Intrepid Trip Notes Header

**Last Modified: 25-11-09**

**4 Day Kruger Lodge Experience**

**trip notes: UAD**

**validity: 01/01/2010 to 31/12/2010**

**Please note: These Trip Notes are valid for 2010 departure dates only and are subject to change. It is important that you review the Trip Notes closer to your departure date for the most up-to-date information.**

Welcome to Intrepid real life experiences... we hope that you enjoy exploring the world as much as we do.

**Itinerary Disclaimer**

The itinerary attached is correct at time of printing. Please note: occasionally our itineraries are updated during the year to incorporate improvements stemming from past travellers' comments and our own research. Our brochure is usually released in November each year. As such the information given in this itinerary may be slightly different to that in the brochure. It is VERY IMPORTANT that you print and review a final copy of your Trip Notes a couple of days prior to travel, in case there have been changes that affect your plans. For the latest updated trip notes please visit our website: [www.intrepidtravel.com](http://www.intrepidtravel.com/)

**Trip Map**



**Itinerary**

**Day 1 Johannesburg/Greater Kruger National Park**

Sawubona! Welcome to South Africa.   
Please note that this tour departs early (around 5am) on day one from your Jo'Burg accommodation. It is highly recommended that you spend the night before tour in Johannesburg. We are able to book you accommodation at our safe, exclusive Jo'Burg Lodge- just ask us at time of booking. You'll love the very comfortable cabins with private deck and spa bath, and great pool and bar area.  
  
On day 1 we depart Johannesburg, the city of Gold and head off on an adventure of a lifetime. Travel time from Jo'Burg to Kruger today is approximately 9 hours including stops. We arrive in time for lunch at our Lodge in Greater Kruger National Park. After some time to settle in, we head off on a late afternoon/evening Big Five game drive in open 4x4 vehicles in a private game reserve. Sundowner drinks are enjoyed at one of the waterholes before continuing our game drive into the night. After an exciting evening, we return to camp to enjoy a traditional South African meal around a log fire.   
  
Meals included: Lunch, Dinner  
Overnight: Located in the greater Kruger, our Intrepid lodge, Thornhill (or similar).  
Our accommodation for next three nights is wonderfully intimate, with just 14 twin share rooms. Rooms are constructed from local materials and are tastefully decorated and comfortably appointed. The lodge also offers a cozy bar, perfect for chatting with the other guests over a sundowner or two. There is also a swimming pool for a refreshing post safari swim. However we think the quality which makes our lodge stand out from the rest is the friendliness and helpfulness of our team... they are committed to making your stay memorable!

**Days 2-3 Kruger National Park**

An early rise, as we make our way to the world renowned Kruger National Park. We enter the Kruger Park through one of the central gates, where our wildlife experience unfolds. We enjoy breakfast at one of the picnic spots before continuing through the Park. The entire day will be spent game viewing, bird watching and stopping off at the various waterholes en- route. Our safari takes us along some of the best game drive routes that Kruger has to offer. We depart the Park in the late afternoon and return to the Lodge for an evening of relaxation. (BD)   
After a hearty breakfast on day 3, we spend the day at leisure, relaxing at the Lodge or taking part in the various optional activities on offer. We end the day with a late afternoon/evening game drive. Guided by the aid of spotlights, we track the elusive creatures of the night, after which we return to the Lodge to enjoy a boma dinner. (BLD)

**Day 4 Johannesburg**

An early rise as we head out on a morning bush walk. Guided by a qualified nature guide, we learn about nature's finer details like bird, tree and spoor identification. After breakfast, we depart the Lodge and our journey takes us through the Mpumalanga Province as we travel along the Drakensberg Escarpment to view the spectacular setting of the Three Rondawels overlooking the Blyde River Canyon.  
  
We return to the Lodge for brunch before making our way back to Johannesburg, arriving back in the city in the late afternoon, between 5 and 6pm. Total travel time today including stops and sightseeing is approx. 9 -13 hours.  
  
Please note that accommodation is not provided for tonight but we are able to organise this for you at our Johannesburg lodge.  
  
Why not stay a day or two and check out Soweto - see www.urbanadventures.com for details of trips available.  
  
After the trip: Your feedback is important to us. We have made many trip changes over the years based on past traveller feedback. So if you want to tell us anything, from how great the service was at a particular hotel or how delicious an included meal was or if you have any improvement suggestions then please go to www.intrepidtravel.com/feedback. We'll even give you 5% off your next Intrepid trip if you fill in feedback within 4 weeks. Thanks!

**Arrival Complications**

We don't expect any problems (and nor should you!) but if for any reason you are unable to commence your   
group trip as scheduled, please contact your starting point hotel, requesting that you speak to or leave a message for your trip leader.  
  
If you have pre-booked an airport transfer (where available) and have not made contact with our representative within 30 minutes of clearing   
customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions in the Trip   
Notes. Should this occur, please apply to your travel agent for a refund of the transfer cost on your return.  
  
No refund is available on missed transfers or portions of your trip owing to a different flight arrival or delayed flight arrival. Any   
additional cost incurred in order to meet up with your group is at your own expense.

**Joining Point**

**Your Johannesburg Hotel**  
Johannesburg

**Joining Point Instructions**

Please be sure to give your hotel details at time of booking.

**Our Joining Point Hotel**

For short breaks we can arrange a pick up at any hotel in Johannesburg. We recommend: Amadwala Lodge 203 Pierre Road Wilgespruit, Honeydew Johannesburg Gauteng South Africa Your Intrepid consultant or agent would be happy to make a booking for you here.

**Finishing Point**

**Your Johannesburg Hotel**  
Johannesburg

**Style**

**Short Break Adventures**

Free spirited adventures. Short Breaks are small group adventures that offer the freedom and flexibility of independent travel while removing some of the hassles of travelling on your own. With plenty of opportunity to have a real life experience or two along the way these trips are a great add on to a longer adventure, or just a short break in an amazing destination.

**Accommodation**

Safari lodge (3 nts)Located in the greater Kruger, our Intrepid lodge where we say for the next three nights is wonderfully intimate, with just 14 twin share rooms. Rooms are constructed from local materials and are tastefully decorated and comfortably appointed.

Please keep in mind that accommodation as shown in the itinerary is subject to availability at time of booking. The closest available alternative will be substituted if our first choice hotels are not available. Deductions or supplements may be applied to the trip price as a result.

**Meals**

While travelling with us you will experience the vast array of wonderful food available in the world. Generally, to give you the maximum flexibility in deciding where and what to eat, not all meals are included in the trip price. This also gives you more budgeting flexibility. Please check the 'meal inclusions' section below for details of meals included.

Allow USD $40 for meals not included.

**Meal Inclusions**

3 Breakfasts, 2 Lunches, 3 Dinners

**Transport**

Safari vehicle, minivan, walking

**Activities Included**

This is a list of included activities on this trip. All other activities are optional and at your own expense. For a list of optional activities and sightseeing available on this trip, see the optional activities section below. If you choose not to participate in the included activities on this itinerary, the cost will not be refunded.  
  
All Game Drives with open 4x4 vehicles - Greater Kruger National Park/Kruger National Park  
Guided game walk in a Private Game Reserve - Greater Kruger National Park   
Visit to the Three Rondawel view point of the Blyde river canyon

**Optional Activities**

We list the following optional activities for your information. This is not an exhaustive list and should be used as a guide only.  
They are not necessarily endorsed or recommended by Intrepid nor included in price of this trip. If you do any of them, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Intrepid.

Kapama Cheetah Rehabilitation Centre, Kruger National Park - 260ZAR  
Moholoholo Endangered Specie Centre, Kruger National Park - 260ZAR  
Micro-Light flight, Kruger National Park - 600ZAR  
Mafunyani Cultural Village Experience - 165ZAR  
Big Five Game Drive - 420ZAR  
Elephant Back Safari - 1400ZAR  
Hot Air Balloon Flight - 2850ZAR  
  
If you have time in Joburg before or after your trip to Kruger check out www.urbanadventures.com for some great day tour options.

**Physical Rating**

Rated 2/5[rating definitions](javascript:;)

You may be required to carry your pack on and off trains and buses, up hotel steps, etc. Your itinerary could include easy paced walks or possibly bike rides, but these are not overly exerting.

**Culture Shock Rating**

Rated 2/5[rating definitions](javascript:;)

The trip may include a range of accommodation, such as basic hotels with western facilities or overnight trains. Days of being on the move are generally well interspersed, communication with the outside world is usually ever-present and a wide variety of food is commonly available.

**Important Notes**

This trip starts and ends in Johannesburg. We depart very early on Day 1 and end back in Johannesburg late in the afternoon on Day 4, so it is essential that you overnight in Johannesburg the day before the tour. If you want to explore Johannesburg at either end of the tour, please allow additional days.  
  
Please note this is a join in adventure and you will travel with a group of like minded Intrepid and non Intrepid passengers during transfers and game drives.  
  
Due to Kruger National Park safety regulations, children under 16 are not be permited to participate in the bush walks in this itinerary.   
  
Please note this Intrepid trip is operated by our experienced local partners. In case of emergency ONLY you can reach our local operators under the following numbers: +27 11 675-0767/8 or +27 82 822 9407

**Travel Insurance**

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.  
When travelling on an Intrepid Short Break, you will not be permitted to join this trip until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by a company representative.  
If you have credit card insurance your tour leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact telephone number rather than the Bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.   
  
Please go to [www.intrepidtravel.com/insurance.php](http://www.intrepidtravel.com/insurance.php) for links to various travel insurance providers.

**Visas**

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself.  
  
Citizens of Australia, UK and most EU countries do not need visas to visit South Africa as a tourist for up to three months. Citizens of other countries should check with the relevant consulates as to whether a visa is required.

**Health**

All Intrepid travellers need to be in good physical health in order to participate fully in the group travel experience. If in the opinion of our group leader or company representative any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid reserves the right to exclude them from all or part of a trip without refund. We therefore ask that you read the itinerary in these trip notes thoroughly and then realistically self-assess your physical ability to complete the trip as described. Please consult with your doctor if you have any doubts.  
  
There are no specific health requirements for this trip. However you should consult your doctor for up-to-date medical travel information or for any necessary vaccinations and anti-malarial requirements before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip. For legal reasons our leaders are prohibited from administering any type of drugs including headache tablets and antibiotics. Please ensure that you are adequately prepared.  
  
Yellow Fever:  
A valid international certificate of vaccination against Yellow Fever is required in many countries in Africa. You may be needed to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate.  
  
It is also quite common for your home country to request a Yellow Fever certificate on your arrival back home.  
  
Please check with your doctor before leaving home about the Yellow Fever requirements for the countries you will be visiting.  
  
Drinking water:   
As a rule we recommend you do not drink tap water, even in hotels, as it contains much higher levels of different minerals than the water you may have at home. For local people this is not a problem as their bodies are used to this and can cope, but for travellers from other continents, drinking the tap water can result in illness. Generally this is not serious, an upset stomach being the only symptom, but it is enough to spoil a day or two of your holiday. Bottled water is widely available but we recommend that you fill up from your vehicle (we treat our water) if you are on a camping trip or from our camps if you are on a short break. Water consumption should be about 3 litres a day (this should be easy for most!)  
  
First Aid:   
The leader or guide(s) will be carrying a basic 1st Aid kit, but can not administer any drugs.  
  
Re-hydration salts, motion sickness tablets, and diarrhea blockers are available from many pharmacies.   
  
Please inform the leader of any specific medical requirements on day 1 at your group meting if travelling on a group trip or your first contact with a company representative on the ground

**Money Exchange**

Currency exchange rates often fluctuate. For the most up to date rates please refer to the following website: [www.oanda.com](http://www.oanda.com/).  
  
The best way to manage your money in Africa is a mixture of USD cash, an ATM card (best to have both Visa and MasterCard) and some travellers' cheques.  
  
Cash  
Cash is easily changed at exchange bureaus and they generally offer the best rates. USD large bills, in good condition, 2003 series onwards only, are more widely accepted; any old or damaged notes may not be accepted.  
  
EUR or GBP are also widely accepted. The South African Rand can also be used widely in countries of Southern Africa.  
  
When changing money, only use reputable authorised money exchange vendors and never anyone on the street. There are many instances of travellers being given counterfeit notes or being tricked when money is being counted out.  
  
Travellers' Cheques  
You should also carry some travellers' cheques for back up emergency cash.  
While travellers' cheques are undoubtedly the safest way to carry money, they are becoming harder to cash around the world and can often result in unfavourable exchange rates. It can also be tricky to reach banks during banking business hours which are often short in many African countries. Note: Receipts for travellers' cheques are required by banks and money changers.  
  
Visa and MasterCard  
With ATMs being increasingly available in the many major towns and cities, credit or debit cards are a convenient way to access money. A charge is made for each international transaction - please check with your bank how much this fee will be.   
  
Check with your bank before leaving home that your card can be used as a debit card in Africa. You may also want to notify your bank that you are visiting Africa as it is not unknown for banks to freeze cards which show sudden transactions in other countries.  
  
Please be aware that some currencies, specifically Tanzanian shillings and Malawian Kwacha, can be extremely difficult to change once you have left that country.

**Spending Money**

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping, participating in optional activities and tipping. Please also remember the following specific recommendations when planning your trip.

**Tipping**

If you are happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it is of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. We recommend that any tips are given to the intended recipient by a member of your group, rather than collected and passed on by the group leader.  
  
The following amounts are based on local considerations and feedback from our past travellers:   
  
Restaurants: Please check the bill and if there?s an addition of 10% service charge, there?s no requirement for tipping. Otherwise, 5-10% of the total bill amount is appropriate.   
  
Local markets and basic restaurants - leave the loose change.  
  
Local guides/Porters: Throughout your trip you may at times have a local guide in addition to your leader (or instead of a leader on some independent itineraries). We suggest US$ 1 per person, per day for local guides/porters.   
  
Your Crew: You may also consider tipping your crew for outstanding service throughout your trip. The amount is entirely a personal preference; however as a guideline US$ 2-3 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

**Departure Tax**

Please allow US$40 for departure tax (although it may be included in your international air ticket).

**Emergency Funds**

Please also make sure you have access to an additional USD$400, to be used when unforeseen incidents or circumstances outside our control (eg. a natural disaster, civil unrest or an outbreak of bird flu) necessitate a change to our planned route.

**Issues On Your Trip**

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.  
  
We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case please ask the leader if you may speak to their direct manager.   
  
You may also choose to provide details in your online feedback which we ask you to complete within 30 days of the end of your trip but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

**Keeping in Touch - communication while on the road**

If you need to be contacted while travelling we recommend email. Email cafes are generally available throughout the regions we visit, although it is possible you may be without email contact for several days on some itineraries. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our emergency contact details. We don't recommend that family and friends try to contact you through hotels, as they are subject to change and the reception staff may not speak English.

**Emergency Contact**

In the case of a genuine crisis or emergency, Intrepid's South African Office can be reached on: +27 11 471 7400 (South African business hours) or +27 828229407 (24/7). For all other enquiries please contact our Reservations department which is open 24 hours, 6 days per week. For further contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>.

**Group Leader**

Intrepid Short Break Adventures are not accompanied by an Intrepid Group Leader.  
Local guides may be used on some itineraries.

**Responsible Travel**

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please refer to our website at [www.intrepidtravel.com/responsibletravel](http://www.intrepidtravel.com/responsibletravel/) for further details and suggestions on how you can be a responsible traveller.

**A Couple of Rules**

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Intrepid travellers. Intrepid's philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

**The Intrepid Foundation**

Since Intrepid Travel commenced operating in 1989 we have been committed to giving something back to the communities we visit. One way has been through our support for local humanitarian, development and conservation projects. Many of our travellers want to contribute something too. To make things easier we established The Intrepid Foundation Inc. All donations to The Intrepid Foundation are matched dollar for dollar by Intrepid Travel and every cent gets there as Intrepid Travel pays for all the administration costs. Donating is simple and secure. Please ask your group leader for information on the projects we support in-country through The Intrepid Foundation; or go to our website: [www.theintrepidfoundation.org](http://www.theintrepidfoundation.org)

**Responsible Travel Project**

When travelling to unique natural heritage areas such as the Kruger, Chobe and Okavango National Parks we use responsible and dedicated local operators and continually asses our trips to minimise our impact. Please listen to the advice of local operators and guides about things that you should do to contribute to the preservation of these special areas.

**Laundry**

Laundry facilities are offered by some of our hotels for a small charge. Self-service laundries are scarce in Africa. If you would like to wash as you go, we recommend you bring bio-degradable laundry soap. Ask your leader who can point out the best places to do your laundry on the trip. They are usually at any 2 night stop to allow enough time for drying. Note that laundry is often done by hand possibly resulting in some damage to clothes. Leave your delicate eveningwear at home.

**What to Take**

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking you should pack as lightly as possible. On the vast majority of our trips you are expected to carry your own luggage and although you will not be required to walk long distances with your luggage (max 30 minutes) we recommend keeping the weight under 10kg/22lb.   
  
Please note that some airlines we use on our trips may have a luggage limit of 10-15kg per person over which excess luggage fees may apply. We advise that you pack to keep your luggage under this weight limit as excess luggage fees are the sole responsibility of the traveller.   
  
Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps. You will also need a day pack/bag to carry water and a camera etc for daytrips.

WATER  
  
The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments. Please avoid the purchase of bottled water by bringing and using a water purification method. Some of the options are:  
  
~ Water purification tablets available from camping stores or pharmacies, eg Micropur  
  
~ 2% tincture of iodine available from pharmacies - used at 4 drops per litre of water and left for at least 20 minutes. Longer in very cold weather.  
  
Campsites and lodges occasionally have safe and potable water supplies which you may fill up from.  
  
  
  
CLOTHING  
  
You will need to bring a mixture of lightweight clothing, some warm items for the evenings, and long shirts and pants for protection against mosquitoes in malarial areas. Clothes should be easy to wash and dry. Some people like to take jeans for evenings out but they can be tough to dry and should not be used for trekking. Avoid nylon and other synthetics, which can be very uncomfortable in hot weather. Ex-military or military style clothing and equipment is NOT recommended.  
  
  
  
BATTERIES/POWER  
  
Most of our trips have access to power to recharge batteries for phones and cameras every couple of days. We always recommend that you carry an extra battery for your camera just in case.  
  
  
  
VALUABLES  
  
Please try to avoid bringing unnecessary valuables, and use your hotel safe to store the bulk of your money, passport, and airline tickets. It?s also a good idea to purchase a money belt or pouch that is easily hidden.  
  
  
  
We strongly recommend that you photocopy all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the copies separate from the originals. While not valid, a photocopy makes it very much easier to obtain replacements if necessary.  
  
  
  
MEDICATION  
  
It is an unfortunate fact that many multinational drug companies dispose of their old or faulty stock by distributing them for sale in developing countries. We advise you not to rely on buying medication en route.

**Checklist**

The following checklist is to be used as a guide only and is not intended to be a complete packing list. Any other items that you wish to pack are at your own discretion however you should attempt to comply with the suggested luggage weight limit.  
  
Travel documents: passport, visa, travel insurance, air tickets, vouchers  
Any Vaccination Certificates required  
Money: travellers cheques/cash/credit card  
Travel plug / international adapter  
Comfortable travelling clothes  
Casual but smart clothes for evenings out, visiting centres of worship, etc. Women should bring a skirt that covers their knees and a scarf for visiting mosques, churches, etc.  
Sun hat  
Sunglasses  
Warm sweater/fleece  
Waterproof jacket  
Comfortable walking shoes with good grip  
Sandals or thongs ("flip-flops")  
Swimming costume and towel  
Underwear and socks  
Personal washing kit/toiletries  
Clothes washing kit  
Alarm clock and torch/flashlight (head torches are recommended)  
Refillable water bottle and water purification method  
A pouch or money belt worn inside your clothing  
Camera & accessories (memory cards, lenses, flash, batteries, etc.)  
Tampons (can be difficult to get in Africa)  
A "Day Pack" for short hikes in the countryside, wandering around cities, etc and also for keeping inside the vehicle for items used during the day (camera, towel, sweater etc.)  
  
The following items can be useful but are not essential:  
Small sewing kit  
Pocket calculator (useful when exchanging money)  
Writing materials & notebook/diary  
Multi purpose knife (Swiss army type)  
or hand "Wet Ones" (moistened tissues) sanitiser  
Local people often appreciate photos of yourself and family, postage stamps or postcards of your own country. and  
Assorted sized plastic dust and bags - protects clothing and equipment from damp.  
Binoculars  
Mobile phone- check you have international roaming access  
  
Personal medical kit:  
 Band aids & sterile dressings/gauze (approx. 2" or 50mm square)  
 Aspirin and/or Paracetamol  
Anti-diarrhoea pills - Consult your doctor for more detailed advice  
Water purification tablets (for occasional use in your personal water bottle only - we supply purified water in our vehicle tanks) and taste neutraliser  
Anti-Malaria pills and Insect repellent (if recommended by your doctor)  
Insect bite cream  
 Antiseptic paint, powder or spray e.g. "Betadine"  
Course of broad spectrum antibiotic tablets (e.g. Ciprofloxacin)  
 Rehydration powder (salts & glucose e.g. "Rehydrat")  
 Lip salve  
High factor sun cream  
 Moisturising cream  
Any other medicines or toiletries you regularly use e.g. birth control pills  
Spare spectacles if worn (some people have trouble with contact lenses and dust)

**Local Dress**

When packing, be aware that dress standards are conservative throughout Africa. To respect this, and for your own comfort, we strongly recommend modest clothing. This means covering shoulders and no short shorts. We recommend a mixture of loose, lightweight clothing and warm clothing for the evenings. Shorts should be knee-length. Singlets and tank tops are not suitable. Topless sun bathing is unacceptable.

**Safety**

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. Please refer to our website's Safety page for links to major travel advisories and updates on safety issues affecting our trips: [www.intrepidtravel.com/safety](http://www.intrepidtravel.com/safety).  
We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.  
Your leader will accompany you on all included activities however during your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Please also note that your group leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.  
For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy at [www.intrepidtravel.com/safety](http://www.intrepidtravel.com/safety).  
We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it is being implemented in the field.

**Feedback**

After your travels, we want to hear from you! This is so important to us that we'll give you 5% off the price of your next trip if your feedback is completed on-line within 4 weeks of finishing your trip. Go to: [www.intrepidtravel.com/feedback](http://www.intrepidtravel.com/feedback)  
Thanks!

**We Want Your Photos**

Do you want to see your travel photos published? To celebrate all that is travel photography, Intrepid hold an annual Intrepid Photography Competition. There are five categories - real life experiences, travelling families, local friends, landscapes, icons - each with a fabulous prizes.For more information, entry form and competition conditions, please visit [www.intrepidtravel.com/photocomp](http://www.intrepidtravel.com/photocomp). Send entries to The Editor,  
Intrepid Travel,  
PO Box 2781,  
Fitzroy DC 3065,  
Victoria, Australia.

**Intrepid Express**

Express is our email newsletter that is full of interesting and exciting regular features, travel tips, competitions, great giveaways, reviews, recipes, travellers' stories and money saving specials! Plus we give you the chance to WIN an Intrepid trip every week - subscribe for free at <http://www.intrepidtravel.com/express/>