

EXPLORE!

Private Guided Kilimanjaro - Lemosho Trek

10 days

Tanzania - Trip code PJKC



Private Guided - Kilimanjaro - Lemosho Trek

You trek to the summit of Mount Kilimanjaro, Uhuru Peak (5,895 m), the highest point in Africa. Following the less-used and scenic Lemosho route you climb and descend on different paths, walking through the mountain's different climatic regions and admiring the changing plant and animal life. Highlights include the ice fields of Kibo, the daunting Barranco Wall and the breathtaking views from the summit itself.

Trip highlights

- ★ **Lemosho route** - Climb one of the most scenic and least busy routes.
- ★ **7 day ascent** - Maximise your summit chances and enjoyment by climbing slowly and allowing more time for acclimatisation.
- ★ **Uhuru Peak** - Marvellous 360 degree views from the roof of Africa at 5895m!
- ★ **Shira Plateau** - Traverse the wild heath and moorlands of Shira Plateau.
- ★ **Wild camps** - Enjoy wild camping in magnificent, scenic locations.
- ★ **Trek crew** - Climb with some of the best and most experienced guides, porters and cooks on the mountain.

ACCOMMODATION GRADE:

Simple

These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes with en suite facilities.

WALKING GRADE:

Challenging To Tough

A blend of challenging and tough grade treks, this level suits experienced and fit hikers who are confident trekking for long periods on difficult terrain and at high altitudes, with demanding ascents and descents.

Itinerary

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

DAY 1 - Join trip Moshi

Your 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. You can relax by the pool and contemplate your trekking adventure ahead!



Accommodation: Weru Weru River Lodge (or similar)



Standard Lodge



Swimming pool available



Single room available



Meals Provided: Dinner

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

After a drive through farmland and plantations you reach the Londorossi National Park Gate on the western side of Kilimanjaro. You continue from there to the Lemosho roadhead at 2100 m from where you start the trek up the mountain. You 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)



Simple Camping



Single room available



Meals Provided: Breakfast, Lunch & Dinner

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

Today you trek across a plateau of grassy moorland and heather scattered with volcanic rock formations. Your destination for today is the camp at Shira One (3,500 m), from where there are often views of Kibo Peak floating on the clouds. You 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)



Simple Camping



Single room available



Meals Provided: Breakfast, Lunch & Dinner

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

Today you have the chance to view the Northern Ice fields from the western side of the mountain with some unusual views of Kibo. Your steady climb across the moorland of the Shira Plateau will help with acclimatisation and there are great panoramic views. Your tent(s) will be set up at the Shira Two Camp (3,900m). In the afternoon you 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)



Simple Camping



Single room available



Meals Provided: Breakfast, Lunch & Dinner

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

Today's walk is longer and perfect for your acclimatisation as you will ascend to a high point of 4,640 m before descending to a lower altitude for the night. Your 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. You reach the distinct pinnacle of the Lava Tower (4,640 m), the high point for the day and a great place to enjoy a leisurely lunch. In the afternoon you make a steep descent to the 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)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

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

The 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 wends 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 you can take it slowly. The climb leads to an undulating trail on the south eastern side of Kibo providing some great views of the Southern Ice fields, if you are lucky with the weather. The terrain ranges from volcanic scree to pockets of lush vegetation as you make a descent into the Karanga Valley followed by an ascent to the 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)



Simple Camping



Single room available



Meals Provided: Breakfast, Lunch & Dinner

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

This morning you make a steep climb out of the Karanga Valley following an easy path on compacted scree constantly gaining altitude with good views, until you reach the camp at Barafu (4,640 m). This afternoon you will 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)



Simple Camping



Single room available



Meals Provided: Breakfast, Lunch & Dinner

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

Today you make your final ascent to the summit at 5,895 m before descending over 2000 m to the last camp site. It is undoubtedly a long and strenuous day, particularly with the high altitude and extreme cold. There will be a midnight start as at this time the scree and potential snow are still frozen and the aim is to have summited and descended before the top layer of scree becomes wet and slippery. The path zigzags up the scree and after passing Rebmann Glacier, you reach Stella Point (5,685m) 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 you 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, you 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 3790 m where the air feels positively oxygen rich in comparison to where you 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 2105 metres), is expected to take approximately five to six hours (excluding the time spent resting at Barafu).



Accommodation: Millennium Campsite (or similar)



Simple Camping



Single room available



Meals Provided: Breakfast, Lunch & Dinner

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

After a well-deserved night's sleep and rest, the final day on trek takes you 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 you travel by road to Moshi and back to the comforts of the Weru Weru River Lodge. You 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)



Standard Lodge



Swimming pool available



Single room available



Meals Provided: Breakfast, Lunch & Dinner

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, you may be treated to some final views of Kilimanjaro from the 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

Walking and Trekking information

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. Although it is possible to climb Kilimanjaro throughout the year you should be aware that March, early June, November and early December are the low rainy season while April and May are high rainy season.

Max walking altitude (m)

5895

What's included?



Included meals

Breakfast: 9
Lunch: 8
Dinner: 9



Transport

Bus



Trip staff

Cook
Driver(s)
Local Guide(s)
Porter(s)
Trek Crew



Accommodation

7 nights simple camping
2 nights standard lodge

Trip information

Country information

Tanzania Holidays & Tours

Climate

The climate is tropical but varies greatly with altitude. Coastal areas are hot and humid, the central plateau dry and arid. It can be cold at night, particularly in June & July and at altitude. Generally the long rains arrive April/May and the short rains Nov/early Dec. Although this pattern can be completely erratic. Additional information and climate charts can be accessed at <http://www.explore.co.uk/weather>. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Time difference to GMT

+3

Plugs

3 Pin Flat

Religion

Christian, Islam

Language

Swahili, English

Budgeting and packing

Optional activities

Moshi - Excursion to Arusha National Park including park fees and lunch US\$ 150-180 per person depending on numbers. (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 leggings 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. 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 jacket/wool, 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). 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 and can usually be hired in Moshi, at US\$15 per pair. However, you may prefer to take your own. Water Bottle or Platypus/Camelbak hydration system - Water along the trail must never be considered as drinkable until purified. Take at least two 2 litre personal water bottles or a system that allows for this much water. A personal supply of tablets/drops for water purification system is essential. Powdered fruit juice can be used to disguise the taste. This can be purchased in Moshi. 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 sunscreen (factor 30 or more) to protect your skin against the sun at high altitudes. A combination sunblock/lip salve 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 - Bring your swimming costume for a swim at the Moshi hotel. The following equipment is provided by Explore once you are on the trek: Two man tents, dining tent, all cooking and kitchen equipment. 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.

Tipping

Local crew

Although entirely voluntary, tipping is a recognised 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. After consultation with local porter protection groups and our agent in Tanzania, you should, accordingly allow US\$150-165 for 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.

Country Information

Tanzania Holidays & Tours

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.

Dinner price

£13

Beer price

£1.6

Water price

£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.

Transport, Accommodation & Meals

Transport Information

Bus

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Our Kili trek is camping based and, as you may expect, conditions are basic on the mountain, though the service from our porters is superb. We use two man tents which will be put up and taken down by your porters. There are basic long drop toilets at each campsite and as there are no permanent washing facilities at the camps, you will be provided with a limited amount of water each day for washing. Wet wipes also come in very handy! In Moshi before and after the trek you will stay at the comfortable Weru Weru River Lodge which has an outdoor swimming pool and great views of Mount Kilimanjaro on a clear day.

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.

Essential Information

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 entry 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. All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

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 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 transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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, 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. 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 trek you must let your trek guide 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 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 the trip reaches (please refer to Tour Essentials box on front page of your Tour Notes). 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

Tanzania Holidays & Tours

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. 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 <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure
