EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Kilimanjaro - Lemosho Trek (KC 2014)

WALK & TREK

TOUR DURATION **10** DAYS

Tour Style: Classic
Tour Comfort: Basic
Tour Type: Small Groups
Trek Grade: Challenging to Tough
Tour Code: KC

Tour Highlights - Kilimanjaro - Lemosho Trek

- ✓ Lemosho Route - Climb one of the most scenic and least busy routes.
- ✓ 8 day ascent - Maximise your summit chances by climbing slowly and allowing more time for acclimatisation.
- ✓ Uhuru Peak - Marvellous 360 degree views from the roof of Africa at 5895m!
- ✓ Shira Plateau - Traverse the wild heath and moorlands of Shira Plateau.
- ✓ Wild Camps - Enjoy wild camping in magnificent, scenic locations.
- ✓ Trek crew - Climb with some of the best and most experienced leaders, guides, porters and cooks on the mountain.

Tour Essentials

Accommodation:	2 nights Standard Lodge 7 nights Basic Camping
Included Meals:	9 breakfasts, 8 lunches, 9 dinners
Start Point:	Join tour: Moshi
End Point:	Tour ends: Moshi
Maximum Altitude on Trek (m):	5895
Transport:	Bus
Countries:	Tanzania
Minimum Age:	From 16 years

Kilimanjaro - Lemosho Trek

We trek to the summit of Mount Kilimanjaro, Uhuru Peak (5895m), the highest point in Africa. Following the little-used and scenic Lemosho route we climb and descend on different paths, walking through the mountain's different climatic regions and admiring the changing plant and animal life. Highlights include the ice fields of Kibo, the daunting Barranco Wall and the breathtaking views from the summit itself.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Basic

Our basic accommodation can offer the most rewarding and memorable places to stay. These are usually communal or camping style with shared facilities. Running hot and cold water may be unreliable and overall comfort levels are basic.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join tour Moshi

Meet your group and Tour Leader at your start hotel in Moshi. There is time to relax by the pool before your briefing with the Tour Leader, who will provide essential information for your trek to the roof of Africa.

Overnight: **Standard Lodge**
Single Rooms Available

DAY 2 Drive to Londorossi Gate; trek to the Lemosho Glades (2780m)

After a drive through farmland and plantations we reach the Londorossi National Park Gate on the western side of Kilimanjaro. We continue from there to the Lemosho roadhead which is where we begin our trek up the mountain (2100m). We will climb steadily through the forests of the Lemosho glades to reach Big Tree camp (2780m). Porters will assist throughout the trek carrying all of our luggage. About 3 to 4 hours walking.

Overnight: **Basic Camping**
Your own tent available

DAY 3 Walk through grassy moorland to Shira Camp (3500m)

Today we trek through the grassy moorland and heather with volcanic rock formations of the plateau. Our camp for today is at Shira One Camp (3500m), from where there are often views of Kibo Peak floating on the clouds. We gain a reasonable amount of altitude today and parts of the route are fairly steep. About 7 hours walking.

Overnight: **Basic Camping**
Your own tent available

DAY 4 Walk through upland desert to Moir Hut (4175m)

Today we have the chance to view the Northern icefields from the western side of the mountain with some unusual views of Kibo. The terrain during our steady climb will change from the moorland of the Shira Plateau to the broad upland desert beneath the Lent Hills with great panoramic views. Our camp is close to Moir Hut (4175m). In the afternoon we do an acclimatisation walk to the lower part of the Lent Hills group, to an altitude of 4300m.(About 5 hours walking).

Overnight: **Basic Camping**
Your own tent available

DAY 5 Trek across lava ridges to the Lava Tower (4640m)

This morning we have a gentle ascent with far-reaching panoramic views, walking on the lava ridges beneath the glaciers of the western breach until we reach our camp at the Lava Tower (4640m). In the afternoon there is a more strenuous acclimatisation walk on the rocky slopes of the western breach, with superb views of hanging glaciers at Arrow Glacier (4830m). Later we hope to enjoy the fabulous sunset from our campsite. About 3 to 4 hours walking.

Overnight: **Basic Camping**
Your own tent available

DAY 6 Trek to our camp Karanga (4035m) via the Barranco Wall

Today we have a steep descent into the base of the Great Barranco Valley (3960m) which is sheltered by towering cliffs but with extensive views of the plains below. We then climb the Barranco Wall which leads to an undulating trail on the south eastern side of Kibo providing us with great views of the Southern Icefields, if we are lucky with the weather. The terrain ranges from volcanic scree to pockets of lush vegetation. An ascent takes us to our camp at Karanga (4035m) the last water point on the approach to Barafu. Karanga means 'peanut' and this relates to the shape of the Karanga valley. This afternoon you have time to rest and take in the views. About 6 to 8 hours walking.

Overnight: **Basic Camping**
Your own tent available

DAY 7 Trek across compacted scree slopes to Barafu Camp (4640m)

This morning we have a steep climb out of the Karanga Valley following an easy path on compacted scree constantly gaining altitude with good views, until we reach our camp at Barafu (4640m). This afternoon we rest in preparation for the final ascent, after a very early night! About 3 to 5 hours walking.

Overnight: **Basic Camping**
Your own tent available

DAY 8 Kilimanjaro summit ascent (5895m); desend to Millennium Camp (3790m)

Today we make our ascent to the summit at 5895m. It is a strenuous and long day, particularly with the high altitude and extreme cold, so we plan to make a midnight start. At this time, the snow and scree are still frozen and we aim to be down before the top layer of scree becomes wet and slippery. Our path zigzags up the scree and after passing Rebmann Glacier, we reach Stella Point (5750m) on the crater rim. Although at times you may be able to walk for only 10 paces before you have to stop and rest, there is no doubt that it is all worth it when you reach the top. From Stella Point we continue around the crater rim to Uhuru Peak, the highest point in Africa at 5895m. Then we descend, down the scree to Barafu camp for a rest and then down to the Millennium camp (3790m). About 14 hours walking.

Overnight: **Basic Camping**
Your own tent available

DAY 9 Descend through rainforest to Mweka Gate (1630m); drive to Moshi

After a good rest, we trek down through the rainforest enjoying the increasing warmth and richness of the mountain air. From Mweka gate (1630m) we travel by road to Moshi and on to our hotel. We will have a well earned lunch in Moshi. About 4 to 6 hours walking.

Overnight: **Standard Lodge**
Single Rooms Available

DAY 10 In Moshi; optional game drive; tour ends

The day is left free to wind down after the trek before the group flight home. Weather permitting, we may be treated to some final views of Kilimanjaro from here. Depending on flight times you could join an optional game drive around the Momella Lakes area in Arusha National Park famed for its high giraffe population as well as elephants, hippos and buffaloes to name but a few.

Accommodation and Meals

Accommodation Rating

Our Kili trek is camping based and, as you may expect, conditions are basic on the mountain, though the service from our porter team is superb. We use two man tents which will be put up and taken down by our porter team. A mess tent is provided where we take breakfast and dinner as well as tea and refreshments at the end of each days trek. We have portable toilets in toilet tents, dependant on group numbers, or use of basic long drops at each campsite and there are no washing facilities. In Moshi before and after the trek we stay in a comfortable mid range hotel.

Food & Drink

Included meals: 9 breakfasts, 8 lunches,9 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Moshi - Excursion to Arusha National Park including park fees and lunch US$ 100-150 depending on numbers. (Dependent on flight times)
Coffee plantation visit with lunch US$ 25 (excludes transport).

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

After consultation with local porter protection groups and our agent in Tanzania, you should, accordingly allow US$150-165 depending on group size for tipping on this tour. It would be advisable to have this amount in denominations of 5,10 and 20 dollar notes for ease of distribution.

Foreign Exchange

Tanzania

ATM Availability: Major towns and cities will have ATMs available.

Credit Card Acceptance: Credit cards are generally not accepted.

Travellers Cheques: Take some to act as reserve funds.

Local Currency: Tanzanian Shilling.

Recommended Currency for Exchange: US Dollars are preferable. Please be aware that any notes issued before 2002 will not accepted.

Where to Exchange: Banks or 'Forex' offices only in main towns/cities. Your Tour Leader will advise you on arrival.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a ‘flight inclusive’ package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

For passengers making their own travel arrangements, please ensure you join the group as described on day one of the tour itinerary. If you are considering purchasing your own airline tickets, you can book these through any travel agent, directly with an airline or through an online flight consolidator. In all cases, we would be happy to arrange transfers to and from the joining point of your tour if required.

Joining Tour Abroad

Clients booked on **'Land Only'** arrangements should make their own way to the joining point. Please refer to separate **'Joining Instructions'** for time and place of rendezvous with tour leader

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of joining **any** of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable.

If you require travel insurance for your tour, Explore Worldwide is an appointed representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority. Our travel insurance policy is specially tailored to the needs of the adventure traveller and will cover you for any included activity on any Explore trip. You can either purchase this at the time of booking or call us on 0844 499 0903 after you have booked.

Visa Information

Tanzania: A single visa is required by UK, New Zealand, Australian, US & Canadian citizens. Visas can be arranged on arrival, but due to queues at immigration we recommend for the visa to be arranged in advance.

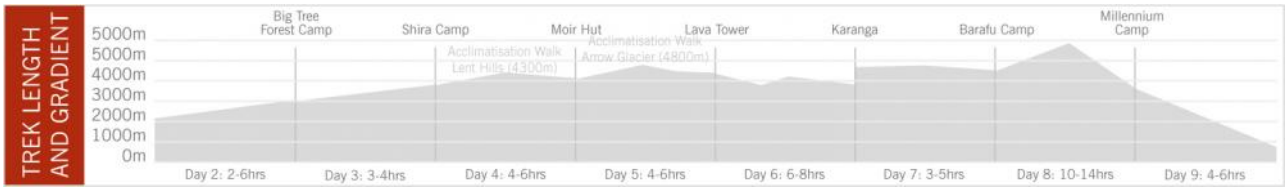
All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

Vaccinations & Protection

Tanzania

We strongly recommend protection against malaria, hepatitis A, tetanus, typhoid, polio and yellow fever. Please note you may be required to produce a valid yellow fever certificate on arrival in Tanzania. This includes travellers coming from Europe via, or transiting through, an endemic country including the airports of Nairobi (Kenya) and Addis Ababa (Ethiopia). Consult your travel clinic for latest advice on different prophylaxis available against malaria. Travellers may also wish to take immunisation against meningococcal meningitis. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure

Preparing for your Tour



Trekking Details

This is an 8-day trek with an average of 5 to 7 hours trekking each day, except on the ascent of the Uhuru Peak which involves 12 to 14 hours of trekking. Generally we walk at altitudes between 3000m and 5000m and we reach a maximum altitude of 5895m. The trek is fully supported by porters and staff. We have graded this trek as as challenging to tough.

Walking Boots

Probably the trickiest part of all. We strongly recommend walking in good boots. Trainers, tennis shoes or shoes of a similar ilk simply do not give the ankle support afforded by a decent pair of boots, or protection from the rain or cold. Many people now trek in the lighter weight Goretex or leather boots. They have the advantage that they take little breaking in. The slightly heavier traditional leather walking boots are also good. Avoid the types often found in high street shoe shops that are simply cheap trainers
with a higher canvas side sewn on – they give little support and will probably not last the trek. Above all, your boots must be well broken in and comfortable. We strongly do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them – should your luggage be delayed, your well broken in boots are the one thing which will be irreplaceable. Gaiters are useful to keep snow and scree out of your boots.

Maximum Altitude on Trek (m)

5895

Climate

Tanzania

The climate is tropical but varies greatly with altitude. Coastal areas are hot and humid, the central plateau dry and arid. It can be cold at night, particularly in June & July and at altitude. Generally the long rains arrive April/May and the short rains Nov/early Dec. Although this pattern can be completely erratic. Additional information and climate charts can be accessed at http://www.explore.co.uk/weather. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Clothing

Jacket: After sunset, temperatures can fall below freezing. A very warm jacket is the most convenient way of keeping warm when the temperature drops. Down jackets are recommended especially for the summit attempt.

Waterproofs: Breathable jacket and trouser-type waterproofs made from material such as Goretex not only protects against rain and wind, but also stops you from overheating. They 'breathe' and avoid condensation that you will experience from nylon waterproofs.
Long trousers: For everyday walking, light trekking trousers are the most suitable. Jeans are not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.
Thick sweaters and fleece jackets: Thick sweaters or fleece jackets are essential as nights can be very cold at altitude. Make sure that your waterproof jacket is loose enough to wear over your sweaters and/or fleeces.
Thermal underwear/base layers: Long sleeve tops and "long john" legging thermal underwear is essential. Please note that cotton clothing like t-shirts are not suitable or recommended as a base layer. Cotton does not "wick away" any moisture from the skin. In extreme cold, this could lead to hypothermia. It can also contribute to chaffing of the skin in sensitive areas leading to discomfort and skin irritation.
Shorts: Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold! Follow your tour leaders advice on local sensitivities to wearing shorts during the trek.
Waterproof gloves; a warm scarf & a warm hat: Especially useful in the morning and in the evening at higher altitudes and are essential for summit night. Heavy duty windproof gloves or mittens are essential. Also bring a scarf to cover your neck and a warm balaclava or a warm hat.

Summit Night Clothing: On Trek
Climbing Kilimanjaro is the equivalent of trekking from the Equator to the Pole. It is essential that you have the proper equipment and clothing to ensure you enjoy the trek and also give yourself the very best chance of reaching Uhuru Peak. After many years of trekking and reaching the summit of Kilimanjaro, we strongly recommend that you should wear the following for your summit night (a comprehensive guide is listed):
• Your torso: You should have six or 7 layers of clothing covering your chest depending on your kit specifications. Starting from your base layer to the outer shell, you should wear a long sleeve thermal underwear layer; a comfortable long sleeve shirt; a jersey; a thin fleece; a thicker fleece and a thick waterproof and windproof outer shell that may contain a fleece lining. If you have a down jacket you may want to decrease this by one layer.
• Your legs: You should wear THREE LAYERS OF CLOTHING covering your legs. Starting from your base layer to the outer layer, you should wear "long john" thermal underwear; trekking trousers and a waterproof and windproof outer shell.

• Your extremities: Your head must be covered by a balaclava or a warm hat and your neck should be covered by a scarf. Your hands MUST be covered with thick waterproof and windproof gloves. You must have thick clean warm socks for summit night. You might also wish to bring "hand warmers" for additional warmth for summit night. Most well stocked pharmacies/outdoor stores will have these available.

Equipment

The following equipment is provided by Explore once you are on the trek:
• 2 man tents.
• Dining tents.
• All cooking and kitchen equipment.

Personal Equipment: On Trek

Sleeping bag
As you do not carry it yourself, this may be down or synthetic, but it must be 4-season comfort rating (temperature –10°C to –5°C). A silk or fleece liner helps to keep your bag clean and adds an extra season.
Sleeping mat We strongly recommend that you bring your own inflatable thermarest for added comfort and a good night's rest. Whilst Vaude sleeping mats are provided, they are light weight and thin.
Sleeping aids
You may find ear plugs and an eye mask useful at night.
Trekking poles
Trekking poles are strongly recommended and can usually be hired in Moshi, at US$15 per pair. However, you may prefer to take your own.
Water Bottle or Platypus/Camelbak hydration system
Water along the trail must never be considered as drinkable until purified. Take at least two 2 litre personal water bottles or a system that allows for this much water. A personal supply of tablets/drops for water purification system is essential. Powdered fruit juice can be used to disguise the taste. This can be purchased in Moshi. If you elect to use a hydration system with a tube then it is essential that the bladder and tube are insulated for high altitude and below freezing temperatures.
Sunglasses/snow goggles
A good pair of sunglasses/snow goggles are essential for protection against UV rays and glare at high altitudes.
Sun hat, high factor sun cream/block & lip salve
Choose a high factor suncream (Factor 30 or more) to protect your skin against the sun at high altitudes. A combination sunblock/lipsalve is ideal for facial protection.
Torch/batteries/bulb
A head torch is essential at night in the camp and for finding your way on summit night. Remember to bring some spare batteries and a bulb. There are no facilities on the mountain to recharge any digital equipment.
Toiletries
Essentials are toothbrush/paste. ‘Wet Wipes’ are great for an alternative to washing and a quick clean up.
Personal first aid kit
On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials. Please do not give medicines to local people without consulting the tour leader.
Personal supplementary snacks Although sufficient food is supplied on this tour, we recommend that you bring some high energy snacks like cereal bars and chocolate (sweets if you are lactose intolerant) with you. Dextrose and mint cake are especially good for summit night.
Swimming costume
Bring your swimming costume for a swim at the Moshi hotel.
Kit Hire Moshi
It may be possible to hire some kit locally for your Kili trek. Please contact our local contact in Moshi on gladmushi@yahoo.com quoting your reference. They will then be able to confirm availability and cost for you and reserve the items you require. Estimated costs per tour are as follows:–
Down jacket $15 per tour
Sleeping bag $20 per tour
Thermarest style sleeping mat $15 per tour
Gloves $10 per tour
Walking poles $10 per tour
EXPLORE has its own hardy kit bag specifically designed with EXPLORE tours in mind. Please see http://www.explore.co.uk/travelextras/travelequipment.htm for more information.

Footwear

Trainers or trekking sandals
You may choose to bring these which will be useful in towns and when travelling, and leave them in Moshi. It is worth bearing in mind that trekking sandals afford you little protection from stubbing your toes when walking around rock-strewn campsites at night.

Socks: It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don’t ‘breathe’ well and can cause blisters.

Luggage: On Tour

Trek kit bag
Before leaving Moshi there is time to re-sort luggage into what you need on trek and what can be left in Moshi (for example, what you will need in Zanzibar). Think about what you are taking on trek (remember your sleeping bag) and then think how big your kit bag needs to be. An ex-army type can usually be obtained cheaply. A nylon or canvas bag with a zip along the top is also suitable.

Whatever you choose, it must be strong and waterproof, but the porters will carry your kit in heavy duty outer bags for added protection. Soft luggage is essential as framed rucksacks are unsuitable.
Small rucksack/day bag
During the course of a trekking day, you do not have access to the luggage that is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. We would recommend that you have a waterproof liner or cover. Your daysac should, therefore, be large enough to carry the following: waterproofs, fleece, long trekking trousers (if walking in shorts), warm hat and gloves, sun hat, sun cream, platypus (at least 2 litres), water bottle (1-2 litres), tissues and your packed lunch. Most people normally find that this adds up to about 3 to 5kg. Camera equipment can be heavy so think carefully when deciding what to take. It is usually more comfortable to carry a slightly larger pack that is not full than to carry a small pack that is overfull or with 'bits' tied on the outside. Something around 30 litres capacity is probably the most suitable. A shoulder bag is not a practical alternative. Nor are gym type bags.
Heavy duty plastic bags
If you pack your gear in heavy duty plastic bags or dry bags inside your kit bag, they will stay dry in case of rain. It will also be easier for you to sort through. Remember, the less you have to unpack in the evening, the less you have to repack each morning! One of these bags to use inside your day bag is strongly recommended.

Luggage allowance on tour: 15Kg

General Information

Food

The prices for meals and drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive. The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Tanzania

Lunch £: 8.00

Dinner £: 13.00

Drink

Tanzania

Bottle of Beer £: 1.60

Water £: 0.70

Country details

Tanzania

Population: 43,739,000

Size of Country: 945,203 sq km

Major Language: Swahili, English

Religion: Christian, Muslim

Time Difference to GMT: +3

Electric Supply & Plugs

Tanzania

3 Pin Flat

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years experience, we are passionate about what we do.
- Pioneering small group adventures & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some

new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditional, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: The Sunshine Orphanage (which cares for abandoned children in Luxor, Egypt), Education for All (sponsoring children through their secondary education in Morocco), The Hope Foundation (helping an Indian Village to recover from the 2004 Tsunami) and the Mufindi Orphanage, which support AIDS orphans in Tanzania.

We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation, Travel Operators for Tigers (helping save the Bengal Tiger from extinction) and Friends for Conservation. We have also adopted a beautiful Sri Lankan Elephant called 'Serendip'.

We are delighted to have received a Five Star sustainable tourism status from the Association of Independent Tour Operators in recognition of our on-going commitment to sustainable tourism.

Cool Earth

Explore are delighted to support Cool Earth to reduce carbon emissions through preventing the illegal deforestation of the South America rainforest. One of the top sources of global carbon emissions, rainforest deforestation equivalent to the USA's annual emissions, it also destroys flora and fauna, sometimes to the point of extinction. It also degrades the lives and communities of the 350 million residents of the rainforest.

Cool Earth prevents the deforestation through its support of local communities as forest guardians and by focussing on areas in immediate danger of deforestation. It has so far protected over 350,000 acres of rainforest, with each acre saving an emission of 260 tons of CO2, as well as protecting rare animals and plants. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year. In addition to mitigating emissions, when you travel with Explore, you are helping to protect the source of 20% of the world's fresh water and oxygen, as well as the livelihoods of the 1.6 billion people who are reliant on the rainforest. www.coolearth.org

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to http://www.explore.co.uk/ResponsibleTourism/

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2013 and 31st December 2014.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2014 itinerary versions are applicable to tours departing in 2014. 2015/16 itinerary versions are applicable to tours departing from 1st January to 31st December 2015.

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