most of your money is US dollars cash. Notes should be **clean, un-torn and printed after 2001. Credit cards are not widely accepted except in major cities.**

### LOCAL PAYMENT

To be paid to the tour leader at the start of your trip in US dollars cash. Please be aware that as the local payment is calculated in advance, and due to currency fluctuations and inflation, occasionally

the local payment will rise, usually only by a few dollars, and this would be collected on arrival

### ZANZIBAR ACCOMMODATION

This is not included in your trip price and can be booked on arrival by your tour leader from US\$30 per person per night alternatively, well priced hostels can be found on the internet.

### TIPPING

Tipping is common in Africa but of course is an entirely personal gesture. Guidelines are below:

Your guide (suggested amount)	US \$3-\$5 per day
Assistants to the guide	US \$2-\$3 per day
Others (such as housekeeping staff)	US \$1 per day
Restaurants	10% for satisfactory service

### BITS & BOBS

• Mineral water ( 500ml or 1L)	US \$1.50
• Can of coke	US \$1.20
• Beer	US \$1.50 - 3.00
• 2 course meal (cafe or local style restaurant)	US \$ 10-25

## GOOD ADVICE

- Bring a sleeping bag for camping and the overnight train
- Bring spare camera batteries/film and go snap happy.
- Take a money belt
- Bring a small daypack for your day-to-day needs.
- Keep a supply of small notes for local transactions.
- Keep a photocopy of your passport data pages and your yellow fever certificate
- Bring cutlery and bowl/plate for the days you would like to cook for yourself

# GO GUIDE

## BIG 5 AND BEACHES: ITINERARY

### DAY 1: NAIROBI - SATURDAY

We spend today in Kenya's capital city, making the final preparations for our adventure. We have the option of visiting the Giraffe Manor in Langata (where we can feed the graceful Rothschild giraffes), the Sheldrick Wildlife Trust Elephant and Rhino Nursery (where we can view the feeding of orphaned elephant and rhino babies) or of spending a half day exploring Nairobi National Park. We can also spend the day wandering around the local city markets.

**PLEASE NOTE: Your predeparture meeting held at the departure point at 17.00 on the day PRIOR to Day 1 (Saturday).**

**Departure Point:** Hotel Boulevard, Harry Thuku Road, Nairobi.

**Time to arrive on day 1:** 08h45

### DAY 2: TRAIN TO MOMBASA

After packing up, we make our way to Nairobi's train station where we board the overnight train bound for the coastal city of Mombasa. We'll get a glimpse of the local villages and inhabitants in the evening and early morning and we'll even have the chance of spotting some of Africa's magnificent game grazing beside the railway. We also get to meet some of the locals who use this route to travel between Kenya's 2 largest cities. As we near Mombasa, the landscape changes dramatically from the desert brush, to lush tropical palm trees and increases in heat and humidity.

### DAYS 3 - 5: BEACHES OF MOMBASA

Colonised by the Portuguese in the mid 1600's because of its vital role in the trade of gold, ivory and spices, as Kenya's largest port, Mombasa is still a major centre of trade today. It is situated on the warm Indian Ocean and blessed with beautiful white sandy beaches. We spend three nights in bandas (traditional huts made of wood and covered in palm fronds) on a picturesque stretch of coast just north of Mombasa. Here we have the option of participating in a variety of activities like snorkelling, diving or a cruise on a traditional dhow. There is also the option of visiting the restored quarry at Haller Park. This park is home to a Crocodile Farm and Reptile Park as well as a group of hippos and Rothschild giraffes. Watch the hippos being fed or feed the giraffes yourself! Alternatively you can wander around the "Old Town" where the Arabic influence is clearly evident, or visit Fort Jesus, built by the Portuguese in the 16th century, which houses various archaeological finds and an exhibition depicting the culture and history of the coastal people.

### DAY 6: MOMBASA TO TANZANIA

Today we bid farewell to Kenya and its sunny beaches and head across the border to Tanzania.

On the way to our next stop and if the weather permits, we may catch a glimpse of Africa's highest mountain, Mount Kilimanjaro. The next two nights are spent at a lovely campsite at the small village of Meserani.

### DAY 7: ARUSHA

Situated at the base of Mount Meru, Arusha is best known as the safari capital of Tanzania. Today we'll explore the local markets and visit the local Masai Cultural Museum to learn a little more about these amazing people. Those doing the optional excursion to the Serengeti/Ngorongoro area will prepare for their departure tomorrow.

### DAYS 8 - 10: OPTIONAL SERENGETI & NGORONGORO TRIP

You have the option to go on a 3 day Serengeti and Ngorongoro crater trip. The Serengeti (Masai for "endless plains") is famous for its enormous concentration of game (especially the big cats) and for the annual migration of millions of wildebeest, zebra and Thomson's gazelles. The Ngorongoro Crater is the world's largest intact volcanic crater. The area teems with game throughout the year as the lush crater floor is able to sustain its population making it unnecessary for them to join their Serengeti cousins on the annual migration.

The optional Ngorongoro/Serengeti excursion takes us via the Masai town of Mtu Wa Mbu (Mosquito River) that lies adjacent to the Lake Manyara National Park and up the Rift Valley Escarpment to the higher lying village of Karatu. Karatu offers magnificent views over the surrounding hills and has many well established wheat farms that add to the picturesque panoramas. We spend the evening at a pleasant campsite in the village. The following morning we depart early for the Ngorongoro Conservation area and head into the wildlife rich Ngorongoro Crater. This World Heritage Site boasts some of the best game viewing in Africa - including the elusive Black Rhino.

After our game drive in the Crater, we head down the Crater rim and past the 'Cradle of Mankind' on our way to the Serengeti National Park. We cross the vast plains as we game drive through the southern and central areas in the park. Tonight we camp in the bushveld surrounded by the sounds of the African wilderness. In the morning, we head off for another game drive and explore the landscape in search of the resident game. With a bit of luck, we will see some of the Big 5!

After a morning drive, we head back across the plains and the lush crater rim to our camp at Meserani, where we spend the evening musing over our thrilling wildlife experience.

For those not opting to visit the Ngorongoro Crater or Serengeti National Park, the next days are spent at leisure enjoying the Meserani reptile park, Masai Cultural Museum and the surrounding villages and craft markets. Alternatively the town of Arusha is close by to explore.

### DAY 11: DAR ES SALAAM

Leaving Arusha behind us, we head south towards Dar es Salaam. On the way we pass through the town of Moshi. Moshi is the base for Mount Kilimanjaro climbing expeditions, and weather permitting; we may even catch a glimpse of this magical mountain's snowy summit. We pass through vast sisal plantations surrounded by the Usambara and Pare Mountain ranges, before reaching our traditional banda on the shores of the warm Indian Ocean.

### DAYS 12 - 16: ZANZIBAR

A ferry from Dar es Salaam takes us to the "Spice Island," where we spend the next 5 nights. Zanzibar is steeped in history and was one of the major starting points for most East African explorers in their quest for new lands.

Zanzibar offers you a wealth of experiences. Today the quiet streets of the old Stone Town still retain their Arabic influence, from the Medina-like shops to the palaces of the Sultans, who founded their vast empires on the spoils of the slave and ivory trade. The island is still famous for its spices and an optional excursion around a spice plantation can be organised. Other options include a trip to the beautiful beaches and giant tortoises of Prison Island, a full day scuba dive in Nungwe or a fishing trip in a traditional dhow. Mopeds are available for hire if you'd like to explore the more remote areas of the island. Zanzibar is a seafood lover's paradise. Numerous restaurants offer a great variety of the freshest catch from the ocean - giant lobsters being a popular speciality. Alternatively, mingle with the locals for dinner at the Forodhani Gardens seafront market, where delicious, inexpensive seafood is on offer.

**PLEASE NOTE:** Accommodation is not included whilst on Zanzibar, as it is our experience that people prefer to explore the island on their own. The Trip Leader joins you and can arrange your accommodation, while meals can be enjoyed from a wide selection of restaurants.

### DAY 17: DAR ES SALAAM - TUESDAY

Leaving Zanzibar, we return to the mainland where we exchange addresses and part ways, having just experienced a trip of a lifetime!

Please note: This trip requires a minimum of 6 people to run

The go guide & information contained herein has been compiled with care and in good faith. It is as accurate an illustration as can be given with regard to the proposed itinerary. Circumstances beyond our control such as inclement weather or local conditions could force us to amend the proposed itinerary. This document does not form part of a contract between the client and GOBUS and their affiliates. Any costs shown may be subject to change but are an accurate reflection of costs at the time of writing this go guide. Please also be advised that visa requirements are subject to change and remain the responsibility of the traveller and not that of GOBUS

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# GO GUIDE

## BIG 5 AND BEACHES: ITINERARY

### STYLE OF TRIP

When considering an African expedition, it is important to consider this choice of holiday is designed for people who have an adventurous spirit in mind, and who perhaps would like to visit Africa on their own but only have limited time and resources to plan the trip, or who would like the security of a group and the benefit of having a tour leader to help with arranging transport and activities along the way. This trip is ideal for seasoned travellers. Your tour leader will generally be European or Australasian, and will have travelled extensively through Africa. Most have been on the road for a number of years and are very experienced in the routes that we travel. However they are not experts in all aspects of the culture, history and wildlife of each area. They are employed to ensure the smooth running of your trip. That said, they all have a passion for Africa and have acquired much knowledge of each area, which they'll happily share.

### ACCOMMODATION

This varies greatly from town to town. In general we use traditional and basic accommodation. Most of the bandas, chalets and bungalows will be sharing with 2-3 other people. When camping, we will be in 2 person dome tents. Roll mats are provided but please bring a warm sleeping bag. Most bathrooms are shared and hot showers cannot be guaranteed.

### TRANSPORTATION

This is a public transport trip which allows you to experience Africa in a more authentic way than an overlander trip, and to meet local people along the way. However please do remember that trains buses and ferries will not always run to schedule, there will be some long days of travelling, in vehicles that may not be to western standards of comfort. That said, you can guarantee that some of these unique experiences will provide great stories for your friends back home. This is Africa, expect the unexpected!

### ONWARD TRAVEL

As conditions in Africa are always changing, we can therefore not be held responsible for disruptions and delays that may cause you to miss your connections. We recommend that you **allow 1 to 3 days after the completion date of your trips before flying out.**

### MEALS

Meals are not included on this trip with the exception of some of the optional excursions. Fresh fruit and vegetables will be available cheaply and readily from the local markets and roadside stalls, and local shops will sell dry goods and proteins like meat, eggs and cheese. Bring along basic cutlery

and a bowl/plate for days where you will do your own catering. Local restaurants also provide a variety of traditional foods like chicken, stews, rice and chapatti and are reasonably priced.

### HEALTH

It is recommended that you be protected against Tetanus and Polio, Hepatitis A, Meningitis, TB, Typhoid and Yellow Fever. You will need to show your certificate for Yellow Fever on arrival in Tanzania. Please contact your local health provider for the latest advice on vaccinations and protection against malaria.

A few simple precautions can help avoid getting a tummy bug:

- Don't eat at dodgy looking restaurants or food stalls
- Avoid salads or fruits that you can't peel
- Never drink tap water even to brush your teeth, unless it has been boiled
- Beware of sunstroke - wear a hat and drink plenty!

### MALARIA

Malaria is endemic in most parts of Africa. It is your responsibility to take precautions against catching it. First and foremost, don't get bitten. Wear long sleeved shirts and trousers when mosquitoes are most active - early morning and evening! Use plenty of insect repellent with a high level of DEET on any exposed areas, especially ankles, as mozzies love a bit of foreign cuisine! Contact your doctor for advice on suitable anti-malaria medication.

### INSURANCE

Travel insurance is compulsory on our trips, check that your policy covers all the activities you will be doing. Please ask a member of our reservations team if you would like us to book this for you.

### SECURITY

Stay alert whilst travelling in Africa, as petty theft is common. Don't bring any unnecessary, expensive jewellery with you. Keep an eye on your belongings at all times, listen to the advice of your tour leader and consider bringing a money belt. We recommend you photocopy all of your travel document and keep them separately from the originals.

### CHARGING OF BATTERIES

Most places have electrical points so you should be able to charge your batteries every few days, but bear in mind that there may be power cuts. We recommend bringing a spare battery.

### OPTIONAL ACTIVITIES

We have left many of the activities as optional to allow you the flexibility to do as much or as little as you like so be sure to budget accordingly.

Please Note - these prices are approximate and are subject to change - Where activities occur away from your base, there may be an additional transfer cost.

- Kenya, Nairobi - Giraffe Centre Entry Fee US\$ 20
- Kenya, Nairobi - Nairobi National Park Half Day Tour (Min 2 people) US\$ 65
- Tanzania, Arusha 3 Day Serengeti/Ngorongoro Crater US\$410
- Tanzania, Arusha Camel Ride to Masai Village US\$ 75
- Tanzania, Zanzibar Accom p/p/p/n From US\$ 30
- Tanzania, Zanzibar - Stone Town Spice Tour US\$ 30

### LUGGAGE AND PACKING LIST

Don't overdo it!

**Luggage Allowance** - Luggage is limited to 20kgs. You will have to carry your own luggage so try to pack light. We recommend you bring a backpack as these are easier to carry. Pack sensibly and take garments that are comfortable and can be layered so that you are equipped for all weather conditions. Avoid nylon and other synthetic materials as they will be uncomfortable in hot weather.

- Underwear and socks
- 2 long sleeved shirts/blouses
- 3-4 t-shirts
- 2 pairs trousers or 1 pair & 1 skirt
- 1-2 pairs shorts
- inexpensive sunglasses
- washbag and toiletries
- Spare glasses/contacts
- warm sweater/fleece
- water/wind proof jacket
- walking boots or trainers
- sandals/flip flops
- 1 set smart clothes/shoes
- Camera & charger
- extra memory card/film
- binoculars
- universal plug adapter
- Hat
- Swimsuit
- Towel
- inexpensive watch
- Penknife
- tracksuit bottoms
- light sweater
- Sleeping bag
- Mosquito net
- Torch & spare batteries
- Small sewing kit
- Travel wash
- Clothes line and pegs
- Small scrubbing brush
- Book
- Sealable plastic bags
- Water bottle

**Sleeping bag** - You will need a good quality, compact sleeping bag for camping and the overnight train. Roll mats are provided. We advise you to bring a mozzie net

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# F R E E S T Y L E A D V E N T U R E