



KILIMANJARO & BEYOND

Kilimanjaro Trek & Wildlife Safari

The love of mountains runs deep at MEM Tours and Safaris Ltd, and an ascent of Kilimanjaro—Africa’s highest at 19,340’—is tops on our list of “great treks of the world.” But this “Summit to African wildlife” adventure has it all—an incredible combination of the rewarding challenge of ascending Africa’s highest peak, the thrill of walking through the East African village, game-viewing in different National Parks in Tanzania and as well Amboseli in Kenya, and even some—a true experience of the African wilderness you won’t find anywhere else.

Following very closely the route walked by Rick Ridgeway in his popular book *The Shadow of Kilimanjaro*, you, too, will have the opportunity of seeing how crucially this great mountain is linked to the spectacular country surrounding it. Our exclusive itinerary slips you into “safari mode” with exciting walks and game drives in Amboseli National Park, at the foot of Kilimanjaro. Amboseli is well known for its dramatic views of Kilimanjaro and one of the best places to see huge elephant herds. From our Lodge Amboseli Serena Lodge, we’ll view wildlife across the plains and hike with Masai warriors against the backdrop of the looming peak.

Then we’ll trek to the summit of Kilimanjaro, the “roof of Africa,” from the northern slopes on the Kenya side. Our approach is along the rarely-traveled Rongai Route, a singular trail through unspoiled forest, moorlands, and alpine zone (you’ll be surprised how few people you’ll see during your ascent!). We’ll camp below the spectacular north face of Mawenzi, Kilimanjaro’s forgotten peak (it’s the second-highest point at 16,893 feet), before heading to Kili’s glacier-clad summit to watch the sun rise over the African plains, an indescribable thrill and feeling of accomplishment.

Matching the Rongai Route for its remote and wild nature is Tarangire National Park, our next stop after summiting Kilimanjaro. Tarangire is Africa at its most intense and dramatic, a sunburned land through which the Tarangire River, the only source of water for the wildlife, cuts a bright green swath. Here we trek along its wooded shores and huge baobab trees, a lifeline attracting wildlife from miles around. We’ll have the time for game drive, a rarity in most national parks. We carefully search for prides of lions, including the rare maleness males, stalk elephant herds (Tarangire was the center of the “elephant wars” and they have made a great comeback), and enjoy some of the best birding in Tanzania. This raw and wild landscape will leave you in awe of Africa.

An exemplary staff that includes remarkable drivers and guides in addition to the trip Consultant, guaranteed window seats in vehicles, and safari food that’s beyond delicious make this an outstanding Kilimanjaro adventure unmatched by any other tour company. Moreover, our 99% summit success rate reflects MEM Tours and Safaris 18 - year experience in getting our clients to the top!

ITINERARY

Day 1- Arrival in Nairobi - Kenya

Your trip leader (or a representative) will meet you outside the customs and immigration area at the airport. (Your flight must arrive in Nairobi before 3:00 p.m.) He or she will escort you to the Karen Blixen Cottages, located in Karen, a peaceful suburb about 20 minutes from downtown Nairobi. The cottages and adjacent garden are on the site of Karen Blixen’s old coffee plantation (of *Out of Africa* fame). There will be an afternoon scheduled tour of Nairobi; the rest of the day is free to rest, relax, or swim in the pool. Lunch and dinner on your own for maximum freedom of choice. *Karen Blixen Cottages*

DAY 2 - Amboseli National Park

Drive about five hours to Amboseli National Park, with a picnic lunch along the way. Mid-afternoon arrival at camp. The skyline is dominated by the great peak of Kilimanjaro (indeed, this is where most of the classic photographs are taken), and the mountain provides the life-giving waters necessary to the wildlife of Amboseli. The park is a mixture of acacia woodlands, dry open plains, and marshy areas harboring year-round waterholes—an ideal habitat for the wildlife typical of the African plains. Though elephants are the specialty of Amboseli, buffalo and hippos also abound, as well as giraffe and other less common species such as fringe-eared oryx and the graceful gerenuk. *B,L,D...Amboseli Serena*

DAY 3 - Amboseli National Park

We'll rise early to enjoy clear views of Kilimanjaro (and take more photos!). After an early breakfast we enjoy a morning game drive in search of elephants and other game. The elephants in this region have been immortalized by the work of renowned naturalist/scientist Cynthia Moss. Her book *Elephant Memories* is an account of her observations of local elephant families. In the late afternoon we'll take a short hike in the vicinity of our camp, accompanied by Masai warriors, then enjoy terrific sunset views of snow-crowned Kilimanjaro. *B,L,D... Amboseli Serena*

DAY 4 - Kilimanjaro trek

Drive to the town of Loitokitok on the lower slopes of Kilimanjaro and the trailhead five miles outside of town at 6,000 feet. Here we meet our porters and trek about three hours along a small, unspoiled trail through forests of camphor and East African olive to our camp. The camp is situated on the edge of the forest, and during the night we may hear the calls of the tree hyrax and bushbaby. *B,L,D...Mountain camp (8,000')*

DAY 5 - Kikelewa Camp

Continue through the forest, eventually encountering the moorlands just below a large lava overhang known as Second Cave (10,890'). Here we have lunch, then traverse the open moorlands toward the spectacular peak of Mawenzi, Kilimanjaro's second major peak rising to slightly less than 17,000 feet. Our second camp is at Kikelewa (12,375'), shortly before reaching the saddle that connects Mawenzi to Kibo and Uhuru peaks. (7 hours hiking.) *B,L,D...Mountain camp (12,375')*

DAY 6 - Mawenzi Camp

Following the edge of the barren "moonscape" of the saddle, we trek east toward the northern head of the cirque of Mawenzi, leaving the moorlands behind and entering the alpine zone. We reach our next camp at the base of Mawenzi in time for lunch. The afternoon is free to relax and acclimatize or explore the Mawenzi region on an optional hike. (3 hours hiking.) *B,L,D...Mountain camp (14,290')*

DAY 7 - Outward Bound Hut

Trek to the Outward Bound Hut at 15,500 feet between the peaks of Kibo and Mawenzi. Mountain vistas are fabulous as we emerge onto the saddle between glacier-covered Kibo and rock-crowned Mawenzi (these mountain views alone are worth the effort of the trek!). We'll arrive by lunchtime, and have the afternoon to organize and rest up for the summit attempt. We'll turn in early (since we'll be arising at midnight). (5-6 hours hiking.) *B,L,D...Mountain camp (15,500')*

DAY 8 - Summit and Horombo Hut

We awake at midnight and begin the summit ascent. It's a long, hard walk, steadily uphill. Our guides keep us at the proper pace and we reach the crater rim with the rising sun. We enjoy fabulous views as we continue along the crater rim to the summit at Uhuru Peak (19,340'). We then descend (much more quickly than we came up) to Kibo Hut (15,500') where we rest and have a light lunch before continuing down to our campsite at Horombo (12,500'). This is a long but rewarding day! (11-12 hours hiking.) *B,L,D...Mountain camp (12,500')*

DAY 9 - Marangu Gate - Arusha

We spend the morning hiking down across the rolling moorlands of the southern slopes of Kilimanjaro. We then plunge into the lush equatorial rain forest, home of colobus and Syke's monkeys. We reach our waiting vehicles in the late afternoon and drive to our hotel for a hot shower and celebratory dinner. (7 hours hiking.) *B,L,D... Kibo Palace Hotel*

Day 10 - Moshi to Tarangire National Park

After breakfast departure from Arusha and drive south to the scenic Tarangire National Park, Tanzania are fourth largest. Here you'll find a geologic landscape as diverse as the wildlife, with nine distinct vegetation zones ranging from grassland to woodland, from deep gully vegetation to scattered rocky hilltops. See the distinctive bulbous baobab trees and the dramatic vistas of the Tarangire River valley. The river attracts an abundance of wildlife, from elephant, lion, cheetah, and buffalo to a variety of colorful birds. It's always good to have sunset game driving. Back to Tarangire Sopa Lodge for stay overnight (B, L, D)

Day 11 - Tarangire to Lake Manyara

An early morning before sunrise game viewing in Tarangire National Park, and then back to the Lodge for breakfast and then proceed to Lake Manyara National Park with your Lunch Boxes. Lake Manyara is a shallow, alkaline lake which attracts masses of pink flamingoes. The park is well known for its herds of elephants, and for its unusual tree-climbing lions. This was the location for the comprehensive research and subsequent book "Among the Elephants" by Iain and Oria Douglas-Hamilton. The park is also home to hippos, baboons, giraffes, zebra, wildebeest, and is particularly good for bird watching with over 380 species having been recorded. As you reach the crater rim, your first look will take your breath away. 2,000 feet below the rim, the collapsed caldera is a "Garden of Eden". The crater contains an entire own eco-system with a river, swamps, lakes, forests and savanna. You will be staying at the rim of Ngorongoro Crater, overlooking the Crater. Ngorongoro Serena Lodge (B, L, D)

Day 12 - Ngorongoro Conservation Area

Early descending to Ngorongoro it does always help to enjoy your game drive you will descend 2,000 feet into the magnificent crater to view wildlife. Here a nearly perfect balance of predator and prey exist within the 102 square miles of the crater floor. Experience an unforgettable spectacle of African wildlife: a teeming world of elephants, rhinoceros, lions, hyenas, zebra, wildebeest, to name a few, living in harmony in this self-contained environment. At the end of the day you will leave the Ngorongoro Crater and then drive back to Arusha and Stay overnight depends on the plans for the next tour. *Kibo Palace Hotel*

LAND COST

Rates quoted are per person, based on sharing double accommodations.

Single Supplement—\$450 for “requested” singles; \$300 for “forced” singles.

If you prefer single accommodations, you must pay the Single Supplement Fee USD 450. If you’re traveling alone and wish to share accommodations, we’ll try our best to find you a roommate. If that’s not possible, we will only charge you a \$300 single supplement.

Tier Pricing Adventure travel works best with a small group of people, In order to operate these small groups, our trips are priced according to the number of full-price passengers on the trip.

What’s Included

- All Ground transfers as specify on antennary (Not include arrival separate day or time)
- All accommodations in hotels where noted
- All camping arrangements
- All meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- All airport transfers (ground transportation)
- All guides and Porter Salaries are covered on Mountain
- All guiding sightseeing as noted in the itinerary
- All entrance fees and permits / Camp fees

What’s Not

- International airfare to Nairobi and return;
- Meals not noted on itinerary;
- Travel insurance
- Evacuation insurance noted above (we strongly recommend you purchase the supplementary trip insurance offered by different company in abroad, which includes trip cancellation insurance);
- Gratuities to your Guides, Porters, and safari driver/guides.
- Excess baggage charges; airport taxes (departure tax from Kenya—is included in your international air ticket);
- Cost of medical immunizations;
- Items of a personal nature (sodas, alcoholic beverages, laundry at hotels, etc.).

Note on tipping—Your trip leader will tip the mountain porters. Group members may contribute to a pool that is distributed to the inter staffs. We recommend participants contribute about US \$120 per person. For Safari Tip we recommend US \$ 20 per day for driver guide sharing by number of clients in the car. Individual gratuities to the trip leader are also welcome. All gratuities are optional and at your discretion.

Air Travel Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their “frequent flyer” miles when traveling with us. But please check with our staff before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.

WHAT YOU CAN EXPECT

MEM Tours provides the ultimate safaris—authentic experiences of the wilds of Africa in comfort and security. On Trek Conditions are more basic during the trek on Kilimanjaro than on our game-country safaris. We stay in three-person mountain tents, (Four Season - EUREKA, REI, NORTH FACE, CAMP MASTER) this a but the tent will be occupied with two person so that you will have enough room for your provisional , but far more suitable to the conditions to be found on the mountain. Due to environmental considerations that bar the use of slow-growing woody plants, fires are not permitted, so showers are not available at any of the camps on Kilimanjaro. However, hot water is provided in a basin; pit toilets and portable private toilet are also provided.

The Local Chief guide leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonder you’d never find on your own, they make sure everything runs smoothly and safely without a hitch. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You’ll be in good hands with them every step of the way.

ACTIVITY LEVEL

Mem Tours and Safaris Ltd trips are designed for flexible, energetic people who like to be active and have a spirit of adventure and a positive attitude. We rate this trip as an “ultimate challenge,” among the most strenuous we offer.

You must be in excellent physical condition for this trip, as it involves moderate to strenuous hiking at high altitudes. Porters will carry the bulk of the supplies, but even if you are just carrying a daypack, hiking at high altitudes is extremely demanding. You will be hiking five to eight hours a day (twelve on summit day), up and down mountain trails that are steep, slippery, and rocky, and mostly at elevations above 10,000 feet. Exercise at high altitude compounds the physiologic stress. You need to be in excellent health and top physical condition to enjoy such an experience, with adequate cardiovascular endurance, muscular strength, and excellent balance. In addition, high altitude may create discomfort and symptoms of illness that you do not experience while exercising at low elevations, such as shortness of breath, restlessness or sleeplessness at night, and headaches. (For more information on trekking at high altitude,)

This level of fitness requires regular aerobic for exercise at least one hour 4-5 times a week. This may include aerobic fitness classes, power walking, jogging, cycling on hills, swimming, and cross-country skiing. Additionally, you must be able to sustain exercise for prolonged periods. Finally, you must have some experience with exercise at altitude. We recommend that you start a moderate training program several months before departure, then slowly build up to a more strenuous level. Since training is highly sport-specific, include some hiking or running in your program. Consult your physician if you have questions concerning your underlying health. We can help answer questions for you or your physician concerning required levels of fitness and health conditions at altitude. If you have concerns about your ability to do this trip, we can suggest appropriate alternatives. Minimum age for participation is 15. Note on wild animals—Many of the animals we go to Africa to see are large and potentially dangerous.

Wild animals are generally quite afraid of humans. They tend to avoid our campsites and to run away if approached on foot. Attacks by wild animals are rare, but no walking or camping safari in the African wilderness can guarantee that such incidents will not occur. *Moshi Expedition and Mountaineering ltd is not to be held responsible for any injuries caused during any incident involving the behavior of wild animals.*

THE NEXT STEP

Ready to go? Signing up is easy! Just call us at + 255 754 482 791 Or Email us to confirm the availability and date Email us If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

Then Leave the Rest to Us

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice prepared by our consulting physician (an expert in wilderness medicine), and other details from procuring visas to advice on local customs. As background reading, we recommend Iain Allan's *Guide to Mount Kenya and Kilimanjaro*. This complete guide covers the geology, natural history, glaciers, and climate, in addition to descriptions of climbing routes.

SAFETY FIRST!

We have emergency evacuation points and are in radio contact with rescuers around the clock. All our Guides attend regular seminars on wilderness and high altitude medicine and are certified in First Responder Courses. We carry oxygen on our trips and can implement immediate rapid descent if necessary. Over the years, we have operated seminars in high altitude medicine for physicians on Kilimanjaro and have world experts in altitude sickness lead these courses. All this know-how, plus the presence of a highly experienced Mountain Guide, gives us an unparalleled record of success in getting our trip members safely to the top.

REFERENCES

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers. Just give us a call at +255 754 482791 speak to Mohammed direct.

Questions? Feel free to call us at SKYPE Name : mohammed_mem if you still have any questions or concerns. We're here to help you. You can also check out our website at <http://www.memafrika.com>

Note on Itinerary although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions.

Terms & Conditions Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions the Limitation of Liability Clause. The full Terms and Conditions can be found at <http://www.memafrika.com> or call + 255 764 388 399 or Email us

TREKKING AT HIGH ALTITUDE

Trekking in high mountain areas provides unmatched beauty with an experience of ultimate wilderness and personal achievement. However, these attributes are counterbalanced by the hardship of exertion at high altitude. Not everyone should go to very high altitude. Anyone planning difficult mountain treks must be aware of the demands and risks imposed by very high altitude, be assured of excellent underlying health, and be prepared by rigorous training.

What Happens to the body at High Altitude? The body needs additional time to acclimatize to altitudes above 17,000 feet, and as a result, the more time one spends preparing for an ascent to such altitude, the more likely one is to feel comfortable. At 18,000 feet, there is generally only one-half the amount of oxygen in the air, which imposes considerable physiological stress on the body, and many trekkers feel physical discomfort of shortness of breath, nausea, insomnia, headaches and exhaustion.

Medical Limitations and Medical Evaluation for High Altitude Absolute age limits are impossible to define. The older person may do better than a younger travel companion because he/she knows how to pace himself and is familiar with feelings of extreme fatigue, weakness, and minor illness, which everyone has at high altitude. More often than not, attempts to predict performance at altitude are no better than guesswork. However, age is a process of deterioration; as one gets older, lung and heart capacity decreases, blood vessels narrow and lose elasticity. Over the age of 50, only very fit people who exercise regularly and have some experience with high altitude should try to go over 17,000 feet. People over sixty often get a little forgetful and even slightly confused above 16,000 feet. This is because their ability to deliver oxygen to brain cells has been compromised by the normal aging processes. The same applies to persons with diabetes, cardiac disease, poorly controlled high blood pressure, decreased lung capacity, or those on medications such as cortisone that affect the body's response to stress. There are several absolute medical contraindications for commercial group trips to very high altitude, but most people with these conditions will screen themselves from these trips. These conditions include: congestive heart failure, angina with exertion, troublesome cardiac dysrhythmias, emphysema or chronic obstructive lung disease, insulin-dependent diabetes, sleep apnea, thromboembolic problems, sickle cell disease, pulmonary hypertension, and serious psychiatric problems.

Other medical problems present a relative contraindication to high altitude trekking, meaning that they should be discussed seriously with your doctor and the risk to your health and life clearly understood. Many of these would not prevent travel at moderate altitudes.

These include: cardiac bypass surgery, cold and exercise-induced asthma, anemia or polycythemia, pregnancy, obesity, nasal polyps, migraines, recurrent pneumothorax, and adult onset diabetes. All medications should be reviewed since many can increase the risk of other medical problems at altitude, for example: diuretics (dehydration and low potassium) birth control pills or estrogen (thromboembolism) beta-blockers (decrease exercise capacity) Everyone who contemplates a trip above 16,000 feet must have a thorough physical exam and evaluation to uncover any general medical problem that might flare up on a trip to a remote area where medical care is many days away. The major problems at high altitude result from impaired oxygen absorption and transportation. A high altitude trekker needs an optimal red blood cell count to carry oxygen, good lungs, a strong heart, normal kidneys and normal or well-controlled blood pressure. A resting cardiogram is necessary, but often not adequate to evaluate cardio-pulmonary function. An exercise "stress" cardiogram is suggested anyone with cardiac risk factors or a history of heart disease. Many authorities suggest a cardiac stress test for anyone over 50 years of age who does not do regular sustained aerobic activity. Pulmonary function tests may be indicated. Unfortunately, even these tests will not predict those who will suffer severe altitude illness. The best indicator of success at altitude is recent strenuous activities at altitude. Few would argue about doing these tests in anyone with some underlying illness.

The people whose performance and health are hardest to predict are the health conditioned, those who used to be athletic, but have done little for 10-20 years and now assume that they can still do it. Some physicians will advise that all this is unnecessary. But unless this physician is familiar with high altitude physiology and has been to altitudes above 16,000 recently, he/she simply cannot appreciate the degree of stress and anoxia to be encountered.

The Importance of being in good physical condition what can one do before a trip to improve his/her prospects, assuming he/she has good results on a medical exam and physiological testing? The short answer is to get in shape! Quit smoking—this improves both heart and lung function. Trim off extra fat. Exercise to improve muscle strength and cardiac and respiratory function.

Effective conditioning programs must contain aerobic activity that increases the heart rate for a minimum of 45-60 minutes four times per week. Strengthen leg muscles used for trekking by running, ski touring, bicycling, hiking with a pack, stair-climbing, or equivalent machines in the gym. Being "in shape" does not necessarily guarantee good performance at altitudes, but it helps. Being "out of shape" definitely increases the chances of doing poorly. Everyone, especially athletes who train compulsively, must understand that maximum exercise capacity decreases steadily with increasing altitude (3%/1,000 ft.).

HOW CAN I PREVENT ILLNESS AT HIGH ALTITUDE?

Begin your trip in good health and excellent physical condition; obtain all the recommended immunizations for your trip, and follow food and water precautions on the way so that preventable illnesses do not ruin your trip. It is important to understand the concept of altitude acclimatization and to recognize the symptoms of altitude illness.

The discussion of altitude illness in your health information supplements this material and provides more details on acclimatization and symptoms of altitude illness.

Mem tours and Safari Ltd treks are designed to allow time for acclimatization while trying to follow a schedule that accommodates peoples' time constraints. Certain aspects of the trek organization and schedule that may seem illogical are designed to maximize acclimatization. For instance, once at altitude, elevation gains between camps are limited: you may climb higher during the day but descend to sleep (climb high, sleep low). Extra nights are spent at the same elevation after each 2,000-3,000-foot gain over 12,000 feet.

Drink a lot of water. Although pulmonary edema and cerebral edema are problems of fluid retention, increased water intake facilitates adaptation to altitude. Increased fluids help the kidney to excrete excess salts that bind extra water in tissues. Drink more than you feel you need. Water losses at altitude are very large and dehydration is commonplace. Most of this water is lost as vapor due to increased respiration in a cold, dry atmosphere with very low vapor pressure. Eating is also important. Diet should be high in carbohydrates, with adequate amounts of protein to rebuild muscle that is being broken down by strenuous exercise.

Acetazolamide (Diamox) can facilitate acclimatization, prevent acute mountain sickness and treat mild cases of mountain sickness. It is also very helpful for altitude insomnia and should be used in preference to sleeping pills or Valium, which are dangerous at altitude. Diamox produces faster, more regular breathing with higher oxygen levels during sleep. Diamox can be very helpful, but it must not be used as a substitute to push through symptoms of altitude sickness. There have been cases of high altitude cerebral and pulmonary edema in people taking Diamox.

Most persons do not need to use this medication routinely at altitude if their trip allows adequate time for ascent.

References

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