

EDGE Travel Worldwide

Explore Tanzania: Safari, Kilimanjaro & Zanzibar

Itinerary: 18 days

- Safari: Serengeti, Lake Manyara & Ngorongoro Crater (4 nights)
- Kilimanjaro: Marangu Route (6 nights)
- Zanzibar: 5-star luxury resort (6 nights)

Safari



Day 1: Transfer from airport to Safari

Arrive Kilimanjaro International airport and proceed to Lake Manyara National Park for game drive with picnic lunch. Dinner and overnight Manyara Safari Camp.

Day 2: Lake Manyara to Serengeti National Park

Breakfast. Proceed to Serengeti National Park with en-route game drive and picnic lunch. Dinner and overnight Serengeti Kati Kati Camp.

Day 3: Serengeti National Park to Ngorongoro Conservation area

Breakfast. Proceed to Ngorongoro Conservation area for crater game drive with picnic lunch. Dinner and overnight Bougainvillea Safari Lodge.

Day 4: Drive to Moshi with Masai Village

Breakfast. Drive to Moshi with picnic en-route. Time to take in the local Masi village and market. Note driving time of 6 hours, ETA in Moshi is 14:00hrs. Arrive Moshi and check into the Mountain Inn. The rest of the day is left free to prepare for the start of the trek; we may be treated to views of Kilimanjaro from here, weather permitting. Dinner and overnight stay in Mountain hotel.

Kilimanjaro



Day 5: Drive to Marangu; hike to Mandara Hut.

We make a short drive to the National Park Marangu Gate at 1800m, and begin our hike up the Mountain. Porters will assist throughout the trek, carrying all of our luggage. You only need to carry what you need for the day – waterproofs, a camera, water bottle and a packed lunch. The first stage is along a rocky path through lush rainforest, with lichens and bright ferns, huge trees and tiny colourful flowers all adding interest to our first day. We arrive at our first hut at Mandara, situated close to the Maundi Crater at an altitude of 2727m (About 3-4 hours walking.) (Over night stay with all meals)

Day 4: Walk to Horombo Hut.

Leaving the forest, we ascend on a path through open Moorland and alpine meadow. As we are climbing to over 3700m today, you may start to feel the effects of altitude: may become breathless quite easily. The guide will make sure you take your time and have plenty of rest stops; giving many opportunities to take in the views. Later, above podocarpus Hill, the scenery changes again; rocky volcanic ravines covered with dense shrubbery, giant lobelia and groundsels, as well as many other wild flowers peculiar to Kilimanjaro. If the weather is clear you should get views of the gaunt peaks of Kibo and Mawenzi. We arrive at Horombo Hut (at 3720m) and spend the rest of the day relaxing or exploring our surroundings. There is plenty to do, but you may prefer to conserve your energy for the days ahead. (About 6-7 hours walking.) (Two nights stay with all meals)

Day 5: Spare day for acclimatisation.

We have built in an extra day to acclimatise. There are plenty of walks that can be done from the hut, and since we are now above the forest, views are not hampered by the trees.

Day 6: Walk to Kibo Hut.

The sun rises dramatically from behind Mawenzi Peak, lighting up the sea of cloud which shrouds the lower reaches of the mountain. After our rest we continue ever higher, past huge cactus like groundsel, and the last spring water (we now rely on porters to carry supplies). Breathing becomes noticeably shorter and the climb now begins to test even the fittest. Climbing above 4115m we get clearer views of Kibo and almost lunar landscape of the saddle. Here we'll find only the hardiest forms of vegetation amid the sand and rocks. Temperatures may vary dramatically, and strong winds can whip up in a very short space of time. Despite the seemingly inhospitable terrain, you meet herds of Eland at this altitude. Continuing for 2-3 hours across the plateau, we finally reach Kibo Hut, at the base of Kibo peak. The air is considerably cooler here, and once the sun drops temperatures often fall below freezing. If you are finding that the altitude is having a bad effect on you, you may make a tough but wise decision to go no further than Kibo Hut (4703m) (About 5 hours walking) (Over night stay with all meals)

Day 7: Walk to summit; descend to Horombo Hut.

Setting off in the early morning we begin a hard walk, ascending to 5660m in just a few hours to reach Gilman's Point on the rim of the crater. We begin in darkness, walking up a steep scree slope, past icy crevasses and giant boulders to the final ridge. Although at times you may only be

able to walk 10 paces before you have to stop and rest, there is no doubt that it is all worth it when you reach the top. Gilmans point is perhaps the most spectacular in Africa, where the whole of East Africa seems to spread out below you; the Masai plains; the Rift Valley; Mt. Meru; Amboseli and Tsavo of Kenya. From Gilmans, you may continue around the crater rim to Uhuru peak, the highest point in Africa at 5895m. Then we descend, down the scree to Kibo Hut for a brief rest, and then down to Horombo Hut. (About 11 hours walking.) (Over night stay with all meals)

Day 8: Walk to Marangu; drive to Moshi.

After a good long rest at Horombo, we pass once more over Moorland and through ravines, enjoying the increasing warmth and richness of the mountain air. Stopping for a short time in Mandara, we continue down through the forest entrance and continue by road to Moshi, and onto our hotel. (About 5 hours walking.) (Overnight hotel and all meals)

Zanzibar



Day 9: Fly to Zanzibar.

Breakfast. Transfer from Mountain Inn to airport in time to connect with our flight to Stone Town, Zanzibar. (Please note to make sure you have lunch before departure or take a picnic.) Once arrived in Stone Town airport, transfer to Breezes Beach Club & Spa 5-star resort. While at Breezes, you will be able to completely relax in luxury or participate in various water activities such as diving, kite surfing or snorkelling in and around the island reef. There are many excursions available in Zanzibar for those that want to see more, or simply take the time for a well-earned relax in the 5-star Spa or on the white spice island beach. Dinner and overnight stay.

Day 10: Breezes Beach Club & Spa resort.

Day at leisure. Breakfast & Dinner. Overnight Breezes Beach Club & Spa resort.

Day 11: Breezes Beach Club & Spa resort.

Day at leisure. Breakfast & Dinner. Overnight Breezes Beach Club & Spa resort.

Day 12: Breezes Beach Club & Spa resort.

Day at leisure. Breakfast & Dinner. Overnight Breezes Beach Club & Spa resort.

Day 13: Breezes Beach Club & Spa resort.

Day at leisure. Breakfast & Dinner. Overnight Breezes Beach Club & Spa resort.

Day 14: Breezes Beach Club & Spa resort.

Day at leisure. Breakfast & Dinner. Overnight Breezes Beach Club & Spa resort.

Day 15: Breezes Beach Club & Spa resort.

Day at leisure. Breakfast & Dinner. Overnight Breezes Beach Club & Spa resort.

Day 16: Zanzibar to the mainland for flight back to the UK.

Breakfast. Transfer from hotel to the airport and back to the mainland. Catch flight to the UK.

Personal Expenses

You will need extra money to cover the cost of drinks, souvenirs, meals (where applicable) airport taxes, etc. It is advisable to change money on arrival at Kilimanjaro international airport whilst waiting for your luggage, as opportunities for changing money are subsequently few, although it is normally possible at the hotel in Moshi. Credit cards are generally not accepted. It is prohibited to export Tanzanian currency. Please note that pre 1990 USD notes are not accepted in Tanzania.

Park Fees

These will vary throughout the year, but early bookings will avoid a possible change in fee. (These are built into the trip cost.)

Tipping

In this area, tipping is a recognised part of life. Although EDGE Travel Worldwide pays most gratuities for the trip, porters and guides on the Kilimanjaro phase still look to members of the group for reward. Accordingly, you should allow \$100 for tipping. (Please carry low denominations of US Dollar currency.)

Meal Plan

Local food and drink: Meals other than those included in the itinerary are paid for separately by the traveller. On the Kilimanjaro hike, meals are provided throughout (except x1 lunch). If you are taking the Safari and Zanzibar trips also, allow for 6 lunches, examples of comparative costs are as follows:

	UK	Tanzanian
Coffee/tea	£0.70	£0.30
Soft Drink	£0.80	£0.30
Bottle of water	£0.70	£0.90
Beer	£1.00	£0.75
2 course meal*	£7.50	£3.00
3 course meal**	£15.00	£8.00

* Cheap local fare in a small café or restaurant

** Typical food in a simple, reasonably comfortable, mid range restaurant

Optional Excursions

These can be organised once in Tanzania during the Safari, Kilimanjaro and Zanzibar phases:

- Hot Air Balloon champagne breakfast over the Serengeti (Safari)
- Coral and wreck Diving (Zanzibar)
- Fish and coral Snorkelling (Zanzibar)
- Kite Surfing (Zanzibar)

- Spice Down coastal exploration (Zanzibar)
- Stone Town and spice tour (Zanzibar)

Practical Information

Seasonal Climate

Broadly speaking the long rains arrive in April/May and the short rains arrive November to early December, although this pattern has been known to be completely erratic. Kilimanjaro can be climbed at any time of the year, but it is often wet in the rain forest in April, May and sometimes in November. December to March are the warmest months, but the climate varies greatly with altitude. Days in the low land forest are pleasantly warm, but occasional showers are common and nights can be quite cool. It can be particularly cold at night, at altitude, particularly in June and July, and on final summit ascent, with temperatures dropping below freezing.

Visa Requirements

UK, AUS, NZ, USA & Canadian citizens will need an entry visa. Other nationalities should consult their consular office.

Vaccinations & Protection

A Yellow Fever vaccination certificate is required for entry through Kilimanjaro passport control. We also strongly recommend protection against Malaria, Infectious Hepatitis, Tetanus, Typhoid and Polio. Consult your travel clinic for the latest advice on different prophylaxis available against Malaria. Travellers may wish to take immunisation against Meningococcal Meningitis.

Special Note: Visa and vaccination requirements are subject to change and should be confirmed before departure. Yellow Fever certificate must be issued 10 days before entry into Tanzania, if not entry may be refused.

Facts and Figures

Area:	886,040 sq. km.
Population:	29,700,000.
Government:	Federal Republic.
Language:	Swahili and English.
Religion:	Christian, Muslim, Hindu and Animist.
Currency:	Tanzanian Shilling.
Local Time:	GMT + 3.
Electricity:	230v AC 50 Hz.
Banks:	0800 – 1200 Mon-Fri 0830 – 1200 & 1400 – 1800 Sat
Shops:	0800 – 1200 & 1400 – 1800 Mon-Sat
Maps:	Kenya & Tanzania (Hallwag).
Books:	'Kilimanjaro National Park' by David Bygott (Published by Tanzanian National Parks.

Preparation for the Explore Tanzania Trip: Kilimanjaro

Grading and Fitness for the Kilimanjaro Hike

To enjoy any trek such as climbing Kilimanjaro, it is essential to be in shape before you arrive. It is not wise to regard a trek as a means of getting into shape or losing excess weight. Start a programme of conditioning well before departure – in fact as soon as you book – and be aware that short walks on the flat do little to prepare you for the gradients involved on this trek. Running, hill walking and other more active sports are suitable.

Walking Grades and Fitness

Grading is a somewhat difficult topic as much depends on the individuals own perception of his or her abilities. The following is intended as a general guide to our walking grades. This trip is rated as Grade C/D

Grade C Walks (Strenuous): are for the more serious hill walker and a higher level of physical fitness is required. Walking days are normally 6-8 hours and may involve up to 900m or more in ascent or descent. You should be prepared for several consecutive days walking, often at higher altitudes, so stamina is important.

Grade D Walks (Tough): require that you are very fit and previous trekking experience is strongly recommended. Grade D includes long walks with steep uphill and downhill gradients. There will be extremes of altitude (up to 6000m) and weather conditions, and will involve several long days (up to 8/9 hours) of trekking continuously without a rest day.

Altitude

The altitude of Kilimanjaro makes the trip most suitable for the more serious walker with previous experience of hill walking. Extreme cases of Acute Mountain Sickness are rare, but if it becomes necessary for someone to abandon the trek in the interests of safety, the Adventure Leaders decision on this is final.

Experience: Bearing the above in mind, we ask for a synopsis of recent walking experience from people intending to go on the trip.

Medical Examination: You should visit your GP and specifically mention the maximum altitude the trek reaches, i.e. 5895m/19,340'. Bear in mind that the final trek to the summit is optional, and can be omitted if so wished.

Equipment provided

Sleeping in Huts with mattress and pillow (Please see additional page for further information on what to pack.)

Luggage

One main piece of baggage which should be waterproof (a kit bag or holdall). A daysac to carry camera, water bottle etc. on trek. This should fit properly, be comfortable with a waist strap. Total allowance 33lbs/15kgs Maximum. Please note that it will be possible to store surplus kit not required on the trek at the hotel in Moshi.

Equipment to bring

Being properly equipped is one of the keys to a successful trek. Be sure that you have what you need for the actual trek.

Luggage

Trek Kit Bag: Before leaving Moshi there is plenty of time to re-sort luggage into what you need on trek and what can be left in Moshi. Your trek luggage, including sleeping bag, needs to be packed into a kit bag, soft holdall, frameless rucksack or similar to be carried by the porters. The weight limit for this is 15kg but you will probably find that you do not need this much.

Advice on how to pack will be given at the trek briefing. A nylon or canvas bag with a zip along the top is suitable. Whatever you choose, it must be strong and water proof, as porters are not very gentle with baggage. Soft luggage is preferable! Framed rucksacks are unsuitable.

Daysack

During the course of a trekking day, you do not have access to the luggage which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysack should, therefore, be large enough to carry the following: Waterproofs, fleece, long trousers (if walking in shorts), camera, warm hat and gloves, sun hat, sun cream, water bottle (at least 3 litre), tissues, lighter and your packed lunch.

Most people normally find that this adds up to about 2 to 3kg. Camera equipment can be heavy so think carefully when deciding what to take. Remember to carry spare batteries with you during the day. Other optional items in a day pack might be binoculars, a diary or a book to read at lunch time. It is usually more comfortable to carry a slightly larger pack which is not full than carry a small pack which is overfull or with 'bits' tied on to the outside. Something between 20 and 25 litres capacity is probably the most suitable. A shoulder bag is simply not a practical alternative.

Plastic Bags & waterproofing clothing and equipment

If you pack bits and pieces in plastic bags inside your kit bag they will stay dry in case of rain and it will be easier for you to sort through. Remember, the less you have to unpack in the evening, the less you have to pack in the morning! A bin liner to pack inside your day sac is also a good idea.

Clothing/Footwear

Walking Boots

Probably the trickiest part of all. We strongly recommend walking in good boots. Trainers, tennis shoes etc simply do not give the ankle support afforded by a decent pair of boots. Many people now trek in the lighter weight Goretex or leather boots. They have the advantage that they take little breaking in. The slightly heavier traditional leather walking boots are also good. Avoid the types often found in high street shoe shops, which are simply cheap trainers with a higher canvas side sewn on – they give little support and will probably not last the trek.

Above all – your boots must be well broken in and comfortable.

We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them – should your luggage be delayed, your well broken in boots are the one thing which will be irreplaceable. Gaiters are useful to keep snow and small stones out of your boots.

Trainers and Trekking Sandals

Useful around camp, in towns and when travelling.

Walking poles

Walking poles are recommended and can usually be hired in Moshi, at US\$5 per pole.

Waterproofs & Gaiters

Breathable waterproofs made from material such as Gore-Tex not only protects against rain and wind but also stops you from over heating. They 'breathe' and avoid condensation which you will

experience from nylon waterproofs. Gaiters are essential to keep your lower leg warm and prevent small stones getting into your boots on the summit and descent day.

Down Jacket

After sunset, temperatures can fall below freezing. A down jacket is the lightest and most convenient way of keeping warm when the temperature drops.

Thick sweater/fleece jacket

A thick sweater or fleece jacket is necessary as nights can be very cold at altitude. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

Shorts

Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold!

Gloves & thermals

Especially useful in the morning and in the evening at higher altitudes. Marks & Spencers Thermals or Helly Hansen types are most suitable. Also bring a scarf/buff to cover your face and a warm hat/balaclava.

Track Suit

Comfortable around the mountain huts and much more practical (and warmer) to sleep in than pyjamas. Alternatively, thermal underwear is good – silk, cotton or synthetic.

Long Trousers

For everyday walking, light cotton trousers are the most suitable. Jeans are not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.

Socks

It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

Wool, cotton and silk are the best materials. A fresh pair of socks every day after cleaning your feet and putting talc on them. This will help to keep them clean and free of injury.

Sunglasses/snow goggles

A good pair of sunglasses are essential for protection against UV rays and glare at high altitudes.

Sun Hat, High factor Sun Cream/Block & Lip Salve

Choose a high factor sun cream (Factor 30) to protect your skin against the sun at high altitudes. A combination sunblock/lipsalve is ideal for facial protection.

Torch/Batteries/Bulb

A small torch is essential for finding things at night etc. Often a head torch is useful for the early ascent to the summit. Remember to bring some spare batteries.

Toiletries

Try to keep heavy cosmetics etc to a minimum. Essentials are tooth brush/tooth paste, soap, small towel, small nail brush, nail clippers. 'Wet Wipes' are great for a quick clean up, so bring a pack of those (non-perfumed to avoid rashes!).

Personal First Aid Kit

On each trek a First Aid kit is carried but you should have your own blister kit, supply of plasters, aspirin, etc. (Please do not give medicines to local people without consulting the trek leader.)

Sleeping Aids

You may find ear plugs and an eye mask useful at night. (Ear plugs are essential.)

Other Equipment:

Sleeping Bag & liner

As you do not carry it yourself this may be down or synthetic, but it must be a '4-season' sleeping bag. A cotton, fleece or silk liner helps keep you bag clean and warm. A small pillow that fits inside the hood of the sleeping bag may also be useful.

Water Bottle/containers

Water along the trail must never be considered as drinkable. Take a 3 litre personal water bottle or reservoir (preferably insulated), and water purifying tablets. If you dislike the taste of sterilized water, it is a good idea to add some powdered fruit juice. Also energy drinks, snacks, chocolate, nuts and sweets are recommended whilst on trek.

Allergies and Medical History

All Medical History, current prescription drugs and known allergies **Must** be disclosed to your trek leader before leaving for Tanzania.

This is extremely important due to the nature of the event you will be undertaking.

Strictly no smoking or drinking is allowed whilst on the Mountain. It is strongly advised that any current smokers are to stop smoking at least 6 months before the trip or to even use this adventure of a life time, to give up all together.

MEDICAL ASPECTS OF HIGH ALTITUDE MOUNTAIN SICKNESS

You should carry your own first aid kit and be familiar with its use. Problems peculiar to the tropics and high altitudes need special attention. What you are about to read are the facts. The specific details to what you will experience on Kilimanjaro will be talked about at the final brief, when we are at our Hotel at the base of Kilimanjaro.

Altitude Sickness

Problems result from the inability of the human body to adjust to a rapid gain in altitude and range from mild cases of Acute Mountain Sickness (AMS,) experienced to some extent by most climbers, to the often pulmonary and cerebral oedemas, the latter being far less common. A slow pace and copious fluid intake (unless oedema is suspected) reduce the severity of Altitude Sickness. Dehydration, even mild, leads to thickening of the blood with increased possibility of

pulmonary embolism or a thrombosis. Urine colour should be pale and the output copious. (Oedemas are the accumulation of liquid in a part of the body.)

Symptoms of AMS include loss of appetite, headache, nausea, vomiting, exhaustion, lassitude, weakness, and rapid pulse even at rest, insomnia, swelling of hands and/or face and reduced urine output.

Climbers with server symptoms must stop ascending and seriously consider descending to a lower altitude, since often a drop of as little as 100 - 500m. The drug DIAMOX can sometimes help or prevent the severity of AMS. (I strongly advise that none of you take this – I will be carrying it, however, it's to be administered under my knowledge in emergencies only!) Diamox was designed in the States to help pregnant women with water retention problems - as a result, it causes severe dehydration and can have problematic side effects. Diamox has been used, as prescribed for Guiding purposes and as part of a EU medical experiment on Everest. Because of this, its merits and its pit falls are known - Kilimanjaro doesn't require the aid of Diamox, you will have a strong chance as it is if you prepare well.

With Pulmonary Oedema, additional symptoms may be noticed - shortness of breath, even at rest, gurgling, bubbly sounds in the chest and sometimes-watery blood-tinged sputum. Skin may be cold and clammy, lips and finger nails bluish.

With Cerebral Oedema, severe headache, hallucination and lack of co-ordination are additional symptoms. Treatment: IMMEDIATE DESCENT.

Pneumonia: This can kill, in some cases very rapidly. Symptoms include rise in temperature, pain in chest, shivering, rapid breath and dry cough sometimes with red mucus. Cure involves keeping the patient warm, getting him to lower altitudes, providing warm drinks and antibiotics, and by beating chest to encourage coughing.

Sun: At an altitude of 4,000m, only about 60% of the harmful UV sunlight is filtered out by the atmosphere.

This can result in very rapid burning of exposed skin; lips and nose are particularly badly affected. Good sun creams are recommended. Dark glasses with side panels should be worn, especially when crossing snow and ice covered areas, to prevent snow blindness, even in misty conditions. Snow blindness is painful and feels like sand in the eyes; rest and eye drops help; great care is required to avoid rubbing eyes.

Hygiene: Do not pollute streams by washing yourself or catering-utensils in them. These are water supplies for you and other people. If there is no latrine, dig a private hole for your excrement as far as possible from camps and paths, using your walking poles, then refill it neatly. Do not leave rubbish lying around. Some, such as food and paper can be buried in well-vegetated zones, but tins, bottles, foil and plastics, must be carried out.

WEATHER & 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. Maximum rainfall occurs in the forest belt and on the South side of the hill (Machame route) where it reaches 2000mm per year. Precipitation on the summit is about 1000mm per year: this coupled with the very porous ash soils results in the saddle being considered a high altitude desert. Rain and higher up, snow, can however be encountered at any time of the 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 conventional rainfall, if any, tends to come in mid afternoon. After long periods of dry weather some of the higher streams dry up.

Temperatures vary considerably with height and time of day. On the plains surrounding Kilimanjaro the average temperature is about 30 degrees C. At 3000m frosts can be encountered at night, while daytime temperatures range from 5 to 15 degrees C. Night time temperatures on the summit can be well below freezing.

GLACIAL RESESSION ON KILIMANJARO

Between the years of 1984 to 1998 the glacier on Kilimanjaro receded by 300 vertical meters. At one stage, most of the summit of Kilimanjaro was covered by an ice cap, probably more than 100 meters deep. Glaciers extended well down the mountain forming moraine ridges, clearly visible now on the Southern flanks down to about 4000m. At present only a small fraction of the glacial cover remains.

The remnants of the ice cap can be seen as the spectacular ice cliffs of the Northern and Eastern Ice fields, and the longest glaciers are found on the precipitous Southern and South-West flanks. If the present rate of glacial recession continues and majority of the glaciers on Kilimanjaro could vanish altogether in the next 50 years. '75% of its ice cover (by mass) has been lost since 1912.'

GEOLOGY & GLACIOLOGY

Kilimanjaro lies on a tectonic line intersection 80km East of the tectonically active Rift Valley. The activity which created this volcano dates back less than a million years and the central ash pit on Kibo, the highest volcanic centre, may be only several hundred years old. Steam and sulphur fumaroles here are indicative of residual activity. Shira and Mawenzi were two other areas of volcanic activity. Both became inactive before Kibo. The Shira volcanic cone collapsed leaving the Shira Ridge as part of its Caldera Rim. Mawenzi has been heavily eroded to leave a mass of steep-sided ridges and summits, particularly dramatic on the infrequently seen Eastern side.

Kibo is the best-preserved centre; it has three concentric craters and the outer crater rim rises to Uhuru Point - the chief summit. The middle, Reusch crater contains the main fumaroles and in its centre the 130m deep and 400m wide ash pit. The outer crater has been breached by lava flows in several places, the most dramatic of these being the Western Breach.

The ash and lava covered slopes of Kibo are mainly gentle-angled from the steep, glaciated precipices which defend its Southern and Southwestern flanks. The impressive rock walls on Kilimanjaro and Mawenzi are generally composed of lavas and ashes. Deep gorges (barrancos) have been carved into the soft rocks and ashes of Kilimanjaro. The most impressive of these is the great Barranco below the Western Breach and the two Barrancos on the East side of Mawenzi. Numerous parasitic cones extend east west across Kilimanjaro; some are located near the Mandara Hut (Maundi Crater offers a fine view point,) while others lie just North of the Shira route.

FLORA & FAUNA

The lower slopes of the mountain are heavily cultivated, in particular those to the south which receive plenty of rainfall. Elsewhere, lower rainfall coupled with the porosity of the lava soils makes conditions less suitable for cultivation.

The forest belt, which completely encircles the mountain and extends from about 1800m to 2900m provides the best conditions for plant life. Above the forest belt the porous soils and lower rainfall result in much sparser vegetation with semi-desert conditions prevailing above 4000m.

The cultivated belt contains many small holdings (shambas) where bananas and various vegetables are grown. The area is also suitable for coffee and there are several major plantations.

The southern, wetter forests contain Camphor, Podocarpus, fig and other trees; lush undergrowth contains many giant ferns and Usnea (old man's beard) drapes everything. Vines, mimulopsis and a multitude of flowers can be found in valleys and in clearer areas. The northern, drier forests contain podocarpus, junipers and olives.

In contrast to Mount Kenya a few large animals are found in this zone, though colobus and blue monkeys can often be seen but other inhabitants such as smaller antelopes and leopards are very shy. Many colourful birds are found here, the most noticeable being the Hornbill and the Turaco with its dark red wing markings.

The forests end abruptly without a bamboo zone as found on most other East African Mountains. Above, the rapidly thinning giant heather zone leads to the upper moor lands; here the giant groundsels and altitude tropical mountain zones can be found. There are few animals other than rodents, though leopard spoor can often be seen. Eagles and buzzards soar high above and smaller birds such as the alpine chat and streaky seed eater can also be seen. In the higher Moorland and alpine zones, only a few tufts of grass, mosses and lichen are found, together with occasional flowers such as the everlasting helichrysums and senecios.

Basic 8-week Fitness build up for Kilimanjaro.

- The highest Mountain in Africa.
- The highest free standing Mountain in the world.
- 4 Climatic changes on ascent.
- 5,895m above sea level.
- Freezing to sunburn temperatures.
- A cultural and life changing experience to be had!

Warm Up

You should always warm up your muscles before any exercising routine. This means putting your body through a variety of stretches to warm up, strengthen and progressively change the tendons, ligaments, joints and muscles. Stretching is the best and very important way to prepare yourself for an injury-free workout.

GYM PROGRAM – 8 WEEKS GUIDELINE

<u>Exercise</u>	<u>Monday</u>		<u>Wednesday</u>		<u>Friday</u>	
	<u>Sets</u>	<u>reps</u>	<u>sets</u>	<u>reps</u>	<u>sets</u>	<u>reps</u>
<u>Stretching & Warm up</u>	10 mins		10 mins		10 mins	
<u>Leg Developing & Aerobic</u> - Cycling	10 mins		10 mins		10 mins	
<u>Leg Combination</u> - Squats	3	12			4	12
- Lunges			4	12		
<u>Thighs Isolation</u> - Leg extensions	3	10	3	10	4	10
- Leg curls	3	10	3	10	4	10
<u>Lower Leg Isolation</u> - Calf raises	3	20	3	20	4	20
- Toe pulls	3	20	3	20	4	20
<u>Lower Back Combination</u> - Seal raise	3	12			4	12
- Plank (3 sets)	20 second hold		20 second hold		20 second hold	
<u>Abdominal</u> - Crunches (upper)	2	20	2	20	3	20
- Leg raises (lower)	2	20	2	20	3	20
<u>Leg developing & Aerobic</u> - Stairmaster /climbing	10 min low resistance		10 min high resistance		10 min low resistance	
<u>Stretching and Cool down</u>	10 mins		10 mins		10 mins	

Important Guide Lines

1. The above represents a guideline only at entry level and can be adapted to your time schedule and current fitness level, but it will give you a good idea of which muscles you should concentrate on.
2. Unfit people should utilize light weights during the first two weeks of the program.
3. To stimulate sufficient muscle growth and development, the weights should be increased progressively at least every two weeks.
4. For effective muscle development every muscle group should be given a resting and recuperation period of at least 48hrs after each strenuous exercising session if weights were utilized.
5. It is important to execute the various exercises in the same order as listed above.
6. If time permits it is always a good idea to include some upper body development exercises in your program, in order to achieve a more balanced and overall body development.

Walking Program

I would advise to go for frequent walks which should include some uphill and down hill sections. (Train as realistically as possible.)

Take your day sack with you and carry at least three litres of water or three kg's with you. This will stimulate the conditions you will encounter. One or two-day local hiking is an excellent way of preparation.

If your local weather conditions do not always permit outdoor activities, you should aim for the treadmill. To stimulate the flat, uphill (inclined), downhill (incline) sections. Terminate your walking program at least 5 days before the departure to Kilimanjaro.

Walking Program – 8 weeks

<u>Week 1-8</u>	<u>Tuesday</u>	<u>Thursday</u>	<u>Sunday</u>
<u>Stretching & Warm up</u>	10 min	10 min	10 min
<u>Walking</u>			
At 4-5 k.p.h. – flat	10 min	10 min	10 min
<u>Walking</u>			
- At 4-5 k.p.h – flat	40 min	30 min	50 min
- At 2-3 k.p.h – uphill	40 min	20 min	40 min
- At 5-6 k.p.h – downhill	40 min	10 min	20 min

<u>Stretching and Cool Down</u>	10 min	10 min	10 min
<u>Total Time</u>	<u>2hr30min</u>	<u>1hr30min</u>	<u>2hr20min</u>

The above training program will prepare you physically for Kilimanjaro to the extent that you are capable of hiking 100 kilometres in one week. If you already have brought your fitness level to this mark and want to do more, no problem, however, do not increase your risk of injury through bad practise!

Be rest assured that when you are on Kilimanjaro, your body will always provide you with that little bit extra. If you follow these guidelines for both the gym training as well as the walking routine, you are definitely ready for Kilimanjaro physically.

You now concentrate on being mentally ready, but chances are, you already have achieved this. 4 weeks leading up to the team departure for Tanzania, you must eat well, stay hydrated and get good sleep – use it, don't lose it!

Do more, Feel more, Be more