

## Mt Kilimanjaro Trek - Machame 8-Day Route - DTM8

8 days: Tanzania

### What's Included

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Guided group trek up Mt Kilimanjaro's Machame Route with local guides, cooks, porters. All permits and fees.

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

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

**VALIDITY:** Valid for all trips departing January 1st, 2014 - December 31st, 2014

### Trip Style

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**Active: Hiking, biking and kayaking adventures across the world**

Hungry to walk, hike, trek, bike, raft and kayak your way across the world's greatest destinations? No sweat. (Well, maybe a little.) You don't have to be a decathlete to take an Active trip, just someone with a healthy love for getting active and the outdoors.

### Service Level

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**Camping:**

- Excellent value, amazing prices, quality experiences
- Camping most nights with some hotel stays to start and throughout
- Affordable public and private transport for maximum cultural interaction

### Physical Grading

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**5:** These trips include serious high-altitude treks, cycling or other heavy exercise. For superhumans only. (Remember to pack your cape)



### **Day 1 Arrive Moshi**

Arrive in Moshi and make your way to the hotel. Attend a pre-departure meeting with your guide scheduled for the evening.

### **Day 2 Machame Gate to Machame Camp (B,L,D)**

Hiking Time: 6-7 hrs  
Total Distance: 18km  
Starting Altitude: 1490m  
Final Altitude: 2980m  
Habitat: Montane (rain) Forest

After breakfast, we drive approximately 1 hour drive to the village of Machame. Depending on the condition of the road, it may be possible to drive 3km further from the village to the Machame gate of the Mt. Kilimanjaro National Park (1815m). After registering at the gate office, you start your ascent and enter the lush rain forest. Here, you will listen to the sounds of many exotic birds, and may even see monkeys such as the black & white colobus - these monkeys are black with a long 'cape' of white hair and a flowing white tail.

Most of today's day is spent in the gorgeous and fascinating forested slopes of Mt. Kilimanjaro, most of which is considered to be rainforest zone. It is very possible that we will see some rain today, or that at least the trail will be moist and soggy, and possibly muddy.

We cover a lot of distance today, though the gradient is gradual. We climb the lower slopes of the mountain, ending at the Machame Campsite, just beyond the rain forest and within the fascinating heath-land.

### **Day 3 Machame Camp to Shira 2 Camp (B,L,D)**

Hiking Time: 6-7 hrs  
Total Distance: 9km  
Starting Altitude: 2980m  
Final Altitude: 3840m  
Habitat: Moorland

Rise early and climb steeply through the heath land of savannah, and trees such as Giant Heather and Erica. You will reach a gentler ascent through the lower alpine moorland, which is notable for beautiful wild alpine flowers and the unique giant lobelia and giant groundsel (senecio kilimanjari) plants. If its a clear day, you will have direct views of Kibo, the peak and ultimate goal of your adventure.

After a short lunch and rest, traverse across the Shira plateau west towards a river gorge, and finally you will reach the Shira campsite. The night at this exposed camp will even be colder than the previous night, with temperatures dropping to well below freezing.

#### **Day 4 Shira 2 Camp to Barranco Camp (B,L,D)**

Hiking Time: 7-8 hrs  
Total Distance: 15km  
Starting Altitude: 3840m  
Final Altitude: 3950m (via 4630m)  
Habitat: Montane Semi-Desert

Today we turn east and continue to climb "pole pole" (slowly, slowly) through increasingly rocky and barren terrain. We have lunch and ascend the rocky scree path to the Lava Tower (4630m). The trek now starts to become more difficult, as the trail steepens, and most hikers start to feel the affects of the altitude, such as weakness and lack of breathe.

From the Lava Tower, we descend steeply for 2 hours down more than 600m into the Great Barranco Valley. This descent affords fantastic views and some great photo opportunities of the Western Breach and Breach Wall. You will also feel here the clear benefits of this acclimatization day as we lose altitude down to the camp.

Barranco Camp is set on a col (flat area) enclosed on three sides by the Breach Walls, and the Kibo massif itself. Hanging glaciers glint in the sunshine above, amidst the eerie landscape of plants such as the giant groundsels, and the uniquely endemic Giant Lobelia. This is definitely the toughest day so far, but incredibly beautiful.

#### **Day 5 Barranco camp to Barafu camp (B,L,D)**

Hiking Time: 7-8 hrs  
Total Distance: 13km  
Starting Altitude: 3950m  
Final Altitude: 4550m  
Habitat: Alpine Desert

Today we tackle the Great Barranco Wall – an imposing face above your camp. A steady climb up the eastern wall takes us just below the Heim Glacier, where we may have some awesome views of Kilimanjaro.

Our trail continues down into the Karanga Valley, and then joins up with the Mweka route – our descent trail. In this valley, your porters will stop to collect water, as there will be none further up. Here the temperature will grow colder as we follow the trail climbing through this empty and dry landscape up to Barafu Camp. The two peaks Kibo and Mawenzi can be seen from our camp. Barafu is the Swahili word for "ice", and the camping area is on a ridge in an narrow and exposed flat area. Here there are ever-present gale winds that come off the mountain peaks.

In preparation for your final ascent the same night, you will familiarize yourself with the terrain before dark, and prepare your equipment and thermal clothing for the summit attempt. Sleep may be difficult, but you will lie down after dinner to rest for the 1345m final ascent.

#### **Day 6 Barafu Camp to Summit to Mweka Camp (B,L,D)**

Hiking Time: 7 hrs to summit, 7-8hrs descent  
Total Distance: 7km to summit, 23km descent  
Starting Altitude: 4550m  
Summit Altitude: 5895m – Uhuru Peak  
Final Altitude: 3100m

Habitat: Stone Scree, ice capped summit, Alpine desert

Today you will be woken at approximately in time to leave camp by around 12am, and after a warm drink and a light snack, you will begin the most difficult though most rewarding day of the trek – your hike up to the top of Africa. Climbing through the dark, you will ascend northwest on rough scree passing between the Rebmann and Tazel glaciers. After approximately 6 hours of slow but strenuous hiking, you will reach the rim of the main crater, Stella Point, at 5685m.

It is here where you will be rewarded with a breath-taking sunrise (weather permitting), which we enjoy while taking a short rest. From Stella Point the trail is normally snow-covered, and every step of the 3 hour ascent to Uhuru peak is challenging. At 5895m, Uhuru, which means “freedom” in Swahili, is the highest point in Africa. Take a few minutes to appreciate your accomplishment, as this is day to remember for the rest of your life!

The time you will spend on the summit will depend on the weather conditions; the temperatures range from just below freezing at midnight, to between -12 C to -23 C just before dawn. We start back down the same trail, and descend back to Barafu camp. Here you will have a well earned but short rest and collect the rest of your gear. We then head down the rock and scree path into the moorland zone, reaching the forest, and eventually arriving at Mweka hut in the late afternoon.

Today is the longest, and the most mentally and physically challenging of the trek. But a day that will stay with you forever, as you conquered the heights of Kilimanjaro.

### **Day 7 Descent - Mweka Camp to Mweka Gate to Moshi (B,L,D)**

Hiking Time: 4-5 hrs  
Total Distance: 12km  
Starting Altitude: 3100m  
Final Altitude: 1980m  
Habitat: Montane Rain Forest

At a much lower altitude than the last few mornings, today you will wake up full of oxygen and ready to descend the short hike to the Mweka Gate. Enjoy the forest on the slopes of Mt. Kilimanjaro, and upon arrival at the Mweka gate, successful hikers will receive their summit certificates (gold for Uhuru Peale, Green for Stella point).

From the Mweka Gate you will continue down into the Mweka village for lunch, normally a muddy 1 hour hike. Upon arrival to Moshi in the afternoon, relax, or have that much-deserved shower and congratulatory beverage.

### **Day 8 Depart Moshi (B)**

Today is departure day, and you are free to leave at any time.

## **What's Included**

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Guided group trek up Mt Kilimanjaro's Machame Route with local guides, cooks, porters. All permits and fees.

## **Highlights**

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Witness the curvature of the earth from the roof of Africa, trek past verdant forests and silent glaciers on the way to Uhuru Peak.

## **Dossier Disclaimer**

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## **Itinerary Disclaimer**

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

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

## Important Notes

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1. The idea of camping in Africa can be a daunting one. For those not accustomed to 'roughing it' for a few days we offer a full camping service. All tents are pitched for you, meals are prepared and served and the washing up is done by G Adventures staff. This leaves you with more time to enjoy your surroundings and is ideal for first-time campers who may be worried about the challenges such a trip can entail. When camping we are exposed to the elements, and whilst there are times when the weather is fine and temperatures are pleasant, there may be days when it is foggy, rainy and cool. In certain locations there may also be a number of bugs. These factors, however, should be seen as minor downsides to a camping experience which will allow you to get up close to the beautiful nature that Africa has to offer. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply canvas dome tents with built-in mesh insect nets on the doors and windows. Mattresses are also available, which are approximately 4cm thick, warm and comfortable.
2. Single Travellers. We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin-share accommodation and tents with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.
3. LUGGAGE COMPLICATIONS FLYING INTO KILIMANJARO: It occasionally happens that luggage on international flights into Kilimanjaro does not arrive. Please be aware that this may happen, especially if you have a tight connection, are flying with different airlines with a connection, have a last minute flight change or re-route, or fly from or connect through another African centre. Please be prepared and keep all important documentation and valuables on your person. As well we recommend a change of clothes in your hand luggage. If unfortunately this does happen, and your luggage does not arrive, you should be entitled to a limited initial compensation from your airline. In Kilimanjaro, the arrival of lost luggage normally takes between 48 and 72 hours after the initial plane's arrival. The airlines technically should be responsible to forward your luggage to you, to your hotel or elsewhere in Tanzania. You may find that you will be needed to start your trek and you still have not received your luggage. Considering that the customer service standards in Tanzania are different from home, and that we find that the airlines are not always pro-active in helping luggage in its care be reunited with its owner, it is recommended that you purchase or hire locally the needed items, and speak to your G Adventures representative at Springlands Hotel to persist with your airline to retrieve your luggage. Once your luggage is retrieved, it should be able to be forwarded to you – depending where you are. Please note that any costs that you may incur for luggage retrieval or sending luggage are not the responsibility of G Adventures, though we will always strive to assist you in any way possible. You should always keep all receipts and documentation, and contact your airline or insurance provider for reimbursement.
4. Flying through London-Heathrow to East Africa?  
Please note that regardless of the rules in other centres, travellers flying from, or connecting in, London-Heathrow are currently only permitted one carry-on piece of luggage and one small personal bag (purse, laptop-size bag, briefcase) on board on flights to Nairobi. If you arrive to the security gate with 2 pieces, you will be forced to check-in one of them, which may result in complications noted above. This policy is in place as of the time of writing, though local rules and regulations may indeed change. It is thus advisable to contact your airline directly for the most up-to-date information.
5. A limited supply of equipment is available to rent directly from your Moshi hotel, however the quality varies. Whenever possible you should endeavor to bring your own clothing and equipment.
6. The power supply in Tanzania is nominally 240VAC, 50hz. Variable voltage, spikes and sporadic, unexpected, unscheduled power cuts of varying duration can be expected.
7. For extra expenses at Springlands Hotel, cash or visa card are the only accepted form of payment. Please note however, there will be extra charges for using your credit card. As a result of this it is preferable to settle all expenses in cash.
8. Please read the Health and Safety section below for an important message on Physical Fitness and Altitude and Acclimatization.

9. Ramadan: July 30, 2011 – September 4, 2011

During the religious month of Ramadan we advise visitors to respect local people who fast during the day by not eating/drinking in public places. Just a few restaurants do close during the day in Ramadan.

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## Group Leader Description

For your entire 6 day hike of Mt. Kilimanjaro, you will be lead by an experienced certified mountain guide. To round out the team, you will be joined by an assistant guide (for groups of more than one person), a cook, and a team of porters. Your guide has been trained in mountain guiding skills, first aid and emergency response, flora and fauna, and group management. All guides are licensed by KINAPA, the National Park Authority. Your cook is an experienced cook who will prepare a variety of nutritious, and hearty meals. As a general rule, each hiker will be accompanied by 2 porters, who assist in carrying both your bag and the team's gear (tents, food, etc). Please note English is often the 3rd or 4th language of the Tanzanians in the area of Mt. Kilimanjaro, therefore your guide will speak a basic English. In addition, Tanzanians are very humble, passive, timid by nature, and this sometimes frustrates some travellers. Please be patient with your guide's English skills and with his approach to guiding. In addition, it is likely that some of the crew, especially the porters, will have limited to no communication skills in English.

All our porters belong to the Mount Kilimanjaro Porter Society which was founded in 2004 with the goal to improve the working conditions of all porters on Mount Kilimanjaro. The society has created a basic set of rules that G Adventures has agreed to implement: appropriate clothing for the porters; that the porters are adequately fed on the trek; porters should not carry more than 15 kgs; that there is an adequate porter-client ratio; and that a set wage is provided to the porters, guides, and cooks. Through the society, porters also have access to various resources such as language classes, classes in environmentally sustainable tourism, health care and first-aid classes, as well as, training in customer service, their legal rights, and assistance in micro-finances to improve their family's living conditions and guarantee a proper education of their children, year-round employment possibilities, and access to an affordable equipment and a clothing store.

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## Group Size Notes

Max 12, avg 10.

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## Meals Included

7 breakfasts, 6 lunches, 5 dinners.

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## Meals

This includes all meals while trekking on the mountain, along with a final dinner and breakfast back in Moshi after your hike. All meals you have during your trip will be prepared from fresh local produce. Shopping for food will be done before the trip departs. Breakfasts and dinners will be served at camp, while lunches will tend to be packed to have en route while trekking. All evening meals will be hot and will consist of a variety of continental and local dishes. We believe that providing more than enough food while on such a trek is of the utmost importance, and as such you can be ensured that your cook and crew will provide enough quality food for you. Vegetarian meals and other dietary requirements need to be specified prior to arrival. Please note; bottled drinking water, both before and after the hike, is at your own expense, however, during the Kilimanjaro trek you will be provided with drinking water. This water is collected from fresh mountain streams and then boiled by your guides who will replenish your empty bottles/thermos flasks on a daily basis. For peace of mind, you are welcome to add your own chlorine or iodine tablets if you are uncomfortable drinking the water provided.

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## Meal Budget

Allow USD40-50 for meals and drinks not included.

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## Transport

Private minibus, trekking.

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## About our Transportation

Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide. Please note for your own safety it is mandatory to wear your seat belt at all times when in a vehicle.

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## Single Travellers

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

## Accommodation

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Simple hotels (2 nts), full-service alpine camping (5 nts).

## My Own Room

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Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for hotel nights, and an individual tent while trekking.

## About Accommodation

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While on the mountain (7 nights), we provide full-service alpine camping at designated communal campsites. Your porters will be carrying your tents, which they will pitch for you at these sites. The campsites are fairly basic, and exposed to the elements. They will not have electricity, nor shower facilities, and toilet facilities are basic long drop latrines, which could become dirty at times (especially when it is raining), as many other hikers sharing the same facilities. Your crew will prepare basins of warm water for washing daily. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. All meals on the mountain will be prepared for you by your group's cook. The tents are two-person dome tents which are assembled by the porters. All tents have built-in insect nets. Mattresses are also provided, which are warm and comfortable.

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

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

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

Please note, if you need to alter the itinerary for any reason (e.g. travel delay or illness or in the event of having to descend from your climb early due to altitude sickness, injury or exhaustion), any unscheduled meals or nights spent in a location other than the tour itinerary will be at your own expense.

Springlands Hotel (your start/end hotel) has a number of services and facilities available as follows; Internet, laundry, gear hire, luggage storage, telephone services, massage service, fitness centre, manicure & pedicure, TV lounge, swimming pool, sauna, curio shop, garden bar, outdoor dining area and a shuttle service to/from Moshi as the hotel is located just a few kilometers outside of town.

## Joining Hotel

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Springlands Hotel  
Pembo Road  
Pasua Area  
Moshi, Tanzania  
Tel: +255 27 27 53581

This hotel is actually a short taxi ride outside of town of Moshi.

## Joining Instructions

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On arrival no transfers are included. Please make your way to the joining hotel. Kilimanjaro International airport is approximately 40km, or 40 minutes, from Moshi. Taxis are available to transfer you to Moshi, and cost approximately USD 50 per car. If you arriving

in Moshi from Nairobi, Kenya, there is a public shuttle bus that leaves Nairobi at 8:00am daily to Moshi. It is a direct bus via Arusha, and with border formalities, and a break (and potentially a change of vehicles) in Arusha, the trip is approximately 8 hours. There are a number of local companies that offer this service, and this can be organized locally the morning of. In addition, for your convenience, you may pre-reserve a seat on our partner shuttle service through G Adventures.

For pre-booked transfers from Kilimanjaro International Airport to our Moshi hotel, please make your way to the Zara Tours office opposite the NBC Bank outside the secured luggage retrieval area. A G Adventures representative present will assist you or your driver will be waiting with a G Adventures sign. At times there are taxi drivers who will try to solicit your business, so please be aware of them and proceed directly to the Zara Tours office where the correct driver will be arranged. For any issues relating to pre booked transfers for Kilimanjaro International Airport including delays or missed transfers, please contact our airport transfer operator (Simon) on +255 754 038 770.

Please note that day 1 is an arrival day and no activities have been planned, though a brief departure meeting will be held in the garden of the hotel in evening of day 1. Here you will meet our local G Adventures representative, and possibly some of your guiding team. At this point you will receive information about general and specific aspects of the "Kili" trek. Upon arrival to the hotel, our G Adventures representative be there to assist you with anything you need. If you arrive late and miss the meeting, s/he will leave you a message detailing what time and where you should meet the next morning.

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

## Arrival Complications

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

## Emergency Contact

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

### AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

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

Patrick: +254 707 889 920 or +254 732 874 566 (from outside of Kenya)

Patrick: 0707 889 920 or 0732 874 566 (from within Kenya)

### EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Nairobi, Kenya)

Emergency number

From outside Kenya: +254 727 208 832

From within Kenya: 0727 208 832

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

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



Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What to Take

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As you will be trekking up Africa's highest mountain, you will be passing through a number of different climate zones, and should pack to prepare for a number of extremes – hot and sunny, cool, cloudy, and misty, fog, rain (your first day you will ascending through a section of rain forest), wind, and lastly snow and cold. You may experience one or all of these conditions in the same day on your trek. In the lowlands, temperatures in the shade can reach 35 C, and in the highlands it will be below freezing, with possible rain and fog. The use of lightweight, breathable, easily removable layers of clothes works best to allow you to adapt to the local conditions. We recommend breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for hiking as it does not allow for heat or moisture to enter or escape, and it will not dry once wet. Please note that it gets extremely cold near the top of Mt. Kilimanjaro, and you will begin hiking your final ascent to the summit at approximately midnight, and hike through the coldest part of the day. For this, in addition to several warm layers and good boots to grip as you climb over frozen scree, ice, and snow, you will need warm protection for your extremities – warm socks, gloves, and a warm winter hat. Lastly, Mt. Kilimanjaro is located only a few hundred kilometres from the equator, and at altitude, the sun's affects are heightened. Use a hat, sunglasses, sun screen, and wear proper clothing to protect yourself from the sun, to reduce the risk of sunburn or heat stroke. With regard to the type of pack to use, most backpacks are carried by porters inside large canvas duffel bags so there is no need for any specialized gear unless you want to carry these yourself. Usually the only pack you will carry will be a small day pack with your water, snacks and wet weather gear.

Cameras, whether video or film, need to be protected against the severe cold weather either in a warm pouch or the interior pockets of your clothing. A selection of lenses will aid the final results although weight and bulk will obviously influence your selection. A polarized or neutral density filter is recommended, as is slide film rather than print. Bring your own film as it can be hard to find and expensive in Tanzania.

For digital equipment and mp3 players, check with the manufacturer's specifications for temperature range (especially battery life), water tightness, altitude range, and general hardiness.

Your baggage should be clearly labeled and restricted to one large waterproof duffel bag or backpack, maximum 15kg, plus a daypack. Please note, secure luggage and valuables storage facilities are available at your hotel in Moshi for any extra mountain gear/clothing that you do not require for your climb.

## Checklist

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Suggested Items: (The following items serve as guidelines for the trekker but what to bring is ultimately up to the individual. We suggest you carefully sift through this list, before embarking on the big pack)

- Warm fleece or wool jumper/jacket
- Waterproof jacket and pants
- 3 shirts/t-shirts, cool and breathable
- 2 Long-sleeved shirts or sweaters
- 1 pair of shorts, mid-thigh or longer
- 2 pairs of long hiking trousers, lightweight, breathable
- 1 pair of long trousers
- hand sanitizers/ antibacterial wipes
- Thermal underwear – top and bottoms
- Waterproof, light weight hiking boots. They will get wet and dirty.
- Tennis shoes or sandals for relaxing in the evening
- Comfortable, breathable socks (wool or synthetic fibers recommended)
- Winter hat/warm hat, balaclava (wool or synthetic fibers recommended)
- Warm gloves/mittens
- Day pack with good hip and sternum support, for you to carry
- Very warm sleeping bag (it will be below freezing at least on one night)
- small travel pillow
- Water bottles or "camel baks"
- Small hot water thermos (as cold water has been known to freeze near the summit) -

- Water purification methods(chlorine or iodine tablets) or purifier
- Sun hat, bandana (many uses - head protection, handkerchief, wrap injuries)
- Sunglasses (to help prevent snow blindness if hiking in snow)
- Sunscreen (very important, especially if summiting in snow)
- Headlamp / torch / flashlight (with extra batteries and bulbs)
- Camera and extra memory card/film
- Extra batteries (recommended)
- Pocket knife / utility knife
- Electricity plug adapter (for the hotel)
- Energy bars and snacks (chocolate, nuts, high energy snacks)
- Personal first aid kit (should contain Lip balm with sunscreen, Ibuprofen , Malaria pills, band aids/plasters, adhesive tape, anti-histamine, Antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder (salt and sugar mix), throat lozenges, insect repellent, extra prescription drugs you may be taking)
- Toiletries (soap, toothpaste, toothbrush, razors, etc)
- Hand sanitizer gel/Sanitizer wipes
- Toilet paper

Optional Items: Sleeping pad (optional – simple, thin mattresses provided in the huts where you will stay), Hiking poles, Hiking Gators (protective covers) for your hiking boots, reading/writing material, binoculars, cover for backpacks, Playing cards, games, frisbee, notebook, pens/pencils, candles, matches, personal alcohol

A limited supply of equipment is available to rent directly from your Moshi hotel, however the quality varies. We recommend that you thoroughly check the quality of any rented items and that they are in correct working order. Whenever possible you should endeavor to bring your own clothing and equipment. The list below is a guideline only and prices are subject to change.

Price list for equipment hire (paid at hotel in USD, or equivalent in local currency as per exchange rate)

- rucksack /day pack-\$12
- balaclava \$6
- sleeping bag (-25 to -35°C) \$40
- ponchour-heavy/western/Europe-\$18
- plastic bag-\$4
- duffel bag \$6
- 2 walking poles (ski sticks) \$12
- gaiters -\$8
- gloves \$6
- 2 finger gloves \$8
- sweater \$5
- sunglasses \$8 (have a few in store)
- long underwear \$ 5(have a few)
- raincoat G.T.Waterproof \$12
- raincoat pants-\$12
- fleece pants-\$6
- mountain boots \$9
- warm jacket G.T.-\$12
- Warm jacket/down jacket-\$12
- hats \$6
- scarfs \$6

For donation in Moshi or elsewhere in East Africa: notebooks, pens, pencils, pins, flags, pictures, postcards from your country for local villagers or children

Documents:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Yellow fever certificate
- Airline tickets (with photocopies)
- USD cash
- Credit or debit card (see personal spending money)

- G Adventures vouchers, pre-departure information and dossier
- Any entry visas or vaccination certificates required or vaccination certificates required

## Laundry

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Laundry service is provided at Springlands Hotel and clients can leave their dirty belongs at Springlands for washing. When the clothes will be ready will depend on the weather because the clothes are dried by the sun.

## Visas

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All countries require travellers to have a valid passport (with a minimum 6 months validity). Please note that upon arrival by air to Arusha, Tanzania, most nationals can obtain a visa for US\$50 in \$US cash (valid for those who would be permitted a Tanzania visa while still in their own country), though the visa currently costs \$100 for U.S. nationals. This visa is valid for up to 3 months with multiple entries/exits permitted to Kenya and Uganda only. If you are transiting through Uganda or Kenya, you will have to purchase a transit visa en route. These are usually \$US20 or US\$10 respectively, and valid for 24 hours. Alternatively, for either of these two countries, you may purchase a normal visa for US\$30 and US\$25 respectively (most nationals), both of which are valid for up to 3 months. As fees and policies can change, we highly recommend that you contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation.

## Detailed Trip Notes

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American Dollars that are series 1999 or earlier are not accepted and very difficult to change in Southern and Eastern Africa, because of past forgeries. As a result please bring notes from year 2000 or more recent.

### REGIONAL INFORMATION

#### Kilimanjaro Weather and Climate

Lying just south of the equator, Kilimanjaro is affected by the passage of the Intertropical Convergence Zone, which brings with it the main rainy periods. The highest rainfall occurs between mid March and early May, and slightly less between the beginning of November and late December. Rain and, higher up, snow, can however be encountered at any time of year - even in the driest periods (January, February and September). Normally the drier seasons are associated with clear, dry weather which can last for weeks on end. The best weather is generally encountered in the mornings, and convectional rainfall, if any, tends to come in mid-afternoon. Temperatures vary considerably with height and time of day. On the plains surrounding Kilimanjaro the average temperature is about 30°C. At 3000m. frosts can be encountered at night while day time temperatures range from 5 to 15°C. Night time temperatures on the summit can be well below freezing.

#### Electricity

The electric current in Tanzania operates on 230V, 50Hz.

#### Language

The official languages are Swahili and English. There are also numerous dialects spoken throughout.

#### TANZANIA - Official Statistics

Full country name: United Republic of Tanzania (Jamhuri ya Muungano wa Tanzania)

Area: 945,087 km<sup>2</sup>

Population: 38,329,000-July 2005 est (34,443,603-2002 census)

Capital city: Dodoma

People: 99% native African (over 100 tribes), 1% Asian, European and Arabic

Languages Swahili, English, indigenous.

Religion: 40% Christian, 33% Muslim, 20% indigenous beliefs

Government: Republic (multi-party state)

President: Benjamin William Mkapa

Major industries: Tobacco, sugar, sisal, diamond and gold mining, oil refining, cement, tourism

Major trading partners: India, Germany, Japan, Malaysia, Rwanda, the Netherlands, South Africa, Kenya, U.K., Saudi Arabia, China

Currency: Tanzanian shilling

### INTERESTING FACTS

- The name is name made up from an amalgamation of TANganyika and ZANzibar.
- Tanzania is the largest country in East Africa (although not in Africa as a whole, the Sudan is 3 times larger); it's landmass covering an area of just over 945,087 sq. km (including Zanzibar).

- This makes Tanzania about the size of France, Germany and Switzerland combined; 3 times the size of the entire British Isles or one-tenth the size of the whole of the USA.
- Tanzania's population at the last official census was 31.3 million, with approximately one third being classified as "urban".
- Agriculture forms roughly half of GDP and agriproducts (e.g.: coffee, tea, tobacco, cashew nut, sisal, cotton) some 75% of export earnings. Dodoma, in central Tanzania, is the political capital of the country although Dar es Salaam is the effective trading and business capital, with its safe harbour ("Dar es Salaam" means "Haven of Peace"), international airport and population of some 1.75million.

#### MT. KILIMANJARO

Mt. Kilimanjaro, also known as Kili, is located just south of the equator, and is Africa's highest mountain. It is made up of three volcanoes: Shira, Mawenzi, and Kibo, the tallest. For the moderately fit person, the trek up Mt. Kilimanjaro is a attainable, and not very technical climb.

## Spending Money

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

## Money Exchange

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

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

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

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

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

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

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

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

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

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

Please note that in many areas there may be occasional power-outages, where there will be no electricity for hours at a time. In addition, ATMs outside of larger centers often run out of cash or can be out of order unexpectedly. These factors could affect your ability to access money from ATMs. As such, please do not rely on credit or debit cards as your only source of money. A combination of foreign currency and debit/credit cards for cash advances is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

## Emergency Fund

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

## Departure Tax

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USD40, may be included in the international air ticket

## Tipping

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Tipping is an expected and highly appreciated component of your Mt. Kilimanjaro trek. It should be an expression of satisfaction with those who have assisted you throughout the expedition. Tipping is one of the most direct ways that you can have a positive economic impact within the East African community. Although it may not be customary for you, it is of considerable significance to your guides, assistants, cooks, and porters, as an important source of, and supplement to, their income.

Before starting your trek, we encourage you to confirm the amount of staff that will be supporting you during your climb at the welcome briefing or at the first gate. This way the amount of tips can be prepared beforehand. A list to write your crew names will be provided at your welcome briefing for you to refer back to at the end of the climb.

Upon completion of your climb it is ideal to have a tipping ceremony with the crew at the last meal on the mountain or upon your return to Springlands Hotel. Tips should be placed in individual envelopes which climbers then hand directly to each crewmember to ensure that their full tip is received.

As to the amount of the tip you should give on Kilimanjaro, there are no set figures or formulas, though we do urge you to let your conscience instruct you on this matter as much as your wallet.

One method that's popular is for everybody to contribute 10% of the total cost of their trek towards tips. So if you paid US\$2000 for your trek, you should pay US\$200 collectively for your crew. (If there were only one or two of you, it would be better to pay slightly more than 10%.)

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

Tipping guide in USD (or equivalent in local currency) per group per day spent on the mountain:

Per Chief Guide: US\$10-15 per day

Per Assistant Guide: US\$8-10 per day

Per Cook: US\$7-\$10 per day

Per Porter: US\$5-8 per day

Gifts in addition are also appreciated – e.g. warm clothing or footwear.

A realistic amount for a trip of 5-7 days length would be between 150-200 USD per climber for tips.

These are mere guidelines, and you may wish to alter them if you feel, for example, a certain porter is deserving of more than his normal share, or if your trek was particularly difficult.

Expect 1 lead guide per 8 hikers, 1 assistant guide per 4 hikers, 1 cook per 4 hikers, 2 or 3 porters per hiker on the Machame Route.

## Health

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure.

Please ensure you have all the inoculations recommended by your doctor for travel in East Africa. Be aware that Tanzania has regions where malaria is present, including the ones visited. We thus recommend that you take malaria medication; your doctor should be able to recommend the necessary prophylactics. Travellers should also carry a basic travel first-aid kit as medical facilities are basic throughout these countries. An important item to include is a liquid or gel hand sanitizer and/or alcoholic/sanitary wipes, as they will aid in personal cleanliness and hygiene throughout the trip. The local tap water should not be consumed, so any water treatment tablets (ex. iodine), drops, etc, would help. If you have any pre-existing medical condition, you must inform G Adventures prior to the purchase of the tour, and upon arrival, to the CEO so he/she can be prepared to help you.

#### Sand flies and Mosquitos:

Are found in the areas visited. Mosquitos are more prevalent in areas that receive more rainfall, and sand flies, though generally found on the coast, can also be found in dry & dusty conditions inland. Both tend to come out in the early evening and early mornings. Protective clothing, and insect repellent are highly recommended during these times.

#### Malaria:

This infectious disease is transmitted by mosquitos carrying the parasite. These mosquitos are found at altitudes of under 1,800m, and thus can be found in Moshi and the base of the mountain. You must have prophylactics which you can obtain from your local doctor at or health clinic.

#### Sun:

It is very important that you wear sun block, even on a cloudy day, or at high altitudes when it feels cool, as we are near the equator and the sun is very strong. A sunburn can turn a pleasant trip into a painful trip.

#### Hydration:

Even when days are cool please be sure to drink a minimum of two litres of water and refrain from drinking too many diuretics, as while when travelling outdoors the breeze can dehydrate you quickly as well as the heat.

#### Diarrhoea:

It is normal for people travelling overseas to get an upset stomach due to a change of climate and food. Please make sure that you wash your hands and stay away from street food.

#### Physical Fitness:

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

#### Altitude and Acclimatization:

Altitudes are generally defined as follows:-

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

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

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

#### Hypothermia:

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

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

#### Eye Issues:

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

#### Emergency Evacuation:

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

## Safety and Security

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

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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

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

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## Medical Form

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Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

[www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

## A Couple of Rules

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the

world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## **Travel Insurance**

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Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## **Responsible Travel**

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Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.

-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: [www.gadventures.com](http://www.gadventures.com)

## **Planeterra-The G Adventures Foundation**

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Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit [www.planeterra.org](http://www.planeterra.org)

### **Planeterra Dollar-A-Day Program**

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

## **Associated Planeterra Project**

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Planeterra – The G Adventures Foundation supports the work of Youth Challenge International in Africa.

Youth Challenge International (YCI) is a non-profit, charitable organization that combines community development, health promotion and conservation in projects conducted by international teams of volunteers. By involving youth in the solutions to the issues they face, YCI aspires to a world where young men and women aged 10 to 25 have access to education, healthcare and meaningful employment. Youth in Africa, South America and Asia face huge challenges and YCI is working right now to provide them with education on HIV/AIDS and basic employment skills training.

To achieve these aims YCI works within an international network and global constituency for youth. International volunteers aged 18 to 30 play a key role in the planning and implementation of development projects. Since 1989 YCI has successfully involved over



2000 Canadian youth volunteers in the implementation of our programs in developing countries such as Tanzania, Guyana, Costa Rica, and Vanuatu.

Each year we work with the staff at YCI to determine which African programs are in need of support. Through fundraising efforts and matched donations from travellers we have provided financial assistance to the following YCI programs:

The Planeterra Foundation has supported YCI's work in improving young men and women's lives in Tanzania. The ravages of HIV/AIDS combined with poor employment skills training for youth have led to a loss of hope and reduced opportunities for young people. YCI addresses these problems by implementing three-day employment skills training seminars and HIV/AIDS education workshops for young men and women across Tanzania. These seminars and workshops have reached over 1,000 rural Tanzanian youth during the coming year - youth who typically receive little in the way of HIV/AIDS education or employment skills training.

Planeterra has also supported the research of a pilot project so that YCI may develop new partnerships in Kenya and Ghana and continue to develop their valuable programs within Africa.

Your donation is critical to YCI and your support will help them to continue their effective and valuable work within Africa.

For more information about this project and/or to make a donation please visit our website: [www.planeterra.org](http://www.planeterra.org) or contact us at [info@planeterra.org](mailto:info@planeterra.org)

## Feedback

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After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

## Newsletter

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

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

## Travel Forum - The Watering Hole

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Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at [wateringhole.gadventures.com](http://wateringhole.gadventures.com).

## Keeping in Touch

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If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.