

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
Flight Johannesburg to East London	R1800
Flight East London to Johannesburg	R1800
	R3600

This itinerary has been written based on a start and end in East London. Should you wish to purchase the Activity Package this tour will begin and end at the Johannesburg International Airport.

What's included

Meals (Breakfast x 6 / Lunch x 6 / Dinner x 6) (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 / Private Transfer

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

East London Airport OR (if taking our Activity Package) Johannesburg International Airport.

End Point

East London Airport OR (if taking our Activity Package) Johannesburg International 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 Lariam 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.

Day 1 East London (*Johannesburg if purchasing our Activity Package*) to 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 2/3/4/5/6 – 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
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 7 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 written in italics. If you wish to participate in all the activities listed, you will need to purchase the Activity Package.

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.

SARDINE RUN 2019: 7 Days | EE



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.