

Gorilla Trek and Tanzania

25 days | Nairobi to Dar es Salaam



From the wilds of the Masai Mara, to gorillas in Uganda, safari in the Serengeti and down into the Ngorongoro crater. Then top off your African adventure with a taste of the tropics on the beautiful island of Zanzibar.

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Nairobi - begin your African adventure in the bustling Kenyan capital and opt to head out and explore independently
- Serengeti National Park - spot incredible wildlife as you game drive through Tanzania's best known national park, home to the amazing annual migration
- Gorilla trekking - trek into the dense jungle of Uganda and watch a group of endangered mountain gorillas from a safe distance
- Masai Mara - search for Africa's iconic Big Five (lion, elephant, leopard, rhino, buffalo) in one of the continents most famous game reserves
- Ngorongoro Crater - explore the UNESCO-listed crater, which has one of the highest densities of wildlife of any African national park
- Zanzibar - spend two full days relaxing on the beach, exploring Stone Town

or participating in optional activities, including a sunset dhow cruise

- Lake Nakuru - see the shallow soda lake and spot both black and white rhinos in the small but biodiverse Lake Nakuru National Park
- Lake Bunyoni - unwind on the shore of the deepest crater lake in Africa, which is home to a large number of bird species
- Lake Naivasha - watch the rare African Fish Eagle swooping over the lake, as well as a myriad of other bird life found at the African great lake
- Kampala - cross the Equator and stand with a foot in each hemisphere before arriving in the Ugandan capital

What's Included

- Arrival transfer from Nairobi Airport on day 1
- 1st night dormitory accommodation at Kenya Comfort Hotel and 20 nights camping. Tents and sleeping mats provided
- A fully equipped overland truck for transportation and game drives
- Services of 3 person crew (leader, driver, cook)
- All camping fees and appropriate equipment
- 19 breakfasts, 19 lunches and 19 dinners
- Park entry - Lake Naivasha NP. Park entry & game drives - Lake Nakuru NP, Masai Mara, Ngorongoro NP, Serengeti NP

- 3 night Zanzibar Excursion including ferry transfer, accommodation, Spice Tour and Dhow Sunset Cruise.
- All road taxes and tolls

What's Not Included

- Entrance Fees: Gorilla Permit + Transfer USD\$750-900pp, paid in USD
- Gorilla Permit and transfer fee: Please note that Gorillas often move across the border, between the national parks in Rwanda and Uganda, therefore itineraries often have to be changed at short notice in order to track the Gorillas in whichever National Park they have migrated to. For this reason the cost of the Gorilla Permit and relevant transfers varies, as do the applicable visa costs, dependent upon which country we need to travel into. Permits are subject to availability and need to be booked in advance.
- International flights and visas
- Sleeping bag - please bring your own
- Tipping - an entirely personal gesture
- Optional activities

Local Payment

\$1850pp, paid in USD

The local payment is a cost per person which needs to be paid in US Dollars cash only. It is this payment which in part covers the park fees and other inclusions such as meals as detailed under 'what you get'. The local payment also covers your arrival transfer and 1st night's accommodation. Please note that due

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to exchange rate fluctuations in the US dollar, the local payment amount may be subject to changes. This payment will be collected by your tour leader at the Welcome Meeting on day 1.

DETAILED ITINERARY

Day 1 : Nairobi

Saturday. Welcome to Nairobi! You will be met in Nairobi Airport arrivals hall by our representative holding an On The Go tours/ Africa Travel Company sign and transferred to the Kenya Comfort Hotel. Tonight you will stay in shared dorms. Today there is a pre departure meeting at 17:00. **Overnight - Nairobi**

Days 2-3 : Masai Mara



Nairobi - Masai Mara. Leaving the hustle and bustle of Nairobi we climb the escarpment to our first stop, a viewpoint overlooking a section of the spectacular Great Rift Valley. Descending into the Rift Valley, we enter Masai land where these habitual pastoralists are often seen tending their cattle from the side of the road. We pass through the town of Narok and continue our drive possibly getting a glimpse of some wildlife along the way. We arrive at our campsite, Acacia Camp in the late afternoon. Acacia Camp looks on to the Meguarra hills and the stream that meanders by on the bottom end forms a natural border to the Masai Mara National Reserve.

The next morning we depart shortly after sunrise on our game drive into the Masai Mara Reserve. The Masai Mara is well known as one of East Africa's best National Reserves and is home to a wide variety of wildlife species. Most famous for the Annual Migration, that consists of the impressive herds of over 1 million wildebeest, zebra and Thomson's gazelle that cross over from the Serengeti National Park in Tanzania; the Masai Mara is

most popular between July and October when these vast herds feast on the fresh grazing here. Following these herbivores are Africa's predators that are often seen at a kill during this period. We game drive through a section of the park in search of the 'Big 5'- elephant, rhino, buffalo, lion & leopard; along with the many other species of animals, reptiles and birds who make call this wilderness home.

After our game drive, we have the option to visit one of the nearby Masai Manyatta's – this is a traditional hamlet where the Masai still live in their traditional way. This evening we sit around the camp fire, and watch the sun set over this "Garden of Eden". **Overnight - Masai Mara (B:1, L:2, D:2)**

Day 4 : Eldoret & Kampala

Masai Mara - Eldoret - Kampala (Uganda). Leaving the Masai Mara early on day 4, we head out of Masai Land and pass through the scenic tea plantations of Kericho before descending the Rift Valley Plateau, on our way to Eldoret - where we replenish our supplies and overnight.

Overnight - Eldoret (B, L, D)

Day 5 : Kampala

Eldoret - Kampala (Uganda). Today we cross the border into Uganda where we overnight in the capital city, Kampala. Uganda is a small country of striking physical beauty. Its landscapes vary from the fertile green areas around the northern shores of Lake Victoria to the snow capped Ruwenzori Mountains in the west and the semi-desert region in the north. The political instability that has haunted Uganda in the past has actually had the positive effect of leaving the country free of the over commercialism so common in other parts of Africa. The current administration under President Museveni has devoted considerable effort and funds to return Uganda to its former status as one of Africa's most prosperous and, from a tourist's point of view, one of the most appealing and interesting countries to visit. **Overnight - Kampala (B, L, D)**

Days 6-9 : Lake Bunyoni & Gorilla Trekking



Kampala - Lake Bunyoni. After an early morning departure from Kampala we drive west into the depths of Uganda to our base at the tranquil Lake Bunyoni.

Lake Bunyoni, the deepest Crater Lake in Africa and home to a large and varied number of beautiful birds, is the base from which the optional Gorilla trek takes place. Dependent on where trekking permits are available, we trek in the Magahinga or Bwindi National Parks in Uganda. For further information about gorilla trekking and the costs involved please refer to Gorilla Permits under the Uganda Country Guide section of these Trip Notes.

During the time that you are not trekking there is plenty to see and do around beautiful Lake Bunyoni. Spend days at leisure relaxing around the lake. There is the option to swim, visit the local villages walk, hike or partake in water activities. Or just sit back and enjoy the tranquil surrounds.

Trekking Procedures: The mountain gorilla (Gorilla Gorilla Berengei), of which there are still only about 700 remaining, are one of our closest living relatives. A visit to these gentle giants in their natural environment is a unique and wonderful experience - one you'll never forget. The park rangers monitor the gorillas on a daily basis and have a fairly good idea of where they are. However, they are free roaming animals, and their sighting cannot be guaranteed. As the gorillas share much of our DNA, anyone with even the slightest cold or transferable illness will not be permitted to trek. Trekking is also only open to people over 16 years old.

Due to the restrictions on the daily numbers of visitors to these incredible animals, we depart

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from our base in Bunyoni in small groups over 3-4 days, depending on the group size. We wind our way through arguably some of the most picturesque scenery in Africa en-route to the National Park. Dependant on where permits are available, we may spend a night in Kisoro en route. The following morning, after packing our picnic lunch, we are transferred to a ranger's station where the trek commences. Your rangers will lead you through the cultivated lands and then into the dense rain forest and on to a gorilla family. Trekking can take anywhere from 45 minutes to 8 hours (not including transfer time) and it can be quite strenuous, so a reasonable level of fitness is required. To ensure the gorillas do not get too used to the presence of humans and because they share many of our genes (and therefore able to catch our diseases), the maximum time permitted to spend with them is 1 hour. You will have plenty of time to watch their activity and to take photographs. The rangers will be able to provide you with a background to the family you are visiting. Once your hour is up, you trek back out of the rain forest to your meeting point where you will be transferred back to the Lake Bunyoni campsite.

You needn't feel like you're exploiting these animals. The ever-growing number of tourists trekking them each day play a vital role in their survival. For years they have been ruthlessly hunted for their hands and heads, which have been sold as ashtrays and lampshades! In addition, large numbers have been killed whilst trying to stop poachers stealing the babies for sale to zoos, where they have never lived long. 100% of the gorilla permit cost is used to by the parks authorities to finance patrols that are instrumental in protecting the gorillas from poachers and their lethal snares and on promoting these wonderful animals.

Overnight - Lake Bunyoni (B:4, L:4, D:4)

Day 10 : Kampala

Lake Bunyoni - Kampala. After marvelling at the experience of our gorilla encounters and enjoying the peaceful Lake Bunyoni, we begin our drive back to Kampala. We cross the Equator for the second time and stop for the classic "one foot in each hemisphere" photo

opportunity. We overnight in Kampala and have the opportunity to sample its night life!

Overnight - Kampala (B, L, D)

Day 11 : Jinja

Kampala - Jinja. Today we have the option of visiting the Ngamba Island Chimpanzee Sanctuary or heading to Jinja for a selection of adventure activities including white water rafting at the source of the White Nile, quad biking or visiting a volunteer and community project. Spend the afternoon relaxing on the banks of the river, or ticking off the wide variety of water birds in this area. **Overnight - Jinja** (B, L, D)

Days 12-13 : Lake Nakuru

Jinja – Lake Nakuru (Kenya). Departing early, we head back to Kenya and spend the night outside Nakuru at a lovely campsite on a local farm. Nakuru is Kenya's 4th largest town and capital of the Rift Valley Province and lies adjacent to the small but wildlife rich Lake Nakuru National Park.

Lake Nakuru National Park is home to a veritable array of wildlife. The park supports a population of black rhino, lion, leopard, zebra, antelope and giraffe. The lake itself is a shallow soda lake.

On day 13 we begin our exploration of the Lake Nakuru National Park. The park was established as a sanctuary for black and white rhino, which are often seen. We spend the day searching for these pre-historic looking beasts as well as the elusive leopard, encountering buffalo, giraffe, various antelope and the occasional hippo along the way.

Included Activity: Game drives through Lake Nakuru National Park.

Overnight - Lake Nakuru (B:2, L:2, D:2)

Day 14 : Lake Naivasha

Nakuru – Naivasha. Today we head to Lake Naivasha arriving in the late afternoon. Lake Naivasha, is home to a multitude of bird life, the most magnificent being the African Fish Eagle with his regal cry. At 1880 m, this is the highest of the Rift Valley lakes. We spend the day enjoying optional excursions

like Elsamere (former home to Joy & George Adamson of Born Free fame), a boat ride to the Crescent Island Game Sanctuary or a bike ride around Hell's Gate National Park.

Overnight - Lake Naivasha (B, L, D)

Day 15 : Nairobi

Naivasha - Nairobi. After breakfast we head back to Nairobi. On arrival we bid farewell to members of the group who will be ending their trip here before heading to our hotel for the night. **Overnight - Nairobi** (B)

Days 16-19 : Serengeti & Ngorongoro



Nairobi - Arusha (Tanzania). On day 16 we meet the new group member who will be joining us on the next leg of our trip. We depart Nairobi and travel south, crossing the border into Tanzania at Namanga. Staying in a lovely campsite in Meserani on the outskirts of Arusha, before heading out on our Serengeti and Ngorongoro Crater excursion tomorrow. On the morning of day 17 we visit the Meserani Reptile Park and Masai Cultural Museum. A few minutes' walk from the campsite is a gallery selling the bright and iconic Tinga Tinga paintings. Alternatively, the town of Arusha is nearby to explore. After enjoying lunch at our camp against the backdrop of Mount Meru we meet our Tanzanian guides and transfer into locally operated 4WD vehicles. These vehicles have been adapted for safari use and allow excellent viewing and photographic opportunities through the opening roof hatches.

Leaving our camp, we travel via the Masai town of Mtu Wa Mbu (Mosquito River) that lies adjacent to the Lake Manyara National Park and then up the Rift Valley Escarpment to the higher lying village of Karatu. Karatu offers magnificent views over the surrounding hills

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and has many well-established wheat farms that add to the picturesque panoramas. We spend the evening at a very pleasant campsite in Karatu (campsite has ablution facilities).

On the morning of day 18 we depart early for the Ngorongoro Conservation area and head into the wildlife rich Ngorongoro Crater. The Ngorongoro Crater is the largest unbroken, unflooded caldera in the world. Comprising of open savannahs, acacia forests and both soda and fresh water lakes, the Ngorongoro Crater is truly a miniature 'Garden of Eden'. 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. We camp (no ablution facilities) in the bushveld surrounded by the sounds of the African wilderness. Without any fences surrounding our campsite we are truly in the midst of nature!

On our final morning, we head off for another game drive and explore the landscape in search of the resident game. With some luck, we may see some of Africa's 'Big 5'! Following our morning drive, we retrace our journey back across the plains and along the lush Crater rim to our truck at Arusha, where we spend the evening musing over our thrilling wildlife experience.

Included Activity: Serengeti & Ngorongoro Crater excursion.

Overnight - Karatu (1) Serengeti (1) Arusha (1)
(B:3, L:4, D:4)

Day 20 : Pangani

Arusha - Pangani. Today we head to Arusha in the morning to stock up on supplies before continuing on towards Dar es Salaam. On the way we drive through the town of Moshi situated at the magnificent Mount Kilimanjaro – Africa's highest mountain. 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 - a photo opportunity not to be

missed! We pass through vast sisal plantations surrounded by The Usambara and Pare Mountain ranges, before reaching our lovely campsite nestled between these mountains, midway between Arusha and Dar es Salaam.

Overnight - Pangani (B, L, D)

Day 21 : Dar es Salaam

Pangani - Dar es Salaam. Today we continue on to Dar es Salaam. Travelling through lush scenery and palm trees, we near the warm Indian Ocean. Today's drive time is extended due to the heavier amount of traffic heading in to the city, but the sights and sounds of Dar's vibrant outer suburbs are sure to keep you entertained. Look out for the colourful shop-fronts with their sometimes humorous 'catch phrases'. On arrival in Dar es Salaam we make our way to our lovely seaside campsite and prepare for our departure to Zanzibar the next morning. **Overnight - Dar es Salaam (B, L, D)**

Days 22-24 : Zanzibar



Dar es Salaam - Zanzibar (optional). A ferry from Dar es Salaam takes us to the "Spice Island," where we have spend the next 3 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. New passengers may join us to replace those that'll leave us at the end of our excursion to Zanzibar.

Whilst in Zanzibar you'll stay at the Safari Lodge or similar in Stone Town and the 2nd and 3rd night at either Sunset Bungalows or Amaan Bungalows on Nungwe Beach. History aside, Zanzibar offers a wealth of experiences for the visitor. 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 famous for

its spices and an excursion around a spice plantation is always a fascinating experience. 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 - crayfish being a popular speciality. Alternatively, mingle with the locals for dinner at the Forodhani Gardens seafront market, where delicious, inexpensive seafood is on offer.

Included Activity: Zanzibar excursion, Spice Tour & Dhow cruise excursion (day 22).

PLEASE NOTE: Meals and excursions are for your own account whilst on Zanzibar, as it is our experience that passengers prefer to explore the island on their own, and in accordance with their own budget. The Trip Leader joins you and can arrange local excursions, while meals can be enjoyed from a wide selection of restaurants. Please see the price guide on the end of this document for more details regarding available activities.

PLEASE NOTE: New legislation prohibits the taking of photographs during the Zanzibar ferry ride. Spot fines can be issued, if legislation is not obeyed.

Overnight - Zanzibar (B:1)

Day 25 : Dar es Salaam

Zanzibar - Dar es Salaam. Leaving Zanzibar in the afternoon we take the ferry back to Dar es Salaam. On arrival, where we exchange addresses and part ways, having just experienced a trip of a lifetime!

HOTELS

Highlighted below are some of the hotels which we frequently use on this tour, though we reserve the right to substitute these hotels to ones of a similar standard.

Please refer to your Tour Voucher for your confirmed arrival hotel and further arrival information.

Kenya Comfort Hotel

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Comfortable dormitory accommodation in central Nairobi (upgrades available on request). The Kenya Comfort Hotel also features an outdoor pool, restaurant serving a good array of local and international dishes as well as a fully stocked bar - perfect for relaxing before or after your epic overland adventure.



Wildebeest Eco Camp

Wildebeest Eco Camp is a distinctive starting point from which to explore Nairobi and beyond. The camp offers a shaded campsite for budget travellers, or luxury ensuite tents for those looking to splurge a little on their safari experience. Located in the vibrant Langata area, Nairobi National Park and the Galleria Shopping Centre are among the attractions just 10 minutes' drive away. After a long day of travelling, indulgences such as an infinity pool and guest library are available, as are free Wi-fi and laundry service.



Naiberi River Campsite & Resort

Camp by the river Naiberi at this vintage resort 16km from Eldoret, which also offers spacious dorms, log cabins, and executive rooms built into the valley slopes. During the day, admire the wildlife, with a variety of local nature trails offering the chance to encounter over 250 bird species. At night, venture down to the famous cave restaurant and enjoy a meal within the stone walls, believed to have once housed members of the ancient Sirikwa tribe. Other amenities include an outdoor pool and extensive bar selection.



Red Chilli Hideaway

Located on a purpose-built, 5-acre site in a peaceful suburb, the Red Chilli Hideaway offers affordable accommodation ranging from a campsite which we use for our overland safaris to private ensuite rooms for upgrades. Settle down for the day at the Hideaway's saltwater pool, self-catering kitchen, or restaurant & bar. The camp supports sustainable tourism and operates the Steve Willis Memorial Fund, whose proceeds go to providing clean drinking water in the Murchison Falls region.



East Africa Mission Organisation (EAMO)

Established in 1997 by Australian couple Ralph & May Spinks, EAMO is a registered charitable institution which houses hundreds of orphaned Kenyan children. Their goal is to provide these children with dedicated care, nutrition, and education. EAMO has been rapidly expanding over the last two decades, and relies entirely on the generosity of volunteers and sponsors to support its growth.

Kipepeo Village

The Tanzanian bush meets the blue waters of the Indian Ocean at Kipepeo Beach & Village, situated on the south coast of Dar Es Salaam. The campsite is right on the beach itself and is a popular destination for watersports adventures or simple relaxation. Facilities include a beach bar and restaurant. Upgrades are available to the twenty elevated ensuite chalets, built in the

bush and decorated in traditional Swahili style, provide a stunning ocean views.



About Overlanding

- To get the most out of your overland tour of Africa we highly suggest you read the 'About Overland Safaris' page on our website. It can be found under the Africa travel guide section on our website and is a comprehensive resource for understanding what to expect on an overland tour in Africa
- Overlanding is not considered a luxury holiday but is undoubtedly a lot of fun if camping under the stars and being part of an entirely self-sufficient travelling group is to your liking
- Africa is a vast continent and distances between the highlights we visit can be very far apart, but some early morning starts and late arrivals into camp will ensure that your time is maximised to see as many sights as possible
- We believe that a flexible approach to travel and good sense of humour are essential when undertaking overland safaris, although we trust that any hiccups in the itinerary will be resolved as soon as possible by our trusted partners

Tour Leaders and Groups

Our longest Overland Camping Safari we offer is our Great African Expedition - 57 Days, generally all other safaris we offer are sectors of this larger safari or similarly a fragment of one of the other safaris we offer. As such, on your holiday you may have travellers join you part way through your safari and also there may be travellers who end their safari when you continue on. There may also be times when there is a change of crew and truck (changed to suit group size or local road conditions).

Please Note

This tour is operated in conjunction with our trusted partner and you will join travellers

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from different operators, not solely On The Go.

This itinerary should be used as a guide only and may vary from day to day depending on road & weather conditions, political situations and group decisions.

All prices & Local Payments are subject to change.

Due to Tourism Laws in some of the countries we visit, there may be a truck and crew change during the trip.

Gorilla Trekking Permits

The cost and availability of gorilla permits varies by country and park, but currently ranges from USD 600-750 in Uganda and USD 1500 in Rwanda. These must be purchased prior to travel and are on a request basis. You'll also need to budget for visa fees (costs vary), transfer and a local service fee (approx USD 180-200) and any re-entry visas, which are payable locally. The government often increases the permit and transfer costs without notice, so budget for the highest amount to make sure you'll be able to partake in this wonderful experience.

The reason that the permits are so costly is because each park only issues 10 permits per gorilla family per day, to ensure that the gorillas' exposure to humans is limited. 100% of the permit cost is used by the government to help finance patrols that are instrumental in protecting these apes from poachers and their lethal snares.

On our African overland safaris, gorilla trekking is an optional activity and the cost of the permit must be paid prior to arrival however transfer and local service fee is paid upon arrival. Please note on our Gorilla Express lodge accommodated safari in Rwanda, these costs are included.

On The Go Tours are not in control of permit prices and cannot be held responsible for any increase in fees. If the political situation in this region changes, there's a chance the itinerary would be amended, and an alternative scenario advised prior to departure if possible.

Please note: Due to the limited availability of the trekking permits, we are unable to guarantee your permit upon receipt of payment. Should we be unable to obtain your permit you will receive a full refund.

For booking purposes please notify our office as soon as possible should you choose not to trek the Mountain Gorillas.

Who's on tour?

People from all over decide that the back to basics and close-up approach to viewing Africa is for them – from Canada to New Zealand to Singapore and the UK. Generally people are 30-50yrs, easy going and happy to participate. They have a love of camping and as some days are long, don't mind a drive. Whilst the truck is purpose built and ideal for this style of safari, for those who require more comfort we suggest you opt for one of our lodge safaris.

Things To Bring

- A rucksack/back pack is the best luggage to bring as your main bag
- A sleeping bag
- For extra comfort, bring a travel pillow
- A towel
- Spare camera batteries/film and dustbag
- Mosquito spray (with active DEET ingredient)
- Your own personal first aid kit
- A torch
- A small daypack for your day-to-day needs.
- Antibacterial wipes
- A photocopy of your passport data pages
- Your Yellow Fever Vaccination Certificate
- Your travel insurance policy details
- Hat, sunglasses & sunscreen
- Warm clothing - raincoat, warm hat, socks, gloves etc as across Africa wet/dry and hot/cool climatic periods change invariably.

Budgeting

Africa is not as cheap as many people believe and we recommend that you budget between US \$50-70 per day for expenses such as drinks, snacks and curios. Budget more if you plan on buying a lot of souvenirs and budget for your optional excursions and visas separately.

Transport on Tour

Our overland vehicles are custom built converted Mercedes Benz or MAN trucks that have seating

space for our passengers and a storage areas for luggage and all trip equipment. The trucks seat

between 27-30 passengers on our camping trips. Most seats are forward facing, though some models have a combination of forward, backward and some inward facing seats with tables. There is no air-conditioning on board, instead vehicles have sliding glass windows, and the seating area is raised providing a great advantage for game viewing and photography. Seats are cushioned and there is storage space for personal items like cameras, snacks and day packs in the seating area.

Meals on Tour

Meals and menus vary as food is purchased en-route, and is subject to produce that is available

seasonally in the areas we travel through. As we support the local communities along the way, fresh produce is mostly purchased direct from the producer or local grower and therefore has an organic appearance. Our safari cooks are able to offer a wide variety of menus with the ingredients available, even if the produce on offer is not of the same selection as what you may be used to back home. The breakfast spread consists of bread (toast when time allows), spreads and cereals with a hot breakfast every few days. Lunches are mostly prepared en-route with a supply of 'build your own' sandwich ingredients available. Dinners are cooked in the evenings on arrival at the campsite. A wide array of dinner menus are on offer during your safari, consisting of curries, stews, pastas, BBQs and even roasts!

Participation on Tour

All of our overland safaris are participation trips meaning that all passengers are expected to help out around camp. The crew members running the trip will set up a rota system that will be

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Gorilla Trek and Tanzania

followed. One day you may be on cleaning duty, the next day you may be on cooking duty and so

forth. This is not only to make the trip easier for all involved but also for you as the passengers to get to know one another while on trip.

KNOW BEFORE YOU GO

Passports & Visas

Please ensure that you have at least two blank pages in your passport, plus an additional blank page for each visa/African country you are visiting. If travelling on one of our longer overland safaris we recommend that you have at least 12 blank pages in your passport.

Please also note that your passport must be valid for a minimum of six months from the end date of your trip.

Any visa information provided in this document is for general guidance purposes only, visa requirements and fees are subject to change. It is essential that you check current entry requirements with each relevant embassy/consulate prior to departure. Visa procurement is the responsibility of the traveller and not of On The Go.

Booking Your Flights

When booking your departure flight you should allow time at the end of your African safari for any unexpected delays. We recommend that you book your onward flight no earlier than 24 hours after the end of your safari. In the case of our longer overland camping safaris (22 days or more) we advise against making any firm arrangements for at least 48 hours after the scheduled departure date. Your tour leader can help to arrange post tour accommodation locally upon request.

Allergies/Likes/Dislikes

Whilst all will be done to accommodate everyone, sometimes the choice available is limited as your cook may be making the best of very limited availability, so some flexibility may be required when encountering something you're not particularly fond of or have chosen not to eat as a lifestyle choice. Should you possess allergies which will result

in a medical emergency or a life threatening situation then please ensure you speak to your cook on arrival so you can discuss the options available whilst en-route. This will ensure also that they are fully aware of what you can or cannot eat and make adjustments.

Kenya Country Guide

Visas

Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller and not On The Go Tours, therefore it is essential that you check current visa requirements with the embassy before travel. Please also ensure that your passport is valid for at least 6 months from your planned date of departure from Africa.

South African passport holders do not require a visa to visit Kenya for up to 30 days. Most other nationalities, including UK, USA, Canadian, Australian and New Zealand passport holders, do require a visa to enter Kenya.

On 1st July 2015 the government of Kenya introduced an electronic visa application. It is still possible to purchase a visa upon arrival up until 31 August 2015. From 01 September 2015 ALL tourists wishing to visit Kenya need to apply for a visa online at www.ecitizen.go.ke. The visa process can take up to 7 working days. For further details please visit our Kenya visa page -<http://www.onthegotours.com/Kenya/Visas>.

All passengers require an onward/return tickets and sufficient funds for length of intended stay (at least US\$500).

The border crossings we use in Kenya include:

Busia (Kenya/Uganda border)
Namanga (Kenya/Tanzania border)
Isebania (Kenya/Tanzania border)

A Yellow Fever Vaccination Certificate is required for travel to Kenya and if travelling from an infected area it must be presented upon arrival in order to be granted entry. Please also note that if you are travelling onward to Uganda and/or Rwanda you will

need a Yellow Fever Certificate to produce on arrival in order to be granted entry.

East Africa Tourist Visa

If you are planning on visiting Uganda and/or Rwanda when travelling to Kenya then you can apply for an East Africa tourist visa which will cover all countries. The visa allows multiple entry into these countries and is valid for 90 days. It can be applied for in advance or upon arrival at Nairobi International Airport.

Vaccinations

You should seek medical advice before travelling to Kenya from your local health practitioner and ensure that you receive all of the appropriate vaccinations. As a guide Polio, Diphtheria, Hepatitis A&B and Tetanus is strongly recommended. Rabies and Meningitis are also recommended.

There is the risk of malaria in Kenya so it is very important to check with your doctor before you go, to see whether malarial medication is required for the areas you are visiting. A Yellow Fever Vaccination Certificate is required for travel to Kenya and if travelling from an infected area it must be presented upon arrival in order to be granted entry. Please also note that if you are travelling onward to Uganda and/or Rwanda you will need a Yellow Fever Certificate to produce on arrival in order to be granted entry.

Time & Voltage

Kenya is 3 hours ahead of GMT. Daylight saving time is not observed.

In Kenya the standard voltage is 220-240V. Primary sockets require a 'Type G' - British BS-1363 type, three pin plug. You will need a voltage converter, and plug adapter in order to use U.S. appliances. We recommend packing a universal adapter.

Currency

The currency of Kenya is the Kenyan Shilling (code KES, symbol KSh).

1 KSh = 100 cents. Notes are in denominations of: KSh1,000, 500, 200, 100 and 50.

Coins are in denominations of KSh20, 10 and 5.

Gorilla Trek and Tanzania - 25 days

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Gorilla Trek and Tanzania

Banking hours: Mon-Fri 0900-1500, Sat 0900-1100. You can exchange money in banks or bureau de changes. Be aware that old pre-2010 US\$ banknotes or torn or marked banknotes are difficult to exchange in Africa so make sure you take crisp new notes! In major towns/cities most banks have an ATM. American Express, Diners Club, MasterCard and Visa cards are all widely accepted.

Travellers cheques can be changed at banks, these should be in US Dollars or Pound Sterling to avoid additional exchange rate charges. Most banks will want to see your passport and proof of purchase receipt before cashing your travellers cheques. Please Note: Travellers cheques can be difficult to cash and often have restrictions of about US\$100 a day maximum. They also tend to attract high commission charges, especially when exchanging for hard currency.

Climate

Kenya is an excellent year round destination with a favourable climate and reasonably low rainfall. In general the hottest months are December to March, although the climate varies enormously from place to place. The lowland coastal areas are tropical, with year round high temperatures and humidity, which is at its peak in April and May, although tempered by monsoon winds. The highlands are more temperate with four seasons. Nairobi has a very pleasant climate throughout the year due to its altitude. Near Lake Victoria, the temperatures are much higher and rainfall can be heavy.

Plastic Bag Ban

Effective August 2017: All passengers arriving into Kenya including tourists can possibly face very heavy fines for using plastic bags in any way, shape or form. Using, manufacture or importation of plastic bags, including garbage bags and shopping bags is illegal. Offenders, including tourists, could face very heavy fines. Visitors/Citizens and Residents alike are advised to avoid packing any plastic bags in their suitcases or in carry-on hand luggage before flying to Kenya. Items purchased at the airport before boarding the aircraft should be removed from plastic bags. Please check

hand luggage before disembarking at entry points and any plastic bags should be left in the plane.

Similarly the transparent "zip-lock" plastic bags that some airlines require passengers to use for keeping liquids, cosmetics, toiletries etc separately in hand luggage are also not permitted to be brought and should be removed and left on the plane before disembarking.

Tanzania Country Guide

Plastic Bag Ban

Effective 1st June 2019: All passengers arriving at any Tanzania airport including tourists can possibly face very heavy fines for using plastic bags in any way, shape or form. Using, manufacture or importation of plastic bags, including garbage bags and shopping bags is illegal. Offenders, including tourists, could face very heavy fines.

Visitors/Citizens and Residents alike are advised to avoid packing any plastic bags in their suitcases or in carry-on hand luggage before flying to Tanzania. Items purchased at the airport before boarding the aircraft should be removed from plastic bags. Please check hand luggage before disembarking at entry points and any plastic bags should be left in the plane.

Similarly the transparent "zip-lock" plastic bags that some airlines require passengers to use for keeping liquids, cosmetics, toiletries etc separately in hand luggage are also not permitted to be brought and should be removed and left on the plane before disembarking.

Visas

Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller and not On The Go Tours, therefore it is essential that you check current visa requirements with the embassy before travel. Please also ensure that your passport is valid for at least 6 months from your planned date of departure from Africa.

UK, Irish, Australian, New Zealand, USA, Canadian and RSA citizens require a visa for Tanzania. A single entry visas can be obtained

by most nationalities upon arrival at Dar es Salaam, Kilimanjaro and Zanzibar Airport or at Namanga border crossing point, between Tanzania and Kenya. The current visa cost is US\$50 for all nationalities, which can be paid in US\$, GB£ or Euro cash. The three East African countries of Kenya, Tanzania and Uganda have an agreement that you can travel freely between these countries and do not have to get another visa when returning to each. If you exit this region and enter any other country, including Rwanda and the Democratic Republic of Congo, you will need to get new visas to re enter Kenya, Tanzania and Uganda.

The border crossings we use in Tanzania include:

Namanga (Kenya/Tanzania border)
Isebania (Kenya/Tanzania border)
Songwe (Tanzania/Malawi)

Vaccinations

You should seek medical advice before travelling to Tanzania from your local health practitioner and ensure that you receive all of the appropriate vaccinations. As a guide Polio, Diphtheria, Hepatitis A & B, Typhoid and Tetanus is strongly recommended. Meningitis and Rabies are also recommended.

There is the risk of malaria in Tanzania so it is very important to check with your doctor before you go, to see whether malarial medication is required for the areas you are visiting.

A Yellow Fever International Certificate of Vaccination is required from travellers over one, arriving from countries infected with yellow fever or who were in transit through infected areas (unless they remained onboard or at the airport); this is particularly relevant if traveling from neighbouring African countries. If visiting Zanzibar from mainland Tanzania, a yellow fever certificate must be produced to gain entry.

Currency

The currency of Tanzania is the Tanzanian Shilling (code TZS, symbol TSh).

1 TSh = 100 cents. Notes are in denominations of TSh10,000, 5000, 2,000, 1,000 and 500.

Gorilla Trek and Tanzania - 25 days

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Gorilla Trek and Tanzania

Coins are in denominations of TSh200, 100, 50, 20 and 10.

The Tanzanian Shilling is non exportable or importable. You can exchange US Dollars, Pound Sterling or Euro cash at bureau de changes or banks in larger towns/cities. Cash is changed with no commission. Exchange rates vary depending upon the denomination of the note that you want to change and generally smaller notes attract a lower exchange rate than high ones. Be aware that old pre-2010 US\$ banknotes or torn or marked banknotes are difficult to exchange in Africa so make sure you take crisp new notes. Alternatively most large towns/cities have an ATM where cash can be withdrawn using Visa or MasterCard. Credit cards are very rarely accepted for making purchases.

Banking hours: Mon-Fri 0830-1230; Sat 0830-1300. Bureaux de change have longer hours and in the cities open on Sundays.

Travellers cheques are more difficult to change and require proof of purchase and often have restrictions of about US\$100 a day maximum. Please note that there is a surcharge when paying by travellers cheques.

Time & Voltage

Tanzania Time Zone - 3 hours ahead of GMT. Daylight saving time is not observed.

Standard voltage is 220-240V. Primary sockets require a Type G British BS-1363 or Type D Indian BS-546 type, three pin plug. You will need a voltage converter, and plug adapter in order to use U.S. appliances. We recommend getting a universal adapter.

Climate

Tanzania is sunny and tropical (accept in the mountain regions). Given the sheer size of the country, the climate varies dramatically in different regions. In coastal regions and on the islands of Zanzibar and Pemba it is hot and humid year-round with higher rainfall, whilst inland, the central plateau is dry and hot and the north-western highlands are cooler. The long rains occur between mid-March and the end of May and there are also short, lighter

rains during November and December. The driest months are June to October.

Uganda Country Guide

Visa

Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller and not On The Go Tours, therefore it is essential that you check current visa requirements with the embassy before travel. Please also ensure that your passport is valid for at least 6 months from your planned date of departure from Africa.

UK, Irish, Australian, New Zealand, USA, Canadian and RSA citizens require a visa for Uganda. This can be obtained upon arrival at all entry and exit points. Currently a 3 month single entry visa costs - US\$50.

Please note that your Yellow Fever Vaccination Certificate must be presented upon arrival in Uganda in order to be granted entry.

East Africa Tourist Visa

If you are planning on visiting Uganda and/or Rwanda when travelling to Kenya then you can apply for an East Africa tourist visa which will cover all countries. The visa allows multiple entry into these countries and is valid for 90 days. It can be applied for in advance or upon arrival at Nairobi International Airport.

The border crossings we use in Uganda include:

Busia (Kenya/Uganda border)

Vaccinations

You should seek medical advice before travelling to Uganda from your local health practitioner and ensure that all you receive all of the appropriate vaccinations. As a guide diphtheria, hepatitis A, polio, tetanus and typhoid are strongly recommended. Meningitis and hepatitis B are sometimes recommended.

A Yellow Fever Certificate of Vaccination is required for all people travelling to Uganda - it must be presented on arrival before entry will be granted.

Uganda is affected by malaria – we strongly recommend that you take anti-malaria medication. Adequate measures to avoid mosquito bites include: insect repellent, sleeping under a mosquito net and wearing long sleeve clothing and long trousers in the evenings.

Currency

The currency of Uganda is the Uganda Shilling (UGX).

Notes are in denominations of UGX50,000, 20,000, 10,000, 5,000 and 1,000. Coins are in denominations of UGX500, 200, 100, 50, 20, 10, 5, 2 and 1.

The import and export of local currency is prohibited. It is possible to change money and use ATMs in large cities. Please note that travellers cheques are not widely accepted and can only be exchanged in Kampala.

Time & Voltage

Uganda is 3 hours ahead of GMT. Daylight saving time is not observed.

In Uganda the standard voltage is 240V. Primary sockets require a 'Type G' - British BS-1363 type, three pin plug. You will need a voltage converter, and plug adapter in order to use U.S. appliances. We recommend packing a universal adapter.

Climate

Despite being located on the Equator, Uganda is rather temperate, with the lowlands remaining warm year round and temperatures averaging around 26°C. In the mountain regions, due to the high altitude, it is much cooler. The climate in Uganda is tropical and the country has two main wet and dry seasons; it is typically dry from December to February and June to August, and wet from March to May and October to November.

OPTIONAL ACTIVITIES

We offer a number of locally operated optional activities and excursions on each of our expeditions. We feel that offering optional excursions affords a greater degree of flexibility, independence and choice to our travellers. To help you budget, below is a

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Gorilla Trek and Tanzania

selection of optional excursions available on this trip.

Please note the following:

All prices are in US Dollars and are subject to change. Where activities occur away from your base, there may be an additional transfer cost. Make sure you have \$US dollars with you before you travel to Africa as it is notoriously difficult to get them here.

Victoria Falls activities (if applicable) - must be paid for in US\$ cash (GBP & ZAR also accepted at a lower rate).

Gorilla Trekking (if applicable) - the price varies dependant on where gorilla trek takes place ie Uganda, DRC or Rwanda.

We offer camping excursions in the Serengeti/ Ngorongoro Crater and Okavango Delta.

All optional excursions are offered by 3rd parties and independently of On The Go Tours. They are undertaken at your own risk and On The Go Tours take no responsibility for personal loss/injury caused.

Kenya

Masai Hot Air Balloon US \$600

Masai Village Cultural Visit US \$20

Nairobi National Park half day. (Min 2 people) US \$175 per person

Naivasha Horse Riding (per hour) US \$30

Navisha Boat Hire (max 7 pax) US \$70 (per person)

Tanzania

Dhow Fishing Trip - Zanzibar US \$50

Moped Hire US \$100

Olduvai Gorge US \$35

PADI Dive Course - 3 to 5 Days (Price from) US \$500

Prison Island Snorkelling Trip US \$70

Scuba Diving - Price from US \$100

Snorkel Trip - Nungwe Half Day US \$60

Stone Town Tour - Zanzibar US \$60

Uganda

Adrift/Softpower Community Project US \$30

Gorilla Trek (inc. permit & transfer fee) from US \$750

Horse Riding in Jinja 2 hours (excl transfer) From US \$60

Nile River Bungee US \$120

Quad Biking in Jinja 2 hours From US \$100

White Water Rafting On The Nile US \$160

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