

PROVISIONAL ITINERARY FOR JOLT 2014

JOURNEY ACROSS AFRICA

**THROUGH ZAMBIA, BOTSWANA, SOUTH
AFRICA, SWAZILAND AND MOZAMBIQUE**

July 19th - August 15th



Expedition itinerary - draft version

DAY	DATE	ACTIVITY
1	Sat 19th July Journey Time: 11hrs 15 mins Travel Distance: 5635 Miles Accommodation: Overnight flight Laundry: No Internet: No	Depart UK for Southern Africa Fly London to Johannesburg We will fly to Johannesburg on an overnight flight leaving London in the evening and aiming to arrive in Johannesburg the following morning with enough time to connect to the next flight which departs at 11am (South African Airways to Livingstone Zambia).
2	Sun 20th July Journey Time: 1hr 50 mins Travel Distance: 593 miles Accommodation: Faulty Towers Hostel Laundry: Yes Internet: Yes (not free)	Johannesburg to Livingstone, Zambia After the overnight flight we will arrive in Johannesburg, South Africa. In the airport we will connect onto another international flight headed for Livingstone in Zambia. This flight is 1h50mins. On arrival in Zambia we will be meet buy our in-county expedition co-ordinator who will drive with us in a private bus to our accommodation, Fawly Towers in Livingstone. At the lodge we will settle in and have lunch before sitting down to an orientation/presentation which will cover the entire expedition itinerary through Zambia, Botswana, South Africa, Swaziland and Mozambique. During this presentation we'll have time to discuss any other questions we might have about the amazing journey ahead of us. Relax in the evening, dinner at the hostel. Accommodation http://adventure-africa.com/ Forex: At Fawly Towers Forex is available a short walk away at a number of banks on the high street. Overnight in hostel.

DAY	DATE	ACTIVITY
3	Mon 21 st July	<p>Victoria Falls</p> <p>Breakfast, then into our private buses for the short journey to the world famous and awe-inspiring Victoria Falls which is considered to be the largest waterfall in the world! The waterfall is a massive 1.6km wide and a soaring 108m high with an incredible volume of water which cascades into a huge chasm. The local name for the falls is Mozi-oa-Tunya is literally “the smoke that thunders” as you can hear the roar of the falls and see the 400m high vapor spray it creates from quite a distance before getting to the falls. When the spray is at its highest it can be seen from up to 43 km away! The river and the falls forms the boundary between Zambia and Zimbabwe. David Livingstone, the Scottish missionary and explorer, is believed to have been the first European to view Victoria Falls on 16 November 1855 from what is now known as Livingstone Island, one of two land masses in the middle of the river, immediately upstream from the falls on the Zambian side. Livingstone named his discovery in honor of Queen Victoria.</p> <p>We’ll enter the gates to the viewing section and spend some time viewing the incredible falls from the Zambian side of the river. This mornings challenge is to get the whole group down to, and then back up from ‘The Boiling Pot’ on the river below the falls. Packed lunch will be eaten at a suitable juncture and place, well away from the greedy baboons! There are some fantastic photo opportunities at this incredible natural landmark. Be prepared to get a little wet as you get closer to the gorge edges! Hopefully we’ll have time to explore the Knife Edge Gorge and even visit the border bridge to watch people on the bungee, swing and zip line.</p> <p>Later in the afternoon we will have a chance to explore the craft market in Livingstone. Many talented wood and stone carvers have flocked to Livingstone over the years and thereis is some fantastic sculpture and other art work on offer. Look out for the Zambezi River God necklaces which are worn by the local boatmen and fishermen to keep them safe on the waters of the Zambezi.</p> <p>We’ll be on the move again tomorrow so pack your bags after dinner.</p>

DAY	DATE	ACTIVITY
4	Tue 22nd July Journey Time: 7 hours 2 hours bus 5 hours boat Travel Distance: 27km in a bus 10 -27Km in boats Accommodation: Zambezi River Campsite Laundry: No Internet: No	<p>Canoe/Raft trip on the Zambezi River</p> <p>This is where the real adventure begins! At 8:30am, after breakfast, we'll hop on a bus which will take us to the mighty Zambezi River for the start of the overnight Zambezi river canoe trip. (A room will be hired for storage of our large bags at Fawltly Towers while we are away)</p> <p>After a river safety briefing we will enter the canoes and head down river guided by qualified river guides. The boats used are 2 person sea kayaks and are stable enough for a novice paddler. We will transfer to inflatable rafts for a section of rapids before rejoining our kayaks for the final part of today's journey. Where possible, a jet boat will support the group for added flexibility and safety.</p> <p>The river is flanked on either side by protected national parks and wildlife abounds as you paddle open bodies of water and narrow channels of one of Africa's most enchanted rivers. Elephant, hippo and crocodile's are all common sighting along with a fantastic array of birds. On the right bank is Zimbabwe and Zambia on the left.</p> <p>After today's paddling we will reach the campsite on the shores of the river where we enjoy the sunset before sitting down to dinner and a good nights sleep after an active day.</p> <p>Forex: none available on the canoe trip</p> <p>Overnight in tents at campsite</p> <p>Notes: www.Livingstoneadventures.com a). The canoes are fibreglass double canoes with seats and back rests. They can also provide 12 man inflatable rafts with oarsman as an alternative or as an addition to the two person canoes (very safe option). b). The route can easily be shortened if needs be, there are many different launching sites and so the trip can be tailored to suit the needs of the group. This is not a problem at all. c). The river conditions are relatively easy for novice paddlers. The water levels are good at that time of the year, a strong flow of water means the boats move at a good pace and the paddling is made easier. There is one challenging rapid on the route which can easily be portaged.</p>
5	Wed 23rd July Journey Time: 3 hours Travel Distance: 11km boat 30km bus Accommodation: Fawltly Towers Laundry: Yes Internet: Yes	<p>Zambezi River Canoe – Livingstone</p> <p>In the morning we'll have breakfast at about 8am at the camp before heading downstream for another enjoyable paddle in canoes where the paddle ends mid morning. At the river take out we will have a snack lunch under the shade of a large tree before boarding the bus to take us back to Livingstone.</p> <p>Back at Fawltly Towers in the early afternoon we can enjoy the afternoon pancakes and take a dip in the bracing waters of the hotel pool (if deemed appropriate by the Outlook Leader). Good chance to have a relaxing time in preparation for tomorrow's physical challenge.</p> <p>Overnight at the hostel.</p>

DAY	DATE	ACTIVITY
6	Thur 24 th July	<p>Livingstone – Chobe National Park (Safari)</p> <p>Journey Time: 8 hours</p> <p>Travel Distance: 80km bus 60km safari vehicle</p> <p>Accommodation: Camping</p> <p>Laundry: No</p> <p>Internet: No</p> <p>After breakfast we will board our private buses and leave Livingstone and Victoria Falls headed for the town of Kasane in Botswana. The journey is about 2 hours and includes a ferry crossing of the Zambezi River where everyone's passports will be stamped out of Zambia and into Botswana! The Kazangula border on the Zambian side of the river is quite chaotic, but much calmer on the Botswana side.</p> <p>If allowed, our 4x4 open safari vehicles will pick us up from the ferry crossing, or we may have to walk a few hundred meters to the Botswana border post. On arrival in Kasane town we will be met by our safari guides where we will begin a 4 day 4x4 wilderness adventure safari into the heart of Chobe National Park and Moremi Game Reserve. Here we will enter the gates of one of Africa's finest wildlife areas, Chobe! This is Big 5 country and the game viewing begins immediately as the vehicles make their way to the banks of the Chobe River. Lion, leopard, elephant, rhino, buffalo, giraffe, zebra, impala and a host of other incredible animals all roam this area and are generally common sightings especially in the southern African winter time (July-August). Safaris in southern Africa are best done in winter as this is dry period and so animals come in their thousands to quench their thirst at the rivers and water holes.</p> <p>In the late afternoon after a full day of safari the guides will select a camping area for the night along the banks of the Chobe. This is wild camping, there are no fences around the site but as long as we stay in the campsite we will be safe from the animals in the park. It is very common for hyena to visit the campsites at night, don't be scared of them, shoo them off and they will move away. There will be a temporary shower and toilet erected by the guides.</p> <p>Dinner will be prepared around a roaring fire where we'll sit and share stories of the days adventures. The nights are alive with natural sounds and when it's clear the stars are incredible.</p> <p>Forex: is available at a number of banks just before you enter Chobe in the town of Kasane.</p> <p>Overnight in tents at a wild camp.</p> <p>http://www.bushways.com</p>

DAY	DATE	ACTIVITY
7	Fri 25th July Journey Time: 8 hours Travel Distance: 200km Accommodation: Savuti campsite Laundry: No Internet: No	Chobe River to Savuti Plains Camp After breakfast we will help break down the campsite and load equipment and bags into the 4x4s before heading south through Chobe towards the Savuti plains of central Chobe National Park. The game viewing is good along the way. The 6 hour journey takes you through flat dry savanna before arriving in Savuti. Savuti is famous for its herds of plains game: zebra and wildebeest gather here in numbers, Elephant herds dot the horizon and large flat top acacia trees silhouette the red skyline at sunset. This area is also renowned for excellent lion sightings, its true African wilderness at its best. We will set up camp on the edges of the Savuti plain and enjoy another night under the stars. Listen out for the lions roaring at night, their call can be heard from up to 8km away! As with the previous night the campsite facilities will be very basic with no electricity. Forex: no Forex facilities are available for the 3 nights camping in Chobe and Moremi. Overnight in tents at a wild camp.
8	Sat 26th July Journey time: 5 hours Travel Distance: 150km Accommodation: Khwai campsite in Moremi Laundry: No Internet: No	Savuti – Moremi Game Reserve We will have another early rise and pack up camp before heading south again through the Mopane woodlands towards the Moremi Game Reserve which forms part of the world famous Okavango Delta. The game drive on this day is approximately 6 hours. The guides on this safari are all local to the region and have an intimate knowledge of the African bush. Along the way you will learn about wildlife, tress and geology and interrelationships between all of the components that make up this incredible ecosystem. Remember to interact with your guides and ask questions, the more you put in the more you'll get out! There are incredible things to learn in the African bush. As we approach Moremi we will meet the outer channels of the Okavango Delta in the Khwai region which forms the eastern part of the delta. With the channels comes the water and more abundant wildlife. Hippos and crocodiles line banks of the waterways and the birdlife is prolific. We will cross the Khwai channel and set up camp within the Moremi reserve at another wild camp which will have the same basic facilities as the two previous nights. If time permits the guides will take us on a late afternoon game drive along the water channels. Dinner around the campfire before bed in our tents. Overnight in tents at a wild camp.

DAY	DATE	ACTIVITY
9	Sun 27 th July	<p>Moremi – Maun</p> <p>Journey Time: 4 hours</p> <p>Travel Distance: 130km</p> <p>Accommodation: Ready erected tents</p> <p>Laundry: Yes</p> <p>Internet: Yes</p> <p>After another early rise, we'll pack up camp and head out of Moremi Game Reserve toward the town of Maun, the gateway to the Okavango Delta. We will have lunch outside the reserve before finishing our Chobe safari mid-afternoon Maun is small dusty town but will seem quite busy and civilized in comparison to the wilderness you have just come from.</p> <p>The safari guides will drop us at Audi Camp (Audi means fish eagle in the local Tswana language). Audi camp is set on the banks of the Thamalakane River and has a sparkling swimming pool where we can swim and refresh. After 4 days of real wilderness adventure we'll use the comforts of the lodge to rest and recuperate in preparation for our next adventure.</p> <p>The accommodation for the night will be in ready erected tents at the lodge – half the group will sleep in dome tents and half in ridge tents, swapping round on return from the delta. Dinner will be served at the lodge restaurant and we can scrub ourselves clean in the bathrooms with hot water showers and flush toilets, quite a novelty in comparison with the last 4 days!</p> <p>Overnight in ready erected tents</p> <p>Forex: is available from a number of banks in the town of Maun which is 12km from Audi Camp</p> <p>Accommodation http://okavangocamp.com/</p>

DAY	DATE	ACTIVITY
10	Mon 28 th July	<p>Mokoro boat ride into the Okavango Delta</p> <p>Journey Time: 5 hours 1.5 hours truck 3.5 hours boat</p> <p>Travel distance: 80km</p> <p>Accommodation: Camping</p> <p>Laundry: No</p> <p>Internet: No</p> <p>After an early breakfast at Audi Camp we'll jump into some 4x4 transfer vehicles and head into the heart of the Okavango Delta! The delta is one of the most fascinating and unique ecosystems in the world. It is formed by the Kavango River which rises in the highlands on Angola and flows south to Botswana where it meets the flat expanse of the Kalahari desert. Instead of bypassing the desert and flowing to the ocean (as all rivers do) it is sucked up by the Kalahari sands and forms a massive inland delta as large as the entire surface area of Wales! The delta is a massive oasis in the middle of a dry parched land and is made up of a myriad of clear water channels and fertile islands, it abounds with life and is a magical place to visit.</p> <p>The drive into the delta will take an hour and a half and we'll be dropped at a mokoro station and introduced to our boatman/poler and guide. A mokoro is a dug-out canoe made from a large straight tree such as a sausage tree or an ebony tree. The mokoro is ideally suited as transport in the delta as in can move quietly through shallow water, being pushed by the boatman using a long pole, moving along the narrow channels or cutting through the long grasses or papyrus. This will be our mode of transport for the next 2 days. Swimwear in lieu of underwear is a good idea for the mokoro journey as wet bums are not unusual!</p> <p>We'll explore the labyrinth of water channels through the day and as the sun fades the poler will find a campsite on an island where we'll help set up camp and collect some firewood for cooking dinner. It's back to basics again out here, no toilet, no showers and no electricity. The guide will prepare dinner around the fire and will tell tales of the delta!</p> <p>Forex: no Forex facilities are available on the Okavango Mokoro trip.</p> <p>Overnight in tents at a wild camp</p> <p>Operator: http://okavangocamp.com/</p>
11	Tues 29 th July	<p>Okavango Delta – Maun</p> <p>Journey Time: 5 hours 3.5 hours boat 1.5 hours truck</p> <p>Travel distance: 80km</p> <p>Accommodation: Audi Camp</p> <p>Laundry: Yes</p> <p>Internet: Yes</p> <p>We'll rise early to the sounds of the delta and after a pre-breakfast snack and drink we will head out on a 2 hour guided trek into the bush in search of wildlife and birds.</p> <p>After the trek we'll have a late but hearty brunch before we help break up camp and head back to the boat station in Mokoros where we'll be met by the 4x4 trucks for the journey back to Audi camp.</p> <p>We'll be arriving back in Maun in the mid afternoon. Dinner at the Audi restaurant before bed in the ready erected tents</p> <p>Forex: is available from a number of banks in the town of Maun which is 12km from Audi Camp. It is advisable to change money if needed for the Khama Rhino Sanctuary.</p> <p>Overnight in tents</p>

DAY	DATE	ACTIVITY
12	Wed 30 th July	<p>Maun to Khama Rhino Sanctuary</p> <p>Journey Time: 7 hours</p> <p>Travel Distance: 500km</p> <p>Accommodation: Khama Rhino Sanctuary</p> <p>Laundry: Yes</p> <p>Internet: No</p> <p>We'll have breakfast at approximately 08:00am we will depart Audi camp and Maun by road and head south east through the Kalahari Desert toward the town of Serowe. We'll have a packed lunch on the road and will arrive at the Khama Rhino Sanctuary mid afternoon.</p> <p>The Khama Rhino Sanctuary is a community based wildlife project, established in 1992 to assist in saving the rhinoceros from extinction. Rhinos have been poached for their horn for hundreds of years and are close to vanishing from our planet forever. Rhino poaching is particularly rife in this preset day and the sanctuary plays a vital role in the conservation and protection of this magnificent animal. Covering approximately, 4300 hectares of Kalahari Sandveld, the sanctuary provides prime habitat for white and black rhino as well as over 30 other animal species and more than 230 species of birds.</p> <p>On arrival at the sanctuary we'll have a look around the visitor information centre and learn about the function of the sanctuary and the plight of the rhino. Accommodation will be in shared dormitories with communal toilets and showers. Dinner will be served at the camp restaurant.</p> <p>Forex: no Forex facilities are available at or close to Khama Rhino Sanctuary</p> <p>Overnight in dormitories.</p> <p>Accommodation and operator http://www.khamarhinosanctuary.org/bw/</p> <p>Notes and recce considerations: - Outlook has organised projects at the Khama Rhino Sanctuary in the past, which may be an option to consider during the recce.</p>
13	Thur 31 st July	<p>Khama Rhino Sanctuary</p> <p>Journey Time: 1 hours</p> <p>Travel Distance: 10km</p> <p>Accommodation: Khama Rhino Sanctuary</p> <p>Laundry: Yes</p> <p>Internet: No</p> <p>Immediately after breakfast we will go on a nature walk and follow this with a couple of hours physical work to help with the conservation effort of the sanctuary.</p> <p>After lunch we will go on a game drive and hopefully spot some of their 40+ rhinos, (White rhino are relatively easy to find, the challenge will be to find the black rhino!) back at the centre we will have a short summing up session before dinner.</p> <p>The small play area close to our accommodation will be a good place to work out or chill, whichever takes your fancy after dinner.</p>

DAY	DATE	ACTIVITY
14	Fri 1st Aug Journey Time: 7 hours Travel Distance: 560km Accommodation: Hostel Laundry: Yes Internet: Yes	<p>Khama Rhino Sanctuary to South Africa</p> <p>We'll have breakfast and hit the road continuing the journey toward South Africa. The rhino sanctuary will provide us with packed lunches for the journey. We'll cross through the border post, at the Limpopo River, one of southern Africa's most important rivers, stamping out of Botswana and into South Africa before heading to the Blyde River Canyon for an overnight stop</p> <p>Forex: facilities will be available when passing through the South Africa towns of Polokwane and Tzaneen.</p> <p>Overnight in dormitories.</p> <p>Blyde River accommodation: http://www.foreverblydecanyon.co.za/</p>
15	Sat 2nd Aug Journey Time: 4 hours Travel Distance: 200km bus Accommodation: Pretoriuskop camp, Kruger Laundry: Yes Internet: Yes	<p>Blyde River Canyon – Kruger National Park</p> <p>We will wake up close to one of the most spectacular views in all of South Africa, the Three Rondavels of the Blyde River Canyon! We'll leave Blyde River Canyon Resort after breakfast and head directly to the canyon viewing point. Cameras will need to be at the ready for some great photo opportunities at this iconic South Africa landmark. We'll leave the canyon and drive along the northern Drakensburg escarpment before the descent to the lowveld and the world famous Kruger National Park! The journey to the Kruger will take about 4 hours and on route we will stop at a few other view points and craft markets before heading east and entering Kruger at Numbi Gate in the late afternoon.</p> <p>From the entrance gate it's a short 20min drive to the Pretoriuskop Camp, the oldest camp in Kruger. Dinner will be served at the restaurant. Here we will stay in basic 2 bed safari huts for the night. After settling in, a brisk walk around the perimeter of the camp and/or dip in the pool (if the Outlook Leader deems it suitable) will set us up for a good dinner at the restaurant on camp.</p> <p>Forex: will be available in the town of Hazyview which is on route to Kruger.</p> <p>Overnight in safari huts</p> <p>South African National Parks: SANParks: http://www.sanparks.org/parks/kruger/</p>

DAY	DATE	ACTIVITY
16	Sun 3 rd Aug	<p>Kruger: Pretoriuskop to Lower Sabie Camp</p> <p>Kruger Park is one of Africa's most famous national parks and is classified as one of the worlds "super parks". It covers a massive area, over 2 million hectares to be precise. It was established in 1926 by president Paul Kruger of the then Union of South Africa. Kruger is one of the best managed conservation areas in the world and combines a well managed ecosystem balanced with a developed tourism infrastructure. It has the highest diversity of wildlife in comparison with any other African national park so if it animals you are after Kruger is the place to be.</p> <p>We'll rise with the sun and head out early in Kruger open safari vehicles, on a game drive to find the animals which roam the savannas of this wonderful park. The south west is characterised by grassy plains and mixed woodland savannah. The rare sable antelope is commonly seen in this area as well as other rare species such as white rhino and wild dog. We'll head eastwards toward Skukuza where we will stop for brunch. There is an interesting museum here where you can learn about the history of the park as well as current conservation projects.</p> <p>After brunch we'll rejoin our All Out Africa vehicles and travel south along the Sabie River which is famed for having the highest population of leopards per square kilometre in the whole of Africa.</p> <p>The destination for today is Lower Sabie Rest Camp in the south eastern region of Kruger. The camp is on the banks of the Sabie River and has a large shop, internet facilities and a sparkling swimming pool. Dinner will be served at the camp restaurant and the accommodation will be in basic multi-bedded safari huts.</p> <p>Before dinner however you will go out on an exciting night drive with the Kruger rangers, in search of the nocturnal creatures which inhabit the park.</p> <p>Forex: no facilities will be available in Kruger</p> <p>Overnight in Safari huts</p>

DAY	DATE	ACTIVITY
17	Mon 4 th Aug	<p>Journey to Swaziland</p> <p>After breakfast we'll pack our bags and packed lunches and head out of Lower Sabie in our private buses for one last safari game drive on route to the Kingdom of Swaziland! The game viewing in the south eastern corner of Kruger is extremely good. Cheetah are commonly seen in this area as are lion and hyena. Expect to see large herds of elephant along the final stretch of the Sabie River.</p> <p>We'll exit Kruger at Crocodile Bridge Gate and will travel south west entering the Kingdom of Swaziland at Jeppes Reef/Matsamo border gate. From here we'll travel to the beautiful Malolotja Nature Reserve in the western highlands of Swaziland.</p> <p>We should arrive in the late afternoon and after settling into our accommodation, we'll have a brief moorland trek to take in some of the stunning vistas.</p> <p>In Malolotja we will stay in comfortable 5 person wooden log cabins at the main camp. There are showers and flush toilets. This is the highest altitude we have been at for the whole trip (1,500m) and the temperatures at night can sometimes get close to 0°C so make sure you wrap up warm. Dinner will be served at the camp restaurant.</p> <p>Forex: no facilities will be available on the first day in Swaziland however South Africa Rands is legal tender in the Kingdom.</p> <p>Accommodation: http://www.sntc.org.sz/reserves/mal.html</p>

DAY	DATE	ACTIVITY
18	Tue 5th Aug Journey Time: 2 hours Travel Distance: 6km truck 80km bus Accommodation: Sondzela, dorms Laundry: Yes Internet: Yes	<p>Zip line Canopy Tour and journey to trek location</p> <p>Today will be a real physical and mental challenge as we access and take on the zip lines. We'll wake up early, have a quick breakfast and split into three groups to head to the start of the trail leading to the head of the zip line.</p> <p>The guides will provide everyone with kit and then drive us out to the start point of the zip line which is set high up in the Malolotja mountains where the Majolomba River begins its decent into the beautiful and impressive Malolotja Valley. 10 cables and 11 platforms will take us whizzing through a beautiful gorge from tree top to cliff edge experiencing mountain scenery like never before! The shortest cable is 20m, the longest is 130m! The whole way we'll be guided by experienced professionals who'll ensure we have a safe yet exhilarating adventure.</p> <p>The access trail is occasionally narrow, steep, stepped and uneven so quite a physical challenge. The zip lines are high and have a great sense of exposure requiring a good degree of trust in the instructor/guide and the equipment. The egress trail will feel even more physical than the access trail so a sting in the tail for this challenge.</p> <p>We'll have a late picnic lunch before we rejoin our 4x4s for the short drive back to the cabins for our onward journey to Mlilwane. We should be leaving Malolotja by mid-afternoon and arrive at Sondzela Backpackers lodge in time for dinner.</p> <p>After the canopy tour we'll be driven back to the log cabins where we will have a quick lunch at the camp restaurant before heading to another reserve, Mlilwane Wildlife Sanctuary for the trek phase. We'll arrive mid afternoon and settle into our accommodation at Sondzela Backpacker Lodge which is set within the reserves boundaries. Dinner will be prepared by the lodge staff and served outside around a roaring fire.</p> <p>Zip line provider: http://www.malolotjacanopytour.com/</p> <p>Forex: is available from a number of banks on route to Mlilwane Wildlife sanctuary and banks in the town of Ezulwini are recommended.</p> <p>Overnight in dorm beds</p>

DAY	DATE	ACTIVITY
19	Wed 6 th Aug	<p>Trekking the Hippo Trail circular route – Mlilwane</p> <p>Journey Time: 4 hours</p> <p>Travel Distance: 6km trekking</p> <p>Accommodation: Sondzela, dorm</p> <p>Laundry: Yes</p> <p>Internet: Yes</p> <p>Early rise, breakfast, then we'll set out on our trek! The trail is approximately 6km long and is a circular route which ends back at Sondzela. There is an abundance of wildlife and birdlife on this trail and the views are spectacular. We'll begin with a gentle decent to the Mhlambanyatsi River where there is a wooden bridge crossing before the trail enters a forest track which leads up to the famous hippo pools of Mlilwane. The trail is high up and a safe distance from the waters edge and we'll see if we can find hippo and crocodile basking in the winter sun. We then continue along the forest trail with a few obstacles to overcome along the route. The path leads out of the forest and into some open grassland before joining the Mhlambanyatsi River and following it toward the parks Main Camp and then back up to Sondzela. In general the trail is wide and accessible by wheel chair. There will be a few points where some lifting and team work will be required. The total walking time will be about 4 hours.</p> <p>Mlilwane trek: http://www.biggameparks.org/mlilwane/</p> <p>Accommodation will be at Sondzela Backpacker Lodge and the dinner will be served off the BBQ at the outside dining area.</p> <p>Sondzela accommodation: http://www.biggameparks.org/sondzela/</p> <p>Forex: no forex is available in Mlilwane or at any other community project sites</p> <p>Overnight in dorms</p>

DAY	DATE	ACTIVITY
20	Thu 7th Aug Journey Time: 7 hours Travel Distance: 40km bus Accommodation: Sondzela, dorm Laundry: Yes Internet: Yes	Community volunteer project After breakfast we'll have a short presentation/orientation about the project we will be working on, the Ekuzukekeni Orphan Day Centre. The project is part of an ongoing building project called "Build a Future" and is run by the All Out Africa Foundation. The project aims to build structures to improve the lives of some of the 120,000 orphaned and vulnerable children (OVC) in Swaziland. The high number of OVCs is a direct result of the AIDS pandemic, and Swaziland has the highest AIDS infection rate in the World. It's time to roll up our sleeves and get our hands dirty as we help out with physically work on one of the sites (a day care centre for OVCs). We will spend time cleaning up and improving the grounds and buildings including planting trees and flowers to enhance their environment. The orphans may like to help with some of the work. We'll have a chance to meet with members of the community and interact with some of the OVCs at the day care centre. We'll have a packed lunch and dinner will be provided at the Sondzela Lodge If our work is done in good time we could take a late afternoon drive to see the sunset from Execution Hill! Back to Sondzela to sleep. Project provider: http://www.alloutafrica.com/volunteer/community/2/build-a-future/16
21	Fri 8th Aug Journey Time: 1 hour Travel Distance: 40km Accommodation: Sondzela, dorm Laundry: Yes Internet: Yes	School visit and cultural exchange After breakfast at Sondzela we will travel to Bethany Primary School, not far from the reserve where we will have a day of cultural exchange. On arrival at the school we will be met by a school representative who will give us a short briefing before introducing us to a group of students who we'll be interacting with. We will need to arrive at the school with some ideas of activities we can do together with the student we meet. The activities should work along the lines of cross cultural learning and should be fun and promote friendship. We'll have a packed lunch at the school, in the afternoon we will have games on the lawn at Mandela's (All Out Africa's Swaziland HQ) followed by dinner in the restaurant. Back to Sondzela to sleep.
22		

DAY	DATE	ACTIVITY
23		
24	<p>Mon 11th Aug</p> <p>Journey Time: N/A</p> <p>Travel Distance: N/A</p> <p>Accommodation: Bamboози Beach Lodge</p> <p>Laundry: Yes</p> <p>Internet: Yes</p>	<p>Ocean safari</p> <p>Wake up to the sound of the Indian Ocean just outside your room. After breakfast at the lodge we'll have some time to relax before the short walk to one of the dive schools in Tofo town where we will take part in an ocean safari! Tofo is a whale shark hot spot and the chances of finding the biggest fish in the ocean are good! It important and comforting to remember that whale sharks are filter feeders, they eat plankton, not fish and not humans! After a safety briefing we'll head out to sea on an inflatable pontoon dive boat, with snorkel gear, in search of marine wildlife. Whale sharks are commonly seen and you can also look out for dolphins, turtles and manta rays. This experience is of course a safari in the wild open ocean and no sightings are guaranteed. We'll be on the water for about 2 hours before we return to the lodge for a late lunch.</p> <p>In the afternoon we will head to the beach at Tofo and split into three groups. One group will visit the market where they can buy some local souvenirs; one group will relax, sunbathe or play games on the beach while the final group will attempt to learn how to surf the Indian Ocean. After an hour it will all change and then after another hour it will be all change again.</p> <p>We will return to Bamboози for dinner and a well-earned sleep.</p> <p>Forex: no facilities are available in the town of Tofo</p> <p>Ocean activity operator: http://www.liquidadventures.co.za/</p>

DAY	DATE	ACTIVITY
25	Wed 13th Aug Journey Time: 35mins Travel Distance: 20km Accommodation: Flamingo Bay Lodge Laundry: Yes Internet: Yes	Flamingo Bay Lodge – Barra Beach Today we will travel with our private buses after breakfast to a lovely lodge called Flamingo Bay which is built on stilts over the waters in the Inhambane Bay close to the Barra peninsular. Flamingo is a really beautiful lodge and a wonderful place to spend the last night of an incredible adventure. The sunset from the pool deck is breathtaking and the memories of the trip can be shared and enjoyed in a final night of fun at Flamingo Bay. Forex: no facilities are available near the remote resort of Flamingo Bay Flamingo Bay: http://www.barraresorts.com/flamingo-bay-home-of-flamingo-bay/
26	Wed 13th Aug Journey Time: 7 hours Travel Distance: 450km bus Accommodation: Casa Lisa Lodge Laundry: Yes Internet: No	On the last morning in Tofo we will wake up in true paradise. We'll have a relaxed morning with the opportunity to swim in the lodges beautiful swimming pool before enjoying a fresh breakfast on the deck overlooking the Inhambane bay. The perfect way to end of your tropical beach experience. After breakfast we'll pack our bags, wave goodbye to the shimmering Indian Ocean and jump in our private buses for a 7 hour drive to Casa Lisa Lodge which is where we overnighted on the drive up to Tofo from Swaziland. Casa Lisa is the perfect overnight stop just north of Mozambique's capital, Maputo. We'll arrive at our accommodation in the late afternoon, find our rooms and then tuck into dinner before bed. Forex: no facilities are available at or close to Casa Lisa Lodge Accommodation will be in shared dorms
27	Thurs 14th Aug Flight Time: 1hr 10 mins Travel Distance: 280 miles	Maputo – Johannesburg - London Our final morning in Africa will be hosted by the friendly staff at Casa Lisa who will prepare a tasty breakfast for the group before jump in the buses and head for the bustling city of Maputo. The airport is 80km from Maputo and the journey will take up to 2 hours so we will need to leave by 7:15am in order to be at the airport with plenty of time to spare. Our flight from Maputo leaves just before midday. We will have will have a long stop at Johannesburg airport before departing in the evening on an overnight flight back to London.
28	Friday 15th Aug Journey Time: 11hrs 35mins Travel Distance: 5635 miles	Arrive UK After an overnight flight, our international flight returns to Heathrow early in the morning.



Important note:

Every effort will be made to keep to the above itinerary, but as this is adventure travel often in remote regions, we cannot guarantee it. Our local Outlook Expeditions guides will try to ensure that the expedition runs according to plan, but we must be prepared to be flexible if necessary.