

Kilimanjaro & Beyond

A Trekking & Safari Adventure



August 5 - 19, 2012



TRIP HIGHLIGHTS

- 13 days, 12 nights in Tanzania
- 6 days, 5 nights guided climb of Kilimanjaro and camping on the mountain
- 6 days, 5 nights on wildlife & cultural safari staying in wildlife lodges or unique mobile tented camps
- Visits to Tarangire and Lake Manyara National Parks and Ngorongoro Crater
- Driving and walking safaris to view wildlife and birdlife including lions, elephants, giraffe and many more species
- Cultural interaction with Masaai Warrior Tribe

Trip Overview

Kilimanjaro...few mountains invoke as much awe and wonder as Africa's highest peak. And even fewer summits that carry such intrigue are as attainable as "Kili". At 19,340 feet, this free-standing volcano looms large over the vast savannahs of the Serengeti but offers a non-technical trekking route to its summit

Our climb is led by one of Northwest Voyageurs' experienced mountain guides along with a team of Tanzanian mountain guides and porters. We'll ascend the remote Rongai route on the northern side of the mountain, beginning near the Kenyan border. While no technical climbing or mountaineering experience is required, participants should be in good physical condition and be able to hike long distances for multiple days in a row.

Following our climb, we embark on 6 days of unique wildlife and cultural safaris. A combination of game drives and walking safaris track the Big 5 (lion, leopard, elephant, buffalo and rhino) as well as giraffe, wildebeest, zebra and many other mammal and bird species. We will have the chance to visit Tarangire and Lake Manyara National Parks as well as the famous Ngorongoro Crater. In addition to extraordinary game viewing, we'll meet and interact with the Masai Tribe who inhabit the Ngorongoro Conservations Area. These two weeks will be an unforgettable adventure in Africa!

Difficulty Rating

Ultimate Challenge! The safari portion of this trip is rated as easy – while we have opportunities for game walks and hikes, they are designed to take care of your tired legs from the climb.

The climb is the challenge! Climbing Kilimanjaro requires 6 consecutive days of trekking 5-8 hours per day, including summit day which can be 12 hours or more in length. Average altitude gain during each of the 5 ascent days is 2,500 ft / per day with an altitude gain of nearly 4,000 ft. on summit day. The descent is also difficult for people with poor knees or ankles. It is required that participants be able to hike all day on steep terrain with a 15-20 lb. backpack for multiple days in a row. High altitude trekking experience is a plus, but not necessarily required. The climbing route is non-technical, so no previous technical climbing experience is required. Generally, people in good physical condition or better who commit to training for 2-3 months prior to the climb

can successfully enjoy this adventure. A thorough training program is very important for you to enjoy this trip, and to make it to the top! We'd be happy to help you develop a program to get in shape for Kili.

Weather

Kilimanjaro: While Kilimanjaro can be climbed at any time during the year, the two primary climbing seasons coincide with the mountain's two dry seasons (even during the dry seasons, occasional inclement weather exists). The June – October dry season is the colder season and typically there is little snow on the summit and in the crater during this season. Days tend to be clear with only an occasional brief shower. The January - March dry season tends to be warmer. Clouds tend to hang around the tree-line, but once above the tree-line the skies are typically clear and blue with only a minimal chance of precipitation. There is typically snow covering the crater rim, crater and summit during this period.

While on the mountain, temperatures will vary significantly from hot and sunny during the day at lower elevations, to below freezing temperatures and wind during the night-time ascent of Uhuru Peak. All of your gear and clothing should be waterproof and appropriate for cold and wet weather travel. Rain is possible even during the dry seasons, and snow and hail are possible at higher elevations. You should pack your clothing to allow layering or warmer layers as temperatures drop.

Safari: Tanzania's climate is determined in large part by its monsoon winds, which bring two rainy periods. The long rains (*masika*) are from mid-March through May when it rains heavily almost every day (though not necessarily all day). The short rains (*mvuli*) are from November through early January. In between are the dry seasons which experience occasional rain, so be prepared for rain anytime of year.

The warmest months are December to March and the coolest months are June to October. The coastal areas tend to be tropical with high humidity, while the interior plateau tends to be more arid and cooler. And of course, higher altitudes mean cooler temperatures.

Detailed Trip Itinerary

Days 1-2: Depart the U.S. on **Day 1**, arriving at the Kilimanjaro airport in Tanzania on **Day 2**. Transportation is provided to our hotel in Moshi. Sometime on Day 2 (or the morning of Day 3 if you arrive late on Day 2), we will do an equipment check and pre-climb orientation. *Parkview Hotel, Moshi, no meals included.*

***Note:** Day 1 of the itinerary (the first day listed in the official dates of the trip) is the day you should depart from the U.S., arriving in Kilimanjaro on Day 2. The main international flight into Kilimanjaro on KLM arrives in the evening. If you have the time, we recommend flying in a day early, allowing you a day in town to recuperate from the long flight, and a day of cushion to deal with any luggage problems. If you choose to arrive a day early, we can arrange an extra night lodging and airport transportation. In this case, you would want to arrive into Kilimanjaro on Day 1, and depart the U.S. on “Day 0”.*

Day 3: After breakfast, we drive to the trailhead of the remote Rongai route, near the Kenyan border. Depending on road conditions, the drive could be 2-4 hours. We pass through the National Park Gate, have lunch at the trailhead and begin our climb at 6,400 ft. of elevation. Our team of porters will carry the majority of our climbing gear and equipment, while our experienced guides will lead us on our trek. The walk to Simba Camp at 8,500 ft. takes us first through cultivated fields, a beautiful alpine forest and into a transitional heather zone. We could see buffalo or elephant during the first day or two of our trek. Each night when we arrive to camp, we will find our personal tents and a large mess tent already set up. Our chef serves delicious meals each evening, mixing local cuisine with more familiar dishes. With tables, chairs, candlelight and shelter, our dining experience is enjoyable regardless of the weather. *2-4 hours, 2100 ft. gain. B, L, D*

Day 4: This morning should offer early birds the first of several spectacular sunrises over the Kenyan savannah. Warm water for washing is provided when you wake up, and after a hearty breakfast of porridge, eggs, toast and sausages, we'll pack up and continue our ascent. Each day we climb with only a day pack containing water, our lunch, spare clothing layers and our camera. The Kilimanjaro mantra is “Pole Pole” (“slowly, slowly”) and we will embrace this pace of climbing throughout the trip, to conserve energy and to assist in acclimatization. Our morning climb today gains 2,600 during a 4 hour trek through heather and moorland. After lunch, the terrain flattens to a

gradual climb until we reach Kikelewa Camp at 11,500 ft. *6-8 hours, 3000 ft. gain. B, L, D.*

Day 5: A shorter day today as we climb to the base of Mawenzi Peak, the jagged sister peak of Kibo, Kilimanjaro's summit peak. We'll arrive to camp at Mawenzi Tarn at 14,000 ft. by midday, offering a chance to rest after lunch. In the late afternoon, we'll take an acclimatization hike to assist in acclimatization. Beginning this evening, climbers may begin to feel more significant effects of the altitude, including a loss of appetite, headaches, slight nausea and/or restless sleep. For some, these symptoms may develop later on Days 5 & 6 or they may not develop at all. It is critical to be drinking copious amounts of water (4-6 litres per day) beginning as soon as you arrive in Tanzania. The dry air at altitude dehydrates you, and good hydration is needed to help you adjust to higher altitudes. *3-4 hours, 2500 ft. gain. B, L, D.*

Day 6: Today we leave a little earlier from camp to climb towards the saddle between Maewenzi and Kibo. After a couple hours trekking, we reach this spectacular place, with the summit of Kilimanjaro in the background and our trail to the high camp stretched out before our eyes. We now can look out over Tanzania to the south and Kenya to the north. We arrive to Kibo Hut at 15,500 ft. – our high camp – in the early afternoon. After lunch, we'll take a rest and conserve our strength. We'll gather for a meal in the late afternoon again, and then sleep as much as possible through the evening and early night. *4-6 hours, 1,500 ft. gain. B, L, D.*

Day 7 Summit Day: We'll wake at 11pm of our 5th day on the mountain, eat a light “breakfast” and prepare for our summit bid. At midnight, we leave camp and begin our ascent using our headlamps to guide our way. We'll climb slowly through the early morning hours towards Gilman's Point on the Crater Rim at 18,600ft. The route to Gilman's is on a decent trail up a scree field, with 37 switchbacks. We typically arrive to Gilman's to witness an awe inspiring sunrise. From Gilman's point, we trek along the crater rim for another 90 minutes before reaching Uhuru, the highest point in Africa at 19,340ft. Congratulations! After 20-30 minutes at the top, we'll begin our descent back to Kibo Hut. The descent down takes about 4 hours, and we typically arrive back to camp in the early afternoon. We'll rest for a bit, eat a light lunch, and then descend down the Marangu Route to Horombo Camp at 12,200 ft. With each step downhill, we'll

progressively feel better as the effects of the altitude begin to subside. *13 – 16 hours, 3,800 ft. gain followed by 7,100 ft. descent. B, L, D.*

Day 8: Sleep in, you earned it! Hopefully your appetite has returned and you can eat a big, hearty breakfast! After breakfast, we'll begin our descent back to civilization. The trek is stunning, as it crosses first moorland, then a spectacular transition zone of sparse trees and shrubs with views forever. We'll have lunch at Madera Hut, in the midst of a beautiful forest. Another couple hours and we arrive to the trailhead at 6,400ft. The drive back to Moshi takes about 90 minutes and we'll return to our hotel for a well deserved hot shower and bed. We'll enjoy a celebration dinner and say our goodbyes to the exceptional crew of guides and porters who made our climb a success! *4-5 hours trek, 5,800 ft. descent. Parkview Hotel. B, L, D.*

Days 9 - 11: (Those not participating on safari will have a free day in Moshi prior to catching an evening flight out of Kilimanjaro airport). After breakfast, we begin our wildlife safari. Our first 3 nights we plan to spend in Tarangire National Park at the Kikoti Tented Lodge. Tarangire is home to the Tarangire River, a year round water source, meaning wildlife viewing is always great. We can view resident lion prides, cheetah, hyena, elephant, zebra, wildebeest, baboons, hippos, crocodiles, and a wide variety of hoofed mammals...not to mention hundreds of species of birds. And we'll spend some time searching for the elusive leopard. Tarangire is also home to the remarkable Baobab tree, one of the oldest living organisms on Earth!

We will also have the chance during our safari to experience Masaai culture, with a visit to a traditional Masaai Boma where we will meet and interact with this famous warrior tribe. *Kikoti Tented Lodge. B, L, D*

Day 12: We will next travel the relatively short distance to Lake Manyara National Park where we will spend the next 2 nights at the Rift Valley Photographic Lodge. We'll game drive through the park and enjoy spectacular views overlooking the lake from Losirwa's main lodge and pool.

These parks are more than just great wildlife viewing destinations. It's hard to explain if you haven't been there...it invokes an overwhelming sense of the cycle of life and our very small place in it. Raw, unbounded and unmitigated life surrounds us everywhere we go. *Losirwa Tented Lodge. B, L, D*

Day 13: Today we will head to the Ngorongoro Conservation Area for a full day game drive in the Ngorongoro Crater, home to maybe the largest concentration of big game in the world. Huge resident herds of buffalo, zebra, and Thompson gazelle mix with the Big 5 (buffalo, lion, rhino, elephant and leopard). A permanent year-round water source attracts a variety of bird species and is home to hippos. The amount of wildlife is simply stunning and our crater game drive is the culmination of our safari in East Africa. *Losirwa Tented Lodge. B, L, D*

Days 14 - 15: After breakfast, we will enjoy a cultural walk through Mto wa Mbu, a unique artisan town that is home to many different peoples and cultures. Additionally, either today or maybe earlier in the safari, we will have the chance to experience Masaai culture, with a visit to a traditional Masaai Boma where we will meet and interact with this famous warrior tribe. After lunch, we will depart to the Kilimanjaro airport. We stop en route to do a little shopping, and then continue to the airport to meet our departing flights. Should you depart on this day, **January 21**, you will arrive back to the U.S. on Day 15. If you wish to extend your stay to Zanzibar or any other destination, we can arrange your extension and any accommodations needed in Arusha, Moshi or at the airport hotel. *B, L, D.*

Accommodations

Northwest Voyageurs Mountain Camp

While climbing Kilimanjaro, we will be camping in our mountain camps. We'll sleep in backpacking tents with inflatable sleeping pads and sleeping bags.

Our porters carry all of our equipment up the mountain for us, including camp chairs and tables to enjoy civilized meals high up the mountain. Our camp cooks serve a hearty and delicious mix of local and international cuisine.

Hotels in Moshi

For the first night and last night of our adventure in Tanzania (and for the night in between the climb and safari), we'll be staying at the Parkview Hotel in Moshi. This hotel is the nicest all around hotel in Moshi, with convenient access to downtown but set in quieter settings. Kilimanjaro is visible from the hotel on a clear day.

Kikoti Tented Lodge on Safari

Kikoti means “meeting place” in the Maasai language. Kikoti is a meeting place of people, cultures and wildlife. A lone bush elephant stately lumbers through the camp, watched by buffalo, drinking at the water hole, passing through on the migration route. A Maasai warrior, armed with bow and arrows, escorts you to your room in the evening, looking out across the Simanjiro plains as the African sun sets over the horizon, the air alive with noise and life.

Kikoti’s rooms are beautiful raised luxury bandas, with spectacular views of the hills, looking down into the national park. In total, there are 8 double rooms and 10 twin rooms, built from natural materials in tune with their environment, with a design that echoes safari tents from years past.

Simple and elegant, the rooms are decorated in warm caramel and creams, with stylish en-suite bathrooms. Water is tanked in on a weekly basis as there is no natural supply by the camp but hot water is available and the lights run from solar power.

There are touches of local craftsmanship everywhere, the woven rugs, the bed frames made from snot apple wood and African ebony, found outside Tarangire National Park and the thatched roofs, recalling the safari tents of years past. The beds are wonderfully comfortable, perfect to sink into after a long day’s safari. Alternatively, you can sit out on your private verandah, in one of the wicker chairs and watch the world pass by. Wildebeest, water buffalo, hyenas and zebra have been known to wander underneath the rooms, providing a close up wildlife experience.

The restaurant offers tasty local produce, freshly baked bread, fruits and vegetables in season and great home cooked meals by local chefs. Next to the restaurant is a homey and comfortable lounge bar with sofas for relaxing and a wide selection of beer, wine and spirits available.

Lake Manyara / Ngorongoro Lodging

Depending on your final itinerary, we use several fine lodging properties in this region, including the Rift Valley Photographic Lodge and Ngorongoro Farmhouse.

Rift Valley Photographic Lodge is located in the world-renowned Rift Valley and surrounded by the most sought after photographic safari destinations. The lodge is set high, in a bush-cloaked ridge, with magnificent views over Lake

Manyara. It is designed according to the circular motif of a traditional Masaai village offering international sophistication with raw African beauty. The main lodge is built around an ancient Baobab tree in true Masaai village style, with each public area designed as an individual unit with spectacular views over Lake Manyara. Relax in the lounge, enjoy fine dining in the restaurant or have sundowners at the bar, adjacent to the deck surrounding the baobab and overlooking the pool area. Leading from the lodge by walkways, guests stay in individual private chalets, each with uninterrupted views, private verandas and en suite facilities. Furnished in rich leather, the units captivate the “African Bush” atmosphere.

Ngorongoro Farmhouse is a small and exclusive lodge facing the Oldeani Volcano, only 5 kilometers from the Ngorongoro Lolduare gate. It offers guests an original experience reminiscent of the atmosphere of the old days. Ngorongoro Farm House opened in 2003, featuring 50 room cottages with ample space inside, built in the style of an old colonial farm, rustically decorated with local materials.

Trip Dates & Cost

August 5-19, 2012

\$5799 per person
Single supplement: \$900

Climbing Dates:

August 5-14, 2012
Climbing Only Price: \$2999
Single supplement: \$100

Safari Dates:

August 11-19, 2012
Safari Only Price: \$3299
Single supplement: \$800

Price based on double occupancy and subject to change due to park fee increases or other events beyond our control. Single rooms are subject to availability.

What's Included

- Professional mountain guides & porters
- All mountain and national park fees
- Trekking and camping equipment
- All meals on mountain and safari
- All accommodations – camping & lodging
- Experienced safari guides and drivers

What's Not Included

The cost of the trip does not include airfare to/from Kilimanjaro Airport, Tanzania; a few in town meals; trekking attire and personal items; gratuities for local guides, and applicable taxes.

Tippling is customary on all Kilimanjaro climbs and safaris. Gratuities are essential to the livelihood of porters, mountain guides and safari guides and drivers. For the climbing portion of the trip, we recommend a gratuity of \$250-\$350 per guest to be divided among the entire crew. We recommend you give this amount to the trip leader to pool and distribute as appropriate. For the climb, please bring some smaller denominations such as \$10s and \$5s as there are often 30-45 people amongst which the tip needs to be divided. While on safari, we recommend a tip of \$150-250 per guest to be divided among the guides and lodge crew. Again, we recommend giving this tip to the trip leader to distribute as appropriate throughout the safari.

Why Choose Northwest Voyageurs

Safety: The most important part of any outdoor adventure is safety. Safety comes first and foremost from having experienced, well trained guides who know how to avoid dangerous situations and minimize risk. All of our local guides have been trained by the Kilimanjaro National Park and have experience in mountain rescue and in identifying symptoms of acute mountain sickness. All outdoor adventures have inherent risks associated with them. Our job is to minimize that risk to the lowest level possible. Our safety record is impeccable and speaks for itself.

Exceptional People: When we consider hiring anyone in our company, or working with local guides in a foreign country, we want to ensure first and foremost that the person is extraordinary. Maybe we are selfish - we like to

surround ourselves with inspiring people! We know we can teach the skills to row a boat or work our front desk, but we can't teach how to anticipate a customer's needs and to exceed their expectations. This ability comes from within and we search long and hard to find it in all of our staff.

Experience: Experienced guides bring more to the table than a safe trip. They bring deep knowledge of Africa and its wildlife to the trips in addition to high mountain experience. Our guides know how to maximize the fun-factor while minimizing risk. We boast some of the most experienced guides in the industry. We also boast a very high level of education in our guides and staff in a variety of fields.

Service: Our owners have extremely high expectations of themselves and our staff. We differentiate ourselves on providing an extraordinarily high level of service on our trips and in our lodge. Ultimately, it's our passion for sharing the outdoors with people who may be out of their element that drives us to provide this level of service. It makes your experience that much more rewarding - and makes you want to come back again and again.

Professionalism: While our guides are fun-loving and relaxed, they are also professionals. They've been trained in customer service and are able to handle difficult situations with grace and poise.

Delicious Local and International Food: One of the elements of our trips that stay with our guests the longest is our amazing food. Frankly, we love food and it's one of our favorite parts of traveling and adventuring. Our camp cooks excel at preparing delicious local cuisine as well as international cuisine.

Map of Tanzania



Historical Overview

Tanzania is home to the Olduvai Gorge, the site where some of the earliest human remains on earth have been discovered. For hundreds of thousands of years, hunter-gatherer societies inhabited the area, though details about them are lost in the mists of time. More recently, the interior of the country has been occupied by pastoral and agricultural societies.

The cattle-herding Maasai are notable among these. They are known to have settled as far south as Dodoma by the early 19th century, and they live around Tanzania's game parks to this day. In the past, this tribe's reputation as fierce warriors kept away neighboring tribes and Arab traders, and neither the slave trade nor tribal warfare had much impact in their territory. Today, many Maasai proudly continue their traditional way of life with few inroads from modern civilization, especially in the northern part of the country.

Over one thousand years ago, sea-borne traders established a strong Arab presence on Tanzania's Indian Ocean coast, which includes the island of Zanzibar. Sultans of Oman ruled Zanzibar by the 18th century, and in 1832 Sultan Seyyid Said located his capital city there. Because of this history, Islam continues to be the dominant religion on Zanzibar today.

Rivalry among European colonial powers brought historic change to the area in the 19th century. Livingston and Stanley were among the first Englishmen to arrive in the interior, where Stanley's famous "Dr. Livingstone, I presume" was uttered at Ujiji on Lake Tanganyika. The British made Zanzibar their protectorate in 1890. On the mainland, however, Britain yielded to Germany after German explorer Carl Peters laid the groundwork for colonial exploitation of the country by the German East Africa Company. The two countries signed an agreement giving the Germans what was then known as Tanganyika, while Britain got Kenya and Uganda. World War I, during which Germany and Britain fought intense land and naval battles in Tanganyika, ended this arrangement. Following Germany's defeat in Europe, Britain was put in charge of the League of Nations mandate for Tanganyika.

In the 20th century, the movement to end colonialism in Tanganyika took shape among farmers' unions and cooperatives. Julius Nyerere led the political party that grew out of this movement, and became the country's first president when it made a peaceful transition to independence in 1961. The island of Zanzibar gained independence in 1963, in a transition that involved a bloody revolution during which the bulk of the Arab population was expelled. In 1964, Tanganyika, Zanzibar, and Pemba (another offshore island) joined to become the United Republic of Tanzania.

Tanzania's leaders stood at the forefront of African liberation movements during the 1970s and the early 1980s. They allowed Mozambique nationalists to use Tanzanian territory for training and attack bases as they fought for independence from the Portuguese. In 1979, Tanzanian troops helped overthrow the regime of Ugandan dictator Idi Amin. President Nyerere also played a key role in the negotiations for ending white rule in Zimbabwe. Although it maintained good relations with the West, Tanzania followed a strongly socialist path in the decades immediately following independence.

In November 1985, Nyerere retired and was succeeded in the presidency by Ali Hassan Mwinyi. Nyerere continued as the chairman of the

Revolutionary Party of Tanzania until August 1990. Tanzania began moving toward a multiparty system in the early 1990s.

Tanzania Today

Area: 342,101 square miles

Capital: Dar es Salaam (legislative offices have been transferred to Dodoma, the city planned as the new capital of the nation)

Languages: Swahili (official), English, tribal languages

Population (2005 estimate): 37,445,392

Religions: Muslims 35%, indigenous beliefs 35%, Christian 30%

Time zone: Tanzania's time zone is 3 hours ahead of GMT. There is no daylight savings time in Tanzania. During U.S. daylight savings time Kenya is 7 hours ahead of New York, the rest of the year it is 8 hours ahead of New York.

Tanzania today is a true blend of cultures; with no one group constituting more than 13% of the population. The largest single ethnic group is the Sukuma. Other major groups include the Nyamwezi, Haya, Ngonde, Chagga, Gogo, Ha, Hehe, Nyakyusa, Nyika, Ngoni, Yao, and Maasai. The population also includes people of Indian, Pakistani, and Goan origin, and small Arab and European communities. Only 24 percent of the people live in urban areas.

Tanzania's official language is Swahili ("Kiswahili" is the name of the language in Swahili). English was an official language until 1967, and is still used in higher education, government, and business. Nearly all Tanzanians speak a local language (of which there are 120) plus Swahili and perhaps English. The urban Asian population and people who live along the coast speak Arabic and South Asian languages.

The majority of the population is literate, and about 93 percent of Tanzanian children attend free primary schools. These are significant achievements for a nation where the annual per capita income is less than \$100.

The Land

Mainland Tanzania's landscape is flat and low along the coast. In the interior, a plateau at an average altitude of about 4,000 feet makes up most of the country, and isolated mountain groups rise in the northeast and southwest. The volcanic Mount Kilimanjaro, at 19,340 feet the highest mountain in Africa, is located near the border with Kenya. Three of Africa's largest lakes lie on the borders of Tanzania and partially within it: Lake Tanganyika, Lake Victoria, and Lake Malawi (Nyasa). Lakes Tanganyika and Malawi lie in the Rift Valley, which is a gigantic geological fault system extending from the Middle East to Mozambique.

Getting Here

You will want to fly into Kilimanjaro airport in Tanzania (airport code JRO) where we will pick you up and bring you to your hotel. Direct flights are available on KLM through Amsterdam. Additional flights may be available on Kenya Airlines or on other airlines connecting through Dar Es Salaam or Nairobi, Kenya. It is possible to connect via ground transportation from Nairobi or Dar Es Salaam. Please contact us for more information on these options.

FAQs

Q: How do I obtain a Visa for Tanzania?

A: The easiest way to obtain your visa is upon arrival at Kilimanjaro Airport. The cost as of September, 2011 is \$100 per person, payable in US dollars. There are no passport photos required to obtain a visa to Tanzania. Visas can also be obtained from the Tanzanian Embassy in Washington, DC.

VERY IMPORTANT! *Your passport must be valid for at least (6) six months following your scheduled return to the United States. Also, you must have 1 blank page available in your passport for entry into Tanzania. Keep in mind this page must be labeled “Visas” at the top (blank “Amendments and Endorsements” pages are not acceptable). If both of these requirements are not met, you will be denied boarding and may be refused admittance into Tanzania and, consequently, required to return to the U.S. immediately.*

Q: Do I need any vaccinations to participate in this trip?

A: Yes. The best resource out there is the CDC’s website. Go to <http://wwwn.cdc.gov/travel/destinations/tanzania.aspx> to find their updated recommendations. We recommend seeing your doctor or travel health clinic at least 1-2 months prior to your departure to get any necessary vaccinations. Please note that if you are arriving from the US or Europe, proof of Yellow Fever immunization is NOT required. If you are coming from an endemic area such as Kenya, it may be required. Please contact the Tanzania embassy in Washington, DC for more information.

Q: Should I take Diamox or another high altitude medicine?

A: The decision to take Diamox is a personal decision and your personal doctor should be consulted. It is something that in our opinion should at least be considered by all participants. In our experience, people who take Diamox, on average, experience less effects of high altitude and enjoy the climb more than those who do not take it. For more information on the use of Diamox in high altitude climbing, go to <http://www.basecampmd.com/expguide/diamox.shtml> Please note that Diamox is a sulfa based drug and those who are allergic to sulfa drugs may be allergic to Diamox. We recommend that you take a dose prior to departure to ensure you are not allergic.

It is also our experience that climbers will arrive with many different dosages and prescriptions. We are not medical doctors, however in our research and experience, we believe that the appropriate dosage is 250mg pills taken twice per day.

Q: How much cash should I bring with me and how should I bring it?

A: You will need \$100 in cash for your Visa upon arrival. Please see the section “What’s Not Included” above regarding recommended gratuity amounts. Alcohol throughout the trip, and a couple of in town meals in Moshi prior to the climb, are not included. Other than these items, the amount of cash that you bring above the visa and gratuities will be dependant on your shopping habits. For most people, \$200-\$300 in “spending money” is plenty to cover these miscellaneous items.

US Dollars are relatively widely accepted, particularly in tourist areas. It is also relatively easy to change US Dollars into Tanzanian Shillings in Moshi. You will get the best rate for US Dollars, large bills (50s & 100s) at the currency exchange. You will get a slightly lower rate for small bills and worse still for travelers checks. Often you can pay in Dollars and get Shillings in change – you will get a slightly worse rate on these transactions, but not significantly worse unless you are making a large purchase that is quoted in Shillings. Our best advice would be to bring US Dollars, and exchange it locally. We recommend that you NOT rely on an ATM to obtain cash in country. There are several ATMs in Moshi, but they have questionable reliability. It’s advisable if you plan to use an ATM to have both a Visa and a Mastercard ATM card, as sometimes one system will work and the other one will not. Remember, this is Africa so it may not be reliable when you try to use it. Credit cards are accepted in many tourist shops and for large purchases, though there is typically a 7-10% surcharge added.

Q: How difficult is climbing Kilimanjaro?

A: About 22,000 climbers set out every year to conquer the Mount Kilimanjaro peak. Although our climbing route does not require mountaineering skills, trekking to the summit of Mount Kilimanjaro is physically and mentally demanding and should not be underestimated. Only 40-50% of people who attempt the summit succeed. However, with adequate preparation and our leadership on the mountain, a reasonably fit person who puts forth an effort to get in shape will typically reach the

summit of Mount Kilimanjaro successfully. Our success rate is over 90%, which is due to our leadership on the mountain as well as helping people understand the preparation required to improve one's chances of success.

Trip Extensions

There are a variety of trip extensions that can be organized for your trip. While more specific information on extensions will be made available beginning in early March, below is a list of possible extensions for this trip. If you would like to make arrangements for an extension prior to March, please call us and let us know what you would like to arrange and we can make the arrangements necessary.

Relaxing beach vacations – Visit Zanzibar for a high-end beach vacation or Pangani for a more remote and laid back beach option. 3 days +

Track chimpanzees in Mahale Mountains or Gombe Stream National Parks. 3-5 days

Gorilla Trekking in Rwanda featuring one of the most extraordinary wildlife experiences one could ever imagine!

Emergencies

Should your friends or family have an emergency, please ask them to contact us directly at (208) 628-3021 or by email at Andrew@voyageurs.com. We will do our best to get any appropriate message to you. It is often exceedingly difficult for us to reach our trips with a message, as we are often in remote, roadless wilderness areas with poor or non-existent communication. You will be responsible for any cost associated with retrieving you early from a trip or getting a message to you. So please be sure to let your friends and family know that they should be very clear with us the urgency of the message.

Payment and Cancellation Policy

Northwest Voyageurs requires a non-refundable \$1000 deposit from each person to secure your reservation on this trip. Final payments are due no later than 90 days prior to the departure date. If you find you must cancel your trip, please notify Northwest Voyageurs in writing as soon as possible. If we have not received your final payment by the due date, and if we have not received

written notification of your need to cancel your reservation, Northwest Voyageurs may at its sole discretion charge the remaining invoice balance to your credit card on file or consider the reservation cancelled and release your spaces.

All payments are non-refundable. However, if you notify us in writing of your need to cancel your trip at least 90 days prior to your departure, we will hold payments on your account less the initial deposit for a period of one year. If you notify us less than 90 days prior to your departure, all payments will be forfeited. Please understand that once you sign up, we lose the right to sell your space to another individual. Therefore, we regretfully cannot make exceptions to our cancellation policies. Northwest Voyageurs **STRONGLY** recommends purchasing travel insurance for all Africa adventures.

Travel Insurance

Travel insurance can cover unforeseen costs or problems such as lost baggage, cancelled flights, and the costs of canceling your trip due to illness or injury. Northwest Voyageurs **STRONGLY** recommends purchasing travel insurance for this trip. Duke will forward you information on purchasing travel insurance after you have made your reservation. It is very important to consider purchasing your insurance within 15 days of making your reservation, as there are additional benefits included in the policy including a waiver of pre-existing medical conditions.

Other Questions

If you have any further questions, please feel free to contact us by email at info@voyageurs.com or by phone at (800) 727-9977 and we will be more than happy to assist you in any way that we can.

How to Pack for Kilimanjaro

Our climb will be supported by porters who will carry the majority of your gear. Please be sensitive to your porters and their safety and do not pack more than the recommended items for the climb. The porters will carry your larger backpack, duffel bag or rucksack. This pack should not weight more than 40 lbs. or 18 kg. You will want to bring a day pack or small overnight-sized pack for yourself to carry a change of clothes and other items you will want available during each day's trek. We recommend using a pack that you have broken in and that you know is comfortable for you to carry during long trekking days.

Detailed Packing List:

The packing list below starts with our Kilimanjaro list, as this will help you pack for the climb itself the night before we start. Items marked with an (*) are required. We reserve the right, in consideration of your own safety and the safety of the entire group, to not allow you to participate in the climb if you do not have all of the required equipment on this list. In such as instance, you will not be entitled to a refund to any portion of your trip, and you will need to cover any out of pocket expenses for additional nights in hotels, meals and other arrangements that must be made to accommodate you. At the end of the list, we've included any additional items you will need or want for the safari.

Kilimanjaro Gear & Equipment List

- *Winter-rated sleeping bag (we can supply if requested)
- *Headlamp with spare batteries and bulb
- Camera & film
- *Personal hydration system such as Camelsback and/or water bottles – Minimum 2 Litre capacity (hydration system strongly recommended)
- *Day pack or overnight-sized pack for you to carry on trek
- *Backpack, rucksack or duffel bag for most gear (carried by porters)
- *Trekking poles
- *Sunglasses with retainer straps
- Zip lock bags and trash bags for extra waterproof protection for pack contents.

Kilimanjaro - Clothing and personal items

- *Hiking boots with appropriate ankle support (they should be well broken in before this trip)
- *4-6 pair thick thermal non-cotton socks (eg. Smartwool) plus 1-2 pair thinner socks for lower elevation days

- Inner liner socks (good for wearing with heavier socks to reduce blisters)
- *Down jacket, or equivalent heavy cold weather layer
- *Good waterproof rain jacket with hood and waterproof pants
- *2 Additional Fleece layers – one heavier and one mid-weight
- *Thermal, non-cotton long underwear (tops and bottoms)
- 2 pairs hiking pants (1 heavier, 1 lighter)
- 1 pair shorts for low altitude trekking
- 2 short-sleeve shirts
- Sun hat / baseball hat
- *Warm winter hat – fleece or wool and/or balaclava (really nice to have)
- *Warm gloves – fleece or winter
- Lots of high grade sunscreen
- Lip balm/chapstick
- Towel – quick drying towel preferred
- Glasses or contacts, including spares
- Money for tipping guides and sundries sold at hut on descent

Remember – Cotton Kills! You should not be wearing cotton at altitude or in colder, inclement weather.

Kilimanjaro - Toiletry and medical items – these are just a few suggestions and please bring these in small quantities to reduce the weight of your equipment.

- Toothbrush, toothpaste, feminine hygiene products
- Extra bootlaces
- Duct tape
- Wash kit with soap, toilet paper / wipes
- Disinfectant wipes or hand sanitizer
- *Minor first aid kit with
 - o Antisepetic
 - o Bandages
 - o Moleskin & other blister remedies
 - o Anti-malarial pills, if applicable
 - o Imodium, Pepto-Bismol
 - o Dramamine (if you tend to get car sick)
 - o Diamox, if applicable
 - o Personal medications
 - o Pain relievers, allergy medication
 - o Insect repellent
 - o Rehydration assistance or electrolyte replacement
 - o Small scissors
 - o Back-up water purification tablets (such as iodine)

Kilimanjaro - Optional Items to Bring

- Sandals, flip-flops or lightweight sneakers for in camp
- Chocolate, candies, energy bars for quick energy en route

- Small camping pillow
- Gaiters
- Multi-tool or camp knife
- Lightweight book, journal or diary
- Waterproof backpack cover
- Hand & foot warmers
- iPod

Safari – Additional Items

- 2-3 short sleeve shirts; 1 extra pair shorts
- 2-3 long sleeve shirts (for evenings and sun protection)
- Additional or larger quantities of toiletry items
- Binoculars (strongly recommend a good pair, not just small field binoculars)
- Bigger/heavier camera with zoom lens
- Sneakers, trail shoes or lighter weight hiking boots for game walks

Northwest Voyageurs Provides

- Camping Tents and Mess Tent
- Sleeping pads
- Camp chairs
- Major First Aid kit
- All cooking equipment and meals
- Water filters for purifying water

Please Do Not Bring:

- Radios (small ipod or headphones OK)
- Other Valuables
- Firearms

Where can I buy these items?

Many of these items can be purchased from a variety of general stores or local sporting goods stores. For specialty camping or trekking items including synthetic clothing, some of the many vendors to consider are:

REI: www.rei.com

EMS (Eastern Mountain Sports): www.ems.com

Various sporting goods stores and local outdoor retailers

Recommended Training Guidelines for Kilimanjaro

Below is a sample program designed for persons with at least average fitness that begin training 90 days prior to leaving to climb Kilimanjaro. Of course, it is always beneficial to begin training earlier for the climb. To modify this outline to fit a longer training period, simply extend Phase 1 for up to 8 weeks and fill the gap by extending Phase 2 to fit your timeframe. The majority of your training should be spent in Phase 2. The timing of Phases 3 and 4 should remain the same relative to departure for your expedition.

Phase 1: Weeks 1-3 Gain Base Fitness Level:

3-4 days per week cardio training (run, hike, bike, swim, xc ski). Do these at a moderate level of exertion for increasing lengths of time per session, starting at 30 min, increasing over the 3 week period to 1 hour sessions. Take a day off in between sessions, but no more than 2 days off in a row.

Optional: 2-3 days per week strength training with focus on legs and torso. Things like squats, lunges, leg press, hamstring curls, calf raises, and stair master at slow speed with a pack on are a good place to start. Do 2 – 4 sets per session of as many repetitions as you can do to the point of fatigue. Adjust the weight/resistance so that you are doing around 30 repetitions by the time you reach fatigue. Take between 1 and 3 days off between sessions.

Phase 2: Weeks 4-8 Increase Sport Specific Fitness:

Gradually increase to 5-6 days per week of cardio training, with minimum of 1 hour per day with occasional 4+ hour sessions. Make training more specific to what you will be doing on the trip, i.e. going up and down hills with a small pack on. When this is not an option, continue with things that use the muscles in a similar fashion like biking and getting on the stair master as opposed to running and swimming.

Optional: Keep up the same strength training, increasing the weight to the point where you achieve fatigue at 20 repetitions. Strength training can be phased out if your other training is very sport specific and you gain strength from it (e.g. the ole up and down the hill with a pack thing– great strength and cardio at the same time).

Phase 3: Weeks 9-11 Maintain High Fitness Level

Most people can decrease their exercise frequency to 3-4 times per week at this point and maintain if not still gain fitness. This is a great time to put in 1 or 2 days per week of almost all day (6+ hours on and off) training sessions to get your body ready for all day every day on the trip.

Phase 4: Week 12 Taper

Take it easy this week and let your body fortify itself. Train by doing 2 days of easy 30-60 minute cardio workouts and eat a lot of what you are supposed to be eating. Get used to hydrating as much as you can and kick back and get excited about your trip and how much more fun you will have now that you are fit for it.