

South Africa

Exhilarating Safaris, dazzling African plains, fine wines and adventure activities

Abundance and variety are things you can expect from a nation that is twice the size of France and fives times the size of the UK. South Africa is awash with a diversity of landscape that ranges from thriving national parks to 1000-acre vineyards. A holiday here will acquaint you with the outdoorsy Springbok lifestyle with exhilarating experiences of the wildlife and adventure activities. For those looking for a laidback retreat, the southern coasts by Durban, Cape Town or Port Elizabeth are paradises for surfers and pleasure seekers alike. As long as you're comfortable with summer temperatures easily passing 30°C, South Africa can satisfy all healthy holiday desires.

Health and Fitness Travel Insider

"South Africa is an incredible country and a great addition for any bucket list. It's perfect for animal lovers with plenty of opportunity to see everything from lions and elephants on a game drive, to penguins on the cape and even whales on the south coast."

Paul Joseph, Founder

Passport

Before flying make sure to check that your passport has plenty of time before it expires. Your passport will need to be valid for at least 30 days after your intended date of exit from South Africa, although some immigration officials still insist on 6 months validity from the date of entry. We always recommend leaving at least 6 months validity on your passport.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/south-africa/entry-requirements>

Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

Visiting South Africa for tourism purposes for a period of up to 90 days does not require a visa.

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <http://www.visahq.co.uk>

Overstaying your visa is an offence, please make sure you exit the country before your visa expiration.

Flights

From the UK: please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to **Cape Town** from the UK usually take around 11.5 hours. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

From other countries: please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).



Health & Fitness

— T R A V E L —

Location

Time Difference: GMT + 2

Capital City: Pretoria

Currency: South African Rand

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

Airport

You will be flying into **Cape Town International Airport (CPT)**. You'll then take a transfer flight to Dehradun. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no. Taxi drivers are also likely to offer their services and can be quite persistent. It is best to approach this offer in the same manner.

Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:
<https://www.fitfortravel.nhs.uk/destinations/africa/south-africa>

Public medical facilities are extremely overrun and underfunded. However, the private sector of the medical services is to a very high standard.

Language

There are around 35 different indigenous languages spoken in South Africa. However, English is the predominant language spoken in big cities and tourist areas of the country, so communication should not be an issue on your trip.

Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

Emergency services: 112

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.