

Sources of Information for Independent and Overland Travellers

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Introduction

This guide is aimed at those planning to travel independently, or in small groups, to the more unusual corners of the world. The enormous quantity of information available to the 21st century traveller brings with it both advantages and disadvantages. It is hoped that these notes will enable you to cut through to the right person/publication/website with the minimum of delay – allowing the best preparation for your trip. These notes are not intended to be comprehensive, half of the enjoyment should be in the preparation. Remember that time spent in planning is seldom wasted.

Over the last few years, travel and tourism has become a major industry, and there are many services on offer, both commercial and voluntary. The majority of those given here are well established and have been helping independent travellers for a number of years. Start with one of the many guidebooks that are now available to give you a general feel for the practicalities. A list of travel bookshops and specialist publishers are included here, in case your local book shop or library can't help. Do make friends with libraries, as photocopying and note-taking of the relevant sections is a lot cheaper than purchasing all the books on your subject.

Before You Go

The more time and effort you put into your planning and preparation, the better the trip will be. Last minute planning and preparation are the most common causes of failure.

Feasibility: is the trip possible? What are the political constraints - are you allowed to enter the country and how long can you stay? What bureaucratic problems are there - can visas be issued and renewed en route? Will you be passing through states where other countries visas will create difficulties (Iran/Israel, Greece/Turkey etc.)? Are the maps and information available sufficient/accurate enough for your needs? Can you carry sufficient water/provisions, or can you find sources of re-supply?

Timing: what is the best time of year to travel? Is there a rainy season/monsoon? Do you need clear skies for photography or calm seas for diving?

Finance: what are the costs? Try to identify a realistic daily expenditure. Cross-check guidebooks and other sources of information. What is the rate of inflation? Have enough money for trouble and treats. Are credit cards accepted? Can money be transferred to you? If so, take all your bank details. Are traveller's cheques easy to change or should you take cash? What currency is easiest to exchange? Once you have estimated your budget, add 50%. If you return with money in your wallet, all well and good.

Health and safety: are there particular health risks - how can these be minimised? Leave at least two months to have all the necessary vaccinations. Investigate the homeopathic options, and remember that prevention is always better than cure. Have a dental check before you go and any loose fillings replaced. Acquire the basic skills of first aid. Prepare and learn how to use your medical kit. Make sure you are properly insured; medical care is rarely free, and repatriation in case of accident or illness is usually the best course of action.

How prevalent is crime - how can you protect yourself? Remember the basics: keep large quantities of cash out of sight, don't flaunt expensive watches/jewellery etc. and try to always look calm, confident and in control. Ideally, take nothing you cannot afford to lose.

Equipment: Ask the advice of others. Test all your equipment under realistic conditions before you go. This will give you the opportunity to replace, adjust and improve (and find out how heavy it is!). Will you be using vehicles? Communication equipment or medicines? The more equipment you have, the greater your susceptibility to theft. Carry out a cull several times before you go - if you don't really need it, don't take it. Lastly, ensure that your method of carriage (be it backpack or Land Rover) is only ¾ full - you will accumulate kit as you go.

Whilst Away

Think about taking notes and/or writing a diary; it will help if you intend writing reports and articles afterwards. Consider taking a small tape or Mini

Disc recorder for the same reasons. Make notes to accompany photographs and/or recordings; it is surprising how easy it is to forget what an image represents. Take names and addresses for thank-you letters and photographs of your home and family to show to people you meet - for it is as important to offer information to others as it is to receive it. If you tell someone you are going to write, do. Investing in business cards is extremely worthwhile – often opening doors more effectively than cash!

Learning even the rudiments of the language of your destination will result in a far richer experience (Centre for Information in Language Teaching and Research, Regent's College, London, Tel: 020 7379 5110/5082), as will knowledge of the area's culture and history (for example, see *Traveller's History of ...* series, Windrush Publications). Travellers are unofficial ambassadors of their own culture and country, and should respect the sensitivities of local culture, religion, politics, and environment. For more information on responsible travel contact **Tourism Concern**, Stapleton House, 277-281 Holloway Rd, London, N7 8HN Tel: 020 7753 3330, Fax: 3331, Website: www.tourismconcern.org.uk

Remain flexible so that you can take up the opportunities that inevitably arise. Try to avoid rigid itineraries. It is always good to be able to accept local invitations. If your trip is planned for 6 weeks, allow 8 weeks away from home/office.

On Your Return

When you are planning your trip, make sure you include a 'down time' at the end to tie up any loose ends. Don't forget to write letters to those who helped you, especially those who gave you hospitality. Let guidebook companies know of any amendments or additions that can be incorporated into future editions. Consider giving lectures and writing articles if you wish to share your experiences with others - they can also earn you a small income. If your photographs are good or unusual you might consider offering them to a slide library. A useful source of addresses is *The Writers and Artists Yearbook*, published annually by A.C. Black, London.

Sponsorship

Overland journeys very rarely attract sponsorship other than the occasional donations in goods from manufacturers of specialist equipment, or professional services given free-of-charge. Never be tempted to 'test' equipment vital to the success of your trip, unless you have a tried and tested alternative with you. If a trip is fortunate enough to secure sponsorship, it is likely to be asked to provide something in return. Before embarking on your trip, ensure that you have written contracts explaining exactly what you are getting, and what you are offering: publicity, advertising quality photographs, or media coverage. Be sure you have the resources to deliver - most don't. Past ventures have an abysmal record of even thanking - let alone producing reports or high quality photographs for - their sponsors and those who helped during the planning.

If you are asking others to pay for your trip, you will be expected to justify your case. Fund-raising for charity is a popular theme, but remember it is immoral (and illegal) to use funds intended for charity to fund your journey. Never use a charity's name to raise funds without the written permission of that charity. It might be interpreted as trading on their name. Most of the large charities now run regular "fundraising expeditions" all over the world - contact them direct (or look in Wanderlust magazine) for details.

Making use of others' experience

Whilst it is true that half the fun of a trip can be the planning for it - it is much easier to contact people who have knowledge in the subject. There are a number of people who have been to the farthest-flung corners of the globe, and usually they are more than happy to answer your questions. However, it is likely that if you are asking something of them, you are not the only one. They have their own lives/jobs/expedition planning to be getting on with, and time is precious. With that in mind, please try to follow these guidelines whenever possible:

- Be familiar with the writings of the expert. Do not ask unnecessary or inappropriate questions, especially those with answers you could easily find out for yourself.
- If you phone, and most people do prefer to be telephoned to avoid lengthy letter-writing, do call at a sociable hour and ask if it is a convenient time to call. Be polite and make sure you pay for the call. If you end up leaving a message on the answer machine say what you are phoning about and that you will try again later.
- If sending an email, offer to phone later – thus avoiding the necessity of them having to type answers to your questions.
- Always enclose a stamped addressed envelope if you write. If you have many questions, the person may prefer to answer them by phone or email.
- If you would like a face to face meeting and the person seems genuinely willing, be cautious about suggesting that you come to their house. Some people prefer this, others feel imposed upon. A pub lunch in his/her area may be a welcome break, and take less time. If you do go to someone's house avoid mealtimes, be punctual, say how long you will stay and keep to your word.
- Always write a thank you letter after their help has been given.
- If you have more up-to-date information on certain aspects of the discussion, diplomatically offer it. It will usually be accepted gratefully.
- Regardless of the quality of source, never assume that the advice you are given is correct. Search a range of sources for answers to your questions.
- Remember that others may well wish to benefit from your experience on your return. Always write a report, and be patient with those asking for your advice!

PLEASE NOTE: whilst every effort has been made to ensure that the information contained in these notes is accurate, the reader is advised to check the latest position. The Expedition Advisory Centre cannot accept responsibility for any inaccuracies.

Sources of Information

Background information, routes and trouble spots

Make good use of the information provided by appropriate **Tourist Offices** and/or **Embassies/High Commissions** in the UK of the countries you intend to visit. They can provide up-to-date advice on entry requirements, vehicle documentation, travel and tourist facilities. The London telephone directory is an easy source of these addresses or see website: www.tourist-offices.org.uk

Foreign and Commonwealth Office Travel Advice Unit, Clive House, Petty France, London SW1H 9HD (Tel: 020 7238 4503/4504, Fax: 020 7238 4545, Website: www.fco.gov.uk) helps British travellers to avoid trouble by providing succinct and up-to-date advice on threats to personal safety arising from political unrest, lawlessness, violence, natural disasters and epidemics. Some 400 notices are issued each year covering over 100 countries and are constantly reviewed on the basis of information from UK posts overseas. The full range of notices is available on BBC2 Ceefax pages 470 onwards and can also be accessed via the Internet. Notices are also sent to members of the public on request and are supplemented by *Do's and don'ts* leaflets for 25 countries (mainly those with large numbers of British visitors). They now also produce *Consular Services: Backpackers and Independent Travellers*, ref. 8/9076C.

Specific enquiries on the current political situation or the safety of particular routes can be sent direct to the British Embassy or High Commission in the country concerned. If you do contact them, ensure that you thank them for their help – and inform them of your safe arrival and departure if requested.

Central Intelligence Agency website:

www.cia.gov/cia/publications/factbook/

this open-to-all website is packed with useful information for the global traveller.

The Globetrotters Club Website: www.globetrotters.co.uk
The Globetrotters Club, BCM/Roving, London WC1N 3XX (Tel. 020 8674 6229). Designed to allow a free flow of information between travellers, both new and very experienced. The club has been active for over 50 years.

153 Club, Website www.j.mann.taylor.clara.net/153.html.
c/o Mike Foster, Membership Secretary, 4a Stonard Road, Palmers Green,
London N13 4DP. This is a club of up to 153 members who have travelled in
the area of the old Michelin map sheet 153 (north west. Africa). It publishes
a regular newsletter which contains useful bits of information for desert
travellers. The Club aims to encourage travel and expeditions in the Sahara
and adjoining areas, particularly the more remote regions and 153 Club
members are an excellent source of help and advice.

Pinkertons Global Intelligence Services 4245 North Fairfax Drive, Suite
725, Arlington, VA 22203, USA (Tel: 001 703 5256111, Fax: 703 5252454,
Website: www.pinkertons.com/pgis). Pinkertons are security consultants.
Amongst their services for travellers is *the World Status Map* based on the
US Department of State Travel advisory warnings which highlight areas of
risk.

Royal Geographical Society (with The Institute of British Geographers),
1 Kensington Gore, London SW7 2AR (Tel. 020 7591 3030, email:
info@rgs.org., Website: www.rgs.org) The Society is a membership
organisation which holds regular lectures and meetings on travel, exploration
and environmental issues. Outstanding Library and map collection of both
historical and contemporary travel literature. Map Room also houses a
collection of some 4,000 reports of past expeditions, indexed by country.
There are only a few reports by overland travellers, but they are always keen
to receive more. The Saharan country reports are particularly useful for
overlanders through Africa, though the majority of reports covering journeys
through Asia date back to the mountaineering trips of the late '60s and early
'70s. There are a few reports on journeys through the Middle East. The Map
Room and Library are open to non-members for a small daily fee, by
appointment only.

South American Explorers' Club Website: www.samexplo.org The non-
profit South American Explorers Club (SAEC) is widely recognised as the
best overall source of travel information for South and Central America. With
clubhouses in Lima, Peru; Quito, Ecuador; and Ithaca, New York, the Club
provides members with reliable, up-to-date information on discount airfares,
trip planning, travel conditions and anything else you need to know for your
trip or expedition. They also sell maps and guidebooks.

Thomas Cook, 45 Berkeley Street, London W1A 1WB (Tel: 020 7499 4000,
Website: www.thomascook.com). *Travel Archive & Library*, modern
guidebooks and history of travel and tourism. Open Monday to Friday

9.30am-5.30pm. Also publish free quarterly magazine *Time Traveller*.

US State Department Travel Advisory Service 2201 C St NW, Room 4811, Washington DC (Tel: (202) 647 5225, Website: www.travel.state.gov/travel)

WEXAS International, 45 Brompton Road, London SW3 1DE (Tel. 020 7589 3315/0500, Website: www.wexas.com/travel) is a travel club offering a range of services including discounted airline tickets, immunisation and insurance. They publish the excellent *Traveller's Handbook* and the quarterly *Traveller* magazine.

The World Wise Directory Website: www.brookes.ac.uk/worldwise/ A website developed by The Suzy Lamplugh Trust that gives information on each country to help you prepare and plan for safe travelling. It gives an overview of security conditions. It tells you about basic health, safety, visa and currency requirements as well as things you should know about local codes of dress and behaviour.

The **World Travel Guide** published by Columbus Press Ltd, Columbus House, 28 Charles Street, London N1 6HT (Tel: 020 7417 0700, Fax: 020 7417 0710, Website: www.wtgonline.com) is an excellent reference book which includes a country-by-country guide to passport/visa requirements, currency and health regulations, travel and holiday information. Also available on CD-Rom.

Other useful organisations

Air Transport Users Council 5th floor, Kingsway House, 103 Kingsway, London WC2B 6QX (Tel: 020 7240 6061, Website: www.auc.org.uk)

Meteorological Office (Overseas Enquiry Bureau) Tel: 01344 420242, Website: www.meto.gov.uk

Updating Information En-route

The Internet offers a huge range of sources to keep yourself in touch and informed. Although there is a greater availability of internet cafes in Europe, Asia and North America than the rest of the world – internet access is

spreading quickly. Use some of the sites-mentioned below to keep yourself up on developments.

The BBC world service still has a role to play, particularly in regions where the world-wide-web's tentacles have still not penetrated. Information from: BBC World Service, Bush House, London WC2B 4PH, Website: www.bbc.co.uk Good quality receivers are available from a large range of electrical retailers. Make sure you check ease of tuning and range of frequencies covered. Battery life is another issue worth investigating.

Travel Web Sites

The Internet is an exceptional source of information, now open to all either through personal computers, or "internet cafes" such as the easyEverything chain in the UK.

Global Passage www.globalpassage.com
(travel netmag in Melbourne). Karen Flavell, Fax 00 613 93 284 421

Prepare2go.com www.prepare2go.com A one-stop site for the independent traveller. Offers both information and the option to buy all you need on-line. Also offers a message board, where questions can be posted.

Lonely Planet www.lonelyplanet.com Advice on the how/why/when of travel – with opportunities to buy their guides on-line.

Saharan Travel Information <http://www.sahara-overland.com/home.html>

The following are travel-orientated search engines:

www.askjeeves.com

www.webcrawler.com

www.thetravelhelper.com

www.kasbah.com

www.actionsites.com/travelring/index

www.fieldingtravel.com Details the world's most dangerous places

www.gypsyjournal.com Travellers journals online
 www.unexplored.com Adventure travel site
 www.oanda.com Online currency converter

Travel Agents

Trailfinders 42-50 Earls Court Road, London W8 6EJ and 194 Kensington High Street, London W8 7RG (Tel: Long-haul: 020 7938 3366; Transatlantic & Europe: 020 7937 5400, Website: www.trailfinders.co.uk) is a specialist travel agent which principally sells long distance flights over many different routes. It also sells a selection of guidebooks and maps and produces a newspaper called *Trailfinder*, which is free but primarily promotes the sale of flights and overland tours. It is therefore a good source of information on all the overland companies. It also has an immunisation centre and a travel library, and now houses the Visa Shop.

STA Travel 74 Old Brompton Road, London SW7 3LQ (Tel: European enquiries: 020 7361 6161, Rest of the world: 020 7361 6262, Website: www.statravel.co.uk). Twenty UK offices and 120 worldwide specialising in independent travel: low cost flights, overland tours, insurance, accommodation and advice from widely travelled staff.

Journey Latin America The specialist Latin American Travel Specialist 14-16 Devonshire Road, Chiswick, London W4 2HD (Tel: flights 020 8747 3108, tours 020 8747 8315, Fax. 020 8742 1312, Website: www.journeylatinamerica.co.uk) Journey Latin America specialises in low-cost fares to Central and South America, South American Air passes, specialist tours and limited advice for the independent travellers who book their international flights through them.

Usit CAMPUS Travel 52 Grosvenor Gardens, London SW1W OAG (Tel. 020 7730 8832, Website: www.usitworld.com). With over 25 branches, they are specialists in serving young and independent travellers. Staff will advise on low cost flights, trains, ferries, overland tours and insurance.

Cheap Flights Website www.cheapflights.co.uk Created by the Travel Editor of Harpers & Queen, this website enables viewers to log on to more than 350 destinations to see a range of prices offered by a variety of airlines and agents. Every destination has a dedicated page. The site does not sell

tickets but is a resource to help select a travel agent or airline likely to give you a good deal.

Thomas Cook 45 Berkeley Street, London W1A 1WB (Tel. 020 7499 4000 head office, Website: www.thomascook.com)

Marco Polo Travel Advisory Service 24a Park Street, Bristol BS1 5JA (Tel: 0117 929 4123, Fax: 0117 929 2972, Email: marcopolo@dial.pipex.com) specialise in discounted airfare worldwide. Run specialist Women and travel seminars.

Wildwings International House, Bank Road, Kingswood, Bristol BS15 2LX (Tel: 0117 984 8040, Fax 0117 967 4444, Website: www.wildwings.co.uk)

Key Travel 92-96 Eversholt Street, London NW1 1BP (Tel: 020 7387 4933, Fax 020 7387 1090, Website: www.keytravel.co.uk). Specialises in providing travel services for charitable and religious organisations.

WEXAS International 45 Brompton Road, London SW3 1DE (Tel: 020 7589 3315/0500, Website: www.wexas.com/travel), a travel club selling discounted airline tickets.

Shipping and rail timetables may be obtained from ABC and Thomas Cook Publications (see the section below, "Specialist Publishers").

Travel Seminars and Trade Shows

Independent Traveller's World 14-15 Child's Place, Earls Court, London SW5 9RX (Tel: 020 7373 7788, Fax: 020 7373 6644, Website: www.itwshow.com)

Destinations Consumer Exhibitions Ltd., Greyhound House, 23-24 George Street, Richmond, Surrey TW9 1HY tel 020 8948 1666. Held in London each February. Website: www.destinations2000.co.uk, 2001, 2002 etc...

Adventure Travel and Sports Show Tel: 01795 844 939, Email: info@atsevents.com

Maps and Charts

The **Royal Geographical Society's** Map Room (tel: 020 7591 3050, email maps@rgs.org), website: www.rgs.org) houses one of the largest collections of overseas mapping anywhere in the world. It is open to the public for reference by prior appointment, Monday to Friday, 11am-5pm, but is closed on Bank holidays and for stock-taking during late June/early July. A small daily fee is charged to non members.

For a guide to the availability of maps in individual countries see *World Mapping Today* by R.B. Parry and C.R. Perkins (Butterworth 1987). This is a major reference book costing £120, so you will probably want to consult it either in the RGS Map Room or another library.

Maps may be purchased through the following, but you may need to order maps well in advance for destinations outside Europe:

Bridgestone Tyre Company Limited 10-1 Kyobashi 1 Chome, Chuo-ku, Tokyo 104, Japan (Tel: +81 335670111) produce a number of Asian Highway Route maps and Guidebooks. These include three maps of the Asian highway with inter-regional links at 1:6,500,000 for South-Eastern Asia, Europe and Northern Africa, and South Western Asia. The Practical Guide to Motorists Asian Highway Route maps cover India-Sri Lanka, India-Nepal-Bangladesh, Indonesia, Iran-Afghanistan-Pakistan, and Singapore-Malaysia-Thailand-Laos.

The **CIA website** www.cia.gov/cia/publications/factbook/ is an extremely useful reference point for both mapping and text information by country and region.

Institut Geographique National (IGN), 107 Rue la Boetie, 75008, Paris (Tel. +33 143988000, Website: www.ign.fr) stock a wide range of 1:1,000,000 maps of North and West Africa and can supply them at a lower price than in London. If you are visiting Paris to obtain visas it is worth buying maps there.

In Latin America, the **Instituto Geograficos Militares** in the capitals are often the only places to find reliable topographical maps of scale 1:100,000 or 1:50,000.

ITMB 345 West Broadway, Vancouver, BC, Canada V5Y 1P8. Travel and adventure maps and guides. Tel: +001 6048793621, Website: www.itmb.com

The **Michelin** maps 953, 954, 956 are particularly useful for those travelling overland through Africa.

Stanford's 12-14 Long Acre, Covent Garden, London WC2E 9LP (Tel: 020 7836 1321, Fax: 0207 8360189, Website: www.stanfords.co.uk) and at the British Airways Travel Centre, 156 Regent Street, London is the UK's major map and guidebook retailer, and can supply maps and guides for all parts of the world.

Visas and Diplomatic permission

You must apply to the Embassy or High Commission of each country for details of their entry requirements. Conditions of entry vary, often frequently, so do not rely on books for this information. However, the *World Travel Guide incorporating the ABTA/ANTOR Factfinder* (details given on page 5) and a periodical, the *ABC Guide to International Travel* (published by ABC Travel Guides, World Timetable Centre, Church Street, Dunstable, Bedfordshire LU5 4HB) which comes out four times a year, both give the basic outline of conditions. Try and get as many visas as you can before you leave the UK. This is obligatory for some countries. The type of visa you require will vary according to the duration of your stay, and what you intend to do whilst you are there. Visas usually have a maximum validity of three months, and may therefore expire before you reach the country concerned. Renewal and duplication of out-of-date visas can be expensive. You may have to travel to Europe for visas to French-speaking countries. There are a number of operators who will obtain visas for you at a price. All that being said, be aware that it is sometimes cheaper and quicker to get visas abroad (Delhi and Bangkok particularly). Also ensure that your passport will remain valid until six months after your planned return date, and that there are lots of empty pages – perhaps invest in a 48 page passport (standard is 32). If you do need a new passport, processing times vary with holiday times, try to avoid applying just before the Christmas/Easter and Summer school breaks.

UK Passport Agency Tel: 0990 210 410, Website: www.uk.pa.gov.uk

Trailfinders Visa Service 42-50 Earls Court Road, London W8 6EJ and 194 Kensington High Street, London W8 7RG Tel: Long-haul: 020 7938 3366; Transatlantic & Europe: 020 7937 5400, Website: www.trailfinders.co.uk

Global Visas 70 North End Road, London W14 0SJ, Tel: 020 7734 5900 Website: www.globalvisa.com

Travcour Specialise in long-haul overland travel. Tel: 020 7223 7662, Website: travcour@btconnect.com

Insurance

Overland journeys are not good insurance risks and many companies will require a very high premium to provide extensive cover. We therefore suggest that you consider very carefully exactly what insurance cover you need and then approach a number of brokers for a quote. Remember, it is important that you inform the brokers of all known risks about your journey as failure to do so would invalidate any claim. Many countries require you to buy local insurance at their frontiers (particularly in West Africa) regardless of cover you already have. The principles of expedition insurance are covered in the EAC publication of the same name. It is essential that you have adequate medical insurance which includes the cost of repatriation.

Campbell Irvine Ltd, 48 Earls Court Road, London W8 6EJ (Tel: 020 7937 6981, Email: ci@netcomuk.co.uk) have many years experience of insuring overland journeys.

Club Direct, Tel: 0500 787 838, Website: www.clubdirect.co.uk

WEXAS International Ltd, 45 Brompton Road, London SW3 1DE (Tel: 020 7589 3315/0500, Website: www.wexas.com) offer their members a one-year travel insurance policy.

Worldwide Travel Insurance Service Ltd, Tel: 01892 833 338, Website: www.worldwideinsure.com

There are a number of **online** insurance brokers:

www.ticltd.co.uk

www.prepare2go.com

Medical Advice and Services

MEDICAL ADVICE

Center for Disease Control and Prevention (USA) Website: www.cdc.gov/travel

MASTA (Medical Advisory Service for Travellers Abroad), Keppel Street, London WC1E 7HT (Tel: 020 7837 5540, Website: www.masta.org) can provide personal immunisation schedules and a summary of preventive actions, and more complex medical planning advice for a fee from £5 upwards. They also sell mosquito nets, water purifying products and sterile medical packs. Payment by credit card or by cheque. 09068 224100 60p/min.

InterHealth, 157 Waterloo Road, London SE1 8US Tel 020 7902 9000 Fax 020 7928 0927 . Website: info@interhealth.org.uk. Offer a range of medical services and equipment, also a post-trip medical service.

Royal Free Travel Health Centre, Pond Street, London NW3 2QG Tel 020 7830 2885, Website www.travel-health.co.uk Travel clinic providing immunisations, anti-malarial chemo prophylaxis and up-to-date travel advice, as well as a returned travellers clinic. Sells travel products including first aid and dental kit, mosquito repellents, and sun screen lotions.

Bayer Tips for Travellers, A1 Marketing, Bayer House, Strawberry Hill, Newbury, Berks RG14 2ZZ. Free, useful series of advice cards.

Tropical Screening Services Soho Centre for Health and Care, 1 Frith St., London W1V 5DH (Tel: 07712 051119, www.tropicalscreening.com)

MEDICAL SUPPLIES

Nomad Pharmacy 3-4 Wellington Terrace, Turnpike Lane, London N8 0PX (Tel: 020 8889 7014, Website: www.nomadtravel.co.uk). A travel pharmacy offering free consultations with the resident pharmacist. Medical kits are made to order at a low cost.

John Bell & Croyden 54 Wigmore Street, London W1H 0AU (Tel: 020

7935 5555, Email: jbc@aah.co.uk) can supply a wide range of pharmaceuticals and surgical supplies.

HOMEOPATHIC ORGANISATIONS

British Homeopathic Association 27A Devonshire Street, London W1N 1RJ (Tel: 020 7935 2163)

Helios 89-97 Camden Road, Tunbridge Wells, Kent TN1 2QR (Tel: 01892 537254, Website: www.helios.co.uk)

Hambledon Herbs Court Farm, Milverton, Somerset TA4 1NS (Tel: 01823 401104, Website: www.organicherbtrading.com)

IMMUNISATION SERVICES

British Airways Travel Clinics, Tel: 01276 685040 for the location of your nearest clinic.

Trailfinders, 194 Kensington High Street, London W8 7RG (Tel: 020 7938 3999, Website: www.trailfinders.co.uk)

West London Vaccination Centre, 53 Great Cumberland Place, London W1 7LH (Tel: 020 7262 6456).

Nomad Medical Centre, 3-4 Turnpike Lane, London, N8 OPS (Tel: 020 8889 7014, Website: www.nomadtravel.co.uk)

HELPFUL PUBLICATIONS

DAVIS, KENT.C., (1997) *CDC's Complete guide to healthy travel*. Open Road Publishing

DAWOOD, Richard. (1993) *Travellers' Health: How to stay healthy abroad*. OUP.

DHSS Leaflet T1. *The Traveller's Guide to Health*. Available from your doctor.

WARRELL, David and ANDERSON, Sarah eds. (1998) *Expedition Medicine*. Published by Profile Books in Association with the Royal Geographical Society (with the Institute of British Geographers). Available from the Expedition Advisory Centre, price £14.99.

WERNER, D. (1979) *Where there is no doctor*. Macmillan Press, London.

WILSON-HOWARTH, Dr Jane, ELLIS, Dr Matthew (1997) *Your child's health abroad*. Bradt Publications. A manual for travelling parents.

London School of Hygiene and Tropical Medicine, *Preservation of Personal*

Health in Warm Climates. Available from London School of Hygiene and Tropical Medicine, Keppel Street, London WC1E 7HT.

St John's Ambulance and British Red Cross Society *First Aid Manual*.

Wexas, *The Traveller's Healthbook* (1998). Website: www.wexas.com

GORE-LYONS, Samantha (2000) *Are we nearly there?* Cox and Wyman. Travelling with children.

INFORMATION FOR DISABLED TRAVELLERS

Disability Action Group 2 Annadale Avenue, Belfast BT7 3JH (Tel: 02890 791900, Email: hq@disabilityaction.org) provides information about access for disabled travellers abroad.

Holiday Care Service 2nd Floor, Imperial Building, Victoria Road, Horley, Surrey RH6 7PZ (Tel: 01293 774535, Fax: 01293 748647, Website: www.holidaycare.org.uk) gives lists of accessible accommodation and advice on financing holidays.

Mobility International PO Box 10767, Eugene, OR 97440 USA (Tel: 001 541 3431284)

RADAR (Royal Association for Disability and Rehabilitation) 12 City Forum, 250 City Road, London EC1V 8AF (Tel: 020 7250 3222, Website: www.radar.org.uk)

Society for the Advancement of Travel for the Handicapped 347 5th Avenue, Suite 610, New York, NY 10016 (Tel: 001 212 447 7284, Website: www.sath.org)

Tripscope Alexandra House, Albany Road, Brentford TW8 0NE (Tel: 020 8580 7021, Website: www.justmobility.co.uk/tripscope Fax: 020 8580 7022) Telephone information service advising on transport and travel for those with mobility problems.

Personal Equipment

Many retailers will be able to help you kit-out your journey but specialist firms that can sometimes help with more unusual items are:

Mountain and Wildlife Ventures Brow foot, High Wray, Ambleside, Cumbria LA22 0JE (Tel: 01539 433285, Website: www.mountain-and-wildlife.co.uk) Importers of Swedish tents, Hilleberg.

Blacks Outdoor equipment suppliers has around 40 shops nationwide, call the following number for your local store. (Tel: 0191 518 2002 Website: www.blacks.co.uk)

Camping and Outdoor Call for information and local store on Tel: 01903 755352.

Clothtec 92 Par Green, Par, Cornwall PL24 2AG (Tel: 01726 813602, Email: brian.sheen@virgin.net) is a small manufacturer of specialist products including mosquito nets and jungle equipment. Specific expertise in long-distance canoe and kayak journeys.

Cotswold the Outdoor People 42-44 Uxbridge Road, London W12 8ND (Tel: 020 8743 2976, Website: www.cotswold-outdoor.co.uk) supply a wide range of outdoor equipment including water filtering and purification equipment.

Därr Expeditions Service Theresienstrasse 66, D-8000 Munchen, West Germany (Tel. 089 282032). Extensive range of overland equipment, from vehicle accessories to GPS navigation systems.

Field And Trek (Equipment) Ltd. 3 Wates Way, Brentwood, Essex CM15 9TB (Tel: 01268 494400, Fax: 01268 416096, Website: www.fieldandtrek.com) Leading mail order supplier of outdoor clothing and equipment.

Nomad 4 Potters Road, New Barnett, Hertfordshire EN5 5HW (Tel: 020 8441 7208, Website: www.nomadtravel.co.uk). Equipment, clothing and information for the independent traveller including travel pharmacy and travel reference centre from their shop at 3-4 Wellington Terrace, Turnpike Lane, London N8 0PX (Tel: 020 8889 7014).

Rohan 30 Maryland Road, Tongwell, Milton Keynes MK14 8HN (Tel: 01908 517900, Website: www.rohan.co.uk) design practical clothes for everyday wear, with particular attention to the needs of the serious traveller and outdoor enthusiast. Many shops throughout UK.

SafariQuip The Stones, Castleton, Derbyshire S30 2WX (Tel: 01433 620320, Fax: 01433 620061, Website: www.safariquip.co.uk). Julian McIntosh sells a whole range of safari and tropical expedition equipment from specialist vehicle spares and camping gadgets to books and maps. Non-

listed items can be supplied on request.

Snow and Rock Call head office for your local store on 020 7937 0872, or telephone for mail order and catalogues on 01932 569569, Website: www.snowandrock.com

Taunton Leisure Call for your local store on 01823 322 737, for mail order and catalogue services freephone 0800 328 7586, Website: www.tauntonleisure.co.uk

Tiso 41 Commercial Street, Leith, Edinburgh, Specialists in outdoor equipment in Scotland. Tel: 0131 554 9101, Website: www.tiso.co.uk
Shops throughout Scotland and Northern Ireland.

YHA (Youth Hostel Association) Has 18 shops throughout the U.K. It is also worth considering the benefits of joining for worldwide accommodation and the 10% discount at all shops. Tel: 01784 458625, Website: www.yhaadventure.co.uk

Vehicle Preparation and Documentation

Taking your own vehicle has its associated problems and advantages. It can give you greater independence and freedom and yet isolate you from the local environment and people. Vehicles are a big responsibility and expense, and require regular servicing and maintenance.

Do find out your vehicle documentation requirements early. Both the AA and RAC have information for their members on routes and services overseas. They will help with documentation, carnets de passage (vehicle passports) and insurance. They publish road maps and guide books on many European countries. Many countries have motoring organisations which are also worth consulting as they may have more detailed information on their particular area. Their addresses can be obtained from the RAC or AA. Check several times before you depart that all vehicle documentation is absolutely correct. Check on the existence of different rules and regulations in the countries you plan to transit (purely as an example, right hand drive vehicles are prohibited in Vietnam). The two main motoring organisations in this country are:

Automobile Association International Services, Fanum House, Basing View, Basingstoke, RG21 4EA (Tel: 0870 5448866, Website: www.theaa.co.uk)

Royal Automobile Club Motoring Services Travel Research, Great Park Road, Bradley Stoke, Bristol BS32 4QN (Tel: 01454 208000, Email: sjcollins@rac.co.uk)

You will have to become a member before you can apply for vehicle documents from both organisations.

Customs and Excise Advice Centre Southbank Lvl, Dorset House, Stanford St, London SE1 9PY (Tel: 020 7202 4227, Website: www.hmce.gov.uk)

ADAC German equivalent of AA/RAC with same services, often cheaper. (Tel: +49 3086860, Website: www.adac.de)

VEHICLE PREPARATION

Land Rovers are still very popular vehicles with overlanders, *The Sahara Handbook* has a good review of these. That having been said, Toyota is now leading the market in Africa and Asia, so spares are more widely available.

Vehicles with more than nine seats driven outside the UK are required under EEC regulations to be fitted with a Tachometer to abide by Public Service Vehicle regulations.

Brownchurch (Land Rovers) Limited Bickley Road, Leyton, London E10 7AQ (Tel: 020 8556 0011, Fax: 020 8556 0033, Website: www.brownchurch.co.uk) specialist safari preparation for Land Rovers and Range Rovers: roof racks, light-guards, bush bars, jerry can holders, suspension and over-drive modifications, winches, sand ladders, high-lift jacks, oil cooler kits, etc.

Conrico International Limited Land Rover Export Distributor, Hanworth Lane Business Park, Chertsey, Surrey KT16 9LA (Tel: 01932 567321, Fax: 01932 571178, Website: www.conrico.com)

Dunsfold Land Rovers Alsold Road, Dunsfold, Nr. Guildford, Surrey GU8 4NP (Tel: 01483 200567, Website: www.dunsfold.com). Supplies vehicles kitted-out for overland trips.

Land Rover Ltd Public Relations Dept., Lode Lane, Solihull, West Midlands B92 8NW (Tel: 0870 5000500, Website: www.landrover.co.uk)

Overlander Off-Road Centre East Foldhay, Zeal Monachorum, Crediton, Devon EX17 6DH (Tel: 01363 82666, Website: www.davidbowyer.com) Off-road driving and recovery tuition, 4x4 bookshop. Vehicle accessories.

Unipart Unipart House, Cowley, Oxford OX4 2PG (Tel: 01865 778966,

Website: www.ugc.co.uk) market a wide range of equipment and accessories for Land Rover and Range Rover vehicles.

World Off Road Website

<http://www.worldoffroad.com/>

REFERENCES

AA Travel Guide to Motoring Abroad (annual). Website: www.theaa.co.uk

JACKSON, Jack (1995) *The Off-Road 4-Wheel-Drive Book: choosing, using and maintain go-anywhere vehicles*. Patrick Stephens Ltd., Sparkford, Nr Yeovil, Somerset BA22 7JJ. Assesses various 4 x 4 vehicles, with sections on overlanding, common problems and addresses of useful suppliers and clubs.

COLLINS, M. (1985) *Driving, Navigation & Survival in the hot deserts*. RoSPA, Cannon House, The Priory, Queensway, Birmingham B4 6BS.

Various magazines: *Land Rover Owner International Magazine, Land Rover World, Land Rover Magazine, 4x4 Off road magazine*. Available from newsagents or by mail-order.

SHEPPARD, Tom (1998) *Vehicle-dependent Expeditions*. Desert Winds in Association with Land Rover. Guidance on all aspect of planning vehicle based expeditions including choosing a vehicle, shipping, food and fuel, navigation and driving techniques. Available from the Expedition Advisory Centre, price £26.

DRIVER TRAINING

Motor accidents are a major cause of injury abroad. Those without off-road driving experience are strongly encouraged do some sort of driver training and vehicle maintenance course before departure. The Expedition Advisory Centre usually runs one or two courses each year, in association with Land Rover. Other courses are listed in the 4x4 magazines. When on the road, always consider that your aim is not to get to a certain place by that night, but is to get to your final destination in a number of days/weeks/months time.

Land Rover Driving Experience, Lode Lane, Solihull, West Midlands B92 8NW (Tel. 0121 7004619, Fax: 0121 7427964, Website: www.landrover.co.uk)

SHEPPARD, Tom (1999) *Off-Roader Driving*. Published by Desert Winds and available from the Expedition Advisory Centre, price £25.

MOTORBIKING

A suitable bike for an overland motorcyclist should be a mechanically simple, light, comfortable and economical machine capable of taking a hammering when fully loaded on dirt roads. For Africa trail bikes like Yamaha XT600 Ténérés or Honda XL650Rs are best (DR350/XL250 for the smaller rider); across Asia and the Americas a touring road bike will do if you keep to sealed highways. If carrying a passenger BMW flat-twins from 800-1100cc are best. As with Ténérés, older BMWs are simpler and better.

Bracken MW 330 St James Road, London SE1 5JX. (Tel. 020 7232 1814 Fax: 020 7231 9438, Website: www.bracken.co.uk) BMW specialists, plus second-hand parts.

Därns Expedition Shop Theresienstrasse 66, D-8000, Munich, Germany. Tel: 00 49 89 282032. Some specialist bike equipment such as aluminium boxes and racks.

Transcyclist International CPO Box 2064, Tokyo, Japan organises a local motorcycle loan programme, and helps members touring on their own bike.

The Harley-Davidson Motor Cycle Club 3700 W. Juneau, PO Box 453, Milwaukee, MI 53201 USA operates a fly-drive programme. Members can pick up a bike in Frankfurt, Hawaii, Orlando or Miami.

REFERENCES

BEALBY, Jonny (1995) *Running with the Moon: a boy's own adventure*. William Heinemann. Eventful account of a trans-African journey on a Yamaha XT600.

ENGLISH, Richard and Mopsa (1989) *Full Circle: Around the World with a Motorcycle and Sidecar*. Hayes Publishing Group, Sparkford, Yeovil, Somerset BA22 7JJ.

PRATT, Paul (1975) *World Understanding on Two Wheels*. Published by Lascelles. Available from the author at 80 Tilt Road, Cobham, Surrey.

SCOTT, Chris (1997) *The Adventure Motorbiking Handbook*. Compass Star Publications, website: www.compass-star.co.uk). A complete guide of overlanding by motorcycle (replaces *Desert Biking*, now out of print). By the same author, *Desert Travels: Motorcycle Journeys in the Sahara*

and West Africa (Travellers' Bookshop). The must-have for the long distance motorcyclist.

SIMON, E. (1981) *Jupiter's Travels: By Motorbike Around the World*. Penguin.

SIMON, E. (1984) *Riding Home*. Penguin.

SMITH, Anthony (1984) *Smith and Son: An Expedition into Africa*. Hodder and Stoughton. Motorcycle journey through Belgium, France, Italy, Egypt, Sudan, Uganda, Kenya, Tanzania, Zambia, Zimbabwe and South Africa.

SWAIN, Bob and SNYDER, Paula (1995) *Africa by Road*. Includes small section on motorcycle preparation by German overland expert Bernd Tesch.

CYCLING

The choice of bicycle depends on the type and length of journey and on the terrain and road surfaces likely to be encountered. A high quality touring bike is probably best for paved roads but a mountain bike is more suitable for unpaved roads to tracks.

Cyclists' Touring Club Cotterell House, 69 Meadrow, Godalming, Surrey GU7 3HS (Tel: 01483-417217, Fax 01483-426994, Email cycling@ctc.org.uk, Website: www.ctc.org.uk). Services include country information sheets (covering Europe and much of Africa, the Americas, Asia and Australasia), travel and cycle insurance, and a comprehensive cycling bookshop.

Adventure Cycling Association & Magazine
website: www.adv-cycling.org

Bicycle Association

Starley House, Eaton Road, Coventry, CV1 2FM Tel: 01203 553 838 is the national trade body for UK based manufacturers and importers of bicycles, components and accessories. Its members supply over 80% of all the cycling products available on the UK market. It works by providing a forum for the industry, lobbying government, developing technical standards, assisting exporters, monitoring the world-wide market.

Cycle Industry, the leading UK monthly for the cycle trade, Mark Allen Publishing Ltd., Jesses Farm, Snow Hill, Dinton, Salisbury, Wilts SP3 5HN Tel: 01722 716996, Fax: 01722 716926 Publishers of the Cyclists'

Sourcebook, an invaluable reference book on bicycle manufacturers, suppliers and retailers.

Cyber Cyclery website: www.cycling.org

Thousands of bicycle **enthusiasts around** the world use Cyber Cyclery every day to find a wide variety of biking related information, resources and services

L'ordre des Cols Dur, 37 Acacia Avenue, Hale, Altrincham, Cheshire WA15 8QY. Club for those interested in cycling in European mountains.

Intrepid Trips, 15 Freefolk Priors, Freefolk, Nr Whitchurch, Hants RG28 7NJ (Tel/Fax: 01256-893432) established by David Elliott, a world record holder for his 10,000km crossing of Africa, specialises in bicycle adventure travel. Tailor-made tours and expeditions, bike hire and sales.

Round-the-World Cyclists Registry PO Box 1065, Station A, Toronto, Ontario, Canada M5W 1G6

Travel with your Bicycle (Touring Reports) website:
www.bikeaccess.net/touring_db.cfm

REFERENCES

- ATLEE, Rupert. (1999) *The Trail to Titicaca*. Summersdale
- BENGE, Polly. (2000) *Tea for Two, with no cups*. TravellersEye
- CLOUGH, Neil. *Two-wheel Trek*. Manchester to Cape of Good Hope by Bicycle. Arrow Books.
- CRANE, Nicholas (1988) *Cycling in Europe*. Pan Books. (1990) *Atlas Biker: Mountaineering in Morocco*. Oxford Illus Press.
- CRANE, Richard (1993) Charity fund-raising expeditions. In *Expedition Planners' Handbook and Directory* (Expedition Advisory Centre, 1993)
- CRANE, Nicholas and Richard (1985) *Bicycles up Kilimanjaro*. Oxford University Press.
- CRANE, Nicholas and Richard (1987) *Journey to the centre of the Earth*. Bantam Press.
- DEW, Josie. *The Wind in my Wheels: Travel Tales from the Saddle*. Little Brown & Co.
- FERGUSON, Gary. *Freewheeling: Bicycling the Open Road*. Cordee Books.

- FREMANTLE, Tom. (2000) *Johnny Ginger's last ride*. Pan Books
- HIBELL, I and TROWBRIDGE, C. (1984) *Into the Remote Places*. Cycling journeys totalling half a million miles including a crossing of Colombia's Atrato Swamp. Robsons Books.
- HUGHES, Tim (1987) *The Cycle Tourer's Handbook*. Batsford.
- KELLY, Charles and CRANE, Nicholas (1989) *Richard's Mountain Bike Book*. Oxford Illustrated Press.
- KIRKDALE, Tom. *Bicycling the Pacific Coast*. Cordee Books. Details, maps, mileage logs for 1,947 miles from Canada to Mexico.
- MAGONOULOUX, Bernard (1988) *Travels with Rosinante: 5 years cycling around the World*. Oxford Illustrated Press.
- MURPHY, Dervla (1986) *Full Tilt*. The story of one woman's journey by cycle from Ireland to India. Century Travel.
- MURRAY, Hallam (1993) in the cycling section of *The South American Handbook* edited by Ben Box (Trade & Travel, 1993). A useful survey of do's and don'ts and equipment for long distance journeys.
- SAUNDERS, N. *Journey to the Source of the Nile*. Nick Saunders Ltd. A cycle ride through the desert.
- SAVAGE, Barbara. *Miles from Nowhere*. A round-the-world bicycle adventure. Cordee Books.
- SELBY, Bettina (1991) *Frail dream of Timbuktu*. John Murray. (1988) *Riding the Desert Trail*. Chatto and Windus. A journey from Alexandria to Uganda along the course of the Nile. (1984) *Riding the Mountains Down*. Gollancz. Account of 5,000 mile cycle from Karachi to Gangtok.
- SPITTELER, Miranda (1989) *Four Corners World Bike Ride*. Oxford University Press.
- STEVENS, Thomas (1988) *Around the World on a Bicycle*. Century Hutchinson, 1988
- VARDY, Anne (1988) *Twelve Wheels from Turkey*. Marshall Pickering. Family adventure from Istanbul to Canterbury.
- VICKERS, Paul (1990) *Bicycle Expeditions*. Planning, equipping and undertaking long-distance bicycle journeys. Expedition Advisory Centre.
- WHITEHILL, Karen and Terry. *Europe by bike*. Cordee books.

WINN, Jasper (1987) Notes on the Algiers/Tamanrasset trans-Sahara route for cyclists. Photocopies from the EAC.

Commercial Overland & Tour Operators

These organisations are in the business of selling overland tours, if you do go to them for advice to help plan your own journey, you may have to pay for their help. Should you be unable to organise your own trip they may be a good alternative.

The Africa Travel Shop 4 Medway Court, Leigh Street, London WC1H 9QX (Tel: 020 7387 1211, Website: www.africatravel.com) is run by staff with extensive overland experience in regular contact with the changing situations in Africa and Asia. They offer a consultancy service to intending overland travellers and charge a small fee. They stock a range of maps, books and travel accessories and have detailed notes available on various overland routes.

Dragoman 14 Camp Green, Debenham, Stowmarket IP14 6LA (Tel: 01728 861133, Website: www.dragoman.co.uk)

Encounter Overland 267 Old Brompton Road, London SW5 9JA (Tel: 020 7370 6845, Fax: 020 7244 9737, Website: www.encounter-overland.com) can provide details on the major overland routes.

Exodus Expeditions 9 Weir Road, Balham, London SW12 0LT (Tel: 020 8675 5550, Website: www.exodustravels.co.uk). Specialists in trekking and adventure holidays.

Explore Worldwide 1 Frederick Street, Aldershot, Hants GU11 1LQ (01252-319448, Website: www.explore.co.uk)

Guerba Expeditions Ltd 101 Eden Vale Road, Westbury, Wiltshire BA13 3QX (Tel: 01373 826611, Website: www.guerba.co.uk) Operate overland camping safaris.

Truck Africa (Tel: 020 7731 6142, Fax: 020 7371 7445, Website: www.truckafrica.com)

World Expeditions 3 Northfields Prospect, Putney Bridge Road, London SW18 1PE (Tel: 020 8870 2600, Website: www.worldexpeditions.co.uk)

Others: There are a number of smaller companies and individuals who operate trips, especially to Africa. They advertise in the Australian free-press (*TNT* etc.), occasionally in other give-away magazines in *Time Out* magazine and often in the travel section of Sunday newspapers.

Travel bookshops

Daunt Books 83 Marylebone High Street, London W1M 4AL (Tel: 020 7224 2295, Email info@dauntbooks.com)

Oriental and African Books 4 Kingsland Court, 26 Kennedy Road, Shrewsbury SY3 7AB (Tel: 01743 352575)

The Travel Bookshop 13-15 Blenheim Crescent, London W11 2EE (Tel: 020 7229 5260, Fax: 020 7243 1552, Website: www.thetravelbookshop.co.uk)

Nomad Books 781 Fulham Road, London SW6 (Tel: 020 7736 4000, Website: www.nomadbooks.co.uk)

Stanford's 12-14 Long Acre, London WC2E 9LP (Tel: 020 7836 1321, Website: www.stanfords.co.uk)

Libraries

School of Oriental and African Studies Thornhaugh St, Russell Square, London, WC1 HOXG. Tel: 020 7637 2388, Website: www.soas.ac.uk

Commonwealth Institute Resource Centre 230 Kensington High Street, London, W8 6NQ. Tel: 020 7603 4535, Website: www.commonwealth.org.uk

Canning House 2 Belgrave Square, London, SW1X 8PJ. Tel: 020 7235 2303, Website: www.canninghouse.com Useful for research on South American countries.

Specialist Publishers

AA Publishing 4th Floor, City Wall House, Basing View, Basingstoke, Hampshire RG21 2EA (Tel: 0870 6020334)

OAG Worldwide World Timetable Centre, Church Street, Dunstable, Beds. LU5 4HB (Tel: 01582 600111, Website: www.oag.com) Publishers of detailed airline, rail and shipping guides.

Berlitz Discovery Guides Highly illustrated background reading with suggested itineraries, *Berlitz Phrasebooks* and *Berlitz Pocket Guides* (sightseeing, hotel and eating-out information). Tel: 020 7408 2474, Website: www.berlitz.com

Blue Guides A. & C. Black, 35 Bedford Row, London WC1R 4JH. Tel: 020 7242 0946

Bradt Publications 41 Nortoft Road, Chalfont St. Peter, Bucks. SL9 0LA Tel. 01753 893444, Website: www.bradt-travelguides.com Produces excellent guide books for the more adventurous traveller, usually emphasising ecotourism and natural history. They also sell a selection of maps. Write for a catalogue.

Cicerone Press Police Square, Milnthorpe, Cumbria LA7 7PY. Mountain and walking guides. Tel: 01539 562069, Website: www.cicerone.co.uk

Collins Independent Traveller Harper Collins, 77-85 Fulham Palace Road, London W6 8JB. Tel. 020 8741 7070, Website: www.fireandwater.com

Columbus Press Ltd Publish the ABTA/ANTOR Fact finder *World Travel Guide*. See earlier, Website: www.wtgonline.com

Cordee 3a De Montfort Street, Leicester LE1 7HD Tel: 0116 2543579, Website: www.cordee.co.uk Specialist distributors and publishers of trekking and mountaineering books.

Discovery Imel, 20 Berkeley Street, London W1X 5AE. Tel: 020 7491 1799, Website: imel@aol.com

Fodor Fodor's Travel Publications Inc., 201 East 50th Street, New York, NY 10022, USA. (Enquiries from the UK to: Fodor's Travel Publications, 20 Vauxhall Bridge Road, London SW1V 2SA. Tel. 020 7840 8400 Website: www.randomhouse.co.uk

Footloose Simon & Schuster Ltd. West Garden Place, Kendal Street,

London W2 2AQ.

Footprint Handbooks 6 Riverside Court, Lower Bristol Road, Bath BA2 3DZ (Tel: 01225 469141, Email: handbooks@footprint.cix.co.uk, Fax: 01225 469461). Publishes *The Footprint Handbooks*, a series of award-winning guidebooks for independent travellers based on the best-selling *South American Handbook*.

I.C. Publications Ltd. PO Box 261, 69 Great Queen Street, London WC2 5BN. *Traveller's Guides to Africa*. (Tel. 020 7713 7711 Website: www.africasia.com/icpubs)

Insight APA Publications, POB 219, Orchard Point Post Office, Singapore. (Tel: +65 8612755)

Let's Go Harvard Student Agency Inc., Harvard University, Thayer Hall-B, Cambridge, Mass. 02138, USA. (UK Distributors: Pan Books, Cavaye Place, London SW10 9PG).

Lonely Planet Publications 10a Spring Place, London NW5 3BH (Tel: 020 7428 4800) or Head Office, PO Box 88, South Yarra 3141, Victoria, Australia (Tel: +61 3 98191877) Produce a number of excellent guidebooks usually under the title ". . . :a travel survival kit" or ". . . on a shoestring" and a number of phrasebooks. Their website: www.lonelyplanet.com includes travel profiles of individual countries and "postcards" messages and advice from travellers. Also publish a free quarterly *Planet Talk* newsletter.

Michelin Service de Tourisme Pneu, 46 Avenue de Breteuil, 75324 Paris, Cedex 07, (Tel: France. +33 144939300, Website: www.stt-prestige.com)

Moon Travel Handbooks Distributed by Hodder and Stoughton, 47 Bedford Square, London WC1B 3DP (Tel: 020 7636 9851, Website: www.moon.com)

Nelles Nelles Verlag (GmbH), Munchen 45, Germany Tel: +49 8935 71940. UK Distributors: Robertson McCarta, 15 Highbury Place, London N5.

Phaidon Phaidon Press Ltd., 140 Kensington Church Street, London W8 4BN. Tel. 020 7843 1000, Website: www.phaidon.com

Philips George Philip Ltd., 1 Marlin House, Marlins Meadow, Croxley Business Park, Watford WD1 8YA Tel: 01923 819423, Website: www.phillips-maps.co.uk

Quiller Quiller Press Limited, 46 Lillie Road, London SW6 1TN. Tel. 020 7499 6529, Email: greenwood@quiller.conx.co.uk

Rough Guides 62-70 Shorts Gardens, London, WC2H 9AB. Tel. 020 7379 3329, Website: www.roughguides.co.uk Free quarterly *Rough Times* newsletter.

Roger Lascelles Cartographic and Travel Publisher 47 York Road, Brentford, Middx. TW8 0QP Tel. 020 8847 0935. A specialist publisher who produces many of his own books and is an agent for many overseas publishers including the Lonely Planet guidebook series. Send an SAE for his catalogue.

Shell Simon & Schuster Ltd., West Garden Place, Kendal Street, London W2 2AQ. Tel: 0141 3063100

Thomas Cook Publications PO Box 227, Peterborough, PE3 6SB (Tel: 01733 503571, Website: www.thomascook.com) Include their Continental Timetable for road, rail and local shipping in Europe and the Overseas Timetable for the same services outside Europe. Full sales leaflet available on request, or from any Thomas Cook branch.

Vacation Work Publications 9 Park End Street, Oxford OX1 1HJ (Tel: 01865 241978, Fax: 01865 790885, Website: www.vacationwork.co.uk) Publishers of a number of directories of summer jobs, voluntary work abroad and travel guides, worldwide.

Viking Viking, 27 Wrights Lane, London W8 5TZ. Tel: 020 7416 3000 Website: www.penguin.co.uk

WEXAS International Ltd 45 Brompton Road, London SW3 1DE (Tel: 020 7589 3315/0500, Website: www.wexas.com/travel) An international travel club. Members receive *The Traveller* magazine which contains much useful information. Their publication *The Traveller's Handbook* is the best book for independent travellers and overlanders and has an extensive reference section.

Travel Magazines

The Geographical Magazine 47c Kensington Court, London W8 5DA Tel: 020 7938 4011, Fax: 020 7938 4022, Website: www.geographical.co.uk
Email: magazine@geographical.co.uk

Global Adventure Sports & Travel Maze Media (2000) Ltd, 89 East Hill, Colchester, Essex CO1 2QN Tel: 01206 505920, Fax: 01206 505929, Email: steve_oth@aceville.com

New Internationalist 55 Rectory Road, Oxford, OX4 1BW Tel: 01858 439616

The South American Explorer The Magazine of the South American Explorers' Club. Back issues of this informative magazine are available Bradt Publications. Website: www.samexplo.org

TNT Magazine 14-15 Child's Place, Earl's Court, London SW5 9RX. Tel: 020 7373 3377 Website: www.tntmag.co.uk

Trailfinder Magazine Insurance information at the back of the magazine. Free from Trailfinders. Website: www.trailfinders.co.uk

Traveller WEXAS International, 45- 49 Brompton Road, London, SW3 1DE. Tel: 020 7589 0500, Website: www.wexas.com/travel

Wanderlust PO Box 1832, Windsor, Berks SL4 5YG. Tel: 01753 620426, Fax: 01753 620474, Website: www.wanderlust.co.uk

Keep an eye on the travel sections in the major national daily and Sunday newspapers for contacts and ideas.

Further Reading

The books listed are a selection of both guidebooks and travelogues, ordered by continent. The list is by no means comprehensive, as guidebooks are constantly being introduced and revised.

GENERAL

ASHTON, Mark (1998) *Everything you need to know before you go*. Small pamphlet sheet, but packed with information.

BBC *Get by In Travel Packs*, book and tape language learning for Arabic, Chinese, Greek, Japanese, Portuguese, Russian and Turkish. BBC Enterprises.

COSMOPOLITAN 1999 *The Backpackers Bible*. An extremely useful guide to backpacking voyages. Particularly good 'countdown to departure' checklist.

FISHER, R. *Fodor's Railways of the World*. David McKay.

GOUGH, Laurie (1999) *Kite Strings*. Travellers Tales. A story of independent female travel.

HARDING, Maria (1996) *Weather to Travel*. Tomorrow's Guides Ltd., 6 Alleyn Road, London SE21 8AL (tel 020 8766 6540)

HODSON, Mark and The Suzy Lamplugh Trust (1998) *World Wise, Your Passport to Safer Travel*. Thomas Cook publications. Advice for younger travellers on culture, health and safety with country-by-country guide and website details for updates. Website
www.brookes.ac.uk/worldwise

HOLLAND, Jools (1998) *Around the World with Jools Holland*. Victor Gollancz.

LONELY PLANET GUIDES *Travel with Children*.

NEALE, Greg, and NICHOLSON, Trish (1999) *The Green Travel Guide*. Earth Scan.

PALIN, Michael (1998) *Around the World in 80 days*. BBC Books.

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I traveled from Nepal to Tibet overland, but was delayed in Nepal due to bad weather in Mainland China. Due to this, I was able to take my time and search out all the possibilities of this great overland adventure yes this page is fully up-to-date! Updated: (2017). (click on a topic heading to jump to that section). Â» Introduction. Â» What do you really need? (officially). Â» Do I really need a tour company, costs & how to choose? Â» Visas, Permits which ones and How to get them? What are the benefits of independent travel over guided tours with a tour company. We outline why we choose to travel independently when we travel the world.Â Craig and I travelled through Africa independently backpacking from Kenya to Cape Town. We were always amazed at how fast the overland trucks (the guided tours) ripped through areas. While we were relaxing in beautiful lakeside villages for days at a time, they were pulling in, setting up, and then getting up at the crack of dawn to pack up and leave again. It was quite exhausting watching it. Independent travel allows for a slower pace, enabling you to get to know the local culture more and create more enriching experiences in one particular area. Greater Authenticity. Though of course, as an independent traveller, you are saving money compared to travelling on a tour! Do You Need A Visa For China? If youâ€™re visiting China independently, youâ€™ll have to arrange a visa yourself.Â There are also several overland entry points from the surrounding countries. However, keep in mind that in order to obtain your visa you must show proof of entry and exit, which may prove difficult if you are planning to enter and/or leave overland. One way around this is to reserve a flight through an agency, use the confirmation to apply for your visa, then cancel your reservation.