

# EXPLORE!

## TRIP NOTES



### Comfort Itinerary Version (TMTA3)

TRIPDURATION  
**9**  
DAYS



**Tour Type:** Tailormade

**Trip Code:** TMTA3

#### Trip Highlights - Comfort Itinerary Version

- ✓ ✓ Venture to southern Tanzania - rugged, beautiful and little-visited
- ✓ Visit Selous Game Reserve, a World Heritage Site and one of the largest wildlife reserves in the world
- ✓ Explore Ruaha - a more private safari experience - and haven for elephants and lions
- ✓ Relax on a tropical island on idyllic beaches, and snorkel, swim and kayak in the Indian Ocean
- ✓ Stay in fantastically-located safari accommodation with wonderful views and outside areas for enjoying the sounds of the African bush

#### Trip Essentials

**Accommodation:** 4 nights Comfortable Lodge

**Included Meals:** 8 breakfasts, 7 lunches, 7 dinners

**Transport:**

**Countries:** Tanzania

# Tailormade Tanzania's Remote South and Tropical Islands

## Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

## Your trip itinerary

### Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

### Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

## DAY 1 Fly to Tanzania


Depart the UK on your flight to Tanzania.



 **Included Meals:** None


## DAY 2 Fly to the Selous Game Reserve

On arrival in Dar es Salaam, Tanzania's largest city, you'll head straight out again on a light aircraft to the Selous Game Reserve. Named after the explorer and hunter Frederick Courtney Selous, the Selous is the largest game reserve in Africa and incredibly is almost the size of Switzerland. Located in the south-east of Tanzania the grassy plains, forests and open woodlands are home to the endangered African wild dog, buffalo, lion, leopard, impala, kudu, eland, zebra and over 50% of Tanzania's elephant population. At the heart of the reserve the Rufiji River cuts through the landscape, creating lakes and swamplands, home to some astounding birdlife including pelicans, storks, waders, kingfishers, eagles, ibises, vultures and much more. Depending on the time of your arrival you may have the opportunity to go on an afternoon game drive.

 **Included Meals:** Breakfast, Lunch, Dinner


## DAY 3 Safari in the Selous Game Reserve

The Selous is one of the largest undisturbed wilderness areas in Africa and one of the largest wildlife reserves in the world; as such the Selous earned its UNESCO World Heritage Site status in 1982. There are a variety of activities available from your camp, this morning why not head out on a game drive with your expert guide who will help you spot African wild dog, buffalo, giraffe, eland, hyena, sable, hippo, crocodile, kudu, baboon, wildebeest, zebra, impala and hartebeest, the park is also home to over 450 species of bird.

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 4 Walking safari and boat safari on the Rufiji River


Exploring the Selous is exciting however you choose to do it - on foot, in a jeep or from a boat! Venture out on foot early in the morning before the temperatures rise and your safari guide will help you spot smaller wildlife, such as the "Little Five" - elephant shrew, buffalo weaver, leopard tortoise, ant lion and rhino beetle. Look for footprints, insects, birdlife and flora and fauna that may be missed while in a safari truck. Much of the game viewing in the reserve is concentrated in and around the great Rufiji River which attracts a great variety of wildlife activity. This afternoon, head out on a boat safari along the river. You may see pods of hippos, while crocodiles bask on the banks enjoying the golden light of the late afternoon and watch the flame red sunset over the doum palms.

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 5 Depart the Selous for Lazy Lagoon

Today you leave the beauty of the game reserve behind and fly to Lazy Lagoon mainland. From here you'll transfer by boat across the water to Lazy Lagoon Island, your idyllic beach resort for the next four nights.


Overnight: **Comfortable Lodge**

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 6 Free day on the beach

Lazy Lagoon is a remote island of white sand beaches stretching along a thin strip of land, 70km north of Dar es Salaam on the Indian Ocean coastline. A remote beach destination, it is off the beaten track and therefore quiet and relaxing - the perfect end to a busy safari holiday. Visitors can swim and snorkel or simply relax and enjoy the peace.

Overnight: **Comfortable Lodge**

 **Included Meals:** Breakfast, Lunch, Dinner


## DAY 7 Optional trip to Bagamoyo

Today has been left free for you to relax or explore at your leisure. Perhaps you could take an optional excursion to Bagamoyo on the mainland, the oldest town in Tanzania. Bagamoyo's history has been influenced by Arab and Indian traders, the German colonial government and Christian missionaries and was the major slave trading post in East Africa. Bagamoyo, which means 'lay down your heart' in Swahili, was probably given this name because it was the last place the slaves would stay in Tanzania before being shipped off to foreign lands. Although the slave trade officially ended in 1873, slaves continued to be sold and traded in Bagamoyo through the end of the 19th century. The Holy Ghost fathers established their first mission station in Bagamoyo in 1868, and it was in its chapel that Dr. Livingstone's body was brought from the interior and kept before being shipped back to Europe. Remains of German's colonial buildings as well as those of Arabs are the main attractions in Bagamoyo.

Overnight: **Comfortable Lodge**

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 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 8 Free day for water sports

Your final day on the island can be spent exploring the surrounding sea; you can snorkel from the shore or take a dhow boat trip (optional) further out to sea, underwater you'll see colourful fish, coral and, at low tide, starfish. You can also explore the coastline from a kayak where mangrove forests and the island's interior are home to bush babies, suni antelope, duiker and bush pig.

Overnight: **Comfortable Lodge**

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 9 Depart Tanzania

Today you depart Lazy Lagoon Island, taking a boat back to the mainland; you'll then transfer by road to Dar es Salaam in time for your flight home.

 **Included Meals:** Breakfast

## Accommodation and Meals

### Food & Drink

Included meals: 8 breakfasts, 7 lunches, 7 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

## Budgeting for your Trip

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

### Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

#### Tanzania

**Lunch £:** 6.00 - 10.00

**Dinner £:** 13.00

### Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

#### Tanzania

**Bottle of Beer £:** 1.60

**Water £:** 0.70

## Foreign Exchange

#### Tanzania

**ATM Availability:** Major towns and cities will have ATMs available.

**Credit Card Acceptance:** Credit cards are generally not accepted.

**Travellers Cheques:** Take some to act as reserve funds.

**Local Currency:** Tanzanian Shilling.

**Recommended Currency for Exchange:** US Dollars are preferable. Please be aware that any notes issued before 2006 will not be accepted

**Where to Exchange:** Banks or 'Forex' offices only in main towns/cities. Your Tour Leader will advise you on arrival.

## Joining your Trip

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Important Information

### Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

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Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers [www.campbellirvinedirect.com/Explore](http://www.campbellirvinedirect.com/Explore) who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

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### Travel Aware

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

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We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting [cr@explore.co.uk](mailto:cr@explore.co.uk) or 01252 379438.

## Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## Vaccinations & Protection

### Tanzania

We strongly recommend protection against malaria, hepatitis A, tetanus, typhoid, polio and yellow fever. Please note you are required to produce a valid yellow fever certificate on arrival in Tanzania if you have spent 10 hours or more transiting through an endemic country. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Travellers may also wish to take immunisation against meningococcal meningitis. 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. Visa and vaccination requirements are subject to change and should be confirmed before departure

## Preparing for your Trip

### Climate

#### Tanzania

The climate is tropical but varies greatly with altitude. Coastal areas are hot and humid, the central plateau dry and arid. It can be cold at night, particularly in June & July and at altitude. Generally the long rains arrive April/May and the short rains Nov/early Dec. Although this pattern can be completely erratic. 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.

Luggage allowance on trip:

Unfortunately it does occasionally happen that luggage does not always reach its destination on the same flight as its owner, or possibly it may be damaged in transit. If you are unlucky enough for this to occur, it is important that you file a PIR (Property Irregularity Report) with the airline before leaving the airport. This is essential when you come to make a claim either against the airline or from your travel insurance company

## General Information

### Country details

#### Tanzania

**Population:** 43,739,000

**Size of Country:** 945,203 sq km

**Major Language:** Swahili, English

**Religion:** Christian, Muslim

**Time Difference to GMT:** +3

### Electric Supply & Plugs

#### Tanzania

3 Pin Flat

## Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic



local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to - and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

### Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

### Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

## Booking Your Holiday

### Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

### Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

### 100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

### Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 3 itinerary versions are applicable to tours departing in 3. 4/ itinerary versions are applicable to tours departing from 1st January to 31st December 4.

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