



South Africa and Namibia
13 days | Accommodated

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 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

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 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 (another 7 days) and from there you could join the 21 day East African Adventure (North). 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.

Detailed itinerary

Day 1 - South Africa – Cederberg Region

Leaving Cape Town we make a last stop for a look back at Table Mountain from across Table Bay. No road trip is complete without a stop at a traditional “Padstal”, these small farm stalls dot the byways of South Africa and offer a variety of homemade treats and bakes.

The Cedarberg region not only boasts spectacular mountains and orange farms, but it is also the home of the Rooibos bush. Indigenous to the mountain slopes of the Cedarberg, 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 http://www.marcuskraal.co.za/index1.html
Facilities	Two per room with en-suite bathroom
Route	Cape Town to Citrusdal
Meals	Lunch, Dinner
Included Highlight	Traditional Dinner

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	Felix Unite Cabanas http://www.felixunite.com/accommodation/cabanas OR Bundi http://www.bundi.co.za/orangerivercanoeing.htm
Facilities	Two per room with en-suite bathroom
Route	Citrusdal to Orange River
Meals	Breakfast, Lunch, Dinner
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 3 - Namibia – Gariep (Orange) River

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 (after lunch) we depart the Orange River and head inland to our overnight stop. At Ais Ais, you will have the opportunity to enjoy the mineral and sulphur rich hot springs.

Accommodation	Ai Ais Resort http://www.nwr.com.na/index.php/resorts/ai-ais-hotsprings-spa
Facilities	Two per room with en-suite bathroom
Route	Orange/Gariep River to Ai-Ais
Meals	Breakfast, Lunch, Dinner
Included Highlight	Ais-Ais Hot springs

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

We rise early this morning and drive to the rim of the Fish River Canyon. We will have time to watch 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	Schutzenhaus Guesthouse http://www.schuetzenhaus-namibia.com/
Facilities	Two per room with en-suite bathrooms
Route	Fish River Canyon to Keetmanshoop
Meals	Breakfast, Lunch, Dinner
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	Namib Naukluft Soft Adventure Camp http://www.namib-naukluft-lodge.com/ OR Desert Camp http://desertcamp.com/
Facilities	Two per room with en-suite bathroom
Route	Keetmanshoop to Namib Naukluft NP
Meals	Breakfast, Lunch, Dinner

Day 6 - Sossusvlei Dunes – Namib-Naukluft National Park

Today we will rise early for our drive to the Namib-Naukluft National Park. We will enter the park just after sunrise and travel through to the famous Dune 45. A brisk climb up Dune 45 offers us the perfect vantage point to marvel at the changing colours of the desert. 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 Namib Naukluft Soft Adventure Camp <http://www.namib-naukluft-lodge.com/>
OR Desert Camp <http://desertcamp.com/>

Facilities Two per room with en-suite bathroom

Meals Breakfast, Lunch, Dinner

Included Highlight Sesriem Canyon / Hike up Dune 45, 4x4 shuttle to Sossusvlei / Deadvlei

Day 7 - Swakopmund

Our final day in the desert comes to an end 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. We make our way to the coastal town of Swakopmund, where adventure and a dose of civilisation awaits. 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 Stay@Swakop <http://www.stay-at-swakop.com/>
OR Haus Garnison <http://hausgarnison.com/>

Facilities Two per room with en-suite bathroom

Route Naukluft Area to Swakopmund

Meals Breakfast, Lunch, Dinner

Included Highlight Walvis Bay Lagoon, Tropic of Capricorn, 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 Stay@Swakop <http://www.stay-at-swakop.com/>
OR Haus Garnison <http://hausgarnison.com/>

Facilities Two per room with en-suite bathroom

Meals Breakfast, Lunch, Dinner

Optional Activity Dolphin cruise, Skydiving, sandboarding, Quad biking

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 White Lady Lodge <https://www.brandbergwllodge.com/home>
OR Uis White Lady <http://uiswhiteladyguesthouse.com/>

Facilities Two per room with en-suite bathroom

Route Swakopmund to Brandberg (via Spitzkoppe)

Meals Breakfast, Lunch, Dinner
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. For those who would like to visit an educational centre showcasing the lifestyle of the Himba Tribe, you will have the opportunity to book an optional excursion this afternoon.

Accommodation Toko Lodge <http://www.tokolodge.co/>
OR Etotongwe <http://www.etotongwelodge.com/>
Facilities Two per room with en-suite bathroom
Route Brandberg to Kamanjab
Meals Breakfast, Lunch, Dinner
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 (safari) as we make our way to the rest camp.

Accommodation NWR: Halali <https://nwr.com.na/resorts/halali-resort>
Facilities Two per room with en-suite bathroom
Route Kamanjab to Etosha National Park
Meals Breakfast, Lunch, Dinner
Included Highlight Afternoon game drive (safari) 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 the Etosha Pan in search of the abundant wildlife that occur in the park.

Accommodation NWR: Okaukuejo <https://nwr.com.na/resorts/okaukuejo-resort>
Facilities Two per room with en-suite bathroom
Route Etosha National Park
Meals Breakfast, Lunch, Dinner
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 of its better known landmarks. Your tour will come to an end after the walk.

Accommodation Own Arrangements/ Post tour accommodation can be booked through us
Route Etosha National Park to Windhoek
Meals Breakfast, Lunch
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	Rate Guideline
South Africa	Orange River	Half day canoe adventure	R300 - R400
Namibia	Swakopmund	Quadbiking or Sandboarding	R650 - R750
Namibia	Swakopmund	Skydiving	R2500 - R2800
Namibia	Swakopmund	Dolphin Cruise (incl transfer & light lunch)	R850 - R950

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!