

# Under African Skies Camping Safari

Trip Code: AAS

Version: AAS Under African Skies



WILDLIFE



GUIDED GROUP



LEISURELY



## HIGHLIGHTS

- Fascinating journey through four African countries
- Two day canoeing adventure on the Zambezi with wild camping
- Game safari drives and walks in the wildlife prolific South Luangwa National Park
- Enjoy the sandy beaches, dhow sailing and scuba diving on the Indian Ocean
- Game drives in South Africa's Kruger National Park

## AT A GLANCE

- 22 day African journey
- Safari game walks and drives
- 2 day canoe adventure
- Dhow boat ride
- Snorkelling off paradise beaches
- Join at Livingstone, ends Johannesburg

## ACCOMMODATIONS & MEALS

- 21 Breakfasts
- 19 Lunches
- 17 Dinners
- 14 nights Camping
- 1 nights Wild Camp
- 1 nights Lodge
- 4 nights Lodge with swimming pool
- 1 nights Cabin

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

This extraordinary overland holiday is a truly epic journey travelling through some of the most spectacular parts of four countries: Zambia, Malawi, Mozambique and South Africa. We include opportunities to see many of the classic African wildlife species on walking safaris and game drives. On the Zambezi River we have an unforgettable two day canoe adventure, wild camping overnight on an island in the heart of the untamed Zambezi river. Our time in Malawi is focused on its beautiful lake and we explore the bays and coves by boat.

We travel for three days through Mozambique, camping in remote parts and ending up on its white-sand beaches on the Indian Ocean coastline at Vilankulos. A local dhow takes us to explore the Bazaruto Islands, where we can swim in the warm sea and walk on the paradise beaches. More snorkelling and a fish braai (BBQ) and we are off to the world famous Kruger National Park in South Africa for a final blast of African wildlife viewing before we finish in Johannesburg. With a mix of lodges and camping in remote locations under the vast African skies this journey really is a dream experience you will treasure forever.

## Is this holiday for you?

Everything in Africa is on a big scale, and to cover the ground necessary, your journey includes many long day driving. Such drives, including your game drives, can often be on dirt tracks, graded roads and also tar highways. The driving times are indicated on each day. These times do not include stops along the way. We ensure that regular comfort breaks are taken, and stops try to be scheduled to visit interesting towns or sights.

We have 2 days canoeing on the Lower Zambezi River. You do not need to have canoeing experience, however you should be confident in the water. Buoyancy aids are provided and must be worn at all times when on the river. The majority of nights you will be camping. Designated campsites have showers and some have a bar or swimming pool. We have 1 night wild camping. You will need to put your tent up, and help pack up the truck in the mornings.

Most of the meals are prepared by the guides and it is good group etiquette to help with preparation and washing up on these days and this is usually done on rotation - it's all part of the adventure and when everyone puts in a little effort the trip runs smoothly.

This journey is suitable for the adventure traveller who likes covering large distances, looking to experience some of Africa's most special safari, river, lake and beach experiences.

# Itinerary

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## DAY 1

### Meet in Livingstone, Zambia. Airport transfers are provided.

Your holiday starts at the campsite in Livingstone. An airport transfer from Livingstone Airport or Victoria Falls Airport is provided. In the early afternoon we meet our fellow travellers and guide for a briefing. The rest of the afternoon is yours to enjoy the town or rest at the campsite.

Meals: **D**



**Accommodation**  
Camping

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## DAY 2

### Day to explore Livingstone and Victoria Falls.

Today is yours to spend at leisure around Livingstone and the mighty Victoria Falls. Close to the falls are several handicraft markets which are great for some souvenir shopping. If you are feeling a little more adventurous or wish to see the falls from a different angle, you may wish to consider one of the extra activities that are available to book and payable locally. These include white water rafting or a half-day canoeing the Zambezi. Whatever you chose you'll have a fabulous first full day on this incredible journey through Southern Africa.

Depending on season, water levels of the falls will vary (late November to early April is the wet season, with the remainder of the year being dry).

Meals: **B**



**Accommodation**  
Camping

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## DAY 3

### Drive through southern Zambia to the Kafue River.

We depart the hustle and bustle of Livingstone and head northwards through Zambia on our first long drive. The rolling hills of this area, covered in miombo woodland, are pretty and we get a sense of real

African life as we pass the villages and towns of Zambia. After a long day we arrive at our camping site on the Kafue River.

Approximate drive time: 8 hrs (possibly a 10 hr day with stops)

Meals: **B L D**

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**Accommodation**  
Camping

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#### DAY 4

### Canoeing expedition on the Lower Zambezi River.

After packing up camp and sorting our kit we travel to our put in point for our canoeing adventure. With our overnight items packed in waterproof bags we set off on our peaceful canoe trip. The waters are calm as the river meanders through the Zambian countryside. The birdlife is prolific and we will see hippos, crocodile and possibly elephants and plains game. We set our wild camp on one of the islands on the river and enjoy the African sunset and a starry night as we settle in.

Meals: **B L D**

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**Accommodation**  
Wild Camp

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#### DAY 5

### Canoeing expedition on the Lower Zambezi River.

We rise early to have some time on the river during this special time of day when the wildlife and birds are most active. Drifting along the river is a truly magical experience. Being so close to the water and nature really allows us to be absorbed in the feel of the area. At the end of our canoeing stretch, we return to our original campsite and vehicle.

Meals: **B L D**

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**Accommodation**  
Camping

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#### DAY 6

### Lusaka and the Great East Road.

We drive to the Zambian capital, Lusaka, where we stock up with supplies at the bustling shops and

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markets. We then take the Great East Road direction South Luangwa. We drive until sunset so that we maximise our day of travelling.

Approximate drive time: 9.30 hrs (a 10 hr+ day with stops)

Meals: **B L D**



**Accommodation**  
Lodge

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## DAY 7

### Drive to South Luangwa National Park.

A second long day driving through Zambia and the African countryside to the beautiful South Luangwa National Park. We drive down the road into 'the valley'. The driving is slow as the hilly road is not smooth - a proper adventure in the vehicle. Arriving at our camp in the Luangwa Valley we quickly relax in the peaceful environment next to the river and surrounded by trees.

Approximate drive time: 5 hrs (possibly a 8.30 hr day with stops)

Meals: **B L D**



**Accommodation**  
Camping

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## DAY 8

### South Luangwa National Park - game drives and walks.

Our camp is renowned for having wildlife visit the grounds, including elephant wandering around and cooling themselves with swimming pool water! Our morning game drive will start early to get the best of the wildlife viewing in these cool hours whilst the wildlife is most active. Buffalo, giraffe, elephants and zebra are common. Also plains antelopes such as impala, puku and kudu can usually be seen. Big cats such as leopard and lion are also here in abundance. The ancient trees in this area provide a perfect habitat for many bird species as well. We have 2 games drives (open 4WD) or walks today. We enjoy a sundowner at the rivers edge and listen to the African night-time chorus of noisy frogs and cicadas. Whilst in South Luangwa one of our game drives will be a night drive on the lookout for nocturnal wildlife.

Meals: **B L D**



**Accommodation**  
Camping

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**DAY 9****South Luangwa National Park - game drives and walks.**

During the dry season (Jun-Oct) we have game walks in this national park, they are very special and an experience which will last a lifetime. Our guides all have a passion for their country and how special the area is - and love to tell us about everything that we see. South Luangwa is known as one of African's best parks, and you will see why when walking through it. The wildlife is incredible and the landscape is breath-taking, reminding us of a bygone era. Walking through this paradise on earth provides us with a real feeling of freedom. A final relaxing sundowner tonight allow us to reflect on the fantastic few days we've spent in this stunning park.

Meals: **B L D**



**Accommodation**  
Camping

**DAY 10****Travel into Malawi and to Lake Malawi.**

Saying goodbye to Zambia today we cross the border into Malawi. This country is described as 'The Warm Heart of Africa'. We drive into the capital city of Lilongwe to stock up on fresh supplies at the colourful markets and stretch our legs. We continue on this afternoon to Lake Malawi. We camp on the golden beach with views of the small islands and enjoy our sundowner as we settle in here for the next two nights.

Approximate drive time: 7 hrs (possibly a 9.30 hr day with stops)

Meals: **B L D**



**Accommodation**  
Camping

**DAY 11****Lake Malawi island boat tour.**

Today is very peaceful next to and on Lake Malawi. We enjoy a boat ride out to the islands and explore the beautiful bays, coves and golden beaches that the area has to offer. Brightly coloured fish are easily seen in the crystal clear waters from our boat. It's the world's deepest lake and has a rich and endemic fish species population.

Meals: **B L D**



**Accommodation**  
Camping

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## DAY 12

### Cross the border into Mozambique and travel southwards.

We drive south today and cross the border into Mozambique at Zobue. This is the first section of our next three days driving through this large and diverse country. We travel back over the Zambezi River and through the Tete region.

Approximate drive time: 7 hrs (possibly a 9.30 hr day with stops)

Meals: **B L D**

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**Accommodation**  
Camping

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## DAY 13

### Travel south through Mozambique.

Another full day of driving through Mozambique. Our campsites during our transit through the country are in remote sites and are simple.

Approximate drive time: 7 hrs (possibly a 8.30 hr day with stops)

Meals: **B L D**

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**Accommodation**  
Camping

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## DAY 14

### Travel through Mozambique to the Indian Ocean.

We start early this morning so that we can arrive at the coast as soon as possible. As we travel we will notice how the scenery changes approaching the coast. Arriving at the magnificent Indian Ocean we will check in at our camp close to the white sandy beaches and turquoise waters. We will spend two nights here, relaxing and enjoying the sea breeze and shimmering sun - a piece of paradise.

Approximate drive time: 6 hrs (possibly a 8.30 hr day with stops).

Meals: **B L D**





**Accommodation**  
Camping

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## DAY 15

### Dhow boat trip to the paradise Bazaruto Islands.

We have a full day out on a local dhow. These are traditional wooden ocean going vessels which have a beautiful shape and sail. The smiling crew look after us very well as we sail to Magaruque Island with its expansive white beaches. We have the opportunity to snorkel in the beautiful blue seas and some excellent, and extremely fresh seafood will be cooked for us. Tonight we go to a local restaurant for dinner.

Meals: **B L**



**Accommodation**  
Lodge with swimming pool

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## DAY 16

### Inhambane and Barra Beach.

Following the coastline south we travel to Inhambane. We can see the influences of Arabia here dating back to the trade route days when boats came and went with slaves, ivory, gold and spices. Luckily these days are in our past and we can learn the history of this coastline whilst enjoying the scenery and the happy people here. The town is home to a 200 year old cathedral which we can visit before settling into our accommodation next to Barra Beach.

Approximate drive time: 6 hrs (possibly a 6.30hr day with stops)

Meals: **B L D**



**Accommodation**  
Lodge with swimming pool

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## DAY 17

### Free day at Barra Beach.

We have a full day to relax here at the beach. The hotel has a swimming pool and is next to a long sandy beach. There are optional excursions available including; dhow rides, scuba diving on the coral reefs or snorkelling.

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Meals: **B L**

**Accommodation**

Lodge with swimming pool

**DAY 18****Morning drive along the coast to Chizavane Beach.**

We travel southwards along the coast to a secluded fishing lodge on the beach north of Xai-Xai. The lodge is perched on the coastal dunes with a magnificent view of the surrounding natural bush and expansive beach. Low tide exposes a long rocky reef parallel to the beach, which creates a shallow, calm pool ideal for snorkelling and swimming. For our last night on the beach, we enjoy a fish braai (barbeque) dinner at the lodge restaurant overlooking the warm Indian Ocean.

Approximate drive time: 4.30 hrs (possibly a 5 hrs day with stops)

Meals: **B L**

**Accommodation**

Cabin

**DAY 19****Travel through the Greater Limpopo Transfrontier Park into South Africa and Kruger National Park.**

Today we drive through the important Transfrontier National Park of Limpopo and into big game country! In the last 20 years the South/Mozambique border fence has been pulled down, wildlife translocated and much anti-poaching has been enforced. The land is recovering and the wildlife is coming back. This is particularly important for the elephants who can travel great distances. We spend the afternoon game viewing in Kruger National Park. The whole area supports the big 5: elephant, buffalo, rhino, lion and leopard.

Approximate drive time: 5.30 hrs (possibly a 10 hrs day with stops and border crossing.)

Meals: **B L D**

**Accommodation**

Camping

**DAY 20**

## Game drives in Kruger National Park - trying to spot the big 5.

A full day in Kruger National Park, enjoying this stunning reserve area which is unrivalled in terms of the wealth of wildlife that lives here. There is permanent game and over 140 different mammals and over 500 different bird species. With the Greater Limpopo Transfrontier Park it creates a colossal wilderness area. We have a morning and afternoon game drive and we can expect to see a lot of wildlife.

Approximate drive time: Game drives of 2-4 hrs each

Meals: **B L D**



### Accommodation

Camping

## DAY 21

### Greater Kruger National Park.

This morning as we depart we enjoy a game drive through the park. This gives us another opportunity to see the fascinating African wildlife. A superb finale to this journey through Africa. We depart the park and arrive at our lodge where we can enjoy some time this afternoon relaxing in this peaceful setting, maybe a swim in the pool. Our final evening is celebrated with a sundowner around the fire-pit and dinner at the lodge.

Approximate drive time: 4 hr game drive out of the park.

Meals: **B L D**



### Accommodation

Lodge with swimming pool

## DAY 22

### Travel to Johannesburg and depart.

As we travel along the Panorama Route back to Johannesburg and the airport we make some stops to visit God's Window and the famous Three Sisters. We arrive at the airport in the mid / late afternoon, where your holiday ends.

Approximate drive time: 6.30 hrs (possibly a 7 hrs day with stops)

Meals: **B**

# Holiday Information

## What's Included

- Two professional and qualified guides
- Airport transfers on Day 1 and Day 22 of the Land Only itinerary
- All accommodation as described
- Meals as described in the Meal Plan
- National Park entrance fees
- All activities/excursions mentioned except where specified as 'optional'

## What's not Included

- Travel Insurance
- Visas (if applicable)
- Some meals as detailed in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips for local staff
- Miscellaneous personal expenses - drinks and souvenirs etc

## Joining Arrangements & Transfers

The group will meet at the accommodation in Livingstone (Zambia).

Arrival transfers from Victoria Falls Airport (Zimbabwe) or Livingstone Airport (Zambia) are provided for all clients to the group accommodation. On Day 1 at 1400 at the accommodation in Livingstone, you will meet your guide for an introduction and briefing.

On the last day of the Land Only itinerary, the itinerary ends in the late afternoon at the group hotel near Johannesburg Airport via one stop at the airport. Flights should not depart before 1900.

We can provide private transfers at an additional cost. Taxis are also available and are often cheaper.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

21 breakfasts, 19 lunches and 16 dinners are included.

## Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

The majority of the meals are provided. Breakfast will be cereals and yoghurt, with coffee, tea, toast and the occasional cooked breakfast. Lunch will typically be picnic style - cold meats, cheese, salads, bread, rolls and fruit. Dinner will be potjies (traditional stews), braais (barbecue), stir fries, pasta dishes, curries etc. Very often cooking will be on an open fire. Fresh produce will be used wherever possible and fruit squash, tea and coffee will be served with breakfast and dinner.

Many of the meals are prepared by the guides and it is good group etiquette to help with preparation and washing up on these days and this is usually done on rotation. Some meals are taken at the accommodation or in local restaurants. Vegetarians and special dietary requirements (allergies) can usually be catered for, but it is essential that this information is received on booking.

There is one cool box available for the group to put your own drinks in. Stops at supermarkets are regular to pick up fresh food and supplies such as alcohol and soft drinks.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

For 14 nights we stay at designated campsites, in or bordering national parks and towns. Campsite facilities are generally very good but in places can be basic. There are mainly hot showers available, but on a couple of occasions only cold showers available. Restaurants, a bar are available at most of the campsites. A few of the campsites have swimming pools as well. Some camps in Zambia have simple reed enclosures for showers but do not have flush toilets.

For 1 night while canoeing on the Zambezi River we camp wild on an island in the middle of the river. Wild camps have no facilities; we will need to take our own water and all equipment. Wild camping can be very enjoyable but please remember that we leave no trace of our stay and take all rubbish away with us. Toilets will be of the "dig and bury" variety.

We supply all the camping equipment with the exception of your sleeping bag and pillow. The dome tents we use are 2.2 x 2.2 x 1.8 meters and putting them up or down takes only 5 minutes. Tents have built-in insect nets. We supply mattresses, which are about 5 cm thick, warm and comfortable. The camp chairs have a backrest. You will need to put your tent up, and help pack up the truck in the mornings.

There are 7 nights staying at variety of different guesthouses, lodges and tented lodges. Often they have an African style to them with colourful traditional blankets, ornaments and smiling friendly staff. The rooms are twin/double with en suite facilities. Some of the accommodations have a bar and a swimming pool.

At some overnight stops Wi-Fi is not available.

Most of the meals are prepared by the guides and it is good group etiquette to help with preparation and washing up on these days and this is usually done on rotation - it's all part of the adventure and when everyone puts in a little effort the trip runs smoothly.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single tents and rooms are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group accommodation are available on request.

## Group Leader & Support Staff

Group leaders are the key to any successful safari. On this adventure safari, you will travel with two, qualified and experienced, registered field guides (FGASA). Two guides as crew, not a guide and a driver, adds up to an informative and interesting small group holiday. Our guides have a passion for Africa, her people and wildlife, and they love nothing more than sharing their knowledge with you.

## Spending Money

We estimate that a total of around £400-500 per person (or equivalent in euros/dollars) should be allowed for personal spending. This amount should be sufficient to cover non-included meals (£10-15 per meal) and miscellaneous expenses, including tips to local staff. If you are intending to buy expensive souvenirs, considerable quantities of soft drinks / beer or undertake additional activities or excursions, you should budget accordingly (credit cards can be useful in this respect).

You can choose to take your money in pounds sterling, dollars or euros. There will be the opportunity to change money into local currency on arrival at the airport (which we advise you to do) and your local leader will advise further places to change money en-route and at borders. Additionally, you will be able to get currency from bank ATMs in many of the towns that we will visit.

Many small traders will accept US\$, Euro or GBP. Your notes should be clean and undamaged. And please avoid USD\$100 and old issue 'small head' US\$ notes as they might not be accepted.

## Guidance on Tipping

Your tour leader also works extremely hard to ensure that your holiday runs smoothly and that you are happy. We suggest that a tip of £2-5 per client per day for your tour leader is reasonable. As in all cases with tipping, the final decision of the amount tipped is up to the individual. It is up to you to decide if you thought the service was poor, or exceptional, and the amount tipped should reflect that. The amounts quoted above are guidelines for you to get an idea of what to tip.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Your baggage will travel in the gear compartment of the truck with the group, and there is a finite amount of space. Please keep the weight of your main luggage to 12kg. You should bring a soft bag as these are more suitable to pack in the vehicle. For the 1 nights wild camping on the Zambezi River you will take only what you need for the overnight. These items will be packed in waterproof barrels.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

## Group Members

We sell this holiday in conjunction with our local operator in Southern Africa. This enables us to gather together sufficient numbers of like-minded adventurers to get the holiday up and running quickly. For this holiday the minimum age is 12 yrs, however it is unusual to have people under 16yrs.

## South Africa Indemnity Form

As a member of the South African Tourism Service Association, our ground agent in South Africa may require you to complete an indemnity form at the start of your holiday, which you will need your insurance details for. As a client of KE Adventure Travel, your rights under the Package Travel and Linked Travel Arrangement Regulations (2018) are unaffected and KE Adventure Travel will remain liable for the actions of our suppliers.



# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.**

Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### Visa Zambia

British passport holders do not need a visa in advance and can obtain a visa on arrival. The Government of Zambia recently announced the removal of all visa fees for British passport holders. However implementation of the policy has not yet been confirmed and British nationals may still be charged \$25 on arrival.

Other nationals should check details online to see if they need an e-visa.

**Important Note for Victoria Falls:** Please check your itinerary and your arrival/departure flights. If your accommodation and flights are from a different side of the falls you may need both a Zambian and a Zimbabwe visa. The town of Victoria Falls is in Zimbabwe, and the town of Livingstone is in Zambia.

Additionally If you visit the falls (on the border) and wish to cross the bridge to the other side you will require a visa for both countries.

A KAZA UNIVISA for Zimbabwe and Zambia is cheaper than purchasing the two visas for Zambia and Zimbabwe separately. The visa is valid for 30 days as long as you remain within Zimbabwe and Zambia. It is also valid for day trips to Botswana crossing over the Kazungula borders. It will not be valid if you overnight in Botswana.

It's available at the international airports in Lusaka and Livingstone and at the land borders at Livingstone (Zimbabwe border) and Kazungula (Botswana border). You can also apply online. It costs US\$50 and it is valid for 30 days.

**Please note:** The Government of Zambia recently announced the removal of all visa fees for British passport holders. However implementation of the policy has not yet been confirmed and British nationals may still be charged \$25 on arrival. This may affect your decision to purchase a Kaza Univisa.

### Visa South Africa

UK and USA passport holders do not require a visa for short stays. You must have 2 blank pages in your passport.

Rules on **travelling with children under 18 years** have been relaxed. Visa exempt children entering South Africa only need passports, and not birth certificates as previously required. This applies if the child is travelling with both parents, one parent or an adult who is not a biological parent, and school groups. There are some different requirements for unaccompanied children, and children who do not have UK passports or visa exempt passports. For full details please see the FCDO website.

### Visa Zimbabwe

A visa is required. This is obtained on arrival and is \$55 single entry and \$70 for double. Payment must be in cash and you should take small denomination notes for this.

**Important Note:** Please check your itinerary and your arrival/departure flights. If your accommodation and flights are from a different side of the falls you may need both a Zambian and a Zimbabwe visa. The town of Victoria Falls is in Zimbabwe, and the town of Livingstone is in Zambia.

Additionally If you visit the falls (on the border) and wish to cross the bridge to the other side you will require a visa for both countries.

### **Visa Mozambique**

Visitors to Mozambique intending to stay less than 30 days do not require a visa to enter the country. Therefore for this trip, all passengers are visa exempt.

### **Visa Malawi**

Most nationals require a visa. An Electronic Visa can be obtained online via the Malawi Government e-visa Portal. The visa fee is \$65 for single entry and \$145 for double entry. You can also obtain a single-entry tourist visa on arrival. Payment for visa on arrival must be in cash and you need to have the correct amount of in USD. To save time you can fill in the visa form prior to arrival (not essential).

## **Health & Vaccinations**

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## **VACCINATIONS**

You should contact your doctor or travel clinic to check whether you specifically require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis are required. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Bilharzia, or Schistosomiasis, is present in Lake Malawi. We do not recommend swimming in the lake. If you do decide to swim in the lake then you do so at your own risk. If anyone does take the risk then a diagnostic test at your Travel/Health clinic can be done on your return home and tablet treatment has a good success rate if caught within good time.

## **Climate**

This central region of Southern Africa is subtropical and generally warm and mild / humid. October and November are hot, day and night. November to April is the hottest time of the year with chances of showers to heavy rains later in the season. May to September is cool and dry.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### You should bring the following items:

- Lightweight walking shoes or trainers

- Sandals (waterproof for canoeing is useful but not essential)
- Socks and underwear
- Long lightweight trousers
- Shorts
- Lightweight waterproof jacket & trousers
- T-shirts
- Casual shirts with sleeves
- Fleece jacket or warm jumper
- Sunhat with wide brim
- Sunglasses
- Buff/scarf for dusty days
- Small towel/Travel towel
- Daypack 20-25 litres
- Sleeping bag (rated to 0 degrees Celsius - see notes)
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre - (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries (biodegradable soap is preferred)

- Antibacterial handwash
- Insect repellent

Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, re-hydration salts (Dioralite), anti-nausea tablets and antihistamine cream/tablets.

### **The following items are optional:**

- Light cotton dress or sarong
- Swimwear
- Pillow/travel pillow
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit (eg. needle, thread, duct tape)
- A selection of dry bags for daypack/kit bag
- Camera
- Binoculars (highly recommended)
- Reusable cloth bag for shopping (to avoid plastic bags)

### **Notes:**

Please be aware that in the Southern African the winter months, June-September, the nights can be cold with an average of between 0-5 degrees Celsius in some places, and the days can be warm between 20-30 degrees Celsius

Bright bold colours and white are not suitable for game viewing or bush wear as they attract insects and the attention of animals. Please do not bring camouflage or military style clothes as they can cause problems with local authorities

Please dress appropriately for border crossings, village and market visits - ie: no bare feet, no bare chests, no bikinis and no hats. A few restaurants are also not keen on T-shirts and jeans either.

Tents have mosquito netting on the windows and doors.

For the 1 night wild camp on the Zambezi you will take only your essential items in supplied waterproof barrels.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Livingstone (Zambia). Airport transfers are provided from/to Livingstone Airport (Zambia) or Victoria Falls Airport (Zimbabwe). This itinerary ends in Johannesburg, airport transfer provided.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Victoria Falls (Zimbabwe), and returning from Johannesburg. Airport transfers are provided from/to Livingstone Airport (Zambia) or Victoria Falls Airport (Zimbabwe).

Outbound flights will depart from the UK in the evening, arriving the morning of the following day (day 1 of the Land Only itinerary). Return flights will depart Johannesburg in the evening of the last day of the land only itinerary, arriving in the UK the following morning.

**Please Note** This document was downloaded on 16/06/2024 and the trip is subject to change