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Your O.A.T. Adventure Travel Planning Guide®



Kenya & Tanzania Safari: Masai Mara to
the Serengeti

2026

Overseas Adventure Travel®

347 Congress Street, Boston, MA 02210

Dear Traveler,

I am thrilled that you are considering exploring the world with O.A.T. There are so many wonderful destinations to discover, and the itinerary described inside is a perfect way to fulfill a travel dream.

When you join us, you will slip seamlessly into local life as you explore off the beaten path in your small group. Like all our itineraries, this one is designed to give you an intimate understanding of your destination, not just a superficial view. You will get to know community leaders and try your hand at local trades during your *A Day in the Life* experience, share traditional fare and lively conversation during a Home-Hosted Visit, discuss the Controversial Topics impacting everyday life, and visit sites supported by Grand Circle Foundation. And if you choose to travel solo, you will enjoy all these cultural experiences at an unmatched value, with our FREE Single Supplements—just one of the reasons we continue to be the leader in solo travel.

To ensure you experience the true culture and feel supported every step of the way, we provide the services of a local Trip Experience Leader from the beginning of your adventure to the end. Along with introducing you to the history and culture of their homeland, these friendly experts will gladly help you out with any special requests to make your trip even more special. You can also rely on the seasoned team at our regional office, who are ready to help 24/7 in case any unexpected circumstances arise.

Plus, you can put your own personal stamp on your trip, like the **87% of our travelers who customize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

I hope you find this Travel Planning Guide helpful. If you have any further questions, do not hesitate to contact one of our Travel Counselors at **1-800-955-1925**.

Warm regards,



Harriet R. Lewis

Chair

Overseas Adventure Travel

CONTENTS

KENYA & TANZANIA SAFARI: MASAI MARA TO THE SERENGETI

Your Adventure at a Glance:

Where You're Going, What it Costs,
and What's Included **4**

Your Detailed Day-To-Day Itinerary **6**

Pre-Trip Extension **19**

Post-Trip Extension **25**

ESSENTIAL TRAVEL INFORMATION

Travel Documents & Entry Requirements... **28**

Travel Protection Required

Rigors, Vaccines & General Health **31**

Money Matters: Local Currency &
Tipping Guidelines. **36**

Air, Optional Tours & Staying in Touch **40**

Packing: What to Bring & Luggage Limits... **45**

Climate & Average Temperatures **53**

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

Kenyan Culture **57**

Tanzanian Culture **58**

Responsible Safari Travel..... **63**

Shopping: What to Buy, Customs,
Shipping & More **64**

DEMOGRAPHICS & HISTORY

Kenya **67**

Tanzania..... **69**

Rwanda **71**

Uganda..... **73**

RESOURCES

Suggested Reading **76**

Suggested Films & Videos **77**

Useful Websites **79**

Useful Apps **80**



Amboseli National Park, Kenya

Kenya & Tanzania Safari: Masai Mara to the Serengeti Small Group Adventure

Kenya: Nairobi, Masai Mara National Reserve, Amboseli National Park

| **Tanzania:** Tarangire National Park, Ngorongoro Highlands & Crater, Serengeti National Park

Small groups of no more than 13 travelers, guaranteed

19 days starting from \$10,395

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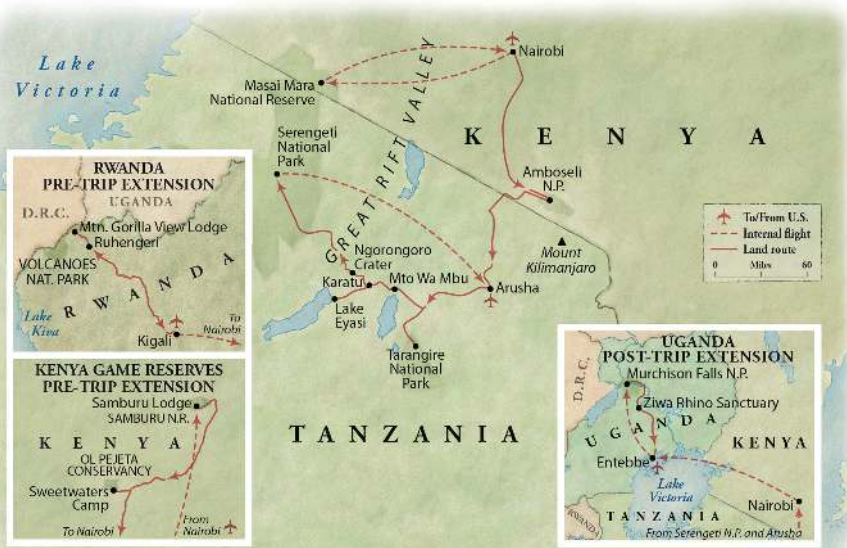
East Africa is legendary for its stunning national parks, long-held Maasai tribal traditions, exotic wildlife from lions to hippos to rhinos, the towering, cloud-shrouded peak of Mount Kilimanjaro, and of course, the awe-inspiring migration of its wildebeest herds across the vast Serengeti plains. On our African safari, discover all of this and more as we explore the wild beauty of Kenya and Tanzania.

IT'S INCLUDED

- 17 nights accommodation
- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges unless you choose to make your own air arrangements
- All land transportation and 3 internal flights
- 50 meals—17 breakfasts, 17 lunches, and 16 dinners (including a **Home-Hosted Lunch**)
- 29 small group activities, including up to 15 game-viewing drives and walks
- Services of a local O.A.T. Trip Experience Leader and driver-guides
- Gratuities for local guides, drivers, lodge and camp staff, driver-guides, and luggage porters
- Complimentary O.A.T. safari duffel bag and water bottle
- 5% Frequent Traveler Credit toward your next adventure

Prices are accurate as of the date of this publishing and are subject to change.

Kenya & Tanzania Safari: Masai Mara to the Serengeti



ITINERARY SUMMARY

DAYS	DESTINATION
1	Fly to Nairobi, Kenya
2-4	Nairobi
5-7	Fly to Masai Mara National Reserve
8-9	Fly to Amboseli
10-11	Tarangire National Park, Tanzania
12-14	Karatu • Ngorongoro Crater
15-18	Serengeti National Park
19	Fly to Arusha • Return to U.S.

WHAT TO EXPECT

① ② ③ ④ ⑤ Moderate

Pacing: 6 locations in 18 days

Physical Requirements: Travel over bumpy, dusty terrain during overland transfers and game-viewing drives. There are several 8-10 hour days in safari vehicles.

Flight time: Travel time will be 10-23 hours and will most likely have one or two connections

View all physical requirements at www.oattravel.com/ktz

KENYA & TANZANIA: THE O.A.T. DIFFERENCE

Unbeatable Value: Travel at the lowest price and per diems in the industry.

People-to-People Experiences: Experience *A Day in the Life* of the residents of a Maasai village in Kenya's Amboseli National Park, where you'll participate in daily activities with members of the tribe, such as dancing, tending to livestock, and performing maintenance on huts. Plus, head to Tanzania's Karatu district to visit the agricultural village of Mto Wa Mbu, where you'll spend time in the home of a local farmer.

O.A.T. Exclusives: Meet with members of two neighboring Tanzanian tribes—the Datoga and Hadzabe—whose roots stretch back thousands of years, and visit a local primary school in Kenya, which is supported in part by **Grand Circle Foundation**. Plus, discuss the **Controversial Topic** of female genital mutilation in a Maasai village.

PERSONALIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

Rwanda: Gorilla Trekking & Rebirth of a Nation

PRE-TRIP: 4 nights from **\$3,995**

Kenya: Samburu & Sweetwaters Game Reserves

PRE-TRIP: 5 nights from **\$2,495**

Uganda: The Pearl of Africa Revealed

POST-TRIP: 5 nights from **\$2,995**

ARRIVE EARLY

We recommend that you relax after a long flight or explore more in depth before your trip. Prices shown include accommodations and private airport transfer.

- Arrive early in **Kigali** before your Rwanda pre-trip extension from **\$270** per room, per night
- Arrive early in **Nairobi** before your Kenya Game Reserves pre-trip extension or before your main adventure from **\$200** per room, per night

Kenya & Tanzania Safari: Masai Mara to the Serengeti

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

4 nights in Rwanda: Gorilla Trekking & Rebirth of a Nation

Day 1 Fly to Kigali, Rwanda

Day 2 Arrive Kigali

Day 3 Nyamata Church Memorial • Visit Reconciliation Village • Rwandan genocide discussion

Day 4 Explore Kigali • Visit Genocide Memorial • Overland to Ruhengeri

Day 5 Mountain gorilla trek

Day 6 Ellen Degeneres Campus of the Dian Fossey Gorilla Fund • Meet a local family • Fly to Nairobi, Kenya to begin main trip

OR

5 nights in Kenya: Samburu & Sweetwaters Game Reserves

Day 1 Depart U.S.

Day 2 Arrive in Amsterdam and fly to Nairobi, Kenya

Day 3 Fly to Samburu Game Reserve • Afternoon game-viewing drive

Day 4 Samburu Game Reserve • Game-viewing drives

Day 5 Transfer to Sweetwaters Game Reserve • Discussion about human-wildlife conflict within Ol Pejeta • Afternoon game-viewing drive

Day 6 Morning game-viewing drive

Day 7 Morning game-viewing drive • Transfer to Nairobi

Day 1 Fly to Amsterdam, the Netherlands

You depart today on your overnight flight from the U.S. to Amsterdam, the Netherlands.

Day 2 Fly to Nairobi, Kenya

- Destination: Nairobi
- Accommodations: Eka Hotel or similar

Evening: Arrive in Nairobi, Kenya's capital city, this evening. An O.A.T. representative will meet you at the airport and assist with the transfer

to your hotel. You are free to rest in your room after your flight to prepare for tomorrow's discoveries or reach out to your Trip Experience Leader for recommendations on things to do in the area.

Day 3 Visit Kobe Tough Ceramic Beads • Explore the Nairobi National Museum

- Destination: Nairobi
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Eka Hotel or similar

Breakfast: At the hotel.

Morning: Join your fellow travelers—including those who took our optional pre-trip extensions, *Rwanda: Gorilla Trekking & Rebirth of a Nation* or *Kenya: Samburu & Sweetwaters Game Reserves* and travelers who arrived early in Nairobi before the main adventure—for a Welcome Briefing led by your Trip Experience Leader. Then, we'll journey outside of Nairobi to visit Kobe Tough, a bead-making enterprise that supports local Maasai women whose communities are being pushed into poverty due to worsening drought conditions and the loss of cattle herds. At the workshop, we can watch these talented women shape, paint, glaze, and kiln-fire a range of traditional ceramic beadwork jewelry and accessories, which is also available for purchase in the gift shop.

Lunch: Enjoy lunch amidst the peaceful surroundings of the Karen Blixen Coffee Garden, set on the former farm estate of the celebrated author of *Out of Africa*.

Afternoon: Our next stop is the Nairobi National Museum, where we'll discover the rich tapestry of Kenyan history, its vibrant culture, and biodiversity. The museum's collections trace Kenya's journey from prehistoric times to the present day, and feature galleries ranging from Birds of East Africa and the Hall

of Mammals to The Cradle of Mankind, with displays of the archaeological discoveries of Richard and Mary Leakey.

After returning to our hotel, the remainder of the afternoon is yours for relaxation, or you're free to embark on some independent discoveries. Perhaps you'll continue to explore the neighborhood by foot, or even travel to the Nairobi city center aboard a matatu, one of the colorfully decorated minibuses used by locals to get around town.

Dinner: Enjoy a Welcome Dinner at Nairobi's Carnivore restaurant. Kenya's famous *nyama choma* (barbecued meat) is served on an all-you-can-eat basis, and carved right at your table. Dinner includes a variety of meats, including ostrich, camel, crocodile, and the more standard beef, chicken, and pork.

Evening: The remainder of the evening is on your own.

Day 4 Kibera slums visit • Conversation about the politicization of the Kibera Slums • Visit Giraffe Center

- Destination: Nairobi
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Eka Hotel or similar

Breakfast: At the hotel.

Morning: Today's discoveries begin in Kibera, one of the largest slums in Africa. Reports offer drastically different takes on precisely how many people call the one square mile district home—estimates range around one million or more—but what is undisputable is the extreme poverty in which most of its residents live. A local guide from Kibera will lead our small group around the densely-packed slum and its compact maze of narrow foot paths, where tin-roofed mud houses lack electricity and running water. As we meet

residents during our exploration, we'll hear their candid perspectives and develop a better understanding about life here.

We'll also engage in an enlightening discussion about the political influence in Kibera. For more than fifteen years, Kenya's Orange Democratic Movement (ODM)—a center-left party—has fought to gain traction against the conservative ruling party, and their persistence appears to be paying off. But many feel this momentum is at the expense of those who are making it all possible: the residents of Kibera. Critics also take issue with the morality of the party's controversial methods. Our conversation will explore the political influence over the slums and the growing concerns surrounding it.

Lunch: At Makutano Grill in Nairobi.

Afternoon: After lunch, we'll have an opportunity to behold the majesty of the Rothschild giraffe at the (fittingly named) Giraffe Center. Distinct to Kenya and Uganda, only about 2,000 of this endangered giraffe subspecies lives in the wild today. The Giraffe Center's mission is to protect and populate the species, in an effort to save them from distinction. It also provides visitors the unique opportunity to view the giraffes up close. During our visit, we'll have the chance to see the Rothschilds' bronze patches, creamy white legs, and towering height—sometimes up to 19 feet, they are among the tallest in the giraffe family. After our discoveries here, we'll return to our hotel for some time to relax in your room, take a dip in the pool, or explore independently.

Dinner: At our hotel's restaurant.

Evening: On your own. You're free to remain on the hotel grounds, or explore more of the city at night.

Day 5 Fly to Masai Mara National Reserve • Afternoon game-viewing drive

- Destination: Masai Mara National Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sentrim Masai Mara Lodge or similar

Activity Note: You will have a very early wake up call this morning in order to catch your flight to Masai Mara.

Breakfast: At the hotel.

Morning: Depart the hotel very early this morning for our flight on a small aircraft to the Masai Mara. Upon arrival, we'll board closed safari vehicles and drive to our lodge, enjoying game-viewing en route.

Lunch: At our lodge.

Afternoon: Following lunch, you will have a couple of hours to settle into your rooms or explore the lodge's surroundings. Then, we'll regroup for an afternoon game-viewing drive, in search of even more wildlife.

Dinner: At our lodge.

Evening: You are free to remain in the lodge's bar area for a nightcap, or retire to your room to relax before tomorrow's day of discoveries.

Day 6 Game-viewing drives in Masai Mara National Reserve

- Destination: Masai Mara National Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sentrim Masai Mara Lodge or similar

Breakfast: At the lodge.

Morning: We'll break into smaller groups and board our safari vehicles for a full-day game-viewing excursion. The Mara is considered one of the great natural wonders of Africa. Perhaps we'll see large herds of

elephants foraging among the clumps of trees that dot the grasslands, or large predators such as lions and leopards. We'll also keep our eyes peeled for crocodiles lingering on the riverbanks looking for unwary prey, or wildebeest and zebra migrating through the plains.

Lunch: We'll enjoy a picnic lunch in the bush.

Afternoon: After our picnic, we'll continue our game-viewing drive in the Masai Mara.

Dinner: At our lodge.

Evening: You are free to remain in the lodge's bar area for a nightcap, chat with fellow travelers about various highlights from the day, or retire to your room to relax before tomorrow's day of discoveries.

Day 7 Game-viewing drives in Masai Mara National Reserve • Optional *Masai Mara Hot Air Balloon Ride* tour

- Destination: Masai Mara National Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sentrim Masai Mara Lodge or similar

Early morning: If you'd like, you're free to join our optional *Masai Mara Hot Air Balloon Ride* tour, which features a pre-dawn game-viewing drive on the way to the hot-air balloon, a one-hour ride high above the Masai Mara, and a celebratory sparkling-wine breakfast.

Breakfast: At the lodge for travelers not participating in the optional tour.

Morning: If you elected not to join this morning's optional tour, you will follow a similar plan as yesterday, departing for a day of game-viewing. If you took the optional tour, we'll meet up with the rest of the group

for another game-viewing drive. Or, we may depart on safari vehicles to drive back to camp depending on the situation on the ground.

Lunch: At the lodge.

Afternoon: After lunch, we'll visit a nearby village and meet with local residents. Later, head out for our afternoon game-viewing drive. All of the "Big Five" roam here, but there are especially notable populations of lions, leopards, and cheetah year-round. During the annual migration, the wildebeest, zebra, and Thomson's gazelles number in the tens of thousands.

Dinner: At our lodge.

Evening: You are free to remain in the lodge's bar area or retire to your room.

Day 8 Fly to Amboseli • Game-viewing in Amboseli National Park

- Destination: Amboseli National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sentrim Amboseli Tented Camp or similar

Breakfast: At the lodge.

Morning: After a short flight back to Nairobi, we'll board 4x4 vehicles and travel overland to Amboseli National Park. Set on the border of Tanzania and in the shadow of Mount Kilimanjaro, Amboseli is a bird-watcher's paradise: It shelters more than 400 bird species, including pelicans, flamingos, kingfishers, and ibis. We may see some of these avian wonders while we take in the view of the sweeping savanna.

And while the region's birdlife is abundant, elephants are by far the kings of this park. Said to be among the largest in the country, Amboseli's elephants are fond of the swamps: Here they share the cool waters with hippos

that often hide from view beneath the papyrus. Along our drive, our Trip Experience Leader and driver-guides will show us how to detect the elusive wildlife in our midst, in addition to pointing out other highlights of this vibrant ecosystem. Perhaps we'll glimpse some of Amboseli's large wildebeest and Burchell's zebra populations as we drive.

Lunch: Enjoy a packed lunch en route to our tented camp.

Afternoon: Upon arrival late this afternoon, we'll have some time to settle in before dinner.

Dinner: Served at our camp's main restaurant.

Evening: All evenings at our tented camp are free for you to relax in your room, linger in the bar for a nightcap, or sit by the fire with your fellow travelers.

Day 9 A Day in the Life of a Maasai village
• **Controversial Topic: Female genital mutilation** • **Grand Circle Foundation visit: Amboseli Primary School** •
Afternoon game-viewing in Amboseli National Park

- Destination: Amboseli National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sentrim Amboseli Tented Camp or similar

Breakfast: At the camp.

Morning: Today, we'll experience **A Day in the Life** of a Maasai village in Amboseli National Park. Thanks to our small group size, we're able to not only witness Maasai village life, but also participate in it. The Maasai are a nomadic community known for their vibrant clothing and ornate, beaded body decoration. Attire says much about the person wearing it: Color choices tend to vary by age and location,

and the accessories worn offer context into a person's personality and position within the village.

During our visit, we'll learn more about how the Maasai villagers tend their livestock, make natural medicine, and create their ceremonial dress, as well as take part in these daily activities—from milking the cows or plastering a home. We'll also meet the village chief, who inherited the throne from his father, a position which requires him to oversee everything that happens in the village—from mediating conflicts between tribespeople to determining where they will live and acting as the sole governing body of the community. He makes a living from selling livestock at auction markets, and his wives also sell beadwork.

We'll also sit down with the chief and one of the tribeswomen to discuss the **Controversial Topic** of female genital mutilation (FGM) in the Maasai community, a ritual practiced for centuries. For the Maasai, female circumcision signifies the girl's passage to adulthood and usually takes place prior to marriage, which is often sponsored by their prospective suitor.

FGM is technically illegal in Kenya, but it is still carried out discreetly. In fact, it's estimated that approximately 900 girls between the ages of 14–30 are circumcised every year. Even as more tribespeople recognize the dangers—some of which include infection, higher risk of STDs, anemia, psychological damage, and even death—the Maasai are slow to evolve on the issue for a variety of reasons.

After bidding farewell to our hosts, we'll walk over to the government-run village school, Amboseli Primary—supported in part by **Grand Circle Foundation** since 2010 (depending on class schedules, we may visit another of the four schools we support in the Amboseli area: the Lemong'o and Olmoti Primary Schools

or the Amboseli Lewis Secondary School. The description below is for the Amboseli Primary School.

Grand Circle Foundation

Amboseli, Lemong'o & Olmoti Primary Schools & Amboseli Lewis Secondary School

Total donated: **\$1,053,734**

Partner since: **2010**

With our travelers' help, Grand Circle Foundation has donated more than \$1 million to 4 schools in the Amboseli area, including \$326,667 to the Amboseli Primary School to date, which has provided increased security and various renovations to the property. When school is in session, we'll meet up with local children en route class—who range in age from 5–14—and accompany them on their commute.

Upon our arrival, we'll speak with the school's head teacher to learn more about the unique challenges of life here—including elephants who have been known to stroll school grounds due to close proximity to Amboseli National Park. Thanks to Grand Circle Foundation, however, the installation of a solar-powered electric fence has kept the school community much safer from these dangerous encounters.

Then, we'll meet even more of the school's more than 600 students and take part in daily activities, like singing and practicing English. Take this opportunity to interact with the children and get to know them. You might even wish to bring them a little trinket from home or perhaps some school supplies, such as pencils, paper, or a backpack.

Next, we'll gather in the school library to meet with some of the other teachers—there are 8 in total. Take this time to ask any questions you may have about education in this part of Kenya. Perhaps you'll ask about the affordability of schooling, or maybe you're curious to know more about the challenges faced by the

teachers. After our conversation, we'll join the children in playing games and sports on the playground.

Lunch: At our camp.

Afternoon: After a couple of hours to rest or enjoy the camp facilities, we'll regroup for a game-viewing drive. As we set out in our safari vehicles, look for the elusive gerenuk, a delicate antelope with a long, giraffe-like neck that enables it to reach the middle branches of acacia trees. We may see families of giraffe, herds of zebra and antelope—and, if we're lucky, the rare serval cat. Here in Amboseli, we're also well-positioned to spot older "tuskers": Because the park's elephants are almost constantly tracked by researchers, they were able to escape the ravages of poaching when it was on the rise during the 1980s. And as we ride, you may find yourself especially fascinated by the abundant birdlife, from the colorful little lilac-breasted roller and comical guinea fowl to graceful hawks and eagles.

Dinner: At the camp.

Evening: Your evening is free to linger by the campfire and enjoy a nightcap or return to your tent.

Day 10 Overland to Tarangire National Park, Tanzania via Arusha

- Destination: Tarangire National Park, Tanzania
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Lake Burunge Tented Camp or similar

Breakfast: At the camp.

Morning: We'll board safari vehicles for a game-viewing drive on our way to the Tanzania border, where we'll switch to a bus for our journey to Arusha, a multicultural hub of activity at the base of Mount Meru, for lunch.

Lunch: At the Arusha Coffee Lodge, one of Tanzania's oldest coffee plantations.

Afternoon: We'll switch our bus for safari vehicles to reach our lodge near Tarangire National Park by late afternoon. Upon arrival, you're welcome to join your Trip Experience Leader for an elective guided walk around your surroundings, which will set the stage for the discoveries that await us here. Tarangire features nine distinct vegetation zones—ranging from grassland to woodland, from deep gully vegetation to scattered rocky hilltops.

Dinner: At the lodge.

Evening: On your own, with the freedom to revel in the sounds of an African night, or chat with your fellow travelers.

Day 11 Game-viewing in Tarangire National Park

- Destination: Tarangire National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Lake Burunge Tented Camp or similar

Breakfast: At the lodge.

Morning: On our way to the park for a full-day of game viewing, our Trip Experience Leader and driver-guides will help set the stage for the discoveries that await. Of particular note is the birdlife: Tarangire is home to the largest concentration of breeding bird species in the world. The flora is similarly dramatic here, as we take in sweeping views of the baobab tree-dotted landscape. Known as the "Tree of Life," they can provide shelter, food, and water to animals and humans. In fact, every part of the baobab tree is valuable from the bark and trunk to the nutrient-packed fruits. The elongated trunk and expansive

branches have become a symbol of the African landscape—most notably from Disney's *The Lion King*.

Lunch: Enjoy a picnic lunch in the park.

Afternoon: As our game-viewing continues, we'll learn how the commanding Tarangire River serves as the hub for the thriving ecosystem we're witnessing. The river plays a key role in the annual African migration of wildebeest and zebra—and is a critical water source during the continent's dry season. In addition to wildebeest and zebra, Tarangire hosts Cape buffalo, elephants, giraffe, dik dik, lion, leopard and cheetah. We'll also be on the lookout for the park's famous termite mounds: Some continue to contain termites, while others have been taken over by dwarf mongooses.

After returning to our lodge, our Trip Experience Leader will lead us to a nearby village, where we'll meet with local residents and explore.

Dinner: At the lodge.

Evening: You have the freedom to relax in your tent, or compare safari photographs with your fellow travelers.

Day 12 Mto Wa Mbu Village • Village walk • Home-Hosted Lunch • Transfer to Karatu

- Destination: Karatu
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Tloma Lodge or similar

Breakfast: At the lodge.

Morning: Along the way to Karatu, we'll stop at Mto Wa Mbu Village, a name which translates to "Mosquito River" due to the permanent water source located here. Situated in the Great Rift Valley between Karatu and Makuyuni, Mto Wa Mbu is home to around 18,000 people with a diversity of tribal backgrounds—in fact, it

is believed that this village is one of the only places in Tanzania where representatives from all 120 tribes live in harmony. During our time here, we'll discover the importance of agriculture to this village, which is known for producing crops like the famous red banana. We'll also walk to the local market to peruse for various ingredients, which we will then bring with us to the home of a local farmer.

After our introductions, we'll gather in the kitchen to observe or help our hosts cook a meal using the fresh ingredients we purchased at the market. Then, we'll sample some of the traditional dishes we prepared, including *makande* (corn, beans, and various spices) and *chapati* (flaky, layered tortillas). Most of the ingredients we consume—if not all—were grown locally, making our meal all the more special.

Lunch: Enjoy a **Home-Hosted Lunch** with a local family.

Afternoon: After our visit, we'll arrive at our lodge in Karatu. You'll have a couple of hours to settle into your room or start exploring on your own. You may wish to take a nature hike in the Ngorongoro Conservation Area, and look for elephant caves, the cave-like formations that were created as a result of elephants digging into the soil.

Later this afternoon, our Trip Experience Leader will take us on a guided walk through the village our lodge is situated in: Tloma. We'll see locals going about their daily routines, including tending to livestock, farming, and building clay bricks. We may even have the opportunity to join in with these locals during their daily activities, such as tasting local beer at a bar or helping a family feed their cows and prepare a meal.

Dinner: At the lodge.

Evening: On your own, with the freedom to explore the common spaces, or perhaps take a dip in the pool.

Day 13 Full-day game-viewing drive in Ngorongoro Crater

- Destination: Karatu
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Tloma Lodge or similar

Breakfast: At the lodge.

Morning: Set off on a game-viewing drive through the Ngorongoro Crater, a UNESCO World Heritage Site. The crater was formed between two and three million years ago, when a volcano exploded and then collapsed into itself; today the crater spans about 100 square miles. The name of the crater—and the surrounding region—comes from the Maasai, who were inspired by the sound a cowbell makes, and fossils suggest that animal species have been on the land for at least three million years. The land has been occupied by various tribes of hunters and gatherers in recent millennia: The Mbulu and Datoga were here until the Maasai took over the land in the 19th century. No Europeans stepped foot in the crater until 1892, but today it is a popular travel destination for visitors from all over the world.

As we descend into the crater, we'll discover the diverse flora and fauna that make up this vast expanse of highland plains, savanna, savanna woodlands, and forests. The crater is home to about 25,000 larger animals, among them Cape buffalo, rhinoceros, wildebeest, zebra, and an especially dense population of lions.

Lunch: Enjoy a boxed lunch in Ngorongoro Crater.

Afternoon: After lunch, we'll begin our climb through the cloud forest and out of the crater floor and return to our lodge, where you can retire to your room or explore the lodge grounds by foot.

Dinner: At the lodge.

Evening: On your own, with the freedom to take in the tranquility of our surroundings on our final night here in Ngorongoro.

Day 14 Hadzabe & Datoga village visits • Conversation about child prostitution in Karatu

- Destination: Karatu
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Tloma Lodge or similar

Breakfast: At the lodge.

Morning: Today's discoveries begin in Lake Eyasi, where we'll visit two lesser-known Tanzanian tribes. First, we'll meet with the Hadzabe, one of the last remaining hunter-gatherer tribes in the world. The Hadzabe (or Hadza) are also known for their unique 'click' language, which is believed to be one of the oldest languages still in use today. We'll also have the unique opportunity to explore the bush on foot seeking out bird species during our visit, and see how life has changed little in more than 10,000 years for the Hadzabe.

Then, we'll meet with members of the Datoga tribe, who are thought to have migrated here from Cape Horn about 3,000 years ago. Skilled farmers and craftsmen, the Datoga are also known for the circular scarification patterns on their faces added for beautification purposes.

Lunch: At the lodge.

Afternoon: Enjoy some free time to relax at the lodge or explore independently. Perhaps you'll want to visit the Karatu market and mingle with locals.

Later, we'll gather at the lodge for a conversation about child prostitution in Karatu, a topic which also touches upon the high rate of HIV infection in the district. In rural areas of Tanzania, approximately 35% of young girls quit school annually to move to Karatu and work as prostitutes. Abject poverty is the main driver for this, as most of these girls come from families who either can't afford to continue sending them to school or even support them. Among the many physical and psychological dangers they face, contracting HIV is the most pressing threat. Nationally, nearly 30% of sex workers are infected, but in Karatu, more than 90% carry the virus. Of those who do, most do not receive adequate medical attention, and some are altogether unaware of their condition—making it all the more easy to spread.

Dinner: At the lodge.

Evening: On your own.

Day 15 Overland to Serengeti National Park • Full-day game-viewing drive

- Destination: Serengeti National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Serengeti Private Tented Camp or similar

Breakfast: At the lodge.

Morning: Enjoy a full-day of game-viewing as we make our way to Serengeti National Park, perhaps one of the most famous wildlife-viewing destinations in Africa. Masses of wildlife roam the Serengeti, which stretches over 5,700 miles of plains, riverine bush, and acacia woodland, with savanna grassland as the dominant environment.

Lunch: Enjoy a boxed lunch within the park.

Afternoon: We'll resume our game-viewing drive seeking out the wide range of wildlife species that call the Serengeti home. Lion, cheetah, hyena, and jackal stalk herds of gazelle, zebra, wildebeest, and impala. Comical warthogs bend down on their front knees to graze while elegant cheetah rest in the shade of acacia trees after a hunt. Isolated rock groups, called *kopjes*, provide shelter to lion, leopard, and cheetah—and to the tiny rodent-like hyrax, the closest relative of the elephant.

Later this afternoon, we'll arrive at our tented camp, our home for the next four nights.

Dinner: At the camp.

Evening: On your own. You're free to retire to your tent to rest—especially if you're joining tomorrow's early-morning optional balloon safari—or enjoy a drink at the bar.

Day 16 Optional Serengeti Hot Air Balloon tour • Conversation about poaching and the struggle of “buffer zone” communities • Game-viewing drives

- Destination: Serengeti National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Serengeti Private Tented Camp or similar

Early morning: Early risers are welcome to join our optional Serengeti Hot Air Balloon tour, featuring a pre-dawn game-viewing drive, a 45-minute hot-air balloon ride, and a full English breakfast with sparkling wine under the shade of an acacia tree. Travelers who partake in this experience will rejoin the rest of the group later in the morning.

Breakfast: At the camp for travelers not participating in the optional tour.

Morning: After a game-viewing drive, we'll rejoin the travelers who took our optional tour at the park visitor center, where we'll enjoy a discussion about poaching in Serengeti National Park, as well as the specific problems faced by “buffer zone” communities—meaning those who live along the park perimeter. The perimeter of Serengeti National Park is home to approximately 2 million people, most of whom face life-threatening destitution. The fortunate few own livestock, and some even farm small plots of land, but by and large, these communities live on fees generated from the park, a tiny fraction of which is allocated to them. Unfortunately, it's all too common that these vulnerable communities don't receive what they are owed, and if they do, the payment is rarely on time, forcing many to choose between starvation or subsistence poaching for bush meat—a criminal offense. Buffer zone populations have also been known to hide poachers from authorities in exchange for money or food.

After our discussion, we'll continue our game-viewing drive.

Lunch: At the camp.

Afternoon: After some time to rest, we'll set off on another game-viewing drive. All of our drives coincide with the animals' daily routines—it's in the early- to mid-afternoon that they resume their activity, so we'll do the same.

Dinner: At the camp.

Evening: On your own. Those who rose before dawn today have the freedom to get some extra sleep this evening—or share favorite highlights with your fellow travelers.

Day 17 Morning & afternoon game-viewing drives in Serengeti National Park

- Destination: Serengeti National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Serengeti Private Tented Camp or similar

Breakfast: At the camp.

Morning: Set off for a full day of game-viewing in the Serengeti. As we explore, our driver guides are ready to reveal the great diversity of Serengeti wildlife: Look for buffalo, hippopotamus, elephant, lion, giraffe, antelope, and Thompson's and Grant's gazelle.

Lunch: Enjoy a picnic lunch in the bush.

Afternoon: After lunch, we'll reboard our safari vehicles and resume our game-viewing. In certain seasons, you may be lucky enough to witness the migration of the wildebeest herds—annually, more than a million wildebeest, zebra, and antelope travel from the Serengeti to the Masai Mara, and then back again.

Dinner: At the camp.

Evening: On your own. You're free to enjoy the camp as you'd like tonight.

Day 18 Serengeti National Park • Game-viewing

- Destination: Serengeti National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Serengeti Private Tented Camp or similar

Breakfast: At the camp.

Morning: Continue to explore the ecosystem of the Serengeti aboard our safari vehicles. Our schedule and approach to our game-viewing drives is designed to maximize

our understanding of this region and its inhabitants: We'll travel at a pace (and at times) that allow us to truly focus on observing animal behavior and interaction.

Lunch: At the camp.

Afternoon: As the wildlife tends to rest during the early-afternoon hours, so shall we—you'll be free to relax at the camp before our final game-viewing drive in the Serengeti. This is a great opportunity to seek out any animals we may have missed, and to ask any lingering questions of our Trip Experience Leader or driver-guides.

Dinner: We'll toast to the memories we've made during our adventure at a Farewell Dinner at camp.

Evening: On your own—with the freedom to reflect on your favorite moments, or to gather with your fellow travelers to revel in the vast expanse of the African skies one final time.

Day 19 Fly to Arusha • Local workshop visit • Fly to U.S.

- Included Meals: Breakfast, Lunch
- Accommodations: Kibo Palace Hotel or similar

Breakfast: At the camp.

Morning: We'll say goodbye to the Serengeti and fly to Arusha, where we'll visit Shanga, a local enterprise that employs people with physical disabilities. In this workshop, our small group will meet with locals, learn the basics of sign language, and see how these artisans come together to create unique, artisanal gifts. After our visit, we'll enjoy the services of a day room at a hotel in Arusha.

Lunch: At the hotel.

Afternoon: Fly overnight to Amsterdam, then back to the U.S. tomorrow morning. Or, join fellow travelers on our *Uganda: The Pearl of Africa Revealed* post-trip extension.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

5 nights in *Uganda: The Pearl of Africa Revealed*

Day 1 Fly to Entebbe, Uganda

Day 2 Explore Entebbe • Fly to Murchison Falls National Park • Afternoon game drive

Day 3 Game-viewing drive • River cruise to Murchison Falls

Day 4 Murchison Falls Delta boat cruise

• Discussion about Idi Amin in modern Uganda • Game-viewing drive

Day 5 Overland to Ziwa Rhino Sanctuary • Rhino trek on foot

Day 6 Nature walk and canoe ride along Lugogo Wetlands • Transfer to Entebbe • Return to U.S.

OPTIONAL TOURS

During your trip you will be able to book optional tours directly with your Trip Experience Leader. He or she will ask you to confirm the payment for these tours by filling out a payment form. Optional tours can only be purchased with a credit or debit card. We accept Visa, MasterCard, and Discover credit cards. We also accept Visa and MasterCard debit cards, but it must be a debit card that allows you to sign for purchases.

In order to correctly process these charges, there can be a delay of 2–3 months from the date of your return for the charges to be posted to your account. Therefore we ask that you use a card that will not expire in the 2–3 months following your return.

Please note: Optional tour prices are listed in U.S. dollar estimates determined at the time of publication and are subject to change. Optional tours may vary.

Masai Mara Hot Air Balloon Ride

(Day 7 \$565 per person)

Rise before dawn in order to catch the sweeping vista of the morning light over Masai Mara. View the game reserve from a bird's eye perspective as you gently float for an hour over the grassy plains. Celebrate touchdown with a sparkling wine-style picnic breakfast in the bush before returning to camp mid-morning.

Please note: This tour is only available on select departures and must be purchased at least 45 days prior to departure. Optional tour may be sold on-site, if available. Prices are subject to change.

savannas at dawn, when the morning light bathes the plains in a golden hue. There's simply no better vantage point from which to appreciate the sheer vastness of the Serengeti's more than 5,700 square miles of plains, riverine bush, and acacia woodlands. Once we land, we'll return to our camp to reunite with any travelers who chose not to take this optional tour. **Please Note:** Due to limited space, it is strongly advised that you reserve this optional tour at least 45 days prior to departure. It is also dependent on wind conditions, and may be canceled at the discretion of the balloon operators.

Due to limited space, it is strongly advised that you reserve this optional tour at least 45 days prior to departure. It is also dependent on wind conditions, and may be canceled at the discretion of the balloon operators.

Serengeti Hot Air Balloon Ride

(Day 16 \$600 per person)

If you choose to take this optional tour, plan on waking up before dawn as we'll begin with an early morning game-viewing drive. Then we'll retreat under the shade of a nearby acacia tree where we'll enjoy breakfast in the bush with a celebratory glass of sparkling wine. Following breakfast, our excursion continues with a breathtaking hot air balloon ride over the Serengeti. With a certified, professional pilot at the controls, we'll glide over the majestic

PRE-TRIP

Rwanda: Gorilla Trekking & Rebirth of a Nation

INCLUDED IN YOUR PRICE

- » Airfare from Kigali to Nairobi
- » 4 nights accommodation
- » 10 meals—4 breakfasts, 3 lunches, and 3 dinners
- » 6 small group activities
- » Services of a local O.A.T. Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters

PRE-TRIP EXTENSION ITINERARY

Journey to Rwanda to experience one of the world's greatest wildlife encounters—the rare Mountain Gorilla. Trek through the mist-shrouded forest of Rwanda's Ruhengeri region for an intimate encounter with these magnificent, gentle creatures. You'll also discover the warmth of the Rwandan people and learn about the atrocities of Rwanda's civil war at the Kigali Genocide Museum.

Day 1 Fly to Kigali, Rwanda

You depart the U.S. today for your overnight flight to Kigali, Rwanda.

Day 2 Arrive Kigali

- Destination: Kigali
- Accommodations: Lemigo Hotel or similar

Evening: Upon arrival in Kigali, Rwanda, this evening, an O.A.T. representative will meet you at the airport and escort you to your hotel, where you'll meet your fellow travelers including those who arrived here early before the pre-trip extension. Following check in, dinner is on your own.

Day 3 Nyamata Church Memorial • Visit Reconciliation Village • Rwandan genocide discussion

- Destination: Kigali
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Lemigo Hotel or similar

Breakfast: At the hotel.

Morning: Today's discoveries in Kigali begin with a visit to Nyamata church. Nearly 5,000 people were killed inside this house of worship in 1994 while seeking refuge. The church now serves as a haunting genocide memorial site, and it has been left much as it was immediately after the massacre.

Then, we'll visit Reconciliation Village, a community where both perpetrators and victims of the 1994 Rwandan genocide live side by side as a part of the healing process. Many Rwandan widows here support themselves by forming basket-weaving cooperatives. We'll

hear some of their stories, ask questions, and learn how they manage to co-exist in harmony despite their tortured pasts. We'll also have an opportunity to see how banana beer is made and witness a traditional dance during our time in the village.

Lunch: At the Reconciliation Village, we'll help prepare and share a meal during a Community Lunch.

Afternoon: Our deep look at the Rwandan genocide continues with a discussion about the Rwandan genocide.

After returning to our hotel in Kigali, you'll have the remainder of the afternoon to relax or explore independently.

Dinner: At a local restaurant.

Evening: You are free to explore on your own, use the hotel's amenities, or relax in your room for our last night in Kigali.

Day 4 Explore Kigali • Visit Genocide Memorial • Overland to Ruhengeri

- Destination: Ruhengeri
- Included Meals: Breakfast, Dinner
- Accommodations: Mountain Gorilla View Lodge or similar

Breakfast: At the hotel.

Morning: As we've learned from yesterday's discoveries, Kigali was at the center of the horrific events of 1994, when close to a million ethnic Tutsis (and moderate Hutus) were systematically murdered by their Hutu neighbors over the course of 100 unspeakably brutal days. President Paul Kagame is largely credited with Rwanda's remarkable transformation from a genocidal battlefield into a thriving, peaceful nation once more.

We'll begin our day at the Kigali Genocide Memorial, which was conceived both as a tribute to the victims of the Rwandan genocide and to ensure that this history is never repeated. Built over a mass burial ground for a quarter million victims, this moving memorial features various exhibit halls that trace the events of the 100-day genocide, reveal the colonial history of Rwanda and factors leading up to the slaughter, and highlight other instances of 20th-century genocides around the world that speak to mankind's capacity for cruelty.

Lunch: On your own. You can ask your Trip Experience Leader for dining options.

Afternoon: After lunch, we'll set off for Ruhengeri (also known as Musanze), gateway to Volcanoes National Park (*Parc National des Volcans*) and home of the golden monkeys and mountain gorillas. We may make brief stops along the way, and we'll take a short break to admire the breathtaking views of the Virungas, five massive volcanoes looming in the distance. You'll have time to settle in at our lodge before dinner.

Dinner: At our lodge.

Evening: You are free to explore the lodge's facilities, or take in the scenic views of the nearby volcanic mountain peaks in the evening light.

Day 5 Mountain gorilla trek

- Destination: Ruhengeri
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Mountain Gorilla View Lodge or similar

Activity Note: As overexposure to humans is harmful to mountain gorillas, contact is limited to one hour—and there is the possibility that they may become agitated and retreat back

into the bush in less than our allotted time. Any travelers showing signs of obvious illness may be refused entrance by park authorities.

Breakfast: At the lodge.

Morning: Today's trek begins at the Kinigi Trekking Station in Parc National des Volcans, situated in Rwanda's border region with Uganda and Democratic Republic of Congo (formerly Zaire). Trackers will have gone on ahead to locate one of the ten habituated populations of mountain gorilla families we can visit. After splitting up into two smaller groups of eight (or fewer) travelers, each group will then set off on a trek of varying levels of difficulty that typically involves two to four hours at elevations ranging from 7,000 to 9,000 feet. Our first glimpse of a gorilla may be a baby up a tree, or a female quietly munching on leaves—or perhaps a massive silverback pounding his chest. Every encounter with these gentle, endangered primates is different, but if we are fortunate, ours will be a memorable experience and we will have enjoyed what many consider the most sought-after adventure in the world.

Lunch: At our lodge.

Afternoon: The remainder of the afternoon is free to reflect on our mountain gorilla encounter. Or, you may wish to explore the local community of Ruhengeri. A small town, there are usually lively markets to explore, along with a hill that you may wish to climb near the southwest part of the town that offers breathtaking views of the volcanoes. You can also use this time to pursue independent discoveries, perhaps visiting a flower farm or women's cooperative, though most guests prefer to relax after the very adventurous trek.

Dinner: At the lodge.

Evening: You are free to relax from the day's activities at the bar, or retire early to rest up for tomorrow.

Day 6 Ellen Degeneres Campus of the Dian Fossey Gorilla Fund • Meet a local family • Fly to Nairobi, Kenya to begin main trip

• Included Meals: Breakfast, Lunch

Breakfast: At the lodge.

Morning: Visit the Ellen Degeneres Campus of the Dian Fossey Gorilla Fund. At this multi-acre, state-of-the-art research facility, we'll enjoy an interactive exhibit about the story of Dian Fossey and learn about the ongoing research and conservation efforts that resulted from the nearly two decades she spent living with and studying the mountain gorillas. Then, we'll visit with a local family and learn even more about daily life in Rwanda. This is a special opportunity to discuss the family's firsthand experiences of the 1994 genocide.

Lunch: At the lodge.

Afternoon: Head to the airport in Kigali this afternoon.

Dinner: On your own at the airport.

Evening: Fly to Nairobi to join our *Kenya & Tanzania Safari: Masai Mara to the Serengeti* adventure.

PRE-TRIP

Kenya: Samburu & Sweetwaters Game Reserves

INCLUDED IN YOUR PRICE

- » Internal flight from Nairobi to Samburu Game Reserve
- » 5 nights accommodation
- » 14 meals—5 breakfasts, 5 lunches, and 4 dinners
- » 9 small group activities, including up to 7 game-viewing drives
- » Services of a local O.A.T. Trip Experience Leader and driver-guides
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Begin your adventure among the palm groves and riverine forests of Samburu Game Reserve. You'll explore this diverse wilderness haven to spot some of Africa's more unique species: elephant herds and the reticulated giraffe sauntering among rugged terrain, big cats prowling through thick acacia forest, and the gerenuk and beisa oryx foraging along the Ewaso Nyiro River. Then travel to the sprawling plains of Ol Pejeta Conservancy to discover the legendary wildlife on exclusive game-viewing drives—perhaps even spotting the famed "Big Five." Our unique lodgings will offer up-close, one-of-a-kind viewings of the African wilderness without the crowds.

Day 1 Depart U.S.

You depart today on your overnight flight from the U.S. to Amsterdam.

Day 2 Arrive in Amsterdam and fly to Nairobi, Kenya

- Destination: Nairobi
- Accommodations: Eka Hotel or similar

Morning: After an early morning arrival into Amsterdam, you will board your flight to Nairobi, Kenya.

Dinner: On your own.

Evening: You will be greeted at the airport by an O.A.T. representative and transfer to your hotel in Nairobi, where you'll meet your fellow travelers including those who arrived here early before the pre-trip extension. There is a restaurant at the hotel or you can ask your Trip Experience Leader for other dining options.

Day 3 Fly to Samburu Game Reserve • Afternoon game-viewing drive

- Destination: Samburu Game Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sarova Shaba Game Lodge or similar

Breakfast: At the hotel.

Morning: Fly to Samburu Game Reserve this morning. Our lodge is situated among 10 acres of cedar forest along the Ewaso Nyiro River—the park’s most dominant feature—and provides an ideal location for our small group to explore the natural wonders of the park. Given the park’s otherwise hot and semi-arid climate, the river is a magnet for thirsty animals. You may see giraffes, lions, or elephants cooling off by the riverbanks.

Lunch: At the lodge.

Afternoon: After a couple of hour to relax, we’ll set off on our first game-viewing drive. Samburu Game Reserve is home to an abundance of unusual wildlife species, such as the Grevy zebra, Somali ostrich, reticulated giraffe, gerenuk and beisa oryx. Besides these rarities, you will also find big cats, African wild dogs, elephants, and over 450 bird species.

Dinner: At the lodge.

Evening: You’re free to relax and get settled into your room or share your insights with other travelers in the common area.

Day 4 Samburu Game Reserve • Game-viewing drives

- Destination: Samburu Game Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sarova Shaba Game Lodge or similar

Breakfast: At the lodge.

Morning: During this morning’s game-viewing drive, your local guide will be sure to point out the rare wildlife of the region. Keep an eye out for species you may not have been able to see on yesterday’s afternoon drive.

Lunch: At the lodge.

Afternoon: You’ll have a couple of hours to relax in your room or sit along the river and take in the sight of wildlife roaming the banks. You’ll have another chance to discover the eclectic wildlife of this region on a game-viewing drive later this afternoon.

Dinner: At the lodge.

Evening: On your own—you are free to return to your room or relax with fellow travelers and share your discoveries. Maybe you’ll choose to enjoy a “sundowner,” or evening cocktail, as the sun sets over the African wilderness.

Day 5 Transfer to Sweetwaters Game Reserve • Discussion about human-wildlife conflict within Ol Pejeta • Afternoon game-viewing drive

- Destination: Sweetwaters Game Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sweetwaters Serena Tented Camp or similar

Breakfast: At the lodge.

Morning: Depart for our tented camp, which is set amidst the breathtaking beauty of Kenya’s Ol Pejeta Conservancy—a rhino sanctuary.

Lunch: At the camp.

Afternoon: After an hour or so to relax, we’ll regroup to discuss an ongoing issue facing the local community: human-wildlife conflict within Ol Pejeta Conservancy. Towns and farms are rapidly expanding across wildlife migration routes surrounding Ol Pejeta. As a result, local wildlife is being penalized for destroying crops, breaking fences, and killing livestock. In addition, in the past 7 years, over 200 people have been killed due to wildlife.

Afterwards, we’ll head out on our first game-viewing drive in Sweetwaters. During our drive, we may spot elephants, zebras,

antelopes, buffalo, and many other species. Your game drives will be led by driver-guides with an expertise in spotting the best locations to see wildlife.

Dinner: At the camp.

Evening: This evening will be on your own to provide a chance for you to relax or talk with your fellow travelers about your African experience so far.

Day 6 Morning game-viewing drive

- Destination: Sweetwaters Game Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sweetwaters Serena Tented Camp or similar

Breakfast: At the camp.

Morning: Set off on a game-viewing drive, where we'll seek out different species that were not stirring during our afternoon drive.

Lunch: At the camp.

Afternoon: After a few hours to relax, we'll regroup for a nature walk around camp.

Dinner: At the camp.

Evening: Spend the remainder of the evening as you wish.

Day 7 Morning game-viewing drive • Transfer to Nairobi

- Destination: Nairobi
- Included Meals: Breakfast, Lunch
- Accommodations: Eka Hotel or similar

Breakfast: At the camp.

Morning: After our final game-viewing drive this morning, we'll continue on to Nairobi, stopping to stretch our legs at a local farmers' market along the way.

Lunch: At the hotel in Nairobi.

Afternoon: The rest of the afternoon is on your own. Perhaps you'll use this time to visit Nairobi's Karen Blixen Museum, the famed Danish author of 1937's *Out of Africa*. Inside the museum, you'll witness much of Blixen's original period furniture and get a glimpse into the lives of early 20th-century Kenyan settlers.

Dinner: On your own—you may choose to eat at the hotel restaurant or ask your Trip Experience Leader for a suggested local spot.

Evening: You have the freedom to explore on your own this evening. In the morning, you will meet with the rest of your fellow travelers who are joining you on your *Kenya & Tanzania Safari: Masai Mara to the Serengeti* adventure.

POST-TRIP

Uganda: The Pearl of Africa Revealed

INCLUDED IN YOUR PRICE

- » Airfare to Entebbe and an internal flight from Entebbe to Murchison Falls
- » 5 nights accommodation
- » 14 meals—5 breakfasts, 5 lunches, and 4 dinners
- » 11 small group activities
- » Services of an English-speaking O.A.T. Extension guide and local guides
- » Gratuities for your Extension Guide, local guides, drivers, and luggage porters
- » All transfers

POST-TRIP EXTENSION ITINERARY

Once known as the “Pearl of the British Empire in East Africa,” Uganda is now widely considered one of the most beautiful countries on the continent. Join us and tour the dynamic Ugandan city of Entebbe, take a bush walk among endangered white rhinos, go on a bird-viewing canoe safari, and witness the splendor of Murchison Falls, where the Nile River explodes through a narrow gorge to create the most powerful rush of water in the world.

Day 1 Fly to Entebbe, Uganda

- Destination: Entebbe, Uganda
- Accommodations: The Boma Hotel or similar

Evening: Upon arrival in Entebbe, Uganda, this evening, an O.A.T. representative will meet you at the airport and escort you to your hotel.

Day 2 Explore Entebbe • Fly to Murchison Falls National Park • Afternoon game drive

- Destination: Murchison Falls
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Pakuba Safari Lodge or similar

Breakfast: At the hotel.

Morning: Enjoy a city tour of Entebbe led by a local guide, including an opportunity to experience Ugandan culture at a local market where fresh produce and traditional craft items are sold.

Lunch: At a local restaurant.

Afternoon: We'll head to the airport for our short flight to Murchison Falls. Murchison is home to a wide variety of wildlife species, including more than 76 mammal and 450 bird species. There are everything from buffalo, antelope, lion, and giraffe to hyena, bushbuck, and warthog here, all widely spread out over the savannah grasslands, grazing or hunting for prey. We'll experience this dynamic landscape during a game-viewing drive on the way to our lodge.

Dinner: At our lodge.

Evening: On your own—you're free to enjoy the facilities of our lodge, have a drink at the bar, or cool off after a long day at the outdoor swimming pool and take in the scenic views of the Nile.

Day 3 Game-viewing drive • River cruise to Murchison Falls

- Destination: Murchison Falls
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Pakuba Safari Lodge or similar

Breakfast: At the lodge.

Morning: Set off on a game-viewing drive, keeping our eyes out for herds of elephant, buffalo, large cats, critically-endangered Rothschild's giraffe, and prolific birdlife.

Lunch: At the lodge.

Afternoon: At the nearby marina, we'll embark on a scenic boat cruise to the base of Murchison Falls, watching out for crocodiles and hippos in the Nile and wildlife along its banks along the way.

Dinner: At our safari lodge.

Evening: On your own.

Day 4 Murchison Falls Delta boat cruise • Discussion about Idi Amin in modern Uganda • Game-viewing drive

- Destination: Murchison Falls
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Pakuba Safari Lodge or similar

Breakfast: At the lodge.

Morning: Our second boat cruise to the falls feature the Murchison Falls Delta, known for its rare wetland bird species. Afterwards, enjoy a game-viewing drive en route to our camp.

Lunch: At the lodge.

Afternoon: You'll have free time to relax before we gather for a discussion about Idi Amin Dada and how history will view him. Forty years after Idi Amin Dada's bloodstained regime came to an end, Ugandans are divided over how to view their former leader. For older Ugandans, it evokes nothing but bitter memories of terror, torture and the massacre of more than 300,000 people. But many younger Ugandans have more positive associations of Amin, such as his role in modernizing Uganda's infrastructure, along with the building of schools, hospitals, airports, and more. And as among the first to speak out against apartheid in South Africa, his nationalism and commitment to African solidarity.

After our discussion, we'll set off on another game-viewing drive.

Dinner: At the lodge.

Evening: Our final night in Murchison Falls is free for you to relax or begin packing for tomorrow's journey to the Ziwa Rhino Sanctuary.

Day 5 Overland to Ziwa Rhino Sanctuary • Rhino trek on foot

- Destination: Ziwa Rhino Sanctuary
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Amuka Safari Lodge or similar

Breakfast: At the lodge.

Morning: Depart Murchison Falls, once again crossing the Nile by ferry for our overland journey to the Ziwa Rhino Sanctuary. We'll break up our journey with a stop at the top of the Nile waterfalls so we can enjoy a tour of the area before our arrival Ziwa.

Lunch: At our safari lodge within the Ziwa Rhino Sanctuary.

Afternoon: After time to settle in to our rooms and explore the facilities of our safari lodge, we'll regroup for our rhino trek experience. Extinct for two decades due to poaching during the wars of the 1970s, rhinos have been reintroduced into this protected area of Uganda, and we'll have the rare opportunity to observe these magnificent creatures in the wild during our afternoon bush walk with the assistance of a local guide.

Dinner: At the lodge.

Evening: You are free to retire to your room, relax at the swimming pool, or gather at the bar for a cocktail to go over the discoveries of the day.

Day 6 Nature walk and canoe ride along Lugogo Wetlands • Transfer to Entebbe • Return to U.S.

- Included Meals: Breakfast, Lunch

Breakfast: At the lodge.

Morning: Set off on an early morning nature walk along the Lugogo Wetlands, one of Africa's richest birding destinations. We'll keep our eyes especially peeled for Uganda's most sought-after sighting—the rare and prehistoric-looking shoebill stork. Then, we'll continue our birding and wildlife discoveries aboard a canoe in these lush wetlands.

Brunch: At the lodge.

Afternoon: Depart the Ziwa Rhino Sanctuary for an overland journey to Entebbe, where you'll enjoy the services of a hotel located a short distance from the airport. You'll have some free time to pack or relax before dinner.

Dinner: At the hotel.

Evening: Transfer to the airport for our flights home to the U.S.

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit the U.S. Department of State’s official website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. The U.S. Department of State allows for passport renewal by mail or, for applicable citizens, renewal online. We advise you review the process and requirements for online passport renewal on the official website.

You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

Recommended Blank Pages

Please confirm that your passport has enough blank pages for this adventure.

- **Main trip only:** If you are taking the main trip only, you will need 4 blank passport pages.
- **Pre-trip extension to Mount Kenya National Park:** No additional pages needed.
- **Pre-trip extension in Rwanda:** You will need 2 additional pages.
- **Post-trip extension in Uganda:** You will need an additional page.
- **Both a pre- and a post-trip extension:** You will need 6 pages total if your pre-trip extension is in Kenya or 8 pages total if it is in Rwanda.
- **Stopover in Amsterdam, Nairobi, or Johannesburg:** You will need to add 2 additional pages to the applicable total listed above.
- **Stopover in Paris, Cairo, or Dubai:** You will need to add an additional page to the applicable total listed above.

Please note: You might not use all of these pages on your adventure (when you return, some may still be blank) but local officials will want to see that you have them. While your Trip Experience Leaders will request that one page be stamped multiple times, this cannot be guaranteed and is at the discretion of the local official. Therefore, we strongly recommend that you have plenty of blank pages.

Visas Required

We'll be sending you a detailed **Visa Packet with instructions, application forms, and fees about 100 days prior to your departure.** In the meantime, we're providing the information below as a guideline on what to expect. This info is for U.S. citizens only. All visas and fees are subject to change.

- **Kenya: Visa required.** It is important that you get this visa in advance.
- **Tanzania: Visa required.** Both the U.S. Department of State and the Tanzanian embassy highly recommended that you obtain your visa in advance, which will be issued as an e-visa. For this itinerary, Tanzania also requires proof that you've received the yellow fever vaccine. Please see "Yellow Fever—Documentation Required" for details.
- **Rwanda (pre-trip extension only): Visa required.** Although this visa may be obtained upon your arrival, we recommend you obtain it in advance.
- **Uganda (post-trip extension only): Visa required. This visa can only be obtained in advance;** you cannot obtain it upon arrival.
- **Egypt (optional stopover only): Visa required.** U.S. citizens will require a visa to enter Egypt; detailed instructions and information will be included in your Visa Packet, as noted above.
- **United Arab Emirates (optional stopover only): Visa required.** Currently, the United Arab Emirates (U.A.E.) allows U.S. citizens to get a tourist visa free of charge on arrival in Dubai.
- **South Africa (optional stopover only): No visa needed.** A visa is not required for U.S. citizens for stays of up to 90 days.
- **Europe Stopovers (The Netherlands, France):** Starting in 2025, U.S. citizens will be required to fill out an online European Travel Information and Authorization System (ETIAS) visa-waiver to enter countries in the European Union. There is no confirmed start date for the ETIAS at the time of printing. The ETIAS will be valid for 3 years.

Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **www.pvsinternational.org**.

Traveling With a Minor?

Some governments may require certain documentation for minors to enter and depart the country or to obtain a visa (if applicable). For further detail on the required documentation, please contact your local embassy or consulate.

Travel Protection Required:

For new bookings starting 1/1/25, Overseas Adventure Travel requires all travelers purchase travel protection with Medical Evacuation coverage of at least \$200,000 and Medical Expense coverage of at least \$50,000, due to the remote nature of your adventure.

O.A.T. Travel Protection:

If you **purchase your Travel Protection Plan** through O.A.T., no further action will be needed, as the Medical Evacuation coverage and Medical Expense coverage meets these requirements.

Your Own Travel Protection:

If you purchase your own travel protection, we recommend you review the plan to ensure Medical Evacuation coverage of at least \$200,000 and Medical Expense coverage of at least \$50,000 is included. Once you confirm your plan meets the requirements, you will need to email the following information to **TravelCoverage@oattravel.com**:

- Traveler Name(s)
- Reservation Number
- Trip Protection Provider
- Policy Number
- Date of Purchase
- Copy of your Policy Documents

You can also contact our Travel Counselors at **1-800-221-0814** to review this policy. You will be required to provide proof of coverage by 60 days prior to departure at the latest.

Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

Overseas Taxes & Fees

This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency).

RIGORS, VACCINES & GENERAL HEALTH

Is This Adventure Right for You?

Please review the information below prior to departing on this adventure. We reserve the right for our Trip Experience Leaders to modify participation, or in some circumstances send travelers home, if their condition would adversely affect the health, safety, or enjoyment of themselves or of other travelers.

PACING

- 6 locations in 18 days
- International flights to Amsterdam en route to Nairobi depart late in the day for an overnight flight, and 3 internal flights
- Airport transfers in Nairobi take approximately 1 hour

PHYSICAL REQUIREMENTS

- Not appropriate for travelers using wheelchairs, walkers, or other mobility aids
- You must be able to walk 1-2 miles unassisted and participate in 2-4 hours of physical activities each day
- Traveling in a safari vehicle over roads in poor condition can cause problems for travelers with back and leg pain
- Travelers in need of a CPAP machine may only bring one that runs on rechargeable batteries
- We reserve the right for Trip Experience Leaders to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

CLIMATE

- Daytime temperatures range from 50-100°F
- The hottest months are October-February, and May brings heavy rains, with the short rains coming in November

TERRAIN & TRANSPORTATION

- Travel over bumpy, dusty terrain during overland transfers and game-viewing drives, and camp in tents built on uneven terrain
- Travel by 18-passenger coach and 4x4 closed Land Cruisers in Kenya and Tanzania

- 3 internal flights (1–2 hours long), several 8–10 hour days in safari vehicles
- 15-passenger aircraft with small seats

ACCOMMODATIONS & FACILITIES

- We spend 17 nights in comfortable but basic lodges and tented camps
- Our lodges use generator electricity and lantern lighting at night, and do not have air-conditioning. There could be a 1- to 5-minute walk from our tents to the main lodge
- All accommodations feature private bathrooms

Steps to Take Before Your Trip

Before you leave on this adventure, we recommend the following:

- Check with the CDC for their recommendations for the countries you'll be visiting. You can contact them online at www.cdc.gov/travel or by phone at **1-800-232-4636**.
- Have a medical checkup with your doctor at least 6 weeks before your trip.
- Pick up any necessary medications, both prescription and over-the-counter.
- Have a dental and/or eye checkup. (Recommended, but less urgent)

Vaccines Required

Yellow Fever

All travelers will need to bring EITHER proof of a yellow fever vaccination OR an official vaccination waiver in order to meet Tanzania's entry requirements.

While the CDC offers a wide range of vaccination and medication suggestions, there is one in particular that we'd like to draw your attention to—the yellow fever vaccine. For some countries, the yellow fever vaccination is a legal entry requirement, like a passport. For other countries, it is a health recommendation to protect you from getting sick. On this adventure, this vaccination is a legal entry requirement for Tanzania (as well as Uganda on the post-trip extension)—but fortunately, authorities will accept a doctor's waiver in place of getting the actual shot.

The requirement applies to us because we'll be entering Tanzania from Kenya, which is considered an endemic country. **This means you might be asked for documentation on the vaccine when you cross the border from Kenya to Tanzania.** Therefore EITHER proof of a yellow fever vaccination OR an official vaccination waiver is a requirement for this trip.

You should discuss the vaccine with your doctor to see if he or she recommends it and if your health allows for it. (He or she can offer a suggestion tailored to your personal medical history.) If you and your doctor decide the vaccination is right for you, then he or she will issue you a Yellow Fever Card, also called an International Certificate of Vaccination. This is your proof of vaccination; you should bring it with you on the trip.

If you and your doctor decide the vaccination isn't right for you, then have your doctor issue an official vaccination waiver. An official waiver is a letter that meets these requirements:

- It must be on business letterhead paper.
- It must be signed by a doctor.
- It must be stamped using the same stamp that the doctor uses on a Yellow Fever Card.
- It must give the medical reason why you cannot get the vaccine, say how high the risk is, and cite an authority. (For example: Mr. Smith cannot receive the yellow fever vaccine due to a high risk of side effects as outlined in the Center for Disease Control's guidelines for people over the age of 65.)

Whether you receive a Yellow Fever Card or an official vaccination waiver, keep it on your person (in your backpack or purse) so it is easy to find when you arrive or when you cross the border. You may not be asked to show anything at all when you cross the border—it all depends on the local official. But if you are asked, you must be able to produce your Yellow Fever Card OR your waiver.

Medication Suggestions

- An antibiotic medication for gastrointestinal illness
- Prescription pain medication in the unlikely event of an injury in a remote location
- Motion sickness medicine, if you are susceptible (the roads are very bumpy).
- Anti-malaria medication. Check with the CDC and your doctor first because these medications can have strong side effects.
- Optional: Allergy and/or asthma medication. The roads can be very dusty which can trigger allergies or breathing complaints that may require prescription medications.

Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.
- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.
- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Go to "Find International Travel Information", select "Country Information", then enter the country into the search bar; if you don't see any medications specifically mentioned under the "Health" section, then you can presume major U.S. brands should be OK).

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying
- Stretch your legs, neck, and back periodically while seated on the plane.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Travel Counselors at **1-800-221-0814**, and we will communicate them to our regional office. Every effort will be made to accommodate you.

Water

- Tap water is not safe to drink. We recommend you use only bottled, filtered, or boiled water for drinking and brushing your teeth throughout this trip.
- During your adventure, you will receive one complementary bottle of water each day at your lodgings, and during safari days, you'll also receive a second complementary bottle of water in your safari vehicle. Additional bottled water is available for sale in the lodges. Prices vary, but generally fall in the \$3-4 range for a one-liter bottle. Carry a bottle in your daypack at all times.
- Before you buy a bottle, inspect it to make sure the cap is sealed properly. Carry a handkerchief to dry the tops of bottled drinks before and after opening.
- Please note that the boiled water can have a faintly smoky taste.
- At most lodges it is safe to use ice in your drinks, but check with your Trip Experience Leader first.

Food

- The food served at our lodges is safe, including salads and fruits.
- Exercise caution when eating at small local restaurants or buying food from street vendors. Eat only food that is well done and is still hot.

- Since the tap water is not safe to drink, you should be mindful about eating salads or fruits outside of our lodges—they may have been washed in tap water. (Fruit that you peel yourself should be OK.)
- Your Trip Experience Leader will advise you if he/she feels that something is unsafe for you to eat.

TIP: During this adventure you might be offered food that is strange and new to you. If you are offered food that you do not feel comfortable with, no one will feel offended if you politely decline; this is OK even during a home visit.

Electricity Supply

A constant electricity supply cannot be guaranteed during overnight stays. Travelers who rely on a CPAP machine must bring one that runs on rechargeable batteries.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Bring enough cash to cover your needs for 80% of the trip and only expect to be able to use plastic (credit, debit, or ATM card) 20% of the time.** When budgeting, keep in mind that your biggest expenses will be tips, meals, and souvenirs. As a guideline, an average meal in this region costs between \$15 and \$20 per person including a tip.
- **A mix of small bills (\$1s–\$20s), in good condition, and printed after 2017.** You'll be able to pay in U.S. dollars in most places on this trip.
- **Traveler's checks are not recommended.** They can be difficult to exchange and the commission fee for cashing them is quite high. It's more practical to view them as a last resort in the event of a special situation.

Local Currency

For current exchange rates, please refer to an online converter tool like www.xe.com/currencyconverter, your bank, or the financial section of your newspaper.

Kenya: Kenyan Shilling (KSh)

Tanzania: Tanzanian Shilling (TSh)

Rwanda: Rwandan Franc (RFr)

Uganda: Ugandan Shilling (UGX).

How to Exchange Money

On this adventure, you won't need to exchange money because you can pay in U.S. dollars. But you will want a mix of small bills (\$1, 5, 10, and 20s), in good condition, printed after 2017. Large bills (\$50s and \$100s) will be hard to break, and bills in bad condition (dirty, worn, or torn) or printed before 2017 might be rejected, even by banks.

During the trip, if you choose to get local currency, the easiest way is to use a local ATM (your bank at home will convert and charge you in U.S. dollars). You can also exchange cash at some hotels and money exchange offices. To exchange cash, you'll usually need your passport and bills in good condition (not worn, torn, or dirty). Never exchange money on the street. All exchange methods involve fees, which may be built into the conversion rate; ask beforehand.

TIP: Large bills (\$50s and 100s) will receive a better exchange rate, but when paying with U.S. dollars, a mix of some \$1, 5, 10, and 20s would be better. It makes tipping and bargaining easier when you have exact change.

ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card. Many banks will charge a set fee or a percentage fee each time you use a foreign ATM. We recommend that you check with your bank before you depart. Don't forget to memorize the actual digits of your card's PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM. If you are visiting a country that has different expectation for ATMs, they will be listed below.

Kenya: International ATM networks are typically available in the larger cities like Nairobi, however when you are on safari in the bush, you will not have access to ATMs. Local ATMs may only accept cards from local banks and usually will not allow cash advances on credit cards; therefore it is best to bring a cash reserve large enough to pay for most expenses.

Tanzania: In larger cities, ATMs are typically available for major international networks. However, outside of large cities, ATMs may only accept cards from local banks and generally do not allow cash advances on credit cards. It is best to bring a cash reserve large enough to pay for most expenses.

Rwanda: ATMs can be found in large cities like Kigali, but not all cards will work at all ATMs and most may only accept cards issued by local banks. We suggest that you bring a cash reserve to cover your expenses.

Uganda: ATMs are common in large cities, such as Kampala, but many be more difficult to find in rural areas. Keep in mind that ATMs are not always reliable so we recommend that you keep a cash reserve on hand.

Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. We suggest that you bring one or two, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, as not all are accepted around the world. If you are visiting a country that does not commonly accept credit cards, they will be listed below.

Kenya: Credit cards are becoming more common in Kenya, but are not as widely accepted as they are in the U.S. Many camps, lodges, and shops will be cash only. Businesses that do accept cards tend to use a slow approval process that may involve calling your credit card company to get authorization.

Tanzania: Although credit cards are becoming more common, they are not as widely accepted in Tanzania as they are in the U.S. Many camps, lodges, and shops will be cash only and businesses that do accept credit cards may use a slow approval process that sometimes involve calling your credit card company to get authorization.

Rwanda: Although credit use is becoming more common, it is not accepted as frequently as in the U.S., or merchants may only accept certain brands of credit card. We recommend that you bring a cash reserve to cover your expenses.

Uganda: Credit cards may be accepted at some large hotels, but are not commonly used outside of Kampala.

Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don't work outside of the U.S.!

Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines:

- **O.A.T. Trip Experience Leader:** It is customary to express a personal “thank you” to your Trip Experience Leader at the end of your trip. As a guideline, many travelers give \$8–\$12 USD (or equivalent in local currency) per person for each day their Trip Experience Leader is with them. *Please note that these tips can only be in cash. If you are taking any of the optional extensions, your Trip Experience Leader during the extension(s) may not be the same as the one on your main trip.*
- Please note that the *Kenya: Mount Kenya National Park, Sweetwaters* and *Uganda: Murchison Falls, Ziwa Rhino Sanctuary* extensions are run by local Extension Guides who specialize in their respective game reserves instead of your Trip Experience Leader. Their tip is included.
- **Housekeeping staff at city hotels:** \$1–2 per room, per night. *This only applies to the hotels in Nairobi (main trip and pre-trip extension). Tipping for housekeepers at tented camps and safari lodges is included as they are part of the camp/lodge staff.*
- **Waiters:** When dining on your own, you would tip up to 5% of the bill in Tanzania and from 5%–10% in Kenya or Uganda—but only if a service charge isn't already on the bill. Tipping is only customary at higher-end restaurants in
- Rwanda, where the standard amount is 10%.
- **Taxis:** Tipping isn't necessary, but if you want to give something you can round up the bill and let the driver keep the change.

- **Your Trip Price Includes:** Gratuities are included for local guides, drivers, lodge and camp staff, driver-guides, gorilla trek porters and luggage porters on your main trip, extensions, and all optional tours.

Please note: Tips are quoted in U.S. dollars for budgeting purposes; tips can be converted and paid in local currency (this is usually preferred) or in U.S. dollars. Please do not use personal or traveler's checks for tips.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Customized Air

Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Arrive Early or Stopover (select adventures only):** If you chose one of these Customization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Customization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our customization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. We have included transfer options below.
- **Customization on Your Own:** If you have not purchased air through O.A.T. and decided to arrive early, stay longer, or stop in a connecting city on your own, you are responsible for airport transfers and accommodations. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.oattravel.com/myplanner under "My Reservations" to help you with selecting a hotel for your additional time.

Air Inclusive Travelers

If you have purchased international air with us, there are some points that may be helpful for you to know.

- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.
- **Selecting Your Seats:** If your airline allows pre-assigned seats, you will be able to select and view them directly from the airline's website after booking. Some airlines will not allow seat confirmation until your reservation is ticketed 45-30 days prior to departure, and/or they may charge a nominal fee. You may locate your itinerary on an airline's website utilizing the Record Locator Number found on the Air Itinerary in your My Planner.

When booking your international flights, please pay close attention to when the group will be flying home. For example on the main trip the tour ends on Day 19 because we use an overnight flight back to the United States.

Airport Transfers Can Be Purchased

For eligible flights, airport transfers may be purchased separately as an optional add-on, subject to availability. To be eligible, your flight(s) must meet the following requirements:

- You must fly into or fly home from the same airport as O.A.T. travelers who purchased included airfare.
- Your flight(s) must arrive/depart on the same day that the group arrives or departs.
- If you are arriving early, you must have arranged the hotels through our Arrive Early personalization option

Airport transfers can be purchased up to 45 days prior to your departure; they are not available for purchase onsite. To learn more, or purchase airport transfers, please call our Travel Counselors at **1-800-221-0814**.

If you don't meet the requirements above, you'll need to make your own transfer arrangements. We suggest the Rome to Rio website as a handy resource: www.rome2rio.com

Optional Tours

Optional tours are additional add-on tours that allow you to personalize your adventure by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Trip Experience Leader can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)
- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as "OPT Boston".
- Your Trip Experience Leader will give you details on the optional tours while you're on the trip. But if you'd like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.oattravel.com/myplanner).

Optional Tours: Reserve Before You Go

We strongly recommend that you reserve the following optional tours in advance. Unless otherwise noted, the deadline to do so is 45 days prior to your departure. Occasionally, space will be available for booking onsite, but this not guaranteed. Optional tours with O.A.T. can only be

purchased with a credit card (Visa or MasterCard) or a debit card with credit card functionality. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as “OPT Boston” (depending on your credit card company).

Masai Mara Hot Air Balloon Ride

Rise before dawn in order to catch the sweeping vista of the morning light over Masai Mara. View the game reserve from a bird’s eye perspective as you gently float for an hour over the grassy plains. Celebrate touchdown with a sparkling wine-style picnic breakfast in the bush before returning to camp mid-morning. **Please note:** *This tour is only available on select departures and must be purchased at least 45 days prior to departure. Optional tour may be sold on-site, if available. Prices are subject to change.*

This optional tour is offered during the main trip. The cost is \$565 per person.

Serengeti Hot Air Balloon Ride

If you choose to take this optional tour, plan on waking up before dawn as we’ll begin with an early morning game-viewing drive. Then we’ll retreat under the shade of a nearby acacia tree where we’ll enjoy breakfast in the bush with a celebratory glass of sparkling wine. Following breakfast, our excursion continues with a breathtaking hot air balloon ride over the Serengeti. With a certified, professional pilot at the controls, we’ll glide over the majestic savannas at dawn, when the morning light bathes the plains in a golden hue. There’s simply no better vantage point from which to appreciate the sheer vastness of the Serengeti’s more than 5,700 square miles of plains, riverine bush, and acacia woodlands. Once we land, we’ll return to our camp to reunite with any travelers who chose not to take this optional tour. **Please Note:** *Due to limited space, it is strongly advised that you reserve this optional tour at least 45 days prior to departure. It is also dependent on wind conditions, and may be canceled at the discretion of the balloon operators.*

This optional tour is offered during the main trip. The cost is \$600 per person.

Please note: *Due to limited space, it is strongly advised that you reserve this optional tour at least 45 days prior to departure. It is also dependent on wind conditions, and may be canceled at the discretion of the balloon operators.*

Communicating with Home from Abroad

One of the advantages of a safari is the chance to “unplug” and unwind—but the trade-off is that you won’t have the same access to the Internet, email, or phone service that you would back at home.

Cell phone or Internet service will be available in some places, but not all. Even basic telephone and email service is not always available in the bush, where you will be spending much of your time. You won't be completely out of touch—our bush camps and safari lodges do have satellite radio service. However, the satellite radio service is usually for emergencies only. Outside of the bush, you'll be able to send emails and make phone calls in large cities like Nairobi.

Cell Phones

If you want to use your cell phone on the trip, check with your phone provider to see if your phone and service will work outside of the U.S. It may turn out to be cheaper to rent an international phone or buy a SIM card onsite. If you want to use a local SIM, just make certain your phone is “unlocked”, meaning it can accept a local SIM card. If your cell is “unlocked” then you will be able to purchase a local SIM for it and then buy minutes with “Pay as You Go” cards, so that you have a local contact number for your friends and family.

Please understand that throughout Africa, good cell phone service is only available in large towns or cities.

Calling Apps

Another option is to use a smartphone app like Skype, FaceTime, or WhatsApp. We recommend you use WhatsApp to communicate with home while abroad and with your Trip Experience Leader while onsite. You will need a Wi-Fi connection if you do not have international coverage. Other calling options include smartphone apps such as Skype or FaceTime. You will need a Wi-Fi connection for these apps and the calls may count towards your phone plan's data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

Calling Cards & 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.). One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

Internet

Internet access on this adventure will be mostly limited to cities and towns. In many cases, it will not be WiFi, but rather public computers in the hotel lobby or business center. The hotels and lodges that do offer WiFi will usually charge for the service. There is usually no Internet service at all in tented camps.

Receiving Calls from Home

To ensure you are available during your trip to friends and relatives at home, you will receive two copies of your hotel list, including phone numbers, with your Final Documents. One copy is for you to bring, and one is to leave behind with friends or relatives in case they need to contact you during the trip.

It is worth noting that **most of the time the phone number for a bush camp or bush lodge is for a central office in a nearby city**; they take a message and then relay it to you in the bush by the satellite radio service. Please explain to your friends and family that there might be a delay in reaching you when you are on safari, and it's best if they only try to reach you in case of an emergency.

How to Call Overseas

When calling overseas from the U.S., dial 011 for international exchange, then the country code (indicated by a plus sign: +), and then the number. Note that foreign phone numbers may not have the same number of digits as U.S. numbers; even within a country the number of digits can vary depending on the city and if the phone is a land line or cell phone.

Kenya: +254

Rwanda: +250

Tanzania: +255

Uganda: +256

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on per person.
Weight restrictions	Combined weight of checked and carry-on luggage: Up to 33 lbs total .
Size Restrictions	Standard airline size: Checked luggage should not exceed 62 linear inches (length+width+depth) and carry-on should not exceed 45 linear inches.
Luggage Type	Must use a duffel bag as your checked luggage.
TRIP EXTENSION(S) LIMITS	
Same as the main trip.	
REMARKS/SUGGESTIONS	
<p>EXCESS BAGGAGE CANNOT BE TAKEN.</p> <p>Type of luggage: Use of a duffel bag is a requirement on this adventure. We ask that you use the complimentary O.A.T. safari bag that we will be sending you.</p> <p>Packing light: Laundry service is offered at most of our lodges, except in Tarangire and the Serengeti, where water is at a premium. Prices are reasonable; although dryers are rare, so clothing will take longer to dry during the rainy seasons. Previous travelers have had a lot of success with packing fewer clothes and having laundry done. This is especially useful if you are bringing extra camera equipment. Underwear will not be included in this service, so please plan accordingly.</p>	

Don't Forget:

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.
- It's a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the FAQ section.
- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.

- The luggage limits above are based on your regional flights, which may be less than your international flights. Even if your international airline offers a larger weight limit, you will need to pack according to the lower restrictions.

Your Luggage: Duffel Bag Required

On safaris, the room allowed for checked luggage is limited one piece per person.

- Use of a duffel bag is a requirement on this adventure.
- **We ask that you use the complimentary O.A.T. duffel bag that we will be sending you** because it has been approved for this safari by our regional office in Africa. Suitcases of any kind, hard-sided luggage, or luggage with an internal frame are not allowed. If you bring something other than a cloth duffel bag without an internal frame, your luggage may not fit on the small planes or in the safari vehicles we use on this adventure. We'd like you to have your luggage with you on the whole adventure—so a duffel bag is key.
- The O.A.T. duffel bag has wheels and measures 28" x 13" x 11"
- Previous travelers have recommended adding an identifier to your duffel bag, such as a scarf or colored tape, to set it apart from the others.

Important Note: *Plastic bags are no longer allowed in Kenya and Tanzania. They will be confiscated if found, and may incur fines or even jail time. Consider bringing an empty nylon bag folded into your main suitcase instead for laundry or dirty shoes. For more details, see the packing list section of this Handbook.*

TIP: *When traveling with a companion we recommend "cross-packing," i.e., pack 2 outfits of your clothing in your companion's luggage and vice-versa, in case one bag is delayed.*

Carry-on Bag: You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during game drives.

Luggage Handling on Arrival: Airport porters are not allowed in the customs hall area. When you land, you must take your luggage off the baggage carousel and then clear customs. When you exit the airport building, your driver will load your luggage into the coach.

Locks: For flights that originate in the U.S., you can either use a TSA-approved lock or leave your luggage unlocked. Outside of the U.S. we strongly recommend locking your luggage as a theft-prevention measure. **TIP:** *Most camps or lodges do not have personal safes in the tents/rooms. Instead, valuables, passports, and money can be secured in lockable canvas bags that are put into a locked central safe. Camps and lodges provide the bags and the locks for this purpose.*

Clothing Suggestions: Functional Tips

As you will experience a wide range of temperatures and weather conditions, we suggest several layers of clothing. If you like to hand-wash your clothes, look for fabrics that will dry out overnight. You can buy clothing designed especially for travel, with features like wrinkle-resistant fabric or built-in sun protection.

- **Layers for game drives:** Many game drives are in the early morning or late evening. Even at the height of summer, these times of day are cooler than the afternoon. Therefore we suggest bringing a piece that you can wear over your clothing for cooler mornings and remove as the day heats up (windbreaker, jacket, sweater, sweatshirt, etc.). And just a reminder: south of the equator, the seasons are reversed. Travelers on summer departures will want to bring more than one layer—it is winter in East Africa.
- **Footwear:** You'll be on your feet a lot during the trip, and walking over some rough and slippery surfaces. We recommend you wear sturdy walking shoes or similar supportive sports shoes that offer good traction. We also recommend you bring a pair of rubberized sandals (i.e., Tevas) for showering, wearing around the lodge, and general warm weather use.
- **Gorilla trekking in Rwanda:** Be prepared for rain throughout the year as you trek through the rain forest. We recommend that you bring a good rain jacket or poncho, as well as quick-drying clothing and waterproof hiking boots. Gaiters and gardening gloves are also recommended to protect against stinging nettles.

Fashion Dos and Don'ts

- **We recommend you wear muted earth tones** (beige, khaki, etc.) because they don't show dirt easily, coordinate well, don't distract animals, and don't attract tsetse flies like black and blue.
- **We recommend that you don't wear white or very brightly colored clothing.** These colors are fine at the lodge or in town, but traditionally they been used to keep animals away (which is why many tribes wear red). Even color-blind animals can spot dark and light shades, and white is a danger signal for some species.
- **We recommend you wear clothes that are functional and casual.** There's no need for formal or dressy clothing. In local communities, and to some extent in the lodges, your dress should be modest and conservative.

Seasonal Cheatsheet

To help you pack season-appropriate clothing, here is a rough breakdown of the seasons from our regional office. When reading it, keep in mind that seasons are not precise, and that a month at the start or end of a season could have mixed weather.

- **January and February – dry season, tsetse flies more active**
- **March to May – long rainy season**

- **May to July/August – cold season (winter)**
- **August to November – shoulder season – warmer days, but cold early mornings and nighttime**
- **November to December – short rainy season**

Recommended Packing Lists

We have included suggestions from Trip Experience Leaders and former travelers to help you pack. These packing lists are only jumping-off points—they offer recommendations based on experience, but not requirements. Each travelers packing list may be different depending on the climate you are used to. We recommend using **www.weather.com** and consulting the “Climate” chapter of this handbook.

And don’t forget a reusable water bottle—you’ll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

Year-Round Clothing Checklist

- ☐ Shirts: A mixture of short and long-sleeved shirts to layer
- ☐ Trousers and/or jeans: Comfortable and loose fitting is best.
- ☐ Shorts: Cut long for modesty. Even during hotter months, you’ll want at least one pair of long pants for early morning game drives.
- ☐ Shoes and socks: Comfortable walking/ running shoes or low-cut hiking shoes, with arch support. Light hiking boots will suffice; there is no heavy hiking during the trip, but hiking boots should offer better support and traction than shoes. We also recommend you bring a pair of rubberized sandals (i.e., Tevas) for showering, wearing around the lodge, and general warm weather use. Bring plenty of socks, you may find yourself wishing to change a couple times a day.
- ☐ Light rain jacket/windbreaker with hood
- ☐ Wide-brim sun hat or visor for sun protection
- ☐ Underwear: Most camps and lodges will not include “smalls” (underwear) in their laundry service. This is partly for cultural reasons and partly because many properties still do laundry by hand. It is usually OK for you wash them yourself in your room. For women travelers we suggest close-fitting brassieres, such as sports bras—the roads are very bumpy.
- ☐ Sleepwear
- ☐ Optional: Swimsuit and cover-up

Seasonal Clothing Recommendations

For spring and summer (September–March):

- ☐ Walking shorts
- ☐ A jacket or sweater. Even in summer it can be cool during early morning game drives.

For the rainy season (November–March):

Your laundry will take more than a day to be returned dry because most lodges don't have dryers.

- ☐ Light rain jacket/windbreaker with hood
- ☐ Hood/lens cap/waterproof bag for camera

For fall and winter (May–August):

It's colder than you think in winter, especially during early morning game drives or at night in a tented camp. Warm clothing is essential, so add these items your packing list.

- ☐ Long-sleeved shirts in a warm, heavy fabric for cool nights, i.e., flannel or knit
- ☐ A warm, insulated jacket in addition to a wool or fleece sweater. If you own a light or medium-weight insulated field jacket or parka, you can use that.
- ☐ Warm hat, gloves, and a scarf (especially useful on the game-drive vehicles)
- ☐ Warm sleepwear
- ☐ Long underwear. It keeps you warm but doesn't take up a lot of space or weigh much.

Essential Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, etc. Lodges provide shampoo and soap but most lodges do not provide washcloths.
- ☐ Spare eyeglasses/contact lenses; sunglasses
- ☐ Sunscreen: SPF 15 or stronger
- ☐ Insect repellent—the lodges may provide insect repellent but you may want to bring your own. We suggest using a kind with DEET between 30–35% strength.
- ☐ Flashlight or headlamp: Consider a small but powerful LED version or a version with an alternative power source (wind-up, solar powered).

- ☐ Lightweight binoculars: To avoid disturbing the animals' natural activities, we stop the vehicle at a respectful distance. By having your own binoculars, you'll be able to enjoy the experience more. Models such as 8 x 21 or 6 x 16 provide suitable magnification and illumination. 10x models are usable, but are usually heavy, expensive, and require a very steady hand.
- ☐ Pocket-size tissues
- ☐ Moist towelettes (baby wipes) and/or anti-bacterial "water-free" hand cleanser
- ☐ Electrical transformer & plug adapters. We do not recommend electric shavers or hair dryers, as electricity is limited at many of our lodges.
- ☐ Camera gear with extra batteries or battery charger
- ☐ Folding walking staff, sold in most camping stores (if needed)
- ☐ For the Rwanda extension: Gardening gloves and gaiters to protect from stinging nettles and muddy conditions while trekking.

Medicines & First Aid Gear

- ☐ Your own prescription medicines
- ☐ Travel first aid kit: Band-Aids, headache and pain relief, laxatives and anti-diarrhea tablets, something for upset stomach. Maybe a cold remedy, moleskin foot pads, or antibiotic cream.
- ☐ An antibiotic medication for gastrointestinal illness
- ☐ Optional: A strong prescription pain medication for rare emergency purposes
- ☐ Optional: Motion sickness medicine if you are susceptible (the roads are very bumpy).
- ☐ Optional: Anti-malarial medication—discuss with your doctor first
- ☐ Optional: Medication for allergies or asthma if you are susceptible (the roads are dusty)

Do Not Bring Single-Use Plastic Bags

Single-use plastic bags are banned in Kenya and Tanzania. (The only exception are Ziploc-style bags which are allowed for toiletries and liquids as per the TSA.) If you like to bring a plastic shopping bag for shoes or laundry, we recommend a lightweight nylon bag, packing cube, or reusable cloth tote instead. The ban is only loosely enforced, but violations could result in fines or even imprisonment, so please double-check your luggage *before* you depart.

Home-Hosted Visits

Many of our adventures feature a visit with a local family. It is customary, though not necessary, to return your hosts' generosity with a small gift. If you do bring a gift, we recommend that you bring something the whole family can enjoy, or something that represents your region, state, or hometown. Some recommendations include kitchen cloth, aprons, fridge magnets. Get creative and keep it small—peach jelly from Georgia, maple sugar candy from New England, orange blossom soap from California; something that can be used or used up is best. When choosing a gift, be certain to consider the local culture as well. For example, we do not recommend alcohol in Muslim countries because it is forbidden in Islam, and your hosts may be religious. Not all O.A.T. adventures include a Home-Hosted Visit; please check your final itinerary before you depart.

Electricity Abroad

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

Voltage

Electricity in Kenya, Tanzania, Rwanda, and Uganda is 220–240 volts. In the U.S. it is 110 volts. Most of the things a traveler will want to plug in—battery chargers, smartphones, tablets or computers—can run off both 110 and 220–240. But you should check the item or the owner's guide first to confirm this before you plug it in. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

Plugs

The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you'll need an adapter that fits between the plug and the socket. Because there are many different types of plugs in this region, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.

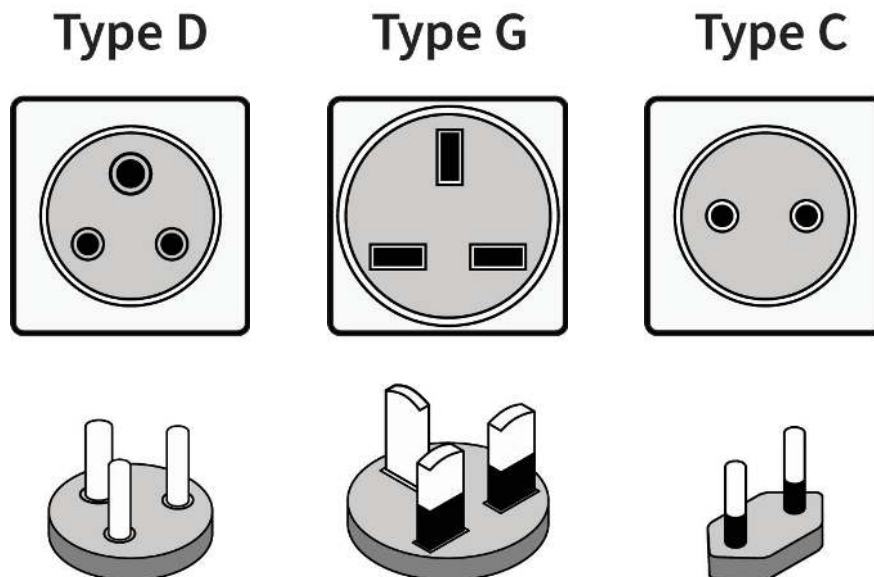
Different plug shapes are named by letters of the alphabet. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

Kenya: G

Tanzania: D or G

Rwanda: C

Uganda: G



Availability

In the remote lodges, the generator that supplies electricity may operate during limited hours. It is possible to recharge camera batteries, but only while the generator is running. Therefore, bringing two batteries—one to use while the other is recharging—is recommended. Electric current is usually adequate to run an electric razor, but not a hairdryer. The lighting at the lodges may not be as bright as you are used to; a small LED flashlight can be useful. *Although you may not have any trouble with electricity on this trip, prepare for the worst case scenario and bring things that can be battery operated. Always use new batteries and bring spares.*

A constant electricity supply cannot be guaranteed during overnight stays. Travelers who rely on a CPAP machine must bring one that runs on rechargeable batteries.

CLIMATE & AVERAGE TEMPERATURES

Kenya: The climate in Kenya varies with the terrain—the coast is tropical, the interior temperate, and the north is arid. The Masai Mara Reserve, which is in the southwest, is at a moderate-to-high elevation (4,900–7,100 feet above sea level). This makes the climate wetter and more temperate than other parts of the country, with temperatures usually falling in the range of 85–65 degrees. The rainy seasons are April–May and November; the dry season is from July to October.

Tanzania: The varied terrain of Tanzania is what causes the biggest differences in climate—from the almost tropical coastal area, to the comfortable central plateau, to the chilly hills and mountains near the Kenyan border. Since our main itinerary takes us to northern and eastern Tanzania, plan on days that are warm or hot (up to the 70s and the 80s) and nights that are chilly or cold (as low as the 50s or 40s).

Like many countries near the equator, the seasons in Tanzania are best described by rainfall and humidity instead of temperature. The first wet or rainy season in the north runs from March to May. The second wet or rainy season is generally November and December. Although the rest of the year could be called dry season, January and February are especially dry (if you measure by number of days it rains). Humidity is strongest in the mornings during the wet seasons, but because our adventure is in the less humid north, the yearly average for the areas we visit is only about 60% relative humidity—roughly the same as Philadelphia.

Rwanda: Due to its higher elevation and proximity to the equator, Rwanda enjoys a consistent, temperate climate throughout the year. The dry season typically occurs from mid-May to mid-September with heavier rain from October to mid-March. Rainfall is heavier in mountainous areas to the west and northwest where downpours are common.

Uganda: Uganda enjoys a tropical climate with steady temperatures throughout the year due to its location near the equator. Temperatures typically range from the mid-50s to mid-80s, except in the mountains which are much cooler. Rain can occur throughout the year, especially from March–May and September–November. January–February and June–August are considered the “dry season.”

NOTE: If you are taking one of our optional stopovers before or after your OAT adventure, please be aware the climate and temperatures might be different from what you experienced during your tour. To prepare for weather differences and pack appropriate clothing, we recommend the following world weather sites:

- www.intellicast.com
- www.weather.com
- www.wunderground.com

Climate Averages & Online Forecast

The following charts reflect the **average** climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to use **www.weather.com** for a more accurate forecast of the locations you visit.

Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	NAIROBI, KENYA			MASAI MARA, KENYA		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (avg)	Average # of Days with Rainfall
JAN	77 to 58	93 to 41	1.8	84 to 59	--	21
FEB	80 to 58	89 to 35	1.7	88 to 59	--	17
MAR	80 to 60	92 to 38	2.9	90 to 59	--	17
APR	76 to 61	96 to 52	6.3	85 to 59	--	23
MAY	74 to 59	96 to 56	4.7	80 to 58	--	25
JUN	73 to 56	94 to 53	1.2	77 to 59	--	30
JUL	71 to 54	93 to 52	0.5	80 to 57	--	25
AUG	72 to 54	92 to 49	0.5	84 to 59	--	17
SEP	76 to 55	92 to 41	1.0	85 to 59	--	18
OCT	78 to 58	93 to 40	1.7	85 to 61	--	15
NOV	75 to 60	96 to 51	4.7	83 to 61	--	23
DEC	75 to 59	96 to 49	3.0	78 to 60	--	31

MONTH	AMBOSELI, KENYA			KARATU, TANZANIA		
	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	85 to 63	63	1.7	62 to 52	--	2.1
FEB	89 to 64	58	1.2	59 to 52	--	1.9
MAR	88 to 65	61	3.4	61 to 53	--	4.0
APR	85 to 65	65	4.8	64 to 56	--	6.4
MAY	83 to 62	66	1.1	61 to 55	--	3.1
JUN	81 to 58	61	0.1	55 to 50	--	0.5
JUL	80 to 56	59	0.1	58 to 51	--	0.2
AUG	81 to 57	58	0.1	60 to 50	--	0.1
SEP	85 to 58	53	0.1	65 to 50	--	0.1
OCT	86 to 62	53	1.1	68 to 52	--	0.6
NOV	84 to 64	64	6.8	67 to 54	--	3.5
DEC	82 to 64	70	4.7	64 to 54	--	3.3

MONTH	SERENGETI PARK, TANZANIA			KIGALI, RWANDA		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall
JAN	81 to 59	--	3.6	75 to 66	92 to 59	6
FEB	81 to 59	--	3.8	74 to 66	95 to 58	5
MAR	81 to 61	--	5.2	74 to 66	94 to 62	8
APR	79 to 61	--	5.0	73 to 66	96 to 66	10
MAY	77 to 57	--	2.4	74 to 66	93 to 62	7
JUN	77 to 55	--	1.1	74 to 66	85 to 51	2
JUL	75 to 55	--	0.5	76 to 66	77 to 44	1
AUG	77 to 57	--	1.0	77 to 67	76 to 43	4
SEP	81 to 59	--	1.1	77 to 66	87 to 52	6
OCT	82 to 59	--	1.5	75 to 66	91 to 58	8
NOV	81 to 59	--	3.5	73 to 66	95 to 64	9
DEC	82 to 61	--	4.1	74 to 65	95 to 61	8

MONTH	RUHENGARI, RWANDA			KAMPALA, UGANDA		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	76 to 51	--	2.8	75 to 66	--	2.3
FEB	77 to 52	--	3.7	79 to 66	--	2.4
MAR	76 to 53	--	5.6	77 to 66	--	4.8
APR	75 to 55	--	6.8	75 to 66	--	7.1
MAY	74 to 55	--	6.0	75 to 66	--	5.2
JUN	74 to 53	--	1.5	73 to 66	--	2.6
JUL	75 to 51	--	0.6	73 to 64	--	2.1
AUG	76 to 53	--	1.9	75 to 64	--	3.5
SEP	76 to 52	--	4.9	75 to 64	--	4.0
OCT	76 to 52	--	6.4	75 to 64	--	4.7
NOV	75 to 52	--	5.8	75 to 64	--	5.5
DEC	76 to 51	--	3.3	75 to 64	--	3.7

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

O.A.T. Trip Experience Leaders: A World of Difference

During your adventure, you'll be accompanied by one of our local, Trip Experience Leaders. All are fluent in English and possess the skills, certification, and experience necessary to ensure an enriching adventure. As locals of the regions you'll explore with them, our Trip Experience Leaders provide the kind of firsthand knowledge and insight that make local history, culture, and wildlife come alive. Coupled with their unbridled enthusiasm, caring personalities, and ability to bring diverse groups of travelers together, our Trip Experience Leaders ensure that your experience with O.A.T. is one you'll remember for a lifetime.

Kenyan Culture

Kenya has incredible ethnic diversity, with as many as 42 different tribal groups, plus a large minority of people of non-African descent (mainly Indian, Arabic, and European). Many of the tribes fall into three broad groups based on their language—Bantu, Nilotic, or Cushitic—with the largest group being the Bantu-speaking Kikuyu tribe (about 22% of the population). Other major ethnic groups include the Luhya (14%), Luo (13%), Kalenjin (12%), Kamba (11%), Kisii (6%) and Meru (6%). While each of these tribes has their own traditions, the country as a whole embraces the idea of *harambee*, a Bantu word meaning “pull together” or “mutual assistance”.

This concept of *harambee* has become more and more important in a modern, post-colonial Kenya as personal identities become more complex and begin to overlap. Under British rule the tribes were largely kept apart, in distinct geographical areas, and some tribes were given special treatment by the British, which led to resentment and intertribal tensions. But in today's Kenya that reliance on tribal identity has softened, especially among the younger generations. A modern Kenyan living in a city like Nairobi will know their tribe's traditions, but will also define themselves by their religion, politics, social class, etc.

Even in the countryside—where traditional ways of life are more prevalent—many of the country's core values are shared by all tribal groups, such as hospitality. As you travel through the country this will be quickly evident in the warm welcome you'll receive as a visitor. For example, it is very common for staff in smaller stores to personally greet you, ask about your family, or shake hands. (Although please note that handshaking is often between people of the same gender as some groups/religions frown on men touching women who are not part of their family. Also always shake with the right hand as the left is considered unhygienic.)

Respect for one's elders is also extremely important. Younger people are expected to treat elders with deference, allow them first choice of food or seat, and may affectionately address them as “auntie” or “uncle” even if they are not related by blood.

The country also values education, and as higher education is considered a real achievement, you may find that people volunteer information about their educational background. This is part of the more formal side of Kenyan society, which can be a bit status-conscious and hierarchical in nature, with wealth being measured not just in money but also land or livestock.

Tanzanian Culture

Like Kenya, Tanzania has a wide number of tribal groups—over 120—although most can be categorized as part of the Bantu-speaking peoples. But unlike its neighbor, Tanzania does not have a majority tribe like the Kikuyu in Kenya. The largest ethnic group in Tanzania is the Sukuma, but they are only 16% of the population, followed by the Nyamwezi and the Chagga. This lack of a clear dominant group means that Tanzania did not have the level of intertribal friction that Kenya did, a fact that is often attributed to the early adoption of Swahili as a shared language in 1961.

That said, the real language of Tanzania might be music, as the country has produced many famous singers, including Queen frontman Freddie Mercury, born on Zanzibar island in 1946. Many different musical styles are represented from gospel to hip-hop to reggae to *bongo flava* (a type of local pop music that uses traditional influences).

Another big part of Tanzanian culture is religion, with almost 90% of the country identifying as Christian or Muslim. Of the two Christianity is more prevalent, especially on the mainland, while Islam is more prevalent in Zanzibar, a heritage from the Arab traders who settled on the island. The Christian churches are evenly split between Roman Catholic and Protestant; the mosques are largely Sunni. Both groups generally live in harmony and even allow for some overlap with traditional African religion. (For example, one might be a Christian who also participates in ceremonial dances.)

Even more important is *ujamaa*, or “family”. This is a core concept in Tanzanian society that includes extended family or traditional clan structure. The idea is for the family group to provide aid and support for its members, and for the nation to do likewise. Although the word was initially associated with the socialist party, it has transcended that beginning and come to mean a sense of cooperation between different groups.

Ujamaa also suggests the supreme importance of the family group in Tanzania, which often takes a very traditional form with men being considered the head of the household, and women gaining status through their children. Polygamy is legal and somewhat practiced (more commonly in rural or Muslim communities) and women face many barriers in the workplace, but there have also been recent wins such as an increase in the number of women in Parliament and a ban on child marriage.

Language

Although the official languages in Kenya and Tanzania are Swahili and English, both are multilingual countries. In Kenya there are 62 languages spoken throughout which mainly consist of tribal African languages as well as a minority of Arabic and Hindi speakers. The African languages come from three different language families—Bantu languages (spoken in the center and southeast), Nilotic languages (in the west), and Cushitic languages (in the northeast).

In Tanzania, Swahili is widely cited as a uniting language and thus takes precedence over the 126 or so native dialects—so much so that some tribal languages are starting to die out. In comparison, English is viewed as more of a second language, and is used more in business, legal, or higher education settings.

But in both countries, one thing is the same—a heartfelt attempt at any Swahili, even just a simple *jambo* (hello) will be greatly appreciated.

Keep an Open Mind

- This is not a typical tour, and the itinerary you follow is subject to change. This is East Africa—weather, the political situation, migration of game, fuel availability, road conditions, and flight schedule changes may all impact your trip.
- In some cases, they may change the sequence of places visited, or we may not follow the trip itinerary exactly as published.
- Poverty is prevalent, so be prepared to witness a lower standard of living during our visits to local villages and schools.

Accommodations

- Our hotels and lodges are comfortable, but not luxurious.
- There can be occasional problems with electricity, hot water, and air conditioning (where it exists in the cities; there is not air conditioning in the safari camps).
- The roads within and between the parks can be dusty and very bumpy.
- Near the towns, some roads may be littered with trash.
- Water is scarce in the parks. We ask that you conserve water when washing, and shower only once each day.
- Some tented camps and lodges may be located outside the border to the national parks and game reserves. This allows us to offer a diverse range of activities, such as nature walks, in addition to entering the parks for game drives.

Meals

Each morning, we have a full breakfast including eggs, cereal, toast or bread with jam and butter, fresh or tinned fruit. Most lunches in the lodges are served buffet-style, and typically include meats, stews, vegetables, rice, potatoes, and dessert. Lodge dinners are usually served at table, and include soup and breads, a main entree such as chicken, meat, or fish, with a vegetable side dish, followed by dessert and cheese board.

Most of our meals are from the familiar Western cuisines, but we'll mix this up with characteristic African fare: You can try *ugali*, a maize meal dish, *nyama na mtuzi*, a meat stew, or *sukuma wiki*, fried green collards. Beverages such as tea and coffee are served at all meals.

Safari Vehicles

In Kenya we'll travel in seven-passenger minivans with pop-up roof for game viewing. In Tanzania, we'll travel in seven-passenger stretch Land Rovers with pop-up or flip-top roof hatches for game viewing. In both vehicles, six seats are in the back, with a window at each seat; and one seat is in front, with a view through the front windshield. The Trip Experience Leader will ensure that seats are rotated. Agility and balance are required to board and disembark these vehicles, and we will change vehicles at border crossings per government regulations.

Reminder: The roads in Tanzania and Kenya can be very bumpy, and there will be times when you are "off-roading" over rugged terrain for game-viewing drives. Some days we'll spend nearly all day (8-10 hours) in the vehicle, however, there will be breaks along the way.

Taking Photographs

When taking photos of people in most countries, be polite and ask permission to take a close-up. In many countries, you should not be taking photos of children or older women without permission. Do not take photographs of military personnel, military compounds, or other official institutions/personnel (such as police). This may result in the confiscation of your camera.

Please obey any signs regarding photos at museum or sites; the no-flash rule protects the fragile artifacts and artwork from damage by repeated exposure to light. Occasionally, there may also be a small fee levied by the museum or site for the privilege of taking photos.

Safety & Security

As you travel, exercise the same caution and awareness that you would in a large American city. Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room – use a room safe as needed. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt.

Kenyan Cuisine

Kenya's food is as varied as its many tribes. However, there are a few regional differences based on geography. For example, the coastline tends to have the spiciest dishes and use more coconut. This, combined with an Arabic influence, means that coastal cuisine is highly regarded throughout the country. Typical dishes include:

- **Pilau:** A dish of rice, meat, and veggies cooked in beef broth with ginger and aromatic spices
- **Biryani:** A mixed rice dish
- **Chapatti:** Unleavened flat bread
- **Madafu:** Coconut water
- **Kuku wa kupaka:** A flavorful coastal dish that is especially popular. It consists of chicken pieces cooked in a hearty, spicy sauce made with coconut milk, tomato paste, and flavorings such as cumin, turmeric, and lime juice.

As you move into the interior, the food gets less spicy and more reliant on potatoes, maize, and grains like millet and sorghum. The central region is particular is known for its meat and potatoes meals such as:

- **Nyama choma:** A dish of BBQ beef short ribs or goat with a spice rub of turmeric, curry powder, black pepper, and salt served on **ugali** (cornmeal).
- **Nyama stew:** A dish which can be prepared with goat, chicken, or beef cooked in oil, onions, curry powder, tomatoes, coriander, and garlic with fresh vegetables.

And then as you continue to the west, the staple ingredients change again to include more chicken and **fresh fish from Lake Victoria**. One of the highlights of the western region is **ingoho**, a poultry dish by the Luhya people that is served only to important visitors, such as prospective in-laws. A whole chicken is roasted to a nice brown color and then braised with onions, spices, and tomatoes. Also well-known in this region is **cornmeal cake and fried fish**.

Tanzanian Cuisine

Tanzanian cuisine is unique and widely varied. Along the coast, you'll find a decided Indian influence with spices and a wide use of coconut milk. As you move away from the coast, you will find a wider variety of fruits and vegetables, including **ndizi** (plantains), **bamia** (okra), **mchicha** (spinach), **njegere** (peas), **maharage** (beans), and **kisamvu** (cassava leaves). These are often be served as part of a platter with a grilled meat: **kuku choma** (chicken), **nyama choma** (beef), or **kiti moto** (pork). Dishes to try are:

- **Sambusa:** This is similar to a samosa in that it is a large fried dumpling only filled with spiced potatoes or meat.
- **Samaki** or kebabs: Are fish cooked in coconut milk.
- **Kashata:** This dish is perfect for anyone with a sweet tooth. It's a sort of peanut brittle in coconut milk with cardamom.
- **Kisusio soup:** This soup is for the more adventurous, made from boiled bones, scraps of meat, and blood.
- More unusual offerings include **firigisi** (grilled gizzards) or even grilled grasshoppers (**senene**).

Rwandan Cuisine

The cuisine of Rwanda is simple, and primarily based on traditional subsistence agriculture. Staples of the Rwandan diet include **plantains**, **beans**, **sweet potatoes**, **corn**, and **cassava**. Many Rwandans do not eat meat more than a few times a month. Fish is popular, especially **giant tilapia**. Known as "big fish," one tilapia can easily feed three or four. Another popular fish is called **sambaza**, tiny fish that are caught at sunset using tightly woven nets and fried in a thick batter.

One of the most popular dishes in Rwanda is called **isombe**. It features an unusual combination of ingredients that begin with boiled and pounded cassava leaves. Vegetables like onions, leeks, eggplants, tomatoes, or bell peppers can be added to the mix, followed by a spoonful of peanut butter and a drizzle of oil is added to hold it all together. For snacks, Rwandans enjoy **avocados**, roasted **peanuts**, **popcorn**, and **fresh fruits** like pineapple, mangoes, bananas, papayas, and more. Some ubiquitous Rwandan ingredients include:

- **Bananas** have been a staple of the Rwanda diet for centuries and are cooked in endlessly creative ways.
- **Matoke**: A popular banana in Rwanda that is a green and unripe variety that has the consistency of a potato when cooked and is frequently added to soups, stews, wraps, and more.
- **Ugali**: A white, porridge-like food made from maize and either water or milk. Like white rice, ugali isn't too flavorful or exciting on its own, but is prepared in countless creative ways and is a regular feature of most Rwandan meals.
- **Ikiviguto**: This beverage is a form of fermented milk that can be served with varying levels of thickness and sourness. It's somewhere between a yogurt smoothie and a thick glass of milk with a tang.
- **Urwagwa**: Or banana beer, which is home-brewed using traditional skills passed down from father to son. *Urwagwa* is made by crushing bananas or plantains and letting them ferment underground with roasted sorghum flour added as the yeast component.

Ugandan Cuisine

Uganda's various tribal groups certainly have their own culinary traditions, but many of their favorite dishes rely on similar ingredients such as **matoke** (plantains), **corn meal**, **cassava**, **beans**, and **peanuts**. Then there is the influence of Uganda's Indian, Arabic, and Asian immigrant cultures, which have added their own flavor profiles to popular favorites.

- **Luwombo** (or oluwombo): One of the most beloved national dishes. Legend says that it was created in the 19th century by the personal chef of King Kabaka Mwanga of the Buganda Kingdom. It's a stew of chicken, beef, mushrooms, or fish steamed in banana leaves.
- **posho** or **ugali**: Served with luwombo. It is similar to polenta, this filling cornmeal porridge is eaten any time of day, as a main course or a side dish.
- **Chaloko**: A traditional entrée made with pinto beans, green peppers, tomatoes, and red or purple onions.
- **Chapati**: This popular side is a wheat flatbread that is ideal for wrapping around vegetables or sopping up the ubiquitous ground nut (peanut) condiment called **g-nut sauce**. Made from sweet and creamy red peanuts, it is perfect with roasted fish, sweet potatoes, and **matoke** (plantain).

Some Ugandan treats have clever names that may (or may not) hint at what's so tasty. If you're hungry on the go, visit a street vendor for some of these dishes:

- **TV chicken:** Named because the rotisserie oven that it's roasted in resembles a television.
- **Rolex:** This is not an expensive watch. It's very cheap and it is what it sounds like: rolled eggs. They are scrambled into an omelette with onions, tomatoes, and cabbage, then rolled up with a *chapati*.
- **Ugandan egg roll:** This is nothing like its Chinese namesake, but is quite literally a hard-boiled egg rolled up in a ball of mashed potatoes, and fried.
- **Nsenene:** If you are feeling adventurous hit up a pub and order some fried grasshoppers. They are perfect with cold beer.
- **Mandazi:** These are like donuts (minus the hole) and sweetened with coconut milk.
- **sim-sim cookies:** A brittle made with sesame seeds and honey.

Language Barrier

You can have some great “conversations” with local people who do not speak English, even if you don't speak a word of the local language. Indeed, this non-verbal communication can be a highly rewarding part of travel. To break the ice, bring along some family photographs, or a few postcards of your hometown. If you want to meet kids, bring a puppet or other interactive toy. Your Trip Experience Leader can help get the ball rolling.

Your attire is a key part of your non-verbal presentation. Your clothing should show a respect for local tradition. In small towns or near villages, you should dress in a relatively modest style—avoid revealing or tight-fitting outfits. The application of this guideline varies. You will see people in cities and large towns dressed in a modern style. And, of course, many foreign tourists are not sensitive to this at all. But you should dress modestly if you want to earn the respect of the local people.

Responsible Safari Travel

We do our best to have a minimum negative impact on local cultures and the natural environment in every country we operate trips. Here's how you can assist in this effort.

Respecting Wildlife

- Observe the animals silently and with a minimum of disturbance to their natural activities. Loud talking on a game drive can frighten the animals away.
- Never attempt to attract an animal's attention. Don't imitate animal sounds, clap your hands, pound on the vehicle, or throw objects. Failure to obey this rule could result in your removal from a National Park by one of the Park Rangers on patrol.

- Please respect your driver-guides' judgment about your proximity to wildlife. Don't insist that he or she take the vehicle closer so you can get a better photograph. A vehicle driven too close can hinder a hunt or cause animals to abandon a hard-earned meal.
- Litter tossed on the ground can choke or poison animals and birds.
- Never attempt to feed or approach any wild animal on foot. This is especially important near lodges or in campsites where animals may have become accustomed to human visitors. Failure to adhere to this could cause you to be bitten and need immediate rabies shots, which are unpleasant and costly.
- Smoking is not allowed on game drives. The dry African bush ignites very easily, and a flash fire can harm hundreds of animals.

Conserving the Natural Environment

- Minimize the disposable items you bring on the trip and dispose of your trash properly.
- Whenever possible, please minimize the use of single-use plastic drinking water bottles and use the provided O.A.T. water bottle.
- Stay on established trails to avoid damaging plants.
- Don't pick any vegetation, or remove any item of biological interest.

Shopping: What to Buy, Customs, Shipping & More

There may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. O.A.T. is not responsible for purchases you make on your trip or for the shipment of your purchases.

Returns

If you discover an issue with an item, you should contact the vendor directly and expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Keep in mind, local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.

Crafts & Souvenirs

Kenya

Traditional souvenirs include woodcarvings, gems and gemstone jewelry, batik artwork, traditional African woven cloths, hand-woven carpets and mats, leather goods, Maasai beadwork, carved soapstone, fine basketry, and excellent coffee and tea.

Tanzania

The authentic woodcarvings called mokonde are made only in Tanzania, and are prized by collectors worldwide. Usually made of ebony, traditional mokonde art depicts spirit gods, ancestors, and half-human, half-animal figures. Today mokonde has been adapted to include figures of wildlife. You can find smaller figures for less than \$20. Depending on size, style, and quality, larger pieces cost from \$50 to \$500.

Bargaining

Some shops have fixed prices. In the open-air markets prices are usually flexible and negotiating is normal. The only rule is that if you make an offer, you should be prepared to buy at that price. Bring a mix of small bills so that you can pay in exact change. For bargaining in East Africa, our Trip Experience Leaders suggest that you ask how much the item is, and start your bidding at a quarter of that price, working your way up to half the asking price. This is a good rule of thumb for getting the “right” price.

Rwanda

Look for *kitenge* (traditional colorful cloths), embroidered bags, bead jewelry, handcrafted candles, Amahoro baskets, gourmet coffee, pili pili oil, and artisan jams.

Uganda

In Uganda, look for gold, silver, and beaded jewelry, wood carvings, handmade bags, woven rugs, curtains, hats, traditional baskets, and spices.

U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, www.cbp.gov has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

When buying gemstones—such as Tanzanite set in jewelry—make sure to ask if it comes with a certificate *before* purchasing, as often transactions that have been completed cannot be reversed due to the TRA (Tanzania Revenue Authority) receipting system.

DEMOGRAPHICS & HISTORY

Kenya

Facts, Figures & National Holidays

- **Area:** 224,080 square miles
- **Capital:** Nairobi
- **Languages:** English and Kiswahili are the official languages; numerous indigenous languages are also spoken.
- **Ethnic groups:** Kikuyu 22%, Luhya 14%, Luo 13%, Kalenjin 12%, Kamba 11%, Kisii 6%, Meru 6%, other African 15%, non-African (Asian, European, and Arab) 1%
- **Location:** Kenya straddles the equator on the eastern coast of Africa. It is bordered by Ethiopia, Somalia, South Sudan, Uganda, and Tanzania.
- **Geography:** Kenya has an impressively varied landscape. Lake Victoria is on the southwestern border of the country, with Tanzania to the south. The other features of Kenya range from a flat, bush-covered plain in the northeast to beautiful Indian Ocean beaches, scenic highlands, lakes, the Great Rift Valley, and the towering Mount Kenya.
- **Population:** 55,864,655 (estimate)
- **Religions:** Christian 82.5%, Muslim 11.1%, Traditionalists 1.6%, other 1.7%, none 2.4%, unspecified 0.7%
- **Time zone:** Kenya is on East Africa Time, eight hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 2pm in Nairobi.

National Holidays: Kenya

In addition to the holidays listed below, Kenya celebrates a number of national holidays that follow a lunar calendar, such as Easter and Eid al-Fitr. To find out if you will be traveling during these holidays, please visit **www.timeanddate.com/holidays**.

01/01 New Year's Day

05/01 Labour Day/May Day

06/01 Madaraka Day

10/20 Mashujaa Day

12/12 Jamhuri Day

12/25 Christmas Day

12/26 Boxing Day

Kenya: A Brief History

Some of the earliest humans made their home in the land now known as Kenya. And since those primordial times, people from all over Africa have migrated here—such as the aristocratic Hima tribe, who moved in prior to A.D. 1000, and established large kingdoms and introduced cattle herding. They were followed by the Bantu-speaking peoples, including the Kikuyu tribe, which remains the largest ethnic group in Kenya today.

This wave of internal migration was followed by outside traders. First the Persians and Arabs, who sailed south from the Middle East as early as the 1st century B.C.E. (during the Roman era). They became a dominant trade presence in the coastal region, giving rise to the development of the Swahili language, which blends Arabic with Bantu—one of the earliest examples of a shared language created for international trade. In time the coastal area was divided up into wealthy city-states known as the Swahili States. While these states had an Arabic influence—notably in the introduction of Islam in 8th century—most scholars believe they retained a Bantu cultural core, giving them a sophisticated cosmopolitan culture that was only enhanced by trade with Asia across the Indian Ocean. Mombasa, one of Kenya's major cities today, originated as one of these city-states.

The first Europeans to have an impact on East Africa were the Portuguese, who arrived by sea in the 15th century with an eye on controlling the Indian Ocean sea routes. They were succeeded by the Omani Arabs in the 1730s, who unified the coastal states but also began amplifying the slave trade, selling prisoners from the interior of Kenya and other nations throughout the Middle East and to plantations in the Caribbean. They in turn were ousted by the British, who by the latter half of the 19th century had become the dominant power, drawing the borders of the newly defined nation of Kenya. The British ended the slave trade but claimed all land outside of so-called “tribal areas” as crown land available for white settlement.

British colonial rule created a stratified social system in Kenya. At the top where the European settlers, brought in to begin large-scale farming so that crops like coffee could be exported. Then a large group of immigrants from India, who came to work on the railroad, open businesses, or as soldiers in World War I. As India had been under British rule for some time, the Indian community was viewed more favorably by the British than the African tribespeople, who were at the bottom of the social ladder. There was also a complex hierarchy among the tribes, depending on which group the British government felt would support them.

This system led to tensions and disparities not only between the Africans and the British, but also between the tribes. The Kikuyus in particular took a lead role in creating political groups that advocated for African suffrage, fairer taxation, and the return of native lands in the 1920s. Many of these movements were put on pause during World War II, when Kenyan soldiers bravely fought for the Allies, and then resumed afterwards. A turning point came in 1952 with the start of the Mau Mau Uprising, a four-year rebellion that put the country on the path to independence in 1963.

It also solidified the political importance of the Kikuyu tribe as they were the primary supporters of the Mau Mau movement. Jomo Kenyatta, the first president of independent Kenya, was a Kikuyu. Though he had been involved in the Mau Mau rebellion, he established moderate, pro-Western policies and was acknowledged as *Mzee*, “the wise old one,” by his own people and many world leaders upon his death in 1978.

Kenyatta’s successor, Daniel arap Moi, continued to follow similar social and economic policies from 1978 to 2002. But Moi’s years as president were not without controversy, especially his personal fortune (rumored to be vast and corrupt), authoritarian methods, and his reliance on ethnic favoritism to stay in power. Under his government, tribal tensions began to bubble over, resulting in mass evictions of the Kikuyu and oppressive measures against other groups, such as the Luo. These tensions, plus periodic attacks by the radical al-Shabab group, have largely dominated recent Kenyan politics in the past decade, but so too have happier news stories, like the discovery of oil and the recent birth of a record number of elephant calves.

Tanzania

Facts, Figures & National Holidays

- **Area:** 365,755 square miles
- **Capital:** Dodoma
- **Languages:** Swahili is the official language; English and tribal languages are also spoken.
- **Ethnicity:** Mainland – African 99% (of which 95% are Bantu consisting of more than 130 tribes), other 1% (consisting of Asian, European, and Arab); Zanzibar – Arab, African, mixed Arab and African
- **Location:** Tanzania is bordered by Burundi, Democratic Republic of the Congo, Kenya, Malawi, Mozambique, Rwanda, Uganda, and Zambia
- **Geography:** Mainland Tanzania’s landscape is flat and low along the coast. In the interior, a plateau at an average altitude of about 4,000 feet makes up most of the country, and isolated mountain groups rise in the northeast and southwest.
- **Population:** 61,741,120 (estimate)
- **Religions:** Mainland – Christian 61.4%, Muslim 35.2%, folk religion 1.8%, other 0.2%, unaffiliated 1.4%; Zanzibar—majority Muslim

- **Time Zone:** Tanzania is on Eastern Africa Time, eight hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 2pm in Dar es Salaam.

National Holidays: Tanzania

In addition to the holidays listed below, Tanzania celebrates a number of national holidays that follow a lunar calendar, such as Easter and Eid el Fitri. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

01/12 Zanzibar Revolution Day

04/26 Union Day

05/01 Worker's Day

06/07 Saba Saba

08/08 Peasants' Day

10/14 Nyerere Day

12/09 Republic Day

12/25 Christmas Day

12/26 Boxing Day

Tanzania: A Brief History

Tanzania is home to the Olduvai Gorge, the site where some of the earliest human remains on earth have been discovered. For hundreds of thousands of years, hunter-gatherer societies inhabited the area, though details about them are lost in the mists of time. More recently, the interior of the country has been occupied by pastoral and agricultural societies.

The cattle-herding Maasai are notable among these. They are believed to have migrated from the southern Nile during the 15th to 17th century, and they continue to live in mainland Tanzania to this day. In the past, this tribe's reputation as fierce warriors may have prevented some intertribal clashes as neither the slave trade nor tribal warfare had much impact in their territory. Interestingly, while the Maasai may have captured the public imagination, they are not a majority tribe in Tanzania, which boasts a stunning diversity of over 100 tribal groups.

In contrast, the coastal region has a different migration story. Over one thousand years ago, sea-borne traders established a strong Arab presence on Tanzania's Indian Ocean coast, which includes the island of Zanzibar. A vast trade network sprang up, with Zanzibar as a key trading port between Africa, the Middle East, and India. (Sadly, this included a thriving slave trade.) The island's wealth and strategic location drew the attention of the Portuguese, who ruled it for about 200 years starting in 1502. But by the 1700s they were outed by the Sultans of Oman, who reestablished trade with the Arabic world and made Stone Town their capital in 1840.

Rivalry among European colonial powers brought historic change to the area in the late 19th century. Livingston and Stanley were among the first Englishmen to arrive in the interior, where Stanley's famous "Dr. Livingston, I presume" was uttered in 1871 by Lake Tanganyika. The British then made Zanzibar their protectorate in 1890 and abolished the slave trade. But on the mainland Britain yielded to Germany when the two countries signed an agreement giving Tanzania (then known as Tanganyika) to the Germans, while Britain got Kenya and Uganda. This agreement

ended in World War I, when Germany and Britain fought intense land and naval battles in Tanganyika. Following Germany's defeat in Europe, Britain was put in charge of the League of Nations mandate for Tanganyika.

In the 20th century, the movement to end colonialism in Tanganyika took shape among farmers' unions and cooperatives. Julius Nyerere led the political party that grew out of this movement and became the country's first president when it made a peaceful transition to independence in 1961. The island of Zanzibar gained independence in 1963, in a transition that involved a bloody revolution during which the bulk of the Arab population was expelled. In 1964, Tanganyika, Zanzibar, and Pemba (another offshore island) joined to become the United Republic of Tanzania.

Tanzania's leaders stood at the forefront of African liberation movements during the 1970s and the early 1980s. They allowed Mozambique nationalists to use Tanzanian territory for training and attack bases as they fought for independence from the Portuguese. In 1979, Tanzanian troops helped overthrow the regime of Ugandan dictator Idi Amin. President Nyerere also played a key role in the negotiations for ending white rule in Zimbabwe. Although it maintained good relations with the West, Tanzania followed a strongly socialist path in the decades immediately following independence.

Part of the reason Tanzania was able to take such a leading role was the relative lack of tension between tribal groups and the use of the shared language (Swahili) which was adopted early on in 1961. That is not to say that there isn't any friction—the past two decades have seen some strong political divisions, especially between Zanzibar and the mainland—but these internal squabbles are relatively mild compared to other African nations. In recent years the relative stability has helped Tanzania emerge as one of the anchors for the East African region, accepting refugees from the conflicts in Rwanda, hosting peace talks for Burundi, and forming an East African trade alliance with neighboring states like Kenya.

Rwanda

Facts, Figures & National Holidays

- **Area:** 10,169 square miles
- **Capital:** Kigali
- **Languages:** Kinyarwanda only 93.2%, Kinyarwanda and other language(s) 6.2%, French and other language(s) 0.1%, English and other language(s) 0.1%, Swahili 0.02%, other 0.03%, unspecified 0.3%
- **Ethnicity:** Hutu (Bantu) 84%, Tutsi (Hamitic) 15%, Twa (Pygmy) 1%
- **Location:** Rwanda is bordered by Tanzania on the East and the Democratic Republic of the Congo on the West
- **Geography:** almost all of Rwanda's land is under cultivation. Most of the country consists of mountains and hilly terrain, which means that except for the highest slopes of its volcanoes, almost all of its agriculture is terraced, much like in the Philippines or Nepal.

- **Population:** 13,246,394 (estimate)
- **Religions:** Roman Catholic 49.5%, Protestant 39.4%, other Christian 4.5%, Muslim 1.8%, animist 0.1%, other 0.6%, none 3.6%, unspecified 0.5%
- **Time Zone:** Rwanda is on Central Africa Time, seven hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 1pm in Rwanda.

National Holidays: Rwanda

In addition to the holidays listed below, Rwanda celebrates a number of national holidays that follow a lunar calendar, such as Easter and Eid al-Fitr. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

02/01 National Heroes' Day

04/07 Tutsi Genocide Memorial Day

05/01 May Day

07/01 Independence Day

07/04 Liberation Day

08/15 Assumption Day

12/25 Christmas Day

12/26 Boxing Day

Rwanda: A Brief History

The first known inhabitants of Rwanda were the Twa Pygmies, a people thought to be related to hunter-gatherers. From about 100 AD onwards, the Twa were gradually displaced by the Hutu, a tribal group that probably migrated here from the Congo Basin. The Hutu were well established by the 15th century, when they were conquered by the Tutsi, whose kings, or *mwamis*, established a form of feudal caste system where the Hutus were forced into slavery.

German explorers arrived in the area in the 1880s, and in 1890 until 1916 Rwanda (then called Ruanda) and Burundi (then called Urundi) were incorporated into German East Africa. After World War I the area was mandated to Belgium by the League of Nations and became known as the Territory of Ruanda-Urundi. The Belgians continued ruling through the Tutsi chiefs, whose power over the Hutu minority increased until 1959, when a Tutsi clan seized power and murdered Hutu leaders. After a massive Hutu uprising ensued with some 100,000 Tutsis killed, Belgium finally granted Rwanda independence in 1962.

The Hutu majority came to power after independence, resulting in resentment by the Tutsis who formed guerilla groups (the Rwandan Patriotic Front, or RPF), mounting raids on Hutu communities starting in 1990. This, of course, led to reprisals and counter-reprisals. Finally, in April of 1994, after a mysterious plane crash at Kigali airport killed both the Rwandan and Burundi presidents, a full-fledged genocide ensued, with roughly 800,000 Tutsis and moderate Hutus exterminated in a three-month period. The Tutsi rebels finally defeated the Hutu regime in July, but then some 2 million Hutus, fearing retribution, fled to refugee camps in neighboring countries.

Having endured one of worst genocides in recorded history, Rwanda's recovery has been nothing short of remarkable. Since 1994, this small nation has made extraordinary economic progress, with a growth rate the second fastest in the continent. And in one more sign of progress—Rwanda's parliament includes the largest number of female members in the entire world.

Uganda

Facts, Figures & National Holidays

- **Area:** 93,065 square miles
- **Capital:** Kampala
- **Languages:** English (official language), Ganda or Luganda, other Niger–Congo languages, Nilo–Saharan languages, Swahili, and Arabic
- **Ethnicity:** Baganda 16.5%, Banyankole 9.6%, Basoga 8.8%, Bakiga 7.1%, Iteso 7%, Langi 6.3%, Bagisu 4.9%, Acholi 4.4%, Lugbara 3.3%, other 32.1%
- **Location:** Uganda is bordered by Kenya on the East, the Democratic Republic of the Congo on the West, South Sudan on the North, and Rwanda and Tanzania on the South.
- **Geography:** Uganda consists of a plateau with mountains along the border. It is surrounded by three lakes: Lake Albert, Lake Edward, and Lake Victoria.
- **Population:** 45,853,778 (estimate)
- **Religions:** Protestant 45.1%, Roman Catholic 39.3%, Muslim 13.7%, other 1.6%, none 0.2%
- **Time Zone:** Uganda is on Central Africa Time, seven hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 1pm in Uganda.

National Holidays: Uganda

In addition to the holidays listed below, Uganda celebrates a number of national holidays that follow a lunar calendar, such as Easter and Eid al-Fitr. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

01/26 Liberation Day

02/16 Remembrance of Archbishop
Janani Luwum

03/08 International Women's Day

05/01 May Day

06/03 Martyr's Day

06/09 National Heroes Day

10/09 Independence Day

12/25 Christmas Day

12/26 Boxing Day

Uganda: A Brief History

Agricultural Bantu settlers are believed to be some of the first inhabitants of Uganda, dating back to 1,000 B.C. In the 17th and 18th centuries, several kingdoms were formed, including Bunyoro, Buganda, Busoga, Ankole, and Toro. By the 19th century, English Protestant and French Catholic missionaries arrived, whose influence can still be seen in modern-day Uganda. In 1894, the kingdom of Buganda became a British Protectorate and the British Colonial Office took control of the country in 1905.

In 1921, a legislature and executive council were formed to bring power back to the local people and by 1955, Ugandans made up more than half of the legislature. Britain granted independence to Uganda in 1962, and the first elections were held on March 1, 1961. Benedicto Kiwanuka of the Democratic Party became the first chief minister. Uganda became a republic the following year, maintaining its Commonwealth membership.

In succeeding years, supporters of a centralized state vied with those in favor of a loose federation and a strong role for tribally-based local kingdoms. Political maneuvering climaxed in February 1966, when Milton Obote, the Prime Minister, suspended the constitution and assumed all government powers, removing the positions of president and vice president. In September 1967, a new constitution proclaimed Uganda a republic, gave the president even greater powers, and abolished the traditional kingdoms.

After a military coup on January 25, 1971, Obote was deposed from power and the dictator Idi Amin seized control of the country. Amin ruled Uganda with the military for the next eight years and carried out mass killings within the country to maintain his rule. An estimated 300,000 Ugandans lost their lives at the hands of his regime, many of them in the north, which he associated with Obote's loyalists. Aside from his brutalities, he forcibly removed the entrepreneurial Indian minority from Uganda, which left the country's economy in ruins.

A border altercation involving Ugandan exiles who had a camp close to the Ugandan border of Mutukula resulted in an attack by the Uganda army into Tanzania. In October 1978, the Tanzanian armed forces repulsed an incursion by Amin's troops into Tanzanian territory. The Tanzanian

army, backed by Ugandan exiles, waged a war of liberation against Amin's troops and the Libyan soldiers sent to help him. On April 11, 1979, Kampala was captured and Amin fled with his remaining forces to Libya.

Amin's reign ended after the Uganda-Tanzania War in 1979, in which Tanzanian forces aided by Ugandan exiles invaded Uganda. This led to the return of Obote, who was deposed again in 1985 by General Tito Okello. Okello ruled for six months until he was deposed. This occurred after the so-called "bush war" by the National Resistance Army (NRA) operating under the leadership of Yoweri Museveni, and various rebel groups, including the Federal Democratic Movement of Andrew Kayiira, and another belonging to John Nkwaanga. During the Bush War the army carried out mass killings of non-combatants.

Negotiations between the Okello government and the NRA were conducted in Nairobi in the fall of 1985, with Kenyan President Daniel arap Moi seeking a cease-fire and a coalition government in Uganda. Although agreeing in late 1985 to a cease-fire, the NRA continued fighting, and seized Kampala and the country in late January 1986, forcing Okello's forces to flee north into Sudan. Museveni's forces organized a government with Museveni as president.

Since assuming power, the government dominated by the political grouping created by Museveni and his followers, the National Resistance Movement (NRM or the "Movement"), has largely put an end to the human rights abuses of earlier governments, initiated substantial political liberalization and general press freedom, and instituted broad economic reforms after consultation with the International Monetary Fund, World Bank, and donor governments.

Between 1998 and 2003, the Ugandan army was involved in the Second Congo War in the Democratic Republic of the Congo. Uganda continues to support rebel groups, such as the Movement for the Liberation of Congo and some factions of the Rally for Congolese Democracy.

In August 2005, Parliament voted to change the constitution to lift presidential term limits, allowing Museveni to run for a third term if he wished to do so. Museveni remains the current President of Uganda, serving his sixth term.

RESOURCES

Suggested Reading

Eastern Africa: Kenya & Tanzania

City of Thorns: Nine Lives in the World's Largest Refugee Camp by Ben Rawlence (2016, Nonfiction). The Dadaab refugee camp is the third-largest refugee camp in the world, seen internationally as a looming humanitarian crisis. Rawlence outlines life in the camp, telling the stories of nine inhabitants and the struggles they face on their desperate bid for a better life.

Love, Life, and Elephants: An African Love Story by Daphne Sheldrick (2012, Memoir) The lively and engaging biography of a much-admired expert on African elephants—and the first person to raise one in captivity from birth. The book recounts her experiences helping her husband to create and run one of Kenya's national parks and her role in raising orphaned elephants to release back into the wild.

Running with the Kenyans: Passion, Adventure, and the Secrets of the Fastest People on Earth by Adharanand Finn (2012, Sport) An amateur runner from Britain, Finn uproots his family for a chance to train in Kenya, where many of the best professional runners come from. While some reviewers felt this book was more for the running enthusiast, others praised its mix of sports and travel writing.

Crazy River: Exploration and Folly in East Africa by Richard Grant (2011, Travel Narrative) Author Grant risks his life to travel the relatively unexplored Malagarasi River from Tanzania into Burundi, which he then follows up with a jaunt into Rwanda. At times adventurous, scary, and crazy.

It's Our Turn to Eat: The Story of a Kenyan Whistle-Blower by Michela Wrong (2009, History/Politics) Journalist-turned-author Michela Wrong uses the dramatic true story of anti-corruption officer John Githongo as a way to shed light on tribal politics and corruption in Kenya.

Rwanda

A Thousand Hills to Heaven: Love, Hope, and a Restaurant in Rwanda by Josh Ruxin (2013, Memoir) The inspiring true story of an expat American family that open a restaurant in Kigali, Rwanda both as a creative endeavor and as a way to help the local community.

The Antelope's Strategy: Living in Rwanda After the Genocide by Jean Hatzfield (2011, Non-Fiction) Hatzfield returns to Rwanda to learn about the relationship between the Hutus and Tutsis following the genocide.

Baking Cakes in Kigali by Gaile Parkin (2010, Fiction) A sweet and satisfying novel about a big-hearted baker in Kigali who doles out wisdom to the customers who come into her kitchen to order cakes but end up sharing stories about their lives.

We Wish to Inform You That Tomorrow We Will Be Killed with Our Families: Stories from Rwanda by Philip Gourevitch (1998, Non-Fiction) A must-read collection of stories about the infamous genocide in Rwanda.

Gorillas in the Mist by Dian Fossey (1983, Memoir) The story of Dian Fossey's thirteen years living with gorillas in an African rainforest. Look for the 2000 edition, which was reissued for the 15th anniversary of Fossey's passing.

Uganda

Operation Thunderbolt: Flight 139 and the Raid on Entebbe Airport, the Most Audacious Hostage Rescue Mission in History by Saul David (2017, Non-Fiction) Days after Idi Amin Dada is declared President, an Air France flight is hijacked and diverted to Entebbe Airport on the shore of Lake Victoria in Uganda for six days where Israeli Special Forces must stage a rescue mission to free the hostages.

Kintu by Jennifer Nansubuga Makumbi (2014, Fiction) What happens when your family is cursed? This epic novel follows several generations of the same family, all descendants of Kintu Kata, a Ugandan man who unleashes a curse on his family in 1750. The author won the 2014 Commonwealth Prize for this debut novel and as since written other well-received books like 2020's ***A Girl is a Body of Water***, about a 12-year-old's trying to find out who her mother is.

The Teeth May Smile but the Heart Does Not Forget: Murder and Memory in Uganda by Andrew Rice (2010, Journalism/Narrative) Journalist Andrew Rice spent four years in Uganda researching this gripping story of a man's quest for the truth about the murder of his father during the brutal reign of dictator Idi Amin.

Abyssinian Chronicles: A Novel by Moses Isegawa (1998, Fiction) The story of a young man living in Uganda following the end of President Idi Amin's regime.

Suggested Films & Videos

Kenya

Eye in The Sky (2015, Drama/War) A tense and thought-provoking war drama in which British commander Katherine Powell (played by Helen Mirren) faces the most difficult choice of her career. While running a drone mission against terrorists in Kenya, a young girl enters the kill zone, forcing a moral dilemma.

The First Grader (2010, Biopic/Drama) An 84-year old Kenyan villager is determined to learn how to read and write no matter the odds. An uplifting movie based on a true story.

The Constant Gardener (2005, Thriller) A British diplomat, Justin Quale, and his wife Tessa relocate to Kenya. But when Tessa is murdered and British embassy tries to meddle in Justin's investigation, it becomes apparent that Tessa's death is just the tip of the iceberg.

Nowhere in Africa (2001, Drama) A Jewish couple flee Germany for Kenya at the start of WWII and try to build a new life in a strange land. In German, with subtitles.

Out of Africa (1985, Drama/Romance) A young Danish woman falls for Kenya, her new coffee plantation, and a restless big-game hunter in 1910s. Based on the book by the same name and starring Robert Redford and Meryl Streep in one of her early roles.

Tanzania

Jane (2017, Documentary) An inspiring documentary about the life of Jane Goodall, the world's foremost expert on chimpanzees, and her work at Gombe Stream National Park in Tanzania.

Throw Down Your Heart (2008, Music) Did you know the banjo originated in Africa? Well-known banjo player Bela Fleck traces the instrument's roots through Tanzania, Uganda, Gambia, and Mali, jamming with fellow musicians along the way. If you are more interested in the music than the film, some of the songs have been released as an album called ***Throw Down Your Heart: Africa Sessions*** (2020).

Rwanda

Kinyarwanda (2012, Drama) Powerful film about the Rwandan genocide told through a series of deeply personal intertwining stories of everyday people that together form one grand narrative.

Munyurangabo (2009, Drama) Life in post-genocide Rwanda seen through the lives of two adolescent boys who journey from Kigali to a family farm in the countryside. An intimate and beautiful little film shot on location in just two weeks using local actors—and also the first film in the Kinyarwanda language. English subtitles.

Sometimes in April (2005, Drama) A Hutu soldier struggles to come to terms with the aftermath of the genocide as his brother awaits trial for his involvement.

Beyond the Gates (2005, Drama) Also called *Stray Dogs*, this film depicts the insanity of the genocide based on the experiences of a BBC producer.

Hotel Rwanda (2004, Drama) Powerful true-life story of a hotel manager who housed Tutsi refugees during the Rwanda genocide of 1994.

Uganda

Queen of Katwe (2016, Drama) The inspiring story of a Ugandan girl living in a slum who learns to play chess and goes on to become a Woman Candidate Master at the World Chess Olympiad.

Who Killed Captain Alex? (2010, Action/Comedy) This low-budget action film is one of about 40 that have been produced in “Wakaliwood,” a slum of Kampala. Made for about \$200, it was masterminded by director Nabwana Isaac Geoffrey Godfrey, who has gained a cult following as the “Tarantino of Uganda.” Even if you don’t like the gleeful mayhem, you can’t help but be impressed by the resourcefulness of the production.

Last King of Scotland (2006, Historical Drama) Forest Whitaker won Best Actor at the 2006 Academy Awards for his role as Ugandan President, Idi Amin, in this film which follows the story of the Ugandan President's personal physician and confidant.

Useful Websites

Overseas Adventure Travel Frequently Asked Questions

www.oattravel.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

www.worldstandards.eu/electricity/plugs-and-sockets

Foreign Exchange Rates

www.xe.com/currencyconverter
www.oanda.com/converter/classic

ATM Locators

www.mastercard.com/atm
www.visa.com/atmlocator

World Weather

www.intellicast.com
www.weather.com
www.wunderground.com

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

Useful Apps

Flight Stats

Track departures, arrivals, and flight status

LoungeBuddy

Get access to premium airport lounges around the world

Timeshifter

Personalized tips for avoiding jetlag, based on neuroscience and your own data

GoogleMaps or Maps.me

Maps and directions anywhere in the world

Triposo

City guides, walking maps, and more – and it works offline

Rome2rio

Where to go, what to see, and what to do in more than 160 countries

Flush or Sit or Squat

Find a clean toilet anywhere

Uber or Bolt or Grab

Ride sharing around the world

Visa Plus and Mastercard Cirrus

ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

What's App or Skype or Signal

WiFi calling anywhere in the world

Duolingo or FLuentU or Babbel

Learn dozens of foreign languages

Google Translate

Fast and simple translations

XE

Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

Converts currency, mileage, weights, and many other units of measurement

Tourlina

For women only, it connects you with other female travelers

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

ALIX for One

Created by and for women, it identifies solo-friendly dining spots in major international cities

TripWhistle

Maps your location and provides emergency numbers for police, medics, and more

GeoSure

Safely navigate neighborhoods around the world

Chirpey

For women only, connect with other women, find out what's safe, meet up, and more

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Submitted by Joy and Don Janke,
8-time travelers from Stevensville, MI



Submitted by Julia Schneider,
5-time traveler from Pinellas Park, FL



Submitted by Martin Schwartzman,
30-time traveler from Woodbury, NY



Submitted by Paul Stark, 17-time traveler
from Edina, MN



Submitted by David Fong, 16-time traveler
from Foster City, CA



Submitted by Steven dos Remedios,
23-time traveler from Oakland, CA



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