



Information Pamphlet:

Zambia and Botswana Ultimate Experience

Putting People and Rivers Together Since 1976

Introduction:

On behalf of everyone at Far Flung Adventures, we would like to thank you for joining us on this phenomenal adventure to the heartland of south-central Africa! The following pamphlet will serve to help with some of your questions, as well as give you a printable version of your trip information that you may use as a guide, reminder and checklist. *Please be sure to read this pamphlet thoroughly!*

For any additional questions please contact us:

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Telephone: 001-505-681-0122

Itinerary Overview

MEETING PLACE & TIME: We will meet you at the Livingstone, Zambia airport upon your arrival. If you are arriving by different means or will already be in Livingstone, please plan to meet us at the Waterfront Lodge before 4pm.

Day 1: After checking into the Waterfront Lodge on the banks of the Zambezi River we will meet at 4:15 at the dock in front of the hotel to check in for our evening riverboat cruise. We can expect great wildlife viewing opportunities both in the river and along the banks, as the Zimbabwe side is a large national park. After a two-hour cruise with free drinks and appetizers, we will have dinner at the hotel restaurant.

Day 2:

- 7:00am breakfast at hotel.
- 7:30am meet in front of hotel for the Rhino Safari! We will visit nearby Mosi-Oa-Tunya national park and take a guided walking tour to see a herd of Rhinos – and who knows what else!
- 12:30pm Swim to the lip of the falls in the infamous Devil's Pool swim! Tour includes a great lunch on Livingstone Island!
- 3:00pm Visit the local Maramba marketplace. A full-on African market with all the interesting things you might imagine you will find. We will also go "Fancy" dress/shirt shopping for our last group dinner and have custom tailored clothes made!
- Dinner at Café Zambezi in Livingstone

Day 3:

- 8:00am breakfast at hotel.
- 9:30am depart for 3.5 days on Zambezi River! Lunch at base of falls, rapids #1-10!

Day 4:

- River Day, Rapids 11-22

Day 5:

- River Day, Rapids: Narrows, Upper Moemba, Camp at Lower Moemba Falls

Day 6:

- Portage Lower Moemba, arrive at takeout around 11:00am
- 11:30am Rendezvous with Helicopter for Batoka Gorge Flight and Victoria Falls flyover
- Free time in afternoon. You may schedule a massage or take advantage of some of the other area activities (petting zoo, crocodile farm, horseback riding, and much more. Please inquire)
- 6:00pm dinner at Kalai Restaurant at nearby David Livingstone

Day 7:

- Breakfast at hotel at your leisure.
- 9:30am Tour Zimbabwe side of Victoria Falls, Lunch in Zimbabwe at Look Out Cafe
- 4:15 Meet the Jetboat for a trip up the river to an amazing dinner at the Elephant Café. Includes Elephant interaction with the rescue herd!

Day 8:

- 7:00am breakfast at hotel.
- 7:30am transfer to Botswana for two-day camping safari in Chobe National Park

Day 9:

- Safari, return to Lodge for group goodbye dinner by 6-7pm. Don't forget our custom clothes from Day 1!

Day 10:

- Breakfast at hotel
- Transfer to airport, service ends.

We are happy to help with additional services, accommodations, logistics or general travel plans. We want to ensure that your trip to Africa is everything you want it to be!

Not included

- Airfare
- Guide tips and miscellaneous gratuities to locals
- Miscellaneous food, drink and gifts
- Visa Fees (While visiting Zimbabwe)
- Travel Insurance – including mandatory evacuation insurance
- Sleeping Bag/light blanket (weather is warm).

Essential Documents and Information

Passports

- You **do not** need to carry your passport with you at all times. It is fine to leave it in the hotel room or hotel room safe, if available. You will need your passport when we cross the border to both Zimbabwe and Botswana.

Visas

Visas are **no longer required** to enter either Zambia or Botswana. We suggest that you purchase a KZA Visa when we cross into Zimbabwe. Visas are US \$50/person.

Cash

While cards are widely accepted in most businesses it will be good to have cash with you for tips and miscellaneous purchases. US dollars are generally accepted, but it is easy to exchange money at one of the local banks or at a change house. There are many ATMs and if needed you can withdrawal more cash with your debit/credit card.

Cell Service

Cell service is widely available everywhere except on the river trip and in the National Park in Botswana. Please speak with your service provider to see what options are available for you. WhatsApp is the most common way to communicate with any locals or staff that we meet along the way. It is a free calling and messaging app that you can download if you like. There is Wifi at all hotels and most restaurants.

Mandatory Evacuation Insurance

We require that you purchase emergency medical evacuation insurance to participate in this expedition. Proof of purchase is on file with Far Flung and our local activity and service providers.

There are many agencies to choose from, but **Global Rescue** is a company we have experience with and can recommend. **When shopping around make sure that “whitewater rafting” is included as a covered activity.**

Packing For Your Trip

Following is a list of required and recommend items for this multi-day and varied itinerary through the heartland of Africa. This trip differs from many of our adventures in that only 3.5 days of your 10-day itinerary will be in the wilderness, and the rest of it can be packed for like any international vacation (in a large rolling suitcase!).

For the river trip and we ask that you bring your own sleeping bags/blanket, and please remember to bring a headlamp as well. All other camping gear will be provided (tents, pads, etc...) All sleeping gear is provided on the camping safari, but you will need to bring your headlamp and personal toiletries, etc...

Weather/Climate: The fall months in this part of Africa are the dry time of year. There is potential for cool nights and a low chance of precipitation. That said, we recommend bringing a light jacket for the evenings and a raincoat just in case. In general, you should plan for hot and sunny weather and make sure to pack protective clothing for the sun: long sleeves, a hat, sunglasses and eyeglass retainers, and bring lots of sunscreen and plan to work on your tan! In general, we can expect highs in the 90's and lows in the 70's during your trip.

Zambia and Botswana Gear Checklist

While packing keep in mind the various activities and travel styles involved in our trip. Following is a guideline for the various parts of our itinerary:

Hotel/Town based:

While in town you will be living out of your travel suitcase and the hotel room. Your normal attire will be fine for this portion of things. Keep the warm weather in mind when packing (hat, sunglasses, etc...), but aside from that you can just wear your normal clothes. A few nicer things (doesn't need to be fancy) for dinners out in town and at the Elephant café are appropriate to bring as well. There is laundry service at the hotel if needed. Everyone should have good sturdy shoes for any safari portions of the trip.

Botswana Safari:

You will be able to bring along your suitcase (or preferably a small overnight bag) on this part of the trip. Please bring sturdy shoes (hiking boots or tennis shoes), sun protective clothing (long days in the safari vehicle), a hat, sunscreen and your headlamp. Having a pair of binoculars is very nice as well.

River Trip:

We will be on the river for 3.5 days, or a total of three nights. You will be able to pack river trip items into a drybag and leave the rest of your belongings and suitcase at the hotel. River runners should strive for the preparedness level of the backpacker (bearing in mind that the kitchen is provided). Your personal gear should occupy no more space than contained by a standard-issue army duffel bag and one small day-use dry bag for odds and ends and daytime access to certain items.

- Swimwear
- Light quick-drying shirt and long pants for sun protection
- Personal toiletries
- **Medications**
- Headlamp
- Binoculars
- Mosquito Repellent
- Water bottle/s
- Sleeping bag or blanket
- Travel Pillow
- Water shoes and camp shoes (chacos, tennis shoes)
- Hat / Sunglasses (with chums/croakies)
- Sunscreen
- Go-Pro / Waterproof Camera Equipment (at your own risk)
- A few lightweight thermal layers for potential chilly nights.
- A small amount of Cash and copy of your passport
- Rain top and rain pants
- A large towel and/or a hand towel are great comfort items on a multi-day trip.
- A book or magazine

Security

Your security, health and safety are our highest priorities on any of our trips, but we pay especially close attention to detail on our international excursions.

The countries that we will visit, and most of those that make up the southern portion of the African continent, are politically stable areas and are free of any widespread unrest. With that said, the general populous of these countries is quite poor: So, while the rule of thumb that most people are nice and well-meaning certainly applies here, we will want to be careful about petty crime and robbery. Be careful about carrying large sums of cash and mind your belongings when in busy or crowded areas.

If you are interested in going out at night or doing some things on your own that are outside of the scheduled itinerary, please let us know and we will ask our contacts for recommendations and help make arrangements if advisable. We encourage you to make this your trip and get everything you want out of this experience.

Health Concerns

Overview: Some potential problems are traveler's diarrhea, bug bites, colds, cracked skin, foot fungus, and skin infections. While we take precautions to minimize any potential problems it is important to remember that you are the first line of defense for your own good health. Participants should consult the CDC website for information on traveling in the destination country and visit a doctor well before the trip. In addition to any prescription medications you might require, participants should consider carrying some sort of anti-diarrheal medication, over the counter pain meds, and scheduling appointments to get immunizations if necessary.

Immunizations/Malaria:

Mosquitos are far less common during the drier months and many people find that wearing appropriate clothing (shoes, long sleeves, pants) and repellent in the evenings is sufficient protection. But with that said, we will be squarely in the malarial zone for the duration of our trip. Malaria medications and other vaccinations that are sometimes recommended for international travel (Hepatitis A, Typhoid, Tetanus, Yellow Fever, Rabies) are easily obtained by a visit to your doctor. Ultimately these health decisions are up to you and your doctor.

The Center for Disease Control website is a great resource for any research you might want to do. There are many options if you choose to take Malaria medication, please consult with your doctor to find out what is best for you.

Traveler's diarrhea:

One of the most common ailments among tourists in less developed countries is traveler's Diarrhea (gastrointestinal problems). We highly recommend that you try to minimize chances of getting it by avoiding potentially contaminated foods before the trip. We recommend our guests carry a supply of over the counter anti-diarrheal medication just as a general precaution. We will have a supply of addition medications.

Allergies and Food Requirements:

If you have any severe allergies such as to bee stings or peanuts or have celiac disease, or food requirements such as a gluten-free or vegan diet or lactose intolerance, please let us know well beforehand so that we can make sure to guarantee your safety as well as accommodate you to the best of our abilities. All of these may be listed on your client information form that you will submit not later than 3 weeks prior to trip departure. If your allergy necessitates that you carry epinephrine please make sure to bring it with you, as we cannot guarantee that it will be immediately accessible locally. We recommend the EpiPen for easy use and fast application.

**Some dietary requirements may incur a supplemental charge.*

People:

It is possible to encounter unfriendly people at any point on a trip and we cannot control for this. We always seek to keep our groups safe from all negative encounters or assaults. Far-Flung Adventures Tours, Inc assumes no responsibility if there is damage, loss, or death due to unfriendly human interactions.

So You Know...

LEAVE NO TRACE

It is extremely important for us to remember the saying of “take only pictures, leave only footprints” throughout this trip in order to preserve these precious areas, resources, and heritage sites for future groups and generations to come. As a group we will strive to leave our campsites clean of trash and debris. Anyone caught stealing, receiving, or buying any illegal article or item of historical, cultural, or environmental significance will be subject to any and all laws deemed applicable by the local authorities and government and will be blacklisted from all future operations of Far-Flung Adventures/Tours, Inc.

BEVERAGES

On the river, alcoholic beverages will be provided to a limited degree, such that there should be a sufficient amount for every guest to have a few drinks per night of their choice of wine, beer, or liquor. If you wish to request more or have any specific requests feel free to let us know. PLEASE, no booze on the rafts. Enjoying a drink should be saved for camp.

WASHING UP

Washing up is encouraged every few days on the river (by us and potentially by the other guests!). To do so feel free to find a nice secluded beach or cove either upstream or downstream from camp and make yourself at home; Take your towel, toiletry kit, and even a helpful friend along! We recommend eco-friendly soaps and shampoos and ask that you let one of the guides know before heading off on your own.

TOILET

Given the remote nature of the river trip portion of our itinerary, we will be employing a riverbank vault or WAG Bag toilet system with chair and toilet seat for comfort. It will be set up at each camp and your trip leader will announce its location. A bucket of hand washing water, soap, and sprinkler can be placed nearby for your use. It is okay to urinate in the jungle or at the edge of the river. Your thoughtfulness at campsites and more popular stopping places is appreciated.

CAMP HELP

On guided trips the staff will do the cooking and basic camp chores, so that you have time to relax and explore. Everyone's help is needed when loading or unloading rafts, pitching and striking tents, and eating meals. Securing firewood, hauling buckets of water, "slicing and dicing," and pot washing are everyday chores. If each participant does one of these chores sometime during the trip, "camp life" will take less time, and there will be more time for everyone to enjoy being on the river.

ABOUT US

Far-Flung Adventures is a professional tour operator, outdoor educator and river-running organization dedicated to safe, high quality experiences both for our current clients and also future generations. We truly care about our fragile river corridors and our aim is to leave no trace of our passage through the wildernesses we visit. Please help your guides by keeping picnic areas, campsites, cultural sites, and the public and wild spaces we visit clean and litter-free.

We offer a wide array of experiences; from long international expeditions and itineraries to family friendly half-day float trips in our own backyard. We hope that you, your family or your group will join us again!



FAR FLUNG ADVENTURES

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