

HOW TO USE THIS BOOK

This hand book has been written from north to south for all general information. For borders etc where procedures differ N & S are used to point out the relevant points to South and North bound use.

All prices and rates of exchange are meant to be used only as a guide. It would be impossible to keep up with the constant change in fuel cost and the fluctuation of the money market.

THIS BOOK IS NOT TO BE ALTERED IN ANY WAY EN ROUTE

Any change or addition to it will be done in the London office.

When a driver wants to add or alter information in the handbook please write it on loose paper and send it with trip reports and mail to London.

Useful general information is at the back along with a medical booklet and some trip cost sheets.

compiled by A R Wolfe 14.7.74
Updated by ARW 18.1.76
Updated R K Miller 28.9.76
Updated M Crabb 10.3.78

EUROPE

FRANCE

(ROUTE 1)

S. BUY INSURANCE AT CALAIS.

Camp on summer trips but use youth hostels in winter.

CALAIS-ROUEN 120 miles

Insurance : at border

Rouen : Youth Hostel use cooking facilities -
17 Rue de Diderot cutlery etc belonging to YH.
Rouen 0103335 720645

PHONE THEM AND WARN OF YOUR ARRIVAL - numbers and sexes.
(London office should have done this before your departure from London)

ROUEN - SQUMEN 190 miles

Saumut : Youth Hostel
49 Maine et Loire

SAUMUT - BORDEAUX 220 Miles

Bordeaux : Youth Hostel
Bourget du Lac
73 Savoie

BORDEAUX - SAN SEBASTIAN 120 miles (4 hrs)

Camsite 10km before border on main road - AIREONA 1F p.p.

S EXIT EASY

N ENTRY EASY, buy insurance.

The French railway station here changes money even at night.

NOTE: If using French motorways the service stations have free camping areas. The restaurants have toilets, showers, phone and some have telex.

There are youth hostels throughout France, including Dunkirk, Chartres & Pointiers. Cost 12FFr per head.

SPAIN

Entry Easy.

Exit easy - have been searches on exiting.

N & S. Buy Insurance, bank at border post and small market.

Stock up with enough fuel in Spain to get you into Morocco - it's cheaper there.

MADRID

Camp : 3 miles north on Burgos Rd (not open in winter).
Cannot use Y Hostel. Find Pensione outside Madrid.

MALAGA

: Should be warm enough to camp even in winter.
Camp open all year round.

A good place to club together and buy a cheap guitar if people on the trucks play and did not bring one along.

SAN ROCHES : Very good camp and motel on right. A good place to stay so as to get the first ferry of the day from Algeciras. Can get a group discount, have a good disco upstairs to help get the group together.

ALGECIRAS

S. Get first ferry of the day so you have enough time in Ceuta and cross into Morocco before camping.

S. No formalities here.

N. Will probably pull you to pieces at customs. Be very sure that all is in order and you look smart.

N. Buy insurance.

NB: Hostels in Spain are cheap and good.

E U R O P E

(ROUTE 2)

Spend no more time than necessary in Europe.

CALAIS

FRANCE

Campsite : Good cheap one just before Nord Ausques on the left (a few kms before St Omer) $\frac{1}{2}$ hr or so out of Calais.

ROUTE TO TUNISIA

Besançon - Lausanne - Grand St Bernard - (over the top more exciting & cheaper than the tunnel there) - Aosta (very pleasant).

Autostrada to Milano (ordinary road OK and cheaper from there to Bologna). - Firenze. ITALY.

Florence : good city for one day

use autostrada - ordinary all
1st gear.

Camping : Michaelangelo on the Hill south of river seems best.

Rome : too big for one day -(waste of time.)

Naples : not worth spending time.
Stay on autostrada all way down - cheap rates.

Pompeii : very good for couple of hours
(get guides to show Villa of 2 Bros)

Campsite : on sea front at Paia a Mare
(Tykes Camping) v good.

San Giovanni : FERRIES every $\frac{1}{2}$ hour or so.
Takes 40 minutes. (discount on
no. of pax - approx 10)

North Sicily : Not exciting but pleasant. Good
beaches, usually have campsites
on them.
Quite good site just after Cefalu
with good beach and cheap beer.

EUROPE cont'd

North Sicily cont'd

Trapani : very little near here.
Salt flats south, hilly country north.

Camping : free. possible on twisting road up
to ERICE.

Erice : Old medieval tourist village -
possibly worth a visit if into
old churches, narrow streets etc.

FERRY BOAT : is a reverse-on job.
no access to truck during 8-9 hr
voyage.
good lunches served (approx £2).

TUNISIA

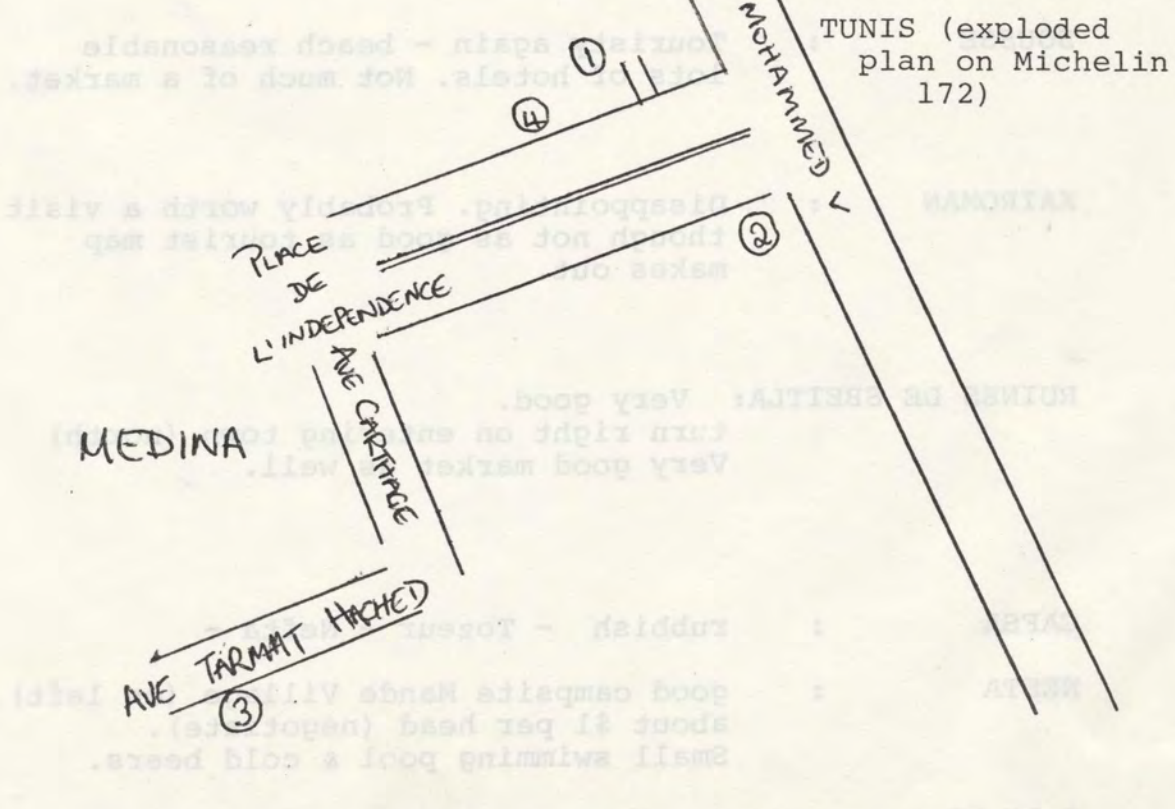
OR EVERYTHING.

: possible to camp just out from customs (ask at the gate) about 300 metres on beach. OK but not completely safe.

oms : Disembarkation from ferry slow,
customs and immigration reasonable.

: everything available in Ave Tarhat Hached
several small supermarkets, ironmongers,
electrical & hardware. Market in Medina
good & interesting.

- turist info
 el station
 st office & phones
 nk



TUNISIA cont'd

Tunis cont'd

post office : efficient

Banks : on dual carriageway up to
Place de L'Independence.

Fuel : approx 47p per gal i.e. cheaper
than Italy but more than Algeria.

Water : available at fuel station

CARTHAGE : waste of time - tourist rip-off
hassles everywhere.

HAMMAMET (60 kms south) tourist rip-off

camping : campsite useless & expensive
good beach camping about 10 kms
further south (wide dirt road
on left)

SOUSSE : Touristy again - beach reasonable
lots of hotels. Not much of a market.

KAIROMAN : Disappointing. Probably worth a visit
though not as good as tourist map
makes out.

RUINES DE SBEITLA: Very good.
turn right on entering town (north)
Very good market as well.

GAFSA : rubbish - Tozeur - Nefta -

NEFTA : good campsite Mande Village (on left)
about \$1 per head (negotiate).
Small swimming pool & cold beers.

Salt Flats on either side of road there impressive.

TUNISIA

after Nefta

BORDER BOU AZOUA Unfriendly, questions about tourists
camions, etc. Questions about
authorizations to drive through
Algeria etc.

Customs : require drivers authoriation &
registration book of vehicle.
A day wasted there.

BORDER AT BOU CHEBKA preferable. INTO ALGERIA

More pleasant, better organised
(better scenery)

Customs : Accept Tunisian Dinars. Camping
good on either side on wooded hillsides.

TEBESSA : good market

Cross country over fairly rough tarmac via
Khenchela - Tingad - Biskra.

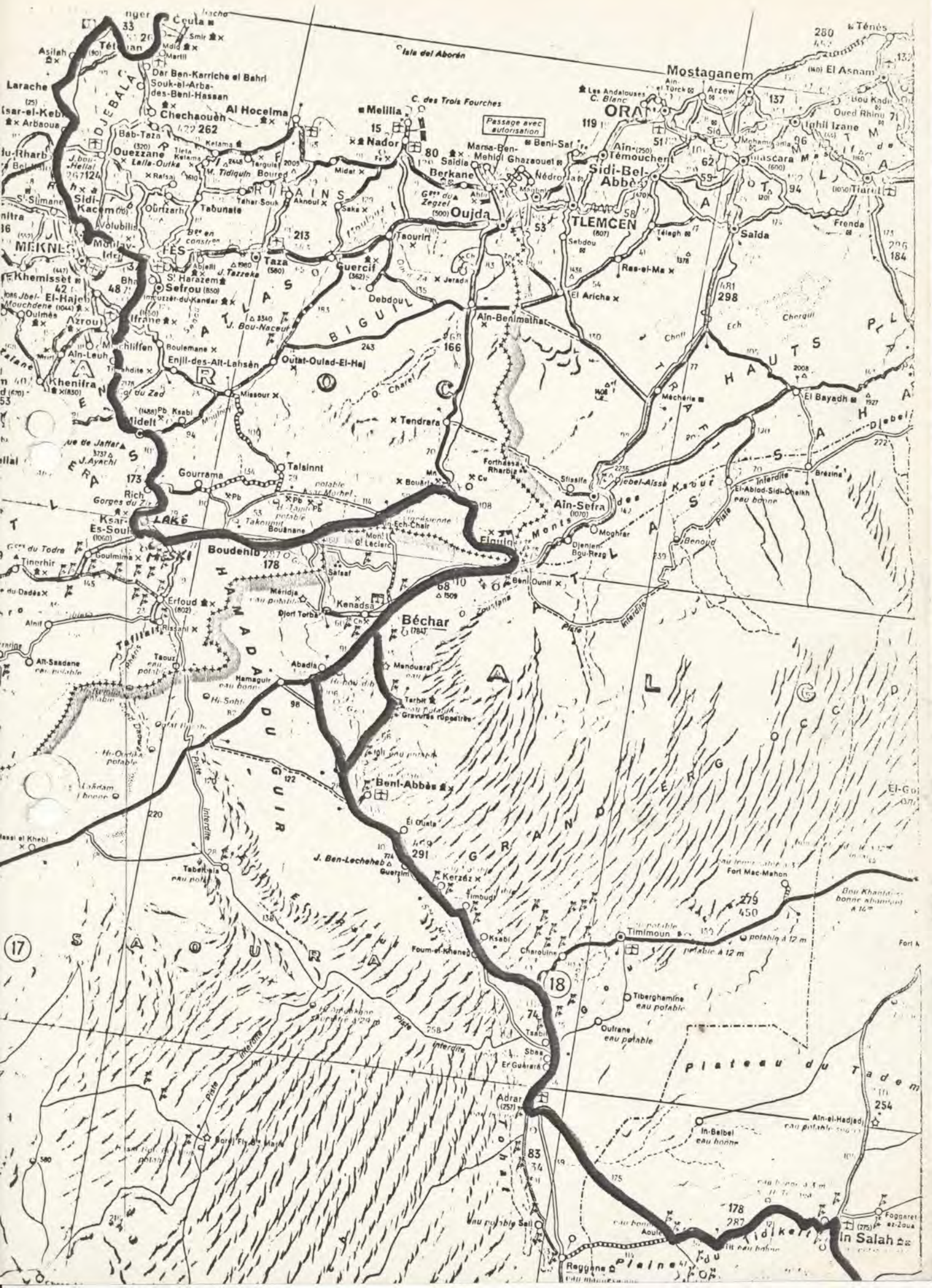
BISKRA : market, bank & postoffice
(to right, north centre of town)

HASSI MESSAOUD off route, but apparently gas bottle
filling plant there.

Then to Ghadaia to join normal route through Algeria.

Road conditions throughout Tunisia almost without
exception very good tarmac.
Water readily available en route, also fuel, fresh veg
and supplies.

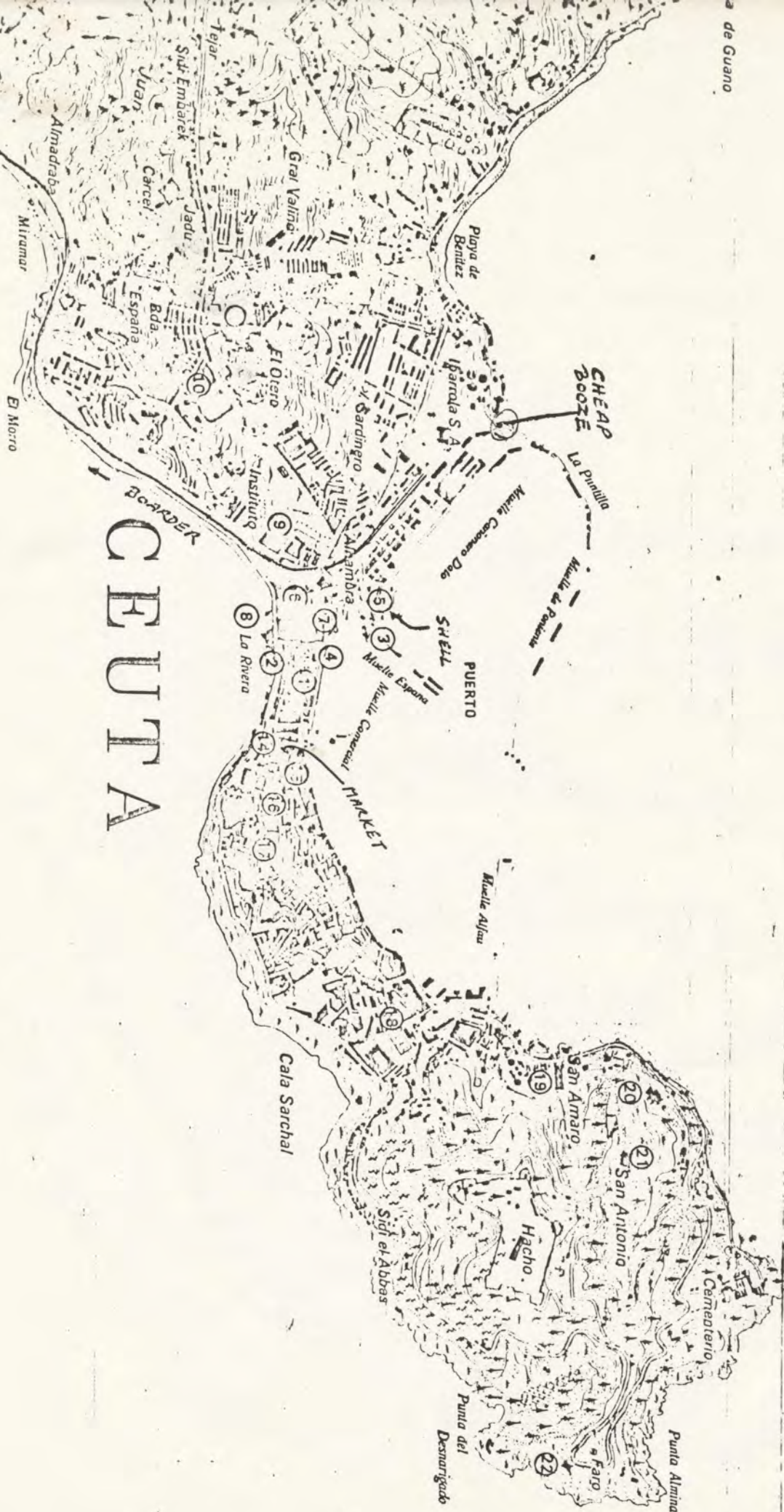
MOROCCO



- 1 Ayuntamiento
- 2 Catedral
- 3 Oficina de Turismo
- 4 Iglesia Virgen de Africa
- 5 Estación marítima
- 6 Hotel Empresa Nacional de Turismo
- 7 Club Náutico
- 8 Piscina
- 9 Instituto de Enseñanza Media
- 10 Estadio Municipal
- 11 Frontera
- 12 Vistas panorámicas
- 13 Tiro de pichón
- 14 Mercado
- 15 Teléfonos
- 16 Correos y Telégrafos
- 17 Administración General
- 18 Iglesia del Valle
- 19 Teatro Municipal al Aire Libre
- 20 Monumento Alzamiento Nacional
- 21 San Antonio. Mirador
- 22 Mirador

Francia

a de Guano



Isla de S^a Catalina

MORROCO

A kingdom ruled by eight successive dynasties since the eighth Century A.D.
The present king is King Hassan II.

People: ARAB - BERBER

Capital: RABAT

Population: 15,000,000

Language: ARABIC - BERBER - FRENCH - SPANISH

Religion: MUSLIM

Climate: MEDITERRANEAN IN NORTH COAST REGION
DRY, SAHARAN CLIMATE IN DESERT REGIONS IN SOUTH

Time: G.M.T.

Money: DIRHAM 10.24 to £1
4.25 to U.S.\$

Holidays: Jan 1, 4, 8
Feb 2, 3
Mar 3

CEUTA SPANISH

Duty free port. Cheap booze, radios, cameras etc.

PETROL 5.8p per litre 281 per £

DERV 3.05p per " 52.51 per £

Fuel cheaper in Morroco

Possible to camp in booze shop warehouse shown on map also change money

Good restaurant - La Tarranza

Large fruit and veg market in centre of town.

N Ferries, ticket office opposite Shell Service station 100 yards towards town (tickets must be ready 1 hour before departure).

BORDER

Very slow - Carnet useful

N Entry Spanish, no problem, Health certs etc.

Probably searched in Algeciras

Insurance Algeciras 8 days 300 pst.

S Exit Spanish No problem

N Exit Morroco No problem Might be searched

S Entry Morroco very slow. Important to look very smart - short hair etc
Insurance at Border office for 5 days varies from 70dh to 258dh.

(A)
ROUTE Ceuta - Tetouan - Tangier - Asilah - Larache -
Sidi Kalem - Moulay - Idriss - Fez (B)

A - B 1 day

B 2 days.

ASILAH Camping International. cost around 3dh per head.
But good beach. ~~TEL~~ ASILAH 10.

VOLUBILIS Site of Roman capital of North Africa.
(Moulay Idriss) Very good mosaics. One hour needed for
tour. Cost 1 DH include guide.

FEZ

Camping : Moulay Slimane Tel: 244 38, 100 yds from
Holiday Inn, Restaurant, bar & swimming
pool. Enter through 'Commercial gate'
as truck too big for normal entry.
Guards provided at camp but care needed.
2 DH per person.
1 DH per tent.
Driver Free. May get reductions for group.

Gas : Comptoir de Fez
52 Boulevard Med V
Opp. CTM bus station.
Many small shops to exchange bottles.

Money : Only bank for foreign currency transfer:
Arab Bank of Casablanca
174 Rue Mohammed V
Casablanca. Tel: 63151

Meal : Cafe Sada - good meal for group.

TELEX : at post office & Holiday Inn.

Tour : recommend a guide. Aziz or Gali to be
found at Cafe Sada. They will provide
a guard for the truck in Medina (essential)
2DH per person (group pay).

Market : Out of camp. Turn right, robot right.
Robot right top of hill on left.

British Consulates : ~~Howard~~ ^{Prayon.} British vice Consul
28 bis Ave Abal Ben Abdullan
BP45 Rabat. Tel: 20905, 31403, 32296.

British Consulate General, 52 rue
D'Angleterre, PO Box 2033, Tangier. Tel: 15895.

ROUTE : Fez - Ifrane - Midelt - Ksar-es-Souk
(A) (B)
A-B important in winter to make in one day
116 miles 8 hrs including lunch. Tar road.

KSAR-ES-SOUK

Camping : In summer Meski very full. Camp by lake
5 miles before Ksar-Es-Souk (free).
Out of season use Meski (1 DH per person)
Fuel, water and small market.

ROUTE : Ksar-es-Souk - Boudenid - Bouarfa - Figuig
(A) (B)

A-B 1 day. Tar & dirt.
Road : Bouanane - Ain-Ech-Chair. Fair dirt & tar.

FIGUIG :

Exit : Immigration in town on left.
Customs 200 yds past down small road on left.

S. : Customs sometimes search. Looking for money
& whiskey. Spread ownership of whiskey over
group.

Entry : be smart

Insurance: From post office (closed at weekends)
Approx. 250 DH.

Continue on through town in about 2 miles
IMMIGRATION ALGERIA. On to T-junction, left
to Bechar but customs 200 yds right.
Money, camera, radio etc form.

Insurance: 137 DH

Route 2:

Fez - Oujda - Figuig
Use if visa problems arise
All tar road.

Route 3:

Fez - Oujda - Algier - Bechar
As above
i.e to Oujda for ALGERIA entry visas

ALGERIA

ALGER

ALGERIA

A Republic. Conquered by France between 1830 and 1847, it was declared French in 1848 and became independant in 1962. The total area is approximately 850,000 square miles of which seven eighths are desert.

President 1971: Col. Houari Boumedienne

People: Mainly Berber who have preserved their national customs and language and whose dialects survive amongst the desert Nomads, especially the Touregs.

Capital: Algiers

Poulation: 13,550,000

Language: Arabic, Berber, French

Religion: Muslim

Time: G.M.T.

Climate: Strong seasonal contrast between Mediterranean and Sahara. Winters are cool and wet; summers hot and dry. The desert proper is virtually rainless. Rainfall averages less than 10" in the north and 15" in the south on the latitude with Timbuctou and Agades. In the central desert regions there are areas with no rainfall, and of the oases it has been recorded that El Golea experienced only one fall of rain in seven years. June, July and August are the hottest months in the Sahara. A shade temperature of 136.4 F was recorded in Tripolitania. Day temps. are usually around 100 F and can drop to below 40F. in the night. In the months of Oct and Nov the temperatures are not so extreme.

Money: £1 - 9.2 dn.
\$1 - 4 dn.
Fr1 - 1 dn.

Holidays: Jan 1, 4-8, 24
Feb 2-3
April 5,
May 1,
June 19,
July 5,
Oct 18-19
Nov 1.

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Algier:

Gas: In Corrubier - far east of city
Near sea Buta-gas 10dn. per cylinder
Take Constantine Road

Repairs: In railway arches 'Rue Angkou'

Nigerian Embassy: No 27 Rue Blanc Pascall
Tel 606050 -606051

British Embassy: Residence Cassiopee
Batiment B
7 Chemin Des Clclines
B.P. 25
Algiers.

N. If trip funds required better to have money forwarded to Algiers rather than any other place in North Africa.

Jan 1, 4-8, 24
Feb 2-5
April 2
May 1
June 12
July 2
Oct 12-19
Nov 1

ROUTE : Figuig - Bechar (takes 2 hrs, tar road)

Bechar : Official money change at Bank Central.
To buy diesel & petrol coupons 40% reduction.

Market : Very good, stock up with 4-5 days food.
Potatoes, veg, fruit, etc.

Fuel : stock up. Fuel coupons not always available.

Insurance: Should have been bought at border.

Telephone: long delays.

ROUTE : Bechar - (Tarhit) Adrar 2-3 days. Tar.
(A) (B)

NB : All through the desert collect old tyres
and use for fires.

Can be tar all the way, or via Tarhit
bad road but beautiful oases.

CAMP (TARHIT) Turn left just before crossing bridge,
follow track until it opens out.
Trip to rock drawings not recommended.

WATER (TARHIT) at hotel.

ADRAR

Water : at market and garage

Hotel : Possible to have shower.

ALTERNATIVE ROUTE Oujda - Sidi - Bel Abbes - Tiaret -
Laghouat - Ghardaia - El Golea - In Salah.

Tar road to In Salah.



← EL-GOLEA

← TAR

TAR
MARK →

TAMARRASSET →

HATAS NI

SAND DUNES

CAMP

GOOD WORK
SHOP
BATH
BREAD ETC

ROULET

PARK

PETROL
OIL
WATER

PETROL

Police

OLD ROAD

ADRAR (cont'd)

Police : If possible do not check with police.
It can cause a long delay.

Market : fair, stock up for 2-3 days.

ROUTE : Adrar-Aoulet- In Salah) 1½ - 2 days
(A) (B)) Dirt Road

Adrar to Aoulef across the corner of the
Tademait Plateau flat open desert. Be careful
not to lose track.

ROUTE VIA REGGANE better marked but you may have to do
a police check in Reggane.
Road corrugated and has areas of soft sand.

IN SALAH:

Camp : in oasis near edge of town, warm water springs.
Fill with fuel and water and fresh veg - none
till Tam.
Pharmacy attached to hospital.
Turkish baths.

ROUTE : In Salah - Arrak - Tamanrasset) 3-4 days. 424 miles.
(A) (B)) Dirt Road.

Tar now (1977) extends 130 kms south of

In Salah.

Road can vary from good when its been graded
to corrugations that will shake anything apart.

About 35kms south of In Salah is water station.
Possible to wash, etc.

TADJEMOUT: New fuel tanks now in, if fuel hear fill up
as Tam could be out.

80 kms north of TAM cross the tropic of
Cancer (good for photos).

IN EKKER: Much military activity in this area, partially
due to road building. Be careful not to use
military road. At present not all tar stretches
available for non-military use.
Short stretch of tar alongside the old French
atomic testing ground.

ALGERIA - DJANET ROUTE

(A)

ROUTE: TUNIS - CONSTANTINE (ALGERIA) - BISKRA -
TOUGGOURT - OUARGLA - HASSI-MESSAOUD - BEL GUEBBOUR -
TIN FOUYE - OHANET - IN AMENAS - ILLIZI - FORT GARDEL
- DJANET - SEROUENOUT - ASSAKREM - IDELES - TAM. (B)

A - B 14 days.

Border: GHARDIMAOU - no problems

CONSTANTINE: Very large, well worth visit.
Road from border very bad & slow.
After Constantine to Biskra road
improves.

BISKRA: Reasonable size town all facilities
available. Best to stock up on fresh
fruit and veg for at least a couple
of days. After Biskra you are in
desert and its' all flat roads.

TOUGGOURT: not good town for supplies, but fuel
is available here. Also a bank &
post office. If anyone wants to show
you lakes at Temacine - don't bother.
They are very salty and not the best
healthwise.

OUARGLA : small town but quite good market. Not
great selection but enough. Best to
stock up with as much fresh supplies
as possible as nothing between here
& Djanet except bread, then nothing
from Djanet to Tam.

HASSI-MESSAOUD: fresh bread. Water near roundabout on
east end of town.
It's a town full of workshops for oilfields
in the area. Road from Hassi-Messaoud to
In Amenas is good tarmac. Area full of
oilwells and nothing else.

SAND DUNES on road to In Amenas very good.

BEL GUEBBOUR: Will be stopped by police - just formality.
Check everyone, passports, insurance.
Easy to miss and just drive past - the
police station is on left hand side just
past the fuel station.
Good water supply 18km further up road.
Good spot for lunch and bath.

TIN FOUYE & OHANET: don't exist. Ohanet has 4 pipes
sticking out of the ground!

ALGERIA DJANET ROUTE (page 2)

IN AMENAS : Here you obtain permit to travel to DJANET. If you don't and you're report to the police in Illizi, they will send you back to get it. The police in IN AMENAS will not let you go until this authorisation has been obtained.

Get the permit in the same building where the post is, but the next door down.

When entering In Amenas go to residential area for formality

Bread may also be obtained here but don't count on it.

Fuel & Gas : go to industrial area, which is about 7 km away.

Road to Illizi is good for about 80km then you hit good dirt for a short period and then the road just deteriorates quickly.

ILLIZI - FORT GARDEL: 3 days. very beautiful scenery. Would have serious doubt about doing this route in middle of summer - there's so much rock that a midday stop for lunch would be nearly unbearable due to the heat reflection from rocks.

FORT GARDEL: Good water available here - nothing else.

DJANET : Fresh bread.

Camp : about 1 km out of town nr football pitch. Good water 100 metres away.

Rock Paintings: 1 day tour starting 6 a.m. till 4 p.m. cost 108 dinars per person. Includes lift to base of site and services of guide for day. Guide doesn't speak French & doesn't know anything about the paintings - only shows you where they are. Need to take own food and water. You'll need PLENTY of water. Approx 15 km walk up to top of Plateau and around top to different paintings and down again.

Avec les compliments

de l'Agence Touristique Algérienne

ALSO: ALTOUR, Place du Marche
Djanet. W. Ouargla.

agence touristique algérienne

Société Nationale sous tutelle du Ministère du Tourisme

2, Place Cheikh Ben Badis - ALGER (Algérie)

Téléph. : 62.26.00 à 04 - Télex : 52 853 ATA - ALGER

Cable : Agencetours - ALGER



ALTOUR : arrange the rock painting tours. Only Co there.

Cameras : Permission is necessary, but it is forbidden to use flash units. The permit is obtained from the little museum and National Parks office on top of the hill.

Paying : Try and make arrangements for the Altour to pick you up before you pay.
Some of group may want to rest in Djanet rather than do the tour.

(Time spent in Djanet 2-2½ days).

Back up through FORT GARDEL - SEROUENOUT.

SEROUENOUT: Old abandoned fort. Reasonable road.

Turn off to Assakrem. The turning is 30 km west of IDELES (not 35km as indicated on map). This road although in places is very good, in others it's very bad and great care is needed driving over this section. Large sections are completely washed out and one very bad switch-back section.

NB : You may have a few sore bottoms but the trip is a great success and recommended to anyone wishing to do something a little hard and more exciting.

The extra cost of the fuel was \$60 (Feb-Mar 78) and time (without problems) 3 to 4 days.

And so onto Tam.

TAMANRASSET

Camping : campsite very expensive worth only one night to get cleaned up. NO tents needed, small huts with electric light. Cost (1977) \$4 per head. Poor value, no water.

Going anti-clock wise round the Hoggar 18 Ks from Tam, sign off left to source JOJO. Constant water, little restaurant. COST \$1 per head (1977).

Gas : small shop with gas sign outside. They refill bottles. Takes time. Often out of stock.

market : poor. food stocks expensive.

Souvenirs: Not good and expensive.

Bank : closed Thursday & Fridays. On Thur may be able to change at other end of town from bank.

Fuel : 2 stations but often run out and it can be a long wait.
1 station in town and 1 large new one out of town - 2 miles past customs.

Post Office: Do not rely on mail from here. NO PHONE.
Poste Restante can be slow and sometimes awkward. Persist - see manager if necessary.

Workshops: 2 in town - fair but expensive. Marked on map.

EXIT : Stamp must be got from police.
Start anti-malaria tablets.

S. Customs : produce money, forms etc.

Make sure you leave Tam with enough food and fuel to get to Agadez (4-5 days).

N. Customs sometimes search.

Insurance: Obtainable in Tam.

Visas : non issued at all in Tam.

N. Police : entry stamp.

Hoggar : The circuit of the Hoggar can be done clockwise. One road starts from town, the other out on the In Salah road by the airport. Circuit can be done in a day but usual to stay up over night 113 miles round trip. Leave trailer at campsite or police station.

TAMANRASSET

WORK
SHOP

HOGGAR

WELDING

X. Money change
(sometimes open
Thursdays).

IN SALAH

TOUR OFFICE

BREAD

GASS

MARKET

AIR OFFICE

HOTEL

BANK

P.T.T.

CAFE

DEKVE
PETROL

Police

Agadez

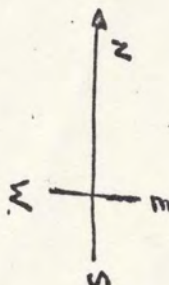
CUSTOMS

CAMP

BATH

HOGGAR

HOTEL
SHOWER



Note: TUAREG, or Blue men of the Sahara called Blue because the dye they use on their turbans and caftans comes off and leaves a blue sheen on their skin.

Until about 400 years ago they were very fair skinned and the theory is that they were descendants of the Normans who were forced down into Central Algeria while on their way to the Crusades. Both the saddles on their horses and their swords and knives are influenced by the Norman designs of the past.

ASSEKREM Set in one of the highest points of the Hoggar Massif is a hermitage founded by Piere De Foucauld before the first world war. He set about translating the bible into Tuareg. After the outbreak of war he moved into the Fort at TAM and later when it was overrun he, along with many others was taken hostage. When relief came some of the garrison panicked and shot Foucard and some of the other hostages. The Tuareg who believed Foucard to be a very holy man hunted the guilty soldiers down and killed them all.

At the end of the war when a friend of Foucard's came to exume his body to take it to Algiers, they opened the communal grave and found that all the bodies had naturally decayed except Foucard who was perfect including his facial expression. No one could put forward an explanation except the Tuareg who said "Well, Of course he's a holy man"

Route:

(A)

(B)

Tamanrasset - In-Guezzam - Ass Amaka - Agadez

A - B 4 to 5 days Sand 560 miles

Tamanrasset to Agadez is the most difficult part of your desert crossing. This section is constantly changing owing to sand storms and therefore the route is not well defined and there are no facilities whatsoever en route. Fuel consumption due to evaporation can go up by 10 m.p.g.

Rush soft stretches of sand. Keep the vehicle moving at all costs and do not stop. Always aim for dark sand. If you get bogged do not rev the engine - high revving only lessens the chances of getting out and can result in a broken $\frac{1}{2}$ shaft. Use sand mats and if necessary drop the trailer and pull out with wire rope. If engine stalls due to flat battery won't start, and unable to push! Jack up one back wheel, wind rope round the wheel and get group to pull with truck in 3rd gear (Out board motor style).

The stretch from TAM to InGuezzam is through hills and well marked. Do not take photos of the army. An immigration officer will collect passports and disappear back over sand dune. If you arrive in the evening they will probably keep you until morning. Camp by well - water O.K. - need bucket and rope.

Check TAM exit stamp

Check Niger exit stamp

In Guezzam - Assamaka is approximately 16 miles and will take about 1 $\frac{1}{2}$ hours. Be very careful of a right angle bend S right. When in sand see large areas of soft sand. Immigration easy to miss- head for small huts on top of small hill.

Immigration and customs very slow. They have strict rules about where you cannot walk. Can be bastards.

Immigration Check and customs

Water:

Artesean Well water good but tastes of sulphur.

NO PHOTOGRAPHS

BETTER WATER FOR DRINKING & TANKS AT IN-GUEZZAM

NIGER

NIGER

A Republic. Large, sparsely populated, mainly desert. Most trans-Saharan routes terminate in Niger whose southern boundary divides the savannah belt from the desert. Independent since August 1960. President 1971: Hamani Diori.

People: Mainly Hausa, apart from the Negro population. Hausa constitute about a third of population. Nomadic herdsmen in the South are Fulani, in the north Berber-Toureg, in the east Teda and Tebu. Most of these people are Muslims.

Capital: Niamey

Population: 4 million

Language: French and Sudanic dialects

Religion: Mainly Muslim, some animist, a few Christian.

Climate: See under ALGERIA for Sahara climate. Otherwise average temp. 80F. Summer rainfall in south.

Time: G.M.T. plus one hour

Area: 1,267,000 sq. Km.

Currency: C.F.A. Franc
£1 - 650 C.F.A.
Best to change French franc

Route: From Assamaka to Tegguiddan
Tessoum road very badly marked and after wind great care must be taken. Track takes sharp turn at In Abangarit well and burnt out combi - no water. Desert now turns into scrub.
Tegguiddan Tessoum small village - worth a look round. Has some salt pits. A well with fair water. Good place to buy sheep or goats for A B.B. a approx. 2000 C.F.A. Lots of wood a little further south.

34 miles south good well and on right side also reasonable camping. (Avoid pollution of water - soap shampoo etc.) Road now clear but rough.

DUTCH EMBASSEY NIAMEY
SONICAR NIAMEY
P.O. BOX 685
TEL 2945

ALTERNATE ROUTE VIA ARLIT

Police and customs again at ARLIT delay you.

ARLIT/AGADEZ road now very bad due to big French trucks to ARLIT.

AT
DUTCH EMBASSY
SONICAR NIMAY
P.O. BOX 682
TEL 2942

ALTERNATE ROUTE VIA ARLIT

Police and customs again at ARLIT delay you.

ARLIT/AGADEZ road now very bad due to big French trucks to ARLIT.

AGADES (Niger)

Police :

S. Check with Police. Get stamp in passport.

N. Exit Immigration Niger.

Camping : Expensive 4m. south of town. Use if campsite in Tam not used. Better to stay here than Tam.

Money : Can be changed at campsite or hotel by mosque or at beer store on opposite side of market from mosque. Also good silver at this hotel. Also bank.

Water : campsite or at BP station. May have to pay.

Market : Fair for food but good for souvenirs. Good for sheep & goats.

Fuel : Petrol 9.8 litre per £1.
Derv 12 litre per £1.
BP station will take French Francs.

BE CAREFUL NOT TO PHOTOGRAPH POLICE BUILDINGS.

Route : Agadez - Tanout - Zinder - Kano.
(A) (C) (B)

A - B 4 days dirt & tar road.
A - C 280 Miles.

Water : a few wells between Agades and Tanout. The water is bad here and very little food. Advise EO not to camp in Tanout. From Tanout to Zinder a good fast road.

ZINDER : top up with fuel but cheaper in Kano.

Police : check with police, get stamp in passport.

Camp : outside town or at youth recreation centre, near BP station.
Good hotel, pleasant beer garden, many souvenir sellers.

Market : good for food & souvenirs - silver.

Money : change at hotel. fair price for group meal.

Water : at hotel or fuel station.

Fuel : BP station - discount possible.
(1 Fr per litre off)

ZINDER (cont'd)

AGADES (Niger)

Telephone & cable : Good.

Repairs : Renault dealer (French), Road north,
welding & repairs.

TAR RD TO KANO.

S. EXIT CUSTOMS at MATAMEYE as you go through
village on left hand side at apex of right hand
bend.

N. Customs.

S. 31 Ks to Immigration exit.

N. Might be searched.

DOURA

N & S. Immigration and customs - be smart - NO PROBLEMS
but slow.
Money forms.





MARINE & GENERAL ASSURANCE CO. LTD.

INCORPORATED IN NIGERIA

56, Ibrahim Taiwo Road, Kano, P. O. Box 416, Kano, Telephone: 606.2102

Our Ref. IS/JOD.
Your Ref

5th JUNE, 1978

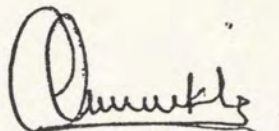
TO WHOM IT MAY CONCERN.

This certifies that ENCOUNTER OVERLAND
is insured with this Company in respect of ~~his~~/their BEDFORD
BEDFORD Registration No. AOR 621J under
Comprehensive/Third Party/Act cover on Policy No. To be advised
and that the insurance is valid whilst the Motor ~~Car~~/Vehicle is
in the - NIGERIA, NIGER REPUBLICS, ALGERIA & MOROCO. from
5th JUNE, 1978 to 4th JULY, 1978

MEMORANDUM

Polic modifiee comprenant couverture pour less Republiques de
NIGERIA , NIGER REPUBLIQUES, ALGERIA, MOROCO en concordance
avec l'arrete general de Dakar d'Aout 1946

YOURS FAITHFULLY,


M A N A G E R.

NIGERIA

NIGERIA

A federal Republic.

Reportedly one of the most populous countries in Africa comprising about 15% of the continental total. The 356,000 square miles include mangrove swamps, high forest and savannah, and desert scrub in the northern region. Independent since October 1963. Head of provisional military government 1971: Maj. Gen. Yakubu Gowon.

People: Predominantly Negro, with Negro-Mediterranean mixture in north. Main ethnic groups: Hausa and Fulani in the north. Muslim cattle farmers, inter-married and inter-bred since Fulani conquered Hausa in late 18th century. Yorubas in the West, descended from the Oni of Ife who organised kingdoms since 12th century. Ibos in the East. Their sector of the country is the most densely populated in Nigeria.

Capital: Lagos

Population: 66,174,000

Language: English (official)

Religion: Muslim and Christian

Climate: Average temp 80F. Average rainfall varies between 48-71 inches from North to South.

Visas: Visitors permits are compulsory for British and Commonwealth subjects and must be obtained well in advance. They will not be issued on the border and entry will be refused without a permit.

Currency: NAIRA - Kobo

Time: G.M.T. + 1

Banks: Open Saturday a.m.

Holidays: Jan 1, 4 and 8
Apr 12 and 15
Sept 18 - Ramadan begins

British High Commission: Kajola House
62/4 Campbell St
Lagos

Deputy High Commissioner: Office of the Deputy High Commission
United Bank for Africa Building
Yakubu Gowon Way
KADUNA Tel: 2573

Area : 354,669 sq. miles

Currency : £1 = 1.1N (Sept 77)
£1 = 1.8N (unofficial)

KANO : A very important town for both N & S.
Truck must leave here in A1 condition
& food, medical kits, etc brought up
to scratch.

Visas : Extended at Central Immigration office
in compound near airport beyond
Texaco station.

Camping : The police have stopped camping in
and around Kano, but have provided a
"campsite" behind the Kano Club.
It's free but poor.
A 24 HOUR GUARD IS NEEDED.
Guy called Mohammed very useful. Helps
find cheaper food, fuel etc.
He will find you at the campsite. He knows
Kano well, give tip when leaving. (approx 10N)
he will arrange clothes washing.

Repairs (1) : Mokaddem - run by Mrs Lot - 146 City Rd
Kano P O Box 711. Tel: 4184.
Good work, but one should stay with them
to see all work gets done.
Mrs Lot changes money but not at a
good rate.

(2) S & A Engineering Ltd, 9 Lagos St.

(3) Dick Wolf, Funo Garages, 37 Ado Bayerd Rd.

(3) A Lebanese called Ali next to Kano Club
opposite AJIP station. Knows Bedfords
and also a good electrician. Bargain on
price.

(4) Lucas & CAV garage opposite Standard Bank.
Good for all work - injector work &
electrical parts.

(5) A guy who will come to campsite. He has
2 letters from EO and will work on trucks.
He is very good at finding cheap parts
any time, holidays etc. Also good to use
for gas etc.

KANO (cont'd)

Repairs cont'd:

- (6) Niger Motors Ltd, Lucas House. Tel: 3887.
Agent for Bedford, Lucas & CAV 15% discount.
- (7) For diesel engine oil. Mobile Service
station outside Criss Cross Club.
- (8) Abu-Darigo - opposite Dunlop Factory.
near Temple. Many parts and will drop
price by a quarter.

Food : Nigerian Canning Co.
39 Mission Rd (large discount).
Two large super markets - Leventis &
Kingsway - both in Hadaija Rd (European
food at very high price).
LEVENTIS is the best if you see the manager
he will give a 5% discount and a good rate
if you pay in hard currency.
Harry Bros. wholesale warehouse.
Food stocks expensive but cheaper
than in Bangui.

Tyres : OTOULA, Mission Road.

Hospital : Nassarawa Hospital, Hospital Rd,
European Dr in airport rd.
Clinics in Banpai and Yakubu Gowon Rd.
Dr's clinic 300 metres on left
past postoffice. Dr Andrew. Slow
service without appointment.

Ministry of Information: Bompai Rd. Maps & general info.

Kano Club: £4 per week membership. Worth it for
swimming, showers, film, cheap meals, etc.
Manageress Mrs Wylie. In past has allowed
us to use typewriter there.

Old City : worth a look. Kano market well worth
a visit.

Fuel : Texaco Office on right up Airport Rd,
nr Bradley's. Full load would qualify
for a discount or contact Sli for % at
Kano Club.

AGIP service station, opp. Kano Club,
is run by a wealthy Nigerian, "Billo"
who gives discounts on fuel and is helpful
with many overland needs, including finance.

Insurance: Marine & General, 3 Bayero Rd.
3rd party fire & theft. Around £8.

Gas : Shell gas or BP gas. Anyone will take you to them. If they won't fill, buy a bottle and fill yourself, then return the bottle. (see note on gas filling)
Occasionally gas hard to get.

Telephone: Almost impossible; goes via Lagos ;
minimum ½ day booking is required.
Dial Kano 2000 and ask for
Mr Odusani who may be able to speed things up a little.

Telex : (1) In Standard Bank and British Caledonia
Office, Central Hotel. Mr Owen is manager
of John Holts Ltd and will oblige with
company telex also. Located 200 yds from PO.

Brit H.C. (2) Flat 1, Murtala Mohammed Way (nr Kingsway)
PHONE_ 4839.

See Mrs Hill, she is also Sec of Kano
Club. very helpful with any problems.
She can arrange use of phone & telex
no. 77184. Callback KANTEX/NG. Has direct
line via Lagos.

(Best telex does seem to be Central Hotel - lines difficult).

Nigerian Airways: Nr Peppel, Station Manager, found at
airport office. Tel: 3041/3510. Linguist
who meets most flights is Mr McGuckin,
home Tel: 3302.

Photocopying &
Duplicating : Atlas Nigeria Ltd, Technical Dept,
corner Yolawa St & Yakubu Gowon St.
Tel: 309s.

PASSPORTS (N): usually come back through IML :
see: Dave Barkley
IML Airchartering (Nigeria) Ltd
33 Murtala Muhammed Way. Kano.

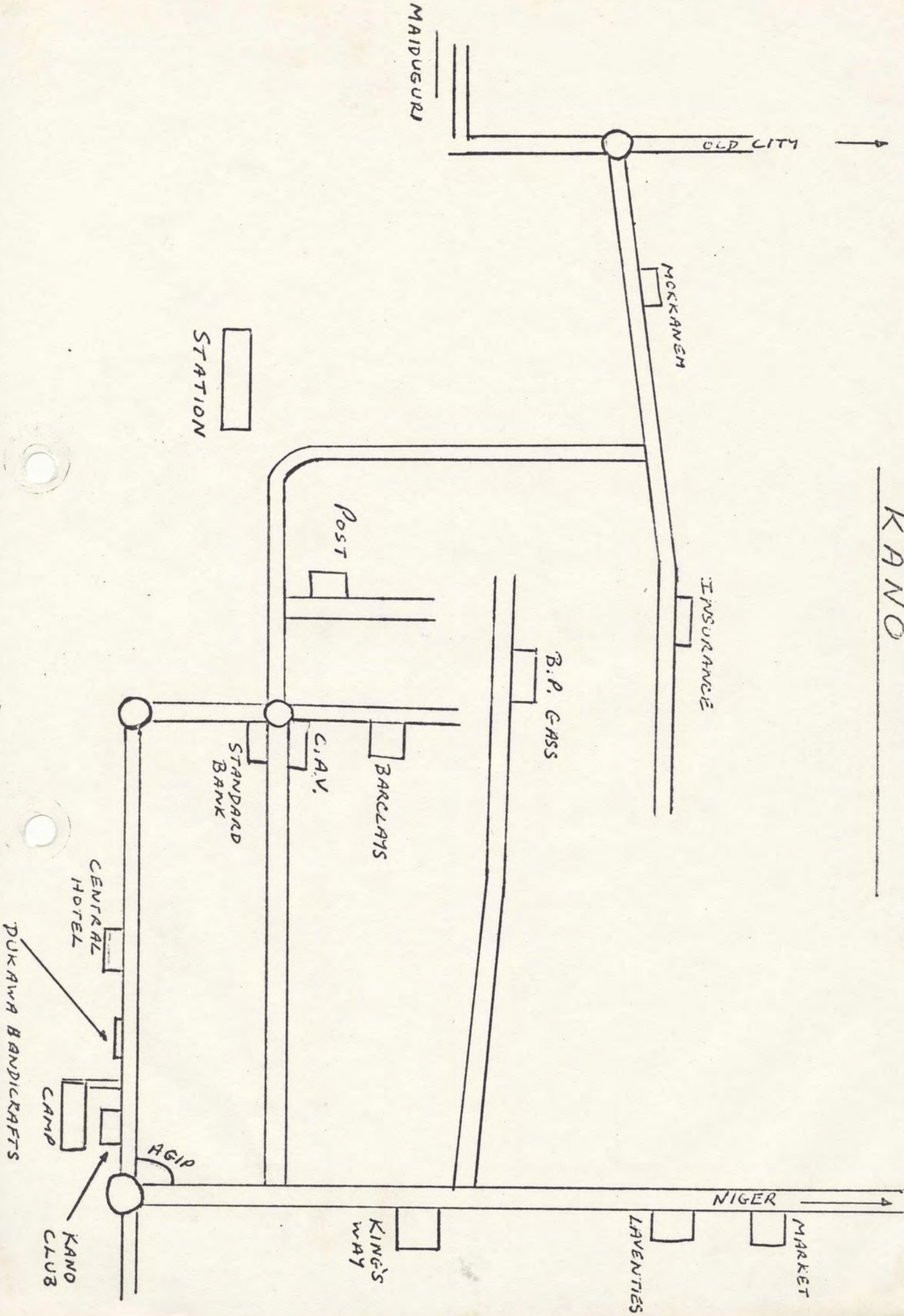
(Dave lives at Douala Hotel).
He's very helpful.

Flights : Habbis Travel, Post Office Rd. Have
phone & telex no. 77174 Callback KANJET NGM.

NIGERIA

Dutch Embassy Lagos: 6th floor, Western House
Yakubu Gowon Street.

KANO



ALGERIAN VISAS

TRANSPORT

KANO - LAGOS

1. Nigerian Airways - Daily departures around mid p.m.
Arrive Lagos early evening
Cost: N110 Return
2. North Eastern Line - Daily departure from Kano depot
taking 20-24 hours
Cost: N35 Return

LAGOS

Taxi: Airport to Y.M.C.A. N5
City to Y.M.C.A. N1

Accommodation:

Y.M.C.A. cost N1.50 for first night then N1.00 per night.

Amenities: room, bed, sheets, shower, toilet, take a mosi net, super market nearby. Contact Mr. Sylvester O. ABIAKWE at the Y.M.C.A.

Post Box 2106, Lagos

Residence: Alowolo Rd

Ikoyi, Lagos

Located in room 5, a personal friend in charge of the lodgings.

VISA REQUIREMENTS:

The following nationalities need a visa for Algeria

USA

CANADIAN

NEW ZEALAND

AUSTRALIAN

FRENCH

Both Swiss and U.K. passport holders do not need a visa for Algeria - this is a new regulation and may not have been changed yet in some countries.

German and Dutch passport holders will have their visas obtained for them in the U.K.

Four forms

Four Photos (preferably not the machine type)

Passport

Health certs.

Covering letter from E.O.

Passenger details: Date and place of Birth, religion, home address, single or married, number of children, group details, date of previous entry, duration of stay. See form attached.

Cost: N2.50 per visa

Signature of group representative on all four forms, one fully completed with details and other 3 only require dates and signature.

LAGOS (continued)

BRITISH EMBASSY

Mr. Thomson runs Consular Section; knows E.O.; very helpful.
Located behind American Embassy near Marina.

AMERICAN EMBASSY

(not Consular section) Has very helpful travel department at rear of Embassy. (Ask Edith at Reception) They have personal contact with most airline personnel and travel agencies.

American, Consular Section, can affix extra pages to U.S. passports at no cost in minutes.
Located opposite side of large roundabout to American Embassy.

ALGERIAN EMBASSY

Conor of Kesiah Fasina Street off Alowlo Road
Tel. 21455
Ambassadors line (Be Careful) 21367

TELEPHONE, TELEX,
EXTERNAL TELEGRAMS

Nigerian External Telecommunications (known as N.E.T.)
Necom House
15 Marina
P.O. Box 173
Tel. 59666
Very fast phone service (i.e. London 5-10 minutes) but no facilities for reversing charges. Cost to London, approximately N.1 per minute; minimum N.3.

BRITISH
CALEDONIAN

City Office is just past Leventis, 5 minutes from G.P.O.
Nigerian manager, helpful, but passes the buck.
Contact Mr. Heather by radio from city office - he is the Radio Traffic Superintendent at the airport office.
Substitute is Mr. Ogunleye, Cargo Officer, or Mr. Waringa, Station Manager.
The name dropping of David Joys, B.C. Sales Manager for Africa, can clear many problems.

NIGERIAN AIRWAYS

City office is opposite Niger House

BRITISH HIGH COMMISSION LAGOS

TELEX No 21247 call backcode
UKREP LAGOS
Passport officer consular section
is Mr R.S.C. THOMSON

BRITISH HIGH COMMISSION DOULA

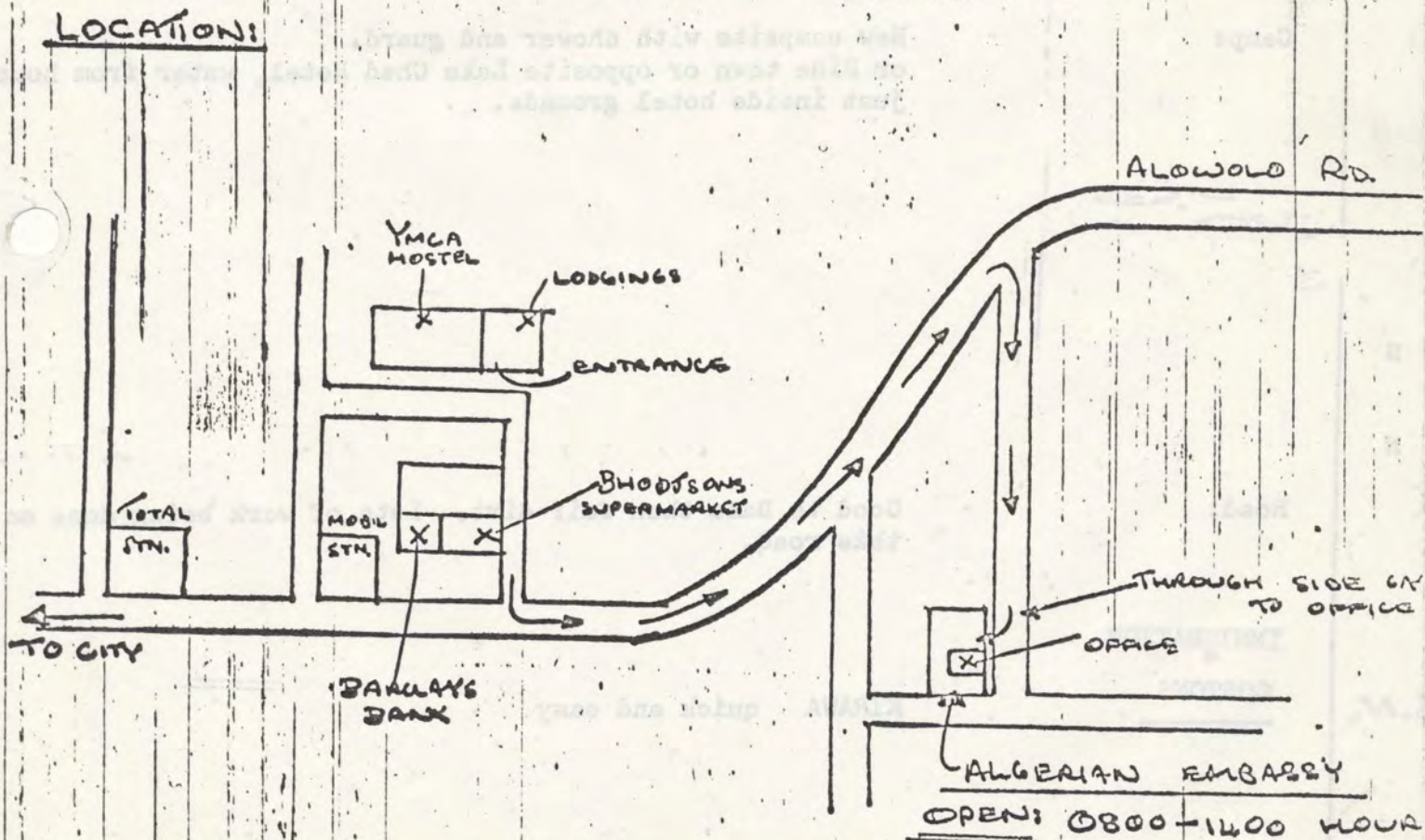
TELEX No 5353 call back code
BRITAIN 5353 KN Passport officer
Mr S. PRINCE

PROCEEDURE:

Algerian Embassy - receptionist is Nigerian and will use excuses like "We only do visas on Thursday and Friday" but by pressing your point home the visas will eventually turn up. Time varies from one to two days.

Personal Contact: Mr. DJIBRILL CHABI
(He prepares the visa for signature)

If any delay Mr. McHAFFIE
Australian Embassy
21/25 Yakubu Cowan St
Lagos Tel: 25981
Can help things to be speeded along



NIGERIA

Route:

Kano - Maiduguri - Bama
(A) (B)

A - B 1 1/2 days and Tar road.

Popiskum

Good market, well there 3 cans 1/-
Good Tar to Maiduguri.

Maiduguri

Large open market - good prices and money can be changed easily in the market.

Best place for R C A AND CAMEROUN MONEY GET FOR
TRUCKS AND BE SURE PAX GET AT LEAST 500F FOR VISAS EACH

Fill with fuel

Camp:

New campsite with shower and guard.
or Side town or opposite Lake Chad Hotel, water from house
just inside hotel grounds.

Road:

Good to Bama then fair dirt. Lots of work being done on
this road.

IMMIGRATION
+
COSTOMS

KIRAWA quick and easy

CAMEROON

CAMEROON

A Federal Republic of West Equatorial Africa independent since January 1st, 1960
 Only African country that has both French and English as official languages.
 President in 1971: Ahmadou Ahidjo.

People: The Basso inhabit the central areas and the Bakoko the lower valleys of the Sanaga River. The main group, in the mountain regions, are the Bamileke and the main discontent with the political system is amongst these people. There are isolated bands of Pygmy and Pygmoid hunters in the forest regions to the South West and South East, but their concentration in no way equals the Mbuti pygmies of the Ituri Rain Forest in the Congo.

Capital: Yaounde

Population: 5,800,000

Language: French and English (official) also Bantu and Sudanic.

Religion: Animism or tribal beliefs 40% Christian approx. 40% Muslim (in north) 20%.

Climate: Uniform yearly average 78°F with humidity of 91% at Douala. In north climate is variable with dry season Nov-May followed by rains. In south, at base of Mt. Cameroon average rainfall highest in Africa with 400" per annum.

Currency: C.F.A. Francs
 £1 = ~~530~~ 450
 14/- = ~~250~~ 240.

Petrol: Cost of living is fairly high in Cameroon and petrol cannot be expected to be cheap.

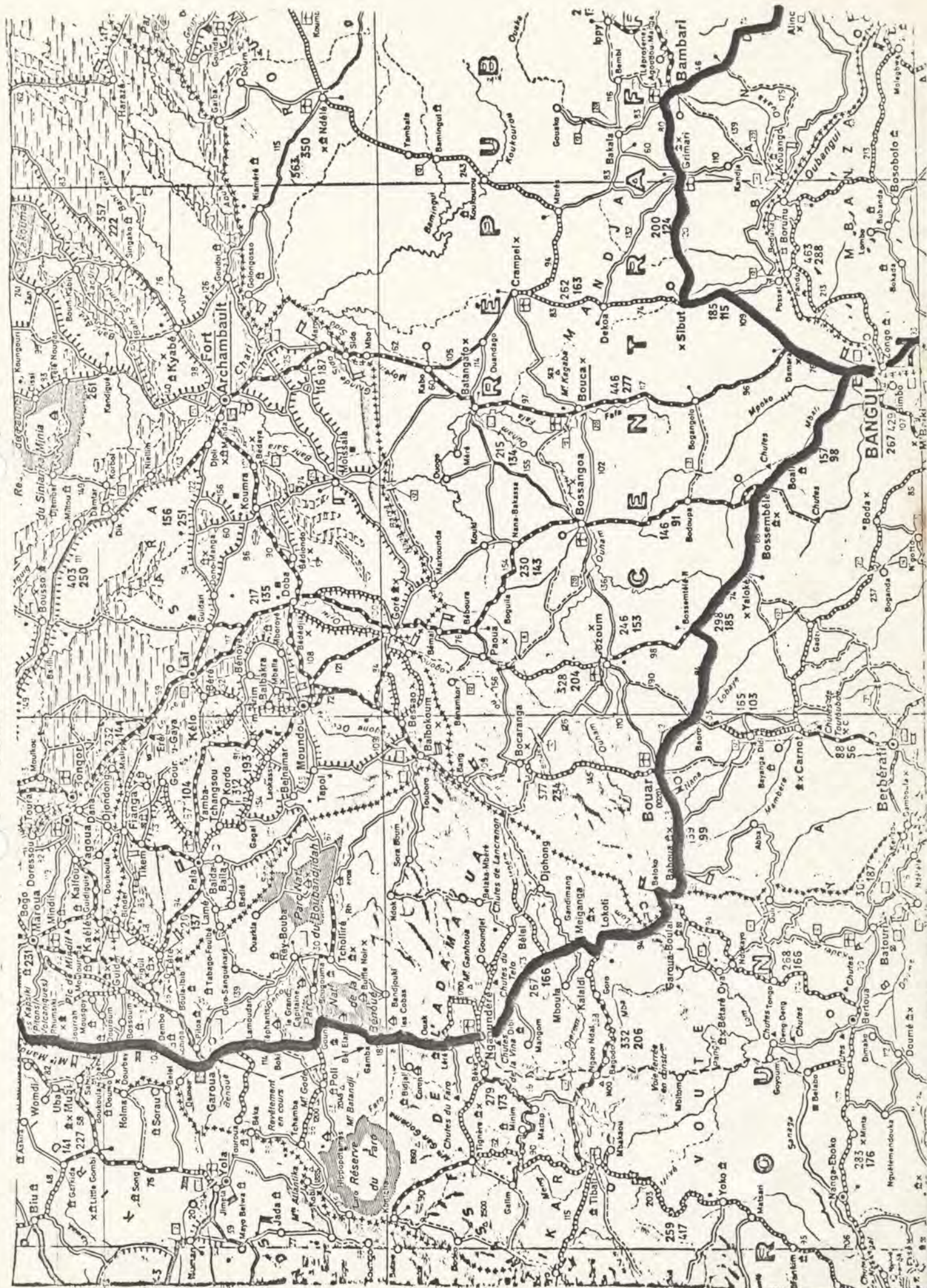
Time: G.M.T. + 1 hour

Note on

Immigration: Passports with evidence of having visited South Africa, Portugal or Portuguese territories will be refused a visa.

Area: 746,000 sq. km.

British Consulate: Embassy and Consular Section
 Avenue Joseph Clerc
 P.O. Box 547
 Yaounde
 Bank of West Africa Ltd
 P.O. Box 4059
 Douala



Route I

(A)

Bama - Kirawa - (Kourgui-Mora) - Mokolo - Kapsiki - Rumsiki - Garoua (3)

2½ - 3 days Dirt Road

Bama to Kirawa fair dirt, work being done - through one check point then into Kirawa on entering village on left Nigerian Customs. + IMMIGRATION

Stamp carnet

On through village on left immigration, Cameroons

Entry Stamp - no problems no visas required

Exit Stamp - no problem

On to Kourgui Mora, Road can be very bad after rain. Rain barriers operate in Cameroons after rain road can be closed from 48 hrs to 3-4 days

On entering Kourgui Mora a Y junction. Customs on right

Stamp Carnet

Take right road to Mokolo
10 miles on good well on right
Good photos of cotton

MOKOLO

Market fair can change money
They want Nigerian

KAPSIKI

Road to Kapsiki hilly and slow but magnificent scenery
Kapsiki Hotel worth a beer stop - toilet and shower.
Village good to look around. Kid's give a good tour.
Cheifs huts etc.
Road to Garoua FAIR

GAROUA

Very good for snake and croc skins in market.

Market: Fair

Money: Bank change

Repairs: Onambelle Martins

Good for welding and general bodge jobs

Ciacam King Motors

Bedford Agent - very expensive

May be passport check in Cameroons and R.C.A. usual to get stoped often for checks.

Top up with fuel and water at garages.

SEPT 76 : some dirt, but mainly tar now between NGAUNDERE - GAROUA.

Garoua - Ngaoundere

One day on dirt road

Road getting a lot better - constant work through edge of National Park - many wells for washing etc.

A few roadside bars with selection of game

Hard climbs up Massiede C'Adamoia. Watch for over heating!

Ngaoundere

Market: Fair food meat

Repairs: Socaret, Renouut Garage (can do anything)

Gas: At shell station will change bottle

Customs: Opposite Shell Station - Check on Carnet stamp

A few small hotels and bars

Camp: Outside town

(A)

(B)

Ngaoundere - Garoua - Boulai Boua - Bangui

A-B 3½ - 4 days ~~Garoua~~

Road to Garoua-Boulai fair with many wells, on entering town road to Boua is left but straight on to market and shell station - he changes money. Fuel a lot cheaper than R.C.A.

Return to Boua road

Immigration and Customs together - can be very slow.

2 miles check post - exit Cameroons

Checkpoint: entry, R.C.A.

N & S

ALTERNATIVE ROUTE: KANO - BANGUI.

- N. This route is necessary in order to obtain Algerian visas, and Nigerian visas if not already obtained..

This route is longer than that via the northern Camerouns, and although it offers a chance to swim in Africa's armpit, it does mean missing the volcanic savannah area separating the desert and the jungles. Using this alternative a longer time is spent in the jungles and since most groups seem to feel the jungle is long enough anyway, the route via Maiduguri is probably preferred for SOUTHBOUND trips.

KANO - Jos - Makurdi - Abakaliki - Mfum - Mamfe - Douala - Yaounde - Garoua Boulai - BANGUI.

Kano-Jos-Makurdi-Obolo : good tar.

Obolo-Mfum: pot-holed tar.

Direct route Aliade to Bansara is not always usable as bridges are sometimes down.

- N. BANKS at Abakaliki & Ikom.

- S. BORDER. Nigerians efficient. Make sure money forms balance.

- N. Nigerians will not allow truck to enter without valid insurance. If necessary, driver will have to take taxi to Ikom to arrange insurance.

- N & S. Ask border officials if you may wash in spring just over bridge.

Mfum - Mamfe : road can be very poor if it has been raining.

MAMFE : may be police checks.

Mamfe-Victoria : dirt rd.

Buea - not much to see.

VICTORIA : 6 mile beach v. good for a couple of days. This beach requires good security even though there are guards. Don't camp anywhere other than mile 6 because you will get ripped off. Night guard essential - very bad area for thieving.
Cost 200 CFA per head per day.

DOUALA : Banks etc. Large town.

YAOUNDE (Cameroun)

- Camp : (1) Opposite US Embassy
(2) American/Protestant Mission
(3) Catholic Mission/Convent
(4) Approaching from ECA about 5 miles out of town is a cross-road (maybe police check just before). Bars and small market either side of cross-road. Turn left, about 200 yds down is Italian Mission. Hideous church. Ask Father for permission. Sometimes OK. Leave tip when going.

- Missions can be reluctant to allow camping. Sometimes present huge bill at the end, so check it out BEFORE you decide to stay.

- N. VISAS: Algerian. Take 2-3 days. Embassy reluctant to issue them to Germans. If not on, let EOL know. Visas obtained here in 2nd passports. (The ones you sent from Dar.) Do not leave here without all non-Germans obtaining visa.

Nigerian. Guy who actually takes in passport may take bribe. But be careful - let him make the overtures. Bribe is 500 CFAs, if accepted, visas come same day.

- S. Zaire.

Yaounde- Garoua Boulai : tar for 60 kms out of Yaounde then dirt. Dirt can be very bad to start with, especially after rain, but improves towards ECA.

CENTRAL AFRICAN EMPIRE

Central African ^{EMPIRE} ~~Republic~~

Another land-locked republic and former french colony. Independent since August 1960 and previously known as Oubangui-Chari - it is poor and a sparsely populated country. Travelling south from Chad one begins to enter the equatorial rain forest which thickens towards Bangui the capital situated on the Oubangui river which forms the border between CAR and the Congo.

President in 1971: Jean Bedel Bokassa . **CROWNED EMPEROR 1977** .

People: Principle ethnic groups are the Banda and the Baya who also inhabit the Congo on the other side of the river. The eastern and north-eastern regions are the most sparsely populated areas. The Sara tribe also exist in the north on the borders with Chad and, along with the tribes in the south, are an example of how ethnic groups have been cut across by international boundaries in modern African States.

Capital: Bangui

Population: 2 million

Language: French (official)

Religion: Mainly animist

Climate: Rainy season June-Oct with south west monsoon winds
Dry season Oct-March. The south is equatorial rain forest and consequently has a high humidity and an average all year temp. of 80F.

Time: GMT + 1 hour

Currency Exchange: £1 = ⁴⁵⁰ ~~250~~ C.F.A. francs
 £1 = ²⁴⁰ ~~250~~ C.F.A. francs

British Representation: There is no embassy or consulate for Great Britain
If an emergency arises you will have to contact the French representatives.

Holidays: January 1, 4 & 8
Feb 11
April 12 & 15
May 1, 23
June 13
Aug 15
Oct 18-19
Nov 1
Dec 25

DIRECTOR OF TOURISM

Mr DALLA

BP 655 BANGUI tel BANGUI 2375

TELEX: Public No. 5217 RC Bangui
at post office.
ALSO at ROCK HOTEL but expensive and bad.
check for incoming but send from PTT.

Road from Garua - Boali to Belo good.

N & S. CUSTOMS. first on left. Stamp carnet.

N & S. IMMIGRATION: 200 yds further on left.
no problems but slow.

Road Belo - Boua : poor.

S. BOUA : group must check in at police station if
in the evening. Camp there : toilets,
showers, outside tap.

Market: has good meat & homemade peanut butter.
Fuel.

Road Boua - Bossembele : poor.

BOALI : Watch for turn on left to Boali Falls.
Follow road at fork, keep right. At
junction with pedestal in road straight on,
camp by trees, steps down to falls.
Beautiful.

BANGUI: before town a police check of passport and
carnet, driving licence. Any comments on
visas - you are having them extended in
Bangui. Passports have to go to immigration
in town (nr Rock Hotel). Do this immediately
on entry. Ask for any visa extensions
necessary and also for Bangui Exit Stamps.
Can be difficult.

Camp : opposite Rock Hotel, to river then left.
water from garage by hotel. 24 hour guard.
There is a charge for using swimming pool.
Make sure all who use pool pay, otherwise
hotel may ban group. Shower near pool.
Also got good bar.

OR Mission, near African market. (KM5)

Market : Good but very expensive. Sight of public
executions and punishments. African market
worth visit - good for cloth.

BANGUI (page 2)

Repairs : Welding at garage Koffi - Molse, BP 497,
Tel: 3328. 5Km out of town.

Welding & canvas repairs at SA Carrosserie
Parisienne. Very good work.

Station Service Basch - Mr Granier.
Tel: 2521. BP 1379 Bangui - good for
injector pump work.

Gas : Bangui - Peinture BP 1689, Rue de la Victoire.

Group Meal : D Orient Restaurant. Owner will change
money.

Fuel : very expensive but fill up. Can't rely
on their being fuel at Bangassou.

Zaire Visas: 3 forms, 3 photos, ECA Francs 2000
(24-48 hrs).
American passports can have extra pages
put in at American Embassy in centre of
town.

Poste Restante: POOR - i.e. if name is John Fred Brown,
check under J, F & B !

ECA Visa Extension: Obtained from immigration
(Surete National) forms.

ZAIRE MONEY from Arabs at top of market stairs.

Workshop : Monsieur Sarete. 1 mile down the dirt road
by river 100 yds from abattoir.

Dutch Embassy: Rue deu ler Jannier 1966 Bangui.

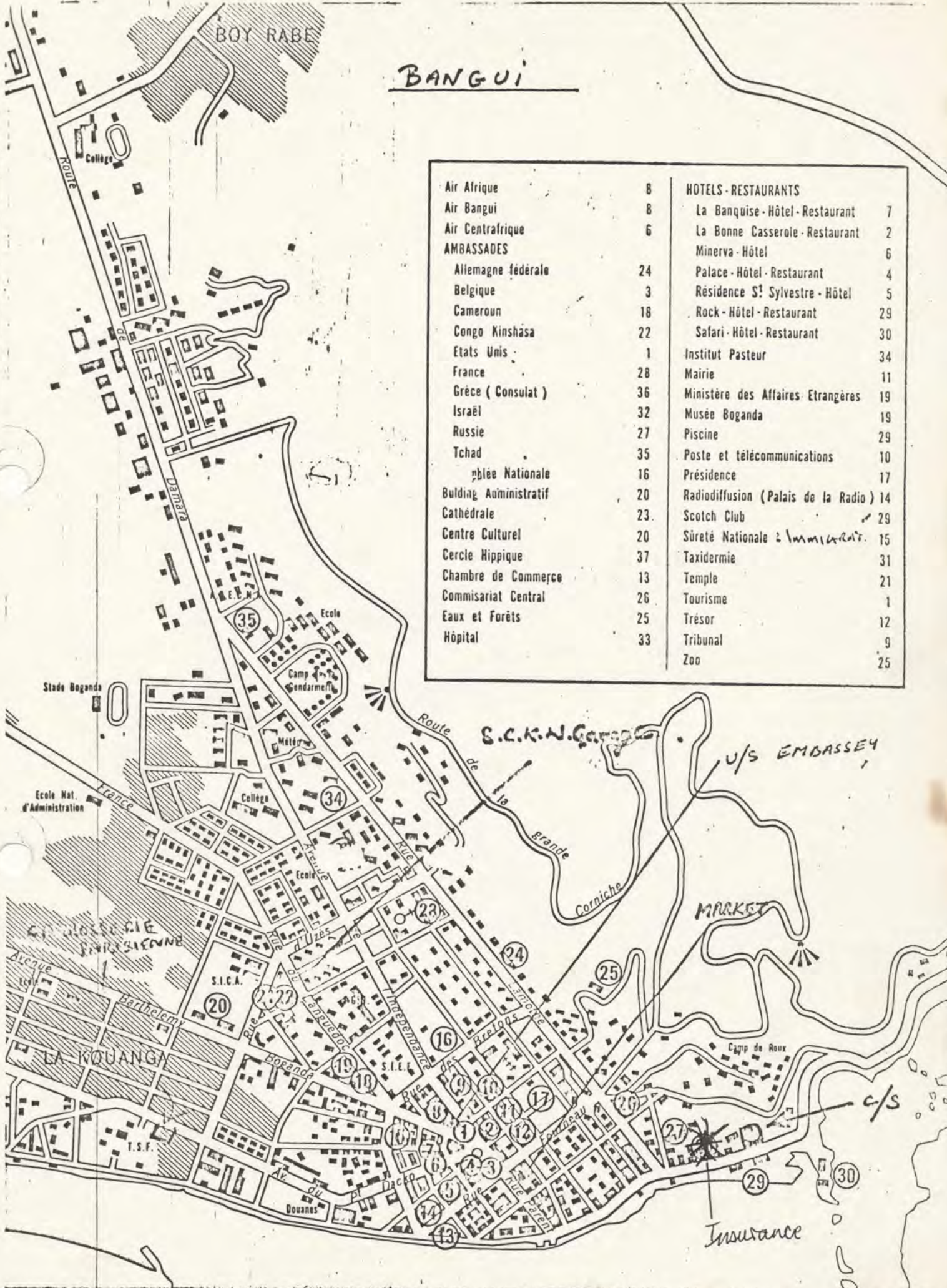
Telex : Public 5217 RC
OR COMITURI IMPORT EXPORT BANGUI: COMOTEL 5227 RC.

Insurance : nr Rock Hotel. Coming from town office
is on river road on left hand side
before Rock Hotel. Expensive.

EXIT BANGUI by same road through check gate.

BANGUI

Air Afrique	8	HOTELS - RESTAURANTS	
Air Bangui	8	La Banquise - Hôtel - Restaurant	7
Air Centrafrique	6	La Bonne Casserole - Restaurant	2
AMBASSADES		Minerva - Hôtel	6
Allemagne fédérale	24	Palace - Hôtel - Restaurant	4
Belgique	3	Résidence S ^t Sylvestre - Hôtel	5
Cameroun	18	Rock - Hôtel - Restaurant	29
Congo Kinshasa	22	Safari - Hôtel - Restaurant	30
Etats Unis	1	Institut Pasteur	34
France	28	Mairie	11
Grèce (Consulat)	36	Ministère des Affaires Etrangères	19
Israël	32	Musée Boganda	19
Russie	27	Piscine	29
Tchad	35	Poste et télécommunications	10
Assemblée Nationale	16	Présidence	17
Bulding Administratif	20	Radiodiffusion (Palais de la Radio)	14
Cathédrale	23	Scotch Club	29
Centre Culturel	20	Sûreté Nationale & Immigration	15
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Chambre de Commerce	13	Temple	21
Commissariat Central	26	Tourisme	1
Eaux et Forêts	25	Trésor	12
Hôpital	33	Tribunal	9
		Zoo	25



ECA

ROUTE 1 : Bangui - Bambari - Bangassou
(A) (B)

A - B : 3 days. dirt rd.

After leaving BANGUI short stretch of tar, toll road (2000 CFA) then dirt road through to Bangassou. Road poor towards Bangassou.

S. BAMBARI: sometimes has fuel. Well worth topping up. Small market. Water at road depot.

KEMBE : When crossing bridge - water falls are on right 100 yds farther on a track goes right to open area at the top of Falls. Leaders staying here for group to wash & swim - BEAR IN MIND THE DEATH IN 1974! If in doubt do not stop.

BANGASSOU : on entering town, road forks right. Immigration is in the centre of the road.

Money : change some at small shop on left just before Immigration. Can change money at mission.

Fuel : fill up if any in town.

Water : In centre of town. Large building tap at side.

Customs : On left at start of small track down to ferry. Carnet will save time if you have a list of all cameras.

Ferry : Large but if you're the first that day to use it, then you will have to use your batteries to start it. A small 'cadeaux' tip will speed things along.
Check gangplanks before driving onto ferry.

ZAIRE

ZAIRE

It is the largest country in Africa apart from the Sudan and probably the richest if wealth is determined by mineral resources and cultivateable land. In 1959 the Congo was producing 69% of the worlds industrial diamonds. 49% of its cobalt and 25% of its palm oil. The soil is also extremely rich for the cultivation of certain crops such as maize or rice. There is no real poverty amongst villagers as the acreage of land per head is fairly high. Independence came in June 1960. There followed years of turmoil and in-fighting which was not helped by the fact that communications were virtually non-existent in a country inhabited by over two hundred different tribes and groups some of which, in the southern Katanga copperbelt, were separated from the government in Kinshasa by some one thousand miles of inhospitable jungle and forest. Since Joseph Mobutu came to power the country has achieved a remarkable degree of stability. The many provinces which divided and sub-divided the country causing administrative chaos and inter-tribal quarrels were quickly reduced in number from twenty one to twelve and then to eight in 1966. In August 1970 Mobutu visited the U.S.A. which donates 15% of her African aid to the Congo and is a major investor.

Later in that year the Zaire was floated on the international market and in October elections were held placing Mobutu in the Presidential seat for a further seven years. However, while Kinshasa thrives as an Americanised metropolis with skyscrapers and T.V. the capital of the northern Congo, Kisangani is still a virtual ghost town with many buildings mere bomb shells housing poor urban families sometimes with only two walls standing and no roof. Hopefully communications will improve, but, for the present, the Congo still has the worst roads in Africa and apart from an air-link the main communication between Kinshasa and Kisangani is still the Congo River down which an unreliable boat carries lorries, equipment and supplies from the capital. Meanwhile the copper mines are flourishing and the Zaire is one of the strongest currencies in the world. Mobutu, however, is taking no risks as any further outbreaks caused by rivalries for power could easily switch the clock back seven years, and so the President, whenever he travels abroad, takes with him an entourage of all politicians who might be capable of organising a coup in his absence.

People: There are well over 200 tribes, many of which may be grouped into larger clusters. These tribes have widely different origins, and many of them are culturally and historically linked to different groupings in neighbouring territories.

The larger tribes include the Kongo, Luba, Lunda, Mongo, Babwa, Ngbandi, Bwaka, Pende, Tetela, to name but a few. Most of the Congolese people in the villages cultivate their food and various agricultural systems have been introduced. The Pygmies however are still basically hunters and food gatherers. The largest ethnic group of Pygmies are the Mbuti who inhabit the Ituri Rain Forest to the east.

Capital: Kinshasa

Population: 22 million

Language: French, Bantu Dialects, mainly Swahili and Lingala.

Religion: Mainly fetishism. There are many protestants and Catholic missionaries in Zaire run mainly by Belgians or Americans.

Area: 2,345,000 sq. km.

Climate: Equatorial. Precipitation continues throughout the year but is greatest between April-May and October-November. The mean average temperature on the Equator is 77F. On the coast and in the south east highlands there is a dry season from June to October.

Currency: Zaire - Makuta
2 U.S. \$ = 1 Z.

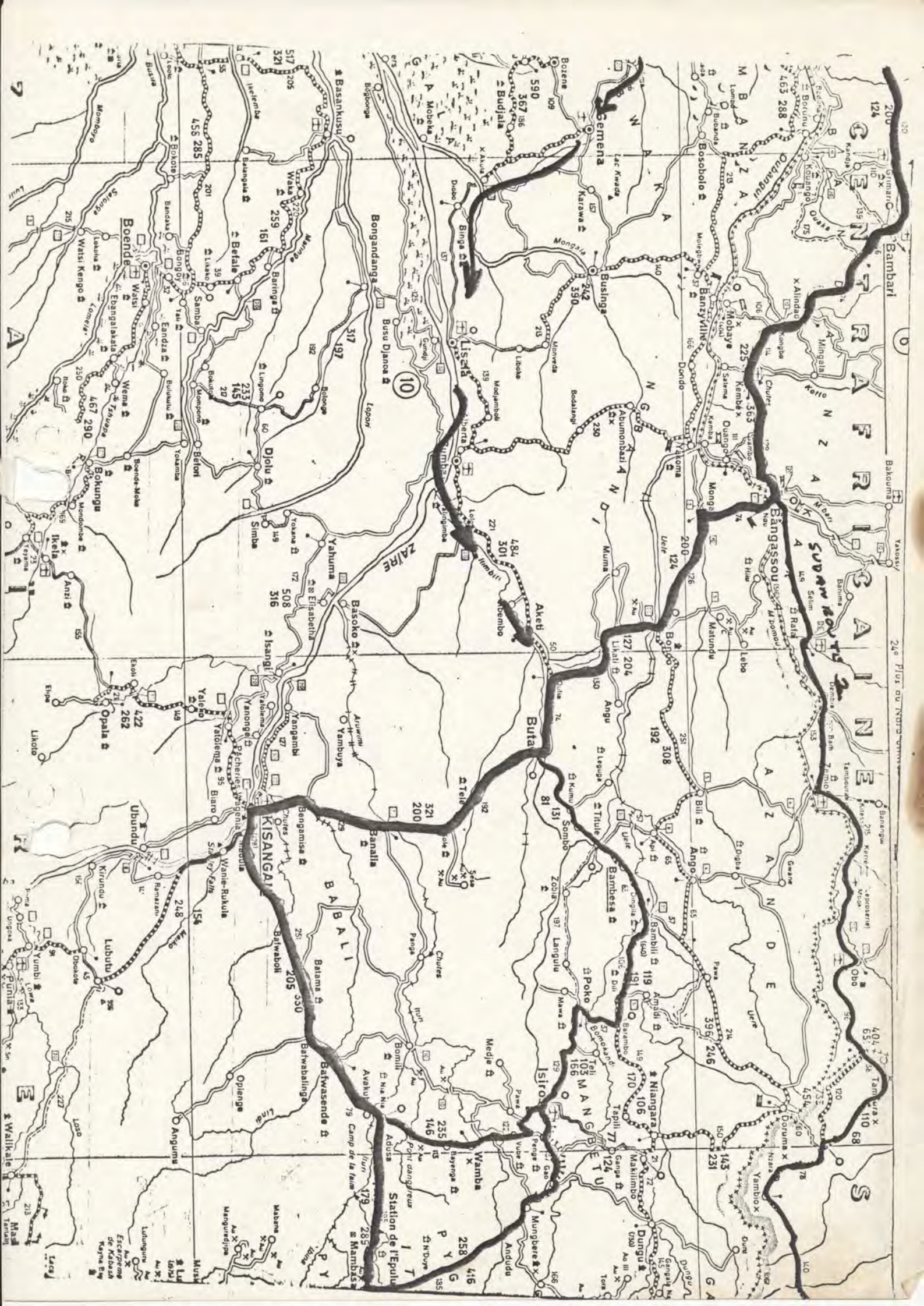
Time: G.M.T. + 2 hours

British Embassy: Kinshasa- Embassy and Consular Section
9 Avenue Baernaert
(5th Floor)
P.O. Box 8049

Lubumbashi: Consulate
Avenue L' U.E.A.C.
B.P.973

Holidays: Jan 1, 4
May 1, 20, 23
April 12,
June 30
Nov 17, 24,
Dec 25.

- N.B.
- I. NO PHOTOGRAPHS CAN BE TAKEN ANYWHERE IN ZAIRE? CAMERAS SHOULD BE KEPT OUT OF SIGHT - OTHERWISE THEY WILL BE CONFISCATED.
 2. There is now a Flag raising ceremony at 7 am. in villages. If present the engine should be switched off and people get out and stand by the truck until the Ceremony is over.



240 Plus ou moins

Station de l'Épave

Station de l'Épave

ROUTE 1 : Bangassou - Bondo - Buta - Banalia - Kisangani
(A) (B)

A - B 4-6 days. Dirt Road.

When leaving ferries always ensure you are in 4-wheel drive - failure can mean a dip!!

100 yds from ferry Immigration (at Ndu)½

N & S : stamp carnet and have a list of cameras, tapes etc.

customs & money forms at Monga - past mission on right before river.

S. : without them you cannot change money in bank. Trying to get the forms in Kisangani is a long, hard job. Again make sure that on exit if you have to produce money that it equals the amount first shown, less what you change in the bank. The easiest way on exit is probably to scrap all group forms and use one form per truck with drivers name and truck no. on top - saying you were given one as it's an all inclusive tour and you pay for everything for the group.

IT IS VERY IMPORTANT THAT YOU PUT TRANSIT/TOURISM ON ALL FORMS IN ZAIRE.

Road from customs to Monga - fair -3 hrs.
You will now start to encounter many small bridges in very bad condition. Always get out and inspect and if necessary strengthen. Failure to do so could be drastic as other companies have found out.

MONGA : Water - behind mission.

Do customs check & get money forms.
can be slow.

Immigration : VERY SLOW. the officer is also the local
S & N. judge so could be in court all day or at the local bar. VERY STRICT on photos- don't let them even see a camera. If you have any problems, the fat Portuguese man from the shop is a friend of his and will reason with him on your behalf.

MONGA (Zaire) cont'd (ROUTE 1)

N. : Will check that your visas are still valid - do not let him try and say that an 8 day transit visa is no good for 18 days in Zaire and that you must have a 16 day visa. He sometimes tries to make people pay for extensions on visas!

Some water-falls across from house to look at while you are waiting.

Follow track out of town 25 ks up river to ferry- Very small - no engine. Pole & paddle job. You might need a small 'cadeaux' tip to inspire work. (5 Ziare & torch and battery).

REPAIRS : 3 miles north of Bondo ferry, Protestant mission, welding, timber, showers, etc. Paul Hanson.

FERRY : to BONDO. About 4½ hrs. fair dirt road.

BONDO : small market - water from a spring quarter-mile from market. Sometimes fuel available.

FERRY : Large, will take two trucks & trailers - sometimes needs batteries to start.

Ferry to LIKATI about ½ day. Dirt Road. Road full of holes, one long very rickity bridge.

LIKATI :

Camp : by school. 2 toilets. water, but very slow.

Market : small and only early in the mornings.

LIKATI - BUTA Very bad road and bridges. ½ - 1 day.

BUTA :

Camping : at Catholic mission. Outside showers- be careful of leaving clothes out, children take them.

BUTA (Zaire) cont'd (ROUTE 1)

Market : Fair. Also bread & meat in town.
Water : At mission.
Fuel : on rare occasions.

Immigration & Customs : easy.
If vehicle stays on Zaire side and one crosses to Bangui it is possible to freely enter ECA and return to Zaire, thus enabling the collection of mail, CFA currency and gives extra time to ECA in Bangui and it will let you proceed without visa extension - it is possible to reach the Cameroonian border.
This only applies if all goes well and if you don't stop at Bouali Falls. It is probably better to be safe than sorry.

Customs & Immigration : easy.
Bangui - Bouali (4 days) Turn left at Bouali for Geneva - road goes back on itself.
Boatline FERRY answered, free, short delay and care with cameras. Getty very tickety.

Bouali-Geneva 1 day.
Geneva :
CAMPING : good at LA BOMBE AUGERES.
Uphill past walled garden, right at roundabout. Downhill 150 yds on right.
Run by friendly Belgian woman.
Good place to breakfast out top as.
Supper also good value.
She will let you camp in yard behind bar.
Might have to go through passport check (write down visa numbers etc) if the police realise you're in town. Only a formality.

MARKET : Small one at far end of town.
Bread, but little else.
In general on this route veg are impossible to find before Kinsangani as stock up in Bangui. Plenty of pineapples etc en route.
Most of road is an almost uninterrupted sprawl of villages, for the most part extremely friendly. Cigarettes as good a currency as Zaire.

ZAIRE (Route 2)

Bangui - Zongo - Gemena - Binga - Lisala - Bumba - Aketa - Buta -Kisengani.
(A) (B)

A to B takes 6-7 days in good conditions.

BANGUI (ECA)

S & N Immigration & Customs : easy.

N If vehicle stays on Zaire side and one crosses to Bangui it is possible to freely enter ECA and return to Zaire, thus enabling the collection of mail, CFA currency and gives extra time to EMs in Bangui and it will let you proceed without visa extension - it is possible to reach the Cameroun border.
This only applies if all goes well and if you don't stop at Bouali Falls. It is probably better to be safe than sorry.

ZONGO Customs & Immigration : easy.

Zongo - Boyabo slow ($\frac{3}{4}$ day) Turn left at Boyabo for Gemena - road goes back on itself.

Bogilima FERRY manpowered, free, short delay and care with cameras. Getty very rickety.

Boyabo-Gemena 1 day.

Gemena : CAMPING: good at LA BONNE AUGERGE.
Uphill past walled garden, right at roundabout. Downhill 150 yds on right.
Run by friendly Belgian woman.
Good place to breakfast out 70p ea.
Supper also good value.

She will let you camp in yard behind bar.
Might have to go through passport check (write down visa numbers etc) if the police realise you're in town. Only a formality.

MARKET : Small oen at far end of town.
Bread, but little else.

In general on this route veg are impossible to find before Kisengani so stock up in Bangui. Plenty of pineapples etc en route.

Most of road is an almost uninterrupted sprawl of villages, for the most part extremely friendly. Cigarettes as good a currency as Zaires.

ZAIRE (route 2 cont'd - Bangui-Kisengani)

Gemena-Diobo 1 day. Road very bad 20 kms either side of ferry at Akula. It's basically a causeway through a swamp with edge to edge pot-holes sometimes 3 ft deep. Ferry motorised, regular, free.

DO NOT CAMP ON THIS STRETCH as bugs will eat you alive - literally.

Diobo-Binga road better than other one.

BINGA CAMP Catholic Mission might be possible.

WATER At Nut Oil factory
also DIESEL & PETROL but pricey.

MARKET Small - with bread.

Well organised plantations all round town. People very friendly.

LISALA

Diobo-Lisala 1 day. Road has fast stretches. Camp at mission. only allowed 1 night missionaries not too friendly but a donation might cheer them up.

SHOWERS 7 - 8.30 p.m. WATER near Market at Greeks. May have FUEL as well.

FERRY Thursdays, to Kisengani. very expensive for truck but might make nice change for some EMs.

N : Dumba-Ibembo turn off, quite fast. Then road deteriorates.

AKETI Good repairs at railway yard. Belgian Manager.

To railway bridge 40kms 3 hours. very, very bad.
Would take a week if rained.

CAMPING Possible at school grounds.

MARKET very small
(& not much else)

Aketi-Buta very good road.

CAMP Bar Buka on right before bridge out of town of Kisengani Rd. Let you camp there. Tap around the back. Cold beer, good breakfast.
Could be good for meal out.

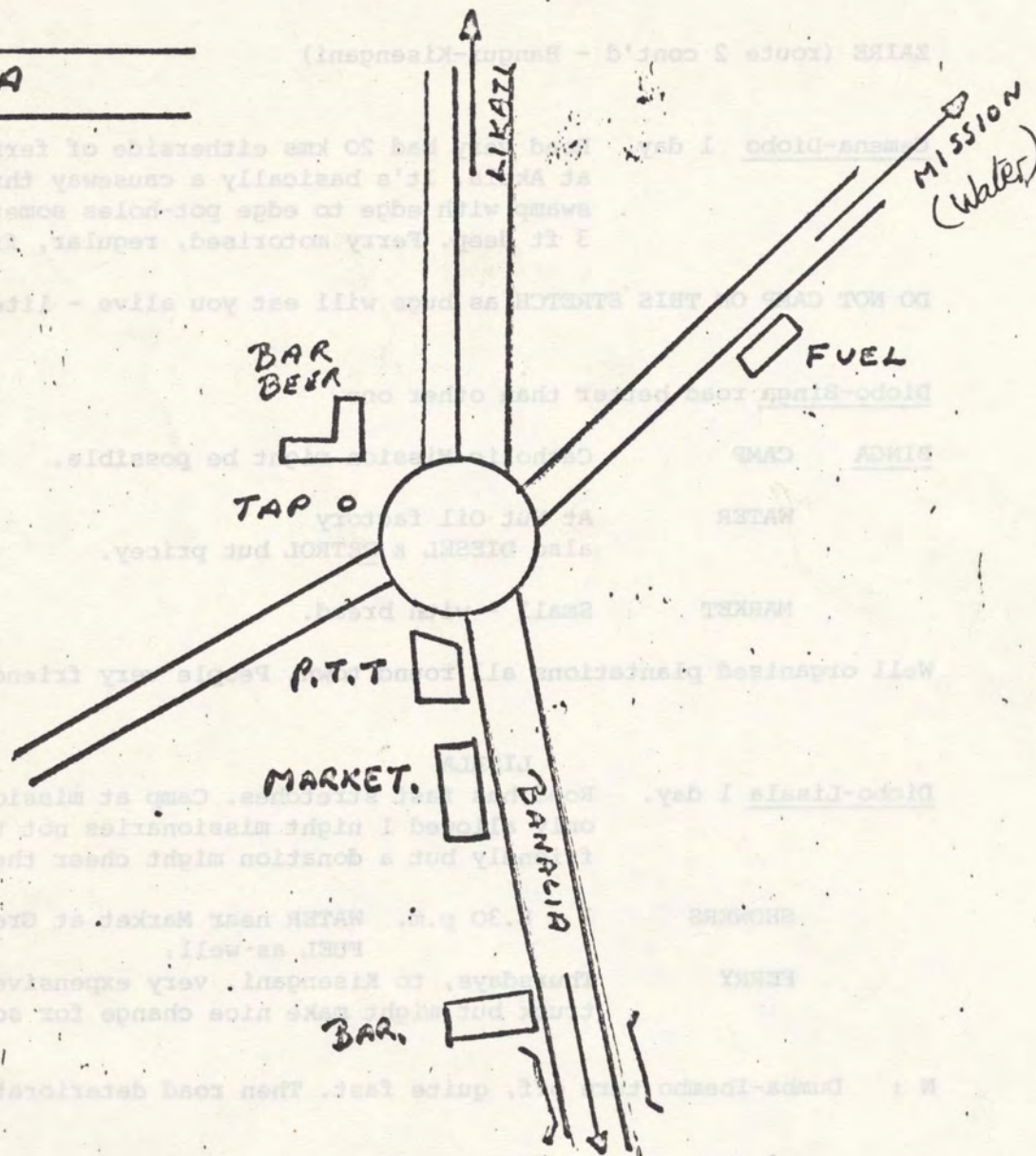
(½ chicken, ships, tomatoes & sauce. fl-1.50
depending on BM rates)

Buta-Benalia very fast. FERRY efficient. (Ferry to Kisengani 3½ hrs)

Orange soda at hut on apex of turn for ferry ramp.

BUTA - KISENGANI AS ROUTE I

BUTA



BUTA - BANALIA (Zaire)

Ferry: large new one will take 2 trucks & trailers.

After narrow stretch of road to Kisangani, much improved, but beware of soft edges.

ZAIRE contd

N Lisala-Bumba very slow. 1 day.

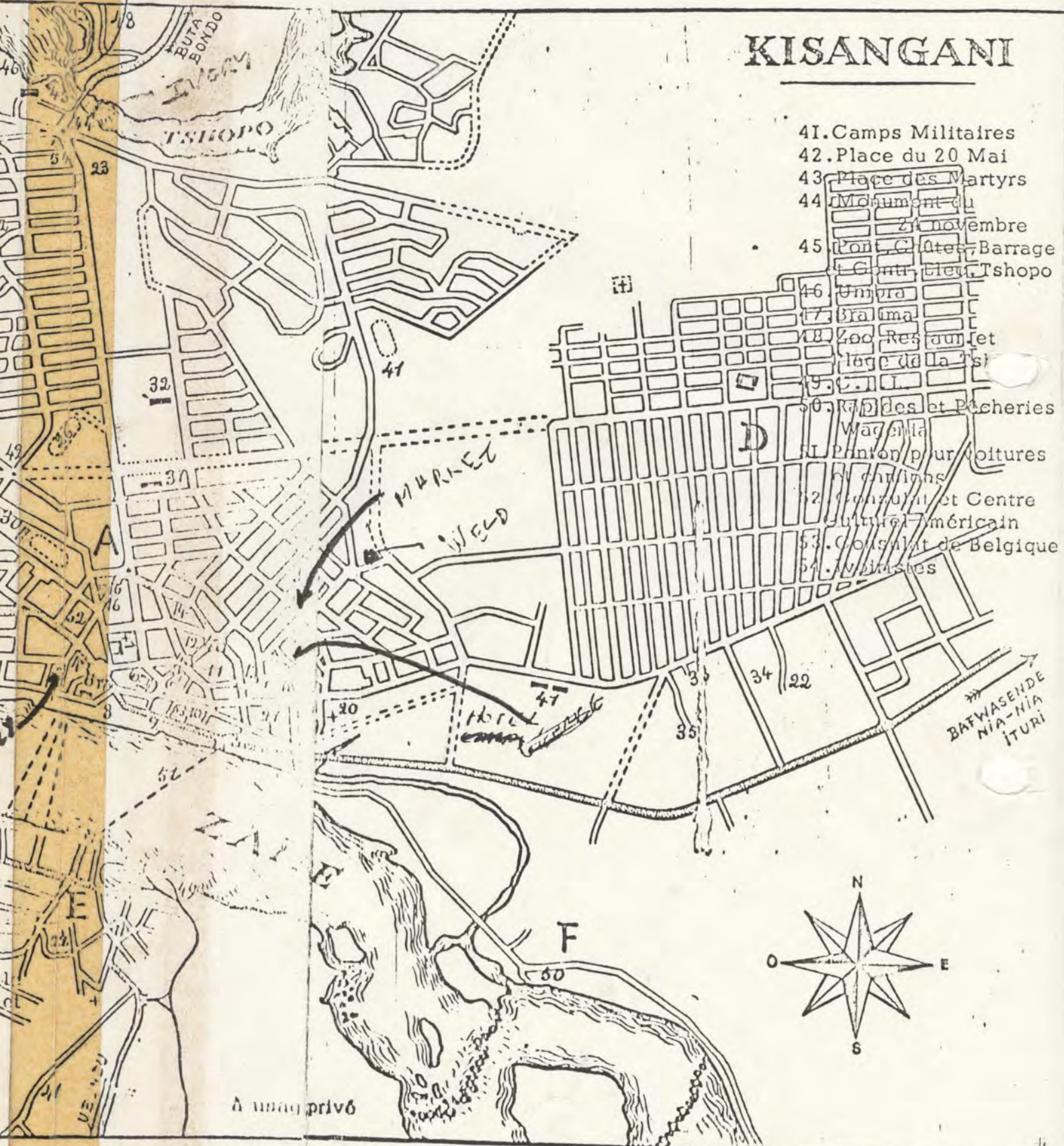
DIESEL at Nivveira co. on waterfront.
expensive.

WATER anywhere.

Camp

KISANGANI

- 41. Camps Militaires
- 42. Place du 20 Mai
- 43. Place des Martyrs
- 44. Monument du 24 novembre
- 45. Pont, Clôture, Barrage et Contr. Elec. Tshopo
- 46. Umvira
- 47. Braima
- 48. Zoo Restaurant
- 49. C. I. L.
- 50. R. P. Des et Pêcheries Wageningen
- 51. Ponton pour voitures et machines
- 52. Consulat et Centre Culturel Américain
- 53. Consulat de Belgique
- 54. Industries



à usage privé

Camp

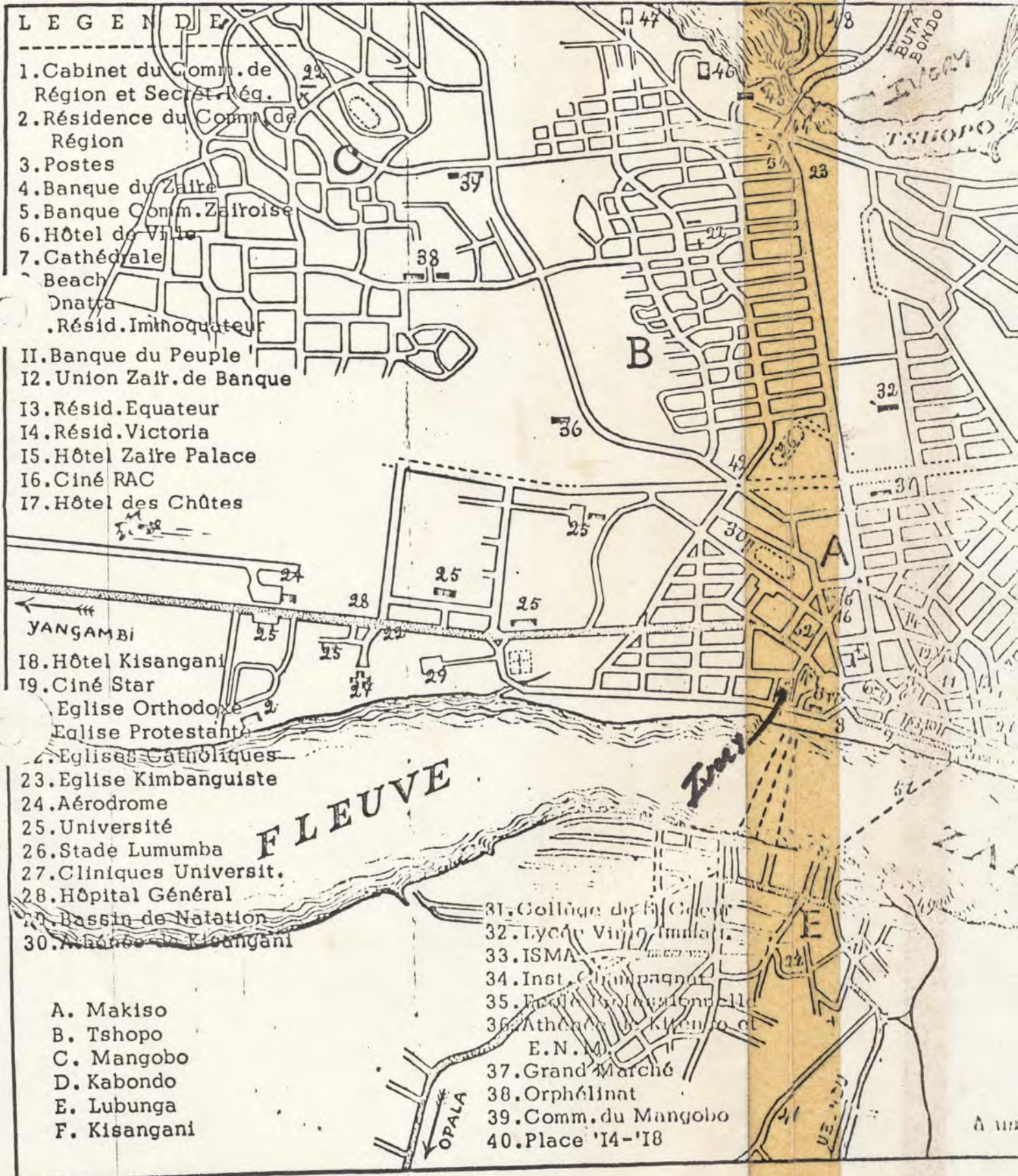
LEGENDE

1. Cabinet du Comm. de Région et Secrét. Rég.
2. Résidence du Comm. de Région
3. Postes
4. Banque du Zaïre
5. Banque Comm. Zaïroise
6. Hôtel de Ville
7. Cathédrale
- Beach
- Dnatta
- Résid. Imthoquateur
- II. Banque du Peuple
12. Union Zaïr. de Banque
13. Résid. Equateur
14. Résid. Victoria
15. Hôtel Zaïre Palace
16. Ciné RAC
17. Hôtel des Chûtes

18. Hôtel Kisangani
19. Ciné Star
- Eglise Orthodoxe
- Eglise Protestante
2. Eglises Catholiques
23. Eglise Kimbanguiste
24. Aérodrome
25. Université
26. Stade Lumumba
27. Cliniques Universit.
28. Hôpital Général
29. Bassin de Natation
30. Aéroport de Kisangani

- A. Makiso
- B. Tshopo
- C. Mangobo
- D. Kabondo
- E. Lubunga
- F. Kisangani

31. Collège de St. Cédric
32. Lycée V. G. Imballa
33. ISMA
34. Inst. Champagnat
35. Ecole Professionnelle
36. Athlétisme de Kisangani
- E.N.M.
37. Grand Marché
38. Orphelinat
39. Comm. du Mangobo
40. Place '14-'18



ZAIRE

KISENGANI

Camping : By ZOO. turn right before crossing bridge - mile before Kisengani. (If raining it can be v. bad)
Or. Olympia Hotel. (sometimes the owners do not allow us to camp)

Meal Out : Olympia Hotel

Water : (thro' archway) Opp. hotel.

Money : Some money in Zaire should be changed at official banks. Very slow.

1. Union Zairoise de Banque
BP1011. Kisengani.
2. Indian shop in market with Phillips sign outside.
3. The Hoest Pharmacy opp. Post Office
4. Procure at Catholic Mission behind bank
Pere Silvano Rovero.
5. Dr Vandenburg.
Take road to airport. When road bears left after American Cultural Center, go straight ahead, gravel road. 50 yds - house on right
(rate 5.1.78 £2.45 = £1)

ALL DEALINGS ON BM IN ZAIRE VERY DICEY. Only change with whites or Indians. Don't let EMS change separately. Do all together.

Doctor : George Kauangnt
B P 1071
Tel : (H) 3385
(W) 3496 (Clinic)

Diesel Mechanic: Tim Wagler (American)
Works at boat yard near ferry - known as Marine Commander.
Can also be found through Olympia Hotel.

Diesel : Best place is MR CARRACCAS, mobil Office, entrance across duel carriageway from PO under Mobil sign. Be very discreet. Say you want diesel - DO NOT MENTION MONEY. He will sell you all you want if you pay in dollars. 600 litres is £102. He gives 2:1. (5.1.78)
He will get rid of everyone and lock door. Then you may produce money but not before

ZAIRE

ZAIRE

ONLY

Gas : available from Fina Station.
In bottles with different fittings from ours.

Food : Canned food, beef, fish, etc available at Select Shop, very expensive. Large bags of sugar can be bought from bakery near Olympia Hotel.

Electrical : Next to Fina Station on same roundabout as Shell station.

Hotel : Zaire Place - bar on first floor with music.

1. Union Zaireaise de Banque
BP1011, Kisenangani.
2. Indian shop in market with Phillips sign outside.
3. The Host Pharmacy opp. Post Office
4. Procure at Catholic Mission behind bank
Pete Silvino Roverso.
5. Dr. Vandenberg.
Take road to airport. When road bears left after
American Cultural Center, go straight ahead, gravel
road. 50 yds - house on right
(rate 2.1.78 X2.42 = 51)

ALL DEALINGS ON RM IN ZAIRE VERY DICEY. Only change with whites or
Indians. Don't let RM change separately. Do all together.

Doctor : George Kavanagh
B P 1071
Tel : (H) 3382
(W) 3496 (Clinic)

Missal Matinich: Tim Wadler (American)
Works at boat yard near ferry - known as Marine Commander.
Can also be found through Olympia Hotel.

Missal : Best place is MR CARABACAS, Mobil Office,
entrance across dual carriageway from PO under Mobil
sign. Be very discreet. Say you want diesel -
DO NOT MENTION MONEY. He will sell you all you want
if you pay in dollars. 600 litres is X102. He gives
2.1. (2.1.78)
He will get rid of everyone and lock door. Then
you say produce money but not before

Ivory: Two shops just south of the bridge when entering Kisangani. Also at Catholic Mission near river.

Welding: Near market opposite side from Hotel Olympia - past Select Store 200 yards on left "JOURET".

MONEY FORMS: If not obtained can be got from "L" Assuraty.

KISANGANI TO MAMBASA

2 Days Tar full of holes then fair dirt.

70 ks. from Kisangani gravel pit - good for camping
quite a few of these pits in the next few days - they
are usually dry and clear of scrub.

BAFWASENDE: Small market
Sometimes have fuel

NIA NIA: Camp at old Fort or $\frac{1}{2}$ mile past gravel pit on right.

STATION DE L'EPULU

Okapi pay to take their photos.
Don't let passengers photo over fence.
No swimming - water bad
Possible to camp opposite - costs 50K
per person.

MAMBASA

Fuel: At Catholic Mission - he keeps 45 galleon drums of
petrol only

Ivory: Small work shop opposite road to mission

Water: Left at roundabout.
Small spring

ROUTE 3

BUTA - TUTULE - POKO - ISIRO - WAMBA - MAMBASA
Dirt Road

Buta to Titule: Very bad

Titule - POKO: 2 ton weight limit on bridge at Poko.

Poko - Isiro: Very poor road

ISIRO: Report to Police H.Q.

Camp: Alongside Hotel
Ouma Club - Overlanders welcome

Isiro - Wamba: Fair Road

Wamba - Mambasa: Watch for Pygmies.



Komanda:

Bridge has been rebuilt & not too dangerous.
Mt Hoyo well worth visit. Turnoff 12kms after
Komanda on left. 13kms to very smart lodge.
Camping 2.00Z ea. Venus Steps 1Z, Caves 2Z.
(Pasantwalk 2 hrs)

Komanda - Beni:

Fair dirt road

Camping:

Protestant Mission
Oicha (Hoysha) 30 ks. north of Beni - run by
Ted Crossman.

BENI:

Water: At Hotel also good beer

Pharmacy: Also in town

SPARES Sugar factory has some RL and H types (ask for MATYOU)
sometimes fuel.

Garage: Now part of a coffee plantation but the manager, Victor
Prigogine is a guy and will do all he can to help. Can
also camp in his grounds - clean up well before leaving
He sometimes has petrol.

Ivory: Shop on right when leaving town.

Beni - Butembo:

Good gravel road Very hilly and hard to find
campsites.

Butembo:

Fair market and fuel.
Water at side of fuel station

Butembo - Goma:

(good gravel to Rwindi -
rough after that)
10kms after equator just
over top of ridge is a small
track on right to narrow
gravel pit. Only campsite
for long way either way.

After leaving Butembo very hilly - watch for
equator signs. In wet weather be very careful when
descending hills. From the top of the Kabasha
Escarpment Lake Edward can be seen on the right
and the Albert National Park (Park National de
Verunga) below you.

Do not camp in the park.

The army will move you on and do not leave
the road.

Fuel:

Sometimes at Rwindi Gamelodge.

Should now be able to see nyirangongo at night

Kayna-Bayongo : small but good market. National Park can have a lot of
game. Watch out for hippos when road runs alongside river after Rwindi.

A one day climb is good - leave 6 a.m. back by 5 p.m.
Tough day but enjoyable. New base came 200 yds on right
before new lava flow. Cost 10¢ ea.

NYIRAGONGO

CAMP:

At base camp - recommend climb about 1 pm and stay up over night and back down by 11 am. Use porters and take a change of clothes and wrap them and sleeping bags in water proof cover - take light food. Charcoal can be bought for heating in the huts. A large group can sleep in the huts if beds are removed and mattresses are put on the floor. Photos should be taken on a long delay, movie - dose work O.K.

Translation of Volcanoe Hand Book

You are ready to climb the Nyiragongo Volcano (3,470 metres) which does not require high mountain climbing techniques. We wish you a good trip.

Departure is from Kibati (1,900 mts) 13 km from Goma, where it is possible to lodge - Iz. per night capacity = four beds.

The length of the trip varies between four and five hours for the ascent and three to 4 hours for the descent. Thus it is possible to go and return in one day but we advise you to lodge near the summit where a hut had been especially prepared for you. It is equiped with beds and a heater so you can warm yourself. The cost of the hut per night is Iz per night per person. An official receipt is needed for usage. The hut is reserved exclusively for visitors and porters are not admitted. Fireas are allowed only in the heater provided for the purpose. We remind you not to carve your name on the hut and not to deteriorate it in any way.

At night you can admire the red coals given off by the incandescent lava. The principle crater has a mean height of 170 metres and a diameter of 1,200 metres, the angle of incline is 75°. Nearby is a small crater, several hundred metres in diameter, partially filled with a lake of flowing lava. The distance between the summit of the crater and the lava vary considerable. Descent into the crater is strictly prohibited due to its perillous nature. We ask you to sign the attached document stating that you agree to enter the crater and releiving us from responsibility in case of accident during your climb. Waterproof clothes, due to the frequent rain, good shoes (temp at summit often reaches 0°C.) are required.

Visiting permits at the volcanoes cost: Foreigners not living in Zaire 3.50z or \$5. Foreigners resident in Zaire: 2.5z or \$5. Those living in the park region Iz. Permit is good for one week. Children under 15 need not pay for the permit.

No charge for using cameras if this is done for non-professional use. For professional or commercial photographers an authorisation is needed from the INCN in Kinshasa. A guide will accompany you during your trip. He carries a rifle for your protection and to frighten any animal that prevents your passag. For your protection you are forebidden to leave the paths and we ask that you follow the advice of the guide.

It is forbidden to cut or pick the plants. Wour guide is instructed not to ente the wood conserves and all paper or waste must be removed after picnicing. The cost of a porter is Iz per day. He can carry about 20 kg. If you want to make a fire we suggest you take some charcoal (price: 60k) because there is very little dead wood at the summit. The guides are at your disposal and you may give any instructions you would like. They stay at Rumangabo (32 km north of Kibati).

(translation of Volcano Hand book cont.)

We are in the process of reorganising books, visitor guides etc. We ask you to excuse us for having only this small pamphlet;

Please put suggestions and criticisms in the book in the lodge. Thank you.
Our address is:

Institut National Pour La Conservation De La Nature
Direction Technique et Scientifique
B.P. 660

Goma
KIVU

Bureau Administratif et de Contact
Kinshasa 11
B.P. 4091 (Tel: 59289)

GOMA

Camping : 1. ask Andre Krasicki at Somaco Safari shop in main street how to contact Adrian, the Belgian teacher who will change money and possibly allow you to camp at his house on the lake.
2. Also at Tennis Club.
3. Take 2nd road from roundabout at bottom of town i.e. exit before Geisenyi Road. Follow dual carriageway till just before dead end. Turn rt at crossroads, follow road, when road turns to dirt keep going. Round bay until it starts to go up hill and bend to right. Just there is a small track off to left. It's unused and can park truck on it. There is a triangle of grass to camp on. No sand beach but very clean.

Lake : Good for swimming.

Small Parts: P J ISMAIL Pieces Zaire

Welding : P Vercellino at Shell Station.

Fuel/Diesel: Cheaper than Rwanda. Often obtained at TMK Fina depot, even when Goma hasn't had fuel for days. When finding diesel watch for queue around 8am. Next day queue at 6am. Should get served around 9am. Always say you're going to Kisangani.

Market : Fair - great cake Shops.

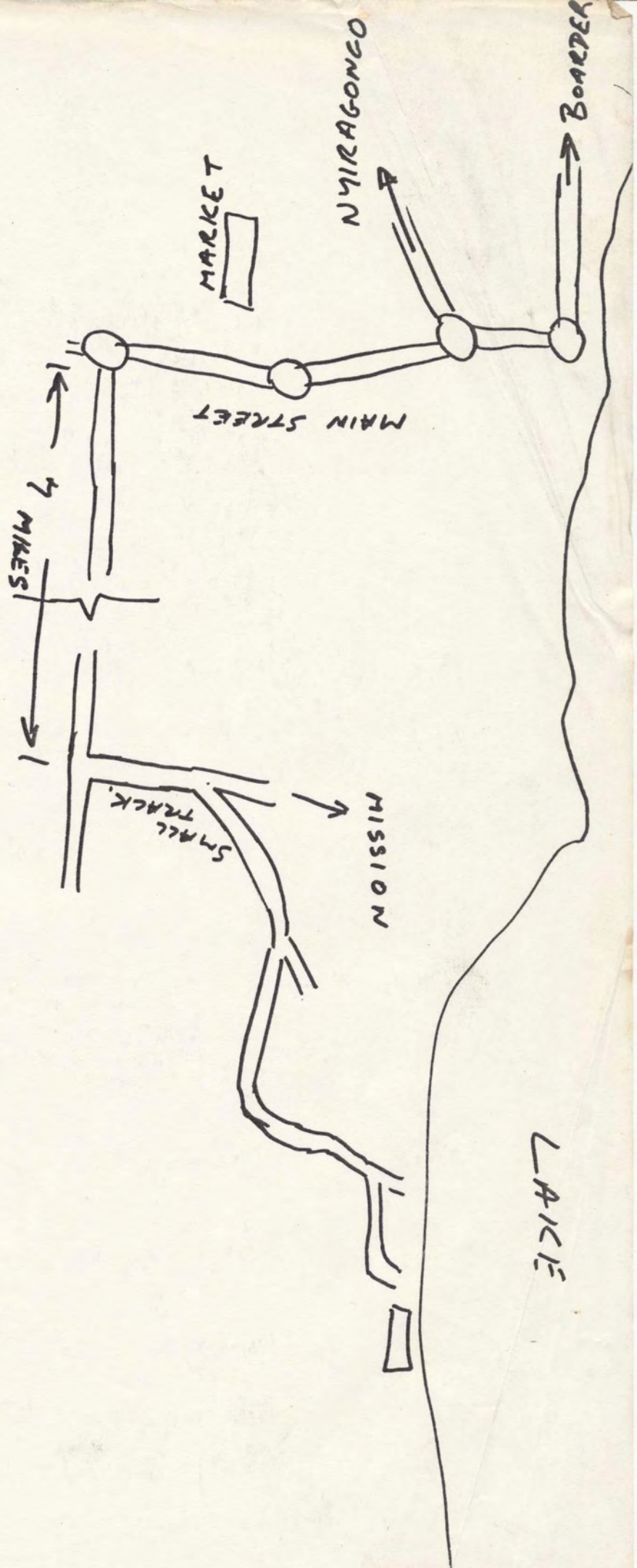
BORDER : S. Immigration: slow but should be no problem.
If money forms have to be shown make sure they are correct.

Customs: No problem.

N. Immigration: Slow

Customs: Camera lists etc and money forms.

MAP TO ADRIAN'S HOUSE



RWANDA

RWANDA

A Republic and one of the smallest countries in Africa. Rwanda achieved independence in July 1962. It is one of the most beautiful countries in the whole continent with its green mountainous countryside dominated by the Virunga volcanoes, rising to nearly 15,000 feet and separated by plunging valleys. The people who roam the hills are colourful in dress in Rwanda might well be described as the Shangri-La of Africa. Its history is less beautiful.

People:

The population is composed of three ethnic groups: the Hutu, The Tutsi (Watutsi) and the Twa. The last named are very small in numbers and occupy the lowest rung of the social ladder. The Tutsi are traditionally the aristocratic class and are well known for their remarkable stature (many are over 6'6"). They possessed both power and wealth, notably in cattle, and the Hutu (or Bahutu) were bound to them as vassals. After independence the Hutu revolted against the Tutsi and the latter were massacred in large numbers in the mid-sixties. Many fled to neighbouring countries and were resettled in the Congo, Uganda and Tanzania. The above three groups are divisions of the people traditionally known as the Rwandas. These people believed in a supreme creator-god, Imana, and in a first ancestor, Kazikamuntu, whose three children, Gatutsi, Gahutu and Gatawa, were the ancestors of the three castes. Communication with these takes place through spirit-possession by mediums. There is much poverty and malnutrition and the country is one of the most densely populated in Africa and has the lowest average annual income in the world - £14 per person 1966. President 1971: Gregoire Kayibanda (Bahutu)

Area: 24,338 sq. km.

Population: 3,509,250

Language: French (official)

Religion: Traditional or tribal beliefs (50%) Roman Catholic.

Climate: Tropical climate softened by altitude. Average annual temp at Kigali - 68F. Dry season from June-August. Rainfall more plentiful in the West.

Currency: £1 = 206 RF U.S.\$ = 82 RF

Time: G.M.T. + 2 hours

Holidays:	Jan 1, 2, 8	Apr 15,	May 1, 23,	June 3,	July 1,
	Aug 15,	Sep 3, 25,	Oct 26,	Nov 1, 24	Dec 25

Border :

S. Immigration: visa required. can pay in hard currency.
cost \$6. Will give 5 day transit visa if asked.

Customs : no problem.

N. NO PROBLEMS.

GISENY : very pleasant town on edge of Lake Kivu.

Camp : Eileweiss Hotel. Great place. cheap, bar.
owner changes money.

Money : souvenir shop next to Palm Beach Hotel.

Bank : only open from 8 a.m. to 10 a.m.

Garage : ELOI - down road beside Palm Beach Hotel.
Fair welding.

Fuel & water : at Shell Station. Diesel expensive.

S. : Ensure sufficient before leaving Kigali
to reach Mwanza.

N. : Leave Giseny with full tanks.

Market : Good and fresh meat.

GISENY TO KIGALI: 1 day. Hilly & dirt rd after Ruhengri.

About 20 KS after Giseny on right side is a large orphanage called OUVROIR DE NYUNDO. Well worth a call. Run by an old Dutch Sister. They have a shop where they sell a large selection of souvenirs that the children have made. Recommend not to post from there. If the sister is not there the boys beat drums to let her know there is someone at the shop.

RUHENGRI : Parc National de Vulcan - gorillas.
Turn left just before end of tar opposite prefecture. 12 kms to HQ. Tough climb.
(600 Rfs for week!)

Market : Small.

Money : From DP Verma - Indian shop on right just before the market. Also water round the back.

Road now very steep with big drops at side. Great care is needed in wet weather.

Water : 40 km before KIGALI. Pipe at road side.

KIGALI

Garage : (1) Hatton & Cookson are Bedford agents. Very good and will make anything.
(2) For parts, in the same road: S Mohammed has some old RLs.
(3) Old East, Landrover agents - efficient.

Post Office: Good & quick.phone.

Money : At French pharmacy or Indian shop down dirt road next to Mobil Station.

Fuel & water: At Mobil Station or any of the others. Most also have gas.

Camp : At Andre College out past the Army Camp - 2 miles from town. Toilets and showers. Camp on football pitch. Ask permission from the Principal.

Hotel : Hotel de Kiyodu - good standard but expensive.

ROUTE : Kigali - Kibungo - Rusumu Falls

Excellent new road. $\frac{1}{2}$ day.

BORDER : stop on hill overlooking Falls. Good for photos.

EXIT Immigration & Customs: No problem.
Will have to buy VISAS, pay in £1 or French Franc.

Bridge : Toll now 200 RF.

Cross over bridge & up hill. A check here of all passports & carnet. Then at the top of the hill Customs & Immigration are in a small house on the left. Slow. Be very clean and tidy. They sometimes force dress regulations. He might search you. Should be able to change a little money at either of the borders.

S. VISAS: Tanzanian visas for non-commonwealth issued at border. Cost \$4.

MAKE SURE YOU LEAVE RWANDA WITH SUFFICIENT FUEL TO GET TO MWANZA.

KIGALI

- (1) Hatton & Cookson are Bedford agents. Very good and will make anything.
- (2) For parts, in the same road: S. Mohammed has some old R/Ls.
- (3) Old East, Landrover agents - efficient.

Post Office: Good & quick phone.

Money: At French pharmacy or Indian shop down dirt road next to Mobil Station.

Fuel & water: At Mobil Station or any of the others. Most also have gas.

Camp: At Andre College out past the Army Camp - 2 miles from town. Toilets and showers. Camp on football pitch. Ask permission from the Principal.

Hotel: Hotel de Kiyovu - good standard but expensive.

ROUTE: Kigali - Kibungu - Ruwenzori Falls

Excellent new road. 5 day.

BORDER: stop on hill overlooking Falls. Good for photos.

EXIT Immigration & Customs: No problem. Will have to pay VISAS, pay in £ or French Franc.

Bridge: Toll now 200 RF.

Cross over bridge & up hill. A check here of all passports & carnet. Then at the top of the hill Customs & Immigration are in a small house on the left. Slow. Be very clean and tidy. They sometimes force dress regulations. He might search you. Should be able to change a little money at either of the borders.

TANZANIA

TANZANIA

Tanzania, a republic and member of the Commonwealth of Nations, consists of the mainland country and two islands of Zanzibar and Pemba (plus smaller islands). It is the largest of the East African countries and famous for its wild life and huge game reserves such as the Serengeti and the Ngorongoro Crater, Lake Manyara, and Arusha National Park. Lake Tanganyika is Africa's deepest and longest fresh water lake and Mnt. Kilimanjaro is the continents highest mountain and the highest single mountain in the world. As a result the tourist trade is quite considerable and modern developments hotels etc. seem restricted to the areas that contain the above tourist attractions as well as the coast. The remainder of the country exists in considerable poverty and the road conditions are the worst in East Africa, with the famous 'hell-run'. The Russians, The Americans and the Italians have all been building sections of road with varying degrees of success. Meanwhile a new £5.4 million international airport (Tanzania's second) has been opened at the foot of Kilimanjaro. It was built by the Italians. From 1880 until 1916 Tanzania (Tanganyika) was a German colony, and later a United Nations Trust Territory. It became independent in 1961. In 1964 a union was formed between Tanganyika, Zanzibar and Pemba making the United Republic of Tanzania. Zanzibar is ruled by strong man Abeid A Karume whose regime, supported by varying groups of communists - mainly Chinese, persists with executions, forced marriages and other weird excesses, and on the whole is an embarrassing pain in Julius Nyerere's neck.

President 1971: Dr. Julius Nyerere.

People: There are over 120 tribes, the majority classified as Bantu and the largest of these are the Sukuma. There are also tribes of Nilotic and Hamitic origins. The Masai are not bound by the borders of Kenya and Tanzania and exist in the latter in large numbers as well as in Kenya. The Chagga tribe around the slopes of Kilimanjaro are one of the most developed and progressive groups and the women are renowned for their physical beauty.

Railway: The Tan-Zam Railway: The Chinese, responsible for training the Tanzanian army and building a naval base in Dar es Salaam, have now begun work on the £169 m. Tan-Zam railway which will link Zambia with Tanzania.

Area: 362,820 Sq. miles
Time: G.M.T. + 3 hours
Capital: Dar Es Salaam
Population: 14,000,000
Language: Swahili (lingua franca) also English
Religion: Pagan Muslim in coastal areas. Christian minority.
Climate: Coastal area average 76F. Very humid on the coast in hot weather. Average rainfall 40". In central plateau average 70F and variations of 10-40". Short rains begin in November and in some areas continue through to the long rains of April-May. Rainfall is very heavy in the areas north of Lake Nysa.

BRITISH HIGH COMMISSION:

Permanent House
Independence Avenue
8th Floor

P.O. Box 9200

Dar Es Salaam

Tel: 29601 (Cable UKREP, Dar es Salaam) TLX NO. 41004

P.J.S. Moon

UKREP.

Holidays:

Jan 4-8, 12

Feb 1-2

Banks open Sat a.m.

Ramadam starts Sep 18th

TANZANIA

(A)

ROUTE : Rusumu - Rulenge - Nyak A Hura - Bicharamulk -
Busisi - Mwanza (B)

A - B. 2-2½ days. Fair dirt rd.

Water : Watch for taps set back a few yds from rd.

Rulenge : About 1 mile off main road right. Small
market - mission with a good hospital
and possible to camp there.

Possible to change money at mission
(official).

Biharamula: Good little market - sometimes has fuel &
water at garage. Also good new hospital.

Geita : Petrol & water.

Busisi : Ferry. Large & motorised. operated from
07.30 to 20.30. Free. Sometimes a long
queue.
Great little shop on right for kebabs.
Dirt rd to T-junction, then tar into Mwanza.

MAWANZA : Tanzania Commercial Vehicle licences must
be obtained from Mwanza revenue office.
14 days 60/-, 30/- for trailer.

New Mwanza Hotel: good for meals & beer. Official
money change here.

Market : very good.

Insurance : Available from: National Insurance Co of Tanzania
P O Box 9264. Dar Es Salaam.
Telephone : Dar 26561.

Fuel : Caltex Station(& water.)

N. : fill up both tanks. Fuel cheaper than in
Rwanda.

Garage : near New Mwanza Hotel. Bedford/Scania
agents. Excellent. Helpful. Welding,
parts, etc. Tanzania Motor Corporation.

TANZANIA (cont'd)

Mwanza

Camp : Saba Saba. Good place to camp. 7kms.out
of town towards airport. Guarded. has water.
no charge.

OR Sukuma Museum. 10 miles on Serengetti Rd.
Museum worth 2 hrs to look around. Camping
cost approx 70/- for all. Has showers.

Insurance : also from: G B Ndegie
Mwakilishi Wa Bima ya Taifa
(by post office)
3rd party, 29 days. 125/-.

NOTE : NO FUEL NOW SOLD AT WEEKENDS.

EAST AFRICA / KENYA

EAST AFRICA

There are many combinations of routes now that one can take to Nairobi but bear in mind that you can only make two entries into Tanzania and one into Kenya. The route you take will probably depend on what game parks your group wish to see. The following information is broken into sections and can then be used in whatever order you require. Spend one day in each park you choose and we pay for three. Be IN as the gates open and OUT before they close.

MAWANZASERONERA

Route 1: Mawanza - Ndabaka Gate Tar, fair, dirt taking 5 hours

Do not recommend going down to Lake shore.

Camp:

Numerous road side taps.

Large area opposite gates village nearby with beer.

Ndabaka Gate - Seronera 5hours

Only do this route if the weather is dry. Probably the best route for large herds. Allow five hours for game viewing. This route only allows a short time around the lodge and to river area to look for leopard.

Route 2:

Mawanza - Fort Ikoma - Banagi - Seronera

As route one but proceed past Ndabaka Gate to Ikoma Fort then a much shorter route to Seronera.

SERONERA

Large game lodge with all facilities.

Immigration is at the lodge Exit. No problems. There is no customs as the Entry Stamp for Tanzania is for East Africa and exit is done when you leave Tanzania for Zambia.

Entry Stamp no problem. You will have got your re-entry visas in Nairobi if entering from Masi Mara You will have no Kenya Exit Stamp. That is O.K.

Route I:

(A) (B)

Seronera - Banagi - Kleins Camp

A - B Good dirt road 2-3 hours

Kleins Camp:

Exit Serengeti. The only place to camp before entering Masi Mara the next morning.

Water:

At round huts.

Cost:

Very Little.

Kleins Camp - Keekorok

10 miles from Kleins camp you will see a sign 'You are now in Kenya'. On this route there is no Entry formality. They are done in Nairobi.

Cross snad river and enter Masi Mara. They will sometimes only take U.S. \$ or Kenyan. Cost app. 340 Ks. for lorry and group.

KEEKOROK

Large game park with all facilities. In my opinion this is the best Park. Leave trailer at the lodge and take a guide 20/ and with luck you should see all types of cat and other game. Only a short distance from the lodge to the EXIT Gate.

Keekorok - Narok - Nakuru

A few good Masi villages between Keekorok and Narok.
Good dirt road.

Narok:

Fuel, water, food.

Road from Narok to the main Nakuru - Eldoret road can be bad if its wet. Tar then into Nairobi.

Nakuru:

Good town. All facilities.

Market:

Very good

Garage:

Delta Ltd

Lake Nakuru:

Very good for bird lovers. On average 1 million flamingoes and 400 other species of birds requires about 4 hours. 390/- truck and group.

Route 2:

As I to Narok then straight to Nairobi.

Route 3:

From Serenora - Ngorongoro Crater.
1½ hours from lodge to exit gate.

Camp:

At gate. Water there.

Ngorongoro Lodge:

Large lodge with all facilities.

Camp:

At sight. Guard might be necessary. If told that truck is not allowed into crater contact:

Daniel P. Samanya
Ngorongoro Conservation Unit
P.O. Box 6000
Ngorongoro Crater

He is usually round the lodge or at the guides village. A note to him in advance might help. It will cost a bribe of about 200/-. If you are obliged to take a Tanzanian Tours Ltd landrover plus a guide for 320 shillings carrying only 5 pax, unless the demand is such that there are no landrovers available. It is probably still worth having a word with the Director of the conservation area at the Ngorongoro Crater office. It is also worth noting that exit from the Serengeti involves entry into the Conservation area which includes the Oldavai Gorge. The cost of this is app. \$50 for a group. Oldavai costs approximately a further 7 shillings for entry per person. There is however a free transit permit issued, provided that you cross the conservation area in 3 hours - a virtual impossibility in our trucks (distance 70 miles with many steep hills). The point of all this is that if you want to go to Oldavai and not Ngorongoro you cannot do it in the 3 hr. period, and are therefore charged the \$50. for entry in

the conservation area even though you have not visited the Crater. Groups should be warned of this when choosing game parks as they would pay for the landrovers. Cost 380 shillings per landrover.

Lake Manyara - Elephants, lions sometimes in trees.
Ngorongoro Crater - Arusha - Nairobi

Namanga: Border entry Kenya visas issued. No problems.

Arusha: Meerscham Pipe Factory - well worth a visit. Located on industrial estate.

People:

Ethnologically divided into Bantu, Nilotic, and Hamitic groups. The two largest tribes are the Kikuyu (now in government under Kenyatta's Africa) and the Luo (Nilotic). The Kikuyu led the Mau Mau revolt during which Kenyatta was jailed. At the time Kenyatta was looking upon as 'a leader to darkness and death'. When he came to power Oginga Odinga (a Luo) was vice President under an agreement whereby the two parties merged. However Odinga voiced the opinion later that Kenyatta's politics had sold out to the West. Odinga Odinga is at present still in jail after being sentenced along with the Kikuyu People's Union, twelve delegates of whom were recently released.

The arid areas of central Kenya are mainly occupied by the Masai, a tribe of pastoral nomads. They were notorious for their raids as they swept in from the north in the mid-18th century. These raiding parties were organized under the spiritual direction of the 'laidon' or medicine man. Their lands were diminished by European farming however and their power reduced drastically. They now roam the wild Steppes backed out in tribal costume and demand now from tourists who photograph them. DO NOT PHOTOGRAPH THESE MEN UNLESS INVITED - it could be dangerous.

Capital: Nairobi

Population: 10,204,000

Area: 282,644 sq. km

Language: English (official) and Swahili

Religion: Pagan, Christian and Muslim minorities.

Climate: Mean annual temp. approx. 70°F. Hottest Jan-March. Cool June-July. Short rains from October to December. Long rains from March to May.

Currency: Kenya Shilling Official: KSh = 100/-
KSh = 7.1p

Time: G.M.T. + 3 hours

British High Commission: Shell B.P. Building, Batajee Avenue, Nairobi

Holidays: Jan 1, 4-8, 24, Feb 2-3, April 12, 15, May 1, June 1, Dec 25-26.

People:

Capital: Nairobi

Population: 10,504,000

Area: 582,644 sq. km

Language: English (official) and Swahili

Religion: Pagan. Christian and Muslim minorities.

Climate: Mean annual temp. approx. 79F. Hottest Jan-March. Cool June-July. Short rains from October to December. Long rains from March to May.

Currency: Kenya Shilling Official: £1 = 16.8
 \$1 = 7.14

Time: G.M.T. + 3 hours

British High Commission: Shell B.P. Building, Harambee Avenue, Nairobi

Holidays: Jan 1, 4-8, 24, Feb 2-3, April 12,15, May 1, June 1, Oct -
Dec 25-26.

NAIROBI



- | | | | | | | | | | | |
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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 | 103 | 104 | 105 | 106 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 118 | 119 | 120 | 121 | 122 | 123 | 124 | 125 | 126 | 127 | 128 | 129 | 130 | 131 | 132 | 133 | 134 | 135 | 136 | 137 | 138 | 139 | 140 | 141 | 142 | 143 | 144 | 145 | 146 | 147 | 148 | 149 | 150 | 151 | 152 | 153 | 154 | 155 | 156 | 157 | 158 | 159 | 160 | 161 | 162 | 163 | 164 | 165 | 166 | 167 | 168 | 169 | 170 | 171 | 172 | 173 | 174 | 175 | 176 | 177 | 178 | 179 | 180 | 181 | 182 | 183 | 184 | 185 | 186 | 187 | 188 | 189 | 190 | 191 | 192 | 193 | 194 | 195 | 196 | 197 | 198 | 199 | 200 | 201 | 202 | 203 | 204 | 205 | 206 | 207 | 208 | 209 | 210 | 211 | 212 | 213 | 214 | 215 | 216 | 217 | 218 | 219 | 220 | 221 | 222 | 223 | 224 | 225 | 226 | 227 | 228 | 229 | 230 | 231 | 232 | 233 | 234 | 235 | 236 | 237 | 238 | 239 | 240 | 241 | 242 | 243 | 244 | 245 | 246 | 247 | 248 | 249 | 250 | 251 | 252 | 253 | 254 | 255 | 256 | 257 | 258 | 259 | 260 | 261 | 262 | 263 | 264 | 265 | 266 | 267 | 268 | 269 | 270 | 271 | 272 | 273 | 274 | 275 | 276 | 277 | 278 | 279 | 280 | 281 | 282 | 283 | 284 | 285 | 286 | 287 | 288 | 289 | 290 | 291 | 292 | 293 | 294 | 295 | 296 | 297 | 298 | 299 | 300 | 301 | 302 | 303 | 304 | 305 | 306 | 307 | 308 | 309 | 310 | 311 | 312 | 313 | 314 | 315 | 316 | 317 | 318 | 319 | 320 | 321 | 322 | 323 | 324 | 325 | 326 | 327 | 328 | 329 | 330 | 331 | 332 | 333 | 334 | 335 | 336 | 337 | 338 | 339 | 340 | 341 | 342 | 343 | 344 | 345 | 346 | 347 | 348 | 349 | 350 | 351 | 352 | 353 | 354 | 355 | 356 | 357 | 358 | 359 | 360 | 361 | 362 | 363 | 364 | 365 | 366 | 367 | 368 | 369 | 370 | 371 | 372 | 373 | 374 | 375 | 376 | 377 | 378 | 379 | 380 | 381 | 382 | 383 | 384 | 385 | 386 | 387 | 388 | 389 | 390 | 391 | 392 | 393 | 394 | 395 | 396 | 397 | 398 | 399 | 400 | 401 | 402 | 403 | 404 | 405 | 406 | 407 | 408 | 409 | 410 | 411 | 412 | 413 | 414 | 415 | 416 | 417 | 418 | 419 | 420 | 421 | 422 | 423 | 424 | 425 | 426 | 427 | 428 | 429 | 430 | 431 | 432 | 433 | 434 | 435 | 436 | 437 | 438 | 439 | 440 | 441 | 442 | 443 | 444 | 445 | 446 | 447 | 448 | 449 | 450 | 451 | 452 | 453 | 454 | 455 | 456 | 457 | 458 | 459 | 460 | 461 | 462 | 463 | 464 | 465 | 466 | 467 | 468 | 469 | 470 | 471 | 472 | 473 | 474 | 475 | 476 | 477 | 478 | 479 | 480 | 481 | 482 | 483 | 484 | 485 | 486 | 487 | 488 | 489 | 490 | 491 | 492 | 493 | 494 | 495 | 496 | 497 | 498 | 499 | 500 | 501 | 502 | 503 | 504 | 505 | 506 | 507 | 508 | 509 | 510 | 511 | 512 | 513 | 514 | 515 | 516 | 517 | 518 | 519 | 520 | 521 | 522 | 523 | 524 | 525 | 526 | 527 | 528 | 529 | 530 | 531 | 532 | 533 | 534 | 535 | 536 | 537 | 538 | 539 | 540 | 541 | 542 | 543 | 544 | 545 | 546 | 547 | 548 | 549 | 550 | 551 | 552 | 553 | 554 | 555 | 556 | 557 | 558 | 559 | 560 | 561 | 562 | 563 | 564 | 565 | 566 | 567 | 568 | 569 | 570 | 571 | 572 | 573 | 574 | 575 | 576 | 577 | 578 | 579 | 580 | 581 | 582 | 583 | 584 | 585 | 586 | 587 | 588 | 589 | 590 | 591 | 592 | 593 | 594 | 595 | 596 | 597 | 598 | 599 | 600 | 601 | 602 | 603 | 604 | 605 | 606 | 607 | 608 | 609 | 610 | 611 | 612 | 613 | 614 | 615 | 616 | 617 | 618 | 619 | 620 | 621 | 622 | 623 | 624 | 625 | 626 | 627 | 628 | 629 | 630 | 631 | 632 | 633 | 634 | 635 | 636 | 637 | 638 | 639 | 640 | 641 | 642 | 643 | 644 | 645 | 646 | 647 | 648 | 649 | 650 | 651 | 652 | 653 | 654 | 655 | 656 | 657 | 658 | 659 | 660 | 661 | 662 | 663 | 664 | 665 | 666 | 667 | 668 | 669 | 670 | 671 | 672 | 673 | 674 | 675 | 676 | 677 | 678 | 679 | 680 | 681 | 682 | 683 | 684 | 685 | 686 | 687 | 688 | 689 | 690 | 691 | 692 | 693 | 694 | 695 | 696 | 697 | 698 | 699 | 700 | 701 | 702 | 703 | 704 | 705 | 706 | 707 | 708 | 709 | 710 | 711 | 712 | 713 | 714 | 715 | 716 | 717 | 718 | 719 | 720 | 721 | 722 | 723 | 724 | 725 | 726 | 727 | 728 | 729 | 730 | 731 | 732 | 733 | 734 | 735 | 736 | 737 | 738 | 739 | 740 | 741 | 742 | 743 | 744 | 745 | 746 | 747 | 748 | 749 | 750 | 751 | 752 | 753 | 754 | 755 | 756 | 757 | 758 | 759 | 760 | 761 | 762 | 763 | 764 | 765 | 766 | 767 | 768 | 769 | 770 | 771 | 772 | 773 | 774 | 775 | 776 | 777 | 778 | 779 | 780 | 781 | 782 | 783 | 784 | 785 | 786 | 787 | 788 | 789 | 790 | 791 | 792 | 793 | 794 | 795 | 796 | 797 | 798 | 799 | 800 | 801 | 802 | 803 | 804 | 805 | 806 | 807 | 808 | 809 | 810 | 811 | 812 | 813 | 814 | 815 | 816 | 817 | 818 | 819 | 820 | 821 | 822 | 823 | 824 | 825 | 826 | 827 | 828 | 829 | 830 | 831 | 832 | 833 | 834 | 835 | 836 | 837 | 838 | 839 | 840 | 841 | 842 | 843 | 844 | 845 | 846 | 847 | 848 | 849 | 850 | 851 | 852 | 853 | 854 | 855 | 856 | 857 | 858 | 859 | 860 | 861 | 862 | 863 | 864 | 865 | 866 | 867 | 868 | 869 | 870 | 871 | 872 | 873 | 874 | 875 | 876 | 877 | 878 | 879 | 880 | 881 | 882 | 883 | 884 | 885 | 886 | 887 | 888 | 889 | 890 | 891 | 892 | 893 | 894 | 895 | 896 | 897 | 898 | 899 | 900 | 901 | 902 | 903 | 904 | 905 | 906 | 907 | 908 | 909 | 910 | 911 | 912 | 913 | 914 | 915 | 916 | 917 | 918 | 919 | 920 | 921 | 922 | 923 | 924 | 925 | 926 | 927 | 928 | 929 | 930 | 931 | 932 | 933 | 934 | 935 | 936 | 937 | 938 | 939 | 940 | 941 | 942 | 943 | 944 | 945 | 946 | 947 | 948 | 949 | 950 | 951 | 952 | 953 | 954 | 955 | 956 | 957 | 958 | 959 | 960 | 961 | 962 | 963 | 964 | 965 | 966 | 967 | 968 | 969 | 970 | 971 | 972 | 973 | 974 | 975 | 976 | 977 | 978 | 979 | 980 | 981 | 982 | 983 | 984 | 985 | 986 | 987 | 988 | 989 | 990 | 991 | 992 | 993 | 994 | 995 | 996 | 997 | 998 | 999 | 1000 |
|---|---|---|---|---|---|---|---|---|-----|------|

VISA PROCEDURE

AVOID ALL REFERENCE TO SOUTH AFRICA

- N On arrival, send 1 person of each nationality to obtain letters of recommendation for Zaire and Nigerian embassies.
- S Report to Kenyan Immigration
Jogoo House, Harambee Avenue

EVERYONE ENTRY STAMP INTO KENYA

All no commonwealth at same desk for re-entry visa for Tanzania. Multi-entry if possible.

- N-S Tanzanian Tourist Office
I.P.S. Building
Kimathi Street
for Tanzanian Commercial Vehicle Licence
- Fee: Truck - 150/-
Trailer - 30/-

RL details for form:
Tare weight: between 40-50 Quintals
Cubic capacity: 330 cubic inches (c.c.)
Maximum load capacity: 3 ton
Type of body: Bus

Kenyan Immigration for Tanzania re-entry visas if multi entry visas were not obtained in Dar Es Salaam. If leaving, via Masai Mara, get Kenya exit stamps here also.

N FRENCH

The first Embassy to visit should be the French. This is the easiest even though they issue the most. MRS. ADRIENNE GANASE is on the visa desk. She is a great woman and will do all she can to help. Adrienne is a great camp lover and it is well worth asking her back for an evening meal or taking her out to lunch.

Here you get visas for R.C.A., Cameroons and Niger. With a little help, they can be ready in 24 hours.

R.C.A. --- Ask (Madame Ganase ONLY!!) if it's possible to have this one for 1 week, instead of the normal 48 hours.

Cameroons - 30 days.

Niger -- 1 month.

GERMAN EMBASSY is in the same building as the French. They will issue a 2nd passport within 48 hours.

- N NIGERIAN EMBASSY for visas or entry permit. The Nigerians are probably the least organised and it can be a bit chaotic. It is well to drop in and see them while your passports are at the French Embassy to forwarn them. They can sometimes do them in 24 hours or it can take 3 days.
- Mr. OBONG is Issuing Officer, but must deal with the girl on the desk -- M.K. MTWANGI, the "Revenue Collector". She tries to be helpful, but when Mr. Obong isn't co-operating, she often has to use the story that, "He's at the airport!"

- N RWANDA See MADAME DIFADELIN (moody -- handle with care.) She's well aware that we come from South Africa/Rhodesia. Date entry on visas 5 days after anticipated departure from Nairobi.

- N ZAIRE. See ROBERT, on the desk and MICHEL, Press Secretary, and MR. BOKETSU, 1st Secretary and Issuing Officer.
- Official hours for passports are 7:30 - 12:00 but once you're known, you can Robert from 2-4:30 also. If Robert understands that a tip (approximately 20/-) awaits him on completion of visas, procedures can be speeded up considerably, since he does all except the approving and signing.
- Date of entry - 1 week after departure from Nairobi.

This is the format to be used only if it is necessary to write. Recent trips have not had to complete this formality.

TYPICAL LETTER REQUIRED BY ZAIRE & NIGERIAN EMBASSIES.

Should be typed on LONDON letterhead.

Consular and Administrative Attache
High Commission of the Federal Republic of Nigeria
P O Box 30516
Nairobi. Kenya

24 May 1974

Dear Sirs

As group organiser for the above mentioned Overland Company, I wish to apply for 7 day transit visas for the 18 people on the attached passenger list wishing to cross Africa.

As you may observe in the applicants' passports, visas have already been obtained from the respective embassies to enable the group to travel to and from Nigeria in transit.

The mentioned persons have been travelling for many months since departing from their countries.

Your assistance would be greatly appreciated in this matter enabling the group's continued travel through Africa.

Thanking you for your anticipated co-operation and for your assistance in the past.

Yours faithfully

IAN WAY
Expedition Organiser
Encounter Overland
London

NAIROBI. Kenya

Theft is a widespread activity in Nairobi. You are a potential victim the moment you enter the city limits, so we advise you to keep a careful watch on the vehicle at all times. It is not safe to leave the vehicle in a car park or parked outside a hotel even if there is an employee officially keeping watch on the vehicles. He is often paid to look the other way and cannot be relied on. Either leave somebody to sleep in the vehicles or remove all valuables. Money, clothing, cameras and other 'luxury' goods are the main targets of theft.

A 24 hour guard is needed on whatever campsite is used.

- CAMPING : Westwood Country Club (group pays half)
Ngong Road
- OR Kimbla, Langatta. 100 yds past
Langatta post office on left.
No guard needed. HOT water at night
for showers. 7/- per head. Drivers free.
- OR c/o Dick Hedges, Langatta. Secluded
site. No guard necessary as site about
7 miles out of town. Cost 7/- per head
per head. Hedges will hire you a car if
needed for shopping etc: cost 100/- per
day.
- OR Normandy Hotel. We pay 7/- only per
head per night. Remaining 23/- paid
by group. Need guard on truck.
- OR c/o Mrs Roche. 10/- per night. Turn left
just before Aga Khan hospital in Limuru Rd.
Turn rt off Uhuru Highway at National
Museum (5th house on left). Only for
quiet groups.

S.

Let Joburg know approx EDA. Any necessary documents can then be forwarded to Lusaka. You will need a road permit to enter Botswana, so it is essential Joburg office hears from you in Nairobi.

Bank: Grindlays Bank - Kenyatta Avenue

Garages: Sammy Sprays
For General body and Maintenance work. Send bills to London
and the office pays.

OR Mr. Faheid Ismail
Bruce Ltd
Enterprise Rd
Mechanical Work.

OR Jackson and Bona
Addis Ababa Rd (Off Enterprise Rd)
Tilt and campbed repairs

OR Thakdrbhaie - L - Panchal
Tel: 20292
Spring and leaves

OR Murad P. Kassam
Delta Ltd
Uhuru Highway (next to coopers)
Tel: 57422, 57432, 57442
Workshop: 58745
Home: 55338
For injector pump work.

OR Ramesh J. Kamaria
E.Auto Spares Ltd
Kanaria House
Muindi Mbingu Street
Tel: 22926
R.L. Spares

OR E. Auto Spares
Mr. Sing
Kingston Rd
on Industrial Estate
R.L. Spares

Will let you use his yard to work on truck.

OR Auto Electrical Ltd
Tom Mboya St
Tel: 58745
CaU/Lucas/Solex

OR Eastleigh Motor Works
Bristol Rd
(off Enterprise, Industrial area)
Tel: 58972
All Springs made

Garages cont/.....

OR Desai Motors Ltd
Yusafali Rd
Tel 58812/57640
Trailer Repairs

OR Africa Radiator Ltd

Fuel: Philip Makau (Sales Rep)
Marshalls (E.A.) Ltd
Koinange St
Tel: 29597/8/9

Can put you in touch with
Discount fuel

Medical: Water purifying tablets and Malaria tablets
Mr. M.C. Cullack
Kenya Overseas (Chemicals) or Rajuna Agencies
Tel: 58286/7 Room 9, 2nd floor
Burton Rd (off Dagenham Rd) Market Mansion
Biashara St. Tel. 33137

Chemist: I.P.S. Building
Kimithi St

Wholesale prices.

Vaccinations: City Hall
Town Centre FREE

Car Hire: Car hire and general use of telephone etc
Donald Vincent Travel Ltd
25 Kenyatta Avenue
Tel: 28705

Siafu Agent: Ted Gill
Bruce Travel

Washing: Coin operated machines
at WESTLANDS
Uhuru Highway (towards Navasha)

Hotel: Brunners
Wabera St
Central and Cheap

Gas: Nairobi Afragas Distributors
Kimathi St
Tel: 22621

Food: Economic Provisions
Muindi Mbingu St

OR Cash and carry, BIRONGO SQUARE
off LANGATA ROAD

The Supermarket Ltd
Mr. Immigration

OR K&A STORS
cnr KOINAGE st & KENYATTA ave

4
Post: Very good for packages to U.K. etc
Phone: Public telec in Post Office. Easy to get lines.
Very Quick

EMBASSIES

Australia:	Australian High Commission Development House Government Rd P.O. Box 30360 Tel: 27261/3 20448/9 MR.SNELL	Ghana:	High Commission Coronation House Government Rd P.O. Box 48534 Tel: 27231
Austria:	Embassy Hughes Rd Hughes Building 3rd floor Kenyatta Av P.O. Box 30560 Tel: 28281/2	India:	High Commission Jeevan Bharati Building Harambee Avenue P.O. Box 30274 Tel: 22566
Belgium:	Embassy, Ambassador Silopark House Queensway P.O. Box 30461 Tel: 20501 and 25143	Greece:	I.P.S. Building Kimathi St P.O. Box 30543 Tel: 25331
British High Commission:	3rd floor, Bruce House Standard Street Box 48543 Mr. Shipperdon or Mr. Beard	Israel:	Embassy of Israel Bishop Rd P.O. Box 30353 Tel: 22666
Canada:	Office of the High Commissioner for Canada, I.P.S. Building Kimathi St P.O. Box 30481 Tel: 27426	Kuwait:	Kimathi St P.O. BOX 42353 Tel 25177
Czechoslovakia:	Embassy Langton Crescent P.O. Box 30204 Tel: 27985	Nigeria:	High Commission AGIP House P.O. Box 30516 Tel. 208321 Mr. Obong
Denmark:	Embassy, Hughes Building Kenyatta Avenue P.O. Box 40412 Tel: 29047	Norway:	P.O. Box 46336 Silopark House Tel: 28811/2/3
France:	Embassy Embassy House Harambee Ave P.O. Box 41784 Tel: 28373	Pakistan:	Agip House Haile Selassie Avenue P.O. Box 30045 Tel: 21276
German:	Embassy House Harambee Avenue P.O. Box 30180 Tel: 26661	Switzerland:	International Life House Sargent Ellis Ave. (opposite Hilton)
		U.S.A.	Cotts Kouse Wabera St P.O. Box 30227

Embassies (cont'd)

ECA, Camerouns, Niger : ALL three at French Embassy.

Zaire : Michael Rugumine
Ambassador de La Rep de Zaire
P O Box 43116
Cearns Chambers
cnr of Government Rd
Nairobi. Tel: 29771/2

Rwanda : Mujabe Julius Simon (2nd Sec)
12 floor
International Life House
Queensway
P O Box 48579
Nairobi. Tel: 34341

Dutch : Royal Netherlands Embassy
P O Box 41537
near new supermarket of Taifa Rd.
See Tina Lukose or Mr Broekhuizen
(Issuing Officer)

Sudan : Shankerdass House
Government Road
P O Box 48784
Nairobi. Tel: 20770
(deal with Mr Basha. Tel: 21737)

Cheap Air Tickets

Travel Centre Ltd
Muhji Jetha Mansions
La Tema Rd
Nairobi. Tel: 21951

TELEX : Public telex facilities at post office.
22278 PUBLIC.

There is an extremely interesting Masai village on a farm at the foot of the escarpment (approximately 30 miles ??? out of Nairobi) just before the Rift Valley. For 40 schillings, lots of photographs can be taken of Masai going about their daily activities as well as women doing the bead work, people dancing etc. It is NOT a typical tourist place (though apparently there is another similar sounding one somewhere else which is very "touristy" - don't confuse the two.)

This place has been described as a source of excellent photos which couldn't have possibly been taken elsewhere and also as "the highlight of the trip" by one ex-E.O.'er....Sounds well worth a stop.

SIMPLE CHART TO CHECK ALL NECESSARY FORMALITIES ARE COMPLETED IN NAIROBI

TYPICAL GROUP BREAKDOWN						
	AUSTRALIAN 7	SWEDISH 1	SWISS 2	UK 6	USA 1	NZ 2
Clean Passport	✓	✓	✓	✓	✓	✓
Embassy Letter to Zaire	✓	✓	✓	✓	✓	not avail- able
Embassy Letter to Nigeria	✓	✓	✓	✓	✓	not avail- able
Niger Visa	✓	✓	✓	✓	✓	✓
Cameroon Visa	✓	✓	✓	✓	✓	✓
R.C.A. Visa	✓	✓	not required	✓	not required	✓
Nigerian Visa	✓	✓	✓	✓	✓	✓
Zaire Visa	✓	✓	✓	✓	✓	✓
Rwanda Visa	✓	✓	✓	✓	✓	✓
Kenya Immigration	✓	✓	✓	✓	✓	✓
Tanzania Entry		✓	✓	not required	✓	✓

Truck Carnet has enough pages and is valid for two months _____

Tanzania Commercial Vehicle Insurance has been renewed _____

(Tick when each has been obtained.)

4

VISAS AND PASSPORTS

BRITISH: Passports: See Mr. F. McDERMOTT.
Most helpful and issued in 24 hrs.

DUTCH: Passports: Issued within a morning

U.S.A: No problem and within 24 hrs.

GERMAN: Quick and very helpful

TANZANIA:

Obtain entry permits for Commonwealth (free) and visas for others. Try for 1 month visas, although 2 weeks is usually adequate. Suggest you try to get assurance from Mr. Maji that there will be no problems with South African/Rhodesian stamps at Tunduma border. Immigration may take some time. If problems, drop names in Dar.

NOTE:

If possible here or as soon as possible after.
Contact E.O. office in Jo'burg and give them your E.T.A. in Salisbury so they can notify the S.African Embassy there of details on all passengers who require S.African visa. Also for them to contact Beit Bridge and send a bond of drivers entry into S.Africa.

532 MARITIME HOUSE
26 LOVE DAY ST
J/BURG

tel 8347268

NIGHT 484502

TELEGRAM ENCOLAND

TELEX 0109 S.A.

2.

N

Depending on the nationalities of your group other passport changes might be necessary. You will have to locate the appropriate Embassy and obtain these renewals.

NOTE:

If you have or think you might have any problems with your entry into Tanzania go to the Tanzanian Tourist Office where they can contact MR. AHEMBE of the same office in Dar-es-Salaam. He knows all about E.O. and is also a friend of the principle Immigration Officer Mr. Kubaga.

Check all stocks of food, spares, medical as this is the best stocked and cheapest town before Europe.

S

Well worth finding out what the turnaround time is of your truck in Jo'burg. What labour is available? Spares are cheaper and easier to get in Nairobi than S.Africa. So a little extra time and money used in pre turnaround work is well spent.



ROUTES: From Nairobi there are again a choice for you and your group, So I will just cover the major points.

S Bear in mind if you have one entry visa for Tanzania and you are now in Kenya you can now only EXIT and do your one last entry into Tanzania.

Nairobi -Tsavo Takes 4 hours.

Tsavo: Very large park with varying amounts of game. Leave trailer at the lodge. Mzima Springs has an underwater viewing chamber. Poachers look out is the best place to view Kili on a clear day.

Tsavo - Mombasa Takes 5 hours

Camping: 3 miles along beach road on other side of ferry - take road immediately on left off ferry - sign saying "Shelley Beach Hotel"
OR AT TRADEWINDS HOTEL

owner of Campsite: Mr. G.K. Matumo
University of Nairobi
Faculty of Commerce
Box 30197 Nairobi
Tel: 27441 (day)

Shower, toilet facilities 10 yards from sea.
3/- per head for Students (maybe)

Fuel & Reps: Baharini Service Station
Salim Rd (opp. Elyas Hotel)
C/o Haslib Jiwan and Sous
P.O. Box 85704
Mombasa
Tel: 23067

Meal: Fair meal at Casbar Restaurant.

Mombasa - Dar-es-Salaam:

Camp: Lunga Lunga 1½ hours

Immigration no problem
10 kls. to Tanzanian Border

N - S Money forms and immigration - No Problem

Tanga: Fuel and Water, good market

N - S Bagamoyo: Camp on beach under large tree

TANGA

CAMP

PALM COURT HOTEL

Can camp under open building, can use shower, bath, toilets etc

ROUTES: There are again a choice for you and your group. So I will just cover the major points.

Keep in mind if you have one entry visa for Tanzania and you are now in Kenya you can now only EXIT and do your one last entry into Tanzania.

Takes 4 hours. Nairobi - Tavo

Tavo: Very large park with varying amounts of game. Leave trailer at the lodge. Maina Springs has an underground viewing chamber. Poachers look out is the best place to view Kili on a clear day.

Takes 2 hours. Tavo - Mombasa

Camping: 2 miles along beach road on other side of ferry - take road immediately on left off ferry - sign saying "Shelly Beach Hotel" OR AT TRADEWINDS HOTEL

owner of Campsite: Mr. G.K. Matumo
University of Nairobi
Faculty of Commerce
Box 30197 Nairobi
Tel: 27411 (day)
Shower, toilet facilities 10 yards from sea.
3/- per head for students (maybe)

Nairobi Service Station
Bain Rd (opp. Nyeri Hotel)
C/o Basil Jivan and Sons
P.O. Box 85704
Mombasa
Tel: 23067

Meal: Pair meal at Casper Restaurant.

Mombasa - Dar-es-Salaam

Camp: Large lagoon 1 1/2 hours

Immigration no problem
10 km. to Tanzanian border

Money forms and immigration - No Problem
Tanzania: Fuel and Water, good market

Bakamoyo: Camp on beach under large trees

Route II

Nairobi - Arusha

Amboseli:

Game park from reports not worth it.

Namanga:

Hotel possible to camp - toilets and showers.

NAMANGA. All passports that have had Tanzania entry stamps transferred to be used for exit.

No Problem

Kilimanjaro

See notes

Garage:

Tanzania Motors (Bedford Agent
also Semmbi Engineers (very good)

Moshi:

Youth Hostel

Ngerengere: or Bagamoyo

N - S

NOTES ON CLIMBING KILIMANJARO

Climbing Kili does not require any experience of mountaineering or any particular skill. However a certain degree of physical fitness is necessary in order not to be defeated by the altitude. The average person suffers altitude 'sickness' at around 15,000 ft though many may begin to suffer from 12,000 ft upwards. The symptoms are a throbbing headache and extreme nausea and in bad cases result in delirium. Women appear to suffer less than men and on average suffer less from headaches in normal conditions than men. No doctor can tell you in advance what altitude you will begin to suffer or what to degree you will suffer. However if you suffer already from a weak heart or high blood pressure general advice would be not to attempt the climb. To climb the mountain without previous experience at a faster rate than the normal $3\frac{1}{2}$ days invites disaster. You will not have time to adapt to the high altitude and as a result will probably be unable to complete the final stage up a 60 scree to Gilman's point (18,700). Furthermore it has been known that reasonably fit people who have attempted to reach the summit in record time have suffered severely from decompression and lack of oxygen supply to the brain as a result of not allowing time to acclimatize. Lack of oxygen and too sudden a drop in atmospheric pressure produces a state of pulmonary edema whereby liquid is secreted into the air sacs and one literally drowns in the lungs. Caisson's disease is linked with this and symptoms of fainting, vomiting, deafness, and paralysis are produced by effervescence of gas, principally nitrogen, that has been dissolved in the blood and other bodily fluids. When atmospheric pressure is reduced the dissolved gas comes out of solution as tiny bubbles. A bubble in the brain will shortly result in death. The only immediately effective method of dealing with this or pulmonary edema is to administer an emergency supply of oxygen. There is no such supply at any of the two huts above 12,000 ft. on Kili. If any climber suffers from either of the above he is put on a stretcher and immediately carried down the mountain which takes at least a day and a half or even two days. By the time he is under medical supervision it may well be too late. The above is merely a warning to those who are too ambitious and who attempt to climb too fast. Many hundreds of tourists climb Kili every year and there have been few cases of severe sickness, and only one or two deaths in recent years.

The mountain can be climbed in almost any month except during the long rains from April through May. The best months are January, February, September and October, when there are very often cloudless days and one is able to see nearly 300 miles across the plains of Tanzania and Kenya.

The climb normally takes five days ($3\frac{1}{2}$ up: $1\frac{1}{2}$ down) and can be organised from either Marangu Hotel or Kibo Hotel with guides and porters. It is best to organise it in a group and share the cost which is fairly expensive. A guide is essential, especially if you wish to explore inside the crater as intimate knowledge of the treacherous icy terrain is required. Porters are able to carry on average 40lbs weight and you are required to take all your supplies and warm clothing for the higher altitudes. Equipments and food etc, can all be supplied by the Hotels. To equip one person with food, porters and a guide can cost over 400 E.A. Schillings for the five days. For groups there is a considerable reduction and if you supply your own food it is even cheaper.

NOTES ON CLIMBING KILIMANJARO (cont/.....)

- I. Phone ahead re. approximate numbers about 3/4 days before arrival.
Kibu Hotel Tel: HIMO 2 (Responsible for hut bookings)
Also leave vehicles at hotel (Guarded)
2. Porters you ask for are at Kibu Hotel - FRANCIS OR FREDERICK
 1. They will advise on food - how much to take up - when and what to eat etc
 2. Arrange for other Porters
 3. Explain daily timetable.
(Also contact at: John Baruaibes Kilewo
C/o Marangu P. Primary School
P.O. Box 3080
Mosli.
3. Day 1 - Leave 10 am - later O.K. but may rain at 2 pm. Arrive approx. 4 hours later at 1st hut and there hopefully should be beer (10/-)
Day 2 - Early start 7 am. - arrive approx. midday
Day 3 - Early start 7 am. - arrive approx. midday.
Day 4 - Starting time debateable - 2 am start means you reach the top approx. 7 am. and leaves sufficient time before you must descend.
Advice to early start: Can't see how steep it is.
Risk of cloud covering crater.
Its freezing
You can't see where you are walking
You must have sufficient torches.

Descent: Starts after you come down from Gillmans Point 1 - 3/4
descent time. ^{MOST} Some people only go to Hut 2
^{SOME} ~~MOST~~ people only go to Hut 1.
Some people reach the bottom.

Day 5: All people at the bottom.

Huts: No 1 = 24 bunk beds and mattresses *New huts.*
No 2 = 33 bunks without mattresses
Both huts ample firewood and water.
No 3 = 2 groups of 3 bunk beds close together, no mattresses
Best to sleep six across 3 beds for warmth in No. 3 - because its freezing.
No wood and water - porter carry for you.

Cost: Porter 100/- each (after descent) plus 20/- given to them to buy food
Before Huts 5/- a night paid before climb.

Food: Approx. amount for 13 people:

1. 3 pkts of porridge
2. 3 Alpin
3. 6 loaves of bread
4. 3 packets of Ryvita
5. TEA - enough for all meals - only drink recommended for 3rd Hut.
6. 5 tins of tinned meal (recommended mixed and scoup)
7. 5 pkts of soup
8. Dried milk
9. Coffee and choc - not recommended for Hut No. 3
10. 1 pkt of OXO Cubes
11. Sugar

Distances: Vague. Approx. 75-80 miles round trip

Notes on Climbing Kili (distances cont'd)

up to 3rd hut very easy and comfortable walk.
Last mile to 3rd hut hard and final ascent hard.

Also possible to camp on football pitch. If everyone climbs
Driver could stay at Youth Hostel or Marangu Hotel.

MARANGU HOTEL:

Old English woman will arrange climb. Good place for meal
out before or after climb. (30/- per head, food excellent).

All arrangements can be done through the hotel. (Charge
40/- per head, but worth it.) GROUP PAY FOR CLIMBING THEMSELVES
(AS NOT EVERYONE WANTS TO PARTICIPATE).

Costs as at Aug 77:

Entry fee to park - 5 days @ 30/- per day	=	150 /-
Hut fees - 4 nights @ 40/- per night	=	160 /-
Arrangement fee (porters)	=	40 /-
		350 /-

350/- is the minimum cost. However guides will be
necessary - one main guide and 1-3 assistant guides
depending on size of group climbing. Assistant guides
are useful as they help anyone who is feeling the altitude.
Further porters do not go to the top so only the group
and guides do the final ascent. Since it is on these final
stages that most altitude problems occur, assistant guides
help with these people. This is not to imply altitude
problems are common. Guides & assistant guides cost in
the region of 160/- for the 5 days.

Porters : cost around 130/- for 5 days. One porter
should be able to carry 2 persons loads, however
remember food has to be carried. For every 3 porters
used they will require a porter's porter. (Complicated
isn't it!)

All in all for a largis group not carrying their own
luggage - apart from cameras etc, the cost is around 500/-.
NOT using porters cost around 400/- (but using guides).

Tips : It is usual to tip the guides and porters. If not
satisfied (very unusual as both guides and porters
normally great) then onviously don't tip. Amount to give
is around 30/- per head.

Give money to hotel owner with note explaining who is to
get what. Don't give money to porters yourself.

Arrive at hotel afternoon before climb. Telegram hotel
before arrival so lady can get porters etc on standby.

COST OF CLIMBING KILIMANJARO PER PERSON FROM THE
MARANGA HOTEL, P O Box 40, Moshi. Tanzania.

Tel: HIMO 11Y1

Arrangement fee per person	40/-
Hut fee p.p.	160/-
Cost of one guide p.p.	150/-
Cost of one porter p.p.	120/-

Hire of one food box	5/- (approx)
Hire of one kit bag	10/-
Hire of one anorak	15/-
Hire of one balaclava hat	7/50
Hire of one pair of mittens	10/-
Hire of one pair of boots	30/-
Hire of one pair of goggles	5/-
Hire of one pair of socks	5/-

Can pay in shillings - normally without bank receipts.

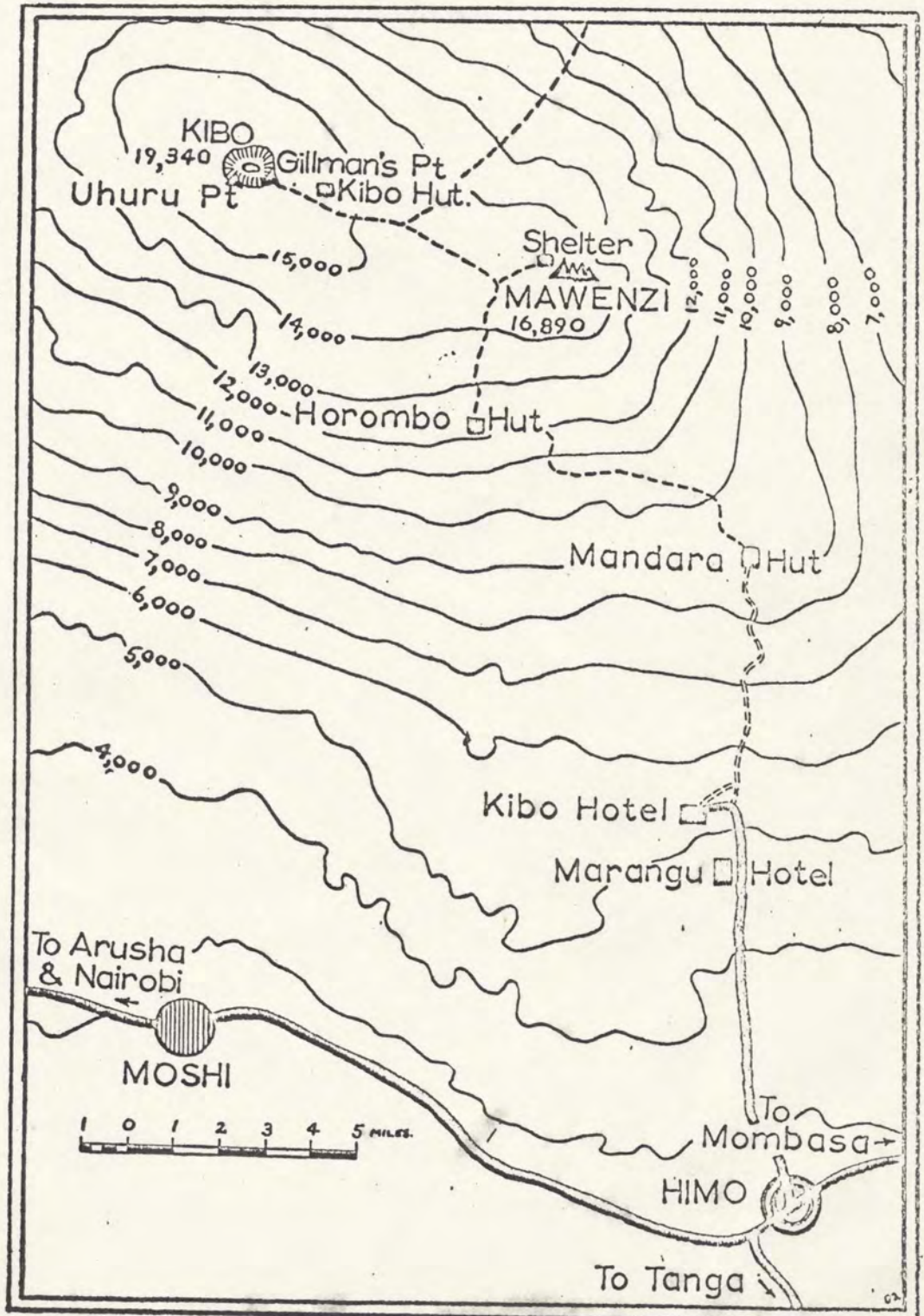
KILIMANJARO TOURIST OFFICE

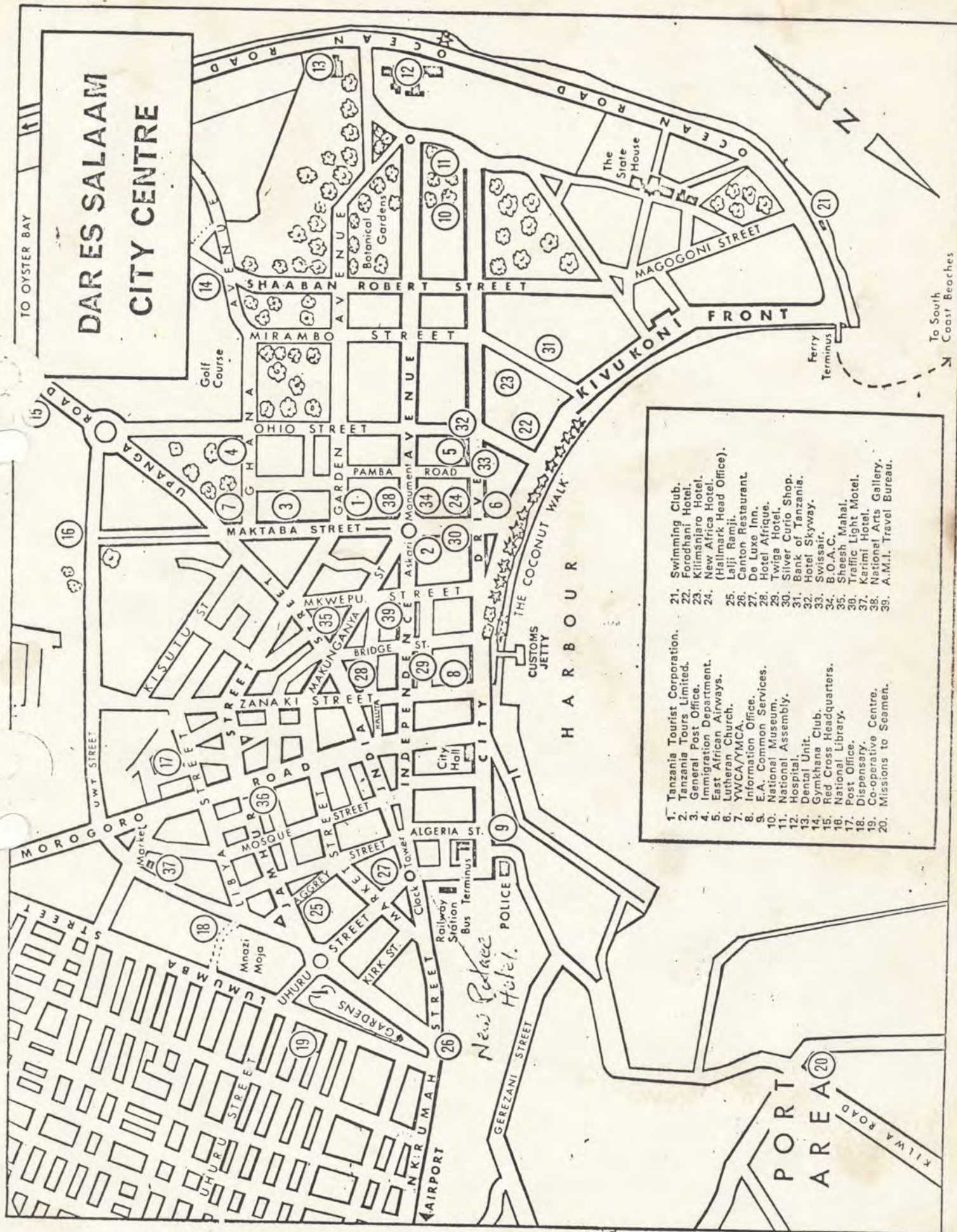
Boma Road

P. O. Box 381

MOSHI
(TANZANIA)

Telephone 2330





DIPLOMATIC MISSIONS

- PEOPLE'S REPUBLIC OF ALGERIA:** Embassy, 34 Upanga Road, Box 2963, Tel.: 20846/23842, Dar es Salaam.
- AUSTRALIA:** High Commission, 4th Floor, N.B.C. Building, Independence Ave., Box 2990, Tel.: 20244/45, Dar es Salaam.
- AUSTRIA:** Consulate-General 20, Independence Avenue, Box 312, Tel. 20417 Res. Tel. 60526, Dar es Salaam.
- BELGIUM:** Embassy, 26/28, Makunganya Street, Box 9210, Tel.: 20604, Dar es Salaam.
- BRITISH:** High Commission, Permanent House, Azikiwe Street/Independence Avenue, Box 9200, Tel.: 29601, Dar es Salaam.
- THE PEOPLE'S REPUBLIC OF BULGARIA:** Embassy, Plot No. 232, Malik Road, Upanga, Box 9260, Tel.: 23787, Dar es Salaam.
- REPUBLIC OF BURUNDI:** Embassy, 397 United Nations Road, Upanga, Box 2762, Tel.: 22416, Dar es Salaam.
- CANADA:** High Commission, The Pan African Insurance Co. Ltd. Building, Box 1022, Tel.: 20651/2/3, Dar es Salaam.
- THE PEOPLE'S REPUBLIC OF CHINA:** Embassy, No. 2, Kajificheni Close/Toure Drive, Box 1649, Tel.: 67588, Dar es Salaam.
- THE DEMOCRATIC REPUBLIC OF CONGO:** Embassy, No. 438 Malik Road, Upanga, Box 975, Tel.: 24181, Dar es Salaam.
- CUBA:** Embassy, Plot No. 313, Upanga Road, (Behind Palm Beach Hotel), Lugalo Road, Box 9282, Tel. 23752, Dar es Salaam.
- CYPRUS:** Consulate, Peugeot House, Box 1528, Tel.: 22576, Dar es Salaam.
- THE CZECHOSLOVAK SOCIALIST REPUBLIC:** Embassy, Jubilee Mansion, 69 Upanga Road, Box 3054, Tel.: 22540, Dar es Salaam.
- DENMARK:** Royal Embassy, IPS Building 10th Floor, Independence Avenue/Azikiwe St. Tel. 27077, Dar es Salaam.
- ETHIOPIA:** The Imperial Ethiopia Embassy, State House Avenue, Box 5198, Tel.: 23941, Nairobi.
- REPUBLIC OF FINLAND:** Embassy, Tanesco Building, 6th Floor, Independence Avenue, Box 2455, Tel.: 20496/23790, Dar es Salaam.
- FRANCE:** Embassy, Bagamoyo Road, Box 2349, Tel.: 68601/2/3, Dar es Salaam.
- FEDERAL REPUBLIC OF GERMANY:** Embassy, N.B.C. Building, Azikiwe Street, City Drive, Box 2590, Tel.: 23286/7/8, Dar es Salaam.
- THE GERMAN DEMOCRATIC REPUBLIC:** Consulate-General, 65 Upanga Road (Opposite Algerian Embassy), Box 2083, Tel.: 24001, Dar es Salaam.
- GREECE:** Royal Consulate-General, Box 766, Tel.: 25638, Dar es Salaam.
- REPUBLIC OF GUINEA:** Embassy, Luthuli Road No. 10, Box 2969, Tel.: 20278/9, Dar es Salaam.
- HOLY SEE:** Apostolic Nunciature, Mahenge Lane (Oysterbay), Box 480, Tel.: 67877, Dar es Salaam.
- HUNGARIAN PEOPLE'S REPUBLIC:** Embassy, 40 Bagamoyo Road, Box 672, Tel.: 68084, Dar es Salaam.
- INDIA:** High Commission, 28 Independence Avenue, Box 2684, Tel.: 20295, 20296, 20328, Dar es Salaam. Commercial (Tel.: 23452) and Information Offices (Tel.: 24139).
- INDONESIA:** Embassy, 299 Upanga Road, Box 572, Tel.: 24086/7/8, Dar es Salaam.
- IRELAND:** Consulate, Box 655, Tel.: 27111/2/3/4, Dar es Salaam.
- ISRAEL:** Embassy, Laibon Road, Corner Bagamoyo 36, Box 2474, Tel.: 67281/2, Dar es Salaam.
- ITALY:** Embassy, Plot No. 316, Lugalo Road, (Behind Palm Beach Hotel), Box 2106, Tel.: 22069/2222, Dar es Salaam.
- JAPAN:** Embassy, Plot No. 355, United Nations Road, Box 2577, Tel.: 24017/25937, Dar es Salaam.
- DEMOCRATIC PEOPLE'S REPUBLIC OF KOREA:** Embassy, Plot 297, Upanga Road, Box 2690, Tel. 23598, Dar es Salaam.
- NETHERLANDS:** Royal Embassy, I.P.S. Building (10th Floor), Independence Avenue/Azikiwe St., Box 1174, Tel. 26767/8, Dar es Salaam.
- NORWAY:** Royal Consulate, I.P.S. Building, 11th Floor, Independence Avenue, Box 2646, Tel.: 22301/25463, Dar es Salaam.
- PAKISTAN:** High Commission, Plot No. 149, Malik Road, Upanga, Box 2925, Tel.: 27971/2, Dar es Salaam.
- POLISH PEOPLE'S REPUBLIC:** Embassy, 4 Upanga Road, Box 2188, Tel 21923, Dar es Salaam. Commercial Attache Tel. 21459.
- SOCIALIST REPUBLIC OF ROMANIA:** Embassy, Plot No. 3, Bagamoyo Road, Oyster Bay, Box 590, Tel.: 67746, Dar es Salaam.
- THE REPUBLIC OF RWANDA:** Embassy, Lamberb-Zaineib House (First Floor), Makunganya Street, Box 2918, Tel.: 23711, Dar es Salaam.
- SOMALIA DEMOCRATIC REPUBLIC:** Embassy, Kerimjee Building, Plot No. 2 (First Floor), Independence Avenue, Box 2031, Tel.: 23364/29738, Dar es Salaam.
- SPAIN:** Embassy Chancellery: Azikiwe Street, 7th Floor I.P.S. Building, Box 842, Tel. 23203, Dar es Salaam.
- SWEDEN:** The Royal Embassy, I.P.S. Building, Ninth Floor, Independence Avenue/Azikiwe Street, Box 9274, Tel.: 23501, Dar es Salaam.
- SWITZERLAND:** Embassy, 17 Kenyatta Drive, Box 2454, Tel.: 67801, Dar es Salaam.
- THE DEMOCRATIC REPUBLIC OF THE SUDAN:** Embassy "Albarakat", 64 Upanga Road, Box 2266, Tel.: 22786, Dar es Salaam.
- THE SYRIAN ARAB REPUBLIC:** Embassy, Plot No. 276, Upanga East, Box 2442, Tel.: 20568, Dar es Salaam.
- UNITED ARAB REPUBLIC:** Embassy, 24 Gardon Avenue (near Pamba House) Box 1666, Tel. 23371 (Ambassador), Tel. 23372 (Embassy).
- UNION OF SOVIET SOCIALIST REPUBLICS:** Embassy, Plot No. 73, Kenyatta Drive, Box 1905, Tel.: 67039 & 67152, Dar es Salaam.
- THE UNITED STATES OF AMERICA:** Embassy, N.B.C. Building (4th Floor), City Drive Branch/Azikiwe Street, Box 9123, Tel.: 22775, Dar es Salaam.
- THE DEMOCRATIC REPUBLIC OF VIETNAM:** Embassy, No. 9 Ocean Road, Box 2194, Tel.: 23612/23614, Dar es Salaam.
- THE REPUBLIC OF SOUTH VIETNAM:** Embassy, 21 Mzinga Way (Oyster Bay), Box 21503, Tel.: 68056, Dar es Salaam.
- THE SOCIALIST FEDERAL REPUBLIC OF YUGOSLAVIA:** Embassy, Plot No. 35/36, Upanga Road, Box 2838, Tel.: 21620/23196, Dar es Salaam.
- THE REPUBLIC OF ZAMBIA:** High Commission, Plot 291, Upanga (behind Red Cross), Box 2325, Tel.: 23758/24175, High Commissioner: 23992, Dar es Salaam.

VISAS & PASSPORTS

N.

SWISS : replace passports. Usually takes 24 hrs.
Embassy out near Oyster Bay.

CANADIAN : Extremely difficult to renew.

NEW ZEALAND: Can collect passports here if they have
been issued in UK and sent here.

AUSTRALIAN : Can be uncooperative in replacing
passports. Try, but expect to have to
leave it until Nairobi, if not already
obtained in Lusaka.

IRISH : Again, collection if issued in Ireland
and sent to Dar es Salaam from
Mr McDonald c/o BAT Airport Rd,
P O Box 9114. Tel: 63276.

KENYA : Entry visas from Tanzania Immigration
Building (almost behind the Post Office).

NB : With all new passports go to Tanzania
Immigration (Principal Immigration Officer
is Mr R A Kubaga). Have entry stamps
transferred to any new passports obtained
in Dar. It may be necessary to show old,
still current ones, but do so only if
asked. If there are problems because of
having two valid passports (illegal in
Tanzania) explain that the first one will
be cancelled as soon as Tanzania stamps
are transferred.

While at Tanzania Immigration, obtain
Kenya visas for Austrian, Dutch, Swiss,
American.

NIGERIAN VISAS: Nigerian visas must go in new passports.
Obtain all Nigerian visas, excluding
NZ & Australian if unable to obtain
new passports.

Reason for obtaining Nigerian in Dar is
that they can be difficult in Nairobi, so
get all possible here.

All passport and visa formalities in Dar
should be finished within 2-2½ days,
but only if passports are fed into the
Nigerian Embassy as soon as they are free
and not 20 or so all at once.

GERMAN : Obtain new passports, in addition to
original ones, which won't be cancelled.

VISAS & PASSPORTS (page 2)

AUSTRIAN : Obtain new passports, in addition to original ones, which won't be cancelled.

N. Due to the present uncertainty over the Kenyan/Tanzanian border it is advisable for all northbound trips to obtain visas in Dar, not Nairobi.

Rwandan, Nigerian & French Embassies are all in Bagamoyo Road just past the Salender Bridge. Zaire Embassy is nearby, turn left just over bridge.

FRENCH EMBASSY: obtain visas for ECA, Camerouns & Niger here. Usually very helpful and you should obtain all 3 visas in 24 hrs. Cost of visas (Aug 77) was 25/- each.

ZAIRE EMBASSY: Cost 35/- each visa. 24-48 hrs. Obtain one month visa.

NIGERIAN EMBASSY: have sometimes refused to give visas. If so, don't worry as they can be obtained either in Bangui or Yaounde.

RWANDA EMBASSY: Visas expensive. 90/- each.

NB. These visas unlike others are not valid for example a one month stay provided one arrives within 3 months. These visas are valid only from the expected date of entry for 2-4 weeks, and the period of stay in Rwanda begins from the expected, rather than the actual date of entry. e.g. a 2 week visa with an expected arrival date of 1 Aug. If you arrive at the border on the 8th, then your period of stay allowable is just 2 days. Visas can be renewed at the border but this is expensive. So get as long a period of stay as possible for visa with reasonably accurate arrival date. Can take up to 4 days to get visa.

OR Check whether possible to buy them on border. Much easier and quicker if possible. Cost \$6.

GERMANY PASSPORT HOLDERS: If you have not obtained a second passport for Germans before, do so here. Send clean passport to London in case it is necessary to obtain Algerian & Moroccan visas in London.

NB: As if this need be said - but remember to obtain all visas in clean (i.e. no SA stamps) passports. If necessary obtain clean passports here, but whilst waiting for them get the others into the various embassies.

Possibly best way of doing visa business is to get all EMs to fill in all necessary visa forms on first day. This leaves them free whilst you, plus a few willing helpers, go round the embassies.

BRITISH:
Obtain one year passport in addition to original one.
If any problems, see Mr. Clark.
British Embassy is in Bank Building almost opposite New
Africque Hotel on Independence Avenue.

AMERICAN:
Obtain new passport at U.S. Embassy - in same building
as British. (Above.)

OTHER:
Obtain new passport only if the embassy agrees not to
write in the place of issue of previous passport (if
South Africa or Rhodesia) and that they will not attach
the old passport to the new. They can cancel old, except
for the page of the Tanzania visa. If no co-operation,
leave until Nairobi where embassy will co-operate on both
these points.

VISAS AND PASSPORTS (Continued)

- BRITISH: Obtain one year passport in addition to original one.
If any problems, see Mr. Clark.
British Embassy is in Bank Building almost opposite New
Afrique Hotel on Independence Avenue.
- AMERICAN: Obtain new passports at U.S. Embassy - in same building
as British. (Above.)
- DUTCH: Obtain new passports only if the embassy agrees not to
write in the place of issue of previous passport (if
South Africa or Rhodesia) and that they will not attach
the old passport to the new. They can cancel old, except
for the page of the Tanzania visa. If no co-operation,
leave until Nairobi where embassy will co-operate on both
these points.

EMBASSIES

British: British Embassy
Bank Building, corner Independence Avenue and Azikwe Avenue,
at the monument almost opposite the New Afrique Hotel.

Dutch: Royal Netherlands Embassy, 11th floor, I.P.S. Building
New shopping center, 2 blocks from G.P.O. on Azikwe Avenue

Austrian: Austrian Consulate General
20 Independence Avenue
P.O. Box 312
Tel: 20417

Swiss: Ambassade de Suisse, Consular Section
17 Kenyatta Avenue (near Oyster Bay)
P.O. Box 2454

German: Embassy of the Federal Republic of Germany, 2nd floor
Bank Building, corner City Drive and Azikiwe Avenue

Australian: Australian High Commission, 4th floor
Bank Building, Independence Avenue, corner Pamba Road
P.O. Box 2996
Tel: 20244; Telex: 41044; Telex: AUSTCOM

American: U.S. Department of State
Bank Building, corner City Drive and Azikiwe Avenue
(Same as German Embassy)

French: Ambassade de France
5 Angles Street

Canadian: Canadian High Commission
The Pan African Insurance Co. Building
P.O. Box 1022
Tel: 20651/2/3

DAR ES SALAAM

- Camp : Opposite Oyster Bay hotel. Tel: 68631.
3½ mile from city centre. (Manageress Edith Luckhurst)
Very tight 24 hour guard needed.
- OR near Afrikano Hotel. about 6 miles
out on Bagamoyo Road. Signpost by right
hand turn off. Go about 1 mile down
dirt track. Camp on beach. Free.
Afrikana Hotel has good bar. Need
strict guard.
- OR Silver Sands Hotel. Cost 10/- per head
per night. 8 miles out on Bagamoyo Road.
Need guard even though one provided.
Beach to north - don't carry any valuables.
Risk of hold ups at knife point.
OK in bathing suits!
- Garage : Between P O and Africa Hotel
(Efficient & reasonable)
- & Dar es Salaam Esso Service
Arikiwe Street.
- Insurance : National Insurance Corporation.
- Gas : Shell and BP Tanzani Ltd
(if queries, put on Afrigas account and
change on invoice as follows "Sundry Cash
Customer, Domestic Afrigas")
- Bedford Spares: Mwananchi Tractor & Vehicle Assemblies
Mtava, Pugu Road or Airport Road
Dar es Salaam.
- Has most spares for RL & M types.

ZANZIBAR

Flight costs (1977) to Zanzibar :

Week days 170/-, Weekend 135/-.
plus 20/- airport tax each end.

Compulsory tour 5 hr 80/- ; 2½ hours 50/- ;
breakfast 15/-. Taxi from Oyster Bay Hotel to airport
60/- per car.

VERY GOOD TRIP. Hard to arrange now since the the collapse
of East African Airways.

DAR ES SALAAM - TUNDUMA: All good tar.

Mikumi Game Park: Not worth pay to go in but if you pass through in the early morning or evening there is lots of game to be seen.

N.

MBEYA : Tanzania Commercial Vehicle Licence obtainable.

Fuel and good market.

S. TUNDUMA : Exit Tanzania. Stamp carnet - no problem.

N. Entry: Visas obtained in Lusaka. A non-pushy attitude is essential here. Make sure all finance is straight and that the group appears respectable and organised. Be prepared for the officials to be a little awkward about the unsavoury stamps.
Officials here know we have come up from SA - don't lie about it. They may well ask to see dirty passports as well as new ones. Ex-SA residents may be asked a few questions about length of stay etc. Be honest if asked.

If carnet not valid, Permit of Importation needed. Visas required for USA, German, Swiss and Swedish.

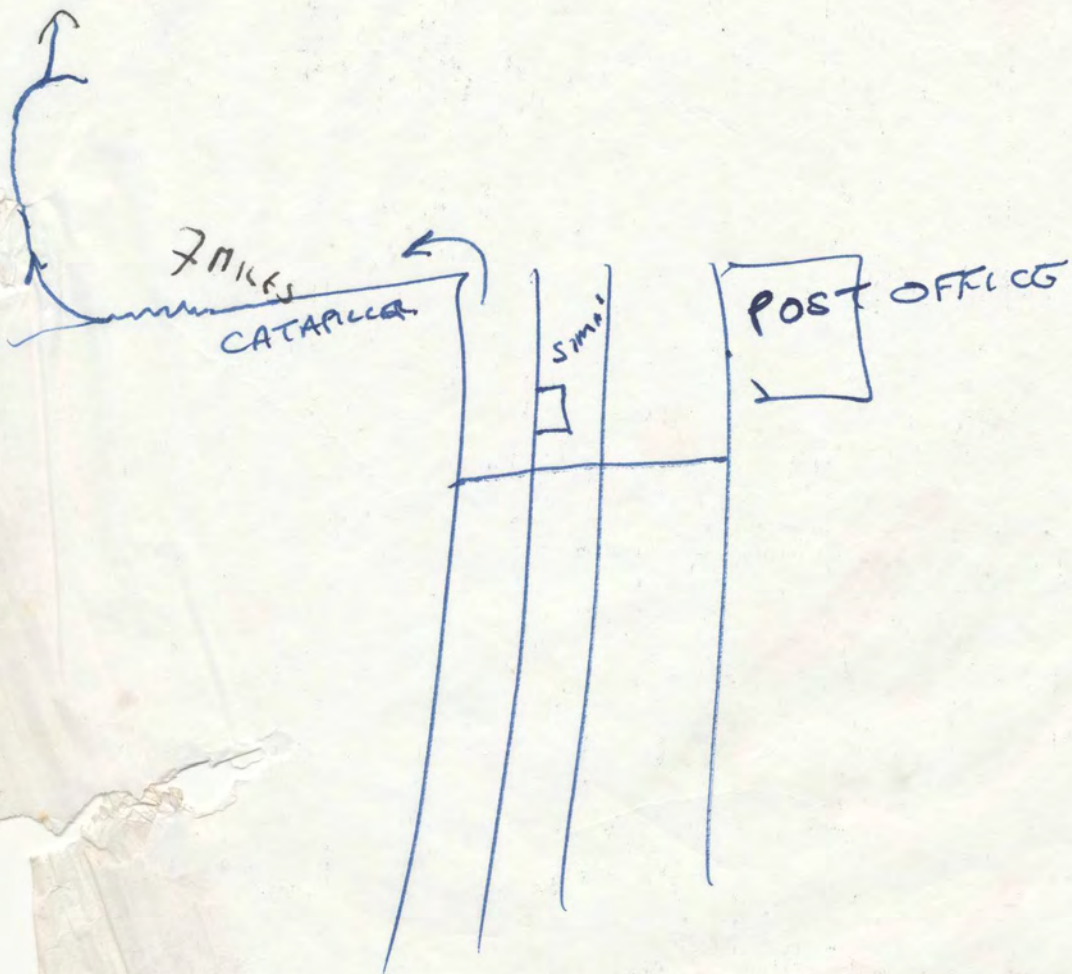
EXIT ZAMBIA: No problem.

ZAMBIA

YIELDING TREE
POULBT FARM.



MR. BLAND



ZAMBIA

Formerly Northern Rhodesia but became Independent Republic of Zambia in October 1974 and is a member of the Commonwealth of Nations. It takes its name from the River Zambesi along which David Livingstone journeyed to be the first white man to see the Victoria Falls in 1885. The Falls are 355ft tall with an average flow of 38,430 cu. ft per sec. Zambia's wealth lies in her copper resources. She produces 12% of the world's copper, third in line to the U.S. and Russia, as a major producer.

President in 1971: KENNETH KAUNDA

Holidays:

Jan 1, April 12, 15, May 1, 25, June 3, July 2-3, Aug 13,
Oct 24, Dec 25-26
Banks open Saturday a.m.

Political:

Kenneth Kaunda as head of the United National Independence Party, advocate of Humanism and non-violence, no doubt finds it difficult to combine his politics of racial equality and desire to overthrow, by force if necessary, white supremacist regimes with his economic dependence upon them. Zambia is deficient in educated and skilled men and as a result the copper mines are still run largely by whites causing much resentment. Furthermore Zambia, being a land-locked country, is forced to let her trade pass through hostile territory - namely South Africa and Rhodesia. Most of Zambia's excellent tarmac roads were built by South African technicians. Meanwhile the Tan-Zam railway has begun, under the supervision of Chinese technicians and when completed, will presumably be used to pass all Zambia trade to and from thus severing the present links with white dominated countries. Kaunda recently has been storming around the governments and Conference table of the world proclaiming Black Unity, declaring he will quit the Commonwealth if Britain sells arms to South Africa and denouncing the Smith regime, but temporarily forgetting the old tribal disputes which threatened to oust him from power back home. This is basically a long standing jealousy between the Lozi of Barotseland and the northern Bemba people. In February 1971 the only opposition party (African National Congress) was banned and all officeholders were arrested after acts of violence. Since then Kaunda has been more domesticated, no doubt mindful of the fate of Obote in Uganda.

Area:	752,614 sq. klm
Capital:	Lusaka
Population:	4,143,700
Time:	G.M.T. + 2 hrs.
Language:	English and Bantu
Religion:	Mainly Pagan beliefs Europeans are Christian (some of them, at any rate)
Climate:	Three seasons: Cool-dry winter May-July, Hot and dry Aug-Oct Warm months of summer rainfall November-April.
Currency Excnage:	Kwachas.

EMBASSIES

British: British High Commission (Mr. Abbott)
Independence Avenue
P.O. Box RW 50
Tel: 29601/7

Dutch: Royal Netherlands Embassy, Consular Section
United Nations Avenue
P.O. Box 1905

American: Embassy of the United States of America
P.O. Box 1617

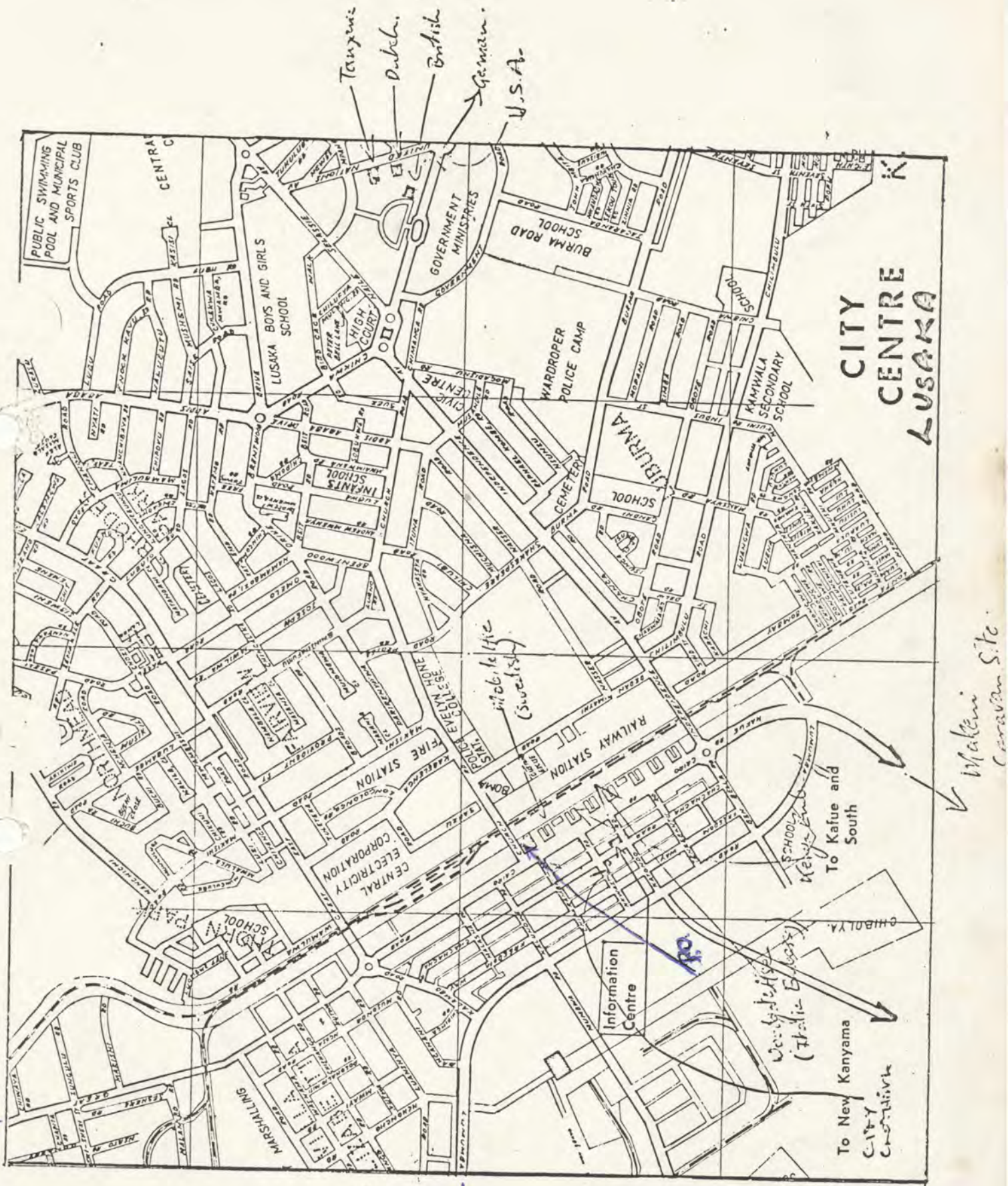
German: Embassy of the Federal Republic of Germany
P.O. Box RW 120

Canadian: Canadian Embassy
Barclay's Bank, North End Branch
Caire Road
P.O. Box 1313

Tanzania High Commission: Tanzania High Commission
United Nations Avenue
(See Mr. Maji)

ZAMBIA IMMIGRATION OFFICE

IMMIGRATION HEADQUARTERS OF ZAMBIA
HAILIE SALASSIE AVE
LUSAKA



ZAMBIA (cont'd)

ROUTE : Lusaka - Livingstone. Tar Rd.

CHOMA : South of town Whitehead & Jack
Manager: Jim Meehan.
RL spres - open invitation to EO
to camp, etc.

VICTORIA FALLS:

Camp : Turn right just before reaching Falls
(Eastern Cataract). Sign to camp just
near police station. Expensive - 2KW
per head per night.

Insurance : Obtainable from office near Bank in
centre of town.

(Not possible to cross here into Zambia) Route is:

Livingstone - Mamboua. Tar Rd.

Take left turn to Kazungula ferry.

Customs & Immigration : about 100 yds before ferry
on left.

S. EXIT : should be easy. Lots of army in this
area.

N. EXIT : This is a very important border and
results here can make or break a trip.
Park neatly at the border and keep the
group in the truck. A maximum of 3 go
into the office. State straight away
that you are an EO trip and that you have
come through the border before without
any problem and hope that you can again
enter Zambia without too many problems.
Do not parade any goods from South Africa
or Rhodesia around i.e. cigarettes, books
etc.

Obtain necessary visas at border. Pay in Pula or Rand only.

Customs : should be no problems but they are slow,
as forms to fill in for money, cameras etc.

Note : Have enough S African money left to pay
for the visas and insurance. 7 Kw at border.

Ferry : free

VICTORIA FALLS:

Camp : Turn right just before reaching Falls
(Eastern Cataract). Sign to camp just
near police station. Expensive - 2KW
per head per night.

Insurance : Obtainable from office near Bank in
centre of town.

(Not possible to cross here into Zambia) Route is:

Livingstone - Mamboza. Tar Rd.

Take left turn to Kasungula ferry.

Customs & Immigration : about 100 yds before ferry
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BOTSWANA

BOTSWANA

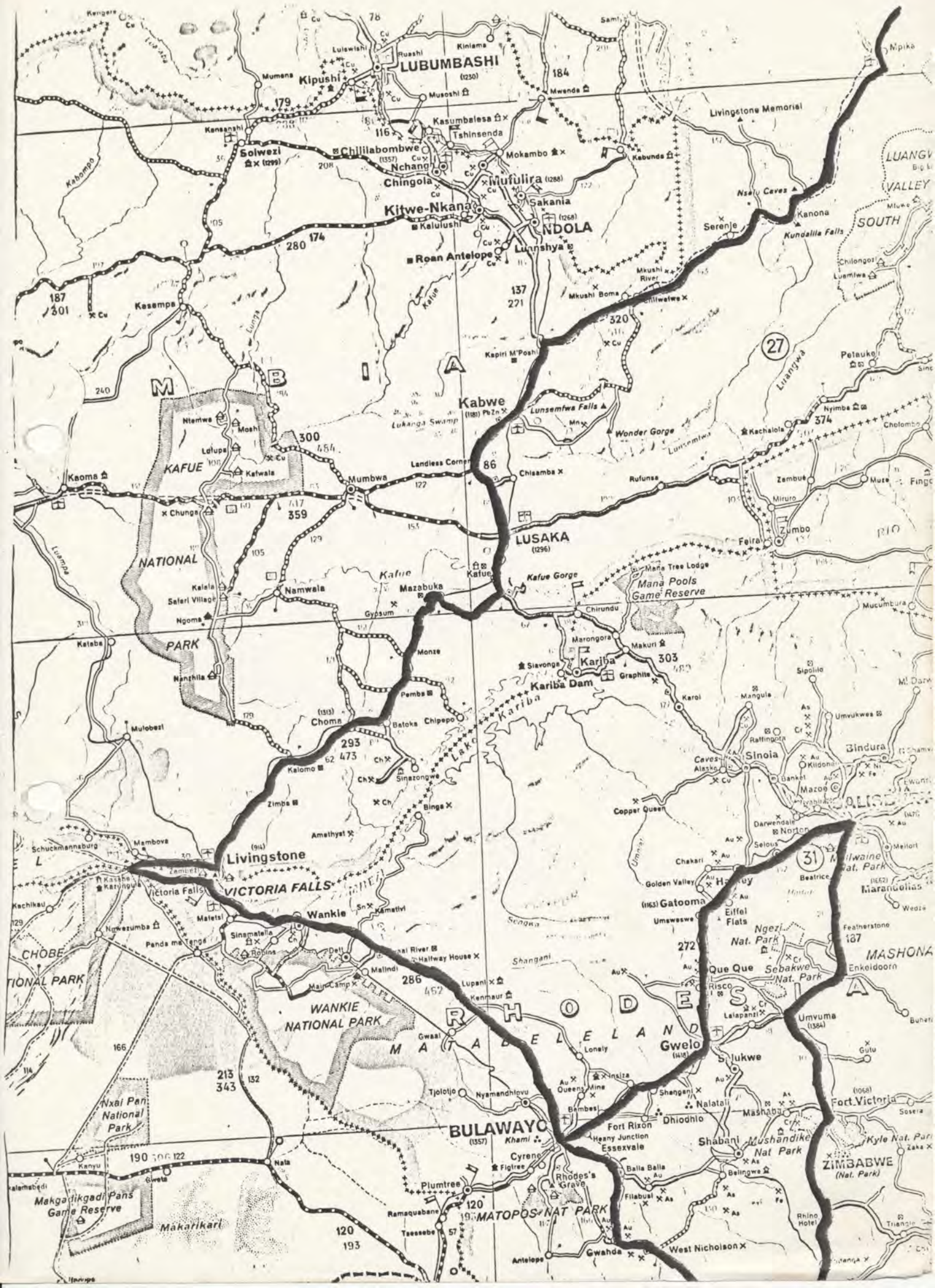
Area: 570,000 sq.km.
Population: 630,379
Capital: Gaborone
Head of State: Sir Seretse Khama
Government: Republic and Multi Party Democracy
Languages: English and Iswana
Religion: Christian and churches of all dominations.
Currency: Rand £1 = 0.66 \$ = 1.00
Time: G.M.T. + 2 hrs.

BOTSWANA

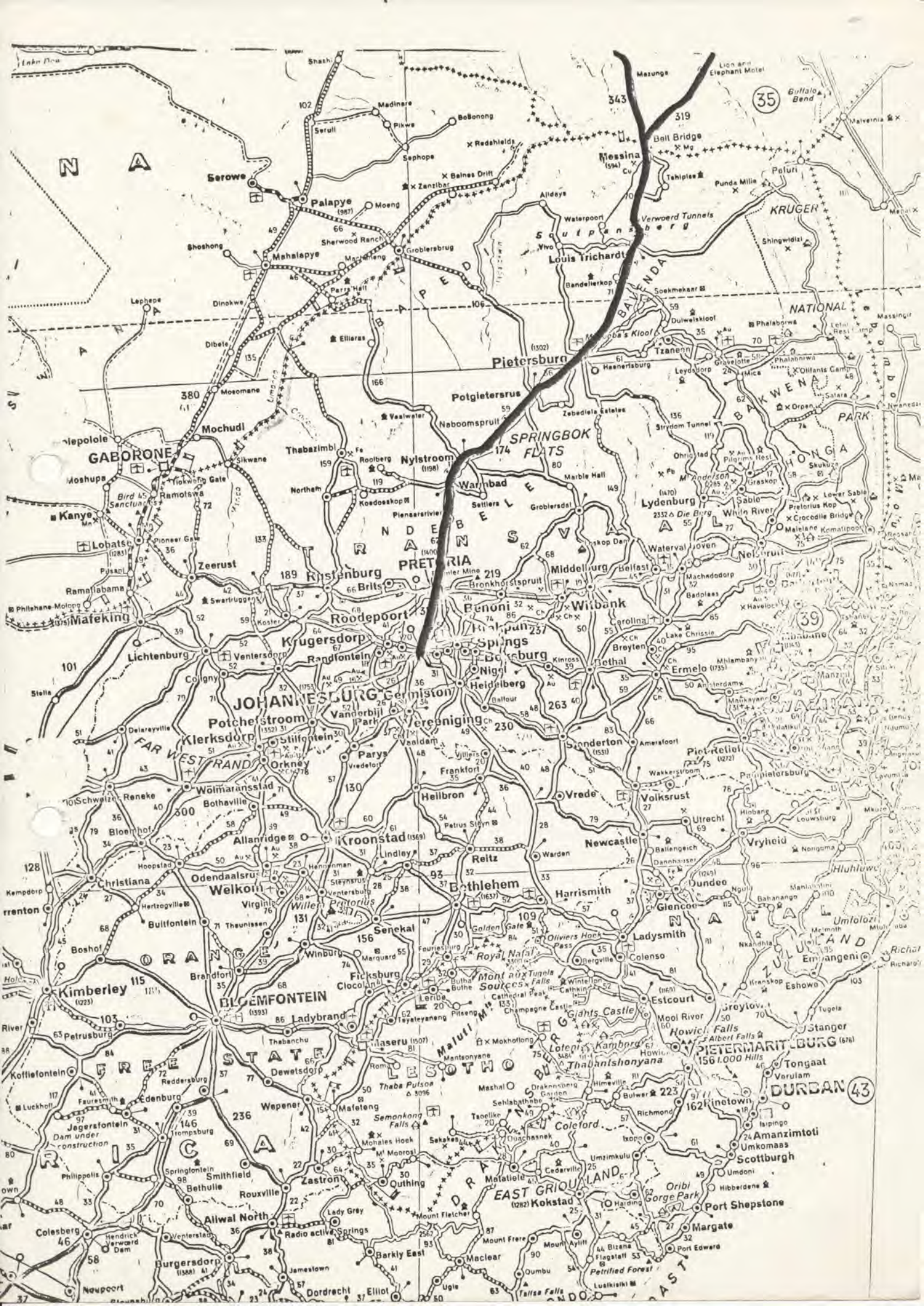
S. No visas required. Entry should be no problem. Customs also easy. Insurance must be obtained but it is expensive for your short stay.

ROUTE: from Kazungula via Nata and Francistown to Parr's Halt.
Little of interest in Botswana.

DO NOT TRAVEL THROUGH RHODESIA - THIS IS OFFICIAL EO POLICY.



SOUTH AFRICA



SOUTH AFRICA

The Republic of South Africa was known between 1910 and 1961 as the Union of South Africa, a constituent part of the Commonwealth of Nations comprising the former British Colonies of Cape of Good Hope, Natal, Transvaal, and Orange River Colony, now known as the Orange Free State. The territory to the north west known as South West Africa became a league of Nations mandate administered by South Africa after the first World War. South Africa still rules over this territory despite efforts by the United Nations to get South Africa to relinquish it. South Africa's policy of apartheid has had the effect of isolating her from the rest of the world, especially Europe and the West. At the same time resentful of this they are keen to show any European arriving in South Africa how necessary this policy is to the welfare of the country, and to its continuing peaceful progress and how much better off the black African is in South Africa, economically than in any other black African state. There is an argument on both sides, but the Afrikaners argument sounds less convincing and the country, after two decades of apartheid, is as far as ever from solving its race problems.

South Africa has a strong economy, though it has been said that were it not for the fact that her mineral resources were so rich bad mismanagement of the economy in recent years would have rendered South Africa virtually bankrupt. South Africa produces more than 75% of the world's gold amongst non-Communist countries. England's winter is South Africa's summer and the months of December and January her tourist season. It is a country of great beauty and great diversity with mountain ranges, semi-deserts, green undulating hills and miles of superb coast.

Capital:	Pretoria
Population:	21,282,000
Language:	English, Afrikaans and Bantu
Area:	471, 445 sq. miles
Time:	G.M.T. + 2 hours
Religion:	Mainly Christian. Dutch reformed Church.
Climate:	In temperate Zone. Annual mean temp is app. 60F Frosts occur over the interior between April and Oct. Normal average rainfall is 17" per annum. The dominance of high atmospheric pressure which encircles the globe between the latitudes of 25 and 30 is broken in the summer months by the occurrence of the 'low' pressure systems over the land. A monsoon effect is produced by the low over South Africa and the high moving eastward along the coast. This results in an interplay of the wind systems and in part explains the sudden and varying winds that blast Cape Town in the summer months especially.
Currency exchange:	£1 = Rand 1.91 \$1 = Rand 0.71
British Consulate:	Cape Town= Consulate General African Life Centre 2 St George St P.O. Box 500



Verw. Nr./Ref. No.

E5/7 (80)

NAVRAE/ENQUIRIES:

Mr. Hugo

Tel. No.

836-3228

KANTOOR VAN DIE—OFFICE OF THE
REGIONAL REPRESENTATIVE,
DEPARTMENT OF THE INTERIOR,
PRIVATE BAG 11,
JOHANNESBURG.
2000.

21-10-1974

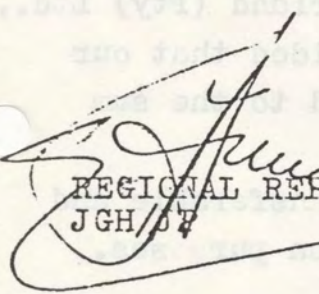
Mr. W.L. Jones,
Encounter Overland,
532 Maritime House,
26 Loveday Street,
JOHANNESBURG.

2001.

Sir,

I have to acknowledge receipt of your general guarantee in respect of employees of your Company entering this country in the course of their duties and to state that the Officer-in-Charge, Passport Control Office, Messina, has been informed.

Yours faithfully,


REGIONAL REPRESENTATIVE
JGH/JP

VISAS & PASSPORTS (Zambia)

BRITISH : Passports can be issued within 24 hrs
with pushing.

DUTCH : Passports within a morning.

USA : No problem, within 24 hrs.

GERMAN : Sometimes reluctant to issue 2nd
passport. Will do so eventually.

TANZANIA : N. Obtain entry permits for Commonwealth
(free) and visas for others. Try for
1 month visas, although 2 weeks is
usually adequate. Occasionally Tanzanians
can be difficult. Be patient. If necessary
write note on EOL paper to High Commissioner
or his deputy. Don't mention residents
unless asked - explain we are tourists
travelling to London etc.

NB : S. If possible here or soon as possible
after. Contact EO office in Joburg.
All EMS should have loose-leaf SA visas
where necessary.

Collect road permit for Botswana. If
lost in post phone Ministry of Works
& Communications, Transport Division,
Gaborone 2012 or 2013 and enquire
permit number. If issued they will
cable Kazungula to permit entry.

Contact EOJ: 120 Maritime House
26 Loveday Street
Johannesburg. SA
Tel: 834 7268
(Night): 484502
Cable: ENCOLAND
Telex: 80109 SA

Valley private *SBG 48 4502*

Allenkeen - Super Road Hillbrow,

MPIKA (Zambia)

Water and fuel also a large cold storage depot. It has meat, fish and chicken at reasonable prices. 45 miles before Lusaka 1/4 mile after Shell Station on left as aeroplane parked - ask for PAU.

LUSAKA

Camp : Makani Caravan Park
Livingstone Road
(on left 2 miles outh of city behind service station)

OR Yielding Tree Farm. about 10 kms out of town on Mungwi Rd (off Lumumba Rd). Proceed to end of tarmac, farm is about 1½ kms along dirt on right hand side. Owners name Gordon Bland. Tel: 715212. Cost 0.50 KW per head. Showers etc. Preferable to caravan park. Address of Farm is Box 229, Lusaka.

(LET JOBURG KNOW EDA AND APPROX NUMBER REQUIRING ACCOMMODATION THERE.)

Insurance : Zambian State Insurance, Cairo Rd
(Mr R Temple)

Garages : Zambia Motor Spares Ltd
Cha Cha Cha Rd
Modern Motors
(Bedford Agents & useless!)

Stamfield Radcliffe Ltd (FOR ELECTRICAL)
Cha Cha Cha Rd

Whitehead & Jack
They are a drilling co but will help with most things. They use RLs and have most spares.

Canvas repairs at Midland Upholstery.

Swimming : At Motel - 5 miles south on Livingstone Rd.

ENTERING SOUTH AFRICA

S. Immigration requirements : (July 73)

1. (A) Requirements could demand at least R780.
(B) Tourists with Commonwealth passports entering SA with a ticket to country of origin plus at least R120 per month stay expenses.
(C) A returnable deposit the cost of ticket back to country of origin plus R120 per month expensed. This is only refunded AFTER leaving SA and is sent to residential address i.e. the bond money cannot be used for buying ticket out of SA.
2. (A) American passport holders need R400 plus a ticket out if its to Kenya. They all need a valid visa.
3. Alternatively a work permit plus an employers letter of job confirmation is as good as above.

Insurance at border

If any^{of} group have a clean passport make sure that the exit stay is done on a separate slip of paper.

NB: The officials can sometimes be easy on entry and other hard. Parr's Halt is definitely easiest- if there are going to be problems it will certainly be more difficult at other border crossings.
Play it by ear - if need be call the EO office in Joburg.

CARNETS: SA & BOTSWANA in the same customs area, so carnet stamped into Botswana & stamped going north through Botswana means YOU DON'T GET SA stamps in carnet.

ROUTE: Parr's Halt - Johannesburg

N. Camp S: Best to camp leaving yourself with a drive to get into Joburg by midday. This allows everyone to get into hotel and unpack the truck and for you to visit office to collect any mail and get information on parking the truck and trailer.

NOTE : CONGRATULATIONS on completing a trans Africa trip. I hope this helped you even if only once or twice - then it has been all worth while. EOL, 271 Old Brompton Rd, LONDON SW5. UK

MONEY

MONEY

Try to leave with: 40% English Pounds
 20% French Francs
 40% U.S. Dollars

As much of it in cash as possible and 3/4 in small denominations.

Always leave a country with a few pounds worth of local currency left. This you can use when coming north or exchange with a northbound trip for local currency of countries he has already passed through.

FUEL COSTINGS OCTOBER SOUTH AFRICA 1974

SD 5136 STEVE NICHOLS

Place:	Local price per litre	£ per litre	£ per gallon	calculated at rate of	
ALGERIA: Tamaris + Adrar	0.45 da	5p	22.7p	9da = £1	Tamaris - 1 st thing in morning.
ALGERIA: Agadez	73.5 fr	14½p	66p	500fr = £1	Rough diesel.
ALGERIA: Kano	0.4 da (gallon)		20p	12 = £1	Discount at Agip
ALGERIA: Ngabouze Garon - Boulai	76.1 fr 68.1 fr	14p 13p	63.7p 59.2p	550fr = £1	- B.P. at end of town also changes money
C.A. Bangui Bambui	65fr 73.1 fr	13p 13½p	59.2p 61.5p	500fr = £1	
AIRE Kisangani	20.1350	8p	36p	21.70 = £1	Fuel not always available.
ENYA Nairobi	1-26 sh.	6p	27p	20/- = £1	Look around for discount fuel - difficult to find.
INDONESIA Morogoro Mkaya	1-62 sh 1-84 sh	6p 6½p	27p 29.4p	30/- = £1	- Fuel cheaper nearer Dar-es-Salaam. - Caltex, will change money also
INDONESIA Bulwago	\$0.10	8½p	37p	\$1.25 = £1	

Tank capacity of 160 gallons.

SfN. chaffis

24-1-1975.

TRANS AFRICA SOUTHBOUND AUGUST 24th. J. F. DAVIES.

FINAL ACCOUNT IN STERLING

Time Spent in Days.	Country.	A. Food.		B. Fuel.		C. Spares Repairs.		D. Supplies Equip.		E. Admin.		Totals.	
3.	UK & FRANCE.	11	63			3	99			26	64	42	26
4.	SPAIN.	25	44	14	29	1	57			65	51	106	81
6.	MOROCCO.	29	40	34	30					45	40	109	10
15.	ALGERIA.	24	60	30	-	12	60			50	30	117	50
5	NIGERIA	9	64	23	90					13	20	56	74
8.	NIGERIA	85	45	40	54	69	-			19	90	214	89
15	CAMEROON & R.C.A.	55	90	70	40	16	-	3	92	7	20	153	42
12.	ZAIRE	46	82	40	22			26		22	10	109	40
2.	RWANDA.	9	-	2	05					4	-	15	05
7	TANZANIA.	39	-	54	-	3	58			49	-	145	58
17.	KENYA.	88	11	37	27	7	50			107	92	240	80
5.	ZAMBIA.	4	46	23	02					5	33	32	81
5.	RHODESIA.	16	52	19	84					41	48	77	84
2.	BOTSWANA & S.A.	3	-							10	10	13	10

106 days.

TOTALS IN ALL COUNTRIES. £ 448 97 £ 399 83 £ 114 24 £ 4 18 £ 468 08 £ 1435 30

TOTAL RECEIVED
" SPENT.

£ 1778 93 in £, S. & F. FRANCES.
£ 1435 30

BALANCE.

£ 371 40 in various currencies.

FUEL COSTINGS OCTOBER SOUTHBOUND 1974

SD 5136 STEVE NICHOLLS

Place:	Local price per gallon	£ per litre	£ per gallon	calculated at rate of	
ALGERIA: Tamarisvet + Adrar	0.45 dm	5p	22.7p	9dm = £1	Tamarisvet - 1 st thing in morning.
ALGER: Agadez	73.5 fr	14½p	66p	500fr = £1	Rough direct.
NIGERIA: Kano	0.4 dl (gallon)		20p	N2 = £1	Discount at Agip.
CAMEROONS: Ngoundere Garewa - Bonabai	76.1 fr 63.1 fr	14p 13p	63.7p 59.2p	550fr = £1	- B.P. at end of town also changes money.
R.C.A. Bangui Bamban	65fr 73.1 fr	13p 13½p	59.2p 61.5p	500fr = £1	
ZAIRE Kisangani	20.1350	8p	36p	21.70 = £1	Fuel not always available.
KENYA Nairobi	1-26 sh.	6p	27p	20/- = £1	Look around for discount fuel - difficult to find.
TANZANIA Morogoro Mbeya	1-62 sh 1-84 sh	6p 6½p	27p 29.4p	30/- = £1	- Fuel cheaper nearer Dar-es-Salaam. - Celltex, will change money also.
INDONESIA Bulawoyo	\$0.10	8½p	37p	\$1.25 = £1	

Tank capacity of 160 gallons.

SPN. Nicholls

24-1-1975.

FINAL ACCOUNT IN ~~POUNDS~~ / DOLLARS \$

DRIVER'S NAME

FROM

LON

TO

JRG

DEPARTURE DATE

7/10/78

VEHICLE

AOR 6225

CAPACITY

20

NUMBER CARRIED

18

TIME SPENT (DAYS)	COUNTRY	A FOOD		B FUEL		C SPARES & REPAIRS		D SUPPLIES & EQUIPMENT		E ADMIN		TOTAL	
4	FRANCE	50	17	117	67					115	01	282	85
6	ITALY	106	25	50	63					187	63	344	58
4	TUNISIA	158	54	71	95			21	22	58	54	310	25
17	ALGERIA	133	00	227	00					67	50	428	50
7	NIGER	257	00							100	00	357	00
6	NIGERIA	209	00	88	00	136	00	40	00	80	00	553	00
5	CAMEROONS	83	00	191	00							274	00
9	ECA	242	00	19	00	35	00			45	00	341	00
25	ZAIRE	382	00	77	00	102	00			49	00	610	00
3	RWANDA	80	00	112	00					13	00	205	00
20	TANZANIA	201	00	296	00	32	00			462	00	991	00
5	ZAMBIA	49	00	58	00					10	00	117	00
2	BOTSWANA	20	00							4	00	24	00
1	S.A.	3	00	41	00					26	00	70	00
114	TOTALS	1973	96	1349	25	305	00	61	22	1217	68	4908	11

TOTAL RECEIVED £.....

TOTAL SPENT £.....

BALANCE £.....

4908.11

ao15978

FINAL ACCOUNT IN ~~STERLING~~ / DOLLARSDRIVER'S NAME I.S.C. JOHNSONFROM STG TO LONDON DEPARTURE DATE 28/3/79VEHICLE 7 CAPACITY 20 NUMBER CARRIED 16

TIME SPENT (DAYS)	COUNTRY	A FOOD	B FUEL	C SPARES & REPAIRS	D SUPPLIES & EQUIPMENT	E ADMIN	TOTAL
2	SA	38				20	58
2	Botswana					25	25
14	ZAMBIA	102	97	42		99	340
25	TANZANIA	419	189	30	67	861	1566
10	KENYA	461	336		6	168	971
7	SUDAN	78	49			13	140
19	ECA	382	135	68	3	109	697
14	RUC	264	188			107	559
7	NIGERIA	269	111	182		162	724
7	NIGER	117	43			82	242
9	ALGERIA	91	178			41	310
5	MAROC	113	63			119	294
4	SPAIN	62	65		[FERRY-TANCY + TAN. LCA + 16.500]	257	385
3	FRANCE	73				94	167
128	TOTALS	2470	1454	322	76	2157	6478

TOTAL RECEIVED £.....

TOTAL SPENT £.....

BALANCE £.....

ao15978

TIPS

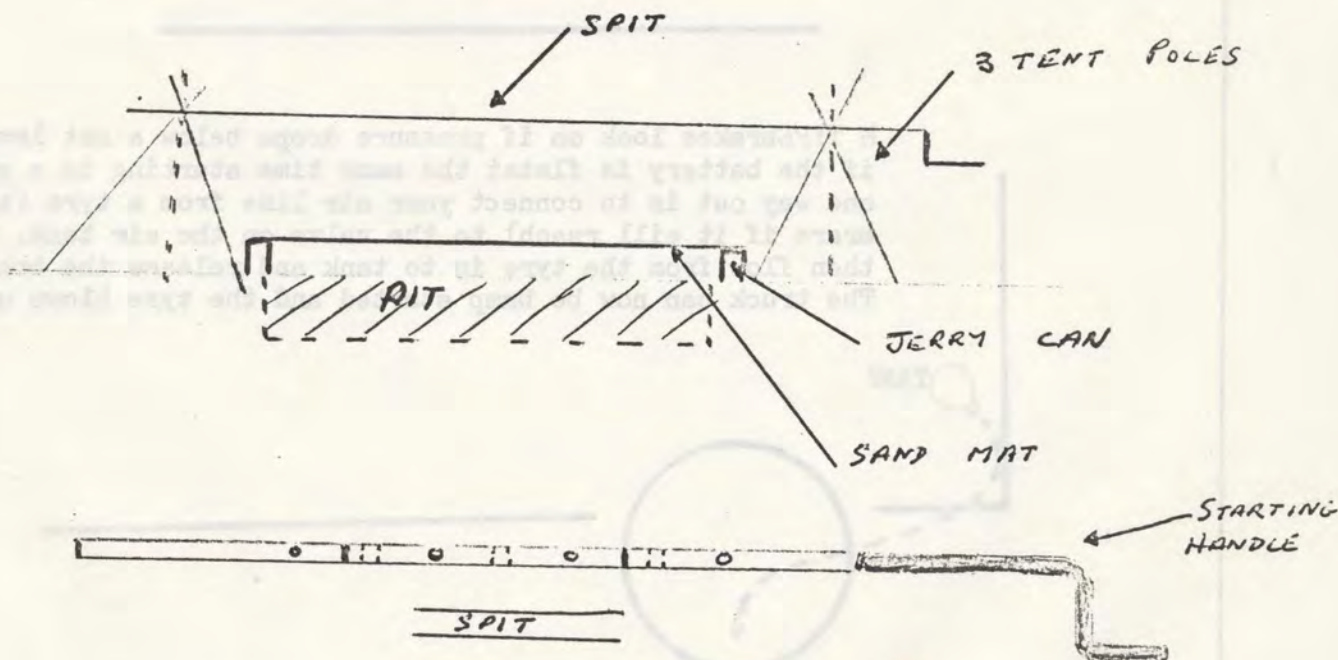
BARBEQUES

I have found that once or twice on a trip it should be possible to have a large barbeque. If possible buy 1 sheep but goats will do. If you are unable to kill and clean them yourselves the local's who you buy them off should do it for a little extra. I suggest you keep one whole and joint the other in about 6 or 8 pieces. If bought in the late afternoon they can be carried in bowls or polythene until you camp. For a barbeque you should camp well away from anywhere to give the right atmosphere.

The Fire

First a pit should be dug of 2 or 3 feet shorter than your sand mats and about five feet wide and $2\frac{1}{2}$ feet deep. This should then be piled full of wood and then burnt down to charcoal until the pit is full. A sand mat can then be laid across the pit and support at each end to raise it a little (2 jerry cans on there sides are about right). Vegetable and the jointed meat can now be cooked on this. (this set up can be used for general camp-fire cooking if this is preferred or gas is low - a smaller pit can then be used)

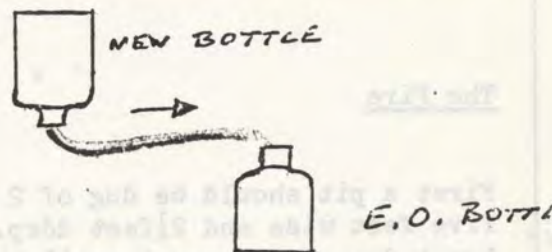
A spit can be constructed from tent poles as in diagram. If a few bottles of wine are bought in advance and everyone gets into the spirit of the thing a great night can be had.



A spit can be made before hand from tube or old tent. Poles wedged together and a starting handle bolted on the end. A series of holes in the tubes allows tent pegs to go through the meat and tube so it turns easily. Also works well with chicken.

Gas Bottle Filling

It is not always possible to go to a shop or garage and exchange our type of gas bottles but with a little adaptation you should be able to fill your bottles from any type of local one. If you are unable to exchange your bottle then buy a full one of any type available, then check the outlet - if it is totally different also buy a regulator for that type of bottle. If this is the sort with a diaphragm in it, remove it so you have a clear outlet. Remove the pipe from your cooked unit, then attach the cooked end of pipe to the adaptor. Place the new bottle higher than the empty one with its tap at the bottom - open empty bottle tap and then full bottle tap. Gas and fluid can be heard transferring.

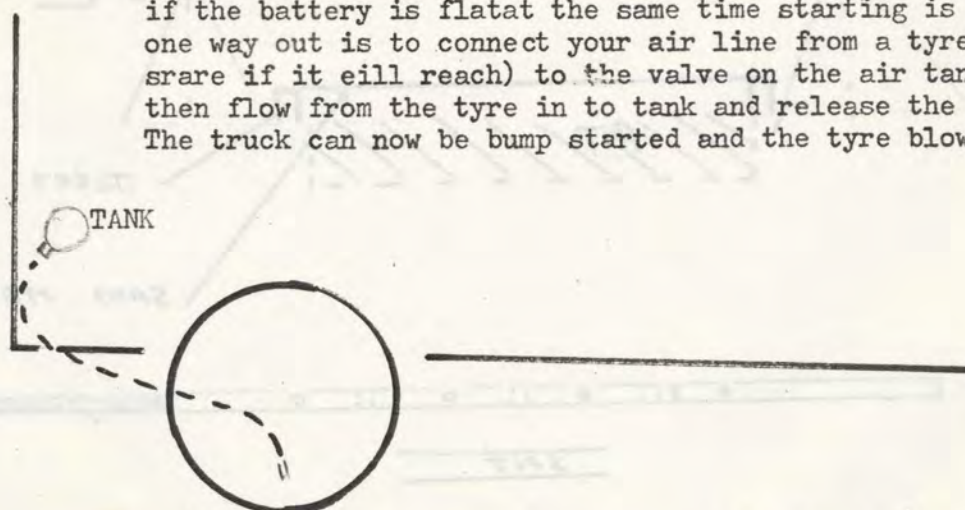


When the noise has stopped (20-30 min usually) close both taps and remove pipe from old bottle, then with the bottle still in an upright position, open tap and air will come out. Keep open until this slows a little but do not let all out. Reconnect and repeat until old bottle is full. (When white liquid comes out instead of air) or new bottle is empty.

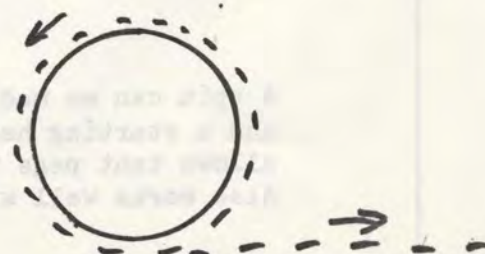
It is possible, say in Kano, to buy a 125lb bottle and fill all E.O's bottles on a two truck trip. Always resell empties back to shop of purchase, and keep adapter for future trips.

M TYPE BRAKES

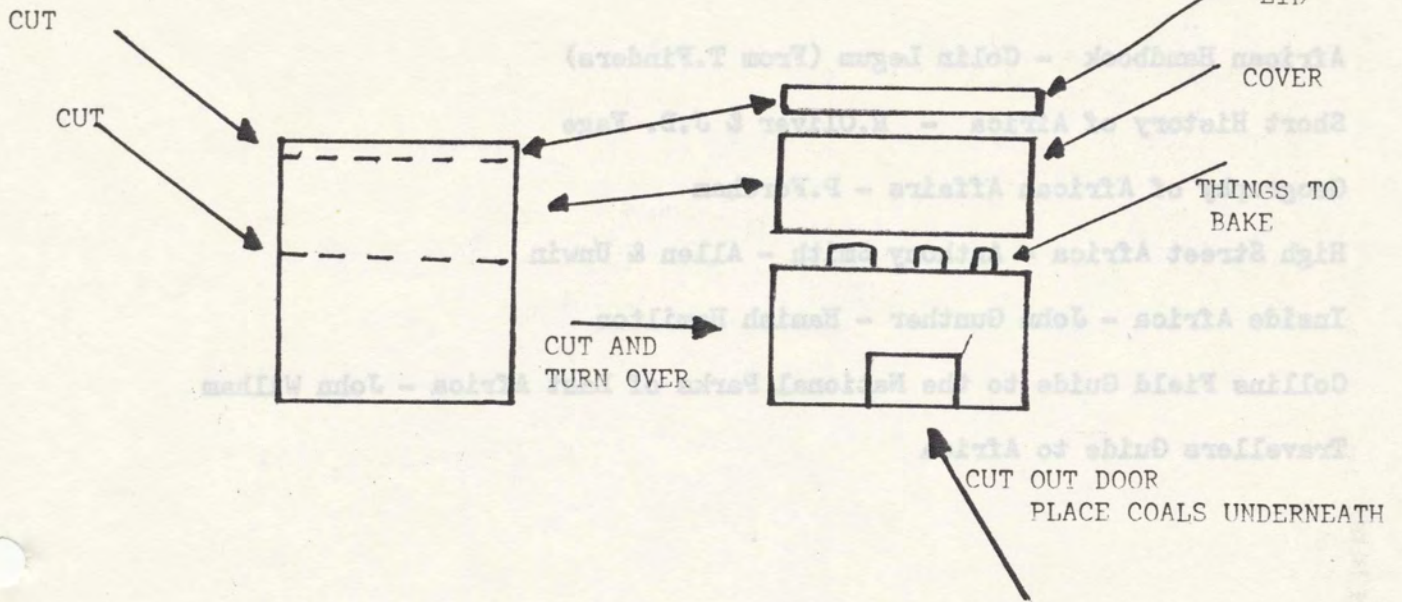
M TYPE brakes lock on if pressure drops below a set level if the battery is flat at the same time starting is a problem one way out is to connect your air line from a tyre (the srare if it eill reach) to the valve on the air tank. Air will then flow from the tyre in to tank and release the brakes. The truck can now be bump started and the tyre blown up.



IF the truck is in mud or soft sand jack up a back wheel coil a rope round and get the group to pull. 3rd gear is best with the clutch engaged before pulling starts make sure other weels are blocked.



USE OLD 44 GALL DRUM AS AN OVEN



RECOMMENDED BOOKS ON AFRICA

African Handbook - Colin Legum (From T.Finders)

Short History of Africa - R.Oliver & J.D. Fage

Geography of African Affairs - P.Fordham

High Street Africa - Anthony Smith - Allen & Unwin

Inside Africa - John Gunther - Hamish Hamilton

Collins Field Guide to the National Parks of East Africa - John Wilham

Travellers Guide to Africa

These books can be obtained at most good bookshops.

London: Trusslove and Hanson
Sloane St
London S.W.1.

OR

Harrods
Knightsbridge
S.W.7.

Motoring Dictionary in six languages

ENGLISH

Accumulator
Axle **BATTERY**
Bearing
Belt
Big-end
Bodywork
Bolt
Bonnet (car)
Bore (engine)
Brake
Brake, drum
Brake, pedal
Brake, rod
Brake, shoe
Brake, to adjust
Breakdown
Broken
Bulb (lamp)
Bumper
Burst (tyre)
Camshaft
Carburettor
Carburettor, float
Carburettor, jet
Chain
Clearance
Clutch
Clutch, slip
Coil
Compression
Condenser
Contact
Crack
Crankshaft
Current

FRENCH

Accumulateur
Essieu **BATTERIE**
Coussinet
Courroie
Tête de bielle
Carrosserie
Boulon
Capot
Alesage
Frein
Tambour de f-
Pedale de f-
Tige de f-
Sabot de f-
Ajuster le f-
Panne
Cassé
Ampoule
Pare choc
Eclatement
Arbre à cames
Carburateur
Flotteur de c-
Gicleur de c-
Chaîne
Espace libre
Embrayage
Patinage de l'e-
Bobine
Compression
Condensateur
Contact
Cassure
Vilebrequin
Courant

DUTCH

Accu
As **BATTERIJ**
Lager
Riem
Drijfstang
Karosserie
Bout
Motorkap
Boring
Rem
Remtrommel
Rempedaal
Remstang
Remschoen
Rem bijstelle
Pech
Gebroken
Gloeilamp
Bumper
Pech
Nokkenas
Carburateur
Flotter
Verstuiver
Ketting
Grondspeling
Koppeling
Slippendekopp
Bobine
Kompressie
Kondensator
Kontakt
Breuk
Krukas
Stroom

GERMAN

Akkumulator
Achse **BATTERIE**
Lagerschale
Riemen
Pleuelstangenkopf
Karosserie
Bolzen
Motorhaube
Bohrung
Bremse
Bremsstrommel
Bremspedal
Bremsstange
Bremsbacke
Bremse einstellen
Panne
Gebrochen
Glühbirne
Stosstange
Reinpanne
Nockenwelle
Vergaser
V - schwimmer
V - duse
Kette
Bodenfreiheit
Kupplung
K-schleift
Spule
Verdichtung
Kondensator
Kontakt
Bruch
Kurbelwelle
Strom

ITALIAN

Accumulatore
Asse **BATTERIA**
Cuscinetto
Cinghia
Testa di biella
Carrozzeria
Bullone
Cofano
Alesaggio
Freno
Tamburo del f-
Pedale del f-
Asticella de f-
Pattino del f-
Regolare il f-
Panna
Rotto
Lampadina
Paraclopo
Fenditura
Albero a camme
Carburatore
Galleggiante del c-
Inietttore del c-
Catena
Altezza libera
Frizione
Slittare di f-
Bobina
Compressione
Condensatore
Contatto
Rottura
Asse a gomito
Corrente

SPANISH

Acumulador
Eje **LA PILA**
Cojinete
Correa
Cabecera de Cigüeñal
Carrocería
Bulon
Capota
Calibre
Freno
Tambor del f-
Pedal del f-
Varilla del f-
Zapata del f-
Ajustar los frenos
Descompostura
Roto
Lampara
Paragolpes
Reventón
Cigüeña
Carburador
Flotante del C.
Aguja del C. /
Cadena
Espacio
Embrague
Patinaje de e-
Bobina
Compresión
Condensador
Contacto
Rajadura
Cigüeñal
Corriente

Cylinder
Cylinder head
Drain, to
Exhaust (of car)
Fanbelt
Fill up, to
Filter
Flywheel
Free (to) from grease
Funnel
Fuse, electric
Gasket
Gearbox
Gearlever
Grease, to
Horn (of car)
Hub
Ignition
Inner tube
Jack (of car)
Lamp, head
Lamp, side
Lamp, tail
Nut
Oil
Out of order
Petrol
Plug, sparking
Pressure gauge
Propeller shaft
Puncture
Radiator
Recharge, to
Reverse
Shock absorber
Starter, self-
Steering
Tappet
Tyre, to fit
Wheel
Windscreen

Cylindre
Culasse
Vidanger
Echappement
Courroie
Remplir
Filtre
Volant
Dégraisser
Entonnoir
Fusible
Joint
Boite de vitesses
Lever de vitesses
Graisser
Avertisseur
Moyeu
Allumage
Chambre à air
Cric
Phare
Lanterne
Lanterne arrière
Ecrou
Huile
Dérégulé
Essence
Bougie
Manomètre de pression
Arbre de transmission
Crevaillon de pneu
Radiateur
Recharger
Marche arrière
Amortisseur
Démarreur
Direction
Culbuteur
Monter le pneu
Roue
Pare-brise

Cylinder
Cylinder kop
Aftappen
Uitlaat
Ventilatorriem
Tanken
Filter
Vliegwiél
Ontvetten
Trechter
Zekering
Pakking
Keerkoppeling
Koppelinghandle
Invetten
Hoorn
Naaf
Ontsteking
Lucht slang
Krik
Schijnwerper
Zijlamp
Stoplicht
Moer
Olie
Buiten werkir
Benzine
Bougie
Manometer
Aandrijfas
Pech
Radiateur
Opladen
Achteruit
Schokbreker
Starter
Besturing
Wanden
Banden oppompen
Wiel
Voortuit

Zylinder
Z - kopf
Ablassen
Auspuff
Ventilatorriemen
Tanken
Filter
Schwungrad
Entfetten
Trichter
Sicherung
Dichtung
Getriebekasten
Schalthebel
Einfetten
Horn
Nabe
Zündung
Luftschlauch
Wagenheber
Scheinwerfer
Seitenlampe
Schlusslicht
Mutter
Oel
Arbeitet nicht
Benzin
Zündkerze
Manometer
Antriebswelle
Panne
Kühler
Aufladen
Rückwärtsgang
Stossdämpfer
Anlasser
Steuerung
Stosser
Reifen aufziehen
Rad
Windschutzscheibe

Cilindro
Testa del c-
Asciugare
Scappamento
Cinghia del ventilatore
Reimprimare
Filter
Volano
Disgrassare
Imbuto
Valvola di sicurezza
Guarnizione
Scatola d'ingranaggio
Carter d'i.
Ingrassare
Corno
Mozzo
Accensione
Camera d'aria
Cricco
Faro
Laterale
Fanalino posteriore
Dado
Oio
Fuori servizio
Benzina
Candela
Manometro
Propulsore
Scoppio di pneumatico
Radiatore
Recaricare
Retro-marcia
Amortizzatore
Starter
Direzione
Punteria
Montare i pneumatici
Ruota
Cristallo parabrise

Cilindro
Cabeza de c-
Desaguar
Escape
Correa de ventilador
Llenar
Filtro
Volante
Librar de grasa
Embudo
Fusible
Guarnición
Caja de Velocidades
Palanca de v-
Engrasar
Bocina
Centros de rueda
Encendido
Camara de aire
Crique
Faro
F - lateral
F - de cola
Tuerca
Aceite
Descompuesto
Gasolina
Bujía
Manometro
Eje de helice
Pinchadura
Radiador
Cargar nuevamente
Marcha atras
Amortiguador
Arranque
Dirección
Aleta
Colocar un neumático
Rueda
Parabrisas

BANK HOLIDAYS 1975

Banks are normally closed on Sundays except where otherwise stated in the information outlined below. The dates given on this page are those on which the banks are closed all day in addition to Sunday. Please note that Muslim festivals are approximate. Ramadan starts approximately 4 September. Main Muslim festivals this year are : Aid el Adha, Jan 4; Moslem New Year, Jan 25; Achoura, Feb 3; Moulod, Apr 5; Aid el Fito, Oct 17.

- * ALGERIA (A) Jan 1, May 1, June 19, July 5, Nov 1.
- BOTSWANA (D) Jan 1, Mar 28,29,31, May 8,19, June 2, Aug 4, Sept 30, Oct 24, Dec 25,26.
- BURUNDI (D) Jan 1, Mar 31, May 1,8, July 1,15, Sept 18, Oct 14, Nov 28, Dec 25.
- ** CAMEROON (A) Jan 1, Feb 11, Mar 28,31, May 1,8,19, Aug 15, Nov 1, Dec 25.
- C.A.R. (D) Jan 1, Mar 29,31, May 1,8,19, Aug 15, Nov 1,10, Dec 1,15.
- ** CHAD (D) Jan 1,11, Mar 31, May 1,8,19,25, Aug 11,15, Nov 1,28, Dec 25.
- CONGO (D) Jan 1, Mar 31, May 1,8,19, June 22, July 31, Aug 15, Nov 1, Dec 25.
- ** KENYA (D) Jan 1, Mar 28,31, May 1, June 1, Oct 20, Dec 12,25,26.
- MALAWI (D) Jan 1, Mar 28,29,31, May 14, July 6, Aug 4, Oct 17, Dec 25,26.
- * MOROCCO (A) Jan 1, Mar 3, May 1,8, Nov 18, Dec 25.
- ** NIGER (D) Jan 1, Mar 31, May 1,8,19, Aug 3,4, Nov 1, Dec 18,25.
- ** NIGERIA (D) Jan 1, Mar 28,31, Oct 1, Dec 25,26.
- RHODESIA (D) Jan 1, Mar 28,31, May 19, July 9,10, Sept 12, Oct 22, Nov 12, Dec 25,26.
- RWANDA (A) Jan 1, Mar 31, May 1,8,19, July 1,5,15, Sept 25, Oct 26, Nov 1, Dec 25.
- SOUTH AFRICA REP. (D) Jan 1, Mar 28,31, May 8,31, Sept 2, Oct 10, Dec 10, 25,26
- S. W. AFRICA
- ** TANZANIA (D) Jan 12, Mar 28,31, Apr 26, May 1, July 7, Dec 9,25.
- UGANDA (D) Jan 1,25, Mar 28,31, May 1, June 1,3, Oct 9, Dec 25,26.
- ZAIRE (A) Jan 1,4, May 1,20, June 29, Nov 16,23, Dec 25.
- ZAMBIA (D) Jan 1, Mar 28,29,31, May 1,19,25, June 1, July 2, Aug 12, Oct 24, Dec 25,26.

(A) Banks closed on Saturdays

(D) Banks open Saturday a.m.

* Muslim Country

** Large Muslim community - will observe both Muslim & Christian festivals.

RECOMMENDED PROCEDURE FOR PASSPORTS AND VISAS
FOR TRANS AFRICA NORTHBOUND TRIPS

(12-7-74)

I. JOHANNESBURG

- A. Ensure applications are made to New Zealand House, London, for New Zealand passports to be issued and sent to British High Commission in Nairobi. Give arrival date, Nairobi, as approximately 2 weeks after departure.
- B. Before departure, ensure that all Germans have obtained second clear passports and have sent them to E.O., London
- C. Don't replace any pas ports, except possibly Swiss, because of stamps.
- D. If time allows (6 weeks to 2 months) renew Swiss passports through Swiss Consulate General in Jo-burg, but have them issued in Switzerland.
Swiss Consulate General
75 Manners Mansions
Jeppe Street
- E. It has proved unpopular to write from Johannesburg to various embassies in Dar es Salaam explaining our problems with South African/Rhodesian stamps. Several embassies have requested us to discontinue this, as mail has been opened en route to the embassies.
- F. There is no problem with any embassy in obtaining several passports within a day or less.
- G. Ensure American and Canadians have correct type of photos for their passports and that correct type is sent to London with New Zealand passport applications. It is also advisable for all nationalities to carry at least 4 non-machine type photos for Algerian Embassy, Lagos.

II. SOUTH AFRICAN/RHODESIAN BORDER

- A. When crossing border, ensure that no stamps are put into any passports that are already clear, i.e. American, Australian, Canadian or British who recently entered South Africa and have no stamps.
- B. Definition of clear passport: one having no unsavory stamps, i.e. South African, Rhodesian or Portuguese.

III. RHODESIAN EXIT

~~In the case of some passengers having 2 passports (1 clear and 1 unclear) exit Rhodesia on unclear one. Also obtain exit stamps (on separate paper) from Rhodesian immigration.~~

IV. BOTSWANA ENTRY

- A. Present any clear passports. If there are any problems re: passports completely free of any stamps (unlike ~~the~~) show Rhodesian exit stamps on paper.
- B. At present, there are no problems whatsoever re: any unsavory stamps at Botswana or Zambia borders.

V. ZAMBIA ENTRY

If asked length of time in Rhodesia, tell them less than 24 hours. Mark Victoria Falls in entry book. Passports shouldn't be able to tell them otherwise. This will save K per person ~~on~~ on entry, buy insurance at border, with Rand or Rhodesian Dollars.

VI. LUSAKA

Don't replace any passports. Go directly to Tanzania High Commission, On United Nations Avenue, and see Mr. Maji. Obtain entry permits for Commonwealth passengers (no charge) and visas for others (Kwacha 2.25 per visa). Try for one month visas - although 2 weeks is usually adequate. Suggest you try to get assurance from Mr. Maji that there will be no problems with South African/Rhodesian stamps at Tunduma border.

VII. TUNDUMA

A friendly smile and easy going, non-pushy attitude are essential here. Make sure all finance is straight and that the group appears respectable and organized. Be prepared for the officials to be a little awkward about the unsavory stamps. Patience usually resolves the problems.

VIII. DAR ES SALAAM (See map for locations.)

A. GERMAN

Obtain new passports (in addition to original ones) which won't be cancelled. Embassy is in Bank Building 2nd floor, nearly opposite New Afrique Hotel, on corner of City Drive and Asikiwe Avenue. Cost: 50 schillings per passport. Photos: 2.

B. AUSTRIAN

Obtain new passports, in addition to original ones, which won't be cancelled. Austrian Consulate General, 20 Independence Avenue. Cost: 36.40 (Tanzania schillings) per passport. Photos: 2. Mailing address: P.O. Box 342 Telephone: 2047

DAR ES SALAAM (continued)C. SWISS

Obtain new passports for any who didn't get them before departure. Ambassade de Suisse, Consular Section, 17 Kenyatta Ave. (near Oyster Bay) Cost: 18.40 each. Photos: 2.

8

D. DUTCH

Obtain new passports only if the embassy agrees not to write in the place of issue of previous passport (if South Africa or Rhodesia) and that they will not attach the old passport to the new. They can cancel old, except for the page of the Tanzania visa. If no co-operation, leave until Nairobi where embassy will co-operate on both of these points.

Royal Netherlands Embassy, 11th floor, Permanent Building, 2 blocks from main P.O., in modern shopping complex on Asikiwe Ave Cost: 66 50 each Photos: 2.

E. BRITISH

Obtain one year passport in addition to original one.

If any problems, see Mr. Clark

British Embassy is in Bank Building almost opposite New Afrique Hotel on corner of Independence Avenue. Cost: 90/- each Photos: 2.

F. CANADIAN

Obtain new passports. Address of Embassy:

Cost: 100/- each. Photos: 3

G. AMERICAN

Obtain new passports at U.S. Embassy, in same building as British. (See above) Cost: 85.80/- each. Photos: 2 which must be exactly $2\frac{1}{2}$ x $2\frac{1}{2}$ in size.

H AUSTRALIAN

For the last few trips, the Australian Embassy has not co-operated in replacing passports. Try, but expect to have to leave it until Nairobi.

Australian High Commission, 4th floor, Bank Building on Independence Avenue. Cost: Photos: 2

I SWEDISH

DAR ES SALAAM (continued)

J. LIECHTENSTEIN

K. FRENCH

L. GENERAL

1. With all new passports, except Commonwealth and German, go to Tanzania Immigration (Principal Immigration Officer is Mr. R.A. Kubaga). Have entry stamps transferred to new passports. It may be necessary to show old, still current ones, but do so only if asked. If there are problems because of having two valid passports (illegal in Tanzania), explain that the first one will be cancelled by respective embassy as soon as Tanzania stamps are transferred.
2. While at Tanzania Immigration, obtain Kenya visas for German, Austrian, Dutch, Swiss and American. Cost: 22.50/- each. Photos: none
3. Nigerian visas, must go in the new passports. Obtain all Nigerian visas, excluding New Zealand and Australian if unable to obtain new passports. See map for location of embassy. Cost: varies with nationality, but averages 10/- each. Photos: 3.
 - a. Reason for obtaining Nigerian in Dar is that they can be difficult in Nairobi, so obtain all possible here.
 - b. All passport and visa formalities in Dar should be finished within 2 - 2½ days, but only if passports are fed into the Nigerian Embassy as soon as they are free, and not all at once.

IX. TANZANIA EXIT BORDER

- A. All passports that have had Tanzania entry stamps transferred are to be used for exit
- B. British are to exit on old passports.

X. KENYA ENTRY

British are to use new passports.

XI. NAIROBI

- A. On arrival, pay personal visit to Madame Ganase of the French Embassy, and Michel of the Zaire Embassy, and pick up forms for the entire group. Also obtain forms from the Rwanda and Nigerian Embassies, the latter only for those who did not get them in Dar.
- B. On arrival, send one person of each nationality (except New Zealand) with a correct list of names and passport numbers of all others of that nationality to the respective embassies to obtain letters of recommendation (which are standard from all embassies now) for Zaire and Nigerian visas. Insist that Nigerian letter is necessary. For addresses, refer to Section XII, Part C.)
- C. Collect appropriate number of photographs from each passenger and have them sign and date the back of each.
- D. New Zealanders all must go to the British High Commission, Consular Department, (P.O. Box 48543), 3rd floor, Bruce House, Standard Street. There they pick up their new passports which should have arrived from London. If there are any problems, see Mr. Beard.

E. AUSTRALIANS

If unable to obtain new passports in Dar, apply for passports and letters of recommendation at the same time -- as soon as possible.

Australian High Commission (P.O. Box 30360), FAC/ADC Building, Development House, Government Road. Cost: 42/- Photos: 2

F. DUTCH

If unable to obtain new passports in Dar, obtain here.

Attention: Tony, Ray and Duncan For Amendment

Don't know what's best at present to advise drivers to do about second passport or laissez passe. Obviously, we cannot make a habit of having the passports stolen -- especially when time is so limited. If I were bringing the next trip North, I would again try to obtain new clear passports in Dar, but, obviously, push harder not to get the old ones affixed to the new. If this is successful, it gives one at least a week in which to lose them -- as at present there is no possibility of the Dutch Embassy, Nairobi, issuing either a second passport or laissez passe. Would it be possible for you to find out from the Dutch Embassy in London exactly when and under what conditions they are allowed to issue a laissez passe?

XI. NAIROBI (continued)9. INFORMATION ON EMBASSIES IN NAIROBI1. ZAIRE

- a. Embassy of the Republic of Zaire, Consular Section, (P.O. Box 48106), 4th floor, Cearn's Chambers, Street.
- b. See Robert (on the desk); Michel (Press Secretary) and Mr. Boketsu (First Secretary and Issuing Officer)
- c. Official hours for passports are 7:30 - 12:00, but once you're known, you can see Robert from 2:00 to 4:30 also.
- d. If Robert understands that a tip (of approximately 20/-) awaits him on completion of visas, procedures can be speeded up considerably, as he does all except the approving and signing.
- e. Cost: 28/- Photos: 2.

2. NIGERIA

- a. Consular and Administrative Attache, High Commission of the Federal Republic of Nigeria, 2nd floor, Agip House (P.O. Box 30516), next to Agip Gas Station on Haile Selassie Avenue.
- b. Mr. Obong is issuing officer, but must deal with the girl on the desk -- M.K. Mtwangi, the "Revenue Collector." She tries to be helpful, but when Mr. Obong isn't co-operating, she often has to use the story that, "He's at the airport!"
- c. Cost: 24.50/- for Dutch and German (some are free) Photos: 3

3. FRENCH (for P.C.A., Cameroons, and Niger visas)

- a. Ambassade de France, 2nd floor, Embassy House, Harambie Avenue, (P.O. Box)
- b. See Madame Ganase (1st name, Andre ?? Day should have exact info) She's extremely friendly and helpful.
- c. Hours for passports: 9:00 - 12:00, but 2:00 - 4:30 can be arranged with the man on the desk
- d. Cost: 20/- per visa. Photos: 1 per visa.

~~E. ask Madame Ganase ONLY if possible to issue 7 day visas for P.C.A.~~

- 700 Box
(United Nations Avenue)

when convenient.

one to readily see remaining requirements.

- 2 French Embassy Visas

Located on ground floor of building on Harambi Avenue at

(P.O. Box 8610) Obtain in the morning. For cost and categories, see attached form.

Ensure truck and trailer carnets are valid for at least 2 months. If not, contact London.

XII. ADDRESSES AND FURTHER INFORMATIONA. LUSAKA

1. Embassy of the Federal Republic of Germany,
P.O. Box RW 120
2. Royal Netherlands Embassy, Consular Section,
P.O. Box 1905.
3. Embassy of the United States of America,
P.O. Box 1617.
4. British High Commission (Mr. Abbot)
P.O. Box RW 50 (Independence Avenue)
5. Tanzania High Commission (Mr Maji)
P.O. Box (United Nations Avenue)
Photos: 2 per entry permit, needed by Commonwealth
passengers; none needed for visas.

B. DAE ES SALAAM

1. Department of Immigration, opposite Golf Course.
Principal Immigration Officer: Mr. R.A.Kubaga.
Cost: 22.40/- for Kenya visas. Photos: none
2. British Embassy, in bank building on corner of
Independence Avenue and Asikiwe Avenue at the monument.
almost opposite New Africue Hotel. Cost: 90/-.
Photos: 2.
3. U.S. Department of State, corner of City Drive and
Asikiwe Avenue (entrance on City Drive) Cost: 85.80/-
Photos: 2.
4. Royal Netherlands Embassy, 11th floor, New shopping
center, 2 blocks from G.P.O. on Asikiwe Avenue.
Cost: 66.50/- each. Photos: 2.
5. Austrian Consulate General, 20 Independence Avenue.
(P.O. Box 312; telephone: 20417)
Cost: 36.40/- per passport. Photos: 2.
6. Ambassade de Suisse, Consular Section, 17 Kenyatta Ave.
(near Oyster Bay) Cost: 19.40/- each. Photos: 2
7. Embassy of the Federal Republic of Germany, 2nd floor,
Bank Building, corner of City Drive and Asikiwe Ave.
(same building as American Embassy)
Cost: 50/- each. Photos: 2.
8. Canadian
9. Australian High Commission, 4th floor, Bank Building,
Independence Avenue on corner of Pamba Road.
Cost: Photos: " 2.

XII. ADDRESSES AND FURTHER INFORMATION (continued)C. NAIROBI

1. Australian High Commission, (P.O. Box 30360)
FAC/ADC Building, Development House, Government
Road Cost: 42/- Photos: 2.
2. Austrian Embassy, City House, on Wabera Street,
between York and Standard. Cost:
Photos:
3. British High Commission, Consular Dept., (PO Box 48543)
3rd floor, Bruce House, Standard Street.
Cost: Photos: See: Mr. Beard
4. Canadian High Commission, (P.O. Box 30481)
I.P.S. Building (Industrial Promotion Services)
Kimantha Street Cost: ~ Photos:
5. Ambassade de France, 2nd floor, Embassy House,
Harambi Avenue. Cost: 20/- per visa.
Photos: 1 per visa. See: Madame Ganase.
6. Royal Netherlands Embassy, (P.O. Box 41537)
Street address:
(End of new supermarket building, off Taifa Road)
Cost: Photos:
See: Tina Lukose, girl on desk, familiar with E.O.
Mr. Broekhuizen, issuing officer
7. Embassy of the Federal Republic of Germany,
(P.O. Box 30840) 3rd floor, Embassy House.
Harambi Avenue. Same building as French Embassy.
Cost: Photos:
8. Kenya Immigration, corner Harambi Avenue and Taifa Road.
Cost: 22.50/- per visa. Photos:
9. Nigerian Embassy (P.O. Box 30546), 2nd floor.
Agip House, Haile Selassie Avenue. Cost: 24.50/-
for Dutch and German - some nationalities are
given visas free of charge. Photos: 3
Issuing Officer: Mr. Obong
10. Swiss Embassy, International Life House, on
Sargent Ellis Avenue opposite the Hilton.
Cost: Photos:
11. U.S. Embassy, Gotts House, corner Wabera Street and
Sargent Ellis Avenue. Cost:
Photos:

GUIDE TO MAINTENANCE EN-ROUTE

This is intended as a guide only, not a bible. Just because it is not written here does not mean it is unnecessary. Rather the opposite, if you think of something it probably means it needs doing.

Engine Oil - change at 2,000 ml intervals. Use high detergent (HD) oil no thicker than SAE 40. Oil and fuel filter should be changed at the same time.

Where a winter trip is being done a thinner oil should be used. i.e. for cold weather use SAE 30 and if very severe cold is encountered an SAE 20.

The multi-grade we now use at Wren Park is an SAE 15/40.

In areas of dirty fuel, fuel filter may need changing more often. The glass sediment bowl must be checked very regularly for signs of dirt or water. If no glass bowl, drain filter regularly.

Grease points In order to minimise wear trucks should be greased every other day on normal roads and every day on rough and, or, very dusty roads.

Brakes On M-types a guide rod on the servo shows how far out of adjustment the brakes are, this should be checked daily and brakes adjusted as necessary.

On R-types and GNM Brake pedal travel gives an indication of brake adjustment.

On Full Air System the only way is to adjust brakes regularly or look through holes in back of backplate to check adjustment.

Tyre Pressures Truck front and rear 70 PSI, trailer 50 PSI. For desert use in soft sand only, pressure can be dropped to approximately 40 PSI.

Caution With low pressure sidewalls may overheat.

Nuts & Bolts During the first few days of a trip a thorough check of tightness of components must be carried out. This applies especially to wheel nuts and U-bolts which should be done on the first night out. After that a check should be made on all nuts and bolts on a rota basis. Front engine mountings are a common problem point. While underneath doing these jobs a close watch should be kept for cracks in the frame and chassis and possible loose rivets etc.

Oil Levels These should be checked every other day initially but as one becomes aware of the rate of use/leakage of oil the interval can be enlarged. Checks should be made approximately every five days maximum though slight leaks from gear box and transfer box etc are nothing to worry about.

All transmission oils should be changed at 11-14,000 mls intervals i.e. Kathmandu or Johannesburg. EP 90 should be used in gear box and transfer box. Thio Hypoy 90 MUST be used in new diffs or diffs which have done less than 10,000 miles. After that EP 90 is acceptable.

At Wren Park we often find brake shoes covered in oil and a driver who claims total ignorance of the fact. If the tell-tale holes around the hubs are kept clear then as soon as an oil seal goes the oil is thrown out of the hub and black streaks radiate from the centre of the wheel. There is one only on the rear of an M-type and five on the front.

One final word of caution, inevitably during the course of a trip all sorts of bits and pieces work loose or indeed break. The only remedy is to repair, tighten or replace immediately! If things are left undone whether it be a loose door catch or sheared rivets or a cracked chassis, they NEVER IMPROVE only worsen, so always practise preventive maintenance and repair rather than essentials only.

One area where there is probably confusion at the moment is with respect to replacement of spare parts as they are used on the road.

When a vehicle leaves Wren Park it is, as far as possible, in a condition to do the return trip. It is unlikely that during that return trip no spare parts will be used, but the policy is that using parts from the kit does not require automatic replacement as soon as possible. In fact, it is expected that you do not replace the spares unless you have very good reason to believe that you are going to need them again. Usually if that is the case you have failed to fix the cause of the problem anyway. i.e. if you replace a water pump en route it should not be replaced until Wren Park. Unless you then have problems with the new one and use your repair kit. In that case a replacement should be found.

Alternatively if you change the alternator but the bearings are sound you should not replace it. If you are unlucky enough to burn out the second alternator you can always run on one or the other until reaching a centre when one can be repaired. However, if the bearings went in both sets you could be in trouble.

Remember spares are expensive abroad and you should not need replacements for a mere 30,000 mls maximum back to Wren Park.

FAULT DIAGNOSIS CHART

Fault	Possible Cause	Rectification
Low cranking speed	1, 2, 3, 4.	A, B, C, D.
Will not start	5, 6, 7, 8, 9, 10, 12, 13, 14, 15, 16, 17, 18, 19, 20, 22, 31, 32, 33.	E, F, G, H, J, K, M, N, O, P, Q, R, S, T, U, W, AF, AG, AH.
Difficult starting	5, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 18, 19, 20, 21, 22, 24, 29, 31, 32, 33.	E, G, H, J, K, L, M, N, O, P, Q, S, T, U, V, W, Y, AD, AF, AG, AH.
Lack of power	8, 9, 10, 11, 12, 13, 14, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 31, 32, 33.	H, J, K, L, M, N, O, S, T, U, V, W, X, Y, Z, AA, AB, AF, AG, AH.
Misfiring	8, 9, 10, 12, 13, 14, 16, 18, 19, 20, 25, 26, 28, 29, 30, 32.	H, J, K, M, N, O, Q, S, T, U, Z, AA, AC, AD, AE, AG.
Excessive fuel consumption	11, 13, 14, 16, 18, 19, 20, 22, 23, 24, 25, 27, 28, 29, 31, 32, 33.	L, N, O, Q, S, T, U, W, X, Y, Z, AB, AC, AD, AF, AG, AH.
Black exhaust	11, 13, 14, 16, 18, 19, 20, 22, 24, 25, 27, 28, 29, 31, 32, 33.	L, N, O, Q, S, T, U, W, Y, Z, AB, AC, AD, AF, AG, AH.
Blue/white exhaust	4, 16, 18, 19, 20, 25, 27, 31, 33, 34, 35, 45, 56.	D, Q, S, T, U, Z, AB, AF, AH, AK, AU, BF.
Low oil pressure	4, 36, 37, 38, 39, 40, 42, 43, 44, 58.	D, AL, AM, AN, AO, AP, AR, AS, AT, BH.
Knocking	9, 14, 16, 18, 19, 22, 26, 28, 29, 31, 33, 35, 36, 45, 46, 59.	J, O, Q, S, T, W, AA, AC, AD, AF, AH, AK, AL, AU, AV, BJ.
Erratic running	7, 8, 9, 10, 11, 12, 13, 14, 16, 20, 21, 23, 26, 28, 29, 30, 33, 35, 45, 59.	G, H, J, K, L, M, N, O, Q, U, V, X, AA, AC, AD, AE, AH, AK, AU, BJ.
Vibration	13, 14, 20, 23, 25, 26, 29, 30, 33, 45, 47, 48, 49.	N, O, U, X, Z, AA, AD, AE, AH, AU, AW, AX, AY.
High oil pressure	4, 38, 41.	D, AN, AQ.
Overheating	11, 13, 14, 16, 18, 19, 24, 25, 45, 50, 51, 52, 53, 54, 57.	L, N, O, Q, S, T, Y, Z, AU, AZ, BA, BB, BC, BD, BG.
Excessive crank-case pressure	25, 31, 33, 34, 45, 55.	Z, AF, AH, AJ, AU, BE.
Poor compression	11, 19, 25, 28, 29, 31, 32, 33, 34, 46, 59.	L, T, Z, AC, AD, AF, AG, AH, AJ, AV, BJ.
Starts and stops	10, 11, 12.	K, L, M.

KEYS TO FAULT DIAGNOSIS CHART

Key to possible cause

- 1 BATTERY CAPACITY FLOW
- 2 BAD ELECTRICAL CONNECTIONS
- 3 FAULTY STARTER MOTOR
- 4 INCORRECT GRADE OF LUBRICATING OIL
- 5 LOW CRANKING SPEED
- 6 FUEL TANK EMPTY
- 7 FAULTY STOP CONTROL OPERATION
- 8 BLOCKED FUEL FEED PIPE
- 9 FAULTY FUEL LIFT PUMP
- 10 CHOKED FUEL FILTER
- 11 RESTRICTION IN AIR CLEANER
- 12 AIR IN FUEL SYSTEM
- 13 FAULTY FUEL INJECTION PUMP
- 14 FAULTY INJECTOR OR INCORRECT TYPE
- 15 INCORRECT USE OF COLD START EQUIPMENT
- 16 FAULTY COLD STARTING EQUIPMENT
- 17 BROKEN FUEL INJECTION PUMP DRIVE
- 18 INCORRECT FUEL PUMP TIMING
- 19 INCORRECT VALVE TIMING
- 20 POOR COMPRESSION

Key to rectification

- A FIT FULLY CHARGED BATTERY
- B TRACE AND RECTIFY ANY FAULTY ELECTRICAL CONNECTION
- C RENEW OR REPAIR STARTER MOTOR
- D CHECK THAT APPROVED GRADE OF OIL IS USED
- E CHECK ITEMS A, B, C AND D
- F REPLENISH FUEL TANK, THEN BLEED SYSTEM AS DETAILED
- G CHECK STOP CONTROL LINKAGE TO INJECTION PUMP FOR CORRECT OPERATION AND RECTIFY, IF NECESSARY
- H TRACE AND RECTIFY BLOCKAGE
- J CHECK OUTPUT OF LIFT PUMP
- K RENEW FUEL FILTER ELEMENT/S OR FILTER ASSEMBLY
- L SERVICE AIR CLEANER
- M BLEED FUEL SYSTEM AS DETAILED
- N RENEW FUEL INJECTION PUMP
- O CHECK INJECTOR FOR CORRECT TYPE AND OPERATION
- P USE CORRECT STARTING SEQUENCE
- Q CHECK FOR CORRECT ELECTRICAL CONNECTIONS AND ADEQUATE FUEL SUPPLY TO COLD START AID
- R RENEW FUEL INJECTION PUMP
- S ADJUST TIMING OF FUEL INJECTION PUMP
- T CHECK AND RESET VALVE TIMING
- U CARRY OUT TOP OVERHAUL OF ENGINE

- | | | | |
|----|---|----|---|
| 21 | BLOCKED FUEL TANK VENT | V | REMOVE OBSTRUCTION FROM FUEL TANK VENT |
| 22 | INCORRECT TYPE OR GRADE OF FUEL | W | CHECK THAT SUPPLY TANK IS FILLED WITH DIESEL FUEL AND NOT GASOLINE |
| 23 | STICKING THROTTLE OR RESTRICTED MOVEMENT | X | CHECK THROTTLE LINKAGE FOR FREEDOM OF MOVEMENT AND LUBRICATE OR RECTIFY AS NECESSARY |
| 24 | EXHAUST PIPE RESTRICTION | Y | CHECK EXHAUST PIPE AND REMOVE ANY RESTRICTION |
| 25 | CYLINDER HEAD GASKET LEAKING | Z | CHECK BOW OF HEAD AND BLOCK. FIT NEW GASKET |
| 26 | OVERHEATING | AA | CHECK FOR ITEMS L, N, O, Q, S, T, Y, Z, AB, BB, BC, BD, BE, BH OR AU |
| 27 | COLD RUNNING | AB | TEST THERMOSTAT FOR CORRECT OPERATION |
| 28 | INCORRECT TAPPET ADJUSTMENT | AC | CHECK AND RESET VALVE CLEARANCES WHERE NECESSARY |
| 29 | STICKING VALVES | AD | CARRY OUT ENGINE TOP OVERHAUL |
| 30 | INCORRECT HIGH PRESSURE PIPES | AE | CHECK FOR INCORRECT DIAMETER OF HIGH PRESSURE PIPES AND REPLACE ANY INCORRECT PIPES |
| 31 | WORN CYLINDER BORES | AF | REBORE OR RENEW CYLINDER LINERS, REFER 'MANUFACTURING DATA' |
| 32 | PITTED VALVES AND SEATS | AG | RECONDITION VALVE SEATS AND FIT NEW VALVES |
| 33 | BROKEN, WORN OR STICKING PISTON RING/S | AH | RENEW PISTON RINGS WITH SERVICE RING PACK |
| 34 | WORN VALVE STEMS AND GUIDES | AJ | CHECK DIAMETERS OF VALVE STEMS AND INTERNAL DIAMETERS OF GUIDES AND RENEW WORN PARTS |
| 35 | OVERFULL AIR CLEANER OR USE OF INCORRECT GRADE OF OIL | AK | REMOVE AIR CLEANER, CLEAN AND REFILL WITH CORRECT GRADE OF OIL TO THE INDICATED LEVEL |
| 36 | WORN OR DAMAGED BEARINGS | AL | CHECK BEARINGS AND RENEW ANY DAMAGED OR WORN PARTS |
| 37 | INSUFFICIENT OIL IN SUMP | AM | CHECK OIL LEVEL AND TOP UP IF NECESSARY |
| 38 | INACCURATE GAUGE | AN | CHECK GAUGE WITH MASTER UNIT |
| 39 | OIL PUMP WORN | AO | RENEW OIL PUMP |

- | | |
|---|--|
| 40 PRESSURE RELIEF VALVE STICKING OPEN | AP CHECK RELIEF VALVE BORE AND PLUNGER FOR DAMAGE AND SPRING FOR CORRECT TENSION |
| 41 PRESSURE RELIEF VALVE STICKING CLOSED | AQ CHECK RELIEF VALVE BORE AND PLUNGER FOR DAMAGE. CLEAN ANY BURRS OR RENEW PLUNGER, IF NECESSARY |
| 42 BROKEN RELIEF VALVE SPRING | AR RENEW RELIEF VALVE SPRING |
| 43 FAULTY SUCTION PIPE | AS RENEW SUCTION PIPE TO OIL PUMP |
| 44 CHOKED OIL FILTER | AT RENEW LUBRICATING OIL FILTER |
| 45 PISTON SEIZURE/PICK UP | AU CARRY OUT COMPLETE OVERHAUL OF ENGINE |
| 46 INCORRECT PISTON HEIGHT | AV CHECK PISTON HEIGHT AND ENSURE THAT CORRECT PISTON IS FITTED |
| 47 DAMAGED FAN | AW RENEW COOLING FAN |
| 48 FAULTY ENGINE MOUNTING (HOUSING) | AX CHECK AND RECTIFY MOUNTING |
| 49 INCORRECTLY ALIGNED FLYWHEEL HOUSING OR FLYWHEEL | AY CHECK ALIGNMENT OF FLYWHEEL AND HOUSING AND RECTIFY MISALIGNED PART |
| 50 FAULTY THERMOSTAT | AZ CARRY OUT ITEM AB |
| 51 RESTRICTION IN WATER JACKET | BA CHECK COOLANT FOR SIGNS OF EXCESS SEDIMENT OR SCALE AND IF NECESSARY FLUSH WATER JACKET, USING A PROPRIETARY DESCALING SOLUTION |
| 52 LOOSE FAN BELT | BB ADJUST FAN BELT FOR CORRECT TENSION |
| 53 CHOKED RADIATOR | BC FLUSH RADIATOR TO REMOVE SEDIMENT OR SCALE |
| 54 FAULTY WATER PUMP | BD RENEW WATER PUMP |
| 55 CHOKED BREATHER PIPE | BE REMOVE AND CLEAN OUT BREATHER PIPE |
| 56 DAMAGED VALVE STEM OIL DEFLECTORS (IF FITTED) | BF RENEW DAMAGED OIL DEFLECTORS |
| 57 COOLANT LEVEL TOO LOW | BG TOP UP COOLING SYSTEM AND CHECK FOR ANY LEAKS |
| 58 BLOCKED SUMP STRAINER | BH REMOVE SUMP AND CLEAN OIL STRAINER |
| 59 BROKEN VALVE SPRING | BJ RENEW VALVE SPRING |

ENCOUNTER OVERLAND LTD

General Equipment List

Vehicle No Leader Arrival Date
Vehicle Type Seating Capacity Departure Date.....

ARTICLE	NO. REQD	NO. RTND	NO. SHORT	NO. SUPPLD	REMARKS
1. Forks					
2. Knives					
3. Dessert spoons					
4. Teaspoons					
5. Large kitchen knife	2				
6. Small veg knife	2				
7. Serving spoons	2				
8. Serving forks	1				
9. Soup ladle	1				
10. Wooden spoon	1				
11. Egg slice	1				
12. Whisk	1				
13. Tin openers	3				
14. Potato peelers	3				
15. Cutlery box	1				
16. Dinner plates					
17. Soup bowls					
18. Plastic cups					
19. Egg boxes (doz.size)	3				
20. Lge jug/ewer	1				
21. Plysu containers	5				
22. Frying pan	2				
23. Pressure cooker	1				
24. Oven Roasting pan	1				

ARTICLE	NO. REQD	NO. PTND	NO. SHOPT	NO. SUPPLD	REMARKS
25. Large saucepan & lid 11"	2				
26. Medium saucepan & lid 10"	2				
27. Large kettle	2				
28. Large teapot	1				
29. Colander	1				
30. Bread board	1				
31. Plastic washing bowls	4				
32. Shopping bags	2				
33. Tablecloths 52" x 70"	2				
34. Teatowels	12				
35. Scouring pads with sponge	12				
36. Dish cloths	12				
37. Potato masher	1				
38. Tea strainer	1				
39. Hard floor brush	2				
40. Flashlight	1				U2 batteries
41. Two-man tents					
42. Fly sheets					
43. Tent bags					
44. Tent poles (ridge)					
45. Tent poles (uprights)					
46. Tentpegs					rod $\frac{3}{8}$ " x 1"
47. Mallets					
48. Tent peg bags					
49. Camp beds					
50. Camp bed legs					
51. Bag for bed legs	1				
52. Mosquito nets					
53. Sand goggles					
54. Water jerry cans					

SPARES LIST

Vehicle No Leader Arrival Date
Vehicle Type Seating Capacity Departure Date
Engine No Chassis No Colour

ARTICLE		NO. REQD	NO. RTND	NO. SHORT	NO. SUPPLD	REMARKS
1. Gasket set top	91031982	1				
2. Gasket set bottom	91032756	1				
3. Injectors	R2708286	3				
4. Injector pump	R7209431	1				
5. Injector pipes 2687404-5-6-7-8-9		1				
6. Water pump	R9962669	1				
7. Water pump kit	9968688	1				
8. Fuel Lift Pump	R7971020	1				
9. Fuel Lift Pump Kit	7950707	1				
10. Exhaust Valve	6384866	1				
11. Inlet Valve	8854549	1				
12. Push rod	6322484	1				
13. Fan belt sets	9966579	3				
14. Alternator	R7982785	1				
15. Starter Motor	R2701505	1				
16. Water Hose	7075667	1				
17. Water Hose	7165062	2				

ARTICLE		NO. REQD	NO. RTND	NO. SHORT	NO. SUPPLD	REMARKS
18. Water Hose	7180569	1				
19. Water Hose	6366987	1				
20. Water Hose	2695854	1				
21. By-pass Hose		1				
22. Front Engine Mount	6331954	1				
23. Engine Mount Plate	8828778	1				
24. Axle end	7095056	1				
25. Stub axle	2688338	1				
26. Half shaft long	6367741	1				
27. Or - ½ shaft short	6358441					
28. Radiator Cap	850627	1				
29. Drop straps front	7217560	2				
30. Drop straps rear	8811281	2				
31. Rear centre bolts	6347820	2				
32. Front centre bolts	7146790	2				
33. Shackle pins long	6367965	2				
34. Shackle pins short	6398073	2				
35. Spring bushes	7167443	2				
36. U bolts front	2709052	2				
37. U bolts rear	2687786	2				
38. Clutch plate	2709307	1				
39. Clutch release brg.	8821336	1				
40. Oil filter	7984267	6				
41. Fuel filter	7984288	6				
42. Speedo cable	7970184	1				
43. Brake cyl.kit frnt.	91041185	2				
44. Brake cyl.kit rear except military	91021152	2				
45. Master cyl.kit	8819368	1				

ARTICLE	NO. REQD	NO. RTND	NO. SHORT	NO. SUPPLD	REMARKS
46. Actuator kit 8853655	1				
47. Reaction valve kit 8849867	1				
48. Bleed nipples front 6361072	2				
49. Bleed nipples rear 7053621	2				
50. Brake Hose front 7207728	1				
51. Brake Hose rear 7207657	1				
52. Brake rtn.sprg.frnt.7203325	2				
53. " " " 8833396	2				
54. Brake rtn.sprg.rear 8828757	2				
55. " " " 8828756	2				
56. Oil seal frnt.hub 7095120	2				
57. Oil seal rear hub 6311422	2				
58. O-ring f.w.d.flange 8847135	2				
59. Oil seal " " " 6373605	2				
60. Oil seal fr. $\frac{1}{2}$ shaft 7059041	2				
61. " " pinion 91049064	2				
62. " " transmission 7106619	5				
63. Oil " tracta jnt. 6350119	2				
64. Springs " " 7065773	2				
65. U J large 91021384	1				
66. U J small 9961728	1				
67. Wheel nut left 8837120	1				
68. " " right 8837121	1				
69. Spring front compl. 7217550	1				
70. " " mainblade 8821422	1				
71. " " 2nd blade 8821423	1				
72. Spring rear mn.bld. 8817536	1				
73. " " 2nd bld. 8817537	1				
74. Thermostat 1572374	1				

ARTICLE	NO. REQD	NO. RTND	NO. SHORT	NO. SUPPLD	REMARKS
75. Swivel bearing top 7058558	1				
76. " " btm. 7058559	1				
77. Oil pressure pipe	1				
78. Length of fuel pipe	1				
79. Brake fluid	1 litre				
80. Spring trailer complete	1				
81. Spring trailer main blade	1				
82. " " 2nd blade	1				
83. Fuses 35 and 50 amp.	10				
84. Selection of light bulbs	12				
85. Low tension wire	50 feet				
86. Selection of wire connectors					
87. Assorted grease nipples	10				
88. Assorted jubilee clips	10				
89. Selection of split pins					
90. Selection of nuts bolts etc.					
91. Asbestos string	5 feet				
92. Araldite	3				
93. P.V.C. tape	3				
94. Penetrating oil	1				
95. Rad weld	1				
96. Hylomar	2				
97. Cooker head and jets	2				
98. Gasket paper					
99. Mirror glasses 10 X 6	2				
100. Mirror glasses 7 X 5	2				

ENCOUNTER OVERLAND LTD

TOOL LIST

Vehicle No Leader Arrival Date

Vehicle Type Seating Capacity Departure Date.....

ARTICLE	NO. REQD	NO. RTND	NO. SHORT	NO. SUPPLD	REMARKS
1. Workshop manual	1				
2. AF socket set 7/16" - 1 $\frac{1}{4}$ "	1				
3. AF comb.spanners 7/16"-1 $\frac{1}{4}$ "	1				
4. Adjust.spanner (10")	1				
5. Vice grip	1				
6. Pliers	1				
7. Adjust. pliers	1				
8. Long-nosed pliers	1				
9. Wire cutters	1				
10. Internal circlip pliers	1				
11. Cold chisels	2				
12. Taper drifts	2				
13. Centre punch	1				
14. Screwdrivers	5				
15. 1 $\frac{1}{2}$ lb.Eng.hammer	1				
16. 3lb club hammer	1				
17. Hand drill	1				
18. Set twist drills 1/16"- $\frac{1}{2}$ "	k				
19. Flat file 10"	1				
20. Half round file 10"	1				
21. Rats tail file 10"	1				
22. Triangle file 10"	1				
23. File handles	4				
24. Valve grinding tools	1				
25. Tin valve grinding pste	1				

[illegible]

MEDICAL KIT

Vehicle No Leader

Arrival Date

Vehicle Type Seating Capacity

Departure Date.....

PLEASE RETURN LIST WITH ORDER

ARTICLE	NO. REQD	NO. RTND	ORDER	NO. SUPPLD	REMARKS
<u>TABLETS</u>					
1. Lomotil	4 x 100				
2. Equagesic	1 x 100				
3. Thalazole 0.5 g	1 x 500				
4. Nivaquin 200 mg	4 x 100				
5. Phenergan 25 mg	1 x 50				
6. Penbritin 250 mg	1 x 100				
7. Tetracyclin 250 mg	1 x 100				
8. Fulcin 125 mg	1 x 100				
9. Piriton 4 mg	1 x 50				
10. Migralve (blue)	2 x 24				
11. Aspirin 300 mg	2 x 100				
12. Paracetamol 600 mg	2 x 100				
13. Chloroquine T					
<u>CREAMS & OINTMENTS</u>					
13. Optrex 300 ml	2 x 1				bottle
14. Eye bath	2 x 1				
15. Calamine lotion 200 ml	2 x 1				bottle
16. Savlon cream 60 g	3 x 1				tube
17. Flypel	2 x 1				tube
18. Iodine 25 ml	2 x 1				bottle
19. Haelan 60 g	2 x 1				tube
20. Cicatrin 50 g	1				powder
21. Otosporin drops 5 ml	2 x 1				bottle
22. Chloromycetin eye 4 g	2 x 1				tube

ARTICLE	NO. REQD	NO. PTND	ORDER	NO. SUPPLD	REMARKS
<u>SUPPOSITORIES & PESSARIES</u>					
23. Aminophylline 360 ml	1 x 12				suppositories
24. Fortral 50 mg	1 x 20				suppositories
25. Penotrane 1.5 mg	1 x 60				pepparies
<u>INJECTIONS</u>					
26. Fortral 30 mg	10 x 1 ml				Ampoules
27. Xylocane 2%	1 x 20 ml				
<u>BANDAGES & MEDICAL AIDS</u>					
28. Steristrips 1541	10				packets of 5
29. Disp syringes & needles	10x2 ml				
30. Sterile dressings. size 7	3				packets
31. Sterile dressings. size 8	3				packets
32. Sterile dressings. size 9.	3				packets
33. Snake bite kit	1				
34. Cotton Wool	6x1 oz				packets
35. Triangular bandages	4				
36. Bandages WOW 2 x 3"	1				
37. Bandages WOW 5 x 1"	1				
38. Bandages WOW 8 x 2"	1				
39. Bandaaid assorted	2				packets
40. Elastoplast 4322	4 x 1"				rolls
41. Jelonet	4 x 4/4				tins
42. Thermometer clinical	2				fahrenheit
43. Scissors	2				
44. Tweezers	1				
45. Safety pins	3				packets

MEDICAL

Medical Expense Expedition Insurance with Norwich Union Insurance Group

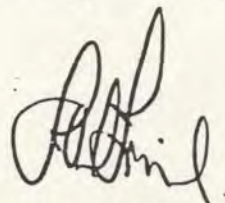
The Medical Expense Insurance applicable under the Expedition Scheme covers the cost of medical, surgical and massage fees, hospital, nursing home and additional accommodation expenses AND additional travelling expenses incurred by an insured person if on medical instructions it is necessary for a person to leave the location they are at for specialist treatment elsewhere. This latter extension of cover is designed to include the cost of repatriation, limited to the cost of returning to the United Kingdom, where inadequate medical facilities exist for an insured person to be treated either at the scene of an accident or illness or at the location of diagnosis.

Several incidents have occurred in the last few weeks where insured persons have decided entirely of their own volition to return to the United Kingdom either for treatment or recuperation. In some instances the insured person has been accompanied on their holiday with their spouse or, boy/girl friend and the additional person has also returned to the United Kingdom. This has normally been done on regular scheduled air services with the resultant high cost of air fares. The insurers have declined to deal with claims made for such repatriation costs on the grounds that repatriation was not necessary.

The position with regard to the insurance cover is clear. If an insured person has an accident or contracts an illness which necessitates medical treatment then the full cost of such treatment is, subject to the policy excess, admissible as a claim. In the event of medical treatment either not being available locally or the insured person's condition being sufficiently serious then a local doctor may insist that the insured person be moved to a centre where proper treatment is available which may include repatriation to the United Kingdom. If such travel is necessitated by the instructions of the local doctor then a claim for the cost involved is admissible, similarly if the state of health of an insured person is sufficiently serious that the local doctor states they must be accompanied for the travel then the travel costs incurred by the travelling companion are also admissible.

What is not admissible under any circumstances are claims made where voluntary return to the United Kingdom has been chosen or where a local doctor has been persuaded that as the insurance covers the cost of repatriation a letter simply stating that this is necessary from him will suffice. Claims have been made where supporting doctors' letters have been submitted confirming repatriation was necessary but where it was perfectly obvious that adequate treatment for the illness could be given locally. In addition no claim is admissible where a travelling companion decides to return to the United Kingdom because their partner has to return on medical advice. Only if the presence of the travelling companion is necessary for medical reasons will such additional expense be admitted as a claim.

It is desirable that all persons taking our insurance appreciate the cover that is granted. The purpose of the comments above is merely to clarify one particular aspect of the insurance on which a few problems have arisen. It is far better for an insured person to appreciate the position in advance rather than at the time of a claim occurring when they could quite understandably be annoyed.



I.C. IRVINE
24th June 1975

INTRODUCTION

This Medical Manual has been written, at the request of
Encounter Overland, for use by the expedition leaders. In it I
hope to have covered all the types of sickness and emergency that
are likely to be encountered. Obviously it cannot be completely
comprehensive - suffice it to say that one text-book on Medicine
alone runs to over 1200 pages!

The format of the manual is that the various diseases that
concern various parts of the body (i.e. chest or limbs) are listed
under the appropriate heading. Each disease has its main symptoms listed so
that a doctor can be made. Then suggestions about
management and treatment follow. In certain sections of the Manual
I have attempted to help
using medical jargon.

ENCOUNTER OVERLAND

EXPEDITION LEADER MEDICAL MANUAL

Doubtless the expedition leaders will sometimes be faced with
a case which does not seem to fit into any of the diseases listed.
They should not worry that they are not able to make an immediate
diagnosis - doctors find themselves in this position quite frequently!
My advice is to treat any troublesome symptoms as best you can and
watch developments. Almost always the patient either gets better
or else the disease turns into something that you can recognize.

Finally I would like to express my hopes that this Manual
makes the job of the expedition leader easier and the trip of the
passengers more enjoyable.

C.R. BAYLIS M.A. M.B. B. Chir.
MAY 1974

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The format of the manual is that the various diseases that concern various parts of the body (i.e. chest or limbs) are listed under these parts. Each disease has its main symptoms listed so that a correct diagnosis can be made. Then suggestions about management and treatment follow. In certain sections of the Manual troublesome symptoms (i.e. diarrhoea) are discussed to help in elucidating the cause.. Throughout I have attempted to avoid using medical jargon.

Doubtless the expedition leaders will sometimes be faced with a case which does not seem to fit into any of the diseases listed. They should not worry that they are not able to make an immediate diagnosis - doctors find themselves in this position quite frequently! My advice is to treat any troublesome symptoms as best you can and watch developments. Almost always the patient either gets better or else the disease turns into something that you can recognise.

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PERSONAL HYGIENE

Undoubtedly the single most important aspect of personal hygiene is the thorough washing of the hands after using the lavatory. A quick rinse under water is not enough! Equally no-one with a stomach complaint should be allowed to handle food which will be eaten by others.

The use of untreated, or doubtful water should be avoided for drinking purposes.

All scratches and wounds should be cleaned with SAVLON at once to avoid infection developing.

SKINS

1) DHOBIE ITCH

This is a fungal disease, which characteristically affects the groin. It's best treated with Griseotulvin 125 m.g. 4 times daily for a week.

2) SUNBURN

The prevention is all important. The best, and most expensive, preparation is Spectraban. A cheaper possibility is Uvistat, but this tends to be washed off by sweat.

In the event of established sunburn Haelan Cream should be applied

3) SWEAT RASH

This covers a multitude of skin conditions. Initially Talcum Powder B.P. should be applied to keep the area dry.

However the area may become secondarily infected either by bacteria, in which case use Cicetrin Powder, or by fungus. (see Dhobie Itch)

4) FESTERING WOUNDS

Adequate early treatment should prevent this occurring. All scratches and wounds should be thoroughly cleaned immediately with SAVLON. Should infection appear the wound should be painted with GENTION VIOLET twice a day. Only if the wound fails to respond to this treatment, and the infection is spreading, should AMPICILLIN be used.

5) BURNS

a) Superficial Burns

This means that the skin, although red, is not broken. If there are blisters they should be small and infrequent. Liberal quantities of HAE LAN CREAM should be smeared on the burn and pain killers given as required. Blisters should be pierced with a sterile needle as this increases the rate of healing.

.....Contd./

Dysentery

There are two types of this - the bacterial and the amoebic. Both are usually not severe and vomiting is rare. However severe colicky pain may be present and light coloured pus may be seen in the faeces. Thalazole is the treatment of choice.

Cholera

This should not occur in immunized people.

The diarrhoea is violent and almost like water. Vomiting is common. Stomach cramps are usually present.

This condition leads to rapid dehydration and death unless medical aid is sought.

Acute Appendicitis.

Classically this presents with central abdominal pain with vomiting the pain then shifts to the right lower area of the abdomen. It is acutely painful if pressed in this area. It will also be noticed that this area of the abdomen becomes hard like a board when pushed. This is called rigidity. The patient's pulse will be rapid but the temperature will only be moderately raised (100.5 F. max.) The tongue will be coated. This condition of course requires medical surgery..

GENERAL POINTS

Diarrhoea.

The dangers of diarrhoea lie in dehydration. The patient becomes collapsed, with a dry coated tongue and sunken eyes. The skin may feel dry and leathery.

The vast majority of cases of diarrhoea will settle down with Lomotil. If however signs of dehydration occur or the diarrhoea continues badly for more than four days, medical help should be sought, immediately.

Vomiting

Vomiting itself is more of an uncomfortable rather than serious symptom. Usually it settles on its own but Bhenegeren 25 mg. will help the process.

Abdominal Pain

With diarrhoea as mentioned, above, colicky stomach ache is frequent. It will settle as the diarrhoea does. The pain of appendicitis is different in that it is continuous and persistent. The sign of rigidity (see above) always means that something serious is happening and medical aid should be sought.

Constipation

In the young this is usually rare and harmless. No harm is done if the bowels are not regular.

HEAD AND NECK

Migraine

This is an immensely severe headache coupled with nausea and photophobia. It is usually found in women around the time of their period.

In general this should not be a problem as established migraine sufferers will usually bring their own pills. However Migraleve are as effective as anything and certainly safer than most. Two pink tablets followed by two yellow every four hours is the dose - but no more than six yellow and two pink in every 24 hours.

Menigitis.

This will cause confusion with Migraine. Meningitis is an infection of the coverings of the brain and also presents with severe headaches and nausea. However the patient will have a high temperature and an extremely stiff neck. He will obviously be ill.

This is an medical emergency.

Nose Bleed.

This will always stop. The patient must always sit forward allowing the blood to drip out. The sides of the nose should be squeezed firmly. In addition the patient should bite on a cork - this makes him breathe through the mouth and not the nose.

Persistent and recurring nose-bleeds should be seen in hospital.

Allergies.

This will take the form of hay fever with a running nose and a congested feeling. It is annoying rather than serious, but Piritos 4 m.g. four times daily is useful.

Ear Ache

There are various causes for ear ache. Usually it will settle down with Otosprin drops. If however the earache is associated with a sore throat Tetacycline 250 mg. four times daily for 5-7 days should be given.

Conjunctivitis

The eye will be red and the patient will say it feels as though it has gravel in it.

Chloromycetin Eye Oint should be used.

Drops with Hydrocortisone or Betamethazone in should be avoided as these can make rare fungal infections dangerously worse.

Conjunctivitis cont/

If in doubt about eyes a medical opinion should be sought sooner rather than later.

Foreign Bodies

These can normally be washed out using liberal quantities of warm water and lifting the eyelids away from the eye. If the body is seen embedded in the cornea, care should be taken when attempting to remove it - doctor's are usually safer.

One word of warning. A foreign body will often roughen the inside of the eyelid or the eye, and then be washed out by the tears. Consequently the patient may well say he can still feel it when it has long since gone.

After the foreign bodies have been removed, Chloromycetin Eye Oint should be used.

FEMALE COMPLAINTS.

Missed Periods

The most common cause of this is pregnancy - but by no means the only. For dietary, emotional or geographical reasons the period may be delayed or absent. Tell the girls not to fret.

Discharge

This can be caused by various infections. Probably the most common cover is given by Penotrane Pessaries - used morning and night for two weeks.

Veneral Disease.

Syphilis, Gonorrhoea and Non-Specific Urethritis (N.S.U.) have now reached world wide epidemic proportions. They can only be contracted by sexual-intercourse and abstinence is the only sure prevention. The use of a rubber sheath (condom) does not provide adequate protection but is probably better than nothing.

In the man the first sign of syphilis is a painless ulcer on the penis. The ulcer in a woman may be hidden and therefore not noticed. Both Gonorrhoea and N.S.U. cause a copious discharge from the penis - usually worse in the morning on waking. The patient will usually experience burning on passing water. A woman may have no symptoms whatsoever although having the disease.

Except for the discomfort there is no immediate danger from these diseases - as long as they are not passed on. The danger lies in having no - or inadequate treatment. It is therefore of the utmost importance that the diseases are treated by a doctor and that a check up is sought in the U.K.

SNAKE BITES

In the U.K today more people die from anti-venom than die from snake-bites! I gather there are specific anti-sera on the market but you require a detailed knowledge of snakes to ensure that the correct one is given when bitten. (I suggest you contact the London Zoo for their opinion). The best treatment is to make a cut at once just above the site of the puncture wound. This cut should be deep enough to make the veins bleed and about $\frac{1}{2}$ pt of blood should be lost. In this way the majority of the venom should leave the body. Obviously medical help should be sought.

LIMBS

1) CUTS

The most important aspect of this is to stop bleeding. Compression, which is direct pressure on the bleeding point, and elevation, which means raising the bleeding part as high as possible above the level of the heart, should be used.

A minor cut will seldom need stitching. The cut edges of the skin should be held together with Steristrips. Should the cut be over a joint this should be splinted and bandaged until the skin edges unite. (5 - 7 days).

2) BOILS

These are superficial, well defined, infections of the skin. They will almost always come to a head and burst.

If possible the area should be immobilized, with a sling or splint, to stop the spread of infection.

When the boil comes to a head it can be pricked with a sterile needle. Antibiotics usually delay the boil discharging and should therefore only be used when the patient becomes ill from the boil, (increase in temperature and pulse with meliose).

3) FRACTURES

These always need hospital treatment. In the first aid situation the broken bone must be immobilized.

Usually another part of the body can be used as a splint - finger strapped to finger, leg to leg etc. If this is not possible (i.e. wrist or elbow) a sling should be used or a splint (i.e. ankle).

Pain killing drugs can be given as required. As the patient may need an anaesthetic Fortral Suppositories are very useful.

4) LYMPHENGITIS

This is a superficial, poorly defined infection of the skin. There will be red streaks running up the limb

from the infected area with enlarged painful lymph

This should be treated with Ampicillin 250 m.g. 4 times daily for 5-7 days. The patient should be rested.

5. Head Injuries.

These are seldom serious if the patient was not knocked unconscious.

After the patient who has been unconscious, comes round they are usually quite lucid. They may then go off and this may mean trouble. The things to look for are:-

- a) confusion.
- b) vomiting
- c) Unequal pupils
- d) Increasing sleepiness.

If these are present urgent hospitalization is required. In general all serious head injuries should be taken to hospital as soon as possible, do not wait for the above symptoms to develop. Do not pain kill or sedatives as these only serve to confuse the picture.

b) Haemorrhage.

The same principles apply as with cuts. The patient should be laid flat with the head lower than the feet.

A tourniquet should not be used except in the last resort. Very firm direct pressure on the bleeding point should always be used instead.

ABDOMEN.

Hepatitis.

The major problem with this disease is that, as yet, nobody has been able to identify with certainty the causative organism. It is therefore very difficult to investigate transmission, prevention or treatment.

It appears that this disease is caused by a virus. The period of incubation is probably 14-35 days - although some authorities consider it may be considerably longer. The virus is carried in the gut and excreted in the faeces. Therefore anything contaminated with faeces or untreated sewage, is potentially dangerous. It is obvious that thorough washing of the hands before handling food and water is vitally important. However it is thought that this disease can be spread by kissing and possibly coughing. Although the disease is usually caught from another infected person you do find there are 'carriers'. These are apparently completely healthy people who do, however, carry and excrete the virus. From this it becomes obvious that it is impossible to completely protect yourself from contact.

The clinical features of the disease are as follows. There is usually a feeling of malaise which precedes the onset of the disease by a few days. Loss of appetite and upper abdominal pain are frequent symptoms at this stage. The patient usually then becomes jaundiced - this is most easily recognised by a yellow colouration of the whites of the eyes. The water may become dark and the faeces pale. The disease usually lasts 1-3 weeks and no treatment except bed-rest is required.

The use of gamma-globulin has been advocated by some authorities as a protection against the disease. However there is considerable doubt as to its effectiveness.

Food Poisoning

This is caused by the poisonous 'toxins' in food. - there is no infection. The temperature is normal or low.

The main symptoms are vomiting and diarrhoea - although there may be colicky pain.

The diarrhoea should be Lomotil 4 tablets at once and 2 every 4-6 hours. The disease is self-limiting and the vomiting seldom requires treatment

Typhoid Fever

If the traveller has had the cholera TAB jab this shouldn't arise. The symptoms are similar to food poisoning but usually :-

- a) less severe (often no diarrhoea)
- b) last longer
- c) there is a temperature.

At the end of the first week a crop of 'Rose red' spots appear. The condition requires medical treatment and confirmation.

CHEST

Asthma

This is unlikely to develop 'de novo' in a traveller - they will always have a previous episode. Aminophylline suppositories are probably the most efficient treatment.

Pulmonary Embolisms.

When a blood clot travels from the leg and lodges in the lung the patient will get sudden severe stabbing chest pain. It will be worse on coughing and deep breathing. The patient will breathe rapidly and may cough up blood.

In practice you will only meet this very rarely, in girls on the 'pill'.

Thus is a medical emergency. (Sometimes the girl will get pain in the calf and a swelling of one leg. This may lead to pulmonary embolus and should be treated seriously)

Lobar Pneumonia

This is an infection of the chest found characteristically in young adults.

There will be fairly sudden onset of malaise with a high temperature. (102 - 104 F) Chest pains will then develop which is worse on deep breathing and coughing. The patient may cough up rust coloured phlegm or it may be blood stained.

Treatment with Ampicillin 500 mg. four times daily should be started and medical advice sought.

Fractured or Bruised Ribs.

This will always follow some form of injury. There will be severe stabbing pains on coughing or deep breathing.

The ribs should not be strapped, as this only leads to a lung infection. The pain should be controlled with painkillers and the ribs will heal - after taking three or more weeks.

General or Chest Pain.

In the absence of any known injury the onset of chest pain is usually serious. Medical help should be sought sooner rather than later.