

## Trek Kilimanjaro



Duration: 10 days

Climb the highest freestanding mountain in the world! Kilimanjaro is the highest mountain on the African continent at 5895m. Its snow-capped summit rises high above the dusty African plains; huge permanent glaciers flow down from the summit, spectacular views and beautiful ice formations are the reward for pushing your limits both physically and mentally.

## DETAILED ITINERARY

### Day 1: Depart London

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### Day 2: Arrive Moshi

Arrive at Kilimanjaro International Airport; transfer to Moshi town, where we can admire the views of Kibo, the crater at the summit and the youngest of Kilimanjaro's three volcanic cones. We check in and relax, with time to sort out our kit for tomorrow before dinner and a briefing. Night hotel.

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### Day 3: Machame Gate – Machame Camp

One hour's drive from Moshi lies the gate to the Machame route, where we complete park formalities, meet our crew of porters and start to climb! The first section of the route climbs steadily and passes through magnificent,

dense rainforest. This path is less well-trodden so it can get somewhat overgrown in places and it is often wet and muddy underfoot. Night camp: Machame Camp (3100m).

**Trek approx 18km / 5-7 hours**

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### **Day 4: Machame Camp – Shira Caves**

Our route continues on up through the forest until we reach the steep ascent onto the Shira Plateau, where there are rewarding views of the mountain. Looking back, you will be able to see Mt Meru rising high above Arusha town in the distance. Night camp: Shira Caves (3840m).

**Trek approx 9km / 4-6 hours**

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### **Day 5: Shira Caves – Barranco Hut**

Walking now on high moorland, the landscape changes the entire character of the trek. We traverse the southwest side of Kilimanjaro, passing underneath the Lava Tower and the final section of the Western Breach and finally reach camp at Barranco Hut (3900m), a tin shack where we pitch our tents. The day has been spent at altitude (up to 4600m), but we have followed the mountaineering code of 'walk high, sleep low' to aid your body's acclimatisation to altitude. Night camp: Barranco Hut (3900m).

**Trek approx 15km / 8-10 hours**

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### **Day 6: Barranco Hut – Barafu Camp**

Our day starts by descending into the Great Barranco, a huge ravine. We then exit steeply, up the Great Barranco Wall, which divides us from the southeastern slopes of Kibo. It's a climb over rock, not technical, but long and tiring. Passing underneath the Heim and Kersten glaciers, we head towards the Karanga valley, which is our last stop for fresh water before the summit. Scree now forms the terrain as we walk through arid and desolate land towards camp. Night camp: Barafu Camp (4600m).

**Trek approx 18km / 7-9 hours**

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### **Day 7: Barafu Camp – Summit – Millennium Camp**

We avoid walking too long in the heat of the sun today by starting while it's dark, and walk steeply upwards to the summit glaciers. We will be climbing scree for 4 to 5 hours but gain incredible height over a short distance. The views are spectacular. We should be on the crater rim at Stella Point (5739m) as the first rays of the sun hit us. Spectacular ice cliffs within the crater surround us and the views to jagged Mawenzi – Kilimanjaro's secondary but more technical peak – and beyond are breathtaking. Another hour's walking takes us to the summit, Uhuru Peak (5895m); Uhuru means freedom in Swahili. We begin our descent by returning to Stella Point and then descending on scree slope and track back to Barafu Camp for breakfast, before finally heading down to camp for a long well-earned rest. On our descent we have fabulous views of the plains and Mawenzi. Night camp: Millennium Camp (3720m).

**Trek approx 20km (7km climb); 10 – 12 hours**

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## Day 8: Millennium Camp – Mweka Gate – Moshi

A gentle trek takes us down through the rainforest to Mweka Gate, where we complete park formalities and receive certificates, which you can hang up with pride! We are then met by our vehicles and return to the hotel in Moshi, where you can treat yourself to a welcome shower (and a cold beer or two!) before our big celebration. Night hotel.

**Trek approx 10km; 5 hours**

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## Day 9: Free time Moshi – Flight

Free day, allowing you to explore Moshi, where there are some good markets, or relax with your fellow achievers. We re-group at the hotel mid-afternoon in time to transfer to the airport for our international flight home.

*(Lunch not included)*

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## Day 10: Arrive UK

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## WHAT'S INCLUDED

- All transport from London to Moshi return
- All meals except where specified, accommodation and camping equipment
- Discover Adventure leaders; doctor with group of 15 or more participants; local guides, porters and cooks
- Back-up equipment
- Entry permit to National Park

## WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Inbound airport departure tax (no tax applied at the time of writing)
- Fees for any optional sites, attractions or activities
- Airline taxes: we cap these so that £250.00 is the maximum you will pay
- Any applicable charges as per Terms and Conditions

## GRADE | RED

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **RED** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)

## CHALLENGE INFORMATION

### DETAILED INFORMATION

#### Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

#### What if I have any issues during the challenge?

Our leaders are very experienced and work very hard to ensure your challenge runs as smoothly and enjoyably as possible, and we're sure that you'll have a wonderful time. If you do have any concerns or problems **please talk to the crew and give them the opportunity to explain or rectify things while they are able**. They are all very approachable!

#### Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group, but at Discover Adventure we pride ourselves on our high leader: participant ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

#### Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries we travel to is far below what you would spend on a normal night out.

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## Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

### What are the contingencies in case of an emergency on this challenge?

The crew will have radios and emergency satellite phones, extensive medical kit and other safety apparatus where necessary. If you are feeling unwell on this trek, tell your leaders and listen to their advice, as your health and safety is our top priority. In some cases, you may need to come down from the mountain and the crew will support this quickly and efficiently in the best way possible. If you struggle to acclimatise to the altitude and need to descend to lower elevations for your own safety, you **must ensure you have enough funds to cover any resultant costs – for example, extra hotel accommodation or meals**. Some of these may be recoverable through your travel insurance, depending on your cover. The same applies if you have to depart from group arrangements for any other reason, such as fitness, illness or any unforeseen circumstances.

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## Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).

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## Flight Information

Group flights leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route, details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

### When will we know the flight details and meeting point?

Discover Adventure will usually confirm the main group flight details 5 months prior to the trip departure so you will know which airport you are travelling from and can arrange suitable transport. You will be sent your **Final Joining Instructions** in the month prior to the trip departure date, within which specific details of **where and when to meet your**



**trip leader** and fellow trekking participants will be confirmed.

### **Can I make my own flight arrangements or alter my flight from the main group?**

Flights are included on this trip and you will automatically be booked on to the main group flights, unless you let us know otherwise in good time (no later than three months prior to the trip departure). It is possible to make your own flight arrangements and a land-only discount will be applied when you return the '**Flight Arrangements Form**' (sent at the time of booking). It is also possible to extend your stay and deviate from the main group flight booking (fee applies); you will also need to return the 'Flight Arrangements Form' with your request. Note that you will remain on the same flight path returning from the same airport. There is sometimes a supplement to pay if the flights are more expensive on your requested day; early requests have the best chance of avoiding this. We will always contact you if this is the case to check whether you are happy to proceed. If you are keen to upgrade your flight, this may be possible at a supplement and you can contact us for an approximate price but please note that this is often very expensive and we will require full payment upfront.

### **Will I need my flight ticket before the trip departure date?**

Unless specified otherwise, you do not need to have your flight ticket prior to the trip departure date as this will be given to you by the trip leader or a Discover Adventure representative at the airport.

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## **Accommodation**

### **What is the accommodation like?**

Your first and last night will be spent in lodge accommodation near to Moshi, where there is a swimming pool. Make sure you eat a good dinner on your first night there. The lodge also has a fantastic view of Mount Kilimanjaro which puts the challenge into perspective. Whilst on the trek you will be **camping in tents with room for 2 people plus your luggage**. If you are travelling alone, you will be paired up with someone of the same sex and similar age. You can still let us know if you wish to share with a particular person, if you have not already done so. On the rare occasion where flights depart very early in the morning (eg 4am), a full night's accommodation will not be provided, but day-rooms will be available for freshening up before transferring to the airport.

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## **Roomshare Arrangements**

Accommodation is usually on a twin-share basis in hotels or camp. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

### **Can I request single accommodation?**

There may be a limited number of single rooms available in the lodge accommodation at the start and the end of your trip, subject to request and at an additional cost (on a first-come, first-served basis). It is not possible to have your own tent on the trek itself. Sharing a room is a really good ice-breaker if you don't know anyone else on the trip, so don't worry too much about it!

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## Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 20-30 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

**Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.**

### What if this trip does not meet minimum numbers?

Every group needs a minimum number of bookings for it to be feasible to run. Cancelling a trip is rare, and we do our utmost to avoid it. You will be contacted in plenty of time if we are concerned about the group size, and we will discuss options with you.

## Food & Dietary Requirements

### What will I be eating?

The food is fresh and plentiful so **make sure you eat well** (it's typical to lose your appetite at altitude, so you may have to make yourself eat at times). The meals are usually high in carbohydrate content, and you will eat foods like porridge, bread, stews, soups, potatoes, meat dishes, pastas, fruit & veg.

### I have a specific dietary need; will there be enough for me to eat?

Being vegetarian, gluten free, dairy free or having other dietary requirements is usually not a problem provided you **let us know well in advance** (airlines need to know at least 8 weeks prior to the departure). If you feel you aren't getting enough energy because of your dietary requirements please talk to the leaders on the trip – they can't help unless they know there's a problem. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

### What is the celebration meal?

At the end of your challenge, there will be a final meal together as a group to celebrate your achievements. Please check your trip itinerary to confirm whether you will need to set aside funds to pay for this on the night.

### Do I need to bring snacks?

Bring enough snacks to keep you going each day - around **3 - 4 tasty treats a day plus 6-8 for summit night will suffice**. We recommend a combination of slow and fast release snacks such as cereal bars (e.g. Tracker), flapjacks, salted nuts, chocolate bars such as Mars or Snickers, and a packet of sweets. Bringing a combination of treats will keep you interested in snacking as consistent energy levels are very important. This trip is all about the calories as you may be expending around double your usual calorie intake!

### How much do I need to drink?

You will find that you need to drink significantly more whilst trekking at altitude and need to do so in order to keep the effects of altitude at bay. You should be drinking small amounts at regular intervals to keep well hydrated. You will be provided with plenty of sterilised water at breakfast, lunch and in the evening so keep topping up your personal water bottles/hydration systems. **Ensure that you bring sufficient water-carrying capacity**. You will need to bring at least 3ltrs

water capacity in total, with a 1ltr (35oz) water bottle and 2ltr (70oz) bladder or another 2 x 1ltr bottles. You will need to have one bottle down your jacket on summit night as bladder hoses and mouth pieces tend to freeze at higher altitudes even with insulation on them.

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## Luggage

### What is the luggage allowance?

Your main luggage limit on the plane is 20kg with a 5kg allowance for hand luggage. However you will need to travel as lightly as possible as there is a **weight limit on the trek** itself and **your main bag must not weigh more than 12kg (26lbs)**. Your main toiletries, travel clothing and anything else that you do not need to take on the mountain can be left in a separate bag at the hotel, so bring something smaller to hold your extras in. Stick to the kit list and you'll manage that with no problems. Don't forget that suitcases are not suitable, **soft rucksacks/kitbags only** (with no wheels on). Take only small bottles of toiletries, sun cream, and half a pack of wet wipes, for example. Doing a practice pack/weighing your bags before you leave home is very beneficial to make sure you will be able to stick to the limit.

### Do I need to carry my own luggage?

Your luggage is transported from camp to camp by the porters. You cannot access your main packs during the day so need to carry a day-pack with your fleece, waterproof, sun-cream, hat, camera, water etc. Discover Adventure Kitbags are specially designed for the rigours of our challenges and are very affordable, please ask for details.

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## Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

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## Email Communication from Discover Adventure

### Why haven't I received any emails from Discover Adventure?

In the run up to the challenge we will send various emails to you, so if you don't see these in your inbox they may have gone into your spam. Please make sure you mark our emails as safe so that this doesn't happen.

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## Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).

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## PREPARING FOR THE CHALLENGE

### Fitness Levels

#### How fit do I need to be?

Trekking Mount Kilimanjaro is all about **endurance** rather than speed; you will soon come to learn the term '**pole, pole**' ('slowly, slowly' in Swahili) when on the mountain. You will be waking up early in the mornings and trekking for long distances each day, so ensuring that you have a good level of fitness and stamina before you depart is key. Sticking to our training plan will really pay off. The best form of preparation is to walk for good lengths of time on undulating terrain, and where possible to follow this up with a similar length trek the next day. It is important that you train with the walking boots that you will be using on the trek itself and with your day pack on your back.

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### Passport & Visa / Vaccinations

#### What are the passport and visa requirements?

A valid 10-year passport is essential; with at least six months remaining before expiry. **You will require a tourist visa to enter Tanzania.** We highly recommend obtaining an **e-visa** (online visa application) in good time prior to travel, which is available via the Tanzanian High Commission website and costs \$50 (for single entry). For more details, please refer to the foreign travel advice [given here](#). Although it is possible to obtain your visa at Kilimanjaro Airport on arrival (subject to all the immigration requirements) this is not recommended as it can take in excess of 2 hours to complete. For all other nationalities, please check the visa fee and requirements with the Tanzanian High Commission as it does vary. If you would like to use a visa agency, we work with the Visa Machine (follow [this link](#) for more information).

#### How can I find out more about the requirement for vaccinations?

You will need to ensure that you have the vaccinations required for this trip prior to travel. You can find some guidance and information on the [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) website. Always consult your local GP or travel clinic for the latest health advice, as they are aware of any updates in World Health Travel requirements.

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### Terrain

#### What will the trekking be like?

You will trek through **different eco-systems** on your ascent up the mountain, on overgrown forest paths, moorland, rocky trail and scree. Much of the walking is rough underfoot. Lower down it can be wet and muddy; barren and arid higher up. It is challenging in itself, but the main challenge lies in the **altitude** – read on for more detail. You will trek approximately 90km (55 miles) on this trip overall, though it's much more useful when training to think about the hours you need to walk for, and the terrain, not the distance. There's a reason this trek carries our hardest grading level.

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### Altitude

#### How will the altitude affect me?

Trekking at altitude makes even the simplest tasks feel like hard work, and along with feeling cold and fatigued, there will

be tough times for everyone. The Machame Route allows for excellent acclimatisation to the altitude as it contours around the mountain, rather than going straight up, and allows you to trek higher than you sleep at important points on the ascent.

Symptoms of being at altitude include **tiredness, shortness of breath, headaches and nausea**. Altitude affects people differently and being super-fit is no guarantee of being less likely to feel the effects. Where a participant is suffering from the effects of altitude, it may be necessary to walk them back down the mountain. There is no way of predicting how you will feel at altitude, even if you have been at altitude before.

Our recommendations are to have **trained properly, to not drink alcohol** in the days leading up to the trip and to **listen to your leaders/guides** if they try to slow down the trekking pace. The slower you trek the more it helps fending off feeling poorly. A Tanzanian guide will walk at the front of the group to set the pace. It is not a race - go at your own pace, enjoy the scenery and the amazing experience! There is a lot of information about Altitude Mountain Sickness (AMS) in our document 'The Effects of Altitude,' including information about the medication Diamox, so please have a good read.

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## Weather

### What will the weather be like?

Prepare for **all weathers** as you will experience a range of temperatures whilst trekking. It's hot and humid when you first start and then very cold towards the top. Never underestimate the power of the sun's rays, even when it feels cold, there is cloud cover, or the wind is blowing. Please bring SPF30 sun-cream as a minimum, preferably higher, along with lip salve with a high SPF too. The higher you trek, the more intense the sun's rays get and risk of burning is increased. A hat and quality sunglasses are a must.

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## Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

### What do I need to bring?

Refer to the **Kit List** sent to you to ensure you have all the essentials for a comfortable trip. Make sure your walking boots are waterproof and well-worn in. Trekking tops of a wicking nature will be more comfortable to walk in than cotton. Don't forget your charity t-shirts too! If you intend to trek with poles, ensure that you train with them. If you are still to buy kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

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## Money

### How much money will I need to bring with me?

We recommend that you take **approximately £250 worth of \$US** for personal expenses, as you cannot get the local currency outside Tanzania. Out of this amount, you will need to set aside approximately \$15-25 for the meals typically not

included (check your itinerary for details) and money for tips for the local crew. You will also need to set aside money for your visa if you are obtaining this on arrival. You can only obtain Tanzanian Shillings (TSH) in Tanzania, but US Dollars are widely accepted. It is advisable to take small denominations of US Dollars and you may find that change will be given in TSH. We have been advised that US dollars issued before 2006 are not accepted. There will be opportunities to buy souvenirs on the trip. It is advisable to bring a credit card in case of an emergency, however cards are not always widely accepted so please don't be offended if they are refused, it is best to use cash.

### What do you recommend for crew tips?

This trek is a considerable operation, involving a large local support team on the mountain, from guides and camp manager to cooks and porters. All play their part in your challenge, and work incredibly hard for the duration of the trip. We show our appreciation in the form of a tip, which is split out between them. The recommended guideline is **around \$150-\$200 per participant**; your tour leader will give you a more accurate amount on the trip, as the size of your group dictates the size of the support team looking after you.

This might seem a lot, and might be hard to appreciate in the comfort of your own home! Once you have experienced (and relied on) the cheerful support of the local team, we're sure you will want to contribute your share. While tipping is at your discretion, it is the way on Kili. We work with a professional, ethical in-country operator who ensures the local crew is paid fair wages and well looked-after, but tips are still relied upon. We have a long-standing relationship, and there is high mutual respect between Discover Adventure groups and the local team; as a result we are looked after extremely well on the mountain. Please do your bit to ensure this excellent working relationship continues for future groups.

Please do not give out individual tips to any local crew who you feel have helped you personally. They work well as a team and those 'out of sight' will be working just as hard. Feel free to give away any unwanted kit as the porters are always grateful for extra items – they can be pooled together when you get back to the hotel.

## Toilets & Hygiene

### What about toilets?

Toilet facilities won't be like home. There are no toilet facilities except for in camp or at lunch so there may be occasions when you need to go whilst trekking. You will need to take paper / wet wipes and something to store it in once used (eg small tub / pouch), in order to make sure you **leave no trace** whilst on your trek. This can then be emptied at the next stop. There will be portaloos at lunch and in camp. You may see toilet paper discarded by other trekkers, but please do not be tempted to do likewise. We feel strongly about minimising our environmental impact.

### What can I do to prevent illness in camp?

Illness can spread through the group very quickly when you are living closely together so it's important to bring **antiseptic hand sanitiser** for use after the toilet and before eating to minimise the spread of germs. Also, avoid sharing water bottles and sharing each other's food or sweets as this spreads germs very easily, even if you are being careful.

## Transport Arrangements

### What are the transport arrangements for the group and our kit?

Vehicles take the group to the start of the trek and pick us up at the end. Porters carry all luggage, food, water and camping equipment. There are strict rules restricting the weight of the load a Kilimanjaro porter is permitted to carry – see the question below about luggage allowance.

## Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).

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## Sustainable Travel

### Is it true that there's a ban on plastic bags in Tanzania?

Yes. In June 2019, the Tanzanian Government banned all use of plastic bags in an effort to protect the environment. People (including tourists) found using them or bringing them into the country can face a heavy fine or even imprisonment. This includes shopping bags, bin-bags and rubble sacks.

Clear plastic bags given out at airports for liquids and toiletries should be fine. Nappy sacks and zip-lock bags should also be okay but we would advise limiting how many you bring and pack them in your hold luggage. We strongly urge you to comply with these regulations. Please refer to our detailed kit-list for further advice.

Please also note that single-use (soft) plastic bottles are not permitted in Kilimanjaro National Park - ensure you have a water-bottle of rigid plastic to accompany your hydration bladder.

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## Wi-Fi, Phone Reception and Charging

### Will there be Wi-Fi, phone reception and charging points?

The Wi-Fi in the hotel may not be as fast as you're used to at home and there won't be any internet access when on the trek itself. The phone reception will be limited and, unsurprisingly, there are no charging points on the trail. You may wish to bring your own solar charging device. Treat this challenge like a 'Digital Detox' and tell your relatives that no news is good news, as the leader will have a satellite phone for emergencies only.

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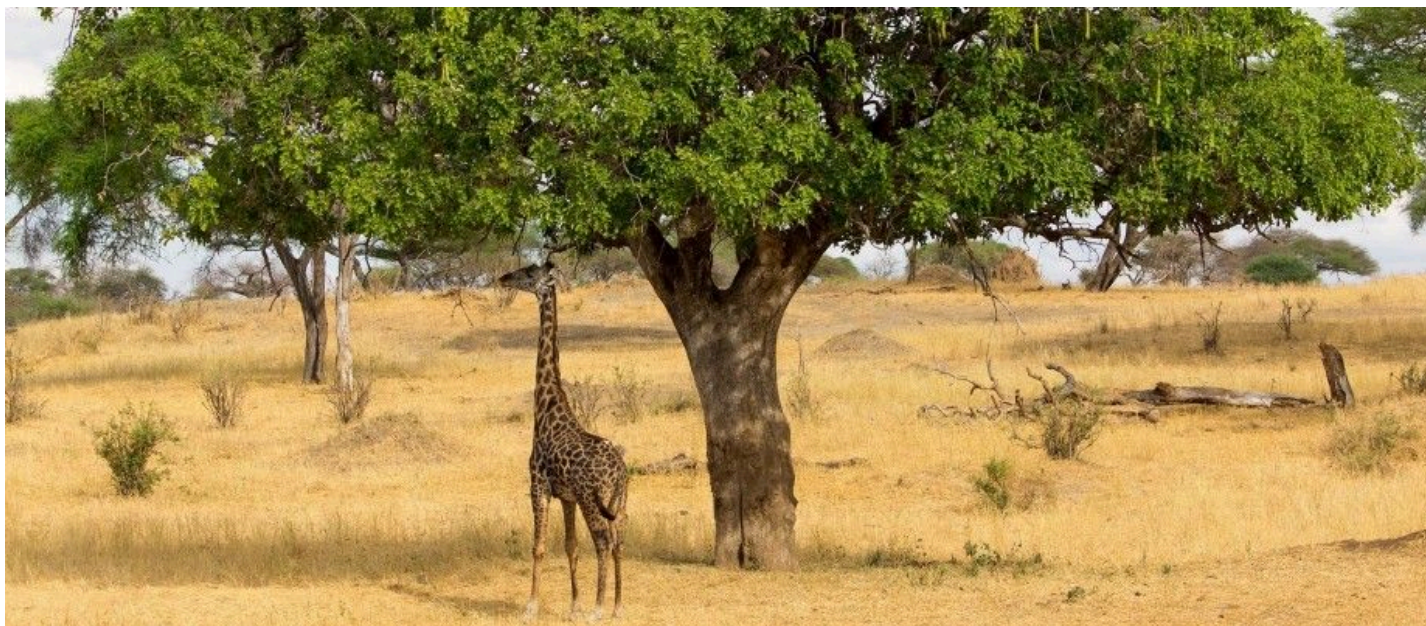
## Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges - all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

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# CHALLENGE EXTENSIONS



## NGORONGORO CRATER SAFARI

A trip to East Africa is not complete without seeing some of the wildlife and scenery synonymous with the great open African Plains. We are therefore offering you the chance to unwind on safari after the exertions of your Kilimanjaro trek!

We visit the famous Ngorongoro Crater, Tarangire National Park and Lake Manyara National Park, all of which offer stunning scenery and the chance to see the big five: lion, elephant, buffalo, rhino and leopard, as well as giraffe, zebra, hippopotamus and many species of antelope, monkey and smaller mammals and birdlife.

You will stay in safari lodge accommodation, on a twin-share basis with good facilities including mosquito nets, solar-heated showers, and local guides and cooks to look after you. The guides are very knowledgeable about the flora and fauna you encounter, and will do their utmost to make sure you experience as much as possible of their wildlife, scenery and culture. This is a great way to fully round off your African experience!

*The downloadable itinerary gives you an idea of the main regions you will visit on safari, but please bear in mind that your guides will vary the exact locations you go to depending on local conditions and wildlife sightings. The actual itinerary is designed to be very flexible to maximise your time spent watching wildlife.*



**Min 4 pax - £75 supplement for 2/3 pax**

**Single supplement: £110**



## ZANZIBAR EXPERIENCE

Zanzibar – the Spice Island – conjures up romantic images of clear azure sea, white sandy beaches and fragrant spices. It lies off the Indian Ocean’s Swahili Coast, home to some of the warmest ocean water on the planet.

We spend a night in atmospheric Stone Town and have the chance to explore its historic narrow stone alleys before heading to our hotel on the beautiful north tip of the island. Relax on the idyllic beach or arrange your own activities, from snorkelling and diving to dolphin-watching trips and spice tours – the perfect way to relax after the rigours of your trek.

Once in resort, this extension does not have an organised itinerary. You are free to spend your time as you wish.

**Min 2 pax**

**Single supplement: £170**



## TANZANIA – DAY SAFARI OPTION

Following your Trek Kilimanjaro challenge, a late flight departure allows for free time on the final day of your trip itinerary. For those who would like to take this opportunity to head out for some wildlife viewing, we have created an optional Day Safari in Arusha National Park. Even when short of time, it's worthwhile to experience a safari when in Tanzania and Arusha National Park offers a huge diversity, easily accessed from Moshi within a few hours. For those who aren't able to join our Ngorongoro Safari Trip Extension, this is the perfect opportunity to enjoy a taster of the sights synonymous with the great open African Plains first hand.

An early morning transfer from Moshi will take you to Arusha National Park for a day of wildlife viewing. The park offers stunning scenery, with views of Mount Meru, lush highland forests, the Momella Lakes and rolling grassy hills. In clear visibility, views of the majestic snow-capped peaks of Kilimanjaro can be seen on the eastern horizon, a poignant reminder of what you've just achieved. This park is inhabited by a range of resident wildlife, offering a chance to spot the rare colobus monkey, giraffe, zebra, buffalo, hippopotamus, many species of antelope, smaller mammals and birdlife. Although uncommon, elephants have at times been spotted here too. There's nothing quite like seeing these animals in their natural environment! You will return to Moshi in the late afternoon.

*This outline gives you an idea of what you will do and may see on safari, but bear in mind that your guides will adapt according to local conditions and wildlife sightings in the park. Wildlife viewings of all animals cannot be guaranteed.*

**Requires a minimum of 4 people. Please contact us for more details.**

To operate this for 2 or 3 people a supplement of £100pp will be payable.

## TREK TRAINING WEEKEND

**£170 Special Offer - Only when you book at the same time as registering for your main challenge**

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 20 May 2022, and the challenge is subject to change.