

Information guidelines

All information provided in this document is subject to change without prior notice. Please ensure that you have received the latest version of this dossier as we are continually striving to improve the standards and quality of our tours and itineraries are subject to change. Travel times and campsites can change depending on road or weather conditions, or any unforeseen circumstances. These are used as a guideline only. On our longer tours it is possible that your crew, truck and fellow travellers will change due to our unique tour linking system. There are a maximum of 20 participants travelling on this tour.

Partaking in an adventure tour in Africa involves covering hundreds if not thousands of kilometers in a truck, and our tours are as much about this journey as they are about the destinations we visit. Use your time in the truck to talk to your fellow travellers, play card games, have a drink, walk around, take note of the world passing by your window and make the most of this unique opportunity to step out of your comfort zone.

Some roads you travel on will be smooth and easy while others could take up to an hour to cover one kilometer. There is just no telling what could happen with road, weather, traffic and other conditions that may exist that will either increase or decrease the amount of time you spend on the road so take your watch off, put your iPad away, turn off your phone and just relax. An average day could take anything from 5 to 14 hours in the truck, it all depends on the day... and that's only an "average".

Did you receive your Pre Departure Information Booklet?

If not, please contact us and we will e-mail it to you - alternatively you can also download the document from our website at www.CheapAfricaTours.com or www.GoedkopeAfrikaReizen.nl

About this tour

Departure Point

This tour departs at **7.00 am** from the Sentrim Boulevard Hotel, Harry Thuku Road, Nairobi, Kenya.
Tel: +254 20 315680. www.sentrimhotels.net/sentrim-boulevard-nairobi

Please ensure you arrive at the departure point **at least 30 minutes before** the scheduled departure time.

End Point

Sentrim Boulevard Hotel, Harry Thuku Road, Nairobi, Kenya.

Tel: +254 20 315680. www.sentrimhotels.net/sentrim-boulevard-nairobi

Countries Visited

Kenya, Uganda

What's included

All meals which are prepared and served at the overland truck / accommodation / qualified crew / filtered water / transport in the overland truck / included highlights as per the itinerary / entrance fees to National Parks.

What's excluded

Items of a personal nature (snacks, alcohol, bottled water, soft drinks, tips, souvenirs, etc) / entrance fees associated with optional activities / and optional activities.

Vehicle

Overland Truck

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.

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 transfers. For more information, have a look on our website under "Hotels and Transfers"

Arrival/ Departure

Please be sure to arrive at least 1 day before your tour is due to depart. This will help avoid any unforeseen problems. We also highly recommend that you book your flights to depart at least one day after the tour officially ends.

I Want More

This tour will give you a good taste of what Eastern Africa has in store for you. However, you can extend your adventure by adding more tour options... you could join our 21 day East African Adventure (South) from Nairobi to Vic Falls in Zimbabwe or you could even climb Mount Kilimanjaro in Tanzania... You are welcome to contact us via email to discuss more options.

Insurance (Compulsory)

All clients require adequate Medical Insurance. Activity providers can refuse participation of activities, if the correct valid Medical Insurance is not provided.

Currency and Banking

As your tour may pass through multiple countries, we have prepared information on the use of local and foreign currencies, ATMs and Credit Cards for each country. This information is available on our website under FAQ (frequently asked questions).

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 disabilities that you may have.

Visas

As visa requirements vary considerably from country to country and nationality to nationality, please contact the various embassies or a visa service agent in your home country to re-check your visa requirements at least 4 weeks prior to travelling. Please note that visas are the responsibility of the traveller and that ShapShap Travel and its partners will not be held responsible for guests being denied entry should they not be in the possession of the relevant visas.

All travellers must be in possession of a valid onward/return air ticket or proof of other means of transport enabling the traveller to leave the country in which your adventure tour passes or terminates. You should also have proof of sufficient funds (e.g. credit card) to see you through your time in the country. Should the adventure tour you are joining be re-entering a country, be sure to have a multiple entry visa that enables you to re-enter the country. In some cases visas are available on entry into a country and may be cheaper to do so, however for peace of mind and to speed up the border crossing process, ShapShap Travel will always advise you to get your visas prior to your trip if possible.

Accommodation providers

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, however, en-suite facilities are not always guaranteed.

Gorilla Permit – U\$ 630 – U\$ 730

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

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

Detailed itinerary

Day 1 - Nairobi, Kenya to the Masai Mara National Reserve

We leave the capital of Nairobi and travel to the Masai Mara, world renowned for its endless plains of wild animals and spectacular beauty. The visit to the Masai Mara is operated in safari type vehicles and not the overland truck.

For this reason, you are asked to pack a small overnight bag to travel with. You will need your towel, clothes, toiletries and camping essentials.

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|---------------------------|---|
| Accommodation | Masai Mara Excursion: http://www.keniatours.com |
| Facilities | Accommodated: Permanent tent with shared ablutions Camping: Permanent tent with shared ablutions |
| Route | Nairobi to Masai Mara |
| Meals | Breakfast, Lunch, Dinner |
| Included Highlight | Masai Mara Excursion |

Day 2 - Masai Mara National Reserve

The rolling grasslands of the Masai Mara offer ideal game viewing (wildlife viewing) and photographic opportunities. Some of the animals that could be found here include elephant, black rhino, buffalo, leopard, cheetah, wildebeest, zebra and gazelle. Hippo and crocodile abound in the muddy brown waters of the rivers, which traverse this reserve.

Today we will spend the entire day game driving (safari) through the Mara in search of all the animals.

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|---------------------------|---|
| Accommodation | Masai Mara Excursion: http://www.keniatours.com |
| Facilities | Accommodated: Permanent tent with shared ablutions Camping: Permanent tent with shared ablutions |
| Meals | Breakfast, Lunch, Dinner |
| Included Highlight | Masai Mara Excursion |

Day 3 - Lake Nakuru National Park

This morning we bid the Mara farewell before heading to Lake Nakuru National Park where we will enjoy an afternoon game drive (safari) through the park. Lake Nakuru is home to large flocks of flamingos and pelicans as well as black & white rhino, leopard, lion and numerous buck. Originally created as a bird sanctuary, Lake Nakuru was upgraded to National Park status in 1968.

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|---------------------------|---|
| Accommodation | Lake Kivu Lodge: http://www.kivuresort.co.ke/ |
| Facilities | Accommodated: Two per room with shared ablutions Camping: Two per room with en-suite ablutions |
| Route | Masai Mara Reserve to Lake Nakuru National Park |
| Meals | Breakfast, Lunch, Dinner |
| Included Highlight | Lake Nakuru NP Game Drive |

Day 4 - Jinja

This morning we not only cross the border into Uganda, but shortly after setting out this morning we cross the Equator on our way to Jinja. Jinja is Uganda's second largest city and most famous as the point where the Nile (officially the Victoria Nile) flows out of Lake Victoria and begins the 6695 kilometre journey to Egypt and the Mediterranean.

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| Accommodation | Eden Rock Resort: http://www.edenrocknile.com |
| Facilities | Accommodated: Two per room with en-suite ablutions Camping: Campsite with shared ablutions |
| Route | Lake Nakuru to Jinja |
| Meals | Breakfast, Lunch, Dinner |
| Included Highlight | Crossing of the Equator |

Day 5 - Masindi – Murchison Falls National Park

After a quick stop in the city of Kampala, we head in the direction of The Murchison Falls National Park. Also referred to as the Kabaraga Falls, Murchison Falls is a waterfall found on the course of the great Nile and is located within the Murchison National Park. The park is recognized as one of the best National Parks in Uganda. After settling into our accommodation in Masindi, your guide will brief you on the activities for the following day.

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| Accommodation | Kabalega Resort: http://www.kabalegaresort.com/ |
| Facilities | Accommodated: Two per room with en-suite ablutions Camping: Campsite with shared ablutions |
| Route | Jinja to Masindi |
| Meals | Breakfast, Lunch, Dinner |
| Optional Activity | Ziwa Rhino Walk |

Day 6 - Masindi – Budongo Central Forest Reserve

Budongo Forest is the biggest Mahogany forest found in the whole of East Africa and is home to the largest number of chimpanzees throughout Uganda. It is believed that there are between 600 – 700 chimpanzees in Budongo and this morning we will meet up with our chimp guide who will take us on our trek through the forest in search of the chimps. We will also enjoy a boat cruise in the park.

Note: As the Chimp trekking is limited to 12 guests per trek, should there be more than 12 guests on a tour the trekking will be split between the morning and the afternoon. Therefore you may find that you will first do the game drive activity followed by the Chimp trekking or vice versa. Please allow for flexibility.

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|---------------------------|---|
| Accommodation | Kabalega Resort: http://www.kabalegaresort.com/ |
| Facilities | Accommodated: Two per room with en-suite ablutions Camping: Campsite with shared ablutions |
| Meals | Breakfast, Lunch, Dinner |
| Included Highlight | Chimp trekking (half day)/ Nile River Cruise |

Day 7 – Lake Mburo

Today we make our way to Leopard Rest Camp, nestled on the border of Lake Mburo National Park. This National Park consists of Woodland interspersed with rocky ridges and forested gorges. Lake

Mburo is one of 13 other lakes, forming a 50km wetland system, linked by a swamp. The Park is the smallest of Uganda's savannah national parks and is home to 350 bird species as well as zebra, impala, buffalo, leopard, hippo and hyena to name but a few.

Accommodation Leopard Rest Camp: www.leopardrestcamp.com
Facilities **Accommodated:** Two per room with En-suite bathroom
Camping: Two per room with En-suites bathroom

Route Masindi to Lake Mburo
Meals Breakfast, Lunch, Dinner

Day 8 - Gorillas (Lake Bunyonyi)

Crossing the Equator once more we travel south to the beautiful scenery of Lake Bunyonyi. With eager anticipation we prepare for the upcoming Gorilla trekking excursion and tonight we will receive a briefing on what to expect.

Accommodation Lake Bunyonyi Overland Resort: <http://www.bunyonyioverland.com>
Facilities **Accommodated:** Two per room with En-suite bathroom
Camping: Campsite with shared ablutions

Route Kampala to Lake Bunyonyi
Meals Breakfast, Lunch, Dinner

Day 9 - Gorillas (Lake Bunyonyi)

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

As permits granting permission to visit the gorillas are extremely limited we require flexibility in both the tour itinerary and where we actually visit them. The home of the mountain gorillas is completely at odds with man-made borders and so their range encompasses Uganda, Rwanda and the DRC (Democratic Republic of the Congo). Whenever possible we choose to make use of the National Park in Uganda, but this depends on the availability of permits. Should we not obtain permits to visit the mountain gorillas in Uganda then we will inform all passengers beforehand that the tour will travel to Rwanda or DRC.

On your free day in Bunyonyi you will have the opportunity to participate in certain optional activities. You can also go hiking or explore the area on a mountain bike.

Accommodation Lake Bunyonyi Overland Resort: <http://www.bunyonyioverland.com>
Facilities **Accommodated:** Two per room with En-suite bathroom
Camping: Campsite with shared ablutions

Route Lake Bunyonyi National Park to the starting point of the gorilla trek (in safari or smaller vehicles)

Meals Breakfast, Lunch, Dinner

Optional Activity Gorilla Trekking, Pygmy visit, Rwanda day tour

Day 10 - Gorillas (Lake Bunyonyi)

Although there are 2 days allocated to Gorilla Trekking you will only spend one day on the trek. The other days are there to provide a large enough window in which to obtain permits and to allow the entire group to trek if there are more than 6 of you on the tour.

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| Accommodation | Lake Bunyonyi Overland Resort: http://www.bunyonyioverland.com |
| Facilities | Accommodated: Two per room with En-suite bathroom Camping: Campsite with shared ablutions |
| Meals | Breakfast, Lunch, Dinner |
| Optional Activity | Gorilla Trekking, Pygmy visit, Rwanda day tour |

Day 11 - Lake Bunyonyi – Kampala

This morning we set off on our return journey to Kampala and make a third crossing of the Equator along our way. Tonight your guide will brief you on the activities available in Jinja so that you can plan your day tomorrow. We overnight in Kampala.

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|----------------------|---|
| Accommodation | Hillside Plaza Hotel: http://www.hillsideplazahotel.co.ug/ |
| Facilities | Accommodated: Two per room with En-suite bathroom Camping: Two per room with En-suite bathroom |
| Route | Lake Bunyonyi to Kampala |
| Meals | Breakfast, Lunch, Dinner |

Day 12 - Jinja

A short distance from Kampala, Jinja offers many exciting activities and your guide will assist you to plan for this day. Most activities are focussed around the waters of the Nile and these include rafting, kayaking and a variety of cruises on Africa's largest river. While those who may be less inclined to water sports can enjoy horse riding or a quadbike adventure on dry land.

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|--------------------------|---|
| Accommodation | Eden Rock Resort: http://www.edenrocknile.com |
| Facilities | Accommodated: Two per room with shared ablutions Camping: Campsite with shared ablutions |
| Route | Kampala to Jinja |
| Meals | Breakfast, Lunch, Dinner |
| Optional Activity | Quad biking, kayaking, rafting |

Day 13 - Kenya – Eldoret

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

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|----------------------|---|
| Accommodation | Naiberi River Camp: http://www.naiberi.com |
| Facilities | Accommodated: Two per room with shared ablutions Camping: Campsite with shared ablutions |
| Route | Jinja to Eldoret |
| Meals | Breakfast, Lunch, Dinner |
| Border Post | Kenya: Busia 09256 454 3482 Uganda: Malaba |

Day 14 - Nairobi

Returning to Nairobi this afternoon we reflect on many memories that we have gathered together and brace ourselves for a return to the busy streets of Nairobi. Your tour ends upon arrival in Nairobi.

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| Accommodation | Own Arrangements/ Post tour accommodation can be booked through us. |
| Route | Eldoret to Nairobi |
| Meals | Breakfast |

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 if possible.

More optional activities which can be booked on this tour

| Country | Area | Activity | Rate Guideline |
|---------|-------------|-----------------------------------|-----------------|
| Uganda | Bwindi Area | Pygmy village visit (Boat hire) | From 80USD |
| Uganda | Jinja | Nile cruise | USD45 - USD65 |
| Uganda | Jinja | Half day rafting | USD170 - USD270 |

More about this tour

MEALS ON TOUR

Breakfast: As breakfast is served very early in the morning (if there is driving or activities to be done) it is a simple but filling breakfast: Tea and coffee, breads and spreads, cereals, yoghurts, fruits and on occasion, when there is time for a later breakfast, guides will serve a hot breakfast of scrambled eggs, porridge, bacon or beans.

Lunch: Lunch is generally served at a picnic spot next to the road en route to a destination. As the guides only have approximately 45 minutes to get everyone off the truck, prepare lunch and then get everyone back on the truck again, lunches consist of sandwiches and salads (rice salad, pasta salad, tuna salad and green salad) which are quick and easy to prepare but which are quite filling. Guides have meal plans which they should stick to, to ensure that there is variety on a day to day basis.

Dinner: This is when the guides get time to prepare a delicious meal and they focus on a substantial protein, vegetable and carbohydrate dinner. We serve traditional cuisine consisting of braais (BBQ), potjie (stew), bobotie (mince), spaghetti and fish and chicken dishes. All meals (on both accommodated and camping tours) that are included as per the dossier are prepared at the full service adventure truck. This is a unique adventure in itself where you get to dine under the stars with your new found friends and experience the real sights and sounds of Africa!

Enjoy your African Adventure of a Lifetime!