



First & Still the Best!
Since 1982

2015 ~ Celebrating 33 Years!

DATES

April 23 - May 5, 2015

COST

\$8,095 includes 3 internal flights in Namibia.
(\$800 deposit)

Roundtrip group airfare from Washington, Dulles/
Johannesburg/Windhoek/Johannesburg/Washing-
ton is priced separately at \$1,895.*

Optional Post Tour Extension to South Africa's
Capetown and the Wine Country: \$2,695 for 6
travelers; \$2,295: 10 travelers; \$2,095: 15 travel-
ers. Single room supplement: \$395 additional.
Roundtrip group airfare from Washington, Dulles/
Johannesburg/Windhoek and optional extension air
from Windhoek/Capetown/Johannesburg/Washing-
ton is priced separately at \$2,195.*

*Air prices subject to change without notice.

RATING

Moderate

ACTIVITIES

Wildlife Viewing, Birding, Walking, 4X4, Flight-
seeing, Natural History, Archeology, Wildlife Pho-
tography, Animal Tracking, Sightseeing, Cultural
Exploration, Wine Tasting

MAIN ATTRACTIONS

- Experience Namibia by flightsee, with a bird's eye view of the great sand sea, the Namib Desert; over the Atlantic Ocean and the Skeleton Coast with views of old shipwrecks; Sossusvlei and its amazing red sand dunes; the Brandberg Mountains; and the stark beauty from the geologic shapes in Damaraland to the great salty expanse of Etosha Pan. (continued on pg 2)

AdventureWomen is the oldest
adventure travel company for active
women over 30.

NAMIBIA SAFARI SOUTHERN AFRICA

**Flightseeing, Magnificent Landscapes
& Unique Wildlife**

An African safari destination with a difference, Namibia is famous for its remote and intimate lodges, in starkly beautiful places filled with desert-adapted wildlife. It's where apricot-hued desert sands swirl into razor sharp towering dunes, some of the world's largest. Its expansive, sun-drenched landscapes are filled with fascinating geology and unique cultures. On 3 flightsees, we are wowed with the opportunity to fly over this vast and stunning country and witness the wonder of the legendary dunes of Sossusvlei, the infamous Skeleton Coast, and inland to the rugged topography of Damaraland from the air. We are amazed as we fly over incredible views of the Namib Desert, the Atlantic Ocean, Swakopmund, and the Etosha Pan to Ongava. The incredible geology in some of the most remote places on our planet, and the extraordinary desert-adapted wildlife make this trip a once-in-a-lifetime experience.

We'll put on our walking shoes and trek for black rhino in Damaraland, one of the most breathtaking spots on earth; frequent the waterholes in one of Southern Africa's greatest wildlife sanctuaries, Etosha National Park; and watch the drama of the bush unfold in front of our eyes. Bushwalking and drives in 4x4 vehicles reward us with the wildlife treasures that inhabit this sometimes rough and harsh terrain. We'll meet the cheetahs and discover what's happening with the latest research and conservation efforts of the Cheetah Conservation Fund to protect this endangered cat, and of Ongava's efforts to preserve rhinos and desert-adapted elephants in one of Southern Africa's most important wildlife reserves.

Luxurious tented camps and charming lodges make almost dream-like havens for relaxing under the starry skies. It's a photographer's paradise. And to top it off, our safari has another wondrous facet - an optional extension to Capetown and the surrounding wine country that will leave you dazzled.

Find out why AdventureWomen travelers are passionately (and hopelessly) obsessed with Africa. It's one of our specialties, and has been so for more than 30 years. Come be part of another incredible AdventureWomen safari in Africa!

ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MT 59715
EMAIL: trips@adventurewomen.com | WEBSITE: www.adventurewomen.com
406-587-3883 | 800-804-8686 | 406-587-9449 FAX

MAIN ATTRACTIONS (con't)

- Enjoy scenic game drives in Damaraland, Etosha National Park, and Ongava Reserve.
- Track rhinoceros and desert adapted elephants on foot in the wild and remote Desert Rhino Camp, and learn how African animals live in this desert environment.
- Visit and learn about one of Africa's most critical conservation efforts at the Cheetah Conservation Fund.
- Stay in beautiful accommodations in astounding Namibian settings.
- Explore the pretty town of Windhoek, beautifully situated in a valley with mountains and hills surrounding it.

WHAT'S INCLUDED IN YOUR NAMIBIA SAFARI

- 10 nights/11 days Namibia safari, twin-bedded double accommodations in superior hotels, lodges, and tented camps.
- 3 internal (flightseeing) flights in Namibia: Windhoek to Sossulvlei, Sossulvlei to Damaraland, Damaraland to Ongava.
- All meals daily at camps. Other meals as indicated.
- All wildlife viewing by 4X4 open vehicles, driven by professional driver/guides.
- Visits and lectures at the Cheetah Conservation Fund, the Rare and Endangered Species Trust, time permitting.
- Bottled water in vehicles.
- All park entry fees.
- Well-known professional guide and photographer, Graham Johansson.
- One AdventureWomen escort

Optional Extension to Capetown, South Africa and the Wine Country

- 4 nights/5 days Capetown extension, twin-bedded double accommodations in a superior hotel in Capetown and a lovely guest house in the wine country.
- Well-known professional guide and photographer, Graham Johansson.
- All meals as indicated in the itinerary.
- All transportation throughout, driven by professional drivers.
- All entrance fees for included visits and activities.

OUR PROFESSIONAL NATURALIST-GUIDE

Graham Johansson is a Professional Guide and an accomplished wildlife photographer. He has been leading private and specialist photographic tours and safaris since 1994 in Botswana, his first love and an area he knows intimately – Namibia, South Africa, Zambia and Zimbabwe. Graham was born and raised on a farm in Zambia, educated in Zimbabwe, and moved to South Africa to further his studies, train and pursue a career in tourism. Now based out of Cape Town, where he lives with his wife and two sons, his passion is found in the intangible harmony and beauty of the wilds and outdoors. An avid naturalist with a well published portfolio of wildlife photographs that have appeared in a variety of publications, he is well suited to interpret natural history and what can capture that special moment by camera. His interests also include current and historic affairs, sports, good food and South African wine.

Graham has been our guide on AdventureWomen Botswana trips, and he gets rave reviews! We are happy to have him back again.

HEALTH REQUIREMENTS AND HEALTH INSURANCE

You MUST have your own health insurance, and have no physical problems or conditions that would be adversely affected by riding in 4 X 4 vehicles on rough, bumpy, and unpaved roads, or walking 3-5 miles per day on level dirt and unpaved ground. You must be in very good physical condition to participate in this trip.

A yellow-fever vaccination certificate is not required to enter Namibia or South Africa unless you're coming from an infected area, which the United States is not. There are no special vaccinations required to enter either country, but please make sure that you are up-to-date on routine vaccines. Please consult with your personal physician, local health department, travel clinic, or immunization center about any vaccinations you may need to update, anti-malaria medication, or others that may be personally recommended for you based on your age, health, and past vaccination history.

PASSPORTS AND VISAS

If you do not have a passport, APPLY NOW! Please do not wait until the last minute. You should always carry 2 extra passport photographs with you, in case of emergency (if your passport/visa is lost or stolen), and always carry 2 sets of photocopies of your airline tickets and the first two pages of your passport.

US citizens do not require a Tourist Visa to enter **Namibia**. However, a U.S. passport is required. Your U.S. passport must be valid for a minimum of 6 months from the date you plan to depart Namibia.

US citizens do not require a Tourist Visa to enter **South Africa**. You will be issued with a free entry permit on arrival, valid for a stay of up to 90 days. Your U.S. passport must be valid for a minimum of 6 months from the date you plan to depart South Africa.

NOT INCLUDED

- Group roundtrip air transportation from Washington, Dulles/ Johannesburg/Windhoek via South African Airways including departure taxes and fuel surcharges.
 - For optional post-extension to Cape Town, South Africa, flight between Windhoek/ Cape Town /Johannesburg. Passport fees. No visas are required for South Africa or Namibia.
 - Excess baggage charges levied by airlines.
 - Meals and beverages, other than specified.
 - Laundry (except where included) and other items of a personal nature.
 - Alcoholic and other beverages not mentioned in itinerary.
 - Personal and baggage insurance.
 - Cost for anything not specifically mentioned in the listing above.
 - Tipping Guidelines for African safari guides and staff. Consider budgeting the following amounts per traveler/per day:
 - \$15 per day for your Specialist guide
 - \$10 per day for Camp guide/Driver
 - \$5 per day for camp staff at our accommodations
 - \$3 for arrival meet & greet and \$3 for departure airport guide

TOTAL approximate tips per person for this Namibia safari is \$280.
- Optional Extension to Capetown, South Africa and the Wine Country**
- Tipping guideline:
 - \$15 per day for your Specialist guide
 - \$10 per day for Driver

In addition your passport must also have **adequate unused visa pages** to allow for entry and exit stamps upon arrival and departure from Namibia. To be safe, all travelers in the region are strongly encouraged to have a minimum of six or more unstamped visa pages in their passports prior to commencing travel. Please note that Amendment pages in the back of your passport are not to be used for entry and exit stamps or visa issuance.

HOW TO REGISTER

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and International Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

Then, call our travel consultant Ciretta Green (1-800-247-3538), to make your airline reservations.

TRAVELING TO NAMIBIA: ARRIVAL AND DEPARTURE

This safari requires that we all fly together from Washington, Dulles on South African Airlines because the total group airfare is on one ticket and connected throughout the entire trip.

You will be traveling on South African Airlines from Washington, Dulles to Johannesburg and on to Windhoek. **Departure for Namibia is on April 23, 2015 at 5:40 pm from Washington, Dulles.** Please make sure you allow plenty of time to be at the gate 3 hours prior to departure time (2:40pm).

We arrive in Johannesburg on April 24, and stay overnight at a hotel close to the airport. We will depart Johannesburg in the morning on April 25 and arrive in Windhoek, where we board our small planes to Sossusvlei.

Departure from Namibia is on May 4, and **you will arrive back in the U.S. on May 5 at 6:25 am** at Washington, Dulles airport.

If you have chosen to stay longer on the **optional extension** to South Africa's Capetown and Wine Country, **you will arrive back in the U.S. on May 9 at 6:25 am at Washington, Dulles.**

MAKING TRAVEL ARRANGEMENTS TO NAMIBIA, SOUTHERN AFRICA
We suggest you book your air reservations with our travel consultant soon after registering for this trip!

**LIABILITY FORM
AND FINAL PAYMENT**

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. **Please read the Liability Form carefully, sign it, and return it with the remainder of your balance due by:**

JANUARY 23, 2015.

**CANCELLATIONS AND
REFUNDS**

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Information will be sent to you in your registration packet.

SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

**ADVENTUREWOMEN'S NO
SMOKING POLICY**

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

On this AdventureWomen Namibia Safari we ask that once you have booked your trip with AdventureWomen, you call **Ciretta Green at Travel Café, Montana's Travel Agency**, to reserve your air space on our group air ticket, and to let her know if you will be doing the optional extension to South Africa's Capetown and Wine Country.

Ciretta can also handle your add-on airfare from your hometown city to Washington, Dulles.

1-800-247-3538 OR FAX 1-406-586-1959
email: Ciretta@travelcafeonline.com
CANADIAN RESIDENTS, please call 406-587-1188

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure! Please keep this in mind when making your travel plans.

**OUR EXCITING ITINERARY FOR NAMIBIA, SOUTHERN AFRICA:
*Flightseeing, Magnificent Landscapes & Unique Wildlife***

Please note that the itinerary sequence is correct at the time of writing, and is subject to change.

Day 1, Thursday, April 23, 2015 - *Depart the United States for Johannesburg, South Africa*

Your journey begins as you board your South African Airways overnight flight from Washington, Dulles airport to Johannesburg, South Africa.
 (Meals Aloft)

Day 2, Friday, April 24 - *Johannesburg*

Upon arrival at the Johannesburg International Airport this afternoon, we are met and escorted to the D'Oreale Grande. Often called Jo'burg, Johannesburg is the country's largest city and financial center with ultra modern skyscrapers and a bustling way of life. It is the city of gold, as its claim to fame is the gold that was discovered close-by. There are many things to do in Johannesburg—relax, shop, sightsee and take in the local flavor.

Overnight at D'Oreale Grande

www.doreale.com

D'Oreale Grande is situated near Johannesburg International Airport, boasting luxurious accommodation, with palatial buildings set in a display of gardens, fountains and statues. Richly cloaked surroundings such as marble floors, plush carpets, magnificent stained glass domes, highly decorated murals and frescos, sculptures, intricate mosaics and Roman columns and arches contribute to an atmosphere of intimacy, classical elegance and lavish opulence.

Days 3 - 4, Saturday - Sunday, April 25 - 26 - *Johannesburg to Windhoek, and Windhoek to Sossusvlei*

This morning we fly to Windhoek over the stunning scenery of the Namib Desert. The enormity of Namibia, with its

ABOUT ADVENTURE TRAVEL TODAY

Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are adventure travel vacations, and not "tours." We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

vast landscapes and endless horizons, is often best grasped from the air. From high above, the contours of the land, its unique geology, the sight of a lone elephant striding across the gravel plains or the rolling sand dunes, all create an incredible experience.

This adventure in Namibia is immeasurably enhanced by our aerial flightsees, our journeys "between the places." From Windhoek, our next flight south to Kulala leaves the cityscape and gradually enters the amazing red dunes of Sossusvlei. En route, we'll view the Auasberge mountain, the Groot and Klein Aub mines, the small town of Rehoboth, and the Naukluftberge mountain range.

In the Nama language, Namib means vast, which you will find to be an understatement. The Namib Desert, the world's oldest arid region, has been around for over 80 million years and extends along Namibia's entire Atlantic coast. Namib landscapes range from the mountainous red dunes in the south to the center's interior plains and flat-topped, steep-sided, isolated mountains called inselbergs. The desert is scored by a number of rivers that rise in the Central Plateau but seldom carry water. The parched Namib Desert has endless orange dunes blown into razor sharp ridges by the sand-shifting wind. These dunes are the highest in the world, towering at almost 1,000 feet over their nearest rivals in Arabia, and just begging to be climbed barefoot. The older the dune, the brighter the color from slow iron oxidization and minute fragments of garnets. Animals, insects and plants have adapted to live in this generally inhospitable region, and apart from infrequent rains, they rely on the sea mist that rolls far inland for moisture. Geologists say that this desert could be the oldest in the world, at 15 million years.

(Breakfast, Lunch and Dinner)

2 Overnights at the Kulala Desert Lodge

www.wilderness-safaris.com/camps/kulala-desert-lodge

Situated on over 21,000 acres of private property and bordering the Namib Naukluft Park, Kulala Desert Lodge lies in the heart of the Namib Desert and offers magnificent views of the famous red dunes of Sossusvlei, as well as its mountainous scenery and vast open plains. Fifteen thatched and canvas chalets or "Kulalas" (Kulala in the Namibian language "oshiwambo" means "to sleep"), with en-suite bathrooms and showers, are set on wooden platforms to provide maximum airflow. An option for outdoor enthusiasts is that bedrolls can be moved to the rooftop to sleep under the stars. The main lodge, with décor inspired by northern Africa, has a lounge, pub, dining area and plunge pool, and offers a wrap-around verandah that overlooks the waterhole and provides a perfect location to view and photograph the animals and desert scenery. Early morning guided nature drives to the spectacular dunes are through a private gate on the Tsauchab River. Nature drives and walks are also offered on the private reserve with incredible views, desert animals and smaller desert fauna and flora.

Days 5 - 7, Monday - Wednesday, April 27 - 29 - Spectacular Flightsee Over the Namib Desert, the Skeleton Coast, and on to the Damaraland Region

Leaving the wonders of Sossusvlei, this is perhaps the most scenic flight in the world - over the Namib Desert. Below us we'll be able to see the dunes that we gazed up at from the ground, including Dune 45, Big Daddy and Dead Vlei. Heading northwest we'll fly over the Atlantic Ocean, catching sight of the Edwardbolen shipwreck, and the towns of Sandwich Bay, Walvisbay and Swakopmund, before winging north over Namibia's highest mountain, the Brandberg. As we approach the flat-topped mountains of Damaraland, our next

destination is in sight.

The area presents endless vistas across stark plains, ancient valleys, and soaring peaks. The brooding mass of the Brandberg Mountains provides a focal point, almost 65 miles to the south. Early morning mists, generated by the meeting of the icy Atlantic and the warm landmass along the Skeleton Coast drift inland along the river line, providing sustenance to varied life forms. (The area's name derives from the whale and seal bones that once littered the shore from the whaling industry, although in modern times the coast harbors the skeletal remains of the shipwrecks caught by offshore rocks and fog). The river flows only once or twice during the short rainy season, seldom breaking through the dunes to the ocean.

Our accommodations for the next 2 nights are at The Desert Rhino Camp, run in conjunction with the Save the Rhino Trust in a private Palmwag area of the rugged northern Damaraland. The Trust offers a brilliant insight into the ecology and conservation of this incredible area. At the same time, it contributes directly to the Rhino Trust and ultimately to the sustainability of this vulnerable area and its wildlife.

The aim of the Save the Rhino Trust is to stop the horrendous slaughter of rhinos, elephants, and other wildlife. Since the founding of the Trust 20 years ago, poaching has drastically declined and the rhino population has more than doubled. The project has been enthusiastically supported by the chiefs and headmen in the area and the neighboring farming community. Collaboration between the government and the local community has been achieved, with the aim of providing security for the rhino, monitoring the rhino population in the region, and bringing benefits to the community through conservation and tourism. Our stay here helps support their dedicated efforts.

(Breakfast, Lunch and Dinner)

2 Overnights at **Desert Rhino Camp**

www.wilderness-safaris.com/camps/desert-rhino-camp

Our accommodations at Desert Rhino Camp consist of a luxury tented semi-mobile camp. A maximum of 16 AdventureWomen will have the rare pleasure of exploring this wild and remote area in the company of the dedicated conservationists hosting us, together with local trackers. During our stay we'll participate

in rhino tracking on foot, in addition to night drives and full-day outings on the concession. There are also large populations of Hartmann's mountain zebra, giraffe, gemsbok, springbok, and kudu. Look out for predators, too... lion, cheetah, leopard, brown and spotted hyenas. Birdlife is prolific and diverse with most of Namibia's endemics present.

Days 8 - 9, Thursday - Friday, April 30 - May 1 - Damaraland to Etosha National Park and Ongava Reserve

Today's flightsee from Damaraland to Etosha takes in even more of the unusual and starkly beautiful geological shapes of Damaraland. We'll continue our flight over Khorixas, a large 'town' scattered within this arid area, before moving north to see the great salty expanse of Etosha Pan spreading out ahead of us.

Adjacent to Etosha National Park our fabulous private concession awaits - Ongava. We spent the next two days exploring Ongava and Etosha, Namibia's premier park, and one of Southern Africa's most important wildlife reserves. Established in 1907 and part of the Kalahari Basin, the park is dominated by a massive mineral pan of flat saline desert that originated over 12 million years ago. It is surrounded by Mopani woodland and savannah grassland. Currently, it holds water for only a brief period each year and attracts scores of wading birds, including flamingo and pelican. This is big animal country, where elephant, giraffe, blue wildebeest, Burchell's and Hartmann's zebra, and the rare black rhino roam the forbidding terrain. Abundant antelope, including the endemic black-faced impal, share the precious grasslands with ostrich and Kori Bustard, while lion, leopard and cheetah are well-hidden nearby.

(Breakfast, Lunch and Dinner)

2 Overnights at **Ongava Lodge**

www.wilderness-safaris.com/camps/ongava-lodge

Ongava Lodge is comprised of twelve air-conditioned brick, rock and thatch chalets, each with en-suite facilities. Meals are either served in the main dining area under thatch with a view over the camp's water hole, or on the dining deck under the stars. Activities include game drives in open 4x4 vehicles into the Okaukuejo area of Etosha, where lion, elephant, cheetah, gemsbok, springbok and hartebeest can be seen at many of the waterholes in the park. In addition, hikes and walks with armed guides are enjoyed on the private reserve. Ongava has resident white and Black rhino,

which gives us the unique opportunity to see both of these charismatic species.

Day 10, Saturday, May 2 - A Visit to Meet the Cheetahs at Otjiwarongo - The Cheetah Conservation Fund (CCF)

This morning we depart by vehicle and drive to Otjiwarongo, for firsthand knowledge of one of Africa's most critical conservation efforts. Namibia is home to the continent's largest population of cheetah, but they are endangered not only by their own genetic constraints, but their food source, which includes the livestock that belong to local ranchers. In an effort to support this critically endangered cat, the Fund reaches out to the wild, where cheetah struggle for survival is most crucial and this 44,480 acre farm in Namibia provides a permanent base of operations. Duties permitting, we'll have a chance to talk to the director of CCF, American conservationist Laurie Marker, who has devoted her life to the preservation of the cheetah. We'll learn about the research efforts of CCF, plus have a unique chance to see and photograph rescued cheetah. Dr. Marker has been a member of the Society of Woman Geographers since 1990, and was awarded the Gold Medal in 2008. This high honor is given for original, innovative, and pioneering contributions of major significance to the world's knowledge and understanding of the universe in which we live. The landscape of this region is home to Kalahari gemsbok, and the beautiful Waterberg Conservancy escarpment.

Based on available staff at the time of our visit, we will also learn about the work that REST (Rare and Endangered Species Trust) is doing. Founded in 2000 by Californian Maria Diekmann, the objective of REST is research and logistical support for the preservation of Namibia's endangered species. The primary focus is the Cape Griffon Vulture, Namibia's most endangered species.

(Breakfast, Lunch and Dinner)

Overnight at the **Frans Indongo Lodge**

www.indongolodge.com

Our accommodation tonight is the Frans Indongo Lodge, which exudes the sense for life of northern Namibia's people in a most charming way. Named after its owner, distinguished businessman Dr. Frans Indongo, it is modeled on traditional Ovambo homesteads and includes a restaurant and swimming pool. Items of daily use in Ovambo – earthen pots, voluminous storage baskets or original wooden figures – serve as decoration to emphasize the African theme, and lend a very special charm

to the lodge and chalets. All the rooms have their own bathroom, air-conditioner, fridge, hairdryer, telephone, television and an electric kettle for tea and coffee.

The lush green garden of the lodge is shaded by tall trees and sports an artificial brook, attracting a plethora of birdlife. There's a swimming pool, and when the sun starts to set just before dinner the best place to retreat is the large wooden verandah at the bar, or the little observation tower. Both are fabulous places for savoring the enchanting hour of dusk – and keeping an eye on the watering hole which is illuminated at night. Nyala, black springbok and white blesbok, sable and roan antelope regularly put in an appearance.

Day 11, Sunday, May 3 - Drive to Windhoek

This morning we drive to Windhoek, the biggest city in Namibia with over 300,000 inhabitants. It is a pretty town, and beautifully situated in a valley, it combines the architecture of a modern city with numerous buildings in the style of the German colonial era. Early buildings such as the Alte Feste (old fort), Christuskirche and Tinenpalast (the parliament buildings) are of particular historical interest. One of the most remarkable features of Windhoek is the mountains and hills that encircle the city, which stands at 5,428 ft. above sea level.

This evening we'll enjoy our farewell dinner at NICE, a chef finishing school and Windhoek's hippest spot, where culinary elegance and great interiors combine to evoke an unparalleled atmosphere. We'll feast on international cuisine that infuses Namibian classics, such as exquisite game dishes, with Asian or Italian notes, in addition to more traditional dishes.

(Breakfast and Dinner)

Overnight at the **Windhoek Country Club**

www.windhoek.co.za

Our home for our last night is Windhoek Country Club, which boasts a unique combination of exceptional service, luxury accommodation and a tranquil setting.

Day 12, Monday, May 4 - Tour of Windhoek, Shop, Relax, then Board our Evening Flight to the U.S.A. via Johannesburg

Today we'll get a chance to discover the beauty of this very German city with a whole morning to see some of the sights, do some shopping, or relax at our hotel, before boarding our South African Airways overnight flight home.

(Breakfast and Meals Aloft)

Day 13, Tuesday, May 5 - Arrive in the U.S.A.

This morning we land in the USA at Washington, Dulles airport, bringing memories of all the wonderful sights and experiences from our adventure in Namibia.

(Meals Aloft)

OPTIONAL POST-EXTENSION TO CAPE TOWN, SOUTH AFRICA AND THE WINE COUNTRY**Day 12, Monday, May 4 - Windhoek to Cape Town**

If you have chosen to go on the optional extension, today you say good-bye to the rest of the group who is returning to the U.S.A. and you will fly to Cape Town, South Africa's "Mother City".

The provincial capital, Cape Town, is a sophisticated city with plenty to see and do, particularly around the Victoria and Alfred Waterfront area, as the busy water traffic of the docks goes on unabated. It's on the waterfront where delightful buildings of the Cape Dutch and Victorian-era architecture have been restored as shops, restaurants, museums and pubs. Facing north across Table Bay, the city has thrived from its birth, first as a Dutch settlement in 1652 when Jan van Riebeeck established it as a supply station for ships of the Dutch East India Company, and later, under the British as a port supplying ships with food and fresh water from the perennial mountain streams.

(Breakfast and Lunch)

Overnight at Winchester Mansions Hotel

www.winchester.co.za

Our home for the next three nights will be at Winchester Mansions, situated on Cape Town's Platinum mile and overlooking the Atlantic Ocean. This exclusive, privately-owned 4 star hotel sets itself apart among other hotels in and around Cape Town with its spectacular beachfront location, stylish elegance and personalized service. Each of the 51 guestrooms and 25 suites has been exquisitely furnished by one of Cape Town's leading interior designers. All rooms and suites have stocked mini-bars, satellite television including international channels, direct dial telephones, tea & coffee making facilities, hairdryers, electronic safes and beautifully furnished bathrooms with separate walk in showers. All rooms have air conditioning. Each elegantly appointed room or suite has breathtaking views of either the Atlantic Ocean or historic Signal Hill. After our long flights, Winchester Mansions is a welcome retreat.

Day 13, Tuesday, May 5 - The Cape of Good Hope, Cape Point Nature Reserve, and Jackass Penguins

Our luxury motorcoach takes us today on a breathtaking

coastal drive to the Cape of Good Hope. Surrounded by spectacular mountains, rugged shorelines, and the blue sea below, we'll view Devil's Peak, Lion's Head, Table Mountain and the Twelve Apostles. Passing quaint sea-side towns we continue to Cape Point, where the stormy waters of the Atlantic meet up with the calm waters of the Indian Ocean. At Cape Point, we can either climb the steps or ride a funicular to the top, to explore a lighthouse, enjoy the views, or even indulge in a bit of shopping. Take a close look at the ocean where we might see southern right whales in the spring and early summer, as well as dolphins and a variety of seabirds.

We'll also have the chance to explore the Cape Point Nature Reserve, host to approximately half of the 2,700 species of indigenous plants that grow in the Cape Peninsula. Look for the distinctive orange found in leucospermums, one of the rarest types of proteas, the mimites; marvel at the helicrysums and pelarganium callulums; and enjoy the ericas, phenacomias and fine bush which the Dutch called "fynbos." There are 250 species of birds in the reserve, ranging from ostriches to minuscule sunbirds. Caracal, chacma baboon, a wide variety of buck and various other mammal species may be seen, including Cape Mountain zebra and the bontebok, which is endemic to this part of the world. The baboons feed occasionally on marine foods which they garner at low tide. At Olifants Bay, look for Oyster-catchers, and enjoy some superb birding.

Today's lunch is at a local restaurant, and then we continue to Boulders Beach where the African (Jack-ass) Penguins, also known as the Black-footed Penguins, can be seen. These flightless seabirds are found only on the coast of Southern Africa, and they are the only penguins found on the African continent. It's fun to walk on a specially-built platform onto the little sheltered beach where they nest among the rocks, and watch them "waddle" up and down into and out of the sea. Since the penguins are accustomed to human presence, we'll be able to safely get within a few feet of them as we stand on the platform, and it's sometimes possible to view them nesting behind rocks and bushes.

Returning to Cape Town in the evening, we have another chance to discover one of the numerous fabulous restaurants that Cape Town has to offer.

(Breakfast and Lunch)

Overnight at Winchester Mansions Hotel

Day 14, Wednesday, May 6 - Robben Island and the Community of Khayelitsha (New Home)

One of the most symbolically significant and moving sights in South Africa is Robben Island. For nearly 400 years, Robben Island was a place of banishment, exile, isolation and imprisonment. It was here that rulers sent those they regarded as political troublemakers, social outcasts and the unwanted of society. During the apartheid years Robben Island became internationally known for its institutional brutality. The duty of those who ran the Island and its prison was to isolate opponents of apartheid and to crush their morale.

Some freedom fighters, including former President Nelson Mandela, spent more than a quarter of a century in prison for their beliefs. Those imprisoned on the Island succeeded on a psychological and political level in turning a prison 'hell-hole' into a symbol of freedom and personal liberation. In 1997 Robben Island became a National Museum and National Monument. Today the Museum is a dynamic institution, which runs educational programs for schools, youths and adults, facilitates tourism development, conducts ongoing research related to the Island and fulfills an archiving function. It was listed as a World Heritage Site by UNESCO in 1999. Tours are conducted by former prisoners of Robben Island. They bring to life this South African heritage, which speaks of heroic endurance and triumph of the human spirit in the face of enormous hardship and adversity.

We'll have lunch in a local restaurant, sampling typical African food and hospitality in an authentic setting. Next we head to the settlement of Khayelitsha, on the Cape Flats. Khayelitsha means "new home" and was established in 1984 during the tribal war outbreak in informal settlements. Like many other townships, it was created during the apartheid era as a dormitory area for the working class. Today residents continue to face challenges of HIV/AIDS and poverty in post-apartheid South Africa.

After lunch we will meet our guide, Vivian Zilo, who established the Iliso Care Society in June 2005 when she solicited the help of four other women to begin providing services to her community. The mission of the Iliso Care Society is to fight poverty, encourage community empowerment, organize workshops for youth, provide safety and care for orphans and vulnerable children, the elderly and school children. ICS started giving meals to over 100 beneficiaries in Khayelitsha once a day from Monday through Friday,

but the numbers were increasing each and every day. Today, Vivian brings new hope to the people, and we'll get to hear her story and her personal insights about her work and her community.

(Breakfast and Lunch)

Overnight at **Winchester Mansions Hotel**

Day 15, Thursday, May 7 - Cape Town to the top of Table Mountain, and on to the Winelands

To get a feel about what Cape Town is all about, we'll take the cable car to the top of Table Mountain, easily one of the most recognizable mountains of any city. This tour is very dependent on the wind factor, as well as the clouds. Often a cloud covers this flat-topped mountain, which rises to 3,563 feet above sea level, and the locals affectionately say it's a white tablecloth. Legend has it that a retired pirate, on climbing the mountain, met up with the devil. In order to preserve his soul, the pirate challenged the devil in a smoking contest. So they stoked up their pipes and have been smoking ever since!

For centuries Table Mountain has been a guiding beacon to mariners rounding the Cape of Southern Africa. Sir Francis Drake described it as "the most stately thing and the fairest cape we saw in the whole circumference of the earth." For nature lovers, the birding is awesome, and the wild flowers include agapanthus, watsonias and red nerines which poke out from rock crevices amid a scrub of ericas and gnarled proteas. More than 1400 species of flowering plants have been recorded on the mountain, which makes it a spectacular sight in the spring. Cute guinea pig-like creatures known as rock dassies, or hyraxes, (genetically, the closest living relatives to elephants) scuttle everywhere. They are not afraid and scamper among the tourists seeking to be fed.

Following our trip to the top of Table Mountain, we continue to the wine lands region, which is only 50 miles from Cape Town. Driving a most scenic route, we'll discover the internationally acclaimed vineyards of Stellenbosch, Paarl and Franschhoek on the Western Cape. We'll visit the historic estate of Boschendal, which has some of the most brilliantly preserved Cape Dutch buildings in the Cape, and see its collection of priceless period furniture. We'll also visit Franschhoek, known for its lovely antique shops and gardens, and nestled in the "Valley of the Huguenots" where the French first settled in 1688. All the wine estates we'll be visiting in the region offer tastings and cellar tours, and we'll have lunch in one of them.

This afternoon we'll explore the famous university town of Stellenbosch, known as the "Town of Oaks". The second oldest town after Cape Town, it is undoubtedly the most scenic and historically-preserved town in Southern Africa. Oak-lined streets next to water furrows compliment the many fine examples of elegant Cape Dutch, Victorian and Georgian architecture.

Continuing to the picturesque town of Franschoek, we arrive at La Fontaine Guesthouse, our home for tonight.
(Breakfast and Lunch)

Overnight at **La Fontaine Guest House**

www.lafontainefranschhoek.co.za

La Fontaine Guest House is set in the heart of the town, and is within easy walking distance of many acclaimed restaurants, shops and art galleries. La Fontaine is a 19th century double story homestead with 14 spacious double rooms, with spectacular views of the surrounding Franschoek Mountain. Its gardens have been planted with indigenous and water-wise plants in a spectacular setting. In the morning we'll enjoy a delicious breakfast served under a vine covered pergola.

Day 16, Friday, May 8 - Return from the Winelands to CapeTown. Transfer to the Airport for flights to the U.S.A.

This morning is at leisure to relax and enjoy the scenery. In the afternoon we transfer to the airport for our flight to Johannesburg, where we connect with our overnight flight to the U.S.A.

(Breakfast and Meals Aloft)

Day 17, Saturday, May 9 - Land in the U.S.A.

This morning we land in the USA at Washington, Dulles airport, bringing memories of all the wonderful sights and experiences from our adventure in Namibia.

(Meals Aloft)

MONEY

The **currency of Namibia** is the Namibian Dollar. The Namibian Dollar (NAD) is tied to the South African Rand (ZAR) on a 1:1 ratio. Both the Namibian Dollar and the South African Rand are accepted throughout Namibia. No other international currencies are.

When exchanging money it is more useful to ask for South African Rand (ZAR), the main reason being that if you have Namibian Dollars leftover after your trip it is very difficult to exchange them into your local currency when

you return home.

Mastercard and Visa are widely accepted throughout Namibia in shops and in larger towns credit and debit cards are widely accepted. Most lodges accept credit and debit cards. American Express and Diners Card are not widely accepted. In remote rural areas cash is recommended.

The **currency of South Africa** is the South African Rand (ZAR). One rand is made up 100 cents. The Rand is available in denominations of R1, R2, R5 (coins) and R10, R20, R50, R100 and R200 (paper notes). These notes nowadays bear images of South African wildlife as opposed to the images of political and historical significance in the early 1990's. The cents are available as coins in denominations of 1c, 2c, 5c, 10c, 20c and 50c. As of June 2014, the exchange rate is 1 USD = 10.42 Rand (ZAR).

While you can change money in local banks, ATM's are in abundance on streets, in shopping malls, many local corner shops and petrol stations and you can simply use your overseas debit card to obtain local currency. The banking system is world class and you often obtain a better service than in many western countries.

CLIMATE

Namibia has a sub-tropical desert climate, characterized by low rainfall and large temperature fluctuations between day and night. During the dry season, which runs broadly from April to October, the skies are blue with rarely a cloud in sight. Most of Namibia is dry and pleasant and it offers a year round destination. April and May are usually ideal weather conditions, with temperatures in the 80s.

South Africa : The Cape Region and Garden Route have a climate very much like that of the south of France; summer runs from October to April and is warm with some rain (and more wind in Cape Town), with temperatures in the 50s - 70s.

WHAT TO BRING / HOW TO PACK FOR YOUR AFRICAN SAFARI

BAGGAGE RESTRICTIONS

Although international flights from the U.S. to Africa allow one piece of checked luggage not exceeding 50 lbs., our small aircraft flights in Namibia **ONLY ALLOW A MAXIMUM WEIGHT LIMIT OF 44 LBS (20 kg) per person of checked baggage** (all luggage including camera equipment and carry on, is restricted to 44 lbs.)

Only soft bags will be accepted – **no wheels with frames or rigid structures can be transported as flexibility of the bag is limited and restricts physical loading into the aircraft. If frame is not rigid, wheels are possible, but only with soft frame.**

The maximum dimensions of the soft bags which can be accommodated are as follows: 10 inches (25 cm) wide x 12 inches (30 cm) high x 24 inches (62 cm) long. These bags are ideal for use on light aircraft and are the correct dimensions. Please keep in mind that the baggage compartments on the light aircraft are only 10 inches (25 cm) high, so the pilots must have the ability to manipulate the bag into the compartment.

A collapsible wheeled luggage frame/trolley (separate to the bag) is allowed, as long as basic dimensions are similar to that of the bag.

Large suitcases are virtually impossible to stow on smaller aircraft and should not be used, or left behind in your hotel.

You will be able to do laundry at the safari camps, for a small fee, weather permitting, so this should encourage you to pack light!

THESE WEIGHT RESTRICTIONS ARE VERY IMPORTANT AND STRICTLY ENFORCED!

Select your clothing based on comfort. Safari clothes should be washable, cotton or the new fabrics (not synthetics like rayon), and loose fitting. Some of the new fabrics like Coolmax, supplex, and polypropylene are excellent.

Clothing should be light colored (tan, khaki, or neutral colors) on safari; it keeps you comfortable and is unobtrusive and non-threatening to wildlife. Remember, there is laundry service at each camp.

- A well broken-in, comfortable pair of lightweight hiking boots (probably best for walking in the sand).
- Pair of sport sandals.
- 2 long-sleeved shirts.
- 2 short-sleeved shirts and/or T-shirts.
- 2 pairs of shorts.
- Or 2-3 pairs long pants that zip off for shorts.
- Underwear, socks, sleepwear.
- A lightweight fleece and light jacket for cool evenings.
- Waterproof lightweight windbreaker (or poncho).

- Lightweight travel/camera vest to wear during your travels and on safari, to keep extra memory cards, batteries, field guide(s), sunglasses, binoculars, and more!
- Moneybelt or waistpack for money/passport.
- Washcloth (not supplied in most lodges/camps).
- 2-3 cotton bandanas (for uses too numerous to mention!)
- Bathing suit and pair of rubber “thongs” for the showers.
- Sunglasses.
- Lightweight, wide-brimmed hat (a must).
- A spare pair of glasses (if you wear glasses.)
- Ziploc bags of various sizes.
- Travel alarm clock.
- Small flashlight.
- Toiletries, including Wash & Dries (or moist towelettes)
- Cloth, not plastic Band-aids; about 10 individually-wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Adequate quantity of sweat-resistant sunscreen with at least an SPF 15 rating or higher, and lip balm with SPF.
- Hand sanitizer.
- Earplugs. We recommend Mack’s Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
- Small, lightweight binoculars (a MUST) for game viewing and birds. You will be very disappointed if you do not have a good pair of binoculars. Nikon or Minolta make fine, lightweight viewing binoculars. Try a general game viewing 7 X 28, or 8 X 20 binocular.
- Field Guide for Namibia.

First Aid Kit

- Prescription drugs (with the labels on.)
- Systemic antibiotic (prescription).
- Cloth, not plastic Band-aids; about 10 individually-wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for “new” flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle.)
- Laxative tablets.
- Visine or similar eye drops.
- Tweezers.
- Benadryl cream for itchy bites.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Insect repellent with Deet.

Camera Equipment

Since photography is such a large part of this trip, we suggest you bring the following: Digital camera, LOTS of extra memory cards and batteries, battery charger, and adapter. You can charge your digital batteries in lodges, in our camps, and in our 4x4 vehicles.

- ❑ Digital camera, LOTS of extra memory cards and batteries, battery charger, and adapter.
- ❑ Most digital cameras have a built in converter so you only need to bring an adapter. Adapters can also be bought while in-country.

If you want to get great pictures of animals and birds, a long lens is a must. I have an 80-400 mm Nikon lens and I can get just about anything that you want to take photos of on this trip. There is really no need to have anything larger than a 400 mm lens. You will, of course, need a normal or wide angle lens (somewhere between 24 – 70 mm), to take pictures of people, villages, and general photography during the trip. Many lenses on newer cameras are “all in one” (i.e. 28 – 400-500 mm). Get advice from a good, reputable camera shop!

Plug Adapters and Outlet Shapes

The Namibia and South African electricity supply is 220/230 volts AC 50 HZ.

Most plugs are 15 amp 3-prong - three large round pins in a triangular pattern. If an adapter is called for, consider bringing one with you, although they can be purchased locally.



Last Minute Reminders

- ❑ Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- ❑ Bring 2-3 extra passport size photos to use in emergencies.
- ❑ Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- ❑ Remove extra credit cards, driver's license, and personal items from wallet or purse.
- ❑ Make sure passport and airline tickets are valid and in the correct name.
- ❑ Check with airline to reconfirm reservations and departure time (most airlines want to hear directly from the client for confirmations).

- ❑ Please leave all valuable jewelry at home!!!

Some Extra Items to Add to your “What to Pack” List (if you can fit them into your 44lb weight limit!)

We think these items help make your long airline flights much more comfortable and even more bearable:

- ❑ Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- ❑ Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- ❑ Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
- ❑ Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

*Thank you for choosing to travel with AdventureWomen!
If you have any questions or concerns, please don't
hesitate to call, write, or email us.*

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