



Uganda Gorilla Shortbreak: Original

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Overview & Itinerary

Start Kampala, Uganda
Finish Kampala, Uganda
Destination [Uganda](#)
Style Original
Theme Wildlife

Code YGAU
Trip rating 4
Ages Min 15
Group size Min 1, Max 12
Validity 01 Jan 2019 to 31 Dec 2019

Is this trip right for you?

- Trekking to find the gorillas can be a challenging and long hike.
- You will spend only one hour with the gorillas. There is an option to pre-purchase another gorilla permit to visit the gorillas for a second time on Day 3. However this will result in an altered itinerary. Lake Mburo will be replaced with an additional night in Bwindi.
- Day 4 is a long travel day as you head back to Kampala.
- This is one of our Short Breaks and is slightly different to our group tours. There is no group leader but rather a local guide with the idea being that you maintain a level of independence during down time. You'll most likely travel on a join-in basis, which means you may or may not be joined by others for activities and transportation, depending on demand.

Physical rating



You'll need to be fit enough to trek to the location of your family of mountain gorillas. This may involve up to 5 hours of walking up and down hills, in hot and humid conditions and through tropical (and at times thick) foliage. There may be mud underfoot which will make the trekking slippery. You'll be expected to carry your own personal needs for this trek including water and a rain jacket as well as your camera equipment.

Joining point

Fairway Hotel
Kafu Road
Kampala
UGANDA

Joining point description

The Fairway hotel is a simple, clean and comfortable hotel located within walking distance from Kampala City. All rooms have air conditioning, refrigerator, satellite TV and in room safes. The hotel facilities include a gym, swimming pool, restaurant, cafe, several bars and a business centre.

Joining point instructions

If you have pre-booked a transfer with us your driver will be waiting for you in the arrivals section holding an Intrepid board with your name. The driver will wait for an hour after your scheduled arrival time. If you are unable to find your driver please phone: +256 752 504 301

If you are delayed beyond one hour after your scheduled arrival time, please make your own way to the hotel.

The Fairway Hotel is located about 40km (1hr drive) from Entebbe airport.

If you are making your own way to the hotel there are safe and reliable airport taxis outside the building which should cost approximately US\$45-50 oneway, and must be paid in Ugandan Shillings.

Problems and emergency contact information

GENERAL ISSUES ON YOUR TRIP

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

For transfers and accommodation issues, Intrepid's Kenya Office can be reached on their 24 hour number +254 733 523 813

In case of a genuine crisis or emergency, you can reach our local operator on the number below:

PEAK East Africa: +254-736-213-383 or +254 788-585-065

Itinerary

Day 1: Kampala/Lake Mburo

Ki kati! Welcome to Uganda. Your adventure begins at 09:00am at our joining point hotel. We then make our way to Lake Mburo National Park (approximately 270km, 3hrs).

The flora of Lake Mburo National Park is acacia woodland, different to most other parks in East Africa, which means its fauna is also different to other reserves. It's the best place in the country to see the gigantic eland antelope and has about 68 different species of mammals including zebras, impalas, buffalo, leopards, hyenas and jackals. There are five lakes within the park which are home to hippos, crocodiles and a variety of waterbirds, while the papyrus swamps provide cover for the sitatunga antelope and red, black and yellow papyrus gonalek. This small park is less well-known among tourists so it's much quieter than some of the more famous East African parks.

This afternoon we take a game drive through the park before settling into our accommodation in Mbarara for the night.

Accommodation

- Lodge (1 night)

Included Activities

- Lake Mburo National Park - 4x4 Game Drive

Meals Included

- Dinner

Day 2: Bwindi Impenetrable Forest

This morning we rise early and make our way towards Bwindi Impenetrable forest (approx. 3hrs). Famous for its remarkable biodiversity, Bwindi Impenetrable National Park is home to many endangered species including roughly half of the world's remaining mountain gorillas. Visits are strictly controlled to minimise the possibility of disturbance or transmission of disease to the animals.

The group may be split up into different trekking groups during the day or even over two days depending on the time of permit issue and group size. There's a maximum group size of 8 on each gorilla visit and only 24 gorilla trekking permits available each day.

Tracking gorillas in the dense forest can sometimes be wet, muddy and uncomfortable and may reach altitudes of almost 2000 metres above sea level. The terrain is by no means easy either, so it can be pretty strenuous and often humid, but the sheer thrill in coming across a habituated group of gorillas, dominated by a great male silverback, more than outweighs any difficulty. You need to be prepared and fit enough to walk up to 4 hours - up and down hill. We can usually get very close to the mountain gorillas, who are placid and gentle, and watching their movements is like seeing a mirror image of yourself. Once a trekking group encounters one of the gorilla families, your visit with the gorillas will last one unforgettable hour. Afterwards retire to your lodge and soak up the incredible views.

Accommodation

- Lodge (1 night)

Included Activities

- Bwindi National Park - Mountain Gorilla Permit & Trek

Meals Included

- Breakfast
- Lunch
- Dinner

Special Information

You will spend only one hour with the gorillas. There is an option to pre-purchase another gorilla permit to visit the

gorillas for a second time on Day 3. However this will result in an altered itinerary. Lake Mburo will be replaced with an additional night in Bwindi.

Day 3: Bwindi Impenetrable Forest

We will be trekking on either Day 2 or Day 3 depending on the availability of permits. Today, or perhaps day 2, will be free to check out some of the local sights and optional activities.

Accommodation

- Lodge (1 night)

Optional Activities

- Bwindi Impenetrable Forest - Nature Walk - USD50
- Kisoro - Village Visit - USD20
- Lake Bunyonyi - Mokoro hire (per day) - USD20

Meals Included

- Breakfast
- Lunch
- Dinner

Day 4: Kampala

Today is a long travel day as we make tracks back to Kampala stopping along the way to take pictures at the equator and enjoy a picnic lunch.

This tour ends at our finish point hotel at approximately 4pm. No accommodation is included tonight. If you would like to stay longer, we can book your post-tour accommodation at our finish point hotel if required. If you are planning to fly out tonight, please do not book a flight that departs before 9pm to allow for any delays.

Meals Included

- Breakfast
- Lunch

Finishing point

Fairway Hotel
Kafu Road
Kampala
UGANDA

Itinerary disclaimer

ITINERARY CHANGES:

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you print and review a final copy prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays or other factors, further changes may be necessary to your itinerary once in country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any changes once on tour.

OPTIONAL ACTIVITIES:

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, are for entrance only, and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your leader know you are interested and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with organising these activities. Activities that

contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us understand what we are doing well and what we could be doing better. It allows us to make improvements for future travellers.

<http://www.intrepidtravel.com/feedback/>

Essential Trip Information

Important notes

1. There is a minimum age of 15 years for the gorilla trekking.
2. This trip requires an additional non-refundable deposit (AUD1000, USD1000, EUR800, NZD1250, GBP650, CAD1000, ZAR8000, CHF900) in order to secure a gorilla permit. We also require a scanned copy of your passport at time of booking. Please see trip notes (Important notes) for more details.
3. This trip begins with a short welcome meeting at the start point hotel at 9:00am on Day 1. We will be departing shortly after the meeting.
4. This tour ends at our finish point hotel at approximately 4pm on Day 4. If you are planning to fly out tonight, please do not book a flight that departs before 9pm to allow for any delays.

Passport and visas

PASSPORT

As a general rule most countries expect that your passport has a minimum of 6 months validity remaining. Please ensure the name on your passport matches the name on your booking and airline tickets. Your passport details are required to complete your booking. Your consultant will contact you when this is required. Take a copy of the main passport pages and other important documents with you, and leave another copy at home with family or friends.

VISAS

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

EAST AFRICA TOURIST VISA

The East Africa Tourist Visa allows for travel between Kenya, Uganda & Rwanda with the same multiple entry visa. The East Africa Tourist Visa is a multiple entry visa and is valid for 90 days. The visa costs USD100 and is the best option for passengers travelling to all 3 of the countries.

For those arriving in into Kenya first, the only option to gain this visa, is on arrival at the Nairobi airport. At the airport you will need to complete the regular Kenya visa form and clarify you want to pay the extra USD\$50 for the East African visa. Please ensure they provide you with all 3 visas. This can only be paid in cash.

If beginning your trip in Rwanda, you can apply through the Rwanda Online Visa Application System. Under "Type of Visa" select "East Africa Tourist Visa."

If you're visiting Kenya and Uganda only, and arriving into Kenya via Nairobi Airport and crossing into Uganda by land, we recommend an E-visa for Kenya, and a visa on arrival for Uganda (paid in cash), as these are the most efficient options. See below for further details.

UGANDA:

Arriving by Land (visa on arrival):

If arriving into Uganda by land it is best to either obtain a visa on arrival and pay in cash, or, obtain the East Africa visa on arrival at Nairobi airport. This is due to the Ugandan land borders not having the appropriate facilities to process the E-Visa which can result in very long delays. The cost only arrival is USD\$50 cash only. (Please note, Uganda only accepts USD bills dated 2006 or newer and in excellent condition).

E-Visa if Arriving by Air:

The E-Visa can be obtained at <https://visas.immigration.go.ug/>. You will be required to upload a clear copy of your current passport, Yellow Fever vaccination certificate and a passport photo. You can choose to pay for your E-visa on arrival or online. If paying on arrival, on completion of the online application you will receive a barcoded email notification that you can print take with with you to Uganda. If you choose to pay on arrival you must present the barcoded email at the entry point. The cost is USD\$50 cash only. (Please note, Uganda only accepts USD bills dated 2006 or newer and in excellent condition).

Medical and health information

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations and anti-malarial requirements before departure. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip.

YELLOW FEVER:

A valid international certificate of vaccination against Yellow Fever is required in many countries if you are arriving from a country with risk of yellow fever. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

DRINKING WATER:

As a rule we recommend you don't drink tap water, even in hotels, as it may contain much higher levels of different minerals than the water you are used to at home. For local people this is not a problem as their bodies are used to this and can cope, but for visitors drinking the tap water can result in illness. Generally this isn't serious, an upset stomach being the only symptom, but it's enough to spoil a day or two of your holiday. Many hotels and lodges provide safe drinking water, while bottled water is another alternative. Water consumption should be about two litres a day. Rehydration salts, motion sickness tablets, and diarrhoea blockers are available from many pharmacies.

TSETSE FLY:

It is best to avoid dark coloured clothes such as blue and black while on safari. These colours can attract the biting tsetse fly.

Food and dietary requirements

Your group leader or representative will endeavour to cater for specific dietary requirements where possible, and vegetarianism and gluten intolerance will be catered for in most instances. There are, however some meals and activities that are fixed in advance and therefore cannot be modified to suit dietary requirements.

Please notify your booking consultant of any dietary requirements at the time of booking. For those suffering from particular food allergies, your group leader or representative will endeavour to disclose to their fullest knowledge the main ingredients in dishes being consumed. It is, however, your personal responsibility to ensure that you do not ingest any foods to which you are allergic.

Accommodation

Lodge (3 nights)

If you require a Sleep Apnea Machine to sleep please ensure that it is battery operated. Lodges and Permanent Tented Camps are often powered by generators which are turned off during the night.

Transport

4x4 Safari Vehicle

Money matters

When it comes to money matters on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like meals not included, drinks, shopping, optional activities, tipping and laundry. It's always better to bring a little more than you think you'll need.

Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

Please note: all recommendations for additional costs, tipping etc. are in USD. You will need to convert these into the relevant local currency.

MEALS NOT INCLUDED

For lunches not included, a budget of USD10 to USD15 per meal will be more than sufficient. For dinners not included expect to budget between USD12 to USD25 for a main.

These are indicative prices only. If you are in a tight budget or are happy to try local food, you can eat cheaper than this. If

you want to try just the finest food at the finest restaurants, then you can expect meals to cost as much as in western countries.

TIPPING

Gratuities aren't compulsory on your trip, but they can make a big difference to locals employed in the tourism industry. If you are happy with the services provided, a tip is an appropriate way to thank them. While it may not be customary to you, it is of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations.

TIPPING GUIDE

To give you a bit of guidance, we've put together the following tipping notes. These are just suggestions, based on feedback from past travellers and our staff on the ground.

- Restaurants – When checking the bill, if there's an addition of 10% service charge, there's no requirement for tipping.

Otherwise, 10% of the total bill amount is appropriate.

- Lodge staff - Tipping boxes are often in the common areas and approximately USD2 per day is appropriate

- Guides & Drivers – The amount is entirely a personal preference; however as a guideline USD3 to USD6 per staff member, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

EMERGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you bring an extra USD500 for emergencies (e.g. natural disasters or civil unrest). Sometimes these things necessitate last minute changes to our itineraries, and we can't guarantee there won't be some extra costs involved.

CREDIT CARDS, ATMS AND MONEY EXCHANGE:

Credit cards are generally accepted in tourist shops and some restaurants across Africa. Visa and Mastercard are generally preferred over American Express, Diners, etc. Smaller venues take cash only. Foreign currency is easily changed at exchange bureaus and they generally offer the best rates.

With ATMs being increasingly available in the many major towns and cities and even some campsites, credit or debit cards are a convenient way to access money. Be aware that your withdrawing limit may vary from country to country (regardless of your withdrawing limit in your home country) and it can be as low as the equivalent to USD100 per day. Throughout Africa, cards with the Visa logo are most readily recognised, although MasterCard is also accepted in most places. A charge is made for each international transaction - please check with your bank how much this fee will be. Check with your bank before leaving home that your card can be used as a debit card in Africa. You may also want to notify your bank that you are visiting Africa as it's not unknown for banks to freeze cards which show sudden transactions in other countries. If you're on a multi-country tour, your tour leader will be able to give you an approximate idea of how much money you may need for your stay in each country.

PLEASE NOTE: Many businesses and banks in Africa, especially East Africa, do not accept US dollar notes older than 2006. If you are bringing USD, we strongly recommend large bills in good condition, 2006 series onwards only. Any old or damaged notes may not be accepted.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances.

Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps. You'll also need a day pack/bag to carry water and a camera etc for day trips.

Below are some ideas and helpful tips on what you specifically need for this trip.

ESSENTIALS:

- Closed in shoes. As most of our trips include some bush walking we highly recommend that you take a pair of comfortable, closed-in walking shoes. Closed-in shoes will help to protect your feet from cuts and scratches when walking through bush/grass-lands, and will also act as a barrier protection in rare cases against bites or stings from dangerous animals in this environment.

- Lightweight clothing. You will need to bring a mixture of lightweight clothing, some warm items for the evenings, and long shirts and pants for protection against mosquitoes in the malaria areas. Clothes should be easy to wash and dry. Some people like to take jeans for evenings out but they can be tough to dry and should not be used for trekking. Avoid nylon and other synthetics, which can be very uncomfortable in hot weather. Ex-military or military style clothing and equipment is NOT recommended.

- Sun protection - hat, sunscreen, sunglasses

RECOMMENDED:

- A good quality, high-beam headlamp or torch for around the lodges and permanent tented sites at night. Some of these properties have limited lighting and are powered by generators that switch off at a certain time.

- Waterproof/windproof jacket is a good idea for wet days, and early morning or evening activities when it can be cool.
- Warm fleece and beanie for morning and evening activities including game drives where applicable.
- Personal medical kit. Large kits will be on hand at the lodges and from your leader (on trips that have a dedicated trip leader) but we recommend you carry items such as mild pain killers, electrolytes and bandaids.
- Insect repellent.
- Water bottle. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments.
- Camera with spare battery or power bank.
- Binoculars

OPTIONAL:

- Ear plugs to guard against a snoring room-mate.
- A good book, a journal or smart phone with music player.

LUGGAGE LIMIT:

Please keep your luggage to a minimum. One small soft-sided bag plus a day pack (no more than 15-20kgs in total per person) is essential. We recommend against bringing hard/externally framed suitcases as they are difficult to store and can damage equipment and other travellers' belongings. If your trip is beginning and ending at the same location, excess luggage can usually be stored at your arrival/departure hotel and can be collected after your trip.

VALUABLES:

Please try to avoid bringing unnecessary valuables, and use your hotel safe. It's also a good idea to purchase a money belt or pouch that is easily hidden. We strongly recommend that you photocopy all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the copies separate from the originals. While not valid, a photocopy makes it very much easier to obtain replacements if necessary.

BATTERIES/POWER:

Our trips have access to power to recharge batteries for phones and cameras every couple of days. We always recommend that you carry an extra battery or powerbank just in case.

CONSERVATIVE DRESS FOR WOMEN:

In many parts of Africa women travelers should dress modestly as there is a wide range of cultural differences. Wear skirts or shorts that reach just above the knee and tops that cover shoulders at a minimum. If visiting coastal areas wear a cover-up when you step off the beaches.

PLASTIC BAG BANS ACROSS AFRICA

While Namibia holds people liable to a fine of N\$500 or imprisonment for entering Game Parks with a plastic bag, Botswana has announced a countrywide ban on plastic bags to come into effect on 1 November 2018. The ban will make the importing, trading and commercial use of plastic bags a criminal offence. Exceptions will be made for plastics that are essential for health and hygiene. With these announcements, Botswana and Namibia join other African countries such as Tanzania, Kenya, Ethiopia, Uganda, Tunisia, Morocco, Rwanda, Uganda, Somalia and Eritrea that have banned plastic bags. South Africa imposed a levy on plastic bags in 2004 but they have not yet been banned.

Many countries are strictly enforcing this and have been searching luggage at border points. Camping stores are good for obtaining waterproof reusable bags, for dirty laundry etc, prior to departure.

Group Leader

On this trip you'll be accompanied by several different local guides and drivers, who are all specialists in their own area.

Safety

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's

operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

www.intrepidtravel.com/safety

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

BALCONIES:

Some hotel balconies don't meet western standards in terms of the width of the balcony fence being narrower than 10cm.

TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD:

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

PICK POCKETING & PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking at night and encourage you to walk in groups and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

WATER SAFETY:

Please take care when taking part in any activities in the ocean, river or open water, where waves and currents can be unpredictable. It's expected that anyone taking part in water activities is able to swim and have experience in open water. All swimmers should seek local advice before entering the water.

TRAVEL ADVICE & TRAVEL INSURANCE

We recommend that you check your government's advice in relation to the areas you will be visiting for their latest travel information before departure and ensure that your travel insurance covers you for all areas your itinerary covers.

UNFENCED CAMP SITES:

On some trips you will at times stay in unfenced camp sites within national parks. While this is a fantastic experience, there are a few safety rules to follow. While staying in national parks it's important that you listen to any advice given by your tour leader and the park rangers regarding responsible and safe behaviour.

BILHARZIA

Bilharzia is a parasitical disease which is usually spread by swimming in contaminated water. It can be assumed that the infection is present, to a greater or lesser extent, in almost all water sources, but most especially in shallow reedy waters in the vicinity of villages.

Although the adult parasites do not themselves cause a great deal of harm, after about 4-6 weeks they start to lay eggs, which triggers an intense but usually ineffective immune response, the symptoms of which can include fever, cough, abdominal pain, and an itchy skin complaint known as safari itch. After a while the symptoms settle down and the patient is left with a sense of feeling tired all the time.

Travelling on a group trip

On this Short Break Adventure the fellow travellers that may join you during activities can come from all corners of the world and likely a range of age groups too. We ask you to be understanding of their various needs and preferences - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. If you are requested to be at a place at a certain time, ensure that you don't keep others waiting. We have found time and time again that the very best adventures we operate are those where the dynamics between travellers works well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your Short Break Adventure prior to departure.

Please note many of our Short Break Adventures operate with a minimum of 1 person, so there may be instances where you are the only person on the trip.

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

<http://www.intrepidtravel.com/insurance.php>

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

The Intrepid Foundation

The Intrepid Foundation is a not-for-profit foundation set up to enable our travellers to help make a difference by supporting local communities, projects and non-government organisations in the places we travel. The smallest contribution can make an enormous difference and all donations to The Intrepid Foundation are matched dollar for dollar (yes, we'll double your donation!). We support a range of initiatives – from wildlife protection and environmental conservation to supporting vocational training for underprivileged individuals – all with the aim of helping to improve lives and empower communities across the world to make meaningful change. All administration costs are covered by us so you can be assured 100 per cent of your donation will reach your chosen project. To learn more about the projects we support, ask your trip leader for more information about projects in the region you are travelling in or visit

www.theintrepidfoundation.org

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