

TANZANIA Rift Valley Safari Trek

This is an Open Challenge itinerary; you can take part on the dates shown and raise money for a charity of your choice.

Duration: 11 days / 10 nights

Trip Grade: Tough

Dates:

10 Jul – 20 Jul 2014

9 Jul – 19 Jul 2015

2 Oct – 12 Oct 2014

1 Oct – 11 Oct 2015

Payment Options:

	2014	2015
Fundraising:		
Registration Fee	£399	£399
	+	+
Fundraising Target	£3700	£3800
Self Payment:		
Registration Fee	£399	£399
	+	+
Trip Cost	£1650	£1700

Please note Registration Fee is in addition to Trip Cost / Fundraising Target. For further detail on payment options see our website or contact us.

This challenging trek has it all: volcanic craters set amidst wild, remote African scenery, combined with amazing wildlife and the fascinating culture of the Masai!



We trek through the Crater Highland and Rift Valley landscapes of Tanzania, witnessing the traditional Masai way of life as the tribesmen tend their cattle in



this spectacular region, most of which is a conservation area. The scenery is magnificent, with rolling green grasslands and acacia forests dominated by volcanic cones and the great Rift Valley escarpment.

From the grazing animals and spectacular birds of prey we see as we trek, to the beautiful flamingoes of Lake Natron, this is a trek that brings us close to nature. A safari in Lake Manyara National Park, home to wildlife including lion, zebra, giraffe and elephant, celebrates our achievement.

ITINERARY

Day 1: Depart London

Day 2: Arrive Tanzania

Arrive Kilimanjaro International Airport and transfer to our accommodation in Mto-Wa-Mbu (approx 2 hours). Once checked in, we'll spend the rest of the day relaxing and sorting our kit for tomorrow's start before meeting up for dinner and an evening trip briefing. Night lodge.





Day 3: Mto-Wa-Mbu – Olmoti Crater – Empakaai Crater

We head off into the Reserve on bumpy tracks. We make a short stop to appreciate the views over the spectacular Ngorongoro Crater, then drive on to Nainokanoka and the Olmoti Crater, where we start our walk. It takes about half an hour to climb up to the crater rim, where fabulous views await us – and give us a wonderful introduction to the region. At just over 3000m we'll notice the slightly rarefied air on the crater rim – it makes a perfect warm-up walk. We walk down into the crater, where Masai graze their cattle, and then walk back to Nainokanoka for lunch. Returning to our vehicles, we head northeast to Empakaai Crater; look out for gazelles, zebras and impala on the way. We ascend to the crater, where the views again are superb, and drop down to the crater lake to explore. The water in the crater is very alkaline and, with a depth of up to 85m, is unusually deep for a soda lake. We walk around the lake edge to see the flamingos, buffaloes and other wildlife that make this crater their home. We camp tonight at the crater. Night camp.

Drive 4-5 hours; trek approx 4 hours

Day 4: Empakaai Crater – Acacia Forest Camp, Naiyobi

After a hearty breakfast we set off on our first full day of trekking. Yesterday's crater walks will have warmed us up nicely and we should be feeling fit and ready to go! We walk through grassland on dusty tracks, admiring the vast open landscapes around us. We're likely to see more wildlife and Masai farmers as we walk. Towards the end of the day we



walk through a photogenic stretch of acacia forest, where we camp near the small Masai village of Naiyobi. Night camp.

Trek approx 7 hours

Day 5: Naiyobi – Alalarai

We head off after breakfast, enjoying the scenes of village life as we walk past Naiyobi. The area is dotted with Masai *bomas* (pronounced 'bombers'), and we'll see herdsmen grazing their cattle. This is a very remote area, and it's a real privilege to see the Masai way of life as we pass through their small communities. Our walk takes us west up the Rift Valley, where we trek along the ridge on tracks used only by Masai herders. We come to another village, or *boma*, and start climbing uphill to the top of the ridge, where we'll camp. From the top we have magnificent views of Oldoinya Lengai, the only active sodium carbonate volcano in the world! 'Oldoinya Lengai' means 'Mountain of God' in the Masai language. It last erupted in 2007, and we see lava rock and other signs of its activity as we trek. Night camp.

Trek approx 6-8 hours



Day 6: Alalarai – Engaresero

We should get great sunrise views over Oldoinya Lengai from camp this morning, before continuing our trek through the grassy highlands. The terrain is hilly, and we continually walk up and down the rolling, grass-covered ridges – there are fantastic views. As well as cattle, the plains are grazed by zebra, wildebeest and gazelles. We follow upland tracks towards the Mosonik Hills, enjoying great sweeping views of the valley below us. Before lunch, we catch our first glimpse of Lake Natron in the distance. We descend steeply down off the Rift Escarpment to the valley floor and Lerai bomas, and then enjoy an afternoon of fairly flat terrain as we head towards Lake Natron. Night camp.

Trek approx 7-8 hours



Day 7: Lake Natron & Waterfalls

This morning we walk down to Lake Natron, one of the most alkaline lakes in the world. The lake is home to millions of tiny crustaceans, and one of the few breeding sites for flamingos. They are fascinating to see. We head back to camp, and spend the afternoon walking around Natron village and its nearby waterfalls. Night camp.

Trek approx 4-5hrs

Day 8: Engaresero – Lake Natron – Mto-Wa-Mbu

We pack up camp and head out on the 2-3hr transfer to Engaruka, during which time there is a good chance of spotting some of Africa's grazing animals. Engaruka Ruins are a very important Masai site and during the month of July many Masai people come here to celebrate their heritage. After a guided tour of the site, we'll drive the final section of road to reach Mto-Wa-Mbu. Night camp.

Drive approx 4-5 hrs (total)



Day 9: Lake Manyara Safari – Moshi

Another early start for optimum wildlife viewing! We take a game drive through Lake Manyara National Park, home to a huge variety of animals and birds but most famous for its tree-dwelling lions. If you're lucky you may spot them so keep an eye out for any moving branches! After leaving the park we will transfer to Moshi and the comfort of our hotel.

The rest of the day is free to shop and explore before our big celebration. Night hotel.

(Dinner not included)

Day 10: Free time Moshi; Flight departs

Time today for a more leisurely start! You are free to explore Moshi, where there are some good markets, and relax with your fellow achievers. You can also opt to visit a Community Project we support on a long-term basis – a children's home near Moshi. We meet again mid-afternoon in time to transfer to the airport for our international flight home.

(Lunch not included)

Day 11: Arrive UK

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

For details of our amazing Ngorongoro Safari extension (adds 3 extra days) please contact us.



GENERAL INFORMATION TOUR COST

All accommodation is included as well as all flights, transfers, camping equipment (other than sleeping bag and mat), all meals except two as specified in the itinerary, National Park entry fees and all other sites visited as part of the itinerary (eg Engaruka Ruins).

Experienced Discover Adventure leaders and doctor (depending on final group size) are also included, along with a local support crew of porters, guides, cooks and drivers.

It does not include personal travel insurance, airline fuel





supplement if charged by the airline (capped at £200 by Discover Adventure), two meals as specified, tip for local crew, Tanzanian entry visa or international airport tax. It also does not include any entrance fees to any optional sites you may wish to visit.

Costs in Tanzania

We recommend you budget for the following costs in-country:

- Tips for Local Porters & Crew (see below): US\$70-80
- Meals not included: US\$30-35
- Entry visa: US\$50 on arrival

Remember to allow extra for drinks, souvenirs & other personal expenses. This recommendation is a guideline only. Please note that costs may fluctuate and we have no control over any changes.

We strongly recommend you carry a credit card in case of personal emergency.

FLIGHT INFORMATION

Group flights leave from London Heathrow or Gatwick and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).



We are most likely to fly with Ethiopian Airlines. However, we don't always fly with the same airline so this is a guideline only. You will usually receive confirmed flight details several months before departure.

Our itineraries are always based on current flight schedules and are therefore subject to change by the airline.

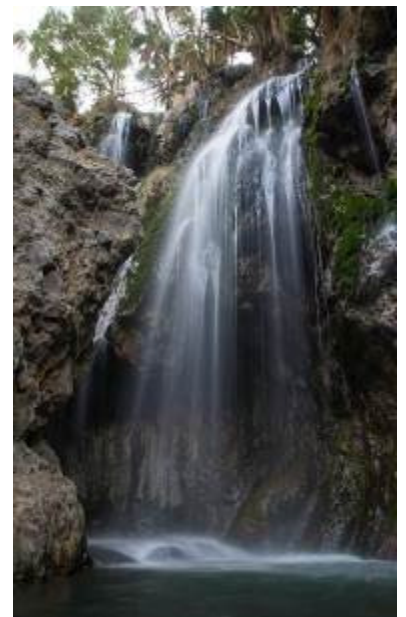


Connecting Flights

If you book flights to Heathrow or Gatwick, it is your responsibility to allow plenty of time to connect to the group flight and to cope with any flight schedule changes. Please be aware that the best deals allow little flexibility if you need to change them. We regret that we are unable to book connecting flights for you.

Transit Stops

When booking group flights we endeavour to find the best flights that match our itinerary. There are often no direct flights to our destination, so do be prepared for transit stops: bring a good book or chat to your fellow trekkers! Airlines that do offer direct flights rarely offer competitive rates for groups. Please remember that the main purpose of our trips is to raise money for charity!



Flying Separately

If you prefer to book your own flights please ask us for a land-only cost. You will be responsible for making your own



arrangements for meeting the rest of the group, though we can advise you. We need to know if you do not require our group flight as early as possible; please complete the form in the information pack you'll be sent with your booking confirmation.

ACCOMMODATION

We camp for 6 nights in two-man tents; our campsites range from permanent tented camps with facilities to basic bush-camps, often close to Masai villages. We also have one night in a lodge in Mto-wa-Mbu, and one night in a hotel in Moshi, also on a twin-share basis. They are comfortable and clean with private facilities. Please do not expect hotels to be the same as a tourist hotel in the UK – they may be better in some ways and more basic in others!

FOOD

All food is included when camping. The food is great, will give you plenty of energy, and there is plenty of it. Two meals as detailed in itinerary are not included.



Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance.

CULTURAL DIFFERENCES

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for!

We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow trekkers and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

Our experienced tour leaders and local crew will help bridge the cultural gap; take advantage of their knowledge so you can come away with an understanding of a new culture as well as the achievement of completing a challenging trek.

Please do not expect as much variety as you would have access to at home – we will be in rural areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Other Meals

Any meals not included are listed in the itinerary and are generally when we are in towns or cities and you are free to explore and try other culinary experiences! There is always something to suit every budget.

PASSPORT, VISA & VACCINATIONS

A valid ten-year passport is essential; it should be valid for at least six months after departure from Tanzania. Most nationalities, including UK citizens, require a visa for entry into Tanzania. This can currently be purchased on arrival at the airport for \$50. We will send you more information about visas nearer to departure.

We insist that you have had a Tetanus injection in the last ten years, and highly recommend protection against Polio,

Hepatitis A and Typhoid. A Yellow Fever certificate is necessary if arriving from an infected country (being in transit at an airport for less than 12 hours doesn't count). Although you are unlikely to encounter any mosquitoes while you are above 1000m, protection against malaria is recommended as there is a risk at lower elevations.

You should always check with your GP or travel clinic for up-to-date travel health advice as it does change.

TREKKING INFORMATION

Terrain

Terrain is varied; we trek on forest paths, wide turf trails, dirt paths and over some rockier terrain. Much of the walking is rough underfoot and can be muddy. There are some steep sections both up and down.

This trek is challenging in itself, but the main challenge lies in the midday heat and rough terrain. There is also a small chance of feeling the effects of being at altitude (such as headaches, nausea, shortness of breath) at the higher points of the trek.

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

Trekking Distances

Because of the varied terrain and lack of accurate maps, it's impossible to give accurate daily distances. It's also much



more useful when training to think about the hours you need to walk for and the type of terrain you are trekking over!

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.



Clothing & Equipment

We are travelling through remote highlands where we could be exposed to bad weather at any time. The information below gives you an idea of the climate, but be prepared for all weathers and temperatures. Weather conditions can change quickly in these regions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Weather

Late March to June and November are Tanzania's rainy seasons. For the rest of the year the weather is equatorial and very pleasant, with often a cool breeze on the mountains. Although warm by day, and hot on the valley floor, altitude has a great effect on temperatures and it will get cooler as you climb higher. It will also be cold at night especially at higher elevations.

The figures below show min and max average temperatures and average rainfall (mm) for Arusha:

August	16 - 26°C	5mm
September	16 - 28°C	10mm
October	17 - 31°C	20mm

Fitness Levels

Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we respect everyone's limits. We design our

challenges so that everyone can go at their own pace: this is not a race.

For logistical and safety reasons we sometimes need to re-group, so the front-runners will find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship

TRAINING WEEKENDS: £140 SPECIAL OFFER

Only when you book at the same time as registering for your main challenge

Discover Adventure Training Weekends in Snowdonia National Park are designed to help you prepare for your challenge. Whether you use the weekend to gauge your fitness, get your training back on track, boost your confidence, get advice or meet other trekkers, you're bound to find it incredibly useful!

For dates and further information see our brochure or website.



the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

Although our leaders are trained in expedition first-aid, they are accompanied by an expedition doctor or medic (dependent on group size), who is there to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly and encourage you when things get tough.

The number of crew looking after you will depend on the final size of your group, but an average-sized group in Tanzania would be led by two leaders and a doctor. At Discover Adventure we pride ourselves on our high leader: trekker ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Local Support Crew

Our local support crew is made up of local guides, drivers and cooks, and porters/mules where appropriate. Your local guide knows the local area well, and is a great source of knowledge about local customs and lifestyles. Drivers, cooks and porters do not always speak English but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Tips for Local Crew

Your leader will arrange a collection of tips for the local support crew at the end of your trek. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! See 'Costs in Tanzania' above for a guideline amount; your leader will let you know if there is any change to this guideline. All our local crew are paid wages, but bear in mind that the average wage in this country is far below what you would spend on a normal night out.

TRIP SUPPORT

Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader.

All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to





Luggage

Vehicles take the group to the start of the trek and pick us up at the end. Mules or vehicles are used throughout the trek to carry all luggage, food, water and camping equipment.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kitbag – ask us about our specially-designed low-cost kitbags if you don't have one already.

You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

TRIP SAFETY

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios and emergency satellite phones, extensive medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.



WORLDWIDE SUSTAINABLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association, has recognised the work we do in this area and has awarded us 5 stars as a Responsible Tour Operator.

Discover Adventure Projects

We are supporting a tree-planting project in Peru and a children's home in Tanzania on a long-term basis. If you would like to 'give something back' please consider donating £5 to our projects when you sign up. Please see our website for more details.

Community Project: Extension

In Tanzania we support a community project on a long-term basis – a children's home near Moshi. At the end of your trip you will have the opportunity to visit it; many people list this as a highlight of their trip. You are welcome to take gifts such as unwanted children's clothing, toys or books with you; some people simply donate left-over spending money.

To give something back in a more practical way, you have the chance to extend your stay for an extra 3 days. You could be involved any of the myriad jobs that are needed to provide care for the children and keep the home running, or you may be helping to improve the facilities and buildings, or helping with the home's community outreach programmes. You may also have an opportunity to visit different children's homes and participate in projects with the children, e.g. schoolwork, play and similar social activities.

Because we want to ensure your visit achieves the most worthwhile work possible for the project, we cannot guarantee exactly what you will be doing far in advance, as the needs of the project change. We will be able to give you firm project details nearer departure. You do not need any special skills, but you should be fit, healthy and flexible in your expectations.



The children's home is centred on Christian beliefs and values, but welcomes visits from people of all faiths.

Cost for 2014-2015: £190 (2015 prices subject to change)

The price includes return transport to the project, 2 nights' camping at the project, meals as indicated in Project Itinerary, support from an English-speaking Light in Africa co-ordinator, 1 night's hotel accommodation (with breakfast) in Moshi and transfer to Kilimanjaro International Airport.

Carbon Offsetting

We encourage all our customers to offset emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them.



Alternatively, if you wish to take more practical action in the UK you can volunteer for a day with TCV and work on an environmental project local to you. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Volunteer today at www.tcv.org or call 01302 388883.



Please contact the Discover Adventure office with any queries using the contact details below.

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