7-DAY ADVENTURE

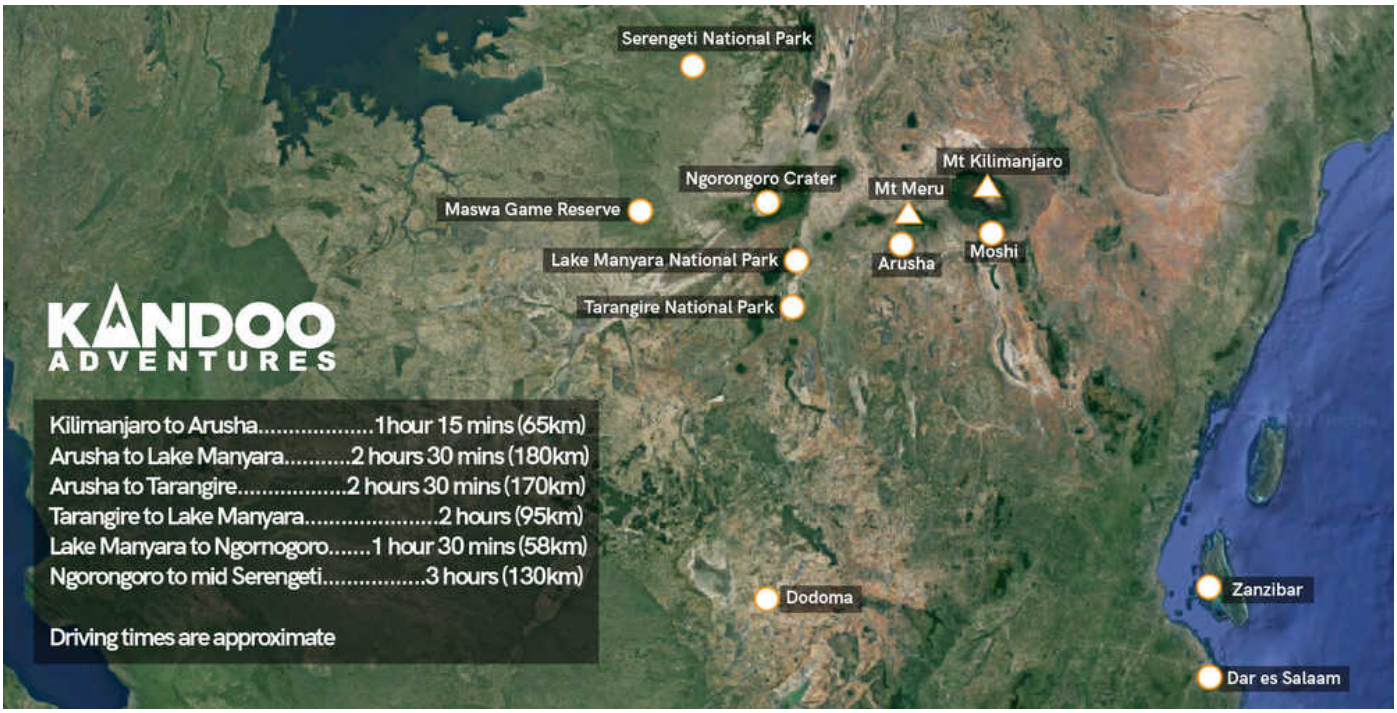
7-DAY SAFARI EXTENSION

Tanzania

The ultimate trip visiting the best of Tanzania's northern safari parks. You get 3 full days in the Serengeti to give you plenty of time to explore this amazing landscape. You will also visit Tanzania's most popular national parks: Ngorongoro, your best chance of seeing the 'Big Five' and also opportunity to visit the Olduvai Gorge, one of the most important paleoanthropological sites in the world. Tarangire, fantastic for bird lovers and also for its high density of elephants. Lake Manyara, home to a large number of baboons and also the famous tree climbing lions, unique to this park. A private Kandoo Adventures 4x4 safari vehicle and an expert guide will accompany you throughout your trip.

TRIP HIGHLIGHTS

- Discover the remarkable Ngorongoro Crater
- Spend 3 days exploring the vast plains of the Serengeti
- Private 4x4 safari vehicle
- Lodge accommodation in spectacular locations


Serengeti National Park
Ngorongoro Crater
Mt Kilimanjaro
Mt Meru
Maswa Game Reserve
Moshi
Arusha
Lake Manyara National Park
Tarangire National Park
KANDOO
ADVENTURES
Kilimanjaro to Arusha.....1hour 15 mins (65km)
Arusha to Lake Manyara.....2 hours 30 mins (180km)
Arusha to Tarangire.....2 hours 30 mins (170km)
Tarangire to Lake Manyara.....2 hours (95km)
Lake Manyara to Ngornogoro.....1 hour 30 mins (58km)
Ngorongoro to mid Serengeti.....3 hours (130km)
Driving times are approximate
Dodoma
Zanzibar
Dar es Salaam

ITINERARY

DAY 1

ARUSHA – LAKE MANYARA

You will be met by your private guide and vehicle and driven to Lake Manyara, arriving with plenty of time for an afternoon game-drive. Located beneath the cliffs of the Manyara Escarpment, on the edge of the Rift Valley, Lake Manyara National Park is famous for its large alkaline soda lake which is home to the pink flamingo, yellow-billed stork and heron. If you are lucky you may get chance to see the tree climbing lions, which are unique to this national park. Watch out for some fun antics from the local baboon population; Lake Manyara is believed to have the largest number of these primates in the World!

Transport: **4wd Safari Vehicle**
Accomodation: **Safari Lodge**
Meals included:
Breakfast / Lunch / Dinner

DAY 2

OLDUVAI GORGE

After breakfast, you will take a picnic lunch with you as you continue to the Serengeti, a drive of around 4 ½ hours through the Ngorongoro Conservation Area. Your journey will take you to the Olduvai Gorge, where the Leakeys discovered the hominoid remains of a 1.8 million year old skeleton of Australopithecus boisei, one of the distinct links of the human evolutionary chain. In a small canyon just north of the Ngorongoro Crater, the Leakeys and their team of international archaeologists unearthed the ruins of at least three distinct hominoid species, and also came upon a complete series of hominoid footprints estimated to be over 3.7 million years old. Evacuated fossils show that the area is one of the oldest sites of hominoid habitation in the world. You will then continue into the Serengeti, with game viewing en-route.

Transport: **4wd Safari Vehicle**
Accomodation: **Safari Style Tents**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

SERENGETI

After breakfast you will set out with a picnic lunch for a full day game drive. Serengeti National Park is one of world's greatest game parks. Meaning "endless plains" in the Maasai language, it is Tanzania's oldest game reserve and is world-famous for the role it plays in the annual Great Migration, when an estimated two million herbivores - mostly wildebeest and zebra - migrate from the Serengeti to Kenya's Maasai Mara Game Reserve.

Transport: **4wd Safari Vehicle**
Accomodation: **Safari Style Tents**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

SERENGETI

You will leave the safari camp at your leisure for another full day game viewing in the Serengeti National Park. During June, the migrating herds will be collecting in the western corridor, preparing to cross the Grumeti River. Even when the migration is quiet, the Serengeti offers some of the most exciting game viewing – great herds of buffalo, smaller groups of elephant and giraffe, as well as thousands of eland, topi, hartebeest, impala and Grant's gazelle.

Transport: **4wd Safari Vehicle**
Accomodation: **Safari Style Tents**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

SERENGETI

Your third day exploring this amazing park which is home to the richest grazing grounds on the continent. As well as the vast migratory herds, the Serengeti has incredible concentrations of predators - huge lion prides, great leopard sightings and high numbers of cheetahs.

Transport: **4wd Safari Vehicle**
Accomodation: **Safari Style Tents**
Meals included:
Breakfast / Lunch / Dinner

DAY 6

NGORONGORO CRATER

After an early breakfast, you will drive to the fascinating wildlife arena of the Ngorongoro Conservation Area. The crater, a UNESCO World Heritage site, is over 260km2 (100 miles2) and was formed when a massive volcano exploded and collapsed on itself 2 - 3 million years ago. It is now the largest intact volcanic caldera in the world and often referred to as "Africa's Eden". Home to more than 25,000 large mammals, it is not unusual to see all of the 'Big Five' (buffalo, elephant, rhino, lion and leopard) in a single day. Driving through the Ngorongoro Highlands, you will arrive at the crater rim and then descend down 610m (2000 feet) onto its floor to start your safari extravaganza. Our safari lodge this evening will be in Karatu, on the outskirts of the Ngorongoro Conservation Area.

Transport: **4wd Safari Vehicle**
Accomodation: **Safari Lodge**
Meals included:
Breakfast / Lunch / Dinner

DAY 7

TARANGIRE – ARUSHA

The Tarangire River runs through the park attracting a huge number of elephants, buffalo, giraffe and antelope, particularly in the dry season between June and October. It is not uncommon to see large herds of elephants roaming through Tarangire's savannah grasses or taking shade under the odd looking "upside down trees" (baobab) that are dotted around the park. This park is also a "must see" for avid birdwatchers, boasting over 550 different bird species, the most diverse in Africa, including the Kori Bustard, the heaviest flying bird in the World! Following a morning game-drive you will start your journey back to your hotel in Arusha or onward transfer to Kilimanjaro Airport.

Transport: **4wd Safari Vehicle**
Meals included: **Breakfast / Lunch**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our

trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

Although going on safari is not physically strenuous, it can be very tiring. You will be spending large amounts of time inside your safari vehicle, the weather will be hot and to have the best chance of seeing the big game you need to get up very early in the morning. You do not need a high level of fitness but you should be prepared for some **long, hot days of travelling**.

FOOD & DRINK

All safari lodges are booked on a **full board basis**. Any additional drinks required are for your account, which must be settled when you check out of the lodge. If you are out driving during the day, your driver will take a packed lunch for you. Any dietary requirements noted on your climb Participation Agreement will be passed to the safari team, but please let your safari guide know if you have any further requirements.

Your hotel in Arusha is booked on a **B&B basis**. You can get a meal or snacks from the hotel upon arrival which is payable in Tanzanian Shillings or US Dollars.

Water

Waste systems are very basic in the middle of the African savannah so to try and reduce the amount of plastic waste on our trips we ask that you bring a Nalgene, or equivalent, water bottle with you on safari. We provide a large tank of mineral water so you can refill your water bottle throughout the day as needed to avoid excessive consumption of single use plastic bottles.

ACCOMMODATION

Accommodation is in either twin or double rooms at carefully selected **safari lodges**. The lodges we use are all set in spectacular locations and provide delicious meals and comfortable airy bedrooms.

Please be aware that Tanzania is still a third world country and cut offs in both water and electricity supply still happen regularly, and we cannot guarantee that all the hotels and lodges will have hot showers at all times. The hotel will help as far as they can, but these outages are outside their control.

TRANSPORT

You will be travelling in one of our comfortable Kandoo Adventures safari vehicles. Each 4x4 vehicle has a **"pop top" roof** to provide excellent views of the incredible wildlife.

The different National Parks – *Tarangire, Lake Manyara and Ngorongoro* – may look close on a map, but there is a considerable amount of driving between each location. Approximate driving times are listed below. While this gives you the opportunity to see more of the Tanzania countryside – look out for Maasai villages beside the road, children tending their herds of goats and cattle, and road-side markets – you will not see any game during these transit times.

- Moshi to Lake Manyara - 4 hours
- Arusha to Tarangire - 2.5 hours
- Tarangire to Ngorongoro - 3 hours
- Ngorongoro to Serengeti - 4 hours
- Lake Manyara to Serengeti - 5 hours

LUGGAGE

Your luggage can be carried with you in your safari vehicle and stored at your accommodation.

Please keep all money, passport and valuables on your person at all times.

ON ARRIVAL

If you are going on safari prior to your climb, you will be met by our Kandoo team at Kilimanjaro Airport and transferred to your hotel. As you come through the arrivals doors, look out for your name board being held by one of our safari guides.

If you are going on safari after your climb, your safari guide and vehicle will meet you at the hotel on the morning of your safari. Timings for collection from the hotel will be confirmed at your post-climb briefing.

BUDGET & CHANGE

The **Tanzanian Shilling** is a closed currency so you will not be able to buy this before you arrive. You will need to use Tanzanian Shillings to pay for all local transactions. It is advisable to travel with US Dollars, and exchange these upon arrival. It is very important that US bills be new (no more than 10 years old), crisp and untorn. We can take you to an ATM or bank and there is also a currency exchange as you go through to the Baggage Collection area of the airport. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

Please note that not all hotels can accept card payments so you may need to use an ATM to access funds.

TIPS

We realize that tipping may not be a common practice in all countries but in Tanzania it is a **standard practise**. For your safari guide we recommend a tip of **US$15-30 per day** (this is per group, not per person.) Many of the safari lodges operate a shared tip system, and there will be a box in the reception area where you can leave a tip for all staff. Check the information packs in your room as some lodges will specifically ask you not to tip individual staff members. Tips are always discretionary and if you are not happy with the service you have received you do not have to pay tips.

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.

Local mandatory travel insurance

Please be aware that in September 2026, Tanzania announced that all foreign nationals arriving in the country will be required to take out mandatory local travel insurance. This new regulation will take effect from 1st October 2026.
The same measures were introduced for the island of Zanzibar in October 2024 and this has now been extended to cover the Tanzanian mainland. The cost of the new insurance requirement is USD $44.

Insurance can be purchased on arrival at all international airports. However, to save time on arrival, we recommend that travellers purchase their insurance in advance using the official link below:

https://inbound.nicinsurance.co.tz/

This is NOT a replacement for appropriate travel insurance that is a requirement of booking a trip with Kandoo Adventures, which must provide cover for your whole trip and the activities you will be taking part in.

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 Ciprofxin, 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.

MEDICATION

You will need a good insect repellent, preferably containing DEET, while you are safari. Depending on the individual product, you may need to carry it with you to re-apply during the day. While mosquitos may be most active at dawn and dusk, tsetse flies will be present throughout the day. All of the safari lodges we use are equipped with mosquito nets where necessary. Mosquitos are not found on the rim of the Ngorongoro Crater due to its elevation, so the lodges here do not have mosquito nets.It is always a good idea to carry a small first aid kit with pain killers, antihistamine, plasters, elasticated bandages and antiseptic cream.

EMERGENCY CONTACT

Put the telephone number for our office in Moshi into your phone +255 (0)6275 38215 or +255 (0) 6233 95369. These numbers can also be used to contact our team via WhatsApp If you have any queries regarding your safari arrangements while you are in Tanzania, give our office a call and they will liaise with your safari guide.

EQUIPMENT & CLOTHING

CLOTHING TO BRING

Wear something cool and comfortable, as you will be in the vehicle for several hours each day and it will be very warm in the parks, and on the drive between the parks. The vehicles are not air conditioned, although the pop-top will be open when you are in the parks. Avoid wearing dark blue or black, as these colours attract tsetse flies. And if you are staying in a lodge on the rim of the Ngorongoro Crater, include some warm clothing. The crater rim rises to an elevation of around 2200m, so it will be significantly cooler at your lodge in the evening and early morning.

EQUIPMENT TO BRING

The only equipment we ask you to bring is:

- Reusable water bottle / hydration pack - to reduce the excessive use of single use plastic bottles

These are some other items you may find useful:

- Binoculars
- Camera (with spare battery and memory card)
- Reference books for wildlife identification
- Small first aid kit
- Insect repellant

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.