













**Kakasii and Brenda
Kimaro**



A portrait of Festo Mtui, a man with short dark hair, wearing a blue and white checkered button-down shirt. He is smiling slightly and pointing his right index finger upwards. The background is a blurred green field.

*"Every single step
gets you there."*

--Festo Mtui, TCS Mountain Guide



TANZANIA
CHOICE
SAFARIS

Festo Mtui

"Big Boss"



"Don't focus on the entire mountain. Take it one step at a time because every single step gets you there."

Festo Mtui

Itinerary

Tuesday, Feb. 5 – Fly MSP to Amsterdam to
Kilimanjaro (JRO)

- 2 x 8 hour flights



Wednesday, Feb. 6 – Arrive at JRO

- Camp at Kimaro Shamba

Thursday, Feb. 7:

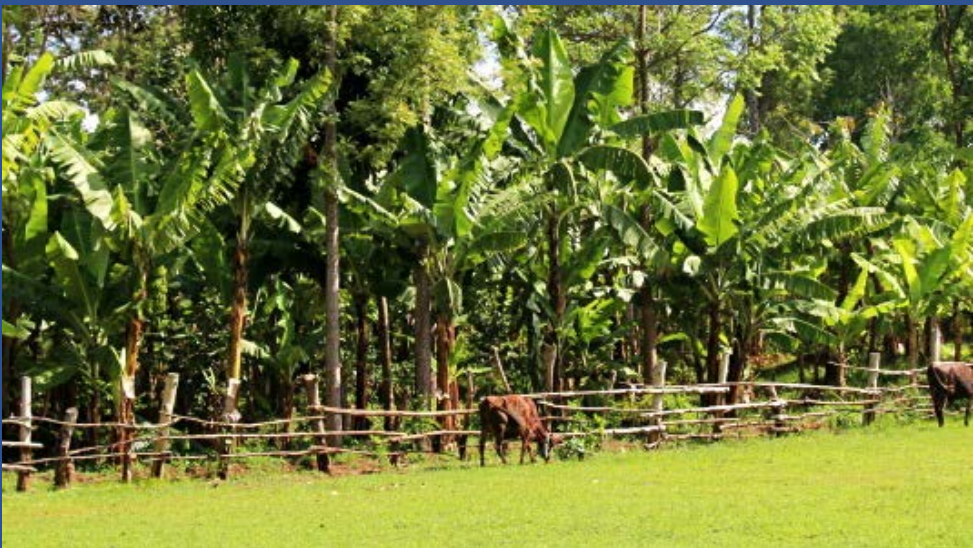
- Acclimatization (3,500')

- Guide briefing

- Gear check

- Camp overnight at Kimaro Shamba (“Farm”)





Kimaro Shamba ("Farm")





Lemosho Route – 8 Days

Friday – Drive 3-4 hours to trail head; Register
- hike 4 miles; 6,000' to 8,700'

Saturday – 5 miles: 8,700' to 11,500'

Sunday – 5 miles: 11,500' to 12,600'

Monday – 5 miles: 12,600' to 13,000'

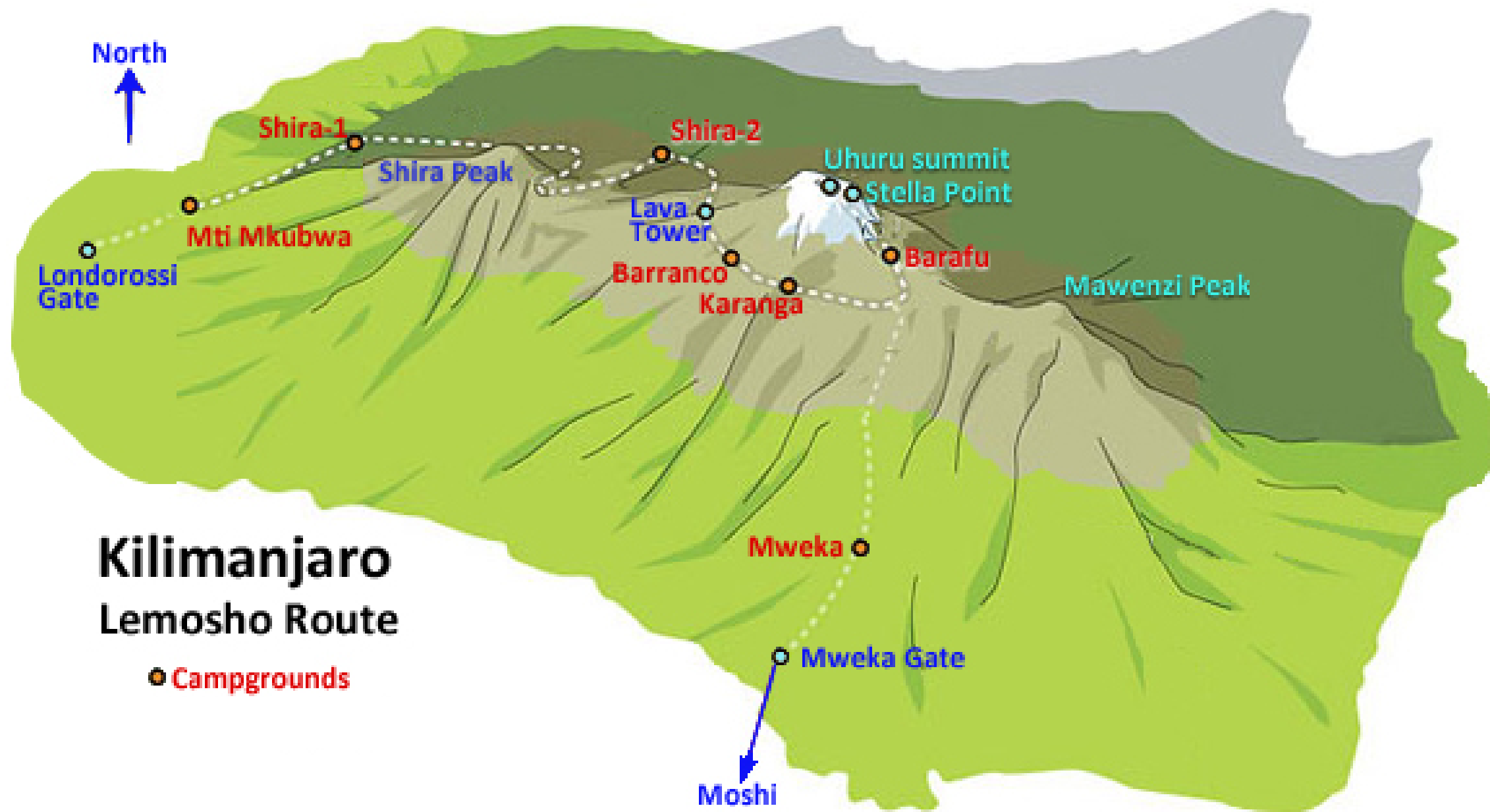
Tuesday – 3 miles: 13,000' to 13,250'

Wednesday – 2 miles: 13,250' to 15,350'

Thursday – Summit Day: 15,350' to 19,341'
- 3 miles up 8 miles down

Friday – 6 miles: 10,500' to 5,500'





Daily Rhythm

6:30am – Wake up

7:30am – Breakfast

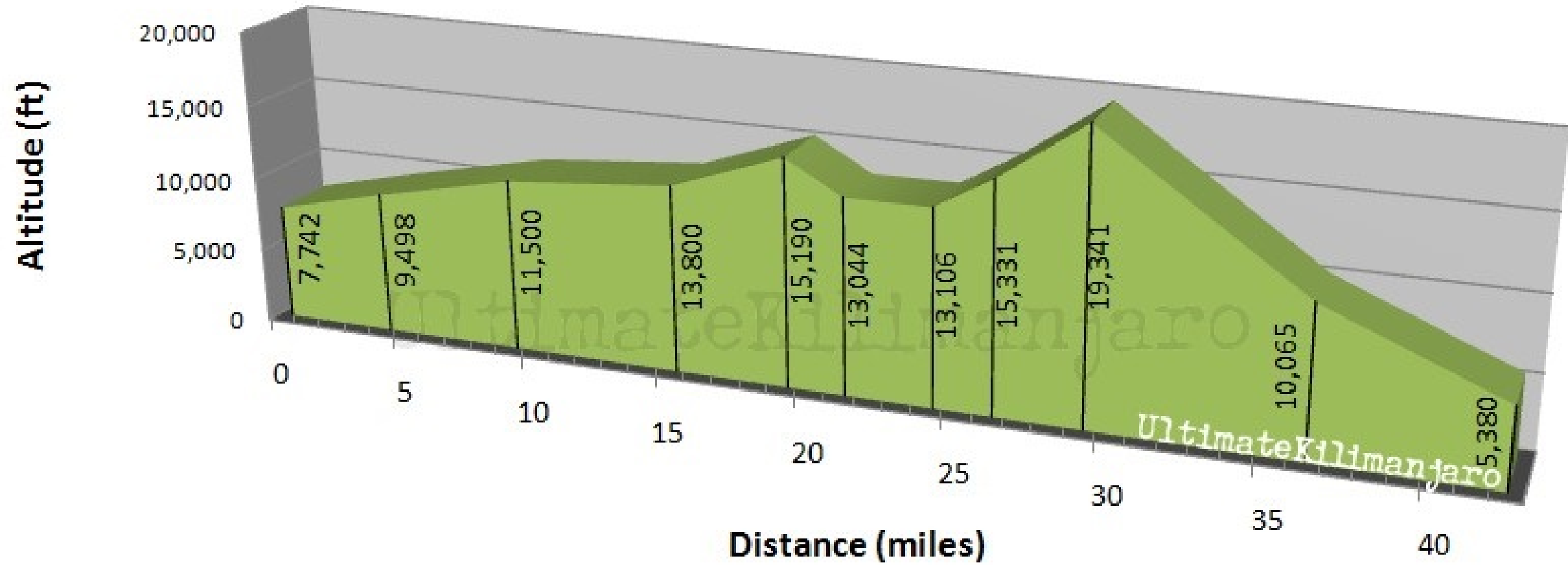
8 – 8:30am – Start hiking

12 – Lunch (either at camp
or on the trail)

- Porters will have tents set-up and our gear in our tents
- Some days we will hike high and camp low
- Optional afternoon walking



Lemosho Route



	Londorossi Gate	Mti Mkubwa	Shira 1 Camp	Moir Hut	Lava Tower	Barranco Camp	Karanga Camp	Barafu Camp	Uhuru Peak	Mweka Camp	Mweka Gate
	0	4	9	16	20	22	25	27	30	37	43
■ Altitude (ft)	7,742	9,498	11,500	13,800	15,190	13,044	13,106	15,331	19,341	10,065	5,380

Itinerary

Friday, Feb. 15

- Hike out and finish the trek
- Overnight at a Weru Weru lodge
- Tour group arrives

Saturday, Feb. 16

- Hikers have a free day
- Evening flight out
-

Sunday, Feb. 17

- Return to Minneapolis



Weru Weru River Lodge

Equipment



Day Pack

- Drinking water
- Rain gear
- Extra layer
- Camera
- Personal items
- Rain cover
- 20- 30L pack



Backpack or Duffel

- Carried by a porter
- Park regulations limit porters to carrying 15 kilograms (about 33 pounds)
- Be careful not to overpack
- Rain cover



Rental Equipment Available

MOUNTAIN GEAR RENTAL

ITEM	RENTAL PRICE
All-Weather Sleeping Bag	\$20 USD per bag
Leg Gaiters	\$10 USD per pair
Trekking Poles	\$10 USD per pair
Waterproof Pants	\$15 USD per pair
Waterproof Jacket	\$15 USD per jacket
Down Jacket/Parka	\$15 USD per parka
Warm Pants	\$15 USD per pair
Gloves	\$10 USD per pair



Packing/Equipment List

- Rental equipment is available
- BYO sleeping bag liner
- Air mattresses are provided
- Water filtration is provided
- Bring high calorie snacks for the trail
- Pack out TP used on the trail



Latrines

- Public drop-toilets in the camping areas
- Private toilet-tents will be available for our group
- Pack out TP used on the trail



Medications

Anti-malaria meds

- Travel Clinic or your family physician

Ciprofloxacin (AKA, Cipro)

- Anti-biotic
- Check with your physician for a prescription



Diamox or not Diamox?

Acetazolamide

Can **decrease** headache, tiredness, nausea, dizziness, and shortness of breath that can occur when you climb quickly to high altitudes (Web MD).

It's a diuretic – increasing heart and breathing rates, increasing the amount of alkali (bicarbonate) excreted in the urine, making the blood more acidic. Acidifying the blood drives the ventilation, which is the cornerstone of acclimatization.

- **Personal choice – talk to your doctor**
- **Oxygen will be available for emergencies**
- **Fingertip oximeter available**
- **Staying hydrated is VERY IMPORTANT**
- **If you have to hike out...if you have a hiking buddy with your partner)**

Meals

Breakfast: Tea, coffee, oats (porridge), fruit, toast, omelet, sausage

Lunch: Fruits, chicken, sandwich, soup, tea

Dinner: Stew, Beef Stew, fish (early in the trip), soup, bread, vegetables, pasta, rice, potatoes (dependent on the cook's menu)

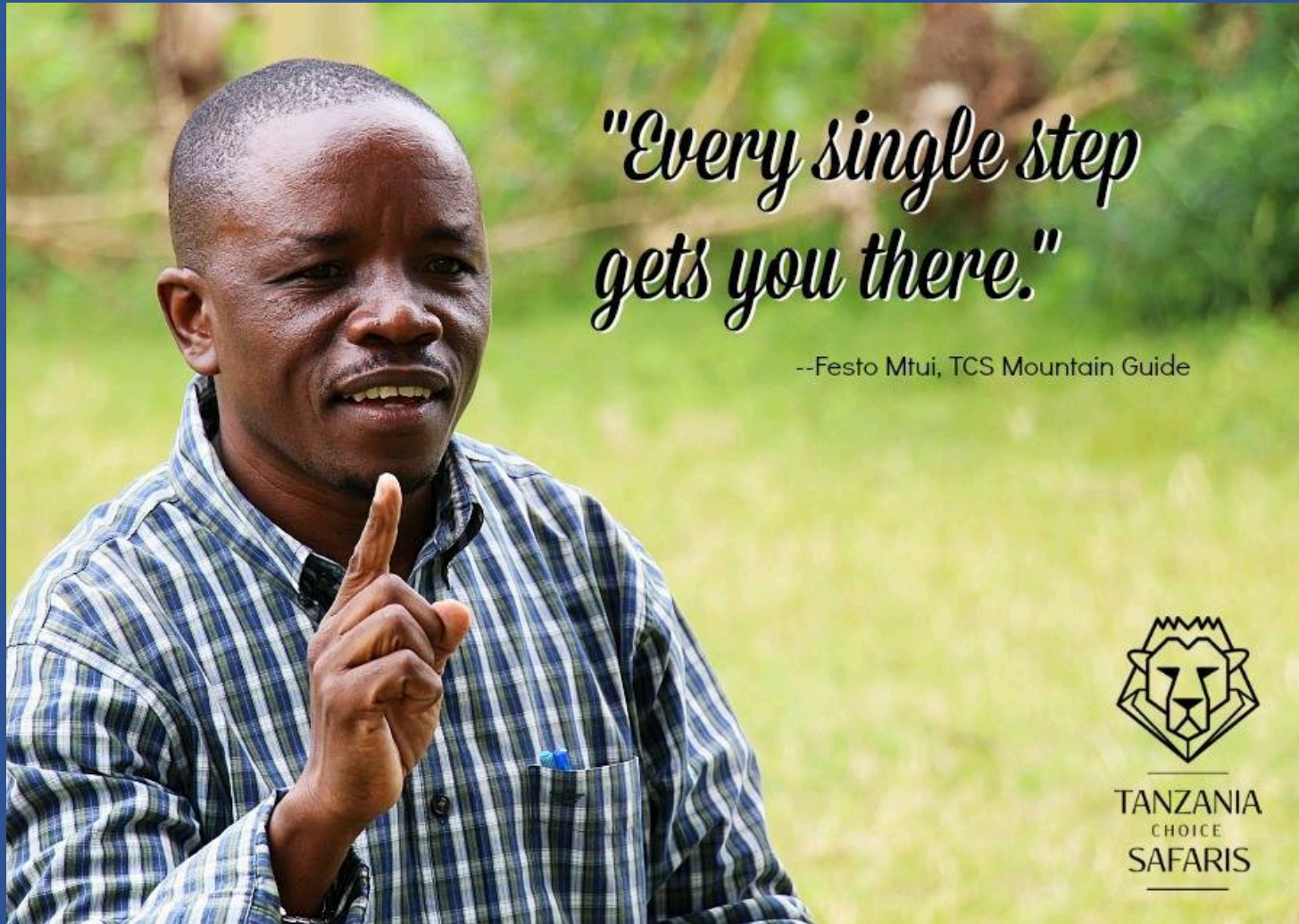
*Let us know if you have allergies or special menu needs and they will plan accordingly.



Physical preparation

- Cardio
- Core
- Quads (rapid descent)
- Practice hike
- Wear your equipment





Festo Mtui

- Schedule a time to Skype for virtual coaching

Ask your questions and hear straight from the expert!

"Don't focus on the entire mountain. Take it one step at a time because every single step gets you there."

Cost

NO. OF CLIMBERS	PRICE PER CLIMBER
8-9	\$2,730 USD
10-11	\$2,690 USD
12+	\$2,590 USD
Single Supplement: \$125 USD	

25 people maximum

- Visa - \$100
- Travel Insurance
- Tips





Tips

Tipping recommendations from the trekking group (not per climber):

- Guides: \$20-25/day
- Assistant Guides: \$15-20/day
- Cook: \$10-15/day
- Toilet Tent attendant
- Porter: \$7-10/day (one or two of your porters will be assigned additional duties in serving you and should be tipped about \$2 per day more than the others—your guide can assist you in organizing the porter tips accordingly)

We will be informed of our crew size prior to the climb so that we can prepare our tips beforehand.

Tipping can be done in US Dollars or Tanzanian Shillings

Payment Schedule

Deposit: \$500 (Non-refundable)

25 people maximum

September 30: Additional \$2,000

November 30: Final Balance





Flights

Chapin Hall

Q & A





Taste of Tanzania

Health, Hope & Habitat



**Kakasii and Brenda
Kimaro**



Itinerary

Thursday, Feb. 14 – Fly MSP to Amsterdam to
Kilimanjaro (JRO)

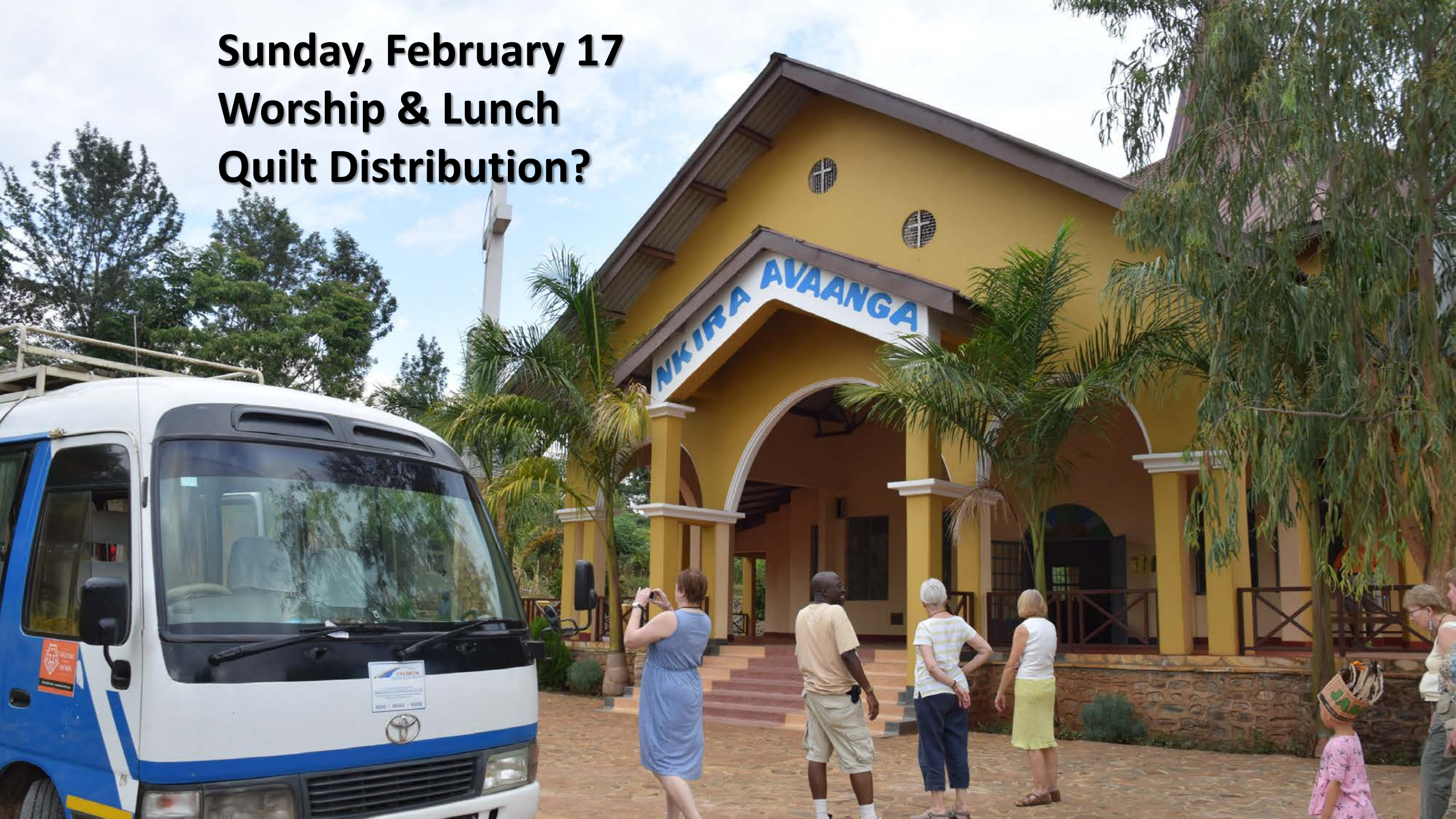
- 2 x 8 hour flights



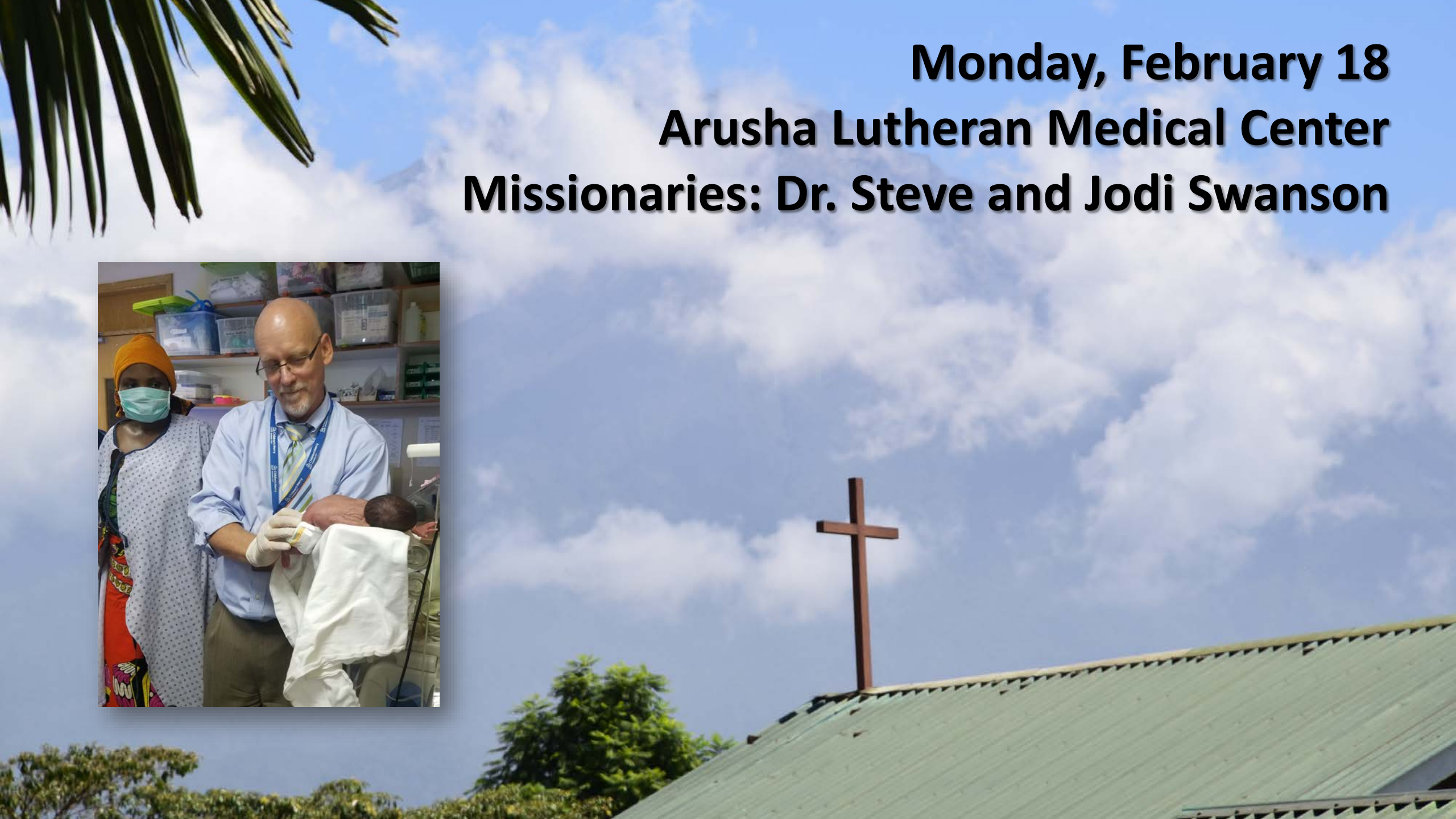
Saturday, February 16
Kimaro Shamba (Farm)
Market Tour
Chagga Meal

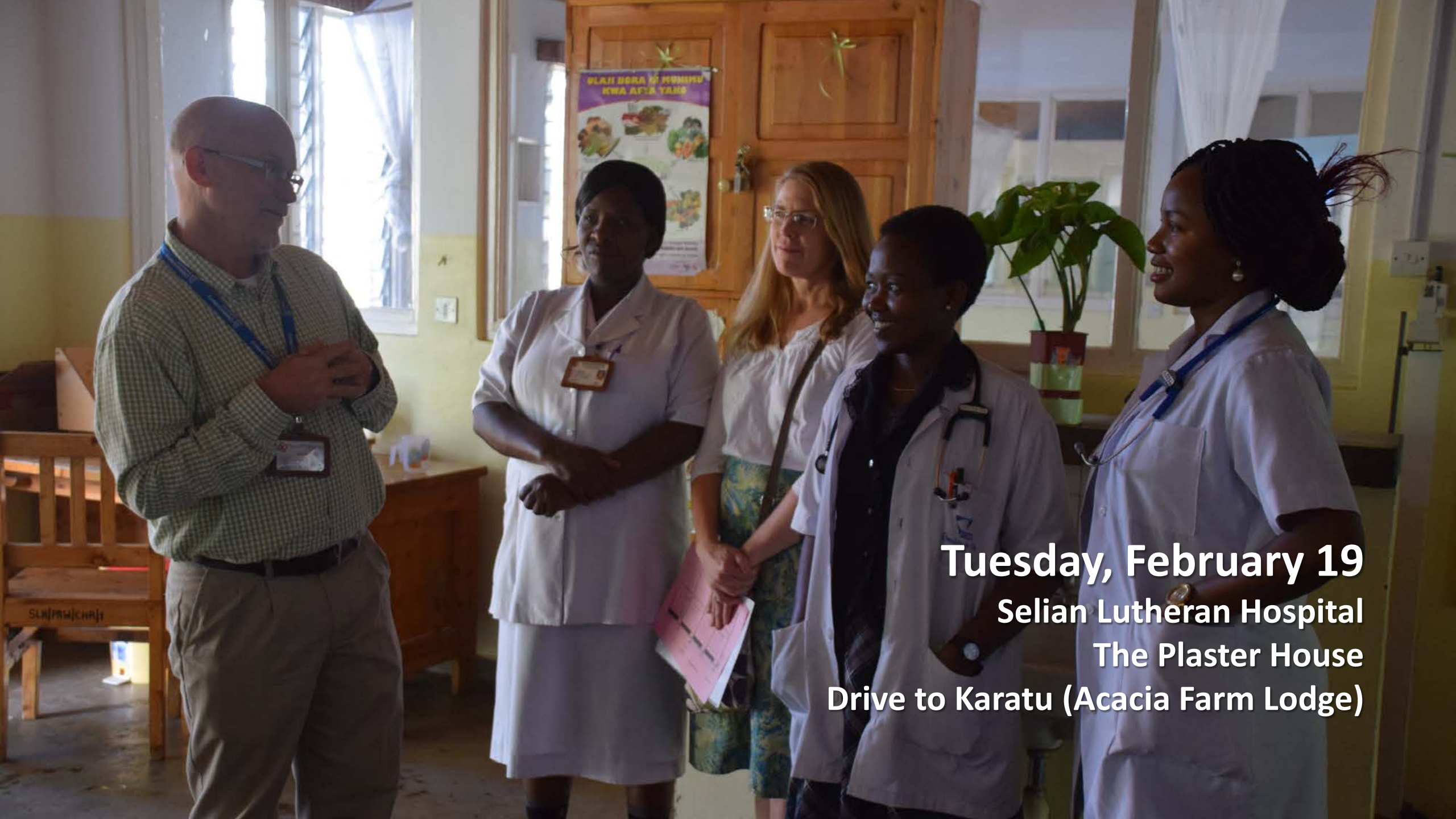


Sunday, February 17
Worship & Lunch
Quilt Distribution?



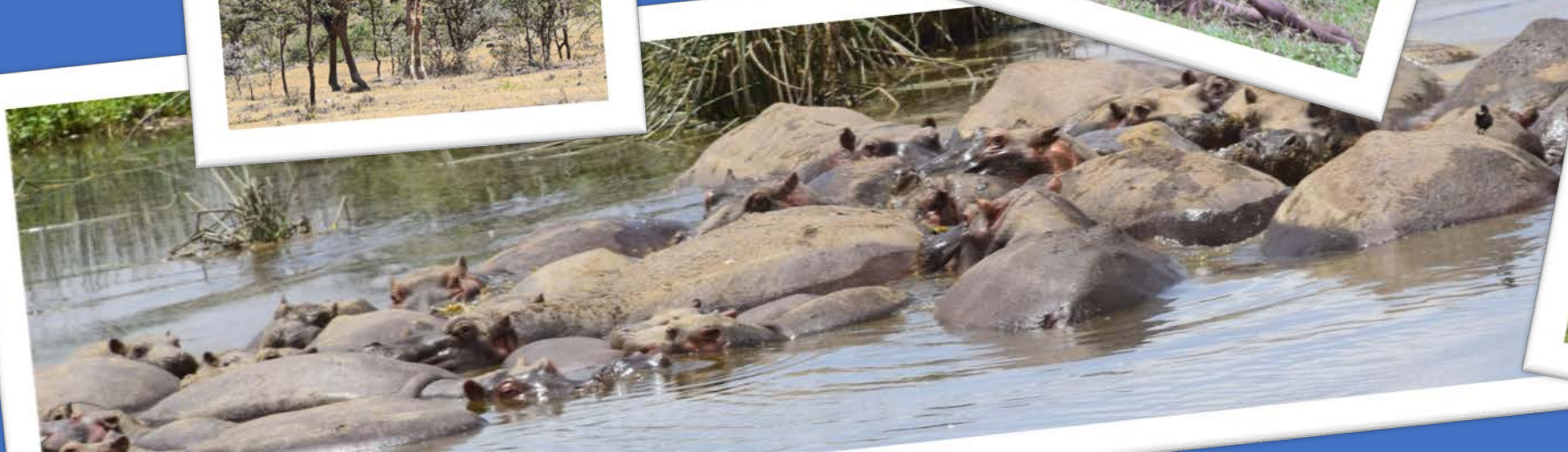
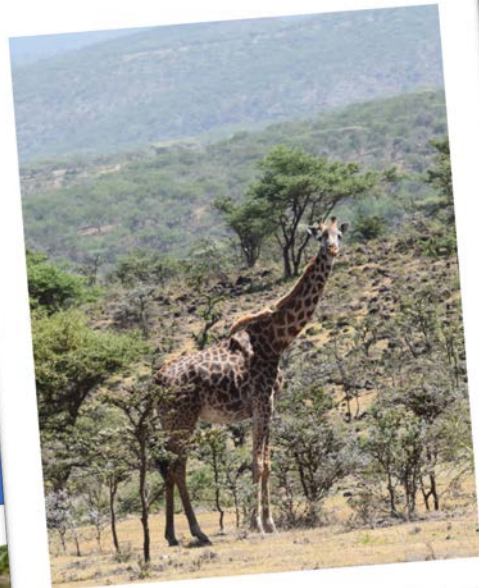
Monday, February 18
Arusha Lutheran Medical Center
Missionaries: Dr. Steve and Jodi Swanson





Tuesday, February 19
Selian Lutheran Hospital
The Plaster House
Drive to Karatu (Acacia Farm Lodge)

**Wednesday
February 20**
Ngorongoro
Conservation Area





Thursday, February 21
MaaSae Girls Lutheran School



Friday, February 22
Shanga Workshop
ELCA Regional Representatives
Late flight out

Medications

Anti-malaria meds

- Travel Clinic or your family physician

Ciprofloxacin (Cipro)

- Anti-biotic
- Check with your physician for a prescription



Taste of Tanzania

Double occupancy: \$1,600

Single occupancy: \$1,900

Tips: Included in the cost

Airfare: \$2,000 (approx.)

Visa: \$100 (plus photos and registered mail)

Travel Insurance: Personal Choice



Payment Schedule

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