



Destination : **Tanzania**
Client : **Valleywise Health Foundation**
Date : **September 5th - September 18th, 2020**

DAY ONE & DAY TWO	Travel Days US - JRO - ARUSHA
Saturday & Sunday	Depart US on September 5th with arrival into JRO on September 6th. Your Tanzanian, English-speaking guide will meet you at the airport and take you by private transportation to your hotel in Arusha.
5-Sep-20	Accommodations
6-Sep-20	Summit Lodge (double occupancy)
	Meals
	Dinner
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DAY THREE	ARUSHA
Monday	
7-Sep-20	Activity
	First day of community service at Summit Happy Home or St. Joseph's Hospital. You will depart the hotel by 9am and arrive back at the hotel around 4pm.
	Accommodations
	Summit Lodge (double occupancy)
	Meals
	Breakfast, Lunch and Dinner
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DAY FOUR	ARUSHA
Tuesday	
8-Sep-20	Activity
	Second day of community service at Summit Happy Home or St. Joseph's Hospital. You will depart the hotel by 9am and arrive back at the hotel around 4pm.
	Accommodations
	Summit Lodge (double occupancy)
	Meals
	Breakfast, Lunch and Dinner

DAY FIVE**1st Day on the Mountain**

Wednesday

9-Sep-20

Note: The climbing team will cover 38 miles of moderate to strenuous trekking over a 7-day period. All six mornings on the mountain will begin at 6:30 a.m. with coffee and tea served in your tent. A complete breakfast will be served from 7:30 - 8:30 a.m. and the day will begin promptly at 9:00 a.m. with exception of summit day. Lunch will be served at designated areas on the trail and breakfast and dinner will always be served in camp in the dining tent. Private tented bathrooms are available for all meals and will be set up at each campsite.

Activity

You will wake for an early breakfast and leave the hotel by 8:00am sharp. The climbing team will drive to the Machame Gate for registration, last minute organizing and final team meeting. The trek will begin at 6,800 ft. and trek through shambas and montane rainforest. After a picnic lunch, the team will continue to Machame Campsite (9,840 ft./2998m). Approximately 6-7 hours of trekking.

Accommodations

Tented Camp

Meals

Breakfast, Lunch and Dinner

DAY SIX**2nd Day on the Mountain**

Thursday

10-Sep-20

Activity

The team will trek out of the rain forest ascending a steep ridge passing through heather. The top of the ridge takes you to the open moorlands where you will stop and have lunch. Following lunch, you will cross a large gorge to reach the Shira Campsite (12,450 ft./3800 m). Approximately 5-6 hours of trekking.

Accommodations

Tented Camp

Meals

Breakfast, Lunch and Dinner

DAY SEVEN**3rd Day on the Mountain**

Friday

11-Sep-20

Activity

The team will continue the trek ascending through the dry landscape along a ridgeline, crossing a broad valley, and climbing the ridge crest to 14,800 feet. This ridge is called Lava Tower and will be your lunch spot. After lunch, you will descend several more hours through a beautiful valley to reach the Barranco Campsite (13,000 ft./3950 m). Approximately 7-8 hours of trekking.

Accommodations

Tented Camp

Meals

Breakfast, Lunch and Dinner

DAY EIGHT**4th Day on the Mountain**

Saturday
12-Sep-20**Activity**

The team will cross the floor of the great Barranco Valley and climb approximately 2 hours up the Barranco wall. This is a great place for group pictures with beautiful Mt. Kilimanjaro in the background. You will make your way across the Karanga River Valley and ascend the ridge to arrive at the Karanga Campsite (13,400 ft./4100 m). Approximately 4-5 hour of trekking.

Accommodations

Tented Camp

MealsBreakfast, Lunch and Dinner

DAY NINE**5th Day on the Mountain**

Sunday
13-Sep-20**Activity**

The team will travel up the ridge towards Barafu Campsite (15,800 ft./4800 m). This is the time to get prepared physically and mentally for an early morning summit push. Approximately 4-5 hours of trekking.

Accommodations

Tented Camp

MealsBreakfast, Lunch and Dinner

DAY TEN**6th Day on the Mountain**

Monday
14-Sep-20**Activity**

Summit day to Uhuru Peak at 19,340 ft./5895m. The team will then descend down to Millennium Campsite at 12,700 ft./3871m.

Accommodations

Tented Camp

MealsBreakfast, Lunch and Dinner

DAY ELEVEN**7th Day on the Mountain - ARUSHA**

Tuesday
15-Sep-20

Private transportation to Arusha.

Activity

The team will descend through the rainforest to the Mweka Park Gate. Approximately 3-5 hours of trekking. A catered lunch will be waiting for you and there will be a celebration with our porters and staff. The team will board a private bus and drive 2 hours to the Mt. Meru hotel in Arusha. A team dinner will follow.

Accommodations

Mt. Meru

Meals

Breakfast, Lunch and Dinner

DAY TWELVE	ARUSHA - TARANGIRE NATIONAL PARK - ARUSHA
Wednesday 16-Sep-20	Private transportation to Tarangire National Park Activity You will be picked up at your hotel by your private English-speaking driver at 8:00 am and drive two hours to the Tarangire National Park for a full day game drive. Tarangire is the 6th largest national park in Tanzania, covering over 1,100 square miles. The park is famous for its high density of elephants and baobab trees. Visitors to the park can expect to see large herds of zebra, wildebeest and Cape buffalo. Other common resident animals include waterbuck, giraffe, dik- dik impala, eland, Grant's gazelle, Vervet monkey, banded mongoose, and olive baboon. You will return to the hotel around 4:30pm. Accommodations Mt. Meru (double occupancy) Meals Breakfast, Box lunch and Dinner

DAY THIRTEEN	ARUSHA - JRO
Thursday 17-Sep-20	Private transportation to JRO Activity Enjoy a leisurely morning and prepare for your evening flight home. Accommodations Late checkout of Mt. Meru Meals Breakfast and Lunch

DAY FOURTEEN	Travel Day JRO - US
Friday 18-Sep-20	Arrive in US Accommodations None Meals None

TRIP COST	\$7,850 USD per person, double occupancy
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TRIP COST PER PERSON INCLUDES:	
<ul style="list-style-type: none"> - International group airfare to/from JRO (first 30 participants only) - Evacuation and Resuce Insurance - All land travel - All hotel and tent accommodations, double occupancy - All meals listed in the itinerary - All park entry fees, concession fees, and permits - Professional English-speaking guides - Skilled, professional, experienced guides with Wilderness First Responder certificates - \$350 per person in tips for hotel staff, bus drivers, porters, cooks, and guides 	

- All campsite equipment to include: 2 person tents, dining tents, tables, and chairs
- All cooks and assistant cooks
- Bottled water during the safari
- 1-Day Safari

TRIP COST PER PERSON DOES NOT INCLUDE:

- Single accommodations are available for an additional fee
- Additional tips or personal expenses (laundry services, telephone calls etc.)
- \$100 for visa and exit tax for US citizens
- Subsequent lodging, transportation, and food beyond the team itinerary
- All individual drinks, either non-alcoholic or alcoholic (except for water provided during safari)
- Community Service Donations
- Travelers and Medical Insurance
- Itinerary add-ons or customizations

If you are a single registering for one of our trips, we will try to accommodate you as a double with the same gender. However, if we are unable to make these arrangements, you will be responsible for the additional fee as a single.
