ENCOUNTERS TRAVEL

Your passport to adventure

Classic Kilimanjaro Trek

COUNTRY(IES)	Tanzania
TOUR TYPE	Small Group
TRANSPORT	A/C minibus/car
GROUP SIZE	Min: 2 | Max: 12
DURATION	8 days
STARTS	Moshi, Tanzania
ENDS	Moshi, Tanzania
MEALS	Breakfasts - 7, Lunches - 6, Dinners - 5

TOUR ROUTE MAP **8 Days**



ROUTE: **Moshi Urban** (Start) → **Mandara Huts** → **Horombo Huts** → **Gilman S Point** → **Horombo Huts** → **Moshi Urban** (End)

HIGHLIGHTS

Climbing Kilimanjaro, the highest mountain in Africa!

Itinerary

DAY 1 Arrive Moshi, optional transfer to hotel

Enjoy a relaxed introduction to Moshi with time to settle into the town before the main activities begin. The foothill setting beneath Kilimanjaro, local streets and everyday atmosphere provide the backdrop for an unstructured period at your own pace. Later, attend a pre-departure briefing and receive practical information about the plans ahead, combining useful preparation with time to rest after arrival.

ACTIVITIES

- **Free Time in Moshi**
  Enjoy some time to relax at your Moshi hotel after arrival and settle in before the trek begins. You can rest, explore the town or prepare your gear for the days ahead.
- **Pre in Departure Briefing – Moshi**
  Meet your local representative in Moshi for a detailed briefing on the Kilimanjaro trek. Your guide will review the route, safety information and what to expect over the coming days.

OVERNIGHT	MEALS	EXTRAS
Moshi hotel	None	Single room supplement (TATMCK)

DAY 2 Kilimanjaro National Park, Mandara Hut (2,700m)

Transfer from Moshi to Marangu Gate and begin the first walking stage of the Kilimanjaro ascent. The trail climbs through rainforest towards Mandara Hut, with dense vegetation and shaded paths dominating the surroundings. The day establishes the pace of the Marangu Route and marks the change from the settled foothills around Moshi to the protected mountain environment.

ACTIVITIES

- **Drive from Moshi to Marangu Gate**
  Travel from Moshi to Marangu Gate on the eastern side of Mount Kilimanjaro to begin your trek. The drive takes you from town into the lush lower slopes of the mountain.
- **Hike from Marangu Gate to Mandara Hut**
  Hike through dense rainforest from Marangu Gate to Mandara Hut at around 2,700 meters. The trail is about 7 km and offers rich vegetation and the chance to spot birds and monkeys.

OVERNIGHT	MEALS
Mandara Hut	Breakfast,Lunch,Dinner

DAY 3 Kilimanjaro National Park, Horombo Hut (3,700m)

Trek from Mandara Hut to Horombo Hut and move beyond the rainforest into Kilimanjaro’s moorland zone. Vegetation becomes lower and the landscape opens considerably as elevation increases, revealing a more expansive mountain environment. The stage is focused on steady ascent and adjustment to altitude, bringing you to Horombo Hut for the next part of the Marangu Route.

ACTIVITIES

- **Hike from Mandara Hut to Horombo Hut**
  Climb steadily from Mandara Hut up through forest and moorland to Horombo Hut at 3,700 meters. Along the way you pass unique high-altitude plants and enjoy views of Mawenzi peak.

OVERNIGHT	MEALS
Horombo Hut	Breakfast,Lunch,Dinner

DAY 4 Horombo Acclimatisation Day

Remain at Horombo Hut for an acclimatisation day designed to support the gradual adjustment to altitude. The schedule combines rest with shorter walks in the surrounding area, allowing climbers to stay active without making a major gain in elevation. Moorland vegetation and volcanic scenery dominate the surroundings, while the reduced pace provides valuable recovery time before the next demanding stage of the Kilimanjaro climb.

ACTIVITIES

- **Horombo Acclimatisation Day Activity**
  Spend an extra day at Horombo Hut to help your body acclimatise to the altitude. You can take a acclimatisation hike towards Mawenzi or rest around camp, following your guides' advice.

OVERNIGHT	MEALS
Horombo Hut	Breakfast,Lunch,Dinner

DAY 5 Kilimanjaro National Park, Kibo Hut (4,700m)

Leave Horombo Hut and trek towards Kibo Hut through increasingly barren high-altitude terrain. The landscape changes from moorland to alpine desert, with sparse vegetation and wide volcanic slopes surrounding the trail. Arrival at Kibo places you at the base of the summit cone and completes the final approach stage before the much more demanding ascent towards Gillman’s Point and Uhuru Peak.

ACTIVITIES

- **Hike from Horombo Hut to Kibo Hut**
  Trek from Horombo Hut across alpine heath and the wide saddle between Mawenzi and Kibo to reach Kibo Hut at about 4,700 meters. The terrain is more barren here and the air noticeably thinner.

OVERNIGHT	MEALS
Kibo Hut	Breakfast,Lunch,Dinner

DAY 6 Kilimanjaro National Park, Uhuru Peak (Summit 5,895m)

Set out from Kibo Hut in darkness for the high-altitude climb to Gillman’s Point and onwards to Uhuru Peak. The ascent is physically demanding and takes place on steep, exposed terrain where altitude is a major factor. After the summit, retrace the path to Kibo and then descend further to Horombo Hut, completing a very long trekking day that moves from Kilimanjaro’s highest point back into lower and more comfortable elevations.

ACTIVITIES

- **Hike from Kibo Hut to Gillman's Point → Uhuru Peak → Kibo Hut**
  Begin your summit attempt in the early hours, climbing from Kibo Hut to Gillman's Point on the crater rim and

on to Uhuru Peak at 5,895 meters. After celebrating at the summit you descend back to Kibo Hut for a well-earned meal and rest.

- **Hike from Kibo Hut to Horombo Hut**
  Continue your descent from Kibo Hut down the mountain to Horombo Hut. The lower altitude and easier going make this section feel much quicker than the climb up.

OVERNIGHT	MEALS
Horombo Hut	Breakfast,Lunch,Dinner

DAY 7 Kilimanjaro National Park, Moshi

Leave Horombo Hut and follow the Marangu Route downhill through moorland and rainforest towards Mandara Hut and the park gate. The long descent retraces familiar terrain but feels very different as vegetation thickens and altitude eases. Once at Marangu Gate, complete the walking portion of the climb and transfer to Moshi, bringing the Kilimanjaro trek to a practical and well-earned finish.

ACTIVITIES

- **Hike from Horombo Hut to Mandara Hut → Marangu Gate**
  Descend from Horombo Hut through moorland and forest via Mandara Hut to Marangu Gate. Here you sign out of the park and can collect your summit certificate if you reached the top.
- **Drive from Marangu Gate to Moshi**
  Drive from Marangu Gate back to Moshi for a hot shower and a comfortable hotel bed. This marks the end of your time on the mountain and a chance to rest properly.

OVERNIGHT	MEALS
Moshi hotel	Breakfast,Lunch

DAY 8 Moshi, optional departure transfer

Spend your final time in Moshi at a relaxed pace before leaving the Kilimanjaro foothills. The quieter town atmosphere provides a final contrast to the physical demands of the mountain experience and gives you space to recover after the trek. With no further organised sightseeing planned, use the remaining hours for rest, packing and your own preparations before continuing with your onward journey.

ACTIVITIES

- **Free Time in Moshi**
  Enjoy some time to relax at your Moshi hotel after arrival and settle in before the trek begins. You can rest, explore the town or prepare your gear for the days ahead.
- **Tour Ends in Moshi**
  Enjoy breakfast at your Moshi hotel before the tour officially ends. Your time is free until you continue with your

onward travel plans or an optional transfer to the airport.

OVERNIGHT	MEALS
N/A	Breakfast

INCLUDED

- 7 night's accommodation
- All transport and transfers
- Services of a local mountain guide, porters and trek crew
- Kilimanjaro park, rescue and camping fees
- Flying doctor insurance cover
- Meals: 7 breakfasts, 6 lunches and 5 dinners
- Coffee and tea

EXCLUDED

- International flights (available on request)
- Visas
- Airport arrival and departure transfers
- Travel insurance (compulsory, get a quote here)
- Meals not indicated in the itinerary
- Drinks, snacks, tips and other personal expenses (e.g. laundry)
- Equipment hire
- Tips for guides and porters (these come to a substantial amount, please see the tour notes for details)
- Any other items not mentioned above

Tour Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements , full details are given on the tour reservation form or on request.

No additional options available for this tour.

Important Notes

1 Accommodation

- **Hotels in Moshi**

  We use a comfortable tourist class hotel in Moshi - this is normally the Springlands Hotel

- **Trekking with 'huts'**

  On this tour we trek the Marangu Route which is the easiest and shortest route to the summit. This is also the only route with the comforts of sleeping huts at every camp site with solar lights and comfortable beds. The huts are communal, and the bunks have a sponge mattress and a pillow. There are 60 beds at both Mandara and Kibo Huts and 120 beds at Horombo Hut. Bathrooms and running water are available at the two lower huts. Mens' and ladies' latrines are available at the last camp which are basic. All climbing groups, often from several countries around the world, share meals in dining huts providing a jovial and energetic atmosphere. Soft drinks, bottled water, and beer are for sale at the huts. Bring small Tanzanian bills to purchase these items (prices do tend increase with elevation).

---

2 Transfers

Airport transfers are not included in the price of this trip, but are available to book as an optional extra. Please contact us for details.

If you have booked an airport transfer with us, on arrival please look out for signboard with your name showing to find our representative. You may be pestered for tips by porters who try to carry your luggage. We suggest you either be firm and insist on carrying your own luggage, or if you want assistance, wait until you have met our representative and then let him arrange the porter for you. You will need to have some money ready for a small tip (eg. a single US Dollar bill).

---

3 International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don’t include your international flights in the main tour price. We are however very happy to book your flights for you, and our ATOL (UK flight sales license) covers all holidays booked together with a flight from the UK.

Please contact us with your preferred dates and departure airport and we’ll give you a selection of airlines, times and fares to choose from. Your airport arrival & departure transfers are included on the first and last days of the tour whether you book your flights independently or through us. This tour starts and ends at Kilimanjaro International Airport and this is where you should book your flights to.

---

4 Tipping on Kilimanjaro

It is customary tip the guides and porters on the Kilimanjaro Trek and it is important to understand that this is an essential part of the porters, cooks, drivers and guides income - though we do pay their basic wages of course. They work very hard to provide the best possible services. Suggested amounts are given in our tips guide below.

Note that this is the total amount to be given by each group (not per climber). The staff used on a Kilimanjaro climb are typically:

1 guide per group of 8, 1 assitant guide per 4, 1 cook per 8, Porters (per person) - 2 for Marangu route, 3 for Machame, Umbwe, Rongai routes, and 4 on the Lemosho route.

The following are daily amounts (in US Dollars) the group as a whole is recommended to pay per staff member :

Porters - $8-10

Head Guide - $20-25

Assistant Guide - $15-20

Cook - $10-15

This system works best because the alternative is to add these amounts to the tour price which would result in large groups paying considerably more than necessary for the trek. So the current system is actually the fairest and cheapest way for climbers.

---

5 What to take

Luggage: Whatever you're doing in Africa, you'll find that large rigid wheeled suitcases are cumbersome - you may be able to wheel them inside the airport and your hotel, but due to the condition of roads and pavements that's often about it. As many of our tours involve a degree of adventurous activity, we strongly advise you to bring a more practical bag for these i.e. a rucksack or holdall. These are easier for both your porters, and yourself to carry around. Suitcases are OK for our cultural tours in Africa though, but please aim to bring small or medium sized ones rather than very large. If you are trekking or doing a lot of travel throughout the country, then as little as possible is the basic message. A rucksack or holdall (50-70 liter approx.) for your main luggage, and a daypack for you to use during the day should be plenty. While trekking your porters will carry your main luggage, leaving you with just a daypack with things you'll need during the day. You can also leave some luggage locked safely in the pre-trek hotel if you wish. We recommend that couples plan to leave one main bag behind, and pool their remaining luggage in their other bag for the porter to carry.

Luggage limits: Most international airlines allow 20-23kg per person of hold luggage. Domestic flights often have smaller allowances around 15kg. As airline rules vary we recommend that you take no more than 20kg of luggage if your tour just includes international flights, and no more than 15kg if there are any domestic flights included in your itinerary. Please ask us for details if you are unsure. Any excess baggage fees will be your responsibility to cover. Most airlines allow between 5kg and 10kg for hand luggage so we suggest that you take no more than 5kg unless you have confirmed that your airline(s) will allow more than this.

If you are trekking with us, we ask that you keep the weight of your main bag that the porter will carry to a maximum of 12.5kg. This then allows the porter to carry up to 2 bags, and a maximum of 25kg.

What to Pack: Essential items we recommend on this trek as as shown below:

- Warm underwear
- Warm socks
- Gloves and warm hat

- Raincoat
- Sunglasses- Sun protection
- Boots/Walkers/Climbers Shoes
- Walking Pole(s)
- Sleeping Bag
- Water purification tablets
- Torch and Batteries
- Toilet Paper
- 2 Water bottles
- Wash kit and towel
- First Aid Kit (ie. blister plasters, headache tablets, lip balm, personal medication)

A huge variety of cheap trekking gear is available close to the base hotel and buying or renting some here can save you carrying it with you, and support the local economy. However, you should definitely bring your own walking boots which have been well bedded in to avoid blisters.

Day Packs and Main luggage: You will want a sturdy and comfortable daypack to carry your day-to-day items with you while you are walking (clothes you may change in and out of regularly, drinks, snacks, camera). You will also need a sturdy holdall or backpack for your main luggage. Your porters will carry this for you, so suitcases are not appropriate. They may leave earlier than you, and may not walk with you throughout the entire day, so bear in mind that you won't have access to this luggage all the time - you need to ensure you are carrying everything you require during the days walk in your daypack. You can leave luggage behind in storage at your hotel so you don't need to take everything with you on the trek.

---

6 Meals on trek

On this tour we include breakfast only whilst in Moshi, however whilst on the trek you'll be provided with 3 meals per day which will be prepared by our cook. During meals tea and coffe will be included however soft drinks, mineral water and alcoholic drinks must be paid for locally.

---

7 Acclimatisation and Altitude Sickness

The tour reaches an altitude of over 5000m and we therefore build in several acclimatisation days and plan the daily walking schedule to take account of the effects that spending time at high altitude can have on you. These acclimatisation days are compulsory; you may not miss them out and push on ahead even if you think you are feeling fine at the time or you want to shorten the tour.

Acute Mountain Sickness (AMS) can develop at any altitude over 2000 meters. The early symptoms are headache, extreme fatigue, and loss of appetite. Some people become breathless at rest. AMS is the result of fluid accumulating in parts of the body where it does not belong: in the brain, in the lungs, or both. When mild symptoms develop, it is a signal that you must stay at that altitude or descend until symptoms have gone away. Never ascend with any symptoms of AMS!

Most people reaching altitudes above 3000m and certainly above 3500m will experience some breathlessness, mild headaches, and poor sleep patterns. Other common symptoms include lack of appetite, increased urination (though you should be drinking a lot so should expect this anyway), strange dreams, tightness in the chest and fatigue. However, few people get very severe symptoms or go on to develop acute altitude sickness (AMS) which requires medical treatment.

If you are male and/or unfit/unhealthy and/or older (60s, 70s, 80s) then you are more likely to be affected than if you are female and/or fit & healthy and/or younger. However, there is no hard and fast rule and there are plenty of exceptions to these generalisations.

To try and minimise the effects of altitude, we recommend that you:

- Ensure you keep warm
- Don’t take any baths or showers for your first couple of days at altitude
- Don’t smoke
- Eat more fruit & vegetables than normal
- Breathe deeply but normally – don’t be tempted to gasp and hyperventilate
- Drink lots of water (several litres) before you leave low altitude, and carry on drinking a lot of water while at high altitude.
- Don’t rush – walk slowly and don’t exert yourselves. Taking things easy and slowly really helps prevent mountain sickness
- Don’t drink alcohol
- Tell each other and your guide how you are feeling as time goes on (this helps others spot if symptoms are becoming severe)

People with serious heart disease should not visit high altitudes, and people with light heart troubles should check with their doctor and follow their advice , as should people with high or low blood pressure.

More severe symptoms that may require medical treatment or an early descent to a lower altitude include severe and persistent headaches, nausea & vomiting, disorientation and loss of co-ordination, irrational behaviour. If you do experience any of these, make sure you tell each other and your guide straight away.

Trekking and Altitude Sickness

If you are trekking with us then you should keep your guide informed at all times of any symptoms you may be developing, especially headaches and breathlessness while at rest. You may need to spend a night or two at the same altitude before continuing your trek. All our trekking tours have acclimatisation days built into the itinerary where necessary to help with this. Usually within one or two days you will feel well and can continue your trek. On private tours, your guide will adjust your itinerary to try and ensure the normal route can be achieved, though this may not always be possible. On group tours, the group may delay their ascent if the itinerary allows, or a porter or second guide may remain with you until the group descends and rejoins you, or you try and ascend to catch up later.

If you are resting at the same altitude and your symptoms are becoming worse, then it is necessary to descend. Worsening symptoms of AMS including increasing tiredness, severe headache, vomiting, and loss of coordination. These are signs of High Altitude Cerebral Edema (or HACE). HACE can lead to unconsciousness and death within 12 hours if progressive symptoms are ignored. Increasing shortness of breath, cough, and tiredness are signs of High

Altitude Pulmonary Edema or HAPE. HAPE can also be rapidly fatal if ignored.

A person suffering from AMS may not have clear thinking and may have to be forced to descend. You accept that our guides have the final decision on whether you should descend and that ignoring their advice constitutes leaving the tour. Even if someone is willing to descent they should never be allowed to descend alone and one of our porters or a second guide will accompany you. Keep descending until the person shows some sign of improvement, usually after 300-500 meters of descent. Even if the diagnosis is not clear, but might be AMS, you should descend. You can always re-ascend when you feel better.

It is best to start descending while the person who is ill can still walk. In Tanzania, if the person can no longer walk porters can often be found to carry a sick person down. Do not wait for a helicopter. If you choose to administer oxygen or medications do not delay the descent to watch for improvement.

In summary, if you are not doing well at altitude, most likely you have some mild symptoms of AMS. Rest at the same altitude until you feel well. If you are getting worse at the same altitude, descend to at least the last point at which you felt well. If you are not sure of the diagnosis, err on the side of being too cautious. Remember severe altitude sickness is entirely preventable if you follow these guidelines.

Costs for changing itineraries:

If you are not able to complete your trek or tour for any reason and choose to return back down early, then you may be liable to pay for extra accommodation and transport costs (see our booking conditions for full details). We try to be as flexible and helpful as possible in these cases, and will aim to arrange some lower altitude trekking or other tours during the time you would have spent at higher altitude. You must ensure that you have travel insurance that will cover you for any extra costs incurred due to symptoms or treatment or altitude sickness, and that your policy will cover you to the altitudes reached on your tour.

More useful information on altitude sickness

---

8 Guides, Porters and Trekking Crew

On our Kilimanjaro treks you'll be accompanied by a number of our Tanzanian staff members. These will normally consist of porters (to carry your main luggage), a cook (who will prepare 3 meals a day for you whilst trekking), a head guide (who will ultimately be in charge of your trek and will make all local arrangements) and also an assistant guide (who will help the head guide make the day to day arrangements and also be happy to help you along the way if the head guide is helping out other guests).

---

9 Entrance Fees

The tour price includes entrance fees to all the tourist sites mentioned in the itinerary. You will need to cover the cost of entrance to any other extra sites that you may wish to visit.

---

10 Time

The time in Tanzania is GMT plus 3 hours. Daylight saving adjustments are not observed.

---

11 Money

The local currency in Tanzania is the Tanzanian Shilling (TZS). Tanzania Shillings can be ordered from most major currency suppliers prior to departure or hard currency can be easily exchanged in all major cities, the currency of preference being US Dollars however Sterling and Euros are also widely accepted.

Credit cards are accepted in Tanzania but aren't widely used. ATM's are available in larger cities but aren't generally widely available outside of cities. Travellers cheques are slowly being phased out so instead, travellers are advised to bring sufficient hard currency.

Bank opening hours are generally Monday & Friday 0830-1400, Saturdays 0900-1200.

---

12 Tipping

Tipping isn't part of Tanzanian culture, however there's never any harm in rounding up a bill by a few shillings if you've been particularly pleased with the services you've received. In upmarket hotels, porters will generally expect a small tip and in many restaurants a service charge of around 10% is often added.

At the end of a tour it's common to tip your tour guide/safari guide if you feel that you've received good service from them and whilst there is no set amount for this, we're often asked for recommendations. On our Tanzania tours an average tip would be around $5-$10 per person per day, however you shouldn't feel oblidged to tip any specific amount. We do have different recommendations for tipping on our Kilimanjaro treks, please check the tour specific tour notes for these details.

---

13 Voltage

Sockets are three rectangular pronged and 220 volts (British BS-1363). Universal adaptors are available in most airport shops if you don't have one already. If you've travelled to the UK previously and have an adaptor for here or if you are travelling from the UK then the plugs in Tanzania are the same. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are normally available on request from the hotel reception if not in your room already.
If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

---

14 Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please contact us if you would like any more information or have any questions before making a booking.

---

15 Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.

We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see our website or booking conditions for more information.

---

16 Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

17 Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

https://x.com/encounterstravl (yes, without the 'e')

18 Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? World Nomads Travel Insurance offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.

Covid-19

Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.

19 Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small

print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current official government travel advice for your destination. We are registered partners with the UK Foreign Office's 'Travel Aware' campaign which provides further useful and invaluable information.

travel aware
gov.uk/travelaware

---

20 Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

How Water-to-Go Technology works:

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

The three technologies used in a Water-to-Go filter are:

- Mechanical filtration – A tiny pore size, so small contaminants can’t fit through.
- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon’s efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

Water-to-Go filter bottles deliver safe, healthy water worldwide

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

---

21 Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please contact us.

---

22 Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with

vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or boosters normally recommended for the countries in this region are:

South Africa: Additional vaccinations: Hepatitis A. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.
Namibia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from an infected area.
Botswana: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted or travelled through an infected area.
Zimbabwe: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.
Zambia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.
Malawi: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.
Tanzania: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.
Kenya: Additional vaccinations: Diphtheria, Hepatitis A, Poliomyelitis, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from an infected area.
Uganda: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid, Yellow Fever. Malaria map. Yellow Fever certificate: Required if arriving from an infected area.
Sudan: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid, Yellow Fever. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted through an infected area. A certificate may also be required for those departing Sudan.
Morocco: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria not normally present. Yellow Fever certificate not required.
Tunisia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria not normally present. Yellow Fever certificate not required.

The above information can change at short notice. For up to date health information & vaccination requirements we recommend that you contact your medical practitioner or a travel clinic.

Malaria: Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting.

Yellow Fever: This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vacinnation is often required as a condition of entry depending on which country you are arriving from, or that you have travelled or transitted through recently (including connecting flights with stopovers of over 12 hours). You can view this US CDC information about where the virus is present and follow the links to further information detailing

which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate organised in advance and with you and to hand during the trip.

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have.
If you are travelling on an Overland tour or your trip includes wildlife safaris then please bear in mind that you may be travelling on bumpy roads and/or rough ground for several hours at a time. This can be very uncomfortable or painful if you have a bad back, and make such conditions worse. Please contact us if you have any concerns.

Health Declaration: As many of our Africa tours travel through very remote regions, where medical facilities are limited, we are asking all of our travellers 65 years and over who are joining one of our Africa Overland Adventures to complete the attached medical questionnaire. The information provided to Encounters Travel and our local operational partners will be held to the strictest confidence and will be used only to the extent to provide necessary emergency medical care and/or evaluate physical health and fitness for travel.

We will request this from you approximately 30 days before your trip starts, so that your GP can sign your form based on your current health conditions. Please don't submit this several months in advance, as it is important for us to know you are fit for travel just before the trip departs.

---

23 Passports and Visas

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities. Encounters Travel will not be held responsible if travellers are denied entry because they are not in possession of the relevant visas. We therefore recommend you re-check requirements with the relevant embassy/consulate around 4 weeks before travel.

You should also be in possession of a valid onward or return flight ticket, or proof of other means of transport enabling you to leave the country that your tour passes through or finishes in. In addition you should carry proof of sufficient funds to cover you during your time in the country (eg. credit card).

Should your tour be re-entering a country, please ensure that you have a multiple entry visa that allows this. Some countries have a visa on arrival service which can be more convenient and cheaper. However, for peace of mind and to speed up the border crossing process, Encounters Travel advises that you to get your visas prior to your trip if possible.

---

24 Zanzibar Insurance Requirements

IMPORTANT INSURANCE INFORMATION FOR THOSE VISITING ZANZIBAR:

The Zanzibar Government have announced the introduction of a travel insurance policy which will be obligatory for all foreign visitors to the islands, regardless of whether travellers have their own travel insurance in place.

1. The insurance policy is sold by Zanzibar Insurance Corporation.
2. The cost is US$44 per person.
3. The insurance requirement comes into force on 1st October 2024.
4. The policy must be purchased online at https://visitzanzibar.go.tz/ and purchases can be made from 1st

September 2024.

5. Payment can be made online by debit or credit card.

6. On completion of the purchase, visitors will receive a QR code. The policy documents will be sent to your registered email address.

7. The policy document and QR code must be presented on in Zanzibar. Entry will be refused without this documentation.

To ensure you have a smooth entry, please ensure the above policy is purchased in advance of your arrival.
