

# Travel with Bates



By Sandi Bates

## The African experience

Experience exhilarating Africa, the most mysterious continent in the universe. A vast land where nature has reigned unchallenged; a world without time. A land where we can still witness panorama known only to Africans for countless generations. Africa a land never fully tamed, vast parts of it have never been completely surveyed or explored. Millions of square miles from tropical seas and trackless jungles to snowcapped mountains straddling the equator.

An Eden-like land that is one of the last places on earth where enormous numbers of wild creatures and animals can still be observed roaming free.

Africa's exotic people whose culture, history, and traditions are far older than any other on earth.

Have you ever wished for real adventure, or longed to experience nature in its stunning grandeur? Have you ever considered how an exhilarating vacation could enhance your life? An African wild life safari could be the ultimate answer to your dreams. Once an exclusive extravagance of presidents, kings, maharajahs, and movie stars; the adventure of a safari is now yours to experience. An

adventure that captures the spirit of Africa, its history, its people, its wild life. A profound moving and delightful encounter. A blend of adventure, luxury, and fulfillment.

One of the most important decisions in planning an African safari is choosing which game parks to visit. There are countless national parks, reserves and sanctuaries in Africa, each with its own distinct land forms, climate and diverse mix of wild life.

The Masai Mara Reserve is the finest game reserve in east Africa; boasting the largest variety and numbers of exotic wild life in one area. It is the northernmost extension of the immense Serengeti National Park in Tanzania. It is the setting for one of the most dramatic wildlife spectacles on earth. Here we find cheetah, lion, leopard, elephant, buffalo, rhino, giraffe and vast herds of antelope, zebras and wildebeest. Tanzania is one of Africa's most remarkable wildlife destinations. Get ready for the totally unique experience of hot air ballooning! Imagine drifting slowly and silently over the vast African plains as the sun breaks on the horizon. Spread beneath you is a panorama of African wilderness

that surpasses anything you have seen before! Elephants look small, antelope flow in waves like schools of fish across the rippling fields and cheetah glance up as the shadow of the huge balloon crosses their path. Be prepared for a marvelous encounter with the wilderness from a "hawk's-eye-view"! After an hour aloft you descend to be met by your ground crew and a sumptuous champagne breakfast in the bush.

These balloons are the largest used anywhere in the world; piloted and operated by professionals with many hours of experience in the air. Don't miss this opportunity for one of the most unforgettable experiences of your African safari.

Kenya is a journey to remember. So far and remote from our daily lives that the mention of the name stirs our imagination. Any African adventure is enhanced by a journey along Kenya's coast; with its tropical beaches and Arabic flavor. Nairobi is a beautiful city; gateway to game parks and reserves throughout Kenya and beyond. But no visit to east Africa is complete without a stop in the port city of Mombasa. Unwind in a tropical setting that combines history and culture with outstanding beaches, seafood and night life. Here there is a distinctive Swahili culture where African, Arab, Persian, Portuguese and Indian influences have converged to form this legendary port. Built on a coral island facing the turquoise blue waters of the Indian Ocean. Explore the quaint maze-like

streets of the Arab influenced old town or shop in ancient bazaars full of oriental carpets, chests and brass ware brought from the Persian gulf. At night you may sample the city's

sophisticated night life. The trip from Nairobi to Mombasa could be done by overnight sleeper train.

Basking in the tropical sun off the coast of Kenya lie the

ninety islands of the Seychelles. Settled by a friendly mix of European, Indian, African and Asian people these islands provided a hiding place for  
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# ENTERTAINMENT

## Take health precautions when visiting Africa

HOUSTON—Visiting Africa can be an exciting experience, but some health precautions are wise.

"Africa is so huge that medical advice varies with which part of the continent is being visited," said Dr. James H. Runnels of the Travel Medicine Service at Baylor College of Medicine in Houston, "but some health rules apply for pretty much any destination there."

Polio boosters are needed by adults who have not already had them, Runnels said; he also recommends malaria-prevention pills as well as hepatitis-A vaccinations for many destinations on the continent.

"Those three are good advice for most of Africa south of the Sahara," he said.

In the central continent, meningitis, spread by person-to-person contact, can be a danger in large cities. For the safari-bound, yellow-fever vaccinations are advisable or required for many countries where safaris are common.

Also, food and water need special attention in an area of the world where hygiene standards may be different from those of North America, Runnels said.

"I always tell patients to assume the water may not be up to snuff in parts of Africa, Asia and South and Central America," he said,

Some precautions to take:

\* Drink carbonated beverages or drinks made with boiled water. Bottled water should also be carbonated.

\* Avoid nondisposable glasses and cups.

\* Use straws to minimize contact with possible contaminated tops of bottles and cans.

\* Do not use untreated water for brushing teeth, rinsing dentures, cleaning contact lenses or washing hands before eating. Boil water one minute for each 1,000 feet above sea level.

Runnels also urges caution with recreational water.

Many fresh-water resort areas are not completely safe for swimming or even wading because of schistosomiasis, an organism which can invade the body through skin contact. Ocean water is safe, however.

Food should also be approached wisely. Runnels recommends:

\* Avoiding cold-meat platters, buffets and street-vendor foods.

\* Staying away from raw vegetables which may have been grown using contaminated feces.

\* Ordering meat or fish well done, and being sure they are served steaming hot.

\* Using canned milk.

## Travelers offered tips on holiday airport rush

\* 350,000 travelers are expected to pass through McCarran International Airport during this Independence Holiday.

\* Arrive at least 90 minutes prior to your flight's departure to allow enough time to locate a parking space in Remote Parking, check-in with your airline, and find the appropriate

gate.

\* Be prepared to show photo identification upon check-in; airline check-in lines can sometimes take as long as 30 minutes.

\* For up to the minute parking information call 261-5121.

\* Remote parking is located east of McCarran Airport at Russell Road and Kelly Lane,

between Maryland Parkway and Paradise Road. The parking fee is \$4 per day.

\* Levels 5 and 6 of the garage are available for long-term parking however they are routinely full. Holiday travelers should plan on utilizing the Remote Lot at Russell Road and Kelly Lane.

\* The Remote Lot may fill to capacity. Additional remote spaces will be available in the Overflow Lot located just south of the Remote Lot on Russell Road and Kelly Lane. Directional signs and additional staff will be available to assist motorists in finding a parking space.

\* Free shuttle buses operate 24-hours a day every 10-15 minutes. Additional shuttle buses will be added to maintain a high level of customer service.

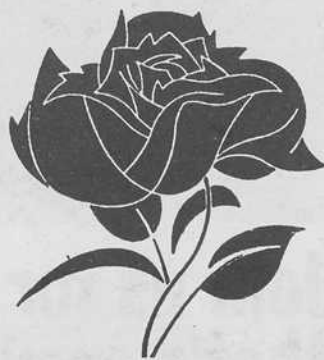
\* The 6,000 space parking garage at McCarran is under construction which may create traffic delays. To avoid delays at the departure curbs, it is recommended travelers use the west end of the existing parking garage on level 4 as an excellent option for dropping people off.

\* Elevators at the west end of the garage provide easy access to ticketing and all gates. Garage visits under 30 minutes are free.

\* As a reminder, short-term parking (3 hours or less), is available on levels 3 and 4 of the parking garage.

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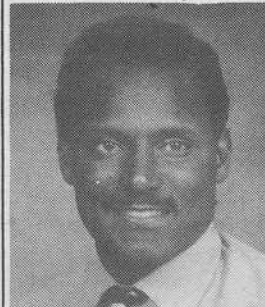
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