

Itinerary Overview

Carleton Alumni Tour of South Africa

“Forgiveness and Reconciliation
in South Africa”

*Cape Town, Natal, Safari and
Johannesburg*

Tour Leaders:

Prof. Jamie Monson (Carleton)

Rev. Earl Neil (Carleton Trustee)

Roddy Bray Mphil (South Africa)

November 21st - December 8th, 2005

October 18, 2005

Dear Carleton Alumni,

The Carleton 2005 trip to South Africa promises to be an extraordinary one. We will visit a country that experienced a peaceful transition to democracy ten years ago in the wake of interracial tension and violence – an accomplishment that is looked upon by the entire world as a model of national reconciliation and reconstruction. Now a decade later we will have the opportunity to learn together about where South Africa is today and where South Africa is headed in the future. We will do so in the company of a distinguished Carletonian – the Rev. Earl Neil '57, our trustee and tour co-leader, who has been involved personally in South Africa's transition to democracy and freedom.

It is a great privilege for me to accompany you on this Carleton alumni journey. After teaching the history of southern Africa for many years, I had the opportunity to visit South Africa for the first time in 1998 for a one-month study tour. On that trip we visited many of the places that are on our 2005 Carleton alumni trip itinerary. I was deeply moved by the history of the South African people and by their great courage in the face of seemingly daunting political, social and cultural challenges. We were met with warmth and hospitality everywhere we went, from the Cape to Natal on the Indian Ocean coast to Johannesburg. The country itself is simply breathtaking and filled with diverse landscapes of great beauty. I look forward to sharing all this with you!

Jamie Monson

Associate Professor of History

Cape Town

Day 1 Arrival & Table Mountain

Upon arrival at the modern Cape Town International Airport you will be met by a representative of African Dawn Touring carrying a signboard (please let us know your arrival details in advance). He will drive you the short distance to your hotel in Cape Town. Your 4* hotel is in the popular V&A Waterfront, an impressive complex of shops, restaurants, leisure and music venues in a working harbor. Check-in is at 2pm (some rooms may be available before, and luggage can be stored before this time), relax and de-jet lag! 6pm departure for Table Mountain and ascent to the top by cable car (weather permitting). Enjoy breathtaking views and the sun setting over the Atlantic Ocean. Drinks reception and finger buffet.

Lunch	At leisure in the Waterfront or hotel
Dinner	Brief reception, with finger buffet, retiring early
Accommodation	V&A Hotel at the Waterfront (B&B)

Day 2 Cape Peninsula – A Precious Environment

We tour the beautiful Cape Peninsula, including Chapman’s Peak Drive and the dramatic scenery of the Atlantic seaboard, historic Simonstown, the penguin colony at Boulders and the Cape of Good Hope. In the Cape Point nature reserve we hear a talk by a ranger on “conserving the unique Cape Peninsula” and watch a video. We enjoy a picnic lunch on the scenic False Bay “Indian Ocean” coast, with the option of swimming and walking. Early dinner at a private home with a talk by senior journalist and Carleton alumna Kgomotso, Matsunyane.

Lunch	Delicious picnic in the Cape Point nature reserve
Dinner	Brief reception at hotel, retiring early
Accommodation	V&A Hotel at the Waterfront (B&B)

Day 3 Robben Island and Bishopscourt

Tour of Robben Island, where Nelson Mandela was held for much of his imprisonment. Lunch and early afternoon at leisure in the V&A Waterfront. Late afternoon departure to Kirstenbosch Gardens, home to 9,000 different species of indigenous flora and ‘the most beautiful garden in Africa’. Reception and dinner at Bishopscourt – the official residence of the Archbishop of Cape Town. Talk by Matt Easaw, assistant to Archbishop Desmond Tutu and a former resident of District 6, a multi-racial area destroyed by the apartheid government.

Lunch	At leisure in the V&A Waterfront
Dinner	Evening reception at Bishopscourt with talk by Matt Easaw
Accommodation	V&A Hotel at the Waterfront (B&B)

Itinerary

Day 4 The Townships - Struggle and Development

Visit to the District 6 Museum where we meet a former resident of this historic area that was bulldozed by the apartheid regime. Cultural tour with Roddy Bray of the 'Coloured' and 'black' areas of Cape Town including Khayelitsha, the second largest township in South Africa. We visit various development, welfare and entrepreneurial projects and see first-hand how South Africa is overcoming the legacy of apartheid. Traditional lunch in a township restaurant, followed by a visit to the *Institute For the Healing of Memories*, where drama is used to facilitate racial reconciliation and overcome trauma. Return to hotel. Enjoy a special last night in Cape Town with a memorable private dinner in the wonderful aquarium. We have asked Thoko Didiza, national Minister of Agriculture and Land to be our guest speaker.

Lunch	Township restaurant
Dinner	Meal in the aquarium with Thoko Didiza, Minister of Agriculture and Land
Accommodation	V&A Hotel at the Waterfront (B&B)

Day 5 The Winelands – Fine Wine and Empowerment

We depart from our hotel and travel into the beautiful Cape Winelands to visit the Fairview Estate near Paarl. Fairview produce the most popular South African wine sold in the USA. We taste their outstanding cheese and wines and meet a representative from the 'FairValley' project – an empowerment program for Fairview workers. We travel into Stellenbosch to lunch with a leading thinker on South African political and economic transformation. Late afternoon we fly from Cape Town to Durban, where we check in and enjoy dinner at The Royal Hotel, Durban's best know hotel.

Lunch	Lunch at an historic wine estate near Stellenbosch, with a leading Stellenbosch University academic.
Dinner	Dinner at The Royal Hotel, Durban
Accommodation	Royal Hotel (B&B)

KwaZulu Natal

Day 6 Durban: the Meeting of Zulu, British and Indian Culture

In 1823 Lieut. F.G. Farewell took shelter in the Bay of Natal during a violent storm. He was summoned to meet the powerful Zulu King, Shaka, and after helping the warrior King recover from an injury he secured cession of a “25-mile strip of coast, a hundred miles in depth”. The City of Durban was established the following year and was the entry point for thousands of Indian indentured laborers who established Hindu, Sikh and Moslem communities. We tour this fascinating city on foot with a local guide, including the colonial center, Indian markets and mosques. Afternoon at leisure. Durban has a famous ‘Golden Mile’ beach front and several museums and historic buildings. In the evening we enjoy a meal and a performance by Zulu singers.

Lunch	Lunch at leisure in Durban
Dinner	Private dinner with Zulu singers
Accommodation	Royal Hotel (B&B)

Day 7 Howick, HIV/ AIDS & Church issues

We journey inland, and after a tour of the historic colonial town of Pietermaritzberg we continue to Howick, where Nelson Mandela was arrested in 1962. We see the impressive Howick waterfall and sample a Zulu lunch. We return to Durban to meet Jill Kruger a leading South African documentary maker and academic. She works for the HIV Network (HIVAN) of the University of Natal. After watching one of her films there will be a chance to hear her speak about youth and HIV issues in the country. Evening function with Dia Conea, an ecumenical organization. They will speak on the church and social issues in Natal.

Lunch	Zulu traditional lunch
Dinner	Private reception with Dia Conea
Accommodation	Royal Hotel (B&B)

Day 8 Umhlanga Rocks

We depart the city center for the well known resort of Umhlanga, and the luxurious, 5* ‘Beverly Hills’ hotel. The coastline north of Durban features some of the most beautiful beaches in Southern Africa, lapped by the warm waters of the Indian Ocean. There is a championship golf course up the coast at Zimbali, let your guide know if you would like to play. Enjoy a day at leisure in the hotel, by the pool, on the beach or in the popular town!

Lunch	At leisure in Umhlanga
Dinner	Dinner at leisure (the town and hotel have fine restaurants)
Accommodation	Beverly Hills Hotel, Umhlanga (B&B)

Day 9 Ghandi and the Ohlange Institute

Mohandas Gandhi, the famous liberator of India, established a law practice in Natal in 1893. After being forced from a ‘whites only’ railway carriage near Pietermaritzberg, he began his political work, that was to prove so significant for both South Africa and India. We visit Ghandi’s printing press and learn more about his ideology of non-violent change and his remarkable 21 years of activism in South Africa. We also visit the Ohlange Institute, founded by John Dube to improve the lives of the African population through education. John Dube was one of the founders of the African National Congress, and Nelson Mandela cast his vote at the Institute in 1994. We also visit Shembe – one of the largest independent churches in South Africa. In the evening we hear a talk by Geoff Davies on environmental issues in KwaZulu.

Lunch	On tour
Dinner	Dinner at Beverly Hills with guest speaker Geoff Davies
Accommodation	Beverley Hills Hotel, Umhlanga (B&B)

Day 10 Zulu History and Culture

The Zulu are the most famous tribe in South Africa, and the most numerous. They have a proud history and proved to be powerful opponents of the Afrikaners and the British. In KwaZulu they retain much of their traditional way of life. We travel north and inland, through traditional Zulu areas with a specialist guide who will give us a deeper understanding of Zulu culture. At Ulundi, the Zulu capital, we tour the Legislature, with its famous tapestries and the KwaZulu Cultural Museum. We also tour Ondini and ‘eMakhosini’, the Valley of the Kings, where we see King Cetshwayo’s Kraal, the sites of battlefields and the burial places of Zulu Kings. Evening at the hotel, with a cultural meal in their outdoor Kraal and our expert guide discussing “The Zulu People in the new South Africa.”

Lunch	On tour
Dinner	In the Kraal at the hotel – with guest speaker
Accommodation	Holiday Inn Garden Court, Ulundi

Day 11 Hluhluwe-Umfolozi Park and Phinda Safaris

We are collected from the hotel in smaller vehicles and journey with qualified rangers through the historic Hluhluwe-Umfolozi Park. This park was proclaimed in 1895 and is the oldest in Africa, and Zulu kings had protected the area by proclaiming conservation laws long before formal protection. The "big five" roam freely, and the park is famous for its central role in saving the white rhino from extinction. It is over 200,000 acres in size. Exiting the park in the east we drive on to the highly-regarded Phinda Resource Reserve in the beautiful Greater St Lucia protected area, a pioneering private Big 5 game reserve featuring high-quality rangers and exclusive accommodation. We enjoy an evening safari and a superb meal.

Lunch	On tour
Dinner	At the lodge
Accommodation	Mountain Lodge, Phinda Resource Reserve

Day 12 Safari and Rural Development Tour

Exclusive morning and evening game drives with expert rangers. Phinda private Resource Reserve features 34,000 acres of prime conservation land, including seven distinct habitats that shelter an abundance of wildlife including Africa's Big Five (lion, leopard, elephant, rhino, buffalo) and over 380 bird species and a variety of biomes. Phinda is also actively involved in funding development work in the surrounding Zulu communities in partnership with the Africa Foundation. There will be an opportunity to tour the Isikolethu community villages, to see their projects first hand. Their work provides insight into the challenges that face rural Zulu villages and how eco-tourism can support and provide opportunities to poor communities.

Brunch	On tour/ at the Lodge
Dinner	At the lodge
Accommodation	Mountain Lodge, Phinda Resource Reserve

Day 13 Safari and Rural Development Tour

Full day at Phinda, and another opportunity to enjoy exclusive morning and evening game drives with expert rangers and the chance to see excellent game sightings. Game walks are also available on request. The lodge has beautiful facilities to enjoy during the day, as well as stunning views of the pristine African bush. There will also be a second opportunity to tour the Isikolethu community villages, to see these rural villages and development projects first hand.

Brunch	On tour/ at the Lodge
Dinner	At the lodge
Accommodation	Mountain Lodge, Phinda Resource Reserve

Johannesburg

Day 14 Johannesburg

We enjoy a final game drive and transfer to Phinda's private airstrip for transfer in chartered planes to Johannesburg. Please limit your luggage to 20kg and use soft luggage! We touch down at Johannesburg and transfer to the popular suburb of Rosebank and the charming Rosebank Grace hotel. Afternoon at leisure, enjoying the hotel facilities and local shopping malls. In the evening we enjoy a private meal with a well-known South African story-teller – 'Stories of Johannesburg, the City of Gold'.

Brunch	On tour/ at the Lodge
Dinner	Rosebank Grace, with local story-teller
Accommodation	Rosebank Grace, B&B

Day 15 SOWETO and the Apartheid Museum

The South Western Townships (SOWETO) are the sprawling suburbs and informal areas that are in many ways the heart and epitome of the new South Africa. Here, the Struggle against Apartheid was waged in earnest, most famously in the School Uprising of 1976. With a specialist local guide we tour SOWETO visiting museums and sites of the Struggle, the Mandela home, the wealthy areas and the poor. We enjoy a meal in the township and hear more about its history and vibrant culture. We will also visit the Apartheid Museum, the major museum charting the course of South Africa's troubled years. In the evening we have a private dinner with Brigalia Bam: chairperson of the SA Election Commission, women's rights leader and former head of the South African Council of Churches.

Lunch	On tour in SOWETO
Dinner	Private dinner with Brigalia Bam
Accommodation	Rosebank Grace, B& B

Day 16 Pretoria and the Arts

We drive north of Johannesburg and tour Pretoria, the capital of South Africa. The city features several fine buildings and monuments; we will visit the gardens of the Union buildings, where Nelson Mandela was inaugurated as president in 1994, and the controversial Voortrekker monument, commemorating the Afrikaaner frontier insurgency. Returning to Johannesburg we visit the Galleries of the University of the Witwatersrand for a tour and insight into South African art. In the afternoon we visit the Market Theatre complex, a leading anti-apartheid theatre and now home to many innovative new productions. We will hear about the exciting developments in drama in South Africa. Program permitting we will see a show at the Market Theatre.

Lunch	On tour
Dinner	At the Market Theatre complex
Accommodation	Rosebank Grace, B& B

Day 17 The New South Africa

South Africa's future as a stable, prosperous and democratic country relies upon the strength of its new democratic institutions and the policies of the dominant ruling party, the African National Congress. Today we tour the Constitutional Court and hear about its role in applying the liberal constitution adopted in 1996. The Institute of Race Relations has for many years monitored the character and progress of race relations in South Africa, we visit the institute and hear about their work in healing the wounds of racism & strengthening the new democracy. In the afternoon we visit Luthuli House, the headquarters of the ANC for a talk entitled "Looking Ahead – Government Objectives." Our farewell dinner is held at an excellent Johannesburg restaurant with a talk by a respected and well know commentator on South Africa, entitled "The Emerging South Africa – Looking Ahead."

Lunch	On tour
Dinner	Private dinner with speaker
Accommodation	Rosebank Grace, B& B

Day 18 The Cradle of Humanity. Departure

It is fitting in Africa to reflect upon one's ancestors and on this last day we take a private tour of the 'Cradle of Humanity', a UNESCO registered World Heritage Site, which has produced some of the most important finds of ancient hominids in the world. An archaeologist leads us on a tour of an active dig at Driemolen meeting scientists who are making discoveries that are changing the understanding of our origins. We also visit Sterkfontein and Swartkaans caves where 'Mrs Ples' and other famous discoveries were made. After a picnic lunch on site we return to Johannesburg and to Sandton City for last minute shopping for souvenirs! Departure & flights out

Lunch	Picnic, on tour
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Itinerary Notes

Notes

Booking your flight: Jan Espe of Frosch travel will be pleased to help you arrange your flights. There are flights from Atlanta to South Africa, but many travelers go via the UK or Europe. Jan's details are noted below under 'Pre and Post Tours'. If you do not book your flight through Jan please let Roddy know your flight arrival time, email him at roddy@capetown.at

Since we will be use Cessna aircraft to fly from Phinda to Johannesburg, please limit your luggage to 20kg (about 44lbs) and use soft luggage.

B&B – 'bed and breakfast' included.

All dinners will be of a high standard and are included except where indicated 'at leisure'. Meals marked 'on tour' will be informal light lunches. Breakfast is provided at each hotel, and Phinda is full-board.

All accommodation is of a 4* - 5* standard, except one night at the Holiday Inn Garden Court in Ulundi, which is 3*.

Transport will be in a luxury, air-conditioned coach with a professional English speaking driver. Water (sparkling and still) will be available on the coaches.

Gratuities are included for the drivers and porters.

Phinda is in a marginal malarial area. Please seek medical advice about the need for Malaria prophylaxis in the Greater St Lucia Wetlands Park.

You will be guided throughout by Roddy Bray, except on Robben Island and where specialist guides are indicated. A brief introduction to Roddy follows below.

The tour arrangements in South Africa are managed by African Dawn Touring. Any booking made with Roddy Bray/ African Dawn Touring is made on the condition that Roddy Bray/ African Dawn Touring shall not be held responsible for any loss, damage, accident, injury, sickness, delay or inconvenience to any person, his or her luggage, or other property, wherever, whenever and howsoever the same may occur. Travelers are strongly encouraged to carry personal travel insurance including repatriation and health cover.

The quote is not inclusive of any guiding, transport, personal items or services not specified in the itinerary above. All drinks (apart from water on the coach) are to guest's own account.

We reserve the right to change the itinerary at any time due to unforeseen circumstances or the unavailability of speakers.

Itinerary Notes

Useful Websites

Roddy Bray manages a website called 'Cape Town Heritage'. It is about the history of Cape Town, specifically but is broad in its scope – see www.capetown.at/heritage

Accommodation:

The V&A Hotel www.vahotel.co.za

The Royal Hotel www.theroyal.co.za

Beverly Hills Hotel and Ulundi Holiday Inn Garden Court www.southernsun.com

Phinda Resource Reserve www.ccafrica.com

Rosebank Grace www.thegrace.co.za

About Your Guide in South Africa – Roddy Bray

Born in the UK, Roddy first travelled to South Africa, via East Africa, in 1988 and worked for a year as a volunteer in a home for abused and homeless children. He attended the University of Durham in northern England, where he read Anthropology and, eager to return to Cape Town, he became a post-graduate student at the University of Cape Town, where he completed a Masters degree focusing upon change management in not-for-profit organisations.

In 1998, Roddy began working as a specialist tour guide, and started ‘African Dawn Touring’. The company focuses upon providing insight and offering tailored arrangements to special interest groups and private visitors to Southern Africa. These have included the CEOs of various leading global companies, politicians, academics and journalists from the United States, Europe and the UK.

In addition to guiding, Roddy works as a tourism consultant and has produced studies for not-for-profit organisations, the City of Cape Town and the University of Cape Town, focused upon the promotion of township tourism initiatives.

Roddy guided a Carleton group led by Steve and Judy Lewis in 2002 and looks forward to working as guide and a tour leader for the Carleton Alumni trip to South Africa in November 2005.

Comments by Guests of Roddy Bray

"The most pleasant and the best informed tour guide we have ever had in 51 years of frequent travel" *Professor Dohlman (Harvard), Boston, MA*

"Very knowledgeable, outstanding cultural background - sets exceptional standards for tour guiding" *Liliana Salmone, SA Tourist Board, Paris*

"The best guide we have ever had. Your breadth of knowledge made it all so interesting" *Sam Sloan, Vice President, Bank of America*

"A thoroughly modern guiding experience! Connections were made all around. In a short space of time you connected the past with today; the political, economic and social scenes; and us with South Africa" *Jon Browning, President, Jaguar Motor Cars*

"Being with you, I saw a spectrum of South Africa I wish everybody could see. The easygoing flexible way you showed me the country was superb" *Durk Hattink, Dutch journalist*

"A very special thank you for making our stay in Cape Town so memorable. You really outdid yourself in every way. Most impressively, you instantly sensed what George and I wanted out of a visit to Cape Town... we cannot thank you enough" *George and Betsy Newell, London*

"Thank you for some unique and memorable experiences which we'll remember for a long time. And no doubt, we'll be back for more" *Mike and Lilo Harris, Kent, England*

"A most engaging guide, interested in his clients, flexible to the end, who provided an informed and educated view throughout the journey" *Jill Purdy, Vancouver, Canada*

"Your wit, your knowledge, your stories, your patience, your desire to make this experience truly special for each one of us did indeed make this part of our trip to Africa an enduring indelible memory" *Cathy Leavenworth, Ohio, USA*

Accommodation

The V&A Hotel

Comfortable, friendly, mid-size 4* hotel in the Waterfront area. The Victoria and Alfred Hotel is located on the Waterfront's Pierhead in the converted 1904 North Quay Warehouse, just a few steps from the popular arcades of the Waterfront and overlooking the nineteenth century harbor. The contemporary styling of the spacious bedrooms contrasts with the warehouse girders and nautical décor of the hotel. Rooms enjoy views of the Waterfront complex or Table Mountain.

The Royal Hotel

The Royal is situated at the heart of Durban in Farewell Square, opposite the colonial City Hall. Although the hotel is largely modern in style, it enjoys a 150 year history and boasts an ethos of traditional service. Durban's first hostelry in 1845, the building was originally a low-thatched wattle-and-daub building called the Commercial Hotel, a name that changed to The Masonic in 1852.

In the years that followed the hotel became the center of the town's rapidly growing community life and, following a Royal Appointment granted by Queen Victoria's second son, Prince Alfred, the hotel became known as The Royal in 1860.

Much of the historical significance of The Royal relates to the guests who have visited the hotel. Eminent guests throughout the years include, Cecil John Rhodes, H.G. Wells, Rider Haggard, Marlene Dietrich, Mark Twain, Prince Alfred, Queen Elizabeth II, Margaret Thatcher, F.W. de Klerk, Mangosuthu Buthelezi and Nelson Mandela.

The style of the hotel is focused upon restrained elegance that echoes a bygone age of care and comfort in an unhurried mood of luxury.

The hotel features six unique restaurants and a choice of three upmarket cocktail venues, squash courts, massage, sauna, gym, swimming pool and plunge pool facilities. Breakfast is served in the 'Top of The Royal' restaurant which enjoys spectacular bay views.

Many rooms offer panoramic views of Durban. All rooms have selected DSTV, direct dial telephones, air-conditioning and heating, and tea and coffee making facilities.

The Beverly Hills

A popular 5* hotel in Umhlanga, which has undergone major refurbishment in the last twelve months. The Beverly Hills offers excellent views of the Indian Ocean and miles of unspoilt beaches. Tennis, bowling, gym, golf and squash, as well as Umhlanga's fashionable shops and designer boutiques are all close at hand.

The hotel boasts highly personalized service, with an impeccable attention to detail. Rooms are luxurious and there is a large outdoor pool terrace. This is an excellent resort hotel where guests can relax in style and comfort.

The Holiday Inn Garden Court

The best hotel in Ulundi and its surrounding region, the Holiday Inn offers the established and reliable accommodation typical of Holiday Inn's around the world. It is rated 3*.

The hotel is set in a large garden, home a variety of bird species and indigenous trees. It offers a peaceful setting, friendly service and comfortable rooms. For evening functions there is a specially designed Zulu Kraal where guest's can experience a traditional braai (BBQ) complemented by a performance of Zulu dances.

Phinda Resource Reserve

Phinda Private Game Reserve is situated in the lush KwaZulu-Natal region in northern South Africa. Sandwiched between Mkuze Game Reserve and the Greater St Lucia Wetland Park (a World Heritage Site), it comprises 14 000 hectares (34 000 acres) of prime conservation land. Seven distinct habitats shelter an abundance of wildlife including Africa's Big Five (lion, leopard, elephant, rhino, buffalo) and over 380 bird species, while the marine diversity off the nearby coast of Sodwana is said to rival the Great Barrier Reef in Australia.

Guests can look forward to exciting game-drives in open 4x4 safari vehicles led by experienced rangers and Zulu trackers, as well as thrilling optional activities on the water, in the air and on the beach.

The reserve boasts:

- Seven diverse habitats
- Four intimate safari lodges
- Exhilarating Walking Safaris
- Exceptional African Big Five game viewing
- Game-drives in open 4x4 vehicles
- Excellent Birdwatching and Leopard Research Safaris
- Thrilling beach and bush adventures
- Winner of prestigious ecotourism awards

Itinerary Notes

The group will be based at Phinda Mountain Lodge, but we will also use Forest Lodge, as numbers require. Phinda Mountain is a magnificent lodge, with panoramic views of the reserve and offers 20 twin- bedded (all beds can be converted into double beds) air conditioned superbly styled chalets each with en suite bathroom comprising bath, shower, separate w.c and hand basins. All chalets have a personal bar and private deck.

Phinda Forest Lodge offers 16 air-conditioned 'minimalist style' glass chalets built on stilts that float gently between the rare sand forest floor below and towering torchwood trees above. The chalets are situated to ensure absolute privacy and each bathroom features twin basins, bath, separate shower and separate w.c. All chalets have a personal bar on their private verandah. Smaller lodges include Rock Lodge and Vlei.

Phinda is regarded as one of the pioneering private game reserves in Southern Africa and has a tremendous history as a resource reserve. It is very beautiful and offers a 5* safari experience.

The Rosebank Grace

Rated by Conde Nast as one of the top 5 hotels in Africa and 'third best in the world for service', the Rosebank Grace offers quiet luxury and sophisticated service in the heart of the vibrant Rosebank area, located between historic Johannesburg and the modern Sandton business center. A gracious city residence, with elegant décor and a consistent attention to detail, the hotel also features a modern gym, outdoor rooftop pool and spa center. Fine cuisine is served in the 'Dining Room', which adjoins the roof garden and pool terrace. Superbly comfortable.

Pre and Post Touring Options

Pre- and Post-Tour Options

For assistance with your flights and to extend your trip to Southern Africa before or after the Carleton Alumni Tour please contact Jan Espe at Frosch Travel, 32020 1st Avenue S, Suite 101, Federal Way, WA 98003

253-874-6033 Seattle, WA
253-927-8829 Tacoma, WA
800-433-0435
253-874-6849 fax
jespe@froschtravel.com
www.froschtravel.com

In addition to the following popular destinations Jan will be pleased to provide tailor made tours. Details and Prices on request

1. VICTORIA FALLS: sightseeing and safari

Victoria Falls requires little introduction. One of the seven natural wonders of the world – a mile wide and half a mile deep – David Livingstone described them as ‘the most wonderful sight I had witnessed in Africa. A great mist and a mighty roar fill the chasm which locals call ‘the Smoke that Thunders’’. The Zambezi River also offers opportunities for sunset cruises and adventure sports including white river rafting and the famous bungee jump off the Zambezi Bridge. There is a range of hotels on the Zambian side of the falls. Extensions to Chobe Game Reserve and the Okavango are also available. Note that these are considered malarial areas. Presently we are reluctant to encourage visits to the Zimbabwe side of the Falls.

Accommodation options in Zambia include:

The Zambezi Sun (3*)

The Royal Livingstone (5*)

The River Club (Luxury Safari Lodge)

2. BOTSWANA – Okavango Delta, Savute & Chobe National Park

Botswana has received great acclaim for its careful and long-term approach to conservation and for the quality of its game reserves. Chobe National Park is a vast area of 11,700 km sq. situated in the Northeast corner of Botswana. It takes its name from the Chobe River and is best known for its large herds of elephants and buffalo. There are estimated to be more than 35,000 elephants in this Big 5 reserve. Herds are particularly concentrated in the Savute area at the heart of Chobe park. Chobe is only one and half-hours drive away from Victoria Falls.

The Okavango Delta is for many the most beautiful reserve in Africa and the ultimate safari. A vast area in the north-west of Botswana, the Okavango river spreads out in a Delta creating rivers and lakes

Pre and Post Touring Options

in the desert. Game converges at the delta and its islands and peninsulas. Tours of the area are guided in 4*4 vehicles, mokoro canoes and from the air. All lodges in the Okavango area are high-end and the numbers of visitors are thereby kept low. This policy has maintained the pristine environment of the Okavango Delta.

We recommend staying in three different lodges to experience the very different environments of the Delta & Chobe.

Range of accommodation and itineraries available, generally at the top-end. Accommodation options include:

Mombo Camp

Khwai River Lodge

Savute Elephant Camp

Linyati Tented camp

3. NAMIBIA – Sossusvlei, Damaraland and Etosha

In recent years the vastness and gentle beauty of Namibia has drawn more interest. One of the world's oldest deserts, the Namib has an unforgettable quietness and spectacle. Luxury lodges in the Namib, often situated in remote locations, offer a unique experience. Attractions include the great dunes of Sossusvlei, more than 300m high, the vast wilderness of Damaraland and its craggy mountains, and the Etosha Park, one of Africa's great Big 5 reserves. Riding tours of the Namib are also available.

Range of accommodation available, including some outstanding 5* lodges.

4. SOUTH AFRICAN SAFARI

There are numerous excellent safari lodges in South Africa, something to suit every budget. The great variety of eco-systems and climates in the country further increase the range of options. These include lodges in the Kruger Park area. The Kruger is the size of Israel and not only features the Big 5 but 6% of the world's bird species. Much closer to Johannesburg is the beautiful Waterberg region. In the Eastern Cape are various malaria-free reserves that are easily accessible by car. In the Cape exclusive lodges combine antelope safaris with rock art tours and the vast Sanbona reserve offers the Big 5 in a wilderness setting.

A range of accommodation is available, including some outstanding 5* lodges. Prices range from \$200 to a \$1000 per person per night (fully inclusive)

5. THE BLUE TRAIN & ROVOS RAIL

The overnight Cape Town to Pretoria journey on the Blue Train is an experience of unrivalled comfort in stylish elegance. Whisper-smooth travel, meticulously fitted coaches, discreet attention to every

Pre and Post Touring Options

need, superb cuisine and fine wines, all contribute to a travel experience that successfully combines modern luxury with time honoured tradition.

Rovos Rail offer longer tours of the country in splendid luxury on their antique train. Rovos travels at a more leisurely pace and includes tours from the train. It is highly recommended. There is a departure from Cape Town to Pretoria on April 19th. Rovos also offer an historic air trip to Livingstone to see the Victoria Falls.

Rovos Rail Cape Town to Pretoria start at R9,800 per person, sharing.

6. SUN CITY

Sun City is an extraordinary place. Located 100 miles from Johannesburg it was principally developed as a gambling centre but has grown to include a world famous golf course, a huge range of water sports, four hotel complexes (of which the fantastical 'Lost City' is the most exclusive) and an artificial 60 acre tropical rain forest. It is the 'Las Vegas' of Africa. Set among green hills in an otherwise arid landscape Sun City borders the Pilansberg game reserve.

Range of accommodation available, including the 5* Palace of the Lost City.

7. GARDEN ROUTE TOUR

The famous coastline from George to Storms River offers the chance for complete relaxation or high adventure. The miles of beaches, forest paths, mountains and riverways offer the chance to escape the hustle and bustle. For the active there are numerous outdoor activities, including forest walks and mountain bike trails. The area is developing an increasing number of quality eco-attractions, including an extensive forest monkey reserve. The towns vary from busy holiday resorts to secluded coastal villages. Over the mountains that back the Garden Route is the Karoo desert region, including Oudtshoorn, the Ostrich capital of South Africa.

A few hours drive beyond the Garden Route, the Eastern Cape is developing some impressive Big 5 game reserves. There is a wide range of options from the well known Shamwari private reserve to brand new lodges like the Ecce Lodge at Kwandwe. Malaria free.

Wide range of accommodation available.

8. CAPE TOWN & ENVIRONS

The world's fastest growing tourism destination offers a dazzling variety of options – to suit all tastes. 'The Tavern of the Seas' began as a center of hospitality for travelers in 1652, and became the Mother City of the modern South Africa. It is an important cultural and historical center. The dramatic mountains and miles of beaches offer wonderful vistas and opportunities to relax or enjoy outdoor activities.

In recent years Cape Town has attracted increasing attention as a wine and food capital. The new developments in the city, particularly the Waterfront and airport, have been hailed as models of

Pre and Post Touring Options

success. A broad range of new hotels and guesthouses, as well as the established 'classic' hotels, offer many options for a superb stay.

With a Mediterranean lifestyle, an extraordinary history - featuring Asia, Africa and Europe-impressive development initiatives, stunning flora and fauna, exciting adventure sports, Table Mountain, the Cape of Good Hope, wine country and beautiful coastal regions all nearby, Cape Town is hailed as one of the most eclectic and fascinating cities in the world. It is well worth several days' stay.

Wide range of accommodation available

General Information

South Africa Country Profile

Restaurants

South Africa, particularly Cape Town, has a high reputation for good food. Portions are large and the prices relatively inexpensive. The traditional cuisine in Cape Town is 'Cape Malay', although it is not easy to find with so many other options available. South African food is often spicy, but seldom hot. Seafood should not be missed and try Ostrich steaks.

Tipping

It is customary to tip 10% in restaurants. Guides/ rangers appreciate a tip of R100 per day (about \$15). Porters and drivers will be tipped by your guide.

Medical

The Cape area and much of the rest of the region is malaria-free. However visitors to northern Natal (including Phinda) and the Kruger park and countries to the north of South Africa should consult their medical advisor about anti- malarial prophylaxis.

The water supply is of excellent quality in the cities and towns.

Pharmacies are widely available in cities and towns ('apteek' in Afrikaans).

You are advised to bring creams and hats to guard against the penetrating sun. Sunglasses are essential.

Quality private hospitals are available in all major centers of South Africa. The government hospitals vary in quality but some of the teaching hospitals offer high standards of treatment for serious complaints. Medical care is not available free, and travel insurance is advisable.

Rates of HIV exceed 20% in many areas and represent a major crisis for the country. However, for the sensible tourist this represents no direct threat. All blood supplies are checked for HIV and needles disposed of in hospitals.

TB rates are high in the township areas, but should not pose a threat to a healthy person. Ensure that you have been vaccinated.

Cultural Considerations

In many respects South Africa is highly westernized and except in the most rural areas people are used to 'Western ways'. The prevailing culture is relaxed and accepting. Dress codes are also quite informal, especially in Cape Town. Nudity and topless sunbathing are acceptable on some beaches.

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Population Information

Cape Town population 3.2 million
SOWETO 3.2 million
Durban 3.3 million
Greater Johannesburg area – est. 8 million
South Africa 40 million

Money

In South Africa money is nominated in Rands and Cents. Rands are also widely accepted in Namibia. There is no particular need to carry dollars, pounds or euros, although tips can be given in these currency if preferred.

South Africa has a modern banking industry. ATMs accept Cirrus, Maestro, VISA and other international cards. The major credit cards are widely accepted. Bureau de Change are widespread in the cities. Many travellers use the ATMs rather than carry travellers cheques.

Security

During the period of political change in South Africa in the 1990s crime rates rose across the country. The situation has stabilised and crime rates are declining, particularly in the city centres, largely thanks to cameras. Much of the crime reported in South Africa occurs in the townships at night or over the weekends. Very seldom does serious crime affect tourists.

Most tourist areas, such as the V&A Waterfront in Cape Town, have subtle but very effective security measures and are very safe. There is no need to be afraid of travelling to South Africa but of course tourists should observe the normal precautions that would hold anywhere. These include being subtle about money, cameras etc and always locking valuables away in the hotel safe. Do not leave money lying around in your room. In general tourists are surprised how safe they feel in South Africa.

Taxes & VAT

Airport taxes are built into the ticket price, there are no taxes to be paid on departure from South Africa.

VAT is reclaimable at 12.5% on all goods taken out of South Africa. To claim the refund VAT receipts and the goods must be shown at the airport VAT Reclaim office before departure.

Climate

South Africa has two climatic zones. The Cape has a dry summer (December – April) and a wet winter. The east and north of the country have a wet summer and dry winter. Some intermediate areas, including the Garden Route have perennial rains.

Temperatures on the Cape coast and in the Johannesburg area (which is a mile high) tend to be more mild than elsewhere. In both Johannesburg and Cape Town the days are likely to be mild to warm but

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a jersey may be required in the evenings. Durban and Natal are likely to be warm to hot with significantly higher levels of humidity.

Language

South Africa has eleven official languages. In practise English is the only language a tourist needs, and this is understood everywhere apart from the very deepest rural areas.

Most white people speak English or Afrikaans as their first language. People of mixed racial descent ('coloured') likewise generally speak Afrikaans or English. To many visitors coloured people look black – so caution should be used before addressing a person in an African language.

Black South Africans speak various languages although these fall into two broad groups – Nguni (such as Zulu and Xhosa) and the Sotho-Tswana languages. Nguni languages such as Xhosa include click sounds on the letters 'c' 'q' and 'x'. In Cape Town almost all black people speak Xhosa. It is customary to ask after a person's health before you get to the real question.

In addition, however, one often meets African immigrants in the cities and they may not speak a South African language. They are likely to speak Portuguese or French and they are often delighted if you talk to them in these languages.

Some basic Xhosa:

Molo – hello (singular)

Molweni – hello (plural)

Ewe – Yes

Hayi – No

Enkosi – Thank you

Nceda - please

Lungile – okay

Kunjani – how are you

Uvela phi – where are you from?

Ndivela England – I am from England

Electricity

220/230V at 50 cycles (same as UK) but with a three *round* pin plug. In the cities and throughout most of the country the supply of electricity is dependable.

Communications

South Africa has a highly developed cellular network and mobile phones can be hired at the airport. The terrestrial phone network operates much as any developed country.

As ever, hotels charge a lot for calls and it may be worth using a call box and an international calling card.

Email works efficiently, if somewhat slow, and there are some email cafes in the cities and email is typically available in good hotels.

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Postal mail is generally dependable but allow an extra week for international delivery, longer if posted in rural areas. Goods and souvenirs can be shipped by some shops – your guide can advise you.

Time

South African time is GMT + 2 hours, and seven hours ahead of US EST

Photography

Light conditions in summer are quite strong, and this may influence choice of film. On safari you may also want film for night drives. The standard of processing is quite high and quick. It is polite to ask before taking pictures of individuals, and particularly in townships it is rude to take pictures from a vehicle, rather get out and ask. Please do not pay individuals for photographs.

Reading List

Southern Africa has produced several famous authors. These include Nadine Gordimer, Doris Lessing, Laurens van der Post, Andre Brink and Alan Paton. J. M Coetzee has won the Booker Prize twice, but his novels are very dark, although brilliantly written. The leading black writer of the moment is Zakes Mda.

Most of the political actors of the South African political transition have written about their experiences including Desmond Tutu, FW de Klerk and most famously Nelson Mandela – his ‘Long Walk to Freedom’ is well worth reading. Anthony Sampson and others have written biographies of Mandela.

For an accessible history of South Africa, Robert Ross has written a concise account.

Several journalists have written about South Africa, including Allister Sparks and Antjie Kroeg

The brilliantly crafted short stories of Herman Charles Bosman, written in the 1930s, have a wonderfully understated sense of humour and penetrating insight.

‘Jock of the Bushveld’ written in 1907 by Sir James Percy Fitzpatrick is a much-loved classic of adventures in the Kruger park with a small dog. Other classics include ‘Cry the Beloved Country’ and ‘Story of an African Farm’ by Olive Schreiner.