



“The Grande Dame” of Women’s  
Adventure Travel Since 1982

2007 ~ Celebrating 25 Years!

### DATES

October 26 – November 8, 2007

### COST

\$7,595 all-inclusive from Washington, Dulles, to  
Lusaka, Zambia (\$800 deposit)

### RATING

Moderate

### ACTIVITIES

Wildlife Viewing, Birding, Walking, 4X4, Natural  
History, Photography, Sightseeing, Cultural  
Exploration, Bush Skills Course

### MAIN ATTRACTIONS

- Discover Zambia’s South Luangwa National Park, best known for its splendid walking safaris.
- Be an “AdventureWomen student” in an exciting, practical, and participatory 6-day Bush Skills course, taught by one of Zambia’s leading professional safari guides.
- Learn basic tracking skills, identification and behavior of mammals, birds, reptiles, insects, and MORE!
- Go on a week-long big game safari in Zambia’s wildlife-rich Luangwa River Valley. Stay in luxury en-suite thatched chalets, each with a private deck overlooking a lagoon that attracts abundant wildlife and game from the African bush.
- Experience Africa as few do, on this one-of-a-kind, unique adventure!

AdventureWomen is the oldest  
adventure travel company for  
active women over 30.

## ZAMBIA BUSH SKILLS SAFARI - “RANGER 101” Africa’s “Best Kept Secret”: From Luxury Lodges to Remote Bush Camps

*I believe there is no sickness of the heart too great it cannot be cured  
by a dose of Africa....if ever I have seen magic, it has been in Africa.*

~ John Heminway, African Journeys

Africa is a wild and wonderful continent where adventure stirs the spirit and rugged beauty touches the soul. At its wild heart lie vast tracks of game-filled wilderness, mighty rivers, groves of majestic ebony trees, and rolling flood plains. The ultimate adventure vacation, a safari in the African wilderness is healing, energizing, inspiring, and liberating, all at the same time.

During 2007, AdventureWomen’s 25th anniversary year, we are returning to our favorite continent three times. Zambia is one of our new African destinations. For a completely unique experience of Africa, and by special arrangement just for AdventureWomen, this custom-designed safari in Zambia’s big game country combines a fascinating, practical, and fun six-day “Bush Skills” course with a safari and game viewing experience in Zambia’s South Luangwa National Park.

We will study with one of Zambia’s leading professional guides to learn just how safari guides are trained, including lessons in basic tracking; spotting and radio procedures; survival skills; bush cuisine preparation; how and where to use a weapon; identification of mammals, reptiles, birds, insects, and vegetation; and basic bush first aid. This is a RARE and ONE-TIME opportunity to experience Africa in this very authentic and intimate way, working with one of Zambia’s foremost teachers and training guides. If you love animals, are fascinated by the amazing continent of Africa, or have ever dreamed of being a “tracker” in the bush on a “big game” safari (!), this might be your calling!

And what better place to experience this unique safari than Zambia, an African country that has come of age. Ten years ago only the adventurous few dared to travel north of the Zambezi River, but today, safari connoisseurs view Zambia as the informed traveler’s choice. Zambia, “the Real Africa,” is regarded by many as the continent’s greatest secret. The fact that the country has for so long been largely overlooked as a tourist destination is one of its greatest assets.

Zambia’s wilderness areas are pristine. The country offers its guests views of the African bush that have not changed for centuries. Land of the legendary African walking safari (the Luangwa Valley is where this exciting way of getting up close and personal with Africa’s wildlife first began), earth’s biggest waterfall, the wild Zambezi River, breath-taking lakes and wetlands, a profusion of birds, abundant wildlife, and raw, pulsating wilderness, Zambia is all of this in one friendly country. It has also been acknowledged as one of the safest countries in the world to

### WHAT'S INCLUDED IN THE PRICE OF THIS TRIP

- Round-trip international airfare on South African Airways from Washington, Dulles, to Johannesburg, South Africa.
- Round-trip international airfare from Johannesburg, South Africa, to Lusaka, Zambia.
- Round-trip domestic airfare on Zambia Airways from Lusaka, Zambia, to Mfuwe, Zambia.
- Round-trip hotel transfers and hotel overnight in Johannesburg, South Africa on October 27.
- 4 nights at 2 Bush Camps:
  - Bilimungwe, a luxury Zambian trails camp, is a cool and comfortable camp set beneath magnificent mahogany trees on the edge of a small plain.
  - Chindeni, a luxury raised tented camp, is situated on the edge of a permanent lagoon with the Chindeni Hills as a stunning backdrop.
- 6 nights at the Mfuwe Lodge, hidden away among the huge ebony and fig trees on the banks of the beautiful Luangwa River. Accommodations consist of luxury en-suite thatched chalets, each with private decks that overlook a lagoon where abundant wildlife and game congregate.
- 3 meals a day while at bush camps and on safari.
- All local airport transfers.
- Transportation throughout the safari via open-top 4X4 vehicles, all driven by knowledgeable English-speaking trackers and driver-guides.
- Services of professional guides and drivers for both game drives in 4X4 vehicles and walking safaris.
- Professional safari guide/instructor for the "Bush Skills" course, plus bush skills manual.
- Services of professional safari staff in all lodges and bush camps.
- One AdventureWomen Associate.
- All park entry and ranger fees.
- Baggage handling throughout the trip.

visit. Zambia's people live in peace and harmony.

Our luxurious game lodge and two remote bush camps are located in South Luangwa National Park, dubbed by experts as one of the greatest wildlife sanctuaries in the world. With a high concentration of game around the Luangwa River and its ox bow lagoons, the verdant Luangwa Valley ranks as one of Africa's premier wildlife experiences. We can expect to see leopard, wall-to-wall hippos, hundreds of elephants, lions, hyenas, buffalo, crocodiles, warthogs, zebras, plus 14 species of antelope and the endemic Thornicroft's giraffe. In addition to big animals, we will also be able to view small mammals: jackal, wild cat, civet, serval, and, in certain areas, wild dogs. Birding is also excellent, with a species-list of about 400.

In the past, AdventureWomen has traveled on safari and explored African cultures in Kenya, Tanzania, Zimbabwe, Rwanda, Uganda, South Africa, Mali, Egypt, Morocco, and Botswana. We've rafted the Zambezi River, marveled at gorillas in Rwanda and Uganda, stood in awe at the million animal migration on the Serengeti Plain, flown over Victoria Falls in open-cockpit microlights for the ultimate adrenaline rush, floated over thundering herds of animals in a hot air balloon, watched colorful Dogon tribesmen dance on stilts in Mali, risen early in the morning to watch the sun rise over Morocco's Sahara desert, ridden camels to the Pyramids of Egypt and on "camel safari" with the Maasai in Kenya, and explored the town of Timbuktu (yes, there really IS a place by that name!).

**Africa is our passion, and we invite you to join us on yet another once-in-a-lifetime journey to this magnificent continent. Africa—wild and free—the way you've always imagined it to be.**

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#### HOW TO REGISTER

**First**, call (800-804-8686) or email ([advwomen@aol.com](mailto:advwomen@aol.com)) the AdventureWomen office to determine space availability. We will hold a space for you for 5 days while you are completing the application process, and making personal and travel arrangements.

**Next**, complete and sign the Trip Application form included in all of our brochures. We can also fax or mail one to you, or you can get the Trip Application form on our Web site by clicking "Book Now" on our home page. Include with the application the required deposit that can be made by credit card (Visa or MasterCard), personal check, money order or cashier's check. You can also register over the phone with a credit card. Once we have received your deposit and your trip application, we will mail you a package of information verifying your registration.

**Note:** We will only hold your space for 5 days without a trip application and deposit payment!

**NOT INCLUDED**

- All international airline taxes and airport departure taxes.
- Items of a personal nature.
- Zambia visa and fees (forms and instructions will be sent to all trip registrants. Current fees are \$30 U.S.).
- Alcoholic beverages at the lodges and bush camps.
- Any meals not included in the itinerary.
- Tips to professional safari guides: \$8 - \$10/person/day to bush skills instructor; \$3 - \$5/person/day to driver-guides; \$3 - \$5/person/day to camp staff, which are communal tips that are shared among the staff.

**PASSPORT, VISAS, AND HEALTH REQUIREMENTS**

Citizens of the United States must possess a valid U.S. passport for travel to Zambia. It must be valid 6 months beyond your intended stay in Africa.

Citizens of other countries should inquire about requirements for entry. If you do not have a passport, **APPLY NOW!** Please do not wait until the last minute. You should always carry 2 extra passport photographs with you, in case of emergency (if your passport and/or visa is lost or stolen).

Citizens of the United States must have a visa for entry into Zambia. Zambia visa forms and instructions will be sent to all trip registrants. Current fees are \$30 U.S.

Vaccinations: An International Certificate of Vaccination for Yellow Fever is required only if arriving into Zambia from an infected area within 5 days.

Anti-malarial prophylaxis is suggested for Zambia. Please consult your personal physician, local health department, travel clinic, or immunization center about any other medications or vaccinations you may need to update, or others that may be personally recommended for you based on your age, health, and past vaccination history.

You MUST have your own health insurance, and have no physical problems or conditions that would be adversely affected by riding in 4 X 4 vehicles on rough, bumpy roads or walking up to 5 miles per day (on level ground.) You must be in very good physical condition to participate in this trip.

**OUR EXCITING ITINERARY FOR THE ZAMBIA BUSH SKILLS SAFARI - "RANGER 101"****Day 1, Friday, October 26, 2007 *Morning Departure from the U.S. for Zambia***

This morning we depart Washington, Dulles, for our overnight flight on South African Airways to Johannesburg, South Africa.

**Day 2, Saturday, October 27 *Overnight in Johannesburg, South Africa***

This morning we arrive in Johannesburg, South Africa, and transfer to our hotel. Since the flight to Lusaka does not depart until tomorrow morning, we have time at leisure to relax and rest up for our safari. There are good restaurants and shopping areas close to the hotel.

**Day 3, Sunday, October 28 *Fly to Lusaka, Zambia, and on to Mfuwe***

This morning we transfer back to the airport for our flight to Lusaka. After clearing customs we board our Zambia Airlines flight for Mfuwe, where we are greeted on arrival by our safari staff and transferred to Mfuwe Lodge in South Luangwa National Park.

On arrival at Mfuwe Lodge, we will be taken to our Bush Camp accommodations, with half the group at Bilimungwe Bush Camp and half at Chindeni Bush Camp. From these two camps we'll experience our wildlife safari activities that include game drives and bush walks for the next few days.

Bush camps in Zambia are the ideal setting for a true African wilderness experience. Our camps are located in an area of the South Luangwa National Park used almost exclusively for walking safaris and each offers the perfect location for those wanting to get close to nature. The seclusion and the abundant wildlife combine to make these luxury camps an experience not to be missed.

**LIABILITY FORM**

Part of what AdventureWomen hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the LIABILITY FORM carefully, sign it, and return it with your final payment by **JULY 28, 2007.**

**CANCELLATIONS AND REFUNDS**

Full payment is due 90 days prior to departure, and \$300 of your deposit is non-refundable. If you cancel less than 90 days before your trip, the following penalties will apply:

- 60-89 days prior:  
50% of total trip cost non-refundable
- 1-59 days prior:  
100% of total trip cost non-refundable

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Information will be sent to you in your registration packet.

**SWITCHING TRIPS**

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

**NO SMOKING POLICY**

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

**Bilimungwe Bush Camp ~ A Luxury Zambian Trails Camp**

Bilimungwe is a cool and comfortable camp set beneath magnificent mahogany trees on the edge of a small plain, nestled in riverine forest along the picturesque banks of the Luangwa River. The camp consists of 4 reed and thatch chalets with en-suite showers, hot and cold running water, toilet, and double vanities. Each chalet has two queen-sized beds with large mosquito nets and an individual rechargeable lighting system.

The rustic dining area and fully stocked bar offer panoramic views of Bilimungwe's water hole and the abundant resident game that it attracts. The thatched dining canopy provides a cool and comfortable environment in which to enjoy this idyllic setting. The surrounding forest of evergreen shade trees forms a majestic backdrop for those seeking the unique African experience.

**Chindeni Bush Camp ~ Luxury Raised Tented Camp**

A sister camp to Bilimungwe but a tented camp raised on wooden decking, Chindeni's 4 en-suite luxury tents provide the same comfortable amenities as Bilimungwe. Each tent also has its own raised veranda from which to view the resident big game and enjoy the serene yet breathtaking tranquility of the vast and lush lagoon, from a vantage point of relative safety.

Ancient ebony trees with their sweet fruit shade the bar and dining area and an adjacent, gently sloping walkway provides access to a lagoon-side retreat. From here, guests can enjoy an open-air dining experience and the spectacular sunset as it reflects off the still waters of the lagoon. Chindeni is located only 3.5 miles from Bilimungwe. An early morning walk between the camps will provide an ideal opportunity to enjoy each of these bush camps and visit with others in our group.

**Day 4, Monday, October 29 Full Day on Safari with Game Drives and Bush Walks**

One of the greatest wildlife sanctuaries in the world, the concentration of game around the Luangwa River and its ox bow lagoons is among the most intense in Africa. The Luangwa River is the most intact major river system in Africa. It is the life blood of South Luangwa National Park, which is located on the northeastern border of Zambia. It is a dynamic river which constantly changes its course as it winds through the flood plain, nurturing a wide variety of wildlife, birds, and vegetation.

The changing seasons also add to the Park's richness and animal diversity. The park is lush and green in the summer months. In the winter dry season, when the river's flow is reduced and other streams and pools have given up their moisture to the thirsty tropical sun, the Luangwa attracts animals from far and wide to drink in its receding waters. The Park is home to 60 different animal species and over 400 different bird species. One missing animal is the rhino, which has been poached to extinction.

(ITINERARY—continued on page 5)

### IMPORTANT INFORMATION ABOUT TRAVEL ARRANGEMENTS

**Round-trip airfare** from Washington, Dulles, to Mfuwe, Zambia, is included in the cost of the trip package. We will be traveling together from Dulles on South African Airways to Johannesburg, South Africa, and from Johannesburg to Lusaka, Zambia. From Lusaka we will fly on Zambian Airlines to Mfuwe.

**After you register for this Zambia safari, please contact: Sherrie Wenzel at Safariline - 866-466-0301 or safariline@worldnet.att.net.**

Sherrie will be handling our international and add-on air for this trip. She can also get you hotel reservations in Washington if you need to fly in a night before our morning flight departure.

**Not included is extra add-on airfare** from your hometown to Washington, Dulles. These add-on fares are often much less expensive than if you were to ticket them separately. In addition, by getting an add-on fare with these airlines you will have a continuous ticket on South African Airways so if, for any reason, the international flight times change, or if you miss your flight from Dulles, SA Airlines will be responsible for getting you to Zambia.

Add-on fares are available from the following cities on Delta, Continental, United, and Northwest Airlines, at the following costs (\*\*Domestic U.S. add-ons are subject to increase at any time.)

**\*\*Domestic US Add-ons to Washington, Dulles, by State:**

AL, CT, DC, FL, GA, MC, MI, NC, SC, NJ, NY - \$220

AR, DE, IA, IL, IN, KY, LA, MA, ME, MN, MO, MS, NH, OH, PA, RI, TN, VA, VT, WI, WV - \$240

Today, we venture out into the African landscape for our first game drive. The game drives, in themselves, are incredible adventures, and our guides and trackers have a wealth of knowledge about the animals and the ecosystems we will be viewing. The 4 X 4 open-topped safari vehicles permit just 6 passengers per vehicle in 2 rows of seats, which makes for a more comfortable and intimate safari experience with great opportunities for photography.

In addition to our daytime game drives and guided walks, we'll experience spectacular night drives. After dark, spotlights are used for nocturnal sightings of rare and elusive species such as, leopard, mongoose, genet, and nocturnal birds.

#### **Day 5, Tuesday, October 30 *Switch Bush Camps***

Today our two groups will switch bush camps so that everyone can enjoy the diverse experiences at each camp. Both groups will do a walking safari through the bush to reach the other camp. All luggage will be transferred by vehicle.

Exploring the national park on foot allows us to get intimate with the landscape, to follow a meandering line of termites to tracks left by a pride of lions, then on to watch a family of elephants playing in the river. The now famous "walking safari" originated in this park and it is still one of the best ways to experience the magnificent wonders of the African bush.

#### **Day 6, Wednesday, October 31 *Full Day Safari with Game Drives and Bush Walks***

Happy Halloween! Today we'll continue our wildlife safari with more game drives and walks.

The Luangwa Valley teems with animals, especially in the dry season when high concentrations of animals congregate around the watering holes and rivers. We'll see lagoons bursting with hippos, crowned cranes, grazing antelope, and scurrying baboons. Further out on the plains we're bound to see as many as 70 elephants in a single herd, as well as buffalo, which are abundant and spread throughout the valley.

Zebra can be seen running in small herds of about a dozen. The difference between Zambia's zebras and those in the south and east of Africa are in the stripes. Here the Zebra's stripes are evenly spaced, instead of having broad light stripes with a faint shadow stripe in-between. This is also home to Thornicroft's Giraffe, which is unique to the Luangwa Valley.

The park has 14 different antelope species, most of which are easily spotted during game and night drives: the elusive bushbuck, the common duiker; the eland, largest of the antelope; the prolific impala, which moves in herds all over the park; and the Kudu, with its majestic spiral horns and delicate face. Reedbuck, roan, sable, hartebeest, grysbok, klipspringer, and oribi are all here, although they're less visible.

Primates, like baboons and vervet monkeys, are prolific. Hyenas are

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(ITINERARY—continued on page 6)

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AZ, CA, CO, ID, KS, MT, ND, NE,  
 NM, NV, OK, OR, SD, TX, UT, WA,  
 WY - \$330

**NOTE:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish land space and air reservations up to 2 months prior to departure! Please keep this in mind when making your travel plans.

fairly common throughout the valley and their plaintive, eerie cry, so characteristic of the African bush, can be heard in camp during most nights. Other carnivorous creatures that hunt here, but are not often seen, are the caracal, wild dog, serval, and the side striped jackal.

South Luangwa has a good population of leopard but they are difficult to spot and often retreat when they hear vehicles. However, many of the Lodge's game trackers are skilled at finding leopards and often, during night drives, visitors are rewarded with a full view of a kill.

Night drives are fascinating in the Luangwa. Not only because we might spot a leopard, but because many interesting animals are nocturnal: genets, civets, servals, hyenas, Maloney's monkey, the night ape, and bush babies as well as owls, nightjars, foraging hippos, honey badgers, and lions.

The Luangwa River also supports huge numbers of crocodiles. It is not uncommon to see several crocs basking on the riverbanks, or even floating down the river tearing at a dead animal.

Birdwatching is superb in the Valley. Near the end of the dry season, when the river and oxbow lagoons begin to recede, hundreds of large water birds can be seen wading through the shallows. We'll see red-faced yellow-billed storks, pelicans, marabou storks, great white egrets, black headed herons, open billed storks and the stately goliath heron that can stand in the same position for hours, waiting to pounce. The elegant crowned cranes, with their golden tufts, congregate in large flocks at the salt pans.

The Valley is filled with bird sounds, including the melodious song of the Heuglin's robin, the shrill cry of the fish eagle, and the background cooing of doves and larks. An early riser is the ground hornbill, looking like a well-dressed turkey, but emitting the sound of a deep base drum.

With about 400 of Zambia's 732 species of birds living in the Valley, including 39 birds of prey and 47 migrant species, there is plenty for a birder to watch in any season.

### **Day 7, Thursday, November 1 *Return to Mfuwe Lodge and Introduction to Bush Skills!***

After morning game activities at our respective bush camps, both AdventureWomen groups will transfer back to Mfuwe Lodge where we will continue our safari and be together as one group for the rest of our stay.

#### **Mfuwe Lodge**

Mfuwe Lodge is hidden away among huge ebony and fig trees on the banks of a beautiful lagoon on the Luangwa River. After a warm welcome from the staff, we'll settle in to enjoy luxury, comfort, and service totally unexpected in the bush. Our accommodations are in private chalets, each with en-suite bathrooms and private decks overlooking one of the lagoons. One third of each chalet's perimeter can be opened for expanded views and to let in the sounds and scents of the African wilderness. The thatched roof has been designed to guarantee maximum ventilation and the rooms on the lagoon are sheltered by huge ebony trees.

All bathrooms have both a bathtub, shower, and a separate toilet. The bathing corner can be completely opened to offer guests an open-air bathing experience. Each room also features a private bar.

The open design of Mfuwe Lodge keeps the comfort and relaxation of guests in mind, but also capitalizes on the fact that an African wilderness experience is a blend of colors, textures, sounds, aromas, and sights unique to Africa. From the comfort of the Lodge, guests can watch as some of Africa's most majestic animals quench their thirst at the lagoon.

### ABOUT ADVENTURE TRAVEL TODAY

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, however, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a *sense of humor!* *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist*, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important*, and contributes to the congeniality, success and well being of both individuals and the group.

The deck area in front of the lounge accommodates the swimming pool, which also overlooks the main lagoon. Between game drives, walks, and meals, guests may relax around the pool or in the library, to read or write in peace and soak up the tranquility of Africa.

### Bush Skills Course Introduction

Later this afternoon we'll have an introduction to our Bush Skills course by Derek Solomon, our guide and teacher. He'll brief us on the day-to-day activities for the remainder of the course. We'll also receive our course manuals at this time.

Derek has been leading special interest wildlife safaris in Southern and Central Africa for more than 15 years. He is an executive member of the South Luangwa Guides Examination Board and conducts training courses and workshops for safari guides throughout Zambia. He has an avid interest in animal communication and is currently working on a project to study underwater communication among hippos. Together with the National Park's ecologist he is undertaking a long-term study of the birds and amphibians of South Luangwa. He is recognized as one of the leading ornithologists in the sub-region and has published several books about birds and their behavior. Also, he has just started work on a behavior guide to the mammals of South Luangwa National Park.

After dinner we're off to bed, as we'll be getting up early tomorrow morning to begin our exciting Bush Skills experience!

### Days 8 -12, Friday - Tuesday, November 2 – 6 AdventureWomen Bush Skills Course!

#### **BUSH SKILLS: A Practical Field Guide Training Course at Mfuwe Lodge, Zambia's South Luangwa National Park—*The home of walking safaris in Africa***

The following is what we will be learning and studying during our Bush Skills course:

- MAMMALS: Identification and behavior, habitat requirements.
- BIRDS: Identification and calls. Use of a bird book. How to identify unknown species.
- REPTILES: Crocodiles and snakes. Identification and behavior.
- INSECTS & THEIR RELATIVES: Common insects, spiders, and scorpions.
- VEGETATION: Common trees and shrubs and their use by wildlife. Local medicinal uses.
- TRACKS & SIGNS: Spoor and dung identification. Basic tracking skills.
- APPROACHING DANGEROUS GAME: Driving and walking skills in big game country.
- GAME DRIVES, SPOTTING & RADIO PROCEDURES.
- BASIC FIRST AID IN THE BUSH: Dehydration, snake and insect bites, bee stings.
- WEAPONS: Basics and safety. How and where to use a weapon.
- SURVIVAL SKILLS: How to find food and water; make fires, rope making, direction finding and the night skies.
- BUSH CUISINE: Cooking in the bush.

Daily walks will include practical tracking skills, spoor identification, identification of wildlife and vegetation, and use by wildlife and humans.

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Each day, 2 participants will be responsible for:

- Daily camp activities.
- Early morning wake-up call.
- Preparation of morning tea/coffee and light breakfast with the camp staff.
- Bar duties.
- Safety procedures (together with the instructor) and vehicle checks.

Each one of us will be allocated a common mammal, bird, reptile, insect or tree to study during the course and we will be requested to give a 5-minute presentation on this subject. Adequate reference material, in addition to the course notes, will be available at the camps for this purpose.

**Day 7, Thursday, November 1**

PM: Mammal identification.

**Day 8, Friday, November 2**

AM: How to use your bird book and basic bird identification.

PM: Vegetation.

**Day 9, Saturday, November 3**

AM: Crocodiles and dangerous snakes.

PM: Insects and their relatives.

**Day 10, Sunday, November 4**

AM: Approaching dangerous game.

PM: Basic first aid.

**Day 11, Monday, November 5**

AM: Practical survival skills.

PM: Weapon handling.

**Day 12, Tuesday, November 6**

AM: Practical bush cooking.

PM: Quiz on knowledge and skills acquired on the course. Field exhibits quiz. All participants will produce the evening meal together with no gas or electric oven or other modern facilities.

<b>BUSH SKILLS</b>	
<b>The Program and Typical Daily Schedule</b>	
5 am:	Wake-up call and light breakfast.
6 am:	Walk with your instructor and armed scout covering course topic for the day. Stop for tea break to discuss sightings and spoor seen during walk.
10 am:	Return to camp for first lecture of the day.
12 noon:	Brunch.
1-2 pm:	Free time/siesta.
2 pm:	Afternoon lecture.
3 pm:	Tea.
3:30 pm:	Afternoon walk/drive/sundowner/night drive with participants spotting for animals.
6 pm:	Dinner. Overview before bedtime.

### **NOVEMBER ELEPHANT MIGRATION AT MFUWE LODGE**

To add to the excitement at the Lodge while we are there for our Bush Skills experience, every November a group of 9 elephants, including some youngsters, come walking up the steps and straight through the reception of Mfuwe Lodge! The attraction is the wild mango fruit that is being produced by a large tree close to the library on the other side of the reception. The elephants walk through at least twice a day for about 4 weeks and then sporadically for about another 3 weeks.

#### **Day 13, Wednesday, November 7 *Departure***

Morning departure to Mfuwe Town and flight to Lusaka. Fly to Johannesburg and connect with flight home.

#### **Day 14, Thursday, November 8 *Return to the United States***

### **CLIMATE AND WILDLIFE**

Zambia has three distinct seasons, which are generally the opposite of those in the Northern Hemisphere. Though located in the tropical latitudes, the altitude of Zambia gives the country a more pleasant climate with relatively low humidity.

There is a cool, dry winter season between May and August. Rivers and water sources tend to begin receding and game viewing improves steadily at this time. Many of the roads in remote areas are only passable during the dry spell.

The hot and dry season runs from August to mid-November. Prior to the onset of the rains in mid to late November, temperatures can be in the 90s and above. Game tends to concentrate at all the watering holes, rivers and lagoons, and this is the ideal time for game viewing.

A hot to warm wet season runs from mid-November through the end of April. The onset of the rains makes the remote areas very difficult to explore and many seasonal camps are closed.

Our Bush Skills Safari has been organized to take place in Zambia during the dry season, when game viewing is at its peak.

### **ELECTRICITY**

At Mfuwe Lodge, electricity is 220 volts. To charge your camera batteries, bring a battery charger and a 3-square pin adaptor that is a standard British plug.

### **CURRENCY**

The unit of currency in Zambia is the kwacha, with 100 ngwee making up one kwacha. One U.S. dollar is worth approximately 4,168.23 kwacha (Sept/06). Foreign currency can be exchanged at our lodge, at authorized banks, and at bureaus of exchange.

### **WATER AND FOOD**

If the tap water in our camps is not safe to drink, there will be a thermos or a carafe of drinking water in your room. Or, we will be supplied with bottled, boiled, or filtered water. Bottled water is supplied to us during the daytime on safari. It is important to take the advice of our guides whenever you are unsure about the safety of water. During safari, all food is very well prepared and it is safe to eat anything that is served.

### **TIPPING, MONEY, AND CREDIT CARDS**

As a rule of thumb, we suggest tipping as follows: tips to professional safari guides: \$8 - \$10/person/day to bush skills instructor; \$3 - \$5/person/day to driver-guides; \$3 - \$5/person/day to camp staff, which are communal tips that are shared among the staff.

Credit cards (Visa and MC) are accepted at our Lodge and in Zambia's larger shops, but not necessarily in the markets and small towns. AM EX is also accepted in many places. You should bring small U.S. bills and also some traveler's checks that you might be able to exchange at airports and banks. However, it would be wise to not solely count on travelers checks and to bring about \$500 U.S. cash (in small bills, from \$1 to \$20.) Make sure that the money you bring is in NEW bills, and not worn or torn bills.

Local currency is not necessary at Mfuwe Lodge nor at any of the bush camps, since they accept U.S. Dollars. The Lodge accepts both Visa and Master Card. However, an additional 5% to cover bank commissions, is charged to all accounts settled through credit cards.

Returning U.S. residents are allowed to bring back \$800 worth of merchandise, duty free. Expensive camera equipment and jewelry purchased in the U.S. (we recommend NEVER bringing or wearing expensive jewelry) should be registered with U.S. customs prior to our departure; or you may retain your sales receipts as documentation for re-entering the U.S.

## WHAT TO BRING

Although international baggage allowance is now 50 pounds for one piece of checked luggage, our smaller aircraft in Zambia has a 20 kilo limit (44 pounds). This will encourage you to pack light! There is laundry service at our safari camps, and turnaround is quick.

Pack in a duffel bag or soft sided suitcase. In addition to your duffel, you should bring a carry-on bag with everything you cannot live without (all camera equipment and film, prescription medication in original bottles, all money, important travel documents, passport, etc.). See the new government travel restrictions for luggage at [www.tsa.gov/travelers](http://www.tsa.gov/travelers)

Select your clothing based on comfort. Safari clothes should be washable, cotton or the new fabrics (not synthetics like rayon), and loose fitting. Some of the new fabrics like Coolmax, supplex, and polypropylene are excellent, and can be found in the TravelSmith catalog we send to you. Safari clothing should be light colored (tan, khaki, or neutral colors); it will keep you comfortable and is unobtrusive and non-threatening to wildlife. Remember, there is laundry service at each camp.

- A well broken-in, comfortable pair of lightweight hiking boots or walking shoes.
- Pair of sport sandals.
- 2 long-sleeved shirts.
- 2 Short-sleeved shirts and/or T-shirts.
- 2 pairs of shorts or 2-3 pairs long pants that zip off for shorts.
- Underwear, socks, sleepwear.
- Toiletries, including Wash & Dries.
- Prescription drugs (with the labels on).
- A lightweight fleece and light jacket for cool evenings. It can be downright cold in the morning and evening in October, so a jacket for early morning and night game drives is essential.
- A lightweight day pack for carrying camera, film, hat, sunscreen, etc. (you can also use your day pack as your carry on bag).
- Moneybelt or waistpack for money/passport.
- Washcloth (not supplied in most lodges/camps).
- 2-3 cotton bandannas.
- Bathing suit for pool at lodge.
- Pair of rubber "thongs" for the showers.
- Sunglasses.
- Lightweight, wide-brimmed hat (a must).
- A spare pair of glasses (if you wear glasses).
- Insect repellent.
- Ziploc bags of various sizes.
- Travel alarm clock.
- Small flashlight.
- Camera, plenty of film or memory cards, and extra camera batteries.
- Small, lightweight binoculars (a MUST) for game viewing and birds. You will be very disappointed if you do not have a good pair of binoculars. Nikon or Minolta make fine, lightweight binoculars. Try a general game viewing 7 X 28, or 8 X 20 binocular.
- Lonely Planet Watching Wildlife: Southern Africa* by Luke Hunter, Susan Rhind (Paperback – December 1, 2001)

WHAT TO BRING—continued on following page

**Personal First Aid Kit (bring in small amounts and small containers)**

- Cloth, not plastic Band-aids; about 10 individually-wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Benadryl cream for itchy bites.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Adequate quantity of sweat-resistant sunscreen with at least an SPF 15 rating or higher, and lip balm with SPF.
- Tweezers.
- Systemic antibiotic (i.e. a Cipro prescription).
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle).
- Laxative tablets.
- Visine or similar eye drops.
- Please leave all valuable jewelry at home!!!

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*Thank you for choosing to travel with AdventureWomen!  
If you have any questions or concerns, please don't hesitate to call, write, or email us.*

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