



TRIP DOSSIER

NAMIBIA



'Namibia Highlights Self-drive'

From £2050 per person

Departure Dates:

Daily April - October

Tour Grade: B/C

Introduction

'Namibia' - the name alone evokes images of vast desert plains, uninhabited landscapes, mountainous sand dunes and a barren Atlantic coast.

It is a vast and impressive country that holds some of Africa's most spectacular scenery such as the Naukluft Mountains, the Waterberg Plateau and the ancient Namib Desert. It is among these inspirational landscapes that you will spend your time walking. The trip also includes 2 days in Etosha National Park, one of the world's greatest Game reserves, where you will see spectacular wildlife without the crowds of many other wildlife parks.

About the Country

History Bismarck proclaimed Namibia a German protectorate in 1884. The conquest of German South West Africa by South African forces during World War 1 resulted in its subsequent administration by South Africa under a 1920 League of Nations mandate. A war between the occupying South African forces and the SWAPO (South-west Africa People's Organisation) liberation movement started in 1966.

In 1989 the implementation of United Nations Resolution 435 for free and fair elections resulted in SWAPO coming to power. On March 21, 1990, Dr. Sam Nujoma, was instated as the country's first president and is currently serving his third term.

Namibia is ruled by a Multiparty Parliament and has a democratic Constitution that is highly regarded by the international community. The Government's policy of national reconciliation and unity embraces the concepts of tolerance, respect for differing political views, and racial and ethnic harmony.

Geography. Namibia is known for its contrasting landscapes. The desolate Namib Desert is said to be the oldest in the world, with its high dunes and awe-inspiring sense of space. The central plateau, with its thorn bush savannah and rugged mountains, rising abruptly from the plains, gives way to the majestic Fish River Canyon in the south. In the north of the country, landscapes range from dense bush and open plains of the great Etosha Pan, to woodland savannah and lush vegetation. Dinosaur footprints preserved in sandstone, prehistoric rock art, the ancient fossil plant, *Welwitschia mirabilis*, all bare witness to the timelessness of this country.

Climate. Summer (October-April) Average interior temperatures range from 20C-34C during the day. Temperatures above 40C are often recorded in the extreme north and south of the country. The rainy season is also from October - April. The average annual rainfall varies from less than 50mm along the coast to 350mm in the central interior and 700mm in the Caprivi. The sporadic rains do not affect road travel significantly, however, tourists should exercise caution when crossing or camping in riverbeds during the rainy season, as flash foods are a common occurrence.

Winter (May-September) Temperatures in the interior range from 18C-25C during the day. Below freezing temperatures and ground frost are common at night.

The coast influenced by the cold Benguela current, boasts a relatively stable range of 15C-25C. Heavy fog is fairly common at night. Humidity is generally very low in most parts of Namibia, but can reach as high as 80% in the extreme north during summer.

People. According to the latest population census (2001) Namibia has 1.826 million people. The population density is one of the lowest in the world at less than 2 people per km².

The Owambo is the largest population group, and live in the central North of Namibia in the four O-regions: Omusati, Oshana, Ohangwena and Oshikoto. The Kwanyama group is the largest, followed by Ndonga, Kwambi, Ngandyela, Kwaluudhi and Mbalanhu. They practice a mixed economy of agriculture and animal husbandry, dressmaking, woodcarving, pottery and basketry.

Forming the border between Namibia and Angola for more than 400km is the Okavango River, lifeline of the **Kavango people**. They consist of five tribes, Kwangali, Mbunza, Shambyu, Gciriku and Mbukushu and make their living from fishing, tending cattle and cultivating sorghum, millet and maize.

The Caprivians live in the north-eastern extension of Namibia, which borders on Angola, Zambia and Botswana. Their tribes are the Masubia, Mafwe, Myeyi, Matotela and Mbukushu. In addition to fishing and hunting, they keep cattle and cultivate the land.

The Herero are a pastoral cattle-breeding people who live mainly in the Omaheke region. They could be divided into the Herero proper, Ndamu-randa, Tjimba Herero, and the Mbanderu. The women are easily identified by their colourful Victorian-style dresses.

An ancient tribe of semi-nomadic pastoralists, **the Himba** live in scattered settlements throughout the Kunene region. The women are noted for their unusual sculptural beauty, enhanced by intricate hairstyles and traditional adornments.

The Damara, one of the oldest cultural groups in the country, live in the Erongo region. They cultivate corn and vegetables, while livestock production has also become an important source of income.

The only true descendants of the Khoikoi in Namibia are **the Nama**, who live in the Karas and Hardap regions. They have a natural talent for music, poetry and prose.

The Topnaars are a hardy group of Nama people who live on the banks of the Kuiseb River, tending their sheep and goats in this harsh environment. Poems and praise of the narra melon form part of the Topnaar culture.

In 1868 **the Basters** moved to Namibia from the Cape, where they finally settled at the hot-water springs called Rehoboth. While they are traditionally stock and crop farmers, many of them are involved in other sectors, especially the building trade.

Namibia's Coloureds have their origins in the Cape, and live mainly in Windhoek, Keetmanshoop, Lüderitz, Kalkveld and Karasburg.

The Tswanas are the smallest cultural group, living in the Gobabis district. They consist of the Tlharo, Tlhaping and Bangologa tribes and are involved in farming.

The Bushmen or San people, hunter-gatherers occupy the remote areas in eastern Namibia and Kalahari. They are great storytellers, and express themselves eloquently in music, mimicry and dance. Roughly 100 000 **White Namibians** of European descent currently live in Namibia. The majorities live in the urban, central and southern parts of the country and are involved in commerce, manufacturing, farming, professional services and the civil service.

Language English is the official language. Afrikaans is spoken by most people. German, Herero, Kavango, Nama and Ovambo (51 per cent) are also spoken.

The areas we visit

With 250 000 inhabitants, Namibia's capital, **Windhoek** is the biggest city in the country. The attractive town lies at an altitude of 1650 metres in a beautiful valley bordered by the Eros Mountains in the north and the Auas mountains in the south. Towards the west, stretches the Khomas Highland to the Namib Desert and the coast. Windhoek combines the modern city architectural style with that of the German colonial era. The city is - for an African town - still very clean and a bit provincial, although the atmosphere does have cosmopolitan flare as well. The influence of the German language and culture is, in many ways, still present. There are German restaurants where one can have traditional German dishes, bread and beer, and even celebrate the German carnival. Although English is the official language, one can use German just about anywhere. The city centre of Windhoek lies on both sides of the Independence Avenue, and can be explored by foot. The busy main road (formerly known as the "Kaiserstrasse") starts at the Ausspannplatz in the south and stretches up to the former township Katutura in the north

The Waterberg Plateau Park is Namibia's only mountain Game Park rising 400m above the surrounding plain, 1878m above sea level and extending 50km by 16km. The oldest rock stratum is 850 million years old and dinosaurs left their tracks here 200 million years ago. The first human inhabitants were San people, who left rock engravings believed to be several thousand years old, and a small band of San were still living their traditional lifestyle on the plateau until the late 1960's. The plateau itself is of sandstone in striking shades of orange, especially beautiful at sunset when the colours turn rich shades of yellow to orange to red. It was formed in 1972 as a refuge for rare and endangered animal species, initially buffalo, roan and sable antelopes. Today there are 25 species of game, including rhino, leopard, gemsbok, giraffe, hyena and baboon. In addition there are around 200 species of birds including a breeding colony of Cape Vultures. There are also Black Eagles, which can be seen often in pairs soaring around the top of the escarpment.

Within the camp area of the park there are 10 well marked walking trails, ranging from short walks of 1 few kms to a longer hike (35 – 50 mins) up onto the escarpment. This hike is steep in places between rocks and up through a natural fault line in the escarpment wall. But it is more than worth the effort for the views afforded at the top.

Waterberg was the site of one of the major turning points in Namibia's history. It was here, on the foothills, that the Herero people lost their last and greatest battle against the German Colonial forces at the beginning of the century. The Herero were forced to retreat from the Waterberg and headed eastward to British Betschuanaland (now Botswana). Thousands were killed by the Germans pursuing

them as they retreated and many lost their lives due to lack of food and water. Estimates are that nearly two thirds of the Herero population lost their lives during this period. The graves of a few German soldiers who lost their lives at Waterberg can still be viewed near the rest camp.

Etosha National Park is one of Southern Africa's finest and most important Game Reserves. Etosha Game park was declared a National Park in 1907 and covering an area of 22 270 square km, it is home to 114 mammal species, 340 bird species, 110 reptile species, 16 amphibian species and, surprisingly, one species of fish.

Etosha, meaning "Great White Place", is dominated by a massive mineral pan. The pan is part of the Kalahari Basin, the floor of which was formed around 1000 million years ago. The Etosha Pan covers around 25% of the National Park. The pan was originally a lake fed by the Kunene River. However the course of the river changed thousands of years ago and the lake dried up. The pan now is a large dusty depression of salt and dusty clay, which fills only if the rains are heavy and even then only holds water for a short time. This temporary water in the Etosha Pan attracts thousands of wading birds including impressive flocks of flamingos. The perennial springs along the edges of the Etosha Pan draw large concentrations of wildlife and birds.

The **Brandberg**, rising more than 2,000 m above the plains of **Damaraland**, is a massive open-air gallery with more than 40,000 rock paintings - the largest concentration of rock art in Africa. The most famous of these being the so-called 'White Lady', which involves a 40 – 60 minute, hike. With its seemingly endless jumble of gigantic granite boulders and sheets of granite, Brandberg also offers one of Southern Africa's toughest backpacking experiences. A return trip to the summit, Kongstein which at 2,573m is the highest in Namibia, taking three to four days of physically demanding hiking. The rocks are particularly vivid at sunset where the striking colouring is at its best.

Swakopmund, Namibia's second biggest town and traditional '*summer capital*', is a surreal place in this surreal country. You approach the town through the endless expanses of the Namib Desert, one of the world's largest wilderness areas. Then, through the mists (it is almost always misty in the morning and late afternoon) Bavarian spires and elaborate Germanic architecture rise through the fog banks. The boom of the surf on the notorious Skeleton Coast is an ever-present reminder of the icy Atlantic Ocean beyond. The town is an eclectic mixture of Bohemian and Bavarian, home to an intriguing mix of artists, hippies, strait-laced descendants of German settlers, stately Herero women in Victorian dress, and hard bitten miners, game rangers, safari operators and fishermen. Swakopmund exudes romance and history, a rich cultural melting pot of old and new.

The Naukluft Mountains are part of the high rising escarpment which marks the western edge of the interior highlands of Namibia. The flat, plateau like top of the mountain complex is separated from the adjacent highland plateau to the south by impressive near vertical cliffs, while in the north west and west its highest peaks loom almost a thousand meters above the plains of the Namib. The plateau top consists mainly of dolomite and limestone formations. Dissolution of the dolomite and limestone by meteoric waters over many millennia has given rise to karstification of the plateau and an extensive underground drainage system. In some of the deeply incised kloofs discharge from this underground water reservoir occurs as crystal clear springs and streams.

Tufa, also known as fountain stone or waterfall limestone formations, are associated with these springs and streams. These soft, or semi-friable, porous limestone deposits are formed by evaporation of the calcium carbonate rich stream water that filters through the dolomite rocks. A particularly impressive Tufa formation with inviting pools in the Naukluft River is reached after a 20 minute walk from the campsite. The widespread distribution of these Tufa deposits throughout the Naukluft Mountains attests to a considerably wetter climate during the recent past.

Sesriem and Sossusvlei. Arguably the driest area in the world, the huge Namib Desert also contains one of the most imaginative desert landscapes available - still largely untouched by man. The wind deposits the sand everywhere as it pleases. The contours of the dunes are constantly being redefined, always changing very sharp lines, waves, ribs and holes. Each dune shows a different shade of yellow, orange, and red. One is orange, the next salmon, another more like apricot, and the fourth golden. And these colours change with the movement of the sun.

But even more impressive is the environment, the complete picture. The dunes lie next to each other, complement each other, and seem to effortlessly blend into each other. The colours are in a constant battle for contrast with the grey of the valley above which they rise. Near most dunes there are lonely trees, dusty, constantly struggling to survive against heat, drought, sand, wind, and the nibbling of animals.

Few landscapes provoke so many emotions. At the same time it is soft and sweet, merciless and harsh. The animals which roam these areas, are to be envied for their unlimited freedom, but pitied for

their constant battle against the elements. At the end of each day, the colours of the dunes become intensely beautiful, deeper and deeper, until they suddenly disappear in the black night

Trekking conditions

Day temperature of about 25 degrees can be expected in August but evenings can get cool and temperatures below freezing at night are not uncommon. Snowfalls occasionally occur in winter at the higher altitudes. There is very little overhead cover and precaution should be taken against the sun. At least 2 litres of water should be carried each day to prevent dehydration. The terrain is generally hard underfoot and only good sturdy boots will suffice.

Trek staff A fully qualified registered hiking guide/driver, knowledgeable in the flora, fauna, geography, history and culture of the area will accompany the group.

What you need to provide

Your personal equipment as detailed in the clothing and equipment list later in this Trip Dossier.

Ecological considerations

We believe that we are one of the most ecologically aware tour operators in Namibia. We ask for your full consideration and co-operation concerning all ecological matters, especially in the disposal of rubbish. Our local staff will outline for you the procedures we use in Namibia. If you have any suggestions for improvements, please let our local staff know and inform us at Walks Worldwide on your return. It is with the tourists, the locals and the tour operators' co-operation that we can ensure that our tours are as eco-friendly as possible.

Outline Itinerary

Day	Date	Itinerary	Overnight	Accn.	Meal plan
1 Wed	15-Aug-07	Depart UK (overnight flight)	Plane	Plane	-
2 Thur	16-Aug-07	Arrive Windhoek & transfer to lodge	Near Windhoek	Chalet	-
3 Fri	17-Aug-07	Drive to Waterberg & walk trail	Waterberg Park	Chalet	B
4 Sat	18-Aug-07	Walk Waterberg trails	Waterberg Park	Chalet	BL
5 Sun	19-Aug-07	Drive to Etosha	Etosha Park	Chalet	B
6 Mon	20-Aug-07	Game drives	Etosha Park	Chalet	B
7 Tues	21-Aug-07	Drive to Brandberg & walk	Brandberg	Lodge	B
8 Wed	22-Aug-07	Hike Brandberg Trail	Brandberg	Lodge	BL
9 Thurs	23-Aug-07	Drive to Swakopmund	Swakopmund	Lodge	B
10 Fri	24-Aug-07	Drive Namib-Naukluft Park	Naukluft	Lodge	B
11 Sat	25-Aug-07	Hike Naukluft trail	Naukluft	Lodge	BL
12 Sun	26-Aug-07	Hike Naukluft trail	Naukluft	Lodge	BL
13 Mon	27-Aug-07	Drive to Sesriem & Sossusvlei	Naukluft	Lodge	BL
14 Tues	28-Aug-07	Drive to Windhoek, free time & dept.	Plane	Plane	B
15 Wed	29-Aug-07	Arrive UK	Home	Home	-

B = Breakfast
L = Lunch
D = Dinner

Detailed Itinerary

Please be aware that although we will do our best to adhere to this itinerary occasionally events out of our control may prevent us from following the exact schedule. Please be assured that the clients' best interests will be foremost in any changes that may occur. A degree of flexibility is essential in travelling on such holidays!

Your accommodation and meals are indicated in bold italic at the end of each day.

Days 1 & 2. Windhoek

Fly overnight from the UK. You will arrive the following morning into the capital, **Windhoek**, and meet your driver and guide who will transfer you to your accommodation at a game lodge in the tranquil countryside out of the city. There will be time to just relax here or to visit the city if desired.

Chalet accommodation, near Windhoek.

Days 3 & 4. Waterberg Plateau

Driving north from Windhoek we arrive at Waterberg Plateau Park. There are a number of hikes that take you around the grounds of the famous park. Even though the park's four-legged inhabitants usually keep their distance, the trails will almost always show you the fresh signs of rhino, buffalo and various antelope. The most dramatic and rewarding hike is onto the plateau. From here you can enjoy spectacular views of the fertile valley of Waterberg Wilderness and across the Omaheke (or Sandveld), as this particular part of the Kalahari is called. On other, easier trails you will discover striking sandstone formations, giant termite mounds, an old German cemetery, massive fig trees and our spring, which bubbles abundantly. The ascent for the hike up onto the escarpment is about 150 metres.

Chalet accommodation. B, L (day 4).

Day 5 & 6. Etosha national Park

A short drive north takes us to **Etosha National Park**, meaning "Great White Place", which is dominated by a massive mineral pan. The perennial springs along the edges of the Etosha Pan draw large concentrations of wildlife and birds. The mornings and late afternoons will be spent on game drives in the park viewing its large array of animals and birdlife. The evenings can be spent at floodlit waterholes adjacent to the camps. There will also be time to relax and enjoy the camp swimming pool and bar.

Chalet accommodation. B.

Day 7 & 8. Brandberg, Damaraland

Driving south-west from Etosha we come to the immense Brandberg massif, which has Namibia's highest mountain peak – Konigstein, at 2573m - is a grizzled plateau that rises out of the Namib Desert. Its outline, faded in the heat, can be seen from many miles away. The indigenous inhabitants of the area call it *Daureb* (Burnt mountain), because of the crimsons and burnt purples that play on its flanks at dawn and sunset. There are many options available, one being a walk into the open-air rock art gallery to view the world famous San rock painting of The White Lady.

Lodge accommodation. B, L (day 8).

Day 9. Swakopmund

Today we drive for an overnight stop in the coastal Bavarian village of **Swakopmund**, which must be one of the most unusual and fascinating colonial towns in Africa. This allows us to shake off the dust of the desert and relax in this holiday village along the cold Atlantic Skeleton Coast. There will be time to explore the historic centre where there are plenty of shops, cafes and bars to distract you. A night out in a seafood restaurant will tantalize the taste buds before departing the following morning.

Lodge accommodation. B.

Day 10 – 13. Naukluft National Park

Leaving the coast we now drive south-east and enter the **Namib Desert Park**, a strip of land stretching 2,000km north to south and more than 200km west to east, stretching from South Africa in the south to Angola in the north.

It is generally believed to be the oldest desert in the world having had arid and semi-arid conditions for around 80 million years. However during that period the desert has changed as a result of climatic shifts e.g. the development of the cold Bengula Current around 5 million years ago. The giant sand dunes around Sossusvlei probably developed after the Bengula Current was formed and they are currently migrating north and west due to prevailing winds. The **Naukluft National Park**, whose name

derives from the Afrikaans for narrow (Nau) and gorge (*kloof*), was formed in 1964 as a sanctuary for Hartmann's mountain zebra.

In 1979 it was joined with the Namib Desert Park to form the **Namib-Naukluft National Park** and today offers two delightful walking trails. The Waterkloof Trail is a 16 km circular route that takes in some of the highest points of the entire park. During the walk you will be able to admire the rugged landscape and wildlife from a high vantage point, ascending to almost 2000 metres before making your descent into the Gorosib Valley.

The Olive Trail is a shorter trek of just 10 km and gets its name from a preponderance of wild olive trees encountered en-route. The route takes you to the top of the central massif at 1500 metres, from where you will be able to see the enormous dunes of the Namib Desert in the far distance.

Not to be missed is the drive to the ultimate Namibian experience – Sossusvlei – one of the world's most striking, well preserved and accessible desert landscapes. We go into the heart of the Namib Desert and trek up the vast 'Dune 45' and into the desolate 'vlei's' that make up the landscape of vast sand dunes at Sesriem and Sossusvlei. We return back to the lodge via a 'sunset stop' at the spectacular Sesriem Canyon, a narrow gorge 1km long and up to 30m deep, which was created by continental upheaval 2 – 4 million years ago.

Lodge accommodation. B, L (days 11,12,13).

Day 14

Return to **Windhoek** for some last minute shopping before an evening flight back home. **B**

Day 15

Arrive back in the UK.

Practical Information

Passports and Visas All nationalities require a valid passport with an expiry date at least 6 months after the date of your return to London. Most nationalities (including British) do not require a visa; if in doubt, please check with us.

Accommodation. Is in chalets or lodges. Please see under the day-to-day itinerary for further details.

Food. The sheer variety and quality of food in Namibia is excellent! Traditional food includes bredies (stews), bobotie (curried mince) and potjiekos (meat and vegetable casserole) and biltong are common snack food – the latter can be dried ostrich, game or cow - a little like jerky (but tougher!). Game meats are also very popular although a conscience might prevent you from eating zebra, eland, antelope etc... Seafood and fish is excellent, varied and very fresh near the coast and vegetarian food is also available in major towns.

Transport Car hire (SUV type) is part of this trip, the vehicle will be suitable for the roads you will be driving on. If you would like a 4 x 4 version this is available for a small extra cost – please ask.

Baggage Please make sure that your baggage is clearly marked with your name, inside as well as outside for the flight, in case the labels get detached. We will be sending you a complimentary Walks Worldwide kitbag about two weeks prior to the tour (along with your tickets and final joining instructions), which is ideal for the purpose. A small day-pack should be taken for the walks which needs to be big enough for a minimum of 2 litres of water and all the usual personal possessions needed, approx 25 – 30 litres is recommended.

Vaccinations and medical precautions A yellow fever vaccination certificate is required from travellers arriving from infected areas. Those countries or parts of countries that were included in the endemic zones in Africa and South America are regarded by the Namibian authorities as infected. Travellers on scheduled airlines whose flights have originated outside areas regarded as infected but have passed through such areas in transit are not required to possess a certificate, provided they have remained at the scheduled airport or in the adjacent town during transit. All passengers with unscheduled airlines whose flights originated or passed in transit through an infected area are required to possess a certificate.

You should also consider, in consultation with your doctor, inoculation against cholera, typhoid, hepatitis A, tetanus, polio and meningitis.

Malaria risk exists in the northern regions and in Otjozondjupa and Omaheke from November to May/June and along the Kavango and Kunene rivers throughout the year, so you should not need to take prophylactics on this tour.

Food & drink: Mains water is normally chlorinated and, whilst safe, may cause mild abdominal upsets. Bottled water is available and is advised. Drinking water outside main cities and towns may be contaminated and sterilisation is advisable. Milk is pasteurised and dairy products are safe for consumption. Local meat, poultry, seafood, fruit and vegetables are generally considered safe to eat and readily available in supermarkets and restaurants.

Other risks: Bilharzia (schistosomiasis) is endemic. Avoid swimming and paddling in fresh water (also because of the presence of crocodiles); swimming pools which are well chlorinated and well maintained are safe.

Currency. The Namibia Dollar and South African Rand, which are interchangeable, are the only legal tender in Namibia and can be used freely to purchase goods and services.

Traveller's cheques and foreign currency can be exchanged during normal banking hours (MON-FRI 09:00-15:30 & SAT 09:00-11:00) at any of the commercial banks, and at Bureau de Change offices. There are ATMs in most towns of any size where cash can be withdrawn with most debit and credit cards.

Visa and MasterCard credit cards are generally accepted. Visitors may bring any amount of foreign currency into the country.

Electricity. 240 volts A.C.

Time. GMT + 2 (GMT + 1 from the first Sunday of April to the first Sunday in September).

Contact details. It is not our policy to provide addresses and telephone numbers of every location that you will be staying at on this tour as, due to frequent changes in contact details, it is very difficult to provide an accurate list for all our tours. Your Final Joining Instructions, which you will receive 2 weeks prior to departure, will show any local contact details that are required for your tour. However we would be glad to provide you more details if you have a specific reason.

Mobile phones do work in Namibia. If you have not used your mobile outside the UK before you will have to contact your operator to enable international calls. *Please ensure your phone is set for roaming if you are taking a mobile.* Please note that it is expensive to phone both to and out of a mobile when abroad. We do not however encourage mobile phone use whilst walking on any of our trips – out of courtesy to other clients please use your mobile phone discretely. If you do need to get in touch, or if anyone needs to get in touch with you, please contact the Walks Worldwide office (01524 242000) during office hours.

Tipping. There is no compulsory tipping on any of our treks! However tipping in restaurants is usual. Please remember that all tips should be a way for individuals to thank staff for good service.

Things to buy. Windhoek city is rich in curio shopping, jewellery etc. Swakopmund also has a selection of shops and there is a small shop at the camp in Etosha. There are also various shops in towns you will drive through along the route.

Maps. We recommend either: The Map Shop, 15 High Street, Upton-on-Severn, Worcs WR8 0HJ (Tel: 01684 593146) www.themapshop.co.uk or Stanfords at 12-14 Long Acre, London WC2E 9LP (Tel: 0207 836 1321) www.stanfords.co.uk

Flights. As airlines often change their routings and timings with little warning, we do not state them here but the exact details for your flight will given to you with your booking confirmation. Please note however that these details are subject to change up until the last minute, and there may be occasions when we even need to place passengers on a different airline.

Inclusions

- Flights and UK airport taxes
- Vehicle Hire and insurance.
- All breakfasts, and other meals as specified in the itinerary.
- All accommodation
- Documentation, maps, walk details etc
- Walks Worldwide* kitbag

Exclusions

- All drinks and personal spending
- Meals not listed in the itinerary (see outline itinerary for details)
- National park entry fees
- Fuel for the vehicle
- Tips
- Personal travel Insurance

Clothing and Equipment Lists.

At least one set of smart casual clothes will be useful in hotels on this holiday. When out walking you must not worry about how you look: comfort and protection against bad weather are of prime importance. Because mountain weather is so very variable, we recommend a number of thin layers rather than a few thick ones. The following list of clothing and equipment is intended to be fairly comprehensive, and experienced trekkers will take a good deal less luggage than we recommend.

CLOTHING	NUMBER	Check	EQUIPMENT	Check
Walking boots	1 pair		Rucksack (25 – 30l)	
Training shoes	1 pair - all purpose wear.		Water purifying tablets (iodine based are best)	
Casual shoes/sandals	1 pair - as you like		A variety of plastic bags (rucksacks are not usually waterproof)	
Socks	Personal choice		Camera, film & accessories	
Underwear	Personal choice		Sunglasses (UV proof)	
"T" shirts	3+		Binoculars (optional)	
Long trousers	2+		Trekking poles (optional)	
Shorts	2		Washing & shaving kits. A 'dry' hand wash solution is useful.	
Light sweaters	1 – 2		Large water bottles	
Warm fleece	1		Sun cream (high factor)	
Waterproof jacket	1		Reading material	
Waterproof trousers	1		First aid kit (also carried by guide)	
Sunhat	1		Torch & spare batteries	
			Money belt/pouch	

*The following items should also be considered, **and those in bold type essential***

ITEM	Check	ITEM	Check
Notebook diary		Small sewing kit	
Penknife/scissors (not in hand luggage)		Insect repellent	
Spare bulbs and batteries		Blister plasters	
Spare glasses or contact lenses		Universal travelling adapter	
Spare boot laces		Small mirror	
Loo paper (buy in-country)		Cold water detergent	
PASSPORT/ MONEY/TICKETS/DRIVING LICENSE		Boot wax	