

## Cape and Namibia Adventure - DACD

12 days: Cape Town to Windhoek

### What's Included

---

- G Adventures for Good: !Khwa ttu San Culture and Education Centre, Swartwater
- G Adventures for Good: Penduka Village Restaurant & Shop, Windhoek
- Fish River Canyon entrance
- Sossusvlei Dunes and Sesriem Canyon entrance
- Etosha National Park entrance with wildlife safari drives
- 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, 2018 and onwards

### Itinerary

---

#### Day 1 Cape Town

Arrive at any time.

There are no activities planned on until an evening welcome meeting. We highly recommend booking pre-accommodation to fully enjoy this city.

#### Arrival Day and Welcome Meeting

1h18:00

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

#### Optional Activities - Day 1

##### Boulders Beach Visit

Simon's Town

75ZAR per person

Visit Boulders Beach, a beautiful sandy beach dotted with massive granite boulders. Since 1982 it has been the home of over 3,000 tunnel nesting African Black footed penguins who cling to viability in a small breeding colony that is heavily protected.

##### Table Mountain Hike

Table Mountain 2h-4h 4-6km

550-1400ZAR 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)

### **Table Mountain Visit**

Table Mountain 1h-2h

293ZAR 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 visit up the mountain is weather dependent.

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

### **Wine Tour and Tasting**

Cape Town 9h-10h

1150ZAR 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 areas such as Stellenbosch and Paarl. 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!*

### **Two Oceans Aquarium**

Cape Town 1h-2h

175ZAR per person

Stay dry while exploring the incredible diversity of marine life that dwells in and around the Indian and Atlantic Oceans.

### **Day 2 Cape Town/Lambert's Bay**

Head up the Cape's west coast, stopping at the G Adventures supported !Kwa ttu San Culture and Education Centre. Arrive in Lambert's Bay and opt to visit Bird Island, or stroll through this charming town.

Travelling from Cape Town, continue north towards Namaqualand, keeping an eye out for fields of Namaqualand daisies (in season August and September).

At Clanwilliam, head towards the coast again and on to Lambert's Bay, a picturesque town on the west coast of South Africa.

### **Private Vehicle**

Cape Town - Lambert's Bay 5h30m 350km

Travelling from Cape Town to Lambert's Bay, with a stop along the way at !Kwa ttu San Culture and Education Centre.

### **G Adventures for Good: !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**

### **Day 3 Lambert's Bay/Orange River**

Continue north and cross into Namibia. Settle in by the banks of the Orange River with time to swim or just relax.

Travelling north, enjoy a full day's travel through this dry and remote part of South Africa.

In the mid-afternoon, cross into Namibia and a more arid region and stop at scenic Orange River for the evening.

After getting settled, enjoy the late afternoon by the river bank.

### **Private Vehicle**

Lambert's Bay - Orange River 7h450km

Settle in and scan the scenery from the convenience of a private vehicle.

### **Border Crossing (South Africa - Namibia)**

Vioolsdrift - Noordoewer

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

### **Meals included: Breakfast**

### **Day 4 Orange River/Fish River Canyon**

Continue on to Fish River Canyon, the largest canyon in Africa, and take in the majestic beauty. Opt to relax in the hotel's pool while enjoying the beautiful scenery.

### **Private Vehicle**

Orange River - Fish River Canyon 5h30m330km

Settle in and scan the scenery from the convenience of a private vehicle.

### **Fish River Canyon Visit**

Fish River Canyon

Visit Fish River Canyon, the largest canyon in Africa and, arguably, the second largest in the world. We will only have access to the rim, but the views are spectacular.

### **Meals included: Breakfast**

### **Day 5 Fish River Canyon/Namib Desert**

Travel north from the Fish River Canyon, enjoying dramatic Namibian landscapes as you move up towards Sesriem.

Continue through Namaland en route to the Namib Desert.

Arrive in the area in the late afternoon, where the towering red sand dunes of Sossusvlei form the gateway into the Namib Desert.

### **Private Vehicle**

Fish River Canyon - Namib Desert 5h30m400km

Settle in and scan the scenery from the convenience of a private vehicle.

### **Meals included: Breakfast | Dinner**

### **Day 6 Namib Desert**

Visit Sossusvlei Dunes and Sesriem Canyon. Opt to climb up the breathtaking Dune 45.

Enjoy a visit to Sossusvlei, a clay pan enclosed by the world's largest sand dunes, up to 300m (984 ft) high. Here, use some free time to enjoy the sand dunes on your own. Visit the Sesriem Canyon, a small canyon typical of the area.

### **Free Time**

Namib Desert Full Day

Head out and start exploring this unusual environment.

### **Sossusvlei Dunes Visit**

Namib Desert

This area is famous for its high, red sand dunes. This clay and salt pan is surrounded by the dunes, making it a spectacularly beautiful sight with a remote and isolated feel.

### **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.

**Meals included: Breakfast | Dinner**

## **Day 7 Namib Desert/Swakopmund**

Enjoy the views of the Namib desert before arriving in the historical town of Swakopmund.

Get a real feel for the Namib Desert as we spend hours crossing this empty region.

En route to the Namibian coast, take a coffee break in Solitaire, a mystical village consisting of a filling station, general dealer/coffee shop, and small mechanical workshop. Before arriving to Swakopmund, drive through Walvis Bay, the only town on the Namibian coastline that boasts a deep-sea harbor.

Spend two nights in the area exploring this historical town or trying some of the numerous activities available, such as sandboarding or a skydiving.

Swakopmund has bizarre lunar landscapes, unforgettable sunsets, and prehistoric Welwitchia plants.

### **Private Vehicle**

Namib Desert - Swakopmund 4h30m 260km

Settle in and scan the scenery from the convenience of a private vehicle.

**Meals included: Breakfast**

## **Day 8 Swakopmund**

Spend a day exploring all the area has to offer. Optional activities include sandboarding, skydiving, and a scenic flight.

### **Carte Blanche**

Swakopmund Full Day

There's plenty to see and do in Swakopmund, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like quad biking, sandboarding, and skydiving. Your CEO has more ideas if you need them. Just ask!

### **Optional Activities - Day 8**

#### **Sandboarding in the Namib Desert**

Swakopmund

600NAD 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.

#### **Skydiving**

Swakopmund 3h-4h

2515NAD per person

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!

#### **Swakopmund Guided Cultural Tour**

Swakopmund

500NAD 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 Daman 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 3h-4h

3500NAD 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 the Namibia's highest mountain, Damaraland, and the picturesque Spitzkoppe rock formations from above.

## **Day 9 Swakopmund/Etosh National Park**

Enter Etosh National Park and enjoy an afternoon wildlife safari drive in our touring vehicle. Opt to explore more on an open safari vehicle drive.

Begin moving east into the interior of Namibia. On this route, pass through a lunar landscape and see the imposing Spitzkoppe, also known as the "Matterhorn" of Namibia, in the distance.

Visit Etosh National Park on a wildlife safari drive in our touring vehicle. Keep an eye out for lions, giraffes, elephants, rhinos, and antelopes.

After sunset, some animals may head to the watering holes near the campground.

Opt to head out for more wildlife safari drives in an open safari vehicle to make the most of your time here.

### **Private Vehicle**

Swakopmund - Etosh National Park 7h30m 610km

Settle in and scan the scenery from the convenience of a private vehicle.

### **Etosh National Park Wildlife Safari Drive**

Etosh National Park

Set off into the wilds of Etosh National Park in the touring vehicle for a wildlife safari drive. Over 100 species of mammals call Etosh home, including elephants, giraffes, lions, rhinos, and hyenas.

### **Optional Activities - Day 9**

#### **Etosh Open Vehicle Wildlife Safari Drive**

Etosh 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.

## **Day 10 Etosh National Park**

Enjoy another wildlife safari drive in our touring vehicle and keep your eyes peeled for the vast array of incredible animals.

### **Etosh National Park Wildlife Safari Drive**

Etosh National Park

Set off into the wilds of Etosh National Park in the touring vehicle for a wildlife safari drive. Over 100 species of mammals call Etosh home, including elephants, giraffes, lions, rhinos, and hyenas.

### **Optional Activities - Day 10**

#### **Etosh Open Vehicle Wildlife Safari Drive**

Etosh 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.

## **Day 11 Etosh National Park/Windhhoek**

Arrive in Windhoek and visit the G Adventures supported Penduka Village Restaurant & Shop for an included lunch, then spend the rest of the afternoon exploring the German-influenced capital city.

Leave Etosh National Park and head south through the Namibian countryside to Windhoek.

Accommodation here is a hotel with en suite bathrooms. The hotel offers air conditioning, a swimming pool, internet access, and a restaurant.

### **Private Vehicle**

Etosh National Park - Windhoek 4h30m-5h30m 415km

Settle in and scan the scenery from the convenience of a private vehicle.

### **G Adventures for Good: 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.

**Meals included: Lunch**

### **Day 12 Windhoek**

Depart at any time.

**Meals included: Breakfast**

## **What's Included**

---

G Adventures for Good: !Khwa ttu San Culture and Education Centre, Swartwater

G Adventures for Good: Penduka Village Restaurant & Shop, Windhoek. Fish River Canyon entrance. Sossusvlei Dunes and Sesriem Canyon entrance. Etosha National Park entrance with wildlife safari drives. All transport between destinations and to/from included activities.

## **Highlights**

---

Marvel at the Fish River Canyon, climb Dune 45, get your adrenaline going with adventure activities in Swakopmund, spot wildlife in beautiful Etosha National Park

## **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. 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 air-conditioned touring vehicle for the long drives.

2. It may be required to show a Yellow Fever certificate if you are traveling to South Africa from a Yellow Fever endemic country.

3. 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.

4. 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.

## **Group Leader Description**

---

On this tour, you will be accompanied by a group Chief Experience Officer (CEO) and expert driver. The Chief Experience Officer (CEO) will be the group manager and leader. All of our leaders in southern Africa are registered and licensed tourism guides, meaning they've studied to have a broad knowledge base of the region's history, cultures, and wildlife, and are legally certified to lead/guide tours in the regions visited. 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.

As the group manager and leader, the aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places where we are travelling, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. He/she will take care of the small things so you can concentrate on enjoying your adventure. In addition, as an integral part of the team, your driver is skilled and experienced driver who has intimate knowledge of the vehicle and routes travelled.

---

## Group Size Notes

Max 18, avg 14.

---

## Meals Included

7 breakfasts, 1 lunch, 2 dinners

---

## Meals

Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available in southern Africa. On this tour, we provide only a few meals for you and your group members, so as to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility in your choices. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though - while in the larger centres, your CEO will be able to suggest favourite restaurants during your trip.

For the included meals, vegetarian meal requests and other dietary requirements need to be specified prior to arrival.

---

## Transport

Air-conditioned touring vehicle, walking.

---

## About our Transportation

For all of our standard class trips in southern Africa, including this tour, we use a private local bus for the journey. With air conditioning, and sliding windows, this style of transportation is a comfortable way to travel through the region. In addition, even with a full group of 18 travelers, there will be extra space for the benefit of the group. Having our own private vehicle throughout the tour allows us the flexibility of making stops when needed. In addition, we are able to travel to out-of-the-way locations where public transportation does not reach.

Road conditions in South Africa are generally good, though once in Namibia, the road quality deteriorates. As such, we slow our traveling speed and enjoy some sand and bumps en route - something which is of course part of the adventure of traveling in Africa!

---

## 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

Hotels (5 nts), guesthouse (1 nt), lodges (1 nt), participation camping (4 nts).

---

## 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 5-6, 10-11 (tented camp).

## About Accommodation

---

Hotel /Guesthouse

7 nights in standard twin rooms with en suite or shared facilities.

Participation Camping (please bring your sleeping bag and towel)

4 nights are spent in tents in Etosha National Park and Sesriem Area. Tents are twin with shared ablutions.

## Joining Hotel

---

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

## Joining Instructions

---

Cape Town International Airport is about 22 km from downtown. If you have not booked an arrival transfer through G Adventures, we recommend two ways to get into the city.

1) Taxi: to take a taxi, leave the international terminal, cross the first road and you will see the taxi stand. Official taxis have the kilometre rate on the door.

2) Shuttle: if you wish to take a shuttle to the city centre, when arriving at the international terminal, turn immediately left and walk straight ahead and you'll see the shuttle services desk. Cost is approximately 80ZAR.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

The tour departs Cape Town on Day 2 in the morning.

## 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 unable to get in touch with your leader, please refer to our emergency contact details.

If you have pre-booked an airport transfer: After you have picked up your luggage and entered the arrival hall, you should see a G Adventures representative holding a G sign. If you do not see anyone, we ask that you please make your way to the information desk, which is located on the same level. If you 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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please call the local emergency contact numbers listed below for more information.

### 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 24 hour Sales team, who will happily assist you.

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

## Finishing Point Instructions

---

The tour ends in Windhoek on Day 13 after breakfast.

## 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.

During the winter months (May to October), the temperatures can get quite cold in Namibia. It is wise to bring plenty of layers for cool mornings and evenings. A set of smart casual clothes is also advisable.

For your camping nights you will need to provide your own sleeping bag and pillow.

## Checklist

---

Additional Items:

- \* Sleeping bag and liner (Seasonally appropriate)

Cold Weather:

- \* Long-sleeved shirts or sweater
- \* Scarf
- \* Warm gloves
- \* Warm hat
- \* Warm layers

Documents:

- \* Flight info (required) (Printouts of e-tickets may be required at the border)
- \* Insurance info (required) (With photocopies)
- \* Passport (required) (With photocopies)
- \* Required visas or vaccination certificates (required) (With photocopies)
- \* Vouchers and pre-departure information (required)

Essentials:

- \* 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, bandaids/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
- \* Toiletries (Preferably biodegradable)
- \* Watch and alarm clock
- \* Waterproof backpack cover
- \* Windproof rain jacket

#### Warm Weather:

- \* Sandals/flip-flops
- \* Shorts/skirts (Longer shorts/skirts are recommended)
- \* 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

---

Please note that you will be on the move a lot, and as such there will not be a lot of time for same-day laundry service. Please ask your guide/CEO to arrange if any laundry needs to be done, so that he / she can advise or make arrangements for you. Most travellers on this trip find that Swakopmund is a convenient place to get their washing done, though facilities are available as well in Cape Town and Windhoek.

## Visas and Entry Requirements

---

All countries require travellers to have a valid passport (with a minimum 6 months validity), and you are required to acquire the entry visas for each of the countries visited.

Please double check with your agent and/or visa agent what the visa requirements is for each country that you will be traveling to. Some countries do require that you get your visa before arrival. If you show up at a border and should you not have the required visa you will be denied entry to the country and be send back to the closest embassy/high commission to get the visa. All arrangements and expenses for that will be at your own cost. The CEO will assist you with travel arrangements but will not be able to accompany you. You will also have to catch up with the group at their next destination at own cost.

We have been experiencing a lot of problems with people that need visas for Namibia and Malawi. Namibian and Malawian visas is not available at the border, so please make very sure if you do need a visa before arrival.

The information provided here is to be used as a guide only. Please consult with the relevant embassy or your travel agency before you travel. We cannot take any responsibility whatsoever for the use of this information.

#### South Africa

<http://www.dha.gov.za/Counties%20Exempy%20from%20SA%20Visaa.html>

<http://www.home-affairs.gov.za/Applying%20for%20a%20South%20African%20visa.html>

<http://www.southafrica.info/travel/documents/visas.htm>

The information provided here is to be used as a guide only. Please consult with the relevant embassy or your travel agency before you travel. We cannot take any responsibility whatsoever for the use of this information.

The applicant's passport should remain valid for a period of 6 months after the applicant's departure from South Africa.

Visas are not issued at South African ports of entry, and airline officials are obliged to insist on visas before allowing passengers to board. If you arrive without a visa, immigration officials are obliged to put you onto a flight back to your home country.

If you are a passport holder of the following countries/areas you do not need a visa for stays of LESS THAN 90 days:

African Union / Unity Laissez Passes, Andorra, Argentina, Australia, Austria, Belgium, Botswana, Brazil, Canada, Chile, Czech Republic, Denmark, Ecuador, Finland, Japan, Liechtenstein, Luxemburg, Malta, Monaco, Netherlands, New Zealand, Norway,

Paraguay, Portugal, San Marino, Singapore, Spain, St Vincent & the Grenadines, Sweden, Switzerland, United Kingdom, Uruguay, Venezuela, United States of America, France, Germany, Greece, Iceland, Israel, Italy, Jamaica

If you are a passport holder of the following countries/areas you do not need a visa for stays of LESS THAN 30 days:  
Antigua and Barbuda, Barbados, Belize, Benin, Bolivia, Hong Kong, Hungary, Jordan, Lesotho, Malaysia Cape Verde, Costa Rica, Cyprus, Gabon, Guyana, Peru, Poland, Seychelles, Slovak Republic, South Korea, Swaziland, Thailand, Turkey, Zambia

Visa costs

The visa fee is different for every nationality, so please check this with your agent or closest embassy.

Namibia

Namibia

<http://www.namibia.org.za/consular-service/>

<http://www.namibiatourism.com.na/page/visas>

Visas cannot be obtained on arrival.

sas/

Visas cannot be obtained on arrival.

FOREIGN NATIONALS EXEMPTED FROM VISA REQUIREMENTS WHEN TRAVELLING TO NAMIBIA

Angola, Australia, Austria, Belgium, Botswana, Brazil, Canada, Cuba, Denmark, Finland, France, Germany, Hong Kong, Iceland, India (Diplomatic and Official Passport up to 3 Months), Ireland, Italy, Japan, Kenya, Lesotho, Liechtenstein, Luxemburg, Malaysia, Macau (SAR), Malawi, Mauritius, Mozambique, New Zealand, Netherlands, Norway, Portugal, Russian Federation ( Including States of the former U.S.S.R), South Africa, Singapore, Spain, Swaziland, Sweden, Switzerland, Tanzania, United Kingdom, United States of America, Zambia, Zimbabwe.

Other categories must obtain VISAs

Visa costs

Please enquire with your agent or closest embassy.

## Detailed Trip Notes

---

### 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 appropriate clothing for the winter season (nights only).

#### Electricity

220-240V, 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.

### ITINERARY

#### SOUTH AFRICA

Full country name: Republic of South Africa

Area: 1,221,037km<sup>2</sup> (447,443mi<sup>2</sup>)

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

## HISTORY

Recommended reading: Long Walk to Freedom (Nelson Mandela), A History of South Africa (Leonard Thompson), Cry the Beloved Country (Alan Paton), No Future Without Forgiveness (Desmond Tutu)

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: Hifikepunye Pohamba

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.

## 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.

Each currency 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.

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](http://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

USD40, 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

Please see the itinerary for information on optional activities, descriptions and estimated pricing.

---

## 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 2017)

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
- Namibia
- 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/](http://www.gadventures.com/travel-resources/safety/)

---

## Trip Specific Safety

GENERAL: Look after your personal items. Do not leave your valuables visible in a car or hotel room. Lock your hotel room door when you enter and when you leave. Do not carry large amount of cash on you. Avoid displaying flashy jewellery and carry your camera in its pack on your shoulder rather than around your neck. Keep your passport, airline tickets, money, important documents locked up in your room/safe - do not carry it with you. NAMIBIA: Always be alert of animals that are wandering too close to the road. Both domestic and wild animals frighten easily and can jump directly in front of the moving vehicle. If possible, avoid travelling at night. Some wildlife tends to be more active at dusk. Always be on the look-out for sandy patches, potholes and sharp bends in the road. In rainy or wet conditions beware of slippery roads, washaways, running and or stagnant water. Always have enough water (bottled) for the journey. NO matter how beautiful or gentle an animal may appear, the only safe way to look at it is from the safety of your vehicle.

---

## Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

[www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

---

## 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-The G Adventures Foundation

---

The Planeterra Foundation [planeterra.org](http://planeterra.org) is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs 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.

#### Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

## 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 [customerservice@gadventures.com](mailto:customerservice@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/](http://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

---

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## 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.