

Overseas Adventure Travel®

THE LEADER IN CUSTOMIZED SMALL GROUP ADVENTURES SINCE 1978

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



New! Southern Africa Discovery: Victoria Falls,
Kruger Safari & the Cape Peninsula

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.

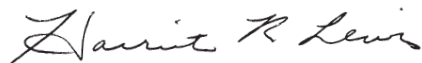
When you join us, you will slip seamlessly into local life as you explore off the beaten path in your small group. Like all our itineraries, this one is designed to give you an intimate understanding of your destination, not just a superficial view. You will get to know community leaders and try your 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

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New! Southern Africa Discovery: Victoria Falls, Kruger Safari & the Cape Peninsula Small Group Adventure

Zimbabwe: Victoria Falls | **Zambia:** Mosi-oa-Tunya National Park | **South Africa:** Kruger National Park, Stellenbosch, Cape Town

Small groups of no more than 16 travelers, guaranteed

16 days starting from \$7,795

including international airfare

Single Supplement: **FREE**

For departure dates & prices, visit www.oattravel.com/saz2026pricing

Journey to Zimbabwe to witness the awe-inspiring beauty of Victoria Falls, the largest curtain of water in the world, along with the rare opportunity to track endangered white rhinos by foot. Then, discover the nation of South Africa with exciting game-viewing drives in Kruger National Park, home to all of Africa's legendary "Big Five" safari animals, followed by the lush vineyards of Stellenbosch in the heart of South Africa's wine country and Cape Town.

IT'S INCLUDED

- 14 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
- 32 meals—14 breakfasts, 10 lunches, and 8 dinners, including 1 Home-Hosted Dinner
- 22 small group activities, including game-viewing drives, hikes, museum visits, plus park fees
- 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. 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.

Southern Africa Discovery: Victoria Falls, Kruger Safari & the Cape Peninsula



ITINERARY SUMMARY

DAYS	DESTINATION
1	Fly to Johannesburg, South Africa
2	Johannesburg
3-6	Fly to Victoria Falls, Zimbabwe
7-9	Fly to Kruger National Park, South Africa
10-12	Fly to Cape Town • Overland to Stellenbosch
13-15	Overland to Cape Town
16	Return to U.S.

WHAT TO EXPECT

① ② ③ ④ ⑤ Moderate

Pacing: 5 locations in 16 days

Physical Requirements: Uneven walking surfaces, including unpaved paths, hills, stairs, and cobblestones

Flight time: Travel time will be 16-24 hours and will most likely have two connections

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

SOUTHERN AFRICA: THE O.A.T. DIFFERENCE

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

People-to-People Experiences: Spend *A Day in the Life* of Chidobe, a tribal village near Victoria Falls. Plus, savor a **Home-Hosted Lunch** with a local South African family in the Stellenbosch wine region.

O.A.T. Exclusives: In Cape Town, participate in a discussion about the **Controversial Topic** of District Six and the legacy of the South African apartheid regime. And meet with a former warden at Robben Island to learn what life was like for Nelson Mandela during the 18 years he spent at the infamous island prison.

PERSONALIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

South Africa's Entabeni Private Game Reserve

PRE-TRIP: 4 nights from **\$1,495**

Namibia: The Skeleton Coast & Sossusvlei

POST-TRIP: 7 nights from **\$3,995**

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 **Johannesburg** before your Entabeni Game Reserve pre-trip extension or before your main adventure from **\$140** per room, per night

Southern Africa Discovery: Victoria Falls, Kruger Safari & the Cape Peninsula

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

4 nights in *South Africa's Entabeni Private Game Reserve*

Day 1 Depart U.S.

Day 2 Arrive in Johannesburg, South Africa

Day 3 Overland to Entabeni Game Reserve • Afternoon game-viewing activity

Day 4 Morning & afternoon game viewing

Day 5 Morning & afternoon game viewing
• Boma dinner

Day 6 Morning game-viewing • Overland to Johannesburg

Day 1 Depart U.S.

You depart the U.S. today on an overnight flight.

Day 2 Arrive in Johannesburg, South Africa

- Destination: Johannesburg
- Accommodations: Southern Sun O.R. Tambo International Hotel or similar

Activity Note: Travelers who personalized their adventure by arriving early in Johannesburg will remain in their current hotel this evening. They will join the rest of the group in the morning of Day 3.

Afternoon: At our hotel in Johannesburg, we'll be joined by travelers who took our optional *South Africa's Entabeni Private Game Reserve* pre-trip extension.

Dinner: On your own. You're free to settle into the hotel and dine at the on-site restaurant, or ask your Trip Experience Leader for recommendations on where to go for your first culinary experience in South Africa.

Evening: You're free to retire early tonight to rest after your journey.

Day 3 Fly to Victoria Falls, Zimbabwe

- Destination: Victoria Falls
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Shearwater's Explorers Village or similar

Breakfast: At the hotel.

Morning: We'll fly to Victoria Falls, Zimbabwe this morning.

Lunch: A light meal will be served on our flight.

Afternoon: We should arrive at our hotel in Victoria Falls by early afternoon. You'll have some time to get settled before we gather together for a Welcome Briefing with our Trip Experience Leader before dinner.

Dinner: Enjoy a Welcome Dinner this evening at The Lookout Café, an iconic dining spot in the area that features breathtaking views of the falls.

Evening: You're free to spend the evening as you wish.

Day 4 Explore Victoria Falls • Optional tours • Sunset boat cruise

- Destination: Victoria Falls
- Included Meals: Breakfast, Lunch
- Accommodations: Shearwater's Explorers Village or similar

Breakfast: At the lodge.

Morning: We'll enjoy a walking tour of Victoria Falls—the largest curtain of water in the world and one of the world's Seven Natural Wonders. We'll discover walking trails and lookout points—each with different views. There are five main cataracts, including the most dramatic, the Main Falls and Devil's Cataract. These cataracts, whose African name (*Mosi-oa Tunya*) means “the smoke that thunders,” are nearly twice as high as Niagara, one and a half times as wide, and generate three times as much water.

On a clear day, you can see the mist sprayed into the air from these crashing waters from more than 50 miles away. At peak flood times, 1.4 billion gallons of water per minute pass over its edge. The flora around the Falls is naturally profuse: You'll see ebony, fig trees, and many flowering species. The rain forest surrounding the Falls is particularly lush, fed by the Falls' perpetual spray.

Lunch: At The Rainforest Café, where we can dine under the trees while listening to the sounds of water cascading over the falls.

Afternoon: Spend the afternoon exploring on your own. Or, you may choose to join one of our three optional tours. On our *Through the Eye of an Elephant* tour, you'll visit Shearwater Victoria Falls Private Game Reserve to observe and lightly interact with these creatures. On our helicopter ride over Victoria Falls, you'll board a four- or six-passenger helicopter for views of the iconic “smoke that thunders.” We also offer an extended helicopter ride over Victoria Falls that features a scenic visit to Batoka Gorge. Your Trip Experience Leader will facilitate reservations for travelers who would like to take any of the Optional Tours.

Later, we'll relax and unwind with a sunset boat cruise along the Zambezi River with complimentary sundowner drinks and light snacks in the fading twilight hours.

Dinner: On your own. Your Trip Experience Leader can recommend some local dining option

Evening: You're free to spend the evening as you wish.

Day 5 A Day in the Life of Chidobe Village • Grand Circle Foundation visit: Chidobe Primary School • Evening performance at Ndlovu Theatre

- Destination: Victoria Falls
- Included Meals: Breakfast, Dinner
- Accommodations: Shearwater's Explorers Village or similar

Breakfast: At the lodge.

Morning: Today, we have several opportunities to gain insight into **A Day in the Life** of a Victoria Falls village. First, we'll drive to a

local supermarket to gather goods, such as vegetables and fruit, that we will give to local villagers later this morning.

Next, we'll head to Chidobe village, where we will be greeted by the headman of the tribe, who will lead us on a walk around the village. As we stroll along, you'll notice that the families here own their own chickens, goats, and sometimes even a cow which are used to provide food for the family. Goats are only slaughtered for meat on special occasions such as a wedding, while chicken meat is reserved for birthday feasts. Otherwise, these animals are kept for their milk and eggs.

Then, we'll meet with a local family, to whom we will present the produce we found at the supermarket earlier today. We will first help with some daily chores around the homestead, such as harvesting crops or even milking a goat. Depending on the season, we may even assist with thatching a roof or molding bricks out of clay. Afterwards, we'll gather around the family's cooking fire—which we will help kindle—and take part in the preparation of a local dish such as *sadza*. While sampling some of the regional fare, we can ask our hosts any questions about everyday life around Victoria Falls and experience true cultural exchange. Before returning to our lodge, we'll head over to the Chidobe Primary School (when in session)—supported in part by **Grand Circle Foundation**.

Grand Circle Foundation

Chidobe Primary School

Total donated: **\$3,256**

Partner since: **2022**

Located about 10 miles outside of Victoria Falls in Zimbabwe's Matabeleland North, Chidobe Primary School was built by the local community in 1958. Since then, the school has grown considerably with about 280 students

attending from 10 of the surrounding villages. These villages are made up with about 30 households, with most families relying on subsistence farming or curio carvings to generate income for school fees.

Grand Circle Foundation's most recent project at Chidobe has been the repainting of the school's entrance and incorporating a large map of Zimbabwe. Due to a lack of resources and materials, a detailed map of their country is a very helpful tool for the children during their geography studies.

We'll learn about some of the challenges the school faces during a meeting with the staff and also interact with some of the students to get to know about their lives and future ambitions.

[Learn more about the sites we support »](#)

Lunch: On your own.

Afternoon: Enjoy the rest of the afternoon as you wish, or use the time to join one of the optional tours mentioned on Day 4.

Dinner: At a local restaurant.

Evening: After dinner, we'll walk over to the Ndlovu Theatre, an open-air venue with tiered seating to watch a live performance of *Simunye: We Are One*. Combining stunning visuals, puppetry, and dance with an original musical score, *Simunye* presents a simple but powerful tale of the universal desire for belonging, and is the first professional theatrical production in Victoria Falls.

Day 6 Mosi-oa-Tunya National Park, Zambia • White rhino tracking excursion on foot • Visit Livingstone’s Dambwa Market

- Destination: Victoria Falls
- Included Meals: Breakfast, Lunch
- Accommodations: Shearwater’s Explorers Village or similar

Breakfast: At the lodge.

Morning: This morning, we’ll make a short drive across the border to Zambia’s Mosi-oa-Tunya National Park. A UNESCO World Heritage Site, Mosi-oa-Tunya is included in the Kavango-Zambezi Transfrontier Conservation Area, an initiative to link the national parks of five African countries into what will eventually become a 108,000-square-mile park. Its name, which translates to “the smoke that thunders” in the Tonga language, refers to Victoria Falls which are also located on the park grounds. Situated along the Zambezi River and occupying just a little more than 25 square miles, the park offers excellent opportunities for concentrated game-viewing.

Upon arrival, we’ll set off on a rhinoceros tracking excursion on foot with two local guides—one guide will lead our group and one guide will follow behind our group. First, our guides will give us a briefing on the proper behavior we must exhibit as we explore this area—we will need to be quiet as we explore. They will also explain that we may spot guards walking the grounds whose duty is to protect the rhinos that live here. Because of our small group size, we’ll be able to tread lightly as we explore and learn the proper methods to locate and observe one of Earth’s largest extant species: the rare, endangered Southern White Rhinoceros. During our explorations, we may also spot elephants roaming these grounds.

Then, we’ll spend some time in Livingstone’s Dambwa Market, where locals gather to buy and sell fresh produce, traditional foodstuffs, housewares, and more. We’ll immerse ourselves in local culture while strolling through the stalls filled with everything from live chickens and dried fish to colorful fabrics and hand carved wooden crafts.

Lunch: At the David Livingstone Safari Lodge, set along the lush banks of the Zambezi River.

Afternoon: After lunch, we’ll cross over the Victoria Falls Bridge for your last opportunity to view the magnificent falls and return to our hotel in Zimbabwe. The remainder of the day is yours to relax or explore independently.

Dinner: On your own.

Evening: Your evening is free to linger at the bar or retire to your room.

Day 7 Fly to Kruger National Park, South Africa • Conversation about conservation efforts with a park ranger

- Destination: Kruger National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Buckler’s Africa Lodge or similar

Breakfast: At the lodge.

Morning: We’ll head to the airport for our flight to Kruger National Park, South Africa’s first national park.

Lunch: Served on our flight.

Afternoon: We’ll arrive at our lodge early this afternoon. We’ll spend the next three nights here—and since our lodge is located just outside the entrance to Kruger National Park we’ll have unparalleled access to its wonders.

You'll have some time to settle in and get accustomed to our surroundings before a local ranger meets us at the lodge for an enlightening discussion about ongoing conservation efforts in Kruger National Park. The park has put in place a number of measures to ensure the long-term survival of both the wildlife and their habitat. Efforts to protect the park's wildlife include anti-poaching measures such as increased patrols and the use of drone technology. And to prevent habitat loss, the park has been reintroducing indigenous plant species, removing invasive plant species, and restoring wetlands.

Dinner: At the lodge.

Evening: Your evening is free to relax in your room, or linger in the main dining area for a nightcap.

Day 8 Kruger National Park • Morning and afternoon game-viewing drives

- Destination: Kruger National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Buckler's Africa Lodge or similar

Breakfast: Tea and coffee at the lodge.

Early Morning: We'll board safari vehicles for our first game-viewing drive early this morning—when the wildlife is the most active. Kruger is one of the most notable among African game parks, and its origin dates to Transvaal President Paul Kruger, who saw the need to protect the wilderness and its animals. It was known as the Sabi Game Reserve before it became a national park. At just over 7,500 square miles, the park is among Africa's largest game reserves: Within its four main ecosystems, one could witness more than 517 species of birds, more than 100 reptile species, and an assortment of larger animals.

Kruger National Park is home to all of Africa's legendary "Big Five" safari animals—lion, leopard, rhino, elephant, and Cape buffalo—and if we're lucky, we'll be able to witness them in person today. Our Trip Experience Leader and driver-guides are highly trained in the behavior of wildlife here, so we'll be well-positioned to maximize our discoveries and insights. When we return to the lodge, brunch will be waiting for us followed by a little time to relax.

Lunch: At the lodge.

Afternoon: We'll continue our exploration of Kruger's magnificent wildlife late this afternoon, and we'll pause for our first African "sundowner"—a chance to stretch our legs and watch the sun go down while enjoying a cold beverage and some snacks.

Dinner: At the lodge.

Evening: Free to do as you'd like.

Day 9 Full-day game-viewing drive in Kruger National Park

- Destination: Kruger National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Buckler's Africa Lodge or similar

Breakfast: At the camp.

Morning: Today features a full day of game-viewing through Kruger National Park. One needn't only scan the grasses for activity—the trees and sky are busy, too. More than 500 species of birds are found here, including what African birders call "The Big Six" (in answer to the famous mammals): The Lappet-faced vulture, Martial eagle, Saddle-billed stork, Kori bustard, ground hornbill, and the elusive Pel's Fishing owl are all residents of the sprawling park.

Lunch: A picnic lunch served in Kruger National Park.

Afternoon: Right after lunch, we'll get back on board our safari vehicles to continue our game-viewing. Perhaps we'll see a pack of highly endangered African wild dogs—experts estimate that about 400 remain in South Africa today.

When we return to our lodge, you'll have a couple hours of free time to relax or perhaps take advantage of one of our recommended activities.

Dinner: At the lodge.

Evening: You'll have time to soak in the beauty of our surroundings before we bid farewell to Kruger tomorrow. Perhaps you'll enjoy a nightcap at the lodge with your fellow travelers, toasting to the many discoveries we've made in Kruger.

Day 10 Fly to Cape Town • Overland to Stellenbosch

- Destination: Stellenbosch
- Included Meals: Breakfast, Lunch
- Accommodations: Hotel Krige or similar

Breakfast: At the lodge.

Morning: Enjoy a couple of hours of free time at the lodge this morning to relax or finish packing. We'll head to the airport for our flight to Cape Town shortly before noon.

Lunch: A lunch will be served on our flight.

Afternoon: Upon arrival in Cape Town, we'll transfer to our hotel in Stellenbosch. After a brief orientation walk led by your Trip Experience Leader to familiarize yourself with the area around our hotel, the remainder of the day is yours.

Dinner: On your own. Your Trip Experience Leader can recommend some local dining options.

Evening: You're free to spend your evening as you wish.

Day 11 Stellenbosch vineyards tour

- Destination: Stellenbosch
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hotel Krige or similar

Breakfast: At the hotel.

Morning: We'll begin the day with an orientation tour of Stellenbosch. Founded by Simon van der Stel in 1679, Stellenbosch is the second oldest town in South Africa, and we'll see fine examples of its well-preserved Cape Dutch architecture during our stroll along its oak-shaded streets lined with cafés, boutiques, and art galleries.

Then, we'll visit one of the many historic wine estates located in the renowned "Golden Triangle" of Stellenbosch. The winemaking tradition of this fertile region dates back more than 350 years when the first wine grapes were pressed in 1659. We'll learn about the history of wines produced around Stellenbosch during a tour of the vineyard and wine cellar, followed by a tasting of the wines produced here and lunch.

Lunch: At the wine estate.

Afternoon: After returning to our hotel, you'll have a few hours on your own to pursue individual interests.

Dinner: At Stellenbosch Kitchen, a local favorite for its "farm-to-table" approach to dining.

Evening: On your own.

Day 12 Visit Pniel village •

Home-Hosted Lunch

- Destination: Stellenbosch
- Included Meals: Breakfast, Lunch
- Accommodations: Hotel Krige or similar

Breakfast: At the hotel.

Morning: On our way to Pniel (pronounced “Pin-yel”) this morning, we’ll make a brief stop at the Victor Verster Maximum Security Prison (now called the Groot Drakenstein Correctional Centre). Here, we’ll see the larger-than-life bronze statue of Nelson Mandela with his fist raised in the well-recognized symbol of defiance. Mandela served the last 14 months of his 27 years in prison at Victor Verster and walked through its gates as a free man on February 11, 1990.

Pniel is a quaint farming village surrounded by mountains, vineyards, and orchards. Pniel was originally established as a mission station in 1834 for recently freed slaves and remains a sleepy village of cottages and a single congregational church (built in 1843) that is shared by different denominations. We’ll split into smaller groups and visit several different homes for an opportunity to learn about everyday life in an intimate setting, along with some firsthand knowledge of the village’s history. We’ll also help to prepare a typical meal with our host family before joining them at the table for lunch.

Lunch: Enjoy a **Home-Hosted Lunch** with some local families in Pniel.

Afternoon: After thanking our host families, we’ll head back to our hotel, driving along Helshoogte Pass (Hell’s Heights), a windy mountain pass renowned for its scenic views of picturesque wine estates and mountain vistas. The remainder of the day is yours.

Dinner: On your own in Stellenbosch.

Evening: Yours to do as you please.

Day 13 Overland to Cape Town • •

District 6 Museum and Cape Town tour •

Table Mountain

- Destination: Cape Town
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Signature Lux Hotel by Onomo Waterfront or similar

Activity Note: Table Mountain Aerial Cableway closes for annual cable car maintenance each year, usually from mid-July to the end of August. If it is closed at the time of your scheduled visit, travelers will have the option of visiting Robben Island (weather dependent) or the Zeitz Museum of Contemporary Art Africa.

Breakfast: At the hotel.

Morning: We’ll drive to Cape Town this morning and head to the Victoria & Alfred Waterfront. Named after Queen Victoria and her second son, Alfred, this bustling harbor has a maritime legacy that dates back more than 350 years. Still used by tugs and fishing boats, this picturesque waterfront area is now home to trendy restaurants, shops, and myriad other attractions spread over 300 acres.

We’ll also visit the District Six Museum and meet with a former resident of District Six. District Six had been a vibrant, mixed-race community in the heart of Cape Town, consisting of freed slaves, merchants, artisans, laborers, and immigrants. But on February 11, 1966 (under the Group Areas Act of 1950), the district was declared “white” and 66,000 non-whites were forcibly removed and their homes were bulldozed. Meant to be redeveloped for whites only, the area remained largely abandoned as a result of international pressure.

After our visit, our Cape Town discoveries continue with a walking tour of the bustling South Africa capital with our Trip Experience Leader.

Lunch: At a local restaurant.

Afternoon: After lunch, we'll travel by cable car (depending on wind conditions) up to Table Mountain, one of Cape Town's most dramatic natural landmarks. From the top, we'll enjoy views of the Atlantic Ocean, the bays, the city below, and the peninsula that meanders south to the Cape of Good Hope. Some 1,400 species of wild flowering plants grow on and around Table Mountain, which is also home to the unusual rock hyrax (often called dassies)—rodent-like creatures whose closest living relative is the elephant.

Then, we'll check in to our hotel and you'll have some free time before dinner.

Dinner: At a local restaurant in Cape Town.

Evening: Spend this evening as you wish.

Day 14 Explore Cape Peninsula • Controversial Topic: Poaching vs. Survival

- Destination: Cape Town
- Included Meals: Breakfast, Lunch
- Accommodations: Signature Lux Hotel by Onomo Waterfront or similar

Breakfast: At the hotel.

Morning: Set off for a full-day tour of Cape Peninsula. We'll travel along the coast, enjoying views of majestic Table Mountain rising in the distance. We'll also make a stop at Hout Bay, a picturesque fishing town. Here, we'll meet with a member of the community to learn about the **Controversial Topic** of Poaching versus Survival. With their livelihoods increasingly under threat, many fishermen have had to

resort to late-night poaching of valuable catches like abalone and rock lobster in these unforgiving waters just to generate enough income to feed their families.

We continue further onto the Cape Peninsula itself, along the coast road, the Atlantic Ocean's crashing surf endlessly splashing the rocks below. Soon we reach the Cape of Good Hope Nature Reserve, with its wild fynbos landscapes, variety of flowers, elusive bontebok, baboons, and ocean views.

Contrary to popular belief, the Cape Peninsula is not consistently where the Indian and Atlantic oceans meet. Because of shifting currents, that distinction is shared with lesser-known Cape Agulhas, approximately 150 miles east of the Cape Peninsula. When you get to the tip of the Cape of Good Hope Nature Reserve, you'll see Cape Point, the technical "Cape of Good Hope." Rapidly changing climatic conditions and the Indian Ocean currents coming from Cape Agulhas make this a particularly dangerous spot for ships. Your local guide will tell you that more "sightings" of the legendary ghost ship, the Flying Dutchman, are reported here than anywhere else in the world. Who knows what you'll spy on the distant horizons as you gaze from the Cape Point viewing platform? We explore some of the vegetation and more remote corners of this nature reserve.

Lunch: At a local restaurant, where you'll have a selection of seafood and traditional dishes to choose from.

Afternoon: Begin our return trip to Cape Town, stopping along the False Bay coastline for a chance to see the penguins at Boulders Beach. Passing Simon's Town and Fish Hoek. The rest of the afternoon is on your own to relax or explore independently.

Dinner: On your own—your Trip Experience Leader can provide recommendations on the best locales for whatever your preferences are.

Evening: On your own—you may wish to retire to your room to rest, or you and your fellow travelers may grab a drink at the hotel’s bar.

Day 15 Cape Town • Controversial Topic: District 6 and the legacy of apartheid • Visit Kirstenbosch Gardens

- Destination: Cape Town
- Included Meals: Breakfast, Dinner
- Accommodations: Signature Lux Hotel by Onomo Waterfront or similar

Breakfast: At the hotel.

Morning: This morning we’ll learn about the **Controversial Topic** of District Six and the legacy of the South African apartheid regime. District Six had been a vibrant, mixed-race community in the heart of Cape Town, consisting of freed slaves, merchants, artisans, laborers, and immigrants. But on February 11, 1966 (under the Group Areas Act of 1950), the district was declared “white” and 66,000 non-whites were forcibly removed and their

homes were bulldozed. Meant to be redeveloped for whites only, the area remained largely abandoned as a result of international pressure.

Lunch: On your own.

Afternoon: This afternoon, we’ll visit the lovely National Botanical Gardens of Kirstenbosch, a showcase of nearly 4,000 varieties of indigenous flowers and plants. The garden rests on the lower slopes of Table Mountain, with the forest interspersed with the broad lawns and cultivated pathways of the gardens.

Dinner: This evening, we’ll gather for a festive Farewell Dinner at a local restaurant in Cape Town.

Evening: Continue celebrating in Cape Town or retire early to rest up for tomorrow’s flight.

Day 16 Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Head to the airport for your return flights to the U.S. or to begin your post-trip extension to *Namibia: The Skeleton Coast & Sossusvlei*.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

7 nights in *Namibia: The Skeleton Coast & Sossusvlei*

Day 1 Fly to Walvis Bay, Namibia • Transfer to Swakopmund

Day 2 Excursion to Walvis Bay & Sandwich Harbour

Day 3 Explore the Skeleton Coast

Day 4 Overland to Sossusvlei • Conversation about the Herero and Nama genocide

Day 5 Explore Sossusvlei

Day 6 Sossusvlei • Optional Sunrise Balloon Ride • Game-viewing drive

Day 7 Overland to Windhoek

Day 8 Return to the 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.

Through the Eye of an Elephant

(Day 4 \$122 per person)

Take advantage of this opportunity to immerse yourself in the world of an elephant at Shearwater Victoria Falls Private Game Reserve. You can observe, and lightly interact with, the beautiful creatures and discover their unique personalities. We'll also enjoy discussions with the elephant carers about the organization's conservation efforts, as well as their plans to rehabilitate and release the elephants back into the wild.

Helicopter ride over Victoria Falls

(Day 4 \$168 per person)

Join us for a flight over Victoria Falls, and appreciate the “smoke that thunders” from a whole new angle. Aboard a four- or six-passenger helicopter, your experienced pilot will treat you to a bird's-eye view of majestic Victoria Falls, the wide Zambezi River, and the zigzag-shaped gorges below. This is the best way to see such vast, impressive landscapes—as Dr. David Livingstone said himself, the falls are “so lovely they must have

been gazed upon by angels in their flight.”

Please note: There is a national park fee of U.S. \$15 in addition to the price of this tour.

Scenic gorge helicopter flight

(Day 4 \$255 per person)

Embark on an extended journey over Victoria Falls with a scenic flight that also features Batoka Gorge, a breathtakingly beautiful gorge carved by the Zambezi River. This 22-minute helicopter ride begins with a view of the grandeur of Victoria Falls before taking you along through the zig-zagging series of gorges along the Zambezi River and hovering over Batoka Gorge. Then, on the return trip, you'll have another view of Victoria Falls before returning to your hotel.

PRE-TRIP

South Africa's Entabeni Private Game Reserve

INCLUDED IN YOUR PRICE

- » 4 nights accommodation
- » 10 meals—4 breakfasts, 3 lunches, and 3 dinners
- » 8 game-viewing activities
- » Services of a local O.A.T. Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Begin your South African discoveries with three days in Entabeni Game Reserve, an 85-square-mile private reserve located in South Africa's UNESCO-protected Waterberg Biosphere—the perfect setting for a unique and enjoyable safari experience. You'll spend your days searching for the legendary "Big Five"—Cape buffalo, elephant, lion, rhino, and leopard—and your evenings sleeping under the thatched roof of your comfortable tented chalet. It's the perfect introduction to your South African experience.

Day 1 Depart U.S.

You depart today on your overnight flight from the U.S. to Johannesburg, South Africa.

Day 2 Arrive in Johannesburg, South Africa

- Destination: Johannesburg
- Accommodations: Southern Sun O.R. Tambo International Hotel or similar

Activity Note: Travelers who personalized their pre-trip extension by arriving early in Johannesburg will remain in their current hotel this evening. They will join the rest of the group in the morning of Day 3.

Afternoon: You'll arrive at your hotel in Johannesburg late this afternoon.

Dinner: On your own. You're free to dine at the on-site restaurant this evening, if you'd like, or take advantage of the hotel's shuttle to a nearby metro station. If you're venturing out this evening, your Trip Experience Leader is happy to provide recommendations.

Evening: On your own.

Day 3 Overland to Entabeni Game Reserve

• Afternoon game-viewing activity

- Destination: Entabeni Game Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Entabeni Lakeside Lodge or similar

Breakfast: At the hotel.

Morning: This morning, we transfer to Entabeni Game Reserve. A private reserve located in South Africa's Waterberg region, Entabeni ("Place of the Mountain") features

five distinct ecosystems—from arid, craggy rock structures to the wet lowlands, where streams have carved grooves through the earth. The park’s characteristic geology will provide a unique backdrop to our experiences here, especially as we seek out Africa’s legendary “Big Five.”

Lunch: At the camp.

Afternoon: You’re free for much of the afternoon. Perhaps you’ll settle into your tented chalet, explore the grounds, or soak up the surrounding views. Later this afternoon, we’ll gather to enjoy the first of our included game-viewing activities. These activities will vary daily, depending on the timing, season, and whims of the local wildlife. We might drive out in search of rare game, or stay close to the camp with a ranger. No matter which option presents itself, you’re sure to experience intriguing encounters.

Dinner: At our camp.

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 4 Morning & afternoon game viewing

- Destination: Entabeni Game Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Entabeni Lakeside Lodge or similar

Early Morning: Embark on an early-morning bush walk, returning to our camp for breakfast.

Breakfast: At the camp.

Morning: You’re free to look over the photographs you’ve taken thus far, or chat with your fellow travelers about the game you most hope to spot during our time here.

Lunch: At the camp.

Afternoon: The early afternoon is yours, with the freedom to enjoy the time as you’d like. Later, we’ll set off on a second game-viewing activity.

Dinner: At the camp.

Evening: On your own. You’re free to soak up the night sky or ask your Trip Experience Leader for more information about the game reserve’s history.

Day 5 Morning & afternoon game viewing

• Boma dinner

- Destination: Entabeni Game Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Entabeni Lakeside Lodge or similar

Early Morning: Venture out for a game-viewing activity, a special opportunity to glimpse nocturnal predators—including lion, leopard, and hyena—before they retire and sleep through the heat of the day. By now we’ll have acclimated to safari life, as it revolves around the daily temperature and local landscape.

Breakfast: Enjoy a bush breakfast—a spread of items served in a scenic spot within the natural splendors.

Morning: We’ll return to the camp for some free time. This is a great time to beat the heat and seek out shade in your tent.

Lunch: At the camp.

Afternoon: After some free time, we’ll head out on another game-viewing drive.

Dinner: At the camp, featuring an open-air meal in *boma* style. We’ll dine on an assortment of barbecued dishes, accompanied by traditional song and dance.

Evening: You're free to spend our final night on the reserve as you'd like. Perhaps you'll spend the time packing for tomorrow's travels back to Johannesburg.

Day 6 Morning game-viewing • Overland to Johannesburg

- Destination: Johannesburg
- Included Meals: Breakfast

Early Morning: Venture out for our final game-viewing drive here at Entabeni before we return to the camp.

Breakfast: At the camp.

Morning: Travel back to Johannesburg, where we'll meet the rest of our fellow travelers and begin our *Southern Africa Discovery* adventure.

POST-TRIP

Namibia: The Skeleton Coast & Sossusvlei

INCLUDED IN YOUR PRICE

- » Airfare from Cape Town to Walvis Bay and Windhoek to Johannesburg
- » 7 nights accommodation
- » 18 meals—7 breakfasts, 5 lunches, and 6 dinners
- » 10 small group activities
- » Services of a local O.A.T. Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

POST-TRIP EXTENSION ITINERARY

Discover the wonders of Namibia—a place unlike anywhere else on Earth. Visit the Skeleton Coast, a treacherous seacoast where countless shipwrecks have washed up along mist-shrouded shores ... witness the haunting beauty and otherworldly landscapes of the Namib Desert, home to the highest sand dunes in the world ... visit a colonial town where African women dress in Victorian-era hoop skirts ... and more.

Day 1 Fly to Walvis Bay, Namibia • Transfer to Swakopmund

- Destination: Swakopmund
- Included Meals: Dinner
- Accommodations: Strand Hotel or similar

Breakfast: At the hotel.

Morning: We'll depart our hotel for our morning flight to Walvis Bay on Namibia's Atlantic Coast. This scenic flight passes over the Sossusvlei landscape, following the river's course and soaring over dunes, then continues west to the seacoast—passing over part of the Skeleton Coast as we approach Walvis Bay, with views of seal colonies, a shipwreck, granite outcrops, and old mines.

Lunch: On your own. You may wish to purchase something at the airport before our flight or wait until we arrive in Swakopmund.

Afternoon: We'll land at Walvis Bay and then transfer to Swakopmund.

After a little time to settle in at our hotel, we'll head to dinner.

Dinner: At a local restaurant.

Evening: On your own to enjoy a walk along the seafront, have a drink at a local bar, or return to the hotel.

Day 2 Excursion to Walvis Bay & Sandwich Harbour

- Destination: Swakopmund
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Strand Hotel or similar

Breakfast: At the hotel.

Morning: We'll set off on a full-day excursion by rugged 4x4 vehicles to explore the region's magnificent coastal landscapes, beginning at Walvis Bay, home to one of southern Africa's largest colonies of flamingoes. Coveted for its natural deep-sea harbor, Walvis Bay fell under Dutch control in 1793 and was annexed by the British two years later. In 1910, Walvis Bay was ceded to the South African Union, where it remained until as recently as 1994. Once a center for the whaling industry, Walvis Bay is still an important fishing port, and the salt fields of this area produce 400,000 tons of high-quality salt annually.

As important as its deep waters is Walvis Bay's reed-fringed, fresh-water lagoon—southern Africa's most important wetland for flamingoes and other coastal birds. During much of the year, huge flocks of seabirds stroll along the lagoon—while hungry, fleet-footed jackals and other predators hide in the giant dunes skirting the shoreline. Next, we'll continue along the Kuiseb riverbed and make our way to Sandwich Harbour, a freshwater lagoon where giant dunes plunge into the sea. If weather and tides permit, we'll drive out to the lagoon, which is one of Southern Africa's most important coastal wetland areas. We'll also stop at the Shawnee, a transport tug that ran aground in 1976—just one of the scores of shipwrecks that are strewn along the sands of this dangerous coastline.

Lunch: We'll pause to enjoy a picnic lunch, featuring a selection of fresh, Namibian oysters paired with sparkling local wines, along with platters of fish and meats accompanied by Namibian beer.

Afternoon: After lunch, our journey continues with an exhilarating ride along the dunes, some up to 300 feet high. During our ride, we'll keep an eye out for the flora and fauna. A surprising number of animals have adapted to survive in the Namib Desert, including the black-backed

jackal, fog-basking beetle, dancing spider, springbok, oryx, brown hyena, ostrich, and many more.

Dinner: At a local restaurant.

Evening: Yours to spend any way you wish.

Day 3 Explore the Skeleton Coast

- Destination: Swakopmund
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Strand Hotel or similar

Breakfast: At the hotel.

Morning: We'll have a few hours this morning to sleep in or explore independently. Then, we'll set off to explore Namibia's famed Skeleton Coast—one of the most dangerous lengths of coastline in the world for ancient mariners. This legendary coastline is aptly named for the many ships whose "bones" have washed up along its treacherous, mist-shrouded shores over the years. Raging currents, violent storms, heavy fog, and a lack of safe harbors are to blame for the estimated 1,000 shipwrecks that have been found here at the edge of the sea. The windblown sands are constantly unearthing new wrecks and covering old ones. This beautiful but dangerous coastline also harbors the bones of unfortunate sailors who manned the ships and met an untimely end here. Portuguese sailors referred to the coast as "The Sands of Hell," and Namibian Bushmen called it "The Land God Made in Anger." Whale and seal bones also contributed to the coastline's name, as they dotted the shore during the whaling era.

First, we'll drive to Wlotskasbaken, a remote vacation town along the coast. Wlotskasbaken features a variety of holiday homes and town buildings with unusual architectural designs; their brightly-painted exteriors, combined with the stark canvas of the desert, make for an unexpected and even surreal scene.

Lunch: We'll stop for lunch in Wlotskasbaken.

Afternoon: Next, we'll head to the nearby Living Lichen fields. Lichens are an unusual and impressive organism in that they are neither plants nor animals; composed of both a fungus and an alga, they represent one of nature's most perfect examples of a symbiotic relationship. We'll view the lichens at Messum Crater in the Namib Desert, where a particularly rich thicket of lichen grows. As we admire these remarkable organisms, be careful where you step—a crushed lichen can take 40 to 50 years to regenerate.

Our journey will continue with brief stops at two more eerie shipwrecks, the Chamarel and the Zeila, on our way to Cape Cross, a large breeding site for Cape fur seals—as we'll be sure to notice, since there may be 100,000 or more of them at any time enjoying the cold Atlantic waters or basking on the beach. While Cape Cross is a protected Seal Fur preserve, the Namibian government still allows seal hunting. We'll learn more about this controversial policy before returning to our hotel in Swakopmund.

Dinner: At a local restaurant.

Evening: On your own to enjoy your last night in Swakopmund or you can begin packing for tomorrow's journey to Sossusvlei.

Day 4 Overland to Sossusvlei • Conversation about the Herero and Nama genocide

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

Breakfast: At the hotel.

Morning: We'll begin our overland journey into the Namib, the world's oldest desert, on our way to the burnt red dunes of the Sossusvlei.

Our meandering route through the desert takes us into the Kuiseb Valley and the tiny settlement of Solitaire, where we'll stop for coffee and to sample the famous apple pie. Later, we'll reach our lodgings at the gateway to the Namib-Naukluft Park.

Lunch: At our lodge.

Afternoon: You'll have a few hours to settle in, relax at the lodge, or begin exploring and take in the desert beauty of our surroundings. Later this afternoon, we'll regroup for a discussion about a little-known chapter in history—the genocide of indigenous Herero and Nama peoples. The first genocide of the twentieth century was committed by German colonizers between 1904–1907 in what is now Namibia (it was known as German Southwest Africa at the time). Germany had already occupied the region for two decades, but in 1904 the Herero and Nama peoples rose up against the colonizers, who were taking their land and cattle. A campaign of ethnic extermination ensued, and tens of thousands of indigenous Herero and Nama were massacred in concentration camps or worked to death as slave laborers. It is estimated that about 80% of the Herero people and 50% of the Nama people perished over the three-year genocide.

Dinner: At the lodge.

Evening: Enjoy a drink at the bar or retire early to prepare for tomorrow's discoveries.

Day 5 Explore Sossusvlei

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

Early Morning: We'll grab some coffee or tea and then set off into Namib-Naukluft Park to capture the sunrise at the dunes.

Breakfast: We'll enjoy a picnic breakfast with views of the dunes in Namib-Naukluft Park.

Morning: The dunes of the Sossusvlei, magnificent ancient towers of shifting red-orange sand, can reach heights of up to 1,000 feet above the flat desert. Endlessly carved by the wind, the cascading sands of the Namib form a stunning moonscape covering thousands of square miles. We'll watch as the morning light plays against the sand, changing colors and textures as if in a dream.

We'll also have an opportunity to take a walk into the vast, surreal dunes, taking a tip from the nomadic gemsbok (or oryx), who regularly traverse the Namib: They stick to the firmer sand along the dunes' windswept ridges. Our morning excursion includes a visit to Deadvlei, an otherworldly landscape of the skeletons of camelthorn trees standing on an ancient clay bed, casting eerie shadows across the white desert dust.

We'll also visit Sesriem Canyon, a narrow, half-mile-long gorge that plunges 100 feet, creating a sheer cliff of limestone and sand. A remarkable variety of birds and wildlife make their home along this dramatic precipice, including falcons, Spotted eagle-owls, lizards, and jackals.

Lunch: At our lodge.

Afternoon: Your afternoon is free to relax at the lodge or pursue independent discoveries. Later, we'll walk over for a brief visit to Sesriem, a small settlement at the entrance to Namib-Naukluft Park before dinner.

Dinner: At our lodge.

Evening: Free to retire early or enjoy the lodge's facilities.

Day 6 Sossusvlei • Optional Sunrise Balloon Ride • Game-viewing drive

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

Early morning: You can rise extra early to join an optional hot-air balloon ride that journeys high above vast Sossusvlei, where you can witness the sun rising and soar with the winds.

Breakfast: At the hotel for travelers not taking the optional tour. Travelers on the optional tour will have a celebratory Champagne breakfast in the desert upon landing.

Morning: The morning is at leisure to relax or spend time exploring on your own.

Lunch: At the lodge.

Afternoon: Later this afternoon, we'll gather for a game-viewing drive in Namib-Naukluft Park and Sesriem Canyon. Surprisingly, the parched sands of the ancient Namib Desert are home to a rich diversity of wildlife and flora, even though less than 2 inches of rain falls every year. Although the oryx embodies the spirit of the Namibian desert, there is a diverse range of exotic animal life that thrives in this harsh environment. These amazing creatures—found nowhere else on Earth—have learned to adapt in this extremely inhospitable region. Fog rolling in from the Atlantic blankets the desert about one in every five days, and the plants and animals use what precious little moisture it provides to survive—and flourish.

The Tenebrionid beetle (black beetle) stands on its head to allow droplets of water to run down its grooved body into its mouth. And the clever *Lepidochora discoidalis*, another beetle species, builds trenches in the sand to trap water. The Palmetto gecko licks its lidless eyes for the water that accumulates there. The geckos

and lizards of the Namib boast the lowest water-loss rates of any desert organisms. Oryx, nomadic animals that resemble gazelles, have been known to walk miles to find just one small patch of grass that will eke out a few drops of water. Snakes have adapted, too, and bury themselves in the sand both for coolness and camouflage from their prey.

Dinner: We'll enjoy a bush dinner outside by the dunes shortly before sunset to admire the last rays of light descending over the Namib Desert.

Evening: After returning to our lodge, you may want to begin packing for tomorrow's transfer to Windhoek.

Day 7 Overland to Windhoek

- Destination: Windhoek
- Included Meals: Breakfast, Dinner
- Accommodations: Windhoek Luxury Suites or similar

Breakfast: At our lodge.

Morning: We'll begin our overland transfer to Windhoek, breaking up our approximately 5-hour journey with a stop for lunch.

Lunch: On your own on our way to Windhoek. Your Trip Experience Leader will recommend some dining options.

Afternoon: We'll reach Windhoek later this afternoon and enjoy a short orientation drive around the city before checking in to our hotel.

The capital and cultural heart of Namibia, Windhoek offers an unexpected taste of Germany in remote southwest Africa. Originally inhabited by the Herero, a Bantu-speaking cattle-herding tribe, the city's recorded history dates to the 19th century, with the discovery of its natural hot springs. By 1884, Namibia became a German protectorate called South

West Africa, and then a German colony in 1890—a tenure that lasted until World War I. Strong influences of this brief colonial heritage remain in the city's Bavarian architecture, orderly urban layout—and preponderance of sausages and beer.

As you enjoy free time this afternoon, you're likely to hear German spoken as you wander the city streets. Perhaps you'll explore a few of Windhoek's open-air shops along Independence Avenue. You might also browse the National Gallery; visit the Tintenpalast, home of the National Assembly; or stroll the gardens of the National Botanical Research Institute.

Dinner: At a local restaurant.

Evening: Spend the evening any way you wish, perhaps checking out the many attractions of this fascinating multicultural city.

Day 8 Return to the U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Head to the airport this morning for our return flights to the U.S.

OPTIONAL TOUR

Sunrise Balloon Safari

(Day 6 \$685 per person)

Early risers may wish to join an optional hot-air balloon ride that soars above the vast Sossusvlei at sunrise. At the centerpiece of this optional tour is a ride over the Sesriem Canyon, a narrow, half-mile-long gorge that plunges 100 feet, creating a sheer cliff of limestone and sand. A remarkable variety of birds and wildlife make their home along this dramatic precipice, including falcons, Spotted eagle-owls, lizards, and jackals.

Travelers are required to depart from our lodge at least one half hour before sunrise and use our own transportation to reach the balloon site. The flight itself lasts for approximately one hour and concludes with a celebratory Champagne breakfast at the landing site.

This tour must be pre-booked at least 30 days prior to departure. This tour is dependent on wind conditions.

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 without any extensions, you will need a total of 6 blank passport pages. For South Africa, you need 2 consecutive pages (front and back) for each entry even though these pages may still be blank by the end of the trip.
- **Pre-trip extension to Entabeni Conservancy, South Africa:** No additional pages needed.
- **Post-trip extension to Namibia:** You will need 2 additional pages, for a total of 8 blank pages.

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.

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.*

- **South Africa: No visa required.**
- **Zimbabwe: Visa required.** You must obtain this visa upon arrival.

- **Namibia (post-trip extension): Visa required.** You can obtain this visa in advance or upon arrival.

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

- 4 locations in 15 days
- Air travel time will be 16–24 hours and will most likely have two connections

PHYSICAL REQUIREMENTS

- You must be able to walk 2–3 miles unassisted on rough terrain and participate in 6–8 hours of physical activities each day
- This trip takes you to remote places with no medical facilities nearby
- Balance and agility are required for boarding 4x4 vehicles
- Not accessible for travelers using wheelchairs or scooters
- Travelers using walkers, crutches, or other mobility aids must travel with a companion who can assist them
- 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
- Travelers in need of a CPAP machine may only bring one that runs on rechargeable batteries
- 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

TERRAIN & TRANSPORTATION

- Uneven walking surfaces, including unpaved paths, hills, stairs, and cobblestones
- Travel on roads in poor condition and on unpaved trails that can cause problems for travelers with leg or back issues
- During game-viewing excursions, we'll travel over bumpy, dusty terrain and occasionally go off-roading in the bush, as well as walk on sandy, uneven terrain at our camps
- On game-viewing drives, we travel overland in open-sided safari vehicles with bench seating and no air-conditioning

CLIMATE

- Daytime temperatures range from 62–80°F during touring season
- December–March are the warmest months

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)

No Vaccines Required

Recommended Vaccines

At the time of writing there were no required vaccines for this trip. The CDC recommends that all travelers be up to date on their routine vaccinations and on basic travel vaccines like Hepatitis A and Typhoid, but these are suggestions only. However, this could change in future so we encourage you to check with the CDC yourself before meeting with your doctor.

But if your itinerary differs from ours, then you may need a yellow fever vaccination. (For example, if you will be traveling independently in Africa before/after your trip with us. Or if you will be arriving in South Africa from/connecting through a country other than the U.S. or Canada.) In this case, check with the CDC because you may need a yellow fever vaccination.

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.

Prevention of Malaria

At time of writing, the CDC suggested anti-malarial medication for some parts of South Africa, Zimbabwe, and Namibia. But since there are a range of anti-malarial medications, and some can have strong side effects, we suggest that you speak with your doctor. He or she might feel that medication isn't even needed for the main trip since you will only spend a few days in places

where malaria is known to be present (Kruger National Park, Victoria Falls). Please consult with your doctor as they might advise you against anti-malarial medications, depending on what other medications you are taking and your general health.

Other than medication, the most important steps you can take to prevent malaria are to use insect repellent (preferably containing DEET at 30–35% strength) on exposed skin and on your clothing to prevent mosquito bites. If temperatures allow, you can also wear clothing that keeps your arms and legs covered.

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 usually safe to drink in South Africa and Namibia, but always use caution.
- In Zimbabwe, the tap water is only safe to drink at your hotel in Victoria Falls. When you are away from your hotel, you should drink bottled water only.
- You can bring a reusable water bottle to fill at the hotel for day excursions or bottled water is readily available for purchase.
- At most hotels it is safe to use ice in your drinks, but check with your Trip Experience Leader first

Food

- We've carefully chosen the restaurants for your group meals, and food at these establishments is generally as safe as in restaurants in the U.S.
- When dining out on your own, watch what you eat. Stay away from ice, uncooked food, and non-pasteurized milk and milk products.

CPAP Machines

In order to be prepared for occasional power outages, travelers who rely on a CPAP machine must bring one that runs on rechargeable batteries.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Carry a mix of different types of payments**, such as local currency, an ATM card, and a credit card.
- **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.
- **We recommend that you get some South African rand before you leave home.** It doesn't need to be a lot—just enough to cover a couple of days, in case the bank is closed when you arrive or the ATM at the airport is down. This is especially helpful if you are taking the pre-trip extension as you may not be able to exchange money for a few days after arrival.

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.

South Africa: South Africa Rand (R)

Zimbabwe: Zimbabwe has recently brought back the Zimbabwean dollar (Z\$) and announced plans to restrict foreign currency. However, you will still be able to pay for many purchases in U.S. dollars (\$).

Namibia: Namibian Dollar (NAD). The South African Rand (ZAR) is also accepted as currency in Namibia

How to Exchange Money

If you want to exchange money before your trip, you can usually do so through your bank or at an exchange office. Your departure airport in the U.S., a travel agent, or an AAA office are also possible outlets. Or you can wait and change money on the trip instead. However, we recommend that you arrive with some South African rands (just in case)—especially if you are taking the pre-trip extension, as you may not be able to exchange money for a few days after arrival.

During the trip, the easiest way to get rands 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.

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.

Zimbabwe: ATMs are not to be relied on. A few are available in Victoria Falls, but they are consistently out of money. If you don't have enough cash on hand for Zimbabwe, your best bet is to use an ATM at one of the regional airports outside of Zimbabwe, such as Jo'burg. Then convert the money you get (which will be in local currency) to U.S. dollars at the exchange desk. U.S. dollars are available at some ATMs in Victoria Falls, but shortages are common and it can not be guaranteed.

Namibia: ATMs are typically found in larger cities, such as Windhoek. In the bush, there is no 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. The South African Rand (ZAR) is accepted everywhere in Namibia and is used on a 1:1 exchange rate. Namibian Dollars (NAD) are not easy to exchange outside of Namibia.

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.

Zimbabwe: Credit cards are only somewhat accepted. You can usually use them at hotels in Victoria Falls, high-end shops, pharmacies or supermarkets. (In contrast, camps/bush lodges, street vendors, and small souvenir shops tend to be cash only.) Of the major credit cards, Visa is the most useful as it is accepted in more places and may let you process the transaction in U.S. dollars. MasterCard is not as well-known and both American Express and Discover are not accepted at all.

Namibia: Credit cards are more commonly accepted in Namibia, but many camps and lodges will be cash only. Businesses that do accept credit cards tend to use a slow approval process that may involve calling your credit card company for authorization.

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.*
- **Housekeeping staff at hotels:** \$1-2 per room, per night

Please Note: Your tour price includes gratuities on the main trip and optional pre- and post-trip extensions for local guides, drivers, lodge and camp staff, driver-guides, and luggage porters that may assist you during the scheduled activities on your adventure. All tips are quoted in U.S. dollars; tips can be converted and paid in local currency 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.

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).

Through the Eye of an Elephant

Take advantage of this opportunity to immerse yourself in the world of an elephant at Shearwater Victoria Falls Private Game Reserve. You can observe, and lightly interact with, the beautiful creatures and discover their unique personalities. We'll also enjoy discussions with the elephant carers about the organization's conservation efforts, as well as their plans to rehabilitate and release the elephants back into the wild.

This optional tour is offered during the main trip. The cost is \$122 per person.

Sunrise Balloon Safari

Early risers may wish to join an optional hot-air balloon ride that soars above the vast Sossusvlei at sunrise. At the centerpiece of this optional tour is a ride over the Sesriem Canyon, a narrow, half-mile-long gorge that plunges 100 feet, creating a sheer cliff of limestone and sand. A remarkable variety of birds and wildlife make their home along this dramatic precipice, including falcons, Spotted eagle-owls, lizards, and jackals.

Travelers are required to depart from our lodge at least one half hour before sunrise and use our own transportation to reach the balloon site. The flight itself lasts for approximately one hour and concludes with a celebratory Champagne breakfast at the landing site.

This optional tour is offered during the *Namibia: The Skeleton Coast & Sossusvlei* trip extension. The cost is \$685 per person.

Please note: *This tour must be pre-booked at least 30 days prior to departure. This tour is dependent on wind conditions.*

Communicating with Home from Abroad

One of the advantages of an African adventure 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 (Kruger National Park, Entabeni Conservancy). You won't be completely out of touch—even remote lodges 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 as usual.

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 wireless Internet service, but rather public computers in the hotel lobby or business center. Expect the connection to be slow, especially when multiple people are using it at the same time. The hotels and lodges that do offer wireless Internet service will usually charge for the service.

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 or safari lodge is for a central office in a nearby city**; they take a message and then relay it to you by the satellite radio service. Please explain to your friends and family that there might be a delay in reaching you in some locations (Kruger National Park, Entabeni Conservancy). But most hotels will operate as normal.

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.

South Africa: +27

Namibia: +264

Zimbabwe: +263

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	Up to 44 lbs for checked luggage and 15 lbs for carry-ons .
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	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
The extensions have the same luggage restrictions as the main trip.	
REMARKS/SUGGESTIONS	
Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.	

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

- **Checked Bag:** We recommend that you bring a sturdy, soft-sided suitcase with wheels.
- *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.

Clothing Suggestions: Functional Tips

- **Travel light:** A good rule of thumb is to gather together everything you want to bring; then take half of that. To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits.
- **Consider clothing designed for travel, sports, or camping:** With modern fabrics, lightweight packing for comfort and protection through a wide range of weather is easy.
- **Pack casual clothes:** The presiding clothing style of this trip is casual. Men do not need jackets or ties and women do not need nice dresses—bring these only if you are planning a special night out on your own.
- **Good walking shoes are essential:** Supportive sneakers are ideal for daytime touring. If you prefer more ankle support, take light hiking boots. Bring a few pairs of socks, including a warm pair. A pair of cushioned sandals is handy for town visits, and rubber thongs are very useful for poolside use and bathroom floors, which can be slippery.
- **Light rain gear:** Africa’s rainfall inland is notoriously unreliable and much of it is very sporadic in both time and place. A waterproof jacket and rain hat will prepare you for whatever the day brings. If you are traveling during the rainy season, you may want to include a foldable umbrella.
- **Cold-weather layers (for June, July, and August):** For the high altitudes, where evenings and early mornings are often very chilly, we recommend you take a fleece top, warm pants and socks, and, if you want to be really warm, gloves and hat. For early morning game drives (April through to September) it is very chilly. We suggest a warm jacket that will also keep

out the wind. Windy “in-between” weather occurs, too, which calls for a light windproof, breathable shell. Your rain jacket can double as a windbreaker. Make sure it’s roomy enough to comfortably fit over your fleece jacket.

- **Dress etiquette in local communities:** Summery attire is appropriate, but please do not offend local customs by wearing skimpy shorts. Knee-length shorts, pants, and casual shirts are in order.
- **Victoria Falls (optional extension):** For exploring Victoria Falls, bring a bathing suit, shorts, and rubber-soled shoes. At certain times of the year, the mist at Victoria Falls is very heavy and you will get wet!

Fashion Dos and Don’ts

- **Do wear muted earth tones** (beige, khaki, etc.) because they don’t show dirt easily, coordinate well, and don’t distract animals.
- **Don’t wear white or very brightly colored clothing.** These colors have traditionally been used to keep animals away, and even color-blind animals can spot dark and light shades like black and white, which is why white is a danger signal for some species.
- **Do wear clothes that are functional and casual.** There’s no need for formal or dressy clothing, although travelers may want one nicer outfit for a dinner out in Cape Town.
- **Don’t wear camouflage or military-type clothing in Zimbabwe—it is illegal.**

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.

What not to pack: Do not pack aerosol cans, as they tend to leak during air travel. Leave behind any credit cards that are not essential for your trip, valuable jewelry, and anything that you would hate to lose.

Recommended Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, etc.
- ☐ Spare eyeglasses/contact lenses and your prescription
- ☐ Sunglasses with a neck strap

- ☐ Sunscreen, SPF 15 or stronger
- ☐ Insect repellent
- ☐ Compact binoculars (one pair each — 8 x 21 or 6 x 16 work well)
- ☐ Moisturizer, lip balm
- ☐ Swimsuit
- ☐ Compact umbrella
- ☐ Wide-brim sun hat with chin strap
- ☐ Pocket-size tissues
- ☐ Moist towelettes and/or anti-bacterial “water-free” hand cleanser
- ☐ Photocopies of passport, air ticket, credit cards, prescriptions for your medicines
- ☐ Electrical transformer & plug adapters
- ☐ Big Five Bush Safari extension only: Flashlight and eye drops, for the dust on safari
- ☐ Victoria Falls extension only: U.S. souvenirs or gently used clothing to trade with vendors
- ☐ Washcloth
- ☐ Collapsible walking staff

Clothing

- ☐ Shirts: A mixture of short and long-sleeved shirts to layer
- ☐ Trousers, jeans, or skirts
- ☐ Comfortable walking shoes and/or water resistant shoes
- ☐ Light rain jacket/windbreaker with hood
- ☐ Sleepwear
- ☐ Socks and undergarments
- ☐ A warm layer, such as a sweater, fleece pullover, or jacket

Medicines

- ☐ Your own prescription medicines
- ☐ Vitamins
- ☐ Cold remedies: Sudafed, Dristan, etc.
- ☐ Pain relief: Ibuprofen/naproxen/aspirin
- ☐ Laxatives: Senokot/Ex-Lax
- ☐ Stomach upset: Pepto-Bismol/Mylanta
- ☐ Allergy medicine for dusty conditions
- ☐ Anti-diarrheal (Imodium)
- ☐ Band-Aids, Moleskin foot pads
- ☐ Antibiotics: Neosporin/Bacitracin
- ☐ Optional: Motion sickness medicine
- ☐ Optional: Anti-malarial medication (ask your doctor)
- ☐ Optional: Prescription anti-diarrheal

Electricity Abroad

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

Voltage

Electricity in South Africa,, Zimbabwe, and Namibia 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

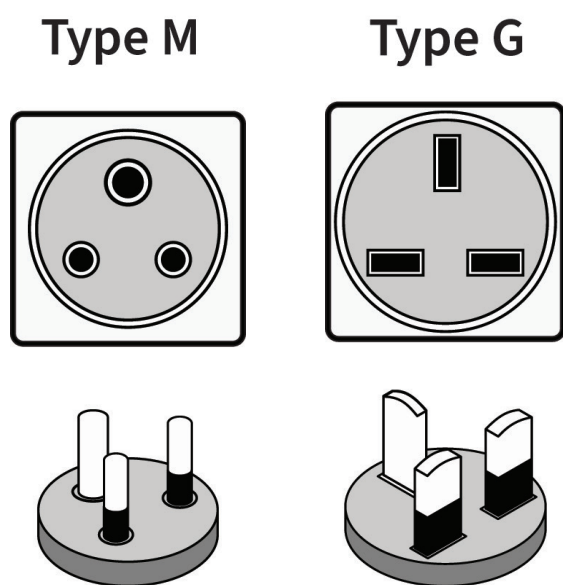
types of plugs in this region, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget 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:

South Africa: M. It can be difficult to find a Type M adapter in the U.S.; you can find them at large local airports like the Johannesburg and Cape Town airports.

Zimbabwe: M or G

Namibia: M (a larger version of D)



Availability

Except for the occasional power outage, electricity will be readily available on the trip. However, in order to be prepared for power outages, travelers who rely on a CPAP machine must bring one that runs on rechargeable batteries.

CLIMATE & AVERAGE TEMPERATURES

Johannesburg, South Africa: Johannesburg lies in the High Veld, an area of plains at elevations from 4,000 to 6,000 feet. Summers are warm, though rarely uncomfortably hot; this is the time of year when the most rain falls. Nights are cold in winter, but daytime temperatures are mild and dry weather predominates. A high percentage of sunshine and low humidity year-round make for a pleasant climate.

Kruger National Park, South Africa: The average daily high temperature in January (summer) is 86°F, but it can get as hot as 117°F on occasion. Nightly lows in January range from 45–64°F. In the winter month of July, the average daily high is 73°F and lows can drop below freezing.

Namibia: Most of Namibia's climate is typical of semi-desert terrain: hot days and cool nights. The coast is cooler and often foggy, due to the cold Benguela current, which causes fog and inhibits rainfall. Over the central plateau, which is higher up, temperatures are understandably lower. Nights here can be very cold, with frost. Rainfall occurs exclusively in the summer months, between November and March, when heavy thunderstorms can be expected. Summer is very hot and the Namib Desert should be avoided at this time as temperatures are often above 104°. Winter (May–August) is another matter. It is dry and cold during the early mornings and evenings, and you will feel even colder in an open vehicle—especially on those early mornings. The days are bit warmer. Be sure to bring warm clothes for the winter.

Victoria Falls, Zimbabwe: Victoria Falls is humid and hot most of the year, with temperatures often in the 90s.

Cape Town, South Africa: Located where mountains slope down to coastal lowlands, Cape Town has a Mediterranean climate of mild, rainy winters and sunny summers. In the summer months, December to February, the temperature ranges from around 68–78°F during the day and 55–64°F during the night. In the winter months, June to August, temperature ranges from around 54–62°F during the day and 39–46°F at night. The city experiences little rain during the summer. The summer wind, called “the Cape Dr” by locals, can be strong, blowing mainly from North to East, which can be refreshing during the hot summer days. The city gets frequent rain during the winter and the mountains receive a little snow.

Southern Hemisphere: As you will be traveling in the Southern Hemisphere for this adventure, the seasons will be reversed from those north of the Equator. (For example, January is a summer month.)

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	JOHANNESBURG, SOUTH AFRICA			VICTORIA FALLS, ZIMBABWE		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)
JAN	77 to 60	85 to 52	15	86 to 65	73	6.6
FEB	75 to 59	88 to 54	13	85 to 64	77	5.0
MAR	74 to 58	85 to 53	12	86 to 63	69	2.8
APR	69 to 53	80 to 47	8	85 to 57	60	1.0
MAY	66 to 48	70 to 38	3	81 to 49	53	0.1
JUN	60 to 42	70 to 38	2	77 to 43	52	--
JUL	61 to 42	68 to 34	2	77 to 42	44	--
AUG	65 to 46	66 to 32	2	82 to 47	37	--
SEP	71 to 51	68 to 34	4	89 to 55	33	0.1
OCT	73 to 54	77 to 42	12	92 to 63	35	1.1
NOV	74 to 56	82 to 49	15	90 to 65	57	2.5
DEC	76 to 59	84 to 51	17	86 to 65	71	6.8

MONTH	KRUGER NATIONAL PARK, SOUTH			CAPE TOWN, SOUTH AFRICA		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (avg)	Average # of Days with Rainfall
JAN	82 to 64	--	5.0	77 to 63	83 to 60	7
FEB	82 to 64	--	4.7	78 to 63	86 to 60	6
MAR	80 to 62	--	3.7	76 to 60	88 to 63	7
APR	78 to 57	--	2.1	72 to 56	90 to 67	10
MAY	77 to 48	--	0.7	67 to 52	90 to 69	13
JUN	73 to 42	--	0.4	64 to 48	88 to 70	16
JUL	73 to 42	--	0.4	62 to 47	89 to 70	16
AUG	75 to 46	--	0.4	63 to 48	89 to 67	16
SEP	78 to 51	--	1.2	65 to 51	88 to 65	14
OCT	78 to 57	--	2.5	69 to 54	85 to 63	11
NOV	80 to 60	--	4.4	72 to 58	84 to 61	9
DEC	82 to 62	--	5.4	75 to 61	85 to 60	8

MONTH	WINDHOEK, NAMIBIA		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	84 to 69	64 to 39	3.1
FEB	81 to 66	72 to 47	3.2
MAR	79 to 64	69 to 41	3.1
APR	77 to 59	67 to 34	1.5
MAY	73 to 53	55 to 26	0.3
JUN	68 to 47	50 to 23	--
JUL	68 to 46	42 to 19	--
AUG	73 to 51	39 to 16	--
SEP	79 to 59	34 to 15	0.1
OCT	82 to 64	38 to 19	0.5
NOV	85 to 68	44 to 21	1.1
DEC	86 to 70	51 to 27	1.6

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.

South African Culture

South Africa is a veritable tapestry of heritage and historical influences, encompassing a multitude of cultures woven together throughout history, from the first known peoples called the San—sometimes referred to as “Bushmen”—to Bantu, Xhosa, and Zulu tribes and European colonists. But with the arrival of the European colonists came Apartheid, a legal and political system based in segregation and racial discrimination that has continued to color South African history and culture since its inception.

Although Apartheid policies were officially disbanded with the election of anti-Apartheid activist Nelson Mandela, the country's first black president, in 1994, the social and economic effects of Apartheid continue to have a lasting impact on non-white communities. Nobel Peace Prize winner Desmond Tutu labeled post-Apartheid South Africa as “the Rainbow Nation” to celebrate its multi-culturalism and diverse ethnicities, and you'll see myriad customs and cultural traditions during your time here.

But you'll see some commonalities between them as well, such as a shared love of music and dance, which serve not only as recreation, but as a form of cultural expression and storytelling. Music and dancing have served as an important means of cultural fusion, even under Apartheid, such as when performers like Johnny Clegg, a white South African, formed two mixed-race bands and learned traditional Zulu music.

Another cornerstone of South African culture is a show of respect for others, from giving someone their full attention during a friendly conversation, to maintaining strong eye contact. This respect is also evident from the generosity and hospitality they show visitors. For example, many South African people will offer refreshments upon arrival to their home, and it can be interpreted as rude to decline in some communities. While it is seen as respectful to offer compliments, be careful not to be overly complimentary of any particular objects, lest your hosts feel pressured to offer it to you as a gift.

Laundry Service

Laundry services are available for a fee at most of your hotels.

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.

South African Cuisine

In South Africa, the cuisine bears the culinary influences of the many ethnic groups who have settled here, including, but not limited to, the Dutch, British, Portuguese, and Indian. As for the local specialties, here are a few to try:

- **Bobotie:** The national dish of South Africa, **bobotie** is Indonesian in origin. It's a casserole made from beef or lamb seasoned with curry; layered with dried fruits and chutney; topped with egg custard and bay leaves; and baked till brown and bubbly.
- **Chakalaka:** A spicy, cold vegetable relish made with tomatoes, onions, peppers, carrots, and beans. It was invented in Johannesburg, but is now a staple at all South African **braais** (barbecue).
- **Biltong:** Air-dried strips of beef or other meat that have been cured in salt and marinated in vinegar. The resulting jerky is high in protein and a great portable snack during those long game drives.
- **Melktart:** A pastry crust filled with creamy custard and dusted with cinnamon.

Zimbabwean Cuisine

Like most Southern Africa countries, Zimbabwean cuisine bears the culinary influences of the many ethnic groups who have settled here. This is especially true of the British, whom Zimbabwe served as a colony for decades. Zimbabwean cuisine itself relies on few staples, most notably cornmeal and peanut butter. They also love meat and many local menus feature exotic game like warthogs, kudu, ostrich, and crocodile. Some traditional dishes include:

- **Bota:** A thin breakfast porridge, cooked without cornmeal and usually flavored with peanut butter, milk, butter, or jam

- **Sadza:** A starchy porridge (similar to grits or polenta), with a tasty pumpkin leaf relish cooked with peanut butter.
- **Mopane worms:** A large, edible caterpillar of the emperor moth. Usually served fried, these crispy snacks are high in protein.
- **Dovi:** An aromatic stew made with peppers, onions, carrots, and garlic simmered in a peanut butter sauce.
- **Mapopo:** A papaya candy.

Namibian Cuisine

Traditional Namibian dishes have a focus on game meats, like eland, oryx, kudu, crocodile, or beef, with few vegetarian side dishes. As the country borders the South Atlantic ocean, many dishes also include fish and seafood such as kingklip, kabeljou, and shellfish being. With the country being nearly entirely desert, few fresh fruits or vegetables grow in the area, with notable exceptions such as gem squash, butternut squash, oranges, and papayas. In most restaurants in Namibia, you are more likely to find an international menu, like Italian or French, than traditional Namibia dishes. Even outside of big towns like Windhoek and Swakopmund, you're likely to find an abundance of fried-food restaurants. Dishes to try include:

- **Potjiekos:** A dish meat in a large pot with carrots, cauliflower, cabbage, pumpkin, potato starch, and game meats (such as venison and poultry).
- **Mealie pap or oshifima:** A porridge made of cornmeal, salt, and water, and served with peppers, onions, and fish or goat meat.
- **Meat skewers:** A common staple of many meals, the skewers are often made with ostrich or crocodile meat and spiced with lemon, red chili, peanut butter, cashew nuts, and coconut milk.
- Due to being colonized by Germany, there is a heavy German influence on Namibia's desserts, as you can easily find *apfelstrudel* (apple strudel), *sachertorte* (chocolate cake with apricot jam), and *schwarzwald kirschtorte* (Black Forest cake) in any one of Namibia's *konditoreien* (cake shops).

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

South Africa

Traditional items for sale include hand-woven rugs, pottery, beadwork, wood carvings, *kangas* (a colorful woven garment), meerschaum pipes, fine basketry, and quality coffee and tea. In sophisticated Cape Town, there are fashionable boutiques and big-city shopping malls. South Africa is a major source of the world's diamonds and other precious stones—either as jewelry or as gems you can have set back at home.

Zimbabwe

Common souvenirs in Zimbabwe are geometric fabrics, Raku-fired ceramics, hand-woven baskets, traditional masks, wood-carved figurines, shona sculptures, and jewelry.

Namibia

Namibia offers many fine craft items at good prices. Traditional souvenirs include gems and gemstone jewelry, batik artwork, traditional African woven cloths, stone and wood sculptures, leather goods, bead work, and fine basketry.

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.

DEMOGRAPHICS & HISTORY

South Africa

Facts, Figures & National Holidays

- **Area:** 470,693 square miles
- **Capital:** Pretoria (administrative), Cape Town (legislative), Bloemfontein (judicial)
- **Languages:** There are twelve official languages; English, South African Sign Language, Afrikaans, IsiZulu, IsiXhosa, Sepedi, Setswana, Sesotho, and Xitsonga and others are all spoken.
- **Ethnicity:** Black African 80.2%, white 8.4%, biracial 8.8%, Indian/Asian 2.5%
- **Location:** South Africa is bordered by Namibia, Botswana, Zimbabwe, Mozambique, the Indian Ocean, and the South Atlantic Ocean to the west.
- **Geography:** Africa's southernmost country, South Africa has three major natural regions: the plateau, the mountains, and the coastal belt.
- **Population:** 60,604,992 (Estimate)
- **Religions:** Protestant 36.6% (Zionist Christian 11.1%, Pentecostal/Charismatic 8.2%, Methodist 6.8%, Dutch Reformed 6.7%, Anglican 3.8%), Catholic 7.1%, Muslim 1.5%, other Christian 36%, other 2.3%, unspecified 1.4%, none 15.1%
- **Time Zone:** South Africa is on South Africa Standard Time (SAST), seven hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 1pm in South Africa.

National Holidays: South Africa

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

01/01 New Year's Day

03/21 Human Rights Day

04/27 Freedom Day

05/01 Workers' Day

06/16 Youth Day

08/09 National Women's Day

09/24 Heritage Day

12/16 Day of Reconciliation

12/25 Christmas Day

12/26 Day of Goodwill

South Africa: A Brief History

The San, nomadic hunter-gatherers, were the earliest people to inhabit southern Africa. DNA evidence suggests that the San—sometimes referred to as “Bushmen”—lived here as long ago as 100,000 B.C, very likely making them the oldest people in the world. If so, then we can all trace our genes to them. In the fourth or fifth century B.C., the first Bantus arrived, bringing the first tribal structure to the region and taking over most of the arable land.

In the late 15th century, the Europeans arrived, first from Portugal, then from Holland. The latter settled here and took slaves from Madagascar, India, and Indonesia. The Dutch were losing their foothold by the late 18th century, leaving them vulnerable to the British, who set up a base in Cape Town as a pit stop en route to India and Australia. The British continued what the Dutch had started: They fought the native Xhosa people, pushing eastward to expand their reach and erecting fortresses along the Fish River.

The remaining Dutch Boer farmers escaped British control when they set off to establish their own colony in the north and the east of South Africa. But en route, they came across many deserted or decimated villages. Villagers they met were dazed and confused. The Boers would meet the culprits of this ransacking when they came upon the Zulu, who were running their campaign of terror to overtake land from surrounding tribes. With fierce struggle, the Boers faced them down and formed their own settlements, only to be confronted themselves by the British, who were bent on land acquisition. Then, a sea of diamonds appeared in the earth in nearby Kimberley, giving the Boers a bit more incentive to stay—and to fight the British with everything they had.

They resisted the British push with guerilla tactics in the First Boer War. But the British returned with greater force to defeat them in the Second Boer War at the turn of the 20th century. The formation of the Union of South Africa in 1910 by the British and the Dutch-Afrikaans set the stage for apartheid with its race-based policies, restrictions, and repression. Blacks were segregated to live in squalid backwaters known as “homelands.”

The white, ruling Afrikaaners paid plenty of lip service to the supposed self-sufficiency of these regions, but provided no means or opportunities for improvements. In the 1960s, black people began to protest with strikes and marches. It wasn't long before things turned violent: 69 were killed in Sharpeville and members of the African National Congress (ANC) were jailed, Nelson Mandela among them.

Opposition against apartheid grew worldwide, and with the economic impacts of sanctions and divestments, the National Party's FW de Klerk lifted the ban on the ANC and, 27 years after his imprisonment, released Nelson Mandela. In 1994, he won the country's first multi-racial election by a landslide and became president.

Some of the disparities of apartheid remain, but South Africa is far more optimistic than it once was. Four subsequent presidents have been elected into office since Mandela's retirement in 1999, with Cyril Ramaphosa serving as the current President since 2018.

Zimbabwe

Facts, Figures & National Holidays

- **Area:** 150,872 square miles
- **Capital:** Harare
- **Languages:** English is the official language; Shona and Ndebele are also spoken.
- **Ethnicity:** African 99.4% (predominantly Shona; Ndebele is the second largest ethnic group), other 0.4%, unspecified 0.2%
- **Location:** Zimbabwe is bordered by Zambia, Mozambique, South Africa, and Botswana.
- **Geography:** Zimbabwe is twice as large as Great Britain. Its Victoria Falls, approximately one mile long with a maximum drop of 420 feet, is located on the Zambezi River by the Zambia-Zimbabwe border.
- **Population:** 15,418,674 (Estimate)
- **Religions:** Protestant 75.9% (includes Apostolic 38%, Pentecostal 21.1%, other 16.8%), Roman Catholic 8.4%, other Christian 8.4%, other 1.2% (includes traditional, Muslim), none 6.1%
- **Time Zone:** Zimbabwe is on Central Africa Time, seven hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 1pm in Harare.

National Holidays: Zimbabwe

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

01/01 New Year's Day

02/21 National Youth Day

04/18 Independence Day

05/01 Workers Day

05/25 Africa Day

12/22 Unity Day

12/25 Christmas Day

12/26 Boxing Day

Zimbabwe: A Brief History

The name "Zimbabwe" comes from the capital city of the Monomotapa Empire, whose heyday occurred between the 5th and 15th centuries in this part of Africa. By the late 19th century, the area was occupied by African tribes including the Ndebele and the Shona, led by the powerful chief Lobengula. In 1890, a British column led by Cecil Rhodes marched from South Africa in search of precious minerals. They established Fort Salisbury (now Harare) and disbanded. Through treaties and persuasion, Rhodes and his British South Africa Company acquired mineral rights in Lobengula's kingdom.

Rhodes claimed the territory north of the Limpopo River for Great Britain and distributed it among his pioneers and the indigenous Africans. The country was known as Rhodesia for many years in his honor. The northern portion is now Zambia, while the former Southern Rhodesia was renamed Zimbabwe in 1980 in honor of its historical and cultural heritage.

The Ndebele took up arms in 1893 and again in 1896. European settlers spread from the area around Fort Salisbury, and by 1897 the railway had reached from South Africa to Bulawayo, the capital of Lobengula's former kingdom. A few years later the line was extended to reach the coalfields of Hwange, the copper belt in Northern Rhodesia (now Zambia), and Salisbury, which was already linked by rail to the port of Beira in Portuguese Mozambique.

Southern Rhodesia was granted independence by the British in 1923 as an autonomous member of the Commonwealth, but the passage of the Land Apportionment Act in 1931 solidified political power in the hands of the white minority. In 1953, Southern Rhodesia merged with Northern Rhodesia and Nyasaland (now Malawi). Vigorous opposition by nationalists in Zambia and Malawi led to the dissolution of the federation in 1963. In 1965, Rhodesia's prime minister, Ian Smith, announced a unilateral declaration of independence.

During the 1960s and 1970s, nationalism was building in Rhodesia under the parties led by Joshua Nkomo and Robert Mugabe. Both groups had to take refuge in neighboring independent countries. From there, they waged a seven-year struggle for liberation from white minority rule. At last, an agreement was reached to hold a popular election in 1980. Mugabe won a landslide victory to become Zimbabwe's first prime minister under majority rule.

The parliament passed a Land Acquisition Bill in 1992, allowing the government to redistribute about half the land owned by white commercial farmers to black peasants. In his successful 1996 re-election campaign, Mugabe made a pledge to do more to speed up the resettlement of poor black people on land acquired by the government.

After 28 years of what had effectively become a one-party state, some opposition parties began to challenge the status quo as Mugabe became engulfed in scandals, economic problems, and charges of corruption, violence, and election fraud. In Zimbabwe's 2008 elections, for instance, the leader of the country's opposition party, Morgan Tsvangirai, won the popular vote, but Mugabe refused to step down from power quietly. He strong-armed opposition supporters and insisted on a run-off election, despite widespread condemnation from world leaders. In the end, South Africa's president Thabo Mbeki brokered a power-sharing agreement in which Mugabe retained the presidency, with Tsvangirai serving as prime minister.

On November 14, 2017, Mugabe was placed under house arrest during in a military coup staged by members of his own party and the Zimbabwe Defence Forces (ZDF). Leaders of the coup appointed Mugabe's former Vice President, Emmerson Mnangagwa, as the new President and gave Mugabe a deadline of November 21 to resign or face impeachment. Mnangagwa was sworn into office on November 24, 2017 and remains the current president.

Namibia

Facts, Figures & National Holidays

- **Area:** 318,261 square miles
- **Capital:** Windhoek
- **Languages:** English is the official language of Namibia; Afrikaans (common language of most of the population), German, and indigenous languages are also spoken.
- **Ethnicity:** Black 87.5%, white 6%, mixed 6.5%; about 50% of the population belong to the Ovambo tribe and 9% to the Kavangos tribe; other ethnic groups include Herero 7%, Damara 7%, Nama 5%, Caprivian 4%, Bushmen 3%, Baster 2%, Tswana 0.5%
- **Location:** Namibia is bordered by South Africa, Zimbabwe, and the Atlantic Ocean.
- **Geography:** With scant exception (in the north near Angola and in the thin Caprivi Strip), rainfall is rare and lakes or ponds are few. Two deserts blanket its land with sand: the Namib, possibly the oldest in the world, follows the entire Skeleton Coast and stretches 60 to 100 miles inland; and the Kalahari comprises almost the entire eastern part of the country. Central Namibia (a high, rocky escarpment that soars more than 6,500 feet above sea level) sees a mere six inches of rain per year.
- **Population:** 2,212,307
- **Religions:** Christian 80% to 90% (Lutheran 50% at least), indigenous beliefs 10% to 20%

- **Time Zone:** Namibia is on West Africa Time, seven hours ahead of U.S. EST. When it is 6am in Washington, D.C., it is 1pm in Windhoek.

National Holidays: Namibia

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

01/01 New Year's Day

03/21 Independence Day

05/01 May Day

05/04 Cassinga Day

05/25 Africa Day

08/26 Heroes' Day

12/10 International Human Rights Day

12/25 Christmas Day

12/26 Day of Goodwill

Namibia: A Brief History

The San were the earliest people to inhabit southern Africa. These nomadic hunter-gatherers were hardy and could quickly adapt to the region's severe terrain and climate. DNA evidence suggests that the San—sometimes referred to as “Bushmen”—were in fact the oldest people in the world, and southern Africa was their Eden. If so, then we can all trace our genes to them.

In the third or fourth century B.C., the first Bantus arrived on south-central Namibia's plateaus. They brought the first tribal structure to the region and drove other tribes into the desert or the swamps of the Okavango Delta. Tribes that did not retreat were taken on as slaves to the Bantu.

Around the fifth century, A.D., tribal Khoi-Khoi groups came into the region from Botswana, settling here to raise livestock. Over time, they displaced the San and ruled Namibia until the 16th century. Archaeological records suggest that the Khoi-Khoi were among the first pottery makers. Descendants of all these tribes remain in Namibia today, but most have been assimilated into modern society. Namibia's barren and inhospitable coastline largely turned away European explorers. But the late 15th century saw Portuguese mariners landing on its shores, merely to erect stone crosses along the beaches that could be used to guide navigation. Not until the late 1800s did Namibia become the object of imperial affections, when Germany annexed it. The enclave of Walvis Bay, however, was ignored by Germany, but taken by the British in 1878 for the Cape Colony.

In 1904, the Herero people—part of the Bantu tribe—rose up against German colonists. But their uprising was brutally quelled, and 60,000 Hereros were killed. Meanwhile, just east of Lüderitz in the southern Namib Desert, diamonds were discovered. German authorities, anxious to keep the locals out, quickly labeled the region a sperrgebiet, or “forbidden area,” and they set to mining.

After World War I, the League of Nations mandated that South Africa rule what had become known as South-West Africa. After World War II, the mandate stood, but the UN didn't go so far as to grant South Africa annexation. Still, the South African government granted Namibian whites representation in their parliament in 1949. As a result, Namibia's farmland was doled out to white settlers, and black workers were legally relegated as "reserves."

Nationalism rose during the following decade, giving birth to the militaristic South West Africa People's Organization (Swapo). A war for independence ignited. Still, Swapo pursued a more peaceful avenue when they presented their case against South African occupation to the International Court of Justice in 1966. Despite an inconclusive outcome, the UN General Assembly terminated the mandate of 50 years ago and got to work administering the region with the creation of the Council for South West Africa. But the council failed to create any internal government, so South Africa easily inserted itself, refusing to officially let go of Namibia unless Cuban troops left Angola, which borders Namibia to the north. As a response, Swapo stepped up guerrilla activities.

It wasn't until 20 years later that a resolution was brokered in the form of a 1988 UN-sponsored deal that ensured Cuban troops would leave Angola if South African troops withdrew from Namibia. With all that said and done, Swapo won the 1989 elections, a constitution was created, and independence began under the presidency of Swapo leader Sam Nujoma. Walvis Bay was ceded by the British in 1994 after the end of apartheid in South Africa.

But peace would be short-lived. In 1999, Namibia welcomed Angolan troops onto its soil so they could attack UNITA (National Union for the Total Independence of Angola) from a more strategic position. Namibia was once again embroiled in conflict, even if as its own nation.

By far the one of the biggest controversies in recent times of Namibia has been the issue of land reform. At first, Namibia's President Nujoma took a more conciliatory approach than his colleague Robert Mugabe in Zimbabwe. While the latter took forcible possession of white farms, Nujoma condemned illegal land seizures and created a "willing seller, willing buyer" approach that was designed to allow for the peaceful redistribution of land from white farmers to black farmhands. By 2003, he had averted 15 farm invasions and played a role in a crucial agreement between a black farmhands' union and white farmers. But with the 2004 election Hifikepunye Pohamba (who had previously been the Minister of Lands, Resettlement and Rehabilitation) came a more authoritarian approach; it became compulsory that white farmers turn over their land in exchange for a payout from the government. President Pohamba was re-elected in 2009 with over 70% of the popular vote; his term expired in 2015. Pohamba was succeeded by President Hage Geingob, who served as Prime Minister of Namibia from 1990 to 2002 and again from 2012 to 2015. President Geingob was re-elected in 2015 with Saara Kuugongelwa serving as Namibia's first female Prime Minister. President Geingob passed in February 2024 and was succeeded by his Vice President, Nangolo Mbumba.

RESOURCES

Suggested Reading

General Africa

Faces of Africa, Thirty Years of Photography OR ***Passages: Photographs in Africa*** by Carol Beckwith and Angela Fisher (2004, Photography/Anthropology) Traveling throughout Africa from the Sahara to Cape Horn, Beckwith and Fisher have produced decades of striking images.

Africa, A Biography of the Continent by John Reader (1999, History) A great introduction to Africa from its ancient cultures up to modern times.

Safari: A Chronicle of Adventure by Bartle Bull (1988, History) In fascinating and often amusing detail, Bull delineates the evolution of the African safari—from the first European expedition in ox-driven wagons to the modern-day version in comfortable camps.

South Africa

Born a Crime by Trevor Noah (2016, Memoir) The popular late-night television host and comedian describes growing up in apartheid-era South Africa as a biracial child.

Long Walk to Freedom: The Autobiography of Nelson Mandela by Nelson Mandela (1994, Biography) Although there are more recent books about the charismatic South African leader, this is his remarkable story in his own words.

The Rise and Fall of the Zulu Nation by John Laband (1997, History) The Zulu were perhaps Africa's greatest tribe, yet much of their story has remained untold until now. This careful and in-depth study describes the origins of the Zulu people, their development into the "Black Spartans" under their legendary leader Shaka, and their defeat at the hands of Boers and Britons with superior firepower.

Burger's Daughter by Nadine Gordimer (1979, Fiction) A young Afrikaner woman struggles to define her own path after her famous revolutionary father dies in prison, having spent his life fighting for the rights of South African blacks. The author won the Nobel Prize for Literature in 1991.

Cry, The Beloved Country by Alan Paton (1948, Fiction) This classic novel centers on a Zulu priest and his search for a long lost son, a black man who has been accused of killing a prominent white liberal. It poignantly depicts the disintegration of tribal communities in an increasingly urban society at the dawn of the apartheid era.

Zimbabwe

Harvest of Thorns by Shimmer Chinodya (2017, Historical Fiction) A powerful story of the Zimbabwean struggle for independence, seen through the eyes of a young guerilla.

When a Crocodile Eats the Sun by Peter Godwin (2006, Memoir) This is the author's searing, eyewitness account of more than three decades of upheaval in Zimbabwe under the independence hero-turned-dictator Robert Mugabe. More than a political memoir, it weaves the personal story of Godwin's own white-liberal family; how they endured constant betrayals, assaults, and losses; and the family secret that ultimately explained their refusal to leave.

The Girl Who Married a Lion and Other Tales of Africa by Alexander McCall Smith (2004, Fiction) A collection of often hilarious, often bizarre, folktales that the author heard as a child growing up in Zimbabwe. Also includes seven new tales from Botswana.

The Last Resort: A Memoir of Mischief and Mayhem on a Family Farm in Africa by Douglas Rogers (2009, Memoir) A critically-acclaimed tale about the author's family's last-ditch effort to save their farm from a government ordinance re-claiming land owned by white farmers. Touching, and at times darkly funny.

Don't Let's Go to the Dogs Tonight by Alexandra Fuller (2001, Memoir) The author recalls her eccentric family's meanderings from Zimbabwe to Malawi to Zambia during the upheaval of the Rhodesian Bush War. Written with humor and candor, it is a survival tale you'll not soon forget.

Namibia

Soul of a Lion: One Woman's Quest to Rescue Africa's Wildlife Refugees by Barbara Bennett (2010, Memoir/Animals) A tribute to Mariete van der Merwe, who runs a unique sanctuary for animals and specializes in helping disabled animals. Recounts the sanctuary's creation and daily life with vigor.

Namibia Space by Julianne du Toit (2007, Nature/Culture) A collection of photographs and essays highlighting Namibia's landscapes, wildlife, and culture.

The Second Coming of Mavala Shikongo by Peter Orner (2006, Fiction) A fascinating novel about the relationship between a beautiful and enigmatic local woman and an American volunteer teacher, set in a school on the edge of Namibia's vast desert.

Sands of Silence, On Safari in Namibia by Peter Hathaway Capstick (1991, Memoir) The first-person story of a hunter on safari in Namibia during the 1980s. The author's defense of big game hunting may be seen as controversial, but his descriptions of the Bushman have been lauded for their accuracy and sensitivity. This book may not be in stock at your local store but can still be found online.

Burning Shore by Wilbur Smith (1985, Fiction) One of a series of highly enjoyable novels from Zambian-born writer Wilbur Smith, this romantic adventure tale is partially set on Namibia's Skeleton Coast. The story follows a shipwrecked French widow's love affair with an Afrikaner outlaw in the Namibian desert. Highly recommended by O.A.T.'s Trip Experience Leaders.

Suggested Films & Videos

South Africa

Searching for Sugar Man (2013, Documentary) Winner of the 2013 Academy Award for Best Documentary. Sixto Rodriguez, a Detroit rock musician, had a disappointing career in the U.S. But unbeknownst to him (thanks to the closed society of apartheid-era South Africa), he had become a sensation in South Africa, where his music influenced many activists. Sixto only learned of his huge following when determined fans set out to confirm whether rumors of Sixto's death were true. A feel-good comeback story with a great soundtrack.

Tsotsi (2005, Drama) This is the only South African film to have won the Oscar for Best Foreign Language Film. Adapted from the 1980 novel by Athol Fugard, it follows the travails of David, a young Johannesburg tsotsi (thug) who finds himself the caregiver of baby after a carjacking.

Invictus (2009, Drama) Director Clint Eastwood tells the story of how Nelson Mandela used the 1995 World Cup rugby matches to unite the people of South Africa.

Zulu (1964, Drama). This classic, rousing adventure recounts the true story of how a small regiment of 150 British troops held off an overwhelming number of 4,000 Zulu in 1879. The film depicts the Zulu army as worthy adversaries admired for their discipline and strategy. Starring Sir Stanley Baker (who also produced) and Michael Caine in his first major screen role.

Breaker Morant (1980, Drama). Brilliant recounting of events that transpired during South Africa's Boer War revolving around the court martial of three Australian lieutenants—with lots of parallels to modern warfare.

Zimbabwe

Cook Off (2017, Romantic Comedy) An all-Zimbabwean cast stars in this delightful romcom about a single mom who finds love and good fortune as a contestant on a television cooking show contest. This is one of only a handful of films produced in Zimbabwe since the turn of the century. Made on a shoestring budget of \$8,000, it is the first feature film made here to be offered on a streaming service (Netflix).

White Hunter, Black Heart (1990, Drama) Clint Eastwood produced, directed, and starred in this film about a famous director, John Wilson, shooting on location in Africa. To the dismay of his cast and crew, Wilson neglects his film duties and becomes obsessed with shooting elephants, despite his recognition that killing for sport is "a sin." This is a thinly veiled account of the filming of John Huston's classic, *The African Queen*. It was shot in and around Lake Kariba, Victoria Falls, and Hwange.

King Solomon's Mines (1985, Comedy/Adventure) Based on the classic H. Rider Haggard novel, this version of the story takes a comedic approach and was meant to parody Spielberg's Indiana Jones franchise. Hero Allan Quatermaine is hired to find an archaeologist who was lost during an expedition to find a legendary treasure. Filmed outside of the capital, Harare.

Namibia

Baxu and the Giants (2019, Drama/Family). A short film about Baxu, a 9-year-old girl, and her family in a small Namibian village as poachers arrive, looking for the nearby rhinos she holds dear to her, disrupting her life and her family.

Katutura (2015, Action/Drama). Three different people, an ex-convict, a gangster, and a disabled teenager, are forced into each other's paths as they struggle to live out their dreams, faced with crime, drug abuse, and violence, in the Katutura township.

Namibia: The Struggle for Liberation (2007, History/Drama). Based off of the defeat of the South African army in 1987 that led to creation of Namibia as a separate country, follow Sam Nujoma, the leader of the South West Africa People's Organization and the first President of Namibia, as he dives into politics and strives to grant Namibia its freedom.

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

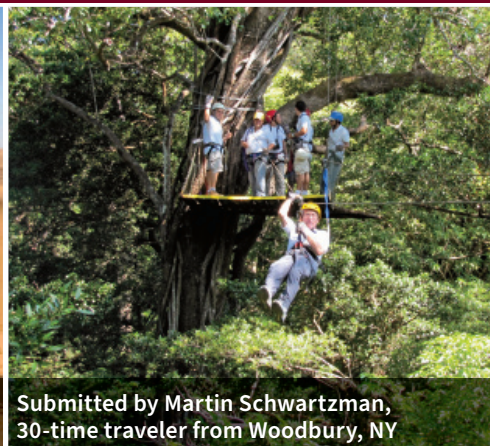
For women only, connect with other women, find out what's safe, meet up, and more



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