



Program

Lumona 006

Day 1: Flight Windhoek, Namibia

Arrive at Windhoek International Airport (Hosea Kutako), welcomed by your local English-speaking guide. Depart for the panoramic city tour of Windhoek. A city that still retains its German influence in the buildings and charm, the city is greatly valued for its historical German architecture buildings.

Lunch at own expense

Night and dinner at the hotel

Transfer: Vehicle, 42 kms

Day 2: Windhoek - Namib Desert

Breakfast

Depart for the Namib Desert, the oldest desert in the world, with a length of 2,000 kms, a width of 120 kms and a surface area of 81,000 km² with dunes with varying heights of 250 to 300m.

Picnic lunch (for camping) and lunch at the restaurant for lodge tours

Walking in the canyon of Sesriem which is in the Namib Naukluft National Park, the canyon was hollowed by the Tschauab river, this place was vital for the Nama, Herero's, and Damara peoples, this gorge of more or less 30m deep and 3 km long, Sesriem means 6 thong which was necessary to raise the buckets of water from the throat

Dinner BBQ installation for 2 nights at Sesriem Campground (or Similar)

Dinner at the Restaurant for the Lodge Tour

1 hour to 1 hour 30 walk

Transfer: Vehicle, 4 hours 30 to 5 hours, 319 Km

Check in for 2 nights at the campsite (in lodge for lodge tour)

Day 3: Sossuvlei, Deadvlei

Very early departure for the site of Sossusvlei by stopping at the dune 45 to make the sunrise on the dune 45 if you spent the night at the campsite of Sesriem the dune 45 measure about 60 to 70 m, the tour in lodge does not allow you to get up to sunrise simply because the entrance to the park opens at sunrise while the inner door of the park opens 1 hour before sunrise.

Breakfast at the car park after sunrise.

Picnic breakfast prepared by the lodge for the lodge tour.

Transfer 16 kms to the Sossusvlei car park and then transfer by 4x4 vehicle to reach the last 5 kms to the bottom where the big daddy stands, the highest dune of the Namib Desert measuring approximately 300m.

In the Tsauchab Valley you will discover the Namib Central area and the giant dunes, a few thousand years ago a river ran to the Atlantic through Sossusvlei, but today the rain has disappeared, and the river no longer has the strength to get to the ocean.

Then discover Deadvlei - an arid lake, creates a contrast with the red dunes, a magical sight with only a few remaining millennia dead trees to complete the scene.

Picnic lunch for camping tour.

Lunch at the restaurant for lodge tour.

The dune, Elim, is located about 5 kms from the campsite, it is an ideal stage for your arrival at the end of the afternoon for a beautiful sunset. The songs of geckos will be your musical chorus and if you look at the ground you will see their small burrows where they take refuge. From the top of the dune is a beautiful panoramic view (exclusively for the camping tour in the Namib Naukluft National Park.)

Barbeque dinner, 2nd night at the campsite.

Dinner at the restaurant, 2nd night at the lodge.

4 hours 30 of activities

Day 4: Namib Desert - Swakopmund

Breakfast

Departure to the town of Swakopmund nestled on the Namibian coast. This town has a fascinating historical past; a seaside resort located on the Atlantic Ocean, constructed at the beginning of the German colonization to serve as a harbour. Here you will discover the town centre dominated by the German architecture in the buildings, most buildings are protected by the Namibian National Heritage. There are optional activities available i.e. a flight over the Namib Desert, 4x4 vehicle to Sandwich Harbour, quad motor bike self-drive in the dunes, and more.

A short stop in the Kuiseb river which halts the progression of sand from the Namib Desert to the North of the country.

Picnic lunch for camping tour

Free afternoon

Lunch at own expense for lodge tour

Dinner at own expense for camping tour

Dinner at the restaurant for lodge tour

Night at the hotel

Transfer: Vehicle, 4.30 to 5 hours

Day 5: Swakopmund - Cape Cross - Spitzkoppe (Camping)

Day 5: Swakopmund - Cape Cross - Brandberg (Lodge)

Breakfast

Located 60 kms North of Henties Bay. Cape Cross is a nature reserve where you can see the largest seal colony in Namibia. Cape Cross is also a very important place in the world for human history, it is here the explorer Diego Cao laid a cross in 1486 to mark his passage, today the cross has been reproduced in granite.

Continue to the Spitzkoppe.

Picnic lunch for camping tour.

Lunch at the restaurant for lodge tour.

Spitzkoppe is a cluster of granite peaks or bornhardts, located in the Damaraland between Usakos and Swakopmund in the Namib Desert. The rock is more than 130 million years old and the highest point is 1,728 meters. 700 meters above the plains surrounding it, is Bushmen Paradise, where you can see the rock paintings of the Bushmen.

Brandberg (for lodge tour only) is the highest peak in Namibia, culminating at an altitude of 2,573 meters, here you find the rock paintings of the Bushmen (San peoples), nicknamed the White Lady.

Dinner at the restaurant for lodge tour.

Dinner at the campsite for camping tour.

A 2 to 2:30 hour walk to visit the famous rock paintings of the Bushmen, nicknamed White Lady.

Transfer: Vehicle, between 3:30 to 4 hours

Day 6: Spitzkoppe – Damaraland (for camping tour)

Day 6: Brandberg – Damaraland (for lodge tour)

Breakfast

Twyfelfontein in the heart of Damaraland, the site was declared a UNESCO heritage site in June 2007, has thousands of Bushmen rock engravings. Bushmen are considered as the first inhabitants of southern Africa.

Next to Twyfelfontein you can observe the organ-basaltic which was formed 130 million years ago during the separation of the continent of Gondwana.

Picnic lunch for camping tour.

Lunch at the restaurant for lodge tour.

1:30 to 2 hours of activities

Dinner at the campsite for camping tour.

Dinner at the restaurant for lodge tour.

Night at the campsite for camping tour.

Night in the lodge for lodge tour.

Transfer: Vehicle, 3:30 hours

Day 7: Damaraland - Kamanjab

Breakfast

Depart to Kamanjab

Picnic lunch for camping tour.

Lunch at the restaurant for lodge tour.

In the afternoon visit a Himbas people's village and exchange with the families. Grouped in Kaokoland region, the Himbas still preserves their traditional ancestral way of life, they are part of the Herero ethnic group.

Dinner at the campsite for camping tour.

Dinner at the restaurant for lodge tour.

Night at the campsite for camping tour.

Night in the lodge for lodge tour.

1 to 1 hours 30 of activity. Transfer: Vehicle, 231 kms

Day 8: Kamanjab - Etosha National Park

Breakfast

Depart to Etosha National Park. Etosha National Park is a large animal reserve in Namibia, which was proclaimed on the 22nd of March 1907 by the German colonial administration, the park covers 90,000 square kilometres. The park and lake called Etosha, means "a large white space" and during the rainy season the lake attracts thousands of birds and animals. At Etosha you will have the opportunity to observe many different species of animals; lions, leopards, elephants, giraffes, numerous antelopes, zebras and many bird species. The current surface area of the park is 22,270 square kms.

Picnic lunch for camping tour.

Lunch at the Restaurant for lodge tour.

Afternoon safari in Etosha National Park.

Dinner at the campsite for camping tour.

Dinner at the restaurant for lodge tour.

Night at the campsite for camping tour.

Night in the lodge for lodge tour.

Night in Etosha or another place for 2 nights.

Transfer; Vehicle, 262 kms

Day 9: Etosha National Park

Breakfast

Full Day Safari in the Etosha National Park

Picnic lunch for camping tour.

Lunch at the restaurant for lodge tour.

Dinner at the campsite for camping tour.

Dinner at the restaurant for lodge tour.

Day 10: Etosha - Windhoek

Breakfast

Picnic lunch for camping tour.

Lunch at the restaurant for lodge tour.

Dinner at own expense

Night at the hotel

5 hour drive 435 kms

Day 11: Return flight



Technical info

Important itinerary

This trip can be adapted by your Guide, without the quality of the trip being affected

YOUR TRIP

Altitude: +/- 1500 meters

Environment: Savannah, Bush, Heritage and Nature

Activities: Walks, Safari, Landscapes etc

Characteristic of the tour

- State of play, roads, tracks and vehicles

The roads and tracks are ~~levelled~~ levelled regularly since the beginning of the year but not completely redone. It should be known that the strong tourist frequentation, notably in high season, causes on the borrowed tracks a corrugated sheet effect, consequently, all the vehicles suffer with the vibrations which can sometimes lead, breakdowns, punctures etc ... and the times of roads can to be long, we are all facing the same problematic. If there are unfortunately no vehicles fully supporting these difficulties, please be aware that LUMONA TOURS will use vehicles that are very well controlled and maintained very regularly before and after the tour.

Accommodation

Tents (for our camping tour)

We chose igloo tents in thick canvas, offering better resistance to Namibian and southern African conditions and terrain, although they are ~~actually heavier~~ heavier and less easy to assemble and dismount.

Lodge, Hotels and Guesthouses for our lodge tours

The food

Lodge: For our lodge tours our groups eat at the restaurants, either a la carte or buffet

Camping: In Namibia, the high rates of food production in most regions do not allow the country to produce enough food, 80% of food products are imported mainly from South Africa, not like in other African countries. From small villages to the road with markets and stalls of fruits and vegetables, Namibia is an arid and desert, only the cities can be stocked by cons they are often spaced several hundred miles ~~kilometers~~kilometres. according to deliveries

All this imposes a very particular and rigorous management of the menus, we strive to offer you a varied and quality food, we are supplied with expenses as much as possible during travels (at the risk for some ~~travelers~~travellers to point out that too much time is spent shopping) we also try to work presentation, lunch we serve salads each day different and fruit for dessert we can exceptionally provide sandwiches if the timing is tight, in the evening we serve dishes kitchens or meat cooked in the barbeque also serves desserts, so in short for meals in our camping tours, breakfast in the morning, picnic lunch and dinner often barbecue

Information about our Guides

The main problem in Namibia is the language because very few Namibians speak French, to complete the team we use in our tours the French and foreign guides such as, French, Congolese, Zimbabwean, Cameroonian etc ...~~...~~

In fact, there are some very good French speaking guides in Namibia, many of whom are on tours in ~~Botswana~~Botswana, South Africa, Zimbabwe, Zambia etc

The ~~steps~~steps:

Regarding the marches, their duration, their difficulty we would like to remind you that the walking times are given as an indication, they depend on the level of walkers, the heat according to the season and the schedules compared to the sun (The days are shorter in southern winter)

Framing

A French-speaking guide perfectly familiar with southern Africa

Transport and Luggage and Transfer

In a camping truck for camping tours

By bus or mini-bus or 4x4 (for tours in lodge) depend on numbers of people

Air transport

Regular flights with shorter or longer flights depending on the flight, there is also a direct flight Windhoek - Namibia and vice versa by Air Namibia, in general flights Paris - Doha / Paris - Frankfurt / Paris - Addis Ababa or London, Johannesburg / Windhoek

~~toilettes~~ toilets

Every evening in the accommodations and campsites

~~Formalites~~ Formalities and Health

Specific formalities

Your passport must imperatively have two or three consecutive white pages available

Important

The new regulations on the entry, exit and transit of minors in South Africa, whether they are South Africans or foreigners, come into force from then on when all parents will be required to submit proof of parentage with the children. entrance as the exit

South African territory, this measure applies at all points bordering on the territory, including at land borders.

NB, for more information, contact your Ministry of Foreign Affairs, for further information we strongly recommend that you approach the South African Embassy in your country.

Passport

Valid passport valid, valid for 6 months after the date of return for French, Belgian and Swiss nationals, in addition the passport must contain two or three blank pages (depending on flights with stops) to receive the entry fees and exit. For other nationalities you ~~have to~~ must inquire at embassies

Visa

French, Belgian and Swiss nationals do not need a visa for a stay of less than 90 days, in Namibia and Botswana in spite of Zimbabwe you - you will need a visa for a stay in Zimbabwe, you - can pay and to have it on the Zimbabwean border

Mandatory vaccines

Vaccination against yellow fever is not mandatory when arriving in Windhoek for ~~travelers~~ travellers arriving from Europe or South Africa, it is no longer recommended for those of them who will be traveling in most of the country, but the circulation of the virus in ~~neighboring~~ neighbouring Angola prompts us to recommend it to those whose itinerary will border the northern border of the country: northern Kaokoland Himbas country, Kunene river, the Caprivi strip, finally might be required of those who have made a stop at Victoria Falls, Zambia or Zimbabwe coast

Vaccines advised

As always and everywhere, it is important to be immune against:

- ~~Diphtherie~~ Diphtheria, tetanus and poliomyelitis
- Hepatitis A and B
- Whooping cough (whose reappearance in adults, even in France, justifies vaccination for any trip) and according to the duration and type of travel, against
- Typhoid and rage

Preventions against malaria

The first of the preventive measures is the individual protection against mosquito bites (effective repellents, clothes covering at bedtime and at sunrise, mosquito nets impregnated

The risk of malaria only affects the north of the country: the border area with Angola, the Caprivi Strip, but also the extreme north of the Etosha and Kaokoland National Park, where preventive treatment will be necessary.

Residents are generally short, the most suitable is the Atavaquone - proguanil (Malarone or one of his generics if not Doxycycline, given the risk of adverse effects

Country and Climate

Climate and regional information

The seasons are reversed compared to Europe.

Namibia has three types of climates: Desert (coast), Subtropical (North) and semi-arid (in the rest of the country)

December - April is the austral summer, but also the rainy season, it is very hot: the temperatures vary between 16 and 34 degrees ~~Celsius~~Celsius and can reach 45 degree in the desert zones.

From May to September, it is the austral winter, the dry season, the temperatures vary between 4 and 22 degrees: they go down to - 10 degree at night in the ~~Kalahari~~Kalahari Desert.

From October to December: hot and dry season, ideal for wildlife lovers (vegetation is less dense, animals are more visible)

Your budget

The price ~~includes~~:includes:

Transfer, luggage transport, supervision, entrance fees for the sites and park, accommodation ~~with the exception of~~except for certain meals

The price does not include

- Air Transport
- The insurance
- Registration fees
- Visa fees (if any)
- Tips
- The drinks
- Meals not included

Your expenses

Tips, beverages, personal expenses and meals not included

gratuities

This practice is rooted in tradition and is done as part of an exchange in appreciation of a given work. At the end of the trip, it is appropriate to show your satisfaction by tipping your

Guide and the Driver and the Assistant. this is therefore well evaluated according to the satisfaction provided. In no case these indications are obligatory, it is not one of the and is never a salary. For an order of aid, to count about 50 - 70 Euros per person for your Guide, 40 - 50 Euros for the Driver and 20 - 30 Euros for the Assistant, in our camping tour there are Assistants especially when it is about group from 10 people

Your equipment

Luggage

You must pack all your belongings into 2 bags: 1 backpack and a large, flexible travel bag

- The backpack: backpack hiking, it will be useful for the transport of your personal belongings during the day, it will also serve you as hand luggage during your trips for all your fragile business (camera etc), when your accommodation does not have a safe and for your eventual drugs, it will be in the cabin during air transport, usually the weight of the luggage cabin is limited to 10 kg per person

- The big bag of flexible travel: it must contain the rest of your affairs, you will find it every night, it will be in the hold during air transport

Our recommendations if you take the plane:

Record in your checked luggage the maximum of things and keep in your carry - on only what is ~~absolutely essential~~ essential for your trip, equip yourself for the aircraft with your hiking gear and your necessities of life (in case of problem of transporting your luggage)

Please note that security checks have become very strict at airports: put knives, nail files, scissors and spare batteries in your hold bag.

What are the liquid products prohibited in the cabin?

Aerosols, gels and pastes: mineral water, perfume, drinks, lotions, creams, shower gels, shampoos, mascara, soups, syrups, toothpaste, liquid soap, deodorants, unless they are stored in a clear plastic bag close to a size of about 20 cm x 20 cm (type freezer bag) and they are packed in bottles or tubes of up to 100 ml each, a bag containing several tubes, vials

What are the exceptions allowed in the cabin?

Liquid medications (insulin, syrups) can be taken away in the cabin provided you present to the security agents a certificate or prescription in your name, there are no restrictions for solid drugs (tablets and capsules), liquid foods for babies: there are no restrictions on this product. remember to take containers that close: it is indeed you be asked to taste these foods!

How is the security check made?

- Remove your jacket or coat
- Present separately:
- All your big appliances: laptop, big digital cameras, DVD player
- Your transparent plastic bag containing your bottles and tubes
- Your medications accompanied by a prescription or an attestation
- Your liquid baby foods
- Your purchases made in the shops of the airports which will have to be put under plastic bag sealed by your salesman. Attention: all shops will not offer this bag, ask before buying, the purchases of liquids made after the security check are carried out freely subject to customs limitations, however, attention to correspondence: inquire primarily purchase

Particulars Luggage

Important: if there is a problem with your baggage

For the outbound journey, we recommend that you pack your essentials baggage in your hand baggage as well as the essential equipment for one or two days, walking shoes, waterproof jacket, fleece and trousers etc a baggage loss of the share of the airlines is well understood unlikely but the risk exists. We are aware that this is uncomfortable for your trip by plane the goal is to avoid compromising your trip

Clothing

- Sun hat
- Scarf
- Bonnet (from June to September)
- T - shirts

- Under - pull (note ditto above) or long sleeve shirt
- Fleece jacket
- Cropped pants, corsairs and / or shorts
- Trekking pants
- Comfortable trousers
- Rain cape in rainy season
- Jacket type Gore - tex, simple and light
- Swimsuit
- Pair of light walking shoes
- Pair of sandals
- Pair of sunglasses of excellent quality
- Pair of binoculars
- Gourd (2 ~~liters~~litres required)
- Headlamp or flashlight
- Pocket knife (to put in the luggage going in the hold
- bulbs and batteries
- Necessary toilet, take preferably biodegradable products
- wet wipes
- Towel
- Toilet paper
- Lighter
- Small bags for the detritus
- 1 small sewing kit

Personal pharmacy

- Usual drugs
- Pain medications: paracetamol preferably
- Anti-inflammatory tablets
- Anti-inflammatory ointment
- Anti-diarrheic diarrheic
- Antispasmodic
- Intestinal antiseptic
- Anti-vomiting
- Treatment for colds and sore throats
- Biafine and sun cream
- Elastic adhesive tape (Elastoplast type, 6 cm wide)
- Sets of adhesive bandages + disinfectant compresses + steristrip
- Double skin (SOS ampoules brand Spenco, available in sports shop, in pharmacy, drugstore)
- Purifying tablets for water (Micropur forte or aquatabs)
- Blanket
- Effective mosquito repellent in the tropics
- Anti-malarial treatment adapted to the area visited, according to medical prescription

First aid kit

A first aid kit, provided by our agency is placed under the responsibility of your guide