



# RIFT VALLEY SAFARI TREK FOR WATERAID

TANZANIA • TREK • **ORANGE 2**

## ABOUT THE CHALLENGE

We trek through the Crater Highland and Rift Valley landscapes of Tanzania, witnessing the traditional Masai way of life as the tribesmen tend their cattle in this spectacular region, most of which is a conservation area. The scenery is magnificent, with rolling green grasslands and acacia forests dominated by volcanic cones and the great Rift Valley escarpment.

A safari in Lake Manyara National Park, home to wildlife including lion, zebra, giraffe and elephant, celebrates our achievement.

**RIFT VALLEY SAFARI TREK FOR WATERAID** • 11 DAYS

### Day 1: Depart London

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**Day 2: Arrive Tanzania** Arrive Kilimanjaro International Airport and transfer to our accommodation in Mto-Wa-Mbu (approx 2 hours). Once checked in, we'll spend the rest of the day relaxing and sorting our kit for tomorrow's start before meeting up for dinner and an evening trip briefing. Night lodge.

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**Day 3: Mto-Wa-Mbu – Olmoti Crater – Empakaai Crater** We head off into the Reserve on bumpy tracks. We make a short stop to appreciate the views over the spectacular Ngorongoro Crater, then drive on to Nainokanoka and the Olmoti Crater, where we start our walk. It takes about half an hour to climb up to the crater rim, where fabulous views await us – and give us a wonderful introduction to the region. At just over 3000m we'll notice the slightly rarefied air on the crater rim – it makes a perfect warm-up walk. We walk down into the crater, where Masai graze their cattle, and then walk back to Nainokanoka for lunch. Returning to our vehicles, we head northeast to Empakaai Crater; look out for gazelles, zebras and impala on the way. We ascend to the crater, where the views again are superb, and drop down to the crater lake to explore. The water in the crater is very alkaline and, with a depth of up to 85m, is unusually deep for a soda lake. We walk around the lake edge to see the flamingos, buffaloes and other wildlife that make this crater their home. We camp tonight at the crater. Night camp.

**Drive 4-5 hours; trek approx 4 hours**

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**Day 4: Empakaai Crater – Acacia Forest Camp, Naiyobi** After a hearty breakfast we set off on our first full day of trekking. Yesterday's crater walks will have warmed us up nicely and we should be feeling fit and ready to go! We walk through grassland on dusty tracks, admiring the vast open landscapes around us. We're likely to see more wildlife and Masai farmers as we walk. Towards the end of the day we walk through a photogenic stretch of acacia forest, where we camp near the small Masai village of Naiyobi. Night camp.

**Trek approx 7 hours**

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**Day 5: Naiyobi – Alalarai** We head off after breakfast, enjoying the scenes of village life as we walk past Naiyobi. The area is dotted with Masai *bomas* (pronounced 'bombers'), and we'll see herdsman grazing their cattle. This is a very remote area, and it's a real privilege to see the Masai way of life as we pass through their small communities. Our walk takes us west up the Rift Valley, where we trek along the ridge on tracks used only by Masai herders. We come to another village, or *boma*, and start climbing uphill to the top of the ridge, where we'll camp. From the top we have magnificent views of Oldoinya Lengai, the only active sodium carbonate volcano in the world! 'Oldoinya Lengai' means 'Mountain of God' in the Masai language. It last erupted in 2007, and we see lava rock and other signs of its activity as we trek. Night camp.

**Trek approx 6-8 hours**

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**Day 6: Alalarai – Engaresero** We should get great sunrise views over Oldoinya Lengai from camp this morning, before continuing our trek through the grassy highlands. The terrain is hilly, and we continually walk up and down the rolling, grass-covered ridges – there are fantastic views. As well as cattle, the plains are grazed by zebra, wildebeest and gazelles. We follow upland tracks towards the Mosonik Hills, enjoying great sweeping views of the valley below us. Before

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lunch, we catch our first glimpse of Lake Natron in the distance. We descend steeply down off the Rift Escarpment to the valley floor and Leraï bomas, and then enjoy an afternoon of fairly flat terrain as we head towards Lake Natron. Night camp.

**Trek approx 7-8 hours**

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**Day 7: Lake Natron & Waterfalls** This morning we walk down to Lake Natron, one of the most alkaline lakes in the world. The lake is home to millions of tiny crustaceans, and one of the few breeding sites for flamingos. They are fascinating to see. We head back to camp, and spend the afternoon walking around Natron village and its nearby waterfalls. Night camp.

**Trek approx 4-5hrs**

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**Day 8: Engaresero – Engaruka – Mto-Wa-Mbu** We pack up camp and head out on the 2-3hr transfer to Engaruka, during which time there is a good chance of spotting some of Africa's grazing animals. Engaruka Ruins are a very important Masai site and during the month of July many Masai people come here to celebrate their heritage. After a guided tour of the site, we'll drive the final section of road to reach Mto-Wa-Mbu. Night camp.

**Drive approx 4-5 hrs (total)**

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**Day 9: Lake Manyara Safari – Moshi** Another early start for optimum wildlife viewing! We take a game drive through Lake Manyara National Park, home to a huge variety of animals and birds but most famous for its tree-dwelling lions. If you're lucky you may spot them so keep an eye out for any moving branches! After leaving the park we will transfer to Moshi and the comfort of our hotel. The rest of the day is free to shop and explore before our big celebration. Night hotel. *(Dinner not included)*

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**Day 10: Free time Moshi; Flight departs** Time today for a more leisurely start! You are free to explore Moshi, where there are some good markets, and relax with your fellow achievers. We meet again mid-afternoon in time to transfer to the airport for our international flight home. *(Lunch not included)*

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**Day 11: Arrive UK**

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## CHALLENGE INFORMATION

### DETAILED INFORMATION

#### Flight Information

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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.

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## Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten in camp or at the hotel, depending on accommodation. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

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## 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.

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## 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.

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## 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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## Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the destination and terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

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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.

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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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## 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.

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**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.**

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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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## **Detailed information**

### **You go to some amazing places but you never refer to your trips as holidays, why is that?**

We are organisers of Fundraising Challenges, offering trips that are designed to push your limits, they are not holidays. They involve preparation in terms of fundraising and improving fitness. There is a special atmosphere on our trips that you just don't get on a holiday no matter how active they are – money cannot buy the sense of achievement and self-confidence you will feel after completing the challenge.

### **Your website talks about Open and Bespoke Challenges, what is the difference?**

Open Challenges are trips featured in our Brochure, they are made up of groups of people fundraising for different charities but all with one thing in common – pushing limits and doing something worthwhile. These types of trips offer you three different payment methods – fundraising, self payment but donate all funds raised to charity, and self payment requiring no fundraising. Our Bespoke Challenges are those that we have been invited by a particular charity to organise for a group of their fundraisers.

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## **PREPARING FOR THE CHALLENGE**

### **Clothing**

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.

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### **Fitness Levels**

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We

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design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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## 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 at: <https://www.discoveradventure.com/essential-information#/buy-travel-insurance>, or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

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## Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. To find out if you need a visa you can [check requirements on our website](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

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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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## BUY YOUR KITBAG

**Only £42** - designed to deal with the rigours of your challenge.

Easier for accessing gear than a rucksack (especially when camping) this is probably the most cost-effective way to take

your luggage on a Discover Adventure challenge!

## GRADE | TOUGH (3)



Trip grades range from Challenging (1) to Extreme (5).

TOUGH trips can involve tough terrain, with some very rigorous days; weather, altitude and/or basic living conditions will add to the challenge. They demand good stamina, fitness and a determined attitude.

See [Trip Grading Explained](#).



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 13 Dec 2018, and the challenge is subject to change.