

Cape & Dunes Southbound: Desert Camping & Safari Drives - DNDO

14 days: Windhoek to Cape Town

What's Included

- Your G for Good Moment: Penduka Village Restaurant & Shop, Windhoek
- Your G for Good Moment: !Khwa ttu San Culture and Education Centre, Yzerfontein
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Waterberg Plateau visit
- Etosha National Park entrance with wildlife safari drives
- Entrance to Sossusvlei Dunes, Fish River Canyon, and Spitzkoppe
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2020 and onwards

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 Windhoek

Arrive at any time.

Tonight, get to know your group on a night out together in Windhoek. Choose to venture to your CEO's favourite local spot, enjoy dinner with everyone, and experience the unique atmosphere and community vibe of Windhoek. As you sip on a cold drink you'll meet strangers who share your love of stories, exploration, and living life to the fullest as you prepare for your greatest adventure yet!

Please make sure you have all of the necessary visas for this tour by the time of the welcome meeting. It is very important to read the visa section in our trip details to make sure you know which visas you will need, if any. Please note that not all nationalities are able to obtain a visa on arrival at the border.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Your First Night Out Moment: Connect With New Friends

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Accommodation

Urban Camp (or similar)

Campground

Day 2 Windhoek/Waterberg Plateau

Hit the road in style in the Lando as the group travels to the G Adventures-supported Penduka Village Restaurant & Shop, just outside of Windhoek. There you will pick up your tasty packed lunch before continuing on to Waterberg Plateau.

You'll be itching to stretch those legs so hit the trails in this gorgeous national park searching for secret plunge pools and wildlife such as buffalo, and giraffe along the way. Or if you are looking to relax chill out by the pool of the group campsite.

Lando

Windhoek - Waterberg Plateau 4h-5h 305km

Climb aboard our custom built ride overlanding G-style!

Your G for Good Moment: Penduka Village Restaurant & Shop

Penduka works with women from the Katutura township, and surrounding rural communities, by helping them develop livelihoods through working in their handicraft workshops and cafe. Penduka trains and employs women disadvantaged through poverty, disability, ill-health, or lack of education, empowering them to develop skills in textiles, beading and pottery. Pick up a fresh-packed lunch at the cafe to help support the centre before touring the facilities and purchasing some of these crafts.

Free Time

Waterberg Plateau Afternoon

Free time to relax, take a hike, or opt for a wildlife safari drive.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Waterberg Campsite (or similar)

Campground

Day 3 Waterberg Plateau/Etосha National Park

"Lions and elephants, and springboks... oh my!" Get ready to spot some wildlife as your group enjoys a short safari drive in Etosha National Park in the Lando as your head towards camp. Don't worry even if you have had a taste of African wildlife before visiting Namibia you are still likely to become mesmerized here. So have those cameras at the ready because you never know when you might need to snap a photo!

Tonight, rest up for the day ahead, explore the campgrounds, write in your travel journal, or take a dip in the pool.

Lando

Waterberg Plateau - Etosha National Park 4h-5h 300km

Climb aboard our custom built ride overlanding G-style!

Etosha National Park Wildlife Safari Drive (Lando)

Etosha National Park

Set off into the wilds of Etosha National Park in search of a wide variety of wildlife. More than 100 species of mammals call Etosha home, including lions, rhinos, elephants, giraffes, blue wildebeest, springbok, zebra, and hyenas. As for birds, the salt pan attracts pelicans, flamingos, and many other winged wonders. Bring your camera and go wild!

Optional Activities - Day 3

Etosha Open Vehicle Wildlife Safari Night Drive

Etosha National Park

750NAD per person

Set off in an open 4x4 safari vehicle with a naturalist guide in search of the stunning wildlife in the park at. Wildlife often come to the many watering holes to drink, so keep your eyes peeled for many animals on the move.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Etosha NP Okaukuejo Restcamp (or similar)

Campground

Day 4 Etosha National Park

It's time to adventure in 3... 2... 1!

Today, your group will embark on a full-day wildlife safari drive in Etosha NP. It's crazy the amount of animal species that occupy this smaller protected area (more than 100 different mammals call Etosha home). Try not to let your attention wander as you move further and further into the wild lands of Etosha. Play some eye-spy with your travel buddies and go crazy with those cameras because we can't wait to see what you experience!

The coolest thing about this national park is that because of its size and the large amount of animals within it's almost as if the wildlife comes directly to you; especially during the dry season (May through October) when the animals all gather around the waterholes creating some of the densest wildlife viewing opportunities in the world.

Lando

Etosha National Park

Climb aboard our custom built ride overlanding G-style!

Etosha National Park Wildlife Safari Drive (Lando)

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Optional Activities - Day 4

Etosha Open Vehicle Wildlife Safari Drive

Etosha National Park

660NAD per person

Set off in an open 4x4 safari vehicle with a naturalist guide in search of the stunning wildlife in the park. Wildlife often come to the many watering holes to drink, so keep your eyes peeled for many animals on the move.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Etosha NP Okaukuejo Restcamp (or similar)

Campground

Day 5 Etosha National Park/Spitzkoppe

We get it you may not want to leave Etosha and the paradise you found there, but there's still some pretty amazing things to see on this trip so let's keep moving. Today, you will travel south with your group to enjoy the rocky peaks of Spitzkoppe.

What is Spitzkoppe you ask? Great question! It's been dubbed the "Matterhorn" of Namibia, but basically if you are the type of person who loves epic climbing, hiking, camping, stargazing, sunrises, and sunsets then Spitzkoppe will have a very special place in your heart.

Once the Lando comes to a stop the day is yours to explore as you will. This mountaineering paradise will have you breaking out of your comfort zones in no time. Scramble up rock faces to get that perfect view, take selfies under the natural rock arch, get some artsy photos as the sun sets, and after cooking up some grub around the campfire get ready to see the milky way light up the night sky.

Explore on your own by foot, and be sure to check out the night sky—it's great for star-gazing!

Our basic bush camp will have long-drop toilets and no running water.

Lando

Etosha National Park - Spitzkoppe 7h-8h 435km

Climb aboard our custom built ride overlanding G-style!

Meals included: Breakfast | Lunch | Dinner

Accommodation

Spitzkoppe Camp (or similar)

Campground

Day 6 Spitzkoppe/Swakopmund

Wake up and feel like you crash landed on Mars. Gaze in wonder at this wild landscape and let peace wash over you (trust us you're going to need it) before the group travels through the coastal region of Namibia to the adrenaline capital of Swakopmund.

Sandwiched between the Atlantic Ocean and the mighty Namib desert this coastal city has strong German heritage which is reflected in the architecture around town. The group will spend two nights in Swakopmund so fear not you have time for all of the things you may want to try.

Lando

Spitzkoppe – Swakopmund 7h30m 425km

Climb aboard our custom built ride overlanding G-style!

Meals included: Breakfast | Lunch

Accommodation

Amanpuri Backpackers (or similar)

Hostel

Day 7 Swakopmund

The day is yours! Grab some friends or set off alone and conquer this outdoor lovers paradise. From skydiving to sandboarding there's no shortage of activities to try. Flip a coin to see which will be your fate or even better try them all (we have our eyes set on the Skeleton Coast scenic flight)!

You can pre-book your sky dive on the checkout page, or through your Global Connection Officer or travel agent.

Please note that there are no remaining departures for Swakopmund Skydiving in December 2019.

Free Time

Swakopmund

Enjoy a free day in Namibia's adventure capital.

Optional Activities - Day 7

Sandboarding in the Namib Desert

Swakopmund

700NAD per person

Head out into the desert, grab a board, and surf the sand dunes. Choose to lie down headfirst, or stand up, surfer-style.

Swakopmund Guided Cultural Tour

Swakopmund

550NAD per person

Explore the back streets and local culture on a guided interpretive walk.

Learn about the history of Swakopmund, its housing and other various topics to get a better understanding of local life. Visit a woman from the Herero ethnic group and also a Nama Medicine Woman, who will host a 'click' lesson in the local Damara language. Finish at a local pub called a 'shebeen' with the opportunity to try the local bush delicacy of Mopani worms and a drink.

Skeleton Coast Scenic Flight

Swakopmund

4800NAD per person

Take in amazing views of bird life, shipwrecks, and one of the largest seal colonies in the world over the northern coastline. On the way back, see Namibia's highest mountain, Damaraland, and the picturesque Spitzkoppe rock formations from above.

Swakopmund Skydiving - Ground Rush Adventures

Swakopmund 3h-4h

Buckle up your harness, practice your exit, then take a plane up and over the dunes of the Namib Desert. Take a deep breath, leap out and freefall with an instructor before he opens the parachute. Admire the view over the dunes as you descend and land safely back on the ground. Wow!

Accommodation

Amanpuri Backpackers (or similar)

Hostel

Day 8 Swakopmund/Namib Desert

Bid farewell to lovely Swakopmund and zoom off in the Lando to the oldest desert in the world. Write, vlog, reflect, nap, and laugh together as the group travels further south to where you will be camping on the edge of the Namib Desert. Once there, set up camp, take in the vastness of your surroundings and choose to walk with a local expert who will tell you stories of the desert and its mysteries. Fall asleep under a blanket of stars and feel the eerie calm of this place.

Lando

Swakopmund – Namib Desert 7h30m 300km

Climb aboard our custom built ride overlanding G-style!

Meals included: Breakfast | Lunch | Dinner

Accommodation

Sossus On Foot Bushman's Desert Camp (or similar)

Campground

Day 9 Namib Desert

Embrace the bizarreness of this environment by really taking the time to explore it. Wander through the stunning rock formations of the Sesriem Canyon and learn how it got its name. Visit the canyon early for mild temperatures and try to discover some of the pools of water that allow animals to survive in this harsh climate. Marvel at light bouncing off the canyon walls and let yourself feel small.

After this taste of exploration you will probably want to continue so choose to embark on the Sossuvlei Desert Walk to visit a clay pan enclosed by the world's largest sand dunes and conquer climbing up the breathtaking (literally) Dune 45.

Return to your campsite and gather round for some dinner on the braai before falling asleep with the shadow of the mountains as your view in the distance.

Lando

Namib Desert 5h

Distance excludes drive to Sossuvlei.

Sesriem Canyon Visit

Namib Desert

Enjoy a short stop at Sesriem Canyon, a small canyon typical of the area. The Tsauchab River flows through the canyon every five to ten years, and this creates the nearby salt and clay pan of Sossusvlei.

Dune 45 Visit

Dune 45

Set off for a climb of the mighty Dune 45. Look out and view the surrounding desert displaying its amazing orange and yellow hues. Magic!

Optional Activities - Day 9

Namib Desert Walk

Namib Desert 2h-3h

320NAD per person

Enjoy a walk amongst the dunes, learning about the surrounding Namib Desert as well as the survival strategies of Bushmen who live in the area.

Sossusvlei Desert Walk

Sossusvlei

180NAD per person

Visit Sossusvlei, a clay pan enclosed by the world's largest sand dunes and enclosing ancient dead trees.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Sossus Oasis Camp (or similar)

Campground

Day 10 Namib Desert/Fish River Canyon

While the group has a lot of ground to cover today don't let that daunt you. You have been so on the go lately you won't mind the rest of a long drive (besides, by now you probably have loads to talk about with everyone).

The next stop is Fish River Canyon, the largest canyon in Africa, and arguably the second largest in the world. Hop off the Lando, do some stretches, take in the majestic beauty of the canyon, and together watch as the vibrant sunset slips over the canyon's rim. Then it's on to camp to enjoy each other's company on a night around the fire.

Lando

Namib Desert - Fish River Canyon 9h-10h 560km

Duration includes canyon visit, excludes dune 45 sunrise.

Fish River Canyon Visit at Sunset

Fish River Canyon

Visit Fish River Canyon, the largest canyon in Africa and, arguably, the second largest in the world. Watch as a stunning sunset slips over the canyon's rim in the early evening. We will only have access to the rim, but the views are spectacular.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Hobas Lodge - Campsite (or similar)

Campground

Day 11 Fish River Canyon/Orange River

It's time to cross another country off those travel lists as the group heads into South Africa! You will be camping at the scenic Orange River for the night where you can kick back, relax, reflect on how epic this trip has been, and enjoy a late afternoon swim in the river.

If you are still in need of some activity choose to book a canoe excursion on the river. Other than that your job today is to enjoy yourself and have a relaxing time.

Border Crossing (Namibia - South Africa)

Noordoewer – Vioolsdrift

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Lando

Fish River Canyon – Orange River 5h180km

Climb aboard our custom built ride overlanding G-style!

Optional Activities - Day 11

Swimming

Grab your bathing suit and go for a refreshing swim.

Canoeing on Orange River

Orange River 2h-3h

400ZAR per person

Grab a paddle and hop in a canoe. Be sure to wave at the locals from Namibia and South Africa on either side of the river.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Fiddlers Creek Rest Camp (or similar)

Campground

Day 12 Orange River/Cederberg

Yes, we know you could stay at the oasis of Orange River for much longer than one night, but this group has things to do and places to see so get a move on further south past large plantations of rooibos tea viewing the dramatic Western Cape scenery as you go.

You'll be stopping for the night amidst the Cederberg mountains, where you can enjoy wine tasting, relaxing by the pool, and a camp fire.

Lando

Orange River – Cederberg 6h30m390km

Climb aboard our custom built ride overlanding G-style!

Optional Activities - Day 12

Wine Tasting

Cederberg

140ZAR per person

Visit a wine cellar cooperative to taste a selection of local wines. Enjoy the experience while looking out over a beautiful view of South African winelands.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Highlanders Campsite (or similar)

Campground

Day 13 Cederberg/Cape Town

It's the group's last travel day so have some fun! Watch as the Cederberg Mountains fade into the distance on the way to the cosmopolitan city of Cape Town. Along the way you will be stopping at the G Adventures-supported !Kwa ttu San Culture and Education Centre where you will learn about the history and culture of the ancient Sans people and be able to directly help this centre preserve that heritage.

Then enjoy the beautiful views of Table Mountain as you arrive into vibrant Cape Town. And hey a little party never hurt anyone so why not choose to head out for a final night of good times with your G travel family?

Please note that we arrive in Cape Town in the early afternoon, you might not have time to participate in lengthy activities or see many sights. If you would like to see or do anything, we recommend booking an extra night or two before your return flight home.

Lando

Cederberg – Cape Town 5h300km

Climb aboard our custom built ride overlanding G-style!

Your G for Good Moment: !Kwa ttu San Culture and Education Centre

The San people of Southern Africa have historically faced centuries of political and cultural oppression. The !Kwa ttu San Culture and Education Centre provides tailor-made training for young San women and men of Southern Africa. Travellers learn about San culture and history at the interpretive museum. Visits help trainees gain experience with international clients while garnering support for the centre's efforts to preserve San culture and history.

Meals included: Breakfast | Lunch

Accommodation

Never at Home (or similar)

Hostel

Day 14 Cape Town

Depart at any time.

But why would you want to right? If you aren't ready to go home just yet that's totally fine, simply talk with your CEO about extending your adventure and get to know more of South Africa or beyond!

We highly recommend booking an extra night in Cape Town to explore all that this area has to offer.

If you book any optional activities on the final day of your itinerary please contact your sales agent to see if booking a post-night is necessary to participate in the activity.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

Optional Activities - Day 14

Two Oceans Aquarium

Cape Town 1h-2h

220ZAR per person

Stay dry while exploring the incredible diversity of marine life that dwells in and around the Indian and Atlantic Oceans. Please note this activity is self-guided.

Tandem Paragliding

Cape Town

1500ZAR per person

Glide over Cape Town, hovering over city life and taking in views of Table Mountain. Tandem flights are available to those who have never glided.

Cape Point & Boulders Beach Tour

Cape Town

1100ZAR per person

Travel to Cape Point to enjoy a stunning vista and visit the penguins at Boulders Beach (optional). Visit the entrance to the Cape of Good Hope, a rocky headland along the coast of the Cape peninsula. Stop for lunch in Kalkbay and enjoy the scenery. Cape Point National Park is filled with varied wildlife. Many different kinds of birdlife, from sea birds to giant raptors wheeling overhead, can be easily seen. In the summer months (November-February) keep an eye out for southern right whales out to sea.

Sandboarding in the Atlantis Dunes

Cape Town

900ZAR per person

Take this half day trip and venture into the Atlantis Dunes on the west coast of South Africa. Marvel at the beauty of the white sand as far as the eye can see. Grab a board and try your hand at boarding down dunes of different sizes. Open to both beginners and experienced sandboarders.

Table Mountain Abseiling

Cape Town

1350ZAR per person

Step off the edge of Table Mountain and abseil over incredible views of Camps Bay Beach and the deep blue Atlantic Ocean 1000m below you. No transport included (self drive).

Wine Tour and Tasting

Cape Town 9h-10h

1295ZAR per person

Take a day trip into the wine lands of South Africa with an expert guide. Visit iconic estates and lesser-visited farms only known to locals in the Stellenbosch area. Indulge in tastings and pairings with cheeses, chocolate, and local delicacies such as Biltong (salted meat). Walk through vineyards and cellars for an all encompassing look at wine production, and learn about the history of this region. Gesondheid!

PLEASE NOTE that if this activity is listed on the first or last day of the itinerary you will need to book a pre-night or post-night with a sales representative as the wine tour begins at 8 am.

Table Mountain Cable Car

Table Mountain 1h-2h

300-390ZAR per person

Take the five-minute cable car trip to the top of Table Mountain, 1,085m (3,562ft) above Cape Town, and explore the summit. This is a great spot to sit and soak up the commanding 360-degree views of Cape Town, Table Bay, the peaks of surrounding mountains, and the rest of Table Mountain National Park. The operation of the cable car is weather dependent. This activity is self-guided.

Please note that the cable car is closed every year for a 2 week period between July and August for annual maintenance.

Table Mountain Hike

Table Mountain 2h-4h 4-6km

720-1700ZAR per person

Hike up one of the world's most recognizable mountains, Table Mountain. Rise early to meet your guide for a transfer to the start of the hike. Wind your way up the mountain, stopping regularly to take in the surrounding views of the city, Atlantic coast, and Table Bay. Take note of the changing vegetation on the mountain - a highlight of this trek. Once reaching the summit there are stunning panoramic views. Make your way down to the base of the mountain via the cable way.

Ascent: 700m (2,297 ft)

Meals included: Breakfast

What's Included

Your G for Good Moment: Penduka Village Restaurant & Shop, Windhoek

Your G for Good Moment: !Kha ttu San Culture and Education Centre, Yzerfontein

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your First Night Out Moment: Connect With New Friends. Waterberg Plateau visit. Etosha National Park entrance with wildlife safari drives. Entrance to Sossusvlei Dunes, Fish River Canyon, and Spitzkoppe. All transport between destinations and to/from included activities.

Highlights

Search for the Big Five in Etosha National Park, get the adrenaline pumping with adventure activities in Swakopmund, tackle the world's largest sand dunes, appreciate beauty in the Fish River Canyon, get cultured in Cape Town

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes

2. This is not a physically demanding journey; however, travelling can be difficult, with long drives and poor road conditions at times. Despite this, most clients feel that the diversity of the African landscape, countries, culture and wildlife are all well worth the experience. We use a comfortable and safe customized safari truck for the long drives.

3. It may be required to show a Yellow Fever certificate if you are traveling to South Africa from a Yellow Fever endemic country. SOUTH Africa is to enforce new rules requiring proof of Yellow Fever vaccination for all travelers - even in airport transit - who have been in Zambia or other countries where the disease is endemic. The stricter guidelines, effective 01 Oct 2011, will see pax without an international Yellow Fever certificate refused entry.

As of January 26th 2011 the Director General of the Zanzibar Commission for Tourism declared a valid Yellow Fever Certificate is required at all points of entry into Zanzibar. This includes the airport, seaport and other points of entry. Failure to provide the correct certification may result in an on the spot vaccination or \$50 fine. Please check with your health expert for advice on Yellow Fever and other inoculations required for this area.

4. An essential part of your safari is participation. The group is usually divided into small groups and given different tasks which change on a day to day basis, from kitchen duty group (helping in prepare meals and clean up afterwards), the packing group (sets up all tables and chairs outside) and the cleaning group (which cleans the truck by emptying the rubbish bin and brooming). It is all part of your adventure and when everyone puts in a little effort the trip will run smoothly. Your CEOs will do all the meal preparation, but we do ask the clients to help with the washing up. Team spirit is part of the fun! All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply dome tents and assembly/disassembly takes only 5 minutes. All tents have built-in insect nets. Mattresses are also available, which are approximately 4cm thick, warm and comfortable.

5. Sleeping bags can not be rented on any of our Africa overland or safari

6. **LUGGAGE COMPLICATIONS:** It occasionally happens that luggage on international flights into Cape Town, Livingstone or Johannesburg does not arrive. Please be aware that this may happen, especially if you have a tight connection in either of these centres, are flying with different airlines with a connection, have a last minute flight change or re-route, or fly from or connect through another African centre. Please be prepared and keep all important documentation and valuables on your person. As well we recommend a change of clothes in your hand luggage. If unfortunately this does happen, and your luggage does not arrive, you should be entitled to a limited initial compensation from your airline. In Southern Africa, the arrival of lost luggage normally takes between 10 and 48 hours after the initial plane's arrival. The airlines technically should be responsible to forward your luggage to you, to your hotel or elsewhere in Southern Africa. You may find that your tour will begin, and you still have not received your luggage. When reporting your missing bag at the airport please provide the airline with the emergency telephone number of our local office in South Africa (+27 71 470 6928). Please do not give out any address (starting point hotel) as on most trips we do not stay long enough for the bag to arrive, the airline should phone our local office to arrange the delivery address. It is recommended that you purchase locally a few needed items, begin your tour. Your CEO or local representative will be able to help you organize this, and once your luggage is retrieved, it should be able to be forwarded to you - depending where you are. Please note that any costs that you may incur for luggage retrieval or sending luggage are not the responsibility of G Adventures, though we will always strive to assist you in any way possible. Please make sure to hand in the reference number of the bag and your flight details to your CEO in order to help with the tracing of the bag. You should always keep all receipts and documentation, and contact your airline or insurance provider for reimbursement.

7. Your CEO aims to provide you with the best service possible during your tour. They will be joining you in the back of the truck for a maximum of approximately 50% during driving, to answer questions and provide more information about the areas that you visit. They will spend the remainder of the driving time in front with the driver to enable them to make bookings, do planning and to fulfil other organizational requirements of the tour. During wildlife safari drives, your CEO will ensure to accompany you in the passenger area of the truck. This is of course because they have a lot of knowledge to share with you during these exciting wildlife safari drives. Please do not hesitate to ask your CEO any questions.

8. Please note that on all our Overland adventure vehicle (OAV) safaris there is a maximum of 22 people per vehicle.

9. VISAS. Please read the Visa section very carefully. Visas are your own responsibility. Always double check with the embassies what each countries requirement are.

10. Water-wise tips when visiting Cape Town:

Cape Town is currently experiencing one of the worst droughts it has seen in over 100 years, and while we want you to have the best time possible while there, here are some tips to help reduce your water usage:

- Bring a reusable water bottle, that you can fill with Cape Town's tasty tap water.
- Reuse your towels in the hotel, for at least two days, before getting new ones.
- Keep your laundry until you have a full load to do, rather than just doing a handful of items.
- Turn off the tap when brushing your teeth, or shaving.
- Keep your showers to two minutes or less, and don't use the bath.
- Use hand sanitizer, instead of washing hands.

11. DRONES

The use of drones in national parks in Southern Africa is prohibited.

Group Leader Description

On this tour, you will be accompanied by two Chief Experience Officers (CEOs). The Chief Experience Officers (CEOs) will be the group manager and leader, cook and driver. They will provide information on the places where we are travelling, offer suggestions for things to do and see and introduce you to our local friends. He/she will take care of the small things so you can concentrate on enjoying your adventure.

All of our CEOs in southern Africa are experienced group leaders, with a broad knowledge base of the region's history, cultures, and wildlife. Most of our leaders in the region are from South Africa, though it may be possible that you'll have a leader from another country in the southern African region.

All of our overland adventure vehicle (OAV) drivers are experienced in the routes travelled, and highly skilled in dealing with different terrains. All of our cooks will organize and lead the meal preparation, and have experience in cooking a variety of local and international dishes for large groups.

We also use local guides for some included activities where we think more specific knowledge will add to the enjoyment of the places we are visiting.

Group Size Notes

Max 22, Avg 18

Meals Included

12 breakfasts, 11 lunches, 9 dinners

Meals

As mentioned above, most of the meals on this tour are included in the tour price. When a meal is not included, this is because there are often many options available - we would like to give you the opportunity to explore a bit and test the local cuisine yourself. In these cases, your CEO will be able to suggest some good local restaurants or options for you to choose from.

All included meals will be prepared from fresh local produce. The majority of the shopping for foodstuffs will be done before the trip departs, and fresh goods, such as meats, fruits, vegetables, and dairy products, will be bought en route during the trip from supermarkets, local shops and markets. Breakfasts will generally consist of breads and cereals, if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will be light meals such as sandwiches and/or salads. All evening meals will be freshly-prepared hot meals, and will consist of a variety of continental and local dishes.

Our cook will organize the meal preparation and lead the way here, but will prepare a duty schedule for ensuring a fair, rotating participation from you and your group members in the meal preparation and dish washing duties.

Vegetarian meals and other dietary requirements need to be specified prior to arrival.

Transport

Lando (Overland Adventure Vehicle), walking.

About our Transportation

We use a custom built 24 seat overland adventure vehicle (OAV) named the Lando, to criss-cross through Southern Africa. The Lando allows the entire group, including your CEO, to travel together, and because of its height, is great for wildlife viewing and for enjoying the scenic landscape.

Road conditions can run the full gamut from new to being in very poor condition. This style of travel is by no means luxury but it allows us the flexibility of making stops when needed, and reaching some out-of-the way parts in Africa where the traditional safari crowd would not dare to go.

Here's a quick look at the unique features of the well-equipped G Adventures overland adventure vehicle (OAV):

- Storage for your main luggage is accessible from inside the vehicle
- Day packs can be stored at your feet or on the luggage shelf above
- Onboard safety box for valuables
- Front viewing windows and large sliding windows, both great for wildlife viewing
- Reclining seats
- Fully equipped mobile kitchen
- Access to a 250L tank of drinking water
- Air-conditioning
- Charging station, when available in camp (South African plug - 220-240V)
- USB charging ports for every traveller at their seat

Please note that our Landos do not have on-board bathrooms.

This is not a physically demanding journey; however, travelling can be difficult, with long drives and poor road conditions at times. Please take note of the travel times and distances in the above itinerary, and consider that this is often on poor quality, bumpy roads. Despite this, most clients feel that the diversity of the African landscape, culture and wildlife are all well worth the experience.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Participation camping (8 nts), permanent tented camp (1 nt), backpacker guesthouse (2 nts, multi-share with up to 10 people), bush camping (1 nt), hostel (1 nt multi-share up to 4 people).

Rooming and "My Own Room" Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Day 6, 7, 13

About Accommodation

Camping in Africa is truly an adventure. You will be able to get off the beaten track to get a first-hand experience of the beautiful wilderness and nature. While camping, we stay at designated campsites in national parks and outside towns. Campsite facilities in southern Africa are generally good, but can be basic in certain places. There are generally small restaurants and/or bars, washing facilities and occasionally telephones available.

The camps have flush toilets, and showers at some camps are outdoors, having simple reed enclosures for privacy. Additionally, warm water is available at most sites, but it is not guaranteed to always be warm when you take your shower; the warm water may be used up others who also use the camp. We usually set-up camp within close proximity to the toilet facilities, though occasionally to reach them you may have to walk a short distance.

All camping equipment (with the exception of your sleeping bag and pillow) is supplied, including camp mattresses, which are warm and comfortable. We supply dome tents and assembly/disassembly takes only 5 minutes. They are good quality, durable, industry-standard 2-person safari canvas tents. Please note that most adults will not be able to fully stand up inside the tents, though most travellers find these more than adequate, as they have a base area of approximately 4 square meters. These tents are regularly treated with a waterproofing agent, but under certain rainy conditions, the tent fabric may become saturated to the point where seepage or leakage may occur. All tents have built-in mesh insect netting on the windows and doors.

We travel with our own portable camp chairs with a comfortable back-rest, and we utilize our own cooking equipment to provide the group good quality camp meals.

In camping within the national parks and conservation areas, some camp sites are enclosed for keeping the resident wildlife out. Other camps are open to the natural environment – care must be taken, especially at night, when a torch/flashlight is recommended when walking around the camp area.

Despite the challenge that a few days “roughing it” may pose to some, the experience of being that close to nature, camping under the African stars, and seeing incredible wildlife at your tent door-step is not just gratifying but ultimately an experience of a lifetime.

In Swakopmund we stay in backpacker's (hostels) or small guest houses, which will give us a break from camping and to be better located than the campgrounds in the area. Here, the accommodation is based on several people sharing dormitory-style rooms, with possibly 6 to 8 people sharing a room. Although we will try, we cannot guarantee to be able to divide the group into different dormitories based on gender lines. As such, males and females may have to share the same sleeping quarters for these nights. The bathrooms and showers are private, but may also be shared between both males and females.

Please note that due to the high demand for accommodation in the parks, sometimes we will arrange alternative accommodation outside of the park.

Please be note that where we use multi-share accommodations, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

Joining Instructions

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Upon arrival in Windhoek, arrival transfers are not included. Please make your way to the joining hotel. Windhoek Hosea Kutako International Airport is about 40 km from downtown. There are a variety of ways to get into the city.

Taxi: When arriving at the international terminal, walk straight ahead and out the doors and just to your left you will see sedan vehicles which are the taxis. The amount should be between N\$250 to N\$350 but agree on the price before getting into the vehicle.

Shuttle: When arriving at the international terminal, walk straight ahead and out the doors and just to your left you will see a mini-van. This is the shuttle service to Windhoek/Windhoek hotels/guesthouses and departs when the vehicle is reasonably full (Cost is \$120N payable in South African Rand 1ZAR=\$1N).

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (South Africa)

From outside South Africa: +27 713823286

From within South Africa: 071 3823286

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labelled and restricted to one soft compact suitcase (please avoid a hard-top case), or sports bag, maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced and space on vehicles is limited. Porters are not often available, so be prepared to carry your own bags.

For our camping style tours you will need to provide your own sleeping bag, small pillow and sleeping sheet (if you would like). We provide the tent and the sleeping pads.

Please note that the seasons in Africa is quite extreme. Winters (especially South Africa, Namibia and Botswana) can be really cold and summers will be really hot.

If you travel during winter months(May to October) please ensure that you bring warm clothing and a suitable sleeping bag.

A set of smart casual clothes is also advisable.

Please be advised that if you plan to bring a drone with you, the use of drones in national parks in Southern Africa is prohibited.

Packing List

Additional Items:

- Sleeping bag and liner (Seasonally appropriate)

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Snow Boots
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)

- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: Seasons in Southern Africa are quite extreme. Winters can be really cold and summers will be really hot. If you travel during winter months (May to October) please ensure that you bring warm clothing and a suitable sleeping bag.

Laundry

Laundry can be done at least once a week on this route. Swakopmund lodge does laundry for the clients. At some of the camp sites further on the route washing can be done by hand by some of the local women, and the price can be negotiated. The cost is usually between ZAR30-ZAR50 per load. It is recommended to bring some washing powder or liquid with you for smaller items.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Detailed Trip Notes

American Dollars that are series 1996 or earlier are not accepted and very difficult to change in Southern and Eastern Africa, as there are a lot of forgeries.

REGIONAL INFORMATION

Climate

Southern Africa is renowned for its excellent outdoor living climate. The winter months are from May to September and are characterized by cold nights and pleasant days. Summer is from October to April and starts off with increasing dry heat and dust. Rains generally only start from mid to late December and last until March; this period is hot and humid. Large parts of Namibia are desert environment, so you will have to come prepared with a three-season sleeping bag and appropriate clothing for the winter season (nights only).

Electricity

50 HZ, Most electrical plugs are 15 amp 3-prong with round pins. International adaptor are called for, they can be purchased locally (approx 2 U\$).

Language

There are multiple official languages in Namibia and South Africa, although English is widely spoken. There are also numerous dialects spoken throughout different parts of these lands.

NAMIBIA

Full country name: Republic of Namibia

Area: 824,292 sq km (318,259 sq mi)

Population: 2,032,000 (July 2005 est) 1.820,916 (Census 2002)

Capital city: Windhoek (pop 161,000)

People: 86% African (50% Owambo, 9% Kavango, 7% Herero, 7% Damara, 5% Nama, 4% Caprivian, 3% San, 2% Baster, 0.5% Tswana), 7.4% mixed, 6.6% white Languages: English, Afrikaans, German, Oshivambo, Herero, Nama

Religion: Christian, Lutheran, native religions

Government: Republic

President: Sam Nujoma

Major industries: Meat packing, fish processing, dairy products, mining (diamond, lead, zinc, tin, silver, tungsten, uranium, copper), millet, sorghum, peanuts, livestock, fish, tourism.

Major trading partners: UK, South Africa, Spain, Japan, Germany, USA

Formally known as South West Africa. The whole territory became German protectorate in 1884, except for the British/Cape Colony enclave of Walvis Bay. After the First World War the territory was administered by South Africa until independence on 21 March 1990. The capital is Windhoek and the second largest town is Walvis Bay, Namibia's only port. Swakopmund is a coastal town with a German influence and revolves mainly around tourism. Namibia's economy relies on diamond mining in the south, cattle farming in the north, fishing along the coast and tourism. Most of the country is desert or semi desert. There is a population of around 1.8 million. This, around 1, 5 people per sq. km is one of the lowest in the world. The official language is English although there are many different cultures including Herero, San, Koikoi, Owambo, Afrikaans and German. Namibia was at one stage a German colony therefore having German-speaking people. About 75% of the locals are Christian and the others have traditional beliefs. Namibia is a land of contrasts. Being largely semi-desert and desert, midsummer temperatures may rise to 40°C, while winter night temperatures can drop to freezing. Along the coast it is cool, with regular morning fogs. Namibia's rain falls in summer, from October to April, and the land averages 300 days of sunshine annually.

SOUTH AFRICA

Full country name: Republic of South Africa

Area: 1,221,037km² (447,443mi²)

Population: 47,432,000 (July 2005 estimate), 44,819,278 (Census 2001)

Capital cities: Cape Town (Legislative), Pretoria (Administrative) and Bloemfontein (Judicial)

People: Zulu, Afrikaners, Xhosa, Basotho (South Sotho), English South Africans, Bapedi (North Sotho), Indian/Asian, Venda, Tswana, Tsonga, Swazi, Ndebele, others

Language: Afrikaans, English, Zulu, Xhosa, Swati, Ndebele, Southern Sotho, Northern Sotho, Tsonga, Tswana, Venda

Religion: Zion Christian 11%, Pentecostal/Charismatic 8%, Catholic 7%, Methodist 7%, Dutch Reformed 7%, Anglican 4%, other Christian 36%, Islam 2%, none 15%

Government: Parliamentary democracy

Major industries: mining (world's largest producer of platinum, gold, chromium), automobile assembly, metal working, machinery, textiles, iron and steel, chemicals, fertilizer, food stuff, commercial ship repair.

Major trading partners: U.S., UK, Japan, Germany, Netherlands, China, France, Saudi Arabia, Iran (2004).

Currency: Rand (ZAR), consisting of 100 cents

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The currency in South Africa is the South African Rand (ZAR). The South African rand is also an accepted form of payment in Namibia.

The Namibian currency is the Namibian Dollar (NAD), which is equivalent to the South African Rand.

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In Botswana, you pay with Pula (BWP) and the official currency of Zambia is the Zambian Kwacha, denoted by ZMK.

It is advisable to pay in US\$ in Zambia, as it is not that easy to get a good exchange rate, however, change will then be in Kwacha.

Malawi uses the Kwacha (MWK) and Tanzania and Kenya use the Shilling, denoted by TZS and KES.

Each of the countries visited on this tour has their own currency, and all can be obtained locally by changing foreign currency or by using ATMs (where available) which will disperse local currency. Your CEO will inform you where you can change money throughout the tour and approximately how much money you will need for each country.

The easiest foreign currency to exchange for locally for any of the local currencies is the \$US; however the British Pound and Euro may also be exchanged as well. Please note that due to past problems with forgery, \$US notes that are older than year 2006 are not accepted in Africa.

Large note (\$US 50, \$US 100 etc) can be difficult to change in some places, but will gain you the best exchange rate.

If you plan to rely on cash, please bring foreign currency (Euro, Pound, USD) with you, as it is often expensive to buy these currencies locally. And in more rural areas, it is often not likely.

If you plan to buy your visas at borders, you will need to bring \$USD cash to pay for these visas. Please note you cannot use the local currency or any other currency to buy these visas- they must be purchased in USD.

Please do not bring Travellers' cheques to Africa. They are difficult if not impossible to exchange in many places.

Visa/Plus system cards are the most widely accepted debit cards. It is harder to find machines Mastercard/Cirrus cards. We highly recommend that if you hold a Mastercard, you obtain a Visa card prior to departure and travel with both. This is also useful should something unforeseen happen to one of your cards during your travels.

While there are many ATMs in the major centres, there are no guarantees that your credit or debit cards will actually work in Africa. Check with your bank.

Credit cards can be used in major cities and towns ONLY but please do not rely on them as a method of payment because they are generally not widely accepted. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. The majority of our optional activities can also be paid by credit card. Your CEO will advise on these.

Please note that in many areas there may be occasional power-outages, where there will be no electricity for hours at a time. In addition, ATMs outside of larger centers often run out of cash or can be out of order unexpectedly. These factors could affect your ability to access money from ATMs. As such, please do not rely on credit or debit cards as your only source of money.

A combination of foreign currency and debit/credit cards for cash advances is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

USD20, may be included in the international air ticket

Tipping

Tipping is an expected, though not compulsory, component of your tour program. The gesture serves as an expression of appreciation for exceptional service, and amounts given are up to your discretion.

Tipping is one of the most direct ways that you can have a positive economic impact within the African community. Although it may not be customary for you, it is an important source of income for those in the tourism industry. Giving a tip should be seen as a formal 'thank you', and the action should in no way be awkward.

The best method of tipping someone that has served the whole group is to plan in advance, and not rush when it comes to saying goodbye. A suggestion would be for each group member to contribute anonymously by putting their tip into an envelope. This often works the best and the group should gather to present the gift to the recipient(s), offering their thanks and showing their appreciation. This method brings the action out into the open, allowing for a friendly and appreciative interaction between the group and the recipient(s).

You may use the following as a guideline, all given in a per person format:

CEO: \$5-8 USD (per day, per person)

Local guides: \$2-3 USD (per day)

Safari Guide/Driver: \$2-3 USD (per day)

Restaurant Staff: 10-15% of cost of bill

Optional Activities

Etosha National Park

- Etosha Open Vehicle Wildlife Safari Night Drive (750NAD per person)
- Etosha Open Vehicle Wildlife Safari Drive (660NAD per person)

Swakopmund

- Sandboarding in the Namib Desert (700NAD per person)
- Swakopmund Guided Cultural Tour (550NAD per person)
- Skeleton Coast Scenic Flight (4800NAD per person)
- Swakopmund Skydiving - Ground Rush Adventures

Namib Desert

- Namib Desert Walk (320NAD per person)

Sossusvlei

- Sossusvlei Desert Walk (180NAD per person)

Fish River Canyon

- Swimming

Orange River

- Canoeing on Orange River (400ZAR per person)

Cederberg

- Wine Tasting (140ZAR per person)

Cape Town

- Two Oceans Aquarium (220ZAR per person)
- Tandem Paragliding (1500ZAR per person)
- Cape Point & Boulders Beach Tour (1100ZAR per person)
- Sandboarding in the Atlantis Dunes (900ZAR per person)
- Table Mountain Abseiling (1350ZAR per person)
- Wine Tour and Tasting (1295ZAR per person)

Table Mountain

- Table Mountain Cable Car (300-390ZAR per person)
- Table Mountain Hike (720-1700ZAR per person)

Health

We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure. Travellers should also carry a basic first-aid kit and hand sanitizers/antibacterial wipes on their travels. Medical facilities are basic throughout these countries. For your own safety, we strongly recommend that you advise your tour leader of any medical condition that may affect you while travelling with the group. Your tour leader will be able to inform you of local health advisories (e.g. drinking water quality). Please ensure you have all the inoculations recommended by your doctor.

Yellow Fever Certificate Note: (Updated: May 2023)

It is compulsory to show a valid Yellow Fever Certificate if you are travelling to the following G Adventures-visited countries from a Yellow Fever endemic country:

- Botswana
- Ethiopia
- Kenya
- Madagascar
- Malawi
- Mozambique
- Rwanda
- South Africa
- Swaziland
- Uganda
- Zambia
- Zimbabwe

For some of these countries, proof of Yellow Fever vaccination is also required for passengers who have travelled more than 12 hours through the airport of an endemic country. If other countries not endemic to Yellow Fever have been visited after visiting an endemic country, then a Yellow Fever certificate may still be required on entry. Please check country-specific regulations before your departure.

Malaria

Malaria is a mosquito-borne disease that is present in some regions in Africa. Risk of malaria can increase during periods of heavy rain, during the rainy seasons, and in densely populated areas of Southern & East Africa. To prevent malaria, we recommend speaking to your doctor about taking preventative medication (prophylaxis), combined with regular use of insect repellent spray/cream. Please check updated travel health advisories specific to malaria before your departure.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Some precautions you should take while in major cities are:

*Always leave your passport (It's better to carry a photocopy of it instead), traveller's cheques, flight tickets and money that you won't be using in the safe deposit at the hotel reception. This is free of charge to G Adventures clients.

*Remember that like in any other city, you should never leave your bags unattended, nor flaunt jewellery, cameras etc.

*Please don't wander through the city to unknown areas especially at night. Stick to the main streets only during the day, and after sundown, please take a taxi. Taxis can be organised from reception. Also, take the address of the hotel with you.

*People are generally friendly, but don't let people take advantage of you, especially the sales people!

* Beware of people approaching you on the street with an apparent interest of where you are from, and want to sit down and have a chat with you. These people are con men and will ask you for money.

* People on the street who ask you if you want a safari and have a brochure are often conmen, best to avoid these folk. Besides, you're already on safari.

PHOTOGRAPHY:

Please do not take photo's of Police stations or at Cross borders Airports, army barracks and personnel or any Government building. It is against the law and will result in the minimum of your film and camera being confiscated. In rural areas it is generally much safer, but you should always take your cue from your CEO, who will advise when to be extra vigilant and when to relax.

Please note that the use of drones in national parks in Southern Africa is prohibited.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

Minimum age of 18 years for this trip.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.