

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

TANZANIA

Exploring The Secret Serengeti on Safari



May 20 - 29, 2019

TANZANIA

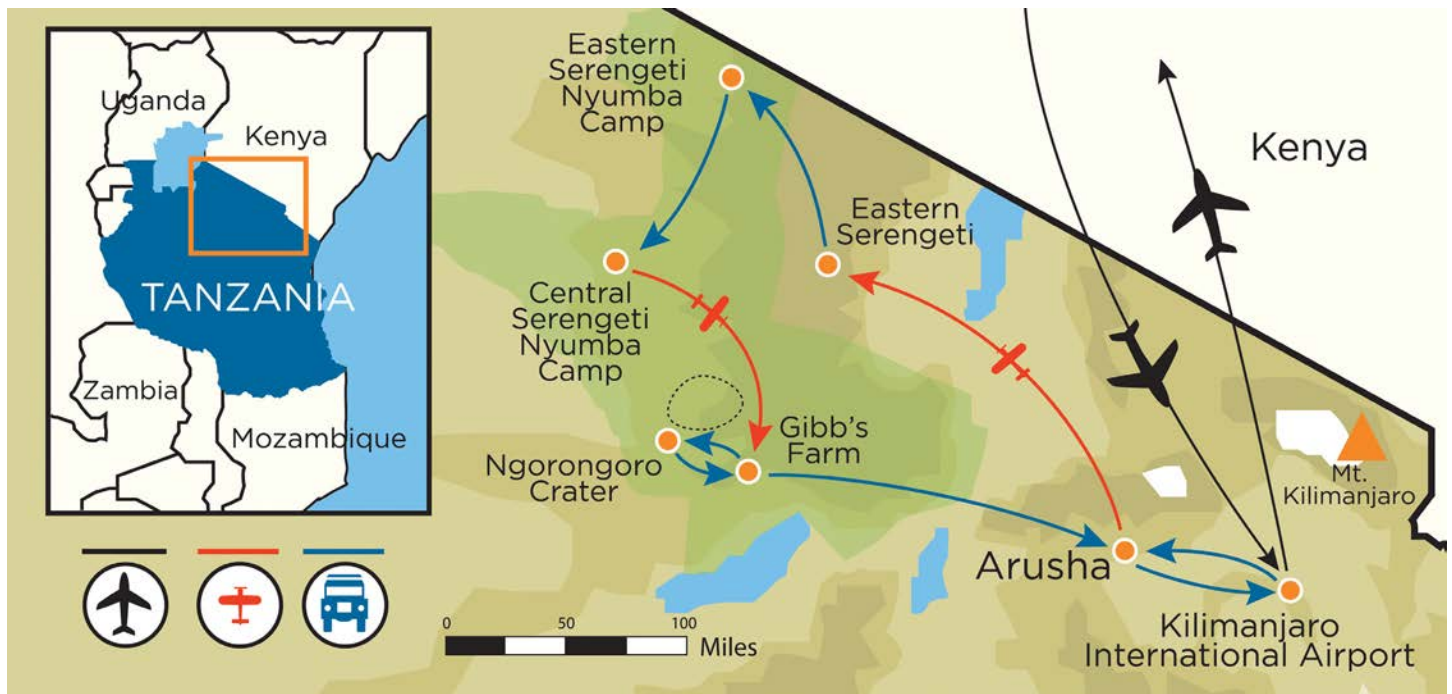
Exploring The Secret Serengeti on Safari

May 20 - 29, 2019

TRIP HIGHLIGHTS

- ▶ Witness the spectacular and fragile coexistence of wildlife, wilderness, and communities
- ▶ Enjoy unparalleled wildlife viewing of lion, leopard, elephant, wildebeest, and more!
- ▶ Explore the Great Rift Valley, the Ngorongoro Crater, and the Serengeti
- ▶ Learn about microfinance from Maasai women
- ▶ Explore an exclusive nature reserve in the eastern Serengeti ecosystem

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive in the late evening, spend the night at a beautiful lodge
- Day 2: fly to a private nature refuge, visit a Maasai boma, take a late afternoon walk
- Day 3: hike among wildlife, visit a local clinic, hear stories from a Maasai storyteller
- Day 4: learn about microfinance from a local women's group, take a night wildlife drive
- Day 5: wildlife viewing in the Serengeti
- Day 6: full day in the Serengeti looking for lion, leopard, cheetah, and more
- Day 7: optional dawn hot air balloon ride, continue exploring the Serengeti
- Day 8: fly to the Great Rift Valley, relax at beautiful Gibb's Farm
- Day 9: visit Ngorongoro Crater, which has the densest mammal population in the world
- Day 10: enjoy a special farewell lunch, visit a local arts center, and head home this evening!

TRIP PRICE

Main Trip: \$5,990

Optional Single Accommodations: \$500

Internal Air: \$690

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your adventure in depth

DAY 1

Monday
5/20/19

Arrival into Arusha

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

Transfer from
Kilimanjaro
Airport With
Your Group

You will be met at the airport and transferred to your comfortable lodge.

Snack at
Mount Meru
Game Lodge

Enjoy a light snack at the lodge.

Accommodations

Mount Meru Game Lodge

Meals Included

snack

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DAY 2

Tuesday
5/21/19

Arusha to Eastern Serengeti Ecosystem

Northern Tanzania is a relatively small area, so it only takes a brief scenic flight to bring you to a whole new world of cultural interest and natural beauty. Take in breathtaking views of Lake Natron and the Maasai “mountain of god”, Ol Doiyo Lengai, which is an active volcano.

Flight from Arusha to the Eastern Serengeti Ecosystem

Take a short scenic flight from Arusha to the eastern Serengeti ecosystem.

Meet Your Guide at the Airstrip

You will be welcomed upon arrival at the airstrip. Your guide will accompany you throughout your safari, offering cultural insights, wildlife spotting expertise and in-depth knowledge of wildlife behavior.

Introduction to the Nature Refuge

Your guide will give you a brief tour and history of the 12,000-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 at Your Nyumba

Relax at your Nyumba and enjoy a tasty lunch.

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.

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DAY 2

Tuesday
5/21/19
Continued...

Continued...

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. Many Maasai still roam the plains of northern Tanzania with their herds of cattle, maintaining their traditions while adapting to new ways of life. Learn more about their extraordinary culture as you tour the boma and take in the scenes of village life.

Late Afternoon Walk

Stretch your legs on a brief but scenic walk this afternoon. As one recent guest put it, the nature refuge is “a magical place of peace and beauty,” and there’s no better way to experience it than on foot. A local wildlife scout will accompany you and your guide on this walk, pointing out nearby wildlife.

Welcome Dinner

Enjoy a welcome dinner and the full Tanzanian hospitality that comes with it.

Accommodations
Eastern Serengeti Nyumba
Meals Included
breakfast, lunch, dinner

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DAY 3

Wednesday
5/22/19

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 in the Eastern Serengeti Ecosystem

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.

Enaboishu Warriors

A group of local Maasai warriors visit the camp tonight and perform a traditional rhythmical dance. The group chose to name themselves for the word "unity" in the Maa language. They are a fine example of Maasai who are successfully bridging two worlds - showing their entrepreneurial spirit and motivation, yet staying true to their chosen lifestyle and traditions.

Maasai Storyteller

Maasai elder Nekaaki Kioki is a feisty grandmother and fantastic storyteller. She knows hundreds of Maasai folktales and tells them in a truly dramatic fashion. Travelers usually gather around the campfire to listen to her tell folktales, which are translated into English.

Accommodations
Eastern Serengeti Nyumba

Meals Included
breakfast, lunch, dinner

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DAY 4

Thursday
5/23/19

Eastern Serengeti Ecosystem

The nature refuge offers a number of scenic hikes over its pristine land. You can explore the ridgeline of the Endoosheke Hills, which offers views of the plains of Kenya, the haze-covered mountains that lead to Serengeti National Park. Or take a more leisurely walk through the plains and wooded savannah, searching for wildlife and learning more about the conservation area's habitats. All walks will be guided by both your safari guide and a local Maasai guide. In the late afternoon, you might even want to head up to the rocky Lotimi Hill where you can take in the sunset and bask in the tranquility of it all.

Morning Wildlife Viewing

The morning hours offer ideal moments for wildlife viewing in the Eastern Serengeti Ecosystem. Perhaps you will spot a silver-backed jackal or even a big cat on the prowl. Zebra and antelope graze over the plains.

Enjipai Women's Group Visit

The Enjipai Women's Group was formed by a small group of Maasai women with a great entrepreneurial spirit. Now numbering over 100 members, the collaborative already has several successful microfinance initiatives underway.

Afternoon Hike in the Eastern Serengeti Ecosystem

Take to the plains and rocky hillsides of the Eastern Serengeti Ecosystem on foot, following animal tracks and enjoying the scenery. Your guide will be a great resource on this hike, pointing out anything of interest that you happen to encounter along the way: from the behavior of a particular insect to the pattern of footprints near a water source to the traditional uses of a specific plant. It's typical to see wildlife on this walk, including giraffe and several varieties of antelope.

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 5

Friday
5/24/19

To Serengeti National Park

Head west 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 rough road to Klein's Gate takes you along the Grumeti River, which serves as one of the Serengeti's two main water sources as it flows from one end of the park to the other before emptying into Lake Victoria. At the gate, you enter the Serengeti along its northeast border; the Maasai Mara Game Reserve and Kenyan border are less than 15 miles to the north. From there, traverse over the Serengeti's acacia-covered northern corridor with wildlife viewing along the way.

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 en Route

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

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.

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.

Accommodations
Central Serengeti Nyumba

Meals Included
breakfast, lunch, dinner

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DAY 6

Saturday
5/25/19

Serengeti National Park

The most social of the big cats, lions live in groups called prides, comprised mostly of females and cubs and only 1-2 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. Particularly in the Serengeti, males who reside around savannahs and plains develop large dark manes as they grow older. The lion's roar, a familiar sound in the Serengeti at night, can be heard from over five miles away.

Morning Wildlife Viewing in the Serengeti

There is nothing as marvelous as traversing the plains of the Serengeti just after dawn and through the morning hours. Look for herds of wildebeest, zebra, giraffe, impala, eland, topi, and more out on the savanna.

Lunch at Your Nyumba

What better way to enjoy a view of the Serengeti plains than over a satisfying, relaxing lunch at camp.

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.

Relax at Your Nyumba

Once you return from wildlife viewing, take time to sit by the fire and relax. Exchange stories of the day, write in your journals or simply enjoy the fresh evening breeze.

Accommodations
Central Serengeti Nyumba

Meals Included
breakfast, lunch, dinner

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DAY 7

Sunday
5/26/19

Accommodations
Central Serengeti Nyumba

Meals Included
breakfast, lunch, dinner

Serengeti National Park

Most of us know about the “Great Migration” from nature programs that capture some of the most thrilling moments on film. Often misunderstood, the migration is a perpetual, year-round process involving over one million wildebeest and 200,000 zebra who roam the plains in search of food and water. The migration’s most dramatic moments often occur when large numbers of wildebeest and zebra make river crossings, during which they must elude predators in a desperate fight for survival. There is no telling exactly when these highly dramatic movements will occur, but all safari-goers are sure to see plenty of wildebeest and zebra while in Tanzania.

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.

Picnic Lunch

Enjoy your lunch outdoors in a scenic spot.

Continue Wildlife Viewing in the Serengeti

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.

Rest at Your Nyumba

After being on the go for several days, it’s always nice to take a break and put your feet up at camp.

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DAY 8

Monday
5/27/19

Serengeti to Ngorongoro Highlands

As you go from the Serengeti to the Ngorongoro Highlands, you cross grasslands abundant in dramatic granite outcrops called kopjes. The grasslands eventually lead into the wide-open, treeless plains that are so emblematic of the Serengeti. The wooded knolls around Naabi Hill Gate mark your departure from the park, and then it's on to the desert-like bush country. You will pass one of the world's greatest prehistoric archeological sites, called Olduvai Gorge, where archeologists have been making thrilling fossil discoveries for nearly a century. Your drive concludes in the highlands, whose rich volcanic soil makes for some of the most fertile land in Tanzania.

Flight from Ikoma to Manyara

Take a scenic flight from the Serengeti to the Ngorongoro Highlands.

Lunch at Gibb's Farm

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.

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.

Walking at Gibb's Farm

Take a leisurely stroll on your own through the gardens at Gibb's Farm to stretch your legs. Enjoy the quiet atmosphere, the abundance of beautiful plantings and the views out into the surrounding highlands.

Accommodations

Gibb's Farm

Cottage Room

Meals Included

breakfast, lunch, dinner

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DAY 9

Tuesday
5/28/19

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.

Farewell Dinner

Enjoy your farewell dinner in Tanzania, giving you time to reflect on the many sights, adventures, and experiences that you will remember for years and years to come.

Accommodations

Gibb's Farm
Cottage Room

Meals Included

breakfast, lunch, dinner

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DAY 10

Wednesday
5/29/19

Accommodations

Day Room at
Mount Meru Hotel

Meals Included

breakfast

Arusha and Departure

Depart the highlands for Arusha, where, after a day of leisurely activities, you will 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.

Farewell Lunch at Arusha Coffee Lodge

Enjoy a special farewell lunch in Arusha. Visit the adjoining Shanga workshop where physically challenged artisans create remarkable jewelry, learn glass-blowing, and sell their work.

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 to Kilimanjaro International Airport

Transfer to the airport for your flight home.

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

Mount Meru Game Lodge

This former private residence is a unique property located on the outskirts of Arusha; it has been a refuge for injured or orphaned animals for over 15 years.

Homey, comfortable cottages are placed throughout the garden, while in the main building, an elegant lounge and dining area offer a quiet place to relax and share safari stories. At one end of the picturesque garden, there is a semi-enclosed park-like setting where marabou stork, zebra, gazelle, warthog and even elephant recover from injuries obtained in the wild. Depending on their condition, every effort is made to reintroduce them to the wild.

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.

Enjoy a refreshing beverage at your private verandah as you look out to the acacia-covered plains where giraffe, wildebeest, and gazelle sometimes graze. This is Tanzania at its boundless magical best.

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Accommodation Details

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. Freshly baked breads, homemade soups, salads, a variety of healthful, delicious entrees and, of course, decadent desserts highlight the daily menus.

Gibb's Farm - Cottage Room

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.

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

Included:

- ▶ Accommodations based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All park fees
- ▶ Services of professional safari guides and drivers
- ▶ Services of Nyumba camp staff including chef and waitstaff
- ▶ Land transportation in a customized safari vehicle
- ▶ Guaranteed window seating in safari vehicles
- ▶ Unlimited mileage in safari vehicles
- ▶ Activities as noted in itinerary
- ▶ Bottled water in the vehicles
- ▶ Airport transfers for Delta/KLM flights on scheduled arrival/ departure days
- ▶ Baggage handling
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare to and from Tanzania
- ▶ 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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bags!

the fine print

Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as Moderate. Our Moderate adventures exercise your mind more than your body and are designed for women who prefer a leisurely, less rigorous experience. For example, you could walk up to 2 miles per day through cities and villages, stand in museums for a few hours, relax on a boat, or view wildlife from a vehicle..

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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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 February 19, 2019.

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, but please do not apply before February 2019!

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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 May 20, 2019. 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 May 29, 2019. 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
- 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
- Running/walking shoes or light hiking boots
- Second pair of shoes or sandals (slip-off for the vehicles)
- Flip-flops/teva style sandals (recommended for use on wooden shower platforms)

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
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)

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**pack your
bags!**

the fine print

Essentials Continued:

- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- 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.

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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

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

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