



ASIA • MIDDLE EAST • AFRICA • SOUTH AMERICA

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Gorillas & Gameparks

This Pre – Departure Dossier is relevant to your trip so please read it carefully – Updated: April 08

Nairobi to Nairobi - 19 days

PRE TOUR

It is recommended to fly into Nairobi at least the day before your trip departs. We can reserve pre tour accommodation and an airport transfer for you. If you send us your flight details we can arrange for you to share the cost with other trip members on the same flight.

For those booking their flights from the UK, the best ticket is a return in and out of Nairobi. Gulf Air, Olympic, Alitalia and Air France have competitive fares all year round. Oasis do not book flights, but we can recommend STA Travel – www.statravel.co.uk – 0870 1 606 070 / 599 or Trailfinders – www.trailfinders.co.uk – 0845 058 5858. It is usually cheaper to book airline tickets through a travel agent rather than direct with the airline. Flights with airlines usually cost more and are likely to be booked up earlier for the busy months of July-August and December.

FLYING INTO NAIROBI – AIRPORT TRANSFERS – ACCOMMODATION - SECURITY

Flying into Nairobi at Jomo Kenyatta Airport is quite straightforward. English is widely spoken and signs and directions are also in English. You should get a Transit Visa on arrival at the airport. A Transit Visa is valid for seven days and costs US\$20. You should take your Confirmation Receipt that we send you together with the brochure itinerary as proof you will be leaving the country within 7 days. Make sure you write 'Transit' as your purpose of entry and do not write 'tourism' or 'holiday' on the form or you will be charged US\$50 for a tourist visa. If you think you will be in Kenya for more than 7 days, including your time on the trip (3-4 days), then you should ask for a tourist visa.

While you are at the airport, you should change some Travellers Cheques. The rates are the same as in town but better than at hotels. Budgeting for Kenya is difficult as it depends on how you decide to pass your time in Nairobi, which is an expensive city. We would advise on about £50 per day spent in Nairobi (incl. accommodation and food) and about £15 per day spent elsewhere in Kenya.

It is about 15km from the airport to the centre of Nairobi. If you have not arranged an airport transfer with Oasis - you can ask about taxis at the information desk in the airport. The black London cabs, which operate from the airport, have set fares into town. Other cabs are private and do not have meters so you will have to agree a price before you get into the taxi. The taxi ride is payable in the local currency, Kenyan Shillings, and should cost about 1300 Shillings (about £10). It is best to take the taxi direct to your Hotel so you can drop your baggage and put your money into a safe. It is definitely not advisable to take a bus into town, as these are targeted by young pickpockets.

Oasis uses The Silver Springs Hotel which is situated at the Hurlingham Roundabout where Valley Rd meets Arwings Kodhek Rd, opposite Nairobi Hospital and 10 minutes walk from the City Centre. Tel. + 20 (2) 722451 to 7. A single room costs £40 pp. per night, twin / double room £55 for the room or a triple room costs £79 for the room – which is considerably below the listed room rates. All rooms have private bathroom, telephone and TV and a full English breakfast is included in the price. This is payable direct to the hotel and is a special rate for clients of Oasis Overland. If you would like to share a room with someone else on the trip please advise us when you make your reservations.

Unlike some of our competitors – we do not charge a booking fee for reserving pre tour accommodation. **For Silver Springs guests we can also organise an airport transfer for US\$24 per car. (Max 3 people).** We will try and pool you together with other trip members on the same flight– allowing you all to split the costs of the transfer between you. You can pay for the transfer in US Dollars or Kenyan Shillings. **You pay for your accommodation direct to the hotel and for your transfer to the driver who collects you.**

A cheaper alternative we can recommend and book for you is a campsite located in the area of Karen 15mins from Nairobi central. **Karen Camp** is close to Nairobi National park located on large grounds, it has limited rooms, a dorm room costs £4, twin / double room £12 with shared bathroom, and £15 with an en-suite. There is a bar, TV room and home cooked food is available. An airport transfer costs £15 per car

NOTE: CONTACT US 3 WEEKS IN ADVANCE IF YOU WOULD LIKE US TO PRE - BOOK ACCOMMODATION AND / OR ARRANGE AN AIRPORT TRANSFER FOR YOUR ARRIVAL IN NAIROBI. WE WILL NEED YOUR FLIGHT ARRIVAL DETAILS & ROOM REQUIREMENTS.

There are cheaper basic hostels and hotels in the centre of town but these can be unreliable to pre-book. Good guidebooks will point you in the right direction as well as give you a wide choice. The Oasis Overland vehicle and crew will also be staying at the Silver Springs Hotel before departure. Your tour leader will meet you the night before and there will be a notice in the reception advising you of this and of any changes. **The tour will officially start at 8 am on the day of departure from the Silver Springs Hotel.**

Security - can be a problem if you do not take sensible precautions. As with most major cities, Nairobi has its share of pickpockets plus teams of youths who target tourists. Don't walk around town wearing an expensive looking wrist watch or carrying a camera. Leave your valuables, excess money , passports etc in your hotel safe. At night time always use a taxi; don't walk around the streets at night. Single women in particular need to be careful – it is better to be in a group. Use your common sense when approached by individuals on the street. This is not the way normal Kenyans would meet you so be wary of the many scams that are used to entice you to part with your money. Once out of Nairobi, people, and small towns in general, are a lot more relaxed. *The security details mentioned above should only be used as a guide and are quite common place for all major towns and cities throughout the trip.*

PASSPORT & VISA REQUIREMENTS

Please bring 2 photocopies of your passport details and travel insurance documents to give to your tour leader. You'll need at least 3 blank pages in your passport, which must be valid for at least 9 months from your departure date. If you have dual nationality you can only use one passport for the entire trip.

Visas – The information below is to be used only as a guide – and may change without prior notice. It is advisable to contact the relevant consul a few weeks before the trip departs to check the current visa requirement. The numbers below are for High Commissions / Embassies in London. Most nationalities need visas for Kenya & Uganda. The information below is given mainly for NZ, Australian, UK, Irish, US, Canadian, South African & SOME EEC Nationalities. For further info please log onto www.embassyhomepage.com and select the relevant country you require information for – especially if enquiring from overseas. **All visas need to be paid for in US \$ Dollars cash & usually we are able to get all en route. UK Pounds Sterling are not always accepted.**

Kenya - Tourist visas are currently US\$50 and issued on arrival for British, Australians, New Zealanders and South Africans. Visas can be purchased on arrival in Kenya so it is not necessary to apply for a visa in UK. If your stay in Kenya is for seven days or less, you can ask for a Transit Visa, either on arrival at Immigration or at a Kenya Embassy. This costs US\$20 and is valid for seven days - When you fill out your immigration form you will need to state that the reason for your visit to Kenya is TRANSIT and not holiday. If you state your reason to visit Kenya is holiday or tourism you will be charged US \$50 and get given a full visa for 30 days. Americans and Canadians should check with the embassy before travel. Ph: 0870 005 6953.

Uganda - At present all nationalities require an entry visa. We obtain visas for British, Aus, NZ, South Africa and most EEC nationals on arrival at the Uganda border for a cost of US\$50. Americans & Canadians should check with the embassy before travel. Ph: 0207 839 5783. If you have a valid student card a visa costs US\$40.

LOCAL PAYMENT

Local Payment - is part of your overall tour payment and is the most economical and convenient way for Oasis to get hard currency to Africa to help run your trip. It goes towards a variety of day-to-day local costs (i.e. all meals prepared by the group – average 2 per day , campsites fees , wood , gas , charcoal and certain activities listed in the brochure) which cannot be pre-paid from the UK. **It is a guaranteed amount, set before your tour departs, and unlike 'group kitty' systems - we will not ask you to contribute more once the tour is underway.**

Please note: £170 is payable to your Tour Leader on departure in Nairobi. **CASH only** is accepted and needs to be paid as - £100 Pounds Sterling and £70 equivalent in US \$ (the exchange rate of which will be determined on the day) - Scottish Pounds are not accepted.

TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis Trip and at the very least are insured for all necessary medical expenses and repatriation costs incurred overseas with a minimum sum insured of £500,000. We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". We can arrange comprehensive travel insurance for you if you wish, please consult our website or the back of our brochure for further details.

If you are arranging your own travel insurance and are considering undertaking any of the so-called 'hazardous activities', please ensure that your policy provides the appropriate cover, as some of these activities may be excluded from standard travel insurance policies. Please also be aware that the levels of cover of some policies may not fully insure you for the specific activities you may choose to undertake e.g. White Water Rafting is covered under some policies – but only up to a maximum Grade 3. In Africa - all White Water Rafting that is available is Grade 3+, so please check all of the policy details beforehand. It is essential that the travel insurance that you have arranged is designed to cover all, often hazardous activities that are on offer.

We have arranged a reasonably priced travel insurance, specifically designed for Overland Travel, through Campbell Irvine Insurance Brokers and AXA Insurers – which also provides a 24 hr worldwide emergency medical service through Specialty Assistance LTD. Due to its flexibility & the amount of hazardous activities included under the standard policy, the premiums quoted may initially appear more expensive than some other policies on offer. We are happy to email you a copy of our policy wording which includes a list of hazardous and sporting activities which are automatically covered whilst you are on your Oasis trip, as well as those subject to an extra load on the premium.

Whether you choose to take out our policy or arrange cover elsewhere, please ensure that you **read the small print very carefully**. Certain terms and conditions will apply to all insurance policies and we would like to draw your attention to any exclusions relating to **pre-existing medical conditions (this includes allergies)**. Please feel free to ask for more details. It is also important that when calculating the total duration for your insurance cover that you include your outward and return flights in the overall period of travel otherwise your policy may be invalid.

Repatriation -The Oasis travel insurance is available to anybody living anywhere in the world, irrespective of their nationality. This cover extends to include worldwide repatriation back to your **normal** country of residence in the event of a medical emergency– providing the appropriate premium has been paid. If you are a UK resident (this includes non UK passport holders / nationalities living and working in the UK) and are planning on returning to the UK, the insurers will arrange for you to be repatriated back to the UK if you become seriously ill whilst you were travelling, as this is deemed to be your normal country of residence at the time. Special consideration will be given if you prefer to be repatriated elsewhere – as long as the expense is to be the equivalent cost of repatriation to the UK. Alternatively - if you have planned to return home directly after your trip (e.g. Australia, New Zealand, South Africa) – your insurance would provide repatriation to your ultimate destination in the event of a medical emergency – but please be aware that no medical expenses will be payable upon arrival in your normal country of residence. If you are arranging travel insurance elsewhere, please check where you may be repatriated to in an event of a medical emergency.

Payment-If you have decided to purchase your insurance via Oasis, please include the full payment of the policy you require when sending through your deposit payment and booking details. Payment can also be made at any time over the phone, by cheque made payable to: Oasis Overland Ltd or by bank transfer. **NB We can only issue travel insurance upon receiving full payment for the policy.** If you later decide that the policy does not meet your requirements, we offer a 14-day money back guarantee which allows for a full refund of the insurance premium, provided you have not travelled or submitted a claim.

Your tour leader will ask to see a copy of your insurance policy at the pre-departure meeting and you will be asked to **provide the following details:** 24-hour emergency medical telephone number, your policy number, confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

Our crew will collect these Insurance details solely for providing this information in the event of an emergency– and not to check all the details of the policy and/ or its content of cover are correct. For this reason, please be aware that it is your responsibility to ensure you are fully covered for the different region/s & for the activities that you choose to undertake whilst travelling with Oasis.

It is a condition of booking with Oasis Overland – that it will not be possible for you to join the trip if you cannot produce details or information to prove you have adequate travel insurance at the start of your trip.

IMPORTANT - We strongly recommend that you take out your travel insurance at the time of booking as cover will commence for pre-departure cancellation from the date your policy is issued (all other sections of the policy will commence from the start date of your policy). This means that should you have to cancel your trip for an insured reason such as a medical emergency or bad accident preventing you from travel you may be able to claim back payment made for pre-paid trip costs and flights, subject to the standard policy terms and conditions.

NOTE: If you are interested in extra insurance cover for your **photographic equipment** – please contact Oasis & we will send you out a brochure. This policy has a 28 day money back guarantee if the cover is unsuitable or you change your mind. Please be aware that a lot of Insurance policies do not include a great deal of cover for Valuables–sometimes only up to £350 combined limit for cameras & electrical. Please be aware that most home & contents insurance policies may also include cover for photographic & electrical equipment whilst abroad.

OASIS CREW & ADVENTURE TRAVEL

We usually have two crew whose duties are extensive and quite demanding, with challenges ranging from driving and maintaining the expedition vehicle to a very high standard, to organising visas and border crossings, arranging accommodation, pre-booking some excursions and guides, helping with shopping and cooking as well as finding the best deals, socializing and making sure everything runs as smoothly as possible.

Adventure travel – is not an exact science. It is this very unpredictability which makes each expedition such a rewarding experience. Occasionally we must amend our itineraries to take into account changing local circumstances. In such situations we'll always try to minimise any disruption, but you need to bear in mind that from time to time events occur outside our control. While our crew are experienced and knowledgeable of the countries through which we travel - they are not tour, nature or wildlife guides as such. Even so - they will be more than willing to pass on any interesting and useful information that they have acquired whilst on the road. An equally rewarding way to gain an even better insight into the wildlife, cultural and historical diversity of the countries we travel through, is by talking to the local people and using local guides.

ACCOMMODATION, FOOD & LIFE ON THE ROAD

Oasis uses three-person tents but only for two people which have mosquito netting sewn into the door and windows. They are specially made for us to meet the tougher conditions of an expedition of this nature. We spend some nights bush camping and the rest of the time in campsites. Some are well equipped and managed and some are very basic. At some places you can also choose to stay in private rooms, lodges and huts at your own expense. We will have some long drives of between one and two days. There are a number of places where we stay for a couple of nights i.e. Jinja.

In the evenings - we may stop and find a bush camp where you and your tent buddy will put up the tent, and then give a hand with getting out the tables and stools or maybe the cook awning and water containers. Some may help collect firewood or take the stored firewood from the truck. The fire grates need to be taken out, the fire lit and someone can fill the kettle and put it on for some hot drinks while the cooks prepare the evening meal. We usually cook in groups of three on a rota system. You can expect to cook every 10 days or so – depending on the number of people on tour and whereabouts you are.

When we bush camp you will need to take one of the truck shovels with you to make your own toilet pit. Make sure you dig a suitable hole away from water sources – making sure to cover it up properly afterwards. Your crew will advise in more detail the proper way to dispose of waste paper. Most nights on the trip you will be able to shower - but not all campsites on the trip will have hot showers.

Food - At breakfast we usually help ourselves to cereal, toast, hot drinks and on occasion we will splurge with a cooked breakfast. Lunch is cold and usually quick. The cook group will put out bread, tinned supplies and maybe make a salad. In the evening the cooks come into their own and this is your chance to impress or flop! Don't worry, your tour leader and other members of the group will always help and advice. When the truck is parked up for a few days – most people usually like the option to eat out at local restaurants - so we often don't cook all meals when at these locations. Meals whilst staying in Hotels / Hostels are not included in the local payment price.

Vegetarians / Vegans - Our crew will always do their best to cater for Vegetarians or Vegans when the group are cooking but it must be remembered that the variety of dishes available may not be the same as available to meat eaters.

OASIS OVERLAND VEHICLES & SECURITY ONBOARD

Security - There is a lockable safe bolted onto the floor of the truck beneath a false floor. This is for money belts, passports and smaller valuables. The company does not take responsibility for clients' personal items or monetary contents. In certain areas a roster will be drawn up to guard the vehicle. A money belt that can be concealed is better than a bum bag or wallet that hangs from the neck. We advise you do not take items of value that are not essential for the journey.

All our 4 x 2 vehicles are equipped for your comfort with the following:

- Comfortable coach seats with headrests & removable seat bases with 3 foot deep compartments – which means easy access to your baggage – even whilst driving !!!
- Large internal floor area which is more communal and allows easy movement - rather than the standard bus style layout
- 12 volt cigarette socket for recharging camera / video batteries
- Internal & external lighting system
- Onboard stereo with adaptors for MP3, I Pod, CD walkmans
- Onboard Library
- Inter cab buzzer for communication with the crew
- Cooler boxes for food and drinks
- Extra storage space for excess baggage and souvenirs
- Easy to reach overhead racking for day bags and cameras
- Lockable safe for storage of money and small valuables
- Professionally compiled expedition Medical Kit
- Roomy 2 person tents with sewn-in mosquito netting
- Large water carrying capacity
- Internal underfloor storage for dried and tinned food
- External lockers for cooking equipment, tents etc
- Camping stools & cook awning for all weather conditions
- Extensive range of spare parts

CAMERAS & PHOTOGRAPHY

Photography - Mornings and late afternoons are often best for photos, as the midday sun can be very bright and lead to a washed-out look. A polarizing filter or lens hood will help to prevent this. It is advisable to have a good all-round carry case to protect your camera from dust and knocks. A few zip lock / plastic bags are good items to carry for protecting your camera and changing film in dusty / sandy conditions.

SLR Cameras - An easy to use instamatic will get you some good shots. If you want something really memorable it may be worthwhile investing in a SLR camera. An 80 to 210 / 300 zoom will get you some good people / wildlife shots. In most of the countries we visit it can be difficult to buy film and often it may be old, out of date and expensive. Take slightly more film than you think will be necessary for the entire trip. You can usually sell unused film.

Digital Cameras – If you are bringing a digital camera, it is advisable to bring a charger and spare batteries. Most towns and cities have internet cafes where you can download your photos onto CD/ internet site. It is also advisable to bring your USB cable for your camera so you can connect your camera in the internet cafes. It is also recommended that you bring at least 2 memory cards of 512mb or higher as places where your cards can be burned onto disk are few and far between.

We can recommend **Clock Tower Cameras** for second hand cameras and lenses. They have good quality equipment and give a guarantee with most purchases. For advice and mail order call **Paul or Eddy on 01273 706010** or visit their website: www.clocktowercameras.co.uk.

Video Cameras - You should bring at least one spare battery with you, as purchasing spares on route may be expensive and difficult and there will be times on the tour when you will not be able to charge from the mains supplies for several days at a time. It is worthwhile considering purchasing a spare battery even if you bring an in-car charger with you, so as you will always have a battery charged and ready to go. Our vehicles are equipped with 12 volt cigarette lighter charger sockets, so it is worth while thinking about purchasing an in-car charger – however these can be expensive. If you decide not to purchase an in-car charger bring your normal 230V mains charger as well as a travel adaptor plug as you'll come across virtually every type of socket ever invented plus a few others and at some of the hotels, hostels, restaurants and campsites we use, you can charge from their mains supply.

It is forbidden in all the countries we visit to take photos of anything military. Bridges, border posts and airports are also sensitive, so be careful or be prepared to have your film or possibly your camera confiscated by irate officials. Please act with discretion and respect when taking photos of people (especially Muslim women) - if in doubt it is always better to ask first before you snap a way! It is also advisable to be sensitive when poverty, deprivation or disadvantaged living may be apparent. Taking these kind of photos may send out a misconstrued message to the locals and may cause an uncomfortable or hostile atmosphere for yourself and others.

Electricity – log onto www.kropla.com for information regarding the different electrical plugs and voltage used in each country.

LOCAL COMMUNICATION & CONTACT FROM HOME

Language - English is spoken fairly widely in all the countries we visit. Because most African countries have so many languages they have in many cases adopted the languages of their former colonial rulers as the common national language. Radio and newspapers are usually in English.

Contact from home - The most reliable way to receive messages from friends and family is via email, which is quite common place now in most of the areas that we visit – but the efficiency or speed in connection is never a guarantee!! You will usually be able to email every couple of days. Sending items by post is not recommended as most of these trips end in Nairobi on weekends when Poste Restante services are closed.

Email – By far the best way to receive news from friends and family is by email. You can pick up emails from anywhere in the world just by 'logging on' at any Internet café or anywhere that has access to the worldwide web. It is a free service and takes just a couple of minutes to register. Our tour leader will advise you of the best places to pick up your emails en route, usually you will be able to check your emails every few days.

Online Diaries – A great variety of free "travel blogs" are now available online, they are a good way of keeping relatives and friend up to date with what you are doing and a good place to upload photos, collecting messages as well as keeping a record for yourself, (a great one is www.bugbitten.com). Most towns and cities have internet facilities, so you can update them regularly.

PERSONAL HEALTH - VACCINATIONS - MEDICAL KITS - MALARIA INFO

Health and Hygiene on the trip – **To join the expedition you should be in good general health.** Your crew will talk to you about general hygiene, cooking, washing cutlery, cleaning etc. We purify our drinking water where necessary. We must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication.

Vaccinations - Being vaccinated against Yellow Fever and having a valid certificate and a photocopy is deemed compulsory – especially as it is required at certain borders. It is also advisable to be vaccinated against Typhoid, Tetanus, Polio, Hepatitis A and Meningitis. Consult your doctor about the necessity of having Hepatitis B and Rabies shots.

Try to allow six weeks to get all your vaccinations done. Your doctor will advise the best order in which your shots should be given. If you are registered with a local GP / clinic - most will administer vaccinations free of charge if they have the vaccination stock available – or else you will only need to pay for cost of the prescription. If you are not registered with a GP there are a number of medical centres which can help you. However, some can be quite expensive so it is worth hunting around. More information on vaccinations needed: www.fitfortravel.scot.nhs.uk

In London we recommend the Nomad Travellers Store and Medical Centre. They can be contacted on 0208 889 7014 and are across the road from Turnpike Lane tube. They will also give Oasis clients a 10% discount on jabs, medical kits and camping equipment. They also have stores in Bristol and Southampton. Log onto www.nomadtravel.co.uk for more information.

In Scotland, Ailsa Travel Clinic, 42 Admiral St., Kinning Park, Glasgow. Tel. 0141 429 0913 has been recommended to us by past clients.

- Clinics & doctors don't usually give detailed advice over the phone. It is best to check opening hours & visit them in person.

Medical Kits - We carry professionally compiled medical kits with emergency First aid material and antibiotics. However, the crew is not entitled to recommend or prescribe any medicine and we advise a health check with your GP and Dentist before you start your journey.

Personal Medicines – Even though our trucks are equipped with a comprehensive medical kit - it is not for general everyday use. Therefore we advise you bring along your own small medical kit to include:

- Antiseptic ointment
- Antihistamine cream and tablets
- Nurofen or equivalent pain-killer
- Eye drops/bath
- Anti-diarrhoea treatment
- Sun block 35 + / after sun / moisturiser / lip balm
- Assorted plasters
- 1-2 Sterile Syringes
- 1 course of malaria treatment (cure)
- Some suitable antibiotics as recommended by your doctor for infected cuts and to treat severe dysentery
- A couple of bandages (elasticated and triangular)
- Medication for personal allergies / asthma etc
- Insect repellent containing Deet
- Rehydration sachets / Vitamin Tablets

Whilst on included excursions and / or optionals (i.e. Mountain Gorilla Trek) – it is recommended and your responsibility to have a personal medical kit available in case of an emergency. Our Truck Medical Kit is for use solely whilst on the truck and cannot be carried on excursions / optionals. Please be advised that some local operators may not have medical kits on hand.

Malaria - Some GPs are quite well versed in tropical medicine, vaccination requirements and malarial prevention. However, many are not! If you are not happy with the information your doctor has provided, you can contact the Nomad Clinic above or other reputable clinics in your area. There are a number of prophylactic malaria treatments on the market and requirements change. Also, a particular regimen might suit you better than another. It is also wise to take a sample of whichever prophylactic you choose, a few weeks before you leave. This way you may determine early on if you have any adverse reactions so you can change the regimen if necessary. Nomad Travel Clinic has a basic pamphlet on the different options of Malaria Prophylaxis treatments you can take. Either contact them directly or give us a call and we can send you one out.

For detailed information on Malaria log onto www.malariahotspots.co.uk .For general health advise – log onto the official World Health Organizations website www.who.org or The National Travel Health Network - nathnac.org/travel/index.htm

In some of the areas we visit, e.g Jinja, there is a risk of contracting Malaria. You must be aware that whatever malaria prophylactics you are taking, they only offer partial protection. They must be coupled with your own physical efforts against being bitten – which is the best prevention. Malaria-carrying mosquitoes come out at sunset so from this time you should wear long sleeves and trousers with some sort of footwear and socks. Exposed skin, especially ankles, elbows, wrists, neck and ears should have insect repellent applied to them. The liquid or spray-on types tend to be best, and should contain 'Deet'. Your crew will advise on different methods of prevention and where the worst affected areas are on the trip.

RECOMMENDED CLOTHING & EQUIPMENT

The less you take the less you have to pack, wash and lug home and you can always pick up extras along the way. You will be travelling in the heat, lazing on beaches and camping in the cool, so bring clothes for all climates; rough stuff is best. Bring some warm clothes as it can get cold at night when we're at altitude in Uganda. Clothes washing and / or laundry facilities will be available at least once a week.

Suggested List - the easiest and best way to travel is as lightly as possible, taking just what is necessary. Most people make the mistake of bringing too much luggage.

Clothes

- One pair of trainers or boots
- Jacket / T shirts
- Jogging pants or Leggings
- Jeans / Pants
- Shorts
- Underwear
- Cool clothes
- Sandals / flip flops / jandals / thongs
- Skirt or dress
- Shirts
- Sweat shirt / jumper / Fleece
- Swimsuit
- Socks

Toiletries - *Most toiletries are available to buy whilst on trip*

- Toothbrush, toothpaste, dental floss
- Moisturiser & Sunblock 35 +
- Towel and / or Sarong (easier to dry than a towel – females may want to use it to cover up in such areas as Stone Town - Zanzibar for cultural sensitivity reasons)
- Shampoo and conditioner
- Soap (and container)
- Tampons (can buy in most places) / Contraception
- Antibacterial hand wash
- Razors

Personal Effects - See Personal Health Section for recommended Personal Medicines / Kit

- Sleeping Bag; 2 to 4 season bag.
(it can get cold at night in Uganda)
- Sleeping mat / therm-a-rest & repair kit / Alarm Clock
- Small day-pack or bag to carry your daily items
- Hat and sun-glasses
- Camera in a protective case, spare batteries, all the film / memory cards you will need and a dust proof / ziplock bags.
- Reading books
- Money belt or pouch to hold your passport, vaccination certificates and travellers cheques
- Torch and spare batteries (head torch is best)
- Personal Walkman - there is a stereo on the truck with a CD/ Mini Disk / MP3 adaptor
- Rucksack or kit bag to carry your luggage
- Multi Mains Travel Adapter Plug

RECOMMENDED READING – GUIDE BOOKS – MAPS

- Log onto www.tourismconcern.org.uk – a small range of books dedicated to travelling more responsibly and ethically.
 - Maps - **Michelin 746** – Good map of East and Southern Africa
- Guide Books:**
- **Lonely Planet** – concise info on all areas.
 - **Healthy Travel Africa** is also interesting.
 - **Rough Guide** and **Footprints** - detailed info on all areas
- General Reading:**
- **Harvest of Thorns** - Shimmer Chinodya
 - **Songs to an African Sunset** - Sekai Nzenza
 - **Intrepid Africa** – Short stories by La Belle Aurora
 - **Selous Scouts** - Ron Reid Daly
 - **Dispatches from a fragile Continent** - Blaine Harden
 - **The Scramble for Africa** - Thomas Pakenham
 - **Fantastic Invasion - Dispatches from Africa** - Patrick Marnham
 - **Dorris Lessing** - has written a number of excellent novels based in Southern Africa
 - **A good man in Africa & An Ice Cream War** – by William Boyd
 - **Malaria Dreams** - Stuart Stevens
 - The publishers **Heinemann** have an African writers series.
 - **Gorilla Doctors – Save Endangered Great Apes** – Pamela Turner. About the work of Mountain Gorilla Veterinary Project.
 - **Banana Sunday - Datelines from Africa** - Chris Munion

25% DISCOUNT on Footprint travel books

Simply go to www.footprintbooks.com and enter the code: 'Oasis' in the Offer Code . Prices exclude postage and packaging.

10% DISCOUNT on Lonely Planet guide books

To claim the discount - customers need to call 020 7841 9111 (between 8am and 5pm, Mon-Fri) and Quote: OASO02
This entitles the caller to 10% off any purchase over £10 with free postage and packaging in the UK. Terms and Conditions apply.

RESPONSIBLE TOURISM & OASIS

We believe travel should be a rewarding experience for yourself as well as the local people we encounter, and that preserving the natural state and beauty of the areas we pass through is essential. For this reason Oasis supports Tourism Concern – a voluntary and charity based organization. Their aim is to educate travellers on positive and negative effects that tourism has on local communities. Part of your trip payment is donated to Tourism Concern – who use such donations for organizing and facilitating new or current projects here in the UK and abroad. Many projects that have been highlighted include the establishing of Porters rights in such tourist hubs as *The Inca Trail to Machu Picchu* in Peru and *Mt Kilimanjaro* in Tanzania. The organization is also assisting the local *Maasai* in Kenya with continuing a traditional way of life after being displaced from their homes in order to make way for the Serengeti National Park. For more information regarding the role of Tourism Concern and its involvement with other projects around the world – please log on to their website www.tourismconcern.org.uk We feel our support is part of an important initiative – also supported by other organizations such as Earth Watch, Raleigh International and STA Travel.

As a young company, everyone at Oasis appreciates we are fortunate to have the opportunity to operate trips in many developing countries of the world. We also hope that through travelling with us you will benefit from a raised awareness of the many environmental and social issues that concern the areas through which we travel. From experience gained in running trips, we have developed our own practical and manageable environmental policy which all our crew practice on the trips we operate. Detailed information on Responsible Tourism with Oasis will be passed on to you throughout your trip.

Oasis also provides aid to a number of charities and local schools in which we believe our regular support can make a positive difference. If you are interested in joining us in the support of any of these organizations– log on to their websites and see how you can make a difference.

In Luxor - Egypt, Oasis is a sponsor of this independently run charity *Sunshine Project International*. This is a childrens home – caring for abandoned and orphaned children and also providing much needed respite care. Recommended donations from abroad are bed sheets / pillow cases / clothing etc. Such things as pens, pencils, stationery are readily available to buy in Egypt – and lot cheaper as well. For more information – please log onto www.sunshine-international.org.uk.

In Jinja – Uganda, Oasis is involved with an organisation called *Soft Power Education*. People on our trips to Uganda have the opportunity to donate their time and energy to support this outstanding drive to provide education and stability to the lives of many local children. For more information – please log onto www.softpowereducation.com.

In Harare – Zimbabwe, The *Hupenyu Hutsua Childrens Home* is a new project that Oasis is associated with – assisting the locally funded childrens home with donations of food on a monthly basis. The home does not have a website and has no funding or assistance from abroad which is why Oasis aims to visit the home on trips to Zimbabwe. Your crew will advise you on an appropriate donation the home may need.

In Nairobi – Kenya, Oasis also helps sponsor **Kamboyo**, one of the many orphaned elephants at the **David Sheldrick Elephant Orphanage**. The centre was established in 1977 and can be easily visited before or after your trip. For more information please log onto: www.sheldrickwildlifetrust.org

In Cuzco – Peru, Oasis are helping with a financial donation to *Pachamama's Children*, a new project to help restore a school and bring back education to the children of the Chinchasyo community, near Cuzco.

CURRENCY REQUIREMENTS & PERSONAL SPENDING MONEY

For personal spending money budget on about £100 to £140 per week to cover you for visa's, some meals out (on average 2 meals per day are supplied, sometimes this is 1/day and others 3/day), drinks, communications and local crafts and carvings. There are also other costs to bear in mind such as pre / post tour hotel and food costs, optional side trips etc. This is an estimated figure as personal spending habits and budgets differ greatly from person to person. **Budget on optional activities separately (please see list overleaf) and allow extra for your Local Payment contribution. Please also remember that all visa's need to be paid for in \$US Cash ONLY!**

It is best to bring your money as 1/3 US\$ cash, 1/3 £GBP cash and 1/3 in US\$ or £GBP Travellers Cheques (TC's). **US dollars dated pre-1999 are not accepted in Africa so please ensure your notes are dated 2000 onward.** Please Note – the rate of exchange for T/Cs and small denomination \$US bills is usually slightly less than larger bills, but it is still advisable to bring an assortment of both. Notes should be clean with no rips or tears in them. **Scottish pounds are not accepted in Africa.**

Credit Cards (CC's), especially Visa, may only be used to pay for some activities in Jinja. Cash / Credit Cards can usually be used at ATM machines in Nairobi to withdraw local cash as long as you have a valid PIN number. Credit Cards can also be used to advance money in banks -- BUT THIS CAN TAKE SEVERAL HOURS and usually you will only be given local currency, not US\$ or £GBP. Also small towns and branch banks often won't accept cards and if computer systems go down there have been times when for a few days even main banks won't accept cards. **Do not rely on credit cards completely – they should be classed as emergency money and not your only means of obtaining funds.** In some destinations - we probably won't even see a bank/ATM for days on end – i.e. Uganda. Your crew will advise you where and when you can change money and with what means.

Check out "USEFUL LINKS" on the homepage of our website. www.visa.com or www.mastercard.com are two such sites which give you an idea of locations around the world operating cash machines for the card issuer. Please only use as a guide – information provided and the successful operation / usage at the stated ATM machines and locations is not guaranteed. If you are planning to use a CC it is still advisable to bring your money as ½ US\$ & £GBP cash and ¼ as T/C's - with the remaining portion for CC. Be aware that the maximum withdrawal limit from most bank machines is usually US\$300 – \$500/day, & this will be given in the local currency of the country you are in - never in US\$ / GBPE. **We recommend you tell your bank that you will be using your card in South America to avoid your card being blocked.**

Please be aware that the use of TC's / CC's in Africa can incur fee's of up to 2 – 8 %. The breakdown of money above should only be used as a guide, recommended from past clients and trips. The use of TC's overseas can be frustrating but at the same time worthwhile – as they can be replaced in an incidence of loss or theft.

If you are approached by people on the street who want to change money with you **DO NOT DO SO** as it is **totally illegal**, and these people are often professional thieves or undercover police. Change your money only at the banks, hotels or forex bureaux.

Tipping & Bargaining - Most prices are negotiable, especially in markets. Many travellers find it a hassle having to bargain for everything they wish to buy, but prices are usually inflated so if you are not happy, move on to another place. You are under no obligation to buy so don't be intimidated. Tipping is expected and relied upon. It is often more than a reward for services well done, but, as wages are extremely low, it is an accepted means of supplementing an income. Tips should be at least 10% and keep small change on you so as not to incur a large demand when it is seen you can afford more. Please note that some countries charge an extra Government tax.

Things to Buy – Wood and stone carvings as well as batiks are just some of the things you can purchase. Some people spend no more than £20 or £30 on African crafts while others may decide to take home a hundred pounds worth. It is also worth taking any shoes or clothes you no longer use as these can be bartered in exchange for a lot of goods. It is possible to post things home from Nairobi, Kenya.

Become part of the “**Souvenir Alert**” Campaign – and think before you buy. Tempted to buy exotic wildlife souvenirs on holiday – check that you may not be breaking the law and endangering wildlife. Your souvenirs may be confiscated by customs on your return. www.ukcites.gov.uk

POST TRIP - ACCOMMODATION & TRANSFER COSTS IN NAIROBI

Post tour accommodation and airport transfers can be arranged with your crew whilst you are on tour – before arrival into Nairobi. The prices are as listed in the “Flying into Nairobi – Accommodation – Airport Transfers” section at the front of this Dossier

OPTIONAL ACTIVITIES

As a guide to help you budget, below are some approximate prices of some of the most popular side activities you can do.

Please use this info & activities list as a guide only - as prices, local taxes, exchange rates and forms of payment accepted locally can and do change regularly. NB: Some activities also will charge more if a minimum number of people hasn't been met for that particular activity (usually a min. 4 people required – sometimes 2). **Most activities have to be paid for in Cash or T/C's.** TC's / CC's can incur fee's of approx 2 - 8 %. TC's & CC's will usually be accepted for main activities at Jinja.

Kenya	(US\$)
Hells Gate National Park (entry and bike hire)	\$35
Crater Lake Game Sanctuary	\$25
Elsamere visit	\$10
Uganda	(US\$)
Gorilla Trek and Permit	\$575
Riverboarding / Rafting Combo	\$140
Tandem Kayaking	\$125
White Water Rafting – White Nile	\$125
Chimpanzee Island Day trip	\$70
Pygmy Island trip on Lake Bunyoni	\$70 per group
Quad biking – 1to 4 hrs	\$30 / 50
VCD / DVD of the water activities above	\$25 / 45
Soft Power Education - Project Day	\$20
Sipi Falls walk / cultural visit	\$6 each
Village Walk – 5 hrs	\$5

IMPORTANT NOTE: We list the activities above for your information only. They are not necessarily endorsed or recommended by Oasis or our staff. If you undertake any activity it must be clearly understood that to do so is your own decision and is done entirely at you own risk and does not form any part of your contract with Oasis Overland.

You must check that you are insured before you do these activities.

Kind Regards - The Team at Oasis

Gorillas & Gameparks

ITINERARY

GORILLAS & GAMEPARKS - 19 Days – Nairobi to Nairobi

Please note that our itineraries are not set in stone and can be subject to change.

Days 1 – 3 Our tour starts at 9 am driving north out of **Nairobi** into Africa's greatest natural feature, the **Great Rift Valley**. Stretching from the Dead Sea in Jordan down to Mozambique in Southern Africa, our first view is from the top of an escarpment. Overland trips to East Africa will allow you to experience absolutely spectacular scenery first hand, and the Great Rift Valley is a definite highlight. The valley floor seems to sweep on forever and is dotted with peaks and shimmering rivers and countless springs. Our journey takes us into the valley to **Lake Naivasha**. We camp near the lakeshore where **Hippos** sometimes feed at night! Here you can walk to **Elsamere**, the house of **Joy Adamson of Elsa the Lion and Born Free fame**, and enjoy a film of her life - and cream teas! You can also **hire mountain bikes and cycle or walk through Hells Gate National Park** - the only game reserve in Kenya in which this is allowed! Or for a less active but equally enjoyable game viewing experience visit the **Crater Lake Game Sanctuary**. Both offer excellent scenery & opportunities to spot hyrax, abundant bird & plant life along with several types of gazelle, impala and eland.

Days 4 – 5 We then continue west and travel to **Uganda**. A mountainous drive with spectacular scenery through the **Nandi Hills** brings us to our next stop at **Eldoret**. From here we cross the Kenya - Uganda border, and continue to **Kampala**. We have a free day to spend in local cafes and nightspots and get to know the local people; there is also the opportunity to spend the day visiting a local **Chimpanzee Sanctuary and rehabilitation centre** on one of the islands on **Lake Victoria**. The following day we have a long drive as we head west through swamps, patches of forest and fertile green countryside. As we travel through Uganda, we'll visit a number of small towns and villages where you will see **roadside stalls manufacturing and selling traditional musical instruments** & where we can buy **fresh rotisseries, roasted meat & vegetables, as well as roasted bananas**. We also stop at the spot where our route crosses the **equator**.

Days 6 – 9 Next is the **Virunga range** of volcanic mountains and the rainforests on these mountain slopes are home to several families of **Mountain Gorillas**. We will visit the gorillas in either **Uganda or Rwanda**. Once your guide has found the Gorilla family you will be allowed to view them for 1 hour. We usually spend 2 or 3 days at the base camp so allowing everyone in our group enough time to complete their trek to the gorillas. If we view them from Uganda there is the opportunity to visit nearby villages and schools and to **paddle out onto Lake Bunyoni in canoes** to some of the nearby islands. From Rwanda there is also the chance to visit the **genocide museum** in Kigali, which is a moving & interesting experience.

Days 10 – 15 We then return to Kampala and camp near **Jinja**. Here, on the edge of **Lake Victoria**, the Nile begins its 6700km journey to the sea. We spend the next few days at **Bujagali Falls**, just downstream from the source of the Nile. This is a spectacular area, and with one kilometre of raging water below Bujagali Falls, a superb place to go **whitewater rafting**. We can also organise **quad biking or a visit to a local school**. Time and weather permitting we will also visit **Sipi Falls**, which is in a picturesque setting amongst hills and bush on way back to Kenya.

Days 16 – 19 Re-entering **Kenya** we travel through hills covered in tea plantations. We will then visit **Lake Nakuru National Park***. Nakuru is home to a wide variety of wildlife including **Black Rhino, Hippo, Lion, Leopard, Hyena and Giraffe**. However, Nakuru is a soda lake and most famous for its pink inhabitants, a flock of almost a **million Pink Flamingos**. Heading back to Nairobi we pay a visit to the **Sheldrick Elephant Orphanage**, where Oasis helps support one of the elephants (Kamboyo) and to see the amazing work the centre the work does with rescued and injured elephants. We then visit the nearby **Giraffe Centre** to learn more about and hopefully get up close and feed these gentle and majestic creatures, before our trip finishes at a campsite on the outskirts of town.

* Note: departures in August & September will visit the Maasai Mara Game Reserve instead of Lake Nakuru Nat. Park giving the opportunity to view the amazing spectacle of the Wildebeest migration.

Please contact us if you have any questions - Happy Travels!!!!

GORILLA PERMIT

Due to the popularity of Trekking to the Mountain Gorillas and the limited availability of obtaining Trekking Permits, the Wildlife Authority responsible for organizing the Permits require the following;

1. Your full passport details
2. Full payment two months in advance

In order for us to confirm your Gorilla Permit, it is **essential** for you to notify us 8 weeks prior to your departure date if you wish to trek to see the Gorillas.

The payment can be made to Oasis Overland when you pay your remaining balance for your overland trip. The permit currently costs £300.

(N.B. Please be aware that up to approx 2 months before your departure - the cost of the trekking permit may change. This may be due to currency fluctuations &/or price increases by the local wildlife authority).

If you would like to trek to the Mountain Gorilla's please advise us no later than 8 Weeks to your departure date – so that we can make the necessary arrangements to obtain your permit.

If you have any queries, please call us on 01963 363 400
Or email on info@oasisoverland.co.uk

Please note – payment is non refundable and is required by the local Wildlife Authority and not Oasis Overland. Please also bear in mind that the mountain gorillas are wild animals and that there is no guarantee that you will get to view them - although we have never experienced this on any of our previous trips. However, should this be the case, you will be allowed to trek the following day to view the gorillas at no extra cost.

This is dependant on availability and only with permission from the appropriate local authorities.

TREKKING TO THE MOUNTAIN GORILLAS

The walk to find the Gorillas can take several hours. For much of the walk you will be in high grass or thick vegetation and it could well rain. So wear protective clothing (to prevent being scratched) and waterproofs as well as good walking boots or shoes. Once your guide has found the Gorilla family you will be allowed to view them for 1 hour. One group of eight people per day are allowed to visit each Gorilla family. The trek starts around 0830 and your group will be accompanied by a tracker/guide and an armed park ranger. You may see a variety of monkeys, chimpanzees and buffalo on the hike as well. During our stay at the base camp we may buy a pig from one of the villages for a spit roast. During our stay at the base camp we may buy a pig from one of the villages for a spit roast. If we view the gorillas from Uganda there is also the opportunity to paddle out onto Lake Bunyoni in canoes and visit some of the nearby islands or hire mountain bikes to visit nearby villages & schools. If we view the gorillas in Rwanda there is the chance to visit the genocide museum in Kigali, which is a moving and interesting experience.

Please note: If we are unable to do the Gorilla trek in Uganda (if they are booked out, for example), we can do the trek just over the border in Rwanda. If this is the case, a visa costing US\$60 is required for Swiss, Australians and New Zealanders entering Rwanda, no charge for most EU passport holders including British. This may necessitate having to get another visa upon re-entering Kenya as well. You can check your visa requirements with the Rwandan Embassy on 020 7224 9832. We will obtain the necessary visas at the border.