

quest overseas

EAST AFRICA EXPEDITION

- Trek through some of Africa's least known but best wilderness spots
- Track the Big Five on safari through two of Africa's premier parks
- Scuba dive in the pristine waters with Whale sharks and Mantas
- Test your nerve white water rafting the source of the Nile in Uganda
- Discover Rwanda's troubled past and trek through its jungles

This is a six week expedition through four countries; Tanzania, Kenya, Uganda and Rwanda exploring East Africa's hidden highlights.

You will be trekking through the wilds and wilderness of East Africa and discovering stunning waterfalls, spotting the 'Big Five' on safari in Kenya and Uganda, learning to scuba dive alongside whale sharks in the crystal clear waters off Malindi, white water rafting along the source of the Nile, exploring rural Africa and finding out about different communities' ways of life there, and learning about Rwanda's recent history and how it is moving away from its troubled past.

- Sights:** Arusha, Ngorogoro, Lengai, Tsavo National Park, Malindi and pristine Kenyan coast, Nairobi, Mount Elgon, Sipi Falls, source of the River Nile, Rwanda.
- Activities:** Trekking, city hustle and bustle, craft markets, PADI Advanced or Open Water Scuba Diving course or snorkelling, 4x4 wildlife safari, community visits, primate trekking, relaxing in waterfalls, white water rafting, Rwanda.
- Team size:** 8-16 people
- For:** Gap Year students, university students and anyone between 17-24 years old
- Duration:** 6 weeks
- Departure:** July each year; contact the office for further details.
- Cost:** £2775 + £75 project donation

Includes all accommodation, personal travel insurance, food, weekend activities, in-country travel, local tipping, airport transfers, six weeks of expedition activities, two Quest leaders, project donation to Quest4Change to support our African projects. Excludes international flights..



What to Expect:

Join Quest for a challenging and fulfilling expedition through five countries. We have combined a route that shows off the beauty of the East African landscape; its mountains, vast white sandy beaches, coral reefs, waterfalls, rivers, swamps, cities, townships, dusty roads, roaring rivers and the gentle rolling savannah teeming with wildlife. This expedition has been years in the making and we are confident that we have now honed it to perfection.

East Africa Expedition Itinerary:

Days 1-7: Arusha, Ngorogoro & Lengai TREK

Orientation Days in Arusha, talks on health and safety, cultural differences and preparation for the team's first trek. This is a 4 day challenging trek around the Ngorogoro Crater and volcanic landscapes for a stunning views and the chance to spot some of the region's most famous wildlife. Relax at the end in Arusha to relax, explore and celebrate the team's achievement.

Days 8-13: Malindi SCUBA DIVE COURSE

Travel to Malindi on the spectacular Kenyan coast. 5 day PADI Open Water or Advanced Open Water dive course. Free days for extra diving or relaxing on the white sands and turquoise waters. Eat local cuisine, explore the nearby village and chill out!

Days 14-15: Tsavo National Park, Kenya SAFARI

Cross the border into Kenya for a 3 day 4x4 safari in Tsavo National Park. A chance to spot lion, elephant, giraffe, cheetah, rhino and much more. Camping overnight in the park to the sounds of the animals calling in the distance.

Days 16-17: Nairobi

Explore the hustle and bustle of one of East Africa's most important cities. Get up close and personal with wildlife during a visit to the Giraffe or Snake Sanctuaries. Preparation for the next phases of the expedition.

Days 18-23: Kitale, Mt Elgon and Sipi Falls TREK

Cross into Uganda on foot with a 4 day trek around the contours of Mt Elgon. A real adventure into rural Africa, the trek finishes at the beautiful Sippi Falls, where the team can relax and rest weary feet.

Days 24-26: Jinja, WHITE WATER RAFTING, Kampala

After an afternoon to relax and prepare, spend a day white water rafting along the source of the Nile. Big rapids and beautiful scenery – a day for adrenaline junkies. Transfer to Kampala, free time to pick up some necessary souvenirs.

Days 27 -31: Rwenzori, COMMUNITY WALKS

Spend four days walking through the foothills of the Rwenzori Mountains. Trekking through the coffee plantations and agricultural lands, the team will learn about different ways of life from the local communities around the 'Mountains of the Moon'. Prepare for safari phase.

Days 32-35: Queen Elizabeth National Park, SAFARI, Lake Bonyonyi

With a magnificent view across the Rift Valley floor, this 4x4 and camping safari gives the team the chance to get up (reasonably!) close with the diverse wildlife here, including twenty types of predator and the world's largest concentration of hippos. Relax and take a dip in the crystal waters of Lake Bonyonyi.

Days 36 -40: Kigali, HISTORY, PRIMATE TREKS, Nyungwe Park

This is a sobering but important opportunity to learn about the Genocide of 1994 before heading up to the hills for our final treks through the forests of Nyungwe where you will come to face to face with monkeys at their level in the canopy. This walk that few know about is a fitting end to the adventure. The walk is full of surprises and will leave you plenty to boast about.

Days 41-42: FAREWELL PARTY End of the Expedition

Farewell party, flights home from or independent onward travel.

Weather:

The dry season in Africa lasts from June until mid-October. Mostly the weather will be hot, around 25-30 degrees, but towards the end of the expedition there may be the odd thunderstorm, as the rains approach.

Food & drink:

The food is varied and combines traditional food as well as the more 'western' in style. You will be preparing your own food for certain phases of the Expedition.

Accommodation:

Camping under a starlit sky is one of the main attractions of travelling in Africa. However, we combine camping with backpacking hostels to give you the chance to do your laundry and email home.

Leaders:

You will have two leaders with you for the entire six weeks. They will make sure everything runs smoothly, safely and to give maximum reward to all those involved. Leaders receive Quest training every year. All leaders are Wilderness First Aid trained and our Expedition Leaders have a minimum of Summer Mountain Leader training.

Preparation:

Quest provides a Pre-Departure Training Day in the UK for all team members. This is in addition to the in-country Orientation Days you will receive when you arrive in Africa. Our UK Pre-Departure Training covers Responsible Travel, Cultural Awareness, Health & Hygiene, Risk Assessment, Groupwork and Onward Travel. It also provides you with the opportunity to meet the rest of your group and your leaders before going overseas.

Vaccinations:

We provide a full list of vaccinations required for this expedition. You will also need to take malarial prophylactics for the entire six weeks.

Responsible Travel:

We always use local contacts on all our expedition routes. We ensure that we stay at locally run hostels and backpackers so that as much as we possibly can we are feeding money back into local businesses. We buy local food along the expedition route and try to minimise the time spent at traditional 'tourist' destinations, so you get a much better experience of the countries you are in.

We only use the best operators and prefer to pay a fair price as opposed to trying to get everything on the cheap. Because of this we have built up long term relationships with all our local operators. We know that they will give you the best experience possible and that their safety procedures are all top notch.

Recommended reading

Out of Africa by Karen Blixen

The Other Side of Silence by Andre Brink

The No.1 Ladies' Detective Agency by Alexander McCall Smith

Dark Star Safari by Paul Theroux

I Dreamed of Africa by Kuki Gallman

Survivor's Song by Mark & Delia Owen

A Bend in the River by V.S. Naipaul



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