



CEDARBERG
AFRICA

Critters, The Fear Factor & Your Safari



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Phobias?



Some lucky individuals are fearless or utterly rational in all their activities and undertakings. But many of us are burdened with phobias. You might be cool about insects and creepy crawlies, but distinctly uneasy about light aircraft. Or being in, on or under the water...

In preparing for any new experience, it's a good idea to square up to these and ask yourself whether your feelings are strong enough to justify designing a trip around them. If prompted, 30% of us will acknowledge a fear of spiders. I'm frightened of snakes, (inconvenient but not without foundation), and my husband is peculiar about beetles, fascinating though they are.



But our wanderlust trumps these fears and I console myself with knowing that most snakes are less keen on meeting me than vice versa.

For some other potential travellers, their fear may not be outweighed by the thrill of seeing elephant in the wild. Or the world from a balloon. It could be necessary to make some compromises to keep everyone in the party happy.

Here are a few factors to consider when going on a safari. Try to think about these sooner, rather than later, when planning a trip to Africa.



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*If Insects were to vanish, the
environment would collapse
into chaos*

By EO Wilson, Biologist

A giraffe with a distinctive brown and white patterned coat stands in a savanna landscape. The giraffe is positioned in the center-right of the frame, looking towards the camera. The background is filled with dense, green trees and bushes, creating a natural, wild setting. A semi-transparent green rectangular box is overlaid across the middle of the image, containing the text "Factors to Consider" in a dark blue, serif font.

Factors to Consider



1. Flying in Light Aircraft

- Often great views
- They enable access to otherwise impossible terrain
- Saves valuable time travelling that can be better spent in on safari.

However if small planes are not your thing, often there's an overland alternative.

But not always!

2. Sleeping Under Canvas

A tented safari camp comes in various guises, from the simplicity of a two-person dome tent (fly-camping only) to luxurious tented suites twice the size of the average apartment.

Plus, in South Africa and Namibia, there are plenty of non-tented lodges.

But elsewhere an aversion to sleeping under canvas could limit your choices drastically.

Especially in Tanzania, or Botswana, as the ‘best practice’ is to only have lodges that have no lasting impact on the parks and reserves.





3. Spiders and Insects

This phobia is often linked to the ‘would I prefer a tent or a chalet?’ question.

Unfortunately, little creatures have no more respect for bricks and mortar than canvas as an obstacle to Safari invading ‘your’ space.

If you truly cannot abide the prospect, your best bet is to seek out a safari lodge with air-conditioning. (A good possibility in South Africa, but far less common in the Southern African safari destinations.)

But – bottom line – insect life, in some shape or form, is part of the African experience.

4. Dust, Dirt & Dishevelment

It can come as a nasty shock to people if they only realise late in the day that luggage can be restricted on safari.

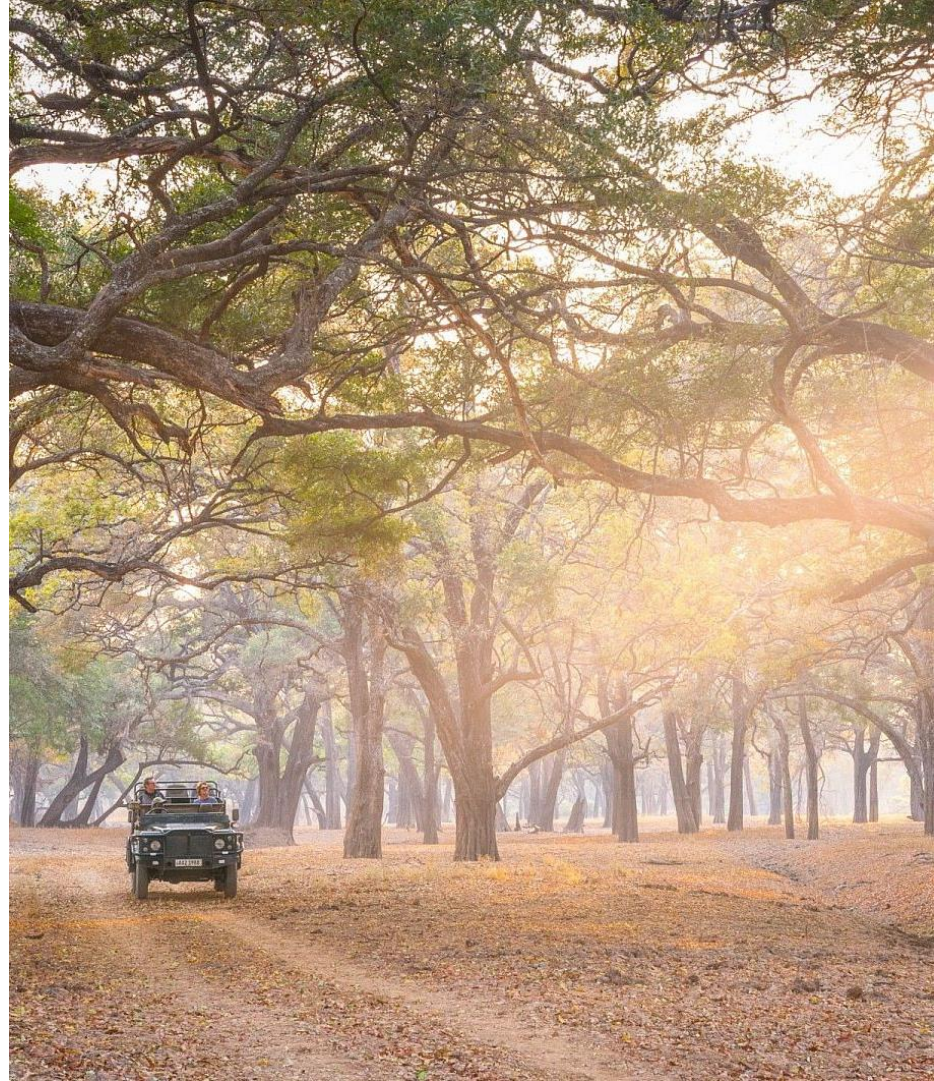
In East Africa the norm is just 15 kg per person, in soft bags. In Botswana it is 20 kg.

This is perfectly ‘do-able’ with a bit of forward planning, but it does tend to limit the scope for designer clothes or well-styled hair.

You’ll want to ditch hair dryers as there is unlikely to be sufficient voltage to use them in camps in Botswana, Zambia & Zimbabwe. (Solar powered).

Don’t despair as nearly all the lodges do laundry if you are staying for more than one night and the dress code is definitely ‘casual’.

But do consider easy to wash clothing which can be done by hand. Keep the silk pyjamas for when you return. (Or at least until you can get them dry-cleaned at home/in a city.)





5. The Fear Factor

If you or someone in your party is nervous about the proximity of large, wild animals it is important to understand that only a *few* safari lodges, mainly in South Africa, are surrounded by any form of fencing.

Indeed, in many camps the animals often roam among the tents on ancient trails that long pre-date the arrival of any safari lodge. It is hard to estimate how you will feel about this until you are confronted with a large animal outside your tent.

The good news is that most people absolutely love it!

But try to guess how you might respond? Often there's a hooter in your room so you can tell the lodge you have visitors.

In some water areas hippos abound. When you are in a canoe or dugout, they appear very large.

So, before doing a long safari trip, it is a good idea to try a short one.

6. Jabs and Tablets

You will need to get some inoculations and take anti-malarial tablets in most safari areas.

This is not about specific medical recommendations as travel health belongs with the medical profession, but it is worth deciding early if you want to avoid them.

Fortunately, there are plenty of non-malarial game reserves in South Africa where you can see and experience the ‘Big Five’ and other iconic African plains species in their natural habitat.

Other areas are seasonally malarial or classified ‘low risk’.





If you think about these matters NOW, in your early planning stages, you can decide to let your concerns guide your safari choices or whether to ‘just cope’.

Above all, tell your safari travel planner and ask them for their recommendations.

We hope that this guide has been useful.

Below I summarise top tips and we hope to hear from you when you start planning your safari trip.

1

- Ask yourself how flexible you are prepared to be.

2

- With this in mind, decide where and when you might like to go.

3

- Decide on the type of holiday you like and set your budget accordingly.

4

- Find a reputable tour operator, agent or safari company to plan with.



About the Author

Ginny Russell is the UK Managing Director of Cedarberg Africa, a specialist safari company she co-founded with her sister Kate to help unsure people with friendly, well-informed safari planning.

Ginny has visited and explored all the countries marketed by Cedarberg Africa. First lured to Kenya in the mid-1980s, Ginny continues to travel throughout East and Southern Africa, seeking out the best experiences and most special places to stay.

CEDARBERG AFRICA has been designing tailor-made holidays and safaris to East and Southern Africa since 1995. A fully licensed and financially bonded tour operator in the UK and South Africa, we assure you of great value and unbiased, expert advice.





*Spectacular By Nature,
Personal By Design*

Thank You!

This Guide to Critters on Safari was created by Cedarberg Africa, a specialist safari operator.

We design personal safaris for adventurous couples and families. You want to explore, try new things and enjoy life. You'll feel confident and excited about your safari trip when you have designed it with us. You won't have wasted precious time or energy. Or missed out on experiences that would be perfect for you.

And you'll know that your trip is giving back to Africa.

Have questions? Schedule a time to chat or email us at:

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