

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 24 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".

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 7.00 am from 40onBurg, 40 Burg Street, Cape Town, South Africa.
Tel: +27 (0)21 426 4338, www.40onburg.co.za

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

End Point

Heja Game Lodge, Windhoek, Namibia Tel: +264 61 257151 or 257152. www.hejalodge.com

Countries Visited

South Africa, Namibia

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 Southern Africa has in store for you. However, you can extend your adventure by adding more tour options... you could continue onward to Victoria Falls (7 more days) and from there you could join the 21 day East African Adventure (North).

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
Rooibos tea farm visit	R 180
Guided desert walk with local expert	R 370
	R 550

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 - South Africa – Cederberg Region

Leaving Cape Town this morning we make a last stop for a look back at Table Mountain from across Table Bay. The Cederberg region not only boasts spectacular mountains and orange farms, but it is also the home of the Rooibos bush and today we will visit a working Rooibos tea farm and see the plants of Rooibos and Buchu that occur naturally in the wild. Indigenous to the mountain slopes of the Cederberg, this herbal beverage has earned an international reputation as a healthy and refreshing alternative to regular tea. A dinner at our overnight stop offers an opportunity for us to get acquainted while enjoying some South African hospitality.

Accommodation	Marcuskraal Campsite or similar. http://www.marcuskraal.co.za/index1.html
Facilities	Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Cape Town to Citrusdal
Activity Package	Rooibos tea farm visit

Day 2 - Namaqualand – Gariep (Orange) River

Namaqualand presents us with our first experience of the Desert vistas that will accompany us in the days ahead. We continue our journey north and after a short stop for supplies in Springbok, we travel to our camp on the banks of the Orange River. If you are fortunate enough to be travelling in the spring months (July to September) you may encounter the wild flowers that have made this region famous. No matter the time of year though, the strange desert vistas offer a unique backdrop to this day's travel.

Accommodation	Fiddlers Creek Campsite or similar. http://www.bushwhacked.co.za
Facilities	Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Citrusdal to Vioolsdrift
Included Highlight	Spring Wild Flowers (Seasonal July – September)

Day 3 - Namibia – Gariep (Orange) River – Fish River Canyon

While the Orange River was named after the Dutch Royal House, in recent times it has been referred to by its original name of Gariep, which simply means "river" in the indigenous Khoekhoe language. Beginning its journey in the mountains of Lesotho, the Orange River is the longest river in South Africa and offers a unique contrast to the desert landscapes along its banks. The best way to experience the river is by getting out on the water and this morning we have the opportunity to join an optional canoe trip on the river.

Around midday we depart the Orange River and head inland, crossing the border into Namibia. We make a brief stop at the mineral hot springs for a dip in the pool before arriving at our camp.

Accommodation	Hobas Campsite or similar. http://www.nwr.com
Facilities	Campsite Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Orange/Gariep River to Fish River Canyon
Optional Activity	Half-day canoe trip
Border Post	South Africa: Vioolsdrift, Tel: +27 (27) 277 618 760, Open 24 hours Namibia: Noordoewer, Tel: +264 (0) 63 297 122, Open 24 hours

Day 4 – Fish River Canyon, Quiver Tree Forest and Giants Playground

We rise early this morning, pack up our camp, making our way to the rim of the Fish River Canyon. We arrive in time to catch the morning sunrays filter through the canyon. After stretching our legs

with a gentle walk along the rim of the canyon, we turn west and head for Keetmanshoop. Our afternoon will be spent meandering through the Quiver Tree Forest and The Giants Playground – named for the way in which the massive dolerite boulders have been placed on each other - creating rock formations and a series of mazes.

Accommodation Maritz Country Lodge or similar. <http://www.maritzcountrylodge.com.na/>
Facilities Campsite with Shared Ablutions
Please visit the website of the accommodation provider for a full list of the facilities offered.
Route Fish River Canyon to Keetmanshoop
Included Highlights Scenic walk along the rim of Fish River Canyon/
Visit to Quiver Tree Forest and Giants Playground

Day 5 - Namib-Naukluft National Park

Every overland journey has some long travelling days and today is one of those as we venture deeper into the Namib Desert. Our destination is the dune fields that cover the western reaches of the desert. Long dusty roads and sparsely populated farmlands offer us an insight into the vastness of rural Namibia. From the grasslands in the east to the red dunes of the west, the slowly changing landscapes represents the many faces of this desert country.

Tonight we camp on the doorstep of the dune fields and fall asleep to the unique calls of the elusive Barking Gecko.

Accommodation Sesriem campsite or similar. <http://www.nwr.com>
Facilities Campsite with Shared Ablutions
Please visit the website of the accommodation provider for a full list of the facilities offered.
Route Keetmanshoop to Namib Naukluft NP
Included Highlight Sesriem Canyon

Day 6 - Sossusvlei Dunes – Namib-Naukluft National Park

Watching the sunrise over the red dunes is an iconic highlight of any trip to Namibia and this morning we rise before the sun to capture this magnificent moment. A brisk climb up Dune 45 offers us the perfect vantage point to marvel at the changing colours of the desert sunrise. Once satisfied we descend this famous dune and enjoy a hearty breakfast before catching a 4x4 transfer into Sossusvlei, here we will spend time on foot visiting the pans at Sossusvlei and Deadvlei.

Tonight we empty the red sand from our shoes and spend the night under the magnificent desert stars, knowing that we have spent a full-day enjoying the wonders of this harsh land.

Accommodation Boesman's Camp or similar. (No website)
Facilities Campsite with Shared Ablutions
Please visit the website of the accommodation provider for a full list of the facilities offered.
Route Namib-Naukluft NP – Naukluft Area
Included Highlight Sunrise hike up Dune 45, 4x4 shuttle to Sossusvlei/ Deadvlei

Day 7 - Swakopmund

Our final day in the desert continues as we join a local expert for an educational desert excursion. Reluctantly we leave the Namib behind and after a stop to mark our crossing of the Tropic of Capricorn, we continue to the Atlantic coastline. Today we continue west and make our way to the coastal town of Swakopmund, where adventure and a dose of civilisation await. We make a brief stop at the Walvis Bay lagoon, where we hope to catch a glimpse of the Flamingo's that feed in the shallows. Arriving in Swakopmund we will have the opportunity to book some of the many adventures on offer.

Accommodation	Amanpuri Travellers Lodge or similar. http://www.amanpurinamibia.com
Facilities	Two per Room with En-suite Bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Naukluft Area to Swakopmund
Included Activity	Tropic of Capricorn, Walvis Bay Lagoon
Activity Package	Guided desert walk with local expert

Day 8 - Swakopmund

While for many it is the adrenaline fuelled adventures that will grab their attention, Swakopmund offers all that and more. Take the opportunity today to explore the town at your leisure, as there are a number of attractions for every taste. Not to be missed is the selection of famed coffee shops and bakeries that offer a delightful range of German inspired treats. Swakopmund offers all the conveniences of a small city and is the perfect launching pad for the journey through the northern reaches of the land.

Accommodation	Amanpuri Travellers Lodge or similar. http://www.amanpurinamibia.com
Facilities	Two per Room with En-suite Bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Optional Activity	Dolphin cruise, Skydiving, sandboarding, Quad biking, Dinner

Day 9 – Spitzkoppe to Brandberg

Leaving early, we make our way to the massive granite formations of Spitzkoppe which tower 700 metres above the desert plains below. The presence of rock art indicates their significance to the San people who lived here many years ago. We will enjoy a walk with a local guide and have the opportunity to view some examples of the San's rock art before setting off for our overnight stop for the evening.

Accommodation	Brandberg Rest Camp or similar: https://www.brandbergwllodge.com/wmenu.php
Facilities	Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Swakopmund to Brandberg (via Spitzkoppe)
Included Highlight	Visit and explore Spitzkoppe with a local guide

Day 10 – Brandberg White Lady

The Brandberg (Burning Mountains) are regarded as the highest in Namibia and home to the famous White Lady, one of more than 45,000 rock paintings in the area. This morning we will make the 1-hour hike to visit the painting that is said to be around 2,000 years old. *(Please be advised that the hike does traverse rough terrain along the gorge of the normally dry Tsisab River).* After our exploration, our journey continues to the area of Kamanjab.

Accommodation Toko Lodge or similar. <http://www.tokolodge.co/>

Facilities Campsite with Shared Ablutions

Please visit the website of the accommodation provider for a full list of the facilities offered.

Route Uis to Kamanjab

Included Highlight Brandberg White Lady hike

Day 11 - Etosha National Park

Rising early this morning we drive to the Etosha National Park. Etosha is the venue for some of the most unique game viewing experiences in Africa. This afternoon we reach the park and begin with our first game drive as we make our way to the rest camp.

Accommodation Halali or similar. <http://www.nwr.com.na>

Facilities Campsite with Shared Ablutions

Please visit the website of the accommodation provider for a full list of the facilities offered.

Route Kamanjab to Etosha National Park

Included Highlight Afternoon game drive in overland truck

Day 12 - Etosha National Park

Our second day in Etosha allows for a full day to continue our exploration of the park. No day on safari is ever the same and the suspense before that special sighting is the motivation that keeps our eyes wide open. We explore the edges of Etosha Pan in search of the abundant wildlife that occurs in the park.

Accommodation Okaukuejo or similar. <http://www.nwr.com.na>

Facilities Campsite with Shared Ablutions

Please visit the website of the accommodation provider for a full list of the facilities offered.

Route Etosha National Park

Included Highlight Full day game drive (safari) in overland truck

Day 13 - Windhoek

It is an early rise as we take aim for Windhoek, the capital city of Namibia. Upon arrival in Windhoek, we will take a short walk through the city centre and have the opportunity to view some its better known landmarks. Your tour comes to an end upon arrival in Windhoek (after the short walk through the city).

Accommodation Own Arrangements/ Post tour accommodation can be booked through us
Route Etosha National Park to Windhoek
Included Highlight Walk through Windhoek with your guide

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	Guideline
Namibia	Orange River	Half day canoe adventure (Min 4 Clients)	R250 - R300
Namibia	Swakopmund	Quadbiking	R650 - R750
Namibia	Swakopmund	Sandboarding	R350 -R 450
Namibia	Swakopmund	Skydiving	R2300 - R2800
Namibia	Swakopmund	Dolphin Cruise (incl transfer & light lunch)	R700 - R800
Namibia	Swakopmund	Dinner at local restaurant	R150- R300
Namibia	Windhoek	Dinner at local restaurant	R150 - R300

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

Southern Africa: In general tipping in restaurants is expected and is around 10% for good service, more if you have received exceptional service, and, feel free not to tip at all if you received poor service. Tipping taxi drivers etc is really at your own discretion and not always expected. If in doubt please ask your guides. It is expected to tip porters and car-guards etc. Ask your guides how much is appropriate in local currency.

Our guides do work hard but they are also paid at (and often above) industry levels for this work. Our Crew can be tipped if you feel that they have done a good job and/or gone above and beyond the call of duty. The 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

South Africa

South Africa is one of the most popular tourist destinations in Africa, as it offers truly magnificent views and has an abundance of activities to enjoy. This Southern African country is rich with culture and traditions; with every citizen having a unique heritage, culture and story to tell. Here, guests will find themselves enchanted with a unique vibrancy and absorbed in the freedom of every citizen. The combination of the beauty of the landscape and friendly nature of the locals makes South Africa a truly inspiring and exciting country to explore.

Since the 17th century and the arrival of its very first settlers, South Africa has been claimed, to be one of the most beautiful destinations in the world. Not only is the weather warm and mild throughout the year, but locals and visitors enjoying an endlessly beautiful scenery and diversity in landscapes. Undoubtedly, South Africa's main attractions are its beautiful mountain and coastal views, however its cities also attract more than enough tourist attention.

In 2010, South Africa hosted the FIFA Soccer World Cup, putting on an incredible show and proving themselves as one of the world's leaders in the hospitality industry. Guests were made to feel welcome and encouraged to participate in local celebrations and enjoy the sights of each region; a factor which surely contributed to the Mother City of South Africa, Cape Town, being voted by TripAdvisor to be the most desired tourist destination in the world.

Among South Africa's other top attractions is Johannesburg (The City of Gold), Durban (a surfer's paradise), Port Elizabeth (the friendly city), the Garden Route and the Kruger National Park. A trip

through this stunning country with show you just how far it's come since the days of Apartheid and will showcase the diversity, vibrancy and freedom which makes South Africa a pleasure to visit today.

Namibia

Namibia is Southern Africa's most westerly nation and is home to some of the most beautiful desert plains and sand dunes. This nation has a truly unique landscape; completely unlike Angola, South Africa and Botswana which are its neighbours. Namibia is also one of the largest countries in African, covering 824000 square kilometres. While it covers a seemingly endless amount of space, at every turn you'll find yourself facing a truly magnificent sight and rugged beauty.

Although Namibia's deserts may look lifeless, they're in fact buzzing with life and activity. Home to the African wildlife that tourists travel miles to observe, as well as their very own wild horses and snakes, Namibia has several game reserves for their visitors to visit. The most popular and established being the Etosha National Park where guests can either choose to camp or stay in luxurious accommodation.

If you're planning an adventure into this beautiful and inspiring country, make sure you land up in Swakopmund, visit the Fish River Canyon, Damaraland and the Kaokoveld. A trip to the Skeleton Coast will show you the beauty of a desert meeting a coast.

The capital city of Namibia is Windhoek, a city which is heavily influenced by Namibia's previous colonial ruler, Germany. Today, however the country has close ties to South Africa; its currency linked to that of the rainbow nation.

Enjoy your adventure of a lifetime!