

# CAP 2022-2023 TRAVEL GUIDE







# Zimbabwe



## Victoria Falls

Victoria Falls is the world's largest sheet of falling water and is almost double the height of Niagara Falls and half a kilometer wider. It is located on the border between Zambia and Zimbabwe.

The best time to visit Victoria Falls is from February to May directly after the summer rains. This is the time when it will be at its greatest volume.



## Lake Kariba

Lake Kariba is the world's largest artificial lake and reservoir by volume and can be beautifully seen from many high rated lodges. There are many other activities to be experienced such as boat cruises on the lake, safari tours and much more.

It lies 1,300 kilometers upstream from the Indian Ocean, along the border between Zambia and Zimbabwe. The best city to view the majestic lake is in Kariba. The best time to visit is from June to October. This is the best time for wildlife viewing, although be aware that September and October are extremely hot months.

## Great Zimbabwe

Great Zimbabwe stands as one of the most extensively developed centers in pre-colonial sub-Saharan Africa and stands as a testament to the organization, autonomy, and economic power of the Shona peoples.

The medieval city is in the south-eastern hills of the modern country of Zimbabwe, near Lake Mutirikwi and the town of Masvingo. May through October is the best time to visit Great Zimbabwe because this is when Zimbabwe is at its driest and temperatures are warm but not scorching like they are later in the year.





# Malaysia



## Kuala Lumpur

Kuala Lumpur is the capital as well as the heartline of Malaysia. It is located in Peninsular Malaysia. The best time to visit is from December to January or from June to August as there are many celebrations and events happening.

There are plenty of things to see and do here such as visiting the tallest twin structure in the world, dining in a revolving restaurant in the 7th tallest tower, visiting several beautiful temples or enjoying a trip to the National Zoo.

## Jonker Street

Jonker Street is essentially a **GIANT NIGHT MARKET**. Here you could try many Malaysian Cuisine and enjoy the historical sites and architecture around the city of Malacca. They also sell everything from vegetables to fancy toys, so it is a good place to buy souvenirs for a reasonable price. Jonker Street is located in Malacca City and opens from 6 pm to 12 pm every day. You can either take an Uber or Taxi, as parking can be hard to find.



## Pulau Kapas

Pulau Kapas is a beautiful Island off the coast of Terengganu. You can enjoy the soft sands at the beach or swim in crystal clear water.

Consider a day trip here during April or August. There are plenty of activities to do such as scuba diving and jungle trekking!





# Kenya



## Mountain Kenya

Mount Kenya is the highest mountain in Kenya and the second-highest in Africa, with an elevation of 5,199 meters (17,057 feet). It is a popular destination for trekkers and climbers who come to explore its rugged terrain and breathtaking scenery. It is located in central Kenya, near the town of Nanyuki in the Mount Kenya National Park. The best time to visit Mount Kenya is during the dry season, which runs from January to March and from July to October. During this time, the weather is generally clear and dry, making it easier to climb the mountain and enjoy the stunning views.

## Pink Flamingos



Kenya is home to one of the world's largest populations of pink flamingos, which can be seen in their thousands on the shores of several lakes in the Rift Valley region. The pink flamingos in Kenya are a stunning sight to behold, as their vibrant pink plumage creates a striking contrast against the blue waters of the lakes. In addition to their beauty, the flamingoes play an important ecological role, as their feeding habits help to maintain the balance of the aquatic ecosystem. Most flamingos are found particularly in Lake Nakuru and Lake Bogoria. The flamingoes are attracted to these lakes due to their high concentration of algae, which is the primary food source for the birds. While the flamingoes can be seen year-round at Lake Nakuru, the best time to witness the full spectacle is between July and October when thousands of birds congregate at Lake Bogoria to feed and breed.



The wildebeest migration is considered a world wonder because it is one of the largest and most impressive wildlife migrations in the world. Every year, over two million wildebeests, zebras, and other grazing animals move in a clockwise direction across Tanzania and Kenya in search of fresh grass and water.

## Maasai Mara



The migration begins in Tanzania's Serengeti National Park and reaches its climax in Kenya's Maasai Mara, where visitors can witness thousands of animals crossing the Mara River, dodging predators, and grazing on the savannah.

The best time to witness the wildebeest migration in Maasai Mara is between July and October when the animals reach Kenya's Mara River.

# Brazil



## Angra dos Reis

Think of a place with beaches with calm and transparent waters and white sands, surrounded by a forest that meets the sea. I could even be talking about a movie set, but I'm talking about a small piece of paradise very close to Rio de Janeiro: Angra dos Reis. The region contains a bay of protected waters, pristine beaches, and breathtaking views; It is considered one of the top dream destinations for any travel lover!

Angra dos Reis is located on the South Coast of Rio de Janeiro state, and it is only 99 miles from the city of Rio de Janeiro and 248 miles from São Paulo. There are several airlines flying to Rio de Janeiro and after arriving at the airport, you can pick how you will be traveling to Angra: by private transfer, shared transfer, bus, or boat.

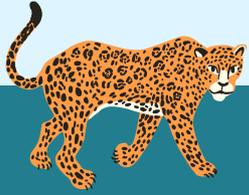


For those interested in entertainment, high temperatures and beach life December, January and February (the high season) are the best time to visit Angra dos Reis. But, the temperatures can be really high (as well as humidity), and the high season is also the crowdest period and the one with the highest hotel rates. If you want to avoid it, the months prior or after the high season are the best choice. September, October, November as well as March, April, May or even June are great to go to Angra.

Angra dos Reis definitely has accommodations for all tastes and budgets, from simple hostels and inns to luxurious resorts. If you don't have a car, you will have to limit your accommodation in the City Center which is also located between the tours that are made through the bay and the departures to the islands.



# Brazil



## Amazonia Brasileira

For nature lovers, the Amazon is, quite simply, the ultimate destination. The rain forest is the largest in the world and home to the second longest river in the world and more than a third of the species of birds. The Amazon covers almost half of the continent of South America and more than half of the country of Brazil; Approximately 10 percent of the Earth's species are found here. This vibrant ecosystem is also one of Earth's most threatened. The quickest and easiest way to the Amazon is by air into the city of Manaus, which has an international airport served by many airlines. The internal flights are efficient and often cost-effective if booked in advance. In Manaus, there are many tour operators who offer day boat trips to ecological attractions in the surrounding jungle. River travel offers the opportunity to experience the region like a local and gain closer insight into Amazonian culture and nature.

The best time to visit the Amazon is during the dry season (July – December), when water levels are low and hiking trails are excellent for explorers. Though during the rainy season (January – June), the weather is mild, and there is a better chance of spotting animals. Overall, both the dry and rainy seasons are great times of the year to visit the Amazon.



## Lençóis Maranhenses

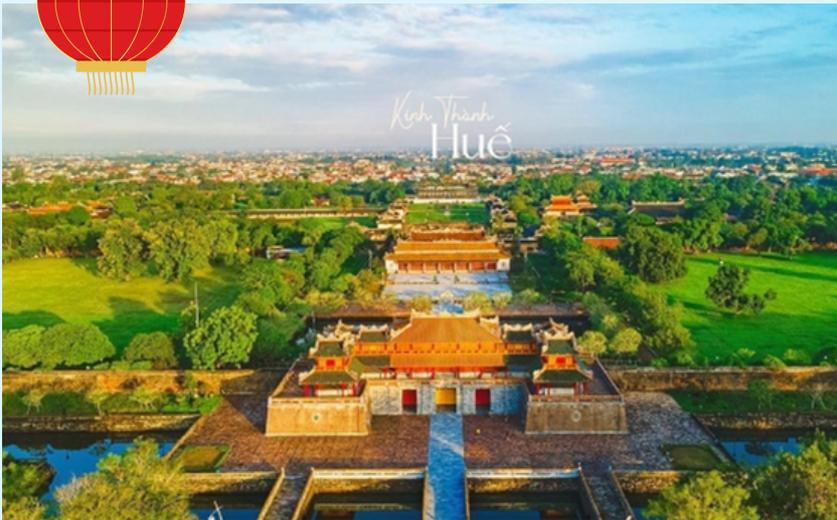
One of the most well-preserved and easily accessible natural wonders, Lençóis Maranhenses National Park is a site you can't miss. Head here to scale sand dunes and dive into freshwater pools. The National Park is located in Maranhão and is one of Brazil's top natural attractions. The park is about 156 miles from São Luís, the state capital, and access to the park is controlled by the Chico Mendes Institute for Biodiversity Conservation, meaning only certified agencies can take travelers into the park. The gateway to the park is Barreirinhas, a town located about 156 miles from São Luís. Buses run between São Luís and Barreirinhas, but you could also take a charter flight from the São Luís Airport. The seasonal lagoons fill up with rainwater, mostly during the first six months of the year, giving Lençóis Maranhenses its unique landscape. Mangroves, deserted beaches, palm trees, and the Preguiças River also contribute to the park's biodiversity.



There are no campgrounds or amenities in the park, so visitors spend the night in Barreirinhas and nearby towns. In this region, you can find basic accommodation like pousadas as well as more upscale hotels and resorts.



# Viet Nam



## Hue

Hue is the former imperial capital, boasts a long-lasting treasure trove of world-renowned ancient wonders, distinctive cultural traits, and delightful traditional cuisine, where visitors can immerse themselves in Vietnam's illustrious history as if they are traveling back in time. Located in central Vietnam, Hue city is the capital of Thua Thien Hue - a coastal province that has an 80-kilometer-long Perfume River, a 128-kilometer-long coastline, and over 200,000 hectares of forest. Visit Hue in January-March to enjoy the traditional Vietnamese Lunar New Year; This is the season where most holidays are celebrated.

## Da Lat



Da Lat is a southern city in Viet Nam; It is the City of Flowers and honeymooners with lovely French villas, fresh air, beautiful waterfalls. Da Lat is famously known for their nightlife, fun activities throughout the day, and great food. Da Lat is in south Viet Nam, located in Lam Dong Province. It sits approx. 1500 m (4921 ft) above sea level on the Lang Biang Plateau in the southern parts of the Central Highlands, and is surrounded by lovely mountains that, according to a local, carries lyrical names like Elephant's Head and Lady's Body. So, you should not be surprised when someone calls Da Lat as The City in the Forest. It can be visited at any time in the year. However, the best time to visit is during September and October because of the nice weather and schools are in session, so the city is not too crowded.

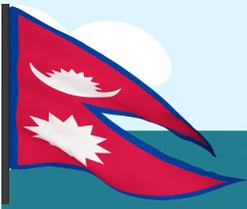


## Ho Chi Minh City



Ho Chi Minh City is a major traffic hub, connecting with other provinces in Vietnam and is the region's international gateway. This is the melting of traditional Vietnamese, French influence and modern culture. This is the city that has everything visitors want: Historical scenery, famous restaurants, great street food and unique cafe shops. The city located in south Viet Nam. Tourists can travel anywhere they want to this city because it houses and international airport called Tan Son Nhat. Ho Chi Minh city can be visited at any time throughout the year. However, visitors should avoid summer months (June to August) because of the extreme heat.

# Nepal



## Pokhara (Lake Side)

Pokhara rests at the foot of the Annapurna range and is a favorite trekking starting point. The city of Pokhara can be divided into two - the charming Lakeside Pokhara, and the Old City. The Lakeside part offers many tourist attractions and beautiful views, while the Old City is the commercial hub of Pokhara. You can choose to stay in either location, although we recommend Lakeside. The Lakeside is further divided into the North and the Southside. Lakeside is named so, as it surrounds the Phewa Lake, gorgeous freshwater lake which is eerily similar to a mirror! The lake gained popularity for its breathtaking reflection of the blue skies and the towering Mt. Machhapuchhre of the Annapurna range.

Pokhara is considered the tourism capital of Nepal. It is located 120 miles west from the capital city Kathmandu. This part is mainly focused on the lake side.



September to November is the best time to visit Pokhara; it is also considered as the peak tourist season. December to February are the coldest months in Pokhara. The winter continues till March since Pokhara is at proximity to the Himalayas, the peak months are when tourists indulge in trekking and hiking.

Since the city is just 200 kilometers away from Kathmandu, you can access by both road and air. Travelling by road is cheaper, of course, costing you about NPR 700. You can also access the city by air, as there is a domestic airport in Pokhara. Foreign visitors will have to alight at Kathmandu and catch a separate flight to Pokhara, which takes about half an hour and costs about NPR 13000. A bus journey takes 6-8 hours, but the views are definitely worth it.





# Nepal

## Kushma Bungee

Kushma Bungee Jump is Nepal's highest bungee and the world's second-highest bungee Jump which scales the height of 228 Meters. Kushma Bungee jump spot is located on the border of Baglung and the Kushma district of Nepal. These two districts are connected by the 520 Meter suspension bridge in the George of Kaligandaki river



For bungee lovers, the good news is that the Kushma Bungee Jumping is located only 60 KM in distance from Pokhara. It can be reached within 2 hours from Pokhara. The road is pretty narrow compared to other roads and the government is maintaining the road. Bungee jump in Kushma is normally scheduled to start from 09:00 AM in the winter days and for the overnight guest, it can be started from 08:00 AM in the summertime.



Day trip costs Rs 1450 (\$12) per person extra which includes both ways of transfer on a sharing basis. And besides this, you will also receive lunch in the resort, which is included in the package. Bungee Jump rate is Rs 7500 (\$60)

They will check your blood pressure and ask if you are taking serious medicine for illnesses like high blood pressure, sugar, nerve pain, asthma, broken leg recently, serious health injury, and so on for safety purposes. Once this task is completed, you will give a waiver form to sign for bungee. After this, our experts will give you a safety class and how to perform bungee once you are on the bridge. Once this task is also completed, your weight will be measured and allocated to you in different groups according to your weight. You will be marked in your hand based on your weight.





# Nepal



## Mustang

Mustang (from the Tibetan Muntan meaning "fertile plain") the traditional region is largely dry and arid. The world's deepest gorge that goes down three miles vertical between Dhaulagiri and Annapurna mountains runs through this district. It also houses several of the most inspiring historical sites in the country, some of which date back to four thousand BC.

Mustang District, a part of the Dhaulagiri Zone, which is also known as "Land beyond Himalayas" is located in the Kali Gandaki valley of the Himalayan region of Western Nepal. Upper Mustang Nepal situated in the middle of Himalayas along with the Kaligandaki River. It runs in southward direction to Nepal and in between it bisects Mustang. Trekkers walk along the narrow cliffs, go up to the cave, absorb the silence and have interesting views of the blue sky and mountains. The river route was used for trading salt and was a major route of trade for Tibet and India.

The best time to visit Mustang is during the months of June to September which are the summer months. During this time, visitors get to witness the great landscape in relatively warmer weather. This will also allow visitors to take up tours and hikes in this area which would be difficult during the colder months.



### Things to do in Mustang

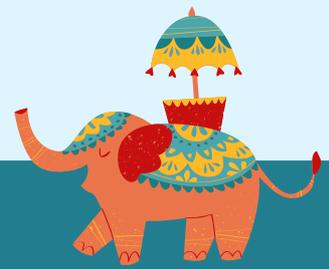
- Walk past the Deepest Gorge
- Witness the Nepali Grand Canyon from Chele
- Trekking and Hiking
- Adventurous Sports
- Upper Mustang jeep Safari tour
- Horse riding tour of Upper Mustang
- Try local cuisines
- Celebrate Tiji festival
- Visit monastery and Chorte
- Witness desert vegetation around the Himalayas
- Enjoy snowfall
- Religious tour to Muktinath temple
- Visit Apple orchard

Trek to Upper Mustang Permit Costs USD 500 per person for first 10 days then USD 50.00 each extra day per person and ACAP Permit is necessary that cost NPR. 2000.00 Per person. Overall stay can be pretty costly as there is no easy access to road so almost everything is brought through plane which makes everything price double.





# India



## Jama Masjid

The Masjid-i-Jehan-Numa (meaning: 'World-reflecting Mosque'), commonly known as the Jama Masjid of Delhi, is one of the largest mosques in India. The mosque is located within the historic city of Shahjahanabad, today known as the locality of Old Delhi and it is spread around the Holy Ganga. Across from the mosque are the Red Fort and Sunehri Masjid. As the main focal point of Delhi, it is also located near one of the oldest and busiest markets in Old Delhi known as Chandni Chowk.

Cost - 5 USD



## Taj Mahal

The Taj Mahal (meaning: 'Crown of the Palace') is an Islamic ivory-white marble mausoleum on the right bank of the river Yamuna in Agra, Uttar Pradesh, India. Along with being a renowned symbol of love, the Taj Mahal is also a symbol of Shah Jahan's wealth and power, and the fact that the empire had prospered under his rule. A longstanding myth holds that Shah Jahan planned a mausoleum to be built in black marble as a Black Taj Mahal across the Yamuna river.

Cost - 14 USD



## Agra Fort

The Agra Fort is a historical fort in the city of Agra and also known as Agra's Red Fort. Built by the Mughal emperor Akbar in 1565 and completed in 1573, it served as the main residence of the rulers of the Mughal Dynasty until 1638, when the capital was shifted from Agra to Delhi. The monumental Delhi Gate, which faces the city on the western side of the fort, is considered the grandest of the four gates and a masterpiece of Akbar's time. It was built circa 1568 both to enhance security and as the king's formal gate, and includes features related to both. They offer Zip-lining services over the fort as well.

Cost - 40 USD





# India



## Jim Corbett National Park

Jim Corbett National Park is a national park in India located in the Nainital district of Uttarakhand state. Located at the Himalayas' foothills, near the popular hill-station of Nainital, the beautiful Jim Corbett National Park, is famous for being home to a large number of tigers, the highest among any Indian national park. The jeep safari into the dense forest to see the wild animals in their natural habitat is a must-have experience. And if you are lucky, then you may get a chance to even spot a tiger. While on the jeep safari, enjoy the lush green forest's views cut across by streams and rivers and a few waterfalls. There are accommodations available inside the park for night-stay as well, which offer you once-in-a-lifetime experience.

Cost - 700 USD



## Karela Backwaters

The Kerala backwaters are a network of brackish lagoons and canals lying parallel to the Arabian Sea of the Malabar coast of Kerala state in south-western India. The backwaters have a unique ecosystem: freshwater from the rivers meets the seawater from the Arabian Sea. A barrage has been built near Thanneermukkom, so salt water from the sea is prevented from entering the deep inside, keeping the fresh water intact. Chundan vallams or snake boats are narrowboats over 100 feet (30 m) long, with a raised prow that stands 10 feet (3.0 m) above water and resembles the hood of a snake. Traditionally these were used by local rulers to transport soldiers during waterfront wars. In modern times, it has spawned a new sport – the Vallam Kali (boat race).

Cost - 300 USD

