

IMPORTANT INFORMATION

All information is subject to change without prior notice, changes would always be in consideration of your safety first and a better quality experience. This would be where we are able to make improvements, sometimes last-minute decisions due to the nature of the tour/event. Please ensure that you have received the latest version of this dossier, which can be downloaded from our website as Nomad is continually striving to improve the standards and quality of our tours and itineraries are subject to change. Travel times and accommodation can change depending on road or weather conditions, or any unforeseen circumstances. These are used as a guideline only. On our longer tours it is possible that your crew, truck and fellow travellers will change due to our unique tour linking system. During our peak season (traditionally July to end October), your tour might be operated on a subcontracted truck and / or vehicle. These subcontracted vehicles will be of a similar standard to the Nomad truck. There are a maximum of 20 participants travelling on this tour. Please ensure that you download the most up to date version of this tour dossier one week prior to your tour departure date, you can find the dossier on this link:

Partaking in an adventure tour in Africa involves covering hundreds if not thousands of kilometres in a truck, and our tours are as much about this journey as they are about the destinations we visit. Use your time in the truck to talk to your fellow travellers, play card games, have a drink, walk around, take note of the world passing by your window and make the most of this unique opportunity to step out of your comfort zone. Some roads you travel on will be smooth and easy while others could take up to an hour to cover 1 kilometre. There is just no telling what could happen with road, weather, traffic and other conditions that may exist that will either increase or decrease the amount of time you spend on the road so take your watch off, put your iPad away, turn off your phone and just relax. An average day could take anything from 5 to 14 hours in the truck, it all depends on the day... and that's only an "average"!

We will stop for shopping, bathroom breaks, photo stops, activities and a whole lot more. If you are looking to only experience specific destinations and are not interested in the journey, perhaps adventure touring is not for you. As circumstances change in the destinations that we visit, our tour dossiers do change from time to time as we constantly improve our offering based on feedback about these changes that we receive from our guests and guides on tour. Please ensure that you download this dossier again within a week of your tour departing to ensure that you have all of the correct information regarding the tour.

Did you receive your Pre Departure Information Booklet?

If not please contact us at nomad@nomadtours.co.za and we will e-mail you the document; alternatively visit us at 39 Castle Street, (Corner Castle & Burg Streets), Cape Town, to collect one. You can also download the [Pre-Departure Information](http://nomadtours.co.za/media/Pre-Departure-Information.pdf) from our website at: <http://nomadtours.co.za/media/Pre-Departure-Information.pdf>

After hours contact: number: +27 (0) 82 578 2199

Activity Package

This is an optional payment that covers what we consider to be 'essential activities' on our tours. Ideally we would include all of these, but not everyone can afford this. This payment is 100% transparent and is listed below. The Activity Package must be pre-booked along with your tour booking. We cannot always guarantee availability of the activities if you only book on the morning of your tour departing.

Activity	Price
Sundowner Drive	R 950
Kruger 4x4 Drive	R 850
Guided Morning Bush Walk	R 700
Baited Dive Aliwal Shoal	R 1 750
Baited Dive Protea Banks	R 1 850
Airport Transfer	R 360
Flight Johannesburg to Durban	R 1 500
Flight Durban to East London	R 2 000
Flight from East London to Johannesburg	R 1 800
	R 11 760

This itinerary has been written with the Activity Package items included. If you wish to participate in all the activities listed, you will need to purchase the Activity Package.

What's included

Meals (Breakfast x 16 / Lunch x 10 / Dinner x 15) (unless otherwise specified, all meals are prepared and served at the Nomad truck), accommodation, guides and transport. Your Marine Park Entry Permit will also be included in this tour. We also include some of the highlights. These highlights are listed below in the day-by-day descriptions as "included highlights".

What's excluded

All items of a personal nature, entrance fees, alcohol, soft drinks, bottled water, snacks, souvenirs, tips, activity package and optional activities.

Vehicle

Adventure Truck

Climate

The African sun is very strong. Please use a factor 30 sunscreen and wear a hat. You should drink at least 3 litres of water per day to avoid dehydration. It can also get very cold during winter months on this route. Please see Pre Departure Booklet for detailed information.

Pre and Post Tour Accommodation

If you require accommodation before or after your tour we can arrange this for you. We can also arrange airport transfers – contact your travel agent or Nomad to make these bookings.

Arrival / Departure

Please be sure to arrive 1 day before your tour is due to depart. This will avoid any unforeseen problems. As the activities on your tour can be moved to any day during your tour, we also highly recommend that you book your flights to depart the day after the tour officially ends.

Departure Point

Please ensure you arrive at the departure point at least 30 minutes before the scheduled departure time.

08:00 am from Belvedere Estate corner George and Belvedere road, Glen Austin Midrand, Tel: 083 7415240 – www.belvedereestate.co.za

End Point

Johannesburg International Airport / East London Airport

Countries Visited

South Africa

Insurance (Compulsory)

All clients participating in a Nomad tour are required to have sufficient Medical Travel Insurance. Activity providers can refuse participation of activities, if the correct valid Medical Insurance is not provided. Please also note that for this tour you will require a diving insurance policy that permits multiple dives and dives to a depth of 30m (we recommend DAN divers insurance). Diving insurance can be purchased from the DAN website, www.diversalertnetwork.org. Travel insurance can be purchased via the Nomad website. (World Nomads travel insurance is in no way affiliated with Nomad Tours). www.nomadtours.co.za/page/travel-insurance.

Currency and Banking

As your tour may pass through multiple countries, we have prepared information on the use of local and foreign currencies, ATMs and Credit Cards for each country. This information is available on our website by visiting this page: <http://nomadtours.co.za/before-you-go/currency/>

Health

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have. Please note that should you suffer from any condition that may be a contra-indication to scuba diving we will require a medical clearance from a diving physician prior to allowing you to dive on this tour.

Vaccinations

A Yellow Fever Certificate might be required for this tour depending on your nationality. Please see the [Pre-Departure Information](http://nomadtours.co.za/media/Pre-Departure-Information.pdf) (<http://nomadtours.co.za/media/Pre-Departure-Information.pdf>) booklet for detailed information on vaccinations in Africa.

Visas

As visa requirements vary considerably from country to country and nationality to nationality, please contact the various embassies or a visa service agent in your home country to re-check your visa requirements at least 4 weeks prior to travelling. Please note that visas are the responsibility of the traveller and that Nomad Adventure Tours will not be held responsible for guests being denied entry should they not be in the possession of the relevant visas. All travellers must be in possession of a valid onward/return air ticket or proof of other means of transport enabling the traveller to leave the country in which your adventure tour passes or terminates. You should also have proof of sufficient funds (e.g. credit card) to see you through your time in the country. Should the adventure tour you are joining be re-entering a country, be sure to have a multiple entry visa that enables you to re-enter the country. In some cases visas are available on entry into a country and may be cheaper to do so, however for peace of mind and to speed up the border crossing process, Nomad will always advise you to get your visas prior to your trip if possible.

Malaria

Malaria prophylactics are required throughout this route. Please note that Larium may not be taken when planning to scuba dive. Please inform your doctor that you will be diving so that he/she can prescribe an anti-malaria that is suitable.

Please note that during the next few days (while we are visiting Kruger National Park), the order of activities could change without prior notice and a degree of flexibility is needed. This is to allow for maximum game viewing opportunities and experiences.

Day 1 – Johannesburg to Kruger National Park

Leaving the city of Johannesburg behind us we make our way east through the coalfields of Mpumalanga. Our journey today follows in the footsteps of the old trade-routes to the Lowveld and the Kruger National Park. We set up camp at our base for the next three nights and enjoy a lovely sundowner drive.

Accommodation	Nkambeni Safari Camp or similar. http://www.nkambeni.com
Facilities	Accommodated: Two per Permanent Tent with En-suite Bathroom Camping: Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Johannesburg to Kruger National Park
Activity Package	Sundowner drive

Day 2 – Kruger National Park

This morning we enter the Kruger National Park for a full-day of game viewing. Our activity package offers you the opportunity to explore the park in open game viewing vehicles, giving you access to areas our truck can't always go.

Accommodation	Nkambeni Safari Camp or similar. http://www.nkambeni.com
Facilities	Accommodated: Two per Permanent Tent with En-suite Bathroom Camping: Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Activity Package	Full-Day Kruger Park Game Drive in 4x4 Vehicles
Included Highlight	Full-Day game drive in Nomad Truck in Kruger Park (clients not participating in the Activity Package)

Day 3 – Kruger National Park – Panorama Route

As is customary when on safari, we rise early this morning to enjoy a guided bush walk. Being in the bush on foot offers a unique opportunity to appreciate the smaller details of this great wilderness area. After our walk, we exit the park and journey along the scenic Panorama Route where we will visit God's Window, Bourke's Luck Potholes and the Three Rondavels. We return to camp in the evening to enjoy a lovely local dinner and dance.

Accommodation	Nkambeni Safari Camp or similar. http://www.nkambeni.com
Facilities	Accommodated: Two per Permanent Tent with En-suite Bathroom Camping: Campsite with Shared Ablutions <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Activity Package	Morning guided bush walk
Included Highlight	The Panorama Route - God's Window, Bourke's Luck Potholes and Three Rondavels Local Evening Dinner and dance.

Day 4 – Kruger National Park to Johannesburg

We enjoy our last drive through the park before setting off to Belvedere Estate. We arrive at Belvedere Estate in the late afternoon and all travellers are invited to join us for a traditional meal tonight. Many great tales are shared and tonight is for celebrating the many wonders of African travel.

Accommodation	Belvedere Estate, Johannesburg (or equivalent). www.belvedereestate.co.za
Route	Kruger Park to Johannesburg
Included Activity	Traditional meal Belvedere Estate Half-Day Morning Game Drive in Nomad Truck (4 hours)

Day 5 – Johannesburg to Margate

This morning we fly from Johannesburg to the coastal town of Durban, where we will join our new Nomad truck and crew. Leaving the city of Durban behind us we make our way south along the dolphin coast of Kwazulu Natal. About 2 hours south of Durban is the launch site for both Aliwal Shoal and Protea Banks, home to some of the best Apex Predator shark diving. We arrive at our hotel and settle in for our stay. This afternoon we will check all dive equipment, ensure the correct gear is allocated and have a dive briefing for the following days.

Please note that during the next few days (while we are visiting Protea Banks and Aliwal Shoal), the order of activities could change without prior notice and a degree of flexibility is needed. This is to allow for maximum dive opportunities and experiences based on conditions and weather. Please also note that should conditions prevent diving we will substitute an alternative activity.

Accommodation	Margate Hotel (or equivalent)
Facilities	Two per room with ensuite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Durban to Margate Hotel +/- 1.5hr
Included Highlight	Kwazulu Natal coastline and dive briefing

Durban is the metropolitan area comprising of Durban, Pinetown, Inanda and Umlazi, with close to two million people living here. The first European settlers were mostly survivors of shipwrecks. One of these survivors, Rodrigo Tristaa, survived a wreck in 1552 of the Portuguese galleon Saint John, and was the first to make his home here. Vasco Da Gama had applied the name Natal (nativity) to this stretch of coast (first seen on Christmas day 1497). The entrance to the bay was known as Rio de Natal (river of the nativity). The Zulu nation's formation provided wealth for a trade market in this area. The merchants set up a harbour where the base of trade with Zulus could be formed. A population of 26 hard-living traders and ivory hunters thus created Durban. It was named on 23 June 1835, after the governor of the Cape, Sir Benjamin D'Urban.

Day 6/7 Aliwal Shoal

The following two days we spend diving the famous Aliwal Shoal. Renowned for Raggie Tooth Sharks congregating in their hundreds, dolphins and the baited shark dive. Each morning we will travel the hour from our hotel in Margate to the launch site for Aliwal Shoal. Over the two days we will do 3 recreational dives on the Aliwal Shoal, including the famous "Raggie Cave". The optional baited shark dive is well worth it, with Oceanic Black-Tip Sharks gathering in large numbers and possibly Tiger Sharks investigating the bait.

Accommodation	Margate Hotel (or equivalent)
Facilities	Two per room with ensuite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Included Highlights:	3 Recreational dives on Aliwal Shoal
Dive Centre:	Aliwal Dive Centre
Route:	Margate to Umkomaas
Travel time:	+/- 1hr
Optional Highlight:	Aliwal Shoal Baited Dive

Diving Aliwal Shoal

The World Famous Aliwal Shoal was formed thousands of years ago from fossilized sand dunes during the times when sea levels were much lower than they are today. The Aghulas Current that runs south along the east coast of Africa brings with it warm water and a huge diversity of tropical sea life.

Key Dive Sites

CATHEDRAL: A very popular dive for the Ragged Tooth Shark enthusiast. During the "Raggie" season it is possible to see up to 40 of these placid sharks resting within the amphitheater. During the summer months look out for hammerheads above, and the stingrays that take up residence.

RAGGIES CAVE: The most popular dive site here on Aliwal Shoal. As its name suggests this is the best place to view the Ragged Tooth Sharks during the shark season. Entry into the cave is not permitted when the sharks are here but there is an excellent viewing area at the entrance where divers can safely kneel and watch the sharks' activities. When the sharks have departed this is a very good place to hunt for sharks' teeth in the sand. Please note that teeth are the only items that divers are permitted to take from the Shoal. There are many resident potato bass found in the surrounding overhangs as well as many types of moray eel.

HOWARDS CASTLE: This recently discovered and pristine site is not often dived as it requires a longer boat ride and sea conditions need to be calm. There are loads of interesting gullies and overhangs as well as a wide diversity of marine life.

INSIDE EDGE: This section of the reef encompasses the entire inshore edge of the shoal. Although many large species of fish, sharks, dolphins and rays may be found here, it is particularly good for finding smaller things such as octopus, cuttlefish, scorpion fish, firefish, cowfish, nudibranchs and eels. The top of ledge is at about 14 to 16m and open water divers can therefore enjoy this dive site providing they level off.

OUTSIDE EDGE: This is the dive site for viewing the big stuff, and it is always a good idea to keep an eye out at midwater where schools of hammerheads, game fish or the odd tiger shark may be found.

EELSKINS: This dive site is superb example of the fossilized rock formations. Situated near the southwestern tip of the reef there are lots of clusters of reef with plenty of sand gullies and lovely swim-through. Many cowries can be found here and as the gullies offer shelter from the currents you will often find Raggies during the season and lots of shoaling tropical fish.

NORTH EASTERN PINNACLES: A very easy and gentle dive site for open water divers and beginners. Lots of potholes forming sheltered nurseries for small fish. Many anemones and clown fish are to be found here as well as octopus. You may see some large potato bass sheltering from the current.

NORTH SANDS AND SOUTH SANDS: These two large sand patches are an ideal location for students to practice their skills and for divers to descend and pause to adjust buoyancy before exploring the reef. An ideal place to find sand sharks and often groups of dolphins can be found playing and rubbing themselves on the sand. Truly an amazing sight!

MANTA POINT: Lots of nooks and crannies where crayfish and cleaner shrimp hide. Good area to find rays of all varieties especially Manta Rays during the season.

Day 8/9/10 Protea Banks Diving

Over the next three days we will have 5 dives on the Protea Banks Reef where we hope to see some of the worlds largest marine predators. During these three days you will also be offered a Baited Shark Dive. Diving both North and South Pinnacles we will go in search of schooling Hammerheads, Bull Sharks, Guitar Sharks and large rays. An optional Tiger and Bull Shark baited dive at Protea Banks will be offered during our stay. This dive takes place in open water, hanging in the blue whilst possible Tiger, Bull, Hammerhead and Oceanic Black-Tip sharks come in to investigate the scent trail around us. A full safety briefing and training session is included and this is a breathtaking experience.

Accommodation	Margate Hotel (or equivalent)
Facilities	Two per room with ensuite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Included Highlights:	5 Recreational dives on Protea Banks
Dive Centre:	African Dive Adventures
Route:	Margate to Shelley Beach launch area
Travel time:	± 15 minutes daily
Optional Highlight:	Protea Banks Baited Dive

Diving Protea Banks

Protea Banks has been rated by many divers from around the world as *the* best shark dive. Many divers are scared of sharks due to horror stories and myths created by the movie world, but their fears are totally unfounded. Sharks are intelligent animals, do not recognise us as a food source and generally tend to be shy and respectful towards the divers

Key Dive Sites

NORTHERN PINNACLES: The reef has two large cave systems which are used by the Ragged Tooth Sharks as resting zones on their annual migration and congregation route. On a good day, the diver can encounter up to 200 sharks in an area smaller than half a rugby field. Starting at the large cave we look in from the top to observe the 'Raggies' interacting peacefully with each other, often in numbers so large the bottom can hardly be seen! Afterwards we can pass through a tunnel that we can swim through (if it is not occupied by sharks). At the end of the tunnel lies the second cave. This cave is also open on top and features several chambers, each one with a wide opening at the top ceiling. If there are no Raggies in the caves, it is fun to explore around in the chambers, looking for sharks' teeth. This is the only souvenir we allow the diver to remove from the reef. As spring goes into summer, large shoals of Hammerhead Sharks frequent this part of the reef.

SOUTHERN PINNACLES: This area is home to the Zambezi Shark (Bull Shark) that Protea Banks initially became famous for. From Oct to May, some very large specimens can be encountered here. Scalloped Hammerhead Sharks are also seen shoaling at this time; they can come past in groups of up to several hundred. Hunting packs of Great Hammerheads investigate any strange noises. We start the dive at the Southern Cave full of game and reef fish and head towards Kingfish Gully, an overhanging rock that is home to large shoals of Kingfish, Yellowtail, Kaakap, Sea Pike Tunny and Potato Bass. The current then takes us to a large sandy patch called Sand Shark Gully. It lies at exactly 40m depth and is home of the Giant Guitar Shark, at times these can be seen lined up like planes at an airport.

BAITED SHARK DIVE: South Africa is one of only three countries in the world offering this kind of diving. Using a baiting technique that closely resembles the shark's natural feeding habit, African Dive Adventures lets divers as well as snorkelers and non-divers share in the experience. Starting with a special Tiger Shark Dive Briefing and explanation of code of conduct, guests are then taken out to Protea Banks. The bait is dropped in the water at about 6m/18ft depth and we wait until the chum slick has dissipated and a tiger shark has picked up the scent. As soon as the tiger is circling the bucket, the divers enter the water as quietly as possible and swim slowly towards the bait bucket. Divers as well as bucket will be drifting with the current as the tiger sharks swim round and round and right in between the divers. After approximately one hour we will call time out and return to base. *(This activity is optional and you need to pay the dive centre directly)*

Day 11 Durban to East London and Coffee Bay

This morning we will fly to the Eastern Cape town of East London. Leaving the city of East London behind us we travel north along the Wild Coast of the Eastern Cape to the small town of Coffee Bay, our launch site for the famous Sardine Run.

After settling into your hotel you will have the chance to explore this stunning area and visit the iconic "Hole In The Wall".

This evening you will have a full briefing on the operation of the Sardine Run adventure over the next few days.

Please note that during the next few days we will be subject to weather and ocean conditions and may not be able to launch each day. To account for this risk we have created this lengthy stay in Coffee Bay in order to ensure you have the best possible chance. Please also note that Nomad cannot guarantee Sardine Run action at any time and are only able to book tours in the best possible window to the best of our ability.

Accommodation	Ocean View Hotel, Coffee Bay www.oceanview.co.za
Facilities	Two per room with shared bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	East London to Coffee Bay 281km +/- 3.5 hrs

Day 12/13/14/15/16 – Sardine Run

The annual Great Sardine Run is a natural phenomenon which usually occurs during the months of June and July, when massive schools of sardines migrate from the colder waters around the Cape to the warmer waters of Kwazulu Natal to give birth to their offspring. Once they've laid their eggs, they return to the Cape, closely followed by thousands of dolphins, birds, fish of prey, whales and sharks. The ocean awakes and the thrill is simply indescribable.

After Breakfast at 7am you will be transferred to Mapusi, the most spectacular, idyllic river mouth from where we launch our boat. On the banks of this river divers get ready for the launch. The 4 x 4 drives the boat down into the river. Divers and the crew have to push the boat further until there is enough water under the keel and all rocks are cleared. Once it is safe, the skipper gets on the boat and starts the motors. When he has enough water under the keel, he calls all guests on. With speed the boat drives over the sandbank and into the waiting basin. Once all waves have passed, the skipper chooses the safest moment to launch out to sea.

In the meantime our plane has taken off and done a good fly over in search of animal activity. The skipper and the pilot are in constant radio contact whereby the boat gets directed to the best action on hand.

Sardine Run Action consists not only of silver fish but more so of activities such as whales, dolphins, sharks and gannets.

The highly experienced and skillful crew will approach anything interesting with great care and only when it is safe will the divers be allowed to enter the water. More often than not this will be done on mask and snorkel. There is a constant off-the-boat and on-the-boat which requires stamina and a certain fitness.

Obviously it is always the client's choice if he wants to remain on the boat or jump into the water.

To make a long day out at sea as pleasant as possible we offer sandwiches, fresh fruit, chocolates, cookies, fruit juice and water on the boat.

KRUGER, SHARKS & SARDINE RUN 2019: 18 Days | JDE



Each day we will launch (weather permitting) and spend a full day out at sea to give you the best chance of action. We return by latest 3pm each afternoon when you will get a chance to rest, relax, hike the area and charge those all important cameras. Each evening we have a sumptuous buffet and bar for tales of the day just past.

Accommodation:	Ocean View Hotel, Coffee Bay www.oceanview.co.za
Facilities:	Two per room with shared bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Included Highlights:	5 full days of Sardine Run action (weather permitting)
Dive Centre:	African Dive Adventures

The Sardine Run Bait Ball

The sharks and dolphins round up a large number of sardines and form what is known as a bait ball. Once the bait ball is formed, the sharks and dolphins swim through that ball until not one sardine is left. They are often joined by gannets, which dive from a dizzy height and use their wings to actually swim further down in pursuit of a sardine.

Then comes a Brydes Whale from the depth and like a Front End Loader scoops thousands of sardines into its gullet.

As divers, we first approach the situation carefully and watch from the boat what is going on.

Then we slide into the water and watch the incredible scene from a depth of approximately 5-7m. Such a Bait Ball can last from a few minutes, to half an hour, or even longer.

When it is over it's back on the boat and off to the next group of sardines.

This can go on for hours or even the whole day with a short lunch break in between.

Day 17 Coffee Bay to East London (*Johannesburg if purchasing our Activity Package*)

Today we will retrace our steps from Coffee Bay back to the town of East London (*where we will board a flight to the City of Johannesburg. Our tour will end on arrival into Johannesburg International Airport*).

This itinerary has been written with the Activity Package items included. If you wish to participate in all the activities listed, you will need to purchase the Activity Package.

USEFUL INFORMATION

SOUTH AFRICA

South Africa is one of the most popular tourist destinations in Africa, as it offers truly magnificent views and has an abundance of activities to enjoy. This Southern African country is rich with culture and traditions; with every citizen having a unique heritage, culture and story to tell. Here, guests will find themselves enchanted with a unique vibrancy and absorbed in the freedom of every citizen. The combination of the beauty of the landscape and friendly nature of the locals makes South Africa a truly inspiring and exciting country to explore. Since the 17th century and the arrival of its very first settlers, South Africa has been claimed, to be one of the most beautiful destinations in the world. Not only is the weather warm and mild throughout the year, but locals and visitors enjoying an endlessly beautiful scenery and diversity in landscapes. Undoubtedly, South Africa's main attractions are its beautiful mountain and coastal views, however its cities also attract more than enough tourist attention.

In 2010, South Africa hosted the FIFA Soccer World Cup, putting on an incredible show and proving themselves as one of the world's leaders in the hospitality industry. Guests were made to feel welcome and encouraged to participate in local celebrations and enjoy the sights of each region; a factor which surely contributed to the Mother City of South Africa, Cape Town, being voted by TripAdvisor to be the most desired tourist destination in the world. Among South Africa's other top attractions are Johannesburg (The City of Gold), Durban (a surfer's paradise), Port Elizabeth (the friendly city), the Garden Route and the Kruger National Park.

MEALS ON TOUR

Included on your tour are three meals a day (unless otherwise specified on your tour dossier). We are able to cater for specific dietary requirements to a degree, however please keep in mind that you are travelling with a group and the guides generally prepare meals on two gas burners so it is not possible for them to prepare regular meals, gluten intolerant, lactose intolerant and vegetarian meals all at the same time. Where possible, our guides will accommodate clients who have indicated their dietary requirements prior to the tour departing. We unfortunately cannot cater for requests at the start of the tour.

If you are vegan, the guides will provide you with salads, vegetables, fruits, rice, beans, pasta, cereals and breads however their budget and time does not allow them to shop for quinoa, seeds, nuts, tofu, soya milk and other protein substitutes. Please keep this in mind when going to the supermarket so that you can supplement these foods for yourself, it will be at your own expense, the guides will however store it for you in their fridge.

When travelling through Africa, the guides are briefed to shop at supermarkets as far as possible, as shopping at street vendors could be a health risk to the guests as there is no indication as to where or how the vendors grow, harvest and transport their produce. Guides have to be responsible and ensure that their produce comes from reliable sources and this can generally only be done by shopping at the supermarkets. The prevalence of street vendors also means that there is thieving from local farms who support the local industry, and this in turn means that the farms become unsustainable, leaving the community in a worse off position.

Breakfast: As breakfast is served very early in the morning (if there is driving or activities to be done) it is a simple but filling breakfast: Tea and coffee, breads and spreads, cereals, yoghurts, fruits and on occasion, when there is time for a later breakfast, guides will serve a hot breakfast of scrambled eggs, porridge, bacon or beans..

Lunch: Lunch is generally served at a picnic spot next to the road en route to a destination. As the guides only have approximately 45 minutes to get everyone off the truck, prepare lunch and then get everyone back on the truck again, lunches consist of sandwiches and salads (rice salad, pasta salad, tuna salad and green salad) which are quick and easy to prepare but which are quite filling.

Dinner: This is when the guides get time to prepare a delicious meal and they focus on a substantial protein, vegetable and carbohydrate dinner. We serve traditional campfire cuisine consisting of braais (BBQ), potjie (stew), bobotie (mince), spaghetti and fish and chicken dishes. All meals (on both accommodated and camping tours) that are included as per the dossier are prepared at the full service adventure truck. This is a unique adventure in itself where you get to dine under the stars with your new found friends and experience the real sights and sounds of Africa!

Most evenings are spent at our accommodation talking about Africa. Your tour dossier will have details of where you will be each night and the prices of meals if we are spending an evening at leisure in a city or town. After or during dinner, guides will do briefings, please use this opportunity to discuss things with them.

Standards of food in East Africa are not as high as they are in Southern Africa as there is much less time for preparation (the days on the road are longer in East Africa), food is a lot more expensive and there is not as much variety available.

Special Requirements

Please confirm to us in writing if you are a vegetarian or if you suffer from any allergies (i.e. nuts, milk, fish) (i.e. vegetarian), allergies (i.e. nuts, milk, fish). Where possible our guides do try and accommodate clients with intolerances (i.e. gluten, lactose), however we cannot guarantee the availability of speciality foods en-route and we therefore recommend you to bring these items with you or purchase them prior to departing on your tour. Likes and dislikes in food preferences cannot be accommodated; only allergies and life threatening situations will be regarded.

DIVING NOTES

Water conditions in South Africa can vary day by day. Temperatures will range from 14-26 degrees Celsius and we recommend a wetsuit of a minimum of 5mm for your comfort. Visibility ranges from 5-20m, with slightly better conditions in the winter months.

Diving is conducted on semi-rigged ribs with launches taking place either straight from beaches or via river mouths. These launches involve breaking through the incoming waves and can get bumpy.

All divers joining a Nomad Africa Dive Tour must hold an Advanced Open Water (or equivalent) certification as a minimum and be confident and comfortable in the water. If you are unsure whether your experience level is sufficient please contact us.

All dives are conducted within no decompression limits to a maximum of 30m and are standard air dives. Nitrox is available to divers at some of our diving locations. This will be at the extra cost of the diver and will require the proof of a Nitrox certification.

All divers must understand that Nomad Africa Dive Tours cannot guarantee any ocean sightings and there will be no financial reimbursement for dives where highlights are not seen. Please note in particular that the Sardine Run is not guaranteed and we can only work to the best of our knowledge with respect to time of year.

TIPPING ON TOUR

In general tipping in restaurants is expected and is around 10% for good service, more if you have received exceptional service, and, feel free not to tip at all if you received poor service. Tipping taxi drivers etc is really at your own discretion and not always expected. If in doubt please ask your guides. It is expected to tip porters and car guards etc. Ask your guides how much is appropriate in local currency. Our Crew can be tipped if you feel that they have done a good job and/or gone above and beyond the call of duty. The best way to arrange tips is to elect one person in the group to collect the money. We recommend USD2-3 (or about R25-R30) per day per person, per guide as a fair tip. So if you have 3-crew on a tour, we would recommend that 3 envelopes are used and each crew member's name written on one. Place what you feel is fair into each envelope and the elected person can give these to the crew at the end of the tour. If you do not feel that the crew deserve a tip, please, do not tip them. You must remember that tipping is only for exceptional service and is not at all compulsory or expected.

THE NOMAD AFRICAN TRUST www.nomadafricantrust.co.za

At Nomad we are passionate about the people, places and wildlife of Africa that make our tours so special. In order to give back, we have set up the Nomad African Trust. If you would like to find out more about the Trust, our beneficiary projects and how you can help, visit the website (above) or contact us on info@nomadafricantrust.co.za.

GREEN SEATS – TRAVEL RESPONSIBLY IN AFRICA

Nomad gives you the opportunity to offset your carbon footprint by purchasing a "Green Seat". If you would like to help Nomad making Africa Greener, simply choose the tick box on your booking form and we will take care of the rest. The Nomad African Trust, with partner projects will plant Spekboom, which are ecologically viable and that have a very high carbon absorption rate. You will receive a certificate of your contribution towards offsetting your carbon footprint while on tour with Nomad. Green Seats can be purchased at departure or on tour with your guide. For more information on our "Green Seats", please visit www.nomadtours.co.za/about-nomad/green-seats

SOCIAL PAGES AND MEDIA

Please feel free to follow, poke, share and like our social spaces below. It would be great if you could load your pictures, videos and memories to the pages too so that you can share them with your friends and ours.

Facebook – (www.facebook.com/NomadTours)

Youtube – (www.youtube.com/NomadAdventureTours)

Flickr – (www.flickr.com/photos/nomadtours)

Twitter – (twitter.com/nomadtours)

LinkedIn – (www.linkedin.com/company/nomad-tours)

We would like to offer you the opportunity to share your experiences on tour with your friends and family at home. We have setup a blogging environment for you, free of charge! All you have to do is sign in and then upload your stories and pictures and get sharing. Log on to: <http://blogs.nomadtours.co.za/> to start your journey and please feel free to contact handrick@nomadtours.co.za if you have any questions.

THANK YOU FOR TRAVELLING WITH NOMAD

At the end of your tour you will be provided with feedback forms. These forms are confidential and should be given to your crew in a sealed envelope. If you are not sure of the confidentiality of the feedback form please feel free to email us as well on ops@nomadtours.co.za. Please make sure to also complete the feedback form as we use the answers on these forms to improve and maintain our service levels. Accommodation providers are subject to change without notice, the accommodation listed in this dossier is our preferred supplier, but sometimes due to availability, we are unable to make use of the property listed in this dossier. If we cannot use the accommodation provider as listed we will substitute another property of similar standards, however, en-suite facilities are not always guaranteed.