

ACACIA AFRICA

Updated Nov09 for
2009/10 Departures

KILIMANJARO MACHAME TREK - TOUR DOSSIER

Tour Code KMT8

NAIROBI - NAIROBI

8 DAYS

Tour departure – **Meet 07:15 on day one at joining hotel**
Please check reception for time of pre-trek meeting in Moshi on evening of Day One

Mount Kilimanjaro

Welcome to the start of your journey to the 'Roof of Africa'. Tanzania's Mount Kilimanjaro, affectionately known as 'Kili', is Africa's highest mountain at 5895m. Kili is also the world's highest free-standing mountain and its towering snow-capped, symmetrical cone is a world-recognised African image. A World Heritage site, the whole mountain is designated a national park and Kilimanjaro National Park covers an area of some 755 square kilometres, consisting of vast areas of montane forest with unique moorland flora and alpine desert at higher altitudes.

Climbing Kili is the adventure of a lifetime for many visitors to Tanzania. As the highest 'walkable' mountain in the world, the trek is not a technical climb but is, nevertheless, a serious challenge. It is undertaken by people of all ages but should not be attempted without some physical training/preparation. Mt Kilimanjaro is situated on Tanzania's northern border with Kenya and while Moshi is the nearest large town, it is also accessible from Arusha (1-2 hrs by road) and Nairobi (6-8 hrs by road).

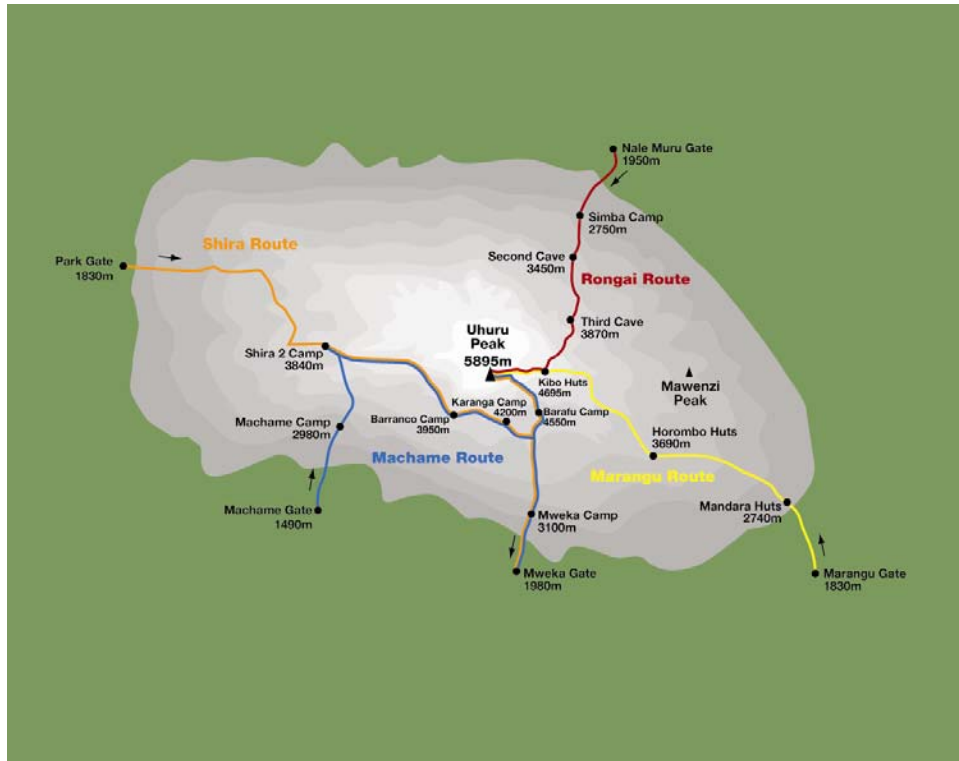
The mountain consists of 3 extinct volcanoes – Kibo, Mawenzi and Shira. Kibo is the highest, its summit named Uhuru, and the destination for most trekkers ascending Kilimanjaro.

The Machame Route

The Machame is a beautiful route up Kilimanjaro that allows you to experience the southwest and south sides of the mountain, since we go up one way and down another. We ascend Kilimanjaro's summit via the southwestern side of the mountain, past Shira's peak. Shira is the oldest of the three volcanoes and therefore its plateau more eroded than its counterparts. As a result, the plateau supports very rich vegetation and wildlife and is considered one of the most beautiful areas of the mountain. Up here there is grassland, heath and moor as well as eland, buffalo and sometimes even leopard. Ascending into the high valleys nearer the cone, the unique vegetation of giant lobelia and groundsel can reach 10 meters high. Above 400m, only mosses and lichens survive and as we near the summit we reach the snowline, an unusual African sight. On descent the Shira route takes a more direct southern route off the mountain.

All equipment and supplies are carried by porters and a cook prepares all meals on the mountain. Unlike the Marangu Route, where you sleep in huts, on the Machame you sleep in tents pitched by the porters and meals in a dinner tent or on a blanket. This makes Machame better suited to more adventurous hikers and it rewards you with better views than on the Marangu Route. From later afternoon sunsets at Shira to the misty revelations at Kibo's great Marangu Wall, the Machame route seems to offer hikers a continuous scenic slide show. As the route is completed in 6 days, rather than 5, it can greatly help acclimatization as you ascend.





INTENDED ITINERARY

While it is our intention to adhere to the route below a certain amount of flexibility is built into the itinerary and on occasion it may be necessary or desirable to alter the route described, at the discretion of your guide.

This tour is operated in association with a local operator. Acacia is proud to be working with local companies supporting local communities.

Duration: 8 Days
Countries visited: Tanzania, Kenya

NB. This tour can also start and finish in Moshi. Kilimanjaro International Airport (JRO) is situated a 40 minute drive from the Moshi hotel and we can easily arrange for you to be collected at the airport on arrival.

UPDATE: NOV 09

Please note, the main road between Nairobi and Arusha (the route taken on the first and last days of this safari) is currently undergoing much needed improvement works. Welcome as these are in the long term, they have nevertheless caused delays to the Shuttle journey on days one and six of the tour. The journey is now taking 1-2 hours longer than normal, with arrival in Moshi between 17h00 and 18h00, and between 19h00 and 20h00 on the return trip to Nairobi in the last day. Drivers take every care en route but some clients have reported the journey to be less comfortable than we would like.

Please therefore prepare for a longer day on the road than usual and consider taking drinking water (available at the Boulevard hotel the night before) and perhaps some snacks for the journey.

*Alternatively you may wish to consider joining the tour in **Moshi**. Kilimanjaro International Airport (JRO) is situated a 40 minute drive from the Moshi hotel and we can easily arrange for you to be collected at the airport on arrival. If your long haul flight arrangements allow, therefore, we recommend you consider this as an option.*

DAY 1
Transfer Nairobi to Moshi
Local hotel

From Nairobi we travel by scheduled bus to Moshi. You will be collected between 07:15 - 07:30 (selected departure points only) and you should arrive in Moshi in the late afternoon. The shuttle crosses the Athi Plain and continues to the border point at Namanga. Once formalities are complete we continue to Arusha where you may be asked to change buses for the final drive 80km to Moshi. The remainder of the day is at leisure – to relax and prepare for the following days' trek.

DAY 2
Trek to Machame Camp 2980m (18km, 5-7 hours)
B L D
Camping

After breakfast and a briefing from your guide, we leave Moshi and drive for a 50 minute drive to Machame Gate and the start point of the trek. Depending on road conditions, so we may have to walk from Machame Village itself to the gate. At the gate we register, meet our mountain guides and the porters prepare and pack all equipment and supplies. As we start our ascent we enter rainforest immediately. On some occasions the paths we take can get soggy here and poles and gaiters are very useful. We stop for lunch halfway up and aim to reach Machame Camp in the late afternoon. Our porters arrive at camp before us and pitch our tents. This evening the porters also boil drinking water and washing water while the cook prepares dinner. Night temperatures can drop to freezing here.

DAY 3
Trek to Barranco Camp, 3950 (15km, 7 hours)
B L D
Camping

We rise early at Machame Camp and continue our trek after breakfast, soon reaching the end of the forest and walking for two hours through gentle moorland. After a short lunch rest we then continue up a rocky ridge to Shira Plateau where we take our first look at Kilimanjaro's great Western Breach and its stunning glaciers and ice curtains. We are now west of Kibo on the opposite side of the mountain from the Marangu Route. After a short hike west from here we reach Shira Camp and are greeted with well earned tea or coffee. Then there's time to unpack and rest before dinner in the early evening.

DAY 4
Trek to Barranco Camp, 3950 (15km, 7 hours)
B L D
Camping

After breakfast we hike east up a steep path above the vegetation. After several hours we walk through a rocky landscape to reach the prominent landmark called lava Tower at 4,630m. This chunky remnant of Kilimanjaro's earlier volcanic activity is several hundred feet high and the trail passes right below it. It is possible for those sure-footed hikers to scramble to the top of the tower, but you may prefer just to enjoy lunch at the bottom of it. This afternoon we descend for about two hours below the lower cliffs of the Western breach and Breach Wall to Barranco Camp at 3,950. There are numerous photo opportunities on this hike, especially if the walls are covered with glistening ice. Barranco camp is in a valley beneath the Breach and Great Barranco Walls which should provide us with a memorable sunset before dinner. An extra acclimatisation day can be spent here. Please see information below.

DAY 5
Trek to Barafu Camp, 4550m (13km, 8 hours)
B L D
Camping

This morning we continue up a steep ridge to the great Barranco Wall and climb to its top, which is fortunately easier than it looks. Popping out just below the Heim Glacier we can now appreciate the beauty of Kilimanjaro. With Kibo's glaciers soaring overhead we descend into the lush Karanga Valley, from where it is sometimes possible to look east on a clear day and see the jagged peaks of Mawenzi jutting into the African sky.

We hike east over interlocking ridges and valleys to join the Mweka Route which will also be our descent route. For now, however, all eyes are on the summit, and so, turning left towards the mountain, we hike up a ridge for another hour to the Barafu Hut. The last water on the route is in the Karanga Valley – there is no water at Barafu Camp, even though Barafu is the Swahili word for ‘ice’. The famous snows of Kilimanjaro are far above Barafu Camp near the summit of the mountain.

Up here our camp is located on a narrow windswept ridge so it is important we familiarise ourselves with our surroundings before nightfall. The guide will also remind us tonight to prepare our equipment and warm clothing for our summit climb and to drink lots of fluids. We have an early dinner to allow some extra hours of sleep.

DAY 6

Trek to Uhuru Peak, 5895m (7km, 8 hours)
Trek to Mweka Camp, 3100m (7-8km, 7 hours)
B L D
Camping

We rise around 11:30pm and after tea and biscuits embark on our final push to the summit. Our 6 hour climb northwest up through heavy scree between the Rebmann and Ratzel glaciers to Stella Point on the crater rim is the most challenging part of the route for most climbers. At Stella Point (5685m) we stop for a short rest and the chance to see a supreme sunrise, but not for too long as it is difficult to start again if we get too cold. From here we join the top part of the Marangu Route. Depending on the season and recent storms we may encounter snow on our remaining hike along the rim to Uhuru Peak.

On the summit we enjoy our accomplishment – on the roof of Africa! We can enjoy the views of the surrounding plains as they wake up to the day before our descent back down. It is a 3 hour descent back to Barafu Camp where after a little rest we collect our gear and hike down a rock and scree path into moorland and eventually forest, finishing at Mweka Camp. This camp is in the upper forest so it is often misty or rainy in late afternoon. Dinner and washing water will be prepared and there is even a camp office that sells refreshments here – luxury!

DAY 7

Trek to Mweka Village, 1980m (15km, 4 hours)
B L
Local hotel

Today after a hearty breakfast it's a short scenic 3 hour hike back to the park gate. We tip our guides and porters together, (once we and all our gear have reached the gate safely) and successful climbers receive their certificates. From the gate it's an hour hike along a mud road to Mweka village and after a rewarding hot lunch we drive back to Moshi for showers and a comfortable night in our hotel. This evening is a chance to relax and reflect upon what you have just achieved before the second part of your adventure begins. Tonight you will be contacted by the guide who will be taking you on safari and arrangements made for your departure the following morning.

DAY 8

Transfer Moshi to Nairobi
B

After a relaxed morning we board a scheduled shuttle bus back via Arusha, to Nairobi. The expected time of arrival back in the Kenyan capital is 18:30 – 19:30. The tour ends on arrival.

INFORMATION

TOUR STYLE

Adventure Tour

WHAT'S INCLUDED

Tour highlights, national park fees, hut fees, rescue fees, accommodation, meals as indicated, services of mountain guide(s), driver & porters.

WHAT'S NOT INCLUDED

Visas, water on the first day of trek, travel insurance, flights, tips, departure taxes, airport transfers, sleeping bag & items of a personal nature.

ACCOMMODATION

Pre and post trek - A local hotel with bar, restaurant and swimming pool, twin share rooms with en suite facilities.

Kili trek - Camping at camp bases on the mountain in 2-person dome tents with basic facilities.

MEALS

Meals included are – Breakfast (B) x7, Lunch (L) x6, Dinner (D) x5. On the mountain, meals are prepared by the trek cook. If you have any dietary requirements, please ensure you tell Acacia when you book.

TRANSPORT

Shuttlebus, minibus, on foot

OPERATOR

As this tour is run by a respected local tour operator, you will benefit from their extensive local knowledge and enthusiasm as well as helping Acacia support local businesses in Africa.

TREK PREPARATION

BOOKING INFORMATION

When you make a confirmed booking for your tour you will be sent pre-departure information and related documents. Once you have paid in full you will receive a Travel Voucher giving full details of your joining point. Nairobi is served by a variety of airlines. Your travel agent can advise on flights to and from the start and finish of your tour.

JOINING INFORMATION

Meeting point in **Nairobi**:
Address:

Boulevard Hotel

Harry Thuku Rd
PO Box 42831
Nairobi

Contact details:

Tel. +245 2 337221 / 227567/8/9

Fax +245 2 334071

E-mail:

hotel@hotelboulevardkenya.com

Tour start time:

07:15 on Day 1

Tour end point in **Nairobi**:

As above

Tour end time:

Approx 18:30 – 19:30 on Day 8

EXTENDING YOUR STAY

We recommend you spend the night before departure in Nairobi as the tour leaves early on Day 1. Any additional accommodation can be arranged by Acacia, usually booked on a direct pay basis. If you wish to combine your trip with a safari, look at our **Kili & Serengeti Safari** or add the trek to the 3 or 4-day **Masai Mara Safari** or 7-day **Kenyan Wildlife Safari**.

VACCINATIONS/HEALTH

The table below indicates the vaccinations suggested for travel on this tour but **should be treated as a guide only**. You should seek professional medical advice from your GP or clinic at least six weeks prior to departure.

Country	Tetanus	Diphtheria	Polio	Hepatitis A	Hepatitis B	Typhoid	Meningitis	Rabies	Yellow Fever	Malaria
Tanzania	R	R	R	R	R	R	R	R	R	R
Kenya	R	R	R	R	R	R	R	R	R*	R

C = Compulsory, **R** = Recommended, * = If travelling from infected countries a certificate of proof may be required.

Please be aware that the areas visited on this package are **malarial**. Please seek professional medical advice for appropriate anti-malarial tablets.

VISA REQUIREMENTS

The table below indicates the visas required for travel to the countries on this tour but **should be treated as a guide only**. At least one month prior to travel seek confirmation from embassies or a visa specialist, that these requirements are still current. For UK citizens the Foreign & Commonwealth Office (FCO) offers free up-to-date travel info: www.fco.gov.uk. For other nationalities a number of travel advice websites are listed on the Acacia website.

Nationality	UK	AUS	NZ	USA	CAN	BEL	IRE	NED	DEN	ITA	GER	AUT	SWE	FIN	NOR	MEX	KOR
Tanzania	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Kenya	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

At time of writing (Nov 09), British passport holders are able to obtain both Kenyan and Tanzania visas at entry (USD 50 each).

MONEY MATTERS

PERSONAL EXPENSES

Naturally you will want some extra money for your own personal spending while on this tour. Soft drinks, bottled water and even beer is available to buy at small kiosks at the Marangu Route's huts. We suggest you budget approx \$5-10 per day on the mountain. Spending money is best carried as a mixture of cash and traveller's cheques.

- **Currencies:** Kenya – Kenyan Shilling; Tanzania - Tanzanian Shilling
- **Spending money** is easiest carried as cash in US dollars (**only clean, un-torn, post-2001 US bills accepted**), Euro or Sterling which can be changed into the local currency in each country. US dollars is the most readily accepted in East Africa.
- **ATM machines** are found in Nairobi, Arusha & Moshi. Moshi's ATMs only accept VISA & Mastercard.
- **Credit cards** can also be used for cash advances in Nairobi although charges are high by Western standards.
Travellers cheques can be cashed in Nairobi as emergency funds but there is little opportunity to exchange them outside of Nairobi

TIPPING

As in many areas where tourism has become an important contributor to the local economies, local trek staff have come to expect a small amount given at the end of the trek in appreciation for the services they have rendered.

The amount is a matter for individual discretion but there are general mountain guidelines for tipping that will be recommended at your trek briefing. We advise you should allow approx US\$45-50 in cash per actual trekking day if you are trekking on your own. This is to be paid at the end of your trek on day seven. If you are trekking with at least one other person allow approx US\$30-40 per person for each trek day.

These amounts the current agreed 'industry rates' for Mount Kilimanjaro staff and individuals should not feel obliged to give more than is suggested here. Guidelines like these are set up for the protection of both the local economy as well as trekkers.

LOCAL PAYMENT

The Local Payment (LP) set out in the brochure is to be paid to the local tour guide in Moshi at the trek briefing in US dollars cash. Please note this is a **cash only** payment; travellers' cheques and credit cards cannot be accepted as means of payment.

INSURANCE

It is a booking condition of Acacia that you have full travel insurance valid for the duration of your tour to cover you for medical emergency and repatriation to your home country. Your guide will ask you for a copy of this when you join the tour. It is also important that you leave a copy of your insurance with the person nominated as your emergency contact. We can recommend a respected, specialist travel insurance provider for this tour. Please contact Acacia for more information.

TREK ADVICE

While summiting Kilimanjaro is never guaranteed, you can increase your chances of reaching the peak by following some basic guidelines in your preparation for the trek.

Training

Although this trek is not a technical climb, it does nevertheless require a reasonable amount of fitness and a strong will to succeed. Remember that you are walking between 4 and 8 hours a day, uphill to an altitude of 5895m (almost 20,000 feet). Training should involve long uphill walks (with a daypack) to accustom yourself to long distance hiking.

Medical

Altitude induced 'illness' may occur at heights over 3600m and affect different people in different ways. Typical symptoms are nausea and headaches, which at their extreme can be seriously debilitating. Gradual acclimatisation is the usual preventative measure and for those who suffer from extreme symptoms, a return to lower altitude is necessary. The majority of those who do not success in reaching the summit fail because of the affects of altitude. The best defence against this is acclimatisation although there are drugs on the market which may reduce the symptoms. Please consult your GP or travel clinic for professional advice on this subject.

The usual advice given by your guide will be walk slowly – in Swahili '*pole pole*'. Walking slowly conserves energy and helps you acclimatise more easily. Also fluid intake whilst walking is very important as dehydration can occur very quickly, especially with physical exertion and exposure to the elements at high altitude.

Helpful Hints

- Drink at least 2-3 litres of water per day on the trek
- Take energy snacks
- Conserve energy by trekking slowly
- Keep items in your daypack to a minimum
- Keep personal medicines with you always e.g. Asthma inhalers
- Try to keep your camera insulated – batteries will go flat in low temperatures
- A head torch/flashlight is more convenient than a hand held for packing in dark tents and walking the final ascent in the dark
- Ensure spare clothing is insulated from wet weather – pack clothes in plastic bags
- Synthetic undergarments dry more quickly
- Keep a small pocket mirror if you wear contact lenses
- Keep your water in a thermal or insulated flask on the final ascent day or in very cold weather
- Keep some anti-bacterial hand gel (dry soap) with you for clean hands during meals on the trek

Acclimatisation Day

If you are concerned about acclimatising on the mountain, we recommend you take an extra day on the mountain. This can be built into the itinerary, and is added on day three of the tour. It is useful for resting or taking easy, localised walks with your guide and helps increase your chance of reaching the summit by allowing your body to adjust to atmospheric changes more gently. If you are interested in adding an acclimatisation day to your trek, please speak to Acacia or your agent.

Climate

Mt Kilimanjaro is trekked successfully by people of all ages throughout the year. However, most people agree that the best months to trek are Jan, Feb and June through to Oct. Low season is Apr-May and to a lesser degree Nov and Dec. Daytime temperatures on trek range from 5° C to 30°C+. Night time temperatures fall **below zero** and at altitude may approach minus 20° C. Please ensure you take clothing and equipment which is comfortable during these extreme changes in temperature

What To Bring

Please try to keep your luggage to a minimum, bearing in mind that most airlines impose a 20kg limit and there is a 15kg limit for mountain porters. The basic idea is to bring warm clothing and a good sleeping bag capable of providing protection in below zero temperatures. On the mountain use a soft rucksack that locks, for the porters to carry and a day pack for yourself. Extra luggage may be stored in Moshi.

A good durable water bottle is very important, as is comfortable walking boots. Trainers are not suitable as they do not give the ankle support required. Light weight Gortex or leather boots are the best options. Most importantly they should be comfortable and well broken in. For this reason, renting or borrowing a pair is not recommended.

Documents	
Passport	Tanzania entrance visa
Yellow Fever certificate	Medical insurance
Clothing	
Jumper/Sweatshirt top	T-shirts
Waterproof jacket	Jeans & warm trousers
Waterproof trousers	Warm jacket
Shorts	Thermal Underwear
Gloves	Balaclava
Sunglasses	Woollen Socks
Hiking Boots	Light Shoes
Cap/hat	Towel
Gaiters	Socks
Equipment	
Sleeping bag	Day pack
Water bottle	Toilet paper
Torch and extra batteries	Pocket Knife
Walking poles (if required)	
Food	
Energy drinks	Energy Snacks
Sweets	Chocolate
Nuts	
Photographic	
Camera	Camera lenses
Film	Lightweight binoculars
Spare Batteries/memory cards/films	
First Aid/Medical Kit	
Asprin	Assorted plasters
Sun protection	Anti malarial tablets
Insect repellent	Lip salve
Water purification tablets	Antiseptic cream
Bandages	Adhesive tape
Throat Lozenges	
Personal Items	
Toothbrush and paste	Glasses (if necessary)
Soap	Matches
Brush	Travel insurance
Miscellaneous	
Pens	String
Notebook	Small alarm clock
Plastic bags	

Country Information - KENYA

Facts

Capital: Nairobi (from the Masai word 'sweet water' – once a major watering hole)
 Size: 582 646 sq km / 362 116 sq miles
 Population: 36,913,721 (Sept. 07)
 Groups: Kikuyu, Luhya, Luo, Kalenjin, Kamba, Kisii, Meru, non-African (Asian, European, and Arab)
 Languages: English, Swahili, Kikuyu, Luo, Kikamba, Masai, Samburu
 Local time: GMT +3
 Seasons: Dry (June-October), short rainfalls (October-December) and long rainfalls (March-June)
 Currency: 1 Kenyan Shilling (KES) = 100 Cents
 Telephone: Country code 254, international access code 00
 Electricity: 240 V / 50 Hz, rectangular blade plug

Kenya straddles the equator and covers an area of 582,646 sq kilometres, which includes around 13,600 sq kilometres of inland lakes. It is one of Africa's most diverse communities, having been a major migratory pathway for millennia. More than 70 tribal groups occupy the land and whilst distinctions between them have become blurred and western cultural values being adopted, the individual cultures and traditions can still be detected, especially in rural areas. Most of the African population is Christian whereas the Asian population is a mix of Muslim, Hindu and Sikh. English and Swahili are the official languages, however there are many other major tribal languages spoken.

Country Information - TANZANIA

Facts

Capital:	Dodoma
Size:	945 087 sq km / 364 900 sq
Population:	36,766,356 (Sept. 05)
Groups:	Mainland: native African (mostly Bantu tribes), other (Asian, European, Arab) Zanzibar: Arab, native African, mixed Arab and native African
Languages:	Swahili, English, Nyamwezi, Arabic
Local time:	GMT + 3
Seasons:	Dry (January-March, July-October), short rains (November/December), long rains (April-June)
Currency:	1 Tanzanian Shilling
Telephone:	Country code 255 , international access code 00
Electricity:	230 V / 50 Hz, round pins with ground or rectangular blade plug

The United Republic of Tanzania (the largest country in East Africa, including the islands of Zanzibar and Pemba) came into existence in 1964, three years after gaining independence from Britain. Although it shares many characteristics with Kenya (particularly with the Swahili culture and language), it does not have the same ethnic mix and following independence developed along more socialist lines than Kenya. Possibly for that reason Tanzania did not experience the growth in industry that Kenya enjoyed , although in recent years it has made up much ground on its northern neighbour. Tanzania's game parks however are - if anything - even better known than Kenya's. The Serengeti National Park and Ngorongoro Conservation Area are truly world renowned, as is Africa's highest peak Mount Kilimanjaro. All of these highlights are within easy reach of Nairobi, attracting many tourists and earning Tanzania much needed foreign exchange.

Points of Interest

Mount Kilimanjaro

A mountain of superlatives, the 5,895 metres tall 'Kili' is the highest mountain in Africa and the highest freestanding mountain in the world. Its top is perpetually snow-capped - although global warming is slowly taking its toll. Europe disbelieved the early explorers' reports on snow in Africa.

Kilimanjaro is popular for trekking because it is the highest 'walkable' mountain as there is no technical expertise needed. The climb is still a strenuous one and you need to be fit; an acclimatisation day at Horombo Hut is not a bad idea. There are several routes to get to **Uhuru Peak** with the **Marangu Route** being the most popular and easiest and the **Machame Route** the most scenic. No matter the route, successful trekkers receive a climb certificate once back down from the 'Roof of Africa'.

Moshi

Moshi is a busy little town set on the edge of the plains and the gateway to Mount Kilimanjaro. It is a good place to take in the view of 'Kili' and relax before or after the climb.

Arusha

Since most safaris start from here, Arusha is nicknamed the 'safari capital' as it is the gateway to the Serengeti, Lake Manyara and Tarangire National Park. Nestling at the bottom of Mount Nero, Tanzania's third highest peak, Arusha is a fast growing town with good views of Mount Kilimanjaro. North of town, you can find authentic Masaai villages.

Other Highlights of Tanzania:

Serengeti National Park

Of all the wildlife sanctuaries in Africa, the Serengeti is probably the most famous. With 14,763 square kilometres (the size of Northern Ireland) and no fences between the adjacent game parks. The Masai word is 'siringetu' – meaning 'endless plains'. The landscape, formed by volcanic activity, varies from grassy plains in the south, to savannah and hilly grassland in the north to extensive woodland and black clay plains in the west. Small rivers, lakes and swamps are scattered throughout. Each area has its own particular atmosphere and wildlife.

The wildlife here comes in large numbers: 1.3m wildebeest, 200000 zebra, 1500 lion, 1000 elephant, 300000 gazelle, 25000 buffalo, 72000 topi, 500 giraffe and 10000 eland. As well as some 500 bird species.

Ngorongoro Crater Conservation Area

Located between the Serengeti and Lake Manyara, sits **Ngorongoro Crater**, the largest unbroken caldera in the world and a World Heritage Site. Some 600 metres deep and 16km wide, the Ngorongoro hosts almost all animal species found in East Africa, including zebra, wildebeest, rhino, lions, cheetah, elephant, hyena, warthog, impala, buffalo, hartebeest, eland, various antelope and birds. The rim of the crater, where all the lodges are located, offers spectacular views.

Olduvai Gorge

The name Olduvai derives from a misspelling of Oldupai, the correct Masai word for the wild sisal plant fibre growing in the gorge. Located between the Serengeti and Ngorongoro, the Olduvai is where Drs Mary and Louis Leakey discovered early remains of mankind in the late 1950's and later an ancient human footprint. It became known as the 'Cradle of Mankind' - as the findings suggest that our species first evolved in this area.

Lake Manyara National Park

Not far from Arusha, this small (325 sq kilometres), but beautiful park lies at the base of the Great Rift Valley escarpment. Its landscape comprises forest, woodland, grasslands and swamps. Although it is mainly known for its elephant and the famous tree climbing lion, you can also find gazelle, impala, buffalo, wildebeest, hyena, baboon, giraffe, hippo and 350 species of bird including storks and flamingos.

Zanzibar

Zanzibar is Tanzania's **island getaway**. It has a colourful history, spice plantations and **beautiful beaches**. The capital **Stone Town** with its intriguing alleyways and markets is in interesting mix of cultures and known for its intricately carved wooden doors. Make sure to go on a **Spice Tour** where you will learn everything about, well, spices. Other trips include swimming with dolphins or snorkelling/diving around the island.

Lake Victoria

Lake Victoria is the world's second largest freshwater lake (covering an area of 67,850 sq kilometres) and **Africa's largest quantity of inland water**. These huge waters, about the size of the Republic of Ireland, form the headwaters of the River Nile and border Kenya and Uganda. The once abundant hippo and crocodile are reduced today, but there is plenty of fish. Rubondo Island National Park covers a small group of islands in the south west of the lake.

Lake Tanganyika

This lake is the longest fresh water lake in the world and the second deepest. The Great Rift Valley is responsible for its enormous depth of 1433 metres. It borders Tanzania, Burundi, Congo DR and Zambia. It is called the **Fossil Water Lake** since the majority of this water is dead fossil water that may be as much as 20 million years old. The isolation of this lake shows itself in the fact that a high percentage of its fish and other animals are endemic.

The British explorers, Burton and Speke, suspected it to be a **possible source of the Nile**; the famous line 'Doctor Livingstone, I presume' was said by Stanley on the shores of Lake Tanganyika when he finally tracked down Livingstone.

Useful Swahili Words

Hello	Jambo	Yes	Ndiyo
How's things?	Habari gani?	No	Hapana
Thank you	Ahsante	Bring here	Lete hapa
Mister	Bwana	To eat	Kula
Go away	Enda	Today	Leo
Slowly	Pole pole	Tomorrow	Kesho
Coffee	Kahawa	To sleep	Kulala
Tea	Chai	Goodbye	Kwaheri
Milk	Maziwa	How much?	Ngapi?
Water	Maji	Come here	Njoo hapa
Sugar	Sukari	Welcome again	Karibu tena
Food	Chakula	See you	Tutaonana
Please	Tafadali	No, thanks	Hapana sante

ACACIA ON THE ROAD – NEWS & EVENTS



RESPONSIBLE TRAVEL

We believe that you get the most out of a journey by respecting the culture and people of the places you visit. On our tours we try to travel in a way that benefits the communities we pass through and minimises negative impact on the environment. This can be from ensuring the campsites we use are clean when we leave and dressing respectfully in conservative areas to getting involved with local charity projects. We ask that you are open to this when you travel with us. Being proactive in responsible travel helps develop cross-cultural understanding and friendships with the local people, and will greatly enhance your experience in Africa.

PHOTOS & STORIES SEARCH

If you've ever thought you can take better pictures than the brochures or have a great travel story and want to see yourself in print, then we're looking for you. If you've captured a great moment on tour, whether it's of the wildlife, local people, landscape or life on the road why not enter our monthly photographic competition starting in 2009. Not only do we give away a monthly prize, you may also see your photos published in a future brochure or on our website. We are also on the lookout for stories of life on the road, the funny, exhilarating, moving or simply unforgettable things you did on tour. We publish the best stories on the Tales from the Road section of our website. Send your photos or stories to acaciaontheroad@googlemail.com

Photos should be in digital format & good resolution (max 6 pics per person) and labelled with the location of where the photos were taken. Meanwhile if you have a story or anecdote about your tour (up to 400 words) it needn't be word perfect, we'd love to hear about it.

Legalities: You, the photographer/author, retain copyright of all images & words submitted but we reserve the right to use of them for Acacia brochures, promotions & advertising.

For information on our Acacia Small Group Safaris, Adventure Tours, Comfort Class Safaris, Short Breaks & City Stays, Voluntours, Dive Tours, New Horizons and Access Tours or to contact us please visit www.acacia-africa.com

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