



Rethink Africa. Rethink Luxury.

Travelling in East Africa

A Useful Guide to Kenya & Tanzania

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East Africa Highlights

<u>Big 5</u>	Elephant, Lion, Leopard, Cape Buffalo, Rhino. Coined in the early 20th century, these were the 5 most difficult animals to hunt.
<u>Great Migration</u>	The annual migration of more than 2 million wildebeest and zebra that follows rainfall and vegetation patterns. December to March - Ngorongoro Area. November to June - Serengeti. July to October - Masai Mara.
<u>Masai Mara</u>	Kenya's most famous game reserve. Hosts the annual migration from July to October. Over 75 species of animals and more than 450 varieties of birds. All of the 'Big 5' are located here. Located on Kenya's southern border with Tanzania.
<u>Serengeti</u>	Tanzania's most famous national park. Over 75 species of animals and more than 450 varieties of birds. All of the 'Big 5' are located here. Located in northern Tanzania. Home to the Great Migration from November to June.
<u>Ngorongoro</u>	Formed by the collapse of an extinct volcano, the Ngorongoro Crater captures African wildlife in closer proximity than anywhere else on the continent. The crater is always teeming with life and kills by predators are very common.
<u>Mt Kilimanjaro</u>	Rising 5895m, it is Africa's tallest peak. No technical climbing required. Trekkers should be fit and have very warm clothing in order to reach the summit. Most trekkers complete the climb in 5 days/4 nights while some opt for an extra night for acclimatization.
<u>Kenya's Beaches</u>	Kenya's coastal towns of Mombasa, Malindi & Lamu have white sand beaches, clear blue water and warm weather year-round. For more information, please see page 8 of this handbook.
<u>Zanzibar</u>	This ancient muslim trading post has pristine beaches on all sides. Stone Town provides winding, quaint streets with a uniquely Muslim/Swahili atmosphere. The north and east coasts have accommodation ranging from 3 star properties to 5 star boutique options. For more information, please see page 8 of this handbook.

Optional Safari Excursions

Enhance your trip to East Africa with one of the following unforgettable experiences.

Optional Activity	Park	Activity Description
Balloon Safari	Masai Mara Serengeti	One-hour aerial view of the park in a hot-air balloon. Followed by a champagne bush breakfast at the landing site.
Masai Village Visit	Masai Mara Amboseli Ngorongoro	Visit a traditional Masai village to go inside a Masai hut, learn about their history and lifestyle, and jump with Masai warriors.
Nature Walk	Ngorongoro	Enjoy a 1-2 hour walk around the rim of the crater.
Bush Breakfast	All	Venture into the African bush for a full breakfast prepared in the park, away from the lodge.
Bush Dinner	All	Enjoy a candlelit dinner in the intimate setting of the African bush for a romantic and unforgettable dining experience.
Sundowner	All	Before returning to the lodge/camp from the afternoon game drive, stop for drinks and snacks in the park as the sun sets.

Kenya

Kenya continues to impress and astonish even the most traveled of visitors. The incredible diversity of wildlife found in the Masai Mara, Amboseli and the other parks in the country is what has made Kenya the destination for the classic safari for the last century. The herds of elephant, the masses of wildebeest and of course the lion are just the starting point of any safari. Experience the culture of the traditional Masai that live in Kenya's national parks. Learn to make fire without matches, take a tour of a typical Masai hut and test your jumping skills against Masai warriors.

For the more adventurous, Africa abounds with extreme activities. Thrill-seekers will want to trek the slopes of Mt. Kenya, Africa's 2nd highest mountain, as well as try out the white water rafting opportunities in the central part of the country. Those headed to the ocean will find the idyllic white-sand beaches of Mombasa and Lamu to be a soothing escape into a coastal paradise.

KENYA'S NATIONAL PARKS

MASAI MARA

The 'Mara' is the most famous park in Kenya with over 450 types of birds and 95 species of animals, including all of the 'Big 5'. The Great Migration of wildebeest and zebra occurs here annually from July to September. You will find lion, cheetah, antelope, giraffe, buffalo, zebra, wildebeest and more here.

AMBOSELI

Resting at the foothills of Mt. Kilimanjaro, Amboseli contains 2 swamps nestled in the midst of this vast arid grassland. African elephants are plentiful and the sparse vegetation provides excellent opportunities for viewing the buffalo, impala, lion, cheetah, hyena, giraffes, zebra, and wildebeest in Amboseli.

LAKE NAKURU

The lake's naturally occurring algae attracts more than 2 million flamingos to the shores of Lake Nakuru along with over 400 other species of bird. Zebra, impala, gazelle, lion, leopard, hyena, hippo, buffalo and white rhino are common along with the 30 endangered Rothschild giraffe.

MT KENYA

Mt Kenya stands as the 2nd highest mountain in Kenya at 5,199 meters (17,057 ft). Most visitors ascend to Point Lenana at 4,985 meters (16,355 ft), beyond which requires technical climbing. The Mt Kenya National Park is home to elephant, bushbuck, eland, rhino, leopard and waterbuck.

SAMBURU

This collection of 3 parks attracts a diverse array of animals to its permanent supply of water. Leopards are more common here than anywhere else in Kenya. Lion, cheetah, elephant, buffalo and hippo live here along with more rare Beisa oryx, reticulated giraffe and more than 350 species of bird.

ABERDARES

The park's streams, rivers, and waterfalls are surrounded by mountain tops. Great hunters like the lion, leopard and African hunting dog live in this less traveled park, attracted by the Cape buffalo, waterbuck, eland, elephant and baboon. The waterholes in the park provide for excellent wildlife viewing at night.

SWEETWATERS

View some 26 orphaned chimps while boating through the Chimpanzee Sanctuary located here. Positioned between the slopes of Mt Kenya and Aberdares, Sweetwaters affords the opportunity to see lion, elephant, white and black rhino, cheetah and even 'Max', the park's tame rhino.

LAKE NAIVASHA

Lake Naivasha is a gorgeous freshwater lake that is home to a large population of hippo and amazing birdlife. Take an optional boat ride to Crescent Island for the chance to see zebra, wildebeest, gazelle, monkey, waterbuck and giraffe. There are no predators in this private game sanctuary so visitors are free to walk around on foot.

Tanzania

Tanzania's Serengeti and Ngorongoro Crater are stunning examples of nature untouched. Witness the Great Migration of wildebeest and zebra as they travel hundreds of miles, following the rains and fresh vegetation. Antelope, buffalo, giraffe, lion, leopard and African dog abound in this plentiful land. Enjoy the local culture and traditional lifestyle of the Masai the same way the first Western explorers did over 150 years ago.

Tanzania also boasts the highest peak in all of Africa. Mt. Kilimanjaro explodes from the surrounding grassland to a height of 5,895 m (19,341 ft). Trekking 'Kili' is an adventure that takes a traveller through multiple climates - grassland, forest, desert, glacier - over the 5 day hike. Located off the east coast of Tanzania, the island of Zanzibar contains hundreds of years of history as a Muslim trading post for East Africa and its pristine, white-sand beaches are some of the best in the world.

TANZANIA'S NATIONAL PARKS

SERENGETI

These storied plains are host to the annual Great Migration of wildebeest and zebra while also providing the opportunity to see all of the 'Big 5' in one setting. Tanzania's most popular national park, the Serengeti is home to bushbuck, eland, cheetah, giraffe, warthog, baboon and the wild African dog.

NGORONGORO CRATER

A 2000m descent places you in the heart of the wildlife in the Ngorongoro Crater. Formed by the collapse of an extinct volcano, predator and prey are in closer proximity than anywhere else in Africa. The lake and savannah environments attract lion, elephant, flamingo, hippo, rhino, monkey, cheetah and zebra.

TARANGIRE

Less crowded than other parks, Tarangire is famous for its elephant, tree-climbing lions, baobab trees and tree-climbing pythons. The Tarangire River provides the majority of the drinking water, especially in the dry season, and creates excellent game viewing opportunities.

LAKE MANYARA

Famous for its large population of flamingos, the Lake Manyara National Park is located between the Tarangire National Park and the Ngorongoro Crater in northern Tanzania. This park's inhabitants include hippos, monkeys, tree-climbing lions and hundreds of varieties of birdlife.

MT KILIMANJARO

Witness the sunrise over Tanzania from 5895m (19,340 ft), atop Africa's highest peak. Trek through a variety of ecosystems as you ascend Mt Kilimanjaro - including forests, woodlands, deserts, and glaciers. Encounter varying wildlife and plant-life on the lower half before a more physically challenging adventure towards the summit.

Safari Basics

Arrival Guests will be met at the airport upon landing by our local East African staff. Following a safari/trip briefing by our staff, guests will be introduced to their driver-guide.

Vehicles There are 2 options. Either a safari minibus (pictured left) or a 4x4 safari vehicle (pictured right). Both feature a pop-open roof for 360 degree game viewing. In Tanzania, almost all safaris are in 4x4 vehicles.



Cameras For photography enthusiasts, the following are general guidelines for safari photography:

- A camera with Image Stabilization
- Telephoto lens - 300mm
- Bring Storage - Extra memory cards
- Bring backup batteries
- Polarizer filters - help combat the sun
- Bring a bean-bag to stabilize your camera
- Bring a laptop or hard-drive to backup your photos each night

Clothing Guests will want to bring layers of clothing. Temperatures can fall in the early morning and at night, while during the day it can get very hot. Bright colors can sometimes frighten the animals so Earth-tones (khaki, brown, dark green) are recommended.

Lodging Camps consist of tents that are spaced apart from one another. Lodges consist of concrete structures, either apart or together, with one or more rooms inside. Please consult Travel Wild regarding the availability of Wifi, swimming pools, etc for specific camps/lodges.

Dining Full board accommodation (breakfast, lunch, dinner) is provided at lodges and camps on safari. Drinks are usually separate except at the higher-end properties.
**Special dietary requirements can be met provided advance notice is given.*

The Roads The roads leading to the parks can provide quite a bumpy ride. The 4x4 vehicles provide a smoother ride. Sitting in the front seat (next to the driver) also helps alleviate back pain.

Luggage A maximum of 15kgs (33lbs) is allowed on domestic flights in Kenya. Soft-shelled luggage is recommended to help conserve space in the safari vehicle.

Power Voltage: 220-240 Volts (U.S. and Canada are 110-120 Volts). Primary Socket Type: British BS-1363. Some camps/lodges limit the hours that power is available inside the rooms.



Laundry For camps/lodges that do not include laundry, guests can pay directly for laundry services.

Tipping General guidelines for tipping while on safari:

- Drivers - \$5-10 per day (pay at the end of the safari)
- Porters - \$1 per piece of luggage
- Waiters/Waitresses - 5-10%
- Hotel Staff (personal service or attend specifically to your room) - \$5 per day

Safari Basics

Typical Daily Schedule

0600	Wake up. Tea or coffee and a quick snack.
0630	Morning game drive.
0900	Return to the lodge/camp for breakfast.
1230	Lunch is served at the lodge/camp.
1600	Afternoon game drive.
1830	Return to the lodge/camp. All parks close at 1830. (Ngorongoro closes at 1600)
1930	Dinner at the lodge/camp.

Just a few of the animals found in the parks and game reserves of East Africa:

- Lion
- Leopard
- Cheetah
- Hyena
- Wild Dog
- Jackal
- Crocodile
- Hippopotamus
- Zebra
- Wildebeest
- Eland
- Antelope
- Giraffe
- Buffalo
- Bushbuck
- Gazelle
- Gerenuk
- Flamingo
- Hartebeest
- Warthog
- Impala
- Monkey
- Snake
- Turtle
- Waterbuck
- Baboon

DO

- Wake up early for your game drive, predators are most active at this time
- Drink plenty of water
- Bring sunscreen, hats, and sunglasses
- Be ready for bumpy and dusty roads on the way to the parks and reserves
- Bring insect repellent
- Pack light

DO NOT

- Get out of the vehicle at any time
- Attempt to feed or pet the animals
- Make loud noises near the animals
- Take pictures of locals (Masai, police, etc) without permission

The Big 5



LEOPARD



ELEPHANT



LION



RHINO



BUFFALO

Kenya - Key Information

Main Airports:

- Nairobi - Jomo Kenyatta International Airport (JKIA)

Rainy Seasons

- April & May (long rains - heaviest period of rain)
- November & December (short rains - less frequent, less intense rainfall)

Peak Season

July to October - Rains in April and May bring fresh vegetation to Kenya. The Great Migration of wildebeest is in the Masai Mara during this time. Book in advance to ensure availability.

Low Season

April to June - The moderate to heavy rainfall usually limits the number of tourists during this time. The lowest prices can be found during this season and the parks are much less crowded.

Visa Info:

- \$50 per single entry visa for most nationalities. Can be obtained at the airport upon arrival. *During peak seasons it is advisable to receive your visa before arriving to avoid long wait times in the airport
- For more information, please visit - <http://www.kenyaembassy.com/visa.html>

Tanzania - Key Information

Main Airports:

- Kilimanjaro - Kilimanjaro International Airport (JRO)
- Dar Es Salaam - Julius Nyerere International Airport (DAR)

Rainy Seasons

- April & May (long rains - heaviest period of rain)
- November & December (short rains - less frequent, less intense rainfall)

Peak Season

July to October - However, the Great Migration is in the Serengeti National Park from November to June, and in the western Ngorongoro Area from November to February.

Low Season

April to June - The moderate to heavy rainfall usually limits the number of tourists during this time. However, the lowest prices can be found during this season and the parks are much less crowded.

Visa Info:

- \$50 per single entry visa for most nationalities; \$100 for Americans. Can be obtained at the airport upon arrival. *During peak seasons it is advisable to receive your visa before arriving to avoid long wait times in the airport
- For more information, please visit - <http://www.tanzaniaconsul.com/visa.html>

Vaccines/Health Requirements

- Proof of the Yellow Fever Vaccine is REQUIRED in order to enter Kenya and Tanzania.
- Guests should consult a travel doctor concerning other recommended vaccinations.
- Malaria - Guests should consult a travel doctor concerning anti-malarial medication. A number of options, typically tablets ingested orally, are readily available.

Kenya's Coast

Kenya's coastline offers white-sand beaches, clear blue waters, and warm weather year-round.

Optional activities available on the coast (typically organized by the hotel):

Sailing, parasailing, kitesurfing, windsurfing, deep sea fishing, laser sailing, snorkelling, scuba diving, jet skiing, kayaking, riding on a glass-bottom boat, golf, yoga, massage and spa treatments & much more.

Mombasa

North Coast - Closer to the city of Mombasa. More active nightlife. Shorter distance from the airport.

South Coast - 1.5 hour drive from the airport. More relaxed and laid-back. A number of large resorts and probably the best beach-front in Kenya.

Lamu

Typically more expensive accommodation than Mombasa or Malindi. No vehicles allowed on the island. Almost every hotel includes transfer from the hotel (dhow, then car). World heritage site. Authentic Swahili culture. Very laid-back and slow-paced.

Malindi

Very popular with Italian tourists. Great deep sea fishing and a Marine Park for snorkelling and sunbathing. Safaris can be done at nearby Shimba Hills and Tsavo East National Park.

Zanzibar

A Muslim trading post for centuries, this island combines Swahili and Muslim culture in a very unique way. Warm weather year-round.

Dress & Behavior

The island is 95% Muslim and while alcohol and tobacco are freely available, visitors should dress modestly and refraining from public displays of affection. When in town, women should cover their shoulders and knees. Men should not walk bear-chested or wear swimming trunks.

Spice Tours

Guests can visit a spice plantation to view and taste the many spices and fruits available. Spices include cloves, nutmeg, lipstick, iodine plant, lemon grass, vanilla, henna & more. Fruits include jack fruit, rambutan, oranges, custard apple, guava, mango, papaya, bungo & many more.

Stone Town

The capital city of Zanzibar, Stone Town boasts centuries of history. Winding, narrow streets lead to markets, souvenir shops, restaurants, bars and more. Historical sites include: the Tip Tip House, the Old Fort, the Peoples Palace, the House of Wonders, the Kidichi Persian Baths, and Dr. Livingston's House.

North Coast

Mellow atmosphere and you can swim at all tides. Excellent diving and snorkelling. Turtle Sanctuary, where injured turtles are nursed to health before being released. Dhow-building capital of Zanzibar. Party atmosphere at most of the bars and hotels at night.

East Coast

Less of a party atmosphere at night. No swimming at low tide, as the tide recedes 1-2 km. Great snorkelling and diving, with a barrier reef about 1 km offshore. World-class beaches.

Common Concerns

Security

Visitors should always be vigilant and aware. In major cities and towns, take taxis when travelling at night. At the lodges/camps, store valuables in the room's safe (lodges) or at the reception in a safety deposit box (lodges and camps). However, overall, East Africa is a safe destination for tourists.

Exchanging Money

The Kenyan Shilling and Tanzanian Shilling are the official currencies of Kenya and Tanzania, respectively. All major cities and towns have ATMs (Visa is more widely accepted than Mastercard) and forex bureaus. Hotels, lodges and camps will accept Visa and Mastercard and most will accept US Dollars. Forex bureaus, hotels, camps and lodges will exchange US Dollars for Shillings.

Excursions

Day excursions in Nairobi and Mombasa are available. Guests with an extra day or an extra few hours will have the opportunity to see the highlights of East Africa's major cities.

In Case of an Emergency

A 'Flying Doctors' membership is provided for every guest travelling with Travel Wild. This is in case of an emergency (guests should have additional health insurance) and will provide an air evacuation to the nearest city for medical treatment. Guests will receive emergency contact details (see cover of this handbook) for Travel Wild staff. Travel Wild will have contact details for each guest's emergency contact back home, in case of an emergency.

Phones/Communication

Mobile phones are widely used in East Africa and the network is very good, even inside the national parks. If your mobile phone has a removable Sim Card, they can purchase a Kenyan or Tanzanian Sim Card which will allow them to make calls at local standard rates. You can also purchase a phone in East Africa (\$15-\$100) and insert a local Sim Card if you do not own a mobile phone with a removable Sim Card.

Accommodation Standards

Standards depend on where you stay, but overall the standards for hotels, lodges and camps in East Africa are very high. Hotels in major cities will typically feature WiFi, room service, business center, swimming pool, restaurant and other amenities commonly found in hotels around the world. Camps and lodges in the park will vary, but all will feature hot water, electricity (sometimes limited to certain hours during the day), restaurant and flush toilets.

Malaria

Malaria does exist in East Africa. Guests should begin taking anti-malarial drugs before arriving in East Africa and should continue taking them throughout their stay. Hotels will often feature mosquito nets while camps and lodges will either provide nets or mosquito repellent to spray at night. While mosquitos are not active during the day, guests may wish to bring insect repellent to ward off other bugs while on safari.

Water

Bottled water is available throughout East Africa. Hotels, lodges and camps will all have running water inside the rooms/tents, but we advise our guests to only use this water for brushing teeth and for showering. Bottled water should be used for drinking.