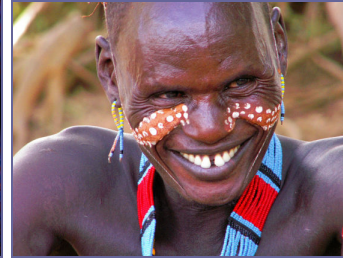


# WILD FRONTIERS



## Tribes of the Omo Valley (Wild Expedition) People & Landscapes of Southern Ethiopia

This is an extraordinary opportunity to meet some of the more remote ethnic groups of the fascinatingly diverse areas surrounding the Omo River in South West Ethiopia. In conjunction with local experts we have devised this comprehensive itinerary which visits a region largely isolated from Greater Ethiopia and modern western lifestyles. This unique trip begins with a journey through the ancient coffee land and then continues to Suri territory known for a strong adherence to their culture and traditions, before descending into the remote Omo National Park to commence a 4-day exploration along the river. Be warned, this is not an easy journey and with some basic conditions, it will surely be a journey to challenge the senses. Accompanied by our expert guides, we aim to learn about the varied ethnic groups who inhabit the region. From the Suri, renowned for the donga stick fighting, the Nyangatom famous for body scarifications to the Hamar famous for their bull jumping coming of age ceremony. As an added bonus, there will also be the opportunity to journey through parts of the Great Rift Valley.

*'Our trip to the Omo Valley proved to be everything we were promised & more-it was one permanent highlight & one of our greatest & most memorable adventures'* Chris & Franjie Hutton

### Highlights:

- Meeting the people of the Omo River region with our expert guides
- Having the opportunity to stay with the Suri people - famous for the donga stick fighting.
- Slowly navigating the lower stretches of the Omo River
- Spending time in the Great African Rift Valley and taking a boat trip on Lake Chamo encountering hippos and crocodiles.

Duration: 16 Days

Average group size: 5 - 12

Start: Fri 28 Sept 12

Finish: Sat 13 Oct 12



WILD FRONTIERS Adventure Travel Ltd Tel: 00 44 (0) 20 7736 3968 Fax: 00 44 (0) 20 7751 0710

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# Why Wild Frontiers?

As a young, innovative company, Wild Frontiers is delighted to have been voted one of the 'Top 10 Tour Operators' by the readers of both Wanderlust and National Geographic Adventure. We are frequently asked what makes us different from other tour operators, and feel that the factors below answer this important question.

**The Traveller's Ethos:** WF is a company that has been set up by travellers for travellers, and our ethos is to help adventurous souls get to incredible and inaccessible places in safety and as much comfort as local conditions allow. We are firm believers that travelling is all about the experience and it's the details that make the trip - we specialise in drawing on our own extensive local knowledge and array of contacts to give our clients the very best experience possible.

**Personal Service:** Our London office is manned by experienced expedition leaders and every trip we run stems from their extensive knowledge - in short, we run the kind of trips that as passionate travellers, we like to do ourselves! When you ring our office, you can be guaranteed to chat to someone that knows the trips and the terrain, and is able to offer sound and practical advice.

**Authentic Experiences:** Our unique, original itineraries allow our clients to take journeys that venture beneath the surface of the region. Unlike the plethora of 'world specialists' out there who purport to know a hundred destinations, we concentrate on the locations we know and love. We don't run the same tour over and over, thus running the risk of creating a 'tourist circuit' and spoiling untouched regions. Instead, we rarely run any tour more than a couple of times a year and they are on routes we have discovered for ourselves, meaning we are able to give a truly authentic, off-the-beaten-track experience.

**Be the First:** Our style of travel is all about exploration, and nothing excites us more than opening up new routes to genuine travellers. We keep abreast of new destinations and are often the first to return to places that have vanished from the tourist map. We were the first back into Pakistan after 9/11, the first to return to Kashmir after a decade of tourist isolation, and the first to run a commercial travel trip to Afghanistan for almost 30 years. Since then we have helped bring Colombia, Yemen and Georgia back into the tourist fold, specialising in groundbreaking reconnaissance trips and imaginative expeditions.

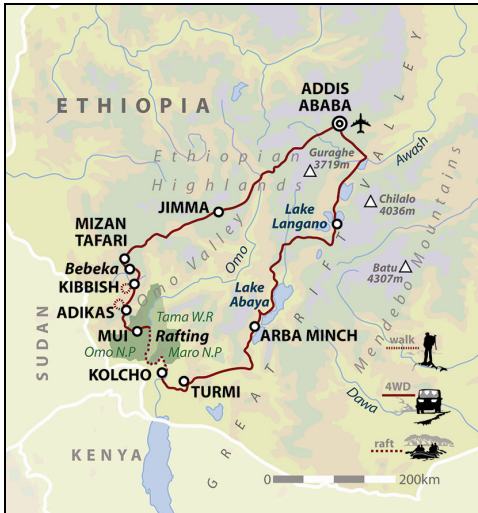
**Small Group Size:** We believe it is imperative to keep the group sizes small. Most trips are limited to a maximum of approximately 12 travellers, thus giving you more access to fragile cultures, better opportunities to interact with local people, and the knowledge you are making less of an impact while there.

**Cost of Tours:** We believe in an honest, upfront pricing system so you know exactly what the tour will cost before you book. We avoid local payments, 'optional extras' or forcing our clients to split every meal bill. Our tours are provided on a predominantly full board basis, with mineral water, government permits, entrance fees and transport all included.

**Added Value:** We aim to give our clients the very best (not the least expensive) experience through whatever facilities are available to us. We always try to provide accommodation that is interesting, characterful and convenient, and transport - another important part of any tour - that is as varied and comfortable as possible.

**Our clients:** Your companions can make or break a trip, and it's lucky therefore that our clients are our greatest asset. Travelling to remote regions is not for everyone, and as such we tend to attract open-minded travellers looking for genuine experiences, and a desire to reach those hard to get to places.

**Responsible Travel:** Awarded 5 star status by AITO (Association of Independent Tour operators), responsible tourism has always been an integral part of our company ethos and our adventures are designed with the local people, culture and eco-system in mind. For further details please refer to the RT section on this dossier.



**Day 1: Addis Ababa (2400m):** Meeting at our hotel this morning for the expedition briefing before taking an orientation tour around the bustling capital. We plan to visit the Ethnographic museum located in the former palace of Emperor Haile Selassie, and then head out for some final shopping for the expedition. We will have lunch at an excellent local restaurant tasting traditional Northern Ethiopian food and retire for an early night.  
*Hotel (L, D)*

**Day 2: Addis - Jimma:** Today we head off in 4WDs towards to the south-west into the Oromo region. Passing by Weliso Maryam church, known for its healing holy water, we drive towards the Gibe River gorge before reaching Jimma. This is the beginning of the Kaffa region which stretches south of the city and it believed to be the home of the Arabica coffee bean. It remains Ethiopia's main coffee growing area and many farmers still make their living from the coffee plantations which dot the landscape.  
*Hotel (B, L, D)*

**Day 3: Jimma - Mizan Tafari:** We start early in the morning with a visit to King Jaffa's tin castle overlooking Jimma before driving further South West. Here we enter the heart of the Kaffa region where Kaffa and Bentch agriculturalist live. The latter are known for applying elaborate murals to the exterior of their houses. We stop for lunch in Bonga before passing by the Wush Wush Tea plantation and finally reaching Mizan Tafari where we spend the night.  
*Simple Hotel (B, L, D)*

**Day 4: Mizan Tafari - Kibbish:** This morning we will get up early and take a walk in a traditional Bentch village. Then we head out passing through the Bebeke Coffee plantation - the largest in Ethiopia. Heading further south, we reach Dimma, an important transport hub for Suri and Nuer people. From here we enter Suri territory which is surprisingly lush and contains several ecological zones important to Suri lifestyle. We descend into the Kibbish area where we hope to spend the next three nights camping at our friend, Bargulo's village of Regia.  
*Wild Camp (B, L, D)*

NB It should be noted that the vast majority of foreign visitors to Southern Ethiopia arrive in villages by 4WDs and focus on taking photographs. We aim at arriving on foot and focus on learning and visiting before photography. This way we hope to avoid parts of the problems arising from tribal tourism which has begun to plague some of the more visited areas.

**Day 5: In Kibbish Area:** Spending the day in the area, there is an option to take a walk to Magologne holy water, visit a few villages and perhaps meet Arbula a former master of Sagine - stick fighting. Sagine takes place when food is plenty and rain is scarce. Several teams from different villages compete against each other and the competition culminates in announcing an overall master. If we are lucky we may witness one of the fights. To Western observers it may appear harsh, but this ritualised form of violence is an essential component of Suri cultural practices.  
*Wild Camp (B, L, D)*

**Day 6: In Kibbish Area:** We descend into the grazing land for Suri cattle and stop at Koko to take a walk and visit the school which the Wild Frontiers Foundations will be supporting. In addition, if there are cattle in the area, there should be time to visit the herders and perhaps witness how they tap the livestock for blood. Depending on whether we come across a Sangine session - the afternoon may be left free to relax by the river, visit the village or just do some laundry.  
*Wild Camp (B, L, D)*

**Day 7: Kibbish - Mui, Omo N.P. HQ:** This morning we say goodbye to our hosts and drive through Nyangatom territory on a rough dirt road after which we enter the remote but beautiful Omo National Park, looking at for game as we drive towards the park's headquarters at Mui. On arrival, there should be time for a wash and perhaps a drive to the grazing land of the Nyangatom people, a hot spring area and perhaps spot a few antelope species.  
*Wild Camp (B, L, D)*

**Day 8: Mui - Omo River:** This morning we pack and prepare for the 4-day river trip. Our main luggage will remain in the vehicles and we take only minimal belongings with us on the water. Driving deeper into the heart of the park, we finally reach the Omo River which forms the boundaries between Omo National Park and Tama Wildlife Reserve. Today we say goodbye to our cars and drivers and meet our boat captains and rafts which will provide all our transport needs over the next 4 days. Provided that the people have not moved on, we may be camping next to a Mursi village tonight.  
*Wild Camp (B, L, D)*

**NB,** *Kindly note that the starting and the end point of the 4 day river trip depends on the water-flow of the Omo River. This can vary greatly from year to year and therefore the exact itinerary over the next 4 days remains dependent on the state of the river at the time. In essence this means that the overnight stops during the river trip as well as the suggested ethnic groups we visit, are flexible as it is not possible to predict who will be where any given the time.*

**Day 9: Omo River:** Finally our river journey starts in earnest... Although our rafts will be familiar to anyone who has been "white-water" rafting, this journey is distinctly "brown-water" and the adrenaline rushes will come from the experience of being on the river and stopping by villages, rather than the surge of the waters! As we slowly make our way down the Omo River on sturdy inflatable rafts with outboard motors, there will be plenty time to take in the scenery and indulge in the remoteness of this amazing region. Several ethnic groups inhabit this area and the itinerary is left intentionally free to allow maximum flexibility in this most

unpredictable part of the country. The area we travel through today is dominated by the Mursi people who are culturally and linguistically interlinked to the Suri - both known for their lip plates.  
*Wild Camp (B, L, D)*

**Day 10: Omo River:** Continuing our rafting downstream, we hope to meet members of the Mugugi ethnic group along the river.  
*Wild Camp (B, L, D)*

**Day 11: Omo Valley:** Further downstream, we now enter the Nyangatom cultural sphere; another semi-nomadic pastoral society. Known to their enemies by the derogatory term 'Bume' (the smelly ones), the Nyangatom are proud cattle-herders. Cow's blood and milk form a major part of their diet and they are traditionally known for body scarifications and elaborate hairstyles symbolising achievements in fights. The Nyangatom people are very much affected by climate change related to environmental issues (loss of grazing, food shortages and lack of water) as well as being engaged with inter-tribal disputes with their neighbours. Tonight we hope to spend the night in a forested section on the edges of the Kara village of Dus.  
*Wild Camp (B, L, D)*

**Day 12: Omo Valley - Murelle:** Today is our final day on the river and depending on where we spent last night, we hope to take a walk in a Kara village this morning. The villages are located on the Eastern river bank. The Kara people number a mere 1500 and are culturally interlinked to the Hamar who dominates this part of the lower Omo Valley. After our visit we'll continue on a short journey to Murelle Camp where we say goodbye to our boat captains and will be met by our drivers, vehicles and main luggage. We make camp for a final night and hopefully look back with a sense of achievement on the past 4 days on the river.  
*Wild Camp (B, L, D)*

**Day 13: Murelle - Turmi:** We hope to begin the morning with a walk in the bush dotted with acacia and desert rose trees before heading into Turmi, a small town and the centre of Hamar culture. It should be noted that this part of Southern Ethiopia is far more visited than the

region we have just left behind. After many nights of camping we have a chance to unwind at a local lodge.

*Local style Lodge (B, L, D)*

**Day 14: Turmi - Arba Minch:** Today we leave the Omo Valley and make our way to Arba Minch, a large town located at a comfortable 1500m above sea level and over-looking two Rift Valley lakes, namely Chamo and Abaya. En route we pass Karat-Konso, famous for its hardworking agriculturalists, the Konso, who farm on ancient terraced lands.

*Hotel (B, L, D)*

**Day 15: In & Around Arba Minch:** This morning you may choose to relax at the hotel overlooking the lakes. Alternatively you can take a drive to the Dorze village of Chench. Speaking an Omotic language and settled in the hills above the lakes, Dorze people are renowned for their beehive-like house architecture and weaving techniques. In the afternoon we take a boat trip on Lake Chamo, part of Nechisar National Park, hoping to spot some of its famed wildlife, mainly hippos, crocodiles and prolific birdlife.

*Hotel (B, L, D)*

**Day 16: Arba Minch - Addis Ababa:** On our final day we have a long and beautiful drive along the top of the escarpment that runs parallel to the great African Rift Valley. We drive via Sodo and Hosanna through lush Gurage and Oromo villages. Towards the evening we arrive in Addis Abeba where there should be time to freshen up before heading out for a final dinner.

*Day rooms (B, L, D)*

**Wild Extensions:**

Arrive early to adjust to a new time zone or just to get a feel for the country before your tour starts. Explore the country after your tour on a bespoke Wild Extension or just allow a few days to relax afterwards. Maybe choose all of the above and get cheaper flights mid-week?

**A sample of what you could do...**

Anyone wanting to spend more time in the Rift Valley can be dropped off en route to Addis on DAY 16 and continue an exploration of the diverse Rift Valley regions, for example Lake Langano which is a good spot for bird watching and has a

number of comfortable lodges. You can also choose to cross over to Bale National Park and take a short trek, drive to the walled medieval city of Harar or return to Addis and continue a trip to the Northern historic route.

Contact the office for extension specifics.

**TOUR DETAILS**

**Tour Code:** OMO/B

**Tour price:** All our tours are priced on a LAND ONLY basis, giving you maximum flexibility when deciding how to get to and from your tour.

**Single Supplements:** These are NOT compulsory for any Wild Frontiers tour. Where single supplements are available please note that a single room cannot always be guaranteed for every night of the tour as depending on the destination, rooms may be limited. On this tour we are happy to offer an optional single supplement that will cover you for all nights of the tour.

NB: for those nights when we are camping you will get a single tent.

**Flights:** If you would like us to send you a quote for the suggested tour flight (see GETTING THERE) or on any alternative flight that may suit you better, please let us know.

In all cases, for the latest prices, please refer to our website or contact the office.

**Please remember that all Wild Frontiers tour prices mean NO hidden extras, NO local payments or kitty and NO compulsory single supplements.**

**WHAT IS INCLUDED?**

- Full services of a Wild Frontiers Tour Leader with local guides and drivers.
- Meal plan as detailed in the itinerary (B=Breakfast, L=Lunch, D=Dinner) with mineral water as required.
- All transport as outlined in the itinerary.
- All accommodation
- All entrance fees, as per itinerary.

### WHAT IS NOT INCLUDED?

- Visas
- Local airport taxes
- Tips
- Beverages & any costs of a personal nature.
- International Flights
- Airport transfers (unless booking suggested flights with WF office)

### GETTING THERE

For this trip our suggested flight (subject to change) is:

27SEP ET701 LHR-ADD 21:00/0730+1  
14OCT ET710 ADD-LHR 00:25/08:25

Key:

LHR - London Heathrow  
ADD - Addis Ababa  
ET - Ethiopian Airlines

**NB** If you wish to arrange your own flights you are completely free to do so and in this case we can arrange any transfers or supplementary accommodation that you may require.

Please note that if you are making your own flight arrangements, we recommend that you only purchase flights that are totally flexible and refundable as due to the nature of adventure travel, itineraries can change at any time. For more information, please refer to our booking conditions.

### PRACTICALITIES

**Accommodation:** This is definitely not a luxury trip, but for an unforgettable experience we have combined some truly wild camping in remote national parks with a range of hotels and lodges where possible. Any hotels mentioned in the itinerary are subject to availability and if not available substitutes will be of a similar quality.

**Camping:** This is an expedition camping trip. All the camping nights are considered as 'wild camping', e.g. camping at non-fixed sites without facilities. We carry solar heated showers fed by water from the river and there will be a shovel to cater for toilet visits.

Due to the remote nature and the sense of taking part in an expedition, you are expected to assist by putting up and down your own tent, carrying your own luggage and fill up your own showers.

**Food:** On the 10 camping nights we are accompanied by a chef and an assistant who will be preparing basic camp meals (breakfast, lunch and dinner). Due to limited cooling facilities and storage space on the 4 days river section, the food is basic but tasty and filling. Kindly also note that catering for certain dietary requirements can be tricky so please contact the office well in advance so we can do our best to meet your requirements.

**Transport:** We will use smart 4X4 landcruisers, sturdy inflatable rafts and our feet. There will be 4 travellers per boat (and a boat man and a guide) and a separate boat for equipment during the 3 full days on the river. The length of the journey varies from 5-8 hours depending on the water levels of the river. Needless to say, it will be an advantage if you are able to swim in case of an emergency (simple buoyancy aids are provided).

### **Trip Grading:**

Adventure Rating ❖❖❖❖❖  
Comfort Grade ❖❖❖❖❖  
Fitness Level ❖❖❖❖❖  
Cultural Interest ❖❖❖❖❖

Please note that this grading is an indication only and should you have any concerns please contact the office.

### WILD EXPEDITIONS

As many of you will be aware, Wild Frontiers is a company that has been set up by travellers for travellers and the company ethos has always been to help adventurous souls get to incredible places that would otherwise remain inaccessible. With many members of the WF team cutting their teeth in real adventure travel - as travel writers, polar explorers and expedition leaders - we are keen to return to our roots, to get out there into the wilds of this incredible earth, and take some of you with us.

So while we have always prided ourselves on running cutting edge, innovative trips, our Wild Expeditions truly take adventure travel to the next level. These often-groundbreaking tours, which investigate new destinations and rarely used routes, revert back to the golden age of explorative travel. These trips are unpredictable and conditions are often basic, so participants must be open-minded and prepared for all eventualities and to participate in practical matters - a sense of adventure (and humour!) is essential. Much more demanding than normal tours, they aren't for everyone and as such we strongly recommend you call the office to discuss the trip before booking.

#### **Fitness...**

Anyone in a reasonable state of health who enjoys walking should enjoy this tour, but please note that facilities are not luxurious and at times will be basic.

#### **It may sound obvious but...**

Wild Frontiers tours are not always for everyone and it is important to us that the tour you choose is the most suitable. Please therefore take time to read the dossier carefully. All our tours are graded to give an overall picture of the trip but these are only guidelines and you should check the daily itinerary. Should you have any concerns about your ability to partake in any aspect of the tour then please contact the office.

**Insurance:** Insurance that provides cover for emergency repatriation in case of a medical emergency is compulsory for all tours. You should be aware that many standard insurance policies may not cover you adequately for all aspects of a Wild Frontiers trip and so we strongly recommend that you purchase a suitably designed insurance policy. One such policy is the "Wild Frontiers" policy underwritten by Travel & General Insurance Company plc, which is available to UK and Republic of Ireland residents through our website or via the insurance company direct on 0845 408 0583. Under this policy there are two different levels of cover available and for this trip the minimum requirement would be the Standard policy.

#### **Cover explained:**

**Standard policy:** a comprehensive travel insurance policy that provides cover for all Wild Frontiers activities, including trekking up to 6,000m. This policy does not provide cover for travel to areas where the FCO is advising against all or all but essential travel.

**Elite policy:** provides the same comprehensive level of cover as the standard policy. In addition the Elite policy also provides cover for travel to areas where the FCO is advising against all or all but essential travel. The policy will not provide cover for any claims arising from or relating to the reasons why the FCO is advising against travel.

If purchasing the Elite policy you also have the option to **extend the cover** provided by the policy to include cover for claims arising from a terrorist act in an area where the FCO is advising against travel. You can add this cover to your policy when purchasing online or over the telephone.

These policies are only available to those travelling on a Wild Frontiers holiday.

For more information and to purchase your policy online please visit the Insurance section of our website.

The cover is underwritten by the International Insurance Company of Hannover Limited (IICH), who are authorised and regulated by the Financial Services Authority (FSA). Wild Frontiers Limited is an Introducer Appointed Representative of Travel & General Insurance Company plc, details of which can be found at the FSA's website [www.fsa.gov.uk](http://www.fsa.gov.uk).

If you do decide to purchase alternative insurance, then you must ensure that it covers you for every aspect of this trip. Please pay particular attention to ensuring that you are covered for travel on riverboats / rafting grade 1.

**Visas:** Visas are necessary for many of the destinations we travel to and while we aim to provide you with the most up-to-date information, requirements frequently change and as such we advise that you check with the relevant embassies or contact our recommended

visa agency, Travcour (020 7223 5295) [www.travcour.com](http://www.travcour.com) for the latest advice.

For this tour, UK passport holders currently require a visa for Ethiopia. Non-UK passport holders should contact the relevant embassies for individual requirements.

Further details will be sent out to you on booking, however ensuring that correct and valid visas are obtained remains the sole responsibility of the client.

**Responsible Travel:** Responsible travel and sustainable tourism are fundamental ideas that Wild Frontiers has been committed to since our birth. It is our strong belief that these words should not be simply 'tagged on' to dossiers and websites but should be at the very core of each trip, and our adventures are therefore designed with the local people, culture and eco-system in mind. We believe that a successful trip not only delivers a unique and unsurpassable journey for our clients, but that it also benefits the peoples whose lands we are privileged to visit.

**The Wild Frontiers Foundation:** In order to facilitate a structured and enduring support structure for the communities we visit, and to show a commitment to these values, Wild Frontiers has set up a charitable foundation through which we can channel funds to both existing NGOs and our own development projects. In addition to organising ethically sensitive tours, having our own charitable foundation allows us to raise money - through the cost of our tours, charity trips and fund raising events - which can then be used to fund various projects in education, sanitation, reforestations and a number of other important issues facing developing communities. Wherever possible we are happy for our clients to visit these projects to see for themselves where and how this money is being spent.

During this trip we have the opportunity to visit Koko Primary and/or Regia Primary Schools. Both are new (and underfunded village schools) which have recently been opened by the government as part of the Millennium Goal development targets of providing basic schooling to all Ethiopians. This is not without challenges especially in a

region redundant of a written language tradition. In addition monetary economy is a relatively new aspect hence many children does not have basic schools stuffs (books, pens etc). Koko School also have 'boarders' and in 2010 Wild Frontiers provided the school with blankets, mosquito nets, mattresses for the teachers, cooking material and kerosene cookers to cater for some basic needs. Whereas there is no formalised NGO dealing with these issues, the Wild Frontiers tour leader keeps in contact with the schools and through this initiative, Wild Frontiers plans to continue this basic support on each trip to the area.

For a comprehensive list of all partner NGOs please visit our website. Should you wish to contribute to these efforts or donate to the foundation please contact the office for details.

**The Environment:** Trying to do our bit for the environment, in 2005 we were among the first UK-based travel companies to automatically offset every client's international flight (if booked with us) with a payment to Carbon Clear to help promote sustainable energy.

**Foreign Commonwealth Office (FCO):** The FCO Travel advice highlights potential hazards people might experience when travelling abroad. Given the nature of destinations offered by Wild Frontiers it is inevitable that from time to time some itineraries contravene this advice. Whilst WF takes the safety and security of its clients extremely seriously, we will not necessarily cancel a trip because of the FCO advice. It is recommended therefore that clients check this advice before booking and contact us if they have any queries or concerns. Please see our website for further information.

**Climate:** The weather in Ethiopia, at least in terms of the heat, is fairly consistent all year round. The only real change is in rainfall. And as we will be travelling after the long rains this should not be a problem. During the day the temperature hovers around the late 20s but can reach mid 30s - please come prepared for some hot and humid conditions, though the highlands (Addis &



**Lip Plates:** The custom of wearing lip plates is one of the distinct features of the women of the Suri and Mursi tribes in southern Ethiopia. As a young teenager, a small incision is made into the girl's bottom lip, using a small knife, the front teeth of the lower jaw are removed, and a disc of locally derived baked clay is inserted into the incision. As the girl ages, and the bottom lip stretches with the weight of the plate, the smaller discs are removed and replaced with ever-larger discs, further stretching the lip. The discs are not worn all of the time. Various anthropological studies have been made to determine the cultural significance of the lip plates, and while several suggestions have been made, including the idea that the lip plate prevents the entry of evil spirits into the body via the mouth, and the idea that the practice was instituted to mar the appearance and hence put off slave traders looking for unblemished girls. However, the popular belief in tourist literature is that the size of the lip plate is representative of the wearer's family's wealth, and thus is indicative of her bride price; often those girls with particularly large plates bring in bride prices of over fifty head of cattle.

**Scarification:** Also known as cicatrization, this practice is often viewed with distaste or alarm by members of the outside world; however, scarification is actually an ancient, revered custom, practiced by tribal peoples all over the world, and specifically by male and female members of the southern Ethiopian Omo tribes, including, most notably, the Nyangatom. With men, scarification is used to convey the warrior status of the wearer; in fact, men are not allowed to scarify themselves until they have overcome an enemy or a feared animal. The scarification of women is an aesthetic practice said to increase the wearer's attractiveness. The process of scarification involves making many tiny little cuts in the surface of the skin, and then rubbing in some ash. The ash rubbed into the wounds causes the rising of the flesh and achieves the raised, bumpy appearance that is deemed highly desirable. The cuts are made in lots of different patterns and designs; the Nyangatom pierce the skin of their eyelids and cheekbones with little dots

and show off larger patterns on their ribcages.

If you want to read more about this fascinating region, the people and their cultural practices, please refer to the suggested reading list in the Pre-Departure Information you'll be sent on booking.

**How to book:**

In order to confirm your booking we need to have a completed signed booking form for each client together with a £400 deposit per person. You can either return your booking form to us by post or by booking online at [www.wildfrontiers.co.uk](http://www.wildfrontiers.co.uk)

You can contact the office by email to [info@wildfrontiers.co.uk](mailto:info@wildfrontiers.co.uk) or we are very happy to take your call on 020 7736 3968.

Wild Frontiers is a fully licensed and bonded tour operator and our ATOL number is 5975. You can book your holiday with Wild Frontiers in complete confidence that all monies you pay to us for your tour are fully protected.

We are also bonded with the Association of Independent Tour Operators (AITO). AITO members comply with the highest standards of consumer protection. Every AITO holiday is backed not only by AITO's Quality Charter but also by full financial protection.

We do recommend that you take out adequate travel insurance at the time of booking in the event that you are no longer able to travel as all deposits are non-refundable - full booking conditions can be found on the booking form and online at our website.