

# TIPS AND TIDBITS

*A fact sheet about your*

## SOUTHERN AFRICA WALKING SAFARI

*Adventure*

### ADVENTURE TIPS – THINGS TO DO NOW!

#### PASSPORT AND VISA REQUIREMENTS

- South Africa
  - \* South Africa requires your passport to be valid at least 30 days beyond the end of your stay. In addition, at least two blank pages are required. Because we will be entering the countries below as well, we suggest at least 6 blank pages. No VISA is required for Americans or Canadians to enter South Africa.
- Swaziland
  - \* A passport valid for South Africa will suffice for our visit to Swaziland. No visa is required.
- Zimbabwe
  - \* Zimbabwe requires a visa that will be purchased on site. Please be prepared to pay \$30 cash (Visa fee for Canadians is \$65). At least two blank pages are required in your passport.
- Zambia
  - \* Zambia is a bit more mercenary in the visa department. Because we are entering twice, initially from Zimbabwe and then again from Botswana, we require the double entry visa which is \$80 USD for both Americans and Canadians. Please have this amount of cash on hand.
- Botswana
  - \* Botswana requires a passport valid for 6 months after your departure date. No visa is required.

#### TIPS & TIDBITS - AT A GLANCE

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- Passport summary
  - \* In order to meet all requirements, please ensure your passport is valid for six months beyond our departure date—which would be March 12, 2012. Also be sure that you have at least 6 empty pages in your passport as you will receive visas from Zimbabwe and Zambia, as well as several entry stamps en route.
- How to get passports
  - \* Passports can be obtained at your town's main post office. It often takes at least six weeks to process the application, so don't delay!
  - \* If you need extra pages for your passport, the State Department now charges for this service. Allow plenty of time to mail your passport to the State Department to have

**NOTE: Some information is generally true for most of our Adventures. Text in bold represents information that is specific to this Adventure only.**

**\*\*PLEASE BE SURE TO READ IMMUNIZATIONS SECTION ON PAGE 2.\*\***

pages added to your passport.

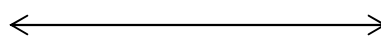
- \* **IMPORTANT:** Make a photocopy of the photo page of your passport and birth certificate and store them in a separate place in your luggage from your passport. These copies become invaluable in the replacement process should you lose your passport!

## **AIR TRAVEL**

- **Air travel should already be purchased!**
  - \* If you don't have your air tickets, it is a good idea to take care of this important detail pretty soon! The Adventure price includes all internal flights within Africa after we meet in Cape Town up until we depart from Johannesburg.
  - \* Debbi Custer is a travel agent we work closely with who is familiar with the logistics of this Adventure. You can contact Debbi by:
    - ◇ Phone: (888) 276-0925 -OR- (503) 231-9507
    - ◇ Email: [debbi@wtpdx.com](mailto:debbi@wtpdx.com)
- **Notify us please**
  - \* If you have not already done so, please send us a copy of your itinerary by mail, fax, or email. We need this information to make sure someone with a happy, smiling face is there to meet you when you arrive on the other end.
- **Air travel health tips**
  - \* Please refer to the Air Travel Tips listed on Page 10. In addition, on the day of travel,
    - ◇ Consider adjusting your sleep schedule during the week before travel, getting up early and going to bed earlier. Once you arrive, adjust your sleep schedule fully to the local time as soon as possible.
    - ◇ Eat light while in transit but keep hydrated;
    - ◇ Get up and walk around the plane frequently if possible;
    - ◇ Do isometric exercises (flex and relax your muscles) occasionally;

- ◇ Consider wearing compression socks during long flights to minimize leg and ankle swelling ([www.juzousa.com](http://www.juzousa.com)).
- ◇ Consider use of sleep aids during the first few nights in country. Consult your pharmacists or doctor, but several over the counter remedies can make a huge difference in your ability to avoid the jet lag "wake up call" in the wee hours of the morning!

- \* Over the years, several of our travelers have experienced circulation (deep vein thrombosis) problems during or after long flights. This can be a potentially dangerous condition; it is important that you take it seriously!



## **ADVENTURE TIPS – THINGS TO DO BEFORE YOU GO!**

### **HEALTH HABITS**

- **Immunizations**
  - \* No preparation for a trip to Africa would be complete without a discussion about immunizations. We are not qualified to give medical advice, but we do suggest that you consult a medical professional for advice on immunizations recommended for travel in Southern Africa.
  - \* In general, travel health clinics are more reliable sources of information in this matter than general practitioners or the Center for Disease Control. You can find travel health clinics in the yellow pages or online. Two examples are: [www.ushealthworks.com](http://www.ushealthworks.com) and [www.passporthealthusa.com](http://www.passporthealthusa.com)
  - \* Remember to take your Adventure brochure with you so you can show the medical staff where we are traveling.
  - \* **Yellow fever, the malady that most often triggers the requirement to show proof of immunizations, is not a problem in the regions of Africa we are visiting. The bad news:**

\* General immunizations normally recommended for travel in developing countries include the following:

- ◇ Hepatitis A
- ◇ Hepatitis B
- ◇ Measles/mumps/rubella (MMR)
- ◇ Typhoid
- ◇ Tetanus & Diphtheria

\* Though we do not presume to give medical advice, malaria is a risk that should be taken seriously. Having said that, you'll notice that some of the points below indicate a low risk of exposure for the time of year and locations we are visiting. It does not seem to be a major problem where we will be traveling, but it is a risk that should be taken fully into consideration.

\* Further, though Yellow Fever has been a non-issue in the past, the South African Department of Health now requires travelers traveling between South Africa and Zambia to have proof of a Yellow Fever vaccination. This vaccination is a one-time shot that is good for 10 years—check with your health care professional to verify this information.

\* Here is what we have learned about malaria risk in the regions in which we are traveling:

- ◇ There are four species of mosquito in Southern Africa; only one is a carrier of malaria. Furthermore, only the female carries the malaria bacteria and she is active only at night.
- ◇ There is apparently no risk of malaria in the Cape Town area or Johannesburg. Malaria is a low risk in the Zululand portion of the tour and a relatively higher risk in the Kruger National Park and Victoria Falls areas.
- ◇ We will be in malarial areas, mostly low risk, from Zululand on. This means that travelers on the main tour only need protection from Day 5 to Day 14 or 10 days. Travelers doing the full tour need protection from Day 5 through the end of the tour, or 14 days.
- ◇ We will be traveling during the South-

ern Hemisphere's spring, which puts us on the edge of the mosquito season.

- ◇ In addition to wearing clothing that covers as much of your skin as possible, a triple layer of mosquito protection is possible as follows: 1) use anti-malarial medications as prescribed by a doctor or nurse; 2) use an insect repellent containing 30-35% Deet (higher concentrations provide no additional benefit and can be harmful to your skin); and 3) spray your outer clothing with Permethrin, a treatment that repels insects and lasts up to 6 weeks.
- ◇ There are several different anti-malarial medications. Ask your doctor which is best for you.
- ◇ NOTE: It is possible that you will dutifully follow the advice of the travel clinic, and our suggested protections, and not even see mosquitoes. Bugs have not been a big problem on previous editions of this African Adventure!

#### • General Health

- \* **Cold Prevention:** One of the realities of group travel is that we share a lot of things — including germs. As a result, cold nasties can quickly travel through the bus looking for weak immune systems to attack. There are several supplements and behaviors that can make a significant difference in your ability to resist these bugs and preserve a healthy Adventure, including the following:
  - ◇ Use additional Vitamin C or other immune system booster beginning a week before and during the tour to beef up your immune system .
  - ◇ Maintain the use of a good multi-vitamin both before and during the tour.
  - ◇ Wash your hands thoroughly and frequently (carrying a waterless hand cleaner is highly recommended).
  - ◇ If/when you cough, cover your mouth as completely as possible to avoid the spread of germs.
  - ◇ Avoid touching your face and rubbing your eyes.
  - ◇ Consider the use of sleep aids during

the first few nights of the tour (see your doctor or pharmacist) to avoid jet-lag induced sleep deprivation!

- ◇ Be sensitive to your health and particularly your need for rest. Guard against fatigue by monitoring your participation in tour activities and allowing yourself necessary “down time.”

\* **Imodium:** As always when traveling abroad, it is good idea to take along Imodium or some type of remedy against diarrhea.

\* **Prescriptions:** Though we have not had problems with prescription drugs at customs, some sources recommend a note from your doctor verifying your need for any prescription drugs you will bring on the tour.

- ◇ If you transfer medications out of the container they came in, make sure you bring the prescription labels. In addition to making your case if questioned by customs, medical staff will need to know what you are taking in the event you need medical care.

## MONEY MATTERS

- **General Recommendations:**

- \* **Use of ATMs:** South Africa has a modern banking system and a network of ATM's (automatic teller machines). Debit cards at ATM's have become the most practical way to manage cash needs when traveling in most parts of the world and we

strongly recommend using them to simplify your money management. If your debit card is lost or stolen, most banks have protections that limit losses to a nominal amount. Ask your bank about their policy.

- ◇ If hesitant to use an ATM card linked to your bank account, consider AAA's (Automobile Association of America) credit/debit card designed for travelers. You can load the card with a specific amount of cash in advance, further limiting your losses should the card get lost or stolen. Log on to [www.aaa.com/](http://www.aaa.com/)

prepaidcards or call your local AAA branch for more information.

- \* **Where to purchase foreign currency:** If you are having trouble purchasing foreign currency from your local bank, try Thomas Cook, AAA, or some of the new internet outlets ([www.travelex.com](http://www.travelex.com)). A last resort would be to buy some in the airport on the day of departure, but airport rates are almost always less than favorable.

- \* **Try not to bring foreign currency home:** The rate is generally 2-3% less favorable for selling the foreign currency back to the bank when you get home than the rate you paid to purchase it. All things being equal, it's better to spend the money overseas than to bring it home and exchange it back into dollars.

- \* **Use of Traveler's checks:** We do not recommend traveler's checks for this type of travel. They cannot be used like cash as they are here in the USA, you must have a bank to exchange them for cash, banks usually charge significant fees to exchange them, and banks are not always handy and open when you need money. Please leave home without them!

- \* **Make Photocopies:** Be sure to make photocopies of all the credit/debit cards you intend to take. These photocopies should, of course, be kept separate from the cards themselves.

- \* **Keep eggs in two or more baskets:** Store money, and any debit or credit cards, in more than one place to minimize the risk of loss. When going out for a walk or an outing, take only the cash and credit cards you think you might need for the outing and leave the balance hidden in your luggage or in the hotel safe.

- **Specific recommendations:**

- \* **Exchange rates**

- ◇ **South Africa:** The South African currency is the Rand and the rate of exchange at the time of publication is 7

**Rand to \$1 USD.**

◇ **Other countries:** The Rand or the US dollar are widely accepted in the other countries on our program.

\* **Cash budget:** The *minimum recommended cash budget*, for the Adventure, *NOT including amounts listed below for optional excursions, is:*

◇ **Main tour:** 1500 South African Rand (equivalent of about \$200)

◇ **Victoria Falls Extension:** \$250 US (including visas fees of \$30 US for Zimbabwe; \$80 US for Zambia; and departure tax of \$25 US) Canadians increase by \$35 US for Zimbabwe.

This recommended amount is the minimum, no-frills amount you would need if you intended to do no shopping.

Many travelers spend significantly more on shopping.

\* **Money strategies**

◇ **STRATEGY #1—RECOMMENDED—THE ATM APPROACH:**

**Purchase a nominal amount of foreign currency—\$30 to \$50 of South African Rand here in North America before departure.** Then use your debit card en route as your primary method of obtaining cash in each country.

**Emergency fund: Take along about \$300 US in \$10's and \$20's as backup in case you can't find an ATM and need to exchange dollars for local currency.** Expect to bring this money home with you—it is only intended for emergency purposes.

Make sure you contact your bank in advance to inform them that you will be in Southern Africa and verify that your ATM card works there (most do).

◇ **STRATEGY #2—ALTERNATIVE—THE CASH APPROACH:**

If you are not comfortable using an ATM, or simply prefer to have your foreign currency purchased in advance so you don't have to deal with it during the trip, your situation is a little more

complicated. We suggest you purchase as much of your foreign currency as possible in North America, as suggested below in the next paragraph, before departure. In addition, **we recommend that you bring an additional \$200-\$300 USD as backup emergency cash.**

**WARNING:** You will likely experience a less favorable rate of exchange by purchasing it in North America.

It is often difficult to purchase small amounts of foreign currencies, and some currencies are not available at some banks. If you are not able to purchase foreign currency, **we recommend you take along \$500-\$750 US dollars to exchange upon arrival in South Africa.**

\* **Applicable to both Strategy #1 and #2:**

◇ **Bring foreign money!** We do NOT recommend that you arrive in South Africa with no foreign currency—i.e. only with US dollars to exchange. Try to have some local currency with you upon arrival.

◇ **Meals: All breakfasts and dinners and 1 lunch are included in South Africa, and all breakfasts, 1 lunch, and 1 dinner are included on the Victoria Falls Extension.** Drinks at dinners are commonly NOT included.

◇ **Gratuities:** Tips for group meals and lodging are included in the cost of the Adventure. In addition, the Adventure price also includes the tip for the coach drivers and any local guides that serve us.

◆ **Tips NOT included:**

- **Optional excursions :** Generally we recommend the equivalent of about \$1 per person for the person who serves you on these excursions that are not included in the tour price.
- **Maid service:** We recommend about \$1 per day per room.
- **Meals on your own: Widespread confusion about tipping expectations in different parts of the world makes it difficult to give iron clad**

- advice. In South Africa, however, restaurant staff apparently expect a tip of between 10-15%.
- **Porterage:** At hotels you will probably be considered polite if you tip the porter about 3 Rand per bag if you use the luggage service.
  - **Security recommendations:** South Africa has a well-deserved reputation for crime. While we urge caution and prudence, primarily while in the urban areas of Cape Town and Johannesburg, prior WAI groups have not experienced or observed any problems and do not feel that any excess anxiety is warranted. We were very careful, however, and strongly recommend the following common sense measures that should be followed whenever you travel abroad:
    - ◇ **Beware of Distractions:** Any kind of distraction is a huge “red flag.”
      - ◆ Con artists and pickpockets need distractions to get your attention (and your hands) where they want them. As soon as you become aware that something unusual is going on (e.g. someone spills something on you), be on your guard. Do not participate. Do not interact with locals that seem to appear from nowhere to “help you.” Get away from the surroundings.
      - ◆ Why would locals ask you, someone who probably does NOT look like a local, for directions? Asking for directions is a common lead-in to a scam.
    - ◇ **Diversify Your Money:** DO NOT carry all of your money in one place! If you ARE the victim of a theft/pick-pocket, and you do not have all your money in your pockets, you will not be entirely cleaned out.
      - ◆ One approach is to carry only \$30 to \$100 worth of the local currency with you. Keep another batch of funds and a debit card and credit card in a body wallet under your clothes. A third batch of funds and credit cards is hidden in your luggage in your room. To my knowledge, we have never had a confirmed incident of theft from a hotel room, but you may prefer to use the hotel safe.
  - ◇ **Credit cards:** Minimize your exposure by only bringing one or two credit cards.
  - ◇ **Use a Money Belt:** Your pockets should only be used for nominal sums.
    - ◆ Though not always convenient, we suggest you BE PREPARED to move any credit cards or larger sums under your clothes whenever you are in a high-risk environment. Any big city can be a high-risk environment.
    - ◆ As mentioned above, keep a little of your money in a secure pocket, so you don't have to make a scene getting out your money belt each time you need to use money. This is a smart, low-risk practice.
  - ◇ **Use an ATM Card:** Nothing in life is perfect, but learning the simple steps to using an ATM card is one of the best things to come along in the area of travel money management.
    - ◆ You should NOT rely completely on access to ATM's, but having this tool in your travel money tool box means you are much more likely to be able to replace money as necessary, and can therefore bring less money with you.
    - ◆ Many travelers are uncomfortable or distrustful of ATM machines and rely on credit cards as a back up to cash. This is usually not a practical way to gain access to cash because 1) bankers' hours seem to generate an even narrower window of accessibility overseas than at home, 2) credit card fees greatly exceed debit card fees: money withdrawn is generally treated as a loan with interest due, and 3) all the risks of a debit card are already inherent in a credit card, so why not use a system that is more practical and mobile?
    - ◆ When accessing ATM machines, try to

use machines that are inside banks. Those outside can be subject to other kinds of scams involving videotaping your PIN number. If using outside ATMs, cover the keypad with one hand while inputting the PIN number with the other.

- ◇ **Blend in and Be Aware:** Though it is usually very difficult to conceal the fact that we are visitors, our advice is always to do your best to be a small target.
- ◆ Blending in is more difficult in some cultures/circumstances than others, yet the more conspicuously foreign you appear and act, the more attention you will get from the unscrupulous who prey on foreign visitors. They always look first for the easiest prey; how you dress and behave can tip them off.
- ◆ Do NOT wear conspicuous jewelry, and no jewelry is best – leave your Rolex watch at home!
- ◆ Be wary of carrying expensive-looking camera gear.
- ◆ Shorts, t-shirts, and white tennis shoes are usually dead giveaways that the wearer is American, and therefore likely carrying significant amounts of money, and likely more naïve than locals. We have nothing against casual dress. On the road, however, we wear dark-colored walking boots, pants with zip-off legs which are almost always left attached in the cities, and long sleeve button-down shirts, partly to blend in and partly to shield the arms from sun. Outside of cities, we are more relaxed about attire.
- ◆ Be aware of your surroundings, especially if walking alone. If approached by someone, be wary. Be prepared to be rude and move away quickly if they invade your personal space.

Remember that we seldom have problems with theft and scams overseas. And we are certainly not advocating a

posture or attitude that requires constant tension to maintain. In this case, however, an ounce of prevention is worth many pounds of cure (apologies to Ben Franklin). Be safe, be smart, and enjoy the Adventure!!

## POINTS ON PACKING

- **Clothing suggestions**
  - \* Tourist attire is acceptable almost universally in Africa. Most of the time, especially on an Adventure featuring the African bush, we are dressed in our walking clothes.
  - \* **For the days we are in the African bush, we recommend long sleeves and pants both for sun and insect protection. Shorts are NOT recommended for walking in the African bush! Make sure you have a warm layer for the morning game drives (some may want gloves for this).**
  - \* As mentioned above, our own strategy is to take two or three pairs of quick-dry pants with zip-off legs along with several quick-dry t-shirts and nylon or tri-blend travel shirts. We supplement this with a quality set of breathable raingear which we also wear for warmth when the temperatures are a bit cool. Additionally, we also take along a light jacket and/or silk or high performance fabric undershirts to use as additional layers. In any case, we have found that packing lightweight layers of clothing is the most practical strategy.
- **Weather**
  - \* We'll be arriving in South Africa during their spring and will be traveling in 2 distinct weather regions:
    - ◇ Cape area: The Cape has a Mediterranean climate, meaning they have cooler weather and more rain. Average low temperatures are generally in the mid 50's. High temperatures, on average, are in the mid 60's and 70's. Weather during this time of year is unpredictable in the Cape and can be windy and rainy.

- ◇ Eastern South Africa and Victoria Falls area: Temperatures are typically warmer here. Lows are in the upper 50's and 60's and highs can be in the 90's or higher.
- ◇ Johannesburg: Temperatures are similar to the Cape but less rain is received in this part of the country.
- ◇ Weather can vary dramatically from year to year. Always be prepared to layer your clothing for maximum comfort. Compact rain gear is highly recommended.
- **Laundry**
  - \* Africa generally doesn't use our self-serve laundromat concept. As a result, having laundry done is very costly. We recommend one of two approaches: 1) pack a few feet of clothes line and maybe some liquid detergent and do your laundry in your room, or 2) pack tightly and bring enough essentials so that you don't need to do laundry until you return home.
  - \* Be advised that Old World hotels often do not provide washcloths (the locals don't use 'em), so take your own if this is something you would miss.
- **Electricity:**
  - \* **Household current in Africa is 220 volts.** There are two issues to deal with to use your electric appliances overseas:
    1. **Transformer:** Converting electricity from the higher voltage (220) to our lower voltage (110) and
    2. **Wall adaptor: Matching up your North American plug with the African outlet? Wall outlets in South Africa require a large, round 3-prong adapter. The prongs are in a triangular pattern with the larger and longer prong on top. These are not as common or easy to find as European adaptors but may be available from AAA or on-line where travel accessories are sold. These can also be purchased in Cape Town during some of the free time you will have there during the first few days.**
  - \* Most electronics (cameras, laptop computers, etc) are designed with a transformer built into the electrical cord. If you look on the back of the adapter that is inline on the cord, it says what voltage it can handle and it is usually 110 to 240, or something similar. **If so**, you don't need a transformer; all you need is a wall adaptor for the wall outlet in Africa. **If not**, you need an electric transformer to convert the 220 power in the wall to the 110 voltage of your electronics.
  - \* Travel transformers for the current and adapters for the plugs can be obtained from most AAA offices or anywhere travel accessories are sold.
- **Hair Care**
  - \* Most hotels will have hair dryers—sometimes you can request them from the reception desk.
  - \* If bringing curling irons from home, make sure it works on 220 volts (better) or that you have a transformer to convert the power (acceptable).
- **Luggage Restrictions**
  - \* **On the plane:** Airlines have been going back and forth with luggage charges. To avoid surprises, check with your airline before you finish packing to see what their current policies are on fees and weight restrictions for checked luggage.
  - \* **On the bus:** To ensure space for everyone's luggage in the storage bay of the coach, please limit yourself to one large suitcase or two small ones (22" rollerboards). Two mini-suitcases are often more practical than one backbreaking behemoth!
  - \* **At the hotel:** Getting the luggage to your room at the hotels is the traveler's responsibility. Porterage is generally not provided on our tours. Travelers should be able to carry their luggage up a flight or two of steps. Porterage is generally available, however, if you would like both

some help with your bags and a chance to support the local workforce.

- **Phoning home:**

- \* Using international telephone systems can be quite a challenge. One way to simplify things is to purchase a pre-paid phone card that works in South Africa. It may be harder to find one that works in other countries.

- ◇ Make sure you bring with you the access phone numbers that apply to the countries we are in.
- ◇ Be careful to ask if the hotel has additional charges to call from the room.

- **Partial packing list**

- \* Though by no means comprehensive, following is a list of things you should consider bringing with you on this walking adventure.

- ◇ Passport
- ◇ Photocopy of passport & birth certificate
- ◇ Airline tickets/itinerary/receipt
- ◇ Foreign currency and US or Cdn dollars
- ◇ Photocopies of credit/debit cards
- ◇ Medical insurance ID card
- ◇ Sense of humor
- ◇ Clothing that can be layered
- ◇ Rain gear
- ◇ Two pairs of walking shoes (or boots)
- ◇ Swimsuit
- ◇ Washcloth
- ◇ Walking stick
- ◇ Water bottle
- ◇ Sun screen
- ◇ Sun glasses
- ◇ Sun hat or visor
- ◇ Insect repellent
- ◇ Walking credit books (AVA or CVF)
- ◇ WAI walking journals from prior trips
- ◇ Sense of Adventure
- ◇ Ear plugs
- ◇ Electrical transformer
- ◇ Adaptors for wall outlet
- ◇ Camera (with extra batteries)
- ◇ Extra film or memory cards for camera
- ◇ Travel binoculars
- ◇ Mini-flashlight (**for beehive hut**)
- ◇ Country or area maps

- ◇ Highlighter for marking maps
- ◇ Toilet paper (for your daypack)
- ◇ Cold/flu remedies
- ◇ Handiwipes or waterless hand cleaner

## **LIFE-LONG LEARNING—THINGS TO READ BEFORE THE ADVENTURE**

- We know that “life-long learning” is a core value for many WAI travelers. Check out your local library or the internet at [www.amazon.com](http://www.amazon.com) or [www.longitudebooks.com](http://www.longitudebooks.com) to preview the following list, or find a new gem about this fascinating region of our world. In addition to the suggestions below, we recommend that you obtain a good guidebook such as those published by Lonely Planet, Moon, Rough Guide, or DK Eyewitness.

### **History/Documentary:**

- ⇒ A Traveller's History of South Africa by David Mason
- ⇒ My Traitor's Heart by Rian Malan  
*The story of an Afrikaner and journalist who returned to his homeland just before the collapse of Apartheid. Malan grapples with the black and white heart of South Africa, drawing on the 300-year history of his family in Africa and legends of the Zulu nation. Candid, beautifully written and impossible to put down.*
- ⇒ Culture Smart! South Africa by David Holt-Biddle  
*This handy guide will help you navigate local customs, etiquette and culture.*
- ⇒ Long Walk to Freedom by Nelson Mandela  
*An unpretentious tale of an extraordinary life, Mandela's autobiography is essential reading for an understanding of South Africa. His grace and his love for his country shine throughout.*
- ⇒ The Power of One by Bryce Courtenay  
*This riveting novel tells of the coming-of-age of a six-year-old English boy in South Africa during the darkest days of largely pro-Nazi South Africa, based on the author's childhood. Also developed into a 1992 major movie.*
- ⇒ South Africa Safari Companion by Alain Pons  
*From Cape Town and Fynbos, Kruger National Park and private reserves, this slim photographic survey introduces the parks, wildlife*

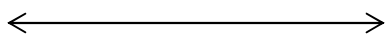
and habitats of South Africa. With tips on photography throughout.

**Novels:**

- ⇒ The No. 1 Ladies' Detective Agency by Alexander McCall Smith  
*A detective series set in Botswana*
- ⇒ Jock of the Bushveld by Sir James Percy FitzPatrick  
*The story of an Irish adventurer and his dog, Jock, set in the bushveld of turn-of-the-century colonial South Africa*
- ⇒ The Covenant by James Michener  
*Historical novel about the full history of South Africa through 20<sup>th</sup> century*
- ⇒ Cry the Beloved Country by Alan Paton  
*The deeply moving story of Reverend Kumalo's quest for justice. First published in 1948, it is a striking, poetic tribute to the power of the individual and a trenchant indictment of Apartheid. Also made into a movie.*

**Movies:**

- ⇒ The Color of Freedom  
*Story about Nelson Mandela's incarceration on Robbin Island and the relationship developed over a 20 year period with one of his guards.*
- ⇒ The Power of One  
*See under History/Documentary above*
- ⇒ Cry the Beloved Country  
*See under History/Documentary above*



**ADVENTURE TIPS—**

**THINGS TO KNOW DURING THE ADVENTURE**

**UP, UP, AND AWAY—AIR TRAVEL TIPS**

Airlines continue to change policies and technology continues to impact the pace of our lives and how we get things done. Here are a few tips to hopefully ease the process of getting from home to our destination:

- **Check in online:** Most airlines now allow on-line check-in via their websites starting 24 hours before departure. This is a very good idea for the following reasons:
  - \* You can check your seat assignment and/or change it;
  - \* You can check [www.seatguru.com](http://www.seatguru.com) for

information on the configuration of your plane to improve your seat selection;

- \* You can check baggage online;
  - \* You can add passport information, streamlining the process once you arrive at the airport;
  - \* On domestic flights and some international flights, depending on the airline, you can print boarding passes;
  - \* It saves time at the airport since you can avoid the longer line for those who have not checked-in online and use the shorter lines at the electronic check-in kiosks instead;
  - \* If there is a problem with the reservation, you will be able to identify it the day before the flight, rather than at the airport at the last minute! Then you have a full day to obtain the help of your agent to correct it.
- **If you don't have a computer, call for help!**
    - \* If you do not have access to a computer, and you booked your flight through Debbi Custer, call Debbi the day before the flight during business hours and she will check you in online. Your boarding pass will then be ready for you to pick up at the airport. If you need help after-hours, or you booked with an agent who does not offer this service, call the airline directly to confirm your flight. You cannot "check-in" over the phone, but you can at least identify that your booking is solid and check/change your seat assignment.
  - **Confirm departure details again on the morning of departure – changes can occur at the last minute.**
  - **Arrive at the departure airport early**
    - \* Since requirements change from time to time and can differ between airports, check with your departure airport for the latest guidelines.
    - \* The general standard is to arrive 2½ hours before departure for international travel

and 1½ hours before departure for domestic travel.

- **What to do if you get “bumped”**
  - \* Sometimes airlines overbook, and it is possible to find yourself being “bumped” to later flights that are not in your best interests. If you arrive at the airport and have trouble with your reservation, call the agent who booked your flight immediately. Debbi Custer’s service also offers a 24/7 emergency line to use if it’s after-hours. Your agent will probably have better leverage to get accurate information and plead your case for you. NOTE: Having the ability to communicate by phone within the airports, both going and coming, is a good reason to take your cell phone with you.
- **Consider how far to check your bags**
  - \* If your first flight is an international flight, check your bags to your final destination. It is usually not a good idea to retrieve and re-check luggage in a foreign, layover airport unless you are required to.
  - \* If your first flight takes you across North America to a North American layover airport AND you have a long (greater than 3 hours) layover AND you are changing airlines for your next flight, strongly consider claiming your luggage and physically rechecking it onto the next flight. Chances of your luggage getting lost increase with 1) the number of flights and 2) the number of airlines handling your bags.
- **Pack your carry-on as if you had to live out of it for a few days**
  - \* Wear your walking shoes.
  - \* Remember to include any electronic and electrical adapters needed for cameras, etc., in your carry-on rather than your luggage.
  - \* If possible, avoid checking *any* luggage. This takes some practice, but several WAI travelers travel this way successfully on an ongoing basis.

- **What about confirming the return flight?**
  - \* Your reservation should be solid on the return flight since you’ve already “tested it” on the outbound flight. However, if you can get to a computer, either at your hotel or an internet café in the area, it is still a good idea to check in.
- **Keep the faith**
  - \* The life-changing rewards of travel still far outweigh the hassle factor of “getting there”. We’ll meet you with a smile on the other side!

#### HOW ABOUT HOTELS?

- **Hotel Standard**
  - \* We use good quality, superior tourist-class accommodations.
  - \* When making reservations, we request non-smoking rooms and as many rooms on the ground floor as possible. **Due to the fact that we are spending time both in major cities and in a series of game reserves, we will experience an intriguing variety of hotels. All save one are at the 3-star standard that we normally use, or higher.**
  - \* *The exception is in Mlilwane Wildlife Sanctuary in Swaziland. Accommodations there are “traditional” beehive huts in the same shape as those you’ll see still inhabited in the surrounding areas. Inside, they are undoubtedly roomier and more sanitary, but are spartan in their furnishings with concrete floors and one solitary light bulb illuminating the single room. Each hut does have its own functional bathroom facilities, and the restaurant is in a delightful setting overlooking a hippo pond. We expect that overall, this location will become a favorite, but want to alert travelers in advance of this cultural experience.*
  - \* **In addition, you will find that part of the mystique of our bush accommodations is a lack of artificial lighting on the grounds of the lodges. You will need to have a penlight with you for the evening hour walks from dinner to your bunga-**

low.

- **Bed types for couples**
  - \* Some hotels may lack rooms with large two-person beds—"matrimonial" queen or king sized beds — and instead will have two twin-sized beds pushed together.
- **Single rooms**
  - \* Single rooms are available for a supplement. The supplement reflects the fact that one person using a room alone receives a similar amount of hotel space and service as two people using the same room.
    - ◇ In most cases, a single room will be the same size as a double room. In some cases, however, a single rooms will be smaller. The single supplement entitles single travelers to their own room but not necessarily to a double-sized room.
    - ◇ The supplement reflects only what WAI is charged by the hotels—we do not price the single supplement to make a profit.
- **Smoking/non-smoking**
  - \* **Much of the developing world still considers smoking to be an acceptable practice in public places. We request non-smoking rooms when available. Generally, hotels are good about providing rooms that are acceptable to non-smokers, and bush lodges don't seem to have this problem, perhaps because of the abundance of fresh air.**
- **Street/outside noise**
  - \* It's not always possible to predict how quiet a given hotel will be on a given night. If you're a light sleeper, we recommend a supply of earplugs to help you get a full night's sleep.
- **Communicating with home**
  - \* Beware of additional charges for using the phone in your hotel room. Many hotels charge for use of the phone even if you are using a pre-paid phone card to call a toll-free number.

- \* Emails can be a good alternative to using a phone. Many hotels have computers in the lobby for this purpose, either complimentary to hotel guests or for a charge that is less than placing a phone call.
  - ◇ Internet cafes can sometimes be found near the hotel for less expensive internet use.
- \* Alternatively, prearrange before leaving home, or by email while en route, to have loved ones call you at an agreed upon time.
- \* **Lodges: Most of our lodge accommodations will NOT have telephones in the rooms. It is best if you can let your loved ones know that you will be very hard to reach during these seven days. Emergency phone numbers will be provided before the tour for you to give to family members to use as necessary.**
- \* **Time differences: We are traveling in only one time zone throughout the tour. All countries are GMT (Greenwich Mean Time) + 1 hour. When it is noon in Africa, it is 6 am on the USA East coast and 3 am on the USA Pacific coast.**

#### WALKING WISDOM

- **General description**
  - \* As always, we look for walk routes that will highlight the most significant aspects of the history, culture, and scenery. As such, we will do some walks that are 2-part events to be more effective in showing you the most interesting parts of Southern Africa. We will have a range of terrains and trail surfaces, though we have attempted to keep the walks "doable" by anyone who is in reasonably good physical condition.
  - \* **Walks in the Cape area will be a combination of nature walks and city sightseeing in Cape Town. The balance of the walks are in natural or rural settings in Zululand, Swaziland, the Blyde River Canyon, and around Victoria Falls.**
  - \* In all cases, our walks will be conducted

with the cooperation of local guides.

**Game viewing of animals that are potentially dangerous will be conducted from a vehicle on game drives.**

- \* All walks will be guided and will be led by a local guide and two WAI guides. One WAI guide will be “the sweep” and will generally be in contact, as necessary, with the lead guide by 2-way radio.
- **Walking gear**
  - \* **Walking boots** with good ankle support are strongly advised. Though most of our walks are not on difficult terrain, a few are challenging.
  - \* **Walking sticks** are advisable for segments of the walks that have challenging footing.
  - \* **Hats** for shade from sun should be standard walking apparel for an international trip such as this.
  - \* Carrying a **water** bottle on the walks is **mandatory**.
- **Walk difficulty**
  - \* Walk distances and difficulty ratings are listed in the Adventure brochure.
  - \* We use the American Volkssport Association’s (AVA) difficulty rating system of 1 to 5, with 1 representing flat, smooth walk routes and 5 representing very difficult hikes. **Walks in this Adventure are rated between 1 and 4** using the following description of ratings listed by the AVA:
    1. An easy walk on pavement or well-maintained trail with no significant hills.
    2. A moderately easy walk, may be on pavement or on trails. No significant difficulty with hills.
    3. A moderate walk in any setting with some difficult terrain, one or two substantial hills and/or steps.
    4. A more difficult walk. Most likely in a natural setting with poorly maintained paths and steeper or hilly inclines. Participants with certain health problems

should take caution.

5. A very difficult walk. All in rough fields or woods. Many steep hills or high altitude trails, or very rough, uneven terrain, steep or unstable inclines. Not suitable for any person who is not in good health.

\* **Preparing for walks**

◇ **Pace:** We generally allow 3 hours per 10 kilometers (6.2 miles) of walking, assuming a venue that does not involve presentations by our guide. **Most walks on this tour include some kind of interpretive presentation by our local guides, so walks may be slower paced.** Walkers should, however, be able to comfortably walk 10 kilometers of flat, level trail in 2 1/2 hours.

◇ Your enjoyment of this travel experience will be in direct relation to your level of physical fitness.

◇ Of course, none of the walks are mandatory and we encourage travelers to pace themselves. Take a day off or do a partial walk as necessary. Just let the guide know your needs, and we’ll help you make adjustments.

• **What is volkssport or volkswalking?**

\* Volkssport is a club activity that began in Germany, Austria, and Switzerland in 1968. There are four primary activities: walking, biking, swimming, and cross country skiing. Walking is, by far, the most popular and well developed. A volkswalk is walked at a steady pace through a scenic and/or historic area over a pre-marked route (usually 10 km, which is 6.2 miles). Normally, it is hosted by a local group of volunteer club members. It is noncompetitive, and aims to involve people of all ages. Everyone who participates is declared a WINNER! Presently, there are walks in all 50 states and more than 30 countries worldwide.

\* **Walk sanctions: We have applied for sanctioning for all walks and expect stamps for walks in South Africa, Swaziland, and Zimbabwe. This will be the**

**first time stamps have been provided in Swaziland or Zimbabwe.**

◇ If you are walking for volkswalk credit, you may use the same event and distance books in Africa that you use here in North America.

- \* **Distances:** WAI takes a relaxed view on clocking the requisite 10 kilometers for each walk. Though we strive for walks of a respectable volkssport distance, we believe trail conditions, setting, and quality should determine walk distance. We therefore do not force an 8 kilometer walk into 10 kilometers by adding filler distance. Several walks on this Adventure will be less than 10 kilometers.

### HEALTH HABITS ON TOUR

- **Water potability:** Technically, water from the tap is considered safe to drink in all cities of South Africa. Game reserves, however, do NOT have drinkable tap water. DO NOT drink water, or even brush your teeth, from the tap outside of Cape Town. Our recommendation is to drink ONLY bottled water for the duration of the tour, but especially when outside of Cape Town and Johannesburg. Even if the tap water is “safe,” drinking bottled water is an easy way to give your body one less difference to adjust to.
- **Street vendors:** It is generally wise to avoid eating or drinking products sold by street vendors. Hot coffee and hot tea and canned or bottled soft drinks are okay.

### FELLOW TRAVELER FACTS

- **Group size:**
  - \* Generally, we close the trip at no more than 30 people. Where we spend significant time on coaches, we strive to ensure that we have extra room—about 20% of the seats empty. On this Adventure, driving times are generally short, so we may not have this additional space in every case.
- **Average age:**
  - \* Most of our travelers fall between 50 and

70 years of age. This seems to be the age bracket that has the time and means to travel. However, we always have travelers that fall outside that range, from the 20’s up into the 80’s. Walkers are characteristically great traveling companions — positive, cheerful, and appreciative of the opportunity to see the world. As we travel and observe other tour groups, we are always pleasantly surprised at the difference in mobility and energy level/enthusiasm between our travelers and the typical group of “tourists”.

- **What if I don’t have a roommate?**
  - \* It’s always best to register for the trip with your own roommate, but we do offer to help match travelers up with others needing roommates. We provide contact information for potential roommates and allow travelers to contact each other and make their own decisions.

### MOTORCOACH MESSAGE:

- **Seat rotation system:** Because we will be changing buses each time we move to a new location, we will not use our seat rotation system.
- **Rest stops:** The bus will be air conditioned, and toilets should be available on buses in South Africa only. Rest stops are spaced every 1½ to 2 hours.
- **Bus snacks:** We do our best to schedule consistent meal times, but it’s a good idea to carry non-messy fruit or munchies to manage your snack-attacks.
- **Seat Reservations:** Sorry, but it is not possible to reserve seats on the coach. The front two seats must be reserved for the guide team so they can do their job, but all other seats are open on a first-come-first-serve basis.

### CULTURAL COLOR

- **1st & 3rd World intermingled:**
  - \* This part of the world has seen more than its share of challenges. One of the benefits of this Adventure will be an op-

portunity for you to expand your understanding of Africa and these challenges. Another opportunity is the advantage to observe first-hand where South Africa is after being freed from Apartheid for more than ten years now. You will certainly see poverty and some dismal Third World conditions. Alongside that you will see all the wealth and technology of the modern world, a dichotomy that can be perplexing and ranks among South Africa's greatest challenges. We urge you to maximize your experience by being prepared to learn from these fascinating opportunities.

- **Vendor alert and bargaining:**
  - \* Interacting with street vendors and in the bazaar can be a ton of fun in Africa. Be careful, however, that you understand fully what you are purchasing, and have a general idea of its value.
  - \* Bargaining or haggling is an expected part of shopping outside of established storefronts. Try to get a feel for a fair price before you begin to bargain, then offer about 50% of that fair price and come up. Make sure you are offering a price you are willing to pay. If the vendor accepts your offer, you are "honor bound" to carry through with the purchase.
  - \* Also be alert during the exchange of money to ensure that you are certain how much you are paying. If your vendor is not honest, it is much easier to avoid a scam if you are sure yourself of how much money you handed the vendor.
  - \* Do your best to pay in bills that require the least amount of change, preferably none. Sometimes it is hard to get change and you may receive pressure to apply the change towards another purchase.
- **Photography:**
  - \* Often in our travels, the local people become the highlight of the trip. Usually people are happy to have their photo taken, and using a discreet approach from a distance poses no problem. If you want a conspicuous photo of a person, how-

ever, it is best to ask by gesturing to your camera. They will usually nod "yes" and may enjoy seeing the results on your digital camera if possible.

- \* We do NOT recommend paying locals for the photo. When visitors hand out money in situations like this, it creates an expectation of being paid that spoils the experience for others and tempts the locals to use their smile as a source of income. We seek their photograph because they are beautiful or special or unique to us. That respect and delight should be payment enough. We propose that feeling guilty because of the difference in our standards of living is not a good reason to pay them for a photo, and does not change their circumstances, only their attitude.
- \* Don't take photographs of police, airports, or other military bases or installations.
- \* We suggest that you bring more film or memory cards than you expect to need! In the new age of digital photography, we often hear travelers lamenting the lack of space on their memory cards.
- \* If purchasing videos, remember that most of the world uses a different format (PAL/SECAM) than the USA (NTSC). The PAL format will not play in our video/DVD players in the USA.

←—————→  
**TRAVELER'S PERSPECTIVE:**

As with most things in life, the benefit you receive from this experience will depend to a large degree on the frame of mind you have at the outset. If you've not traveled outside North America before, here are a few things to be aware of:

- Though we attempt to eliminate it as much as possible, travel always contains an element of uncertainty. Being ready to adjust will enhance your experience.
- To varying degrees, hotels, food, and local customs are different in other countries. This can be uncomfortable...and exciting!
- Though we continue to look for ways to

slow the pace of our “Adventures,” we still believe in providing a full day’s opportunities for our travelers. Some days are therefore quite full and it is your job to manage your participation and energy level.

- Group travel, by its nature, involves giving up a certain degree of individual convenience. Though we strive for added flexibility for the individual, much of the time we all need to be “headed in the same direction.”

We hope we've covered your questions. If not, feel free to contact us and we'll be glad to fill in the gaps. We look forward to sharing our *Southern Africa Walking Safari* with you!



**Walking Adventures**  
**INTERNATIONAL**

PO Box 871000 • Vancouver, WA 98687-1000 • USA

(800) 779-0353 • FAX (360) 260-1131

Email: [fun@walkingadventures.com](mailto:fun@walkingadventures.com)

Web site: [www.walkingadventures.com](http://www.walkingadventures.com)