

ACACIA AFRICA

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FOR ALL 2009
DEPARTURES

MT KILIMANJARO TREK (SHIRA ROUTE) TOUR DOSSIER

Tour Code KST8

NAIROBI - NAIROBI

8 DAYS

Tour departure – **Meet 07:15 on day one at joining point**
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 tallest, its summit named Uhuru, and the destination for trekkers ascending Mount. Kilimanjaro.

The Shira Route

On this trek we take the western Shira Route and ascend Kilimanjaro's summit via the western 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 populations of eland, buffalo and 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 joins the Machame Route.

The Shira ridge is less popular than others so we will encounter less people as we climb. The road to Shira is only assessable by 4X4 vehicles and can become impassable during wet periods.



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. See tour dossier **KTS8M** for this alternative start point.

DAY 1 Transfer Nairobi to Moshi Local hotel

From Nairobi we travel by scheduled bus to Moshi. You will be collected at 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 Shira Camp 2, 3840m (18km, 5-7 hours) Bx1 Lx1 Dx1 Camping

After breakfast and a briefing from your guide, we leave Moshi and drive for several hours to the Shira Gate on the western side of Kilimanjaro. After registering with the National Park we begin our hike, entering the rainforest and joining a winding mud trail up a ridge. At these lower elevations it can be wet and muddy so gaiters and trekking poles will help. After stopping for lunch half way up we reach Shira Camp in the afternoon. On arrival we're greeted with well earned tea or coffee and there's time to unpack and rest before dinner in the early evening.

DAY 3 Trek to Barranco Camp, 3950 (15km, 7 hours) Bx1 Lx1 Dx1 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 4 Trek to Karanga Camp, 4200 (7km, 4 hours) Bx1 Lx1 Dx1 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 just how beautiful Kilimanjaro really is. With Kibo's glaciers soaring overhead we descend into the lush Karanga Valley and arrive at the Karanga Valley campsite. From the camp it's possible to look east on a clear day and see the jagged peaks of Mawenzi jutting into the African sky. After a hot lunch in camp your afternoon is at leisure for resting or exploring. After two long days this short stay is very important for our acclimatisation, since the final push to the summit begins tomorrow.

DAY 5
Trek to Barafu Camp, 4550m (13km, 8 hours)
Bx1 Lx1 Dx1
Camping

After breakfast we hike east over interlocking ridges and valleys to join the Mweka Route which will also be our descent route. Turning left towards the mountain we hike up a ridge through a sparse landscape for an other hour to the Barafu Hut where we enjoy a hot lunch. 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 extra hours of sleep.

DAY 6
Trek to Uhuru Peak, 5985m (7km, 8 hours)
Trek to Mweka Camp, 3100m (7-8km, 7 hours)
Bx1 Lx1 Dx1
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)
Bx1 Lx1
Local hotel

Today after a hearty breakfast it's a short scenic 3 hour hike back to the park gate, where we tip our guides and porters together and successful climbers receive their certificates. From the gate it's an hour hike along a mud road to the local village where after a rewarding hot lunch we drive back to Moshi for showers and a rest.

DAY 8
Transfer Moshi to Nairobi
Bx1

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.

TOUR INFORMATION

TOUR STYLE
Adventure Tour

WHAT'S INCLUDED

Tour highlights, national park fees, hut fees, rescue fees, accommodation, camping equipment, sleeping mattress, 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.

MONEY MATTERS

PERSONAL EXPENSES

Naturally you will want some extra money for your own personal spending while on this tour. Refreshments can be bought at camps on the return Marangu Route only. We suggest you budget approx £15 per day for tips, souvenirs and meals not included on the itinerary. 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-2000 US bills accepted**), Euro or Sterling which can be changed into the local currency in each country. However it is best to carry funds in a range of ways for safety reasons.
- **ATM machines** are found in Nairobi, Arusha and 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

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. It is used by the tour leader to pay for running costs on the road. Travellers' cheques and credit cards are not accepted.

OPTIONAL ACTIVITIES

In order to give you maximum flexibility on tour we offer a number of optional activities on the tour. To help budget, approximate prices are listed below (subject to change and availability).

Activity	Price (US\$)	Activity	Price (US\$)
Tanzania			
Serengeti Balloon Ride	\$479		

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 succeed 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 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 - 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 the initial independence from Britain by Tanzania. Although it shares many characteristics with its northern neighbour (especially the Swahili culture and language), it has developed along more socialist lines than has Kenya, and has not been as receptive toward foreign investment. Possibly for this reason Tanzania has not had the growth in industry that Kenya has enjoyed and the casual visitor will notice many differences of this nature between the two countries. However, Tanzania's game parks are - if anything - even better known than those of Kenya. The Serengeti National Park and neighbouring 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:

Tarangire National Park

In close proximity to Arusha, this 2,600 sq kilometres big park is coined by the many **baobab trees** that dot its plains and the huge herds of elephants. Other species found there are antelope of all sorts including eland, lesser kudu, Kongoni, impala, but also zebra, gazelle, buffalo, wildebeest, leopard, elephant, rhino and a large variety of birds.

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, it is also one of the biggest. No wonder the Masai call it 'serengeti' – meaning 'endless plains'. Its **landscape**, formed by volcanic activity, varies from grass plains in the south, savannah in the centre 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: 1,3-million wildebeests, 200,000 zebras, 1,500 lions, 1,000 elephants, 280,000 Thompson's gazelles, 25,000 buffalos, 500 species of birds, 72,000 topis, 32,000 Grant's gazelles, 8,500 giraffes and 10,000 elands.

The highlight is the **annual migration of zebra and wildebeest**. Every year in May, they leave the dry south in herds of thousands and head to the greener north and west. Lion, cheetah, hyena and wild dog follow the wildebeest and zebra, making sure that only the fittest survive. In November, when the grazing is finished in the north, this army of animals surges back to the now green pastures of the south where they calve and mate before starting the entire cycle again.

Ngorongoro Crater Conservation Area

Located between the Serengeti and Lake Manyara, this 8 300 sq kilometres big conservation area is home to the famous volcanic **Ngorongoro Crater** which is the largest unbroken caldera in the world and a World Heritage Site. The crater, which is 610 metres deep and 260 km wide, hosts almost any animal species found in East Africa. Most of the **25,000 larger animals** within the crater itself are zebra and wildebeest, but there are also about 20 black rhinos and 100 lions, including the marvellous black-maned males. The crater floor also has a soda lake which is home to flamingos and other water birds. Besides these, a whole array of species lives in the crater: leopard, cheetah, hyena, elephant, warthog, impala, buffalo, hartebeest, eland, various antelope and birds. The rim of the crater, where all of the lodges are located, offers spectacular views over this enclosed Garden of Eden.

Olduvai Gorge

The name Olduvai derives from a misspelling of Oldupai, the correct Masai word for this region which is named after a wild sisal plant fibre growing in the gorge. The gorge is a steep sided long ravine and forms part of the Great Rift Valley. Located between the Serengeti and Ngorongoro, this is the place where **Mary and Louis Leakey** discovered **early remains of mankind** in the late 1950's and later an **ancient human footprint**. It is

therefore also called 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 **herd of elephant** and the famous **tree climbing lion**, you can also find gazelle, impala, buffalo, wildebeest, hyena, baboon, giraffe, hippopotamus 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.

Useful Swahili Words

Hello	Jambo	Yes	Ndiyo
How are you?	Habari gain?	No	Hapana
Thank you	Ahsante	Bring here	Lethe 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



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.

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