

Included Highlights

Zanzibar, Return Ferry & Accommodation
Maasai Village Walk with Resident Guide

Serengeti & Ngorongoro Crater Excursion in Purpose Built Vehicles, Game Drives with Resident Guide*
Mt. Kilimanjaro Trek (Marangu Route) *

***Highlights are included in the Adventure Pass**

Intended Itinerary

It is our intention to adhere to the route described below but a certain amount of flexibility is built into the tour and on occasion it may be necessary or desirable to make alterations to the published itinerary. Please therefore treat the following as a guide only. The first 10 days of this tour is a participation tour.

The description below follows the itinerary with the mandatory Adventure Pass for the tour.

Duration: 17 Days
Countries visited: Tanzania and Kenya

Day 1:

Dar es Salaam - Zanzibar Island

Distance Travelled: Ferry crossing

Evocative and exotic, Zanzibar conjures up images of idyllic, sandy, palm fringe beaches; romantic winding cobbled alleys and lush tropical forests. You will find all these here – and an intriguing history. Zanzibar was the base of the great 19th century explorers such as John Hanning Speke, Richard Burton and David Livingstone and once was a major trading centre of spices. Indeed, the spice trade is centuries old: Zanzibaris have traded with the people of the Arabian Peninsula for generations, plying the ocean in simple dhow sailboats relying on the annual trade winds for passage. The Arab influence is evident in the architecture and diverse street stall offerings of the capital, Stone Town. This influence can be seen right along the Eastern coast – the Swahili language itself is a result of the mixing of Arab and African languages and cultures over many centuries.

Zanzibar's other history is not romantic. The island was also a staging post for slaves bought from the African interior being held before shipping to slave owners in the Middle East. You can still see the places where these men and woman were held – and even a short visit is enough to convey the appalling conditions they had to endure.

Our time on the island over the next 4 nights is not structured and your time is at leisure. Perhaps the best way to see Stone Town is on foot: explore the bazaars for old maritime trinkets, cloths, wooden carvings, visit mosques, palaces, courtyards and alleyways of the old town. Spices are grown in plantations nearby and you can take day tours to visit some and have your senses dazzled by the tastes and scents experienced. If it's white sand, sparkling ocean and hot sun you prefer – head to the northern beaches and enjoy the Indian Ocean at its best. Try snorkelling and diving, indulge in some sumptuous seafood, or simply relax beneath a coconut palm with a cocktail and a good book.

NB: As we leave the our vehicle on the mainland, basic tourist class accommodation and breakfast on Zanzibar are included in the tour price, but for the sake of flexibility other meals are left for your own account. Typically, we spend one night in Stone Town and the next three nights in the north of the island at one of the beaches. Your tour leader will be available to assist if you have any questions or need activities arranged.

Accommodation: Stone Town - Safari Lodge or similar – twin/ triple rooms with en-suite facilities

Meals included: Nil

WIFI: Yes

Optional Activities: Spice Tour US\$35, Slave Markets US\$15, Arabic Fort US\$5, Palace Museum US\$10

Day 2

Zanzibar Island

Enjoy free time on Zanzibar and transfer to the northern beaches from Stone Town. Relax on the sun kissed beaches of Kendwa, northwest part of the island, take an optional diving trip to the rich colourful reefs or grab a snorkel and goggles to explore these from above

Accommodation: Kendwa Northern beaches – Sunset Bungalows or similar – twin/ triple rooms with en-suite facilities

Meals included: Breakfast is included with hotel accommodation

WIFI: Yes

Optional Activities: Spice Tour US\$35, Scuba Diving local US\$150, Yacht Trip US\$120, Snorkelling Safaris from US\$40, Massages from US\$20

Day 3

Zanzibar Island

Browse markets or enjoy hanging in a hammock with a cocktail and a good book. The beach is a great place to catch

up with the locals who will pass by selling their wares, offering henna tattoos and inexpensive massages. Round the day off with a sunset dhow cruise or chilling to the tunes from the nearby beach bars.

Accommodation: *Kendwa Northern beaches – Sunset Bungalows or similar – twin/ triple rooms with en-suite facilities*

Meals included: *Breakfast is included with hotel accommodation*

WIFI: *yes*

Optional Activities: *See day 2*

Day 4

Zanzibar Island

Adjusting to the lazy ways of the northern beaches is easy to do in such picturesque surroundings. Enjoy your last day on the island swimming in the warm ocean, snorkelling in the crystal turquoise waters and enjoy time at leisure in this tropical haven.

Accommodation: *Kendwa Northern beaches – Sunset Bungalows or similar – twin/ triple rooms with en-suite facilities*

Meals included: *Breakfast is included with hotel accommodation*

WIFI: *Yes*

Optional Activities: *See day 2*

Day 5:

Zanzibar – Dar es Salaam

Distance Travelled: Ferry crossing

We have the morning to do any last-minute shopping or enjoy one last swim before catching the ferry back to the African mainland to Dar es Salaam and onwards to our campsite on the coast for the evening.

Please note that some group members may be ending their tour in Dar es Salaam. Both old and new are invited to join in any group outings.

Accommodation: *Kipepeo Village - Camping in twin share tents with shared facilities*

Meals included: *Breakfast, Dinner*

WIFI: *Yes*

Optional Activities: *Nil*

Day 6:

Dar es Salaam – Marangu

Distance Travelled: +/- 570 Km

Approx. driving time: 11 Hours

Departing early from Dar es Salaam, we head north past the Usambara and Pare Mountains in the Eastern Arc Mountain

Updated: November 2019 for 2020 departures

Range to Marangu, nestled at the base of the famed Kilimanjaro. The camp takes its name from the surrounding area. "Marangu" means "full of water" in the local Chagga language, and the lush green surroundings demonstrate the truth of this. If weather is clear we will gain a view of the magnificent snow-capped Mount Kilimanjaro, Africa's highest mountain (5895m).

Accommodation: *Marangu Camp - Camping in twin share tents with shared facilities*

Meals included: *Breakfast, Lunch, Dinner*

WIFI: *No*

Optional Activities: *Nil*

Day 7:

Marangu - Arusha

Distance Travelled: +/- 120 Km

Approx. driving time: 2.5 Hours

We drive past the town of Moshi and eventually reach Arusha; a city situated exactly mid-way between Cape Town and Cairo. This is Tanzania's 'safari capital', a city of some 2 million people, a bustling melting pot of markets, vehicles and people – all nestling in the shadow of the brooding Mt Meru (4556m). With time to explore town we head out to our camp just outside the city at the edge of the Masai plains.

This afternoon we enjoy a walk to one of the local Masai villages, a local school and clinic, a small but highly interesting Masai museum, and the snake enclosure at the Meserani Snake Park.

It is from here that we prepare for our two night/three-day excursion to the Serengeti National Park and the Ngorongoro Crater.

Accommodation: *Meserani Snake Park - Camping in twin share tents with shared facilities*

Meals included: *Breakfast, Lunch, Dinner*

WIFI: *No*

Optional Activities: *Camel Ride US\$5, Guided Walk US\$7*

Day 8:

Arusha - Serengeti National Park

Distance Travelled: +/- 250 Km

Approx. driving time: Full day including game drives

This morning we transfer to smaller more 'game park friendly' vehicles and drive west across the Great Rift Valley, passing through Mto Wa Mbo ('mosquito creek') and enter the Ngorongoro Crater Conservation Area. We pass into the park and drive around the 'Crater's rim and down onto the Serengeti plains. Green after the rains, brown and burnt in the dry, this is home to an enormous variety of grazing animals, predators, and birdlife. Flatter and larger than the

Masai Mara the Serengeti is simply huge - indeed the name derives from the Masai word *Siringitu* – ‘the place where the land moves on forever’. We game drive to our designated (but unfenced) campsite for the evening where lion and hyena roam nearby for an unforgettable experience.

Accommodation: *Serengeti National Park: Bush Camp - Camping in twin share tents with basic shared facilities (no shower, pit latrine)*

Meals included: *Breakfast, Lunch, Dinner*

WIFI: *No*

Optional Activities: *Nil*

Day 9:

Ngorongoro Crater

We drive out of the plains, game driving en route, and after lunch ascend the outer wall of the Ngorongoro Crater. We spend the night camping on the rim (you may need a jacket; it can be cold at night due to the high altitude here), where wildlife also roams free. At 326 square kilometres in area the Ngorongoro is Africa’s largest intact caldera and a World Heritage Site. If the view from the rim (2400 metres above sea level) is spectacular, the site from the Crater floor (some 600 metres below) is equally enjoyable.

Accommodation: *Simba Camp - Camping in twin share tents with basic shared facilities*

Meals included: *Breakfast, Lunch, Dinner*

WIFI: *No*

Optional Activities: *Nil*

Day 10:

Ngorongoro Crater - Arusha, Meserani Snake Park

Distance Travelled: +/- 250 Km

Approx. driving time: Full days including morning game drive

We wake early and descend the steep dirt road of the Ngorongoro Crater for a morning of game driving in this spectacular wildlife haven. All the major mammals are present except giraffe (which cannot manage the steep slopes leading down onto the Crater floor). After our game drive we ascend to our campsite on the rim for a final view over the Ngorongoro Crater, pack up our camp and have lunch before retracing our steps to Arusha and our campsite at the Meserani Snake Park where we will overnight.

Accommodation: *Meserani Snake Park - Camping in twin share tents with shared facilities*

Meals included: *Breakfast, Lunch, Dinner*

WIFI: *No*

Optional Activities: *Nil*

Day 11:

Arusha – Moshi

Updated: November 2019 for 2020 departures

Distance Travelled: +/- 80 Km

Approx driving day: 2 Hours

We say goodbye to the crew, vehicle and others in the group who are not climbing Mt Kilimanjaro and catch a mid-afternoon shuttle bus to Moshi and are transferred to our accommodation. After settling in you will be briefed on what to expect on the trek the next day, hire of any other hiking gear, purchasing of snacks etc.) We enjoy a restful afternoon/ evening by the swimming pool relaxing and preparing for the trek.

N.B Lunch and Dinner in Moshi is not included in the tour price. Please allow between US \$20-30 for both meals for this day.

*We recommend trekking with a friend or existing groups if you are a solo traveller

Accommodation: *Tourist class hotel with en suite*

Meals included: *Breakfast*

WIFI: *Yes*

Optional Activities: *Nil*

Day 12:

Trek to Mandara Huts (2740m)

Distance Travelled: +/- 7 Km or 4–5 hours trek

After breakfast and a briefing from your guide, we leave Moshi and drive for 45 minutes to Marangu Gate on the eastern side of the mountain. We begin our trek here, walking through forests tall eucalyptuses, home to a range of birdlife and colobus monkeys which we may see jumping through the canopy. It can be muddy here, so trekking poles and gaiters may help. After a stop for lunch we may have the time to detour to Maundi Crater, from where there are beautiful views across the surrounding region, including Southern Kenya across the border. We aim to reach Mandara Hut, our first camp in the late afternoon. Our porters and cook arrive at camp before us to start setting up and preparing dinner.

Accommodation: *Mandara Huts with basic facilities*

Meals included: *Breakfast, Lunch, Dinner*

WIFI: *No*

Optional Activities: *Nil*

Day 13:

Trek to Horombo Huts (3690m)

Distance Travelled: +/- 11 Km or 6–8 hours trek

We rise early and continue our trek after breakfast, hiking through rainforest glades and follow an ascending path up through unique mountain heathland on the slopes of the Mawenzi massif consisting of giant lobelias and groundsel vegetation, some which reach over 3 meters high.

Continuing we enter an area of low shrubs and moorland where we take lunch. Although a long and quite strenuous walk, there are amazing views of Mawenzi from the moorland and by the time we reach our huts we have views of Kibo itself. We arrive at Horombo Huts at approximately 3pm where there is time to rest before dinner.

NB. You may start to feel the effects of altitude sickness here. To aid your acclimatisation we can provide an extra day here at Horombo. On this day you could choose to either rest or take a day walk to a basecamp below the lesser peak Mawenzi.

Accommodation: Horombo Huts with basic facilities

Meals included: Breakfast, Lunch, Dinner

WIFI: No

Optional Activities: Nil

Day 14:

Trek to Kibo Huts (4695m)

Distance Travelled: +/- 10 Km or 6-8 hours trek

If feeling energetic, you could rise early this morning and catch great photos of the sunrise over Kilimanjaro. After breakfast we set off and climb through the dwindling moorland which blends into a rocky moonscape as you enter the sweeping saddle connecting Mawenzi and Kibo. Stopping for lunch we have great views of the peak and will be able to view the summit route we'll be taking early tomorrow morning. This afternoon we cross the surprisingly wide saddle of alpine desert, to the foot of Kibo at Kibo Huts. This evening's camp does not have running water, so our porters will prepare washing water for us. We will also eat early to have as much sleep as possible before our very early start for the summit. At this altitude we will be looking out for signs of altitude sickness. While many people are affected by mild altitude sickness, the guide will advise if symptoms are acute and summit should not be attempted.

Accommodation: Kibo Huts with basic facilities

Meals included: Breakfast, Lunch, Dinner

WIFI: No

Optional Activities: Nil

Day 15:

Trek to Uhuru Peak (5895m), descent to Horombo Huts (3690m)

Distance Travelled: +/- 4 Km or 7-8 hours trek to Uhuru Peak then +/-14 Km or 7-8 hours trek descending to Horombo Huts

We wake at midnight to a light breakfast and leave camp at 1am for the ascent. Our goal is to climb before dawn so that we reach Uhuru Peak shortly after sunrise. Setting off, we take switchbacks across a large scree slope and reach Gillman's Point on the crater rim at 5,861m between 5-7am.

Here, views of the fabled crater and possible ice caps greet you. After another 2 hours of hiking along the crater rim you have a final push to reach Kilimanjaro's true summit at Uhuru Peak. This is Africa's highest point and the highest for approximately 5000 kilometres!

On the summit we enjoy our accomplishment and enjoy the views of the surrounding plains as they wake up to the day before our descent back down. It is another 7-8 hours descent back down to Horombo but a new view looking down! We arrive back, eat dinner prepared by the cook and get some well-earned sleep.

Accommodation: Horombo Huts with basic facilities

Meals included: Breakfast, Lunch, Dinner

WIFI: No

Optional Activities: Nil

Day 16:

Trek to Marangu Gate - 1830m, transfer to Moshi

Distance Travelled: +/- 18 Km or 5-7 hours trek

Today after a hearty breakfast we descend back through moorland to the Mandara Huts. We have lunch there before our triumphant return through lush forest to the park gate. We should reach there by approximately 2-3pm. Saying our goodbyes and tipping our cooks, porters and guides we transfer back to our hotel in Moshi, where it's time for a celebration and relax!

N.B Dinner on this night is **not included** in the tour price. Please allow between US\$15-\$20 for this meal.

Accommodation: Tourist class hotel with en suite

Meals included: Breakfast, Lunch

WIFI: Yes

Optional Activities: Nil

Day 17:

Moshi – Nairobi, Kenya

Distance Travelled: +/- 350 Km

After a leisurely morning we board a scheduled shuttle bus back via Arusha, to Nairobi We cross the Maasai Steppe to the Kenyan frontier. Completing formalities at Namanga border post, we drive the last stretch of road to Nairobi, Kenya's capital, where our tour ends. The expected time of arrival back in the Kenyan capital is 18h30 – 19h30.

Accommodation: Nil

Meals included: Breakfast

WIFI: Yes (Nairobi Accommodation)

Optional Activities: Nil

Tour Information

TOUR STYLE:

Adventure Camping Tour combined with Kilimanjaro Trek

This is a participation tour and your help will be needed in assisting with the various day to day duties, such as shopping, cooking and keeping the vehicle tidy (usually on a rota basis). But don't worry it's not all hard work and it's a great way to meet the local people and get to know your fellow travellers. Your contribution benefits the success of the tour - most people find the greater their involvement, the greater their enjoyment of the whole trip.

The last seven days of your safari we change from the camping adventure tour to a Short Safari & Trek. Run by a trusted local supplier that we have been working with for many years, this company will ensure the highest levels of safety and service when you attempt to climb the highest mountain in Africa – Mt. Kilimanjaro. Travel Talk Tours is proud to support local businesses in East Africa.

Africa is an adventure destination and travelling here is not always predictable so be prepared to “expect the unexpected” in difficulties or delays which might come our way! However, you'll soon find that the diversity of the African landscape, the wildlife and the communities we pass on our way, make the sometimes-rough travel and long driving days worthwhile. Come with a sense of adventure and a flexible attitude and you will be sure to enjoy your African adventure tour across this amazing continent.

Africa provides an ever-changing environment, power failures, water and fuel shortages, temperature fluctuations, and other uncontrollable / unplanned situations do occur. You will need to remain flexible, understanding and good-humored. “African time” can be difficult and frustrating for those who are used to a very structured life, so this is something to keep in mind!

WHAT'S INCLUDED:

All tour highlights, 2-person dome tents, fully equipped safari vehicles, camping and cooking equipment, mattresses, service of two crew, all road and vehicle taxes, all ground transportation, meals as indicated + Kilimanjaro Trek Mountain hut fees, accommodation, services of mountain guide(s), driver & porters.

WHAT'S NOT INCLUDED:

Adventure Pass activities, visas, travel insurance, flight departure taxes, airport transfers, optional activities, tips, drinks, sleeping bag and items of personal nature. **NB** lunches and dinners on Zanzibar and Moshi are not included in tour price.

ADVENTURE PASS:

Every adventure camping tour has an Adventure Pass which is paid to your tour leader in Africa at the beginning of the tour (or pre-paid by arrangement prior to your tour at the time of booking). This is separate and in addition to the Tour Price. The Adventure Pass is paid in the currency listed in the brochure or on the website (usually US dollars in clean, un-torn post 2008 edition notes). The Adventure Pass covers selected park entries, activities and excursions along the way where payment goes directly to the supplier. The purpose of the separate payment is to ensure local suppliers benefit directly from the income.

ACTIVITIES & EXCURSIONS:

These are optional activities that are booked during your holiday and paid directly to the provider while on tour. These options offer a variety of experiences and allow you the freedom to decide what activities you would like to do.

ACCOMMODATION:

We use 2-person dome tents with fly sheets, sewn-in ground sheets, zip-up insect screens and foam mattresses. We mainly use campsites, which usually have reasonable wash and shower facilities, electricity points and sometimes even a small shop, bar or swimming pool. On Zanzibar we use basic tourist class local hotel. In Moshi pre and post trek – a local hotel with bar, restaurant and swimming pool, twin share rooms with en-suite facilities. Kili trek – bunk beds with foam mattress and pillow in multi share, solar powered huts. Bathrooms and running water in two camps and basic latrines available at the last camp

TRANSPORT: 24-seater, self-contained, custom-built vehicle with on-board tables, plug sockets, freezer, water tank, library, safety features and 70-litre individual lockers, fast ferry and 4x4 safari vehicles. Travel times indicated are approximate and do not include stops en-route.

GAME PARK VISITS To maximise the quality of game driving and to comply with local authority rulings, some of our National Park visits and game viewing is carried out using services provided by local African ground handlers. As well as enhancing our experience using local guides and smaller vehicles it also allows us to contribute at a ‘grassroots’ level to local economies from which local people benefit.

PLEASE NOTE: **We cannot guarantee that other people will be trekking with you on the Kilimanjaro Trekking portion of this tour. Please advise Travel Talk if you are not comfortable with trekking without a group so we can advise on alternative options.**

Mount Kilimanjaro

Welcome to the start of your journey to the ‘Roof of Africa’. Tanzania’s Mount Kilimanjaro, affectionately known as “kili”, is Africa’s highest mountain at 5895m. Kili is also the world’s highest free-standing mountain and its towering snow-capped, symmetrical cone is a world-recognised African image. A world heritage site, the whole mountain is designated a national park and Kilimanjaro National park covers an area of some 755 sq km, consisting of vast areas of montane forest with unique moorland flora and alpine desert higher altitudes

Climbing Kili is the adventure of a lifetime for many visitors to Tanzania. At the highest ‘walkable’ mountain in the world, the trek is not technical climb but is, nevertheless, a serious challenge. It is undertaken by people of all ages but should not be attempted without some physical training/preparation. Mt Kilimanjaro is situated on Tanzania’s northern border with Kenya and while Moshi is the nearest large town, it is accessible from Arusha (1-2 hours by road) and Nairobi (6-8 hrs by road)

The mountain consists of 3 extinct volcanoes – Kibo, Mawenzi and Shira. Kibo is the tallest, its summit named Uhuru, and the destination for trekkers ascending Mount Kilimanjaro.

The Marangu Route

The Marangu route takes 5 days and taking a route from the south-east side of the mountain is the easiest and shortest route to Kilimanjaro’s summit. The trail approaches from the south side of Mawenzi and passes near two viewpoints at Maundi Crater, before heading up through rainforests and moorland to heathland and moonscape at higher elevation. The final push to the top takes you to famous Gillman’s Point and onto Uhuru at 5895m

Because of its relative ease compared to other routes the Marangu Route is the most popular and has the best facilities. This is the only route with the comforts of solar-powered sleeping huts and comfortable beds at every camp. The huts are communal, with each bunk having a foam mattress and pillow. There are 60 beds at both Mandara and Kibo huts and 120 beds at Horombo hut. Mealtimes are often shared with other groups from all over the world, providing lively and energetic mealtimes. Bathrooms and running water are available at the lower two huts and basic latrines are available at Kibo Camp. Soft drinks, bottle water and even beer are available for purchase at some of the huts.

Your meals are prepared by a cook, while porters carry all our equipment and supplies. Your guides cook, and porters are all employed from the Kilimanjaro area. These people are best adapted to the conditions of the mountain and it allows us to support local communities and families with regular employment

Tour Preparation

BOOKING INFORMATION

When you make a confirmed booking for your tour you will be sent the booking documents and a pre-departure booklet with detailed information to help you prepare for your trip. Once you have paid in full you will receive a Travel Voucher giving details of your joining hotel. Dar es Salaam (DAR), Zanzibar (ZBR) and Nairobi (NBO) well served by a number of airlines and your travel agent can advise on flights to the start of the tour.

JOINING INFORMATION

This tour starts in Dar es Salaam. **The pre-departure meeting is held at 18:00 on the evening prior to departure. The tour departs at 07:00 on Day 1 and ends in Nairobi on Day 17**

Meeting point in **Dar es Salaam:**
Address: **Kipepeo Village**
 Kipepeo Beach, Mjimwema
 PO Box 1530, Dar es Salaam
Contact details: Tel: + 255 754 276 178
 + 255 713 757 515
 Fax: +245 2 334071
 E-mail: info@kipepeo.co.tz
Pre Dep Meeting: 18:00 prior to departure day
Start time: 07:00 on Day 1

Tour end point in **Nairobi:**
Address: **Hotel Boulevard, Nairobi**
 Harry Thuku Rd
 PO Box 42831, Nairobi
Contact details: Tel. +245 2 337221/ 227567/ 8/ 9
 Fax: +245 2 334071
 E-mail: hotel@hotelboulevardkenya.com
Tour end time: late afternoon/ early evening on Day 17

PRE TOUR ACCOMMODATION

This tour departs Dar es Salaam for Zanzibar early on Day 1; we strongly recommend therefore that you plan to arrive the day before departure to overcome any jet-lag and to acclimatise to Africa. We would be happy to book pre-tour accommodation and transfers for you – please call or email us (or speak to your agent) with your arrival details and accommodation requirements. However please book early to avoid disappointment and the risk of having to find more expensive (or less convenient) lodgings.

If time allows, we also suggest planning a night or two extra (after your tour) to make the most of this part of Africa. Accommodation is usually available locally on arrival, but you can also pre book this with Travel Talk. There is a variety of activities and excursions in the Nairobi area you can arrange locally or with your Tour Leader.

See below for a guide to extra accommodation costs. **These prices are a guide line only and are subject to change so please check with Travel Talk for current prices.**

Description	Price (USD)	Description	Price (USD)
Dar es Salaam – Kipepeo Village		Nairobi – Hotel Boulevard	
Pre tour accommodation Twin pppn	\$ 45	Post tour accommodation – Twin/Double pppn	\$70
Pre tour accommodation Single pppn	\$ 70	Post tour accommodation – Single	\$ 100
Pre tour accommodation Triple pppn	\$ 40	Post tour accommodation - Triple	\$ 60

ADVENTURE PASS

Paid in the currency listed in the brochure or on the website (usually US dollars in clean, un-torn post 2008 edition notes) directly to your Tour Leader in Africa at the beginning of the tour, or pre-paid by arrangement, the Adventure Pass of this tour covers the following.

Kilimanjaro Trek	√
Serengeti/Ngorongoro Crater Excursion	√

LUGGAGE

Please try to keep your luggage to a minimum, bearing in mind that most airlines impose a 20kg limit and there is a 15kg limit for mountain porters. The basic idea is to bring warm clothing and a good sleeping bag capable of providing protection below zero Celsius temperatures for the Kilimanjaro portion of this tour. On the mountain use a soft rucksack that locks, for the porters to carry and a day pack for yourself. Extra luggage may be stored in Moshi. A power bank is useful for recharging electronic devices.

A good durable water bottle is very important as is comfortable walking boots. Trainers are not suitable as they do not give the ankle support required *Light weight Gortex or leather boots are the best options. Most importantly they should be comfortable and well broken in. For this reason, renting or borrowing a pair is not recommended.

NB: You can rent equipment for your trek when you get to Moshi, let our representative know if you would like to do this.

NB KENYA PLASTIC BAG BAN - All forms of plastic carrier bags are banned in Kenya; including 'Airport Duty Free' plastic bags, airport security plastic bags for liquids, shopping bags, storage bags, zip-lock plastic bags. The strict ban applies to everyone and it is mandatory that you leave any form of plastic bag/s at your country of origin.

NB TANZANIA PLASTIC BAG BAN – Tanzania has a ban on single-use plastic. Prohibited items include single-use plastic carrier bags, shopping bags/packing plastic carrier bags. Ziplock bags and storage compartment bags (e.g toiletries) will be permitted as they are expected to remain in possession of traveller. We do however suggest that you leave these items behind in your country of origin.

VACCINATIONS/HEALTH

The table below indicates the vaccinations suggested for travel on this tour but **should be treated as a guide only**. You should seek professional medical advice from your GP or clinic at least six weeks prior to departure.

Please be aware that some of the areas visited on this tour are **malarial**. We strongly recommend you seek professional medical advice for the appropriate anti-malarial tablets.

Country	Tetanus	Diphtheria	Polio	Hepatitis A	Hepatitis B	Typhoid	Meningitis	Rabies	Yellow Fever	Malaria
Tanzania	R	R	R	R	R	R	R	R	C	R
Kenya	R	R	R	R	R	R	R	R	C	R

C = Compulsory, **R** = Recommended, * = If travelling from infected countries a certificate of proof may be required
NB To be used as a guide only. Please see your GP or travel clinic for up-to-date medical advice.

VISA REQUIREMENTS

The table below indicates the visas required for travel to the countries on this tour but **should be treated as a guide only**. At least one month prior to travel seek confirmation from embassies or a visa specialist, that these requirements are still current. For UK citizens the Foreign & Commonwealth Office (FCO) offers free up-to-date travel info: www.fco.gov.uk.

Kenya E-VISA: Should you wish to have your visa before arrival, Kenya now offers the option to pre-apply for an e-visas online. This may take up to 7 days to process. Alternatively, qualifying passport holders can obtain an entry visa on arrival in Kenya. To check whether you qualify, please check with the Kenyan Embassy or Mission in your country of origin.

Nationality	UK	AUS	NZ	USA	CAN	BEL	IRE	NED	DEN	ITA	GER	AUT	SWE	FIN	NOR	MEX	KOR
Tanzania	Yes																
Kenya	Yes																

INSURANCE

It is a booking condition of Travel Talk that you have full trekking travel insurance (to the correct altitude) valid for the duration of your tour to cover you for medical, evacuation emergency and repatriation to your home country. Your guide will ask you for a copy of this when you join the tour. It is also important that you leave a copy of your insurance with the person nominated as your emergency contact. We can recommend a respected, specialist travel insurance provider for this tour. Please refer to: <https://www.traveltalktours.com/terms-and-conditions/> for more details.

In the UK the Foreign & Commonwealth Office (www.fco.gov.uk) issues free up to date travel advice for all countries visited on tour. Most other governments offer a similar service to citizens. We recommend you review this information before you book your tour. Naturally we welcome any questions you may have about security and safety on tour.

Money Matters

PERSONAL EXPENSES

Naturally you will require extra money for your own personal spending on the tour, for Activities and Excursions, snacks, drinks, souvenirs, tips and items of a personal nature. Everybody has different spending habits but as a guideline we suggest you budget US\$15-30 per day. Also keep US\$ cash for relevant airport taxes and visas needed, optional activities and any additional accommodation before or after your tour.

Spending money is best carried as cash in US dollars (US Dollars in clean, un-torn, **post 2008** edition notes), Sterling or Euro which you then exchange into local currency on arrival and as you go. Your guide can advise how and when you can change the rest of your money throughout the tour.

Currencies are as follows: Tanzania – Tanzania Schilling; Kenya – Kenya Schilling

ATM machines are found in Dar es Salaam, Zanzibar, Arusha and Nairobi Please note they are sometimes unreliable (and therefore should not be relied upon).

Credit cards can be used to pay for optional activities although charges may be may be high by western standards (+/- 5%).

We recommend you bring your spending money in several different ways (some cash and some cards); your guide can best advice on what to use where.

TIPPING

Small Group Adventure (Camping) Tour section between Days 1-10: This is always a matter for your own individual discretion but as in many areas where tourism is an important contributor to the economy, it has become customary to give a small gratuity to local staff, including your tour leader and driver, at the end of a tour if services rendered have been to your satisfaction.

Kilimanjaro Trek between Days 11-17: As in many areas where tourism has become an important contributor to the local economies, local trek staff have come to expect a small amount given at the end of each trek in appreciation for the services they have rendered. The amount is a matter for individual discretion but there are general mountain guide lines for tipping that will be recommended at your trek briefing. We advise you should allow approx. US\$45- US\$50 in cash per actual trekking day if you are trekking on your own. This is to be paid at the end of your trek on Day 17. If you are trekking with at least 1 other person allow approx. US\$30- US\$40 per person for each trek day.

These amounts are the current agreed 'industry rates' for Mount Kilimanjaro staff and individuals should not feel obliged to give more than is suggested here. Guidelines like these are set up for the protection of both the local economy as well as the trekkers.

OPTIONAL ACTIVITIES AND EXCURSIONS

To give you maximum flexibility on tour we offer several optional activities on the tour. To help budget, approximate prices are listed below (in US\$ unless otherwise stated. All prices subject to change and availability).

Activity	Price (USD)	Activity	Price (USD)
Tanzania		Zanzibar Food (per day)	\$30 - \$35
Camel Ride	\$10	Spice Tour	\$35
Zanzibar		Scuba Dive – local	\$130
Massages – on the beach	From \$20	Slave Markets	\$10
Yacht Trips (Snorkeling and sunset)	\$120	Arabic Fort	\$5
Snorkelling Day Trip	\$40	Palace Museum	\$10

Responsible Travel

We strongly believe that you get the most out of a journey by respecting the culture and people of the places you visit. On our tours we try to travel in a way that benefits the communities we pass through and minimises negative impact on the environment. This can be from ensuring the campsites we use are clean when we leave and dressing respectfully in conservative areas to getting involved with local charity projects. We ask that you are open to this when you travel with us. Being proactive in responsible travel helps develop cross-cultural understanding and friendships with the local people and will greatly enhance your experience in Africa.

Get Connected

WIFI on tour:

While WIFI is becoming more common in some areas of Africa we cannot guarantee the speed, cost or reliability during your tour.