

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

TANZANIA

Wildlife Safari & Trekking the Great Rift Valley



June 4 - 14, 2020

TANZANIA

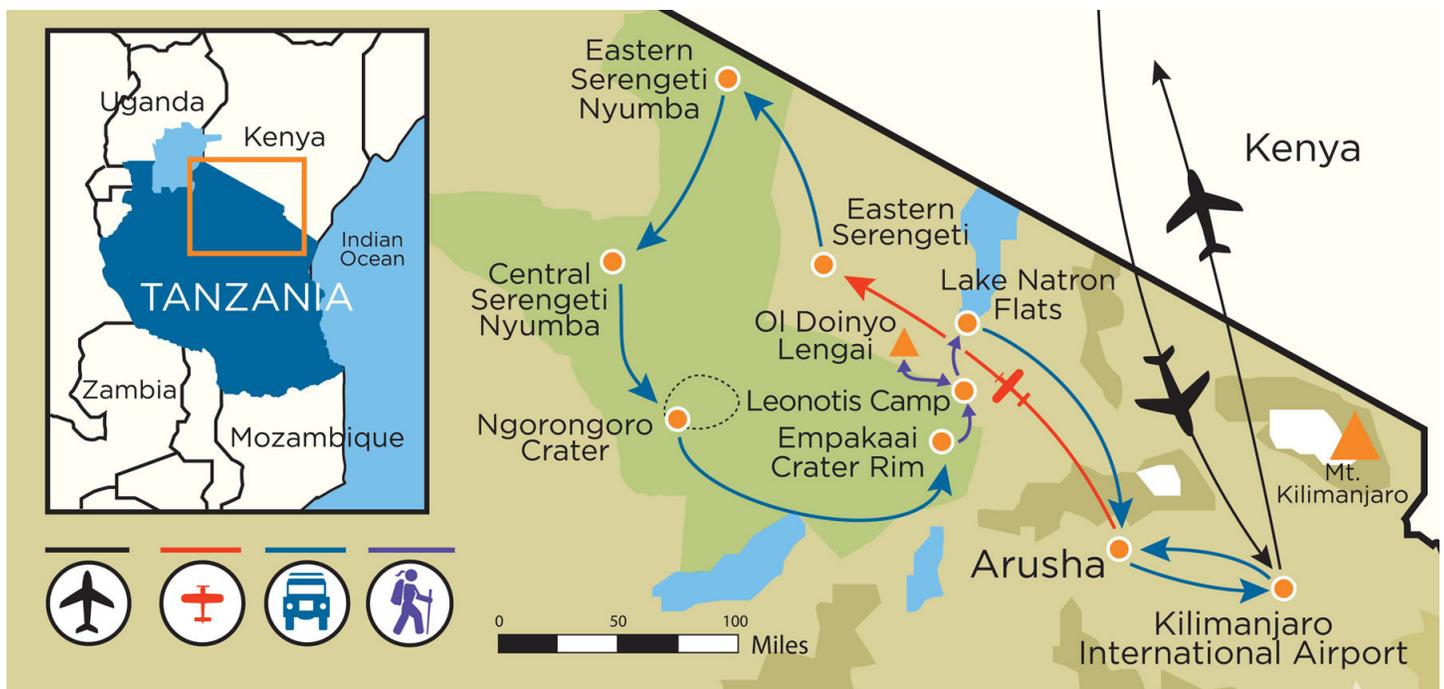
Wildlife Safari & Trekking the Great Rift Valley

June 4 - 14, 2020

TRIP HIGHLIGHTS

- ▶ Explore Ngorongoro Crater & hike in Africa's Great Rift Valley
- ▶ Go on African game drives to view the wildlife of Serengeti National Park
- ▶ Meet local Maasai in their communities and learn about this fascinating nomadic culture
- ▶ Listen to and learn about the diverse wildlife you camp among, thriving in their natural habitat

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive in Arusha, transfer to your lodge
- Day 2: fly to the Eastern Serengeti, drive to a Nature Refuge, Maasai boma visit
- Day 3: morning hike, visit a community development project, night wildlife drive
- Day 4: wildlife viewing in the Serengeti, relax at your Nyumba
- Day 5: optional Serengeti balloon excursion, continue wildlife viewing
- Day 6: drive across the Serengeti, stop at Olduvai Gorge
- Day 7: full day of wildlife viewing in Ngorongoro Crater, picnic lunch on the Crater floor
- Day 8: trek 3-5 hours to Empakaai crater, camp by the crater rim
- Day 9: trek 3-5 hours through the Great Rift Valley
- Day 10: trek 4-6 hours, optional waterfall hike, optional summit of Ol Doinyo Lengai
- Day 11: last-minute shopping, transfer to the airport

TRIP PRICE

Main Trip: \$7,590

Internal Air: \$375

Optional Single Accommodations: \$650

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your adventure in depth

DAY 1

Thursday
6/4/20

Arrive in Arusha

Karibu! - welcome! - to Arusha where you will be warmly welcomed. This classic safari adventure excels with sophisticated bush camps, introductions to local culture, and top safari guides. Discover the best sites for viewing wild animals, including the floor of a crater where thousands of animals live free!

Pick-up and Transfer

You will be picked up at the Kilimanjaro airport and transferred to your lodge.

Accommodations

Mount Meru Hotel

Meals Included

on your own

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DAY 2

Friday
6/5/20

Arusha to Eastern Serengeti Ecosystem

Begin your Tanzania safari adventure with a scenic flight to the Eastern Serengeti ecosystem, where you'll enjoy an exciting stay in an airy and beautiful tent, or nyumba, perfectly placed to allow better views of passing zebras, elands, giraffes, exotic birds, and even rare wild dogs. The rustic comforts of your nyumba and full-service camp offer the quintessential bush safari experience.

Fly to the Eastern Serengeti

Have breakfast with your group before driving to the small Arusha Airport. Take a short scenic flight from Arusha to the eastern Serengeti ecosystem.

Meet Your Guide at the Airstrip

Your guide will welcome your group at the remote airstrip. He will accompany you throughout your safari, offering cultural insights, wildlife spotting expertise, and in-depth knowledge of wildlife behavior.

Introduction to the Nature Refuge

Enjoy a brief tour and history of the 10,000+ acre refuge as you make your way to camp. Enjoy wildlife viewing along the way, one of the tangible results of conservation efforts in the area. Giraffe, eland, dik dik, ostrich, leopard, and even wild dog can be seen in this unique wildlife haven, dubbed "Giraffic Park" by one enthusiastic guest.

Lunch

Enjoy lunch at your Nyumba, possibly spotting giraffe from the dining table!

Maasai Boma Visit

Immerse yourself in the semi-nomadic culture of the Maasai by visiting a boma, which is a settlement of circular mud-and-dung Maasai homes. Learn more about their extraordinary culture as you tour the boma and take in the scenes of village life.

Accommodations

Eastern Serengeti Nyumba
Meals Included
breakfast, lunch, dinner

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DAY 3

Saturday
6/6/20

Eastern Serengeti Ecosystem

As you get to know this special place, you will probably come across a half-mile long creekbed lined by whistling thorn trees and umbrella acacias. The trickling seasonal stream is a humble, yet incredibly important part of this ecosystem and represents the spirit of symbiosis that makes this place so unique. During your stay at the refuge, you will have many opportunities to explore the wilderness and the culture of the Maasai.

Morning Hike

Enjoy a light breakfast before heading out on a morning hike. The terrain will be fairly mild, but make sure that you've got comfortable shoes with good traction. Being out on the plains on foot at this time of day is magical.

Visit a Community Development Project

Visit a school, teachers' housing, or medical dispensary to learn how tourism can impact the community in positive ways through collaboration and understanding.

Afternoon Wildlife Viewing

Enjoy wildlife viewing this afternoon in the Eastern Serengeti Ecosystem. Be on the lookout for rarer species, such as the bat-eared fox and the smaller animals that are sometimes overlooked, such as the mongoose, hyrax, dik dik, and klipspringer.

Night Wildlife Viewing Drive

Hop in the vehicles after dark for a night drive in the Eastern Serengeti Ecosystem. Night drives offer thrills and possible sightings of nocturnal creatures, such as spring hares, aardvarks, and porcupines. More than anything, the night drive offers an adventure few travelers in Tanzania have the chance to experience.

Accommodations
Eastern Serengeti Nyumba

Meals Included
breakfast, lunch, dinner

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DAY 4

Sunday
6/7/20

Serengeti National Park

Head west with your AdventureWomen friends toward the Serengeti on a rugged road that cuts through a landscape riddled with craggy hills and thickly wooded gullies. Maasai bomas appear seemingly out of nowhere. The roads might be a bit rough, but the reward is well worth it as the Serengeti unfolds before you.

Wildlife Viewing En Route to Your Nyumba

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.

Boxed Lunch

Enjoy a boxed lunch along the way to maximize your time with the wildlife.

Afternoon Wildlife Viewing

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.

Enjoy Your Nyumba

Enjoy your Nyumba, whether you get in a workout with a Keep Fit Kit, learn a traditional Tanzanian game from your guide, write in your journal, or simply put up your feet and relax with a drink by the campfire.

Accommodations

Central Serengeti Nyumba

Meals Included

breakfast, lunch, dinner

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DAY 5

Monday
6/8/20

Serengeti National Park

The most social of the big cats, lions live in groups called prides, comprised mostly of females and cubs and only one or two adult males. Typically prides have 6-12 lions, but can sometimes have more than 30 members. Superior hunters, lionesses inherit the same territories as their mothers while young males roam until they drive out old males from other prides to take over leadership. As lionesses hunt in groups and often at night, you are more likely to see prides as they languidly stretch out in the brush, underneath an acacia tree, or in the shade of a large rock formation.

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. 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.

Continue Wildlife Viewing in the Serengeti

Enjoy a picnic lunch in a scenic spot. This afternoon, spend more time seeking out wildlife and exploring the Serengeti's rich landscapes. The so-called Big Five and the Great Migration are the most well-known of the Serengeti's offerings, but there is much more to see. Thousands of equally fascinating dramas of a smaller scale play themselves out on these endless plains.

Accommodations
Central Serengeti Nyumba

Meals Included
breakfast, lunch, dinner

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DAY 6

Tuesday
6/9/20

Ngorongoro Conservation Area

Drive from the Serengeti to the Ngorongoro Conservation Area. You will pass one of the greatest prehistoric sites in Olduvai Gorge, where archaeologists have been making thrilling fossil discoveries for nearly a century. After cutting across the desert-like country, you will arrive at a range of hills that lead to Ngorongoro. You will pass Maasai herding their cattle alongside the road. The Maasai are allowed to live in boma settlements throughout the conservation area. The famed Ngorongoro Crater has one of the greatest concentrations of wildlife in the world.

Drive Across the Serengeti

Today is a long but worthwhile travel day. You'll drive all the way across the Serengeti Plains, but these areas are some of the best to spot lions.

Stop at 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. Take a tour of the excavation site guided by an archaeologist. A brief lecture and small museum tour are included.

Evening at Your Nyumba

Enjoy the eco-friendly comforts at your Nyumba this evening. Set on the crater rim, the campsite offers stunning views of the highlands surrounding Ngorongoro. After dinner, enjoy a warm fire as well as the company of your guide and fellow travelers as you gaze up at the stars.

Accommodations

Ngorongoro Nyumba

Meals Included

breakfast, lunch, dinner

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DAY 7

Wednesday
6/10/20

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 in Ngorongoro Crater

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 on the Crater Floor

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

Traditional Tanzanian Dinner

Enjoy a traditional Tanzanian dinner this evening. Rich with spices and fresh local vegetables, this is a chance to sample the best of local cuisine. (Please note that this does not include game meat.)

Accommodations

Ngorongoro Nyumba

Meals Included

breakfast, lunch, dinner

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DAY 8
Thursday
6/11/20

Ngorongoro Crater to Empakaai Crater

Take a two-hour drive through the scenic highlands and the village of Nainokanoka to Empakaai Crater. Walk down the steep track to the crater's floor, where you will enjoy a picnic lunch by the shore of the lake, which is often inhabited by large flocks of flamingos. Return this afternoon to the crater's rim and drive the remaining short distance to your camp.

Explore Empakaai Crater

The steep terrain into and out of the crater may require some physical effort, but it's worth it! This secluded oasis feels like a place that time forgot. Enjoy the peace and beauty before making the arduous but scenic trek back up to your camp.

Trekking time: 3-5 hours

Camping at Empakaai Crater

Spend the night by the crater's rim in 2-person, walk-in dome tents complete with cot, sleeping bag, and fleece liner.

Accommodations

Empakaai Crater
Rim Camp

Meals Included

breakfast, lunch, dinner

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DAY 9

Friday
6/12/20

Empakaai Crater to Leonotis Camp

After breakfast, head out on the first day of your trek toward Lake Natron. With a guide leading the way, arrive at Leonotis Camp late this afternoon. The scenery is astounding as you wend your way through rolling hills and down dusty trails, all the while OI Doinyo Lengai, the Maasai “Mountain of God” casting its shadow on your path.

Trekking in the Great Rift Valley

Even though the trek is mostly downhill, it still requires moderate strength and endurance. Being prepared makes all the difference. Trekking poles, good hiking shoes that you’ve broken in before arriving, a few bandanas, and a good pair of gaiters to keep dust out of your shoes will help you enjoy the trek to its fullest. (Please note that sneakers are not appropriate.)

Trek time: 3-5 hours

Accommodations

Leonotis Camp

Meals Included

breakfast, lunch, dinner

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DAY 10

Saturday
6/13/20

Leonotis Camp to Lake Natron

Continuing through still more stunning scenery, complete the walk around lunchtime. Enjoy lunch with a dramatic view of Lake Natron, an alkaline lake that is the seasonal breeding home to thousands of greater and lesser flamingos.

Trek to the Base of Lengai

Leave Leonotis Camp and trek to the base of Ol Doinyo Lengai. Enjoy a picnic lunch along the way. You'll be picked up and driven to Lake Natron Camp.
Trekking time: 4-6 hours

Optional Waterfall Hike

This afternoon, hike up to a group of waterfalls near your camp. Take a dip in the pools under the waterfalls to cool off from your day of trekking.

Optional Summit of Ol Doinyo Lengai

Sleep a couple of hours before your midnight wakeup call. Have a snack and drive about an hour to the trailhead, starting your hike around 2:00am. You do not need special climbing skills, but you do need to be fit and very determined to do it. The terrain is steep and exposed, and it's a rigorous 1,700m+ alpine adventure route. Once you reach the edge of the crater rim on the active north crater, you walk along that rim and up to the true summit, which sits on a ridge which separates the active north crater from the south crater. The 30 minute climb to the summit affords you panoramic views toward Ngorongoro, Empakaai, and the Highlands to Lake Natron, and you might even get to see Kilimanjaro and Mount Meru.
Trekking time: 7-10 hours

Accommodations
Lake Natron Camp

Meals Included
breakfast, lunch, dinner

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DAY 11

Sunday
6/14/20

Great Rift Valley and Depart

Depart the vast savannah of the Great Rift Valley and make your way to the bustling city streets of Arusha. Later, head to the airport to catch your departing flight. As you bid farewell to Tanzania, think of all the fabulous stories and photos of your adventure, which you will share with friends and family when you arrive home and for years to come.

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.

Day Room in Arusha

Enjoy a day room in Arusha, resting up and readying yourself for 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 to the Airport

Transfer to Kilimanjaro International Airport with your group. Transfers are included for Delta/KLM departures.

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.

Meals Included
breakfast, lunch, snack

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Accommodation Details

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.

Eastern Serengeti Nyumba

Sitting on a slope of Moruga Hill, your Eastern Serengeti Nyumba overlooks a sweeping valley of wooded savannah, wide-open plains, and a remote wilderness like no other in Tanzania. With its signature style, the campsite provides the perfect place from which you can explore the Eastern Serengeti's rolling hills and woodlands by foot or by vehicle and engage in authentic Maasai cultural programs. After your adventures, the Nyumba offers exquisite, environmentally responsible comforts and personalized care. En-suite bathrooms have water-saving safari showers and self-contained, pump-flush toilets.

Central Serengeti Nyumba

Your signature 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.

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Accommodation Details

Ngorongoro Nyumba

This Nyumba is located at the rim of Ngorongoro Crater where it is poised for optimal access not only to the nearby cultural treasures, but also 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, per your packing list. The exceptional camp crew will make sure you have everything you need to stay comfortable.

Empakaai Crater Rim Camp

Set beside a great lake-covered crater, the Empakaai Camp has stunning views among the wide-open grassy highlands, where you will truly feel like you have entered whole new extraordinary world. These are the wildlands inhabited by Maasai for the past two centuries. You may be lucky enough to spot some mammals over the grassy hills; the forest-lined shores of the soda lake also attract an abundance of birdlife. Your large campsite has spacious domed tents. With comfortable dining, toilet, and shower spaces, you will have everything you need to relax the wilderness after a day's hike.

Leonotis Camp

This is a truly special location nestled in the Great Rift Valley; the camp is below Empakaai crater and on the route to Lake Natron in a grove of magical Acacia trees. This camp, accessible only by foot, is part of an amazing journey and conservation effort to protect this endangered forest.

Lake Natron Camp

Lake Natron Camp is a unique, ecological camp set in one of the most visually dramatic locations in the world. Home to the Maasai, abundant wildlife, and over a million flamingos, the camp is perfectly situated for amazing adventures!

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Included/Not Included

Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in itinerary
- ▶ All park fees
- ▶ Activities as noted in itinerary
- ▶ Safari briefings throughout your trip
- ▶ Services of professional safari guides and drivers
- ▶ Services of Nyumba camp staff
- ▶ Land transportation in a customized, 4-wheel drive safari vehicle
- ▶ Guaranteed window seating in safari vehicles
- ▶ Unlimited mileage in safari vehicles
- ▶ Complimentary bottled drinking water in your vehicle throughout your safari
- ▶ Keep Fit Kit at each Nyumba camp
- ▶ Airport transfers for Delta/KLM flights on scheduled arrival and departure days
- ▶ Baggage handling
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare to and from Tanzania
- ▶ Domestic airfare
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides, drivers, and camp staff

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Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. 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/>

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

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The deposit for this trip is \$800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Supplemental Trekking Release
- 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 March 6, 2020. 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. You must apply for a Tanzania visa. If you do not have a passport, please apply now!

AdventureWomen will send you the necessary documents and instructions to apply for a visa in early 2020, but please do not apply for your visa before March 2020!

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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:

Bring cash in US dollars. US dollars are accepted throughout Tanzania, so there is no need to exchange US dollars for Tanzanian Shillings. Local vendors and markets may not be able to provide change for larger bills, so it is advised to use small bills (\$1, \$5, \$10) for small purchases. Bills should have no tears, no marks, and should have been issued in the last ten years.

Credit cards are accepted at some lodges and some high-end shops; however, usage comes with surcharges from 6% to 15%. Please do not plan on using ATMs in Tanzania.

Suggestions for Gratuities:

- ▶ Head Guide: \$8-10 per day
- ▶ Support Guide(s): \$7-8 per day
- ▶ Camp Staff: \$15 per day

We will provide recommendations specific to your group size in your final packet.

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Arrive: Arrive at Kilimanjaro International Airport (JRO) on June 4, 2020. Delta/KLM via Amsterdam is the recommended route. Transfers are included for Delta/KLM arrivals; private transfers would be at an additional cost.

Depart: Depart Kilimanjaro International Airport (JRO) on June 14, 2020. Delta/KLM via Amsterdam is the recommended route. Transfers are included for Delta/KLM arrivals; private transfers would be at an additional cost.

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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Luggage Weight Allowance: Due to aircraft and vehicle restrictions, your checked luggage must be a soft-sided duffel bag, no larger than 30”L x 15”W x 15”W, without a rigid structure - you should be able to squash your bag into a ball. Your baggage allowance for any internal flights within Tanzania is 15kg (33lbs) for your duffel bag.

As you get ready to pack for your adventure, have a look at The AdventureWomen Store at www.theadventurewomenstore.com - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

Clothing and Gear:

- Duffel bag (soft-sided)
- Daypack with rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 1 pair gaiters
- 1 pair trekking poles (pack in your checked bag)
- 5 short-sleeve shirts
- 2 long-sleeve shirts
- 2 pairs of shorts
- 2 pairs of convertible, light-weight zip-off pants
- 1 pair khaki pants or casual skirt
- 7 pairs underwear
- 3-5 bras/sports bras (good for bumpy roads!)
- 1 fleece or insulated jacket
- 1 waterproof windbreaker
- Wide-brim, tie-on sun hat
- Sleepwear
- 7 pairs of socks
- Second pair of shoes or sandals (slip-off for the vehicles)
- Water shoes/teva style sandals (required for waterfall hike)

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer

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Essentials Continued:

- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

TANZANIA

Wildlife Safari & Trekking the Great Rift Valley

June 4 - 14, 2020

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

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!**

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