

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

MT. KILIMANJARO

Trek to the Roof of Africa



January 13 - 23, 2018
Optional Safari Extension: January 23 - 28, 2018

MT. KILIMANJARO

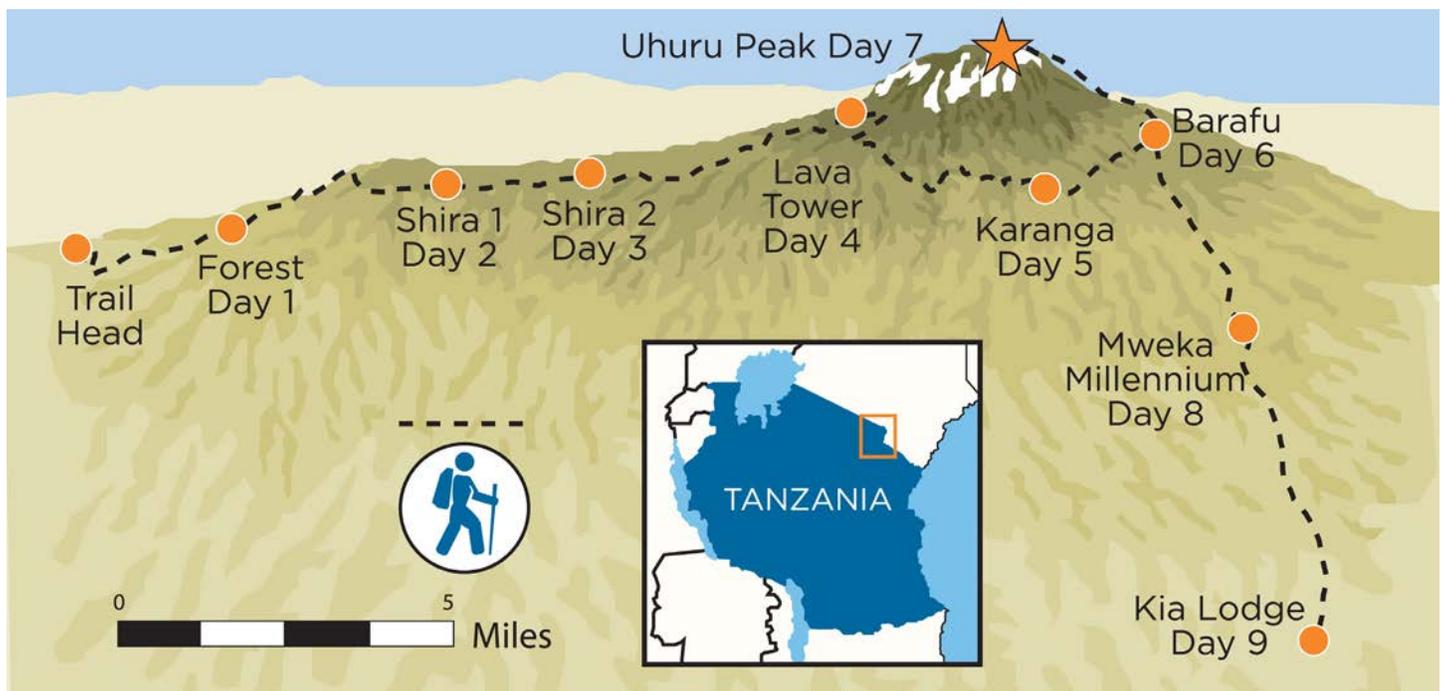
Trek to the Roof of Africa

January 13 - 23, 2018; Optional Safari Extension: January 23 - 28, 2018

TRIP HIGHLIGHTS

- ▶ See what it's really like to be on top of the world - at 19,341 feet!
- ▶ Climb through five different climate zones, from steamy rainforests up to frigid glaciers.
- ▶ Nine days on the Lemosho Route gives you a 98% chance of reaching the summit.
- ▶ The bonds of friendship with your fellow climbers that you'll form on this "bucket list" summit. They'll last forever.
- ▶ An optional five-day safari extension to visit Tanzania's most iconic national parks.

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: Arrive in Arusha, transfer to your lodge
- Day 2: Trek briefing, nature walk among wildlife to acclimatize to the elevation
- Day 3: Start your trek; 3-4 hours trekking to Forest Camp
- Day 4: 5-6 hours trekking to Shira 1 Camp
- Day 5: 3-4 hours trekking to Shira 2 Camp
- Day 6: 4-6 hours trekking to Lava Tower Camp
- Day 7: 6-7 hours trekking to Karanga Camp
- Day 8: 3-4 hours trekking to Barafu Camp
- Day 9: 8-10 hours trekking to the summit! Descend 2-3 hours to Barafu Camp
- Day 10: Celebrate your summit over breakfast, 5-7 hours trekking to Mweka Camp
- Day 11: 3-6 hours trekking to the gate, depart for the US

QUICK VIEW ITINERARY - EXTENSION

- Day 11: 3-6 hours trekking to the gate, transfer to your lodge in Arusha
- Day 12: Gibb's Farm lunch and activities; explore the garden, get a massage, or just relax
- Day 13: Visit the floor of Ngorongoro Crater for a full day of wildlife viewing
- Day 14: Drive to the Serengeti, visiting Olduvai Gorge en route; afternoon wildlife viewing
- Day 15: Optional hot air balloon safari; continue exploring the Serengeti
- Day 16: Fly to Arusha, enjoy a farewell lunch and shopping, depart for the US

TRIP PRICE

Main Trip: \$6,065

Safari Extension: \$3,840

Optional Single Accommodations: \$515 Optional Safari Single Accommodations: \$550

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is this trip
right for me?

This trip is rated as high energy. You must be in excellent physical condition to complete this trek, and you should train for the climb. You are trekking for nine days starting from just under 8,000 feet of elevation to the summit at 19,341 feet. Every day you will hike high and sleep low, which will help your body acclimatize to the altitude. This route has a 98% summit success rate. Many trekkers are over 50 years old, and many have little to no experience prior to trekking. We require trekkers over 70 to get their doctor's approval prior to trekking.

the important
stuff

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

how do I get
there?

General Preparation Guidelines:

Training for your Mount Kilimanjaro trek requires both physical and mental preparation. You do not need technical climbing skills, but do not underestimate the demands of the climb. You WILL need to be fit. Endurance, good cardiovascular health, and a healthy desire to reach the summit are important.

pack your
bags!

We suggest that you begin focused training at 60-90 days before your departure, more rigorous training at 15-60 days, and then taper off in the final two weeks. **You should consult your physician if you are significantly altering your physical routine for training.**

the fine print

We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> to learn more!

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We will send you a full training guide with suggestions for physical activities when you register for your trek. Please let us know if you have questions!

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Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Supplemental Release and Assumption of Risk for Kilimanjaro Trek
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before October 15, 2017.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates and a minimum of two blank facing pages. If you do not have a passport, apply now!

You need a visa to enter Tanzania. No earlier than 90 days prior to departure, obtain a Tanzania Entry Visa from the Embassy of Tanzania in the United States, or no earlier than 45 days prior from the High Commission of Tanzania in Canada.

We will send you a Tanzania visa application, an information form with visa instructions, and a letter to enclose when you book your trip.

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Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Tanzania, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Tanzania.

Money:

The currency of Tanzania is the Shilling, but you can use US dollars throughout your trip.

Credit cards are not universally accepted, and they may incur surcharges as high as 6-15%. Please do not plan on using ATMs in Tanzania. You should bring cash in US dollars for your trip. Low denominations (\$1s, \$5s, \$10s) are best for some tips, beverages, and small souvenirs. Bring higher denominations for large souvenirs and tipping your guides. Make sure the bills are no more than five years old and that they are not torn, ripped, or marked in any way.

Tipping Considerations and Guidelines:

- ▶ Tips for lodge staff are included in the cost of your trek. If you feel that you have received exceptional service, feel free to tip more at your discretion.
- ▶ A finalized trek and safari tipping guideline will be sent to you in your Final Packet approximately one month prior to your departure. You will receive a convenient, easy-to-use suggested tipping breakdown and tipping envelopes. Guidelines will vary based on group size. You should plan to budget \$500-600 for your trekking tips, and \$150-175 for your safari tips.
- ▶ We recommend filling tipping envelopes before departure. Then you don't need to think about it during your trip, and you can always add or remove money as you see fit.

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Arrive: Arrive at Kilimanjaro International Airport (JRO) on January 13, 2018. We recommend the KLM flight from Amsterdam.

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stuff

Depart: Trek: Depart Kilimanjaro International Airport (JRO) on the evening of January 23, 2018.

Safari: Depart Kilimanjaro International Airport (JRO) on the evening of January 28, 2018.

We recommend the KLM flight to Amsterdam.

how do I get
there?

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

pack your
bags!

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in, including gorilla trekking in Rwanda and excursions to Zanzibar and/or Southern Tanzania.

the fine print

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel, camp, and trek space three months prior to departure! Please keep this in mind when making your travel plans.

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Luggage Limitations: Only soft-sided duffel bags are acceptable for your trek and safari. Bags with hard frames or wheels are not allowed. There is a **33lb total weight limit** for your soft-sided duffel bag, which will be carried by your camp porters. You will be required to hire an extra porter or carry the extra weight in your day pack if your trekking duffel bag weighs more than 33lbs.

Bring a day pack that you will carry during the trek to serve as your carry-on bag. Pack your essentials inside. Wear some of your Kilimanjaro clothing on the plane - if your bag is delayed, you will still be able to start the trek!

If you are traveling on any internal flights (including the safari extension), your checked luggage may not exceed 33lbs. As a courtesy, you may store excess baggage for your safari at the Arusha office at your own risk. It will be returned to you when you come back down the mountain. Similarly, you can store Kilimanjaro gear while on safari. Remember to keep money, electronics, and valuables with you at all times.

Luggage:

- Soft-sided duffel bag** - 140-155 liters in size, typically L-XXL, no wheels and no hard frames permitted. A camp porter will carry this bag, so the 33lb weight allowance will be strictly enforced. Add a second soft-sided duffel bag if you will trek with a personal porter or would like to leave a bag at the Arusha office. Medium or Large size bags are appropriate for personal porters.
- Day pack** - approximately 30-40 liters will accommodate all the essentials you will need while on the trail. Packs with hip straps are recommended; external frame packs are not appropriate.

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Layering:

Each layer has a specific function. The base layer (against your skin) manages moisture; the middle layer (insulation layer) protects you from the cold; the outer layer (shell layer) shields you from the wind and rain. You simply add or subtract layers based on your needs on the mountain.

Base Layers: Moisture management fabrics such as quick-dry wicking synthetics and merino wool help regulate body temperature by moving perspiration away from skin. **Cotton is NOT acceptable for trekking.**

- Underwear (1 per day)
- Sports bras (your preference - we recommend one for every two-three days)
- Long underwear tops (1 medium weight, 1 heavy/expedition weight)
- Long underwear bottoms (1 medium weight, 1 heavy/expedition weight)
- Lightweight synthetic short-sleeve shirt (2)
- Lightweight synthetic long-sleeve shirt (2)
- Loose-fitting hiking pants, convertible/zip-off recommended (1)
- Hiking shorts (1)

Middle Layers: Insulating fabrics like fleece and synthetic down help to maintain an optimal core temperature by trapping air close to your body.

- Fleece sweater, lightweight*, e.g. Thinsulate or Thermal Pro Polyester (1)
- Climbing jacket, heavyweight*, e.g. wind-resistant fleece or synthetic down jacket (1)
- Climbing pant, heavyweight*, e.g. wind-resistant fleece or down pants (1)
- Gloves* and/or mittens, heavyweight (1 pair)
- Fleece or wool hat*, heavyweight, must cover ears (1)
- Balaclava* or neck gaiter/Buff (1)

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Outer Layers: Waterproof, breathable membrane technology - such as GoreTex and eVent - are appropriate options for shell layers, and are intended to protect you from wind, rain, and snow. Durable Water Resistant (DWR) technology is NOT sufficient for heavy rain.

- Down parka*, 550 fill or higher recommended for use in camps (1)
- Shell jacket with hood, Gore-Tex or equivalent technology (1)
- Shell pants*, Gore-Tex or equivalent technology (1)
- Rain poncho (1)
- Shell mittens*, Gore-Tex or equivalent technology (1)

Footwear:

- Hiking boots, waterproof with ankle support (1 pair)
- Camp shoes, such as sneakers with a tread (1 pair)
- Hiking/trekking socks (1 pair per day, at least two of which are heavyweight)
- Gaiters*, for keeping mud, dirt, and snow out of boots (1 pair)

Mountain Essentials:

- Sleeping bag*, rated 0° or colder, synthetic down, mummy-style (1)
- Synthetic sleeping bag liner (1)
- Inflatable sleeping pad*, R-value 3.0 or higher (1)
- Telescopic trekking poles* (1 pair)
- Headlamp with extra batteries (1)
- Stuff sacks/Ziploc bags (various sizes, sealable, waterproof)
- Waterproof day pack cover - even a garbage bag (2)
- One-liter plastic water bottles, Nalgene preferred (4)
- Polarized sunglasses, 100% UV protection (1)
- Sun hat (1)
- Sunblock (SPF 45+)
- Lip balm (zinc oxide or SPF 45+)
- Insect repellent with DEET (30% DEET or less)
- Bandanas (1-3)
- Money belt or neck pouch (1)

Items noted with a * can be rented for your trek. You must arrange rental gear at least 45 days prior to departure.

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Personal Hygiene:

- Toilet paper, for use while on trail (1 roll)
- Moist towelettes (1-3 per day)
- Toiletry kit (toothbrush and paste, moisturizing lotion, nail clippers and brush, shaving gear, facial wipes, feminine products - avoid plastic applicators)
- Camp or pack towel, quick-dry, small size (1)
- Hand sanitizer (2oz bottle)

Recommended Extras:

- Herbal tea or flavored drink mix (caffeinated tea and coffee are provided)
- Favorite nutritional snack (one small portion per day)
- Earplugs - We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Wristwatch or travel alarm clock
- Emergency whistle
- Personal urination receptacle for nighttime use (GoGirl or Nalgene bottle)
- Glove liners (1 pair)
- Inflatable travel pillow, or pillowcase to stuff with clothes

Technology: There is NO electricity on the mountain and solar panels can be unreliable in mountain weather; please pack extra batteries and memory cards for your trek.

- Camera/video camera
- Memory cards
- Batteries
- International plug adapter/power converter (optional, for use in lodges)
- GPS tracking device

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Personal First Aid Kit: While your guides carry emergency first aid kits, trekkers' personal first aid kits should be utilized for minor cuts and ailments.

- Sterile eye drops
- Spare eyeglasses and eyeglasses straps. Contact wearers should bring solution and eyeglasses for use in dusty conditions.
- Personal EpiPen
- Antibiotic ointment
- Hydrocortisone
- Bandages, blister prevention - we recommend Moleskin
- Ace bandage
- Hand and foot warmers
- Antacids
- Ibuprofen, aspirin, acetaminophen
- Mild laxative
- Anti-diarrheal
- Cold remedies
- Safety pins
- Scissors (travel-size)
- Tweezers

Medications: Consult a physician regarding the following drugs and combining them with any personal prescriptions you are currently taking. Please bring an ample supply of any other personal prescription medications in their original containers. **Do NOT take sleeping pills at high elevations.**

- Altitude sickness medication
- Anti-malarial prophylaxis
- Anti-allergy
- Antibiotics
- Anti-emetics
- Anti-motion sickness

Note: We will send you a complete, printed trekking preparation guide which will include this packing list as well as suggestions on how to pack your carry-on, what type of boots to buy, and equipment rentals. This will include a packing list for the safari extension.

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

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For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

how do I get
there?

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

pack your
bags!

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

the fine print

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

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Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a

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DAY 1

Saturday
1/13/18

Arrival in Arusha

Arrive this evening into Arusha where you will be warmly welcomed.

Transfer from
Kilimanjaro
Airport With
Your Group

A guide will meet you at the airport and transfer you to your comfortable lodge.

Accommodations
KIA Lodge

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DAY 2

Sunday
1/14/18

Arusha to Foothills of Kilimanjaro

After breakfast and a climb briefing, make your way to the scenic foothills of Kilimanjaro. Take a day to acclimatize as you walk the plains and woodlands with a guide. The foothills cover a diverse terrain of acacia-covered savannah, open grasslands, forests, farms, and mountain villages. Depending on seasonality, you might come across anything from giraffe on the plains to blue monkeys in the trees. As you hike, stretch your limbs, enjoy the surroundings, and relax. You will be all the more prepared for your trek up Kilimanjaro.

Trek Briefing Have a trek briefing this morning, during which you will receive your rental gear (if applicable). Please try on and inspect each item to make sure that it's comfortable and that you understand all the features. This will be your last chance before the trek to modify, exchange or add gear.

Nature Walk at Ndarakwai Take a guided walk on the 11,000-acre ranch focusing on birdlife or large mammals depending on the season or your interests. Over 350 bird species and 65 mammal species can be seen on the ranch as a direct result of the conservation work that has been going on at Ndarakwai since 1994.

Wildlife Viewing from Ndarakwai Treehouse A treehouse in the forests of Ndarakwai offers excellent, expansive views and looks down toward a waterhole where elephants, buffalo, and other wildlife come to drink.

Accommodations

Ndarakwai Ranch

Meals Included

breakfast, lunch, dinner

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DAY 3

Monday
1/15/18

Foothills of Kilimanjaro to Forest Ridge

Wake up to a chorus of birds this morning. After a thorough briefing and gear check, it's off to the wide-open plains that lead to Africa's greatest mountain. Passing coffee farms and mountainside villages, you will drive to the dense rainforest where you will begin your trek. Under the tangled canopy of moss coated vines, search for black and white Colobus monkey, blue monkey, and a vibrant array of exotic birds. Settle in at the camp, which is nestled in verdant forest.

Weigh Your Duffle Bag - 33lb Limit

Today you will weigh your duffle bag to ensure that it does not exceed 33lbs, as it will be carried throughout the trek by a member of your porter team. If your duffle weighs more than 33lbs, or if you would like someone to carry your daypack, a personal porter may be hired for an additional fee.

Meet Your Guides and Porters

Meet the crew who you will be with for your nine day journey up Kilimanjaro!

Complete Registration Formalities

Register at the park gate before you start hiking!

Begin Your Trek Up Kilimanjaro

Begin trekking with your group. Make sure you go "pole pole" (slowly slowly) as you begin your ascent.

3-4 Hours Trekking

Trek for three to four hours to reach your first campsite.

Accommodations

Forest Camp - 9,281 feet

Meals Included

breakfast, lunch, dinner

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DAY 4

Tuesday
1/16/18

Forest Ridge to Heath

Make your way out of the forest this morning, where the high trees will give way to scrubland thick with heather that is draped in bearded lichen. Climbing rolling hills, you will enjoy spectacular views of the forest canopy and plains below. As the air thins and the clouds part, you might just have a stunning view of the snow-streaked Uhuru Peak above. Arrive at your camp in the heath zone this afternoon.

5-6 Hours
Trekking

Trek up into the heath zone today. Make sure you take a moment to enjoy the view as you go!

Accommodations

Shira Camp 1 - 11,499 feet

Meals Included

breakfast, lunch, dinner

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DAY 5

Wednesday
1/17/18

Heath to Moorland

As the sun's rays stretch over the mountain face this morning, you will resume your trek from the savannah of heather and grasses into the moorlands. Pass bizarre flora, such as giant groundsels, and a misty, cloud-covered terrain of volcanic rock. Move up the mountain steadily and gradually, heeding your guides' advice to go "pole, pole," or slowly, slowly, and eventually arrive at your camp in the moorlands.

3-4 Hours Trekking

Today's trek to Shira 2 isn't as long, but make sure you take it slowly on the mountain - you want to give your body the chance to acclimatize to the altitude.

Accommodations

Shira Camp 2 - 12,795 feet

Meals Included

breakfast, lunch, dinner

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DAY 6

Thursday
1/18/18

Moorland to Alpine Desert

Continue up expansive ridges on a long, steady climb. Camp is nestled at the base of an extraordinary rock formation called Lava Tower.

4-6 Hours Trekking

Your camp is set next to the impressive Lava Tower, one of Kilimanjaro's most famous volcanic formations. Staying at this higher altitude, then descending to a lower-altitude camp tomorrow, prepares your body for summit success.

Accommodations

Lava Tower Camp - 15,213 feet

Meals Included

breakfast, lunch, dinner

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DAY 7

Friday
1/19/18

Alpine Desert to Moorland

You'll drop down from the alpine desert into the moorlands today, giving you time to acclimatize in the lower altitudes. Explore the valleys and undulating, starkly beautiful landscapes. The terrain of volcanic rock and boulders is dotted with strange plantlife, such as groundsels, giant lobelias, and everlasting flowers. You will also trek up the towering Barranco Wall over a narrow switchback that will require some scrambling, but ultimately pays off with extraordinary views of glaciers above the clouds. With such surroundings, it's easy to stay motivated and inspired.

6-7 Hours Trekking

Descend into the Great Barranco Valley, then scramble up the steep Barranco Wall, enjoying gorgeous views of a waterfall below and the imposing glaciers that crown Kilimanjaro above.

Accommodations

Karanga Camp - 13,231 feet

Meals Included

breakfast, dinner

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DAY 8

Saturday
1/20/18

Moorland to Alpine Desert

Proceed steadily upward over expansive ridgelines in the high alpine desert where the air thins and cools. Enjoy the extraordinary views as you pass massive volcanic formations scattered throughout the fields of scree. Only white-necked ravens and a handful of other birds venture this high, where vegetation is scarce. Camp in this lunar landscape where you may see the hanging glaciers that drape Kilimanjaro's summit cone.

3-4 Hours Trekking

Temperatures drop and the landscape starts to resemble the surface of the moon as you hike higher up the mountain. Rest up before tomorrow's daytime summit bid.

Accommodations

Barafu Camp - 15,331 feet

Meals Included

breakfast, lunch, dinner

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DAY 9

Sunday
1/21/18

Alpine Desert and Uhuru Peak

Continue through the alpine desert this morning, making the gradual journey toward Kilimanjaro's glaciers and the summit, Uhuru Peak. After enjoying the view from the Roof of Africa, trek down to your camp for the night before your final descent in the morning.

8-10 Hours Trekking

As dawn breaks you'll set out for the summit. Arrive in the afternoon, when weather is generally better and most trekkers from more crowded routes have already descended.

Afternoon Uhuru Peak Summit

You did it! You're at the highest peak in Africa! Go AdventureWomen!

Optional Exploration of the Crater

If you want to, go explore the Crater just below the summit.

2-3 Hours Trekking

Trek back down to Barafu Camp for some well deserved rest.

Accommodations
Barafu Camp - 15,331 feet

Meals Included
breakfast, lunch, dinner

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DAY 10

Monday
1/22/18

Alpine Desert to Heath

After a celebratory breakfast, depart the barren landscapes of the Alpine Desert zone as you begin your descent to your camp nestled in the thick heather.

Celebratory Summit Breakfast

Have a leisurely breakfast to celebrate your successful summit of Kilimanjaro before starting your descent.

5-7 Hours Trekking to Mweka

It will take you most of the day to get to your camp at Mweka. Enjoy the steady down after so many days of climbing.

Tipping Ceremony

Celebrate your achievement with your fellow trekkers and mountain crew and partake in a tipping ceremony to thank your guides and porters, acknowledging their hard work and contribution to your success.

Accommodations

Mweka Camp - 10,065 feet

Meals Included

breakfast, lunch, dinner

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DAY 11

Tuesday
1/23/18

Extension
Itinerary
Continues on
Following
Page

Accommodations

Day Room at KIA Lodge

Meals Included

breakfast, lunch, snack

Mweka and Depart

Complete your descent through the rainforest to Mweka Gate at 5,364 feet. Land Rovers will be waiting to take you back into town for a shower and some rest before your transfer to the airport this evening.

3-6 Hours Trekking

Trek from Mweka down to the gate. It will take you from three to six hours.

Celebrate with Guides and Crew

Celebrate the completion of your mountain adventure with a farewell lunch at the park gate. This is a great opportunity to thank your crew and say your goodbyes to those who made your trek a success!

Day Room in Arusha

Enjoy a day room in Arusha, resting up and readying yourself for your departure.

Farewell Snack

Enjoy a nutritious snack, including a variety of nuts, fruit, vegetables and other treats to enjoy now or on your flight home.

Transfer as a Group to Kilimanjaro Airport

Transfer to Kilimanjaro Airport for your flight home.

MT. KILIMANJARO

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DAY 11

Extension Itinerary

Tuesday
1/23/18

Heath to Arusha

Complete your descent through the heather and rainforest to the park gate, where you will enjoy a celebratory lunch with your guides. After bidding farewell to the guides and porters, you will be transferred back to your hotel for a much-welcomed shower.

3-6 Hours Trekking

Trek from Mweka down to the gate. It will take you from three to six hours.

Celebrate with Guides and Crew

Celebrate the completion of your mountain adventure with a farewell lunch at the park gate. This is a great opportunity to thank your crew and say your goodbyes to those who made your trek a success!

Transfer to Your Lodge

You will be transferred to your comfortable lodge for some rest and relaxation.

Dinner at the Lodge

Enjoy a quiet dinner at the lodge this evening.

Accommodations

Mount Meru Hotel

Meals Included

breakfast, lunch, dinner

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DAY 12

Wednesday
1/24/18

Arusha to the Ngorongoro Highlands

Head from Arusha to the Ngorongoro Highlands. Crossing the relatively flat and arid Maasai Steppe, you reach the impressive Great Rift Valley Escarpment. The Great Rift Valley formed millions of years ago when several plates of the earth's crust pulled apart - or rifted. Today the valley stretches over 3,700 miles, from Lebanon to Mozambique, just south of Tanzania. In East Africa, the valley splits into two branches, each of which is characterized by Africa's greatest mountains and lakes. At the top of the escarpment lie the lush Ngorongoro Highlands where the region's rich volcanic soil makes for some of the most fertile land in Tanzania.

Safari Briefing

Your head guide will brief you on your itinerary and review the expectations for your safari, giving you a taste of what's to come. Please ask the guide questions at this time and as they come up during the safari.

Lunch at Gibb's Farm

Savor lunch at Gibb's Farm, where nearly every ingredient comes fresh from the estate's organic farm.

Gibb's Farm Garden Tour

Take a leisurely guided walk through Gibb's marvelous flower and herb gardens where more than 200 species grow and blossom. As dazzling as the flora array is to the eye, the guided walk is also an aromatic and even historical experience, with some plants having been in the garden over 50 years.

Gibb's Farm Optional Afternoon Activities

You may choose to spend the afternoon relaxing on the verandah with tea, or taking advantage of innumerable optional activities: a farm or garden tour, bird watching, coffee roasting, and more.

Optional Daniel Tewa Visit

Visit the home of Daniel Tewa, a charismatic local historian, storyteller, and proud member of the Iraqw people. Tewa will impress you with his encyclopedic knowledge of Tanzanian cultures, and his wife will show you the ancestral beading and skirts of the Iraqw. Step into a mound-like traditional Iraqw home, which Tewa built beside his own modern biogas-powered house to preserve his heritage.

Accommodations
Gibb's Farm - Cottage Room

Meals Included
breakfast, lunch, dinner

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DAY 13

Thursday
1/25/18

Ngorongoro Highlands

Established in the late 1950s, Ngorongoro Conservation Area balances wildlife preservation alongside human settlements. The area covers about 3,200 square miles from the shore of Lake Eyasi to the south, the edge of the Great Rift Valley to the east, the border of the Loliondo Game Controlled Area to the North and the boundaries of Serengeti National Park to the west. Resident wildlife populations in the crater and seasonal migratory populations around the Serengeti make this an integral part of Tanzania's ecology. In addition, the abundance of Maasai settlements make it a cultural epicenter within northern Tanzania.

Visit to the Floor of Ngorongoro Crater

Visit the Ngorongoro Crater, where you are likely to find an abundance of wildlife. With luck, you might even see rhinoceros and big cats, such as lion and cheetah. The diversity of species often inspires awe, from baboons and elephants in the Lerai Forest to wildebeest and mountain reedbuck over the crater's grassy floor.

Picnic Lunch on the Crater Floor

To maximize your wildlife viewing time on the crater floor, enjoy your picnic lunch near a hippo pool.

Gibb's Farm Tembo Fire

This evening, relax at the Tembo Fire, an open-air sitting area nestled at the foot of the organic gardens. The tradition of the nightly campfire began as a purely practical measure to ensure that elephants - or "tembo" in Swahili - are not tempted to feast in the organic gardens at night. It soon became a popular place to sit and relax at the end of the day. Now, with a comfortable seating area and full bar, the Tembo Fire makes a wonderful place for conversation, story-telling or star-gazing.

Accommodations

Gibb's Farm - Cottage Room

Meals Included

breakfast, lunch, dinner

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DAY 14

Friday
1/26/18

Serengeti National Park

Depart the Ngorongoro Highlands this morning and arrive on the great Serengeti plains by this afternoon for a different, but just as spectacular wildlife viewing experience. You will pass one of the world's greatest archeological sites in Olduvai Gorge as you cut across the desert-like bush country. The wooded knolls around Naabi Hill Gate mark the Serengeti's official entrance, which then drops into the park's signature wide-open plains. More than any other place in the park, this stretch embodies the meaning of the word "Serengeti," which derives from the Maasai "Siringet" and has been artistically translated as "the land that flows on forever." Serengeti National Park covers 6,000 square miles of pristine land and offers not only expansive vistas but the largest migration of mammals on earth, including 1.5 million wildebeest.

Gibb's Breakfast

Breakfast at Gibb's is a great way to start the day. Enjoy local fruits, homemade yogurts and fresh cheeses, and made-to-order breakfast classics like omelettes or pancakes. Everything is made with the freshest ingredients.

Visit Olduvai Gorge

Make a short stop at Olduvai Gorge, a deep ravine and site of fossilized remains of animals and hominids that date as far back as two million years. A brief lecture and small museum tour are included.

Boxed Lunch en Route

Enjoy a picnic lunch along the way.

Afternoon Wildlife Viewing in the Serengeti

Spend an afternoon wildlife viewing in the Serengeti. The big cats often spend these hours lying drowsily about the plains and up in the trees while many antelope and other animals continue to graze.

Evening at Your Nyumba

Spend some time at your Nyumba in the Serengeti this evening. Before dinner, enjoy a workout, utilizing the Nyumba's Keep Fit Kit, or just put your feet up and relax in and around the dining tent, exchanging safari tales with your fellow AdventureWomen travelers.

Accommodations
Southern Serengeti Nyumba

Meals Included
breakfast, lunch, dinner

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DAY 15

Saturday
1/27/18

Serengeti National Park

The Serengeti, Tanzania's second largest national park, covers nearly 6,000 square miles of grassland plains, savannah, kopjes, hills, woodlands, and riverine forests. The Grumeti, Mbalageti, and Mara river systems serve as critical water sources and are often excellent sites for wildlife viewing. Beyond the heralded migration of wildebeest and zebra, the Serengeti is best known for its big predators, including cheetah and leopard, as well as large prides of lions and clans of hyenas. Other commonly seen animals include gazelle, buffalo, giraffe, topi, hartebeest, ostrich, and jackal, but it is the full diversity of wildlife and habitats that you will truly find amazing. The greater Serengeti ecosystem actually covers the Ngorongoro Conservation Area, the Maasai Mara in Kenya, and numerous surrounding wildlife-protected lands that combine for a total of almost 17,000 square miles, which is larger than the states of Massachusetts, Connecticut, and Rhode Island all together.

Optional Serengeti Balloon Excursion

Those with advance reservations will have the opportunity to balloon across the plains during one of your mornings in the Serengeti. A pre-dawn wake-up call leaves you time to drive to the balloon launch site in order to catch the most dramatic light. Then take to the skies just as the sun rises. Glide over the plains and acacia treetops, taking in spectacular views of the Seronera River Valley and the surrounding plains. After your descent, enjoy a magnificent champagne breakfast right in the midst of the Serengeti wilderness.

Continue Your Exploration of the Serengeti

Explore the pristine landscapes of the Serengeti with your guide's uncanny wildlife spotting instincts leading the way. Expansive plains, rolling hills, dramatic granite outcrops and riverine valleys are home to an endless variety of fascinating creatures, from the lowly dung beetle to the impressive elephant.

Accommodations
Southern Serengeti Nyumba
Meals Included
breakfast, lunch, dinner

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DAY 16

Sunday
1/28/18

Depart the Serengeti and Tanzania

Enjoy your last views of the Serengeti before flying to Arusha, where you will catch your flight home.

Flight to Arusha

Enjoy a scenic flight from the central Serengeti back to Arusha.

Stop at Cultural Heritage Center

A shopping mainstay in Arusha, the Cultural Heritage Center attracts many travelers each year with its abundance of wooden carvings, artifacts, apparel, and crafts. The center also has Tanzanite and other gemstones for sale. While the center caters mostly to tourists, they also have wonderful cultural displays and a separate wing that displays some of the finest African art in Tanzania.

Farewell Lunch at Arusha Coffee Lodge

During a special farewell lunch in Arusha, you will have time to say goodbye to your safari companions as you prepare for your departure. Visit the adjoining Shanga workshop where physically challenged artisans create remarkable jewelry, learn glass-blowing, and sell their work. This extraordinary project was created in order to mentor and empower those who are often marginalized in Tanzanian society. You will be surprised and inspired by the quality and beauty of their creations.

Day Room in Arusha

Enjoy a day room in Arusha, resting up and readying yourself for your departure.

Farewell Snack

Enjoy a nutritious snack, including a variety of nuts, fruit, vegetables and other treats to enjoy now or on your flight home.

Transfer as a Group to Kilimanjaro Airport

Transfer to the airport and say goodbye to your new AdventureWomen friends!

Accommodations

Day Room at
Mount Meru Hotel

Meals Included

breakfast, lunch, snack

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Accommodation Details

KIA Lodge You will be enchanted by this gorgeous desert oasis that is conveniently located near Kilimanjaro Airport. The lodge offers a unique, resort-like feel with bungalows artfully placed amidst the beautifully planted landscape and accessible by winding garden paths. Relax in the open-air bar, enjoy the breeze as you lounge on the open verandah, or take a swim in the stunning pool. The fire-pit is lit in the evenings, adding to the romantic, castaway feel of this lodge. Sunset views of Kilimanjaro are particularly stunning as seen from the pool.

Ndarakwai Ranch With more than 11,000 acres of open and wooded savannah just west of Mount Kilimanjaro, Ndarakwai Ranch offers a haven for travelers and trekkers, with extraordinary hikes, wildlife viewing, and complete relaxation. The permanent camp sits nestled in a forest of yellow-barked acacias and giant fig trees along the seasonal Ngare Nairobi River. The spacious thatched-roof tents have en-suite bathrooms with safari-style showers, and a separate dining area provides the perfect place for repose and reflection on your many adventures. As a private conservation refuge since 1994, Ndarakwai has worked with surrounding communities to restore the local ecosystem. Today, Ndarakwai is home to some 65 migratory and resident mammal species and 350 bird species. Guided hikes and walks allow you to get some exercise and perhaps see some wildlife, often near the ranch's elephant watering hole.

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Accommodation Details: Continued

Kilimanjaro Mountain Camps

At each of your mountain camps, you will have Mountain Hardwear Trango 3-person, 4-season mountaineering tents which can be used for double or single occupancy. Ground sheet, fly sheet, vestibule, and closed-cell foam sleeping mat are provided, and the tent will be set up and broken down for you each day by your hardworking team of porters.

A custom-designed dining tent is equipped with solar lighting, chairs, and dining table. Hot meals are served here everyday, prepared by a skilled camp chef, and served by waitstaff. You'll also enjoy the cozy setting when you arrive into camp in the afternoons, ready to enjoy a piping hot cup of tea and some snacks.

Purified drinking water is provided for you during meal times, and at the end of the day so you can refill your personal water bottles.

Private toilet tent(s) will be set up for your group, so that you can avoid unsanitary public facilities. Basins of hot water will be brought to your tent each morning for personal hygiene and upon request any other time.

Views from each camp promise to be remarkable at every turn, with tantalizing glimpses of the summit, sweeping panoramas of the countryside below and a spectacular sunrise every morning. At night, stars light up the sky in a nightly spectacle that never fails to inspire awe.

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Accommodation Details: Continued

Gibb's Farm Gibb's Farm artfully blends nature, culture and eco-friendly amenities to provide what is sure to be a relaxing and memorable stay. Its newly updated cottages blur the line between indoor and outdoor living space, giving each guest unhindered access to one of the estate's most stunning assets: its lush gardens. A gracious and attentive staff enhances the experience, offering cultural and historical insight and making sure all your needs are met.

Southern Serengeti Nyumba This seasonal Serengeti Nyumba is set strategically in a private location in the heart of the park, allowing you easy access to both the southern and central plains. Here, you will experience exceptional service from the friendly staff, eat gourmet meals prepared from fresh, local ingredients and appreciate the prime location.

The rustic luxury of your camp provides you with all the essentials including solar lighting, private en-suite bathroom with safari shower and self-contained, pump-flush toilet, proper beds with fine linens and more. As these accommodations are mobile and environmentally friendly, you will not find air conditioning, fixed plumbing or electricity in your spacious tent. Always comfortable, but never obtrusive or excessive, these camps are the perfect way to experience Tanzania in elegance and style.

Mount Meru Hotel An Arusha mainstay near the busy downtown area, the Mount Meru Hotel sits on a 15-acre garden and provides comfortable, modern accommodations. Amenities include cable TV in all rooms, internet access, currency exchange facilities, concierge, massage services, babysitting on request, playground for children, outdoor swimming pool, sun bed, a volleyball court, and a nearby golf course. The Themi Grill serves both international and African cuisine.

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Included/Not Included - Trek

Included:

- ▶ All Kilimanjaro Park Fees
- ▶ Accommodations Based on Double Occupancy
- ▶ Four-Season Mountaineering Tent, with Ground Sheet, Fly Sheet, Vestibule, and Foam Closed-Cell Ground Pad
- ▶ Meals as Noted in Itinerary, Inclusive of Restaurant Staff Tips
- ▶ Complimentary Bottled Drinking Water Before and After Your Trek
- ▶ Purified Drinking Water During Your Trek
- ▶ Services of Licensed Kilimanjaro Guides
- ▶ Services of Kilimanjaro Staff Including Porters, Chef, and Waitstaff
- ▶ Safety Equipment: Oxygen, First Aid Kit, Stretcher, Gamow Bag, Heart Defibrillator, Radio Communication, Safety Protocols, Etc.
- ▶ Detailed Trek Briefings Throughout Your Trek
- ▶ Guided Walks with a Naturalist, when Available
- ▶ Airport Transfers for Delta/KLM Flights on Scheduled Arrival and Departure Days
- ▶ Land Transportation in a Customized, 4-Wheel Drive Safari Vehicle
- ▶ Baggage Handling

Not Included:

- ▶ International Flight and Related Fees (Fuel, Baggage, Seat Assignments, etc.)
- ▶ Meals and Expenses en Route to Tanzania
- ▶ Fees for Passport, Visa, or Immunizations
- ▶ Cost of Hospitalization or Evacuation
- ▶ Beer, Wine, Spirits, and Soda
- ▶ Sleeping Bag, Hiking Gear, and Other Items of a Personal Nature
- ▶ Laundry, Phone, Internet, and Items of a Personal Nature
- ▶ Tips for Guides, Porters, and Camp Staff

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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Included/Not Included - Safari

Included:

- ▶ Accommodations Based on Double Occupancy
- ▶ Meals as Noted in Itinerary, Inclusive of Restaurant Staff Tips
- ▶ All Park Fees
- ▶ Safari Briefings Throughout Your Trip
- ▶ Full Color Safari Journal
- ▶ Services of Professional Safari Guides and Drivers
- ▶ Land Transportation in a Customized, 4-Wheel Drive Safari Vehicle
- ▶ Unlimited Mileage in Safari Vehicles
- ▶ Village, School, and Cultural Visits as Noted in Itinerary
- ▶ Guaranteed Window Seating in Safari Vehicles
- ▶ Scenic Internal Flight(s) as Noted in Itinerary
- ▶ Complimentary Bottled Drinking Water in Your Vehicle Throughout Your Safari
- ▶ Airport Transfers for Delta/KLM Flights on Scheduled Arrival and Departure Days
- ▶ Baggage Handling
- ▶ Farewell Lunch

Not Included:

- ▶ International Flight and Related Fees (Fuel, Baggage, Seat Assignments, etc.)
- ▶ Meals and Expenses en Route to Tanzania
- ▶ Fees for Passport, Visa, or Immunizations
- ▶ Cost of Hospitalization or Evacuation
- ▶ Beer, Wine, Spirits, and Soda
- ▶ Laundry, Phone, Internet, and Items of a Personal Nature
- ▶ Tips for Guides, Drivers, and Camp Staff