Kili Trek and Safari

Make tracks for Africa

This information pack has been put together so that you can prepare for your overland tour. It has been developed over many years of experience overlanding. Please read it carefully.

Departure dates

Depart Nairobi			Finish Moshi			Price
11	June	2022	23	June	2022	£2850
11	July	2022	23	July	2022	£2850
06	August	2022	18	August	2022	£2850
10	August	2022	22	August	2022	£2850
05	September	2022	17	September	2022	£2850
15	September	2022	27	September	2022	£2850
06	October	2022	18	October	2022	£2850
20	December	2022	01	January	2023	£2850
06	January	2023	18	January	2023	£2850
05	February	2023	17	February	2023	£2850
11	June	2023	23	June	2023	£2850
11	July	2023	23	July	2023	£2850
22	July	2023	03	August	2023	£2850
07	August	2023	19	August	2023	£2850
10	August	2023	22	August	2023	£2850
06	September	2023	18	September	2023	£2850
15	September	2023	27	September	2023	£2850
06	October	2023	18	October	2023	£2850
20	December	2023	01	January	2024	£2850

Countries visited: Kenya • Tanzania

Highlights: Mt Kilimanjaro • Serengeti National Park • Ngorongoro Crater • Maasai boma

Safari structure: The Kili and Safari commences in Nairobi, the capital of Kenya. Before or after the Kilimanjaro trek you will be transferred to Arusha for the Serengeti safari. You might join people on longer safaris here.

Snow-capped Kilimanjaro is the highest point in Africa at 5,895 metres, and one of the world's largest free-standing mountains accessible to walkers. Kilimanjaro is located in northern Tanzania, only 190 miles from Nairobi.

Absolute Africa ensures our guides and porters receive a fair wage and are proud to work with our Chief Guide, Samson Lauwo, the grandson of the famous Yohani Kinyala Lauwo, 'Mzee Lauwo', who led Hans Meyer, the first European to summit Kilimanjaro in 1889. Samson is our consultant and man on the ground in Moshi to ensure all aspects of the trek run smoothly.

Absolute Africa ensures that anyone who climbs with us is covered for their entire trek by membership with First Air Responder, who operate specialist medical evacuation with advanced life support ambulances, paramedics and air rescue. This service is complimentary. Do note that this is not travel insurance and you will need to take out a travel insurance policy for the duration of your trip. For further details go to www.firstairresponder.com

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Flights

When arranging your flights we suggest you arrive in Nairobi, Kenya, the day prior to departure. There is an international airport in Nairobi.

Return flights should be arranged to depart after 6pm on the final day if flying out of Nairobi, or any time on the final day if flying from Kilimanjaro airport.

At certain times of the year flight availability can become very tight and if you delay your booking you might have to pay a higher price. Please organize your flights as soon as you can once you decide to travel.

As a broad guideline return flights from London – Nairobi can vary between £420 in low season to £970 in peak season.

There is an airport near Kilimanjaro (Kilimanjaro Airport). If time is at a premium then you may well be best to fly into Kilimanjaro Airport. KLM/Kenyan Airways, Precision and Ethiopian fly into Kilimanjaro.

Pre and post climb accommodation and transfers can all be arranged prior to departure to Kilimanjaro airport, Arusha and Nairobi. Please see the pre and post climb section below.

We can help you with a flight quote. Please feel free to call the office if you would like assistance.

Insurance

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Your safety and enjoyment when travelling with Absolute Africa are of the utmost importance to us, which is why it is essential that you have arranged adequate travel insurance to cover your whole trip.

We are happy to introduce you to specialist insurance brokers Campbell Irvine, underwritten by AWP P&C SA. The cover includes a 24-Hour Worldwide Emergency Medical Service who are expert in providing friendly and professional emergency help.

Click on the following link to the page on our website to find out more: www.absoluteafrica.com/Insurance

Do note that is a condition of booking that you have contacted your insurers to confirm that the cover you have arranged is appropriate cover for climbing Kilimanjaro and for any other arrangements you have made whilst in Africa.

When selecting insurance carefully consider the cancellation policy, as well as cover for any valuables you might take. If you buy insurance in the UK you should check that your policy is valid if you are a non-UK resident and the provision for one-way travel if this is required.

Remember when travelling it is important to take all sensible precautions in regards to your security, safety and health, including taking precautions to avoid illness such as malaria. We advise you to make an appointment with a travel clinic as soon as possible after deciding to travel. Your travel insurance might also be affected by the relevant government's Travel Advice for the countries on your route. Do stay up to date with the latest official government Travel Advice.

Visa requirements

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Your passport needs to be valid for at least 6 months after your trip finishes. Ensure also that you have enough pages in your passport for each country you visit with some extra. As a guide then, if flying into Nairobi for a climb and Serengeti safari you will need to have a minimum of 3 blank pages (sides). If you fly into Tanzania (Kilimanjaro or Arusha) you will need to have a minimum of 2 blank pages (sides).

If you have dual nationality you can only use one passport for the entire trip, whilst bringing both is a wise back up strategy. You can find more information in the different country listings on the FCO's website (www.fco.gov.uk) under "entry requirements". Do be aware it can be illegal to travel in Africa on two passports.

Most passport holders can easily arrange the Kenyan and Tanzanian visa at the border in Africa payable in USD cash.

The Kenyan visa is U$50 for a normal visa and U$20 for a transit visa for all passports and the Tanzanian visa is U$50 for most passports, except American and Irish for whom it is U$100.

Be aware that visa requirements can change without prior notice. This information is given as a guide only. You are ultimately responsible for your own visa arrangements. We do ask that you also check your personal current visa requirements with the relevant embassies well in advance before you travel. For more information on visas check out www.projectvisa.com.

Pre and post safari information

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Coming from Nairobi
If you fly into Nairobi then the shuttle transfer picks up from the Heron Portico Hotel, Jakaya Kikwete Road, Nairobi, early morning on day one. The departure time will be confirmed in the final letter which is emailed about two weeks before departure.

Alternatively you can stay at the Wildebeest camp, Mokoyeti Road West, from where you will need to make your own way to the shuttle pick up point on the transfer day.

We can reserve accommodation for you prior to departure in Nairobi at the Heron Portico Hotel or Wildebeest Eco Camp.

Accommodation options

THE HERON PORTICO HOTEL
Rooms are ensuite, with room service available. There is an e-mail cafe as well as a swimming pool and a restaurant. The restaurant is open from 7.00 am for breakfast, however as we are leaving earlier please request reception provide an earlier breakfast. There are also individual electronic safety deposit boxes in every room and this is inclusive of the accommodation.

Prices for the Heron Portico Hotel are:

110 USD	for a single en-suite room including breakfast (10,995 Kenyan shillings - KSH))
135 USD	for a double en suite room or twin share en suite room including breakfast. (13,495 KSH)

Airport transfers can be arranged to the Heron Portico Hotel . Prices are:
US$25 (2,500 KSH) for 1 person
US$17 (1,750 KSH) for 2 people
US$15 (1,500 KSH) for 3 people or more

The Heron Portico Hotel is payable on arrival in Kenyan shillings or by credit card (Visa and MasterCard).

Cancellation penalties apply for ‘no show’ unless 24 hours notice is given. If your arrival in Nairobi is delayed, please ensure you contact the Absolute office or the Heron Portico Hotel in Nairobi.

Alternatively Wildebeest Camp offers slightly cheaper accommodation.

WILDEBEEST ECO LODGE
Wildebeest is a permanent-tented camp with dorms, budget rooms and safari tents including en-suite, based in peaceful gardens. Prices include a simple breakfast.

Wildebeest is payable in Kenyan Shillings, Euros, USD and credit card. Card payments attract a 5% charge.

The camp has a restaurant, bar, internet, and lockers in the dorms. Breakfast is served from 07:00am. Showers are usually hot.

Prices for the Wildebeest Camp are:

Dorm	27 USD (2,700 KSH)
Single Garden Tent	43 USD (4,250 KSH)
Double Garden Tent	65 USD (6,500 KSH)
Single Cottage Room	65 USD (6,500 KSH)
Double Cottage Room	90 USD (9,000 KSH)
Single En-suite Tent	80 USD (8.000 KSH)
Double En-suite Garden Tent	100 USD (10,000 KSH)

Airport transfers can also be arranged to the Wildebeest Campsite payable in KSH. Prices are:

US$20 (2,000 KSH) for 1 person
US$15 (1,500 KSH) pp for 2 people

If your arrival in Nairobi is delayed please ensure you contact the Absolute office or the Wildebeest campsite in Nairobi.

Wildebeest campsite require 30 days notice to cancel a booking. All bookings cancelled within one month of arrival will be subject to a 100% cancellation fee.

Please note that all prices quoted in £s are an approximation. Prices can vary dependent on the foreign exchange rate of the day.

The exchange rate at the time of printing was: 1 US$=110 KSH (September 2021).

Day trips in Nairobi

If you wish we can arrange tours to take in some of the sights of Nairobi.

Nairobi excursion
Our first day trip takes in the Sheldrick's Elephant Orphanage and the Giraffe Park, to see some of the fantastic work being done for animal welfare on conservation in Kenya. Price: from £28/person

Nairobi National Park
We can arrange a half-day visit to Nairobi National Park, which is the oldest park in Kenya. Lion, gazelle, oryx, zebra, giraffe, buffalo, cheetah and leopard are seen regularly, as well as rhino. Price: On request

Departing Nairobi

The day before your trek starts we will transfer you from Nairobi. This is a shuttle bus that will drop you in Moshi, Tanzania.

Do ensure you have your passport, visa money and yellow fever certificate ready for the border crossing. The shuttle will stop at the border and give you enough time. Then another brief stop will be made in Arusha before going to Moshi.

Security in Nairobi
Do be aware that Nairobi is known as 'Nairobbery'. Make sure you stay alert at all times and take sensible precautions. You are best to 'dress down'. Don't wear or carry anything valuable or new including cameras. Mobile phones should be inconspicuous. Do not leave anything of value lying around on display in your room at the hotel. Take great care in Milimani Road and do not walk on the streets at night.

Eating out in Nairobi prior to departure
The restaurant at The Heron Hotel is excellent. If you feel like an alternative though you might also like to visit the Pan Afric Hotel just down the road, which has a popular terrace cafe overlooking the street. We would advise that it is best to catch a taxi down to the Pan Afric, particularly if eating there at night. The taxi should cost approximately 300 - 400 KSH.

The Wildebeest camp does a buffet every evening. There is also an a la carte option.

Flight departure
Check in as early as possible prior to your departure time - your flight ticket will indicate how early you should check in. When checking in you may need to show your Booking Voucher to demonstrate that you will be leaving Kenya on safari. Please remember to carry this with your personal documents. The booking voucher is issued upon receipt of final payment. Your booking voucher will also have emergency contact details in the event you need assistance in transit.

Arriving in Kenya – Jomo Kenyatta International Airport, Nairobi
At the airport you will find all signs are in English and Swahili. There is always a bank open for international arrivals.

You will find a bank to your right after you collect your backpack before you go through Customs. You should change up enough money into Kenyan shillings for what you need until you meet the truck or can next get to a bank. Do remember you need to cover any meals you have before the trip starts, including breakfast for the morning of the departure as well as your accommodation and transfers prior to departure.

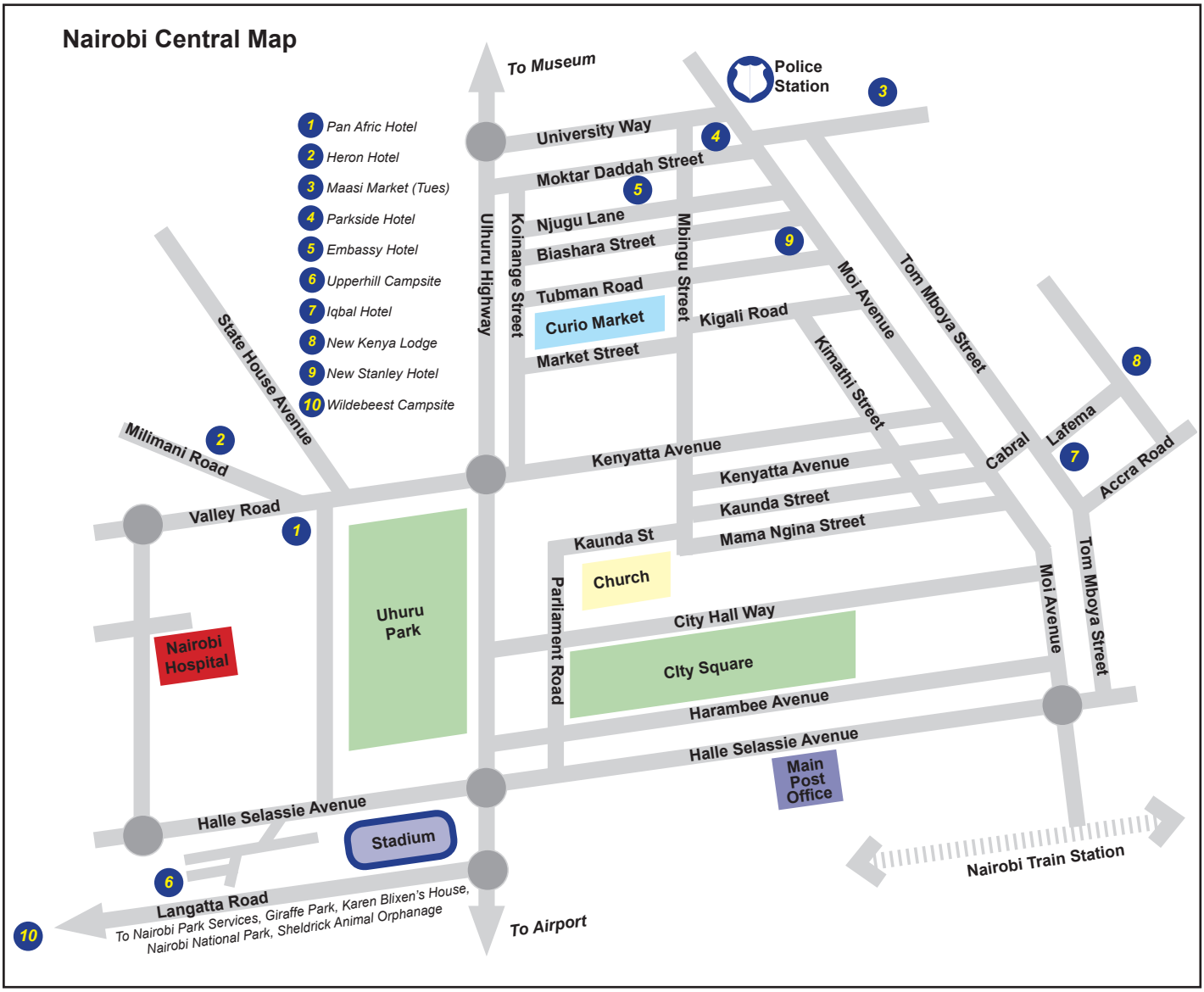
Traveling into Nairobi
The airport is situated 15km from the centre of Nairobi. The easiest way to get into town and to The Heron Hotel is to use a taxi. For your own personal safety and security, do not get the local bus into town.

If you would like the Absolute Office to order a taxi for you ahead of time so that there is someone waiting for you at the airport when you arrive, do let us know using the previously mentioned form.

The cost if we book a taxi in advance for you is 2,500 KSH (approx US$25) for one person and 3,500 KSH (approx. U$35) for 2 people payable with your hotel bill to the Heron, regardless of whether you use the taxi or not, or 2,000 KSH (approx US$20) per person to the Wildebeest.

Alternatively the information desks at the airport can assist with taxis, which can be hired out the front of the airport. Do ensure your taxi is licensed and appears in reasonable working condition. Remember also to confirm the fare before you climb in the taxi. The taxi to The Heron Portico Hotel from the airport should be approximately 2,200 KSH (approx US$25), per person and slightly more to Wildebeest.

Do be aware that those offering to assist you with your bags at the airport will expect a tip. You can say no politely. Expected tips for assistance with bags are around 100 KSH. It is wise to have a small amount of change readily available.



The end of your safari and trek

After your safari you can be transferred back to Nairobi, Kenya, the early shuttle usually arriving into Nairobi by early afternoon on the last day.

You can get dropped at the airport or in town at the Heron Hotel or the termination point at Silver Springs Hotel. From Silver Springs you can take a taxi to any other point in the city.

If you are spending time in Nairobi we can assist with booking accommodation for you as well as day excursions in Nairobi.

If staying at Wildebeest Eco Lodge, you should budget approx. 20 USD for a taxi from Silver Springs.

Health and immunisation

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Prior to departure it is essential that you contact a specialist travel medical clinic. Clinics such as Nomad Travel Stores and Medical Centre in London will provide you with the latest recommendations for travel in Africa.

You will need to have the required immunisations and start a course of anti-malarials prior to departure for this trip. Traveling to Africa will expose you to diseases and health hazards that you may not have come across before, such as malaria and waterborne parasites including bilharzia. You must consult a medical professional who specialises in travel medicine before you depart to discuss where you will be traveling in regard to the above, your immunisation schedule and any other requirements. Remember to start your vaccination program in good time, so that it is completed before you go. About six weeks is usually adequate, depending on how up to date you currently are.

Ensure you are well informed about any health concerns en route so you can stay fit and healthy to relax and enjoy your trip. The Lonely Planet publishes a medical travel guide for the region that may be of interest called 'Healthy Travel Africa'.

Do also check websites like:
www.fitfortravel.nhs.uk
www.dh.gov.uk

Suggested travel clinics in the United Kingdom
Nomad Travel Stores and Clinics
Tel: 01341 555 061

- Wellington Terrace, 3 Turnpike Ln, Wood Green, London N8 0PX,
- Beatty House, 1 Admirals Way, Canary Wharf, London E14 9UF, UK
- 11 S Molton St, Mayfair, London W1K 5QP, UK
- 65 London Wall, London, EC2M 5TU
- 52 Grosvenor Gardens, London, SW1W 0AU

There are also Nomad clinics in Bath, Birmingham, Bristol, Cardiff and Manchester.

Visit www.nomadtravel.co.uk for further information.

If travelling from Australia, Fiji, New Zealand, South Africa or destinations in Asia we recommend you contact Travel Doctor/TMVC. Their websites are at:
www.traveldoctor.com.au/
www.traveldoctor.co.nz
www.traveldoctor.co.za

There are travel clinics in many of the big centres in Australia, New Zealand and South Africa, as well as in Thailand, Singapore, Hanoi, Bali and Nadi.

Suggested immunisation requirements (This is only a guide!)

The immunisations usually suggested for the countries visited on this safari are:

- Yellow fever – Vaccination must not be left any later than 10 days prior to departure and you must be able to show proof i.e. carry your certificate of vaccination with you.
- Typhoid
- Polio
- Tetanus
- Hepatitis A (three months)
- Meningitis

- Diphtheria
- Tuberculosis
- Other Suggested Immunisations – Hepatitis B, rabies.

It is essential to take a course of anti-malarials. It is best to discuss the type of anti-malarial medication you should take with a travel clinic such as Nomad. They will have the latest information on which medication is most effective in the countries through which you will be traveling. They can also advise on possible side effects and which drug might best suit you. Do follow all medical advice given with your prescribed medication.

Do be aware that some anti-malarials can have negative side effects and also that your choice of drug needs to be appropriate to protect against strains of malaria specific to the regions in Africa through which you are traveling.

The choices usually suggested are:
Larium, taken x 1 a week
Doxycycline, taken x 1 a day
Malarone, taken x 1 a day

Do think about how to set up a reminder system for yourself so you remember to take your medication. If you are taking a daily medication as an anti-malarial, do remember also to carry it with you on the plane in your hand luggage.

As well as your anti-malarials, you will need to bring a number of other medical items in a simple Personal Medical Kit. Medical kits can usually be bought at travel clinics. Alternatively lists as to the types of items you are advised to carry can be found on the “What do I need to bring on safari?” section.

General information on avoiding malaria

The best way to avoid malaria is to guard against being bitten by mosquitoes and stick strictly to your chosen medication regime. To protect yourself from being bitten:

- Cover exposed skin thoroughly in insect repellent, such as DEET, from dusk to dawn, and reapply it regularly. When applying with sun block, put it on top of the sun block.
- Ensure you carry enough DEET with you to Africa. It is not easy to get hold of mosquito repellent once on the road.
- Always sleep under a mosquito net or in a secure tent with all zips zipped up.
- Cover up at the beginning and end of the day including wearing long-sleeved and long-legged lightweight clothing as well as socks.
- Wear impregnated wrist and ankle bands.
- You may wish to treat clothing with permethrin.

Do be aware also your insurance cover may well assume you are on a recognised course of anti-malarials. If you don’t take a recognised anti-malarial, it may affect your cover.

Other medical issues
You are reminded that the incidence of HIV AIDS is very high in the countries through which we travel. Sexual contact and dirty needles are the main ways that the disease is spread. Do take all necessary precautions. Use condoms. If you have to have any kind of injection, do ensure that the needle is unwrapped in front of you.

Please ensure you contact a travel health clinic prior to departure for the most recent professional medical advice. The above is given as a broad guide only.

Remember it is a condition of booking that you let us know upon booking or at the earliest opportunity if you have any medical conditions, and particularly if you are on regular medication.

Altitude sickness

Altitude Mountain Sickness (AMS)
AMS commonly affects people at high altitude who are not accustomed to the high altitude conditions. Around 70% of all climbers who do Kilimanjaro will suffer from AMS to some extent during their climb. AMS is caused by the failure of the body to adapt quickly enough to the reduced level of oxygen in the air at higher altitudes. The most common symptoms of AMS include headaches, light-headedness, nausea, loss of appetite, tingling in your extremities and a mild swelling of the face, ankles and fingers.

High Altitude Pulmonary Oedema (HAPE)
This illness results from the build-up of fluid in the lungs, which prevents proper oxygen exchange. HAPE is a more serious illness if you are on the mountain, and has a number of very clear symptoms. These include breathlessness when resting, very high pulse, and a cracking sound in the chest that leads to coughing-up of fluid. This conditions is extremely serious, and if the symptoms are discovered an immediate descent and medical treatment is necessary.

High Altitude Cerebral Oedema (HACE)
HACE is the result of swelling of brain tissue from fluid leakage. HACE is again a serious illness, and has a number of clear symptoms - very severe headaches, severe loss of balance, mental confusion and repeated nausea. If a combination of two or more symptoms are apparent then an immediate decent and medical care are necessary.

Although these warnings may sound rather scary, it is better to be aware of the risk factors involved.

By following proper acclimatization guidelines, and maybe adding an extra day to your trek your chances of contracting or suffering from altitude sickness do reduce significantly. A few useful tips to help you on your climb:

- Ascend slowly – it takes time to acclimatize, so walk slowly, take regular rests to help your body adjust
- Don't over exert yourself, strenuous activity can bring on altitude sickness symptoms
- Climb high, sleep low – climb up to a higher altitude during the day and then spend the night at a lower altitude. Most of the routes do comply with this principle, with some extra acclimatization hikes organised in your itinerary
- Drink plenty of water – make sure you take on enough water, and at regular intervals, as well as make sure you eat well
- If you do begin to show symptoms of altitude sickness don't go any higher until these symptoms pass, if they increase you are best to descend form the mountain.

Our guides are experienced at spotting the first symptoms of altitude sickness and of dealing with and problems it can cause. It is important that you are open and honest about how you are coping with the climb. If you feel unwell then do say something, don't try to mask your symptoms it will only make things worse in the long run.

Oxygen cylinders
Oxygen cylinders can be provided on request, for an additional fee. This oxygen would be for use in emergency situations only, and not as a temporary way of alleviating altitude sickness. It is highly un-safe to use oxygen cylinders for those climbers who have not quite acclimatized on their own, this is because when the oxygen is stopped they are then at an even higher altitude that they have not properly acclimatized to.

The best, and most effective, immediate treatment for serious altitude sickness is to descend from the mountain.

It is wise to know your blood group particularly when travelling in the Third World. As this is the case, as a precaution on day 1 your crew will ask for your blood type can you please have this information available for them.

Choosing the right route for you

When trying to decide the route that will be the best for your climb there are a number of factors that you need to look at. Try and choose a route that will best fit your skill level, time frame and budget. Our treks range from 6 to 8 days in length, with variations in itineraries that can take you quickly to the summit or give you the maximum time to acclimatize to the conditions.

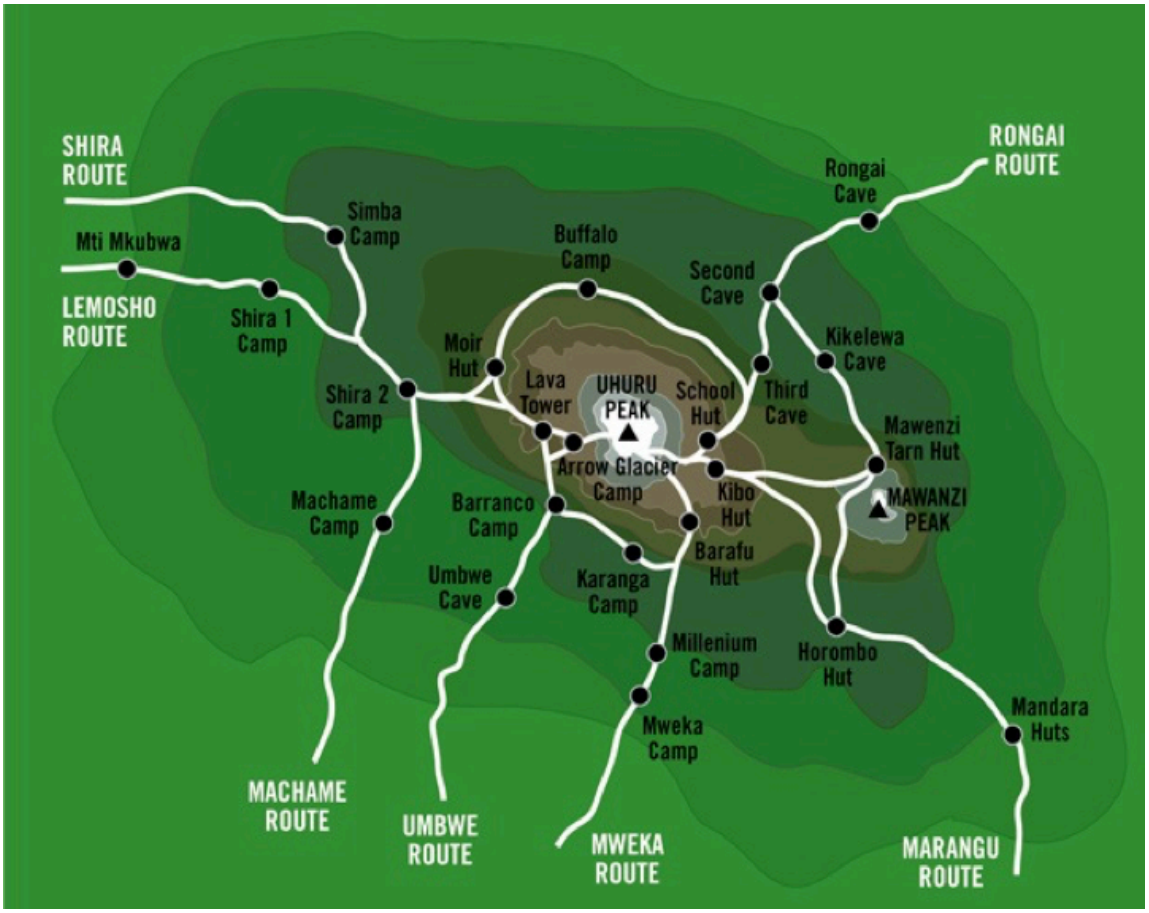
Weather
In many ways the weather can help to dictate when is the best time for you to be climbing Kilimanjaro. The rainy seasons can certainly have an impact on the conditions on the mountain. The main rainy seasons in East Africa are the 'Long Rains' from early-mid March through to the end of May, and sometimes into early June. The 'Short Rains' are from early November until late December. The rainy seasons can make conditions on the mountain treacherous and not as safe as at other times of the year.

Prior to the long rains from mid January through to when the rains start can be some of the most superb conditions on the mountain with reasonable temperatures, medium rainfall and not much cloud. Conditions

from mid July to mid October are also usually good and clear, with low rainfall. In general the best times to climb Kilimanjaro are during the warmer and drier months, where you are more likely to experience clear, dry weather, which can last for weeks on end. However, do note though that even during the 'dry' seasons, you may still experience some heavy rains, as the weather on the mountain is unpredictable.

Temperatures on the mountain can vary considerably depending on the stage of climb you are up to. The day and night temperatures can also vary dramatically. On the plains surrounding Kilimanjaro the average temperature can be about 30°C. Around 3000m you can expect to start to encounter frosts at night, with daytime temperatures ranging from 5 - 25°C. At the summit, the nighttime temperatures can reach well below freezing point, even as low as 20°C.

OUR ROUTES



Machame
The Machame route approaches Kilimanjaro through forest and moorland from the southwest, and joins the Shira route before traversing beneath the southern ice fields of Kibo.

The rainforest is extremely beautiful and there is a tangible sense of 'wilderness' once the higher elevations are reached. The views of Mt. Meru floating on the clouds are simply unforgettable. The final ascent to the summit of Kilimanjaro is made via the Barafu route.

We do both a 6 and a 7-day itinerary, with the 7-day itinerary giving maximum possible acclimatization, and also gives us plenty of time to enjoy the magnificent scenery. This route is now very popular, whilst more arduous than the Marangu.

Lemosho
On this route we approach the mountain from the west by the lightly used Lemosho trail. Experienced guides consider this route to be the most gentle whilst the most demanding but also the most scenic.

At the beginning of the trek this route takes a little used approach on a narrow wilderness trail. From here it passes through pristine and remote rainforest with some good chances of seeing wildlife. It then crosses the caldera of Shira volcano, exploring the rock formations of the plateau, before traversing beneath the

southern ice fields of Kibo.

On this route you should get some breathtaking views, on Shira Plateau before the convergence with other routes in the later stages of the trip. The final ascent to the summit is made along the Barafu route, often providing stunning views of Kibo.

We have both a 7 and 8-day itinerary, with the 8-day itinerary providing the maximum possible acclimatization and also giving an unusual view of the montane forest, before converging with the other routes and making the final ascent by the Barafu route.

Rongai
We avoid the crowded Marangu route as we approach Kibo from the north on the lightly used Rongai route. A positive of this route is that you get to see both sides of the mountain as we descend on the Marangu route. The Rongai route starts just south of the Kenya-Tanzania border and experienced guides consider this ascent route to be easier. The north side of the mountain is usually drier too so it is less likely you will have to walk through drizzle and mud during your first two days.

The Rongai route begins in attractive open farmland and then moves into delightful forest, with the possibility of wildlife viewing. This is regarded as a beautiful route retaining a sense of unspoilt wilderness. It also passes through several different climate zones, adding considerably to the interest of the trek.

This is a 6 day trek to ensure maximum acclimatization and the best chance of reaching the summit.

Marangu
The Marangu route, often called the 'Coca-Cola route', is used by almost 50% of all climbers. Instead of sleeping under canvas in tents, on this route we stay in comfortable mountain huts with solar power lighting. The views are beautiful and each day of walking progresses through a different climate zone.

The real highlight is the walk from Gilman's Point along the crater rim to Uhuru Peak, passing close to spectacular glaciers and ice cliffs. The views on a clear morning are magnificent, with the Rift Valley, Mt. Meru, and the Masai Steppes clearly visible.

We add an extra day to the standard 5-day itinerary to ensure maximum acclimatisation at Horombo Huts using that day to visit Mawenzi at 4538 m. Don't be misled into thinking this route is much easier than the others. This is still a 35 kilometre hike to the top, and then 35 kilometres back down!

Detailed itinerary

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Day 1: Nairobi (or Kilimanjaro) to Moshi
We leave Nairobi on Day One to drive south to Tanzania through sweeping and often arid plains dotted with whistling thorn. We cross into Tanzania at Namanga where you are sure to be tempted by Maasai selling beaded jewellery and wooden carvings. After a brief stop in Arusha we continue on to Moshi where you will be dropped at the hotel.

If you fly into Kilimanjaro you will be collected from the airport and dropped at the hotel.

That afternoon you will have a briefing with Samson, the head guide, who will inform you about the trek itinerary, what to expect and discuss what you will need. A duffel bag will be provided to pack your things for the mountain and any requested hire equipment will be given also.

Distance:	358 kms
Est. Drive Time:	+/- 9 hours (depending on the border)

Days 2 - 8: Kilimanjaro trek
You will be collected at the appointed time as informed by Samson and taken to the main gate where you will be registered. From there you will drive to gate from where your trek departs.

The number of days depends on the route you have chosen to do.

On the last day you will be brought back to the hotel for a well-deserved shower and rest.

Day 9: Moshi to Arusha

You will be collected around 11.30 am from the hotel and transferred to Arusha. Here you will meet up with other travellers on our longer safaris and will all camp together that night.

We have our Departure Meeting to go through arrangements for your safari in the Serengeti and the Ngorongoro Crater.

Distance:	80 kms
Est. Drive Time:	1.5 hours
Meals:	X1 Dinner

Day 10: Serengeti National Park

Leaving camp early this morning we head on safari travelling towards Ngorongoro Conservation Area. The drive takes us through rolling plains and traditional Maasai herdsmen can be seen throughout the region tending cattle and goats. We arrive at Naabi Gate, the official entry to the Serengeti by mid afternoon.

The seemingly endless grasslands of the Serengeti are the stage for the famous wildebeest migration. On the annual migration 1.5 million wildebeest and other game, such as zebra, Thomson's gazelle, impala and topi move on mass between the Mara, Ngorongoro Conservation Area and the Serengeti. The rains and the endless search for water and good grazing drive this movement. We game drive through the afternoon. Kopjes, small hills of rocks are favourite vantage points for lion dozing in the sun from where they keep an eye out over the vast grassy plains.

We spend the night camped within the Serengeti with the sounds of the African bush around us. It is quite an experience to be in a tent with just the canvas between you and the wildlife out there.

Distance:	325 kms
Est. Drive Time:	6 hours, then game drives through the afternoon
Meals:	X1 Breakfast, X1 Lunch, X1 Dinner

Included wildlife activity: Drive through the Conservation Area, then game drives Serengeti National Park

Day 11: Serengeti National Park to Ngorongoro Conservation Area

Game viewing is often at its best early in the day, so we rise by dawn and head out to explore more of the Serengeti. We game drive through the morning. This is Siringitu - the place where the land moves on forever for the Maasai.

We leave the plains and enter more mountainous terrain on crossing back into the Conservation Area in the afternoon. A visit to a Maasai boma is arranged and Masai worriers perform the traditional jumping dance for us. We can also visit a local school. The Olduvai Gorge Museum is also a stop off point where you can find out about the work of the Leakey's into the origins of man.

Our overnight camp tonight is near the rim of the Ngorongoro Crater. We are at altitude here, so wrap up warm tonight.

Distance:	Game drives
Est. Drive Time:	Game drives through the day
Meals:	X1 Breakfast, X1 Lunch, X1 Dinner

Included wildlife activity: Morning game drives Serengeti National Park, then return through Ngorongoro Conservation Area

Optional excursions: Balloon safari, Maasai Boma, Olduvai Gorge Museum (depending on road conditions)

Day 12: Ngorongoro Crater to Arusha

This morning we are up before sunrise to visit Ngorongoro Crater. The Crater is a perfectly intact volcanic caldera and known as the 'Noah's ark' of game reserves. During our morning game drives again there is the chance to view the 'big 5', lion, leopard, elephant, rhino and buffalo, as well as plains game peacefully grazing including, zebra, gazelle, impala and wildebeest. Hippopotamus are found lolling in the pools and Lake Magadi can be rimmed with the pink of greater and lesser flamingo.

We stop off in the bustling village of Mto Wa Mbu with its extensive markets where we can wander and buy

Maasai souvenirs. We enjoy a prepared barbeque tonight back in the Arusha campsite for our final night together.

Distance:	180 kms
Est. Drive Time:	Game drives through the morning, then 3.5 hours back to Arusha
Meals:	X1 Breakfast, X1 Lunch, X1 Dinner

Included wildlife activity: Morning game drives Ngorongoro Crater

Days 13: Arusha to Nairobi (or Kilimanjaro airport)

Today we bid our farewells and travel back to Nairobi by shuttle bus. A last chance to soak in the surroundings and reflect on the life changing experience we have just shared. Once back in Nairobi we are happy to drop you at the airport or in a central location in the city.

Alternatively a transfer will be arranged to take you back to Kilimanjaro airport.

Please note this itinerary is a guide only. It can also be run in reverse direction or be slightly different depending on your personal requirements. Feel free to give us a call about your safari plans. We look forward to your further enquiries.

Money and budgeting

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When costing a Kilimanjaro climb with a safari the areas you need to consider are:
Before you go…

1. Your tour price
2. Your airfare
3. Immunisation and anti-malarials
4. Insurance
5. Equipment

Step off the plane in Africa with…

6. Spending money - This is very individual and will mainly depend on what you spend before and after your trip on meals, drinks and other personal needs eg internet. There is not a lot to purchase once you head out onto the mountain and into the parks, except a map of the mountain, which can be bought at the Park Gate. A suggested budget would be 80 - 120 USD.
7. Equipment hire
8. Tips, a suggested amount for your team is about U$250 – U$300
9. Visas:Up to 120 USD, depending on nationality.
   Purchasing visas in Africa in US dollars for the above passports is currently cheaper than buying ahead of time.
10. Pre and post safari costs

Please note: You need to carry money with you out to Africa to cover Items 6 to 10 (i.e. for your spending money, equipment hire, tips, visas and pre and post safari costs). The figures above are conservative estimates for average spending per person on safari. There is a lot of variation in how much spending money individuals need as it is dictated by personal choice, as is your budget for optional activities.

We have no control over local operators' charges and new or other options that become available after our date of printing. Nor can we control exchange rate fluctuations, which can impact on budgets as some items are only payable in USD or are cheaper when purchased in USD. USD often tends to be the preferred currency. Figures quoted are based on regular information we receive from operators, passengers and crew in the past 12 months. You are advised that prices do go up and down very regularly. Our aim is to keep you informed of the most recent prices. In general you will often find that whilst some prices are underestimated at other times they are overestimated.

How do I take this money to Africa?

We strongly recommend that you organise the money you want to take to Africa before you leave for your trip.

USD cash
We are finding that clients find it most convenient to take approximately USD 500 - USD 600 cash on this trip. Notes need to be dated 2008 or later. Remember you will need USD for the visa when you land at the airport in Nairobi/Kilimanjaro

Pounds Sterling and Euro cash
You may also like to carry up to100 GBP or EUR cash as well if your money is currently in sterling or euro. This can be used to buy local currency when you can get to a bank or regular forex bureau. If you are not in sterling or euro consider carrying more USD cash.

When arranging your cash remember small denominations can be useful but the larger denominations will give a better exchange rate. You should also request that your notes are not torn, written on or damaged in any way.

Sterling and euro are best carried as 20s and 50s to be used to buy local currency when you can get to a bank or forex bureau. Please note also that Scottish pound notes are not accepted.

When you arrive in Nairobi, you should change up enough money into Kenyan Shillings to cover all your personal needs such as accommodation, transfers and meals including breakfast for the first day before you go out to Moshi. Please note breakfast is not provided on the first day of the safari.

When you land in Nairobi there is a bank open for international arrivals. Cash is carried at your own discretion and should be organised before you leave for Kenya.

There are exchange bureaux and ATMs in Moshi to get Tanzanian shillings when you arrive there.

ATM access
You can access ATMs and use a credit card in Moshi and Arusha. Visa cards and Maestro cards are usually the only accepted cards at the times when you can use cards. Please note that MasterCard, Travel cards and cash passports particularly seem to be of little or no use. Be aware as well that whilst there may be ATMs in town, they are not always reliable as they can be out of money, broken or the power could be out so do not solely rely on ATMs.

Other things to note in regards to organising your money for Africa

Remember to budget for and carry what you need for before and after the safari on top of the above budget.

For your information the currencies you will meet are:
- Tanzania -Tanzanian shillings
- Kenya – Kenyan shillings

WHAT IS INCLUDED IN THE TOUR PRICE
- Two nights bed and breakfast in Moshi, one night before and one night after the climb.
- Transfers to and from Kilimanjaro airport/ Nairobi
- Transfers from the bed and breakfast to the start point of the climb and return.
- Services of our experienced and dedicated local guides, porters and cooks, supervised by Samson Lauwo.
- 3 hearty meals a day and drinking water on the mountain.
- All park fees including park rescue fees.
- Air Ambulance, emergency medical and air evacuation included with AMREF Flying Doctor
- Quality equipment including professional mountain tents, finger pulse oximeters and a mountain mess tent for meals, essential to keep out the wind and cold.
- The Serengeti
- Ngorongoro Crater
- 4 nights camping during the safari
- x 4 breakfasts, x 3 lunches, x 4 dinners during the safari

WHAT'S NOT INCLUDED
- Flights including taxes
- Pre and post tour Add Ons as well as airport transfers and accommodation
- Other incidentals including drinks, tips, internet use, upgrades from camping and the occasional

cheap excursion such as local walks
- Visas
- Extra equipment including sleeping bag, torch and medical kit • Personal travel insurance
- Vaccinations and antimalarials

Tips
Tips are a customary way to end your trip, and a good way of showing your appreciation for the job that your guides, porters and cook have done while you are on the mountain. This is certainly something that you should budget for when considering a climb, as a tip is an expected element of the trek for good service. How much you tip is totally dependent upon you and how much you feel is justified for your crew and for the work that they have put in. As a rough guideline, you should budget an extra US$250 – US$300 per person for tips for your climb across your trekking team.

Hire equipment
Not everyone will have all of the necessary equipment at hand for their Kilimanjaro climb, especially gear that can cope with the extremes in temperatures and conditions that you will experience on the mountain. Below is a list of the equipment that we can hire out to you for the duration of your climb. Have a look and see what you think you are likely to need and factor these costs into your budget. The hire equipment is paid in USD cash on the ground in Africa. We recommend that you budget between 20 - 100 USD for hire equipment.

Do note that a sleeping mat and duffel bag are provided for the climb. A mat is also provided for the safari.

Equipment List

Thermal Underwear	$10 per trip
Fleece	$15 per trip
Down Jackets	$20 per trip
Waterproof Trousers	$10 per trip
Waterproof Jacket	$15 per trip
Warm trousers	$20 per trip
Sleeping pad	$5 per trip
Gaiter	$15 per trip
Gloves	$10 per trip
Walking Poles (pair)	$15 per trip
Sleeping Bag	$20 per trip
Head Torch	$15 per trip
Water Bottle/ Camel bag	$10 per trip
Walking Boots	$25 per trip
Socks	$5 per trip
Sunglasses	$20 per trip
Rucksack / Day Pack	$25 per trip
Balaclava	$5 per trip
Poncho	$15 per trip
Duffel Bag (waterproof)	$30 per trip
Hat	$10 per trip

What do I need to bring?

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We ask that you carry your possessions in one large backpack, travel bag or soft suitcase (65 to 85 litre maximum). You should carry your valuables in a flat money belt which you wear against your skin.

Remember that we will provide a duffel bag for your items that the porter will carry. Your other luggage can stay at the secure lock up facility at the hotel. During the safari there is also a place to safely keep the luggage you do not need for this.

You should also have a day bag between 20 to 35 litres to carry your water, camera, raincoat, lunch pack and ski pole/walking stick and to use for the safari into the Serengeti.

During the pre trek briefing that takes place usually the evening prior to your climb, there will be an

equipment /clothing check by one of the head guides who has lots of experience with the climbs. If they feel the equipment/clothing is lacking, they may require the client to hire more equipment to ensure their safety and comfort.

The following list details essentials as well as non-essentials. It is a guide only. If you are unsure about specific items please feel free to ring us.

You need to bring:

- Travel documents including passport (including relevant visas if required ahead of time) and air tickets
- Booking Voucher with Final Receipt – essential for immigration purposes
- Vaccination documentation, particularly for yellow fever
- Insurance policy
- USD cash
- Credit card – preferably Visa

Essential camping equipment

- Sleeping bag, 4 seasons and sheet
- Ski-pole/walking stick
- Torch and batteries, a head torch being the most useful.
- Mosquito repellent (DEET) 50% strength, 1 bottle
- Insect repellent spray
- Sun block cream
- Lip salve/Chap stick
- Padlock
- Small personal medical kit including: anti-malarials, vitamin tablets, paracetamol, antibiotic powder, Band-Aids, cotton wool, sterile gloves, flu medication for coughs, colds and sinuses, rehydration salts, sports injury cream for sprains, an antihistamine, immodium, treatment for tummy bugs, stings/bites and sunburn and eye drops. If you wear contact lenses you are advised to carry disposables.
- You should also consider a treatment for altitude sickness.

Other items

- Pocket knife
- 1 litre water container. Make sure it screws tight. A thermal water flask can be useful.
- Sun glasses (good quality with 100% UV protection)
- Ziploc bags for wet items, rubbish and to keep items dust free.
- Towel
- Antibacterial soap
- Condoms
- Tissues
- A means of securing your hair back is useful such as a bandana, a scarf, beanies, hair ties and clips
- Cigarette lighter
- Emergency sewing kit
- Tweezers, nail scissors, nail brush
- Ziplock bags to protect items like batteries from damp and rain
- Energy snacks and sweets.

Extra tips:

- Any containers sealed at low levels (sun cream, contact lens solution, toothpaste etc) will tend to expand as you climb higher and external air pressure decreases. Carefully release the build up of pressure each night as you go higher so that they don't burst in your pack.
- Remember to cut your toe nails well before departure particularly to avoid discomfort on your descent.
- To keep your batteries warm keep them with you in your sleeping bag at night including your headlamp batteries. Keep your spare battery near your skin on summit day but in a ziploc bag to prevent condensation.

To consider

- Binoculars
- Pillow
- Wet Ones can be useful
- Books

- Writing paper, pens

Electrical items
- Mobile phone
  - » Text messaging can be a good way to stay in touch with the outside world.
  - » Remember if you are on international roaming the charges will be very high to make and receive phone calls. If communication is very important to you, sim cards can be purchased very cheaply on the road. Some clients have their phone unlocked before arriving in Africa whilst coverage is not always good on this tour.
- iPod/iPhone/MP3/Music player including earphones if you want to listen to your own music. If using your Ipod as a hard drive to store photos check the memory before travelling to ensure you have have enough space to store all the photos you may wish to take.
- Bring your camera in a protective case and spare memory cards.
- Camera cleaning kit
- For SLR cameras we recommend a telephoto of 120 mm (or similar) or an 80-200 mm zoom.
- 2 camera batteries
- Polarising filter/lens hood for SLRs

Clothes

The clothes that you take for your trek will certainly contribute to your enjoyment and comfort on the mountain. Temperatures can range from +30 degrees C in the rainforest, to -25 degrees C at the summit and you can walk through 5 different climate zones in as many days. Ensuring you are appropriately dressed is essential for your well-being and can impact on your ability to reach the summit. Do carefully consider how to pack sensibly and efficiently to ensure you have all the clothing required to cope with the extreme temperatures and conditions you will face during your trek.

Where to start?
Think layers! Take light weight thinner layers to keep cool, warm, dry and comfortable on the mountain, as opposed to thick heavy layers so you are able to more easily adjust your clothing as required.

The 3 main layers to consider are:

1. **Base layer** - A thermal layer to provide comfort by keeping the skin dry.

   The base layer is a close fitting layer next to the skin that will help to keep you warm and draw sweat away from the skin. This will make you feel warmer and keep you more comfortable on the move. Synthetic materials such as polyester and microfiber-based fabrics are ideal as they do not absorb moisture but transfer it well. Bamboo-made base layers are also an excellent choice but they can be expensive.

   Cotton is a cheap option and will feel comfortable when dry, but will absorb moisture easily and moisture against the skin will only lower your body temperature. Cotton will be slow to dry out too, especially in cold conditions.

2. **Mid layer** - provides further warmth and insulation for the colder temperatures. The mid layer should be loose-fitting enough to allow insulating air between the layers. For extreme temperatures, multiple thin mid layers can be worn rather than one thicker layer.

   Wool is the traditional mid layer material as it provides good insulation even when wet. A fleece or other synthetics have similar properties to wool, but are lighter and a very good option. It provides good insulation even when wet, absorbs very little moisture and dries quickly.

   Down has a very good warmth-weight ratio and can be packed down to take up very little room. The downsides are that it is more expensive and loses its insulating properties when wet or compressed.

   Synthetic Fiberfill such as polyester fiber is used similarly to down, but does not have as good a warmth- weight ratio. However, it is less expensive and provides good insulation even when wet.

3. **Shell layer** - the outermost clothing layer to protect you from wind and rain. The shell layer should also be breathable, allowing moisture to pass through to the outside, while keeping the elements out. Plastic

raincoats will protect from the wind and rain, but are not breathable. To compensate, these types of raincoats will have flap-covered holes and are very loose-fitting to allow air circulation.

Hard shell materials are waterproof and are breathable. Their essential element is a thin, porous membrane that blocks liquid from entering the garment, but will allow water vapor (evaporated sweat) through the material. Typically, the more expensive the material, the more breathable it will be. The known brands of this type of material are Gore-Tex, Jeantex and Ventex to protect climbers.

A water resistant (soft shell) material will only partially block water, but they are usually more breathable, comfortable and cheaper than completely waterproof materials.

SUGGESTED CLOTHING LIST

Technical Clothing

1 - Waterproof Jacket, breathable with hood
1 - Insulated Jacket, synthetic or down
1 - Soft Jacket, fleece or soft-shell
2 - Long Sleeve Shirt, light-weight, moisture-wicking fabric
1 - Short Sleeve Shirt, light-weight, moisture-wicking fabric
1 - Waterproof Trousers, breathable (side-zipper recommended)
2 - Hiking Pants
1 - Fleece Pants
1 - Shorts that are comfortable to hike in. Convertible trousers are practical
1 - Long Underwear eg propylene leggings or similar for base layer (moisture-wicking fabric thermal underwear recommended)
3 - Underwear, briefs (moisture-wicking fabric thermal underwear recommended) 3 - Sports Bra (women)

Headwear

1 - Brimmed Hat, for sun protection
1 - Knit Hat, for warmth
1 - Balaclava, for face coverage (optional)

Hand-wear - double layer gloves or mittens

1 - Gloves, warm (waterproof recommended)
1 - Glove Liners, thin, synthetic, worn under gloves for added warmth (optional)

Footwear

1 - Hiking Boots, warm, waterproof, broken-in
1 - Spare laces
1 - Trainers / Tent mules, to wear in camp (optional)
5 - 6 - Socks, a few pairs of thick thermal pairs as well as a few normal pairs, wool or synthetic
3 - Sock Liners, tight, thin, synthetic, worn under socks to prevent blisters (optional)
1 - Gaiters, waterproof (optional)

Shorts and t-shirts are useful for trekking on the lower slopes are temperatures are likely to be higher than further up the mountain.

Specialist diets

For vegetarians we do all possible to ensure a good supply of veggies, salads, fruits, beans, pastas and rice. The diet leans towards vegetarian day to day, as fresh quality meat is not easily accessed every day. The staples are beans, pastas, pulses, and rice, as well as fresh fruit and vegetables when available and in season. In restaurants, when meals are ordered ahead of time, vegetarian options are available with usually good supplies of fresh fruits, veggies and salads. Do be aware though how there is a marked difference as to what is available day to day in the shops and markets.

In the Western world we have a far more constant supply of a large seemingly endless range of different products including fruit and veggies supplied regardless of the season. In reality, and more naturally, fruit and vegetable supplies are seasonal, may not be as chemically assisted and can also be difficult to access en route. We will do all we can to ensure supplies where possible. We can also cater for gluten-free, vegans, wheat-free and dairy-free diets, supplying soymilk, rice noodles, gluten-free cereals etc.

When booking, do remember to let us know if you have any specific dietary requests

Additional information for your journey of a lifetime!

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Who can climb Kilimanjaro?
There really is no upper age limit for climbers wanting to do Kilimanjaro, indeed people in their seventies often reach the summit. We would advise climbers towards the upper end of the age range to have a few extra health checks before deciding to do the climb, just to make sure that you will be safe to do so, but really virtually any age is welcome to come and try to reach the 'roof of Africa' with us. Similarly, both men and women can do this climb with little or no problems.

Preparing for your climb
You do need to be physically prepared for your climb; it is a strenuous hike. The toughest part of the climb is the 6 to 8 hour hike to the summit, and this is mainly due to the extreme altitude. The days prior to this are not too physically demanding if you have a reasonable level of fitness.

Any exercise you do before you go will help, but especially walking. Try doing a few hours a day if you can, regular gym sessions as well as some running, cycling or swimming may help you reach the level of fitness that will give you the best chance of making a successful assault on the summit.

Mental stamina and preparation are also vitally important for your climb. Your mental stamina will, without doubt, make the really difficult sections, such as from Barafu to Uhuru, easier to complete. If you are properly equipped and physically prepared you can be mentally confident that you will physically cope with your ascent of Kilimanjaro.

Problems or issues you may have while on the tour
Where you have any issue at all during the tour, talk to the tour leader or guide at the very earliest as this could affect the rest of your trip. The tour leader and guide are there to help and they can't if you don't let them know the issue.

Remember as well these are group participation trips. Group meetings are there so everyone can talk about what's happening day to day so do raise any niggles or queries at the meetings.

If you do experience a problem while you are on the trip such as feeling unwell, not getting along with a fellow traveller or if there is something that you are unhappy with in regard to the running of the trek or safari or anything else that is bothering you or stopping you from having an enjoyable trip, please do inform your tour leader or guide directly of the problem as a priority. They will want to know. Once they know they can take the appropriate actions to resolve the issue as quickly as possible. All and any issues will be treated with the utmost confidentiality.

Everyone at Absolute Africa works very hard to ensure our travellers have the very best of trips. Should you have a continuing problem that you feel is not being addressed effectively it is your responsibility to email or contact the office at the very earliest possible time. Detailing your concern in writing in an email is usually the best way to explain. We will then look into this immediately to see how the problem can be resolved so you can continue to have an enjoyable tour. Further details can be seen in our Terms and Conditions (14).

The Great Migration

The migration covers over 3,000 kilometres on the combined stage of the Serengeti and Masai Mara plains. It is a constant movement of 2.5 million animals and may well be the highlight of your Safari (depending on the season). Follow the link for our chart which will show you where you are most likely to see the migratory herds each month of the year: www.absoluteafrica.com/migration.lasso

For information on where you should be able to see which animal, as well as other useful facts, check out the spreadsheet on the following page.

With such a huge variety of wildlife to see in Africa - we have put together a quick reference guide to help you plan your safari so you know what animals might be found in game parks in each country.

		Group Name	Average Gestation (months)	Average Life Span (years)	Status	Diet	Distribution as at June 2010									
							Kenya	Uganda	Rwanda	Tanzania	Malawi	Zambia	Zimbabwe	Botswana	Namibia	South Africa
BIG FIVE	Lion	pride	3.7	15	VU	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	African Elephant	herd	22	70	VU	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Cape Buffalo	herd	11	17	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Leopard	solitary	3	20	NT	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Rhinoceros Black	crash/herd	6	35	CR	H	✓	×	×	✓	Reintroduced	Reintroduced	✓	Reintroduced	✓	✓
	White	crash/herd	6	35	NT	H	Introduced	Reintroduced	×	×	×	Introduced	Reintroduced	Reintroduced	Reintroduced	✓
	Cheetah	coalition	3	11	VU	C	✓	✓	×	✓	×	✓	✓	✓	✓	✓
	Spotted Hyena	clan	4	25	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	African Wild/Painted Dog	pack	2.5	11	EN	C	✓	×	×	✓	✓	✓	✓	✓	✓	✓
	Blue Wildebeest (Gnu)	herd	8.5	20	LC	H	✓	×	×	✓	×	✓	✓	✓	✓	✓
	Giraffe	herd/corps/tower	15	28	LC	H	✓	✓	Introduced	✓	×	✓	✓	✓	✓	✓
	Plains/Burchell's Zebra	herd/harem	12	28	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Oryx/Gemsbok	herd	8.5	20	LC	H	×	×	×	×	×	×	✓	✓	✓	✓
	Sitatunga	herd/group	7.5	19	LC	H	✓	✓	✓	✓	×	✓	✓	✓	✓	×
	Greater Kudu	herd	9	7.5	LC	H	✓	✓	×	✓	✓	✓	✓	✓	✓	✓
	Common Eland	herd	9.2	17.5	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Impala	herd	6.5	12	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Thomson's Gazelle	herd	6	10.5	NT	H	✓	×	×	✓	×	×	×	×	×	×
	Gerenuk	group	7	20	NT	H	✓	×	×	✓	×	×	×	×	×	×
	Dik-dik	monogamous pair	6	3.5	LC	H	✓	✓	×	✓	×	×	×	×	✓	×
	Warthog	sounder	5.7	15	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Mountain Gorilla	group/troop	8.5	45	EN	H	×	✓	✓	×	×	×	×	×	×	×
	Chimpanzee	group/community	8	50	EN	O	×	✓	×	✓	×	×	×	×	×	×
	Baboon	troop/congress	6	25	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Golden Monkey	group/troop	5	19	EN	O	×	✓	✓	×	×	×	×	×	×	×
	Zanzibar Red Colobus Monkey	group	6	20	EN	O	×	×	×	✓	×	×	×	×	×	×
	Rock Hyrax/Dassie	colony	7	12	LC	H	✓	✓	×	✓	×	✓	✓	✓	✓	✓
	Banded Mongoose	group	1.7	8	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Common Genet	solitary	2.5	8	LC	O	✓	✓	×	✓	×	✓	✓	✓	✓	✓
	Meerkat	mob/gang	2.5	13	LC	O	×	×	×	×	×	×	×	✓	✓	✓
	Hippopotamus	pod/herd	7.9	50	VU	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Nile Crocodile	bask/float	3*	45	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Common Bottlenose Dolphin	pod	12	20	LC	C	✓	×	×	✓	×	×	×	×	✓	✓

Status: LC = Least Critical, NT = Near Threatened, VU = Vulnerable, EN = Endangered, CR = Critically Endangered **DIET:** C = Carnivore, H = Herbivore, O = Omnivore * Incubation not gestation

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Reading List

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For those of you who want to read before you go, here are a few suggested titles:

The Weather in Africa	Martha Gellhorn
Kilimanjaro	Henry Stedman
Explore Mount Kilimanjaro	Jacquetta Megarry
Kilimanjaro: To the Roof of Africa	Audrey Salkeld
Altitude Illness: Prevention and Treatment	Steven Bezruchka
The Shadow of Kilimanjaro	Rick Ridgeway
Making the Climb	John C. Bowling
In the Dust of Kilimanjaro	David Western
Kissing Kilimanjaro: Leaving it all on top of Africa	Daniel Dorr
The Snows of Kilimanjaro	Ernest Hemingway

Lonely Planets, Bradts and Rough Guides are always a mine of information

A 746 Michelin map will give you a good insight into where you are travelling.

A friendly note that conditions, prices and details change constantly in Africa and what may be appropriate and/or correct one day is not necessarily the case the next. Much time and effort goes into keeping this information as up to date as possible. At the same time do not treat this document as 'the bible' for your safari. It is a guide only to assist in steering you in the right direction.

If you have any queries please do not hesitate to get in touch. We are more than happy to assist.

Queries about your safari booking should be directed to Absolute Africa. We are available on Skype and Live Chat, or feel free to email us at our bookings office at bookings@absoluteafrica.com

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