

## ACCRA TO FES (75 DAYS) TRANS AFRICA



**COUNTRIES VISITED: COTE D'IVOIRE, GHANA, GUINEA, GUINEA BISSAU, LIBERIA, MAURITANIA, MOROCCO, SENEGAL, SIERRA LEONE, THE GAMBIA**

### HIGHLIGHTS

- Navigating Kejetia in Kumasi, the largest market in West Africa
- Hike through tropical forests and waterfalls as we cross Fouta Djallon plateau
- Discover Africa's best kept secrets and pristine beaches in Sierra Leone
- Meet rescued chimps at Tacugama Chimpanzee Sanctuary
- Travel through Sahel scrubland passing slowly through remote villages
- Enjoy Senegalese food and some of the best music in West Africa
- Cross the vast Sahara Desert
- Explore the many medinas, souks and kasbahs throughout Morocco

### INCLUDES

- Accommodation - 100% camping
- Kakum National Park canopy walk
- Entry into Cape Coast Castle
- Entry into Yamoussoukro's Notre-Dame de la Paix, the world's largest basilica
- Tiwai Island Wildlife Sanctuary

- Guided walk and entry to Tacugama Chimpanzee Sanctuary
- Guided tour of Volubilis
- Guided tour of Fes
- Meals - approx. 65%
- All transport on Oasis Expedition Truck
- All road tolls and ferry crossings
- Camping and Cooking equipment
- Services of Oasis Crew

## EXCLUDES

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- Visas
- Optional Excursions as listed in the Pre-Departure Information
- Flights
- Airport Taxes & Transfers
- Travel Insurance
- Meals - approx. 35%
- Drinks
- Tips

## ESSENTIAL INFORMATION

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### PRE-DEPARTURE MEETING

Unless we need to make any visa applications in Accra before we leave, we plan to depart at 08.00am in the morning on Day 1. So, please be ready at the departure point in plenty of time.

We will also be holding a pre-departure meeting in the evening of the day before the trip starts at 6pm.

The normal start point (and therefore suitable for pre-trip accommodation) that we use is Big Milly's Backyard, Kokrobite, Ghana:

We will reconfirm this in your pre-trip documentation closer to your arrival.

### FLIGHT INFORMATION

For the Trans Africa **starting in South Africa**, you will need to arrange your own flight to Cape Town at least the day before the trip starts as we will leave the city on Day 1. Cape Town is a fantastic place, so we recommend arriving several days early to look around and make the most of its

attractions.

For starters further on during the trip, you will need to arrange your flights to arrive at your departure city at least the day before your trip begins.

### **Purchasing return tickets to the UK or onward to India, SE Asia or Australia and New Zealand.**

Due to the nature of this expedition, unforeseen delays can be experienced anywhere along the route and we cannot guarantee our arrival dates at the various locations. It is therefore recommended to purchase these when you are getting close to your departure city and know that we are on schedule.

There are many online flight search engines such as [www.skyscanner.net](http://www.skyscanner.net) or [www.ebookers.co.uk](http://www.ebookers.co.uk), flights can also be booked direct with airline websites or through travel agencies. Please inform us of your flight details when you have them confirmed, as airport transfers can be arranged for various trips.

**One way ticket:** If you intend to travel on a one way ticket to meet up with one of our trips, without possessing an onward flight ticket - we recommend that you have a copy of your payment confirmation/receipt (that you will be sent at time of your balance payment) available at immigration to assist easy entry.

**Departure Taxes:** Please check with your Travel Agent or Airline if your flight ticket already includes a departure tax payment out of the country. If it does not - please budget for approx US\$30 to \$70 USD - to be paid in US\$ only.

### **PASSPORTS**

Your passport must be valid for at least 6 months **AFTER** your trip finishes. This is a general requirement for all of the countries we travel to on our trips.

If you have dual nationality you can only use one passport for the entire trip. It is your responsibility to ensure you have all the relevant visas you require.

Please bring 10 (Cape Town to Accra) / 20 (Cape Town to Fes) clear, colour photocopies of your passport details to give to your tour leader.

### **Number of blank pages required for the trip, please use this as an approximate guide:**

- Cape Town to Fes - 26 blank pages
- Cape Town to Accra - 14 blank pages
- Accra to Fes (or v/v) - 14 blank pages

You will be required to bring passport photos with you in order to obtain visas on route. We recommend 16 passport photos for Cape Town to Fes, 12 for Cape Town to Accra and 8 for Accra to Fes. Passport photos will need to be on a white background.

If there are any stamps in your passport linking you with an entry or visit to Israel (this could include border/immigration stamps from other countries bordering Israel), you will need to replace your passport.

**Second / Concurrent Passport** - An option for some nationalities, is to apply for a second or concurrent passport. This means a second valid passport of the same nationality in addition to your current one. Travelling with two valid passports for your 40 week expedition can benefit you and help to obtain visas more speedily, for instance in having one passport to send home to obtain a visa whilst travelling on the second one. Your government in your home country that issues your passports will ask for a letter detailing 'why' you need an extra passport. Please email [info@oasisoverland.co.uk](mailto:info@oasisoverland.co.uk) if you wish to apply for a second passport.

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## VISAS

The information below is to be used only as a guide and may change without prior notice. It is advisable to contact the relevant embassy in plenty of time before the trip departs to check the current visa requirements. It is **your responsibility** to ensure you have all the relevant visas you require. We will however provide information before the trip starts about which visas you will need to obtain in advance and which can be obtained on the way.

**Visas obtained at borders and embassies during the trip must be paid for in either USD, Euros or local currency CASH ONLY, as stipulated by the relevant immigration officials. Evisas will require payment online by credit or debit card.**

Country	British	Irish	Aust	NZ	S. Africa	USA	Canadian
Morocco	Free	Free	Free	Free	Required	Free	Free
Mauritania	€55	€55	€55	€55	€55	€55	€55
Senegal	Free	Free	Free	Free	Free	N/A	N/A
The Gambia	Free	Free	Free	Free	Required	US\$100	Free
Guinea Bissau	US\$80	US\$80	US\$80	US\$80	US\$80	US\$80	US\$80
Guinea	US\$110	US\$110	US\$110	US\$110	US\$110	US\$140	US\$110
Sierra Leone	US\$80	US\$80	US\$80	US\$80	US\$80	US\$80	US\$80

Liberia	US\$170	US\$210	US\$170	US\$170	US\$210	US\$210	US\$210
Cote d'Ivoire	€58	€58	€58	€58	€58	€58	€58
Ghana	€90	€90	€90	€90	€90	€90	€90

For more information on other nationalities & visas checkout [www.projectvisa.com](http://www.projectvisa.com)

**Please Note:** Your Tour Leader will collect a USD 30 visa kitty per person at the beginning of the trip - which goes towards paying for taxis, photocopies, faxes, communication etc - when applying for a majority of visas as a group. Your Tour Leader will keep a separate account of expenses incurred and will inform the group of any surplus funds remaining at the end of the trip - or any extra that is required.

### Cote d'Ivoire

- **Southbound & Northbound trips:**

All nationalities require a visa for Cote d'Ivoire. An online payment will be required in advance to apply for this visa and we will collect the visa whilst on the trip. Details for the visa process and application will be emailed to you before your trip departs.

### Ghana

- **Southbound & Northbound trips:**

All nationalities must obtain a Ghanaian visa in advance, before joining the Oasis trip. You will need to apply for this visa in your country of residence, so please allow time for your visa process before you leave home.

If you can only apply for a 3 month visa, you will have to apply close to your trip departure date to ensure it doesn't expire before you reach Ghana. Please keep this in mind if making travel arrangements before the expedition.

Depending on your nationality and the trip you have booked, you may be able to apply for a 3 month, 6 month or 1 year visa. Details for the visa process and application will be emailed to you a few months before your trip departs.

### Guinea

- **Southbound & Northbound trips:**

All nationalities require an e-visa for Guinea. We will apply for this online during the trip.

## Liberia

- **Southbound & Northbound trips:**

All nationalities require a visa for Liberia. We will obtain this visa whilst on the trip.

## Mauritania

- **Southbound & Northbound trips:**

All nationalities require an e-visa for Mauritania. We will send you instructions on how to apply online a few weeks before your trip starts. Once your online application is approved, you will pick up the visa on arrival at the border.

## Morocco

- **All trips:**

Passport Holders from UK, Australia, New Zealand, USA, Canada and most EU countries will not require a visa to enter Morocco.

South African passport holders require a **visa in advance** to enter Morocco. You may be eligible to apply for an e-visa if you hold another visa, e.g. UK or Schengen. If not, you need to obtain a visa through a Moroccan embassy or consulate in your home country, before beginning the trip. Please contact your nearest consulate to find out more.

Passport Holders from other countries, will need to check the current visa requirements with the relevant consulate, and whether you need to obtain the visa in advance.

## Senegal

- **Southbound & Northbound trips:**

Passport Holders from UK, USA, Canada and most EU countries do not require a visa to enter Senegal. Australian, New Zealand and South African passport holders will need to obtain a visa in advance, and can do so at an embassy whilst on trip.

Passport Holders from other countries, will need to check the current visa requirements with the relevant consulate.

## Sierra Leone

- **Trans Africa - Southbound & Northbound trips:**

All nationalities require a visa for Sierra Leone. We will obtain this visa whilst on the trip.

- **Sierra Leone Small Group Adventures:**

All nationalities require a visa and for most (including United States, Canada, Australia, New Zealand, European, British) we will arrange the visa for you free of charge prior to arrival. To facilitate this, our sales team will request a copy of your passport which will be used to issue your arrival visa.

Lungi Airport Security Pass:

The Lungi Airport Security Pass, officially called the "Securipass," is a mandatory fee for all passengers arriving at and departing from Freetown International Airport (FNA) in Lungi, Sierra Leone. We have included the cost of your arrival security pass in the price of your tour and proof of this will be sent to you prior to departure (your airport rep will also have a copy of this). When departing from Lungi Airport it is also necessary to pay for a second Securipass which can be paid in USD cash at \$25 per person (or can be prepaid online at - <https://securipass.sl/>). For ease, we recommend paying in cash upon departure.

## Guinea Bissau

- **Southbound trips:**

All nationalities require a visa for Guinea Bissau. We will obtain this visa whilst on the trip.

## The Gambia

- **Southbound & Northbound trips:**

Passport Holders from UK, Australia, New Zealand, Canada and most EU countries do not require a visa to enter The Gambia. USA will need to obtain a visa and can obtain one at an embassy during the trip. South Africans will need to obtain a visa in advance.

Passport Holders from other countries, will need to check the current visa requirements with the relevant consulate.

## **VACCINATIONS AND HEALTH**

It is possible that you may require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements, so please use the information below as a guide only. We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, anti-malarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at [Nomad Travel](#). Alternatively you can check out the [fit for travel website](#) for more travel health information or consult a reputable travel clinic or your GP for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

**Yellow Fever** - Being vaccinated against Yellow Fever and having a valid certificate and a photocopy is deemed compulsory in nearly all the countries we visit in Africa, especially at certain borders and are needed if you are entering from an infected country. You can view a list of countries requiring a certificate through the [World Health Organisation](#).

**Rabies** - Vaccinations are regularly advised for all countries that we travel through in Africa - especially if time and money are not a deterrent.

**Malaria** - In some of the areas we visit there is a risk of contracting Malaria. You must be aware that whatever malaria prophylactics you are taking, they only offer partial protection. They must be coupled with your own physical efforts against being bitten - which is the best prevention. Malaria-carrying mosquitoes come out at sunset so from this time you should wear long sleeves and trousers. Exposed skin, especially ankles, should have insect repellent containing 'Deet' applied to them. Your crew will advise on where the worst affected areas are on the trip. There are a number of prophylactic malaria treatments on the market & requirements change. It is also wise to take a sample of whichever prophylactic you choose, a few weeks before you leave. This way you may determine early on if you have any adverse reactions so you can change the regimen if necessary. Please consult a reputable travel clinic or GP for advice. For more information visit [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk) or [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)

**Dengue** - Unlike the malaria mosquito, which bites at night, the dengue carrying mosquito bites during the day. Some areas we travel to do have occasional outbreaks & it is therefore advised that you take care not to be bitten during the day as well as at night. There is no vaccine available.

**Health** - To join our trips you should be in good general health. Your medical insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policies for these. Our crew will need to know of any medication or conditions you may have. For general health advice log onto [www.nathnac.org/travel/](http://www.nathnac.org/travel/).

## TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis trip and at the very least are insured for all necessary medical and repatriation costs incurred.

You will be asked to provide the following details if you have not already done so: travel insurance company name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies. Please note also that many of the areas we visit are not as developed as the UK and we have no control over the availability or standard of medical and repatriation services and facilities in the areas we visit and these do not form any part of our contract with you.

You should also note that passenger liability insurance covering vehicles, particularly in Third World countries, may be unavailable or inadequate; it is therefore important that your insurance cover makes sufficient provision for you and your dependents in the event of an accident.

We are happy to refer our UK based travellers to the travel insurance specialists [Campbell Irvine](#) who have a policy suitable for overlanding which covers most of the adventure and sporting activities on our trips.

Please be aware that most travel insurance policies will not cover you if you are visiting areas against government travel advice. If your trip will go through areas like this (for example, some of our Trans Africa routes through West Africa) then you may need to look at an alternative policy for these sections, for example [Battleface](#) or [SafetyWing](#).

For further information, check out the [Travel Insurance](#) section of our website.

### **IMPORTANT INSURANCE INFORMATION FOR THOSE VISITING ZANZIBAR:**

The Zanzibar Government have announced the introduction of a travel insurance policy which will be obligatory for all foreign visitors to the islands, regardless of whether travellers have their own travel insurance in place.

1. The insurance policy is sold by Zanzibar Insurance Corporation.

2. The cost is US\$44 per person.
3. The insurance requirement comes into force on 1st October 2024.
4. The policy must be purchased online at [visitzanzibar.go.tz](http://visitzanzibar.go.tz) and purchases can be made from 1st September 2024.
5. Payment can be made online by debit or credit card.
6. On completion of the purchase, visitors will receive a QR code. The policy documents will be sent to your registered email address.
7. The policy document and QR code must be presented on in Zanzibar. Entry will be refused without this documentation.

To ensure you have a smooth entry, please ensure the above policy is purchased in advance of your arrival.

## **MONEY, BUDGETS AND LP**

### **Local Payment (LP)**

**LP** is part of your overall trip payment and is the most cost effective and practical way to get hard currency to Africa to pay for a variety of your day to day local costs (i.e. all meals prepared by the group - 3 per day whilst travelling and 2 whilst in towns, campsite fees, wood, gas, and certain activities listed in the brochure) which cannot be pre-paid from the UK.

**Please note:** CASH ONLY is accepted and needs to be in - \$US Dollars, or a combination of \$US Dollars and Euros (as explained below). Please make sure that all your notes are in good condition. Old, torn or marked notes are often refused by the banks and we will therefore be unable to accept them either. Larger denomination notes are preferable for your Local payment. Please make sure that \$US Dollars are dated 2013 or later and do not have a serial number starting with CB. Scottish Pounds are not accepted. In general the Local Payment breakdown is as below, a precise breakdown will be emailed in more detail 4 to 6 weeks prior to departure.

- **Nairobi to Fes** - 80% \$US Dollars plus 20% Euros
- **Cape Town to Fes** - 65% \$US Dollars plus 35% Euros
- **Accra to Fes** - 65% \$US Dollars plus 35% Euros

### **How to bring your currency**

Past Oasis travellers have fed back that they have felt, as a general rule it is best to bring your money as a **combination of US\$ cash and Euros cash**. It will depend on the exchange rate at the time of your trip as to which currency is better, but US\$ Dollars are widely accepted from Nairobi all the way to Angola. Great British pounds are also accepted in Southern Africa and some East African countries whilst Euros are the preferred currency in many West African nations.

Credit / Debit and Pre-paid travel currency cards are also an option if you are concerned about bringing all your money in cash - BUT DEFINITELY BRING AT LEAST 60% of your money in cash. Some travellers worry about carrying so much cash with them, however all Oasis Overland trucks are equipped with an on board safe for the security of your money and passport.

We also advise to bring £50 worth of SA Rand in Cash, as this may be needed if we arrive into Namibia or South Africa on a weekend & the banks/ATMs are closed (only if you are travelling to these countries).

US dollars dated pre-2013 are not widely accepted in Africa so please ensure your notes are dated 2013 onward & Scottish pounds are also not accepted. The rate of exchange for small denomination \$US bills are usually slightly less than larger bills, but it is still advisable to bring an assortment of both as some activities and operators will not have the facility to give large amounts of change. Your Local Payment should be paid using high denomination bills please \$/€ 50s or 100s.

## Spending Money

For personal spending money budget on approximately £120 to £175 per week (from Kenya to Namibia) and £400 per month (from to Angola to Morocco) to cover you for some meals out, drinks, communications, souvenirs and other general spending.

**We recommend the following to be used as a guide, including a few days layover in Accra:**

- Nairobi to Fes - approx. £4500
- Cape Town to Fes - approx £2400
- Accra to Fes - approx £1200

The recommendation above is worked out on the assumption that you will be fairly budget-conscious. Remember, however, there are also other costs to bear in mind such as drinks and snacks, post trip hotel and food costs, optional side trips, email & communications, souvenirs and other general spending. This is an estimated figure as personal spending habits and budgets differ greatly from person to person. **Budget on optional activities and visa costs separately (see visa section above & optional excursions page) and allow extra for your Local Payment contribution.**

**IMPORTANT:** Contingency Fund - It is important to bear in mind that should it not be possible to enter a certain country due to safety concerns, visa problems or political turmoil etc, and it becomes necessary to fly over a country in order to continue a trip, that all your costs for flights will be borne by you and not Oasis.

## Changing money

Your crew will advise you where & when you can change money & with what means. It is also a good idea to have a small CASH emergency fund, to allow for the unexpected.

## Credit & Debit Cards

If you are intending using your credit or debit card, we suggest taking more than one card with you as you may find that your card is not accepted in the first ATM you try. Visa and Maestro cards are best. **We do not recommend using MasterCard based cards in Africa as they have very limited access through large parts of Africa.** Please note that usually you will be given local currency and NOT US\$ or £GB. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked. Please see the optional excursions page for activities that can be paid for using a Credit or Debit Card. Commission rates vary between 2-8%.

## Pre-Paid Travel Currency Cards

These cards are similar to normal Credit and Debit cards but they can be pre loaded with cash before you travel with a set amount allowing you to withdraw this cash using the card at normal ATMs. It is a more secure way to access cash on your trip, but again do not rely on these as your sole means of funds on a trip - (please refer to the ATM section). Several banks and companies now offer these cards, but be sure to look into the rates for withdrawing cash when making your decision. When using these cards abroad you will use them to withdraw the local currency from an ATM and not the currency that you loaded onto the card.

## ATMs

These are available in most major cities along our route and allow you to withdraw local currency only. We discourage you from relying on your ATM card as a primary source of funds in case it is lost/stolen/swallowed, or the machine isn't working. In some destinations we probably won't even see a bank or ATM for days on end. Even where do find them, they cannot always be relied upon - things change, and ATMs don't always work! Besides memorising your PIN, it is also important to be aware of your daily withdrawal limit and bank withdrawal costs.

## Tipping

Is often expected and relied upon. It is often more than a reward for services well done, but, as wages are extremely low, it is an accepted means of supplementing an income. If you would like to leave a tip for any activity/individual, you could organize this as a group and give a tip at the end. A recommended amount for restaurants is usually 10% of your total bill and similar for activities. Some countries also add an extra Government tax on restaurant bills.

Because it can be difficult to know what to tip, and because it has such importance in some areas both economically and culturally, there may be times and activities for which your crew will make it clear what level of tipping is 'customary/expected'. They may also be quite enthusiastic or assertive in encouraging you to take account of these suggestions. This is motivated by the knowledge of how important tipping can be, and the offence or confusion that can be caused when local people are tipped poorly. In the end, tipping remains at the discretion of the individual, but our crew will continue

to advise on normal or average rates, and we would ask you to carefully consider the economic or personal impact of being seen as 'under tipping'. We know that many who travel with us are on a tight budget, but ask you to consider that those we work with locally may also face financial hardship, and also work very hard to try to give you unrivalled service/ experiences.

As a very rough guide, we would suggest that you budget for an amount equal to 10% of the local payment for your trip, plus 10% of the cost of any of the listed optional excursions that you wish to do. The amounts you end up tipping may vary from a rigid 10%, but hopefully this will help you budget in general.

In the past we have been asked by travellers about tipping your Oasis Crew. If you choose to do this, it would be budgeted separately from the above. Our guys work very hard at making your trip a great travel experience. Working overseas can often be challenging and they are pretty much on call for you 24 hours a day, so it's appreciated as a thank you for hard work and good service, but of course not mandatory. Our suggestion is to budget around US\$1 a day.

## WHAT TO TAKE

The less you take the less you have to pack, wash & lug home & you can always pick up extras along the way. Most people make the mistake of bringing too much gear. Clothes washing or laundry facilities will be available at least once a week. You will be travelling in the heat & camping in the cold, so bring clothes for all climates; rough stuff is best. Pack according to season: allowing for extremes in temperature (from the constant baking heat in the dry season to the cold and occasional frost overnight in the south). Make sure that you bring your gear in a traditional soft sided 70 - 90L rucksack or holdall - suitcases are not suitable. **Remember baggage is limited to 20kg per person plus one day bag.**

Equipment	Toiletries - Most available to buy on trip
<ul style="list-style-type: none"> <li>• Sleeping Bag - 3 to 4 season bag, depending on season, &amp; sleep sheet</li> <li>• Foam sleeping mat or thermarest &amp; repair kit</li> <li>• Small day-pack or small bag to carry daily items</li> <li>• Soft rucksack or holdall (NOT rigid suitcase)</li> <li>• Water bottle - for personal use - we recommend Water-to-Go (see below Responsible Travel)</li> </ul>	<ul style="list-style-type: none"> <li>• Soap, shampoo, toothbrush/paste, antibacterial hand wash, lip balm &amp; moisturiser</li> <li>• Sun block 35 + after sun, hat &amp; sun glasses                             <ul style="list-style-type: none"> <li>• Tampons (can buy in most places)</li> <li>• Contraception</li> </ul> </li> </ul>
Clothes	Personal Effects

<ul style="list-style-type: none"> <li>• One pair of trainers or boots</li> <li>• Sandals/flip flops/jandals/thongs</li> <li>• Underwear/socks</li> <li>• T shirts/shirts</li> <li>• Shorts/swimwear</li> <li>• Jeans/trousers/jog pants/leggings</li> <li>• Skirt or dress</li> <li>• Sweat shirt/jumper</li> <li>• Jacket/fleece &amp; waterproof jacket</li> </ul>	<ul style="list-style-type: none"> <li>• Camera with protective case, spare batteries, film/memory card <ul style="list-style-type: none"> <li>• Torch &amp; spare batteries (head torch is best)</li> </ul> </li> <li>• Travel adaptor plug/charger (for cameras &amp; mobile phone batteries) <ul style="list-style-type: none"> <li>• Money belt</li> </ul> </li> <li>• Personal stereo - there is a stereo on the truck with iPod/MP3 adaptors <ul style="list-style-type: none"> <li>• Towel &amp;/or sarong</li> </ul> </li> </ul>
<b>Recommended Medical Kit List</b>	
<ul style="list-style-type: none"> <li>• Antiseptic ointment/Antihistamine cream &amp; tablets</li> <li>• Nurofen or equivalent pain-killer</li> <li>• Eye-drops/bath</li> <li>• Anti-diarrhoea treatment</li> <li>• A couple of bandages (elasticated &amp; triangular)</li> <li>• Medication for personal allergies/asthma etc</li> <li>• Insect repellent containing Deet</li> </ul>	<ul style="list-style-type: none"> <li>• Some suitable antibiotics as recommended by your doctor for infected cuts or to treat severe dysentery <ul style="list-style-type: none"> <li>• Rehydration sachets/vitamin tablets <ul style="list-style-type: none"> <li>• Assorted plasters</li> <li>• 1 Course of malaria treatment</li> </ul> </li> </ul> </li> <li>• Malaria Tablets - see Vaccinations &amp; Health section</li> </ul>

Even though our trucks are equipped with a comprehensive medical kit, we advise you to bring a small personal medical kit as our truck kit is not for general everyday use. It will also be your responsibility to carry your kit on included excursions and optional activities as some local operators may not have medical kits to hand.

**What to wear** - Keeping your arms, shoulders and legs covered will go a long way to prevent causing offence and hassle to yourself. This is true for men as well as women (especially in Morocco, Mauritania, Sudan, Egypt and predominantly Muslim countries). Avoid wearing tight or revealing clothing, but generally on beaches you can wear what you like. Attitudes range from fairly liberal in such places as the Red Sea coast, to fairly conservative in some of the small towns. Cities and large towns are also fairly relaxed, but outside these areas dress conservatively.

## PHOTOGRAPHY AND ELECTRICAL EQUIPMENT

**Cameras (incl. Digital & Video Cameras)** - An easy to use 'point and press' will get you some good photos. For memorable shots, it may be worthwhile investing in an SLR camera, but be sure to get some practice in before the trip! Most towns and cities have internet cafes where you can download onto CD/internet sites - but don't rely on it.

**Photography** - Be aware of your surroundings when taking photographs and filming. Some locations will be sensitive or have local laws banning photography. For example it is usually forbidden to use cameras at borders or around government buildings, military installations, bridges and airports or to take photos of local officials. If you do take photos or film where it is not permitted you may find yourself being questioned by irate officials who may decide to confiscate your camera or instruct you

to delete all the images/footage on your device. If in doubt ask for permission, or if there is no-one to ask use some common sense.

**Drones** - As the use of drones becomes more common, countries throughout the world are gradually updating their laws and restrictions on usage. The specific regulations will vary from one country to another, so do check the UK Foreign and Commonwealth Office advice for the latest information. As with cameras, use your common sense if you do use a drone and avoid operation in sensitive areas or near any public or government buildings. If you plan to bring a drone on your trip with us please contact us first to ensure there will be a suitable place to store it while on your trip. We cannot be held responsible for any equipment which may be confiscated by the local authorities.

**Electrical charging & power supply** - It may be difficult to find a power source for charging at times, so a spare battery is a must. Log onto [www.whatplug.net](http://www.whatplug.net) for information regarding the different electrical plugs and voltage used in each country.

## RESPONSIBLE TRAVEL

### Before you go

- Remove unnecessary packaging before you go - waste disposal facilities are often stretched or non-existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.
- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so much more out of your trip.
- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- Water-to-Go: Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any non-salt water source. Click here and enter the code OASIS15 to purchase your [Water-to-Go](#) products at 15% discount. Water-to-Go will then donate a further 15% to Oasis Overland Charity projects.

### While you're travelling

From experience gained in running trips, we have developed our own practical and manageable environmental policy which all of our crew practice on the trips we operate, and they will share this information with you at the start of your trip. We welcome your input on this, plus any new ideas you may have, to improve our existing procedures. As a guide here's a few tips to bear in mind.

- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill your own water bottles from this supply, rather than purchase bottled water along the way - much more environmentally friendly and saves you money.
- Never buy endangered species or endangered habitat products. Apart from the fact of it being illegal it also encourages the trade to continue.
- Look after and preserve the areas we visit. Be careful about stepping on coral reefs or trekking on undesignated tracks.
- Buy locally made crafts and products helping to support the local economy.
- Don't feel when bargaining that you have to get the cheapest price possible just for the sake of it. Pay what the item is worth to you & don't worry about what someone else has paid.
- Try the local food and drinks - this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
- Dispose of litter appropriately on your trip. This includes cigarette butts. Not only does litter look unsightly it can be lethal to wildlife.
- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used. Where they do not, always bury your waste and make sure it is never near (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel through.
- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit - we do the best we can with limited resources & space on our vehicles.
- For books dedicated to travelling more responsibly & ethically see: [www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)

**Community Projects** - Oasis are active in raising awareness and providing support to a number of projects and local schools where we believe we can make a positive difference. More information on the [projects we support](#).

## SECURITY

All major cities have their share of petty crime (just like our cities) and sensible precautions need to be taken. Wearing expensive looking jewellery or watches and carrying cameras will draw

unnecessary attention to you. Leave valuables such as passports and excess money in your hotel safe or truck safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money belt is more discreet than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets, single women in particular need to be careful and we would suggest that it is safer to be in a group.

**On board the truck** - Each vehicle is fitted with a hidden, lockable safe to be used for money, passports and important documents. Group member will be responsible for the safe and Oasis Overland cannot accept any liability for clients' personal or monetary contents kept in the safe or on board the truck. We advise you to not take items of value that are not essential for the journey. In certain areas a roster may be drawn up for the group to share the task of ensuring the truck is not left unattended.

**FCO Advice** - The UK Foreign and Commonwealth Office (FCO) offer country-specific advice, regarding not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCO website, or the equivalent in their home country, to familiarise themselves with local conditions and potential issues in the countries they plan to visit before committing to a trip with us. You can view their website [here](#).

As an adventure tour operator, some of our trips will travel to areas that are rarely-visited and occasionally attract negative publicity. We are not in the business of taking our travellers or indeed staff to regions that we consider dangerous and **the safety of all who travel with us is always our main priority**, but as a discerning customer we understand you will want to be aware of any risks before travelling. We liaise with the FCO on specific regions or areas as necessary, as well as monitoring open media outlets and political risk resources, and speaking to our contacts on the ground.

In some rare cases, our trips may have to travel through areas against which the FCO either 'advise against all but essential travel' or 'advise against all travel'. When our trips travel through these areas we will carry out all due diligence and notify you in advance. This advice can change without notice. In these instances you will need to ensure you have full and comprehensive travel insurance that includes cover for these areas – some policies will exclude them. We are able to provide additional cover, if required, at additional cost. It may also be required that you read and sign a short information sheet confirming you have been advised of the risks and agree to travel contrary to the FCO advice.

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail."

## TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis Trip, and at the very least are insured for all necessary medical & repatriation costs incurred if you

need them.

You will be asked to provide the following details on the Traveller Information Form that you send in to us after making your booking. If you have not already done so: travel insurance name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies.

We offer tailor made Overland Adventure Travel Insurance that covers most of the adventure and sporting activities on our trips.

For further information on the insurance we offer, the activities covered and costs, check out the [Travel Insurance](#) section of our website. UK residents can purchase the insurance we recommend directly through [Campbell Irvine](#).

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## WHAT TO EXPECT

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### LIFE ON THE ROAD

Firstly expect the unexpected! If you are looking for a set itinerary where everything runs smoothly, then this is not the kind of trip for you. Our itineraries can change due to local circumstances, and in such situations we'll always try to minimise any disruption, but bear in mind that from time to time events happen outside our control. It is this very unpredictability which makes each expedition different, exciting and one of the most adventurous things that you will possibly ever do! As part of this adventure you will be expected to have an active involvement in the day to day running of the trip, be part of the group and get stuck in and help with various tasks, whether it's cooking meals over open fires, pitching your tent or keeping the truck clean and tidy.

### Itinerary

Because Oasis Overland do not operate normal 'package holidays' the itineraries given cannot be guaranteed to run exactly as outlined. However, it is rare that we have to make major changes and in the event that we do this will be discussed with you either before or during the trip. It is important to bear in mind that should it not be possible to enter a certain country due to safety concerns, visa problems or political turmoil etc, and it becomes necessary to fly over a country in order to continue a trip, that all costs for flights will be borne by you and not Oasis. Should it not be possible for an Oasis trip to begin from a scheduled starting city due to border closures, civil unrest etc, Oasis will make all reasonable efforts to begin the trip from an alternative location. However, all additional costs that you may incur in travelling to the alternative location will be paid by you or your insurance company and not Oasis.

### Expedition Vehicle

For most of your trip the Oasis expedition truck will be your new home - giving you a comfortable & secure base with which to experience your trip. We use purpose built truck's which have been converted especially for this expedition, which pass through all types of terrains from soft sand, mud, rock and potholed roads to tarseal. It is reassuring to know that these vehicles can handle the tough conditions that they are put through. The truck is equipped with all the equipment we may need en route, including a professionally compiled expedition Medical Kit, large water & fuel carrying capacities, an extensive range of spare parts and the kitchen sink, (well almost!) so all you need is your sleeping bag, a roll mat and your own personal gear!

### Seatbelts

All Oasis Overland trucks are fitted with seatbelts. For your own safety and security we recommend that travellers wear these at all times whilst the vehicle is moving. Our overland trucks in Africa also have a 'beach area' which is a chill out zone to be used when the truck is not moving.

### Accommodation

Oasis uses roomy three-person tents but only for two people. They are specially made for us to meet the tougher conditions of an overland trip and have mosquito netting sewn into the door and windows. Tents are shared (between two people of the same sex from your group unless you are a couple). We spend some nights bush or desert camping and the rest of the time in campsites. Facilities and standards at campsites vary, some are well equipped and managed and some are very basic. At bush camps you will be living off the truck, so there will be no showers or en-suite facilities! At certain campsites there is the opportunity to upgrade to a private room at your own expense if you are missing your bed.

### During the day

As a guide, driving days normally start at about 8am and finish at about 5pm, with stops for lunch and buying food, seeing local sights etc. We won't be driving every day, although there are times when we will drive for two, but we will then stop for a few days and you will have free time to explore, meet local people, do some optional activities or just relax and do your own thing. Expect to sometimes get dusty & dishevelled during the day and although you will be able to shower most nights (except at bush camps), not all camps will have hot showers.

### Meals & cook groups

When 'on the road' or camping, we usually cook using gas or over open fires in a rota system and you can expect to cook in a group of two or three people approximately once every ten days depending on the number of people on trip and whereabouts you are. Your cook group will have to decide on what to cook, utilise stocks from the truck stores and locally obtain ingredients from markets, shops etc. and rustle up a meal. But don't worry if you're not a Gordon Ramsay as the rest of the group and the Tour leader usually lend a helping hand. Here is an idea of what to expect at meal times:

**Breakfasts:** Usually simple - we help ourselves to cereal, toast, hot drinks and on occasion we will splurge with a cooked breakfast.

**Lunch:** Cold and usually quick. The cook group will put out bread, tinned supplies and maybe make a salad.

**Dinner:** Cooks come into their own in the evening, and will always attempt to cook up some delights. When the truck is parked up for a few days in a town or city most people usually like the option to eat out at local restaurants - so we often don't cook all meals when at these locations.

**Vegetarians / Vegans / Coeliacs / Gluten & Lactose intolerance** - Our Tour Leaders will always do their best to cater for any dietary requirement or intolerance whenever possible. However we do not cater for fussy eaters. It must be remembered that the variety of dishes available may not be the same as available to meat eaters. If there is anything in particular you require in your diet or because of an allergy or would miss from home, it would be best to bring these with you, as these cannot be purchased with normal Local Payment funds due to the high cost of these specialised and often imported foods.

Because we will be cooking communally in a shared outdoor kitchen, it is hard, if not impossible, to prevent against some cross contamination. So, if you have severe allergies to certain food products you must tell us as soon as possible so that we can consider the implications and advise you further. Remember that when eating out in local restaurants & hotels that vegetarianism or food allergies / intolerance's, are still not widely known about or understood by many local people. i.e Vegetarians or Vegans will often be offered fish or chicken in error. Most large towns and cities, or areas used to tourists, will often have more choice but please be aware that it will probably not be as varied as you are used to when eating out at home.

### In the evenings

When at a bushcamp or campsite where you and your tent buddy will put up the tent, and then lend a hand with getting out the tables, stools, firewood and water containers. The fire grates need to be taken out, the fire lit and someone can fill the kettle and make hot drinks while the cook group prepares the evening meal. Then just sit back & chill and enjoy the rest of your evening!

### Oasis Crew

We usually have two crew whose duties are extensive and quite demanding, with challenges ranging from driving and maintaining the expedition vehicle to a high standard, to organising visas and border crossings, arranging accommodation, pre-booking some excursions and guides, helping with shopping and cooking as well as finding the best deals, socializing and making sure everything runs as smoothly as possible. While our crew are usually experienced and knowledgeable they are not tour guides as such. Our trips pass through many countries and our tour leaders cannot be expected to have detailed knowledge of each country's history, flora and fauna and archaeological sites. Even so - they will be more than willing to pass on any interesting and useful information that they have acquired whilst on the road. A rewarding way to gain a better insight into the wildlife, cultural and historical diversity of the countries we travel through is by reading guide books as well as talking to the local people and using local guides.

Adventure travel can be unpredictable and occasionally our crew may have to amend the itinerary to take into account changing local circumstances or because of a delay at a border or because of circumstances outside our control. This can all lead to additional work and commitment for our crew who will do all they can to minimize any disruption to the trip. While our crew are essentially on call 24 hours a day 7 days a week, it has to be remembered that no one is actually expected to work these hours, so at Oasis we are realistic that within a trip there will be times when our crew need 'down time' and a chance to relax and 'let their hair down' as well. They are only human!

### Itinerary Changes

Due to the unpredictable nature of this expedition - it is not always possible to follow the exact itinerary as set out below. We will always endeavour to visit all the places listed, and often more that are not. All the information regarding the itinerary is given in good faith and is subject to change, dependent on local political or country instabilities, weather, security & road conditions etc. Any major itinerary changes will be decided by the crew & company directors and will be discussed with the

group beforehand whenever possible. It is also possible that the expedition may arrive later than specified into Accra / Freetown / Fes.

It is important to bear in mind that should it not be possible to enter a certain country due to safety concerns, visa problems or political turmoil etc, and it becomes necessary to fly over a country in order to continue a trip, that all your costs for flights will be borne by you and not Oasis.

If we do have to fly over a particular area or country we will endeavour to take in other places of interest if time permits. While Oasis Overland will cover all ground and transport costs, we have not taken the cost of flights into our pricing structure. Therefore any flights will have to be paid for by each individual.

## TRIP ITINERARY

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### Accra to Freetown

*West Africa is a road less travelled and still a largely undiscovered area of Africa for tourism. Please understand that your journey will be directly through this area of the continent and although we list our intended itinerary below, please be aware that this is a rough guide and should be treated as such.*

*Oasis Overland has run a Trans Africa Expedition virtually every year since 1997, and during this time, not one Trans Africa trip has run an identical itinerary through West Africa.*

*This is due to many reasons, including availability of visas, road conditions, embassy and border closures, political unrest, elections and instability, disease outbreaks, changing government travel advice and adverse weather conditions, just to name a few. We also hear about new, exciting places that may only now be possible to visit, and so try to include some new places on each trip for that reason too.*

*Please therefore consider the itinerary shown as a guide and expect there to be some changes during your trip. This is all part of the experience of travelling through West Africa and one that makes this expedition such an epic journey that only a select few are willing to undertake.*

We begin our trip in Accra and after applying for any necessary visas, we will set off on the first leg of our West Africa adventure, first going to the beaches at Cape Coast and then driving north to the city of Kumasi. Here you will find Kejetia Market, one of the biggest in West Africa and a great place to wander and soak up the atmosphere. Kumasi is also the capital of the Ashanti Region and you can visit the National Cultural Centre to learn more about Ashanti culture.

Heading back to towards the coast, Kakum National Park has a 30 metre high Canopy Walkway which you have the chance to visit on an optional excursion, giving you a different experience and view of the rainforest. Near Cape Coast we find vast beaches and can learn more about the slave

trade at Elmina and Cape Coast castles.

Leaving Ghana, we enter French-speaking Cote d'Ivoire (Ivory Coast) and head for the beaches of Grand-Bassam and the former capital, Abidjan, the country's largest city. Situated on the Ebrie Lagoon, it is a modern city, home to markets and museums, art galleries and the unique Cathedrale St. Paul. It's the former capital and still the economic hub of Cote d'Ivoire. We head inland to Yamoussoukro, designated the capital in 1983 by President Houphouet-Boigny who undertook huge building projects, designed to impress, including the enormous Basilica of Our Lady of Peace of Yamoussoukro.

The next country on our Trans Africa journey is Liberia, founded by resettled, freed slaves from America and the Caribbean in the 19<sup>th</sup> century. We make our way to the country's vibrant capital, Monrovia, rebuilding itself after years of civil war. From here we can take a trip out to the beautiful Kpatawee waterfalls. Travelling through lush jungle to the border, we cross into Sierra Leone, sadly another country infamous for its long-running civil war. Infrastructure, including the roads we travel on, is still poor and progress can be difficult and slow going. An optional visit to Tiwai Island Wildlife Sanctuary gives you the opportunity to search for the rare pigmy hippopotamus as well as various primates and birdlife, exploring on foot or by canoe with a knowledgeable guide.

From here we travel to the capital Freetown and its palm-fringed beaches on the Atlantic Ocean. We include a trip to the Tacugama Chimpanzee Sanctuary, home to about 100 rescued chimpanzees. We take a tour of the sanctuary to learn about the species, meet the chimps and find out how this organisation is striving to protect and conserve these animals and their environment.

In Freetown we say goodbye to some of our fellow travellers and welcome any joining us as we head north on our journey towards the Sahara.

## **Freetown to Banjul**

Leaving the lush jungle behind we cross the border to **Guinea**, known as Guinea Conakry. We cross the highlands of the Fouta Djallon mountainous region, passing steep sided hills and picturesque waterfalls. Once again, the going will be tough with difficult road conditions as we make our way to **Guinea Bissau**. This small country has a population of just over 2 million and is amongst the poorest in the world but we are welcomed by its inhabitants as we pass through towns and villages. We hope to stop at **Parque Nacional de Cantanhez** where you have the opportunity to go trekking into the rainforest to look for chimpanzees and other wildlife but this will depend on road conditions and our progress so far. As we travel through this small country, we bushcamp along the way, eventually reaching the border with **Senegal**. We hope to have some time at one of Senegal's beautiful beaches before moving on to **The Gambia**, which is completely surrounded by Senegal apart from its coast. The capital, Banjul is situated on an island in the mouth of the Gambia River and from here you can take a boat trip upriver, explore the buzzing Albert Market or wander amongst colonial buildings in the old town.

## **Banjul to Atar**

We leave The Gambia and re-enter Senegal, travelling north into the **Sahel region**. Again, depending on our progress we may visit Dakar or take a trip out to Lake Retba more commonly known as Lac Rose, due to its pink colour. Our final destination in Senegal is the former capital **St. Louis**. The old town is situated on an island, reached by the Faidherbe Bridge, designed by Gustave Eiffel. We base ourselves a few miles from the city at Langue de Barbarie National Park where you can relax on the beach, go fishing or head out bird watching by a dugout canoe.

Weather and road conditions will determine which border we will cross into **Mauritania**, either at Diama to drive along the piste through Diawling National Park or further inland at the busy Rosso border. Either way, we enter Mauritania and make our way to the capital **Nouackchott**. The lush jungles of West Africa seem a distant memory as we leave Nouackchott and drive inland into the desert, passing small villages and camel herds as we make our way to **Atar**. From this oasis town you have the option to explore the surrounding Adrar Plateau by 4x4 vehicle.

## **Atar to Fes**

From Atar we head west towards the coast again and leave Mauritania for Western Sahara. Be prepared for desert camping with no facilities but incredible starry skies! We may meet other overlanders on their way south as we head north towards Morocco, the final country on our Cape Town to Fes overland expedition.

Our first proper stop in Morocco after driving along the coast and passing Agadir, is Essaouira on the Atlantic where you'll find great surfing conditions to blow away the dust of the last few days as well as the UNESCO designated old town to wander around. Leaving the beach behind, we drive to one of Morocco's most iconic cities, Marrakech. We have a few days here to give you time to experience it's wonderful sites, explore the huge medina and soak up the atmosphere in the famous Djemâa-el-Fna square, either immersing yourself amongst the stallholders and entertainers or from above whilst sipping mint tea on a roof top café overlooking square.

Heading north, we travel via Casablanca and Rabat to the picturesque town of Chefchaouen in the Rif Mountains. We camp at a spot overlooking this 'blue' city, famous for it's blue-washed walls and cobbled streets. The pace is a little slower here than busy Marrakech and you have time to wander the alleyways and explore the 15<sup>th</sup> century Kasbah. Nearing journey's end, we travel to the Roman ruins at Volubilis where you can explore this huge site and learn about the Roman city that thrived here over a thousand years ago.

A short drive away is our final destination, the city of Fes. After 23 weeks of travelling across the vast African continent from South Africa to Morocco, it's hard to believe our journey is over! We end with an included tour through the narrow streets of the vast bazaar where you can sample local fare, shop for souvenirs, observe the tanneries and dye pits at work and visit beautiful mosques before our farewell dinner.

## **Fes**

Your trip will finish in Fes after breakfast. Please make sure you allow a good few days after our scheduled arrival to look around Fes some more and to allow for any possible delays en-route.

## OPTIONAL EXCURSIONS

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Optional Excursions are paid for on the day and organised during your trip, so you can decide whilst travelling which activity you may want to do. Prices listed are only a guide and may be dependant on fluctuating exchange rates and minimum numbers. Please see below for more details.

### LIBERIA

Title	From Price
Museum entries, from	US\$10

### GHANA

Title	From Price
Elmina Castle – entry and guide	US\$10

### SIERRA LEONE

Title	From Price
Tiwai Island Guided Walks – from	US\$5
Tiwai Island Scenic Canoe River Trip – from	US\$6
Tacugama Chimpanzee Reserve –	US\$25

### SENEGAL

Title	From Price
2 hour Pirque trip, from	US\$6

### MOROCCO

Title	From Price
Windsurfing in Essaouira – 2 hours	US\$72
Horse Riding in Essaouira	US\$29
Hammam – Moroccan Bath House	US\$16
Dinner and Moroccan Entertainment in Fes	US\$26

We feel that having optional excursions gives a greater degree of flexibility and independence to our group members; independence to decide how much your spending budget can afford; flexibility to

decide when and what time of day or with whom to visit a particular site, rather than for example, with the whole group at a pre-ordained time.

You pay for the optional excursions to the local operator, ensuring the money stays with that operator in the local community and this ensures as well, that you are paying the true price for any optional excursions you want to do. This also applies to accommodation costs before and after the trip. Please note that the prices of optional excursions quoted are approximate as local prices can and do change. Please see the relevant trip page for the Optional excursions you can do on that trip and a list of prices.

**Notes downloaded on:** 19-04-2026

