



TRIP DOSSIER

TANZANIA



'Crater Highlands Trek'

£1,880 per person

single supplement: £150

Departure Dates:

Thursday 12th June 2008

Thursday 4th September 2008

Tour Grade: C (D if climbing Oldoinyo Lengai)

Walks Worldwide, 12 The Square Ingleton Carnforth LA6 3EG

Tel: 01524 242000 Fax: 01524 242657

Email: info@walksworldwide.com website: www.walksworldwide.com

Introduction

'The strangest and most beautiful of all regions that I have come across in Africa'
Peter Matthiessen 'The Tree Where Man Was Born'

The Ngorongoro Conservation Area is one of the natural wonders of the world, an area so full of wildlife and cultural treasures that it has been declared an International Biosphere Reserve by UNESCO. The peaks and craters of seven extinct volcanoes, dense forests, grassy ridges and streams of the Crater Highlands create an inspiring and challenging landscape for walkers. It is also home to many Maasai people who have a legacy of grazing their cattle here for centuries. It is a seldom-visited gem of a walking area. We have designed a very special itinerary that involves a unique trek through wild scenery, passing small, isolated Maasai settlements, cattle and game into the remote Empakaai crater 'like no other place on earth'. This is a pristine forested crater with no human inhabitants where the wildlife is really wild. You will walk through rugged and inspiring landscapes, waterfalls, steep escarpments, past the peaks of seven extinct volcanoes then descend into the rift valley to Lake Natron (accompanied perhaps by a herd of giraffes?!) with its stunning cliffs, gorges and a pink sea of flamingos plus a welcome tented camp with pool! You can then take the challenging but rewarding climb up Oldoinyo Lengai, 'Mountain of God' (2878 metres), the only active volcano in Tanzania, for breathtaking views over the entire Ngorongoro area and into Kenya. Alternatively, there are superb walks in the nearby Rift Valley gorges where you can actually walk 'through' the Ngare Sero waterfalls! Supported by vehicle most of the way and walking in the presence of an armed ranger, this trek offers an intimate insight into the Maasai traditional way of life, fantastic game-viewing opportunities and exciting trekking in some truly inaccessible areas. It promises to be a totally and utterly memorable trip. It is also an ideal acclimatisation warm up for those planning on ascending Mt Kilimanjaro, Africa's highest mountain (5896m) which rises majestically above the surrounding plains but whose famous ice-fields are retreating at an alarming rate (and possibly will all but have disappeared by 2020). Its ascent, despite being technically straightforward, is, due to its altitude, hard. We would also urge you to take the extra time to experience this wonderful country properly and extend your stay with a beach extension to the exotic spice island of Zanzibar.

About the Country

History Originally a German protectorate, Tanganyika fell into British hands at the end of the First World War. After the Second World War various Nationalist organisations were formed, the most effective of which was the Tanganyika African National Union led by one of Africa's most famous leaders, Julius Nyerere. In 1961 Tanganyika became the independent Tanzania and Nyerere was the first president, remaining in office and ever popular until 1985. The British had done very little for Tanganyika, as there was little that the country could do for Britain.

With few resources good for export and a growing population, Tanzania was destined to be a poor country. Nyerere was a strong supporter of other African liberation movements and having given refuge to Ugandan exiles during Idi Amin's regime, became involved in a successful but costly war with Uganda in 1978. Also around this time, the East African Economic Community (set up at the time of independence between Kenya, Tanzania and Uganda) collapsed, and the border with Kenya was closed for a long time.

A lot of Western aid has gone into Tanzania in recent years, but despite this, life for most Tanzanians continues to be hard.

There is huge resentment amongst the Maasai people since their forcible land exclusion from areas traditionally grazed by their cattle and ancient migration routes in the past few decades, in the name of conservation. They are also thus excluded from the revenue that is being earned by the Ngorongoro Conservation Area. Trekking across the Crater Highlands where visits to Maasai settlements are part of the itinerary is thus one small way that the local people can benefit from incoming tourism.

Geography Northern Tanzania is east Africa in microcosm, but in spite of its many attractions it is still less visited than neighbouring Kenya. For those who fly in, the first impression is often magnificently impressive - the snow-capped peak of Africa's highest mountain, Kilimanjaro, rising cloud-shrouded from the surrounding plains. Not so far away is another volcano, Mount Meru, surrounded by thick forest on its lower slopes, and beyond it, across the Gol Mountains, lies the famous Serengeti Plain and

the Ngorongoro Crater, a huge volcanic caldera, which is world famous for its abundant wildlife, including some of Tanzania's last black rhinos. In between there are soda lakes, rolling grasslands, neatly tended plantations, villages and tropical forest. Much of the plateau region, which makes up the bulk of the country, is sparsely populated because of the tsetse fly, which makes it impossible to raise cattle. On the western border the Rift Valley lakes cover an area of about 53,000 sq. km. The Crater Highlands (approx. 200km west of Arusha) are 80km by 40km rising from the surrounding plains of 1500m to heights of 2500m - 3500m. The volcanoes were created by millions of years of eruptions as the Great Rift Valley formed. The older peaks have been eroded and collapsed to form calderas – these lend their name to the region. The Ngorongoro Crater is 20km across, thus making it one of the largest calderas in the world. Oldoinyo Lengai was the last volcano to be formed – it means 'mountain of God' and its last big eruption was in the 1960s.

Climate The coastal strip and the islands such as Zanzibar and Pemba have a true tropical climate, whereas the plateau, due to its altitude, enjoys a far more temperate climate. It is only on the slopes of Tanzania's mountains that a true temperate climate is enjoyed all year round. The main rainy season is during the months of April and May, and the 'short' rains fall during November and December, and sometimes in January as well. Cloud cover can often build up on the mountains in the afternoon. Daytime temperatures can be up to 35°C although this naturally decreases on higher ground. Nights can be cool and sometimes misty.

Language Swahili and English are the two official languages that are both widely spoken in the main cities and towns. In the countryside there are many local tribal languages spoken.

Departure dates We offer departures during the dry seasons only: set departures in June and September but the trip can operate at any time during the dry season for a minimum of two people (a supplement may be necessary) from mid-December to late February and mid-June to late October.

Trekking conditions Our departures are offered during the dry seasons in Tanzania, when we can expect clear sunny days but cold nights. Cloud cover can often build up on the mountains in the afternoon. The trails are usually dusty or on grassland but can at times become muddy if rain has recently fallen. Conditions climbing Oldoinyo Lengai can be challenging – rather like walking on scree in the Lake District but higher and hotter! Altitude sickness does not usually come into affect until 3000m so this is unlikely to be a problem. Shortness of breath is probably the most common affliction experienced at these heights.

Trek staff Our agents in Tanzania are extremely 'hands on' in their approach, having researched and tested all the treks themselves. Founded by a native Tanzanian from the Chagga tribe at the foot of Kilimanjaro and two experienced mountain guides and climbers now residing in Tanzania they enjoy sharing their knowledge of the country with clients and when not developing new walking itineraries often lead briefings themselves. It is this personal approach that leads to contented guiding teams and rave reviews from clients about the superb organisation and happy atmosphere experienced on their treks. A lot of effort is put into finding the right staff for the trips. A continuing training programme for guides and training guides is in operation. Courses are held in First Aid, Mountain Interpretation, English Language as well as Flora, Fauna and Geology. It is also ensured that guides are equipped socially to deal with managing groups on a trek and we have had excellent reports on our teams with clients commenting that meeting and interacting with the local guides was one of the best parts of the their mountain experience.

This tour will be accompanied by a fully qualified, English speaking local guide. There will also be an armed park ranger where necessary to protect you from the wildlife! There will be a cook who may have an assistant depending on the size of the group.

What you need to provide Your personal equipment as detailed in the clothing and equipment list later in this booklet. **Please note that sleeping bags ARE needed for this tour.**

Ecological considerations Many of our procedures are established camouflage camping techniques that we were using before recent changes in National Park regulations made them compulsory. Cooking on kerosene and gas rather than firewood, carrying all rubbish out of the area and providing hot washing in bowls to avoid polluting streams are all very simple but highly effective measures that represent little more than applied commonsense to the experienced traveller but are still something of a novelty in Tanzania.

Less obvious is the need for training to raise local staff awareness about these issues (plastic packaging was virtually unknown in Tanzania ten years ago!) and to ensure careful monitoring of staff performance against our environmental standards.

In general we follow the Sierra Club motto "Take nothing but photos, Leave nothing but footprints".

In these ways we are able to help the local people help themselves and take responsibility for their future. We prefer to use locally owned accommodation and work with personally managed service suppliers. We support the Cultural Tourism programme through our walking safaris and village visits partly because of the unusual and interesting experience for our clients and partly because the income generated goes directly into the local economy.

Please be aware that although we will do our best to adhere to this itinerary occasionally events out of our control may prevent us from following the exact schedule. Please be assured that the clients' best interests will be foremost in any changes that may occur. A degree of flexibility is essential in travelling on such holidays!

Itinerary

Your accommodation and meal plan is indicated in **bold italic** at the end of each day.

Day 1 Depart UK and fly overnight to Tanzania.

Day 2 Arrive Kilimanjaro airport and transfer to the nearby town of Arusha. This bustling market town is a colourful introduction to East Africa and the rest of the day is at leisure to explore on your own. **Safari Lodge, Arusha.**

Day 3 Safari! Drive to the Lake Manyara National Park situated 70 miles southwest of Arusha. The 125 square mile park accommodates five distinct vegetation zones: an area of ground water forest with towering mahogany and fig trees, an extensive stretch of marshland and reed beds, parklands scattered with acacia trees, and open grasslands and scrubland on the precipitous face of the Rift Valley wall. Famed for its tree-climbing Lions, the park has herds of Elephant, and Buffalo can be seen near the lake and swamp areas. Zebra, Giraffe, Leopard, Black Rhino, Baboons, Vervet and Blue Monkeys, Impala, Bushbuck, Reedbuck and Waterbuck are but a few of the colourful game that can also be seen. At the hot springs you are likely to see Klippspringer on rock outcrops and a variety of water birds. With 88 square miles of lake, Manyara can boast a spectacular birdlife. Over 350 species have been recorded. Perhaps the most exhilarating sight occurs when flocks of flamingos visit Manyara, forming a shimmering line of pink stretching for miles along the still, blue waters. **Camp, Mto Wa Mbu. BLD**

Day 4 The Ngorongoro Conservation Area is as breathtaking for its landscapes as it is attractive for its animals. The Conservation Area itself covers over 8,000 sq. km of grassland, but its most famous feature is the Ngorongoro Crater, a caldera about 18 km in diameter with walls 600 m high. The Crater acts like a great natural zoo, with a high resident animal population as only a few species migrate over its steep walls (2,300 m), and over 20,000 animals can be found on the Crater floor. About 12,000 Masai pastoralists with an estimated 100,000 cattle who co-exist with the resident game inhabit the remainder of the Conservation Area. The N.C.A. also contains Olduvai Gorge; an archaeological site, which has yielded the earliest known remains of species of humankind and so earned the epithet 'Cradle of Mankind'. You will spend the day here game-viewing before travelling on to Nainokanoka, a small Maasai village north of Ngorongoro. **Camp, Nainokanoka. BLD**

Day 5 From Nainokanoka, and supported by a vehicle which will carry your gear, you walk on cattle trails pass the Olmoti Mountain and the impressive peak of Mt Lolmalasin (at 3600m the highest in the range) to cross the grasslands of the Embulbul Depression. You are surrounded by wild scenery and pass small Maasai bomas (villages) and a mixture of game, cattle and goats. The heat in the depression can be quite intense. Upon reaching the Empakaai Crater you follow a path which circles the wooded crater rim. The view down into the crater is stunning – this is an incredibly beautiful and untamed place and the perfect location to camp for the night. Today is quite a long walk, 8-9 hours in utterly unique scenery. (25km) **Camp, Empakaai Crater Rim. BLD**

Day 6 Descend approx. 300m into the Crater itself. The steep inner walls are thickly forested and fall to the crater floor, which is partly submerged under a lake (sometime flocks of flamingos settle here). Cattle grazing is forbidden here and the wildlife is really wild! A very special place and quite simply ‘out of this world’. Continue on in a gradual descent to Naiyobi village, the only other settlement of any size here. The name means ‘bubbling water’ in Maasai. The only contact with the outside world is with the vets – not the doctors! Cattle are of primary importance here and it is an excellent opportunity to interact with the local people in a very natural environment. Today will also be a full day walking although the exact time will depend on how long is spent walking in the Crater. Tonight you will wild camp near the village. (7kms) (from the crater rim after the crater walk) **Camp, Naiyobi. BLD**

Day 7 The road ends in Naiyobi so your support vehicle will turn around here and meet you the other side at Lake Natron. This is a really wild, harsh and beautiful landscape, descending the Rift Valley with Oldoinyo Lengai dominating the view. The paths follow lush grassy hills and woodland, with Mt Kerimasi rising to 2300m in the background before dropping down to patchy grass, bare rock and lava. Eventually you come across a few isolated Maasai huts in a sandy area and emerge on the banks of the Ngare Sero River, which flows north into Lake Natron. A kilometre further is the welcome sight of Lake Natron tented camp and the nearby village of Ngare Sero, a very remote village with limited facilities and one ‘high street’. Another long days’ walk of 8-9 hours, but worth it to take a dip in the refreshing pool at the camp and bask in the isolated ambience. Your support vehicle will have brought your gear around for you and should be awaiting your arrival this evening. (27km) **Permanent Tented Camp, Lake Natron. BLD**

Day 8 The Ascent of Oldoinyo Lengai! A tough day ahead as you commence the hard, steep trek starting at night-time (approx. 4am) to avoid the daytime heat. A local vehicle will take you up the gully on the north-west side of the mountain, saving some time. At first you walk through grassland but this then turns into volcanic dust and ash then bare rock. It is undoubtedly very challenging with steep, narrow and exposed ridges in increasing heat but to arrive at the rim is a wonderfully exhilarating feeling as you peer down into the crater to see steam outlets and the growing cones of ash. Further along the rim is the true summit at 2878m – from here if the weather is clear there are stupendous views over the entire Crater Highlands, Lake Natron and into Kenya. It is a truly memorable scene and one which will remain uppermost in your mind for many years to come. And of course the beauty of it will never be quite as clear in your photos back at home! Care should be taken on descent due to the slippery nature of the volcanic gravel. The entire trek should take roughly 8-10hrs (10kms). As an alternative to this expedition there are some quite wonderful walks around Lake Natron which are almost equally as good an option as climbing the volcano. The beautiful Ngare Sero waterfalls flow down a gorge in the Rift Valley and can be reached by partly scrambling on the gorge walls, partly walking through the stream. Part of the fun is that you can actually ‘walk through’ the waterfall and around a bend in the gorge to another shorter but more powerful waterfall where you can swim. In high temperatures who needs anything else than a cool down in a naturally jet-powered shower?! Elsewhere there is the easy walk down the lake itself past stunning scenery of Oldoinyo Lengai behind you and Gelai (a higher but extinct volcano) in front of you. It is not uncommon for a herd of giraffes to accompany you (it is their land after all...), which would certainly add to the atmosphere of the walk! Lake Natron is famous for the sea of pink flamingos, especially in the breeding season but even out of this season there will be plenty around to colour the lake shores pink as well as pelicans and storks. All in all, this is a remarkable spot with endless options in which to enjoy this spectacular location. **Permanent Tented Camp, Lake Natron. BLD**

Day 9 A long day's drive through still marvellous, rugged scenery takes you back to Arusha. It should take about 3½ hours along a recently improved road to reach your first campsite at Mto Wa Mbu then onto Arusha itself 70kms away. Back to civilisation! *Safari Lodge, Arusha. BL*

Day 10 Return to the airport for your flight home. Alternatively, start your climb of Kilimanjaro! *B*

Day 11 Arrive UK

Tanzanian Extensions

If you would like to extend your holiday then we would be delighted to arrange a trip to the relaxing spice island of Zanzibar for you. The itinerary below can be tailored to suit your needs and can be arranged for individual travellers as well as small groups. Please feel free to contact our office to discuss your plans.

Zanzibar – from £345 per person.

This famous spice island is a rich melting pot of cultures, heritage and history. Stone Town itself is full of beautifully intricate architecture and a bustling centre of trading activity with fishing dhows packing the harbour, street traders filling the maze of tiny alleyways and the atmospheric night market providing an exotic array of local delicacies at unbelievably cheap prices – fried grasshopper anyone? The East Coast has idyllic beaches with palm trees and the warm, blue waters of the Indian Ocean. The coral reef is not far and turtles and dolphins are often seen. Your accommodation will be in thatched houses placed around a lush tropical forest in the unspoilt village of Jambiani.

Day 1 Morning flight to Zanzibar. Overnight in Stone Town. *B*

Day 2 Transfer to Jambiani on the East Coast. Free time. *B*

Day 3 Free time on the East Coast for diving, snorkelling and relaxing. *B*

Day 4 Return to Stone Town. Transfer to Dar Es Salaam. Evening flight departure. *B*

Practical Information

Passports and visas All nationalities need a valid passport for Tanzania. British passport holders do need a visa, but passengers from most other Commonwealth countries do not need a visa, but do need a visitor's pass. Passengers of other nationalities may need a visa, the cost of which varies from country to country. We regret that we are unable to obtain your visitor's pass or visa for you. To do this you will need an application form (www.tanzania-online.gov.uk/). You will then need to make either a personal or a postal application for your pass or visa at least two weeks before your departure to Tanzania. For a visitor's pass you must send one completed application form, two passport photos and your passport, and payments must be made through Barclays Bank using a paying in slip (currently £38), and an s.a.e. (for return by registered or recorded delivery) to The Tanzanian High Commission, 3 Stratford Place, London, W1C 1AS, Tel: 0207 569 1470, Fax: 0207 491 3710. Visas and visitor's passes are valid for three months.

If you live in London, you may find a personal application more convenient with cash, though processing normally takes 5 days.

However, it is theoretically possible for British passport holders to obtain a visitor's pass on arrival at Kilimanjaro international airport, thereby obviating the need for an application in London. The Tanzanian High Commission advise us that this is no problem, provided you meet all the "necessary entry requirements" required by Tanzanian Immigration. The High Commission seems unable to explain what these are, though suggests a return air ticket and no criminal record are the main requirements!

Please note that visa/entry requirements and prices change regularly! We advise you to telephone the High Commission for up-to-date information before applying for your visa. Or check their website on www.tanzania-online.gov.uk

Alternatively you can visit www.travcour.com. This organisation will do all the work for you, you just fill in the relevant information. They do charge a fee for this service.

Accommodation In Arusha we use a good tourist class safari lodge. Accommodation is on a twin share basis. Whilst on trek we camp in two person tents. Lake Natron has a permanent tented camp staffed by true traditional Maasi. This is a good but simple camp with real beds and en-suite toilets and showers (cold water only but this is not a problem in these hot temperatures). It also has a small pool, which proves refreshing after dusty trekking.

Food The food in Tanzania is generally good, with plenty of good local produce, particularly the fresh fruit and vegetables. The food consists entirely of local meats, vegetables and fruit, and although somewhat limited in variety, it is healthy and wholesome.

We cannot cater specifically for non-omnivores, although vegetarians will usually find that there is generally little difficulty as long as they are prepared to be reasonably flexible.

Local transport All transfers will be made using private buses, safari vehicles or minibuses. For the safari there will never be more than five people per vehicle whilst game-viewing. For the transfer from Lake Natron to the start of the climb up Oldoinyo Lengai we will use local transport for the short distance involved.

Baggage Please make sure that your baggage is clearly marked with your name, inside as well as outside, in case the labels get detached. We limit you to 15 kilos whilst on trek, and recommend you to pack your clothes in plastic bags to ensure they remain dry. We would prefer you use soft kitbags rather than large rucksacks on trek, and we will be sending you a complimentary *Walks Worldwide* kitbag about two weeks prior to the tour, which is ideal for the purpose. Your entire trek luggage (including your sleeping bag) should, if at all possible, be packed into one kitbag. Extra baggage may be left in your hotel while you are trekking.

Vaccinations and medical precautions There are no longer any obligatory vaccination requirements for visitors entering Tanzania; even Yellow Fever, which was mandatory until March 2001, is not required, though remains highly recommended. **Please note that if you are taking the extension to Zanzibar the Yellow Fever certificate is still mandatory.** You should also consider, in consultation with your doctor, inoculation against cholera, typhoid, hepatitis A, tetanus, polio and meningitis. Tanzania is a malarial area, and you will need to take a malarial prophylactic. You should seek the advice of your doctor over which malarial tablets you should use. Malarone is supposedly the most effective malaria prophylactic now but is much more expensive than Larium. You must be aware however that Larium can have severe side effects in a very small percentage of users. Your doctor's advice is therefore essential!

As you are going on a trek over 3000 metres we will ask you, and in some cases your doctor, to complete a simple questionnaire concerning your medical background which will be available in case of need to the trek doctor (where there is one) or the leader.

Special precautions against bugs! You must protect yourself as far as possible from the bites of insects, as many tropical diseases are borne by them. In the evenings, sensible dress (boots and long sleeves) will act as a guard against annoying insects. It is advisable to use a repellent such as dimethyl phthalate, which can be rubbed onto exposed skin (in the form of cream) and on the clothes (in the form of liquid). Several manufacturing chemists supply preparations of dimethyl phthalate: e.g. Myal made by Boots UK, Sketofax made by Burroughs Wellcome UK.

Park entry fees and taxes Some companies do not include these, which make up a significant proportion of the tour cost in their prices. **WE INCLUDE ALL PARK FEES AND TAXES!**

Currency The Tanzanian unit of currency is the shilling (TAS) divided into one hundred cents. It is often written 1/- (one shilling). At the time of writing (Oct 05) the exchange rate is TAS 1990 to the pound sterling. Shillings may not be imported or exported. There is no restriction on the import of foreign currency provided it is declared on arrival, and all transactions must be recorded on the form,

which you will be given; there are severe penalties for dealing on the currency black market. We recommend that you take most of your money in travellers' cheques from either Thomas Cook or American Express. Cheques from other sources may not be accepted. Bring a sensible mixture of denominations, and it is also useful to bring a small amount of cash. US\$ notes are useful for tips (small denominations). Credit cards are not widely accepted in Tanzania and where they are, a 5-10% surcharge is often levied. Obviously you will not have access to any money-changing facilities for the majority of the trip but equally you will not have access to many 'spending facilities'!

Electricity 240 volts A.C. - the same as the UK.

Time Tanzanian time is GMT + 3 hours.

Communications In an emergency, contact the Walks Worldwide office (01524 242000), from which we maintain fax, telephone and email communication with Tanzania. Mobile phones work in Tanzania, but reception is limited in mountainous areas. To be respectful of the desire of the majority of our clients who travel to remote areas to enjoy the peace and quiet, we do not encourage mobile phone use whilst walking on our trips. If you need to make a call, please do so away from the main group. *Please ensure your phone is set for roaming if you are taking a mobile.*

Tipping There is no compulsory tipping on any of our treks, but in East Africa it is customary to tip your local staff, i.e. your driver, and especially the trekking staff. Most people set aside about £5 per day for this. Additionally old clothes are much appreciated by the locals even if they are dirty!

Things to buy Makonde woodcarvings, native jewellery, local textiles, drums and spears.

Maps If you would like to obtain maps of Tanzania we recommend that you contact either The Map Shop, 15 High Street, Upton-on-Severn, Worcs WR8 0HJ (Tel: 01684 593146) www.themapshop.co.uk or Stanfords at 12-14 Long Acre, London WC2E 9LP (Tel: 020 7836 1321) www.stanfords.co.uk.

Included in the price All transfers, tours, park entry fees and taxes including the special fee for Lengai, accommodation on a twin/share basis and all food on trek, services of local guides, cooks, international flights and airport taxes.

Extra expenses Main meals in Arusha, tips, any optional excursions, Tanzania Visa cost, personal spending and souvenirs.

Flights We use scheduled services to Kilimanjaro International Airport. As airlines often change their routings and timings with little warning, the timings given in the itinerary are subject to change. The exact details for your flight will be given to you with your booking confirmation. Please note, however, that these details are subject to change up until the last minute, and there may be occasions when we even need to place passengers on a different airline.

Local joining details for those not flying from London **If joining the group departures** - you must arrive in Tanzania no later than the afternoon of the first Saturday of the itinerary. From the airport or elsewhere you will have to take a taxi to your hotel in Arusha. Accommodation will be reserved for you on a twin share basis unless you have already requested a single room. If you wish to arrive a few days early, we can arrange additional accommodation for you provided you notify us at time of booking; you should pay for this accommodation when you pay the balance of your holiday. Please notify the hotel that you are part of the *Walks Worldwide* group.

What our customers have said...

June 2002

"Apart from the safari parks, we felt we were the only people lucky enough to be doing what we were doing. We appreciated the effort put into making this trip unique. Jackson (the cook) surpassed himself everyday. Fantastic.

And Julius (the driver guide) was wonderful – we enjoyed his company and send of humour immensely. Superb safe driver and very knowledgeable”

September 2002

“Can’t praise the organisation highly enough. Your local agent was either there in person or saw to it that someone from the agency was on hand. Nothing was too much trouble and we had total confidence in the organisation. It was an absolutely marvellous adventure.”

Clothing and Equipment Lists.

At least one set of smart casual clothes will be useful at the of this holiday. On trek you must not worry about how you look: comfort and protection against the weather are of prime importance. Because mountain weather is so very variable, we recommend a number of thin layers rather than a few thick ones. Take old, well-worn clothes rather than rushing out to buy new ones, since they will probably get rough treatment on trek. The following list of clothing and equipment is intended to be fairly comprehensive, and experienced trekkers will take a good deal less luggage than we recommend.

CLOTHING	NUMBER	Check	EQUIPMENT	Check
Walking boots	1 pair		Sleeping bag (2 seasons)	
Training shoes	1 pair - all purpose wear.		Sheet sleeping bag	
Casual shoes/sandals	Optional. For hotel wear.		Water purifying tablets (Iodine based are best)	
Socks	3+			
Underwear	3+		Binoculars	
"T" shirts	3+		Camera, film & accessories	
Long trousers	2+		A variety of plastic bags (the kitbags are not waterproof)	
Short trousers	1/2		Sunglasses	
Light sweaters	1/2		Daypack/small rucksack	
Fleece jacket	1		Money belt/pouch	
Waterproof jacket	1		Washing & shaving kits	
Waterproof trousers	1		Relevant field guides	
Thermal underwear	1 – optional but light		Large water bottle	
Sunhat	Essential		Map(s)	
Track suit	Optional		Reading material	
Fleece layer	1		First aid kit	
			Notebook/diary	
			Towel	
			Torch	

The following items should also be considered, **and those in bold type are essential.**

ITEM	Check	ITEM	Check
Moisturising cream		Small sewing kit	
Safety pins		Insect repellent - strong	
Penknife (not in hand luggage)		Universal travelling adapter	
Light washing line and pegs		Small mirror	
Spare bulbs and batteries		Scissors (not in hand luggage)	
Nail clippers		Earplugs (against dogs and snorers!)	
Cold water detergent		Padlock(s) for your kitbags	
Loo paper for the trip		Boot wax	
Spare glasses or contact lenses		Malarial prophylactics	
Spare boot laces		Sweets for energy	
Baby wipes/'dry' hanwash/sanitiser		Suncream and lip cream - lots of it!	
PASSPORT with VISA		MONEY / TC'S	
		AIR TICKET	