Last Updated: October 2, 2014

Tanzania Encompassed - DTTE

17 days: Moshi to Stone Town

What's Included

Mt Kilimanjaro's Marangu Route trekking permits and guided trek. Visit to Planeterra-supported Moshi Women's Cooperative. Mto wa Mbu guided village tour with traditional lunch. Lake Manyara game drive. Masai village visit and the Planeterra-supported Clean Cookstove project. Serengeti game drives. Ngorongoro Crater game drives. Stone Town stay (Zanzibar). Spice plantation tour. Beach time in Kendwa. Internal flight. All transport between destinations and to/from included activities.

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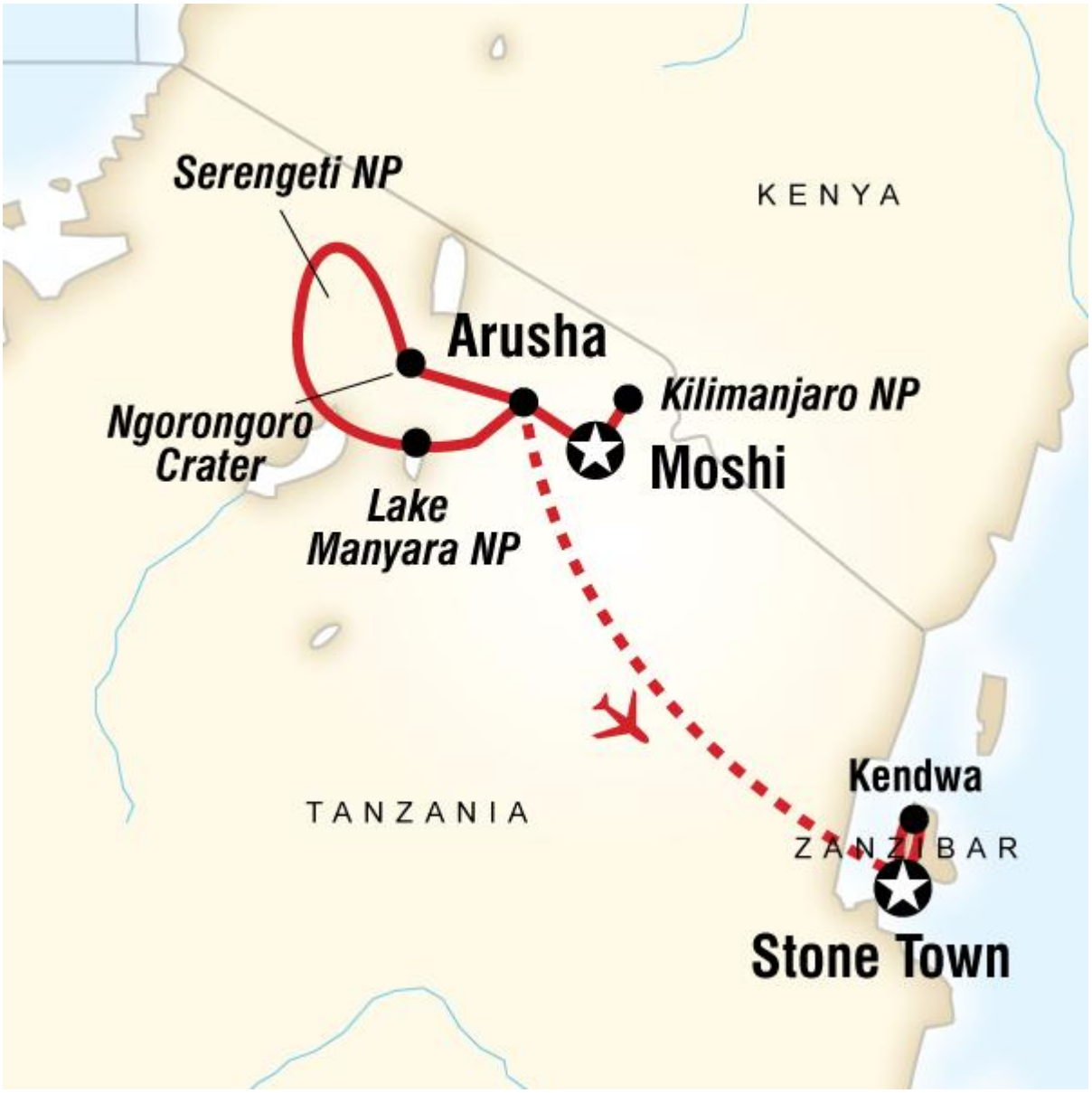
VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2014 - December 27th, 2015

Itinerary



Day 1 Moshi

Following your arrival in Moshi, you make your way to the hotel. A pre-departure group meeting with your mountain guide is scheduled for the early evening.

*Please note: if you have pre-booked the Serengeti Balloon Safari your CEO will inform you when you will do the activity throughout your tour, days are subject to change: Serengeti Balloon Safari (Day 10 - Serengeti). You will miss the included morning game drive with the group, but you will have a much better view from above! For more information on the Extra see the Optional Activities section.

Situated in the heart of a major coffee growing region, Moshi is an attractive small town of about 150,000 people and it lies at the base of Kilimanjaro. Despite the teasing proximity of snow-capped Kilimanjaro, Moshi is not the cool highland settlement you might expect. Instead, lying at an altitude of 810 meters, it has a surprisingly humid, sticky climate, reminiscent of the coast. Moshi means smoke in Swahili, but the origin of this name is something of a mystery.

Day 2 Marangu to Mandara Hut (1B,1L,1D)

Hiking Time: 5-6 hrs
Total Distance: 12km
Starting Altitude: 1980m
Final Altitude: 2743m
Habitat: Montane forest

After breakfast and a short briefing from the guide, transfer to the gates of Kilimanjaro National Park (it is a 45-minute drive from Moshi to the Marangu Gate). Upon registering with park authorities, begin the four-hour walk to the Mandara encampment. Pass through a thick rainforest zone, where there is a high chance of rain in the afternoon. Spend the night at Mandara Hut (2,743 m), an attractive collection of buildings. Bathrooms are available with running water.

Most days the hiking will begin early in the morning. You will hike for about 5 to 6 hours each day. The guides will take you at a moderate pace, so as to allow you time to acclimatize the altitude changes. Your guides will continually repeat the words, “pole pole” (po-ly, po-ly), which means “go slowly” in Swahili.

The lower terrain is gorgeous and fascinating, as we will pass through a thick rainforest zone, stopping at the Mandara Hut. Over the next two days you will continue to your ascent to the saddle of Kilimanjaro. From up here the views are vast and beautiful. As the camps have limited activities, you should take advantage of your time on the hikes to take in all the scenery and great views.

Day 3 Mandara Hut to Horombo Hut (1B,1L,1D)

Hiking Time: 6 hrs
Total Distance: 15km
Starting Altitude: 2700m
Final Altitude: 3720m
Habitat: Moorland

Continue the ascent through the temerate forest zone for a short time, before reaching the heather and moorland zone at roughly 3,000 m (approximately a six-hour walk). Enjoy stunning views of the mountain peaks at this altitude. Spend the night at Horombo Hut (3,720 m), which lies in a valley surrounded by giant lobelia and groundsel, flora which are characteristic of this semi-alpine zone. Bathrooms are available with running water.

Day 4 Horombo Hut to Kibo Hut (1B,1L,1D)

Hiking Time: 6 hrs
Total Distance: 15km
Starting Altitude: 3720m
Final Altitude: 4703m
Habitat: Alpine Desert

Continue today past the final watering point, and ascend onto the saddle of Kilimanjaro between the peaks of Kibo and Mwenzi. Notice the vegetation thinning out and enter the desert-like alpine zone (approximately 4,000m) and, after crossing the saddle, Kibo peak comes into view. The saddle is an alpine desert that resembles a lunar landscape. Be careful to notice signs of altitude sickness. This seven-hour walk will be taken at a slow pace. Spend the night at Kibo Hut (4,703 m), a comfortable stone construction (no running water at Kibo Hut). This semi-desert zone receives an annual rainfall of under 250 mm; the ground often freezes at night, but the temperature soars to above 30 degrees Celsius by day. Few plants other than lichens and grasses survive in these conditions.

Day 5 Kibo Hut to the summit to Moshi (1B,1L,1D)

Hiking Time: 14 hrs
Total Distance: 27km
Starting Altitude: 4700m
Final Altitude: 3720m (via 5895m)
Habitat: Stone Scree and ice capped summit

The best time to climb is during the night as it is marginally easier to climb the scree slope to Gillman’s Point on the crater rim when it is frozen. This 5km ascent typically takes six hours, so you need to get going around midnight to stand a chance of reaching the summit in time to catch the sunrise. From Gillman’s Point it is a further two-hour round trip along the crater’s edge to Uhuru Peak, the highest point in Africa.

Day 6 Descend Horombo Hut to Marangu Gate to Moshi (1B,1L)

From the summit, it is a roughly seven-hour descent with a break at Kibo Hut to Horombo Hut, where you will spend your last night on the mountain. The final day’s descent from Horombo to Marangu generally takes 7-8 hrs, so you should arrive in Marangu in the mid-afternoon where you will receive your well-earned certificate.

This evening you will spend the night in the town of Moshi for a well deserved bed rest.

Day 7 Arusha (1B)

Approximate Distance: 65 km
Estimated Travel Time: 1.5 hrs

The morning is at leisure. By mid-morning you will be transferred to the picturesque town of Arusha which sits at the foot of rugged Mount Meru, at 4.556m, the fifth highest mountain in Africa. En route you will stop at the Moshi Women’s Cooperative, a project

supported by Planeterra and G Adventures. Women and girls are often the first to be excluded from educational programs in Tanzania, with most girls being pulled out of school by Grade 3 to help out around the home. Our ground partners provide free adult business education for women in Moshi, and Planeterra and G Adventures have rented a cooperative space to allow these students to practice their academic skills and save income to start their own business. Feel free to peruse around the shop and speak to the mamas that run the cooperative.

At this point you may be joined by other G Adventures travellers who have started their safari trip in Kenya. A group meeting with your tour leader for this safari portion of your trip is scheduled for the early evening. Please look for information from your tour leader on the hotel bulletin board regarding the time of this meeting.

Day 8 Lake Manyara National Park (B,L,D)

Approximate Distance: 130 km
Estimated Travel Time: 2-3 hrs

After breakfast, we make our way to Lake Manyara National Park and take part in a cultural walk to learn a little about what a typical village in the area is like. The village - Mto wa Mbu, whose name means "mosquito river," has over 18,000 inhabitants from 120 tribes. This two hour tour will take you from the village's local market through several different farms, local huts, and artisan shops, and back to the market, giving you the opportunity to get a true glimpse of northern Tanzanian culture!!

After a traditional lunch in the village, the afternoon will be spent touring and viewing wildlife in the park. This area is truly stunning, as the western wall of the Rift Valley escarpment provides a backdrop for your search of the park's phenomenal birdlife, tree-climbing lions, elephants, giraffes, and hippos. The afternoon is spent game viewing along the main road that winds for several kilometers through a cool, lush, mature groundwater forest dominated by large fichus trees and a tangle of green epiphytes.

The name Manyara is derived from the Masai word “Emanyara”, which is a Euphorbia species of plant that is found around a family homestead in the area. The lake itself is a shallow, alkaline lake stretching 50km at the base of the sheer 600-metre high Rift Valley escarpment. This forms part of the national park that covers an area on roughly 330km sq.

Lake Manyara National Park is home to the giant fig trees, acacia woodlands, mahogany trees and grassy flood plains. The contrasts of this area are simply breathtaking, with the open plains, huge escarpment, central soda lake, dense woodlands, and distance volcanic peaks coming together in an area best described by Ernest Hemingway as “the loveliest I had seen in Africa”.

Animals such as blue monkeys, hippo, impala, elephant, wildebeest, buffalo, warthog, and giraffe all roam the park’s territory. The park is also home to legendary tree-climbing lions, and also has small populations of leopard. Manyara provides the perfect introduction to Tanzania’s bird life, with over 400 species having been recorded within the parks boundaries. Highlights include thousands of pink-hued flamingos on their perpetual migration, as well as other large water birds such as pelicans, cormorants and storks.

Day 9-10 Serengeti National Park (2B,2L,2D)

Travel through the Rift Valley and visit a Masai village to learn about the fascinating Masai people. Visit the Planeterra-supported Clean Cookstove project and meet the local women engineers who have installed clean cookstoves throughout these communities. Experience the impact of what cooking over an open fire is like before witnessing the transformation that occurs when a clean cookstove is installed. Learning about this project is paired with information about the day to day lives of the famous Masai people.

As we drive through the Ngorongoro Conservation Area and on to the Serengeti National Park, en route you will begin to experience the sheer vastness of this territory, and you will marvel at the multitude of animal and bird life while cruising through this acacia-spotted savannah. On day 4, after an early rise we enjoy an early morning game drive, returning for a hearty lunch followed by a brief but well-deserved rest. Continue your search for the "Big 5" - lion, leopard, buffalo, elephant and rhino - while taking in the vastness of the Serengeti plains.

The Serengeti National Park is to Tanzania what the Masai Mara Game Reserve is to Kenya, though with an area of 14,763 sq km, it is actually over 7 times as large! The Serengeti, which derives its name from the Masai for “endless plain”, is the jewel of Tanzania’s protected areas, together with the Masai Mara and the Ngorongoro Conservation area it protects the most varied and greatest collection of wildlife on earth. With the Big Five, the Small Five and the extensive amounts of wildlife, this region offers arguably the best wildlife viewing opportunities in the world. That said, with its vast size and varied terrain, game viewing is only one aspect of the Serengeti - the scenery is simply breathtaking.

The Masai people arrived into the Serengeti plains in the 17th century, displacing the Datoga pastoralists who had previously lived there. They lived an undisturbed, nomadic life in the region for hundred of years, until the first westerner, American Stewart Edward

White, passed through in 1913. He recorded the plains in the chronicles of a journey that began in Nairobi, Kenya. What he wrote still applies today: “... We walked for miles over burnt out country... Then I saw the green trees of the river, walked 2 miles more and found myself in paradise” .

There is no bad time to visit the Serengeti as every season has its own special highlight – even the rainy season has the daily thunder and lightening to look forward to. Changing seasons and light patterns form the most beautiful backdrop to view Africa’s majestic and incredible wildlife. It has more than 1.6 million herbivores and thousands of predators. Blue Wildebeests, gazelles, zebras and buffalos are the animals most commonly found in the region.

This area is most famous for the migration that takes place every year; in October over a million herbivores travel toward the southern plains, crossing the Mara River from the hills to the north. They continue west across the Serengeti, and then north once again, crossing the Mara River, after the rains around April, and often totals more than 800km. This phenomenon is sometimes also called the Circular Migration. Over 250,000 wildebeest alone will die along the journey from Tanzania to Masai Mara Reserve in Kenya.

Approximate Distance: 220 km
Estimated Travel Time: 5-6 hrs

Day 11-12 Ngorongoro Crater/Arusha (2B,2L,1D)

Approximate Distance: 360 km
Estimated Travel Time: 8 hrs

Before leaving the Serengeti, enjoy one last morning game drive to see the animal kingdom come to life in this incredible expanse of grassland savannah. You will return and break camp, and journey to the Ngorongoro Conservation Area, famous for Africa's best game viewing. The views from the Ngorongoro Crater rim are stunning, and there is an ever-present abundance of wildlife, due to the permanent water supply on the crater floor. You will arrive at your campsite at the crater rim in the late afternoon.

The following morning After breakfast we embark on a half-day crater tour. The rich pasture and permanent water of the Crater floor supports a resident population of more than 20,000 to 25,000 large mammals. They are not confined by the crater walls, and can leave freely; they stay because conditions are favourable. Since most of the crater floor is grassland, grazing animals predominate: zebra, gazelles, buffalo, eland, and warthogs. The swamp and forest provide additional resources for hippos, some of Tanzania's last remaining black rhinos, giant-tusked elephants, waterbucks, reedbucks and bushbucks, baboons and vervet monkeys. All these animals in turn support large predators such as lion and leopard, and scavengers such as hyena and jackals.

After this fabulous experience within the crater, we have to leave the wildlife behind us and start heading back to Arusha, where you can enjoy the last safari evening with your travel companions and say your goodbyes to those not continuing on to Zanzibar before departing the next day.

The 8,300 km² Ngorongoro Conservation Area is named after its central feature, the Ngorongoro Crater, the world’s largest intact volcanic caldera, and arguably its most spectacular natural arena. Ngorongoro Crater has often been described as one of the wonders of the world, not only because of its inherent geological significance, but also because it serves a quite extraordinary natural sanctuary for some of Africa’s most dense population of large mammals. The Ngorongoro was part of the original Serengeti National Park proclaimed in 1951, but it was made a separate conservation area in 1956 so that the Masai could graze their cattle there. The Ngorongoro Crater became a World Heritage Site in 1978.

Land in the conservation area is unique to Tanzania as it provides protection for the wildlife whilst allowing human habitation. The landscape is made up of a blend of volcanoes, grasslands, waterfalls and mountain forests, where the wildlife is extensive. The southern and eastern boundaries are approximately defined by the rim of the Great Rift Valley, which also prevents animal migration in these directions. The annual ungulate migration passes through the Ngorongoro Conservation Area, with wildebeest and zebra moving south into the area in December and moving north in June. The area has healthy resident populations of most species of wildlife.

Day 13-14 Zanzibar/Stone Town (2B)

After breakfast you will be transferred to Kilimanjaro International Airport to board your plane to Zanzibar. Upon arrival in Zanzibar, you will be met at the airport by our local representative and transferred to your hotel in Stone Town. Please note during your stay in Stone Town you will not be accompanied by a tour leader as this section of the trip is independent.

Relax, or explore Stone Town at your own leisure, and enjoy the culture and nightlife that it has to offer. A UNESCO World Heritage Site, Stone Town is a captivating labyrinth of narrow streets and winding alleyways. Lose yourself in the buzz of the markets, delight

your senses in the bustling bazaars, and check out the many mosques and grand Arab residences. You can spend hours just wandering the alleys and squares, drinking potent coffee from pavement vendors, or buying local snacks, such as sesame bread, from scores of tiny cafes.

Optional activities include tours of the ruins of the Sultan's Palace, a tour of the Jozani Forest, or a city tour. Our local representative will brief you on these activities, among others, and is at hand to assist with the inquiries and bookings.

Zanzibar, 'the spice island,' has an extremely interesting history and culture as it was the centre of the slave and spice trades in the 1800s. Zanzibar is one of the most fascinating places in East Africa, despite a heavy increase in tourism since the early 1990s. Thanks to an ambitious and far-reaching preservation programme funded by UNESCO and the Aga Khan Foundation, many famous old buildings have been restored, or are in the process of being renovated.

Day 15-16 Zanzibar/Kendwa (2B)

Journey to the northwesten beach of Kendwa and make a fantastic stop en route, as no visit to Zanzibar would be complete without a visit to the spice plantations. Delight your senses during this included guided tour, and learn about the assortment of spices such as cloves, black pepper, cardamom, cinnamon, nutmeg, breadfruit, jackfruit, vanilla and lemongrass, and their various uses. It was the wonderful spice plantations that brought the beginnings of Zanzibar’s infamous slave trade dating back to the 1840’s.

Day 16 is yours to enjoy the peaceful surroundings of Kendwa and neighbouring Nungwi. Relax on the beautiful white sandy beaches, soaking up the African sun, or maybe a little snorkeling or scuba diving in the crystal clear waters is just for you. You may also stroll down to Nungwi, the centre of Zanzibar’s traditional dhow-building industry and the beach capital of Zanzibar. Your time here will be simply magical!

Day 17 Depart Zanzibar (B)

Today is departure day. We provide an included group transfer from Kendwa to Zanzibar airport or ferry at 10am (check-out time from the hotel). If you'd like to arrange an individual transfer at an earlier or later time, you are welcome to do so at your own expense. Your CEO can help you with the arrangements.

What's Included

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Highlights

Conquer Africa's highest peak, search for the Big Five in the Serengeti, dance with the Masai, meet local artisans and sample traditional cuisine, inhale the aromas of a Zanzibar spice plantation

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or

encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Please note that this trip is a combination of multiple G Adventures tours. As such, the staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour, between tour segments. The Zanzibar segment is independent and the group will not be accompanied by a CEO.

2. The idea of camping in Africa can be a daunting one. For those not accustomed to 'roughing it' for a few days on the safari section we offer a full camping service. All tents are pitched for you, meals are prepared and served and the washing up is done by G Adventures staff. This leaves you with more time to enjoy your surroundings and is ideal for first-time campers who may be worried about the challenges such a trip can entail. When camping we are exposed to the elements, and whilst there are times when the weather is fine and temperatures are pleasant, there may be days when it is foggy, rainy and cool. In certain locations there may also be a number of bugs. These factors, however, should be seen as minor downsides to a camping experience which will allow you to get up close to the beautiful nature that Africa has to offer. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply canvas dome tents with built-in mesh insect nets on the doors and windows. Mattresses are also available, which are approximately 4cm thick, warm and comfortable. Please note drinking water, ice, and fire wood are not provided but can be bought locally with the assistance of the Chief Experience Officer.

3. Single Travellers. We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin-share accommodation and tents with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

4. Sleeping bags can not be rented on any of our Africa overland or safari trips

5. Migration – Tanzania and Kenya
The Seronera Plains, which lie in the southeast of the National Park and extend into the western Ngorongoro Conservation Area, form the main ungulate calving grounds of the Serengeti. The wildebeest typically disperse into the Seronera plains during the short rains, which fall in late November or early December, before calving in January, and staying put until the end of the long rains from January to early May. Towards the end of April the wildebeest start to congregate on the southern plains in the preparation for the 800km northward migration. The major obstacle faced by the wildebeest on this migration is the crossing for the Grumeti River through the western corridor, which typically occurs from June into early July. From July to October, the ungulates disperse again, with about half of them crossing the Mara River into Kenya's Masai Mara Game Reserve and the remainder spreading out through the northern and western Serengeti. By late October the animals have generally started to plod back southward to the Seronera Plains, to arrive there in late November when the cycle starts all over again.

6. The safari portion of your trip is not a physically demanding journey; however, travelling can be difficult, as long drives and poor road conditions are the rule as opposed to the exception in Tanzania. A safari is about travelling to see animals, so we cover long distances crossing the region to visit different game parks. Once there, we spend the majority of the time viewing game while driving in the parks. This translates to a lot of driving. Despite this, the diversity and scenery of the African landscape, the local culture and abundant wildlife are all well worth the experience.

7. Please note that this tour is a combination of three G Adventures tours. This trip combines our Kiliminjaro Trek (DTKM), Tanzania Wildlife Experience (DTWE), and Zanzibar Discovery (TDTZDN). The Kilimanjaro Trek portion of this trip is very popular due to the fact that it is shorter, the gradient is not as steep and that the accommodation consists of huts as opposed to camping, thus making it less costlier than compared to other routes. It is a quicker ascent with less opportunity & time for acclimatisation. Although the Marangu Route has a reasonably high success rate, the quick ascent can be more demanding on some, it differs from person to person. One must be prepared for the extreme physical conditions when attempting summit.

8. Please be aware there are no minimums on the Zanzibar and Kilimanjaro portions of this adventure. The nature of these tours is such that it is possible for certain components to have a lower number of passengers.

9. You are responsible for making your own arrangements from Zanzibar on day 17 (departure day), as the tour ends in Zanzibar.

10. As Zanzibar is inhabited by a prominently Muslim population, alcohol is not readily available for sale in some restaurants and

hotels. This may include your accommodation in Stone Town, on days 13 and 14.

11. Ramadan: July 30, 2011 – September 4, 2011
During the religious month of Ramadan we advise visitors to respect local people who fast during the day by not eating/drinking in public places. Just a few restaurants do close during the day in Ramadan.

12. LUGGAGE COMPLICATIONS FLYING INTO KILIMANJARO: It occasionally happens that luggage on international flights into Kilimanjaro does not arrive. Please be aware that this may happen, especially if you have a tight connection, are flying with different airlines with a connection, have a last minute flight change or re-route, or fly from or connect through another African centre. Please be prepared and keep all important documentation and valuables on your person. As well we recommend a change of clothes in your hand luggage. If unfortunately this does happen, and your luggage does not arrive, you should be entitled to a limited initial compensation from your airline. In Kilimanjaro, the arrival of lost luggage normally takes between 48 and 72 hours after the initial plane's arrival. The airlines technically should be responsible to forward your luggage to you, to your hotel or elsewhere in Tanzania. You may find that you will be needed to start your trek and you still have not received your luggage. Considering that the customer service standards in Tanzania are different from home, and that we find that the airlines are not always pro-active in helping luggage in its care be reunited with its owner, it is recommended that you purchase or hire locally the needed items, and speak to your G Adventures representative at your Hotel to persist with your airline to retrieve your luggage. Once your luggage is retrieved, it should be able to be forwarded to you – depending where you are. Please note that any costs that you may incur for luggage retrieval or sending luggage are not the responsibility of G Adventures, though we will always strive to assist you in any way possible. You should always keep all receipts and documentation, and contact your airline or insurance provider for reimbursement.

13. Flying through London-Heathrow to East Africa?
Please note that regardless of the rules in other centres, travellers flying from, or connecting in, London-Heathrow are currently only permitted one carry-on piece of luggage and one small personal bag (purse, laptop-size bag, briefcase) on board on flights to Nairobi. If you arrive to the security gate with 2 pieces, you will be forced to check-in one of them, which may result in complications noted above. This policy is in place as of the time of writing, though local rules and regulations may indeed change. It is thus advisable to contact your airline directly for the most up-to-date information.

14. The power supply in Tanzania is nominally 240VAC, 50hz. Variable voltage, spikes and sporadic, unexpected, unscheduled power cuts of varying duration can be expected.

15. For extra expenses at your hotel, cash or visa card are the only accepted form of payment. Please note however, there will be extra charges for using your credit card. As a result of this it is preferable to settle all expenses in cash.

16. Please read the Health and Safety section below for an important message on Physical Fitness and Altitude and Acclimatization.

17. Looking to add to your experience? Check out our Theme Packs! Specially designed for travellers with unique interests, theme packs are optional add-ons to your G adventures trip that make your adventure more you-centric. Theme Packs must be booked prior to departure, please see details in our optional activities field and ask you sales CEO.

Group Leader Description

Upon arrival to the your hotel in Moshi on day 1, you will be met by our G Adventures representative who will assist you in the preparations for the trek. For your entire 5 day hike of Mt. Kilimanjaro, you will be lead by an experienced certified mountain guide. To round out the team, you will be joined by an assistant guide (for groups of more than one person), a cook, and a team of porters.

Your guide has been trained in mountain guiding skills, first aid and emergency response, flora and fauna, and group management. All guides are licensed by KINAPA, the National Park Authority. Your cook is an experienced cook who will prepare a variety of nutritious, and hearty meals. As a general rule, each hiker will be accompanied by 2 porters, who assist in carrying both your bag and the team's gear (tents, food, etc). Please note English is often the 3rd or 4th language of the Tanzanians in the area of Mt. Kilimanjaro, therefore your guide will speak a basic English. In addition, Tanzanians are very humble, passive, timid by nature, and this sometimes frustrates some travellers. Please be patient with your guide's English skills and with his approach to guiding. In addition, it is likely that some of the crew, especially the porters, will have limited to no communication skills in English.

All our porters belong to the Mount Kilimanjaro Porter Society which was founded in 2004 with the goal to improve the working conditions of all porters on Mount Kilimanjaro. The society has created a basic set of rules that G Adventures has agreed to implement: appropriate clothing for the porters; that the porters are adequately fed on the trek; porters should not carry more than 15 kgs; that there is an adequate porter-client ratio; and that a set wage is provided to the porters, guides, and cooks. Through the

society, porters also have access to various resources such as language classes, classes in environmentally sustainable tourism, health care and first-aid classes, as well as, training in customer service, their legal rights, and assistance in micro-finances to improve their family's living conditions and guarantee a proper education of their children, year-round employment possibilities, and access to an affordable equipment and a clothing store.

On day 7 in Arusha, you will be met by a G Adventures Chief Experience Officer (CEO), who will lead your tour through the safari portion of your trip. To round out the team, he/she will be accompanied by an expert driver/guide and a camp cook. The Chief Experience Officer (CEO) will be the group manager and leader. He/she organizes the trip, and will be there to assist you when needed. Your leader will be from East Africa, and will have a general knowledge base of the region and wildlife. He/she will take care of the small things so you can concentrate on enjoying your adventure. Your driver/guide is skilled and experienced driver and a certified safari guide, and is an integral part of the team. As well, your cook will prepare the camp meals to add some further local flavour to the trip.

On day 13, upon arrival in Zanzibar, you will be met by our G Adventures representative who will help you with the final, independent portion of your trip. In addition, you will benefit from the knowledge of the 'Spice Guru' during your included spice tour.

Group Size Notes

Max 12, avg 10

Meals Included

16 breakfasts, 10 lunches, 8 dinners.

Meals

When an evening meal is not included, your hotel will have a restaurant or your will be advised of a good local establishment. All meals you have during your trip will be prepared from fresh local produce. Shopping for food will be done before the trip departs, and fresh vegetables and fruit will be bought along the route while on safari from supermarkets, local shops and markets. Breakfasts will generally be cereals, if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will be light meals such as sandwiches or salads. All evening meals will be hot and will consist of a variety of continental and local dishes. Meals will be prepared by the crew with assistance from you if you would like to help cook, this is not compulsory. For your Mt. Kilimanjaro trek, your meals will be more than enough, usually consisting of high energy foods such as pasta, potatoes, meats, and stews. Vegetarian meals and other dietary requirements need to be specified prior to arrival. Please note all bottled drinking water will be at your own expense. For the Kilimanjaro Trek, you will be provided with drinking water. This water is collected from fresh mountain streams and then boiled by your guides who will replenish your empty bottles/flasks on a daily basis. You are welcome to add your own chlorine or iodine tablets if you are uncomfortable drinking the water provided.

Meal Budget

Allow USD130-160 for meals and drinks not included.

Transport

7-seat 4x4 safari land cruiser, private minibus, plane.

About our Transportation

The transfer from Moshi to Mt. Kilimanjaro and back for your trek is done in a private minibus or van. The transfer from Moshi to Arusha for your safari is done in a private minibus or van. The safari portion is in private 5 or 7-seat 4x4 safari vehicle. If there is a large group, 2 vehicles will be used, and the group will be split up. Road conditions can run the full range of conditions from new to very poor, and during dry seasons, the roads (just like the trails on Mt. Kili) can become very dusty. This style of travel is by no means luxurious, but the seats are comfortable and having our own private vehicles allow us the flexibility of making stops when needed, and to stay and watch that crouching lion prepare for an attack. After your safari, you will be transferred from Arusha to Kilimanjaro airport in your safari vehicle for your onward flight to Zanzibar. The transfers in Zanzibar will be done in private mini buses.

If you are beginning your trip with arrangements in Nairobi, and have pre-booked your "shuttle" transfer from Nairobi to Moshi through G Adventures, you will travel in a public shuttle; these are large mini buses with seating for 22-24 passengers. Please note for your own safety it is mandatory to wear your seat belt at all times when in a vehicle.

Speed governors set to 80kph are used on all vehicles to ensure a safe driving speed. Please note for your own safety it is mandatory to wear your seat belt at all times when in a vehicle.

All G Adventure vehicles are regularly serviced and follow a strict maintenance schedule. However given the long travel days and rough conditions of many of the roads in Africa, vehicles can and do breakdown on occasion. If such situations occur all drivers are trained mechanics and any vehicle issues are rectified as quickly as possible so as to not disrupt your trip. Your patience is requested if the vehicle you are traveling in happens to encounter a mechanical fault.

Local Flights

A local flight from Arusha Airport to Zanzibar is included in the cost of your tour. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Simple hotels (6 nts), mountain huts (4 nts), full-service camping (4 nts), beach hotel/bungalows (2 nts).

My Own Room Exceptions

Days 2-5

About Accommodation

Single Travellers. We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin-share accommodation and tents with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Your starting hotel in Moshi has a number of services and facilities available as follows; Internet, laundry, gear hire, luggage storage, telephone services, TV lounge, swimming pool, sauna, curio shop, garden bar, outdoor dining area and taxis should you want to go to/from Moshi as the hotel is located just a few kilometers outside of town.

While on the mountain (5 nights), we stay at designated campsites. Your porters will be carrying tents to pitch at these communal sites. These campsites are fairly basic, and exposed to the elements. They will not have electricity, nor shower facilities, and toilet facilities are basic long drop latrines. Your crew will prepare basins of warm water for washing daily. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply dome tents which are assembled by the porters. All tents have built-in insect nets. Mattresses are also provided, which are warm and comfortable.

Please note, in the event of having to descend from your climb early due to altitude sickness, injury or exhaustion, any extra meals or nights spent at our Moshi base Hotel will be at your own expense and will not be covered by G Adventures.

Camping on safari is truly an adventure. You will be able to get off the beaten track to get a first-hand experience of the beautiful wilderness and nature. While camping, we stay at designated public campsites inside of and nearby the national reserves and parks. These campsites generally are very basic, and we carry tents to pitch at the campsites.

Our camp site outside of Lake Manyara National Park is adjacent to the lake and has been built especially for G Adventures. The facilities are basic but clean and the location next to the lake is unparalleled. Once we move into the Serengeti National Park and to the Ngorongoro Crater rim, the facilities become more basic with long-drop latrines, simple cold shower or bathing, and no electricity.

The idea of camping in Africa can be a daunting one. For those not accustomed to ‘roughing it’ for a few days we offer a full camping service. All tents are pitched for you, meals are prepared and served and the washing up is done by G Adventures staff. This leaves you with more time to enjoy your surroundings and is ideal for first-time campers who may be worried about the challenges such a trip can entail.

In Stone Town you will stay in the Dhow Palace (or similar). Originally the home of a rich merchant, this graceful building has stood for

more than one hundred and forty years in the heart of Stone Town, bearing witness to the events of Zanzibar's history and finally being restored to an elegant hotel.

Your final nights in Zanzibar are spent at a simple beach resort offering all the facilities you will need to help you ease into Zanzibar’s relaxed pace of life. Right on the perfect sands of Zanzibar's north coast, this is the perfect place to unwind, spend your days swimming or sun-bathing, snorkeling, scuba diving or exploring Zanzibar's rich history.

Joining Hotel

Starting February 1st, we will be using the following hotel as the start location (with a few exceptions, listed below):

Sal Salinero Hotel
P.O. Box 7611
Moshi
Tanzania
+255 27 27 52240

The following hotels will be used for specific departures:

Keys Hotel - Uru
P.O. Box 933
Moshi
Tanzania
+255 27 2752250 / 2751875

February 11th
February 16th

Stella Maris Lodge
Moshi
Tanzania
+255 686 663 244

February 9th

Joining Instructions

Please make your way to the joining hotel. Kilimanjaro International airport is approximately 40km, or 40 minutes, from Moshi. Taxis are available to transfer you to Moshi, and cost approximately USD 50 per car. If you arriving in Moshi from Nairobi, Kenya, there is a public shuttle bus that leaves Nairobi at 8:00am daily to Moshi. It is a direct bus via Arusha, and with border formalities, and a break (and potentially a change of vehicle) in Arusha, the trip is approximately 8 hours. There are a number of local companies that offer this service, and this can be organized locally the morning of. In addition, for your convenience, you may pre-reserve a seat on our partner shuttle service through G Adventures.

For pre-booked transfers from Kilimanjaro International Airport to our Moshi hotel, G Adventures representative present will assist you or your driver will be waiting with a G Adventures sign. At times there are taxi drivers who will try to solicit your business, so please be aware of them and proceed directly to the G Adventures representative. For any issues relating to pre booked transfers for Kilimanjaro International Airport including delays or missed transfers, please contact our airport transfer operator
Musaddiq: +255 754 400 141 or +255 787 400 142 (From outside Tanzania)
Musaddiq: 0754 400 141 or 0787 400 142 (From within Tanzania)

Please note that day 1 is an arrival day and no activities have been planned, though a brief departure meeting will be held in the garden of the hotel in evening of day 1. Here you will meet our local G Adventures representative, and possibly some of your guiding team. At this point you will receive information about general and specific aspects of the "Kili" trek portion of your trip. Upon arrival to the hotel, our G Adventures representative be there to assist you with anything you need. If you arrive late and miss the meeting, s/he will leave you a message detailing what time and where you should meet the next morning.

This tour departs Moshi for Mt. Kilimanjaro in the morning of day 2.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

For any issues relating to pre-booked transfers for Kilimanjaro International Airport, including delays or missed transfers, please contact our airport transfer operator:
Musaddiq: +255 754 400 141 or +255 787 400 142 (From outside Tanzania)
Musaddiq: 0754 400 141 or 0787 400 142 (From within Tanzania)

EMERGENCY CONTACT NUMBERS
G Adventures Local Office (Nairobi, Kenya)
Emergency number: +254 727 208 832 or 0727 208 832 (from within Kenya)

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Continuing Point Hotel

Arusha, Tanzania:
Oupost Lodge
37A Serengeti Rd.
Arusha, Tanzania
Tel: +255 27 2548405 / 715 430 358

Stone Town, Zanzibar:
Dhow Palace Hotel
Kenyatta Road/Baghani Street
Stone Town, Zanzibar,
Tanzania
Tel: +255 24 2233012 / 24 2230304

Continuing Point Instructions

As previously mentioned, tour is a combination of three G Adventures tours. This trip combines our Mt. Kiliminjaro Trek (DTKM), Tanzania Wildlife Experience (DTWE), and Zanzibar Discovery (TDTZDN).

After the Kilimanjaro portion of your trip, you will be transferred in a private vehicle from Moshi to your continuing point hotel in Arusha. There, you will be joined by a larger G Adventures for days 7-12 of your trip.

On day 13, your will be transferred from Arusha to the Kilimanjaro International Airport, and your flight from there to Stone Town, Zanzibar is included. Upon arrival at the local airport in Zanzibar, you will met by a G Adventures representative, who will have a G Adventures sign, and transferred to the continuing point hotel in Stone Town. If you are not met for any reason, please make your way to the Dhow Palace Hotel, situated in the heart of Stone town, on Baghani Street just off of Kenyatta Road.

Finishing Point Instructions

The last night of this tour is spent in Kendwa, on the north-west coast of Zanzibar. In the morning of day 17, one complimentary departure transfer to Stone Town will be arranged for the group. You may determine where exactly in the Stone Town area you wish to be dropped off – be it at the airport, ferry terminal, or at a hotel or location within Stone Town. Upon arrival to your chosen location, your G Adventures tour ends. If you are staying in Kendwa after the tour, our local G Adventures representative will assist you with any arrangements for a departure transfer.

What to Take

As you will be trekking up Africa’s highest mountain, you will be passing through a number of different climate zones, and should pack to prepare for a number of extremes – hot and sunny, cool, cloudy, and misty, fog, rain (your first day you will ascending through a section of rain forest), wind, and lastly snow and cold. You may experience one or all of these conditions in the same day on your trek. In the lowlands, temperatures in the shade can reach 35?C, and in the highlands it will be below freezing, with possible rain and fog. The use of lightweight, breathable, easily removable layers of clothes works best to allow you to adapt to the local conditions. We recommend breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for hiking as it does not allow for heat or moisture to enter or escape, and it will not dry once wet. Please note that is gets extremely cold near the top of Mt. Kilimanjaro, and you will begin hiking your final ascent to the summit at approximately midnight, and hike through the coldest part of the day. For this, in addition to several warm layers and good boots to grip as you climb over frozen scree, ice, and snow, you will need warm protection for your extremities – warm socks, gloves, and a warm winter hat. Lastly, Mt. Kilimanjaro is located only a few hundred kilometres from the equator, and at altitude, the sun’s affects are heightened. Use a hat, sunglasses, sun screen, and wear proper clothing to protect yourself from the sun, to reduce the risk of sunstroke. Please note, secure luggage and valuables storage facilities are available at your Moshi hotel while you climb. Your hotel in Arusha also offers storage facilities for any extra mountain gear/clothing that you do not require for the safari portion of the trip. With regard to the type of pack(s) to use, two packs would be useful, one larger pack (not exceeding 15kg) with most of your gear will be carried by the porters inside large canvas duffle bags, and a smaller 20-30L pack that you will carry containing your water, snacks and wet weather gear.

Cameras whether Video or film, need to be protected against the severe cold weather either in warm pouch or the interior pockets of your clothing. A selection of lenses will aid the final results although weight and bulk will obviously influence your selection. A polarized or neutral density filter is recommended, as is slide film rather than print. Bring your own film as it can be hard to find and expensive in Tanzania.

For digital equipment and mp3 players, check with the manufacturer’s specifications for temperature range (especially battery life), water tightness, altitude range, and general hardiness.

For your safari, most of the roads or un-sealed, dirt roads, and especially in the game parks, there may be dust that will enter your vehicles. We suggest lightweight, sythentic or polyester clothes (not all white), because there are lighter, will hold less dirt, and will often clean and dry more easily. A set of smart casual clothes is also advisable for your time in Arusha and Stone Town, Zanzibar.

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labelled and restricted to one soft compact suitcase, sports bag, or backpack, no larger than 30cm(height) x 30cm(width) x 60cm(length), maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced, and due to limited vehicle capacity, the cost of transporting any luggage beyond these restrictions is the responsibility of the client. Please note, if you are travelling with a large amount of luggage because of your trek or from other travels on the same trip, in Arusha you may leave a portion of it at the Continuing Point hotel, and pick it up after the Safari portion of the trip; this is indeed possible as storage facilities are available.

Checklist

Suggested Items: (The following items serve as guidelines for the trekker but what to bring is ultimately up to the individual. We suggest you carefully sift through this list, before embarking on the big pack)

- Warm fleece or wool jumper/jacket
- Waterproof jacket and pants
- 3 shirts/t-shirts, cool and breathable
- 2 Long-sleeved shirts or sweaters
- 1 pair of shorts, mid-thigh or longer
- 2 pairs of long hiking trousers, lightweight, breathable
- 1 pair of long trousers
- Thermal underwear – top and bottoms
- Waterproof, light weight hiking boots. They will get wet and dirty.
- Tennis shoes or sandals for relaxing in the evening
- Comfortable, breathable socks (wool or synthetic fibers recommended)
- Winter hat/warm hat, balaclava (wool or synthetic fibers recommended)
- Warm gloves/mittens
- Day pack with good hip and sternum support, for you to carry
- Very warm sleeping bag (it will be below freezing at least on one night)
- small travel pillow
- Water bottles or "camel baks"
- Small hot water thermos (as cold water has been known to freeze near the summit)
- Water purification methods(chlorine or iodine tablets) or purifier
- Sun hat, bandana (many uses - head protection, handkerchief, wrap injuries)
- Sunglasses (to help prevent snow blindness if hiking in snow)
- Sunscreen (very important, especially if summiting in snow)
- Headlamp / torch / flashlight (with extra batteries and bulbs)
- Camera and extra memory card/film
- Extra batteries (recommended)
- Pocket knife / utility knife
- Electricity plug adapter (for the hotel)
- Energy bars and snacks (chocolate, nuts, high energy snacks)
- Personal first aid kit (should contain Lip balm with sunscreen, Ibuprofen , Malaria pills, band aids/plasters, adhesive tape, anti-histamine, Antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder (salt and sugar mix), throat lozenges, insect repellent, extra prescription drugs you may be taking)
- Toiletries (soap, toothpaste, toothbrush, razors, etc)
- Hand sanitizer gel/Sanitizer wipes
- Toilet paper

Optional Items: Sleeping pad (optional – simple, thin mattresses provided in the huts where you will stay), Hiking poles, Hiking Gators (protective covers) for your hiking boots, reading/writing material, binoculars, cover for backpacks, Playing cards, games, frisbee, notebook, pens/pencils, candles, matches, personal alcohol

A limited supply of equipment is available, please let your CEO know at the welcome meeting. We recommend that you thoroughly check the quality of any rented items and that they are in correct working order. Whenever possible you should endeavor to bring your own clothing and equipment. The list below is a guideline only and prices are subject to change.

Price list for equipment hire:
rucksack /day pack-$12
balaclava $6
sleeping bag (-25 to -35°C) $40
ponchour-heavy/western/Europe-$18
plastic bag-$4
duffel bag $6
2 walking poles (ski sticks) $12
gaiters -$8
gloves $6
2 finger gloves $8
sweater $5

sunglasses $8 (have afew in store)
long underwear $ 5(have afew)
raincoat G.T.Waterproof $12
raincoat pants-$12
fleece pants-$6
mountain boots $9
warm jacket G.T.-$12
Warm jacket/down jacket-$12
hats $6
scarfs $6

For donation in Moshi or elsewhere in East Africa: notebooks, pens, pencils, pins, flags, pictures, postcards from your country for local villagers or children

Documents:
- Passport (with photocopies)
- Travel insurance (with photocopies)
- Yellow fever certificate
- Airline tickets (with photocopies)
- USD cash
- Credit or debit card (see personal spending money)
- G Adventures vouchers, pre-departure information and dossier
- Any entry visas or vaccination certificates required
or vaccination certificates required

Laundry

Hand washing of clothes can be done at campsites, as most have simple facilities for this. We recommend you bring a non polluting/biodegradable soap, as well as a roll of simple string to act as a drying line for your clothes. If you arrive in the late afternoon, or if there is poor weather, it may not be possible for your clothes to completely dry. Your continuing point and finishing point hotels also have laundry service for a fee.
Once you have completed your Kilimanjaro Trek you will be tranferred to your continuing hotel. Here you will have an opportunity to have your (at this stage, very dirty!) clothes laundered before the safari portion of your trip begins. Be sure to hand them to reception as soon as you arrive so that the staff can have them washed and dried by the following morning before you leave for your safari.

Visas

All countries require travellers to have a valid passport (with a minimum 6 months validity). Please note that upon arrival by air to Kilimanjaro International Airport, Tanzania, most nationals can obtain a visa for US$50 in $US cash (valid for those who would be permitted a Tanzania visa while still in their own country), though the current cost of a Tanzanian Visa for U.S. nationals is $100. This visa is valid for up to 3 months with multiple entries/exits permitted to Kenya and Uganda only. If you are transiting through Kenya, you will have to purchase a transit visa en route which is valid for 6 nights / 7 days within Kenya, for one entry into Kenya only, and costs US$10 OR 10 GBP OR 10 EUR or 10 SWF. Alternatively, you may purchase a normal visa for US$25 which is valid for up to 3 months. As fees and policies can change, we highly recommend that you contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation.

Detailed Trip Notes

American Dollars that are series 1999 or earlier are not accepted and very difficult to change in Southern and Eastern Africa, because of past forgeries.

REGIONAL INFORMATION
Climate
There are generally two rainy seasons - the short and the long rains. The short rains normally occur from late October through November, and the long rains from late March through to early June. A good time to visit is between late June and October when the rains have finished and the air is coolest. Alternatively, from late December to early March is another good time to visit, just after the short rains, but before the long rains; this is the warmest time of the year. The highest season for travellers into the region is in January and February, when the hot, dry weather is generally considered to be the most pleasant.

Kilimanjaro Weather and Climate

Lying just south of the equator, Kilimanjaro is affected by the passage of the Intertropical Convergence Zone, which brings with it the main rainy periods. The highest rainfall occurs between mid March and early May, and slightly less between the beginning of November and late December. Rain and, higher up, snow, can however be encountered at any time of year - even in the driest periods (January, February and September). Normally the drier seasons are associated with clear, dry weather which can last for weeks on end. The best weather is generally encountered in the mornings, and convectional rainfall, if any, tends to come in mid-afternoon. Temperatures vary considerably with height and time of day. On the plains surrounding Kilimanjaro the average temperature is about 30°C. At 3000m. frosts can be encountered at night while day time temperatures range from 5 to 15°C. Night time temperatures on the summit can be well below freezing.

RAMADAN: 11 August 2010 – 9 September 2010
Ramadan is an Islamic religious observance that takes place during the ninth month of the Islamic calendar; the month in which the Qur'an (occasionally written as Koran in non-Islamic cultures) was revealed to the Prophet Muhammad. It is the Islamic month of fasting, in which participating Muslims do not eat or drink anything from true dawn until sunset. Fasting is meant to teach the person patience, sacrifice and humility. Rama■■n is a time to fast for the sake of Allah, and to offer more prayer than usual. During Rama■■n, Muslims ask forgiveness for past sins, pray for guidance and help in refraining from everyday evils, and try to purify themselves through self-restraint and good deeds.

Electricity
The electric current in Tanzania operates on 230V, 50Hz.

Language
The official languages are Swahili and English. There are also numerous dialects spoken throughout.

TANZANIA - Offical Statistics
Full country name: United Republic of Tanzania (Jamhuri ya Muungano wa Tanzania)
Area: 945,087 km2
Population: 38,329,000-July 2005 est (34,443,603-2002 census)
Capital city: Dodoma
People: 99% native African (over 100 tribes), 1% Asian, European and Arabic
Languages Swahili, English, indigenous.
Religion: 40% Christian, 33% Muslim, 20% indigenous beliefs
Government: Republic (multi-party state)
President: Benjamin William Mkapa
Major industries: Tobacco, sugar, sisal, diamond and gold mining, oil refining, cement, tourism
Major trading partners: India, Germany, Japan, Malaysia, Rwanda, the Netherlands, South Africa, Kenya, U.K., Saudi Arabia, China
Currency: Tanzanian shilling

INTERESTING FACTS
• The name is name made up from an amalgamation of TANganyika and ZANzibar.
• Tanzania is the largest country in East Africa (although not in Africa as a whole, the Sudan is 3 times larger); it's landmass covering an area of just over 945,087 sq. km (including Zanzibar).
• This makes Tanzania about the size of France, Germany and Switzerland combined; 3 times the size of the entire British Isles or one-tenth the size of the whole of the USA.
• Tanzania's population at the last official census was 31.3 million, with approximately one third being classified as "urban".
• Agriculture forms roughly half of GDP and agriproducts (e.g.: coffee, tea, tobacco, cashew nut, sisal, cotton) some 75% of export earnings. Dodoma, in central Tanzania, is the political capital of the country although Dar es Salaam is the effective trading and business capital, with its safe harbour ("Dar es Salaam" means "Haven of Peace"), international airport and population of some 1.75million.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The local currency in Tanzania is the Tanzanian Shilling (TSH).

Shillings can be obtained locally by changing foreign currency or by using ATMs (where available) which will disperse local currency. Your CEO will inform you where you can change money throughout the tour and approximately how much money you will need for each country.
The easiest foreign currency to exchange for locally for any of the local currencies is the $US; however the British Pound and Euro may also be exchanged as well. Please note that due to past problems with forgery, $US notes that are older than year 2006 are not accepted in Africa.
Large note ($US 50, $US 100 etc) can be difficult to change in some places, but will gain you the best exchange rate.

If you plan to rely on cash, please bring foreign currency (Euro, Pound, USD) with you, as it is often expensive to buy these currencies locally. And in more rural areas, it is often not likely.
If you plan to buy your visas at borders, you will need to bring $USD cash to pay for these visas. Please note you cannot use the local currency or any other currency to buy these visas- they must be purchased in USD.

Please do not bring Travellers' cheques toAfrica. They are difficult if not impossible to exchange in many places.

Visa/Plus system cards are the most widely accepted debit cards. it is harder to find machines Mastercard/Cirrus cards. We highly recommend that if you hold a Mastercard, you obtain a Visa card prior to departure and travel with both. This is also useful should somethingunforeseen happen to one of your cards during your travels.
While there are many ATMs in the major centres, there are no guarantees that your credit or debit cards will actually work in Africa. Check with your bank.

Credit cards can be used in major cities and towns ONLY but please do not rely on them as a method of payment because they are generally not widely accepted. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. The majority of our optional activities can also be paid by credit card. Your CEO will advise on these.

Please note that in many areas there may be occasional power-outages, where there will be no electricity for hours at a time. In addition, ATMs outside of larger centers often run out of cash or can be out of order unexpectedly. These factors could affect your ability to access money from ATMs. As such, please do not rely on credit or debit cards as your only source of money.
A combination of foreign currency and debit/credit cards for cash advances is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com.

Emergency Fund

Please also make sure you have access to at least an additional USD $200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

USD48 departure tax is charged at Zanzibar airport after you check in. This is to be paid in $US cash, at the desk behind the check-in counter. This fee is subject to change.

Tipping

As this trip is a combination of 3 different G Adventures, please be aware that you will have different staff to tip on each of these sections of your tour.

Kilimanjaro Section:
Tipping is an expected and highly appreciated component of your Mt. Kilimanjaro trek. It should be an expression of satisfaction with those who have assisted you throughout the expedition. Tipping is one of the most direct ways that you can have a positive economic impact within the East African community. Although it may not be customary for you, it is of considerable significance to your guides, assistants, cooks, and porters, as an important source of, and supplement to, their income.

Before starting your trek, we encourage you to confirm the amount of staff that will be supporting you during your climb at the welcome briefing or at the first gate. This way the amount of tips can be prepared beforehand. A list to write your crew names will be provided at your welcome briefing for you to refer back to at the end of the climb.

Upon completion of your climb it is ideal to have a tipping ceremony with the crew upon your return to your hotel. Tips should be placed in individual envelopes which climbers then hand directly to each crewmember to ensure that their full tip is received.

As to the amount of the tip you should give on Kilimanjaro, there are no set figures or formulas, though we do urge you to let your conscience instruct you on this matter as much as your wallet.

Tipping guide in USD (or equivalent in local currency) per group per day spent on the mountain:

Per Chief Guide: US$10-15 per day
Per Assistant Guide: US$8-10 per day
Per Cook: US$7-$10 per day
Per Porter: US$5-8 per day

Gifts in addition are also appreciated – e.g. warm clothing or footwear.

A realistic amount for a trip of 5-7 days length would be between 150-200 USD per climber for tips.

These are mere guidelines, and you may wish to alter them if you feel, for example, a certain porter is deserving of more than his normal share, or if your trek was particularly difficult.

Expect 1 lead guide per 8 hikers, 1 assistant guide per 4 hikers, 1 cook per 4 hikers, 2 porters per hiker on the Marangu Route

Safari portion:
As this portion of your trip is managed by a G Adventures CEO and Safari guide team, a small tip after the tour is appreciated as a token “thank-you” for their assistance. You may use the following as a guideline, all given in a per client format: Chief Experience Officer: US$5-7 (full day); Certified Safari Guide/Driver: US$3-5 (full day); Camp Cook, Supply Driver US$2-3 (full day); Local guide (optional activities) $1 for a couple hours; Restaurant/Café servers: 10% of cost of bill, especially when in a large group (no envelope required).

Zanzibar Section:
As this portion of your trip is managed by a G Adventures representative, a small tip to him after the tour is appreciated as a token “thank-you” for his assistance. You may use the following as a guideline, all given in a per client format: Restaurant/Café servers: 10% of cost of bill, especially when in a large group (no envelope required); Local Representative / Local Guide: US$2 per day.

Optional Activities

PERSONALIZE YOUR TRIP
Extras are specially designed for travellers with unique interests, they are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure.

For specific days of each activity please see the Full Itinerary

Extras available on this trip:
SERENGETI BALLOON SAFARI
Serengeti, Morning 1-hour ride

Spirited aloft in a hot air balloon, you’ll get a view of the wildlife and terrain of the Serengeti that only the birds see. Enjoy a champagne breakfast and keep that shutter-finger good and limber—you’ll be using it plenty over the course of your hour in the air.

Optional activity prices are subject to change and can fluctuate in relation to the high/low season and the number of people on a specific excursion. Not all excursions listed here may be available, due to season, or weather conditions. As generally not a lot of time is spent in start/end cities, you may want to arrange to arrive early, or stay longer after the trip in order to allow sufficient time to participate in optional activities there.

All prices are in US dollar amounts, per person but will generally be paid in local currency.

All prices are listed in US dollar amounts, per person, and are examples of the entrances fees charged - this does not include hiring transport to/from the destination. And the majority of the activities should be paid in local currency.

MOSHI
Planeterra supported - Tanzania Women's Cooperative
1hr massage $30USD
30 min massage $20USD
*Passengers can support this project by enjoying an after Kilimanjaro massage at Lala Salama (Good Night) Spa. Donations are accepted as well.
**For more information on project please see Associated Planeterra Project

ZANZIBAR
City Walking Tour (3 hrs) $30 Single supplement $10
Spice Tour (3 hrs) $30 Single supplement $10
Half-day Jozani Forest $55 Single supplement $10
Half-day Prison Tour $35 Single supplement $10
Snorkelling $50
Scuba Diving $60 (one dive)
North Coast Tour $75 Single supplement $10
Sailing Trip $75 Single supplement $10
Safari Blue adventure $85 Single supplement $25
Game fishing $300 Single supplement $200
Full-day Dolphin Trip - (G Adventures does not condone this activity as it disrupts the feeding patterns of the dolphins.)

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure.

Please ensure you have all the inoculations recommended by your doctor for travel in East Africa. Be aware that Tanzania has regions where malaria is present, including the ones visited. We thus recommend that you take malaria medication; your doctor should be able to recommend the necessary prophylactics. Travellers should also carry a basic travel first-aid kit as medical facilities are basic in Tanzania. An important item to include is a liquid or gel hand sanitizer and/or alcoholic/sanitary wipes, as they will aid in personal cleanliness and hygiene throughout the trip. The local tap water should not be consumed, so any water treatment tablets (ex. iodine), drops, etc, would help. If you have any pre-existing medical condition, you must inform G Adventures prior to the purchase of the tour, and upon arrival, to the CEO so he/she can be prepared to help you.

As of January 26th 2011 the Director General of the Zanzibar Commission for Tourism declared a valid Yellow Fever Certificate is required at all points of entry into Zanzibar. This includes the airport, seaport and other points of entry. Failure to provide the correct certification may result in an on the spot vaccination or $50 fine. Please check with your health expert for advice on Yellow Fever and other inoculations required for this area.

OTHER NOTES ON YELLOW FEVER CERTIFICATES:
It is compulsory to show a valid Yellow Fever Certificate if you are travelling to South Africa from a Yellow Fever endemic country. Entry into South Africa when travelling from the following countries (but not limited to) will require a Yellow Fever Certificate: Uganda, Kenya, Tanzania, Malawi, Zambia and Zimbabwe. This rule is also applicable to airport transit. If other countries not endemic to Yellow Fever have been visited (such as Botswana and Namibia), after visiting an endemic country such as Zambia, then a Yellow Fever certificate will still be required on entry into South Africa.

According to guidelines effective from October 2011, entry into Zambia, from South Africa also requires a yellow fever certificate although South Africa is a not endemic to Yellow Fever.

A valid Yellow Fever Certificate is also needed for entry into the following countries when coming from a Yellow Fever endemic country:
Uganda, Kenya, Tanzania (including Zanzibar), Malawi and Zambia.

Sand flies and Mosquitos
Are found in the areas visited. Mosquitos are more prevalent in areas that receive more rainfall, and sand flies, though generally found on the coast, can also be found in dry & dusty conditions inland. Both tend to come out in the early evening and early mornings. Protective clothing, and insect repellent are highly recommended during these times.

Malaria
This infectious disease is transmitted by mosquitos carrying the parasite. These mosquitos are found at altitudes of under 1,800m, and thus can be found in Moshi and the base of the mountain. You must have prophylactics which you can obtain from your local doctor at or health clinic.

Sun
It is very important that you wear sun block, even on a cloudy day, or at high altitudes when it feels cool, as we are near the equator and the sun is very strong. A sunburn can turn a pleasant trip into a painful trip.

Hydration
Even when days are cool please be sure to drink a minimum of two litres of water and refrain from drinking to many diuretics, as while when travelling outdoors the breeze can dehydrate you quickly as well as the heat.

Diarrhoea:
It is normal for people travelling overseas to get an upset stomach due to a change of climate and food. Please make sure that you wash your hands and stay away from street food.

Physical Fitness
Although Kilimanjaro is not a technical mountain climb, it is a major challenge and the rigors of altitude should not be underestimated. Remember that Uhuru peak is 500m higher than Everest Base Camp!! The pace of your ascent coupled with good acclimatization will help you on the climb but it is essential to be mentally and physically prepared before you start. Regular hikes are one of the best ways to prepare, increasing frequency and length, as you get closer to the trek. All aerobic exercises such as cycling, running, swimming and funnily enough aerobics are good for strengthening the cardiovascular system. Generally, any exercise that increases the heart rate for 20 minutes is helpful but don’t over do it just before the climb.

Altitude and Acclimitization
Altitudes are generally defined as follows:-
· High altitude 2,400m – 4,200m
· Very high altitude 4,200m – 5,400m
· Extreme altitude above 5,400m (Uhuru peak is 5,895m)

During the trek it is likely that all climbers will experience at least some form of mild altitude sickness. It is caused by the failure of the body to adapt quickly enough to the reduced level of oxygen in the air at an increased altitude. There are many different symptoms but the most common are headaches, light-headedness, nausea, loss of appetite, tingling in the extremities (toes, fingers) and a mild swell of ankles and fingers.

If you have severe symptoms, go down 1,500 to 2,000 feet right away to see if your symptoms get better. Keep going down until your symptoms go away completely. Medicines that may be used to prevent or treat the symptoms of severe high-altitude illness include acetazolamide and nifedipine. Don't ignore signs of altitude sickness. People can die of this if they don't recognize the signs or if they don't believe their illness is caused by the high altitude. When you have signs of altitude sickness, don't go higher until you feel better and your symptoms have gone away completely.

Hypothermia:
Hypothermia is a condition where the body becomes dangerously cold. It can be caused by brief exposure to extreme cold, or by prolonged exposure to mild cold. Hypothermia occurs when a person's deep-core body temperature drops below 35 degrees celsius (95 degrees farenheit). It is the lowered temperature of the organs inside the body that is important - an ordinary thermometer cannot measure this. The person may not actually feel cold but if they stay in a cold environment and do little or nothing to keep warm, then they may run the risk of becoming hypothermic or becoming ill with bronchitis or pneumonia. Both are cold-related illnesses.

Danger signs to watch out for: Drowsiness, very cold skin on parts of the body normally covered, for example, stomach or armpits, Slurred speech, Absence of complaint about feeling cold, even in a bitterly cold environment.

Eye Issues

All contact lens wearers should take care to remove the lenses at night, as the eye needs to absorb oxygen from the atmosphere. The rarefied conditions of altitude reduce oxygen levels and in extreme cases a Corneal Oedema can develop.

Emergency Evacuation
In the event of an emergency on the mountain the rescue team plus one of the assistant guides will descend with the casualty to the park gate. At the gate the casualty will be taken care and the necessary arrangements will be done.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Arusha
-People are generally friendly in Arusha, but don’t let people take advantage of you
-Always leave your passport (It’s better to carry a photocopy of it instead), traveller’s cheques, flight tickets and money that you won’t be using in the safe deposit in your hotel room/reception. This is free of charge to G Adventures clients.
-Remember that like in any other city, you should never leave your bags unattended, nor flaunt jewellery, cameras etc
-Please don’t wander through the city at night. Stick to the main streets only during the day, and after sundown, please take a taxi. Taxis can be organised from reception of your hotel. Also, take the address of the hotel with you.
-Beware of people approaching you on the street with an apparent interest of where you are from, and want to sit down and have a chat with you. These people are con men and will ask you for money.
-People on the street who ask you if you want a safari and have a brochure are often con men, best to avoid these folk. Besides, you’re already on safari!

Zanzibar
While Zanzibar is a safe place to travel, common sense and street smarts must be used. Stone Town and the northern beaches are notorious for hawks or touts, people who want to sell you any type of good or service. These are best avoided by a polite but firm NO THANK YOU! You will find that at times they will continue to bother you, or casually follow you. Act as though you are not interested, and even duck into a shop or hotel if needed. When in doubt of an operators service, ask the G Adventures rep or the hotel for any

recommendations. Do not walk alone at night in Stone Town, or on the beach alone while at Kendwa/Nungwi. Taxis are available in Stone Town and the hotel can assist you in calling one if not readily available.

Remember that Zanzibar is overwhelmingly Muslim. Women who do not dress modestly, or men in shorts, are likely to cause offense to locals and are likely to attract unwanted attention.
In coastal areas, both male and female prostitution is widespread. Single female travellers in particular should be wary of ‘beach boys’. These male prostitutes often employ aggressive methods of socializing with female tourists with their end goal being to solicit sex, money or other benefits. The prevalence of HIV is extremely high in this region, and we urge all travellers to exercise extreme caution.
Our suggestion is to dress moderately, and drink moderately. At all times be aware of your surroundings, and your actions, and to exercise caution.

Photography
Please refrain from taking photos of police stations, airports, bus stations, immigration are border crossings, army barracks and personnel, or any government building. It is against the law and will result in the minimum of your film and camera being confiscated.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

A Word of Warning

Remember that Zanzibar is overwhelmingly Muslim, and immodestly dressed women, or men in shorts, will get harassed and cause great offence.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Trip Specific Responsible Travel

Ask permission before taking a photo of any local people. The polite way to ask is “Tafadhali (pronounced tougher-thaarli) naomba ruhusu kwa kupiga picha yako.” Many guidebooks say the correct phrase is “nataka kupiga picha yako”, but this is incredibly rude, the equivalent of saying “give me your picture”.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program
Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Associated Planeterra Project

Planeterra-Supported Clean Cookstove Project:
Planeterra is partnering with the Masai Stoves & Solar Project to install clean cookstoves across the Rift Valley. You will visit either the Masai village of Esilalei or Losirwa where you will get a chance to meet and learn from one of the Masai women engineers that have worked to install clean cookstoves in a traditional boma (group of homes). You will get to experience the impact of what cooking over an open fire stove is like before seeing the transformation that occurs when a clean cookstove is installed. Our grassroots partner designed this stove in collaboration with Masai women, to guarantee it is what they want and in each community trains a team of women to install them in homes. They are not only a benefit to the health and environment of the community, but to the economic activities benefiting women in these villages. Your visit has directly supported community improvements in these areas.

Moshi Women's Cooperative:
Our project partner runs a free business school for women in downtown Moshi where students take morning classes in English, business, accounting, and vocational skills. Planeterra and G Adventures are working with our grassroots partner to have a learning cooperative space where women can practice their business skills in the hospitality industry. Climbing Kilimanjaro sometime soon? Three of the graduates from this program, along with the guidance of the project founder are now training and working to practice their business skills by running a spa in close proximity to the school. Located next to the cooperative, its a great place to get a massage after a long trek, and purchase gifts on the way home.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit http://www.gadventures.com/evaluations

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for Planeterra's monthly news to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by The Watering Hole, our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the Departure Lounge section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.