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INSIDER'S EAST AFRICA 2008

KENYA

Masai Mara National Reserve

Lamu Island

TANZANIA

Zanzibar

RWANDA

Gorilla Tracking: Virunga Volcanoes

UGANDA

Gorilla Tracking: Bwindi National Park

(Fly-in and Overland Safaris)

Extend Your Adventure!

*You've come all this way.
Why not stay a little
longer? These extensions
are great additions to any
adventure in East Africa.*

Printed January 16, 2008

KENYA

MASAI MARA NATIONAL RESERVE

3 days, 2 nights. Accommodation: Governor's Camp, Little Governor's Camp, or Mara Serena Lodge. Governor's Camp and Little Governor's Camp are permanent tented camps. Each tent has its own attached bath. Game drives are in 4WD vehicles.

The Masai Mara, the northern extension of the Serengeti Plain, can certainly lay claim to being the richest year-round game land in Africa. The Mara is home to big herds of impala, topi, buffalo, giraffe, zebra, and gazelles, annually reinforced by the thundering legions of wildebeest of the great migration. The Mara is also one of the best places for seeing all the predators: lion, cheetah, hyena, leopard, and jackals.

Day 1—Transfer from the Norfolk Hotel or Kenyatta International Airport to Wilson Airport, about 15 minutes from the center of Nairobi, and board the morning flight for the Masai Mara. The flight takes about 45 minutes and is a scenic overflight of the savanna, dotted here and there with the circular marks of manyattas. You'll arrive in time to settle in and have lunch before an afternoon game viewing drive.

D... Governor's Main Camp, Little Governor's, or Mara Serena Lodge

Day 2—All day to explore the wonder of the Mara, Kenya's game country at its best (three game drives are offered). The grassy plains of the savanna are dotted with umbrella-shaped acacia trees and an ever-present abundance of wild animals, with distant mountains and escarpments breaking the line of the puffball African sky. Herds of golden impala leap before your vehicle as family groups of zebra contentedly graze, and the black wildebeest run past in columns. The variety of animals in the Mara is astonishing and you're sure to find all the classic African species here, including the surprisingly graceful elephants, and the aristocratic giraffes. The swift Mara River is home to groups of hippo, and you'll spot crocodiles sunning on its banks. The antelopes are in an astonishing variety and abundance: make your acquaintance with topi, gazelle, waterbuck, and reedbuck. And with so many grazing animals in the area, you have excellent opportunities to see the cats: large prides of lions are in permanent residence in the Mara, as are good numbers of cheetah. The Mara is now one of the best places to see the always-reclusive leopard.

B,L,D... Governor's Main Camp, Little Governor's, or Mara Serena Lodge

Day 3—Enjoy a final morning game drive, then fly to Nairobi, arriving around noon. Transfer to the city center. (There is an option to fly on an afternoon flight arriving at 5:30 p.m. at the additional cost of \$100, which covers late checkout, lunch, and an additional day's park fees.)

B...

Land Cost

Governor's Main Camp

Dry Season: July 16–Oct. 31 and Dec. 15–31, 2008

\$1,385 per person, double occupancy

\$450 single supplement

\$1,835 (1 person, includes single supplement)

\$120 park fee (payable upon arrival)

\$275 internal airfare (in/out of Nairobi)

Green Season: April 1–May 31, 2008

\$815 per person, double occupancy
\$85 single supplement
\$900 (1 person, includes single supplement)
\$120 park fee (payable upon arrival)
\$275 internal airfare (in/out of Nairobi)

Shoulder Season: Jan. 1–March 31, June 1–July 15, and Nov. 1–Dec. 14, 2008

\$1,235 per person (2 or more, double occupancy)
\$400 single supplement
\$1,635 (1 person, includes single supplement)
\$120 park fee (payable upon arrival)
\$275 internal airfare (in/out of Nairobi)

Little Governor's Camp

Dry Season: July 16–Oct. 31 and Dec. 15–31, 2008

\$1,505 per person, double occupancy
\$500 single supplement
\$2,005 (1 person, includes single supplement)
\$120 park fee (payable upon arrival)
\$275 internal airfare (in/out of Nairobi)

Green Season: April 1–May 31, 2008

\$895 per person, single or double occupancy
\$120 park fee (payable upon arrival)
\$275 internal airfare (in/out of Nairobi)

Shoulder Season: Jan. 1–March 31, June 1–July 15, and Nov. 1–Dec. 14, 2008

\$1,345 per person, double occupancy
\$200 single supplement
\$1,145 (1 person, includes single supplement)
\$120 park fee (payable upon arrival)
\$275 internal airfare (in/out of Nairobi)

Mara Serena Lodge

Dry Season: July 16–Oct. 31 and Dec. 15–31, 2008

\$945 per person, double occupancy
\$1,145 (1 person, includes single supplement)
\$120 park fee (payable upon arrival)
\$275 internal airfare (in/out of Nairobi)

Green Season: April 1–May 31, 2008

\$795 per person, double occupancy
\$100 single supplement
\$895 (1 person, includes single supplement)

\$120 park fee (payable upon arrival)
\$275 internal airfare (in/out of Nairobi)

Shoulder Season: Jan. 1–March 31, June 1–July 15, and Nov. 1–Dec. 14, 2008

\$945 per person, double occupancy
\$200 single supplement
\$1,145 (1 person, includes single supplement)
\$120 park fee (payable upon arrival)
\$275 internal airfare (in/out of Nairobi)

Optional balloon rides—From \$275 per person (prices vary according to season). Balloon rides are dependent on clear weather and mild winds, and can be cancelled at the last minute. Should this happen, refunds will be issued upon your return.

Land Cost includes leadership of camp safari guides; game drives; accommodations; meals as noted (B=Breakfast, L=Lunch, D=Dinner); park fees; flights Nairobi/Masai Mara/Nairobi; Norfolk Hotel/Wilson Airport or Kenyatta/Wilson Airport transfer on Day 1 and Wilson Airport/Norfolk or Kenyatta transfer on Day 3; basic medical and evacuation insurance.

Not included are international airfare; accommodations or meals in Nairobi; optional tipping to safari leader and camp staff; visas; airport taxes (if any); cost of medical immunizations; items of a personal nature (sodas, alcoholic beverages, laundry, etc.); and insurance other than that noted above.

KENYA COAST

LAMU

Lamu is an Indian Ocean isle retaining an atmosphere that is at once exotic, traditional, and relaxed. Here the old Swahili culture, with its strong Arabian influences, survives intact. Nearly roadless, Lamu has a small town with whitewashed houses and narrow streets, an authentic piece of living history. Transport around the island is either by *dhow* (sailboat) or on foot.

Accommodation is at Peponi Hotel, one of Lamu's nicest, located three miles from Lamu town right at the water's edge. Possible activities include snorkeling, fishing, or beach combing (miles of deserted beach grace the island). Dhows can be hired for fishing and snorkeling excursions or for trips to some of the villages and ruins in the Lamu archipelago.

Day 1—You will be transferred to Wilson Airport in Nairobi or the Malindi airport and fly to Lamu. Transfer to Peponi Hotel.
D...Peponi Hotel

Days 2-3—Full days at Lamu where you can rent a dhow, visit the beach, or wander Lamu town.
B,L,D each day...Peponi Hotel

Day 4—Morning at Lamu. After lunch, fly on scheduled flight to Nairobi.

B,L...

Land Cost

\$1,095 per person, double occupancy

\$1,495 (1 person, includes single supplement)

Land Cost includes accommodations; meals as noted (B=Breakfast, L=Lunch, D=Dinner); roundtrip flights Nairobi or Malindi/Lamu/Nairobi; transfers in Lamu and roundtrip transfers from the Norfolk Hotel or Kenyatta Airport to Wilson Airport; basic medical and evacuation insurance.

Not included are international airfare; accommodations or meals in Nairobi; meals as noted; insurance other than that noted above; optional tipping to hotel staff; visas; airport taxes (if any); cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

TANZANIA

ZANZIBAR

6 days, 5 nights. Departs daily. Accommodations: Ras Nungwi Beach Hotel or The Palms, and 236 Hurumzi or Zanzibar Serena Inn, located in the heart of the legendary Stone Town.

There's no better way to finish off a great safari than by reveling in the old world charm and soothing trade winds of this ancient spice capital. From its unspoiled white sand beaches and coral reefs to its inland spice plantations, fragrant with clove and cinnamon, Zanzibar is as much a lure today as it was back when all the cultures of the Indian Ocean braved the sea seeking its riches.

Day 1—Zanzibar coast. Fly from Dar es Salaam or morning pickup at your Arusha area hotel, transfer to the Arusha Regional Airport for your flight to Zanzibar (some flights transit Dar es Salaam). Upon arrival in Zanzibar, you will be met and transferred to either Ras Nungwi Beach Hotel, a beautiful beach lodge on the island's north coast, or The Palms, a luxurious accommodation featuring private villas, also located overlooking the beach.

D...Ras Nungwi or The Palms

Days 2-3—Zanzibar coast. Your time here at either Ras Nungwi or The Palms is free to relax as you wish. You may swim and beachcomb along the pristine white beaches, or snorkel with dolphins, dive, rent a *dhows* (local boat), or just simply enjoy the sun. You can request and pay for these activities on the spot.

B,D each day...Ras Nungwi or The Palms

Day 4—Stone Town. This morning you transfer to Stone Town. En route you will visit the Jozani Forest, the largest first-growth forest left on the island. Here you'll take a forest walk and look for the Zanzibar subspecies of red colobus monkey. There are also Syke's monkeys, over 50 species of butterflies, and numerous birds. More elusive animals (that one would be lucky to see) include hyraxes, Ader's duiker, and various mongooses, geckos, and skinks. Accommodation is at 236 Hurumzi in the heart of Stone Town, whose 10 rooms feature Zanzabari antiques and evoke the atmosphere of bygone days when it was the residence of one of the richest men in the Swahili Empire; or the Zanzibar Serena Inn, situated on the beachfront and a haven of tranquility and opulence.

B...236 Hurumzi or Zanzibar Serena Inn

Day 5—Stone Town. Enjoy a half-day tour, including the fish market, Arab Fort, and the Anglican Church on the site of the old slave market. You'll also take time at the Zanzibar Museum and wander by the many historic mosques and buildings.

B...236 Hurumzi or Zanzibar Serena Inn

Day 6—Depart. The morning is at leisure. Transfer to Zanzibar airport for your flight to Dar es Salaam.

B...

Land Cost (Ras Nungwi Beach Hotel and 236 Hurumzi)

Prices are valid year-round

\$1,795 per person, double occupancy

\$500 single supplement

\$2,695 (1 person, includes single supplement)

Land Cost (The Palms and Zanzibar Serena Inn)

\$3,995 per person, double occupancy

\$1,200 single supplement

\$5,595 (1 person, includes single supplement)

Flight Costs (please inquire)

—Kilimanjaro to Zanzibar (one way)

—Arusha to Zanzibar (one way)

—Nairobi to Zanzibar (one way)

—Dar es Salaam to Zanzibar (one way)

Land Cost includes transfer guide; guide for one half-day sightseeing; accommodations; meals as noted (B=Breakfast, L=Lunch, D=Dinner); airport transfers between Arusha airport and Arusha area hotels; transfers on Zanzibar; sightseeing as noted in the itinerary; basic medical and evacuation insurance.

Not included are international airfare; airfare from East Africa to Zanzibar, meals not noted on itinerary; drinks; hotels and meals in Arusha; insurance other than that noted above; optional tipping to driver/guide; visas; airport taxes (if any); cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

GORILLA TRACKING

Experience one of the most extraordinary wildlife adventures in the world—close encounters with mountain gorillas, one of the rarest animals on earth (there are fewer than 600 and none in captivity). Spotting these rare creatures in their natural habitat is a once-in-a-lifetime experience—imagine sitting right in the midst of a couple of these gentle giants!

Gorilla tracking takes place on trails that can be steep, muddy, and covered with thick vegetation. Stinging nettles and biting safari ants can be nuisances. In some cases, the guides will cut a path through the steep, jungled hillsides. The reward is an extraordinary opportunity to observe the gorillas at close range. *The gorillas are not tame*, but they have been scientifically habituated to accept the presence of quiet and non-threatening observers. The park rangers will brief you on appropriate behavior. You can expect to stay with the animals for about an hour after first encountering them. Bring raingear, wear long pants and gaiters, layer your clothes to adjust for varying conditions (and wear muted colors—bright or white clothing should not be worn), carry a water bottle, and take a pair of light gloves to protect your hands from nettles and thorns.

Please note—Gorilla sightings on either extension are not guaranteed.

RWANDA: VIRUNGA VOLCANOES

4 days, 3 nights or 5 days, 4 nights. Departs daily from Kigali. Accommodation: Gorilla Nest Lodge

The emerald-green Virunga Volcanoes that straddle the Rwanda-Uganda border are among the most beautiful mountains in the world, as well as the stronghold of the celebrated mountain gorilla.

Day 1—Arrive at Rwanda's Kigali airport, where you will be met by a Mountain Travel Sobek representative. Drive two hours to Kinigi, the headquarters of Parc National des Volcans (Volcanoes National Park), on a paved road offering stunning scenery of the hills and valleys of this green and lush country. Rwanda has been nicknamed “the land of a thousand hills,” and these hills are intensively cultivated by rural folk who live on tiny farmsteads. Kinigi lies at the base of Sabinyo Mountain, and boasts excellent views of the rest of the Virunga Volcano range, the heartland of the mountain gorilla. Dinner and overnight at Gorilla Nest Lodge.

D...Gorilla Nest Lodge

Day 2—Gorilla tracking. Take a short drive to Park Headquarters and meet with local guides and trackers who will explain the etiquette of gorilla trekking. We then hike into the forest where the gorillas were seen the night before and begin tracking them from that point. The trekking can take from one to six hours in rough and sometimes muddy terrain. Altitudes can range up to 7,500 feet. Although the hike is physically demanding, the beauty of the forest and surrounding scenery make it all worthwhile. Once the gorillas are located, all fatigue is forgotten as you revel in the most profound natural history experience in the world! It can rain at any time, so waterproof clothing is essential, including Ziploc bags for cameras and film. A picnic lunch is provided en route.

B,L,D...Gorilla Nest Lodge

Day 3—Second gorilla tracking day. At the end of the day, drive two hours back to Kigali. Dinner and overnight at Umubano Novotel, an excellent hotel near the airport with views of the city.

B,L,D...Umubano Novotel

Those who wish to take the 5-day, 4-night extension will have an extra day of gorilla tracking.

Day 4—Transfer to the airport for departure.

B...

Land Cost

2 treks

\$1,895 per person, double occupancy

\$200 single supplement

\$2,495 (1 person, includes single supplement)

Gorilla permits—\$1,000 per person (\$500 per trek x 2)

****Note—Gorilla permits are nonrefundable once confirmed.****

3 treks

\$2,395 per person, double occupancy

\$250 single supplement

\$3,190 (1 person, includes single supplement)

Gorilla permits—\$1,500 per person (\$500 per trek x 3).

****Note—Gorilla permits are nonrefundable once confirmed.****

Land Cost includes accommodations at Gorilla Nest Lodge; meals as noted (B=Breakfast, L=Lunch, D=Dinner); airport transfers; baggage portage; ground transportation; services of an English-speaking guide; sightseeing as noted in the itinerary; basic medical and evacuation insurance.

Not included are international airfare; optional tipping to guides; airport taxes (if any); gorilla porters; beverages; laundry charges; items of a personal nature; and insurance other than that noted above.

UGANDA: BWINDI NATIONAL PARK (FLY-IN SAFARI)

4 days, 3 nights, 2 treks. Accommodation: Gorilla Forest Camp.

In the lush, misty montane forest of Uganda's Bwindi National Park, two gorilla family groups have become habituated to the presence of observers. We spend two days tracking them, cautiously and silently approaching them on foot.

Day 1—Arrive in Entebbe in the early morning. Charter flight to Kayonza near Bwindi National Park. Transfer to Gorilla Forest Camp, a charming lodge located inside the park and surrounded by the lovely Impenetrable Forest—the habitat of gorillas, chimps, and innumerable butterflies and forest birds. (A land transfer instead of charter flight is an option. See various costs below.)

B,L,D... Gorilla Forest Camp

Days 2-3—Gorilla tracking (for description, see Day 2 of Virunga Volcanoes extension, above). The Impenetrable Forest of Bwindi National Park is certainly aptly named. On its steep slopes and in the deep valleys, the largest of the primates has managed to escape extinction. Scientists debate whether the Bwindi gorillas are true mountain gorillas or members of the eastern lowland sub-species (Grauer's gorillas). But there is no debate about the fact that spending time with these gentle giants of the African forest is a wonderful experience. After we meet our guides, gorilla-watchers divide into small groups to search for gorillas (a maximum of six visitors a day are allowed to visit each of two groups of habituated gorilla families; another habituated group can be visited by no more than four visitors per day). If gorilla tracking proves easy and we have an afternoon free, we can go on a walk through the

forest along a jungle-fringed river. Here we will enjoy great birding and see a beautiful waterfall; there is also the possibility of running into chimpanzees—or even a group of gorillas!

B,L,D each day... Gorilla Forest Camp

Day 4—Short drive to the Kayonza airstrip for the charter flight to Entebbe. Connect with afternoon homeward-bound blight.

B,L...

Land Cost

\$3,695 per person, double occupancy

\$350 single supplement

\$5,895 (1 person, includes single supplement)

Gorilla permits—\$1,000 per person (\$500 per trek x 2). Nonrefundable once confirmed.

****Note—Gorilla permits are nonrefundable once confirmed.****

Land Cost includes accommodations at Gorilla Forest Camp; meals as noted (B=Breakfast, L=Lunch, D=Dinner); airport transfers; baggage portorage; ground transportation; flights Entebbe/Kayonza/Entebbe; services of an English-speaking guide; sightseeing as noted in the itinerary; basic medical and evacuation insurance.

Not included are international airfare; optional tipping to guides; gorilla porters; airport taxes (if any); beverages; laundry charges; items of a personal nature; and insurance other than that noted above.

UGANDA: BWINDI NATIONAL PARK (OVERLAND SAFARI)

6 days, 5 nights, 2 treks

Uganda has been known since the 19th century as the “pearl of Africa,” and a jewel it is with its exceedingly green and beautiful countryside and multitude of attractions, including tropical forests that are the home of the mountain gorilla.

Day 1—Arrive in Entebbe, Uganda, in the morning. A Mountain Travel Sobek representative will meet you outside the customs and immigration area at the airport. He or she will answer questions, brief you on the immediate arrangements, and escort you to the Lake Victoria Hotel for an early lunch. We then drive to Mbarara on paved roads, passing through papyrus swamps close to Lake Victoria and tracts of tropical rainforest and the rolling plains of Ankole cattle country. Mbarara is a colorful and friendly market town.

L,D... Agip Hotel

Day 2—Drive southwest into the area known as “The Switzerland of East Africa,” passing through a breathtaking scenery of high hills and low valleys that are mostly cultivated. Arrive at Bwindi National Park, famous for gorilla tracking and now a UNESCO World Heritage Site.

B,L,D... Gorilla Forest Camp

Days 3-4—Gorilla Tracking. Take a short drive to Park Headquarters and meet with local guides and trackers who will explain the etiquette of gorilla trekking. We then hike into the forest where the gorillas were seen the night before and begin tracking them from that point. The trekking can take from one to six hours in rough and

sometimes muddy terrain. Altitudes can range up to 7,500 feet. Although the hike is physically demanding, the beauty of the forest and surrounding scenery make it all worthwhile. Once the gorillas are located, all fatigue is forgotten as you revel in the most profound natural history experience in the world! It can rain at any time, so waterproof clothing is essential, including Ziploc bags for cameras and film. A picnic lunch is provided en route.
B,L,D each day... Gorilla Forest Camp

Day 5—Drive to Mbarara.
B,L,D... Agip Hotel

Day 6—Five-hour drive to Entebbe. Time permitting, we may stop in Kampala for shopping and lunch and a visit with the Mpigi Royal Drum Makers. Drop off at airport for connection with departure flight (your flight must be in the late afternoon or evening).
B,L...

Land Cost

\$2,795 per person, double occupancy
Single supplement—\$350
\$3,995 (1 person, includes single supplement)
Gorilla permits—\$1,000 per person (\$500 per trek x 2).
****Note—Gorilla permits are nonrefundable once confirmed.****

Land Cost includes accommodations as listed; meals as noted (B=Breakfast, L=Lunch, D=Dinner); airport transfers; baggage portage; ground transportation; services of an English-speaking guide; sightseeing as noted in the itinerary; basic medical and evacuation insurance.

Not included are international airfare; optional tipping to guides; gorilla porters; airport taxes (if any); beverages; laundry charges; items of a personal nature; and insurance other than that noted above.

GENERAL INFORMATION

Deposit, Transfer & Cancellation Policy

The following policy applies to single- or multi-day extensions to the standard Mountain Travel Sobek program you have signed up for. A nonrefundable \$100 deposit is required to reserve these extra services (your deposit is fully refundable if we cannot secure your request). Full payment is due immediately upon confirmation of your request.

If written notice of cancellation or transfer is received:	Cancellation Fee will be:
60 or more days prior to departure	\$100
30 to 59 days prior to departure	50% of Extension Cost
Less than 30 days prior to departure	100% of Extension Cost

We recommend you purchase Trip Cancellation Insurance to protect yourself.

Commissions

Extensions are non-commissionable.

Note on Itinerary

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this information on our website at www.mtsobek.com/faq and the form itself at www.mtsobek.com/pdf/participant_info.pdf.

Terms & Conditions

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Limitation of Liability Clause. The full Terms and Conditions can be found at www.mtsobek.com/faq/#liability or call 1-888-MTSOBEK (687-6235) for a copy. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form (www.mtsobek.com/pdf/participant_info.pdf). Any dispute concerning, relating or referring to the Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceedings will be governed by substantive California law (but not procedural law) without regard to the California Arbitration Act.

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