

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. On this tour, camping and accommodated clients will be travelling together with a maximum number of participants of 20.

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".

In this tour dossier you see an indication of a distance to be covered on a particular day. Please don't assume that your travel time will be equal to that which you can travel in your car on the autobahn... no, it will be much, much slower. We will stop for shopping, bathroom breaks, photo stops, activities and a whole lot more. If you are looking to only experience specific destinations and are not interested in the journey, perhaps adventure touring is not for you.

As circumstances change in the destinations that we visit, our tour dossiers do change from time to time as we constantly improve our offering based on feedback about these changes that we receive from our guests and guides on tour. Please ensure that you download this dossier again within a week of your tour departing to ensure that you have all of the correct information regarding the tour.

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 **07:00** from the Kariakoo Hotel, Lumumba Road / Mahiwa Street, Dar es Salaam, Tanzania, +255 22 2183100, <http://www.sleepinnhoteltz.com/en/kariakoo/index>

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

End Point

This tour ends at the Victoria Falls Rainbow Hotel – 278 Parkway Drive, Victoria Falls, Zimbabwe
Tel: + 263 13 44583 / 42213-4 – <http://www.victoria-falls-rainbow-hotel.com>

Countries Visited

Tanzania, Malawi, Zambia, Zimbabwe

What's included

Meals as indicated on the itinerary (unless otherwise specified, all meals are prepared and served at the Overland 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, soft drinks, snacks, souvenirs, tips, activity package and optional activities (see list for an indication of prices).

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 start your tour in Nairobi and visit the Serengeti and Zanzibar (11 more days) or you could continue onward to Johannesburg with our 2 day transfer or even down to Cape Town over 20 days from Victoria Falls... 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.

Vaccinations

A Yellow Fever Certificate might be required for this tour depending on your nationality. Please see the Pre-Departure Information booklet for detailed information on vaccinations in Africa.

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.

Malaria

Malaria prophylactics are required throughout this route.

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.

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 best option is to pre-book and pay for the whole Activity Package when you book your tour. You can also book and pay for these activities while on tour, but it will be subject to availability and you will have to carry all that cash around with you.

Activity	Price
South Luangwa National Park afternoon game drive (safari)	R1 450
Mikumi National Park game drive	R1 500
	R2 950

This itinerary has been written with the Activity Package items included. If you wish to participate in all the activities listed, you will need to purchase the Activity Package

Detailed itinerary

Day 1 - Dar es Salaam - Mikumi

Leaving the coast behind us we travel inland and make our way to Mikumi where we stop for the night. Mikumi National Park ranks as the fourth largest park in Tanzania and forms part of a 75 000 square kilometre wilderness that centres on Selous, Africa's largest game reserve.

Accommodation Asante Afrika Camp: www.asanteafrikacamp.com
Facilities **Accommodated:** Two per Room with Shared Ablutions
Camping: Campsite with Shared Ablutions
Route Dar es Salaam to Mikumi

Day 2 - Iringa

We rise early this morning and enjoy an extensive game drive in the Mikumi National Park. This afternoon we continue to the southern highlands of Tanzania and our final stop in Tanzania.

Accommodation	Kisolanza Farm: http://www.kisolanza.com
Facilities	Accommodated: Two per Room with Shared Ablutions Camping: Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Mikumi to Iringa
Activity Package	Mikumi National Park Game Drive

Day 3 – Lake Malawi

Leaving Tanzania behind, we descend the Great Rift Valley and cross the border into Malawi. Known as the “Warm Heart of Africa” the lakeside country is blessed with natural beauty and our destination tonight is the shores of Lake Malawi where we look forward to spending the next few days enjoying the attractions of the northern regions of the lake.

Accommodation	Chitimba (no website available) OR Ngala Beach Lodge: http://www.ngalabeach.com/
Facilities	Accommodated: Two per Room with Shared Ablutions Camping: Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Iringa to Chilumba
Border Post	Malawi: Songwe (no telephone), Open: 06h00-18h00 Tanzania: Chi'zumulu, Tel: +265 15 357 207, Open: 06h00-18h00

Day 4 – Lake Malawi

Today offers a range of optional activities or simply a day at the beach, we will pay a visit to a local community this morning to meet the people of the lake.

Snorkelling in the crystal waters offers the chance to see first-hand the brilliantly coloured tropical cichlids, tiny fish often found in colourful aquariums around the world. Your guide will assist you to plan your activities for the coming days, or you can simply slow your clock to Africa time relaxing on the lake shore.

Accommodation	Chitimba (no website available) OR Ngala Beach Lodge: http://www.ngalabeach.com/
Facilities	Accommodated: Two per Room with Shared Ablutions Camping: Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Included Highlight	Local Village Visit
Optional Activities	Snorkelling, Community Volunteering,

Day 5 – Lake Malawi

This morning we set aside some time for a visit to Karonga, this interesting town has a turbulent history as a centre Malawi's slave trade. Home to a museum that boasts a dinosaur amongst its displays, we learn more of the rich history of both people and the natural world. We return for a final afternoon of relaxation and a final sundowner on the shores of this great lake.

Accommodation	Chitimba (no website available) OR Ngala Beach Lodge http://www.ngalabeach.com/
Facilities	Accommodated: Two per Room with Shared Ablutions Camping: Campsite with Shared Ablutions
Included Highlight	Karonga Town and Museum Visit
Optional Activity	Snorkelling, Community Volunteering

Day 6 – Lake Malawi

This morning we make the short journey south to the Nkothakota region of the Lake Shore, here we spend a final evening on the shores of the lake.

Accommodation	Chitimba (no website available) OR Ngala Beach Lodge http://www.ngalabeach.com/
Facilities	Accommodated: Two per Room with Shared Ablutions Camping: Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Chilumba to Nkhotakota Region

Day 7 – South Luangwa

This morning we enjoy a final sunrise on the shores of Lake Malawi before setting off for Zambia and the South Luangwa National Park. After crossing the border into Zambia we make a short stop in Chipata before continuing to our camp on the banks of the Luangwa River. Having watched the sun rise over Lake Malawi in the morning we enjoy an equally spectacular sunset over the Luangwa River this evening.

Accommodation	Wildlife Camp http://www.wildlifecamp-zambia.com
Facilities	Accommodated: Two per Permanent tent with Shared Ablutions Camping: Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Nkhotakota Region to South Luangwa National Park
Border	Zambia: Mwani Border / Tel: +260(0)21 138 1930 Malawi: Mchinji Border / Tel: +265 (0)12 42215

Day 8 – South Luangwa

South Luangwa National Park is a world-class safari destination and we have a full day to explore the park in search of the variety of wildlife found in the park. This morning you can partake in an optional morning safari or during the dry season (April to December) you can join one of the iconic walking safaris on offer in the park. This afternoon we will enjoy a Sunset Drive in the park, we split our time

between day and night with a sundowner stop in between. The unique opportunity to explore the park at night gives us a chance to spot the elusive nocturnal species that are rarely seen in the day.

Accommodation Facilities	Wildlife Camp http://www.wildlifecamp-zambia.com Accommodated: Two per Permanent tent with Shared Ablutions Camping: Campsite with Shared Ablutions
Activity Package	Sunset Game Drive in South Luangwa National Park
Optional Activity	Safari Walk (seasonal) or Morning Game Drive in South Luangwa

Day 9 - Petauke

Leaving the Luangwa Valley this morning we make a stop at Tribal Textiles. The Chipata area is a major producer of Cotton and this morning we get a taste of the creativity of the African culture. Those interested can enjoy a tour of their workshops (March to December) to see how these colourful fabrics are crafted. Our destination tonight is the small town of Petauke.

Accommodation Facilities	Chimwemwe Executive Lodge: http://www.chimwemwelodge.com Accommodated: Two per Room with Shared Ablutions Camping: Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	South Luangwa to Petauke
Included Highlight	Textile project visit (full tour available March to December)

Day 10 - Eureka

As an important link between Lusaka and neighbouring Malawi, the Great East Road winds through rural Zambia and we will cross the Luangwa River on our way to Lusaka. The route today is dotted with villages and subsistence farms, today's landscapes serve as a stark contrast to the developed countries so many of us call home.

Accommodation Facilities	Eureka Camp http://www.eurekacamp.com Accommodated: Two per Room with Shared Ablutions Camping: Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Petauke to Lusaka

Day 11 – Victoria Falls

Crossing the Southern reaches of Zambia we make our way to the adventure town of Victoria Falls, this afternoon we get our first look at the mighty Victoria Falls. Crossing the bridge between Zambia and Zimbabwe we get a view of "Musi oa Tunya", the Smoke that Thunders as the falls are known in the local language. Victoria Falls offers a host of optional activities and these can be booked on arrival in Victoria Falls.

Accommodation Route	Own Arrangements / Post tour accommodation can be booked through us. Lusaka to Victoria Falls
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Please note: It is possible to book our 2 day Transfer to Johannesburg, camping or accommodated, right after this tour, as this is one of the cheapest ways to get from Victoria Falls to Johannesburg. Check out our website for more information.

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. See below

More optional activities which can be booked on this tour

Malawi	Lake Malawi	Lake Cruise & Swim (1 hour)	USD35 – USD45
Malawi	Lake Malawi	Chiwi Hot Springs (2.5 hours)	USD70 – USD 80
Malawi	Lake Malawi	Unaka Lagoon (2 hours)	USD60 – USD70
Malawi	Lake Malawi	Snorkelling / Village walks	Free
Malawi	Lake Malawi	Kayak Rental (per hour)	USD3 – USD10
Malawi	Lake Malawi	Livingstonia Hike (Full day, min 3 guests)	USD10 – USD30
Malawi	Lake Malawi	Livingstonia Transfer (Full day, min 6 guests)	USD20 – USD120
Zimbabwe	Victoria Falls	Dinner at local restaurant	USD25 - USD60
Zimbabwe	Victoria Falls	Full Day white water rafting	USD150 - USD170
Zimbabwe	Victoria Falls	Helicopter Flights (Min 3 guests)	USD160 - USD180
Zimbabwe	Victoria Falls	Zambezi Sunset Cruise (incl transfers)	USD100 - USD110
Zimbabwe	Victoria Falls	Bungee jump	USD160 -USD190
Zambia	South Luangwa	Walking safari outside national park	USD42 - USD60
Zambia	South Luangwa	Morning game drive(incl park fees)	USD66 - USD80
Zambia	South Luangwa	Walking safari inside national park	USD82 - USD90

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!

TIPPING ON TOUR

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 best way to arrange tips is to elect one person in the group to collect the money. We recommend USD1-2 (or about R10-R20) per day per person, per guide as a fair tip. 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 into each envelope and the elected person can give these to the crew at the end of the tour. If you do not feel that the crew deserve a tip, please, do not tip them. You must remember that tipping is only for exceptional service and is not at all compulsory or expected.

Countries visited

Tanzania

Tanzania can be found in Eastern Africa, surrounded by Kenya and Uganda to the north, Rwanda, Burundi and the Republic of Congo to the west and Zambia, Malawi and Mozambique to the South. It also has an Indian Ocean border to its east; its own seaport which also imports and exports for surrounding landlocked nations. Dodoma has been the country's capital since 1996 as it's government and parliament offices can be found there, however Dar es Salaam, the nation's capital since independence and until 1996, remains the centre of business and the principle commercial city in Tanzania.

Tanzania lies just south of the equator and is thus almost always sunny. Its terrain is incredibly beautiful, lush from the sun and scattered winter showers, and alive with an abundance of wildlife. Tanzania's

magnificent wildlife is one of its strongest attractions as tourists can embark on idyllic game drives seeing a variety of different wildlife. Undoubtedly, the country's most popular national park is the Serengeti as it's over 14 500 square kilometers of endless rolling plains offers guests a world of splendour and tranquillity.

Tanzania is home to the beautiful, formidable and majestic Mount Kilimanjaro; Africa's highest peak and the world's largest free standing mountain. Hiking and exploring the mountain is not for the faint-hearted, however every year thousands of adventurers travel to summit the mountain.

A trip to Tanzania will treat you to some of the most beautiful attractions in Africa; not only will you be able to set your sights on the beautiful plains and wildlife of the Serengeti and magnificent Mount Kilimanjaro, but you'll be enchanted by the local culture and traditions, gain an inside perspective into a truly African nation, and have the chance to listen to their unique African style rumba music.

Malawi

Malawi, previously known as Nyasaland during colonial times, shares a border with Tanzania, Zambia, and Mozambique and is one of Africa's smallest nations, being 118 000 square kilometres in size. For such a small nation, Malawi has an incredibly large population; 13 900 000 people call this land "home". Malawi is an elongated country which can be divided into three sections, known as the north, central and southern regions.

The beauty of travelling to Malawi is that you can see something of everything that the country has to offer. For instance, whether you're in the North, Central or South you'll be able to tour the magnificent Lake Malawi, and regardless of where you find yourself staying in Malawi accommodation, you'll learn something exciting about the local tribes and custom, see it's beautiful plains and mountains, and be able to observe the countries abundance of wildlife.

Lilongwe is the capital city of Malawi despite Blantyre being the largest. Both cities however offer fantastic tourist opportunities for tourists to explore, experience the local cuisine and learn something about the lifestyle of the locals. Malawi is however, one of the world's most under-developed countries, with most of its citizens making their lives in rural parts as farmers. The beautiful attractions, landscape and wildlife entices thousands of tourists every year, aiding to the country's economy.

Malawi is known to be The Heart Of Africa; showcasing not only their own beauty and lifestyles, but representing so many other African nations through their political and economic structure and idyllic scenery.

Zambia

The Republic of Zambia is a landlocked Southern African country with eight neighbouring nations and a central capital city, Lusaka – which is called home by most of the country's population. The nation today has a variety of people with various African backgrounds. The official language in Zambia is English as all business is conducted through it; however most of the locals speak Nyanj and Bemba among themselves.

Undoubtedly, one of Zambia's main attractions is the magnificent Victoria Falls which are shared by bordering Zimbabwe. With the spectacular falls comes an endless list of exciting outdoor activities to participate in. Bunji jumping, white water rafting, canoeing and house boating are just some of the exciting adventures which can be enjoyed. However, throughout the country you'll come across game reserves offering game drives, luxurious accommodation or camping, and the chance for you to meet the locals and explore their communities.

Culture, traditions and customs plays a vital part of the lives of Zambians as their culture is made up from the heritages of over seventy ethnically diverse people. Over the last centuries, communities have moved into Zambia in search of better pastures, political climates and job opportunities; today there is a blend of all these cultures, creating a vibrant and rich national culture.

For centuries its beauty has astounded both locals, settlers and tourists, with the likes of Lake Kariba, Victoria Falls and the Zambezi River. For tourists venturing into the centre of the country, they can see the site of David Livingstone's last breath, the Livingstone memorial and can even visit the Chimp Sanctuary.

Zimbabwe

Zimbabwe is an incredibly beautiful, land-locked nation in the centre of Southern Africa. Despite its political and economic struggles, it remains a country of breath-taking beauty and lush landscapes. Famously bordering on the magnificent Victoria Falls and stunning Zambezi River, this is a country of astounding beauty and is by no means short of attractions and activities.

Zimbabwe, previously known as Rhodesia during its colonial days, has been the focus of many explorers during the last few centuries. It was Rhodes that orchestrated the building on the first railway line through the country which stretches across the entire African continent, and David Livingstone was the explorer to hear the thunderous sound and say the spray of the world's largest natural waterfall, the Victoria Falls; named after his sovereign Queen Victoria.

Zimbabwe received its independence in 1980 and has struggled to maintain a democratic state ever since. However, despite its unstable economy and the fragile political state, thousands of tourists make their way to the country every year, wishing to explore its African roots and be spellbound by its beauty.

Zimbabwe has a unique landscape, atmosphere, community and culture which set it apart from its fellow Southern African nations. The beauty of this country will easily allow you to forget it's complicated structure; indulge yourself in the magnificent Victoria Falls, astounding structures of Motopas, observe the African wildlife and take yourself back in time to the Great Zimbabwe Ruins.

Enjoy your adventure of a lifetime!