

# EXPLORE!

## TRIP NOTES



### Kilimanjaro - Lemosho Trek + Zanzibar Island Extension (KCZ 2017)



TRIPDURATION  
**14**  
DAYS



**Tour Style:** Classic

**Accommodation Grade:** Simple

**Tour Type:** Small Groups

**Trek Grade:** Challenging to Tough

**Trip Code:** KCZ

#### Trip Highlights - Kilimanjaro - Lemosho Trek + Zanzibar Island Extension

- ✓ Lemosho route - Climb one of the most scenic and least busy routes.
- ✓ 7 day ascent - Maximise your summit chances and enjoyment 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.

#### Trip Essentials

<b>Accommodation:</b>	2 nights Standard Lodge 7 nights Simple Camping 4 nights Standard Hotel
<b>Included Meals:</b>	13 breakfasts, 8 lunches, 9 dinners
<b>Start Point:</b>	Join trip: Moshi
<b>End Point:</b>	Trip ends: Stone Town
<b>Maximum Altitude on Trek (m):</b>	5895
<b>Transport:</b>	Bus
<b>Countries:</b>	Tanzania
<b>Minimum Age:</b>	From 16 years

# Kilimanjaro Lemosho Trek + Zanzibar Island

We trek to the summit of Mount Kilimanjaro, Uhuru Peak (5895m), the highest point in Africa. Following the less-used 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. We also relax on the shores of the Indian Ocean on the spice island of Zanzibar and explore the historical capital Stone Town.

## Why Book this trip

Mount Kilimanjaro Climb - Ten good reasons why you should make your once in-a-lifetime trek with Explore:-

- Our ascent rates are slow and safe, resulting in a much higher than average summit success rate of 95%
- The safety of our Kilimanjaro trek has been assessed by an independent medical specialist
- We include the Kilimanjaro park fees in the trip price
- Our Kili trek leaders are regularly voted as among the best in the world
- Our trek Leaders are first aid and altitude trained
- We carry oxygen cylinders and Gamow bags on all treks for emergency use
- Our local partner is a long established and reputable Kilimanjaro specialist
- Our trekking staff are from the local area - revenues from our treks benefit the local economy
- Part of the proceeds of your climb help the 'Say No to Malaria' campaign administered by our Tanzanian partner

Kilimanjaro with Explore - SAFE, RESPONSIBLE, HONEST

## 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.

## Accommodation Grade: Simple

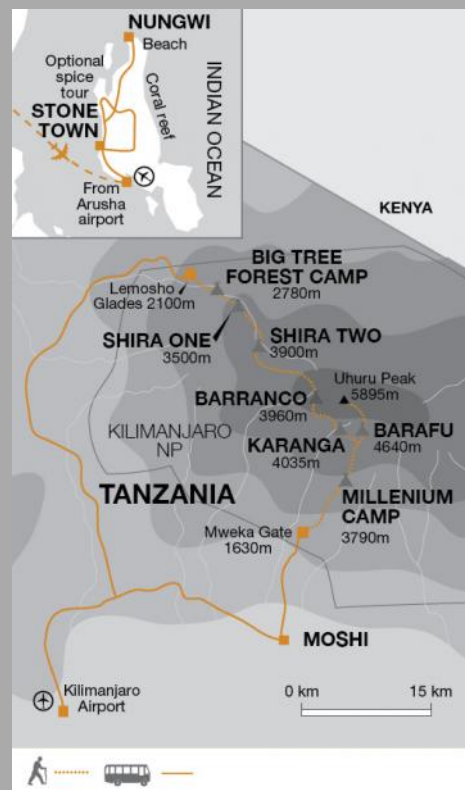
No-frills accommodation which includes berths on sleeper trains, rooms in village houses, boat cabins, campsites, huts and simple family-run lodges, guesthouses and hotels. Sleeping arrangements are simple and amenities are adequate, sometimes with en suite facilities and occasionally communal.

## 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.

## Trek Grade: Challenging to Tough

A blend of challenging and tough grade treks, this level suits experienced and fit hikers who are confident trekking for long periods on difficult terrain and at high altitudes, with demanding ascents and descents.



# Your trip 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

Your trek will be led by one of our experienced leaders who have been handpicked and expertly trained and they are also all certified mountain guides with many years of experience on Mount Kilimanjaro. We believe that our leaders are the key to the success of our tours; they are passionate and bursting with first-hand local knowledge which they love to share. Your 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.

Your time on Zanzibar is unescorted although an Explore representative will meet you on arrival in Zanzibar and accompany you on your transfer to Nungwi.

## DAY 1 Join trip Moshi

Our Kilimanjaro adventure starts today in the peaceful surrounds of our comfortable pre and post trek accommodation in Moshi - the Weru Weru River Lodge, from where there are great views of the mountain. Depending on your arrival time, you can relax by the pool before your briefing with the trek leader, who will provide you with the essential information for your trek to the roof of Africa.

Overnight: **Standard Lodge**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Dinner

## DAY 2 Trek from Lemosho Glades to Big Tree Forest Camp (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 at 2100 m from where we start our trek up the mountain. We will climb steadily through the lush forest of the Lemosho glades to reach Big Tree Camp (2780 m). Porters will assist throughout the trek carrying your trek kitbag. You only need to carry what you will need for the day - waterproofs, camera, water bottle, extra fleece, sunhat, packed lunch and three litres of drinking water. Today's seven kilometre trek is expected to take approximately three to four hours with an ascent of 680 metres.


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

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 3 Walk across grassy moorland to Shira One Camp (3500m)

Today we trek across a plateau of grassy moorland and heather scattered with volcanic rock formations. Our destination for today is the camp at Shira One (3500 m), from where there are often views of Kibo Peak, seemingly floating on the clouds. We gain a reasonable amount of altitude today and parts of the route are fairly steep. Today's eight-and-a-half kilometre trek is expected to take approximately four to five hours with an ascent of 720 metres.


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

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 4 Walk through upland desert to Shira Two Camp (3900m)

Today we have the chance to view the Northern Ice fields from the western side of the mountain with some unusual views of Kibo. Our steady climb across the moorland of the Shira Plateau will help with acclimatisation and we enjoy great panoramic views. Our tents will be set up for us at the Shira Two Camp (3900m). In the afternoon we will take an acclimatisation walk to the junction of the trail to the Moir Hut. The eight kilometre trek between the camps at Shira One and Two is expected to take approximately five hours with an ascent of 400 metres. The afternoon acclimatisation trek is for an additional one to two hours.


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

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 5 Trek via Lava Tower (4640m) to Barranco (3960m)

Today's walk is longer and perfect for our acclimatisation as we will ascend to a high point of 4640 m before descending to a lower altitude for the night. Our trek starts with an ascent with far-reaching panoramic views, walking in to the climatic zone of the upland desert and on the lava ridges beneath the glaciers of the Western Breach. We reach the distinct pinnacle of the Lava Tower (4640 m), our high point for the day and a great place to enjoy a leisurely lunch. In the afternoon we make a steep descent to our camp for the night, located in the base of the Great Barranco Valley (3960 m), sheltered by towering cliffs but with extensive views of the plains below. Today's 10 kilometre trek is expected to take approximately seven to eight hours with an ascent of 740 metres and descent of 680 metres.


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

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 6 Trek Karanga Camp (4035m) via the Barranco Wall

Our trekking today starts with a steep ascent of the Barranco Wall, a rocky cliff almost 260 metres high that is believed to have been created by a huge landslide around 100,000 years ago. The trail wends its way up the 'Wall' and there are sections of what could be termed as light scrambling where you will be pulling yourself up over the rocks and it's easiest to put your trekking poles away. You don't need any technical ability and we will take it slowly. The climb leads to an undulating trail on the south eastern side of Kibo providing us with great views of the Southern Ice fields, if we are lucky with the weather. The terrain ranges from volcanic scree to pockets of lush vegetation as we make a descent into the Karanga Valley followed by an ascent to our campsite at 4035 m. The valley is the last water point on the approach to Barafu. Today's six kilometre trek from the Barranco Valley to Karanga is expected to take approximately four to five hours with an ascent of 360 metres and descent of 185 metres.


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

 **Included Meals:** Breakfast, Lunch, Dinner

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

This morning we make 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 (4640 m). This afternoon we rest in preparation for the final night time ascent, and plan to get a very early night! Today's six kilometre trek is expected to take approximately four to five hours with an ascent of 605 metres.


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

 **Included Meals:** Breakfast, Lunch, Dinner

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

Today we make our final ascent to the summit at 5895 m before descending over 2000 m to our last camp site. It is undoubtedly a long and strenuous day, particularly with the high altitude and extreme cold. We plan to make a midnight start as at this time the scree and potential snow are still frozen and our aim is to have summited and descended 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 (5685 m) 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 5895 m. After time to enjoy your achievement and take those all important photographs at the famous summit sign, we descend back down the scree to Barafu Camp for a rest and something to eat. It's then a virtual continuous descent down to the Millennium Camp at 3790 m where the air feels positively oxygen rich in comparison to where we have just ventured! Today's walking totals 19.5 kilometres and is expected to take up to 14 hours. The trek from Barafu Camp to Stella Point is an ascent of 1045 metres and will take around five to six hours, with the hike from here around the crater rim to Uhuru Peak (additional 210 metres of ascent) taking another one to two hours. The trek down from the summit to Millennium Camp, (a total descent of 2105 metres), is expected to take approximately five to six hours (excluding the time spent resting at Barafu).

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

 **Included Meals:** Breakfast, Lunch, Dinner


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

After a well-deserved night's sleep and rest, our final day on trek takes us down through the lush beauty of the rainforest, enjoying the increasing warmth and richness of the mountain air. The trail end is at the Mweka gate (1630 m) from where we travel by road to

Moshi and back to the comforts of our lodge. We will have a well-earned lunch on arrival back in Moshi. Today's 12 kilometre trek is expected to take approximately five to six hours and is a total descent of 2160 metres.

Overnight: **Standard Lodge**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 10 Fly to Zanzibar; drive to beach resort at Matemwe

With the morning free to relax, we then take an afternoon flight to the exotic and friendly island of Zanzibar and transfer to the north east coast. Zanzibar's glorious scenery, fascinating culture and remarkable history makes any visit to the island a captivating experience, with beaches and reefs to explore, plantations to wander through and a rich history of conquests, slavery and pirates to investigate.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 11 In Matemwe, optional activities include snorkelling, mountain biking, scuba diving or dhow cruise

Our time here is free for personal exploration and relaxation. It's easy to spend time watching the fishermen bringing in their catch or maybe go out in one of the dugout canoes with them and try your hand at line fishing. Stroll or cycle along the beach admiring the vista. Alternatively with a mask and snorkel you can explore the colourful reef offshore, teeming with tropical fish. You may even choose to explore the surrounding area by mountain bike. Scuba diving is also available nearby.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 12 Drive to Stone Town, optional walking tour

This morning is left free for you to relax and enjoy your beach surroundings before transferring to the capital, Zanzibar City. The historical core of the city is known as Stone Town and its white washed houses and labyrinth of narrow streets and alleyways are a UNESCO-listed World Heritage Site. There's the option to take a walking tour of Stone Town with a local guide. Filled with colourful bazaars and hawkers selling a myriad of goods, the atmosphere is permeated with the smell of spices.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 13 In Stone Town, optional tour to spice plantations

While in Zanzibar Town, you may wish to spend time in Stone Town or you may like to take a tour of the island, (including lunch), and learn of Zanzibar's history, visit the Sultan's palace and see clove plantations established by the Sultan in the 19th century.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 14 Trip ends in Stone Town

Your trip ends today after breakfast.

 **Included Meals:** Breakfast

## Included Activities

As part of our Responsible Tourism program, we would like to advise of the Donate a Mosquito Net Charity. This scheme purchases mosquito nets from a local provider and donates the nets to villages in areas that are affected mostly by malaria. The nets cost US\$3.00 each and your Tour Leader will advise fully on how anyone may partake within this charitable activity if they so wish.

## Accommodation and Meals

### Accommodation Notes

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 carry portable chemical toilets and a toilet tent and there are also basic long drop toilets at each campsite. There are no permanent washing facilities at the camps and a limited amount of water is available for washing so wet wipes come in very handy!

In Moshi before and after the trek we stay at the comfortable Weru Weru River Lodge which has an outdoor swimming pool and great views of Mount Kilimanjaro on a clear day.

During your time at the beach on Zanzibar you will be staying at one of two stylish and comfortable sister properties in the north-eastern resort of Matemwe.

Set back from Muyani Beach, perched on the cliffs, is the Sunshine Marine Lodge; a perfect location where you can unwind, staying in one of the 23 pretty white washed thatched rooms. Relax by one of the three swimming pools or head down (700m) to the private beach area and chill out with a cocktail! There are daily diving and snorkelling trips to the Mnemba Atoll, regarded as the best diving place on Zanzibar, with the Lodge's resident dive school. [www.marinelodgezanzibar.com](http://www.marinelodgezanzibar.com)

Located directly on the beach, Sunshine Hotel is a wonderful place to rest for the final few days of your holiday. Relax in your pretty white washed thatched rooms with views of the ocean or the tropical gardens. The beautiful hotel pool flanks the ocean where you can enjoy a cocktail or take a walk down the palm fringed white sandy beach. If you fancy diving they offer a free shuttle to their sister hotel, Sunshine Lodge, where the resident dive school has daily diving and snorkeling trips to the Mnemba Atoll, regarded as the best diving place on Zanzibar. [www.sunshinezanzibar.com](http://www.sunshinezanzibar.com)

### Food & Drink

Included meals: 13 breakfasts, 8 lunches, 9 dinners included in the price of this trip. 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 Trip

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

### Food

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 £:** 6.00 - 10.00

**Dinner £:** 13.00

### Drink

The prices for 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.

#### Tanzania

**Bottle of Beer £:** 1.60

**Water £:** 0.70

### 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

Zanzibar -

Zanzibar Spice Tour from Stone Town US\$27 -50pp depending on numbers.

Stone Town City tour from Stone Town US\$27 -50pp depending on numbers

Scuba diving (PADI registered dive centre) US\$ 150 2 tank, US\$ 125 2 tanks. You'll need your diving certificates.

Snorkelling - US\$100-238pp

Zanzibar excursions fees are dependent on number of passengers booking.

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## Tipping - Tour Leader

At your discretion you might also consider tipping your trek leader and local reps/guides on Zanzibar in appreciation of the efficiency and service you receive.

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## 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 trek 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.

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## 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 2006 will not be accepted

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

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## Joining your Trip

### 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.

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### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

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### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

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### 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.

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## Important Information

### Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical

emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

## **EXPLORE!** The Adventure Travel Experts

CAMPBELL IRVINE  
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers [www.campbellirvinedirect.com/Explore](http://www.campbellirvinedirect.com/Explore) who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

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### **Travel Aware**

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 [www.explore.co.uk/travel-safety](http://www.explore.co.uk/travel-safety)

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting [cr@explore.co.uk](mailto:cr@explore.co.uk) or 01252 379438.

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### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

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### **Visa Information**

Tanzania: A single entry 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.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on **0208 5431846**.

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### **Vaccinations & Protection**

#### **Tanzania**

We strongly recommend protection against malaria, hepatitis A, tetanus, typhoid, polio and yellow fever. Please note you are required to produce a valid yellow fever certificate on arrival in Tanzania if you have spent 10 hours or more transiting through an endemic country. 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 Trip

### DAILY DISTANCES

Day 2	7km	3.5hrs
Day 3	8.5km	4.5hrs
Day 4	8km 3.5km	4.5/2hrs
Day 5	10km	7.5hrs
Day 6	6km	4.5hrs
Day 7	6km	4.5hrs
Day 8	19.5km	14hrs
Day 9	12km	5.5hrs

Optional Walks

### Maximum Altitude on Trek (m)

5895

### Trekking Details

This is an 8-day trek with an average of 5 to 7 hours trekking each day, except for the ascent of 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 challenging to tough.

### Altitude Description

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on tour you must let your tour leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of Medex and downloading their information booklet: [http://medex.org.uk/medex\\_book/english\\_version.php](http://medex.org.uk/medex_book/english_version.php)

Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude this trip reaches - 5895m. Please take these to your medical appointment so that your doctor has the full details of your trip.

You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

This trip includes night stops where we sleep at altitudes in excess of 4000m. For this reason it is suitable only for participants aged 16 and over.

### 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

Being properly equipped is one of the keys to a successful trek. Use the following check list and notes to be sure that you have what you need for the actual trek.

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 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.

Fleece jackets: 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 fleeces.

Thermal underwear/base layers - Long sleeve tops and long john legging thermal underwear is essential. Cotton clothing like t-shirts are not suitable or recommended as a base layer as they do 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!

Waterproof gloves; a warm scarf & a warm hat - Heavy duty windproof gloves or mittens are essential. Also bring a scarf to cover your neck and a warm balaclava or a warm hat.

Buff - Useful protection against dust kicked up from the scree slopes of the summit.

Note Re: Summit Night Clothing - 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

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.

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.

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.

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## Equipment

Personal Equipment you will need to take 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 degrees celcius to -5 degrees celcius). A silk or fleece liner helps to keep your bag clean and adds an extra season.

Sleeping mat - Whilst Vaude sleeping mats are provided, they are lightweight and thin. We therefore recommend that you bring your own inflatable thermarest for added comfort and a good night's rest.

Sleeping aids - Some people find it difficult to sleep at altitude. You may find ear plugs and an eye mask useful at night.

Trekking poles - Strongly recommended.

Water Bottle or Platypus/Camelbak hydration system - During the trek you will be supplied with filtered water each morning in camp but this will still need to be purified. A personal supply of tablets/drops (approximately 40 tablets) for your water purification system is essential and should be brought with you as they are not easy to find in Moshi. Powdered fruit juice can be used to disguise the taste and this can be purchased in Moshi. Water along the trail must never be considered as drinkable until purified. Take at least 2 x 2 litre personal water bottles or a system that allows for this much water. 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 - 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 lighting your way on the night time summit ascent. Bring plenty of 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 - the hotel in Moshi has a pool.

Two man tents, dining tent, toilet tent and all cooking and kitchen equipment are provided by Explore once you are on the trek.

Equipment Rental - the following items are available for hire locally and prices stated are for the duration of the trek. Please advise Explore in advance of your trek so prior arrangements can be made with our local agent in Moshi :-

Trekking poles - \$15 per pair

Sleeping bag - \$20

Air mattress (self-inflating Therm-a-Rest style) - \$10

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## Footwear

Walking Boots - We strongly recommend walking in a good, comfortable, broken in pair of boots. Trainers and tennis shoes do not give the ankle support afforded by a decent pair of walking boots. Ideally, visit a specialist outdoor pursuits shop who will offer advice. It is a good idea to carry your boots in your hand luggage on international flights or wear them. Gaiters are useful to keep snow and scree out of your boots.

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.

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## Luggage: On Tour

Your luggage should consist of three main pieces:

Main Baggage - The item of luggage used to carry all your belongings in the hold of the plane and used to store all of the items you don't need on trek. This can be left behind at the group hotel used prior to the trek.

Trek Kitbag - Before leaving Moshi there is time to re-sort luggage into what you need on trek and what can be left in Moshi. 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. The weight limit for your trek bag and its contents must not exceed 15 kg but you will probably find that you do not need this much.

Daysac/Rucksack: 30-35 litres recommended. During the course of a trekking day, you do not have access to the luggage which 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. Your daysac should therefore be large enough to carry waterproofs, fleece jacket/sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, sun cream, water bottle (minimum 1 litre) and your camera. Most people normally find that this adds up to about 2 to 3kg. Other optional items in a daysac might be a diary or a book to read at lunch time. We advise you to take a waterproof rucksack cover or alternatively line the sack with a large plastic bag to keep the contents dry.

Please note that the flight to Zanzibar has a total maximum luggage allowance of 15kg (for both hold and hand luggage combined). Excess fees will be charged if the weight of your luggage exceeds this.

Luggage allowance on trip: 15Kg

## General Information

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### 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

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### 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, self-guided, private journeys & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of 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, 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.

### Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

### Earth Matters

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, 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: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

## 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.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

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 2016 and 31st December 2017.

### Trip 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: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

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