



Mt Kilimanjaro Trek - Umbwe Route –20KUT8M

8 Days – Moshi to Moshi

Tour Departure Check into your hotel anytime on day 1.

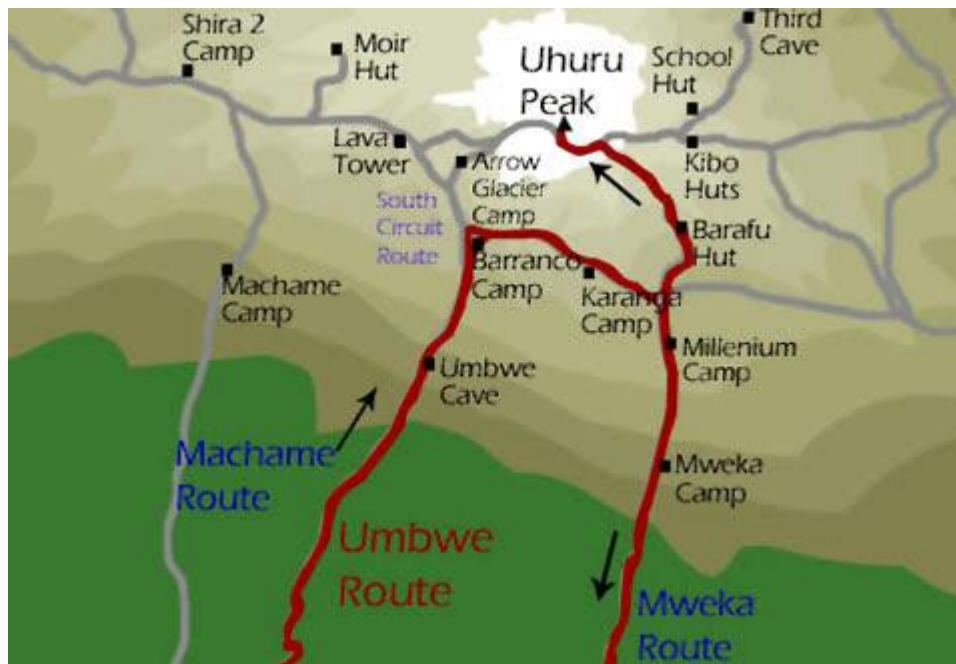
Trek Briefing Ask at Reception

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-recognized African image. A world heritage site, the whole mountain is designated a national park and Kilimanjaro National park covers an area of some 755 sq km, consisting of vast areas of montane forest with unique moorland flora and alpine desert higher altitudes

Climbing Kili is the adventure of a lifetime for many visitors to Tanzania. At the highest 'walkable' mountain in the world, the trek is not technically a 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 accessible from Arusha (1-2 hours 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 Umbwe Route

This Umbwe is the most spectacular and direct way to reach Uhuru Peak. This route became famous when it was featured in the dramatic IMAX film Kilimanjaro - To the Roof of Africa. On the Umbwe, you pass through strange landscapes as you climb through five climate zones ranging from rainforest to the summit's glaciers. The route follows a forested ridge to the moorlands, then traverses below the southern icefields to reach the Machame Route, which you follow to the summit. This steep, tough, and in places slightly exposed trek is suitable for a fit individual used to walking in mountain areas. Because of the route's steepness, it is seldom used, and trekking poles are useful on the steep, slippery slopes in the rainforest.

Whilst it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the tour and on occasion it may be necessary or desirable to make alterations to the published itinerary. Please therefore treat the following as a guide only.



Mt Kilimanjaro Trek - Umbwe Route –20KUT8M

Duration: 8 Days
Countries visited: Tanzania

Included Highlights:

Trek to Umbwe Camp
Trek to Barranco Camp
Trek to Karanga Camp
Trek to Barafu Camp
Trek Kilimanjaro Summit
Trek to Mweka Camp

Day 1:

Moshi: 915m

Today you are free to arrive in Moshi at any time. Check in at any time after 12 noon and relax for the remainder of the day. Your guide or other staff member will meet you in the hotel for a briefing about the trek (sometimes arranged for the morning on day 2), and at check-in to the hotel you will be told when this will be. In the meantime, settle in and explore Moshi. With a population of some 150,000, Moshi is home to the Chagga and Maasai peoples and is a typical Tanzanian town. There are markets to wander and a small array of cafes and restaurants from which you can watch Tanzanian 'life' go by. The town is situated on the southern slopes of Mt Kilimanjaro and on a clear day there are views of Kilimanjaro from some of its rooftop cafes.

Accommodation: Local Hotel

Meals included: Nil

Day 2:

Moshi to Umbwe Gate (1,800m) to Umbwe Camp (2,800m) 8 km, 5-7 hours

After breakfast and a briefing from your guide, we leave Moshi and drive from Moshi to Umbwe Village (1,490 m). It is at the Umbwe Gate where we start our gently winding ascent just above the village before reaching a signboard that announces the steeper Umbwe trail. Proceeding for several hours through a much denser forest of rubber trees and giant fig trees and roots and rocks that lay the path to Umbwe Camp.

Accommodation: Camping

Meals included: Breakfast, Lunch, Dinner

Day 3:

Umbwe Camp (2,800 m) to Barranco Camp (3,840 m) 12 km, 4-5 hours

Today we have an early breakfast before climbing steeply through forest glades, surrounded by the named Giant Erica & Heather trees. We'll reach the scarped ridge which may reward you with a cloudless view of Uhuru Peak looming overhead. After the lunch break, we trek up and onto the garden area home to the giant groundsels (Senecio Kilimanjaro) that 'guard the heights' and is one of Kilimanjaro's unique treasures. Barranco camp is situated in a valley below the Breach and Great Barranco Wall, creating otherworldly sunset views before dinner is served.

NOTE: If you are concerned about acclimatisation on the mountain, we recommend you take an extra day here. It is useful for resting or taking easy 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.

Accommodation: Camping

Meals included: Breakfast, Lunch, Dinner

Day 4:

Barranco Camp (3,900m) to Karanga Camp (4,200m) 7 km, 4 hours

This morning we continue up the steep ridge to the great Barranco Wall and climb to its top, coming out just below the Heim Glacier we can now appreciate the beauty of Kilimanjaro. 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. This is a shorter day but it is important for your acclimatization before the next couple of days. Take the afternoon at leisure or explore nearby before dinner is served.

Accommodation: Camping

Meals included: Breakfast, Lunch, Dinner



Mt Kilimanjaro Trek - Umbwe Route –20KUT8M

Day 5:

Karanga Camp (4,200m) to Barafu Camp (4,550m) 13 km, 8 hours

In the morning we hike east over interlocking ridges and valleys to join the Mweka Route. At this point all eyes are usually on the summit and turning left towards the mountain, we hike up a ridge for another hour to the Barafu Hut. The last water on this route is earlier in the day in the Karanga Valley – there is no water at Barafu Camp (even though Barafu is a Swahilli word for ‘ice’). The famous snows of Kilimanjaro are far above Barafu Camp near the summit. 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 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 and early night to get some rest before the summit climb in the early hours of the morning.

Accommodation: *Camping*

Meals included: *Breakfast, Lunch, Dinner*

Day 6:

Summit Day! Barafu Camp (4,550m) to Uhuru Peak (5,895m) to Mweka Camp (3,100m) 7 km up, 23 km down 8 hours up, 7-8 hours down

We rise around 11:30pm and after tea and biscuits embark on our final push to the summit. Our 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. At Stella Point (5685m) we stop for a short rest and the opportunity to view the sunrise, but not for too long as it is difficult to start again if you get too cold. From this point we join the top part of the Marangu Route and continue on the 2 hour trek to the summit. Depending on the season and current weather we may encounter snow on our remaining hike around the rim to Uhuru Peak (5895m).

On the summit you have time to enjoy the accomplishment - the roof of Africa! Enjoy the views of the surrounding plains as the

new day begins before beginning the descent. It is a 3-hour hike back to Barafu camp where after a rest we collect our gear and hike down a rock and scree path into moorland and eventually forest, finishing at Mweka Camp. This is in the upper forest, so it may be misty or wet in late afternoons. Dinner and washing water will be prepared and there is even a camp office that sells refreshments here – luxury!

Accommodation: *Camping*

Meals included: *Breakfast, Lunch, Dinner*

Day 7:

Mweka Camp (3,100m) to Mweka Gate (1,980m) to Moshi (890m) 15 km, 3 hours

Wake to breakfast before breaking camp to begin a short 3 hour hike on to the park gate at Mweka. It is on this day where you can tip your team and will receive your Summit certificates. Climbers who reached Stella Point are issued green certificates and those who reached Uhuru Peak receive gold certificates. We then make our way driving/walking (depending on how muddy the road may be) down to Mweka Village for a celebratory lunch. After saying goodbye to the team we drive from park gate back to Moshi – Springlands Hotel, where a hot shower and comfortable bed await you.

Accommodation: *Local Hotel*

Meals included: *Nil*

Day 8:

Moshi

Tour Ends. Arrangements end after breakfast. Depart for the airport or other destination in Tanzania.

Accommodation: *Nil*

Meals included: *Nil*

TOUR INFORMATION Africa is an adventure destination and travelling here is not always predictable so be prepared to “expect the unexpected” in difficulties or delays which might come our way! However, you’ll soon find that the diversity of the African landscape, the wildlife and the communities we pass on our way, make the sometimes-rough travel and long driving days worthwhile. Come with a sense of adventure and a flexible attitude and you will be sure to enjoy your Acacia overland tour across this amazing continent.

NB: Additional Acclimatization: You can add an extra day to your trek by staying at Barranco Camp for two nights. Then, you will hike to the Karanga Valley Camp on Day 5, the Barafu Camp on Day 6, summit on Day 7, and finish your descent on Day 8. Adding this day will ease your effort, and amplify your acclimatization.



Mt Kilimanjaro Trek - Umbwe Route –20KUT8M

TOUR STYLE	Short Safaris & Treks
WHAT'S INCLUDED	Tour highlights, national park fees, camping equipment, accommodation, meals as indicated, services of mountain(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 personal use.
SAFARI PASS:	This trek has a Safari Pass which is paid to your trek guide in Africa at the beginning of the tour (or pre-paid by arrangement prior to your tour). This is separate and in addition to the Tour Price, which is paid before travel, and is paid in the currency listed on the website (usually US dollars in clean, un-torn post 2008 edition notes). The Safari Pass covers park entries and some accommodation along the way where payment goes directly to the supplier. The purpose of the separate payment is to ensure local suppliers benefit directly from the income.
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.
TRANSPORT	Mini bus, foot
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.
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.

BOOKING INFORMATION

When you make a confirmed booking for your tour you will be sent your booking documents and a pre-departure booklet with detailed information to help you prepare for your trip. Once you have paid in full you will receive a Travel Voucher giving details of your joining hotel.

JOINING INFORMATION

This tour starts and finishes in Moshi. Arrive at any time on Day 1 to check into your hotel for that night. On the last day, arrangements end after breakfast.

Meeting/ End point in Moshi:	Springlands Hotel Pembo Road Pasua Area Moshi
Contact details:	Tel. +255 (0)27 275 0011 / +255 754 451 000 (call or whatsapp)
E-mail:	info@springlandshotel.com
Tour start time:	Any time on Day 1
Tour end time:	After breakfast on Day 8

PRE TOUR ACCOMMODATION

We would be happy to book pre-tour accommodation for you – please call or email us (or speak to your agent) with your arrival details and accommodation requirements. However please book early to avoid disappointment and the risk of having to find more expensive (or less convenient) lodgings.



Mt Kilimanjaro Trek - Umbwe Route –20KUT8M

These prices are a guide line only and are subject to change so please check with Acacia or your agent for current prices.

Description	Price (USD)	Description	Price (USD)
Moshi – Springlands Hotel		Moshi – Springlands Hotel	
Pre tour accommodation – Twin/ double pppn	\$45	Post tour accommodation – Twin/ double pppn	\$45
Pre tour accommodation – Single pppn	\$90	Post tour accommodation – Single pppn	\$90
PPPN = Per person per night			

Any additional accommodation can be arranged by Acacia, usually booked on a direct pay basis.

TAILOR YOUR TREK

Once you have decided which route you want to trek, you can then tailor your booking to your requirements. Our basic trek starts/finishes in Moshi, however if you feel that it is more cost effective to fly into Nairobi, in neighbouring Kenya, you can book one of the regular daily shuttles services to Moshi. If you also have time, we recommend that you select the extra acclimatisation day to increase your chances to reaching the summit. This must be selected at the time of booking and **cannot** be added whilst on the mountain.

To give you maximum flexibility on tour we offer these as an optional. To help budget, these prices are listed below (in US\$ unless otherwise stated)

TAILOR YOUR TREK	PRICE (USD)
TRANSFERS	
Shuttle transfer to Nairobi – Moshi or vice versa	\$ 60 -70(each way)
ACCLIMATISATION DAY	
Extra acclimatisation day	Please refer to our website for the acclimatisation day price
SAFARI OPTIONALS	
5 Day Serengeti/Ngorongoro Crater safari	Please refer to our website for the TWLS6 tour price
4 Day Zanzibar Island Getaway (ZIG4)	Please refer to our website for the ZIG4 tour price

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.

Please be aware that the areas visited on this tour are malarial. We strongly recommend your seeking professional medical advice for the appropriate anti-malarial tablets. Please also note that a **Yellow Fever** certificate is compulsory for this tour.

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

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

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



Mt Kilimanjaro Trek - Umbwe Route –20KUT8M

MONEY MATTERS

PERSONAL EXPENSES

Naturally you will require extra money for your own personal spending on the tour, for snacks, drinks, souvenirs, tips and items of a personal nature. Everybody has different spending habits but as a guideline we suggest you budget US\$15-30 per day. Also keep US\$ cash (Post 2008 edition notes) for relevant airport taxes and visas needed, optional activities and any additional accommodation before or after your tour.

- **Spending money** is best carried as cash in US dollars (Post 2008 edition notes), Sterling or Euro which you then exchange into local currency on arrival and as you go. Your guide can advise how and when you can change the rest of your money throughout the tour.
- **Currencies** are as follows: Tanzania Shilling
- **ATM machines** are found in Nairobi, Arusha, BUT please note they are sometimes unreliable and therefore we recommend you do not rely on them. Please remember that ATMs will only dispense local currency and will not provide you with US Dollars cash (and therefore cannot be used to draw your Local Payment).
- **Credit cards** can be used to pay for optional activities although charges may be high by western standards (+/- 5%). We recommend you bring your spending money in several different ways (some cash, some cards); your guide can best advice on what to use where.

TIPPING

Tips may vary depending on the length and complexity of the trip, the number of staffs on the trip and the number of clients on the trip. Generally, groups prefer to meet before the end of the trek to discuss how much they would like to tip each staff member based on their individual trek experience. You will be given an envelope at the Springlands Hotel after your trek for your tip money.

Tips should not be dependent on whether you summit or not, but rather whether your guides and porters were professional and had your best interests in mind.

If your guides and porters have not met your expectations, please inform our service desk at the Springlands Hotel immediately, and do not feel obligated to give a tip. If you have been pressed for a tip during your trek, please inform our service desk as well, as this is against company policy. You can use US dollars, Euros, TZ Shillings or a combination of these currencies to give tips.

NOTE Do not pay tips on the mountain nor should you pay for any extra services while you are on the mountain other than for the purpose of refreshments, (regularly available on the Marangu Route). It is also worth bearing in mind that items of clothing and footwear, used or new, are also highly valued and may be given as well as money. You are also welcomed to invite your guides back to the Springlands Hotel for drinks and/or dinner (on you) as a thank you in addition to their tip.

How Much Do I Tip My Guides and Porters?

It is customary to tip your mountain crew upon completion of your trip. The decision on how much to tip should not be determined based upon whether you reached the summit, but by how well the guides, cooks and porters served you while you were on the mountain. The standard tipping amounts are:

- Per Chief Guide: \$20- 25 Per day
- Per Assistant guide: \$15- 20 Per day
- Per Cook \$10- 15 Per day
- Per Porter: \$8-10 Per day

These figures are based on recommendations by the Mount Kilimanjaro Porters Society, an independent organization that advocates for the fair treatment of porters and is responsible for most of the improved working conditions of those who work on Mount Kilimanjaro.

- 1 climber: 1 guide, 3 porters, 1 cook
- 2 climbers: 1 guide, 6 porters, 1 extra assistance guide, 1 cook
- 3 climbers: 1 guide, 9 porters, 1 extra assistance guide, 1 cook
- 4 climbers: 2 guides, 9 porters, 1 extra assistance guide, 1 cook, 1 waiter



Mt Kilimanjaro Trek - Umbwe Route –20KUT8M

For groups more than 8:

For every 8 climbers: 1 extra assistant guide

For every 3 climbers: 1 waiter 2 porters per climber

- To avoid confusion, on the first day of your climb, please confirm with your guide the correct total number of staffs that you or your group have. Don't pay tips to any other persons.
- When you do the tipping at Springlands Hotel, please make sure the guide is accompanied by at least one other member of your crew to allow total transparency.

Each client should expect to tip between US\$250 – US\$ 350 for the entire climb

INSURANCE

It is a booking condition of Acacia that you have full trekking travel insurance (to the correct altitude) valid for the duration of your tour to cover you for medical, evacuation 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 refer to: <http://acacia-africa.com/travel-info> for more details.

In the UK the Foreign & Commonwealth Office (www.fco.gov.uk) issues free up to date travel advice for all countries visited on tour. Most other governments offer a similar service to citizens. We recommend you review this information before you book your tour. Naturally we welcome any questions you may have about security and safety on tour.

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 effect 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 these who do not succeed in reaching the summit fail due to the effect 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'. 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 day pack to a minimum
- Keep personal medicines with you always e.g. Asthma inhalers
- Try and keep your camera insulated – batteries will go flat in low temperatures
- A head torch/flash light is more convenient than a hand held from packing in dark tents and walking the final ascent in the dark. Bring extra batteries for the summit trek



Mt Kilimanjaro Trek - Umbwe Route –20KUT8M

- 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 acclimatisation on the mountain, we recommend you take an extra day on the mountain. This can be built into your 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 throughout to October. Low season is April – May and to a lesser degree in 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 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 are 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. Trekking gear can be rented locally – please enquire at time of booking to ensure availability. A power bank is useful to charge electronic devices.

NB KENYA PLASTIC BAG BAN - All forms of plastic carrier bags are banned in Kenya; including ‘Airport Duty Free’ plastic bags, airport security plastic bags for liquids, shopping bags, storage bags, zip-lock plastic bags. The strict ban applies to everyone and it is mandatory that you leave any form of plastic bag/s at your country of origin.

NB TANZANIA PLASTIC BAG BAN – Tanzania has a ban on single-use plastic. Prohibited items include single-use plastic carrier bags, shopping bags/packing plastic carrier bags. Ziplock bags and storage compartment bags (e.g toiletries) will be permitted as they are expected to remain in possession of traveller. We do however suggest that you leave these items behind in your country of origin.

ITEMS TO PACK	ITEMS TO PACK
DOCUMENTS	DOCUMENTS
Passport	Tanzania entrance visa
Yellow Fever certificate	Medical insurance, Travel insurance details
CLOTHING	CLOTHING
Jumper/Sweatshirt top	T-shirts
Waterproof jacket	Jeans / warm trousers
Waterproof trousers / lightweight breathable trousers	Warm jacket
Shorts (mid-thigh or longer)	Thermal Underwear
Gloves	Balaclava
Sunglasses	Woollen socks
Hiking boots	Light shoes / sandals for leisure time
Cap/Hat	Towel
Gaiters	Socks
EQUIPMENT	EQUIPMENT



Mt Kilimanjaro Trek - Umbwe Route –20KUT8M

Sleeping Bag	Day pack
Water bottle & insulated water bottle	Toilet paper
Torch and extra batteries	Pocket knife
Walking poles	Power Bank
FOOD	FOOD
Energy drinks	Energy snacks
Sweets, nuts, chocolate	Spices for bland food
PHOTOGRAPHIC	PHOTOGRAPHIC
Camera	Camera Lenses
Spare batteries/memory card or film	Lightweight Binoculars
FIRST AID/MEDICAL KIT	FIRST AID/MEDICAL KIT
Aspirin	Assorted plasters
Sun protection	Anti-Malarial tablets
Insect repellent	Anti-inflammatory tablets/salve
Water purification tablets	Antiseptic cream, Lip salve,
bandages	Adhesive tape
Throat Lozenges	Altitude medication
PERSONAL ITEMS	PERSONAL ITEMS
Toothbrush and paste	Glasses (if necessary)
soap	Matches
Brush	Wet wipes
MISCELLANEOUS	MISCELLANEOUS
Pens, sweets for village children	Playing cards, book
Note book / journal	Small alarm clock
Plastic Bags	Swimsuit for hotel pool

Responsible Travel

We strongly 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 camping/ accommodation 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.

Contact Us

UNITED KINGDOM

Lower Ground Floor
23A Craven Terrace
Lancaster Gate
London
W2 4DQ
T: +44 (0) 20 7706 4700
F: +44 (0) 20 7706 4686
E: info@acacia-africa.com

SOUTH AFRICA

PO Box 27632
Rhine Road
Cape Town
8051
South Africa
T: +27 (0) 21 556 1157
F: +27 (0) 21 557 5983
Skype: acacia-reservations

Get Connected

WIFI on tour:

While WIFI is becoming more common in some areas of Africa we cannot guarantee the speed, cost or reliability during your tour.



Mt Kilimanjaro Trek - Umbwe Route –20KUT8M

Join our Facebook group www.facebook.com/AcaciaAfrica and get connected with other Acacia travellers, check out the pictures, videos and feedback from their tours and meet up with other people booked on your tour

Upload your travel stories to Acacia Live: www.acacialive.com

Find us on Instagram #acaciaafrica and tag us in your amazing travel photographs!

Follow us on twitter @AcaciaAfrica and get the latest buzz. Got a question? Ask us on twitter! Or tag us at #AcaciasAfrica

Follow our blog at <http://acacia-africa.com/blog> and get regular updates from our crew on the road as well as other Acacia Travellers

Don't forget to sign up to our newsletter to get regular updates and special offers www.acacia-africa.com

For information on our Adventure Camping and Accommodated Tours, Small Group Safaris, Signature Tours & Safaris (South Africa), Short Safaris & Treks, Short Breaks & City Stays and our Tailor-Made Travel, please visit www.acacia-africa.com