

# EXPLORE!



BEST SELLER

FLASH SALE

## Kilimanjaro - Lemosho Trek

TANZANIA - TRIP CODE KC

WALKING AND TREKKING

### Why book this trip?

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Challenge yourself on this iconic trek to the summit of Mount Kilimanjaro (5,895m), the highest point in Africa. Following the less-used and scenic Lemosho route, climb and descend on different paths, walking through the mountain's varied climatic regions and admiring the changing plant and animal life.

- **7 day ascent** - Maximise your summit chances and enjoyment by climbing slowly and allowing more time for acclimatisation
- **Wild camps** - Enjoy wild camping in magnificent, scenic locations
- **Trek crew** - Climb with some of the best and most experienced leaders, guides, porters and cooks on the mountain
- Extend your holiday with either four days on the exotic island of Zanzibar (trip code: KCZ) or three days on safari in some of Tanzania's finest national parks (trip code: KCS).



**INCLUDED MEALS**

Breakfast: 9  
Lunch: 8  
Dinner: 9



**TRIP STAFF**

Explore Tour  
Leader  
Cook  
Driver(s)  
Porter(s)  
Trek Crew



**TRANSPORT**

Bus



**ACCOMMODATION**

7 nights simple  
camping  
2 nights standard  
lodge



**WALKING GRADE:**

Challenging To  
Tough



**GROUP SIZE:**

10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip Moshi

Our Kilimanjaro adventure starts today in the peaceful surrounds of our comfortable pre and post trek accommodation in Moshi - the Weru Weru River Lodge, from where there are great views of the mountain. Depending on your arrival time, you can relax by the pool before your briefing with the trek leader, who will provide you with the essential information for your trek to the roof of Africa.



**ACCOMMODATION:**

Weru Weru River Lodge (or similar)

Grade: Standard Lodge



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE





MEALS PROVIDED: DINNER

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## DAY 2 - Trek from Lemosho Glades to Big Tree Forest Camp (2,780m)

After a drive through farmland and plantations we reach the Londorossi National Park Gate on the western side of Kilimanjaro. We continue from there to the Lemosho roadhead at 2100 m from where we start our trek up the mountain. We will climb steadily through the lush forest of the Lemosho glades to reach Big Tree Camp (2780 m). Porters will assist throughout the trek carrying your trek kitbag. You only need to carry what you will need for the day - waterproofs, camera, water bottle, extra fleece, sunhat, packed lunch and three litres of drinking water. Please note that drones are not permitted in Kilimanjaro National Park without a permit, please refer to the equipment section of the trip notes for more information.

Today's seven kilometre trek is expected to take approximately three to four hours with an ascent of 680 metres.



ACCOMMODATION:

Big Tree Forest Camp (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 3 - Walk across grassy moorland to Shira One Camp (3,500m)

Today we trek across a plateau of grassy moorland and heather scattered with volcanic rock formations. Our destination for today is the camp at Shira One (3,500 m), from where there are often views of Kibo Peak, seemingly floating on the clouds. We gain a reasonable amount of altitude today and parts of the route are fairly steep.

Today's eight-and-a-half kilometre trek is expected to take approximately four to five hours with an ascent of 720 metres.



ACCOMMODATION:

Shira 1 Camp (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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#### **DAY 4 - Walk through upland desert to Shira Two Camp (3,900m)**

Today we have the chance to view the Northern Ice fields from the western side of the mountain with some unusual views of Kibo. Our steady climb across the moorland of the Shira Plateau will help with acclimatisation and we enjoy great panoramic views. Our tents will be set up for us at the Shira Two Camp (3,900m). In the afternoon we will take an acclimatisation walk to the junction of the trail to the Moir Hut.

The eight kilometre trek between the camps at Shira One and Two is expected to take approximately five hours with an ascent of 400 metres. The afternoon acclimatisation trek is for an additional one to two hours.



ACCOMMODATION:  
Shira 2 Camp (or similar)



**Grade: Simple Camping**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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#### **DAY 5 - Trek via Lava Tower (4640m) to Barranco (3,960m)**

Today's walk is longer and perfect for our acclimatisation as we will ascend to a high point of 4640 m before descending to a lower altitude for the night. Our trek starts with an ascent with far-reaching panoramic views, walking in to the climatic zone of the upland desert and on the lava ridges beneath the glaciers of the Western Breach. We reach the distinct pinnacle of the Lava Tower (4,640 m), our high point for the day and a great place to enjoy a leisurely lunch. In the afternoon we make a steep descent to our camp for the night, located in the base of the Great Barranco Valley (3,960 m), sheltered by towering cliffs but with extensive views of the plains below.

Today's 10 kilometre trek is expected to take approximately seven to eight hours with an ascent of 740 metres and descent of 680 metres.



ACCOMMODATION:  
Barranco Camp (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 6 - Trek Karanga Camp (4,035m) via the Barranco Wall**

Our trekking today starts with a steep ascent of the Barranco Wall, a rocky cliff almost 260 metres high that is believed to have been created by a huge landslide around 100,000 years ago. The trail winds its way up the 'Wall' and there are sections of what could be termed as light scrambling where you will be pulling yourself up over the rocks and it's easiest to put your trekking poles away. You don't need any technical ability and we will take it slowly. The climb leads to an undulating trail on the south eastern side of Kibo providing us with great views of the Southern Ice fields, if we are lucky with the weather. The terrain ranges from volcanic scree to pockets of lush vegetation as we make a descent into the Karanga Valley followed by an ascent to our campsite at 4,035 m. The valley is the last water point on the approach to Barafu.

Today's six kilometre trek from the Barranco Valley to Karanga is expected to take approximately four to five hours with an ascent of 360 metres and descent of 185 metres.



ACCOMMODATION:  
Karanga Camp (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 7 - Trek across compacted scree to Barafu Camp (4,640m)

This morning we make a steep climb out of the Karanga Valley following an easy path on compacted scree constantly gaining altitude with good views, until we reach our camp at Barafu (4,640 m). This afternoon we rest in preparation for the final night time ascent, and plan to get a very early night!

Today's six kilometre trek is expected to take approximately four to five hours with an ascent of 605 metres.



ACCOMMODATION:  
Barafu Camp (or similar)

Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 8 - Kilimanjaro summit ascent (5,895m); descend to Millennium Camp (3,790m)

Today we make our final ascent to the summit at 5,895 m before descending over 2000 m to our last camp site. It is undoubtedly a long and strenuous day, particularly with the high altitude and extreme cold. We plan to make a midnight start as at this time the scree and potential snow are still frozen and our aim is to have summited and descended before the top layer of scree becomes wet and slippery. Our path zigzags up the scree and after passing Rebmann Glacier, we reach Stella Point (5,685 m) on the crater rim. Although at times you may be able to walk for only 10 paces before you have to stop and rest, there is no doubt that it is all worth it when you reach the top. From Stella Point we continue around the crater rim to Uhuru Peak, the highest point in Africa at 5,895 m. After time to enjoy your achievement and take those all important photographs at the famous summit sign, we descend back down the scree to Barafu Camp for a rest and something to eat. It's then a virtual continuous descent down to the Millennium Camp at 3,790 m where the air feels positively oxygen rich in comparison to where we have just ventured!

Today's walking totals 19.5 kilometres and is expected to take up to 14 hours. The trek from Barafu Camp to Stella Point is an ascent of 1,045 metres and will take around five to six hours, with the hike from here around the crater rim to Uhuru Peak (additional 210 metres of ascent) taking another one to two hours. The trek down from the summit to Millennium Camp, (a total descent of 2,105 metres), is expected to take approximately five to six hours (excluding the time spent resting at Barafu).



ACCOMMODATION:

Millennium Campsite (or similar)

**Grade: Simple Camping**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 9 - Descend through rainforest to Mweka Gate (1,630m); drive to Moshi**

After a well-deserved night's sleep and rest, our final day on trek takes us down through the lush beauty of the rainforest, enjoying the increasing warmth and richness of the mountain air. The trail end is at the Mweka gate (1,630 m) from where we travel by road to Moshi and back to the comforts of our lodge. We will have a well-earned lunch on arrival back in Moshi.

Today's 12 kilometre trek is expected to take approximately five to six hours and is a total descent of 2160 metres.



ACCOMMODATION:  
Weru Weru River Lodge (or similar)

**Grade: Standard Lodge**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 10 - Optional game drive; trip ends in Moshi**

The day is left free to relax after the trek before the trip ends mid-afternoon. Weather permitting, we may be treated to some final views of Kilimanjaro from our lodge. Depending on the time of your flight you may like to join an optional game drive around the Momella Lakes area in Arusha National Park which is famed for its high giraffe population as well as elephants, hippos and buffaloes. This trip will run from

approximately 0630-1300hrs.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### Tanzania

##### Climate

The climate is tropical but varies greatly with altitude. Coastal areas and islands are hot and humid, while the central plateau is dry and arid. Tanzania can be visited all year round and its seasons can be defined as green and dry. The dry season is generally from June to October and January to February, with most days being fine and sunny weather with temperatures and humidity rising throughout the day. It can be cold at night, particularly in June & July. The green season includes the rains of March to May (with the peak in April – generally during the afternoon) and November to early December. This pattern can be unpredictable. The weather system during these periods refreshes the landscape creating lush green scenery which is not witnessed during the dry season. The Zanzibar archipelago is a year-round destination but does have dry and rainy seasons. The dry season is between June to October and January to February. The 'short rains' are between November to December, when a short, afternoon rainstorm can be a daily occurrence. The 'long rains' occur between March to May, when days can be humid and rainy, however, sunshine is still often frequent. The changing weather patterns does mean the 'rainy' season is becoming less predictable. Weather at altitude can vary to the above seasons, with the evenings being cold. Kilimanjaro features its own array of climates and biomes; between 1,800 to 2,800 metres is a rainforest climate (humid and hot), from 2,800 to 4,000 metres is dry mountain vegetation – please note night time temperatures can fall to below 0 degrees from this level. A cold desert climate with a strong equatorial sun during the day but cold nights is found between 4,000 to 5,000 metres. The summit generally has clear days though the evenings can be very cold featuring snow.

##### Time difference to GMT

+3

##### Plugs

3 Pin (as per the UK), best to travel with an adapter as some lodges have 2 pin sockets.

##### Religion

Christian, Islam

##### Language

Swahili, English



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## Budgeting and packing

### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Moshi - Excursion to Arusha National Park including park fees and lunch US\$ 122-328 depending on numbers - minimum 2 persons. (This excursion runs from approximately 0630-1300hrs and is dependent on passenger flight times)

### Clothing

Being properly equipped is one of the keys to a successful trek. Use the following check list and notes to be sure that you have what you need for the actual trek.

Jacket - After sunset, temperatures can fall below freezing. A very warm jacket is the most convenient way of keeping warm when the temperature drops. Down jackets are recommended especially for the summit attempt.

Waterproofs - Breathable jacket and trouser waterproofs made from material such as Goretex not only protects against rain and wind, but also stops you from overheating. They 'breathe' and avoid condensation that you will experience from nylon waterproofs.

Long trousers - For everyday walking, light trekking trousers are the most suitable. Jeans are not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.

Fleece jackets: Fleece jackets are essential as nights can be very cold at altitude. Make sure that your waterproof jacket is loose enough to wear over your fleeces.

Thermal underwear/base layers - Long sleeve tops and long john legging thermal underwear is essential. Cotton clothing like t-shirts are not suitable or recommended as a base layer as they do not wick away any moisture from the skin. In extreme cold, this could lead to hypothermia. It can also contribute to chaffing of the skin in sensitive areas leading to discomfort and skin irritation.

Shorts - Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold!

Waterproof gloves; a warm scarf & a warm hat - Heavy duty windproof gloves or mittens are essential. Also bring a scarf to cover your neck and a warm balaclava or a warm hat.

Buff - Useful protection against dust kicked up from the scree slopes of the summit

Note Re: Summit Night Clothing - Climbing Kilimanjaro is the equivalent of trekking from the Equator to the Pole. It is essential that you have the proper equipment and clothing to ensure you enjoy the trek and also give yourself the very best chance of reaching Uhuru Peak. After many years of trekking and reaching the summit of Kilimanjaro, we strongly recommend that you should wear the following for your summit night

**Torso:** You should have six or 7 layers of clothing covering your chest depending on your kit specifications. Starting from your base layer to the outer shell, you should wear a long sleeve thermal underwear layer; a comfortable long sleeve shirt; a jersey; a thin fleece; a thicker fleece and a thick waterproof and windproof outer shell that may contain a fleece lining. If you have a down jacket you may want to decrease this by one layer.

**Legs:** You should wear three layers of clothing covering your legs. Starting from your base layer to the outer layer, you should wear long john thermal underwear; trekking trousers and a waterproof and windproof outer shell.

**Extremities:** Your head must be covered by a balaclava or a warm hat and your neck should be covered by a scarf. Your hands must be covered with thick waterproof and windproof gloves. You must have thick clean warm socks for summit night. You might also wish to bring hand warmers for additional warmth for summit night. Most well stocked pharmacies/outdoor stores will have these available.

## **Footwear**

**Walking Boots** - We strongly recommend walking in a good, comfortable, broken in pair of boots. Trainers and tennis shoes do not give the ankle support afforded by a decent pair of walking boots. Ideally, visit a specialist outdoor pursuits shop who will offer advice. It is a good idea to carry your boots in your hand luggage on international flights or wear them. Gaiters are useful to keep snow and scree out of your boots.

**Trainers or trekking sandals** - You may choose to bring these which will be useful in towns and when travelling, and leave them in Moshi. It is worth bearing in mind that trekking sandals afford you little protection from stubbing your toes when walking around rock-strewn campsites at night.

**Socks** - It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

## **Luggage**

20kg

### **Luggage: On tour**

Your luggage should consist of three main pieces:

**Main Baggage** - The item of luggage used to carry all your belongings in the hold of the plane and used to store all of the items you don't need on trek. This can be left behind at the group hotel used prior to the trek.

Trek Kitbag - Before leaving Moshi there is time to re-sort luggage into what you need on trek and what can be left in Moshi. Think about what you are taking on trek (remember your sleeping bag) and then think how big your kit bag needs to be. An ex-army type can usually be obtained cheaply. A nylon or canvas bag with a zip along the top is also suitable. Whatever you choose, it must be strong and waterproof, but the porters will carry your kit in heavy duty outer bags for added protection. Soft luggage is essential as framed rucksacks are unsuitable. The weight limit for bag and its contents must not exceed 15 kg but you will probably find that you do not need this much.

Daysac/Rucksack: 30-35 litres recommended. During the course of a trekking day, you do not have access to the luggage which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysac should therefore be large enough to carry waterproofs, fleece jacketweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, sun cream, water bottle (minimum 1 litre) and your camera. Most people normally find that this adds up to about 2 to 3kg. Other optional items in a daysac might be a diary or a book to read at lunch time. We advise you to take a waterproof rucksack cover or alternatively line the sack with a large plastic bag to keep the contents dry.

## Equipment

Personal Equipment you will need to take on Trek:

Sleeping bag - As you do not carry it yourself, this may be down or synthetic, but it must be 4-season comfort rating (temperature -10 degrees celcius to -5 degrees celcius) or a 3-season with a separate liner. A silk or fleece liner helps to keep your bag clean and adds an extra season.

Sleeping mat - Whilst Vaude sleeping mats are provided, they are lightweight and thin. We therefore recommend that you bring your own inflatable thermarest for added comfort and a good night's rest.

Sleeping aids - Some people find it difficult to sleep at altitude. You may find ear plugs and an eye mask useful at night.

Trekking poles - Strongly recommended.

Water Bottle or Platypus/Camelbak hydration system - During the trek you will be supplied with filtered water each morning in camp but this will still need to be purified. A personal supply of tablets/drops (approximately 40 tablets) for your water purification system is essential and should be brought with you as they are not easy to find in Moshi. Powdered fruit juice can be used to disguise the taste and this can be purchased in Moshi. Water along the trail must never be considered as drinkable until purified. Take at least 2 x 2 litre personal water bottles or a system that allows for this much water. If you elect to use a hydration system with a tube then it is essential that the bladder and tube are insulated for high altitude and below freezing temperatures.

Sunglasses/snow goggles - Essential for protection against UV rays and glare at high altitudes.

Sun hat, high factor sun cream/block & lip salve - Choose a high factor suncream (factor 30 or more) to protect your skin against the sun at high altitudes. A combination sunblock/ lipsalve is ideal for facial protection.

Torch/batteries/bulb - A head torch is essential at night in the camp and for lighting your way on the night time summit ascent. Bring plenty of spare batteries and a bulb. There are no facilities on the mountain to recharge any digital equipment.

Toiletries - Essentials are toothbrush/paste. Wet Wipes are great for an alternative to washing and a quick clean up.

Personal first aid kit - On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials. Please do not give medicines to local people without consulting the tour leader.

Personal supplementary snacks - Although sufficient food is supplied on this tour, we recommend that you bring some high energy snacks like cereal bars and chocolate (sweets if you are lactose intolerant) with you. Dextrose and mint cake are especially good for summit night.

Swimming costume - the hotel in Moshi has a pool.

Two man tents, dining tent, toilet tent and all cooking and kitchen equipment are provided by Explore once you are on the trek.

Equipment Rental in Tanzania - the following items are available for hire locally and prices stated are for the duration of the trek. Please advise Explore in advance of your trek so prior arrangements can be made with our local agent in Moshi :-

Trekking poles - \$15 per pair

Sleeping bag - \$20

Air mattress (self-inflating Therm-a-Rest style) - \$10

Equipment Hire and Trek Training Days in the UK - Trek Hire UK hire out a wide range of kit including quality sleeping bags, down jackets, therm-a-rest sleeping mats and walking poles <http://www.trekhireuk.com>. They also run regular trek training and preparation days from their base in the Surrey Hills, ideal for getting an indication of your overall fitness level and also covering advice on kit and altitude.

Drones - Are not permitted in any National Park in Tanzania without a permit. Permits cost approximately US\$250 per 24 hrs. Please advise us at time of booking if you wish to take a drone with you into the National Park, as permits are difficult to obtain. If you launch a drone without a permit this will be confiscated by the Park officials.

Plastic Bag Ban:

With effect from 01 June 2019, it is illegal to use, manufacture and/or import plastic bags into Tanzania and Zanzibar. Any person found with plastic bags of any type including shopping bags on arrival into the country can receive a heavy fine. Small plastic bags used for hand luggage toiletries are permitted but must be in a reusable condition and not disposed of in the country. Please ensure you do not have any non-permitted types of plastic bag in your hand luggage or luggage. Any plastic bags obtained whilst travelling are disposed of before arriving into Tanzania or are surrendered at the designated desk available at all entry points into the country.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline.

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

After consultation with local porter protection groups and our agent in Tanzania, you should accordingly allow US\$200-250 per person depending on group size for group tipping on this tour.

It would be advisable to have this amount in denominations of 5,10 and 20 dollar notes for ease of distribution.

## Tanzania

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£6.00-10.00	£13	£1.6	£0.7

### Foreign Exchange

#### Local currency

Tanzanian Shilling.

#### Recommended Currency For Exchange

US Dollars are preferable. Please be aware that any notes issued before 2006 will not be accepted

#### Where To Exchange

Banks or 'Forex' offices only in main towns/cities. Your Tour Leader will advise you on arrival.

#### ATM Availability

Major towns and cities will have ATMs available.

#### Credit Card Acceptance

Credit cards are generally not accepted.

#### Travellers Cheques

Take some to act as reserve funds.

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## Transport, Accommodation & Meals

### Transport Information

Bus

### Accommodation notes

Our Kili trek is camping based and, as you may expect, conditions are basic on the mountain, though the service from our porter team is superb. We use two man tents which will be put up and taken down by our porter team. A mess tent is provided where we take breakfast and dinner as well as tea and refreshments at the end of each days trek. We carry portable chemical toilets and a toilet tent and there are also basic long drop toilets at each campsite. There are no permanent washing facilities at the camps and a limited amount of water is available for washing so wet wipes come in very handy!

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## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa and Passport Information

Tanzania: A single visa is required by UK, New Zealand, Australian, US & Canadian citizens. Visas can be arranged on arrival, but due to queues at immigration we recommend for the visa to be arranged in advance.

An E-visa for Tanzania can be obtained prior to departure via the e-visa website:

<http://www.immigration.go.tz>

Click on the e-Services tab and then select Online Visa Application, please ensure you read the Visa

Application Guidelines before applying for your e-visa.

You will need to print a copy of your e-visa approval letter and present this with your passport and final documents at your entry point into the country. The approval letter takes approximately 10 days to approve if there are no queries on the application. We therefore advise for you to apply at least 15 working days prior to travelling. Please ensure you have enough validity left on the visa through to the end of the tour before you travel.

American nationals are required to apply for a multiple entry e-visa for all tourism visits to Tanzania; the ordinary single entry e-visa is unavailable for Americans to apply to.

Passports must have a minimum validity of 6 months and at least 1 blank/unused page at time of travel.

#### Plastic Bag Ban:

With effect from 01 June 2019, it is illegal to use, manufacture and/or import plastic bags into Tanzania and Zanzibar. Any person found with plastic bags of any type including shopping bags on arrival into the country can receive a heavy fine. Small plastic bags used for hand luggage toiletries are permitted but must be in a reusable condition and not disposed of in the country. Please ensure you do not have any non-permitted types of plastic bag in your hand luggage or luggage. Any plastic bags obtained whilst travelling are disposed of before arriving into Tanzania or are surrendered at the designated desk available at all entry points into the country.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the

ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Maximum altitude (m)**

5895

## **Altitude information**



This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on tour you must let your tour leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of Medex and downloading their information booklet:  
[http://medex.org.uk/medex\\_book/english\\_version.php](http://medex.org.uk/medex_book/english_version.php)

Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude this trip reaches - 5895m. Please take these to your medical appointment so that your doctor has the full details of your trip.

You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

This trip includes night stops where we sleep at altitudes in excess of 4000m. For this reason it is suitable only for participants aged 16 and over.

## **Included activities**

As part of our Responsible Tourism program, we support the 'Donate a Mosquito Net' charity. This scheme purchases mosquito nets from a local provider and donates the nets to villages in areas that are most affected by malaria. The nets cost US\$3.00 each and your leader will advise how you may donate if you wish.

## **Tanzania**

### **Vaccinations**

We strongly recommend protection against malaria, hepatitis A, tetanus, typhoid, polio and yellow fever. Please note you are required to produce a valid yellow fever certificate on arrival in Tanzania if you have spent 10 hours or more transiting through an endemic country. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Travellers may also wish to take immunisation against meningococcal meningitis. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

### **Plastic bag fees**

Please do not bring plastic bags into Tanzania as this could incur a fine. etc etc

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## **Walking and Trekking information**

## DAILY DISTANCES

Day 2	7km	3.5hrs
Day 3	8.5km	4.5hrs
Day 4	8km 3.5km	4.5/2hrs
Day 5	10km	7.5hrs
Day 6	6km	4.5hrs
Day 7	6km	4.5hrs
Day 8	19.5km	14hrs
Day 9	12km	5.5hrs

 Optional Walks

### Walking grade

Challenging to tough

### Trek details

This is an 8-day trek with an average of 5 to 7 hours trekking each day, except for the ascent of Uhuru Peak which involves 12 to 14 hours of trekking. Generally we walk at altitudes between 3,000m and 5,000m and we reach a maximum altitude of 5,895m. The trek is fully supported by porters and staff. We have graded this trek as Challenging to Tough.

### Max walking altitude (m)

5895



AWARD WINNING  
EXPLORE LEADERS



PRICE GUARANTEE  
PROMISE



AIRPORT  
TRANSFERS