



4-DAY ADVENTURE

ZANZIBAR EXTENSION

Tanzania

Escape to the tropical spice island of Zanzibar, the perfect addition to your Tanzanian adventure or the ultimate post-Kilimanjaro recovery. Thanks to frequent daily flights from the mainland, your transition to white sands and turquoise waters is completely effortless. We take care of everything, including your transfer to Kilimanjaro Airport and your pickup at Zanzibar Airport.

Over the next four days, the itinerary is yours to shape. Dive into vibrant underwater worlds on a local snorkelling tour, or simply lounge by the ocean. You will stay at a luxurious 4-star, all-inclusive resort right on the beach, complete with authentic local dining and rejuvenating spa treatments.

TRIP HIGHLIGHTS

- Explore the unspoilt beaches of the north-east coast
- All inclusive 4 star accommodation
- Enjoy the warm waters of the Indian Ocean
- Choose from a wide range of optional activities

KANDOO ADVENTURES

Matemwe
Beach

Stone Town

JRO to ZNZ (flight).....50-60 mins (390km)

Stonetown to Matemwe beach.....1 hour (44km)

Journey times are approximate

ITINERARY

DAY 1

ARRIVE IN ZANZIBAR

You will be met at the airport and transferred to your beach-front hotel.

Accommodation: **Hotel**

Meals included:

Breakfast / Lunch / Dinner

DAYS 2 TO 3

ZANZIBAR

How you choose to spend your time in Zanzibar is entirely your decision. Whether simply relaxing on the beach, swimming in the sea or venturing further afield to explore the island, there are plenty of options to suit everyone.

Accommodation: **Hotel**

Meals included:

Breakfast / Lunch / Dinner

DAY 4

DEPARTURE

We will transfer you to Zanzibar Airport (ZNZ) for your departure flight.

TRIP INFORMATION

DIFFICULTY

How you decide to spend your time in Zanzibar is entirely up to you. There are diving and kitesurfing schools on the beaches and if you plan to arrange activities such as these, you should have appropriate fitness levels.

FOOD & DRINK

Your hotel in Zanzibar is booked on an all inclusive basis. All meals and a selection of hot, cold and alcoholic drinks are included. Some drinks are not included but these can be purchased.

ACCOMMODATION

We use beautiful beachfront 4* hotels on the north-east coast of Zanzibar, with comfortable, en-suite rooms and private swimming pools just a few steps from the beach.

TRANSPORT

Airport transfers will be in private, registered taxis and are arranged by your hotel. In Tanzania, it is not a legal requirement to have seatbelts fitted in the back of vehicles and while we try to use vehicles that have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or standard of driving, please speak to the driver or our local team immediately. Please note that it is a common occurrence in Tanzania for vehicles to be stopped by the police to check the driver's documentation and this can feel quite intimidating when you cannot understand what is being spoken. If your vehicle is stopped, this is not a reflection on the state of your vehicle or your driver's performance.

LUGGAGE

Flights between Kilimanjaro International Airport (JRO) and Zanzibar Airport (ZNZ) typically have a hold luggage weight limit of 23kg but you should confirm this with the airline when you are booking your flights.

HOW DO I GET THERE?

There are regular flights between mainland Tanzania and Zanzibar throughout the week. Most are operated by local airlines Air Tanzania and Precision Air. After your climb / safari has ended, we will transfer you to Kilimanjaro International Airport (JRO) in time for your flight to Zanzibar (ZNZ). Please be aware that you will need to book this flight yourself.

You should be aware that flights in Tanzania have a poor safety record compared to international flight standards. As of August 2025, all carriers from Tanzania are on an aviation banned list, preventing them from flying in EU airspace. This ban does not mean that these airlines are prevented from flying in Tanzania, nor does it mean that an EU national cannot fly with one of these airlines. Since the ban, some airlines have been proactive and have retained an independent aviation safety expert to audit their operations. We recommend looking into this when you are booking your flights.

ON ARRIVAL

Once you have cleared immigration and collected your luggage, make your way to the main doors. Your driver will be outside these doors, holding a sign with your name on it. If you have chosen to make your own way to the hotel, you can easily find a taxi at the airport. The address of your hotel is on your trip itinerary. The drive takes around one hour.

BUDGET & CHANGE

On your departure from the hotel, you will be required to pay for any outstanding items, including the Zanzibar Infrastructure tax. All hotels will charge around \$4-\$5 per day.

Zanzibar Mandatory Travel Insurance

Please be aware that the Government of Zanzibar has introduced mandatory inbound travel insurance for all travellers arriving on the island. The charge is \$44 and must be paid by all new arrivals even if you already have travel insurance in place. The new charge will come into effect from the 1st September 2024 and must be obtained from the Zanzibar Insurance Corporation (ZIC). This can be purchased online at: <https://visitzanzibar.go.tz>

TIPS

Although Tanzanian law now requires all local payments to be made in Tanzanian Shillings, for your tips you still have the choice to pay in US Dollars or Tanzanian Shillings.

Tips can be made in US dollars or Tanzanian Shillings. It is very important that US bills be no more than 10 years old, crisp and unturned.

Please check the information in your hotel rooms as there is usually a section on tipping. Most hotels ask that you do not tip individual members of staff, but there will be a central tip box in the Reception area.

Tips are not compulsory and should be based on the level of service you feel you have received.

FORMALITIES & HEALTH

PASSPORT

All travellers will need a passport which will remain valid for at least 6 months longer than your expected visit. You will also need to present proof that you have a return ticket, and proof that you have sufficient money to support yourself during your stay in Tanzania.

Each traveller is responsible for sorting out their own passport and visa requirements, and we cannot offer much assistance in this matter. If you do not yet have a passport, apply for one early, as they can take some time to arrive. If you already have a passport, double check when it expires.

VISA

Citizens of the UK, Australia, New Zealand, India, United States, Canada and most EU countries require a visa to enter Tanzania. Citizens of countries not mentioned should contact their nearest embassy or high commission to check visa requirements. Visas usually cost in the neighbourhood of USD50 (around GBP40), but some visas from the US can cost USD100. Tanzanian visas expire three months after they are issued, so be careful not to apply too soon.

Visas can be purchased upon arrival at Kilimanjaro international Airport (IATA code: JRO), but if you choose to do this you can expect long queues, and for the process to take two hours or more. The Tanzanian High Commission has also stressed that they have the right to deny visas applied for on arrival. We have never had a report of this happening, but it is a danger best avoided.

For these reasons, we highly recommend that travellers get their visa in advance, either online, or at their local Tanzanian Embassy.

Please read the Visa Application Guidelines carefully before beginning your application to ensure you apply for the correct type of visa, and that you are planning on entering Tanzania through one of the approved entry points.

When filling out your visa, you will need to choose an 'ordinary visa' for 'tourism' purposes and your entry and exit ports will be the airport you are flying in and out of. A lot of our guests are confused by the 'Host' section, for this you simply need to state you are 'self' hosted. Your hotel information can be found on your itinerary.

Where to obtain a Tanzanian visa:

- Any Tanzanian Embassy or High Commission
- The Tanzania Immigration Services website
- Entry points to Tanzania: Any gazetted entry point, including international airports.
- In Dar Es Salaam: The Office of the Director of Immigration Services
- In Zanzibar: The Office of the Principal Immigration Officer

Please be advised that, whilst we make every effort to provide you with accurate and up-to-date information, travel requirements can change quickly and sometimes without notice. We urge you to double check the visa and passport requirements for your trip and consult with an embassy or consulate if you have any concerns regarding your application.

VACCINATIONS

Below we have set out what is the general guidance for travel to Tanzania. We strongly advise you to consult with your own GP or travel clinic near you before travelling. They will have the most up to date and medically accurate information relevant to you, and should be relied upon over these recommendations.

Strongly Advised Vaccinations

- Hepatitis A: This can be spread via contaminated food and water.
- Tetanus: Tetanus is often present in the soil, and can contaminate open wounds easily. Tetanus vaccine should be used every ten years if travelling.
- Typhoid: Typhoid can also be spread via contaminated food and water, and poor hygiene.
- Diphtheria: This potentially fatal disease is spread mainly via spit, but occasionally through contact with cuts on the skin.
- Yellow Fever: This can be contracted by being bitten by a contaminated mosquito. This vaccination is not essential if you are arriving directly in Tanzania. You do need it though if you plan to arrive through any country that is subject to yellow fever. Simply stopping over at an airport in an affected country should not require vaccination, but leaving the airport even briefly would make it necessary

Sometimes Advised Vaccinations

- Hepatitis B: This illness is spread via contact with blood or bodily fluids. It is many, many times more virulent than HIV/AIDS. Some 8% of the population of Tanzania are believed to carry the virus.
- Rabies: Rabies is spread via contact between the saliva of any infected animal and an open wound (including bites, but also licking existing wounds). Rabies is fatal unless treated, and treatment of an unvaccinated rabies patient can be very difficult in many parts of Tanzania.
- Tuberculosis: TB is generally contracted through inhaling airborne sputum.
- Cholera: Cholera is spread via contaminated food and water, and poor hygiene.
- Measles: This disease is spread through inhaling sputum.

INSURANCE

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

Sorry but we are not insurance experts so we do not review policies.

Kilimanjaro Climbs

Climbing a mountain as high as Kilimanjaro does have dangers. You should ensure that you have good insurance to cover these risks. In addition to covering the usual baggage loss, cancellation and medical fees, we require your insurance to cover helicopter evacuation and repatriation, if it becomes necessary, and trekking up to 6000m. Be sure to read the small print carefully for any policy you are considering.

Safari

Your insurance must cover the cost of helicopter evacuation and repatriation if necessary. Make sure your insurer knows of your travel plans, and verify that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for loss of baggage, cancellation and medical expenses.

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HEALTH

Malaria and Mosquitoes

Tanzania is home to malaria-carrying mosquitoes and whilst you are in the towns of Moshi and Arusha or out on safari we recommend wearing long sleeves and trousers, as well as using a good mosquito repellent that contains DEET, to make sure you are protected. We would also recommend speaking to a doctor or medical professional who can prescribe anti-malarial medications.

Above 3000m, mosquitoes can not survive.

Avoiding diarrhoea

Make sure that your hygiene is as good as possible to avoid picking up a stomach upset. Needless to say, a bout of diarrhoea can make a week-long trip unpleasant or even impossible.

We make sure that any food we provide is pure and uncontaminated, and that all of your water is filtered or treated with WaterGuard purification tablets.

In the towns of Moshi and Arusha, though, you will have to protect yourself.

Make sure you follow these simple rules at all times:

If you are not absolutely certain water is pure, do not drink it.

Wash your hands thoroughly after using the toilet, and before eating or handling food of any kind.
Do not eat raw vegetables or salads. Cooked, preferably boiled veggies only.
Avoid any cold drinks, and ice of any kind.
Water from sealed bottles is generally fine, as are fizzy drinks, wine and beer. Hot tea and coffee are good, as they have just been boiled.

If you do get diarrhoea, the most important thing you can do is to stay hydrated. The best thing to drink is a rehydration solution like Dioralyte. Read more about dehydration below.

Over the counter medicines like Immodium (or anything containing loperamide) are only for short term, mild diarrhoea. Some doctors recommend taking a single, 500mg dose of Ciprofloxacin, or any ciprofloxacin antibiotic in an emergency situation. This is a prescription medicine, and you should discuss it with your doctor before your trip.

Sunburn and UV Protection

Visiting a destination so close to the equator, you will be vulnerable to sunburn if not properly protected, even on cloudy days.

The three most important things you can do to avoid sunburn are:

Apply SPF 30 or higher sunscreen to your face, nose and ears at least 30 minutes before going out into the sun, and reapply regularly. High SPF lip balm is also a must.

Wear a wide-brimmed hat that shades your face, nose and ears.

Wear UV-protective sunglasses, category 2-4.

Do not forget that the sun is at its strongest between 10:00-14:00 hours each day.

If you are climbing Kilimanjaro the following are particularly important:

Eating well on your climb

Many climbers experience loss of appetite at high altitudes. This is a real problem, as you will be burning an extra 2000 or more calories a day, and not replacing them can cause real problems, especially when you attempt the summit. Just like staying hydrated, you have to eat heartily even if you are not hungry. Meals heavy in carbohydrates are best, because they are easier to digest at high altitudes and provide long-term energy.

The summit ascent is different. You will not have a big, heavy meal which might slow you down on the most intensive part of the climb, but rather a light snack and a hot drink. It is important to keep plenty of small snacks with you on this leg, as you will have to keep your energy levels high. Also, make sure they do not freeze, so keep them in pockets underneath your jacket, or in an insulated bag like your daypack.

Summit snacks should be chosen carefully. Take a favourite treat to make it easier to eat when you do not feel hungry, but avoid anything with honey or syrup, or anything chewy as they are likely to freeze tooth-crackingly solid above 5000 metres. Chocolate, nuts and seeds, biscuits, savoury snacks and boiled sweets are generally better choices.

Preventing dehydration whilst climbing

Even if you avoid diarrhoea, you can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting

yourself, and sweating.

The upshot is, as you might expect, that you will have to drink more water. You need to drink at least 3 litres of fluids every day while climbing. Even when you don't feel thirsty you have to drink this amount as a minimum - preferably more. This is particularly important on the final day when you attempt the summit and could mean the difference between success or failure.

On summit night you should drink at least half a litre (preferably a whole litre) before you set off. We will also supply you with 2 litres of water to fill your own water bottles or hydration bladder. Make sure it does not freeze! Wrapping the bottles in thick socks or otherwise insulating them is usually enough.

Stay on the look-out for signs of dehydration in yourself and your fellow climbers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic. If you think you may be dehydrated, there are two ways to tell:

The colour of your urine. Clear or light straw-coloured urine means you are probably not dehydrated. Yellow or orange wee means you have not been drinking enough, and you need to up your fluid intake quickly.

Pinch or press firmly on an area of exposed skin. If it does not spring back instantly, or stays pale and bloodless for more than a second or two, you are probably dehydrated.

Remember to keep drinking on the way down the mountain, as well.

Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to the low air pressure, especially low partial pressure of oxygen, which many climbers experience at high altitudes.

AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Kilimanjaro is nearly 6000m above sea level. At this height, the air pressure (and the amount of oxygen it contains) is less than half that at sea level, and has been said to be comparable to working with only one lung.

AMS can be serious, especially as it can be debilitating, and it generally occurs far from places where medical treatment can be easily administered.

Not everyone suffers from AMS, of course, and it is very difficult to predict who is or is not vulnerable to it. Generally speaking, a fit person is less vulnerable than an unfit person, because their cardiovascular system can operate at low pressures longer without as much strain. Even so, anyone can be vulnerable at altitudes above 3500 metres, no matter their fitness level, if they have not spent some time getting used to the low atmospheric pressures first.

Avoiding Altitude Sickness

1. Walk high, sleep low. It is best to gradually climb higher each day, then descend lower to sleep. This lets you gradually become accustomed to lower pressures, and then recover somewhat overnight.
2. Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. Overworking your heart and lungs substantially increases your chance of becoming ill.
3. Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need

to drink at least three litres each day. As dehydration presents many of the same symptoms as altitude sickness, your chances of being allowed to continue are best if you stay hydrated.

4. Diamox. The general consensus of the research is that Diamox is helpful in avoiding AMS. We use it when climbing Kilimanjaro. We recommend you google Diamox and its effects yourself. It is a prescription drug, and you should consult with your doctor before taking it.

EQUIPMENT & CLOTHING

CLOTHING TO BRING

What you pack for your stay in Zanzibar will depend on how you plan to use your time. We recommend bringing swimwear as well as loose, comfortable clothing and footwear suitable for the beach.

EQUIPMENT TO BRING

We recommend bringing the following items along with anything you may need for activities you plan to take part in:

- Sun cream
- Insect repellent
- Sunglasses
- Sunhat

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

