

All information provided in this tour dossier is subject to change without prior notice. Changes would always be in consideration of your safety first and a better quality experience where possible. Overnight accommodation stops can change without prior notification, depending on road or weather conditions or any unforeseen circumstances. While every effort has been made to ensure the accuracy of the properties listed in this dossier, these are to be used as a guideline only. We recommend that you download the most up to date version of this tour dossier one week prior to your tour departure date, however, changes are possible within 7 days prior to your tour departure.

Partaking in an adventure tour in Africa involves covering hundreds if not thousands of kilometres and our tours are as much about this journey as they are about the destinations we visit. Use your time during these drives to talk to your fellow travellers, have a drink and take note of the world passing by your window. 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, it all depends on the day... and that's only an "average"!

**Please ensure that you have downloaded and read a copy of the **PRE DEPARTURE INFORMATION** booklet as this document contains important information (e.g travel insurance, visas, your money, health etc) you need to know before you depart on tour.**

<http://nomadtours.co.za/media/Pre-Departure-Information.pdf>

### Activity Package

This is an optional payment that covers what we consider to be 'essential activities' on our tours. 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 departure.

Activity	Price
4x4 Game drive in Kruger National Park	R 950
Hlane game drive	R 400
Flight Johannesburg to East London	R 1 800
Flight East London to Johannesburg	R 1 800
Airport Shuttle	R 360
Transfer to Maxixe	R 200
	<b>R 5 510</b>

*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.*

### Maximum Number of Passengers

20

### After hours emergency contact

Our reservations staff are available to receive emergency calls. We would like to request that you respect this emergency number and use it only in the event of emergencies. Please only contact this number if, for example, you have missed your incoming flight, you cannot find your airport transfer or you are running late for your tour departure.

*If calling from outside South Africa: 0027 82 578 2199*

*If calling within South Africa: 082 578 2199*

### Arrival / Departure

Please be sure to arrive 1 day before your tour is due to depart. This will avoid any unforeseen problems. We also highly recommend that you book your flights to depart the day after the tour officially ends to allow for delays and changes.

### 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.

### Tour departure point

**7.00am** Belvedere Estate, 83 Belvedere Road, Glen Austin, Midrand, South Africa

Tel: 083 741 5240 [www.belvedereestate.co.za](http://www.belvedereestate.co.za)

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

### Tour ending point

Belvedere Estate, 83 Belvedere Road, Glen Austin, Midrand, South Africa

Tel: 083 741 5240 [www.belvedereestate.co.za](http://www.belvedereestate.co.za)

### What's included

Accommodation, meals (Breakfast x 20 / Lunch x 14 / Dinner x 14) (unless otherwise specified, all meals are prepared and served at the Nomad truck) / qualified crew / transport in the Nomad truck / included highlights as per the itinerary.

### What's excluded

Items of a personal nature (snacks, alcohol, bottled water, soft drinks, tips) / entrance fees (associated with optional activities) / souvenirs / activity packages and optional activities

### Countries Visited

South Africa, Mozambique, Swaziland

### 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. This afternoon there will be an opportunity to join an optional sundowner drive. Booking is essential and your guide can assist on departure this morning.

<b>Accommodation</b>	Nkambeni Reserve or similar. <a href="http://www.nkambeni.com">http://www.nkambeni.com</a>
<b>Facilities</b>	Permanent tent with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Route</b>	Johannesburg to Kruger National Park
<b>Optional Activity</b>	Sundowner Drive (Subject to Availability)

### Day 2 - Kruger National Park

Rising early this morning we enter the Kruger National Park to enjoy a full-day of game viewing. The abundance of wildlife presents us with opportunities for excellent sightings, while the Kruger is also home to the famed members of Africa’s Big-5. Our activity package offers the added excitement of experiencing the park from an open-sided 4x4 vehicle. This evening there is a second opportunity for the optional Sundowner Drive.

<b>Accommodation</b>	Nkambeni Reserve or similar. <a href="http://www.nkambeni.com">http://www.nkambeni.com</a>
<b>Facilities</b>	Permanent tent with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Included Highlight</b>	Kruger Park Full-Day Game Drive in Nomad truck (Clients not doing the Activity Package)
<b>Activity Package</b>	Kruger Park Full-Day Game Drive in 4x4 Vehicles (Clients doing the Activity Package)
<b>Optional Activity</b>	Sundowner Drive (Subject to Availability)

### Day 3 – Panorama Route

While those who elect to do the optional morning walk will have an earlier start, we set out a little later today and travel the short distance to the Panorama Route. Strung along the escarpment that divides the central plateau and low-lying bushveld of the Kruger, the sights of the Panorama Route offer us a day of scenic delights. We will visit the highlights of Bourke’s Luck Potholes, the Three Rondavels and God’s Window before returning to camp in the late afternoon.

<b>Accommodation</b>	Nkambeni Reserve or similar. <a href="http://www.nkambeni.com">http://www.nkambeni.com</a>
<b>Facilities</b>	Permanent tent with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Included Highlight</b>	Panorama Route – Bourke’s Luck Potholes, Three Rondavels and God’s Window
<b>Optional Activity</b>	Morning Bush Walk (Subject to Availability)

### Day 4 – Maputo, Mozambique

With the beaches of the Indian Ocean beckoning we enter Mozambique and make our first stop in Maputo, the capital city offers a vibrant and eclectic mix of cultures. After checking in at our hotel, we explore the city sights on a walking tour with our guide. Maputo offers interesting and varied architecture and no visit to the city would be complete without a browse through a market. Tonight we eat out and get a chance to experience the night-life of this intriguing city.

<b>Accommodation</b>	Southern Sun Maputo or similar. <a href="http://www.tsogosunhotels.com/hotels/maputo/">http://www.tsogosunhotels.com/hotels/maputo/</a>
<b>Facilities</b>	Two per room with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Route</b>	Kruger National Park to Maputo
<b>Included Highlight</b>	Explore Maputo on Foot (self-guided walk)
<b>Border Post</b>	Mozambique: Lebombo, Tel: +258 2155 0010, Open: 06h00-18h00 South Africa: Komatipoort, Tel: +27 (013) 793-7201, Open: 06h00-18h00

### Day 5 - Inhambane – Praia Do Tofo

Setting out for the Inhambane District we travel the northern road along the coast. While it is a long day on the road there is much to see as we pass the many villages and plantations of coconuts, cashews and sugar cane. Our journey will bring us to the palm lined beaches where we will be based for our 4 days of diving.

<b>Accommodation</b>	Liquid Dive Adventures or similar <a href="http://www.liquiddiveadventures.com">www.liquiddiveadventures.com</a>
<b>Facilities</b>	Two per room with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Route</b>	Maputo to Inhambane

### Day 6/7/8/9 – Diving Praia Do Tofo

The following four days will be spent diving the reefs of Tofo, home to the well known Whale Shark and Manta populations. Each morning we will depart early for a double dive trip, returning in time for lunch. The afternoons will be free for you to enjoy any one of the optional activities or just lazing on this truly beautiful beach.

<b>Accommodation</b>	Liquid Dive Adventures or similar <a href="http://www.liquiddiveadventures.com">www.liquiddiveadventures.com</a>
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## Facilities

Two per room with en-suite bathroom

*Please visit the website of the accommodation provider for a full list of the facilities offered.*

## Included Highlight:

8 recreational dives on the reefs of Tofo.

## Optional Highlights:

Each evening we will dine at a selection of restaurants in Tofo.

### Diving Praia Do Tofo

Tofo offers spectacular diving with a huge variety and abundance of sea life, from the amazingly graceful manta rays and curious whale sharks for which Tofo is famous to a myriad of benthic, macro reef life as well as pelagic species. There are 16 reefs of which we will dive a selection based on conditions and desires.

Dive sites range from 10m to 37m catering for all experience levels, visibility varies between 10 and 30m and temperature is usually between 24 – 28 degrees. There are many dive sites around Tofo but perhaps the best known are:

**Amazon** Depth: 26 - 30 m                      Distance/Travel Time: 20km / 35 - 45 min                      Highlights: Predatory Sharks

Amazon is both our furthest and most challenging dive site, but it is well worth the effort. The depth, current and reef topography make it suitable only for experienced divers with Advanced certification or higher. White Tip Reef Sharks, Leopard Sharks and Nurse Sharks can be found sleeping on the sandy bottom or in the various caves. The reef is also home to a colourful array of Butterflyfish, Angelfish and schools of Bannerfish. Combine this site with The Office for an awesome double tank dive.

**Marble Arch** Depth: 14 - 19 m                      Distance/Travel Time: 7 km / 15 - 20 min                      Highlights: Whale Shark, Fish Schools & Topography

The closest site that lies in Whale Shark Alley, Marble Arch is named after a beautiful swim through between the inside and outside of the donut-shaped reef with walls rising 6-8m from the sandy bottom. Another swim through leads back inside the reef to a small canyon which is covered with marine life on both sides. The abundance of caves, crevices and overhangs provide shelter for Lobster, Moray eels, Stingrays and shy reef fishes. Schools of Bluestriped Snapper, Yellow Goat fish, Big Eyes hover on the top of the reef, while Blacktip Trevallies and Kingfish often patrol above looking for food.

**Reggies** Depth: 25 - 30m                      Distance/Travel Time: 15 km / 25 - 35 min                      Highlights: 2 Manta cleaning stations & Sharks

The site is named after a big cave which is often guarded by a sleepy Leopard Shark. Another resident of this reef is an old grandfather of a Loggerhead Turtle who loves to pose for the cameras. This is one of those sites where 1 eye needs to be on the reef, the other in the blue because Grey Reef and White Tip Reef sharks patrol about frequently and there are 2 Manta cleaning stations to look out for. It is a great site to combine with The Office for a double tank.

**Sherwood Forest** Depth: 25 - 30m                      Distance/Travel Time: 4 km / 10 - 15 min                      Highlights: Devil Rays & Eagle Rays

This site lies in deep water toward the north end of Tofo Bay. It is a small site that can only be dived under mild current conditions. The site is named for the numerous large green tree corals that provide a perfect home for schools of Fairy Basslets, Butterflyfish and Angelfish. Potato Groupers often suspend in the current just off the wall while Jenkins, and Blotched Fantail Rays can be found sleeping on the bottom. Honeycomb Morays share their lairs with Cleaner Shrimp. A Loggerhead Turtle sometimes naps under the overhang and there is a Manta cleaning station on top of the main reef. Off to the side of the main reef is a pinnacle with a swim through that is always fun!

**Hogwarts** Depth: 23 - 30m                      Distance/Travel Time: 18 km / 30 - 40 min                      Highlights: Manta cleaning station

Hogwarts provides yet another chance to spot one of the main attractions of Tofo diving: the Manta Ray. With more than 1 cleaning station the possibilities are good. You drop on a pinnacle just off the main reef before heading over to the wall and following it along, drifting with the current. There are overhangs and a swim through to keep the topography interesting and check out every nook and cranny because Loggerhead Turtles are often having a snooze.

This site is not just about those Mantas; the macro life here is excellent with chances to spot the cryptic Frogfish, Leaf Fish and many types of Nudibranch.

**Giant's Castle** Depth: 25 - 30m                      Distance/Travel Time: 3 km / 5 - 10 min                      Highlights: Deep dive with Manta sightings

Giant's Castle is a deep site that lies just outside of Tofo Bay. It consists of a ridge that runs north to south at a depth of 25 - 30 metres. This is one of the best sites in the area to encounter the majestic Manta Ray, as well as the rare Smalleye Stingray: the world's largest stingray. If we are lucky the Mantas and Smalleyes hover over the cleaning stations while schools of Butterflyfish and Wrasses clean them of parasites. Everything seems to be on steroids on this site. Huge Potato Groupers often come in for a curious look, and then follow divers around just for the fun of it. Big Honeycomb Moray Eels lie about on the reef and even the Parrotfish are whoppers! As we drift with the current it is always worth staying eagle-eyed on the ascent since there is every chance of spotting Devil Rays, maybe even a Marlin, and during the winter months Humpback Whales may cruise by!

**The Office** Depth: 26 - 34m                      Distance/Travel Time: 15 km / 25 - 35 min                      Highlights: Deep dive with Manta sightings

Another deep site, The Office lies north of Tofo Beach and well out in the Mozambique Channel. Consequently, the visibility is often better here than at the sites closer to shore. We descend through schools of Redtooth Triggerfish and Surgeonfish into a sandy bowl. From there we move south with the current keeping our eyes out for Grey Reef Sharks, Bowmouth Guitarsharks, Mantas and other smaller rays. The reef is home to numerous species of moray eel including honeycomb and giant Morays. It also teems with Butterflyfish, Angelfish, Groupers, Wrasses and Triggerfish. Both Loggerhead and Green Turtles are found here. It is often possible to surprise sleeping Whitetip Reef Sharks in the sandy bowl at the south end of the site. Leopard Sharks and Nurse Sharks are also seen here. It also offers some of the best chances to encounter Humpback Whales on scuba during the season.

## Day 10 - Xai Xai District

This morning we will transfer to a meeting point where we will rejoin our Nomad truck and set course for the Xai-Xai district, arriving in the late afternoon we have time for a walk on the beach or a sundowner to bid farewell to the Indian Ocean and the pristine beaches of Mozambique.

<b>Accommodation</b>	Sunset Beach Lodge or similar. <a href="http://www.sunsetbeachlodge.com/">http://www.sunsetbeachlodge.com/</a>
<b>Facilities</b>	Two per room with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Route</b>	Tofo to Xai Xai District

## Day 11 – Hlane Game Reserve, Swaziland

We set out early this morning as we journey via Maputo and cross the border into Swaziland.

<b>Accommodation</b>	Hlane game reserve or similar. <a href="http://www.biggameparks.org/hlane">http://www.biggameparks.org/hlane</a>
<b>Facilities</b>	Two per room with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Route</b>	Xai Xai to Swaziland
<b>Border Post</b>	Mozambique: Namaacha, Tel: not available, Open: 07h00-20h00 Swaziland: Lomasha, Tel: +268 323 6026, Open: 07h00-20h00

## Day 12 - Swaziland

Our stay in Swaziland presents us with an opportunity to enjoy a morning game drive in Hlane Game Reserve, which is include for those guests who have purchased the activity package. After our game drive, we depart Hlane and head to another great reserve of Swaziland, Mliwane.

<b>Accommodation</b>	Mliwane Wildlife Sanctuary or similar. <a href="http://biggameparks.org/properties/mlilwane-wildlife-sanctuary-2">http://biggameparks.org/properties/mlilwane-wildlife-sanctuary-2</a>
<b>Facilities</b>	Two per hut with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Route</b>	Hlane Game Reserve to Mliwane Wildlife Sanctuary
<b>Activity Package</b>	Rhino Game Drive in Hlane Game Reserve

## Day 13 – Swaziland

An interwoven network of 9 trails traverse Mliwane and this morning you will have the opportunity to explore the trails with your guide. After enjoying lunch back at camp, we spend our afternoon on a 2-hour guided walk through the Esajeni community, allowing us a glimpse of life on a day-to-day basis. This interactive experience could involve grinding maize, carrying water, building a wall or washing clothes in the stream.

<b>Accommodation</b>	Mliwane Wildlife Sanctuary or similar. <a href="http://biggameparks.org/properties/mlilwane-wildlife-sanctuary-2">http://biggameparks.org/properties/mlilwane-wildlife-sanctuary-2</a>
<b>Facilities</b>	Two per hut with en-suite bathroom <i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
<b>Included Highlight</b>	Morning walk with Nomad guide Esajeni Cultural Tour

## Day 14 - Johannesburg

Our final road trip takes us back to Johannesburg as we reflect on the wildlife and beaches that have filled our days. 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.

<b>Accommodation</b>	Belvedere Estate or similar <a href="http://www.belvedereestate.co.za">www.belvedereestate.co.za</a>
<b>Route</b>	Mliwane to Johannesburg
<b>Included Activity</b>	Traditional meal at Belvedere Estate

## Day 15 Johannesburg to East London and Coffee Bay

This morning we will fly to the Eastern Cape town of East London and from there 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.***

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

## Day 16/17/18/19/20 – 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. 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](http://www.oceanview.co.za)

**Facilities:** Two per room with shared bathroom

*Please visit the website of the accommodation provider for a full list of the facilities offered.*

**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 21 Coffee Bay to East London and Johannesburg

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 written in italics. 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-ridged 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](http://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](mailto: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](http://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](http://www.facebook.com/NomadTours))

Youtube – ([www.youtube.com/NomadAdventureTours](http://www.youtube.com/NomadAdventureTours))

Flickr – ([www.flickr.com/photos/nomadtours](http://www.flickr.com/photos/nomadtours))

Twitter – ([twitter.com/nomadtours](https://twitter.com/nomadtours))

LinkedIn – ([www.linkedin.com/company/nomad-tours](http://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](mailto: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](mailto: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.