

For tours departing beyond 2010 itineraries may be subject to change. This will be confirmed by the publication of the 2011 brochure (issued in Oct 10).

2010
Tour Dossier

EXPLORE!

KENYA • TANZANIA Dossier Ref. EA

East African Explorer

EA21AUG10/EA08JAN11/EA25JUN11/EA20AUG11/: Due to flight schedule changes you will now depart Fri eve rather than Sat AM. Rooms will be provided up until time of departure.
EA04SEP10/EA22JAN11/: Due to flight schedule changes your outbound flight is now a night flight. Dayrooms will be provided to freshen up before heading to Lake Naivasha.
EA018SEP10/EA02OCT10: Due to flight schedule changes your inbound flight is now a night flight arriving back into London Sun AM. Consequently your overall tour duration is now 16 days Sat/Sun.

Amended 26 May 2010. Valid from 01 Jan 2010 to 31 Dec 2010
 Since first issue this dossier has been updated with amendments to the following sections: Visa requirements

As our itineraries may be amended from time to time, either for operational reasons or in response to feedback from customers, please ensure you have the most up-to-date copy of this dossier immediately before you travel. You can download the dossier from our website, www.explore.co.uk. Of course we will notify you of any significant changes, but sometimes minor changes may simply be added to the tour dossier.

JOINING TOUR ABROAD

15 days/14 nights Land Only
Nairobi to Nairobi

Join Nairobi (day 1)

End Nairobi (day 15)

Clients booked on 'Land Only' arrangements should make their own way to the joining point in Nairobi. Please refer to separate 'Joining Instructions' for name and address of hotel and time of rendezvous with tour leader.

GROUP TRAVEL FROM LONDON

15 days/14 nights Tour including Connecting Group Flights
London-Nairobi-London

Depart from London Heathrow Airport to join tour in Nairobi the same day (day 1 of Land Only itinerary).

Return from Nairobi (day 15 of Land Only itinerary), to arrive in London Heathrow the same day.

Passengers with non-group flights booked through Explore should refer to their individual confirmation invoice for flight details. Transfers to and from the airport are not included unless purchased in addition to the tour package

SPECIAL HIGHLIGHTS

Among the many highlights featured on this tour, we particularly mention:

- * **LAKE NAIVASHA** Chances to visit Elsamere or take a walking safari in a private game reserve.
- * **GREAT RIFT VALLEY** Travelling through this awe-inspiring landscape.
- * **MAASAI MARA RESERVE** Extensive game viewing & classic African landscapes.
- * **LAKE VICTORIA** Beautiful setting at Musoma.
- * **SERENGETI N.P.** Tanzania's oldest and largest NP. Visit to Olduvai Gorge.

Carbon Offsets Included

As part of our responsible tourism policy we offset carbon emissions from all customer and staff flights booked by Explore. Our carbon offset partner is Climate Care. If you are making independent flight arrangements to join one of our tours, may we urge you to offset your carbon emissions through Climate Care, or a similar offsetting scheme.

- * **NGORONGORO CRATER.** The game rich landscapes of the Ngorongoro Crater.
- * **AMBOSELI N.P.** Stunning game viewing in the shadow of Mount Kilimanjaro.

This rugged adventure traverses the Great Rift Valley, taking in the lakes and plains of Kenya, to the shores of Lake Victoria and onto the gamelands of the Serengeti and the spectacular Ngorongoro Crater. As well as the quintessentially African landscapes, you are likely to encounter some of the best of Africa's myriad wildlife, where great herds of elephant and herbivores sweep across the plains of the Maasai Mara and Amboseli and where the great predators hunt with almost unbridled ferocity. This is Africa in all its majesty and, as with many adventures of this type, much of the team spirit, fun and camaraderie is developed through mucking in, helping set up camp and helping with meals and other camp chores.

LAND ONLY ITINERARY

Be Prepared: Given the exploratory nature of this safari-expedition, there may inevitably be some change or variation to the basic route as outlined below. In this part of Africa, local conditions are often unpredictable and erratic and may dictate that it is necessary to gain or lose a day in a particular location. Roads are sometimes blocked when trucks get bogged or are impassable due to heavy rain

Walking

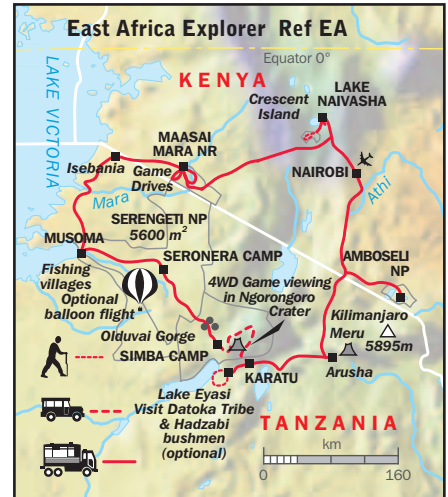
All walks are optional. Walks on this tour are graded as easy however the walks on day 3/4/8 may be considered easy to moderate.

Overland Tours

While our intention is to adhere to the day-by-day route as printed below, a degree of flexibility is built into the itinerary. Places visited and routes may vary depending on local road and weather conditions. Please note that some of the campsites are simple with basic facilities. This is a participatory camping tour and you will be expected to put your tent up, take it down and help out with some camp chores. This is very much a rugged overland trip and road conditions can sometimes be rough, pot-holed and bumpy in this part of Africa. You will experience a number of long drives, however the ever changing diversity of views and landscapes more than make up for this. You will need to adopt a flexible and open minded approach, participate in the group experience and embrace a spirit of adventure on this tour.

Earth Matters

- **Talek Primary School**
 Near to our camp in the Maasai mara, there is a chance to visit a local Maasai school. If you have any paper, pens, pencils, notebooks or other school equipment you think will be useful, you are more than welcome to bring it along as a donation.
- **Watoto Care Orphanage**
 On our way through Mto Wa Mbu you may have the opportunity of visiting this orphanage which takes care of children orphaned as a result of parents contracting HIV/AIDS. Donations in the form of food, clothes or games would be gratefully received
- For further information on responsible travel go to <http://www.explore.co.uk/ResponsibleTourism/>



and lack of repair. Please note that changes may occur especially during the rainy season. We may spend one less night in the Maasai Mara and re-route to Musoma via Kisii. Laundry can usually be done when we stay for two nights in a single location.

Accommodation and Included Meals: Please find the key to our accommodation ratings overleaf, and note that included meals are indicated in the itinerary below and are shown on the day they are provided (B = breakfast, L = lunch, D = dinner).

Day 1. Join tour Nairobi

Arrive Nairobi and check into hotel.
Overnight hotel H+.

Day 2. Drive to Lake Naivasha

We leave Nairobi this morning and drive north towards one of Africa's most important physical features. Created by the collision of the great continental masses of Africa and the Middle East, the African Rift Valley is more than 9656km long, stretching from Jordan to Mozambique. At the southernmost end of the Kenya Rift Valley lies the fertile oasis of Lake Naivasha, one of the Rift Valley's freshwater lakes and the site for our overnight camp. Translating as Rippling Waters Naivasha is a picturesque setting of grazing hippos and floating islands of papyrus, occupying the floor of the Valley and dominated by the towering heights of Mount Longonot. There may be an opportunity today to visit Elsamere Conservation Centre (optional), once the home of Joy and George Adamson of "Born Free" fame, where you can take high tea on the lawn, amidst a tranquil lakeside setting and look around the museum presenting an in depth history of Joy Adamson's remarkable attempts to raise Elsa the lion cub and introduce her back into the wild. Another optional alternative is a boat trip on Lake Naivasha to enjoy the splendours of the abundant birdlife.
Overnight camp C+ (included meals: B, L, D).

Day 3. Drive to Ilariak

This morning we include a visit to Crescent Island Nature Reserve, where we can explore on foot this great bird and wildlife sanctuary in the company of a local guide, hoping to find giraffe, zebra, wildebeest and some of the 350 bird species that have been recorded here. Afterwards we head south to our Maasai community campsite at Ilariak. In

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the Maasai language Ilriak means a place of salt lick rivers which provide much needed minerals for the animals in the area.

Overnight camp C+ (included meals: B, L, D).

Day 4. Drive to Maasai Mara National Park; PM game drive

This morning you will have the option of taking a guided walk to the salt lick or visiting a Maasai Boma, we will then head for the incredible setting of the Maasai Mara National Reserve, without doubt one of Africa's dazzling jewels and Kenya's finest wildlife park. Situated at the northern end of the Serengeti National Park, there is almost every species of animal native to East Africa here and during our game drive in the area this afternoon we may well find some of the 'Big Five' (elephant, lion, leopard, buffalo and rhino), as well as the herds of wildebeest, zebra and gazelle that roam in large numbers across the grasslands. We aim to enter at the Sekenani Gate and head for our campsite located near the exit at Talek Gate, situated close to the river. With savannah land across the other side this picturesque spot allows the sounds of the nocturnal jungle to lull us to sleep as we settle down for the night. **3 nights camp C+ (included meals: B, L, D).**

Days 5 & 6. Game drives in the Maasai Mara

The Maasai Mara is not actually a park, but is in fact a national reserve and, as such, the Maasai people have been able to retain their traditional way of life. Unchanged through the centuries, tribesmen are often seen herding their cattle along the many trails. The areas that we will be travelling through on our game drives are teeming with herbivores and carnivores, the hunters and the hunted and, depending upon conditions, we may even see this constant battle for life in all its grim glory. The Mara boasts large prides of lions, as well as leopard, cheetah and hyena, so a hunt is always a possibility across these open plains. One of the most memorable and unique spectacles of this area is the annual migration of hundreds of thousands of wildebeest, zebra and gazelle as they move between the Maasai Mara and the Serengeti Plains. This annual trek costs the lives of many of the old and the sick, picked off by the predators that thrive here, both on the plains and in the muddy waters of the Mara and Talek rivers. Trips running between August and October fall within the time frame of these annual migrations, although obviously we cannot guarantee that specific trips will witness this most unique natural phenomenon. Along the forested banks of the Mara and Talek rivers are excellent places to view hippos, crocs and waterfowl and the reserve is also home to some 450 species of bird, including Denham's Bustard, Black Coucal, Red Tailed chat, Yellow Bellied Hylia and Magpie Shrike. **(Included meals: Bx2 Lx2 Dx2).**

Day 7. Drive to Musoma via the Isebania border crossing; PM free

Today's scenic drive takes us across into Tanzania, travelling via Migori and crossing the border at Isebania, before continuing along the eastern shores of Lake Victoria to Musoma. We plan to arrive at camp in the late afternoon and spend the remainder of the day relaxing by the waters of Africa's largest freshwater lake. Discovered by the explorer John Speke in August 1858, Lake Victoria is the second largest on the planet, covering over 69,000 sq km. and bordering Kenya, Tanzania and Uganda. The source of the White Nile, scattered with islands and reefs, it is home to over 200 species of fish and fishing is a major contribution to the economy and livelihood of the Bantu-speaking tribes that live along the lakeshore. Musoma, our final destination for today, offers an enormous diversity of birdlife to enjoy, with hammerkops and African fish eagles building their nests in nearby trees, and eagles can often be seen skimming the lake for tilapia. **Overnight camp C+ (included meals: B, L, D).**

Day 8. Drive to Serengeti National Park

From Musoma it is a short drive before we enter the Serengeti and continue through its remote 'Western Corridor'. Covering some 15,000 sq km the Serengeti is the oldest and largest park in Tanzania, its name derived from the Maasai word for 'endless plains'. Although particularly famed for its lions, it offers unrivalled opportunities to photograph many other species of wildlife, including an amazing number of birds. The area encompasses the largest concentration of wildlife on the continent and the annual migration of tens of thousands of wildebeest and zebra is a truly impressive spectacle as they battle their way to fresh grazing land, running the gauntlet of the great African predators as they go. It is on these plains

Annual Migration

One of the highlights that you may witness on this trip is the annual migration. The Serengeti really comes to life when the annual migration starts *en masse* and huge numbers of animals leave the short grass plains of southern Serengeti, to areas where there is better food and water. The wildebeest movements are impressive, looking for greener pastures and water in the north (Maasai Mara). The lines of wildebeest can be up to 40km long and they are known to cover hundreds of miles. Lions, zebras, gazelles and other predators, great and small, all follow their tracks. *Normally during January, February and March, the south east plains of the Serengeti are full of wildlife, congregating on the grass plains. While in the Maasai Mara National Reserve the migration can normally be witnessed in early September, October and November.*

that we focus most of our attention over the next couple of days, spending two nights in the Seronera region and taking early morning and late afternoon game drives in search of the 'Big 5' and so much more.

2 nights camp C (included meals: B, L, D).

Day 9. Games drives in Serengeti N.P.

Our exact movements today are very much dependent upon the location and concentration of the wildlife. We may head to the Retima Hippo Pool, the Moru Kopjes or perhaps the Seronera River area in search of leopard and lion. Cheetahs are often seen in family units out on the Serengeti plains, a special sight indeed. During the annual migration hundreds of thousands of wildebeest and zebra move westward, covering some 800 km from the central plains through the park's 'long corridor', towards richer grazing lands and fresh water. These spectacular journeys are often fraught with danger as their long trek invariably draws the attention of the ever-present predators – lion, leopard, hyena and crocodile. This is nature in its rawest sense, where the struggle for survival is played out daily across these expansive plains and churning rivers. The unique sight of hunting packs are always a possibility during our time here. For a unique view of the magnificent wildlife, depending on the weather, there may be the possibility to take an unforgettable early morning balloon safari (optional) during our stay here. This can be pre-booked before departure to guarantee a place and avoid disappointment. **(Included meals: B, L, D).**

Day 10. Drive to Ngorongoro Conservation area. Visit Olduvai Gorge

Driving to Ngorongoro today we stop to visit the remarkable setting of Olduvai Gorge, where in 1959, anthropologists Dr and Mrs Leakey discovered the remains of an almost intact human skull that was eventually discovered to be 1.75 million years old. Named 'Nutcracker Man' on account of its powerful jaw, this incredible discovery proved to be an important milestone in the search for human evolution, only being eclipsed when even older finds were later made in Ethiopia and Laetoli. Accompanied by a local guide we visit Olduvai Gorge Visitor Centre and Museum overlooking the gorge itself, to learn something more of this fascinating discovery. Our journey today affords an opportunity to enjoy more game viewing as we depart the Serengeti, and also offers a

Booking a Single Room

All of our tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. On this particular tour we are pleased to be able to offer customers the option of pre-booking a guaranteed single room for each night of the tour.

EXPLORE ACCOMMODATION RATINGS : An important feature of many Explore tours is the wide range of accommodation used, and since the beginning our philosophy has been to select accommodation to suit the itinerary - not the other way round.

To help gauge the comfort level on your chosen tour, we have graded the accommodation standards at all night-stops using the rating guide below. Please keep in mind however that standards can vary from one trip to the next, and occasionally we may need to change a night-stop without advance warning.

Hotels / lodges / guesthouses - or similar

H++ : Comfortable hotels, lodges or guesthouses with twin or single rooms and en suite facilities. With air-conditioning/heating where appropriate and with reliable hot and cold water. Generally good levels of service and often with added amenities such as restaurant, bar, gardens or swimming pool.

H+ : Standard hotels, lodges or guesthouses, usually with twin or single rooms and en suite facilities. These are generally standard, no-frills hotels with adequate amenities and service standards. Whilst comfort levels are perfectly acceptable to most, please don't expect too much! These are often small, family run establishments.

H : Basic hotels, lodges or guesthouses (also village houses, mountain huts, hotels etc often come into this category). Accommodation may be communal or dorm-style, and WC / washing facilities are usually shared. Running hot and cold water may be unreliable or even unavailable. These can be the most rewarding and memorable places to stay, but comfort levels are low.

Camping

C++ : Comfortable, full service camping generally in permanent, fixed camps with walk-in tents, proper beds and often with en-suite facilities and other amenities such as dining area, bar, gardens and a swimming pool. Your bed-linen is provided.

C+ : Standard camping in private or public campsites, usually with WC and washing / showering facilities in a shared ablutions building. Typically in two person tents, and some level of participation is often required. Generally bed linen or sleeping bags are not provided.

C : Basic camping in wild camps where facilities / amenities may be limited or non-existent. Generally there is no running water, and we dig a temporary bush toilet. Two person tents are often used, but occasionally we sleep under the stars. Participation normally required and sleeping bags usually not provided.

Note: other accommodation, for example, aboard boats or on overnight sleeper trains is described individually at the appropriate point in the tour itinerary above.

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chance to view several Maasai settlements along the route. To the south east of Olduvai Gorge lies the huge bowl-like crater of Ngorongoro, a spectacular almost circular depression with a diameter of some 19 kilometres that lies amidst Tanzania's Crater Highlands. Technically classed as a caldera, the crater owes its existence to the violent fracturing of the Rift Valley over a period of some 25 million years. At one time a volcano occupied this spot, until it became extinct and finally collapsed into the empty magma chamber below, leaving only the gigantic natural basin that we see today. This incredible natural amphitheatre presents us with the perfect setting for some remarkable game viewing and an ideal spot from which the sun setting over the African plains. Come prepared for a cold night tonight. **Overnight camp C+ (included meals: B, L, D).**

Day 11. Game viewing in Ngorongoro Crater, then drive to Karatu

This morning we enter the caldera, descending from the upper rim in specially chartered 4WD vehicles in search of big game. As we negotiate the steep track that drops some 600m to the grassy basin below, we enter a setting that provides a rich haven for herbivores and carnivores alike. The open plains thunder beneath the hooves of countless zebra, buffalo and antelope, whilst predators like lion, hyena and cheetah thrive amidst this plentiful open-air buffet, all against a stunning backdrop of dramatic cliffs and lush vegetation that present the perfect photo opportunities. Elephant, black-maned lion, cheetah, buffalo and rhino are in abundance here, whilst the perennial marshes teem with all manner of birdlife, including Egyptian vultures, ostriches, Verreaux's eagles and kori bustards and, during the summer months, the plains echo to the spectacular migrations of millions of wildebeest, zebra and gazelles as they make their way from the Serengeti. After our morning's game drive we depart for our camp at Karatu, set amidst an area of cool verdant hills on the Manyara Escarpment. Once a popular spot for the German settlers and farmers during the country's colonial occupation, this area was once an important coffee growing area and the hills on the approach to the town are still dotted with plantations. Tonight we camp just on the outskirts of the Conservation area, in a region that is home to the Barbaig and Iraqw tribes. **2 nights camp C+ (included meals: B, L, D).**

Day 12. Free Day. Optional 4x4 excursion to Lake Eyasi or local walk to Gibbs Farm

Today you have the option of heading into the

Great Rift valley, driving along dusty tracks to Mangola village at Lake Eyasi, home to one of the 'Datoga' families. They are pastoral like the Maasai and grow crops such as maize and collect honey. The women traditionally tattoo a circle of dots around their eyes, usually when they are teenagers. The Maasai call these people 'Mangati', the 'Feared Ones' though they are actually very friendly and welcoming to visitors. We'll also head out into the bush with our local guide in search of the Hadzabi Bushmen, transient people living in small family groups. The men hunt with bows and arrows, whilst the women will gather roots, berries and honey or beg maize from their neighbours, the Datoga. There are only 1000 or so of these true hunter-gatherers left in East Africa! Alternatively, you may like to take a walk in the local area around Karatu to Gibb's Farm. This is a working farm built in 1929 and located on the forested slopes of the Ngorongoro Conservation Area. This eco-friendly farm grows organic coffee, organic fruit and vegetables, flowers and herbs, has a tree nursery and a working dairy and pig farm. You may choose to take a walk around the gardens and farm, sample the delicious farmhouse cuisine or take afternoon tea. **(Included meals: B, L, D).**

Day 13. AM game drive, then continue to Amboseli National Park

Crossing back into Kenya today our journey takes us via Mto Wa Mbu, Makuyuni, Longido and the border crossing at Namanga. Our destination is the dusty plains of Amboseli National Park, lying beneath the imposing shadow of Mount Kilimanjaro, Africa's tallest mountain at 5895m. Relatively small in the grand scale of African game parks, Amboseli is a mere 392 sq km, but its tiny size provides a rich haven for a staggering diversity of game, with more than 400 types of birds and over 50 species of larger game, including giraffe, cheetah, hyena and an abundance of baboons. It provided an inspiration for Ernest Hemingway's African hunting stories and is also home to native Maasai, affording the park a unique status as one where man and nature co-exist in generally mutual harmony. Much of our driving today will be in the shadow of the spectacular Meru and Kilimanjaro mountains and we will make a short game drive en route to our camp this afternoon, before settling down to another night beneath a dazzling African sky. On a clear day, the backdrop of Mt Kilimanjaro is simply stunning, especially at sunset, when the volcano seems to glow pink in the late afternoon glow. **Overnight camp C+ (Included meals: B, L, D).**

Day 14. AM game drive. Drive to Nairobi via the Athi River

This morning we head out in search of game, particularly the large herd of elephants for which the park is justifiably famous. There are something in the region of 700 here and the sight of large numbers of them on the move is particularly spectacular. Indeed there is something quintessentially African about these magnificent beasts, especially when viewed against the awesome backdrop of Mount Kilimanjaro. There is also the possibility of seeing rare black rhino in the park, and the birdlife is especially abundant, particularly near the swamps and seasonal lakes. Back in 1992 Lake Amboseli had all but dried up, but the return of the rains flooded the lake, along with large areas of the park, and this has seen the return of flamingoes to the region. We plan to explore some of the areas around Enkongo Narok Swamp and if possible stop at Observation Hill for views across to Mount Kilimanjaro's iconic slopes (weather permitting). Then we continue out of the park, heading back towards Namanga and then the Athi River as we make our way towards Kenya's lively and cosmopolitan capital. Nairobi's name comes from the Maasai enkare nyarobe, meaning sweet water and originally it was a watering

hole for the Maasai and their cattle. The city itself began life as a railway camp in 1896, growing steadily in size until, by 1907, it had grown to become a sizeable town, even taking over from Mombasa as the capital of British East Africa and today it is the largest city in East Africa. We aim to arrive in the city sometime in the middle of the afternoon, affording an opportunity to relax and freshen up before our final dinner on this incredible continent.

Overnight hotel H+ (included meals: B, L).

Day 15. Tour ends Nairobi

(Included meals: B).

PERSONAL EXPENSES

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Foreign Exchange

Local Currency: Kenya: Shilling, **Tanzania:** Shilling.

Recommended Currency for Exchange:

You should take the majority of your spending money in US Dollars cash. Please be aware that notes issued pre-2002, or are not the "Big Face" kind, are not normally accepted in East Africa at all.

Where to Exchange: On Arrival. Your Tour leader will advise you.

ATM Availability: Your tour leader will advise you as to the availability of ATMs.

Credit Card Acceptance: Credit cards are generally not accepted and are not recommended and they may attract a surcharge.

Travellers Cheques: Take some travellers cheques as a back up, in case of emergencies, but be aware that they are difficult to exchange outside of Nairobi.

Additional Information: It is prohibited to export Tanzanian shillings.

Up-to-date information re: global exchange rates can be obtained at <https://www.currency-express.com/explore/>

Meal Plan

Local Food and Drink: 14 breakfasts, 13 lunches and 12 dinners are included on this trip; please be prepared to pay for all other meals. Prices quoted are correct as of the date this dossier was originally issued but may change at any time due to currency fluctuations. Please note that costs for drinks and meals can vary depending on location and the prices below are given as an average guide only.

	UK	Kenya/Tanzania
Tea/Coffee	£1.20	0.60
Soft Drink	0.80	0.60
Bottle of Water	0.80	0.60
Bottle of Beer	2.50	1.50
Bottle of Wine	10.00	10.00
2 Course Meal*	10.00	5.00
3 Course Meal*	18.00	10.00

*Cheap local fare in a small cafe or restaurant.

**Typical food in a simple, reasonably comfortable mid-range restaurant.

Tipping

Local Staff: Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff look to members of the group for personal recognition of particular services provided. Accordingly you should allow approx. £30 for gratuities for local staff.

Tour Leader: At your discretion you might also consider tipping your tour leader in appreciation of the efficiency and service you receive.

Other Sightseeing

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on

Serengeti Balloon Safari

During our stay in the Serengeti there is an opportunity to take a once-in-a-lifetime balloon flight over the Serengeti Plains. Flights cost **£305pp (equiv. to US\$499)**, depart each day at dawn and last approx. 1hr. Transport from/to our camp/lodge is included in the price, along with sparkling wine, a full English breakfast in the bush and a flight certificate. For every passenger flown, a royalty is paid to Tanzania National Parks which goes towards conservation funds. For more info. check out website 'www.balloonsafaris.com'. We have held an allocation of balloon 'seats' for each tour departure in an effort to guarantee availability of this very popular excursion, allowing you the chance to pre-book and pay before you leave home.

To book a flight, please advise at time of booking for the best opportunity to secure a flight, stating 'Serengeti Balloon Safari' and add the price of **£305pp**. Our standard deposit/booking conditions apply. Please note that if your flight is cancelled by the balloon operator due to poor weather conditions, then your money will be refunded in full.



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the number of participants. Prices quoted are correct as of the date this dossier was originally issued but may change at any time due to currency fluctuations.

LAKE NAIVASHA Visit to Elsamere with high tea \$10, Lake Naivasha boat trip \$15.

MAASAI MARA Village walk \$10

SERENGETI NP Balloon flight \$499.

LAKE EYASI Search for the Hadzabi Bushmen \$40-60 depending on numbers.

KARATU Walk to Gibbs Farm \$10.

PRACTICAL INFORMATION

Seasonal Climate

Kenya: Although Kenya lies astride the equator; annual rainfall over most of the country is surprisingly low and varies from year to year. Temperatures over much of Kenya are subtropical or temperate, similar to those in California or southern France in summer.

Tanzania: The climate is tropical in Tanzania, but varies greatly with altitude. Coastal areas are hot and humid, and the central plateau dry and arid. Broadly speaking the long rains arrive April/May and the short rains November to early December. However, this pattern has been known to be completely erratic in the past. It is cold at night on the Ngorongoro Crater Rim.

Additional information and climate charts can be accessed at <http://www.explore.co.uk/> weather. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Visa Requirements

Kenya: UK, AUS, NZ, USA and CAN citizens require a single entry visa. This visa will be valid for re-entry into Kenya from Tanzania if re-entry takes place within 30 days of the original entry date.

Tanzania: UK, AUS, NZ, USA and CAN citizens require an entry visa.

The Tanzanian government says that all travellers to the country require a visa, but visas can be obtained on arrival. Explore however recommends you acquire your visa before departure and we would recommend that all visas applied for in the UK are processed through Explore's recommended visa service, Visa Swift.

Other nationalities should consult the relevant consulate.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

Vaccinations & Protection

We strongly recommend protection against malaria, hepatitis A, tetanus, typhoid, polio and yellow fever. Please note you may be required to produce a valid yellow fever certificate on arrival in Tanzania. This includes travellers coming from Europe via, or transiting through, an endemic country including the airports of Nairobi (Kenya) and Addis Ababa (Ethiopia). Consult your travel clinic for latest advice on different prophylaxis available against malaria. Travellers may also wish to take immunisation against meningococcal meningitis. **Following the advice given by the Government's Foreign and Commonwealth Office, we strongly recommend the wearing of long sleeved shirts and the liberal application of insect repellent as a precautionary measure to**

avoid being bitten by mosquitoes. These precautions should be taken at all times as the mosquitoes are also active during daylight hours.

Special Note: Visa and vaccination requirements are subject to change and should be confirmed before departure.

The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Electric Supply and Plugs

For comprehensive information regarding voltages and plug types in use in the countries visited, follow the relevant link at <http://www.explore.co.uk/Traveladvice/>

Insurance

Travel insurance is compulsory for all bookings. You must take your policy document with you on tour, as your tour leader will ask to see this at the start of the trip. Your documentation must state in writing that you are the named policyholder and that the cover is valid for your period of travel. Your policy document must also indicate that you have medical expenses and emergency repatriation cover and a 24-hour contact telephone number for your Insurance Company must be shown on your documentation in case of emergency. **If you are unable to provide all this information at the start of the trip you will not be allowed to join the trip.** If you have purchased Explore Insurance you should carry the Master Certificate leaflet with you, which outlines the conditions of the policy together with a copy of your Confirmation Invoice, which is your proof of purchase of insurance. Explore Worldwide are an Appointed Representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority.

Know Before You Go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination including safety and security, local laws and customs, entry requirements and health. For UK Foreign and Commonwealth Office Advice follow the link at <http://www.explore.co.uk/Traveladvice/>

PACKING FOR YOUR TRIP

A complete list of clothing and personal gear is contained in Explore's '**General Information Booklet**', available only after a booking has been accepted. Here we make a few specific recommendations with regard to your tour.

Luggage: One main piece of baggage (a kitbag or soft holdall) plus daysac. Total allowance: **33lbs/15kgs maximum** (due to size & weight restrictions on our truck). Please note that it is important to keep within these restrictions. The limit does not include your camera equipment.

Clothing: Pack as for '**All Tours**' plus '**Hot Conditions**'. Clothing should be lightweight, however, a warm sweater, a fleece and a wind/water-proof jacket are also advisable for early morning game drives and a night at Ngorongoro Crater. A scarf is recommended as protection against dust and dirt on game drives. A waterproof is advisable for any time of year.

Footwear: Light walking boots/comfortable walking shoes, trainers and sandals.

Equipment: 3-season (temperature -5°C to 0°C) sleeping bag plus a sleeping sheet. Although mattresses are provided, you may bring your own if you wish. Also a head torch, water bottle, sunhat, high factor sunscreen and baby wipes are recommended. Binoculars are useful as is a telephoto lens. Sleeping mats and eating utensils are provided and tents have sewn-in insect screening so mosquito nets are not required.

Trek Kit Bag: For an exclusively designed Explore Trek Bag, follow the relevant link at www.nomadtravel.co.uk/explore

Personal First Aid Kit: For an exclusively designed Explore Medical Kit, visit www.nomadtravel.co.uk/explore

Need help on clothing or equipment?

Then we suggest you contact Nomad Travel, our equipment partner, who specialise in kitting people out for adventurous travel. You receive a special 10% discount in-store or online. Visit one of their stores, phone 0845 260 0044, or visit their website www.nomadtravel.co.uk/explore for further information.

GENERAL INFORMATION

Area:

Kenya: 583,000 sq km.

Tanzania: 945,000 sq km.

Population:

Kenya: 32 million.

Tanzania: 33 million.

Language: Swahili, English and indigenous languages.

Religion:

Kenya: 35% Protestant, 30% Roman Catholic, 30% Muslim, 5% Animist.

Tanzania: Christian, Muslim and Indigenous beliefs.

Local Time: GMT +3.

Electric Supply & Plugs: 230v AC 50 Hz.

Recommended Books: Karen Blixen: Out of Africa, Michael Hood: East Africa Footprint Guide, Richard D Estes: Safari Companion, Joy Adamson: Born Free, Lonely Planet guides to Kenya and Tanzania.

Friends of Conservation

Friends of Conservation was founded in 1982 to prevent degradation of the Masai Mara. It now runs conservation projects worldwide and is committed to working with local people to promote a balance between their needs and those of the wildlife with which they share their natural habitat.

FOC has an extensive programme in the Masai Mara; training local Community Wildlife Scouts and working with school children, as well as supporting reforestation, alternative livelihoods and environmentally friendly fuel for local people.

www.foc-uk.com

To book please call 0844 499 0901 • www.explore.co.uk

For bookings outside the UK please contact your local travel agent representing Explore.

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