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Trip Notes

KILIMANJARO & ZANZIBAR

Trip code:	TYZ
Country:	Tanzania
Amended:	April 2010
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HIGHLIGHTS

- The perfect combination: climb Africa's highest peak and relax on one of Africa's most beautiful and exotic islands.
- Kilimanjaro stands 3 miles above the surrounding plains, with spectacular views of the sunrise over the Masai Steppe.
- The Rongai route is one of the lesser-used wilderness routes on Kilimanjaro, and is much less crowded than Marangu or Machame routes.
- We add an extra day to the standard five-day Rongai route by staying at Mawenzi Tarn to aid acclimatisation, and so increasing the chances of summit success.
- The Rongai route traverses the mountain from North to Southeast, passing through rain forest on the lower slopes, and close to glacial ice on Kibo's summit cone.
- Relax, snorkel, or dive on the beautiful white palm-fringed beaches of Zanzibar's south-east coast.

SUMMARY



Kilimanjaro is generally accepted as the highest 'walkable mountain' in the world and this itinerary is designed to give you the best chance of reaching the summit by using the easiest six-day route on the mountain. It is a long and hard trek, which reaches an altitude of 5,896m, and we do stress that if you are not prepared to exercise regularly, you are unlikely to make it to the summit. Even if you consider yourself fit, you might still find the climb very hard, depending on how well your body acclimatises to high altitude. There is no scientific way to determine how easily you acclimatise, and be aware that the acclimatisation process also can differ from climb to climb.

Mt. Kilimanjaro is one of the highest volcanoes in the world. Thought for some time to be extinct, recent studies suggests that the volcano is

merely dormant. We avoid the more crowded Marangu and Machame routes on Kilimanjaro, preferring to approach the mountain from the north by the Nale Moru (Rongai) route, which is also considered to be an easier ascent route than the main trails. We also add an extra day to the standard five-day itinerary to ensure maximum acclimatisation and to give ourselves the best possible chance of enjoying the magnificent scenery. Recent statistics indicate that the chance of reaching the summit increases by at least 20% if an extra day is spent acclimatising.

In 2009 our numerous groups on Rongai route have demonstrated that this is the best 6 day route on Kilimanjaro for reaching the summit. 88% of our clients have reached Gilman's Point and 79% have reached Uhuru Peak, the true summit of Kilimanjaro.

The Nale Moru (Rongai) route begins in delightful forest, with the possibility of wildlife viewing, and each day of walking progresses through a different climate zone, adding considerably to the interest of the trek. Starting at 1,950 m., a gradual ascent over four days culminates in a midnight start from Kibo campsite (4,700 m.) so that we can reach Gillman's Point (5,685 m.) for sunrise. The views from here on a clear morning are absolutely magnificent - the Rift Valley, Mt. Meru, and the Masai Steppes stand out from the endless plains almost three vertical miles below. From Gillman's Point, the most spectacular walk of the trek around the rim of the Kibo Crater itself, above hanging glaciers and vast icefields, brings us to Uhuru Peak (5,896m), the roof of Africa.

The name 'Zanzibar' conjures up images of exotic spices, palm-fringed beaches, slave trading, and the narrow streets of Arabic bazaars. Arabs arrived in the 8th century, intermarried with the existing population, and created the Islamic culture that still predominates in Zanzibar today. Zanzibar Island lies 35 km. from the mainland and was governed by a Sultan until 1964, when the island joined with the ex-colony of Tanganyika to form modern day Tanzania. The main town of Zanzibar, known as 'Stone Town', has atmospheric mosques, alleys filled with colourful shops, and a lively waterfront atmosphere. Cloves and many other spices are grown in the lush interior of the island whilst coral reefs, simple fishing villages, and unspoilt beaches are to be found along much of the beautiful coastline. Zanzibar is a place to stroll through the streets or along the beach, to explore the colourful reef offshore, or to simply relax and soak up the sun!

IS THIS TRIP FOR YOU?

GRADE C/D The summit attempt is a D grade walk because of the high altitude and the level of physical effort needed. Please be aware many clients find the summit day on Kilimanjaro the *toughest physical challenge of their life*. The rest of the trek is a C grade more as a consequence of the high altitude and extended wilderness camping than the difficulty of walking; hence the C/D grading for the overall trek. We strongly recommend that you thoroughly read the Exodus grading system as outlined in the Walking & Trekking Brochure before booking this trip.

Walking Conditions

Most of the trails on the Kilimanjaro trek are well defined and of good quality but some forest sections are often slippery and moorland paths can be very wet in poor weather conditions.

The final ascent to Uhuru peak is almost exclusively on scree and loose rock without permanent footpaths but no technical skills are required. During the course of the trip we shall spend time at both high and low altitude, experiencing both extremely cold and quite hot conditions.



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Please note that this is graded as a C/D trek in our Walking Brochure; you will need complete confidence in your physical ability to attempt this trek. You should be prepared for an early start every day on Kilimanjaro.

Altitude

The rate of ascent to high altitude on Kilimanjaro is rapid because of the shape and isolated nature of the mountain. In spite of careful pacing and adequate hydration, it is probable that many trekkers will experience mild altitude sickness. Most recover quickly; but those affected by serious altitude problems will need to descend to a lower altitude with a member of the local staff and probably abandon the trek in the interests of safety. Please report any symptoms of altitude illness to our Guides immediately and be prepared to follow their advice. *The decision of the Senior Local Guide in such situations will be final.*

Over 20,000 people attempt the climb of Kilimanjaro annually and there are, on average, two or three fatalities from Acute Mountain Sickness (AMS) every year. These fatalities are always the result of the failure to undertake a rapid descent quickly enough. Our Guides have had formal training to recognise and deal quickly with the symptoms of AMS, whilst our medical box contains drugs to facilitate a rapid descent together with an evacuation plan from each campsite on Kilimanjaro. Please note that thorough training and preparation still offer no guarantees in the remote and abnormal conditions that exist at higher altitudes on Kilimanjaro.

Female travellers please note there is some evidence to suggest that the regularity of the menstrual cycle is disrupted at altitude, this disruption has been known to bring on unexpected periods.

RESPONSIBLE TOURISM

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment.

Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company. Exodus trips are designed to allow a high degree of economic benefit to the local communities; we buy local produce, eat local food and use local services, thus ensuring that as much money as possible is retained within the local economies and the host communities. With our responsible tourism policy we are continually reassessing our holidays, trying at all times to ensure that they are socially, economically and environmentally sound.

Awards for our work on Responsible Tourism

2006. British Travel Awards: Environmentally Responsible Tourism Company.

2004. Responsible Travel Awards: Best Tour Operator.

2002. BA Tourism for Tomorrow Awards: Highly Commended.

For full details of our Responsible Tourism Policy please visit:

www.exodus.co.uk/responsible-travel.

On this journey through Tanzania, we prefer to use locally owned accommodation where possible and to work with smaller personally-managed service suppliers.

On Kilimanjaro, we have built a number of standards into our mountain services.

All client and staff cooking is done on gas stoves (rather than firewood) and all rubbish is carried off the mountain. Hot washing water in bowls is provided to avoid polluting the streams. All very simple but highly effective measures that represent little more than applied commonsense to the experienced traveller, but are still something of a novelty in Tanzania.

Porter welfare is another important part of our staff policy. You may be surprised to learn that, after the Kilimanjaro Park Fees, portage is easily the largest single ground cost element on the climb and so the temptation for unscrupulous operators to reduce this cost always exists. Treatment of local staff is one of the major differences we have identified in the operational standards offered by tour operators in Tanzania.

- We pay one of the highest salaries on Kilimanjaro, and we pay it immediately after the trek.
- We are one of the few companies who meet the National Park guidelines in this area.

- We ensure that the porters have sufficient food and fuel for the trek.
- We provide communal sleeping tents for all staff on all camping routes.
- Sick porters have access to the same medical box as our clients and do not lose part of their salary because of illness.
- Exodus actively supports the training and education of our local staff during the rainy seasons in Tanzania and is currently working towards providing English language training in Arusha, Tarakea, and Marangu.

These initiatives do not mean that we are 'soft' employers; indeed, we have found that it is easier to obtain high standards of service when staff are treated fairly. Our local coordinators, The African Walking Company, very much share these aims and are actively working with the management of Kilimanjaro National Park to improve visitor facilities, the treatment of local staff, and the training of local guides.

For full details on this specific project please click on the Responsible Travel link on our home page.

JOINING THE TRIP

For those starting in London

Duration: 13 days. Depart London Sunday return Friday.

Flights from London

We normally use the scheduled services of Kenya Airways (depending on availability). As flight timings and schedules change regularly, we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

Regional Flights

Exodus can arrange flights from the majority of the UK's regional airports to connect with the group flights from London. It may also be possible to fly to the destination either direct or via alternative hubs from some regional airports. If you are arriving on different flights to those above, please see the **Airport Transfers** section below.

Please contact our sales team or your agent for help with regional flight requirements.

For those joining the tour in Kilimanjaro

Duration: 11 days. Start Marangu, Monday end Stone Town Thursday.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Clients travelling on land only arrangements will be asked to make their own way to the start point (see above), details of how to reach the start point are given in the Final Joining Instructions. If you require airport transfers, please see **Airport Transfers** section below.

If you require any extra accommodation pre or post tour please contact our sales team for details, we recommend you book anything you require as early as possible.

Airport Transfers

If you are not arriving on the group flight from London, you should meet the group in Marangu Day 2 of the trip.

Transfers are arranged to coincide with the arrival time of the group flight. If you arrive before the group flight, you may (by prior arrangement only) be able to join the group transfer. If you do not take this transfer, you must make your own way to the joining point.

If you would like us to organise a private transfer for you, the cost is from £70 per vehicle and is payable before departure. Please ensure that you provide us with all relevant information at least 2 weeks before departure. Please note that the cost of a taxi is likely to be about \$90, should you decide to make your way independently.

Information about travel to Marangu from Nairobi can also be obtained from the London office.

Please note The end point for the tour is Stone Town, once clients have been dropped at the airport there is a central drop off in Stone Town, however, if you book extra accommodation in Stone Town through us we will drop you directly at the hotel.

LAND ONLY ITINERARY

Please note the group flight from London is an overnight flight departing the day before Day 1 of the itinerary.

The entries in **bold** at the end of each day indicates the type of accommodation normally used (see accommodation section overleaf for key to codes) and meals included (B=Breakfast, L=Lunch, D=Dinner).

Day 1 Arrive at Kilimanjaro airport in the early morning and transfer by private bus to Marangu (a distance of about 85 km.). Those not flying with the group will join us in Marangu. The afternoon is free to relax or to explore the local village and waterfalls. **CH (D)**

Unless you are told otherwise on arrival, you should be in the hotel reception at 17.30 hours when the trip briefing will take place. Please bring with you your passport and insurance details, and your air ticket. The briefing will cover all aspects of your trip and will include the distribution of any hired equipment you have booked.

Day 2 After completing the necessary registration formalities, we transfer by to Nale Moru (1,950 m.) to begin our climb on this unspoilt wilderness route. The first day is only a half-day walk on a small path that winds through farmland and pine plantations. It is a consistent but gentle climb through attractive forest that shelters a variety of wildlife. We reach our first overnight stop by late afternoon at the edge of the moorland zone (2,600 m). **FC (B,L,D)**

Day 3 The morning walk is a steady ascent up to the 'Second Cave' (3,450 m) with superb views of the Eastern icefields on the rim of Kibo, the youngest and highest of the three volcanoes that form the entire mountain. After lunch, we leave the main trail and strike out across the moorland on a smaller path towards the jagged peaks of Mawenzi, the second of Kilimanjaro's volcanoes. Our campsite, which we reach in late afternoon, is in a sheltered valley near Kikelewa Caves (3,600m). **FC (B,L,D)**

Day 4 A steep climb up grassy slopes is rewarded by superb panoramas of the Kenyan plains to the north. We leave vegetation behind close to Mawenzi Tarn (4,330m), spectacularly situated in a cirque beneath the towering cliffs of Mawenzi. The afternoon will be free to rest or to explore the surrounding area as an aid to acclimatisation. **FC (B,L,D)**

Day 5 We leave our attractive campsite to cross the lunar desert of the 'Saddle' between Mawenzi and Kibo to reach Kibo campsite (4,700 m) at the bottom of the Kibo Crater wall by early afternoon. The remainder of the day is spent resting in preparation for the final ascent before a very early night! **FC (B,L,D)**



Day 6 We will start the final, and by far the steepest and most demanding, part of the climb by torchlight at around midnight. We plod very slowly in darkness and cold on a switchback trail through loose volcanic scree to reach the Crater rim at Gillman's Point (5,685 m). We will rest there for a short time to enjoy the spectacular sunrise over Mawenzi. Those who are still feeling strong can make the three hour round trip along the snow-covered rim to the true summit of Uhuru Peak (5,896 m), passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. The descent to Kibo Hut (4,700 m) is surprisingly fast and, after some refreshments and rest, we continue descending to reach our final campsite at Horombo (3,720 m). This is an extremely long and hard day, with between 11 to 15 hours walking at high altitude. **FC (B,L,D)**

Day 7 A sustained descent with wide views across the moorland takes us into the lovely forest around Mandara (2,700 m), the first stopping place on the Marangu route. The trail continues through semi-tropical vegetation to the National Park gate at Marangu (1,830 m). We leave the local staff to return to our hotel in Marangu by mid-afternoon for a well-earned rest and a much needed shower and beer! **CH (B,L,D)**

Day 8 Today we transfer to Kilimanjaro Airport and fly to Zanzibar, on arrival we transfer to our beach resort on the east coast of the island, a distance of about 70kms. . The remainder of the day is free to relax on the beach or by the pool. **CH (B,D)**

Please note that on Zanzibar you will be met and transferred between the airport and hotels as per the itinerary, but you are not escorted or guided.

Days 9-10 Free time on the beach, on the east coast of the island.

Snorkelling and diving can be arranged with Kichanga and it is a wonderful way to experience the underwater world with its array of multicoloured fish. On the other hand, you might want to just to relax and enjoy the beautiful beach and the swimming pool!

For those who want some activity there are 2 very good options; the spice tour or a day trip to explore Stone Town. Ask at reception for booking these trips.

Much of inland Zanzibar is dominated by the production of exotic spices and you can visit the plantations with a local guide, learning about the different spices and fruits, tasting them and have the option to buy! This is a guided half day trip.



You could also arrange a taxi at reception and take the 45 minutes journey to Stone Town. It is interesting to wander around its twisting, narrow streets, seeing the old 19th century houses, arab fort, house of wonder and the infamous slave market (now a church). There are also good opportunities to buy souvenirs. **CH (BD) (BD)**

Day 11 The morning is free to relax, before an early afternoon transfer to Zanzibar Airport for our flight back to UK. Those not flying back with the group either finish the trip in Kichanga after breakfast or take the group transfer to Zanzibar Airport or Stone Town. **(B)**

The group return flight to London is an overnight flight arriving home on the following day.

WEATHER

Although Tanzania lies in the tropics, the temperature depends more on altitude than on season. Northern Tanzania has temperatures ranging from 16°C to 23°C in August, rising to 18°C to 28°C in February. The 'long rains', during which we do not operate trips, occur from late March to May, and there are intermittent 'short rains' in November and December, though the latter have no great effect on mountain climbs.

Kilimanjaro can be climbed at any time of the year but it is usually very wet in the rain forest in April and May. January and February are the warmest months. Above the cloud line the days are warm and pleasant, with temperatures in sunlight often above 20°C, but the nights can get very cold. It is possible for temperatures to get as low as -20°C at Kibo campsite, our highest overnight stop. The daily weather pattern on the mountain tends to be clear mornings with an afternoon cloud build-up that often clears before sunset. In the (European) summer, the weather is usually cloudy at lower altitudes and often sunny above 3,500 m. Please note that mountain weather conditions are never totally predictable and we may meet wet and snowy conditions at any time.

Zanzibar is warm throughout the year with a hot, often humid, tropical climate tempered by sea breezes. Weather conditions are determined by monsoon winds but Zanzibar has low levels of rainfall during the traditional 'dry' seasons. The average humidity is 78% and temperatures range from 20°C to over 30°C. Nights are always pleasantly warm and the sea is always close at hand if the sun gets too hot during the day!

PRACTICAL INFORMATION

Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit.

Most nationalities, including holders of British passports, require a visa. The visa for British citizens can be obtained on arrival at Kilimanjaro Airport; for British citizens, this currently costs \$50 (Sept 2009).

Clients who are not British nationals must enquire through their Agent or nearest embassies to check whether they need visas. Visa regulations can and do change without notice and if you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

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For UK residents, Exodus recommends the visa agency Travcour for obtaining your visas. They can be contacted on 020 7223 5295 or www.travcour.com

Vaccinations and Health

Tanzania is a malarial area and you will need to take a malarial prophylactic.

We recommend vaccinations against Yellow Fever, Typhoid, Tetanus, Meningitis, Hepatitis A and Polio. The Tanzanian authorities have re-introduced checks for Yellow Fever, a Yellow Fever vaccination certificate is required from travellers coming from areas with risk of yellow fever transmission. As some countries list Tanzania as a Yellow Fever endemic country you may also be asked for a certificate after departing Tanzania and arriving at other destinations.

Please consult your doctor or vaccination centre for up-to-date information.

Insurance - Are you adequately covered?

Please ask for details of the Exodus insurance policy that has been tailored to provide specific cover for our trips. It is a condition of joining any of our holidays that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). If taking an alternative policy you must be sure that you are covered for any activities that are part of this trip or optional activities that you intend to take part in. For further information please see the insurance section of the Exodus Travel Advice guide or visit www.exodus.co.uk/about-exodus/travel-insurance.

Local Time is GMT 2 hours (summertime) and +3 hours (wintertime).

Group, Staff and Support

The minimum group size is 4 and the maximum 12. All Kilimanjaro groups are led by an experienced and licensed local Tanzanian mountain guide, and by assistant guides (the exact number depending on group size) supported by a team of porters. There is no European leader on this trip.

PLEASE NOTE On Zanzibar there is no leader. A local driver guide will provide you with a logistical service only, meeting you on arrival and transferring you to and from Kichanga Lodge.

The minimum age of clients on this trip is 18 years.

ACCOMMODATION, FOOD & TRANSPORT

Accommodation

We indicate in the itinerary what type of accommodation is provided on each day. The descriptions below are guidelines only and are used to give an idea of the accommodation offered, rather than an exact description.

KEY TO ACCOMODATION

CH Comfortable Hotel, Lodge or Gite - twin rooms with en suite facilities, reliable electricity and water supply, good service and some added amenities.

FC Full-service Camping - two person tents sometimes in a private or public campsite that contains a communal ablutions block and other amenities and sometimes in a wild camp with toilet tents and mess tent or dining equipment provided. All camp chores are done for you from erecting / dismantling of your tent, to cooking & washing up.

Accommodation in Marangu is very limited. We use the best hotel in Marangu, it is Kilimanjaro Mountain Resort. Accommodation is in twin rooms with ensuite facilities, there is a lovely garden, and a tiled courtyard with a refreshing swimming pool. On clear days, most often in the early morning or late evening the upper floor of the hotels offers fine views of Kilimanjaro.

We camp on a twin share basis in spacious three-person dome tents. There is a large communal tent, which is used for dining and at other times in the event of inclement weather. A private toilet tent is provided, since the standard of the national park toilets are rather low.

In Zanzibar we stay on the east coast of Zanzibar, at Kichanga Lodge. The lodge itself is situated on the raised land above a white sandy beach and bay. There is a large communal area with open sides that allow the sea breeze to pass through. This area comprises a dining area, a bar with plenty of comfy sofas for relaxing, and a small upstairs for secluded

relaxation. Steps lead down from this communal area to the beach and swimming pool. The rooms are all cottages with a ceiling fan and veranda. This veranda has seats or a swing bed so one can enjoy the tranquillity of the location without even leaving your own space.

At all the accommodation used mosquito nets are provided.

Single Accommodation A single supplement is available for this tour, the cost is from £255 and applies to both the tent and hotel nights.

Food

In the itinerary we state which meals are included on which day.

All meals during the climb are included.

Breakfast and dinner is included in Zanzibar.

Five lunches (Day 2 and Days 9-12) and are not included. Please allow approximately US\$100 for these meals.

You may find it beneficial to bring some 'summit snacks' with you from home; summit day is a long trekking day and high energy snacks are not readily available locally in Tanzania.

Water

Whilst the water we provide on Kilimanjaro is suitable for drinking you may wish to be extra safe and treat it with your own water purification tablets. The EU banned iodine to be used to purify water on 25 Oct 2009. The cheapest alternative is to use chlorine tablets. The major difference is chlorine doesn't eliminate giardia. Biox Aqua drops or tablets are the best available alternative for sale in the UK as they kill giardia and cryptosporidium.

Transport

The transfer between Marangu and Rongai is by locally sourced 4WD vehicles. These 4WD vehicles are often of inferior standard to those used on game park safaris in East Africa. The journeys between Arusha, Marangu, and Kilimanjaro airport are by private bus or 4WD vehicles, depending on the number of people in the group. The internal flight from Arusha to Zanzibar is by small aircraft. We use private minibuses for transfers on Zanzibar.

MONEY MATTERS

Exodus and Local Payments

There is no local payment on this holiday. As of 1st January 2008, Exodus no longer use 'local payments' to cover part of the cost of the holiday. While some of the headline prices seem higher, we have not added any extra costs into the total price, apart from the local payment and any standard annual fluctuation in price.

If you are comparing prices with other operators, please check the total price paid, as we believe that Exodus offers the best balance between value for money and operational quality.

Kilimanjaro Tax

Please note there is a compulsory Kilimanjaro National Park of \$635 (approximately £380) this will be paid with your final balance, eight weeks prior to departure when the exact sterling price will be set dependent on exchange rate. This tax constitutes part of the trip costs and therefore is non refundable should you have to cancel.

Currency Information

The Tanzanian unit of currency is the shilling (TZS). At the time of writing the rate of exchange was £1 = 1890 TZS

The Tanzanian Shilling (TZS) is often written 1/- (one shilling). Shillings may not be imported or exported. There is no restriction on the import of foreign currency provided it is declared on arrival. On leaving Tanzania you may convert any amount of TZS into hard currency provided that you have a currency exchange receipt.

Exchange rates are correct at the time of publication.

We recommend that you take most of your money in US dollars issued from 2003 or newer with the big head design on them (there are currently no ATM machines in Marangu, and the closest is a 45 minute drive away). Traveller's Cheques can be quite longwinded and limited to towns so are not recommended. Bring cheques from either Thomas Cook or American Express, as cheques from lesser-known banks may not be accepted. Bring a sensible mix of denominations, and it is useful to bring a small amount in cash US dollars. It is best to change money at the airport in Kilimanjaro on arrival.

The Kilimanjaro Mountain Resort in Marangu does **NOT** accept credit cards.

Extra Expenses and Spending Money

Luggage to be carried by porters on the Kilimanjaro trek is limited to 15kgs per person. Any client wishing to take extra luggage should allow \$65 per porter, which is payable in US dollars cash to our local agents at the commencement of the climb. It is impossible to spend much money on the mountain climb but both alcohol and souvenirs are readily available in Marangu.

If anyone needs to leave the group at any point during the trip (for reasons such as an early descent from Kilimanjaro due to altitude sickness), all expenses incurred until rejoining the group on the itinerary described in these Trip Notes are the responsibility of the individual(s) concerned and should be paid to our local operators before leaving Tanzania. These additional expenses should be covered by your personal travel insurance, and as such an insurance letter detailing this will be provided locally to assist with any claim.

See also Food section above for extra expenses.

Optional excursions (approximate, depending on group sizes)

Single dive at Kichanga – approx	US\$85
Double dive at Kichanga – approx	US\$130
Snorkelling trip at Kichanga – approx	US\$35
Spice Tour from Kichanga – approx **	US\$65

** The price of the spice tour is based on min. 2 people

A Tanzanian airport departure tax of US\$30 is payable on departure from Zanzibar. **This must be paid in cash.**

Tippling (leader and local staff)

In Tanzania it is customary to tip your local staff. Although this is not compulsory, we should point out that it is expected and you should allow between \$50 to \$80 for the staff on Kilimanjaro. This is also the amount recommended by IMEC and KPAP. It is also normal to give small tips in restaurants, to luggage porters, and to drivers.

WHAT TO TAKE

Essential Equipment and Clothing

This should be read in conjunction with our 'What to Pack' section in the Travel Advice booklet (sent on booking).

All luggage for the Kilimanjaro climb should be packed in a soft kitbag or duffel bag.

All camping equipment is provided except for your own personal equipment. You will require the following: 4/5 seasons sleeping bag; sleeping mat; good quality boots well worn-in (leather recommended); 4 seasons duvet jacket; fleece jacket or equivalent; thermal underwear, 2 x 1 litre water bottle; waterproof jacket and trousers; 2 pairs of gloves; warm hat or balaclava; sunglasses; sunhat; thick socks; head torch (with spare batteries, possible freezing temperatures at altitude can affect your batteries, so we recommend a couple of spare sets!); 30-40 litre daypack; warm sweater(s); high factor (at least 30+) sun cream for the twin exposure to high altitude and equatorial sun.

We recommend summit snacks (see food section above).

Whilst climbing Kilimanjaro you can leave clean clothes and other items at the hotel in Marangu.

Duvet jackets, sleeping bags and thick mattresses are available for hire through our local agents and must be pre booked through the Exodus office to ensure availability, or prior to departure from Trek Hire UK (www.trekhireuk.com). Trek Hire UK can also provide a range of trekking essentials and accessories, from rucksacks to trekking poles. Please note that supplies are limited, and it is advisable to reserve any equipment as early as possible. All equipment for local hire must be booked prior to departure. For further details please ask for our Trek Hire leaflet.

Baggage and baggage allowance

If you live in the UK or Eire we provide an Exodus kitbag to pack your luggage in whilst on trek. Please note that if you book close to the departure date we cannot guarantee that your kitbag will arrive before your trip starts. If this is the case please use a suitable alternative. Unfortunately it is not possible for us to supply kitbags for those who book from outside of the UK or Eire.

Please check the baggage allowance on your tickets.

Reading List

There are many guides and books available on Tanzania. Below is a small selection that is most relevant for this holiday.

Tanzania

Lonely planet

(2002)

Predominantly practical in content and aimed at independent travellers. Includes Zanzibar and Pemba.

Guide to Tanzania

Philip Briggs (Bradt Publications 4th edition)

The other excellent general guidebook.

Zanzibar, the insiders guide,

Ian Michler (Struik Publishers)

Inspirational guidebook to Zanzibar, which is a mix between a coffee table book and a guide book.

Trekking in East Africa

Lonely Planet (2003)

Guide to all the popular trekking destinations in Tanzania, Kenya, Uganda, Malawi and Ethiopia.

Kilimanjaro - A trekking guide to Africa's highest mountain

Trailblazer Guides, Henry Stedman

The Tree Where Man Was Born

Peter Matthiessen (The Harvill Press 1994)

A beautiful description of the peoples and landscape of East Africa in the early 70's.

Kilimanjaro

John Reader (Elm Tree Books 1982)

A coffee table book that makes an excellent souvenir of the trip.

Kilimanjaro: To The Roof of Africa

Audrey Salkeld (National Geographic Books 2002)

Another coffee table book that would make an excellent souvenir of the trip.

West Col productions have printed an excellent map and guide to Mt. Kilimanjaro (1:75 000). This map is generally available from Stanfords and other good map/book shops. There is also a good Bartholomew "East Africa" map. Locally produced maps of Kilimanjaro are available in Marangu, as is a revised version of the West Col map at a scale of 1:50000.

For further information contact Stanfords at Long Acre, London, WC2E 9LP. Tel: 020 7836 1321. Website: www.stanfords.co.uk

IMPORTANT INFORMATION FOR ALL CLIENTS

Exodus operate a 24 hour duty office for emergencies, which can be contacted on 0044 (0) 1582 644 100.

Anytime that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at www.exodus.co.uk/about-exodus/essential-information?

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons – climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

The information in these Trip Notes is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between these Trip Notes and our current brochure, the Trip Notes are the correct version and supersede the brochure. Abnormal conditions or other events beyond our control can prevail at any time, particularly in remote or off the beaten track destinations, therefore all holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

HOW TO BOOK YOUR TRIP

- 1. Check availability** Go online to check availability, or contact us by phone or email.
- 2. Secure your place** You can provisionally hold a place on this trip, usually for between three and seven days.
- 3. Complete your booking and payment** When you're ready to book, go to www.exodus.co.uk for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque.

Book with confidence Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

