



SOLE YOGA HOLIDAYS
3rd ANNUAL NAMIBIA SAFARI & YOGA ADVENTURE
JUNE 1-12, 2024
FAQ's & Travel Information

- **Visas/Passports:** Please ensure:
 - 1) that you have pre-arranged your entry visa if required
 - 2) that your passport is valid for at least six months after your scheduled departure date from Namibia
 - 3) that you have a minimum of 3 consecutive clear pages for visas in your passport. If this is not the case, there is a danger of being turned away by the Immigration Service on arrival at the airport – assuming your airline has agreed to bring you and risk a fine in the first place.
 - 4) that you have arranged the entire necessary single or multiple entry visas prior to your arrival into southern Africa (unless you have confirmed they are available on entry). For an up-to-date list on which nationalities are automatically granted tourist visas upon entry into Namibia please refer to the Namibia Tourism Board website – <http://www.namibiatourism.com.na/pages/Visas>.
- For Visa application procedures, please visit the Namibian Ministry of Home Affairs website - <http://www.mfa.gov.na/>
- It is your responsibility to ensure that the necessary visas requirements are complied with before entering the country. Sole Yoga Holidays & our guides at Ultimate Safaris cannot be held responsible for any travelers being declined access into the country due to incorrect papers.
- **Health:** No vaccinations are mandatory but please consult your doctor for medical advice. Parts of Namibia are considered to be malarial so we recommend the use of anti-malarial prophylactics (normally Malarone), especially if visiting during the Namibian summer (December to April) – subject to advice from your own doctor (We will be there in Namibia's winter, so there is basically zero risk)

- **Luggage allowance:** Luggage is normally restricted to 20kg per person including photographic equipment and hand luggage - in soft, hold all type bags which should not have any wheels, frames, or rigid structures
Luggage Dimensions: The maximum dimensions for soft bags that can be easily accommodated are as follows: 25cm (10 inches) wide, 30cm (12 inches) high, and 62cm (24 inches) long. (NOTE: this is typically the max for small planes—we have a bit more leeway as we will be in our vehicles. But, best to not bring hard-sided luggage. No need to overpack and there are laundry facilities available (please review Packing List)
- **Travel Insurance:** Required for all guests. Proof of insurance must be sent to Sole Yoga Holidays. Please purchase at time of flight so you can ensure best policy.
- **Arrival Time,** June 1, 2024. Generally, guests fly to Windhoek (WDH) via Frankfurt on Qatar or Lufthansa for the flight that arrives into Windhoek, the morning of June 1.
Our recommended flight will be sent to all guests so we can all try to arrive at the same time. Other flights through Cape Town or Johannesburg are also available. If necessary, our safari guides can assist with any pre/post accommodations in Windhoek.

- **Departure Time:** June 12, 2024 To ensure return flight, please book flights from Windhoek (WDH) on Jun 12. We will be staying the night in Windhoek on June 11 to make sure everyone catches their June 12 flight on time. If you need to depart after June 12, our guides can help book accommodations. Please let us know ASAP as hotels tend to book up quickly in high season.
- **Currency:** Namibia uses the Namibian Dollar (N\$) this is linked on a one-to-one exchange with the South African Rand. The Rand is legal tender in Namibia, but the N\$ cannot be used in South Africa. If you are wishing to purchase currency before arriving in Namibia, it is easiest to buy Rand as the Namibian Dollar is seldom available in banks outside of Namibia. Sometimes the USD is accepted in shops and as gratuities.
- **Banking:** Banks are found in most towns, and are generally open from 09h00 to 15h30 on weekdays and 08h30 to 11h00 on Saturdays. Closed on Sundays and public holidays. Most of them offer foreign exchange services - with cash, bank and credit cards as well as travellers cheques. You can also obtain cash from many of the ATMs. Several international banks have branches in main city centres. Always advise your bank that you are travelling outside of the country as they might block your purchases if they have not been informed.
NOTE: Almost everything is included, so cash will mostly be needed for snacks on the road, souvenirs and gratuities.
- **Food & Drink:** Traditional Namibian cuisine is rarely served and so the food at restaurants tends to be European in style and is, generally, of a very high standard. Namibia is very meat-orientated, and many menu options will feature steaks from various animals. However, there is always a vegetarian and seafood section offered by most camps and restaurants.
The **water** in Namibia's main towns is generally safe to drink, though it may taste a little metallic. Natural sources should usually be purified, though water from underground springs and dry riverbeds seldom causes any problems. However, filtered and bottled water are readily available in most towns and all camps, lodges and hotels.
- **Climate & Temperature:** Partially covered by the Namib Desert, one of the world's driest deserts, Namibia's climate is generally very dry and pleasant – it's fine to visit all year round. From June to August Namibia cools down and dries out more; nights can become cold, dropping below freezing in some desert areas. As the landscape dries so the game in the north of the country gravitates more to waterholes, and is more easily seen by visitors.
- **Clothing & Dress:** Namibians have a somewhat relaxed attitude to dress codes. A pair of sensible shoes, jeans and a t-shirt is recommended. During the day it runs from chilly to warm so pack layers and loose-fitting clothes in natural fabrics, such linen or cotton, that will keep you cool and are easy to wash and dry. *Avoid blue clothing - the tsetse flies are drawn to the colour blue, and their bite can give you

African Sleeping Sickness. ** Some say this is not true! But, it is listed in all of the guide books, so be aware of this! Long sleeved shirts and long trousers will protect you against mosquitoes at night (although since it is dry, they are hardly seen)

- **Packing List:** please consult my packing list for what is recommended to bring.

Sole Yoga Holidays | Via di San Niccolò 4 | Firenze Italia 50125
soleyogaholidays.com | shari@soleyogaholidays.com | +39 3490068192