

## Kilimanjaro - Machame Route & Zanzibar Adventure - DTKZ

12 days: Moshi to Stone Town

### What's Included

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- Your G for Good Moment: Moshi Women's Cooperative Visit, Moshi
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- 6-day guided group trek up Mt Kilimanjaro's Machame Route with local guides, cooks and porters
- All permits and fees
- Scenic flight from Kilimanjaro to Zanzibar
- Orientation walk in Stone Town
- Spice plantation guided tour
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing April 6th, 2018 and onwards

### Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

#### Day 1 Moshi

Arrive at any time.

##### **Your Welcome Moment: Welcome Moment - Meet Your CEO and Group**

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

##### **Accommodation**

##### **Stella Maris Lodge (or similar)**

Hotel

#### Day 2 Moshi/Machame camp

Hike the lower slopes of Mt Kilimanjaro to Machame Camp.

Most of the day is spent in the gorgeous and fascinating, forested slopes of Mt. Kilimanjaro, most of which is considered to be rainforest zone.

Depending on the weather, the trail will be soggy and possibly muddy if it rains.

##### **Private Vehicle**

Moshi - Machame Gate 1h

Settle in and scan the scenery from the convenience of a private vehicle.

##### **Machame Gate to Machame Camp**

Machame Gate - Machame camp 5h-7h 11km

Start at the Machame Gate where the group will register and begin hiking. The slopes of Mt. Kilimanjaro are a rainforest zone, so trails can be wet and muddy. Keep a look-out for black and white colobus monkeys and exotic birds. On the first day of hiking the group covers a long distance with a gradual gradient. End the day at the Machame Campsite above the rainforest.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 3 Machame camp/Shira 2 Camp**

Hike through lower alpine moorland to Shira 2 camp and observe the spectacular views of Kibo Peak.

#### **Machame Camp to Shira 2 Camp**

Machame camp – Shira 2 Camp 5h-6h 5km

Start with a steep ascent towards the edge of the forest. Climb the steep ridge and stop for a break. Before reaching camp, continue hiking to Shira Cathedral and enjoy the view of the peaks.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 4 Shira 2 Camp/Barranco Camp**

Hike to Barranco Camp via Lava Tower. Enjoy the fantastic view of Western Breach and the Breach Wall.

#### **Shira 2 Camp to Lava Tower**

Shira 2 Camp – Lava Tower 3h-4h 7km

Climb slowly through the rocky terrain to the Lava Tower (4600m, 15,092 ft) from the Shira 2 Camp. The route becomes increasingly challenging and steep. Some hikers might start to feel weak or short of breath from the altitude so go slowly— “pole pole” as they say in Swahili—to avoid exasperating the symptoms.

#### **Lava Tower to Barranco Camp**

Lava Tower – Barranco Camp 1h30m-2h 3km

Descend from the Lava Tower 650m (2133 ft) to the Great Barranco Valley. Hike about 2 hours to reach the valley, acclimate to the elevation and take in the view of the Western Breach and Breach Wall along the way. Reach the Barranco Camp and enjoy the beautiful landscape as a reward for the day's difficult hike. The Breach Wall surrounds the Camp on three sides and the area has an amazing view of hanging glaciers and the Kibo massif.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 5 Barranco Camp/Barafu Camp**

View the Great Barranco Wall and climb up the eastern wall, passing below the Helm Glacier.

#### **Barranco Camp to Barafu Camp**

Barranco Camp – Barafu Camp 8h-9h 9km

Take a look at the view of the Great Barranco Wall from camp then get ready to climb up the eastern wall. The route is a steady incline that passes below the Helm Glacier and meets with the Mweka route on the way down. Get some rest at the Barafu camp, the site is on a narrow, rocky, ridge with no barriers to block the wind. Get equipment like headlamps, hiking poles and thermal clothing ready to go for the very early morning start the next day.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 6 Barafu Camp/Mweka Camp**

Hike during the night to the Summit via Stella Point. Watch the sunrise before descending to Mweka Camp.

The route from Barafu Camp to the summit is mentally and physically, the longest, most challenging day of the entire trek. Despite the difficulty, the memory of conquering Mt Kilimanjaro will stay with you forever.

#### **Barafu Camp to Stella Point**

Barafu Camp – Stella Point 6h 4km

Wake up call today is at 11pm in order to reach Stella Point (5756m, 18,885 ft) in time for the spectacular view of the sunrise (depending on weather). Enjoy a snack and warm drink and get ready for the ascent in the dark up the northwest scree. Go slowly as the terrain is rocky and difficult, pass between the Rebmann and Ratzel glaciers before arriving at Stella Point.

#### **Stella Point to Summit**

Stella Point – Uhuru 1h-1h30m 1km

Start the 1 hour, gradual ascent to Uhuru peak (5895m, 19341 ft) along the snow-covered trail. Temperatures near the summit can range from -23° C (-9°f) in the morning to just below freezing overnight. Arrive at the summit at last! Take a deep breath and celebrate a successful climb.

### **Summit to Mweka Camp**

Uhuru – Mweka Camp 4h-6h 12km

Begin the descent from the summit towards the Barafu camp, where the group will pack up and enjoy a quick rest. The route down will use the same rock and scree path as the ascent and will pass back through moorland and forest terrain. Reach Mweka hut in the late afternoon.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 7 Mweka Camp/Moshi**

Continue descent through the forested, lower slopes to Moshi. Meet the mamas of the Moshi Women's Cooperative, a G supported project, for a climbing ceremony.

Arrive to Moshi in the afternoon. Time to relax, take a shower, and celebrate with a drink. Cheers to climbing Mt Kilimanjaro! Before dinner, you will be welcomed and congratulated on your climb by the mamas of the Moshi Women's Cooperative, a project supported by G Adventures. They will present you with a gift and a certificate to remember all your efforts on the mountain.

Opt to pre-book the Moshi Mamas Massage by adding it to your checkout page, or ask your GCO or travel agent for assistance.

### **Mweka Camp to Mweka Gate**

Mweka Camp – Mweka Gate 4h-5h 10km

Hike downhill to the Mweka Gate. Enjoy the lower altitude and the view of the forested slopes of Mt Kilimanjaro. The route can be muddy underfoot so take care. From the Mweka Gate you will continue down into the Mweka village for lunch, normally a muddy 1 hour hike. Upon arrival to Moshi in the afternoon, relax, or opt to have that much-deserved shower and congratulatory beverage.

### **Private Vehicle**

Mweka – Moshi 30m

Settle in and scan the scenery from the convenience of a private vehicle.

### **Your G for Good Moment: Moshi Women's Cooperative Visit**

This project is supported by the Planeterra Foundation and G Adventures. Women and girls are often the first to be excluded from educational programs in Tanzania, with most girls being pulled out of school by Grade 3 to help out around the home. Our ground partners provide free adult business education for women in Moshi, and Planeterra and G Adventures have rented a cooperative space to allow these students to practice their academic skills and save income to start their own business. Feel free to shop for souvenirs and speak to the women who run the cooperative about their lives and how the project has assisted in building a brighter future.

### **Optional Activities - Day 7**

#### **Moshi Mamas Massage**

Moshi

Want to revive sore muscles with a relaxing massage? Have the Moshi Mamas come to your hotel and indulge in a 30 min massage after completing your hike to the roof of Africa! The Moshi Women's Cooperative is a project supported by G Adventures, which provides business education to local women.

**Meals included: Breakfast | Lunch**

### **Accommodation**

**Stella Maris Lodge (or similar)**

Hotel

### **Day 8 Moshi/Stone Town**

Fly to the beautiful island of Zanzibar and transfer to the hotel. Enjoy an orientation walk with your CEO in historic Stone Town, and opt to continue on for a longer walking tour, or explore on your own.

Transfer to the airport for a short, but scenic flight to this island paradise. Arrive in Stone Town in time for lunch and an orientation walk. If you opt to continue on for a longer tour of Stone Town, you will be visiting the Old Slave Market and Palace Museum; entrance to these sites are optional and are to be purchased on site.

### **Private Vehicle**

Moshi – Kilimanjaro International Airport 1h40km

Settle in and scan the scenery from the convenience of a private vehicle.

### **Plane**

Kilimanjaro International Airport – Stone Town 1h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

### **Stone Town Orientation Walk**

Stone Town 30m-1h Afternoon

This orientation walk is just a brief introduction. If you'd like to learn more in depth information about Stone Town, we recommended going on a guided city tour.

### **Optional Activities - Day 8**

#### **Christ Church Cathedral & Old Slave Market**

Stone Town

5USD per person

Tour the site of what was once one of East Africa's most notorious slave markets, and the Anglican cathedral that was constructed in its place.

#### **Sultan's Palace Museum**

Stone Town

3USD per person

Tour this opulent palace built by the second sultan of Zanzibar in 1883 as an extravagant Arab mansion.

### **Stone Town Walking Tour**

Stone Town – Zanzibar

20-40USD per person

Enjoy a walking tour along the bustling narrow streets of Stone Town and admire the historical old buildings and homes that are part of a preservation program funded by UNESCO and the Aga Khan Foundation. Also, visit the historical site of the slave market and learn about this dark aspect of history. Continue to the local fruits and vegetable market, fish market, Tipu house, and National Museum.

### **Meals included: Breakfast**

#### **Accommodation**

#### **Spice Palace Hotel (or similar)**

Hotel

### **Day 9 Beach day in Zanzibar**

Visit a local spice plantation for a guided tour. Continue to the white-sand beaches and turquoise waters of Zanzibar's beautiful coast.

### **Private Vehicle**

Stone Town – Jambiani 1h30m 60km

Settle in and scan the scenery from the convenience of a private vehicle.

### **Spice Plantation Guided Tour**

Zanzibar

Delight your senses with a guided tour and learn about an assortment of spices, such as cloves, black pepper, cardamom, cinnamon, nutmeg, breadfruit, jackfruit, vanilla, and lemongrass, and their various uses. It was the spice plantations that brought the beginnings of Zanzibar's infamous slave trade dating back to the 1840s.

### **Free Time**

Jambiani Afternoon

Settle into island life and explore during some free time.

### **Optional Activities - Day 9**

#### **Swimming**

Jambiani

Grab your bathing suit and go for a refreshing swim.

### **Meals included: Breakfast**

#### **Accommodation**

#### **Spice Island Hotel and Resort (or similar)**

Hotel

### **Days 10-11 Beach day in Zanzibar**

Enjoy free time to lounge on the beach, snorkel, or tour the island.

### **Free Time**

Jambiani Full Day

Do as much or as little as you'd like on this island slice of paradise.

### **Optional Activities - Days 10-11**

#### **Scuba Diving**

Nungwi

65USD per person

Take a boat to Mnemba, a small island surrounded by a circular reef boasting an abundance of colourful coral and marine life. Suit up and enjoy the excellent visibility allowed by the turquoise waters of this region. If you are lucky, you just might be able to spot the bottlenose dolphins that are known to visit this area.

### **Swahili Cultural Tour**

Jambiani 3h-4h

70-200USD per person

Take a couple of hours to get to know the life of a Zanzibarian by being immersed in the local culture.

Follow a guide through a rural village to see elements of day to day life, sit with men of the village to see how they weave palm fronds to make the thatch roofs for their huts, opt to play a game of Bao (Zanzibar favorite game past time), and enjoy a traditional dance performance.

### **Snorkelling**

Jambiani

35-60USD per person

Enjoy a day of snorkelling in the safety of an experienced snorkel guide in the area of one of Zanzibar's most well-known reefs surrounding Mnemba island. Lifejackets, short wetsuits and buoyancy aids available. Price is dependent on pick-up location.

### **Jozani Forest Tour**

Jozani Forest 3h-4h

35-150USD per person

Known for the red colobus monkeys, a visit Jozani forest is a highlight when in Zanzibar. Explore the nature trails while following in the footsteps of a guide who will inform about the impressive flora and fauna surrounding you.

### **Swimming**

Jambiani

Grab your bathing suit and go for a refreshing swim.

### **Meals included: Breakfast**

### **Accommodation**

### **Spice Island Hotel and Resort (or similar)**

Hotel

### **Day 12 Stone Town**

Morning group transfer from the beach. Depart Stone Town upon arrival in the late morning.

Onward travel should be booked no earlier than 2:30pm.

### **Private Vehicle**

Jambiani – Stone Town 1h30m 60km

Settle in and scan the scenery from the convenience of a private vehicle.

### **Departure Day**

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

### **Meals included: Breakfast**

## **What's Included**

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Your G for Good Moment: Moshi Women's Cooperative Visit, Moshi

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group. 6-day guided group trek up Mt Kilimanjaro's Machame Route with local guides, cooks and porters. All permits and fees. Scenic flight from Kilimanjaro to Zanzibar. Orientation walk in Stone Town. Spice plantation guided tour. All transport between destinations and to/from included activities.

## **Highlights**

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Conquer Africa's highest peak, trek past verdant forests and silent glaciers, watch sunrise from Stella Point, explore Stone Town — a UNESCO World Heritage Site, take in the aromas on a spice plantation tour, relax on a tropical beach.

## **Dossier Disclaimer**

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## **Itinerary Disclaimer**

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## **Important Notes**

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Please note: Once the park fees are paid Kilimanjaro International Park is not able to provide refunds for any unused days. Passengers should be aware that, for any reason, they are unable to make the trek to the summit, then any additional cost will be at their own expense.

### **1. COMBO TRIP**

Please note that this trip is a combination of multiple G Adventures tours. As such, the staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour, between tour segments.

### **2. SLEEPING BAGS**

Sleeping bags can be rented for the Kilimanjaro portion of the tour (please see the "Checklist" section for more information).

### **3. HEALTH AND SAFETY**

Please read the Health and Safety section below for an important message on Physical Fitness and Altitude and Acclimatization.

### **4. OTHER TRAVELLERS**

Please be aware there are no minimums on the Kilimanjaro portion of this adventure. The nature of these tours is such that it is possible for certain components to have a lower number of passengers.

### **5. RAMADAN**

According to the lunar cycle, Ramadan will fall between Mar 11th - Apr 8th 2024, and Mar 1st - Mar 29th 2025. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

### **6. LUGGAGE COMPLICATIONS FLYING INTO KILIMANJARO**

It occasionally happens that luggage on international flights into Kilimanjaro does not arrive. Please be aware that this may happen, especially if you have a tight connection, are flying with different airlines with a connection, have a last minute flight change or re-route, or fly from or connect through another African centre. Please be prepared and keep all important documentation and valuables on your person. As well we recommend a change of clothes in your hand luggage. If unfortunately this does happen, and your luggage does not arrive, you should be entitled to a limited initial compensation from your airline. In Kilimanjaro, the arrival of lost luggage normally takes between 48 and 72 hours after the initial plane's arrival. The airlines technically should be responsible to forward your luggage to you, to your hotel or elsewhere in Tanzania. You may find that you will be needed to start your trek and you still have not received your luggage. Considering that the customer service standards in Tanzania are different from home, and that we find that the airlines are not always pro-active in helping luggage in its care be reunited with its owner, it is recommended that you purchase or hire locally the needed items, and speak to your G Adventures representative at the start hotel to persist with your airline to retrieve your luggage. Once your luggage is retrieved, it should be able to be forwarded to you – depending where you are. Please note that any costs that you may incur for luggage retrieval or sending luggage are not the responsibility of G Adventures, though we will always strive to assist you in any way possible. You should always keep all receipts and documentation, and contact your airline or insurance provider for reimbursement.

## 7. FLYING THROUGH LONDON-HEATHROW TO EAST AFRICA?

Please note that regardless of the rules in other centres, travellers flying from or connecting in London-Heathrow are currently only permitted one carry-on piece of luggage on board flights to Nairobi. If you arrive to the security gate with 2 pieces, you will be forced to check-in one of them, which may result in complications noted in #8. This restriction is in place as of the time of writing, though local rules and regulations may indeed change. It is thus advisable to contact your airline directly for the most up-to-date information.

## 8. YELLOW FEVER

It may be required to show a Yellow Fever certificate upon entering the country visited. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.

## 9. ELECTRICITY

The power supply in Tanzania is nominally 240VAC, 50hz. Variable voltage, spikes and sporadic, unexpected, unscheduled power cuts of varying duration can be expected.

## 10. MONEY

For extra expenses at the Moshi hotel, cash or visa card are the only accepted form of payment. Please note however, there will be extra charges for using your credit card. As a result of this it is preferable to settle all expenses in cash.

## 11. RAMADAN

According to the lunar cycle, Ramadan will fall between May 5th and June 4th, 2019. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan in Muslim areas, but generally our tours still operate effectively during this period and food is available to non-muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

## 12. EXTRAS

Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, Extras are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure, please see details in our optional activities field and ask your sales GCO or travel agent about booking.

## Group Leader Description

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For your hike on Mt. Kilimanjaro, you will be lead by an experienced certified mountain guide. To round out the team, you will be joined by an assistant guide (for groups of more than one person), a cook, and a team of porters.

Your guide has been trained in mountain guiding skills, first aid and emergency response, flora and fauna, and group management. All guides are licensed by KINAPA, the National Park Authority. Your cook is an experienced cook who will prepare a variety of nutritious, and hearty meals. As a general rule, each hiker will be accompanied by 2 porters, who assist in carrying both your bag and the team's gear (tents, food, etc). Please note English is often the 3rd or 4th language of the Tanzanians in the area of Mt. Kilimanjaro, therefore your guide will speak a basic English.

The porter will carry a maximum of 15kg of your belongings and 5kg of personal gear. All our Porters will carry a maximum of 20kg and there is a strict weigh in by the Kilimanjaro Park authority.

On Zanzibar, you will have one CEO who will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

## Group Size Notes

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Max 12, avg 10.

## Meals Included

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11 breakfasts, 6 lunches, 5 dinners

## Meals

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This includes all meals while trekking on the mountain.

When an evening meal is not included, your hotel will have a restaurant or you will be advised of a good local establishment. All meals you have during your trip will be prepared from fresh local produce. Shopping for food will be done before the trip departs, and fresh vegetables and fruit will be bought along the route while on safari from supermarkets, local shops and markets. Breakfasts will generally be cereals, if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will be light meals such as sandwiches or salads. All evening meals will be hot and will consist of a variety of continental and local dishes. Meals will be prepared by the crew with assistance from you if you would like to help cook, this is not compulsory.

For your Mt. Kilimanjaro trek, your meals will be more than enough, usually consisting of high energy foods such as pasta, potatoes, meats, and stews. Vegetarian meals and other dietary requirements need to be specified prior to arrival.

Please note: bottled water (both before and after the trek) is at your own expense, however, during the Kilimanjaro trek you will be provided with drinking water. This water is collected from fresh mountain streams and then purified with tablets by your guides who will replenish your empty bottles/thermos flasks on a daily basis. For peace of mind, you are welcome to add your own chlorine or iodine tablets instead, if you are uncomfortable drinking the water provided.

Vegetarian meals and other dietary requirements need to be specified prior to arrival.

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## Transport

Private minibus, trekking, plane, walking.

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## About our Transportation

The transfer from Moshi to Mt. Kilimanjaro and back for your trek is done in a private minibus or van. The transfer from Moshi to Kilimanjaro for your flight is done in a private minibus or van.

If you are beginning your trip with arrangements in Nairobi, and have pre-booked your "shuttle" transfer from Nairobi to Moshi through G Adventures, you will travel in a public shuttle; these are large mini buses with seating for 22-24 passengers.

All G Adventure vehicles are regularly serviced and follow a strict maintenance schedule. However given the long travel days and rough conditions of many of the roads in Africa, vehicles can and do breakdown on occasion. If such situations occur all drivers are trained mechanics and any vehicle issues are rectified as quickly as possible so as to not disrupt your trip. Your patience is requested if the vehicle you are traveling in happens to encounter a mechanical fault.

We use a local airline to fly between Arusha and Zanzibar. On Zanzibar, we travel using minibuses.

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## Local Flights

All local flights are included in the cost of your tour unless otherwise noted. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

\* We recommend picking up a light lunch or snacks at Kilimanjaro Airport, as no meal is served on the flight, (and you will be hungry by the time you get to Stone Town).

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## Solo Travellers

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

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## Accommodation

Simple hotels (6 nts), full-service alpine camping (5 nts).

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## My Own Room

Please note that if you have booked the "My Own Room/Tent" option for this tour, you will receive your own single room/tent for all night stops.

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## About Accommodation

Your starting hotel in Moshi has a number of services and facilities available as follows; Internet, laundry, gear hire, luggage storage, telephone services, TV lounge, sauna, curio shop, garden bar, outdoor dining area and taxis should you want to go to/from Moshi as the hotel is located just a few kilometers outside of town.

While on the mountain (5 nights), we stay at designated campsites. Your porters will be carrying tents to pitch at these communal sites. These campsites are fairly basic, and exposed to the elements. They will not have electricity, nor shower facilities, and toilet facilities are basic long drop latrines. Your crew will prepare basins of warm water for washing daily. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply dome tents which are assembled by the porters. All tents have built-in insect nets. Mattresses are also provided, which are warm and comfortable.

Drinking water: On day 2, you should bring bottled water from the hotel for your first day's hike. Beyond that, purified (filtered) mountain water will be provided for you for the duration of the hike.

Barafu Camp: The night before your summit attempt, on Day 5, you will be staying at a high altitude camp where there is no water facilities. Your porters will carry water up to the camp for cooking, bathing, and drinking.

This trek is not for the faint of heart, and the camp sites on Mt. Kilimanjaro are basic. However, many come out of their camping experience on the world's largest free-standing mountain not only gratified, but ultimately rejuvenated by such an experience of a lifetime.

Please note, in the event of having to descend from your climb early due to altitude sickness, injury or exhaustion, any extra meals or nights spent at our Moshi base Hotel will be at your own expense and will not be covered by G Adventures.

**\*\* NOTE \*\***

- In Zanzibar, we stay in standard, twin-share accommodation in Stone Town and on the beach. Please note that our Zanzibar Beach Resort location is subject to change due to availability.
- Before booking any post nights in Zanzibar please CONTACT US to confirm the location.

## Joining Instructions

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For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Please make your way to the joining hotel. Kilimanjaro International airport is approximately 40km, or 40 minutes, from Moshi. Taxis are available to transfer you to Moshi, and cost approximately USD 50 per car. If you arriving in Moshi from Nairobi, Kenya, there is a public shuttle bus that leaves Nairobi at 8:00am daily to Moshi. It is a direct bus via Arusha, and with border formalities, and a break (and potentially a change of vehicle) in Arusha, the trip is approximately 8 hours. There are a number of local companies that offer this service, and this can be organized locally the morning of. In addition, for your convenience, you may pre-reserve a seat on our partner shuttle service through G Adventures.

For pre-booked transfers from Kilimanjaro International Airport to our Moshi hotel, G Adventures representative present will assist you or your driver will be waiting with a G Adventures sign. At times there are taxi drivers who will try to solicit your business, so please be aware of them and proceed directly to the G Adventures representative. For any issues relating to pre booked transfers for Kilimanjaro International Airport including delays or missed transfers, please contact our airport transfer operator

Musaddiq: +255 754 400 141 or +255 787 400 142 (From outside Tanzania)

Musaddiq: 0754 400 141 or 0787 400 142 (From within Tanzania)

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

This tour departs Moshi for Mt. Kilimanjaro in the morning of day 2.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

For any issues relating to pre-booked transfers for Nairobi Jomo Kenyatta International Airport, including delays or missed transfers, please contact our airport transfer operator:

Musaddiq: +255 754 400 141 or +255 787 400 142

(From outside Tanzania) Musaddiq: 0754 400 141 or 0787 400 142

The tour starts in Moshi not Nairobi so that wording above needs to be changed

### EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Nairobi, Kenya)

From outside Kenya: +254 727 208 832

From within Kenya: 0727 208 832

G Adventures Local Representative (Tanzania)

During office hours, 9am-5pm local time:

From outside Tanzania: +255 754 400 141

From within Tanzania: 0754 400 141

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

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### KILIMANJARO

As you will be trekking up Africa's highest mountain, you will be passing through a number of different climate zones, and should pack to prepare for a number of extremes – hot and sunny, cool, cloudy, and misty, fog, rain (your first day you will ascending through a section of rain forest), wind, and lastly snow and cold. You may experience one or all of these conditions in the same day on your trek.

In the lowlands, temperatures in the shade can reach 35C, and in the highlands it will be below freezing, with possible rain and fog. The use of lightweight, breathable, easily removable layers of clothes works best to allow you to adapt to the local conditions. We recommend breathable, moisture-wicking fabrics made of wool or synthetic fibres. Cotton is not recommended for hiking as it does not allow for heat or moisture to enter or escape, and it will not dry once wet.

Please note that it gets extremely cold near the top of Mt. Kilimanjaro, and you will begin hiking your final ascent to the summit at approximately midnight, and hike through the coldest part of the day. For this, in addition to several warm layers and good boots to grip as you climb over frozen scree, ice, and snow, you will need warm protection for your extremities – warm socks, gloves, and a warm winter hat. Cameras need to be protected against the severe cold weather either in warm pouch or the interior pockets of your clothing. A selection of lenses will aid the final results although weight and bulk will obviously influence your selection. For digital equipment and mp3 players, check with the manufacturer's specifications for temperature range (especially battery life), water tightness, altitude range, and general hardness.

Please provide your own sleeping bag and pillow.

Lastly, Mt. Kilimanjaro is located only a few hundred kilometres from the equator, and at altitude, the sun's affects are heightened. Use a hat, sunglasses, sun screen, and wear proper clothing to protect yourself from the sun, to reduce the risk of sunstroke.

Please note, secure luggage and valuables storage facilities are available at your Moshi hotel while you climb. Your hotel in Arusha also offers storage facilities for any extra mountain gear/clothing that you do not require for the safari portion of the trip.

With regard to the type of pack(s) to use, two packs would be useful:

1. One larger pack (preferably a duffle bag) that will be carried by the porters inside large, canvas duffle bags. This pack should not exceed 15kg, and should be within the following dimensions: 30cm (height) x 30cm (width) x 60cm (length)
2. One smaller 30-35L pack (5kg) that you will carry containing your water, snacks and wet weather gear.

Below are the suggest sizes for both medium and large rucksacks with a maximum weight of 15kg.

Medium Rucksacks: 48 Litre to 58Litre

Large Rucksacks: 60+ Litres

## ZANZIBAR

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labelled and restricted to one soft compact suitcase, sports bag, or backpack, no larger than 30cm(height) x 30cm(width) x 60cm(length), maximum 15kg, plus a day-pack. Luggage limits on airlines are strictly enforced, and due to limited vehicle capacity, the cost of transporting any luggage beyond these restrictions is the responsibility of the client. Please note, if you are travelling with a large amount of luggage because of your trek or from other travels on the same trip, in Arusha you may leave a portion of it at the Continuing Point hotel, and pick it up after the Safari portion of the trip; this is indeed possible as storage facilities are available.

## Packing List

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### Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

### Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

#### Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

#### Kilimanjaro - Available for Rent:

- Balaclava (\$5 USD)
- Camel bag (Water bag) (\$15 USD)
- Chamber (\$200 USD)
- Crampons (\$40 USD)
- Day pack (\$30 USD)
- Down jacket (\$20 USD)
- Duffel bag (\$6 USD)
- Fleece pants (\$6 USD)
- Fleece top/sweater (\$5 USD)
- Gaiters (\$10 USD)
- Gloves (\$6 USD)
- Gloves - Finger (\$10 USD)
- Gloves - Finger Liner (\$5 USD)
- Goggles - SKI (\$15 USD)
- Head Torch (\$15 USD)
- Mobile Toilet (\$236 USD)
- Oxygen (\$118 USD)
- Poncho (\$20 USD)
- Rain jacket or poncho (\$12 USD)
- Rain jacket / windproof (\$15 USD)
- Rucksack cover (\$10 USD)
- Scarf or neck warmer (\$5 USD)
- Sleeping bag (-25 to -35°C) \$40 USD; If you are planning to rent a sleeping bag for your Mt Kilimanjaro trek, please let your booking agent know so that we can prepare your group leader.)
- Summit Jacket (\$20 USD)
- Summit socks (\$5 USD)
- Sunglasses (\$10 USD)
- Sweater (\$10 USD)
- Thermal top (\$10 USD)
- Thermal underwear (\$10 USD)
- Walking poles (\$12 USD for two poles)
- Walking trouser (\$15 USD)
- Warm hat (\$15 USD)
- Water Bottle (\$15 USD)
- Windproof rain pants (\$15 USD)

#### Kilimanjaro - Other:

- Electrolytes (Powder or tablets, optional)
- Hand sanitizer
- Medication (Consult with your doctor about options to manage altitude sickness)
- Metal/aluminum water bottle (This style of bottle can double as a heat source at night when filled with hot water. We recommend a Sigg-style bottle.)
- Moisturizer/lip balm
- Pee bottle and/or She-Wee (You can use these items to avoid having to leave the tent at night)
- Reusable water bottle (Water bottles should carry up to 3 litres of water (minimum 2 litres); please note that this recommendation is made based off of the water intake of the average hiker, but may vary due to personal needs. We recommend platypus-type water bladders/camel backs made out of a material that will prevent water from freezing at high altitudes.)
- Sunblock
- Toilet paper
- Wet wipes (Recommended)

#### Kilimanjaro - Technical Clothing:

- Waterproof lightweight hiking boots (required)
- Windproof rain jacket (required) (A breathable jacket, with a hood is recommended)
- Balaclava (Optional)
- Fleece jacket or warm layer
- Fleece pants
- Gaiters (Optional)
- Hat (A hat with a brim is recommended)
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Insulated Jacket

- Light gloves
- Lightweight wicking shirts
- Long-sleeved shirt for hiking (2 moisture-wicking shirts, and 1 breathable shirt recommended)
- Quick-dry socks (Wool or synthetic)
- Shorts (Optional)
- Short sleeve t-shirt, light-weight, moisture-wicking
- Slip-on sandals or shoes (Optional extra shoes to wear around camp)
- Thermal underwear (Moisture-wicking fabric recommended)
- Underwear (Moisture-wicking fabric recommended)
- Warm gloves (Waterproof recommended)
- Warm hat
- Waterproof pants (Pants with a side zipper recommended)

#### Kilimanjaro - Technical Gear:

- Day pack (30-35L - can be rented in location)
- Drybag (Will help keep cameras and essentials dry)
- Duffel bag (50-90L - can be rented in location)
- Sleeping bag and liner, 4 season (Sleeping bags can be rented for approximately \$40 USD for the duration of the tour; if you are planning to rent a sleeping bag, please let your booking agent know so that we can prepare your group leader. Purchasing sleeping bags in Arusha might be more difficult to source.)
- Walking poles (Highly recommended)

#### Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: When packing your gear, the best clothing for trekking is either wool or synthetic materials, as this is quick-drying and can keep heat in better. The optimum clothing for trekking is layering, as it allows for easy temperature regulation as you ascend or descend. We suggest a base-layer, then a mid-layer such as a sweater, followed by a fleece jacket or similar, then a windproof and waterproof jacket. For your bottom half, thermal underwear, hiking pants then windproof and waterproof layers are recommended.

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labelled and restricted to one soft compact suitcase, sports bag, or backpack, no larger than 30cm(height) x 30cm(width) x 60cm(length), maximum 15kg, plus a day-pack (5kg).

Below are the suggest sizes for both medium and large rucksacks with a maximum weight of 15kg.

Medium Rucksacks: 48 Litre to 58Litre

Large Rucksacks: 60+ Litres

Note: A refillable water bottle/flask is required for the trek, no plastic or disposable bottles are allowed on the mountain and they may be confiscated prior to the hike.

Note: The climate in East Africa varies between the dry and rainy season. Please ensure you bring a windproof rain jacket if you are travelling between April & May, October & November.

## Laundry

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Hand washing of clothes can be done at campsites, as most have simple facilities for this. We recommend you bring a non polluting/biodegradable soap, as well as a roll of simple string to act as a drying line for your clothes. If you arrive in the late afternoon, or if there is poor weather, it may not be possible for your clothes to completely dry. Your continuing point and finishing point hotels also have laundry service for a fee. Upon completion of your Kilimanjaro Trek you will be transferred to your continuing hotel where you will have an opportunity to get your (at this stage, very dirty!) clothes laundered. Be sure to hand your laundry into reception as soon as you arrive so that the staff can have it washed and dried by the next morning when you leave for your Zanzibar.

## Visas and Entry Requirements

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Tanzania:

Border crossing from Malawi into Tanzania is via the Songwe Border Post and from Tanzania into Kenya through Namanga Border Post.

Tanzania Host information for the online Visa application for travellers:

- 1) Host - G Adventures
- 2) Full Name - G Adventures
- 3) Email - [experience@gadventures.com](mailto:experience@gadventures.com)
- 4) Relationship - Tour Operator
- 5) Mobile No - +255 754 400 141
- 6) Company Name / Organisation registration No - G Adventures
- 7) Physical Address: P.O.Box 1912, Boma Road, Arusha

IMPORTANT NOTE:

It may be required to show a Yellow Fever certificate upon entering the country. Please check in with your local consulate and health expert for advice on Yellow Fever and other inoculations required for this area.

Information is accurate as of March 1st, 2024.

## Detailed Trip Notes

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IMPORTANT ACCOMMODATION NOTE

Please note that as we use public campsites on all or part of this trip we cannot guarantee electricity for the use of Sleep Apnea and CPAP machines.

## Spending Money

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

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The local currency in Tanzania is the Tanzanian Shilling (TSH).

Shillings can be obtained locally by changing foreign currency or by using ATMs (where available) which will disperse local currency. Your CEO will inform you where you can change money throughout the tour and approximately how much money you will need for each country.

The easiest foreign currency to exchange for locally for any of the local currencies is the \$US; however the British Pound and Euro may also be exchanged as well. Please note that due to past problems with forgery, \$US notes that are older than year 2006 are not accepted in Africa.

Large note (\$US 50, \$US 100 etc) can be difficult to change in some places, but will gain you the best exchange rate.

If you plan to rely on cash, please bring foreign currency (Euro, Pound, USD) with you, as it is often expensive to buy these currencies locally. And in more rural areas, it is often not likely.

If you plan to buy your visas at borders, you will need to bring \$USD cash to pay for these visas. Please note you cannot use the local currency or any other currency to buy these visas- they must be purchased in USD.

Please do not bring Travellers' cheques to Africa. They are difficult if not impossible to exchange in many places.

Visa/Plus system cards are the most widely accepted debit cards. it is harder to find machines Mastercard/Cirrus cards. We highly recommend that if you hold a Mastercard, you obtain a Visa card prior to departure and travel with both. This is also useful should something unforeseen happen to one of your cards during your travels.

While there are many ATMs in the major centres, there are no guarantees that your credit or debit cards will actually work in Africa. Check with your bank.

Credit cards can be used in major cities and towns ONLY but please do not rely on them as a method of payment because they are generally not widely accepted. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. The majority of our optional activities can also be paid by credit card. Your CEO will advise on these.

Please note that in many areas there may be occasional power-outages, where there will be no electricity for hours at a time. In addition, ATMs outside of larger centers often run out of cash or can be out of order

unexpectedly. These factors could affect your ability to access money from ATMs. As such, please do not rely on credit or debit cards as your only source of money.

A combination of foreign currency and debit/credit cards for cash advances is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com).

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Tipping

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Tipping is an expected, though not compulsory, component of your tour program. The gesture serves as an expression of appreciation for exceptional service, and amounts given are up to your discretion.

Tipping is one of the most direct ways that you can have a positive economic impact within the African community. Although it may not be customary for you, it is an important source of income for those in the tourism industry. Giving a tip should be seen as a formal 'thank you', and the action should in no way be awkward.

The best method of tipping someone that has served the whole group is to plan in advance, and not rush when it comes to saying goodbye. A suggestion would be for each group member to contribute anonymously by putting their tip into an envelope. This often works the best and the group should gather to present the gift to the recipient(s), offering their thanks and showing their appreciation. This method brings the action out into the open, allowing for a friendly and appreciative interaction between the group and the recipient(s).

You may use the following as a guideline, all given in a per person format:

### KILIMANJARO

Your group will be assigned a CEO/Lead Guide, and a group of porters. The number of porters designated to your group will depend on the amount of baggage and equipment is taken on the trek; this typically works out to 2-3 porters per traveller, but this number will be confirmed by Kilimanjaro National Park rangers at the gate once all baggage is checked.

It is best to present your crew with the group's tip upon completion of your climb, during the last meal on the mountain. Tips should be placed in a group envelope and a member of the climbing team can hand the envelope directly to the Lead Guide. It is encouraged to announce the amount in front of the group to ensure each crew member knows the total amount.

A tipping guideline to determine this amount is 10% of the total cost of their trek towards tips, per person. So if you paid US\$2000 for your trek, you should pay US\$200 collectively for your crew. (If there were only one or two of you, it customary to pay slightly more than 10%). A realistic amount for a trip of 5-7 days length would be between 150-200 USD per climber for tips.

If paying each crew member individually, you can use the following chart as a guideline:

CEO/Chief Guide: \$10-15 USD (per day)  
Assistant Guide: \$8-10 USD (per day)  
Cook: \$7-10 USD (per day)  
Porter: \$6-8 (per day)

### ZANZIBAR

CEO: \$5 USD (per day)  
Driver: \$5 USD (per day)  
Supply crew: \$2-5 USD (per day)

Local guides: \$1 USD (per couple of hours)

Restaurant/café servers: 10% of the cost of the bill

## Optional Activities

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Moshi  
- Moshi Mamas Massage

#### Stone Town

- Stone Town Walking Tour (20-40USD per person)
- Christ Church Cathedral & Old Slave Market (5USD per person)
- Sultan's Palace Museum (3USD per person)

#### Jambiani

- Swimming
- Snorkelling (35-60USD per person)
- Swahili Cultural Tour (70-200USD per person)

#### Nungwi

- Scuba Diving (65USD per person)

#### Jozani Forest

- Jozani Forest Tour (35-150USD per person)

## Health

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We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure. Travellers should also carry a basic first-aid kit and hand sanitizers/antibacterial wipes on their travels. Medical facilities are basic throughout these countries. For your own safety, we strongly recommend that you advise your tour leader of any medical condition that may affect you while travelling with the group. Your tour leader will be able to inform you of local health advisories (e.g. drinking water quality). Please ensure you have all the inoculations recommended by your doctor.

#### Yellow Fever Certificate Note: (Updated: May 2023)

It is compulsory to show a valid Yellow Fever Certificate if you are travelling to the following G Adventures-visited countries from a Yellow Fever endemic country:

- Botswana
- Ethiopia
- Kenya
- Madagascar
- Malawi
- Mozambique
- Rwanda
- South Africa
- Swaziland
- Uganda
- Zambia
- Zimbabwe

For some of these countries, proof of Yellow Fever vaccination is also required for passengers who have travelled more than 12 hours through the airport of an endemic country. If other countries not endemic to Yellow Fever have been visited after visiting an endemic country, then a Yellow Fever certificate may still be required on entry. Please check country-specific regulations before your departure.

#### Malaria

Malaria is a mosquito-borne disease that is present in some regions in Africa. Risk of malaria can increase during periods of heavy rain, during the rainy seasons, and in densely populated areas of Southern & East Africa. To prevent malaria, we recommend speaking to your doctor about taking preventative medication (prophylaxis), combined with regular use of insect repellent spray/cream. Please check updated travel health advisories specific to malaria before your departure.

#### Physical Fitness

Although Kilimanjaro is not a technical mountain climb, it is a major challenge and the rigor of altitude should not be underestimated. Remember that Uhuru peak is 500m higher than Everest Base Camp!! The pace of your ascent coupled with good acclimatization will help you on the climb but it is essential to be mentally and physically prepared before you start. Regular hikes are one of the best ways to prepare, increasing frequency and length, as you get closer to the trek. All aerobic exercises such as cycling, running, swimming and funnily enough aerobics are good for strengthening the cardiovascular system. Generally, any exercise that increases the heart rate for 20 minutes is helpful but don't over do it just before the climb.

#### Altitude and Acclimatization

Altitudes are generally defined as follows:-

- High altitude 2,400m – 4,200m
- Very high altitude 4,200m – 5,400m
- Extreme altitude above 5,400m (Uhuru peak is 5,895m)

During the trek it is likely that all climbers will experience at least some form of mild altitude sickness. It is caused by the failure of the body to adapt quickly enough to the reduced level of oxygen in the air at an increased altitude. There are many different symptoms but the most common are headaches, light-headedness, nausea, loss of appetite, tingling in the extremities (toes, fingers) and a mild swell of ankles and fingers.

If you have severe symptoms, go down 1,500 to 2,000 feet right away to see if your symptoms get better. Keep going down until your symptoms go away completely. Medicines that may be used to prevent or treat the symptoms of severe high-altitude illness include acetazolamide and nifedipine. Don't ignore signs of altitude sickness. People can die of this if they don't recognize the signs or if they don't believe their illness is caused by the high altitude. When you have signs of altitude sickness, don't go higher until you feel better and your symptoms have gone away completely.

#### Hypothermia:

Hypothermia is a condition where the body becomes dangerously cold. It can be caused by brief exposure to extreme cold, or by prolonged exposure to mild cold. Hypothermia occurs when a person's deep-core body temperature drops below 35 degrees celsius (95 degrees fahrenheit). It is the lowered temperature of the organs inside the body that is important - an ordinary thermometer cannot measure this. The person may not actually feel cold but if they stay in a cold environment and do little or nothing to keep warm, then they may run the risk of becoming hypothermic or becoming ill with bronchitis or pneumonia. Both are cold-related illnesses.

Danger signs to watch out for: Drowsiness, very cold skin on parts of the body normally covered, for example, stomach or armpits, Slurred speech, Absence of complaint about feeling cold, even in a bitterly cold environment.

#### Eye Issues

All contact lens wearers should take care to remove the lenses at night, as the eye needs to absorb oxygen from the atmosphere. The rarefied conditions of altitude reduce oxygen levels and in extreme cases a Corneal Oedema can develop.

#### Emergency Evacuation

In the event of an emergency on the mountain the rescue team plus one of the assistant guides will descend with the casualty to the park gate. At the gate the casualty will be taken care and the necessary arrangements will be done.

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## Trip Specific Safety

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### Photography

Please refrain from taking photos of police stations, airports, bus stations, immigration or border crossings, army barracks and personnel, or any government building. It is against the law and will result in the minimum of your film and camera being confiscated.

### Water activities

Water based activities have an element of danger and excitement built into them. G Adventures recommends only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is G Adventures policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

## A Couple of Rules

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## Travel Insurance

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Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## Planeterra Foundation - the non-profit partner of G Adventures

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Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## Feedback

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After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Newsletter

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Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## Minimum Age

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You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## International Flights

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Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.