



# Free & Easy Traveler - Travel Prep Guide

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## 20 Days in South Africa: Cruisin' the Cape

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## The Basics

Duration: 20 Days

Start: East London, South Africa \*

Finish: Capetown, South Africa \*

Adventure Type: Backpackers (age 18 to 27)

Trip Size: 15 – 22 (+2 group leaders)

**\* Please note: This trip itinerary may be in reverse so please check with FNEZ before booking flights \***



## Epic Experiences

### **Included in the Price**

- Visit Penguin Colonies
- Ride an Ostrich
- Stand on the Southernmost tip of Africa where two oceans meet
- Whale Whale Whale (seasonal)
- Hike Lion's Head Mountain
- WILD Card and all Park Entry fees
- Hike up Lion's Head Mountain
- Viewpoint hikes
- Surf board access

### **Optional Activities**

- Do the world's highest bridge bungy
- Waterfall zip lining tours - Tsitsikamma
- Canopy zip lining tours - Tsitsikamma
- Stand up paddle boarding
- Get face to face with a great white
- Sand boarding
- Skydiving
- Paragliding
- Sample world-class South African wine
- Cage dive with crocs
- Monkeyland & Eden for birds

## Trip Details

### **What's included?**

- All Taxes (GST, PST, Airport tax<sup>\*\*\*</sup>)
- Return international flights and airport transfers<sup>\*\*\*</sup>
- Accommodations for your 20-day Free & Easy experience
- Group travel between destinations
- 2 knowledgeable and fun Free & Easy leaders
- Free and Easy Travel Guidebook
- 15 years of trip leading experience

<sup>\*\*\*</sup>Land Only prices do not include your international flight, airport taxes or transfers

### **What isn't included?**

- All meals and drinks (except those mentioned above)
- Activities outside of the ones listed above
- Any Visa or Visa fees

### **Travel Budget (Canadian \$)**

South Africa is a very cheap place to travel, which is just one of many reasons that makes it so much fun! Your personal spending on the trip will include your food, drinks, shopping, entertainment and any activities outside of those included your FNEZ adventure.

For the entirety of our 20 Day South Africa trip -- "Cruisin' the Cape" or "Livin' the Wild Life", we would recommend a budget of \$700 - \$1300. Any travel budget will fluctuate between personalities, so ask yourself: "What type of traveller are you?"

### **The Hippie**

Brings about \$700-\$900 for the 20 days. Eats local food, bargains well at the market, finds good prices on drinks and picks, and chooses their optional activities wisely! Often likely to continue travelling after their FNEZ trip is complete.

### **The Backpacker**

\$900-\$1200 spending money. A bit more frivolous, but is aware of their budget. Takes in most activities they are interested in, without going too extravagant. Likes to party, but always looking for a good deal.

### **The Rock Star**

\$1300 - \$1600: Not too worried about their budget, they'll do almost everything, including lavish amounts of shopping and partying often. There won't be too much holding them back from activities, as this is their trip and don't want to let anything pass them by.

To help you work out your budget, here are some examples to give you an idea what you will be spending in South Africa.

### **Food and Drink**

340ml Can Coke - In a Shop: \$0.75

340ml Can Coke – In a Restaurant: \$1.20

1 litre Fruit Juice: \$1.40

340 ml Beer - Shop: \$.80

340 ml Beer - Restaurant: \$1.50

750ml of Wine – Cheap But Good: \$3.50

750ml of Strong Alcohol: \$9

Shooters: \$1.50

Double Shot Mixed Drink: \$3

Loaf of Bread: \$.90

Steak (Beef) p/kg: \$9

Chicken p/kg: \$4

McDonalds Big Mac: \$2.90

KFC Burger: \$2.40

Restaurant Starter: \$4  
Restaurant Main Course: \$10  
Dinner at Backpackers: \$6  
Breakfast at Backpackers: \$4  
Meal from supermarket: \$2  
Laundry - p/kg: \$1-\$4  
Toothpaste - 100ml: \$1  
Deodorant - 150ml: \$2  
Shower Gel - 250ml: \$2  
Shampoo - 200ml: \$3  
Conditioner - 200ml: \$3  
Taxi per Kilometer: \$1

### **Entertainment & Activities**

Bloukrans Bungy Jump (216m - Highest Bridge Jump in the World): \$75  
Bloukrans Bridge Walk: \$15  
Orlando Towers Bungy Jump: \$48  
Oribi George Wild Swing (165m - Highest in the World): \$49  
Oribi Gorge Wild Abseil (110m): \$35  
Oribi Gorge Wild Slide: \$25  
Waterfall Zip Lining Tours - Tsitsikamma: \$35  
Canopy Zip Lining Tours - Tsitsikamma: \$49.50  
Surfing Lessons - 2 hours - board and wetsuit: \$20  
Surfboard Hire (including wetsuit): \$10-\$30  
SCUBA Diving - Open Water: \$314.50  
SCUBA Diving – Advanced: \$200  
SCUBA Diving – Rescue: \$238  
SCUBA Diving - EFR, Rescue Combo: \$290  
SCUBA Diving - Per Dive incl. equipment: \$45  
SCUBA Diving - Full Equipment Hire - Per Day: \$24-\$35  
Great White Shark Cage Diving: \$100  
Sandboarding: \$15  
Skydiving – Tandem 10 000ft Airport Landing (No DVD/With DVD): \$180-\$200  
Skydiving - Tandem 12 000ft Beach Landing: \$250  
Paragliding – Tandem: \$95-\$120  
Horseriding - JBay on the beach - 13km, around 2 hours: \$25  
Horseriding - Swellendam - in the mountains: \$30  
Wine tasting on estate/farm: Up to \$5  
Kitesurfing Lesson - 2 hour lesson: \$55  
Animal Interactions - Lion, Cheetahs, Caracal, Crocodile Cage Diving: \$17-\$33  
Lion Farm (Incl. interactions with Lions and Tigers) + Walk with Lions: \$45 + \$15  
Monkey Land/Birds of Eden – Combo: \$13.50 each or \$21.60  
Whale Watching Charter: \$65

SUP - Stand Up Paddleboarding (2 Hour lesson with equipment): [\\$25-\\$50](#)

### **Trip Leaders**

Every Free & Easy trip is accompanied by at least two leaders. We like to call them “Leaders” and not “Guides” because they are essentially your well traveled, experienced friends! We hire local guides whenever knowledge of culture, history or safety are necessary (ie; temple tours or jungle treks). Our Leaders main goals are to ensure everyone on the trip is having the best time possible. Our leaders will arrange the group transportation between destinations, sort out rooms at the accommodations, plan any group meals or activities and assist in any additional activities that anyone may wish to take part in, and ultimately show you the best that each destination has to offer. They know the trip locations well, and have great relationships with all our contacts in each destination. Not to mention they are all extremely fun and easy going people who continue to showcase the essence of what makes us Free & Easy!

### **Flying to South Africa**

Upon registration you can chose between booking your own flights or requesting Free & Easy to book flights for you.

### **If you book flights with Free & Easy**

- A flight itinerary will be emailed to you approximately 2 – 3 months before your trip’s departure. (Assuming you have paid enough money on your account)
- One or both of your leaders will be at the airport in to pick you up and arrange transport back to the guesthouse.
- Transportation will be arranged for you to get from the guesthouse at the end of the trip to get to the airport to catch your flight.
- You can also ask for any custom flights, and our flight team will give you a price quote for booking this for you.

### **If you don’t book flights with Free & Easy:**

- You will contacted with information on meeting up with your group for the start of the trip.

### **Airports Used**

- For 20 days on “Cruisin’ the Cape”, you will make use of East London Airport and Cape Town International Airport (CPT).
- If you are on the 40 day “Road Trippin’ Latitude 31°” tour airports are JNB and CPT.

PLEASE NOTE: The trips are sometimes done in reverse, make sure to double check with us, if you are booking your own flights.

### **Meals**

The ability to experience local food, whether it’s from a street vendor, a home stay, or a restaurant, is a huge part of travelling. You’ll be able to ask your guides for great options

to check out at every destination we go, but for the most part, the journey finding the food, tends to be just as good as the food itself! There will be times that meals will be provided for you, if you have any allergies or food preferences, i.e. vegetarian, please let your guides know!

### **Allergies!**

If you have any allergies, especially food allergies, it is good to be prepared before coming to South Africa.

Peanuts is the most common one and it is used a lot in Thai cooking. When you try to make special requests when ordering at a restaurant it doesn't always go as planned. Best thing to do is check out Killer Peanut, where you can choose from a variety of food allergies and get it translated into Thai. Simply print out the translation and then show it to the server when ordering food in Thailand. This will make your life way easier when you arrive in Thailand!

### **Types of Transportation on this trip**

- Mini-vans: All of the travel on this trip is via mini-vans of awesomeness. It will be 8 people max per van, and the beautiful coastline and landscapes of South Africa will either lull the bus to sleep or be the cause for outrageous van wine parties (a box of wine is \$8 for 5L ;)

### **Accommodations**

We have a wide range of accommodations on this trip from beautiful bed and breakfasts to wicked hostels on the coast to private houses. We have chosen each of our accommodations based on quality, location, and relationships with the establishments. Our accommodations on this trip are something to brag about, but, there is so much to do on this trip you won't be spending much time in your room! ;)

All of our accommodations are based on at least two-person occupancy. If you wish you have your own room you can pay an additional fee in order to do so. Please contact [travel@fnez.com](mailto:travel@fnez.com) before your trip begins if you are interested.

### **Solo Travelers**

Lots of solo travelers come on our trips and it's a great way to step outside your comfort zone and make lots of new friends. Since all our accommodation is based on at least two-person occupancy you will be rooming with other members of the same sex in your group.

## **Packing Suggestions**

The shopping is cheap in South Africa so you may want to only pack half of your backpack, leaving room to buy new stuff once you arrive. Clothing is very cheap, and you can always find a good variety of stuff that is ideal for the climate. Most people end up regretting how much they packed when they realize how easily they could have bought new clothes once they arrived.

In general, you want to avoid packing things that you really don't need to have. There are definitely certain luxuries that are good to have, but you don't want to lug something around for 20 days unless you are going to use it. Also, consider that the weight of your bag will likely be INCREASING throughout the trip, and having a lighter backpack simplifies life immensely. Honestly, look at what you have and cut it in half and you're probably good to go. You're gonna buy lots of new stuff.

Here's some ideas for what you might want to pack:

### **Travel Essentials**

- Passport (digital and hard copies)
- Travel insurance (digital and hard copy)
- Airline tickets (digital and hard copy)
- Credit or debit card
- Any entry visas, additional passport photos or vaccination certificates required
- Cover for backpack/ziplock bags for travel essentials

### **Electronics/Entertainment**

- Alarm clock
- Headlamp
- iPods, tablets
- Books, eReaders
- Camera (bring a few memory cards)
- Speakers
- All chargers

### **Clothing**

- Swim wear
- Walking shoes/sport sandals
- Shorts
- Shirts/T-shirts
- Long Sleeve shirt
- Pants
- Rain jacket
- Underwear
- Sarong (travel towel)
- tuque

Please Note: South Africa gets chilly, so you'll have to be prepared for hot and cold weather!



**First-aid kit****Toiletries**

- Girls bring feminine hygiene products as they can be hard to find

**Laundry**

Laundry facilities are offered by some of the places we stay. Ask your leaders to point out the best places to get laundry done. There will be times when there are no laundry facilities, however your guides will tell you this in advance.

## Travel Essentials

There is nothing more important than your health and safety so make sure you read this carefully!

**Passports**

Everyone **MUST** have a passport for international travel. If you already have a passport, double check to make sure that it is still valid for at least 6 months from the return date of your trip. If it is not valid for a full 6 months from the day you plan on returning to your passports issuing country, you'll have to apply for a new passport before you leave.

The application process for getting a passport may seem simple, but for most people it ends up taking longer than it first appears. Sometimes it can take a few weeks to complete the entire process, so we definitely recommend not leaving it to the last minute.

**Insurance**

Everyone **MUST** have Travel Medical Insurance of some kind and bring proof with you for this trip. You might not need to purchase a medical insurance policy though because you may already be covered through some other way:

- Your parent's work health plan.
- With a credit card.
- Through a student or work health plan.
- Through private insurance.

While you are away traveling with us, if you decide to extend your plane ticket, you also have the ability to purchase an extension to your insurance policy. **PLEASE NOTE:** It is your own responsibility to be making any extension to your insurance so you cannot expect this will automatically happen when you extend your plane ticket.

If you need to extend your TIC insurance please call 1-800-670-4426

Please Note: At this time we only provide Travel Medical Insurance for those with valid Canadian citizenship.

### **Immunizations**

There are no immunizations that are 'required' for entry into Thailand. For your own safety, there are some shots that are always recommended for travel to tropical countries.

- Hepatitis A.
- Hepatitis B.
- Typhoid.
- Tetanus.
- Diphtheria.
- Yellow Fever\*

We also want to warn you that sometimes travel clinics are over cautious to the extreme and try to sell you everything under the sun. If you want a second opinion about something, do some more research online or contact us. Often they will say that you should take malaria pills. We suggest you try to learn more about the exact locations of any malaria danger before you commit to taking the pills. We can say truthfully, that currently none of the Free & Easy staff or owners take malaria medication when we are on any of our adventures. The feeling amongst many people is that the side effects of the pills are not worth the minimal risk in the regions we travel to. Rather than subject ourselves to the medications we choose to be cautious with mosquito repellent whenever they are present. Since we are not medical professionals we urge you to do your own research and make your own informed decision.

\*PLEASE NOTE: There is no risk of Yellow Fever in South Africa, however, the government of South Africa requires proof of Yellow Fever vaccination ONLY if you are arriving from a country with risk of Yellow Fever. If you are travelling beforehand please double check the countries you are visiting risk of Yellow Fever [here](#).

### **Banking & Money**

The easiest way of getting and carrying your money is to simply use the bank machines in the country you are travelling. You can use your regular bank card, using your regular pin number, and the money will come out in the local currency (You need to make sure that you have "cirrus" or "plus" written on the back of your card). At nearly every destination on our trips, you'll have easy access to a bank machine. This also means you won't have to get local currency before you leave. Once you arrive, you can just use a bank machine right there at the airport.

Every time you need to make a transaction your account will be charged approx. \$5 fee from your bank and then a possible fee from the local bank. It can get a bit pricey if you're making withdrawals every few days—so it makes more sense to take out a large sum and then just watch your spending! Although theft does happen sometimes we have found that it is quite rare. So we, ourselves, practice this method.

Be aware that if you are pulling money out on your credit card that this counts as a “cash advance” and you will immediately be charged interest on this amount and not have a grace period or get reward points like you typically would with other credit card purchases. Additionally, you will still be charged those \$5 fees from your bank and the local bank. With this in mind the best option is always to pull out money using your debit card instead of your credit card.

Another suggestion we would like to reinforce is that we highly recommend that you have online banking during the trip. It allows you to check your balances, transfer money, and monitor your transactions from any internet café. In case of any issue with your bank card, online banking always simplifies a situation since you can easily transfer money to another traveler in your group who could then pull out money for you.

Another little helpful hint is signing over power of attorney to someone you trust (i.e., a parent). This means that they can have access to your accounts while you are away. This can help if you lose your bankcard, or there is a problem with it while overseas. It is also useful if you need someone to pay your bills, or make money transfers while you are away.

### **South African Travel Visas**

Upon entry to South Africa (by air) most countries (please double check your country) are automatically granted a 90-day tourist visa. [Here](#) is a list of countries that do NOT require a pre-arranged Visa.

Click [here](#) to check out your countries Visa requirements.

### **Obtaining Your Visa**

To obtain a visa when you arrive in South Africa, you'll need to bring the following:

- Your passport.
- A minimum of 6 months validity left on your passport from the date of departure from South Africa at the end of your trip.
- Two blank pages for your visa on arrival.
- Money for the cost of the visa.
- One passport sized photo of yourself.
- The picture can be black & white, or colour
- Proof of a flight ticket departing South Africa after your trip.

If you are planning on staying in South Africa longer than 90 days, you may need an institution or organization to sponsor your visit - if you were staying to do charitable work, for example. More information can be found [here](#).

## Communication + Payment

### **Questions**

Phone: 1-800-403-5208

Email: [travel@fnez.com](mailto:travel@fnez.com)

### **Communication**

So you have signed up for a Free & Easy adventure and we hope to help make this the easiest travel experience of your life. We want to help you out with anything you need help with. However, there are always things that you will need to take care of yourself and we will make it as easy as possible to explain these things. So we need to have a bit of cooperation from your part and it start with actually **READING** our emails :). Please, make sure you read the emails we send leading up to your trip because we are sending them to make sure that you are as ready as you can possibly be for this travel adventure.

Most of the information we send will be coming through your “Your Trip” account. Please make sure that you have all of the requirements taken care of prior to your trip as well you can also view your account and balance owing and a place for us to give you your downloads and hear news of the upcoming trip. You should receive an email in your inbox notifying you when we do post something on there. Please notify us if you find that you’re not getting the notifications.

### **Making Payments**

Follow this link for a full outline of our payment options.

Check here for the payment schedules for all our trips.

The \$200 deposit reserves your placement on a trip. For all the trips, we have arranged the payment dates to allow you the maximum time to pay for your trip. If you would prefer to pay for the entire trip all at one time, that is no problem. You can also make larger payments earlier whenever it is convenient for you. The payment dates that we have listed are just guidelines that state the last possible date by which payments should be made.

We would greatly appreciate that all payments be made on time. Meeting this simple request makes our job much easier because it allows us to always be looking forward and preparing for the trips, rather than figuring out who and where we need to collect money from. If you expect that a payment will be late, please email us to explain when

we can expect the payment. Payment schedules for each of the trips can be reached by clicking the link above.

PLEASE NOTE: All additional costs (for flights, insurance, fees & extras) will be added to your statement of account on the 'your trip' page. Please, ensure that you add any additional charges to your final payment unless we require it sooner.

## Cultural

### **Quick Facts on South Africa**

- Population: According to Census 2011, the country's population stands at 51.77-million, up from the census 2001 count of 44.8-million.
- Climate: South Africa has a generally temperate climate, due in part to being surrounded by the Atlantic and Indian Oceans on three sides, by its location in the climatically milder southern hemisphere and due to the average elevation rising steadily towards the north (towards the equator) and further inland. Due to this varied topography and oceanic influence, a great variety of climatic zones exist. The climatic zones range from the extreme desert of the southern Namib in the farthest northwest to the lush subtropical climate in the east along the Mozambique border and the Indian Ocean. Winters in South Africa occur between June and August.
- Life Expectancy at Birth: The average life expectancy in South Africa has reached 61 years, an increase of 7 years since the low in 2005. On average, women live a lot longer than men. Life-expectancy for women is 64 but only 58.5 in men.
- Ethnic Groups: 79.2% Black African, 8.9% Coloured, 8.9% White, 2.5% Indian or Asian, 0.5% other
- The black population of South Africa is divided into four major ethnic groups; namely Nguni (Zulu, Xhosa, Ndebele and Swazi), Sotho, Shangaan-Tsonga and Venda.
- Religions: Christian 79.8%, Islam 1.5%, African Traditional Religion 0.3%, other 0.6%, Judaism 0.2%, No Religion 15.1%, Hinduism 1.2%, Undetermined 15.1%
- Literacy: Total population: 93% (definition: age 15 and over can read and write.) (2002)
- Gained Independence: Independence from the United Kingdom – South Africa became a Union on 31 May, 1910 and an independent republic (Republic of South Africa or RSA) on 31 May, 1961.
- Economy Overview: South Africa combines a developed first-world infrastructure with a vibrant emerging market economy to create huge investment potential. South Africa is a middle-income, emerging market with an abundant supply of natural resources; well-developed financial, legal, communications, energy, and transport sectors and a stock exchange that is the 16th largest in the world. Even though the country's modern infrastructure supports a relatively efficient distribution of goods to major urban centers throughout the region, unstable electricity supplies retard growth. The global financial crisis reduced commodity prices and world demand. GDP fell nearly 2% in 2009 but has recovered since then, albeit slowly with 2014 growth projected at about 2%. Unemployment, poverty, and inequality - among the highest in the world - remain a

challenge. Official unemployment is at nearly 25% of the work force, and runs significantly higher among black youth. Eskom, the state-run power company, has built two new power stations and installed new power demand management programs to improve power grid reliability. Construction delays at two additional plants, however, mean South Africa is operating on a razor thin margin; economists judge that growth cannot exceed 3% until those plants come on line. South Africa's economic policy has focused on controlling inflation, however, the country has had significant budget deficits that restrict its ability to deal with pressing economic problems. The current government faces growing pressure from special interest groups to use state-owned enterprises to deliver basic services to low-income areas and to increase job growth. South Africa has a diverse economy, with key sectors roughly contributing to GDP as follows:

- Agriculture: 2.2%
- Mining: 10%
- Manufacturing: 12.3%
- Electricity and water: 2.6%
- Construction: 3.9%
- Wholesale, retail and motor trade: 16.2%
- Transport, storage and communication: 9%
- Finance, real estate and business services: 21.2%
- Government services: 16.7%
- Personal services: 5.9%

### **South African Food**

Along with the great variety of cultures and how South Africans live together comes a fantastic fusion of culinary tastes and styles. There are some truly South African dishes to choose from and some meats you'll have a hard time finding in other countries in the world but South Africans have taken all their ethnic influences, mixed it up in a big pot and it's been simmering just long enough to tantalize your taste buds. South Africans love to eat and you'll very soon see that it is mostly a social experience as well as a filling one.

Like rice in Asia, maize is Southern Africa's staple, in other words, the filler. On the more cultural side pap (pronounced 'pup') (a lumpy white dish made from very fine maize meal mixed with boiling water) and bread will be eaten with many meals, usually with a meat sauce or tomato and onion relish for taste. 'Braai' (BBQ on an open fire) is also at the top of the list in cooking methods and in many instances a social event when you get together with friends for a few drinks whether it is a birthday celebration or watching sporting events.

## **Languages in South Africa**

While you are traveling through South Africa you will have the pleasure of listening to 11 different languages - all official. For this reason it is hard to learn a couple of lines you can use all across the country but some 'slang' used by everyone is part of the fun. The official languages, in terms of linguistic classification, include two West Germanic languages (English and Afrikaans) and nine Bantu languages. Four of these are Nguni languages (Zulu, Xhosa, Swati and Ndebele) and three are Sotho–Tswana languages (Northern Sotho, Southern Sotho and Tswana). Tsonga is a Tswa–Ronga language. It all sounds very intimidating but English is the common spoken language and it will happen very rarely that you won't be able to communicate easily.

### **Some 'slang' to get around with**

“**Heita**” (hey-tah) - An urban and rural greeting used by South Africans. A cheery slang form of 'Hello'.

“**Howzit**” or “**hoezit**” (who-zit) - an informal way of greeting and asking how you are at the same time.

“**Shap shap**” or “**lekker**” (lacquer) - I'm good

“**Lekker**” (lacquer) - Literally means "sweet" or "tasty". Originally referred to food, but used widely to describe any excellent or pleasurable thing.

“**Eish**” (ey-shh) - Used to express exasperation or disbelief

## **Fun Stuff**

### **Scuba Diving**

Throughout your South Africa experience there will be several opportunities to try scuba diving. Scuba diving is an awesome experience that most people become hooked on as soon as they try it. The most common organization worldwide for dive outfits and certification is PADI. On your trip you will be offered a number of different options to allow people of all skill levels to experience the crystal clear waters of the region. Having an “Open Water” certification is a great skill to have. It allows you to dive to a depth of 18 m all over the world. If you are on the 40-day trip, you will have enough time to complete this whole course if you wish, as the course normally takes 3-4 days. If you wanted to get certified, but did not want to spend that much time while you are on your trip, another option for becoming certified is to use PADI's “eLearning”. It allows you to do the classroom portion of the certification at home, and then just concentrate on the fun underwater parts while in paradise!

In this case you would pay PADI for the first part of the course online, and then pay for the underwater part where you choose to dive. The classroom portion could probably be completed in a day or two at home. Then you could expect a morning of learning skills and then 4 fun dives while on your trip!

If you are uncertain whether you want to do a whole dive course, but would like to try scuba diving, one recommended option for beginners is the 'Discover' Scuba Dive. It is normally a one day course that allows you to do the basic skills in the morning and then go diving that same day. You can only go to a depth of 12 meters, and the instructor pays close attention to you so that you are never in any danger. It is sort of a risk free trial....but we are quite certain you will love it!

If you're already certified then we don't need to tell you that diving is awesome! Give it a shot in South Africa!

### **Ideas for Reading**

Long Walk to Freedom - Autobiography from first Democratic Elected President in South Africa, Nelson Mandela

Cry the Beloved Country - Alan Paton

Buying some sort of guidebook on South Africa would also be a good idea because it'll have lots of info on things like the culture, history, and geography. It'll have maps and in-depth info on traveling the country. Books like the Lonely Planet or the Rough Guide are especially good if you are planning to travel on your own after the trip because they have all sorts of info on how to get around, where to stay, what to do, and how much things cost. There are also other books like National Geographic and the Insider Guide that have lots of pictures and are better for giving a more in-depth background on South Africa in general. If you don't need the practical travel information, a book like this might be better.

### [Trip Locations](#)

**Day 1-3: Cape Town**

**Day 4-5: Hermanus**

**Day 6-8: Up the Creek**

**Day 9&10: Swellendam**

**Day 11: Warmwaterberge**

**Day 12: Oudtshoorn**

**Day 13&14: Craggs**

**Day 15-17: J Bay**

**Day 18&19: Hogsback**



## **Day 20: Chintsa**

PLEASE NOTE: The above itinerary is tentative. You will receive your confirmed Free & Easy Traveler trip itinerary with the exact routing at least 30 days prior to your departure. Be aware that some itineraries may be reversed. Please check with FNEZ before booking flights.

Please be advised we are constantly keeping an eye out for warnings and are well informed on the happenings in the places we go. Our ground team is frequently sending us first hand updates, ensuring the destinations we bring our groups to are safe!

## **Community Forests International (CFI)**

Free & Easy Traveler has joined forces with Community Forests International (CFI) to turn the joy of world travel into an act of global conservation. Travel is an extremely important part of our lives, getting to see and experience the world is what keeps us all connected and reminds us that we all live in the same world and deal with the same problems. But traveling around the world comes at a price and we are well aware of the many buses, planes, ships, etc. that we use to travel that harm the environment. Greenhouse gas emissions are driving increasingly dangerous climate change to the point that some of the places we love most are under threat and we don't want to contribute to the continuing destruction. So we decided to take action.

### **We Travel Carbon-Free**

By tracking the flights of our staff members and calculating the resulting greenhouse gasses, we support CFI to go out and protect and manage a forest in Canada to pull those gasses back out. These emissions become securely stored at CFI's Whaelghinbran Farm. Read more about how CFI offsets our carbon here.

### **One Traveler, One Tree**

But we didn't stop there. Much of the work that CFI does supports community tree planting efforts in Africa and Canada. This work is having incredible results, and we wanted to strengthen their efforts so we decided that for each traveler that comes on a trip with us, we'll provide CFI with the support to plant a tree to help offset that traveler's carbon emissions.

These trees are being used as tools of environmental and social restoration. In Canada, some of these trees were planted along a degraded watercourse and will go on to provide habitat for salmon, trout, hawks and king fisher, just to name a few. In Africa, where CFI was born, these trees were planted as a part of ongoing restoration of degraded lands on the island of Pemba, Tanzania. These trees rebuild the soil that was too poor to grow crops, allowing for trees like mangoes and cassava to thrive and produce food.

We look forward to continuing our relationship with CFI and, along with your help, making the world a greener place to live and travel in! If you want to offset your travel emissions with CFI, or want to support tree planting around the world, find out how here.