

# A Journey to Tanzania

*Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

**Description:** We're offering a somewhat unconventional itinerary to explore the somewhat traditional landscape of Tanzania and its superb concentrations of diverse wildlife. You'll take part in traditional safaris, but game viewing will be intertwined with opportunities to get out of the jeep, meet the tribes and people of this fantastic country, help in an orphanage, bike ride down the famous rift valley, hike into glorious reflective craters, canoe at the base of Mount Meru (the second tallest peak in Africa) and walk among the family of giraffes where you are close enough to see their beautiful eye lashes as they gaze nonchalantly upon you.

The trip kicks off with game drives in the mythical Serengeti, or Masai for "the plains" where at times there are more than a million animals on the move at once! From Antelope to Zebra, Wildebeests to leopards, there's no telling what you'll encounter. It's then on to "Africa's Garden of Eden" the secret garden that is the Ngorongoro Crater, 2,000 feet below the rainforest.

We'll bike through remote villages where the entire village comes out to greet the people on bikes. The scenery is breathtaking. Biking through onion farms, coffee plantations and more. We'll be on roads that few tourists get to travel.

We'll meet the Hadzabes and other nomadic tribes that still follow the hunter and gatherer traditions of their ancestors. After learning their traditional click-tongue language and making jewelry with the tribe women, you'll actually accompany them on a bushmeat hunt.

We'll hike through the Masai communities and trek into Tanzania's third largest crater, which is remote enough to make us feel like we own the place. The sparkling blue water glistens as hundreds of pink flamingos bathe (and then fly away when chased).

This year we are also working on adding an extension to either Mozambique or Tanzania's island, Zanzibar.

#### Itinerary Overview:

- day 1: Flight to Serengeti, overnight Tented camp.
- day 2: Game viewing Serengeti, overnight Tented camp.
- day 3: Gameviewing Serengeti and Olduvai, overnight Ngorongoro Sopa.
- day 4: Game viewing in crater, overnight Ngorongoro Sopa.
- day 5: trek Nainokanoka to Empakai, overnight Empakai crater camp.
- day 6: Into Empakai, afternoon to Bougainville for overnight,
- day 7: Service project, Mountain biking to Kisema Ngede.
- day 8: Hadzabe and overnight Kisema Ngede.
- day 9: Mto Wa Mbu and game viewing Manyara, overnight Eunoto.
- day 10: Arusha National Park, then transfer to airport.

### *Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

## DETAILED ITINERARY

### Day 1

**FLIGHT TO SERENGETI**- After breakfast at the hotel in Moshi, either spend the morning recovering from the climb, or from your arrival the night before. Midmorning we'll transfer to the airport for the flight to Serengeti, and spend the rest of the day game viewing in the Serengeti with a picnic lunch or lunch in camp. Dinner and overnight in a tented camp.

**Seronera Valley:** Located virtually in the geometric centre of the park, the Seronera Valley provides the best all year game viewing within the National park. The area consists of a varied habitat of acacia riverina and plains of red-oat grasslands. To the east and south are the lightly wooded Nyaraswiga and Mukoma Hills. The Seronera Valley provides probably the widest variety of game viewing in all of Serengeti park, being on the crossroads for the migration and having a number of permanent water courses. It is justly famous for leopards and lions, both of which are usually seen in the area without difficulty. Just to the north of the valley along the road to Lobo is the only place where you are likely to see hippopotamus in the Serengeti.

Daily game-drives exploring the wide-open spaces of the Serengeti, visiting different habitats and following the ebb and flow of life in its seasonal movements. Among the many resources and beauties found and seen in the Serengeti ecosystem: rich animal and plant diversity,, superb sunsets on smooth landscapes, the number one wonder on the list in the Serengeti is the great wildebeest migration. The migration has formed its own culture in the Serengeti, with the wildebeest doing what they do for the last two million years. Nothing is a constant: not the rains, not the grass nor the timings of the migration. The whole migration is masterfully planned by nature, with most times the migration being led by the Zebra who relish the tall grasses, making it easier for the wildebeest with their sunken heads to chomp on the shorter grass. The remainder of short grass benefits the gazelles that trail the magical spectacle of the wildlife procession. The wildebeest crossing over the river is a highlight for many who want to see them emerge victorious, when they make it across the river; other visitors take a different view and wait for the opportunity for nature to define its own rules. The river trees and mounds create an advantage and attract leopards and lions adding to the fascinating experience in the Serengeti National Reserve. Overnight in Serengeti Tented camp .

## Day 2

**FULL DAY GAME VIEWING IN THE SARENGETI**, options of having full days game viewing with picnic lunch, or morning and afternoon game viewing with hot lunch in camp. This can be decided on the afternoon beforehand after discussions with the guides as to how best to spend the day. Overnight in the tented camp.

### **Serengeti National Park**

Arguably the most famous National Park in the world, the Serengeti Ecosystem (the name comes from "siringit" the Masai word for "endless plains") consists of some 35,000 square kilometres. It extends into the Masai Mara in neighbouring Kenya and provides a vast ecosystem for the wildebeest migration that takes place each year. The famed plains are found to the south of the park east of the Seronera Valley, rolling hills in the less visited Lobo area to the north and wooded riverine valleys to the remote east around Kirawira and Grumeti. The park itself is about 14,763 sq kms in area and encompasses the main part of the Serengeti ecosystem. The ecosystem is defined by the annual migration of over 1,500,000 million wildebeest, zebras and associated predators, which occurs throughout the year and extends into the game reserves, game controlled areas and conservation area surrounding the park boundaries. As in all ecosystems, the vegetation and type of animals you will find are closely correlated, although it is impossible to say exactly where different species will occur, it is possible to build up a picture of the most likely species to be found in each area. **Short grass plains**



The short grass plains occur east of the Naabi Hill gate and extend almost to Olduvai Gorge in the Ngorongoro Conservation Area. The area is characterised by large sweeping plains with a short covering of grass which completely withers during the dry season. On the northern fringes of the plains are granite kopjes, large rocky outcrops which in themselves form unique habitats.

## Day 3

### **GAMEVIEWING SERENGETI AND OLDUVAI, OVERNIGHT**

**NGORONGORA SOPA** We'll have a morning departure for Ngorongoro with picnic lunch, game viewing en route in the Serengeti, (with an optional stop at Olduvai Gorge) mid to late afternoon arrival at Ngorongoro Sopa. Late afternoon walk on the crater rim with one of the local NCAA guides. Dinner and overnight at Ngorongoro Sopa Lodge.

**Ngorongoro Conservation Area:** Ngorongoro Conservation Area is the name given to the 8,300 square kilometre piece of land that surrounds the famous Crater and the Highlands of the same name. The Crater was once the headquarters of Serengeti National Park of which it was an integral part, but in 1956, after intense pressure and lobbying from the local Masai community who were dispossessed of the lands when the National Park was set up, Ngorongoro was designated a Conservation Area. The 210 square km Crater is now one of the principal attractions on the Northern Tanzanian Safari Circuit and the reputation of the Crater Highlands is slowly developing as a premier trekking destination. The Crater is all that it is made out to be, the hyperbole about Garden's Of Eden, Eighth Wonder Of The World etc all justified by its perennial animal population. This cross-section of wildlife is about as convenient as you will find, dispersed amongst an amazing array of eco-systems within the Natural Amphitheatre created by 600 metre high cliffs around it. It is home to one of the few remaining populations of black rhino in Tanzania and just about every other East African mammal, with the exception of giraffe (walls are too steep) and impala, all unafraid and used to the constant retinue of vehicles. The crater has the highest density of lions in Africa, with over 30 lions per 100 sq kms, compared to the Serengeti, which has about 14 lions per 100 sq kms; Kruger National Park in South Africa with about 10 lions per 100 sq kms. In Ngorongoro it is not uncommon to find the lions lying in the shade of the parked tourist vehicle! The Ngorongoro Conservation Area is unique in that the area is shared between the pastoralist Masai tribe and the wildlife the area was established to preserve.

**GAMEVIEWING IN CRATER, OVERNIGHT NGORONGORA SOPA** You will continue to the Ngorongoro Crater, Tanzania's 'secret garden' which contains a hidden world of teeming wildlife. Descend 2000 feet from the lush rain forest on the rim to the open savannah and the Lerai acacia woodland on the crater floor for a full day of game viewing. The largest unbroken caldera in the world, Ngorongoro has an area of 260 kilometers and a depth of 610 meters. The crater provides a protected habitat for thousands of mammals and birds.. The Ngorongoro crater's spectacular setting and abundance of wildlife combination

## Day 4

### *Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

makes it one of the wonders of the natural world. The crater alone has over 20,000 large animals including some of Tanzania's last remaining black rhino. The rhinos emerge from the forests in the mists of early morning and their prehistoric figures make a striking impression, surrounded by the ancient crater walls. No fences or boundaries border the Ngorongoro crater walls - animals are free to enter or leave the crater but many of them stay for the plentiful water, prey and grazing available on the crater floor throughout the year. The most commonly seen animals are lions, elephants, wildebeests, zebras, eland, bushbuck, cheetah, jackals, buffalos, grants gazelles, Thompsons gazelle, black rhino and many more. Also, on the crater floor are swamps providing water and habitat for elephants and hippos as well as numerous smaller wildlife such as frogs, snakes and serval cats.

Overnight in Ngorongoro Lodge

#### Day 5

**TREK NAINOKANOKA TO Empakai, OVERNIGHT EMPAKAI CRATER CAMP** This morning trek on the Ngorongoro Highlands from Nainokanoka towards Empakai crater with picnic lunch and guides The Maasai are a Nilotic-speaking pastoralist people that inhabit the Ngorongoro Crater Highlands and the Serengeti/Masai Mara ecosystem. Our hike begins on the northern rim of Ngorongoro Crater, traverses the Crater Highlands Hike through hilly terrain passing several Maasai villages along the way.

We'll then transfer to the Empaki Crater Campsite, and have lunch before we take a hike into the crater. Trek into Empakai crater with its home to hundreds of flamingos. Its steep densely forested walls shelter a deep green and mysterious Crater Lake. The shores are often fringed by millions of flamingoes and its secrets often hidden by mysterious swirling mists. The walk into the crater is through dense rain forest following buffalo tracks to the open shore where waterbuck and bushbuck are found

#### Day 6

Time permitting in the morning we will hike to the Olmoti Crater, which is a small crater and holds the spectacular Mungs waterfall. Water collector in the Olmoti Crater flows down this waterfall and eventually into the lake in Ngorongoro crater. The view from here is stunning. The steep inner walls are densely forested and deep to the flat crater floor, partly covered in grass. The Maasai are not allowed to graze cattle here, and there's a good chance of seeing wildlife. Then we will embark on a service project, to be determined. We may have an opportunity to visit a Maasai school, a clinic, talk with local elders, and immerse yourself in Maasai Village life. *(As a gesture of friendship you may want to bring pencils and sharpeners, pens, notebooks for the school kids and we will supply a red Maasai blanket for the oldest male in your group to give to the Chief of the Village).* If we are lucky we will find a cultural activity, i.e., a marriage, or circumcision ceremony in progress and will be free to participate. Late afternoon depart for **Bougainville Lodge** on the Karatu Highlands for dinner and overnight.

#### **Bougainville Lodge**

From the moment you arrive, you are made to feel at home. Welcome drinks are served by a smiling staff, your room is ready and Chef Reggie is preparing a gourmet dinner that is bound to please. The lodge features 24 fully furnished, self contained cottages with either two twin beds or one king bed. Beds have mosquito netting to ensure a sound sleep. Each cottage features a spacious verandah, fireplace and electrical outlets for those with digital cameras and laptops. There's also plenty of hot water. The lodge also offers a bar with a selection of popular soft drinks, wines, beers, and spirits. Aside from the dining room, there are small bandas for private meals or small meetings. There is a gift shop for those that love to shop. There is plenty of free parking and extensive gardens allow for a great place to relax after a long day.

#### Day 7

This morning after breakfast depart for Lake Eyasi with mountain bikes. Lake Eyasi remains one of the few places of the beaten track that offers a wealth of cultural and adventurous options. This trip is a mountain biking adventure from the Mbulu highlands on the slopes of Ngorongoro, through farm land and latterly Barabaig country, a pastoral tribe who settled in these areas before the advent of the Maasai. The route taken is mostly downhill on firm tracks with specialist cycling guides who are knowledgeable on the area. A picnic lunch is taken on route and the pace is set to enjoy the views and varying habitats. Support vehicles

### *Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694



are on hand to ensure that plentiful water is supplied and there is always the option to ride and retire to a vehicle for those that tire! Dinner and overnight within Kisima Ngeda Tented Camp Lodge.

**Lake Eyasi** is a mildly alkaline lake about 50 km in length. The meadows along the shores of the lake are home to leopard, hippo, various monkeys and birds. Around the area of two remaining hunter-gatherer tribes remaining in Tanzania. There are approximately 1500 families left in this tribe, and their numbers are decreasing rapidly due to loss of land, diminishing populations of game, and little protection from the government. Much of the Hadzabe's traditional land has been cultivated, and it is believed that the tribe will continue to lose their land until some government protection is established. Our hope is that increased tourism interest in this tribe will encourage the government to protect the Hadzabe's land. Our tours promote the tribe's cultural traditions. They are often willing for visitors to come and see their simple bush homes where the tree canopy alone or a cave provides them with shelter. They live entirely off the bush and from hunting, generally small antelopes and baboons, although in rainy seasons gazelles and antelopes come down from the Ngorongoro or Serengeti to their then lush bush lands offering them richer pickings. In the recent past their hunting activities were resented by trophy hunters who tried to stop their "illegal" hunting.

#### **KISIMA NGEDA TENTED LODGE**

#### **Day 8**

A special adventure this morning as we go to visit the two main tribes. Activities during Lake Eyasi visits include accompanying hunters while they hunt bushmeat, learning to make jewelry with the women, watching the production of traditional weapons and instruments, and learning the Hadzabe's click language. This is an extraordinary cultural experience; the Hadzabe still live by hunter and gatherer traditions of their ancestors and speak their traditional click-sound language.

#### **KISIMA NGEDA TENTED LODGE**

This permanent tented camp is located on the Schmeling family two hundred acre plantation on the shores of Lake Eyasi. Jointly owned and operated by Christian and Nani Schmeling and George and Deborah Mavroudis, the camp is situated in a beautiful natural palm and acacia lakeshore forest with a colossal rock as a backdrop and a natural spring nearby.

#### **Day 9**

This morning we start with a game drive at Manyara National Park, famous for its tree climbing lions and large flocks of flamingoes. This beautiful park is at the base of the Great Rift Valley escarpment and comprises of forest, woodland, grasslands, and swamps. Gazelles, impala, buffalo, wildebeest, the famous tree climbing lion, hyena, baboon, giraffe, hippopotamus, and a great number of smaller mammals, 350 species of bird, storks and flamingoes. The park contains five distinct vegetation zones and is of scenic beauty. **optional horseback riding this morning, (\$50 per person paid direct and will need to be prebooked**

**Lake Manyara National Park:** From whichever way you approach Lake Manyara National park, the first view is spectacular. From the west as you pause at the top of the escarpment and gaze out over the thin green strip of vegetation nestled tight against the Rift Valley and the lake shining in the sunshine. Or if you approach from the east, the Rift Valley and Ngorongoro Highlands form an impressive backdrop to the lake. The large variety of wildlife to be found in the park, mammals, reptiles and birds and the different vegetation, all within a small area make Lake Manyara a diverse and particularly interesting place to visit. The Park derives its name from the Masai word manyara, which is the name for the plant Euphorbia tirucalli. The Masai use this plant to grow livestock stockades, eventually producing a stock proof hedge which is more durable than that of any built of thorn.

The Great Rift Valley is part of the fault which runs from Mozambique in the south, north 8,000 kilometres to Turkey. In the Manyara area there is no eastern wall to the Rift Valley as there is in Kenya. Here it is flattish country which falls gently into a depression and towards the Masai steppes of the Lolkisale and Simanjiro region. The types of vegetation which occurs in the region is related to the geology of the area. The northern part of the park consists of volcanic rock which being porous allows many streams of clear water to flow out of the base

### ***Steppin' Out: An Adventure Experience***

**Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694**

of the rift wall, Further to the south, around Msasa River, the volcanic rock gives way to crystalline rock which is harder and less porous which allows fewer streams to emerge. Despite being only 330 sq kms in area, of which 230 sq kms is the lake, it contains a large variety of habitats; the rift wall, the ground water forests, acacia woodland, areas of open grasslands, the lake shore, swamp and the lake itself. Due to the wide range of habitats the lake can support a diverse range of wildlife.

We transfer to the village of Mto wa Mbu. This is an excellent introduction into daily life in a typical Tanzanian Village. We will have a late lunch and cultural walk in the afternoon.

Depending on schedule we will either overnight near Mto wa Mbu or transfer to Arusha and overnight there. Both hotels in either place are wonderful.

Overnight at **Eunoto**, a lovely hotel in a Massai Village Unoto. This will be vehicle supported with guide, so those who wish only to ride part of the way can hitch a ride in the vehicle. ([www.masaivillage.com](http://www.masaivillage.com))

This will be our final dinner together.

## Day 10

Early morning transfer to Arusha National Park. We'll start with hiking walking along with the giraffe family and viewing the waterfalls (4 hour hike) and then for those who are staying later, we can arrange for canoeing in the late afternoon. But those who want to leave early evening on this day, can do so.

**Arusha National Park:** Mt Meru (4,566 m.) is the second highest mountain in Tanzania and a very underrated mountain climb because of its close proximity to Kilimanjaro. It is a horseshoe-shaped volcanic crater with a spectacularly narrow ridge and superb all round views. The cliffs of the inner wall below the summit are over 1500 m. high, and inside the caldera is a subsidiary peak called the Ash Cone (3,670 m.) that last erupted only 100 years ago. There is an immense variety of tree and plant life, adding considerably to the interest of the trek. Mt. Meru is part of Arusha National Park, and the lower slopes of the mountain shelter

**Trip Length** 9 nights /10 days  
**Dates of Trip** 8/26 – 9/4  
**Cost** \$3500 (pay with check). Price goes up after May 1  
**Single** \$495

**Supplement**  
**Meeting**  
**Place/Time** Arrive into Kilimanjaro International Airport (JRO) on Day 1 by 8:00 am (so best to overnight the day before in Kilimanjaro) since we have a late morning flight to the Serengetti. Our recommendation is to arrive the day before if you want a good night's sleep. We have included individual transfers in the price, so there isn't one particular time you need to arrive. And we can add the hotel the night before

**Depart From** Kilimanjaro International Airport on Day 10 after 6:00 pm.  
If you are taking the bus to and from Nairobi, then the return shuttles are 8 am and 2 pm, so you would need to stay over night.

**Getting There** BY AIR Tanzania has three major international airports: Dar es Salaam, Zanzibar and Kilimanjaro. The latter, as you may expect, is the most convenient for Kilimanjaro, standing only 48km away from the mountain town of Moshi and a similar distance from Arusha. Unfortunately, the lack of airlines flying into KIA (the acronym for [Kilimanjaro International Airport](#), though the three-letter international airport code more commonly used is JRO) - [KLM](#), [Ethiopian](#), [Air Tanzania](#) and [Air Kenya](#) being the major ones - results in airfares from Europe and elsewhere being rather inflated;  
In addition to the Tanzanian destinations, you may also wish to consider Nairobi in Kenya, both of which are conveniently situated for Kilimanjaro and which are usually rather cheaper to fly to. Note, however, that by choosing this option you may need a multiple-entry visa (if you are flying out of Kenya, too, for example, and spend longer than a fortnight in Tanzania) for Kenya, thereby reducing or eliminating any saving you may have made in airfares. There are regular bus departures at 8 am and 2 pm between Nairobi and Arusha for \$55 r/t . You could also fly into Dar Es Salaam Tanzania, the bus costs about the same, but it is a full day, 8:30 am to 5 pm.

#### Passenger Arrivals

Passengers arriving at Kilimanjaro International Airport will find an efficient and trouble free entry. Passengers are escorted off the aircraft and taken directly to the arrivals hall. Here they will first be processed through Tanzanian Immigration. There are multiple arrival desks which allow the immigration formalities to be concluded with minimum delay.

Passengers will then immediately find themselves in the baggage reclaim area. Currently this has two conveyer belt systems which are within 200m from the apron and therefore baggage waiting time is minimal.

Finally passengers moves out of the Arrivals area and straight out into the greeting area where they can link up with the party awaiting them. **There will be someone at the hotel for you with a sign that has your name on it.**

#### Passenger Departures

Passengers departing from Kilimanjaro International Airport can be dropped off right outside the check in area. Here they will be processed quickly and thoroughly through the security checkpoint. Check in is located in a spacious hall with well-marked check in desks. Increasing the number of check in desks has reduced queue time. Passengers then move through a final security check and Immigration departure protocols before entering the Departure lounge.

The Departure lounge has the usual facilities including a well stocked Duty Free shop, a world class Business Class lounge, Coffee shop and other services.

Passengers will be kept informed by a modern PA and flight information Display system as to flight departures and will be escorted to the aircraft once it is ready for them.

Kilimanjaro International Airport also operates and maintains an AAR registered clinic, Bureau

*Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

de Change, Restaurants, VIP lounge, One stop Shopping arcade, Business Centres and a Four star airport Hotel.

**Price Includes**

- Shuttle bus transfers from Kilimanjaro International Airport to Hotel
  - Shuttle from Nairobi can be added on for additional fee
- All accommodations as noted in itinerary
- All transfer and open air safari jeeps- 4 people per vehicle
- All meals starting with breakfast
- All activities unless noted as option

**Excludes:**

- International flights to Tanzania
- Gratuities
- Soft drinks and alcoholic beverages
- Meals and drinks not stated and Optional snacks
- Visas
- All items of a personal nature
- Travel insurance
- Health requirements
- Items of a personal nature and any services not specified in the above.
- Airport tax: Airport tax when departing from a Tanzanian airport is currently US\$30 for international flights. Internal flights are subject to airport taxes too, though these vary from airport to airport (usually US\$6-11). Zanzibar departure taxes for both domestic and international flights are payable in CASH.
- Optional tours and/or extensions.

**References**

Ansorage	Carol	
Hiller	Paula	paula.hiller@siemens.com
Jaffee	Matthew Allan	reelaxman@ameritech.net
Landow	Wendy	
Makin	Susan	expressiv2@aol.com
Sandusky	Lisa	sandusky@medscape.com
Schwartz	Dan	danielj22@aol.com
Tattleman	Steve	stevet123@aol.com

**Money**

It is preferable to use Tanzanian shillings. The best exchange and easiest is to use dollars. Don't bring too many large bills. The most important piece of information: **Please make sure that all your US dollars are issued after the year 2000.** They do not accept old bills as there was a counterfeit issue. Try to get to a bank to exchange as soon as possible. If landing at JRO , there is a bank there and has a good rate

We also recommend maybe taking a few hundred dollars in Travellers checks for that just in case emergency.

There are ATMS in some locations, but they are not always universal, working for all banks. Finding one that the whole group can use, can be difficult and time consuming.,

**CREDIT CARDS**

Some of the major lodges and hotels are now accepting credit cards on mainland Tanzania - we do suggest that you take sufficient cash/travelers cheques and **use a credit card as a back-up only**. In some cases a surcharge will be added to credit card payments – 5% being average.

*Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

**Adventure Travel** By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with one of us.

**Group Travelling** We can say, that there is a certain type of person who goes on this type of trip, so you can be sure that you will be with like-minded individuals.  
Generally ages range between 30-45, but every trip is different. Singles and Couples are welcome!

**Trip Fitness Rating:** Without the Kilimanjaro portion, the Tanzanian Treasure is not a strenuous trip. We do try and make it different than other jeep-bound safari by adding in activities. We hike, bike, and canoe (and hunting with the tribesman... don't worry you don't need to know how to hunt) . But all activities are geared for the novice.

**Passport Info:** A valid passport is required for travel. Please make sure that your passport expiration date is at least six months beyond the date of return.  
If you do not have a passport, you will need to acquire one for international travel. United States citizens can usually apply for a passport at a number of facilities including many Federal, state and probate courts, many local post offices, some libraries and many county and municipal offices. Apply early! Depending on the agency used, you will receive your passport within 5-6 weeks. If expedited service is necessary, you must apply in person at one of 13 passport agencies found in most major cities. You must present your airline tickets or airline generated itinerary and the other required items for the application. You need to make an appointment with your passport agency for expedited service. If you do not live near a passport agency, you can use an overnight delivery service and your local passport acceptance facility. An additional \$35 is charged for expedited service per application. Further information and your local passport processing facility can be found on the website of the U.S. Department of State: <http://www.state.gov/index.cfm>

**Visa** Visas to Tanzania are compulsory for all visitors, and cost \$150. Visas are obtainable at the airport when you arrive, but rather have one before you land, as officials tend to "not have change". Visas are obtainable from the Tanzanian Embassy.. You will need 2 passport photos and 2 completed forms.. A visa is typically valid for three months from the date of issue. The process for getting a visa is simple. You can download the visa [application form](#) here or go to the Tanzanian embassy ([www.tanzaniaembassy-us.org](http://www.tanzaniaembassy-us.org)), Unless coming from a country without Tanzanian representation, you should buy your visa at the [consulate/embassy](#) beforehand (though it doesn't seem to be a problem to buy one both at Kilimanjaro International Airport nor at the Namanga border crossing with Kenya).  
With all applications you will need to present a passport that's valid for at least six months and two passport photos. If applying in person, some consulates/high commissions (including the ones in London and Washington) insist that you pay in cash.

Remember that, if flying in and out of Kenya you will need a Kenyan visa too (If you plan to fly to Kenya and cross into Tanzania from there, you can return to Kenya using the same single-entry visa you arrived with providing your visit to Tanzania lasted for less than two weeks, and that your Kenyan visa has not expired. Apparently, you can do this only once (ie it's a double-entry visa, not a multiple-entry one), or so we were told at the Kenyan border the last time we did this. Otherwise, you will need to buy a multiple-entry visa, which typically costs double the single-entry

**Immunizations**

- Check with your health care provider, and/or visit a travel immunization clinic near you for specific requirements for travel to Tanzania. Check [www.travelclinics.co.za](http://www.travelclinics.co.za) for clinic locations near you.
- Make sure you are up-to-date on your tetanus shot.
- If possible, get a prescription for a broad-spectrum antibiotic in case you develop symptoms while traveling.
- All travelers should have and carry with them a **Yellow-fever vaccination certificate**

Immunizations; Yellow fever vaccination is now again obligatory to show at entry. I'm

### *Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

not sure they always ask for it, it's just come into place, but it's certainly legally back again. If you don't have the Yellow Fever certificate, and they check, you will have to take a vaccination on the spot for \$50.. This certificate can be picked up from your doctor after you have received the shot.

- While all decisions should be discussed with your doctor, the CDC recommends the following: **source: [www.cdc.gov](http://www.cdc.gov)**

#### **Recommended Vaccines—but we**

See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect.

- Hepatitis A or immune globulin (IG). This debilitating disease of the liver is spread by contaminated water, or even by using cutlery that has been washed in this water. The latest inoculation involves two injections; the first will protect you for three years, the second, taken six to twelve months later, will cover you for ten years

- Hepatitis B, if you might have sexual contact with the local population, or be exposed through medical treatment.

- Rabies—although it is unlikely you will be exposed to wild or domestic animals

- Typhoid- This disease is caught from contaminated food and water. A single injection lasts for 3 years

Please note you will need a Yellow Fever inoculation, this must be done no later than 10 days prior to departure.

## **MALARIA PROTECTION**

Malaria is a problem in Tanzania, which is considered one of the highest risk countries in the world. While you are highly unlikely to contract malaria on Kilimanjaro, which is too high and cold for the anopheles mosquito (the species that carries malaria), it is rife in coastal areas and on Zanzibar. It's a relatively small risk if you just come in for the climb, but it is the area where there is a risk, and certainly because we are staying in Arusha, it is probably best to take it.

- Pay special attention to mosquito protection between dusk and dawn. This is when the type of mosquito whose bite transmits malaria is active. Kilimanjaro is safe from malaria above 9000 ft.

- Wear long-sleeved shirts, long pants, and hats.

- Use insect repellents that contain DEET (diethylmethytlouamide) or Lemon Eucalyptus spray.

- \_Read and follow the directions and precautions on the product label.

- Apply insect repellent to exposed skin.

- \_Do not put repellent on wounds or broken skin.

- \_Do not breathe in, swallow, or get into the eyes (DEET is toxic if swallowed). If using a spray product, apply DEET to your face by spraying your hands and rubbing the product carefully over the face, avoiding eyes and mouth.

- \_See your doctor for a preventative prescription –some of the available drugs are:

- \_ atovaquone/proguanil (brand name: Malarone™) - popular with our staff (not an endorsement!)

- \_ Doxycycline (many brand names)

- \_ Mefloquine (brand name: Lariam™)

When beginning a course of anti-malaria's, it is very important to begin taking them before you go; that way the drug is established in your system by the time you set foot on Tanzanian soil and it will give you a chance to see if the drug is going to cause a reaction or allergy. Once started, complete the full course, which usually runs for several weeks after you return home. Which anti-malarial you will need depends on your previous medical history. Your doctor will be able to advise you on what drug is best for you. Most of the clients who have taken it, have better reaction (or no reaction) to Malarone, and while it is more expensive, you don't have to take as many. We have not had good feedback of those who have taken Lariam.

## **Accommodations**

### **Serengeti Tented Camp:**

Of all the options available for your visit to Africa, the traditional tented camp safari is by far the best choice for the adventurous traveler. There is nothing to compare with being in your own camp in a beautiful setting with the sights and sounds of nature close at hand. You have come to Africa to see the wildlife, enjoy the beautiful landscapes, and be as close to the

### ***Steppin' Out: An Adventure Experience***

**Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694**

rhythm of nature as possible, and the tented camp provides the perfect way to do that.

Set in the midst of an incredible vista of savannah and skies, sheltered in a grove of acacia trees is Serengeti Tented Camp. Ideally situated along the path of the migrating wildebeest between Kenya and Tanzania, the camp is situated at the border of the world-renowned Serengeti National Park. There you will find yourself on probably one of the best game drives in the area - along the western corridor of the park, taking in Kirawira and the Grumeti river - home to the infamous wildebeest-eating giant crocodiles. There is no better place to take in one of the world's greatest wildlife spectacles.

There is nothing quite like coming back to camp in the evening after an exhilarating day on safari. A perfect hot shower is ready for you in your tent. Coming out to a crackling campfire and sitting down with your favorite drink, the stars blaze overhead and maybe somewhere out in the dark, a lion roars. It is at moments like these that the magic of Africa steals into your soul and changes you forever. Our 10 x 13 x 7 ft. tents have private bathrooms with **flush toilets, wash basins, and hot bucket showers**. You can choose between two twin beds or one king size bed. The entire tent is netted, so that, even though there are almost no insects around, they are insect-proof. Furthermore each bed has its own mosquito net. Lighting is by kerosene lamps and **solar energy**. The **dining tent** is complete with candlelight, glasses, and a bar with beer and wine. Fresh bread is baked every day and soups are made from scratch with homemade stock. Supplies of fresh fruits and vegetables are available.

#### **Ngorongoro Sopa Lodge** in the Ngorongoro Conservation Area

Phone: 27-250-0630 Opened in 1992, the lodge can accommodate 190 guests in 92 suites, each enjoying wall-to-wall carpeting, central heating, a private lounge with a mini bar, a bedroom with two queen size beds and ample room for a third, an en-suite bathroom with shaver sockets and a hair dryer, and a private solarium which offers stunning views either down into the crater floor below or of the setting sun over the western horizon. The lodge has direct-dial satellite telephone facilities as well as satellite television and wildlife-video-film options. Our guest shops stock a wide selection of curios, gift items, clothing, film, sweets, postcards, personal requisites and toiletries. A swimming pool is situated on the very edge of the crater itself and the water is bracing, even invigorating to say the least, at any time of year. The meals are served in the main restaurant and are prepared in international and local flavors by professionally trained chefs. After meals, guests can take time to relax in the lodge gardens overlooking the crater or in the main lounge with cup of tea or coffee.

**Empakai Crater campsite** -It is a special campsite in the NCCA, it lies in the Northeast of the Ngorongoro Crater and it is 6000m wide and 300m wide. Among other animals, you will see buffalo, bushbuck, a variety of antelope and blue monkeys. Birds are in abundance. A deep soda lake covers a large part of the crater floor. There is a track to the crater floor and one around the rim of the crater. On a nice, clear day, one can see Mt Oldoinyo Lengai, Lake Natron and Mt Kilimanjaro. it is a nice place for walking, camping driving, etc.

#### **KISIMA NGEDA TENTED LODGE**

This permanent tented camp is located on the Schmeling family two hundred acre plantation on the shores of Lake Eyasi. It was the favorite of all last year, so we made it a two night stay. Jointly owned and operated by Christian and Nani Schmeling and George and Deborah Mavroudis, the camp is situated in a beautiful natural palm and acacia lakeshore forest with a colossal rock as a backdrop and a natural spring nearby.

There are just seven tents, each built of palm and other ecologically sound materials. There is a simple elegance about Kisima. The excellent service, meals which use home grown produce, and sunset over the lake, when the rift walls which rise on the opposite shore glow copper, make this camp a special experience. It has a stunning view towards Lake Eyasi. The location was beautiful; close to the lake, surrounded by forest, far from everything. Enjoyed a quick dip in the semi-natural pool.. Dinner is served – as opposed to a buffet – in an intimate, yet open room with a view to the lake. The tented lodges were tastefully decorated; charming lamps, delicate bedclothes, fine carpets and furniture. The sizeable bathroom was built of palm trees; on the same platform was the adjacent bedroom: a robust

#### ***Steppin' Out: An Adventure Experience***

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

tent with comfortable beds. All practical details had been carefully considered, from the rechargeable flash light to the anti-mosquito spiral that was lit in the bathroom

Natural beauty comes in many forms and here in Lake Eyasi it is most striking in its abundant bird life. As the plantation only caters to livestock and no agriculture Some of the last remaining game in the area seeks sanctuary here. This provides guests with the opportunity to see dik dik, bush buck, reedbuck, vervet monkey and even hippos on occasion. Walking paths have been carved through the lakeshore forest and afford guests the opportunity to experience this beautiful and unique environment on foot.

### **E Unoto Retreat**

Phone numbers: 078 7622724 or 074 460908

Website: [www.maasaivillage.com](http://www.maasaivillage.com);

Email: [eunoto@maasaivillage.com](mailto:eunoto@maasaivillage.com)

The Retreat has continued to offer guests a relaxing escape in a setting of natural beauty in Tanzania. This five-star lodge is just 1½ hours drive from Arusha and in close proximity to famous national parks including Ngorongoro Crater, Tarangire and Lake Manyara, E Unoto Retreat is the ideal location for your next holiday, romantic getaway or safari.

Twenty-five spacious bungalows provide luxurious accommodation for all our guests. All bungalows have been designed Maasai style and decorated internally with exquisite furnishings and carvings continuing the Maasai theme. Each bungalow is a private suite with its own balcony offering panoramic views of Lake Miwaleni and the towering escarpment. You may even see one of the species of monkeys, birds or reptiles that live in the region or catch a glimpse of one of the many hippos residing in Lake Miwaleni.

Or Arumeru Lodge

Website: [www.arumerulodge.com](http://www.arumerulodge.com)

Tranquility at the foot of Kilimanjaro. Tanzania's newest luxury lodge set in lush tropical gardens with breathtaking views of Mount Kilimanjaro and Mount Meru. Details include:

- Ideally located, just 15 minutes drive from Arusha and 35 minutes from Kilimanjaro International Airport
- Main building with unique architecture with reception, lounges, bar, restaurant, fire place, terrace, all tastefully decorated in African designs
- 20 large, comfortable double/twin rooms with private bathrooms/WC in 10 chalets with verandahs
- exquisite international and African cuisine, à la carte and buffet
- large terrace restaurant
- boutique / curio shop
- large solar-heated swimming pool
- Internet facilities

It's unlikely that you'll suffer anything more in Tanzania than a dose of the runs, some altitude sickness or, if you're careless, a touch of sunstroke.

• If you've got the former, just rest up and take plenty of fluids until you recover; to protect against the latter wear a high-factor sun lotion and a hat, and drink a lot of fluids – maintaining a reasonable salt intake will also help to prevent dehydration.

• As for altitude sickness, which the majority of trekkers on Kili suffer from to some extent, as well as other ailments that you may contract on the trail.

To avoid Stomach problems-- Diarrhea is often symptomatic of nothing more than a change of diet rather than any malignant bacteria, so if you get a vicious dose of the runs don't panic and assume you've got food poisoning. That said, there are problems with hygiene in Tanzania, so it's wise to take certain precautions.

### **Health Requirements:**

### ***Steppin' Out: An Adventure Experience***

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

- Take heed of that old adage about patronizing only places that are popular – so food doesn't have a chance to sit around for long
- Eat only food that has been cooked, boiled or peeled.
- Stick to bottled, purified or filtered water
- Avoid ice unless you're certain it has been made from treated water.
- Wipe the mouth of soda and alcohol bottles before drinking and ensure that water bottles are sealed properly before purchasing .
- Washing fruit, vegetables and your hands and ensuring food is thoroughly cooked can all help to prevent food poisoning.
- Don't eat food purchased from street vendors
- Don't eat dairy unless you know they have been pasteurized
- Don't handle animals (especially dogs and cats) to avoid bites and diseases
- Be sure to wash your hands often with soap. Before meals, wash and dry your hands before touching your food.
- Don't swim in fresh water. Salt water is safer

## Weather

Tanzania lies so close to the equator that seasonal variations in temperature are not extreme. The elevation in the north is such that it doesn't ever get too hot. As you approach the top of Kilimanjaro, temperatures can be well below freezing year-round, especially at night. Many of the northern wildlife reserves are about 10 degrees F/5 degrees C cooler year-round than elsewhere. Take along a heavy sweater and a windbreaker or jacket. Temperatures are pleasant with an average high of 83 degrees and an average low of 60 degrees. However, the rim of the Ngorongoro Crater can get quite cold at night and in the early morning. Visitor numbers are very high during the summer months of July, August and early September. As the summer holiday period comes to an end, visitor numbers drop off dramatically. Animals usually come in droves from Kenya to Tanzania at the end of August.

Occasional showers can be expected in November. In late November, towering thunderclouds form and herald the onset of the green season. November is a period of dramatic change as the rains transform the parched landscape.

The rains from early November to late March are usually sporadic and typically do not last for more than a few hours. There is a chance of heavier rain during this period but during most years the heavier rains fall in April. These expected sporadic showers do not usually pose much of an inconvenience while game driving. If it does rain, it will usually clear in 1-3 hours and more than likely the rain will be localized. It is rare that rain clouds will settle over a large area for an extended period of time.

Rain falls in different amounts over various locations throughout Northern Tanzania. The Ngorongoro Crater, Tarangire and Lake Manyara receive higher rainfall than many parts of the Serengeti. There is a steep rainfall gradient in the Serengeti from the dry southeast to the wet northwest. The winds that bring rain blow from the east. The Ngorongoro Highlands block much of the rain from reaching the eastern and southern plains of the Serengeti.

Tanzania is a land without winter. Temperatures in northern Tanzania range between 60F-70F during the day and 40F-50F at night, from May to October. From November to March the daytime temperature varies from 70F-90F and from 60F-75F at night

## How Much Money To Bring

Your food and accommodations are paid for. Incidentals, tips, drinks, and souvenirs are extra.

Tipping: Porterage: US\$ 1.00 per bag, Dining room staff: US\$ 1.00 per person

Your driver/guide: US\$ 20.00 per vehicle per day.

### **DRINKS AND PURCHASED ITEMS ETC**

On safari drinks are EXCLUDED. A few tips - wine in East Africa is extremely expensive, and often the choice is limited. If you enjoy wine, and are staying at camps or lodges then take your own bottle/s along - you may be charged a corkage, but even so that often still works out cheaper than paying inflated prices for wine up there.

Spirits - local spirits eg. gin, are reasonably priced and acceptable, however imported spirits like whiskey can be expensive. When ordering drinks, always specify if you want a SINGLE tot, and also local vs imported - otherwise you may be served a double of the imported brand! Cool drinks etc. are freely available, at 'normal' lodge prices, so are beers. Bottled water can be purchased throughout, generally costing about USD2 for 1.5 litres. If buying from the

### *Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

roadside, check the seal has not been broken.

Curios can be found throughout Tanzania - on the roadside, as well as at markets and most lodges. Prices vary considerably - and it is best to negotiate when purchasing on the roadside etc. Discuss with your guide the best place to purchase whichever curio/s you are wanting.

**AIRPORT TAX** : International airport taxes are normally included in your ticket from MAINLAND Tanzania. Zanzibar departure taxes for both domestic and international flights are payable in CASH (\$30) Mainland domestic departure taxes are sometimes included in your ticket – please check with your travel consultant.

### **Baggage /Limitations**

When on safari, we strongly suggest luggage be kept to a reasonable minimum, (i.e. one main bag and one camera or personal bag), otherwise conditions in the vehicle can become cramped. For those who are doing the Kilimanjaro before hand, we will arrange to have the extra luggage stay at our outfitter's office and then met with you when you are returning.

Soft barrel bags are preferred to suitcases or rucksacks as they are more flexible for packing. If you are flying on a domestic flight i.e. Serengeti - Arusha, remember to keep your **BAGGAGE TO MAX 15 KG TOTAL**. This luggage restriction is also applied on the flight from Kilimanjaro to Nairobi and vice versa.

Since we are flying to the Serengeti and working our way back to Arusha with the vehicle, the vehicles will be meeting us in the Serengeti. Thus, you can take a small bag with you for the two nights we are in the Serengeti, and then send the rest of your luggage (but don't overdo it as we still have to fit people in the jeeps) to meet us for day 3 until the end of the trip.

Also, if anyone flies through London.. even if your first leg allows you to carry on (purse and something) the Heathrow Airport does not.

### **Cell Phones:**

Tanzania does not rent cell phones. For cell phone coverage – either clients must get international roaming or alternatively you can buy a sim card must buy a Pay as you Go card when they are in Tanzania and insert into their phone. That means you must make sure your phone is unlocked. Call your service to double check, as this is the cheaper option. You can also purchase a world phone.

Tanzania is a friendly country. However, as with any city/town, please be VERY careful when shopping, do not wander around at night in towns (use taxis), and do not leave valuables in hotel rooms etc. Lock up in safes where available.

### **PERSONAL SAFETY ROAD CONDITIONS**

We just want to make sure you are alerted before hand that the roads are rough and bumpy. If you While travelling in Tanzania most of your travel will be on dirt roads - they are extremely rough and dusty but unfortunately cannot be avoided. The vehicles you will be travelling in are usually diesel and do therefore tend to be a little slower on the road. Please note there are some long distances to be travelled, through beautiful scenery, so some long days will be spent in the vehicle. **Bring DRAMIMINE if you get motion sickness**

### **Electricity and Chargers**

Don't forget batteries, chargers and adapters. Remember that even if you buy a plug adapter for your instrument, it won't work if the instrument is not 220 voltage adaptable. Then you would need a converter. Something different. Don't forget batteries as well.

Tanzania uses 220 watts AC and if you are bringing 110 appliances you will need an adapter as well as the proper plug configuration. Tanzanian outlets accommodate three prong UK style plugs. Tanzania is powered by a 250V, 50 cycles, AC network. 230 volts, 50 cycles AC. British plugs (3 pin square). Most of hotels/lodges will have adaptors for round pin plugs Those bringing electrical items from home may wish to invest in a power breaker: Tanzania's electricity supply can be erratic on occasions, and power surges could seriously impair the efficacy of your electrical instruments, if not melt them altogether. However, because the lodges are run on generators, the electrical current is not as strong as traditional electrical

### ***Steppin' Out: An Adventure Experience***

**Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694**

currents. Some lodges turn off their generators at midnight. Keep in mind Tanzania uses 220 Volt electricity and you will need to bring necessary converters and plug adaptors. Try to take as few electrical powered tools as possible.

Most of the transport cars are outfitted with inverters that allow you to charge your camera batteries or laptop right in the car. The inverters accommodate North American plugs. You can find AAA-D batteries in Arusha including Energizer and Duracell brands. Batteries are probably cheaper in your home country, so you may want to bring them with you. It is difficult to find high quality batteries outside major cities.

**Clothing and Personal Effects—The original packet is even more complete with a few little extras, but here is the basic.**

#### **DRESS ON A CAMPING SAFARI**

Your nights spent in lodges/hotels before and after your camping trip are fairly casual. When on a camping safari, please note that the emphasis is on comfort and durability of gear. Bush colours, i.e. khaki, green etc are the most suitable - shorts, t-shirts, good hat, walking shoes and 'slops/sandals', kikoi is handy, towel and toiletries must be taken on the camping portion as none of these will be supplied. Bedding will be supplied for the nights we are camping. A small first aid kit is handy, including such items as headache pills, bandaids for small cuts, betadine or similar, and an antihistamine in case of insect bites. Mosquito repellent eg Tabard or Peaceful sleep is highly recommended. ALWAYS make sure you have something warm for night-time\* and early morning game drives, plus a lightweight rain jacket, just in case! Visitors to \*Ngorongoro are advised to carry a pullover as it can be chilly after sunset. A bush hat or a scarf for protection against the sun and dust is a must. You will find it very useful to carry with you on safari a pair of sunglasses, hat, insect repellent, sun tan lotion and a flashlight.

Most people make the mistake of taking along too much clothing. Take along comfortable, casual and semi-casual, "wash and wear" clothes. Bright colors and whites are not suitable for game viewing or walking safaris. Please avoid clothes resembling army uniforms, ie jackets.

This list is purely a guideline:

- 1 or 2 pairs of smart/casual trousers
- 2 or 3 pairs of shorts
- (best are convertible pants that go to shorts)
- 5 to 7 shirts or T shirts—remember to also have a biking shirt
- 1 light cotton dress for the ladies
- Fleeces for the cool evenings and nights
- 1 wind-breaker or waterproof jacket
- 1 warm jacket
- 1 or 2 pairs of walking running shoes
- 1 pair of sandals or reef shoes
- Underwear and socks
- Swimming suit
- Sun hat
- Small towel

Please dress appropriately when crossing borders, when visiting villages and markets; no bare chests, no bare feet, no bikini tops.

- 1 water bottle carrier (camelback or nalgene bottle), also for biking
- 1 torch with batteries ( a mini meg light is not sufficient)
- toothbrush/toothpaste
- shampoo and conditioner
- deodorant
- comb/hair brush
- razor and blades
- Suntan/sunblock (essential)
- Lipbalm
- Hand cream and moisturizer
- Insect repellent

#### ***Steppin' Out: An Adventure Experience***

**Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694**

- Tissues or disposable tissues
- Plastic bags to pack wet or dirty clothes
- Sunglasses
- Spectacles, (spare ones)
- Pen and writing pad
- day-pack or fanny pack for keeping cameras in
  - binoculars & camera
  - pocket knife
  - kikoi / sarong or wrap
  - book to read / games / cards etc

**Personal medical kit**

- We suggest you bring the following:
- band aids or plasters
- Insect repellent
- Aspirins or paracetamol
- Eye drops
- Anti-diarrhoea pills (consult your pharmacist for advise)
- Anti-septic cream
- Any other medicines or toiletries you use regularly.

<b>How do I join this trip?</b>	Please mail or fax the registration material at the end of this packet to 877.264.7694 to reserve a space. We need the following: <ul style="list-style-type: none"> <li>• Participant contract/profile</li> <li>• Payment (generally in full, though installments can be worked out)</li> <li>• Signed waiver form</li> <li>• International Trips: 2 clear copies of your passport</li> <li>• Signed medical form from you and your physician</li> <li>• Proof of Travelers Insurance</li> </ul>
<b>Special Requests</b>	If you have any special dietary needs or any special requests, let us know. As long as we know in advance, we should be able to accommodate needs.

*Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

## POLICIES & INSURANCE

### Travel Protection:

For a worry-free vacation, and peace of mind, we recommend the purchase of our travel insurance. Because unforeseen circumstances may arise, we strongly recommend you purchase this ProtectAssist® Protection Plan. Coverage may be purchased any time up to 24 hours before departure. The package includes the following coverage. The following is a summary of the coverage; some coverages are subject to a maximum benefit schedule detailed on the policy. We will be happy to send you a copy of the fully detailed information on the plan. \*Insurance coverage subject to limitations, exclusions and terms and conditions of policy.

#### Details of Coverage:

- **Trip Cost: Trip Cancellation & Interruption:** Covers you up to a maximum of 150% of trip cost if a trip is canceled or interrupted due to any of the covered unforeseen circumstances such as sickness, injury, death of you or a family member, inclement weather causing cancellation or interruption of travel. Additional detail of covered circumstances is available by request.
- **Trip Interruption - Return Air Only:** Covers the additional transportation expenses incurred by the Insured to the Return Destination for 150% of trip cost or \$750, whichever is greater.
- **Trip Delay:** Reimburses you up to \$150 a day up to a maximum of \$750 for additional accommodations or reasonable travel expenses if you are delayed for more than 5 hours.
- **Missed Connection:** Reimburses you up to \$250 if inclement weather or common carrier causes cancellation or a delay for regularly scheduled flights for three to less than five hours.
- **Baggage & Personal Effects:** Reimburses you up to \$1,000 if your luggage is lost, damaged, or stolen while you are on your trip.
- **Baggage Delay:** Reimburses you up to \$250 for the purchase of essential items if your bags are delayed for more than 24 hours.
- **Medical Expenses:** Covers necessary medical expenses up to \$25,000 up to one year after the sickness or injury provided you sought initial medical treatment while on your trip.
- **Emergency Medical Transportation:** Covers evacuation and transportation up to \$500,000 to the nearest adequate medical facility.

**Extra Coverage: When you purchase your ProtectAssist Plan within 15 days\* of making your initial trip payment, you also receive:**

- **Pre-Existing Condition Exclusion Waiver:** You don't have to worry about Pre-Existing medical conditions.
- **Trip Cost Financial Default Protection:** Covers you if the tour operator, cruise line or airline declares bankruptcy more than fourteen days after the effective date of coverage under the policy. Must be purchased within fifteen days of initial trip deposit to receive this coverage - see description of coverage for complete details. (Bankruptcy protection is not covered for all suppliers.)
- **Flight Guard:** This addition of \$50,000 will cover you and your family in the event of loss of life while you are traveling in the air.
- **Missed Connection:** This benefit will increase in coverage to \$500.

**Optional Coverage (extra costs required):**

- **Flight Guard (\$9 per \$100,000 of coverage):** Coverage of up to \$500,000

*Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

in the event of loss of life while you are traveling in the air.

- **Car Rental Collision Coverage (\$9 per day, per car):** Covers collision damage to a rental car for which the car rental contract holds you responsible. \$35,000 in primary coverage, subject to \$250 deductible.
- **Umbrella Package (cannot be purchased separately):** Medical expenses and emergency medical transportation benefits are doubled and medical coverage is upgraded to primary coverage.
- **Cancel for any Reason (Multiply 1.4 by the base plan cost): Provides reimbursement of 50% of trip cost if you decide to cancel for any reason up to 48 hours prior to departure.**
- **Cancel for Work Reasons (\$24 per adult): For travelers who want trip cancellation and interruption coverage in the event they must cancel due to business-related reasons.**

**Family Coverage Included:** At no additional charge, the plan covers all children 17 and under who are traveling with and related to the primary adult named on the enrollment form.

Trip Cost Per Person: +\$7 fee	AGE						
	0-34	35-59	60-69	70-74	75-79	80-84	85+
\$0*	\$16	\$24	\$29	\$35	\$53	\$65	\$79
\$ 1-\$500	\$24	\$36	\$40	\$51	\$60	\$91	\$102
\$ 501-\$1,000	\$41	\$52	\$65	\$89	\$108	\$139	\$172
\$ 1,001-\$1,500	\$53	\$71	\$89	\$117	\$154	\$183	\$242
\$ 1,501-\$2,000	\$72	\$94	\$123	\$166	\$201	\$238	\$311
\$ 2,001-\$2,500	\$92	\$118	\$152	\$205	\$248	\$294	\$381
\$ 2,501-\$3,000	\$111	\$139	\$181	\$245	\$295	\$347	\$453
\$ 3,001-\$3,500	\$130	\$148	\$211	\$284	\$340	\$402	\$522
\$ 3,501-\$4,000	\$148	\$162	\$240	\$323	\$388	\$467	\$592
\$ 4,001-\$4,500	\$165	\$185	\$303	\$362	\$434	\$528	\$662
\$ 4,501-\$5,000	\$184	\$206	\$340	\$401	\$481	\$590	\$731

**Cancellation Policy**

The following cancellation policies apply regardless of when you registered, even for personal emergencies. Nor is there a refund for leaving a tour early or arriving late. The cancellation policy is based on the money that was due and not the money that Steppin' Out has in hand and you are still obligated to pay the balance due. For example, if you signed up for a trip and only gave a deposit, and then didn't cancel until 80 days prior, you would owe Steppin' Out 50% of the full trip cost.

**Cancellation policy is as follows:**

- **Prior to 120 days to the departure date: \$55 administrative fee will apply.**
- **120-90 Days prior to departure date: all but 25% of the full land fee will be returned.**
- **90-60 days prior to departure date: 50% of full land fee will be retained**
- **61 days on prior to departure date: No refunds. If ticket has been**

*Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

**purchased, you will receive the ticket.**

**Responsibility:** All tickets and vouchers covering ground transportation, hotel accommodations, lift tickets or other items in the package are issued by Steppin' Out only as an agent for such companies furnishing such services. Neither they nor their subagents shall be held liable for loss or damage to property or injury to person caused by reason of any defect by any transportation company, lodging company, car company, ski area, agent or any service/item in the package outside their direct control. Steppin' Out reserves the right to make changes and alterations in the itinerary that are found necessary for proper handling of tours. In such an event, substitute services or equal or greater value will be furnished, or refunded, but the alternate services will still fall under the liability statements above. Steppin' Out shall not be liable for any loss, damage, injury, accident, delay or irregularity which may be occasioned by reason, defect, or through acts of omissions of any person or company described in the confirmation. In the event of a group or bulk ticket, Steppin' Out is not responsible for any default of the airline. Should a dispute arise, venue shall be in the State of Illinois

**Before you go tips**

- Sign waiver and make sure it is returned to Steppin' Out at least 3 weeks prior to the trip.
- Find out the access code to reach an international operator for your calling card, or purchase a calling card that will work out of the country.
- Get some small currency (\$bills) for purchasing along the way. Traveler checks are good for insurance sake, but you get a low exchange rate.
- Visit the travel resource page on the Steppin' Out home page to read CDC reports, weather reports, electrical voltage etc. [www.steppinoutadventures.com](http://www.steppinoutadventures.com)

**Participant Trip Profile and Contract: TANZANIA**

***YES, I'd like to join a Steppin' Out tour !***

Please complete this application with credit card and fax to us. When date is set, send payment made payable to Steppin' Out  
Our street address is: 3721 Military Road NW, #B, Washington, DC 20015,. Please include a clear copy of your passport

**First Name:** \_\_\_\_\_ **Middle Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Is this the name as it appears on your passport?**

**Date of Birth:** \_\_\_\_\_ **Country of Birth:** \_\_\_\_\_

**Passport # :** \_\_\_\_\_ **Exp date:** \_\_\_\_\_

**Passport Country of Origin** \_\_\_\_\_

**Current Address:** \_\_\_\_\_ **City** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Country:** \_\_\_\_\_

**Private-Telephone:** \_\_\_\_\_ **Home:** \_\_\_\_\_

**Mobile Phone:** \_\_\_\_\_ **Do you receive Text Messages?** \_\_\_\_\_

**Office-Telephone** \_\_\_\_\_

**Fax:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Relationship to Contact:** \_\_\_\_\_

**Contact's Hm Phone:** \_\_\_\_\_ **Contact's Cell:** \_\_\_\_\_

**Health Insurance Carrier and Policy Number:** \_\_\_\_\_

**Health Insurance Phone Number:** \_\_\_\_\_

**Physician's Name and Number :** \_\_\_\_\_

**List other destinations that you have traveled to:**

**What do you hope to get out of this trip?**

**Please let us know about any of the following:**

<b>Allergies</b>	<b>Symptoms of Allergy</b>	<b>Treatment</b>
------------------	----------------------------	------------------

1.

2.

<b>Any Medication taking</b>	<b>Generic Name of Med</b>	<b>Dosage</b>
------------------------------	----------------------------	---------------

1.

2

3

**List any dietary restrictions:**

**List any physical disabilities/impediments**

**Do you have a roommate request?**

**Smoker ( ) Non- Smoker ( )**

***Steppin' Out: An Adventure Experience***

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

# PAYMENT AND AGREEMENT

BASE PRICE: \$3500

- |  |                |  |              |
|--|----------------|--|--------------|
| <input type="checkbox"/> After May 1,      | Add \$275      | <input type="checkbox"/> Alternate transfer day            | Add \$45     |
| <input type="checkbox"/> Insurance         | Add from Chart | <input type="checkbox"/> Transfer from Nairobi (bus)       | Add \$75 r/t |
| <input type="checkbox"/> Optional Air      |                | <input type="checkbox"/> Optional Kilimanjaro or Volunteer | See below    |
| <input type="checkbox"/> Single Supplement | Add \$425      |  |              |
| <input type="checkbox"/> Extra room night  | Add \$95       |  |              |

**TOTAL**

## Check one of the two options:

- I am sending a check for the amount totaled above payable to Steppin' Out at 3721 Military Rd., NW #B Washington, DC, 20015. I will provide my credit card information below as a guarantee that the check will be sent, but I understand it will not be charged, unless Steppin' Out does not receive my check within 10 business days from the date above. Steppin' Out will notify me before charging.
- I, authorize Steppin'Out to charge my credit card with an additional 3.7% added to the base price totaling:\_\_\_\_\_.

## AGREEMENT: Please initial

\_\_\_\_\_ I understand that if payment is not received by Steppin' Out within 8 business days, and/or should the trip offer an installment plan, and I am late with one of the installments, Steppin' Out has the authority to charge my credit card with a 4% transaction fee.

\_\_\_\_\_ If I received an early bird discount, I agree to provide all information and payments accordingly, and should Steppin' Out need to remind for payments, etc. then the early bird discount will no longer apply.

\_\_\_\_\_ I agree to the cancellation policy in this document and understand that if I cancel before payment has been made in full, that I am still obligated to pay the percentage/balance due.

\_\_\_\_\_ I understand that this is a group trip and if I opt out of an activity, there will be no refunds for an activity not done. Should the group decide while there as a whole to do a different activity, the price of the new activity will be paid for individually.

\_\_\_\_\_ I understand that small group travel provides flexibility, but also understand that reservations have been made and that this is an active trip, to accomplish all the great things we want to do, I will adhere to the group time schedule.

\_\_\_\_\_ I understand that the cancellation policy is as follows: Prior to 120 days, only a \$100 admin fee will be incurred, 120-90 Days prior to departure date, all but 25% of the full land fee will be returned; 90-60 days prior to departure 50% of full land fee will be retained, No refunds 61 days on prior to trip If ticket has been purchased, you will receive the ticket.

\_\_\_\_\_ I understand that this is a physically demanding tour ,meaning that I'll climb lots of stairs, do a fair amount of standing,carry my own bag up several flights of stairs and from the bus to my hotel room, walk an average of 6-10 miles per day, and won't be allowed to smoke indoors during the tour unless I'm on fire.

**Responsibility:** All tickets and vouchers covering ground transportation, hotel accommodations, or other items in the package are issued by Steppin' Out only as an agent for such companies furnishing such services. Neither they nor their subagents shall be held liable for loss or damage to property or injury to person caused by reason of any defect by any transportation company, lodging company, car company, resort area, agent or any service/item in the package outside their direct control. Steppin' Out reserves the right to make changes and alterations in the itinerary that are found necessary for proper handling of tours. In such an event, substitute services or equal or greater value will be furnished, or refunded, but the alternate services will still fall under the liability statements above. Steppin' Out shall not be liable for any loss, damage, injury, accident, delay or irregularity which may be occasioned by reason, defect, or through acts of omissions of any person or company described in the confirmation. In the event of a group or bulk ticket, Steppin' Out is not responsible for any default of the airline. Should a dispute arise, venue shall be in the State of Illinois.

## **IF YOU ARE SENDING A CHECK, YOU MUST STILL PROVIDE A CREDIT CARD # for HOLD**

I have read and agree with the agreement section of this document and authorize payment as indicated in the checked off box above. **Mastercard or Visa Only**

Credit card Number \_\_\_\_\_ exp. Date \_\_\_\_\_ Security Code: \_\_\_\_\_

\_\_\_\_\_  
Client's Signature Agreeing to the above with date

\_\_\_\_\_  
PRINTED NAME

*Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

**PER OUR INSURANCE REQUIREMENTS, IT IS REQUIRED THAT YOU FILL OUT ONE WAIVER FORM FOR EACH EVENT. PLEASE MAKE COPIES FOR FUTURE EVENTS. THANK YOU. WE APPRECIATE YOUR HELP. PLEASE FILL OUT COMPLETELY.**

**PARTICIPANT AGREEMENT, RELEASE AND ACKNOWLEDGEMENT OF RISK**

***In consideration of the services of DC INTERNATIONALS or Steppin' Out, Ltd., their agents, owners, officers, volunteers, participants, employees, contractors and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "Steppin' Out"), I hereby agree to release and discharge Steppin' Out on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:***

1. I acknowledge that **EVENT:** \_\_\_\_\_ **on the following dates:** \_\_\_\_\_ entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.  
Furthermore, Steppin' Out guides have difficult jobs to perform. They seek safety, but are not infallible. They might be ignorant of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.
2. I expressly agree and promise to accept and assume all risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby release, forever discharge, and agree to indemnify and hold harmless Steppin' Out from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of Steppin' Out's equipment or facilities, including any such Claims which allege negligent acts or omissions of Steppin' Out.
4. Should Steppin' Out or anyone acting on their behalf, be required to incur attorney's fees and cost to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I certify that I have no medical or physical conditions which could interfere with my safety in this activity, or else I am willing to assume - and bear the cost of - all risks that may be created, directly or indirectly, by any such condition.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court to have waived my right to maintain a lawsuit against Steppin' Out on the basis of any claim from which I have released them herein. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portion shall remain in full force and effect.

**I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.**

Signature of Participant: \_\_\_\_\_ Print Name: \_\_\_\_\_

Participants Address: \_\_\_\_\_ Current Date: \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Health Insurance Provider/Carrier: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Health Insurance Provider/Carrier Telephone Number: \_\_\_\_\_

Social Security # \_\_\_\_\_ Date of birth \_\_\_\_\_

In case of emergency, please contact (specify relationship): \_\_\_\_\_

Emergency contact's telephone number: \_\_\_\_\_

**On a scale of 1-10, with 10, being very active, how would you rate your physical activity?**

Horse back riding experience: \_\_\_\_\_ Hiking Experience: \_\_\_\_\_ Biking Experience \_\_\_\_\_ Rafting Experience \_\_\_\_\_

---

***Steppin' Out: An Adventure Experience***

**Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694**

## **OPTIONAL EXTENSIONS**

**Climb Kilimanjaro:** Situated south of the equator - in Tanzania - at 19 340 feet, (5895m) Kilimanjaro is Africa's highest mountain and the highest "free standing " mountain in the world. Huge permanent glaciers flow down from the summit, and spectacular views and beautiful ice formations are the reward for the successful trekker, who conquers this mighty peak. It is not for the faint-hearted - this will test you to your limits, mentally as well as physically. The main problems one might experience are altitude sickness, which can be countered by use of medicines, and lack of oxygen. The standard route is a hike - no climbing as such. It is very cold - correct kit is a must - but our kit lists and hire equipment are top quality. We have personally done the major routes; so can offer firsthand advice. Good preparation and counsel, as well as good guides on the mountain, have given us an over 95% success rate (the average is 60%) - this type of thing is a "once in a lifetime " challenge, and must not be taken lightly. We ensure that all our climbers have all the facts - medical list, equipment list, etc, long before they travel so they are prepared and ready to meet this exciting challenge head on.

Any reasonably fit person who enjoys walking can reach the summit of Kilimanjaro. The youngest to make it was nine years old - the oldest seventy-nine. While thousands of people scramble to the top of Kilimanjaro each year, there are also some extremely severe climbs available to the experienced mountaineer. There are several principal hiking routes up the mountain.

The Shira route approaches Kilimanjaro from the west through forest and open moorland, crossing the caldera of Shira volcano and exploring the rock formations of the plateau, before traversing beneath the Southern icefields of Kibo. We make our final ascent by the Barafu route. The eight day itinerary gives maximum possible acclimatisation and also gives us plenty of time to enjoy the magnificent scenery. The views of Kibo in the sharp light of morning and early evening are often stunning and the area around the Lent Hills, close to the western flank of the summit cone, is very rarely visited. Shira is a little-used approach route and this itinerary is carefully designed to maximise time in unspoilt wilderness areas before the convergence with other routes in the final stages of the trip. It is also well structured for walkers of all levels of fitness and experience: the fixed walking days are only half day hikes but there are plenty of opportunities for additional afternoon acclimatisation walks at higher altitudes.

**Trip Length**                      10 days/9 nights

**Dates of Trip**

**Cost**                                \$2525 (nonmember, early bird price, with check payment)  
New Years additional \$100

For full information, click [here](#): or paste: [http://www.steppinoutadventures.com/pdfs/Kilimanjaro\\_09\\_Shira1%5D%5B1%5D.pdf](http://www.steppinoutadventures.com/pdfs/Kilimanjaro_09_Shira1%5D%5B1%5D.pdf)

## **VOLUNTEER EXTENSIONS:**

**Do you want to help build a brighter future in Tanzania?**

With smiles as wide as the African plains, Tanzania is a great place to explore through volunteering. As the continent opens itself up to the world the biggest problem facing projects here is in ensuring everyone has access to new opportunities. Teaching adults new skills is a very effective means of improving the lives of present and future generations; adults pass on newly acquired skills to their children, so educating one adult can actually benefit several people. With so much to do in your time here it's no wonder the project will need you to be a counsellor, English teacher and sports coach, as well as passing on any business skills you have.

*Steppin' Out: An Adventure Experience*

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

## Or working with children: Enthusiastic? Energetic? Enjoy working with children?

If you've answered 'yes' to the above, then this placement in Moshi is for you! With a variety of projects on offer, you will help to educate and care for local children as well as improving the community's English! Practical skills in areas such as teaching, counselling and sports are welcomed, but as long as you have the get-up-and-go to care for these youngsters, you could make an enormous difference to their lives. Whilst you're there you can explore Moshi, a bustling town that lies at the foot of the Kilimanjaro massif. It's home to the Chaga and Masai tribes and many of its residents rely on banana groves and coffee smallholdings for their living, making it an ideal destination to get an insight into Tanzanian culture.

- Enjoying East Africa at it's best - Mt Kilimanjaro, wildlife and Masai people, what more can you ask for
- Making a positive difference to the lives of people in Moshi
- Relaxing at the weekends soaking up the 'vibe of Africa'

### Project Information

- Project Duration: Min 2 weeks - Max 12 weeks
- Project Costs: US\$ 1645.00 for 2 weeks, US\$ 275.00 for every week thereafter
- Location of project: *Various locations within Moshi*
- Arrival Airport: *Kilimanjaro (airport code JRO)*
- Activities: *Teaching English, advise on small business initiatives, health awareness and other help needed*
- Working Hours: *Monday to Friday as required by the project, all other time is free*
- Getting to the project: *Up to an hour walk*
- Requirements: *Minimum age 18*

***Steppin' Out: An Adventure Experience***

Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694

***Steppin' Out: An Adventure Experience***

**Address: 3721 Military Rd NW #B, Washington, DC 20015 Fax And Phone: 877-264-7694**