MT. KILIMANJARO
Trek to the Roof of Africa

January 14 - 23 or 28, 2020
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TRIP HIGHLIGHTS

- The measured pace and trails of the Lemosho Route provide optimal acclimatization and a 98% summit rate
- Summit Mount Kilimanjaro to Uhuru Peak, the highest freestanding mountain in the world
- From the “Roof of Africa,” take in sweeping views of African landscapes below the clouds
- Traverse 5 climate zones: Rainforest, Heath, Moorlands, Alpine Desert, and Arctic
- You’re not alone! Adventure Women work together to reach this challenging goal
- Enjoy an optional five-day safari to visit Tanzania’s most iconic national parks.

TRIP ROUTE
MT. KILIMANJARO
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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: 6-7 hours trekking to Barranco Camp
Day 7: 3-4 hours trekking to Karanga Camp
Day 8: 3-4 hours trekking to Barafu Camp
Day 9: depart camp at 1 am for the summit! Descend to Mweka Camp. 12-17 hours trekking
Day 10: 3-6 hours trekking to the gate, depart for the US

QUICK VIEW ITINERARY - EXTENSION
Day 10: 3-6 hours trekking to the gate, transfer to your lodge in Arusha
Day 11: Gibb’s Farm lunch and activities, drive to camp at Ngorongoro Crater
Day 12: visit the floor of Ngorongoro Crater for a full day of wildlife viewing
Day 13: drive to the Serengeti, visiting Olduvai Gorge en route; afternoon wildlife viewing
Day 14: optional hot air balloon safari; continue exploring the Serengeti
Day 15: fly to Arusha, enjoy a farewell lunch and shopping, depart for the US

TRIP PRICE
Trek: $5,790  Safari Extension: $3,050
Optional Single Accommodations: $650  Optional Safari Single Accommodations: $320
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DAY 1
Tuesday
1/14/20

Arrive in Arusha
Welcome to Tanzania! Join AdventureWomen for a physically demanding but wholly rewarding trekking adventure up the tallest freestanding mountain in the world, Mount Kilimanjaro! On this transformational journey, (re)discover your power, persevere with like-minded women, and experience some of Africa’s greatest wonders – from its wildlife to its diverse ecosystems.

Pick-up and Transfer
You will be met at Kilimanjaro International Airport and transferred to your hotel. Transfers are included for Delta/KLM arrivals today. If you choose another carrier, please let us know and we can arrange a private transfer for you at additional cost.

Accommodations
Rivertrees Country Inn

Meals Included
on your own
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DAY 2
Wednesday
1/15/19

Arusha

What was once a sleepy outpost town has turned into a small thriving city. At some 4,500 feet above sea level, Arusha is set beside the southern slopes of Mount Meru (14,980 feet) and surrounded by coffee farms, fields of bananas, and small rural communities. With its scenic backdrop, friendly people and ever-improving infrastructure, Arusha makes for the perfect base from which to start or end your adventure.

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.

Weigh Your Duffel Bag - 26 Pound Limit

Today you will weigh your duffel bag to ensure that it does not exceed 26lbs, as it will be carried throughout the trek by a member of your porter team. If your duffle weighs more than 26lbs, or if you would like someone to carry your daypack, a personal porter may be hired for an additional fee.

Arusha National Park

Arusha National Park’s diverse landscapes and abundant wildlife often draw comparison to its larger counterparts in northern Tanzania. In the park stands Tanzania’s second tallest mountain, Mount Meru (14,980 feet), an ancient extinct volcano that is sometimes referred to as Mount Kilimanjaro’s “little cousin.” You can also explore Ngurdoto Crater, nicknamed “Little Ngorongoro,” which is home to wildlife including buffalo, elephant, giraffe, and bushbuck.

Head into the foothills of Mount Meru with a park ranger and your guide, and follow a gentle uphill trail to the Tulutuluisia Waterfall. From this vantage point, you have beautiful views of the park’s diverse landscapes.
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DAY 3
Thursday
1/16/20

Arusha to Forest Ridge

At 19,341 feet in elevation, flat-topped Uhuru Peak is truly the “Roof of Africa” so AdventureWomen has chosen the Lemosho Route which allows gradual acclimatization and a 98% summit success rate. The trek is challenging but you’re hiking with women who share your grit and drive, lifting each other up to ensure everyone reaches the top as one. Plus, a team of experienced and friendly porters and Wilderness First Responder African guides, following rigorous safety protocols, takes care of every detail including setting up each camp with comfortable tents and preparing delicious and nutritious meals, each one better than the last!

**Accommodations**
Forest Camp - 9,281 feet

**Meals Included**
breakfast, lunch, dinner

**Briefing and Gear Check**
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 Kilimanjaro. Passing coffee farms and mountainside villages, you will drive to the dense rainforest where your trek begins.

**3-4 Hours Trekking**
After registering at the Kilimanjaro National Park gate, make a long climb from the base camp through the dense rainforest of rubber trees and giant fig trees, scrambling up steep sections of roots and rock until you arrive at a forested campsite near a series of caves. A hot dinner awaits in your mess tent.
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DAY 4
Friday
1/17/20

Forest Ridge to Heath

“Pole, pole” means “slowly, slowly” in Swahili, and you need to trek slowly to acclimatize to the altitude. The mantra for this trip is to hike high and sleep low, allowing your body to get used to the higher elevations.

5-6 Hours Trekking

After a nutritious breakfast at camp, lace up your boots, put on your gaiters, and make your way out of the forest this morning. 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.

Accommodations
Shira Camp 1 - 11,499 feet

Meals Included
breakfast, lunch, dinner
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DAY 5
Saturday
1/18/20

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.

3-4 Hours Trekking
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.

Laugh along the trail with your fellow trekkers - even things like bathroom stops along the way will become funny!

Accommodations
Shira Camp 2 - 12,795 feet

Meals Included
breakfast, lunch, dinner
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DAY 6
Sunday
1/19/20

Moorland
Located a little over 15,000’ up the mountain along the Lemosho and Machame routes, Lava Tower is a large rock formation that (you guessed it) was formed from lava, back in the days when Kilimanjaro was still an active volcano. Lava Tower is what’s known as a volcanic plug; at some point in the distant past, lava shot out a vent at the base of where Lava Tower now stands, cooled, and hardened, thus stopping up the vent beneath.

6-7 Hours Trekking
Proceed steadily upward over expansive ridgelines of high desert to Lava Tower, for lunch. In the afternoon, descend the steep track into the Great Barranco Valley. Barranco Camp is set in a valley enclosed on three sides with the massive valley walls and the Kibo massif itself. Hanging glaciers glint in the sunshine above, amidst the eerie landscape of plants such as the giant groundsels (Senecio Kilimanjari), and the uniquely endemic Giant Lobelia.

Accommodations
Barranco Camp - 13,004 feet

Meals Included
breakfast, lunch, dinner
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DAY 7
Monday
1/20/20

Moorland
The rocky slopes of the Barranco Wall are the result of Kilimanjaro’s turbulent volcanic past. Before Kilimanjaro went dormant, the pressure of the lava beneath the summit held the area up, but without it, the mountaintop collapsed inward, forming the caldera. Over the subsequent years, less-dramatic collapses occurred as the mountain settled into what it is today. Around 100,000 years ago, one of these collapses resulted in a massive landslide down the southern face shearing away what was presumably more forgiving terrain. The dramatic Barranco Wall, sharply contrasting from the rest of Kilimanjaro’s mostly gentle slopes, was left in the wake of this violent event.

3-4 Hours Trekking
This short trekking day is taken to reach Karanga Valley Camp, between Barranco and Barafu Camps. Today is important for acclimatization. The day begins with a scramble up the steep Barranco Wall, then traversing up and down the slopes of valleys which have carved their way into the mountain’s southern face. Kibo’s glaciers loom above to your left and the jagged peaks of Mawenzi jut into the African sky at just under 17,000 feet straight ahead. Reach the Karanga Valley for a hot lunch served at camp. The afternoon can be taken to relax with your new friends, or take excursions from camp.
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DAY 8
Tuesday
1/21/20

Moorland to Alpine Desert
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.

4-5 Hours Trekking
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. Barafu Camp is set on a small, exposed flat area on a ridge, acting a base camp from which you will make your summit attempt at midnight tonight. Eat and drink as much as possible before retiring early to your tent for rest and sleep.

Accommodations
Barafu Camp - 15,331 feet

Meals Included
breakfast, lunch, dinner
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Alpine Desert to Heath via Uhuru Peak

On your way to Uhuru Peak, you'll see Mawenzi, a nearby peak. Legend has it that Kibo (the top of Kilimanjaro) and Mawenzi were good neighbours until Mawenzi played a prank on Kibo; Mawenzi threw away embers he had received from Kibo and claimed that they had burned out. Kibo eventually got angry and beat Mawenzi badly, explaining why the mountain is so badly degraded.

A steaming hot drink will arrive very early on this momentous day - your summit day! After a midnight wakeup call, begin trekking with your headlamp at 1:00am. The temperatures range from just below freezing at midnight, to between -10 degrees and 10 degrees just before dawn at the summit. The winding path of endless switchbacks will take form and shape in the shadows of the Ratzel and Rebman glaciers at early dawn, and behind you the spires of Mawenzi will be silhouetted against the red glow of the sun from beneath the clouds.

After about six hours of walking, you will come to the edge of the crater; Stella Point, at 19,000 feet on the crater rim is the end of the steep climb. From here, there is a gentle slope to Uhuru Peak, which takes about an hour. The strength it takes to ascend this final 340 feet is for many monumental. You will all encourage each other to take those final few steps to reach your goal - the Roof of Africa at 19,341 feet!

After taking photos at the summit, descend the steep scree trail back to Barafu Camp for some rest, then summon your strength again for a further descent to Mweka Camp for the night.
DAY 10
Thursday
1/23/20

Extension
Itinerary
Continues on
Following
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Depart Tanzania
As you descend Kilimanjaro, reminisce over your triumphant summit yesterday, and laugh about the memories you’ve made along the trail.

3-6 Hours Trekking
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.

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 and Depart
Shower and repack in your day room late this afternoon. You’ll be transferred to the airport with a snack to catch your flight this evening.

Accommodations
Day Room
Airport Planet Lodge
Meals Included
breakfast, lunch, snack
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DAY 10
Extension Itinerary
Thursday
1/23/20

Heath to Arusha
As you descend Kilimanjaro, reminisce over your triumphant summit yesterday, and laugh about the memories you’ve made along the trail.

Since you’re in Tanzania, cap your epic Kilimajaro climb with an optional five-day safari across bio-diverse Tanzania!

3-6 Hours Trekking
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.

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’ll be transferred from the Kilimanjaro park gate to your lodge, where you can shower (possibly the best-feeling shower of your life after being on the mountain!) and enjoy dinner. Rest up this evening before the next part of your adventure!

Accommodations
Mount Meru Hotel

Meals Included
breakfast, lunch, dinner
Arusha to Ngorongoro

Drive from Arusha to the Ngorongoro Conservation Area, first crossing the Maasai Steppe and the Great Rift Valley Escarpment, and then winding up into the fertile Ngorongoro Highlands. The Conservation Area is a wildlife and cultural preserve that covers 3,200 square miles, of which a mere 102 square miles represent Ngorongoro Crater. Only Maasai are permitted to live within the area’s boundaries; they are seen throughout the highlands and conservation area wearing bright red and royal blue cloths and tending their herds of goats and cattle. The crater floor, however, is reserved only for wildlife. At some ten miles in diameter, the crater is the world’s largest intact caldera, and it abounds with one of the highest concentrations of diverse animals imaginable.

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.

Savor lunch at Gibb’s Farm, where nearly every ingredient comes fresh from the estate’s organic farm. With delicacies to suit every palate, this is sure to be a memorable meal.

After lunch, take a leisurely stroll through the gardens to stretch your legs. You might also want to check out the gift shop or visit the arts in residence if there is time!

Take some time to rest at your Nyumba, enjoying the views as you write in your journal or simply put your feet up and relax.
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DAY 12
Saturday
1/25/20

Ngorongoro Conservation Area
Spend a day in Ngorongoro Conservation Area, a habitat rich in culture and teeming with wildlife. Sometimes there are more than 30,000 animals in and around the crater, including black rhino, cheetah, lion, hyena, eland, and numerous antelope. On the floor of the crater, the alkaline Lake Magadi serves as an important water source, also attracting flamingo flocks during the dry season. Nearby, the small Lerai Forest, with its yellow fever acacia trees, provides shade and shelter for wildlife. You will often see baboons, vervet monkeys, and even elephants in its thicket. Thorny bush, grasslands, hippo pools and a second small lake are also found on the floor. You’ll soon see why Ngorongoro is considered to be among the world’s great wonders.

Full Day of Wildlife Viewing
Descend into the Ngorongoro Crater, where you are likely to find an abundance of wildlife. Over a full day of wildlife viewing, you might even see rhinoceros. The diversity of species often inspires awe.

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

Enjoy Your Nyumba
Head back to your Nyumba where you can sit by the fire and soak in your pristine surroundings.

Accommodations
Ngorongoro Nyumba

Meals Included
breakfast, lunch, dinner
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DAY 13
Sunday
1/26/20

Ngorongoro to the Serengeti

Depart the cool, grassy Ngorongoro Conservation Area and later arrive on the great Serengeti plains for a different but just as spectacular wildlife viewing experience. You will pass one of the world’s greatest prehistoric archeological sites, called Olduvai Gorge, and then continue your way over the scrublands. The wooded knolls around Naabi Hill Gate mark the Serengeti’s official entrance, which then drops into the park’s signature wide-open plains. Like no other, 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.

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. Enjoy a brief lecture and tour of the small museum.

Wildlife Viewing in the Serengeti
Enjoy the journey to your next Nyumba camp, as there will be plenty to see along the way. Perhaps you will come across a chase between predator and prey; maybe you will spot a wake of vultures; or maybe you will be lucky enough to find a leopard relaxing high in the limbs of an acacia tree.

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 travelers.
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DAY 14
Monday
1/27/20

Central Serengeti Nyumba

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.

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.

Explore Camp with Your Guide
For those who opt not to take the balloon excursion, there is much to discover within arm's reach of camp; learn how to identify animal footprints and bird calls with your guide.

Wildlife Viewing in 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.

Farewell Dinner
Enjoy a farewell dinner as a group to celebrate the end of a fabulous trip!
DAY 15
Tuesday
1/28/20

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

Fly to Arusha
Fly from the Central Serengeti to Arusha this morning.

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
Enjoy a special farewell lunch in Arusha as you prepare for your departure. Visit the adjoining Shanga workshop where physically challenged artisans create remarkable jewelry, learn glassblowing, 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.

Transfer to the Airport
Spend some time relaxing, showering, or repacking in your day room. This evening, you’ll head to the airport with a snack for your departing flight. Transfers are included for Delta/KLM flights to Amsterdam.

Meals Included
breakfast, lunch, snack

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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Accommodation Details

Rivertrees Country Inn
Set beside the rushing waters of the Usa River on the outskirts of Arusha, Rivertrees Country Inn has colonial charm and simple but elegant style with modern-day amenities and fantastic cuisine. Besides its delightful farmhouse guestrooms, the inn also has two spacious luxury cottages and a lovely, open-air, thatched-roof kitchen and dining area, with décor reminiscent of its country heritage as a former German colonial farm and coffee estate.

Kilimanjaro Mountain Tents
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, small 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.
***Accommodation Details***

**Airport Planet Lodge**
You will be enchanted by this gorgeous oasis that is conveniently located near Kilimanjaro Airport. The lodge offers a unique, resort-like feel with rooms nestled 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.

**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.

**Ngorongoro Nyumba**
Nyumba is Swahili for “home,” which is what your camps will feel like on safari! This Nyumba is located at the rim of Ngorongoro Crater for optimal access to the crater floor where you will experience exceptional wildlife viewing. The air here has a heavenly fresh scent, though the high elevation (about 7,200 feet) makes for potentially chilly nights; it will be important to bring warm clothes.

**Central Serengeti Nyumba**
The camp crew will make sure you have everything you need to stay comfortable, for example, making sure hot showers are available in your en suite bathroom, preparing delicious four course meals and offering you drinks or snacks around the roaring camp fire.

Your Serengeti Nyumba is the perfect balance of luxury, comfort and wilderness. In the spacious, walk-in tents, you will find all the comforts you need out in the bush: artfully crafted furnishings, cozy bedding with fine linens, solar-powered, eco-friendly lighting, and an en-suite bathroom with shower and self-contained pump-flush toilet. Oversized, fine-mesh windows allow the breezes to circulate while keeping insects out. At the front of your tent, enjoy a private seating area with a stunning view of the vast Serengeti plains. Meals are taken in a custom-designed dining tent and are made with fresh, local produce by skilled chefs. Our favorite cozy spot is the campfire, from where you can marvel at the billions of stars visible in the quiet, clear, pollution-free night sky.
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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 Sleeping 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
- 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
- One AdventureWomen Ambassador

Not Included:
- International Round-Trip Flight to Tanzania
- Airline-Imposed Fees
- 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 Usage at Lodges
- Tips for Guides, Porters, and Camp Staff
MT. KILIMANJARO

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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
- 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
- Fees for Passport, Visa, or Immunizations
- Meals and Expenses en Route to Tanzania
- Laundry, Phone, Internet, and Items of a Personal Nature
- Cost of Hospitalization or Evacuation
- Tips for Guides, Drivers, and Camp Staff
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Activity Level:
Moderate     Active     High Energy     Challenging

We rate this trip as Challenging. Our Challenging
adventures get your heart rate really pumping and are
more athletic. These women's trips are demanding yet
deply rewarding and designed for seasoned outdoor
enthusiasts. You should be in excellent physical condition,
and be able to hike up to 10 miles per day, in steeper,
more rugged terrain.

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

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.

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.**

We have a partnership with FitForTrips, a company that
will design an individualized fitness plan for you with this
itinerary in mind. Best of all, AdventureWomen guests get
a 25% discount with the code FITWOMEN. Learn more at:
https://fitfortrips.com/partners/adventure-women/

Packing List and Training: We will send you a
comprehensive packing list, available rental gear list for
your trip, and 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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Travel Medicine
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. You may want to discuss altitude illness medications with your travel doctor.

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

Altitude Symptoms
At high altitude, it is typical for trekkers to feel some physical effects such as loss of appetite, fatigue, or headache. Symptoms become more severe if you experience acute altitude sickness. Symptoms of acute altitude sickness can include troubled breathing while resting, severe coughing, confusion, impairment of motor skills, and irrational behavior.

Notify your guide immediately if you believe you are experiencing any of these symptoms. As a highly-trained professional, your guide makes your safety his top priority. If he determines that you are suffering from an acute form of altitude sickness, you will need to descend immediately to a lower altitude with a support guide.

First Aid
All of your Kilimanjaro guides are trained and certified Wilderness First Responders (SOI). They have extensive training in evacuation procedures, altitude sickness, and trekking leadership skills. Your safety is their number one priority; each trek includes first aid equipment that meets internationally recognized guidelines.

Equipment on Your Trek
- Oxygen (for emergencies only)
- Hyperbaric chamber (Gamow bag)
- Automated External Defibrillator (A.E.D.; for heart emergencies)
- Diagnostic acclimatization pulse-oximeter
- Mobile phones, VHF 2-way radios, and satellite phones
- Stretcher
- Comprehensive medical/first aid kits

You should pack your own first aid kit for minor pains, cuts, bruises, blisters, altitude sickness, etc.
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The deposit for this trip is $800 for the trek and $500 for the safari, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- 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 16, 2019. A maximum of $1,500 per person can be put on a credit card, which includes your deposit.

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 three months prior to your departure.
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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. 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 14, 2020. We recommend the Delta/KLM flight from Amsterdam.


We recommend the Delta/KLM flight to Amsterdam.

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

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.

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 rooms two to three months prior to departure! Please keep this in mind when making your travel plans.
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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.

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.

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
Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

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.

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

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!

In this spirit, the successful adventure traveler should be a 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!