

## Information guidelines

Gorilla trekking requires a reasonable level of fitness as the trekking could take anything from 1 – 9 hours through dense tropical jungle conditions. Rangers monitor the gorilla families daily but keep in mind that the gorillas move continuously and their sighting cannot be guaranteed and this is why we set aside more than one day for trekking. Once the gorilla family is located, one hour is set aside to spend with them. They may or may not stick around for the hour but you will have plenty of time to photograph them and be in their gracious presence. Please ensure that you have a sturdy pair of hiking boots and remember to carry at least 1.5 liters of water. No children under the age of 16 may visit the gorillas.

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](http://www.CheapAfricaTours.com) or [www.GoedkopeAfrikaReizen.nl](http://www.GoedkopeAfrikaReizen.nl)

## About this tour

### **Departure Point**

@ **07:00am** from Sentrim Boulevard Hotel, Harry Thuku Road, Nairobi, Kenya. Tel: +254 20 315680  
[www.sentrimhotels.net/sentrim-boulevard-nairobi](http://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](http://www.sentrimhotels.net/sentrim-boulevard-nairobi)

### **Countries Visited**

Kenya, Uganda

(There is a very rare possibility of Rwanda or DRC if Gorilla permits are unavailable in Uganda. You will be advised beforehand if we need to travel to either of these countries).

### **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 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.

## **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 a **compulsory payment** that covers what we consider to be 'essential activities' on this tour. As the activity package on this tour is compulsory, kindly pre-book and pay this prior to your arrival. Pre booking of this activity package is essential.

Activity	Price
Kenyan Park highlights excursion	R 10 350
Chimp Trekking Murchison Falls	R 1 750
Ziwa Rhino walk	R 950
	<b>R13 050</b>

## 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.

**This itinerary has been written with the Activity Package items included.**

## Detailed itinerary

### Day 1 – 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.

<b>Accommodation</b>	Masai Mara Excursion or similar. <a href="http://www.keniatours.com">http://www.keniatours.com</a>
<b>Facilities</b>	<b>Accommodated:</b> Permanent tent with shared ablutions <b>Camping:</b> Permanent tent with shared ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Route</b>	Nairobi to Masai Mara
<b>Activity Package</b>	Kenyan Parks Highlights Excursion

### Day 2 - Masai Mara National Reserve

The rolling grasslands of the Masai Mara offer ideal game (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.

<b>Accommodation</b>	Masai Mara Excursion or similar. <a href="http://www.keniatours.com">http://www.keniatours.com</a>
<b>Facilities</b>	<b>Accommodated:</b> Permanent tent with shared ablutions <b>Camping:</b> Permanent tent with shared ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Activity Package</b>	Kenyan Parks Highlights Excursion

### Day 3 - Lake Nakuru National Park

This morning we bid the Mara farewell before heading to Lake Nakuru National Park, where we are reunited with our truck and 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.

<b>Accommodation</b>	Lake Kivu Lodge or similar. <a href="http://www.kivuresort.co.ke/">http://www.kivuresort.co.ke/</a>
<b>Facilities</b>	<b>Accommodated:</b> Two per room with shared ablutions <b>Camping:</b> Two per room with shared ablutions

**Route** Masai Mara Reserve to Lake Nakuru National Park

**Activity Package** Kenyan Parks Highlights Excursion

#### 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.

**Accommodation** Eden Rock Resort or similar. <http://www.edenrocknile.com>

**Facilities** **Accommodated:** Two per room with shared ablutions

**Camping:** Campsite with shared ablutions

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

**Route** Lake Nakuru to Jinja

**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.

**Accommodation** Kabalega Resort Hotel or similar. <http://www.kabalegaresort.com/>

**Facilities** **Accommodated:** Two per room with shared ablutions

**Camping:** Campsite with shared ablutions

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

**Route** Jinja to Masindi

#### 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.

**Accommodation** Kabalega Resort Hotel or similar. <http://www.kabalegaresort.com/>

**Facilities** **Accommodated:** Two per room with shared ablutions

**Camping:** Campsite with shared ablutions

**Activity Package** Chimp trekking (half day)

**Included Highlight** Nile River Boat cruise (half day) in Murchison Falls National Park

## Day 7 - Kampala

While we spend the night in the bustling capital city of Kampala, this morning we have the opportunity to visit the Ziwa Rhino Sanctuary. These majestic animals are in a literal fight for their survival. Rhino Fund Uganda (RFU) was formed as a Non-Government Organization (NGO) in 1997 and is tasked with overseeing its aim of reintroducing Rhinoceros, a highly endangered species across the globe, back into the National Parks of Uganda through a breeding and release program. Out of this emerged the Ziwa Rhino Sanctuary, 7000 hectares of imminently suitable savannah and native woodlands.

<b>Accommodation</b>	Sky Hotel or similar. <a href="http://www.skyhotelkampala.com/">http://www.skyhotelkampala.com/</a>
<b>Facilities</b>	<b>Accommodated:</b> Two per room with En-suite bathroom <b>Camping:</b> Two per room with En-suites bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Route</b>	Masindi to Kampala
<b>Activity Package</b>	Ziwa Rhino walk
<b>Optional Activity</b>	Murchison Falls Game Drive

## 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.

<b>Accommodation</b>	Lake Bunyonyi Overland Resort or similar. <a href="http://www.bunyonyioverland.com">http://www.bunyonyioverland.com</a>
<b>Facilities</b>	<b>Accommodated:</b> Two per room with En-suite bathroom <b>Camping:</b> Campsite with shared ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Route</b>	Kampala to Lake Bunyonyi

## 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.

<b>Accommodation</b>	Lake Bunyonyi Overland Resort or similar. <a href="http://www.bunyonyioverland.com">http://www.bunyonyioverland.com</a>
<b>Facilities</b>	<p><b>Accommodated:</b> Two per room with En-suite bathroom</p> <p><b>Camping:</b> Campsite with shared ablutions</p> <p><i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i></p>
<b>Route</b>	Lake Bunyonyi National Park to the starting point of the gorilla trek (in safari or smaller vehicles)
<b>Optional Activity</b>	Gorilla Trekking

### 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. Today we will enjoy a visit to the Nyombi Village, a Pygmy village which is reached by motor boat from Bunyonyi Resort. We will have the opportunity to learn about the culture of the Pygmies and how they live.

<b>Accommodation</b>	Lake Bunyonyi Overland Resort or similar. <a href="http://www.bunyonyioverland.com">http://www.bunyonyioverland.com</a>
<b>Facilities</b>	<p><b>Accommodated:</b> Two per room with En-suite bathroom</p> <p><b>Camping:</b> Campsite with shared ablutions</p> <p><i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i></p>
<b>Included Highlight</b>	Pygmy village visit

### 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.

<b>Accommodation</b>	Sky Hotel or similar. <a href="http://www.skyhotelkampala.com/">http://www.skyhotelkampala.com/</a>
<b>Facilities</b>	<p><b>Accommodated:</b> Two per room with En-suite bathroom</p> <p><b>Camping:</b> Two per room with En-suite bathroom</p> <p><i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i></p>
<b>Route</b>	Lake Bunyonyi to Kampala

### 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.

<b>Accommodation</b>	Eden Rock Resort or similar. <a href="http://www.edenrocknile.com">http://www.edenrocknile.com</a>
<b>Facilities</b>	<p><b>Accommodated:</b> Two per room with shared ablutions</p> <p><b>Camping:</b> Campsite with shared ablutions</p> <p><i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i></p>
<b>Route</b>	Kampala to Jinja
<b>Optional Activity</b>	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.

**Accommodation** Naiberi River Camp or similar. <http://www.naiberi.com>

**Facilities** **Accommodated:** Two per room with shared ablutions

**Camping:** Campsite with shared ablutions

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

**Route** Jinja to Eldoret

**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.

**Accommodation** Own Arrangements/ Post tour accommodation can be booked through us.

**Route** Eldoret to Nairobi

**Please note:** 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.

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
Kenya	Masai Mara	Tips for guides (per person)	Clients Discretion
Kenya	Nairobi	Dinner at local restaurant	USD25- USD60
Uganda	On Trek	Tips for guides (per person)	Clients Discretion
Uganda	Jinja	Nile cruise	USD45 - USD65
Uganda	Jinja	Half day rafting	USD95 - USD160
Uganda	Lake Bunyoni	Canoe rental	USD10 - USD15
Uganda	Murchison Falls	Game drive (safari) (incl park fees)	USD80 - USD110

## 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

### Kenya

Kenya is one of the most popular African countries, renowned for its beautiful game reserves, endless lush plains and abundance of wildlife. It lies on the equator and can be found just under the horn of

Africa, nestled between Somalia, Ethiopia, the Sudan, Uganda and Tanzania, with an eastern Indian Ocean coast. For a country of its size, Kenya successfully manages to pack in a variety of attractions, destinations and activities for both locals and tourists to enjoy.

Kenya's geography is as diverse as the heritage of its people. It has a warm and humid climate which hardly ever reaches below the double digits. 73% of Kenya's population is under 30 years of age, most of which speak either English or Swahili.

Kenya's largest and capital city is Nairobi; a city that has watched the story of this beautiful nation unfold. It is known as the Green City in the Sun and is alive with locals and wildlife. It became a popular destination during the colonial times as the single rail way depot between Uganda and Mombasa, and today it one of Africa's hubs for business and education.

Kenya's Maasia Mara game reserve and Maasia people attracts thousands of tourists every year, as does it's beautiful and majestic Mount Kenya, Mombasa south coast and Lake Nakuru – a truly astounding lake which stretches for miles.

## **Uganda**

Uganda is also known as the “Pearl of Africa” and is the Eastern African country that is the most central. Its name derives from the Buganda Kingdom which historically stretches over the southern regions of the nation. It's made up of over a hundred districts and several different regions; each one offering something unique and consists of different tribes and landscapes.

The western region of Uganda is an incredibly beautiful region; a wonderland of golden plains, thick rain forests, snow peaked mountains, and tea plantations. It is here where the rare African gorillas can be found, located in the game reserves, mountain regions and forest reserves. This is a popular region among explorers and entices the majority of the country's tourism.

The central region of Uganda has preserved many cultural sites, making sure that the kingdom's heritage sites and buildings are preserved for future generations to observe and learn from. The nation's capital of Kampala can be found here, as can Uganda's most beautiful waterfalls and water bodies, such as Lake Victoria.

Travelling towards the Eastern Region of Uganda you'll come across the source of the river Nile and the Bujagali falls. Here you can go bunjy jumping and go on a white water rafting adventure. This region is truly beautiful and continues to mesmerize tourists every year with its majestic mountain ranges while the Nyeru rock paintings give tourists and locals an insight into the nation's past. Lastly, the Northern Region of Uganda offers an enchanting perspective into the nation's tribes and national parks. A visit to Uganda will give you an insight into the rich heritage and culture of Eastern Africa. Stay in Uganda accommodation that'll treat you to the local cuisine (influence by Asian, English, Arab and Indian techniques and flavours) and learn about the history and beauty of one of Africa's most beautiful nations.

**Enjoy your adventure of a lifetime!**