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**TRIP DETAILS**

14 days ~ Kenya

6 days strenuous hiking  
at high elevation on  
Kilimanjaro  
(maximum 19,340')

4 days moderate hiking on  
foot safaris, game viewing  
by 4-wheel-drive vehicle

5 nights deluxe camps,  
5 nights mountain camps,  
3 nights hotels

**2008 DATES**

- Jan 13–Jan 26
- Feb 25–Mar 9
- Mar 16–Mar 29
- Jun 22–Jul 5
- Aug 17–Aug 30
- Sep 21–Oct 4
- Oct 19–Nov 1

**LAND COST**

From \$5,595 per person  
(12-15 members)

# KILIMANJARO & BEYOND

**Kilimanjaro Trek & Remote Foot Safari in Kenya**

TRIP LEVEL  
ULTIMATE CHALLENGE



**HIGHLIGHTS**

- *Climb Kilimanjaro via the Rongai Route, the least touristed (and most gradual) ascent of the mountain*
- *So much more than a climb of Kili: includes a walking safari in the remote wilds of Tsavo National Park—an MTS exclusive!*
- *Walking and wildlife viewing in Amboseli, with a backdrop of dramatic views of Kilimanjaro*



# KILIMANJARO & BEYOND

*Kilimanjaro Trek & Remote Foot Safari in Kenya*

The love of mountains runs deep at Mountain Travel Sobek, and an ascent of Kilimanjaro—Africa’s highest at 19,340’—is tops on our list of “great treks of the world.” But this “Summit to Sea” adventure has it all—an incredible combination of the rewarding challenge of ascending Africa’s highest peak, the thrill of walking through the bush in remote Tsavo National Park, game-viewing in Amboseli National Park, and even some “R&R” on the beach—a true experience of the African wilderness you won’t find anywhere else.

Following very closely the route walked by Rick Ridgeway in his popular book *The Shadow of Kilimanjaro*, you, too, will have the opportunity of seeing how crucially this great mountain is linked to the spectacular country surrounding it. Our exclusive itinerary slips you into “safari mode” with exciting walks and game drives in Amboseli National Park, at the foot of Kilimanjaro. Amboseli is well known for its dramatic views of Kilimanjaro and one of the best places to see huge elephant herds. From our private Mountain Travel Sobek camp, we’ll view wildlife across the plains and hike with Masai warriors against the backdrop of the looming peak.

Then we’ll trek to the summit of Kilimanjaro, the “roof of Africa,” from the northern slopes on the Kenya side. Our approach is along the rarely-traveled Rongai Route, a singular trail through unspoiled forest, moorlands, and alpine zone (you’ll be surprised how few people you’ll see during your ascent!). We’ll camp below the spectacular north face of Mawenzi, Kilimanjaro’s forgotten peak (it’s the second-highest point at 16,893 feet), before heading to Kili’s glacier-clad summit to watch the sun rise over the African plains, an indescribable thrill and feeling of accomplishment.

Matching the Rongai Route for its remote and wild nature is rarely visited Tsavo East National Park, our next stop after summiting Kilimanjaro. Tsavo is Africa at its most intense and dramatic, a sunburned land through which the Galana River, the only source of water for the wildlife, cuts a bright green swath. Here we trek along its wooded shores, a lifeline attracting wildlife from miles around. And we have the only permit to camp and hike along this spectacular waterway, so—besides the wildlife—we’ll have this rare, pristine place to ourselves, a rarity in most national parks.

Accompanied by armed trackers, we carefully search for prides of lions, including the rare maneless males, stalk elephant herds (Tsavo was the center of the “elephant wars” and they have made a great comeback), view hippos and crocs in quiet pools, and enjoy some of the best birding in Kenya. This raw and wild landscape will leave you in awe of Africa.

This MTS signature trips ends with a relaxing sojourn in the tropical exuberance of Kenya’s Indian Ocean coast, where you’ll bask in shameless luxury at a deluxe resort—a perfect spot to unwind at the conclusion of an unforgettable safari.

An exemplary staff that includes remarkable drivers and guides in addition to the trip leader, guaranteed window seats in vehicles, and safari food that’s beyond delicious (including fine handpicked wines) make this an outstanding Kilimanjaro adventure unmatched by any other tour company. Moreover, our 99% summit success rate reflects Mountain Travel Sobek’s 33-year experience in getting our clients to the top!



### **“Climb Only” Option**

A trip to Africa to see its amazing wildlife and trek to the summit of its highest peak is one of the world’s classic adventures. But if you’re short on time, we offer the option of climbing the mountain only (you’ll just have to come back another time to experience the magic of Africa’s wildlife!). 10 days. For pricing, see page 8.

### **Exclusive MTS “Non-Climb” Option**

Not up for the climb? While your spouse, partner, or friend goes for the summit, you can enjoy traditional safari activities in five-star comfort—night and day game viewing, horseback riding, nature walks, “sundowners,” and more—at two elegant permanent camps: Ol Donyo Wuas, nestled at the foot of the Chyulu Hills; and Finch Hatton’s, a luxurious legacy of the former big game hunter in Tsavo. Both offer continuous views of Kilimanjaro. On Day 10 (see itinerary following) you’ll meet the group in Tsavo after the climb. Call for prices and availability.

## **ITINERARY**

☞ This trip begins with a rendezvous at the airport in Nairobi, Kenya. You should plan to arrive by 3:00 p.m. on Day 1 of the itinerary.

*A Word About International Air Travel—You may wish to arrive a day or two early in Nairobi to facilitate recovery from jet lag, or break your journey en route in Europe. There are some extra costs involved for required overnight stays in hotels, but they often prove worthwhile when balanced against the gain of arriving at your destination happy and well rested, and ready to begin a great adventure.*

### **DAY 1 ~ Arrive in Nairobi**

Your trip leader (or a representative) will meet you outside the customs and immigration area at the airport. (Your flight must arrive in Nairobi before 3:00 p.m.) He or she will escort you to Macushla House, a peaceful retreat in the suburbs of Nairobi. Macushla House provides the amenities of a hotel yet contains the warmth and character of a private home. The rest of the day is free to rest, relax, visit the nearby Giraffe Centre, or swim in the pool. Lunch and dinner on your own for maximum freedom of choice.

*Macushla House*

### **DAY 2 ~ Amboseli National Park**

Drive about five hours to Amboseli National Park, with a picnic lunch along the way. Mid-afternoon arrival at camp. The skyline is dominated by the great peak of Kilimanjaro (indeed, this is where most of the classic photographs are taken), and the mountain provides the life-giving waters necessary to the wildlife of Amboseli. The park is a mixture of acacia woodlands, dry open plains, and marshy areas harboring year-round waterholes—an ideal habitat for the wildlife typical of the African plains. Though elephants are the specialty of Amboseli, buffalo and hippos also abound, as well as giraffe and other less common species such as fringe-eared oryx and the graceful gerenuk.

*B,L,D...Mountain Travel Sobek Amboseli camp*

### **DAY 3 ~ Amboseli National Park**

After an early breakfast we enjoy a morning game drive in search of elephants and other game. The elephants in this region have been immortalized by the work of renowned naturalist/scientist Cynthia Moss. Her book *Elephant Memories* is an account of her observations of local elephant families. In the late afternoon we’ll take a short hike in

the vicinity of our camp, accompanied by Masai warriors, then enjoy terrific sunset views of snow-crowned Kilimanjaro.

*B,L,D...Mountain Travel Sobek Amboseli camp*

Non-climb Option: Those doing the non-climb option will head to the trailhead with the rest of the group, then transfer about an hour to Ol Donyo Wuas. See the non-climb itinerary on page 8.

#### **DAY 4 ~ Kilimanjaro trek**

Drive to the town of Loitokitok on the lower slopes of Kilimanjaro and the trailhead five miles outside of town at 6,000 feet. Here we meet our porters and trek about three hours along a small, unspoiled trail through forests of camphor and East African olive to our camp. The camp is situated on the edge of the forest, and during the night we may hear the calls of the tree hyrax and bushbaby.

*B,L,D...Mountain Travel Sobek camp (8,000')*

#### **DAY 5 ~ Kikelewa Camp**

Continue through the forest, eventually encountering the moorlands just below a large lava overhang known as Second Cave (10,890'). Here we have lunch, then traverse the open moorlands toward the spectacular peak of Mawenzi, Kilimanjaro's second major peak rising to slightly less than 17,000 feet. Our second camp is at Kikelewa (12,375'), shortly before reaching the saddle that connects Mawenzi to Kibo and Uhuru peaks. (7 hours hiking.)

*B,L,D...Mountain Travel Sobek camp (12,375')*

#### **DAY 6 ~ Mawenzi Camp**

Following the edge of the barren "moonscape" of the saddle, we trek east toward the northern head of the cirque of Mawenzi, leaving the moorlands behind and entering the alpine zone. We reach our next camp at the base of Mawenzi in time for lunch. The afternoon is free to relax and acclimatize or explore the Mawenzi region on an optional hike. (3 hours hiking.)

*B,L,D...Mountain Travel Sobek camp (14,290')*

#### **DAY 7 ~ Outward Bound Hut**

Trek to the Outward Bound Hut at 15,500 feet between the peaks of Kibo and Mawenzi. Mountain vistas are fabulous as we emerge onto the saddle between glacier-covered Kibo and rock-crowned Mawenzi (these mountain views alone are worth the effort of the trek!). We'll arrive by lunchtime, and have the afternoon to organize and rest up for the summit attempt. We'll turn in early (since we'll be arising at midnight). (5-6 hours hiking.)

*B,L,D...Mountain Travel Sobek camp (15,500')*

#### **DAY 8 ~ Summit and Horombo Hut**

We awake at midnight and begin the summit ascent. It's a long, hard walk, steadily uphill. Our guides keep us at the proper pace and we reach the crater rim with the rising sun. We enjoy fabulous views as we continue along the crater rim to the summit at Uhuru Peak (19,340'). We then descend (much more quickly than we came up) to Kibo Hut (15,500') where we rest and have a light lunch before continuing down to our campsite at Horombo (12,500'). This is a long but rewarding day! (11-12 hours hiking.)

*B,L,D...Mountain Travel Sobek camp (12,500')*

**DAY 9 ~ Marangu – End trek, “Climb Only” participants depart**

We spend the morning hiking down across the rolling moorlands of the southern slopes of Kilimanjaro. We then plunge into the lush equatorial rain forest, home of colobus and Syke’s monkeys. We reach our waiting vehicles in the late afternoon and drive to our hotel for a hot shower and celebratory dinner.\* (7 hours hiking.)

*B,L,D...Kibo Hotel*

*\*Note—Those passengers on the “Climb Only” option will over night at the Kibo Hotel, then transfer to Nairobi the next day.*

**DAY 10 ~ Tsavo East National Park**

A three-hour drive takes us back into Kenya and the entrance to Tsavo East National Park. From here we begin our game drive into Tsavo’s vast wilderness. Tsavo has always been at the epicenter of the “elephant controversy.” The questions of culling, carrying capacity, and poaching have all been hotly debated on the basis of research done in the Tsavo bush. In the 1970s, 65,000 elephants lived in the park. The question of whether to cull or not was settled by drought and the poaching orgy of the 1980s. All that is over now, and the elephants are thriving once again in Tsavo.

Continue to our camp (once the hunting camp of Denys Finch Hatton) on the Galana River, an oasis in the vast dry country of the Tsavo wilderness. This spectacular river, some 100 yards across, is perhaps the most beautiful in Kenya. It’s also the lifeline of the region as its permanent waters attract wildlife from miles around. Hundreds of elephant and buffalo frequent the area, and—outside of the Masai Mara and the Serengeti—there are probably more lions here than anywhere else in East Africa. A tremendous variety of other game also inhabits the Tsavo bush: giraffe, zebra, wildebeest, Grant’s (and Peter’s) gazelle, oryx, lesser kudu, and dik-dik are just a few of the common animals. And the bird life is excellent—it ranks among the best in Kenya. Camp overnight on the banks of the Galana River in an idyllic site among a grove of doum palms.

*B,L,D...Mountain Travel Sobek camp*

**DAYS 11-12 ~ Tsavo East National Park**

For the duration of our Tsavo stay, we embark on a turn-of-the-century hunting safari, but substitute cameras for the rifles of days gone by. We’ll work out of our camp at Durusurkale, an untouristed sector of Tsavo. With special permits, we walk in the company of Mohamed Hamisi (ex head of anti-poaching in Kenya Wildlife Service), tracking game by following its spoor and sounds. We arise at daybreak, and after a light breakfast begin exploring the rich bushlands that fringe the Galana River. Hippos and crocs live in the river, elephants often come to drink, and lions lie among the thickets of branched doum palms that are characteristic of this wild country. Tsavo is also known for its maneless male lions. (See the May 2000 *National Geographic Adventure* for a feature article on them written by Philip Caputo and featuring Mountain Travel Sobek leader Iain Allan. *Ghosts of Tsavo: Stalking the Mystery Lions of East Africa* is Caputo’s recently published book on the same subject.) We walk in silence, fully experiencing the sounds, smells, and sights of the wild African bush.

There is no greater wildlife thrill than to be miles from vehicles and people, crouched in the bush watching and studying a herd of elephants that are oblivious to our approach. Douglas Chadwick writes in his book *The Fate of the Elephants*: “...When I go out to observe an animal, I go with the expectation that I will do more than learn about it. I will learn *from* it, as a student from a teacher. Each successful species is a model of how to exist within a given environment. Each has arrived at a solution for living with its own kind and a solution to the problem of living

among other species. Each perceives the world in a unique way, often through senses that I share but have not taken full advantage of, or through habits of awareness that I would do well to practice.”

In the late morning we meet our vehicles and return to camp for lunch. After a rest we enjoy a late afternoon game drive in the surrounding park. As the sun sets, lion prides frequently emerge from the surrounding saltbush onto the wide sandy beaches fringing the river. Our evening campfire on the sandy beach of the Galana is an excellent way to end a very satisfying day.

*B,L,D each day...Mountain Travel Sobek camp*

### **DAY 13 ~ Indian Ocean Coast**

After an early breakfast we board our vehicles for a three-hour drive to the Indian Ocean. We generally follow the Galana River for most of the way, passing charming Giriama villages crowded with bananas and palms. We arrive at palm-fringed Watamu Beach near Malindi on the Indian Ocean, where we stay at Hemingway’s Hotel, situated on one of the best beaches in Kenya. This is a great opportunity to relax after a pleasantly strenuous two weeks. We have ample opportunities to snorkel, swim, go deep-sea fishing, or simply stroll along the beach. Lunch is on your own. Festive farewell dinner with the group.

*B,D...Hemingway’s Hotel or similar*

### **DAY 14 ~ Watamu – fly home**

Morning in Malindi. Fly to Nairobi. Dayrooms will be reserved at Macushla House for your convenience and comfort. Lunch and dinner on your own. Evening transfer to the airport for departure on homeward-bound flights. You can depart from Nairobi no earlier than 9:00 p.m.

*B...Dayroom, Macushla House*

### **Itinerary for Non-Climb Option**

#### **DAYS 1-3 ~ Same as above**

#### **DAY 4 ~ Ol Donyo Wuas**

Leave the group at the trailhead and drive about an hour to Ol Donyo Wuas, halfway between Amboseli and Tsavo parks. The lodge is scenically situated in the western foothills of the Chyulu range overlooking Kilimanjaro. Each of the eight cottages has a veranda with panoramic views of the mountain and the golden savanna dotted with acacia trees in the foreground. The cottages have en suite bathrooms with hot water showers, solar powered lighting, and wood burning stoves for cool weather. The remainder of the day is free to rest, relax by the pool, walk, or perhaps take a night game drive. Other activities are available.

*B,L,D...Ol Donyo Wuas*

#### **DAYS 5-6 ~ Ol Donyo Wuas**

Two days to enjoy the amenities of Ol Donyo Wuas. Available activities include day and night game drives from open Land Rovers, game walks, horseback riding across the plains or through the forest (for beginners and experienced riders alike), and cultural visits to Maasai villages. You can also choose to relax by the pool and watch a never-ending parade of wildlife coming to drink from the waterhole below.

*B,L,D each day...Ol Donyo Wuas*

### **Giving Back**

*Through our partnership with Iain Allan, MTS and its guests have raised several thousand dollars toward construction of a bore-hole well and windmill for Timboni School, which our guests on The Great Walk of Africa and Kilimanjaro & Beyond trips visit en route to the coast. We encourage guests to bring basic items for the school, like blackboard chalk, crayons, and notepads; a 501c3 account allows them to make tax-free donations if they wish.*

**DAY 7 ~ Finch Hatton's**

After breakfast we drive two hours to Finch Hatton's in the heart of Tsavo West National Park. This luxurious camp—with all the atmosphere of old Africa—accommodates about 50 people, and is the legacy of Denys Finch Hatton, a former big game hunter of repute (and *Out of Africa* fame). Here you'll bed down in canvas safari tents with en suite bathrooms with hot showers and all the amenities of home (and then some!). Each tent also has a large deck with chairs, tables, and daybed—the perfect spot to relax and take in the views of the surrounding springs and forest.

*B,L,D...Finch Hatton's*

**DAYS 8-9 ~ Finch Hatton's**

Two days to enjoy the activities at camp, which include early morning and late afternoon game drives, escorted nature walks (a must for bird watchers), or simple relaxation by the swimming pool, all topped by six-course gourmet dinners served on fine china.

*B,L,D each day...Finch Hatton's*

**DAY 10 ~**

Transfer 1½ hours to Voi, where you will meet the climbers and proceed to our camp along the Galana River in Tsavo East National Park.

*B,L,D...Mountain Travel Sobek camp*

**DAYS 11-14 ~ Same as above**

**Stay a Little Longer!**

A few extra days at the beach at Watamu is a natural extension for this trip (diving and deep-sea fishing expeditions are very popular). We'll be happy to arrange an extension to your stay at Hemingway's or elsewhere on the Kenya Coast. We also offer the following set extensions to our programs in East Africa. Call us for details, including prices.

***Masai Mara National Reserve, Kenya.*** The Masai Mara, the northern extension of the Serengeti Plain, is home to big herds of impala, topi, buffalo, giraffe, zebra, and gazelle, annually reinforced by the thundering legions of wildebeest of the Great Migration. The Mara is also one of the best places for seeing all the big cats. *Governor's, Little Governor's Camp. 3 days.*

***Lamu Island, Kenya Coast.*** The Indian Ocean isle of Lamu is a romantic hideaway with an atmosphere that is at once exotic, traditional, and relaxed. Here the old Swahili culture, with its strong Arabian influences, survives intact. Nearly roadless, Lamu has a small town with whitewashed houses and narrow streets, and is an authentic piece of living history. Transport around the island is either by *dhow* (sailboat) or on foot. *Peponi Hotel. 3 days.*

***Gorilla Tracking, Uganda or Rwanda.*** Spotting gorillas in their natural habitat is an awesome experience. On this extension, you will have **two** opportunities to track gorillas in a variety of habitats: the dense rainforest of Bwindi's Impenetrable Forest in Uganda or the more open habitat of the Virunga Mountains in Rwanda's Volcanoes National Park. Specific destination depends on availability of permits and dates. *From 5 days.*

## LAND COST

\$5,595 per person (12-15 members)

\$6,495 per person (9-11 members)

\$6,995 per person (4-8 members)

\$1,050 park fees (subject to change)

\$300 internal airfare (Malindi/Nairobi—Mountain Travel Sobek will book and issue these tickets for you)

Rates quoted are per person, based on sharing double accommodations.

Single Supplement—\$1,100 for “requested” singles; \$750 for “forced” singles.

If you prefer single accommodations, you must pay the Single Supplement Fee. If you’re traveling alone and wish to share accommodations, we’ll try our best to find you a roommate. If that’s not possible, we will only charge you a \$750 single supplement.

### “Climb Only” Option

\$3,995 per person (11-14 members)

\$4,495 per person (7-10 members)

\$4,995 per person (4-6 members)

\$975 park fees (subject to change)

\$200 internal airfare (Arusha/Nairobi—Mountain Travel Sobek will book and issue these tickets for you)

Single Supplement—\$400 for “requested” singles; \$200 for “forced” singles.

**Rates quoted are per person, based on sharing double accommodations.**

### “Non-Climb” Option

Please call for more information, including prices and availability.

### Tier Pricing

Adventure travel works best with a small group of people. In order to operate these small groups, our trips are priced according to the number of full-price passengers on the trip. (Mountain Travel Sobek staff, trip doctors, and other discounted travelers are excluded from the count for this purpose.) We initially invoice you at the highest tier level price (the smallest group size we can operate). If the price drops due to an increase in group size, you will be refunded the difference.

### What’s Included

- ◆ expert leadership
- ◆ accommodations in hotels where noted
- ◆ camping arrangements including camp meals, guides, and community camping equipment, including comfortable and roomy two-person tents; portable beds with sheets, pillows and blankets; kitchen, dining, toilet and shower tents (on safari). More basic mountain tents and sleeping pads are used while on Kilimanjaro (you will need to bring your own sleeping bag).
- ◆ meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- ◆ sodas and beer in camp

- ◆ flight from Malindi to Nairobi (see separate cost above—full trip)
- ◆ flight from Arusha to Nairobi (see separate cost above—“climb only” option)
- ◆ airport transfers
- ◆ baggage portorage
- ◆ sightseeing as noted in the itinerary
- ◆ ground transportation
- ◆ additional guides and porters where necessary
- ◆ entrance fees and permits
- ◆ tips to mountain porters
- ◆ basic medical and evacuation insurance

### **What's Not**

International airfare to Nairobi and return; meals not noted on itinerary; insurance other than basic medical and evacuation insurance noted above (we strongly recommend you purchase the supplementary trip insurance offered by Mountain Travel Sobek, which includes trip cancellation insurance); optional tips to your leader, camp staff, and safari driver/guides; visas; excess baggage charges; airport taxes (\$30US departure tax from Kenya—is included in your international air ticket); cost of medical immunizations; items of a personal nature (sodas, alcoholic beverages, laundry at hotels, etc.).

Note on tipping—Your trip leader will tip the mountain porters. Group members may contribute to a pool that is distributed to the camp staff and safari driver/guides. We recommend participants contribute about US \$75 per person.

Individual gratuities to the trip leader are also welcome. An amount of US \$100 per person would be appropriate. All gratuities are optional and at your discretion.

### **Air Travel**

Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their “frequent flyer” miles when traveling with us. **But please check with our staff before purchasing or obtaining your tickets.** We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.

## WHAT YOU CAN EXPECT

### **On Safari**

The excitement of *safari* (the Swahili word for journey) conjures up the image of the old-style “Hemingway” tented camps in the heart of the bush. For many, the excitement has been dulled by packaging visitors consistently in hotels and mini-buses, safely segregating them from the very environment they came to experience—the African bush. We firmly believe in the old style safari experience.

Mountain Travel Sobek camps provide all the joys of sleeping out in the African night: the calm and quiet of relaxation in private and beautiful settings, the closeness of wildlife observed from camp, the romance of moon and stars, the evocative sounds of the African night personified in the deep grunting roars of distant lions. Our carefully chosen camps allow this close connection with the wildness of Africa without sacrificing comfort. Support vehicles go ahead to set up our private camps and our experienced safari staff takes care of all camp chores.

We sleep in well-ventilated, fully netted and bug-proof walk-in tents that comfortably accommodate two persons. Comfortable cots with mattresses and bedding are provided, our friendly staff provides us with hot water basins for washing, and special shower and toilet tents are set up for our use. Camp food is always abundant, fresh, wholesome and delicious. When we stay in lodges, we choose facilities that maintain a sense of charm and harmony with their surroundings. We travel in rugged “go anywhere” vehicles (Land Rover 110s or Toyota Land Cruisers) that allow us to roam the countryside in total freedom, to get right into the thick of the bush where the action is. And our open roof hatches give our safari members great visibility for catching those unforgettable moments of close-up wildlife observation on film and memory.

Mountain Travel Sobek provides the ultimate safaris—authentic experiences of the wilds of Africa in comfort and security.

### **On Trek**

Conditions are more basic during the trek on Kilimanjaro than on our game-country safaris. We stay in two-person mountain tents, smaller than those used on the game-viewing portion of the safari, but far more suitable to the conditions to be found on the mountain. Due to environmental considerations that bar the use of slow-growing woody plants, fires are not permitted, so showers are not available at any of the camps on Kilimanjaro. However, hot water is provided in a basin; pit toilets are also provided.

### **Expert Leadership**

Expert leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonders you’d never find on your own, they make sure everything runs smoothly and safely without a hitch. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You’ll be in good hands with them every step of the way. Although trip leader assignments are subject to change, the following people regularly lead this trip:

***Alex (Sasha) Fiksmán***, a native of the former Soviet Union, immigrated to the United States at a young age. He lived and was educated in New York City, where he taught high school chemistry for nearly ten years. Alex moved to Kenya in 1998, expecting to stay for only two years, but the country made quite an impact on him. “To live on a continent that is the last refuge for the great mega fauna on earth, and in a country that has allowed these animals to roam freely in its vast wild places has given me the rare privilege to escape the infringement of modernity. I want visitors to see that there is a wildlife heritage that is worth preserving, and it is right here in its entire splendor.” Alex is a member of the American Alpine Club, for which he has contributed articles in their feature on Kenya’s vibrant adventure rock climbing scene. His passion for the hills and mountains keeps him in constant search for the next adventure in Kenya and East Africa.

***Julius Odhiambo*** is one of Kenya’s top ornithologists and naturalists. His infectious curiosity of the flora and fauna, coupled with his encyclopedic knowledge of his surroundings, brings every detail to life (there’s probably not an insect, bird, or shrub that he can’t tell you a story about!). After years of guiding wildlife safaris, Julius turned his sites on East African mountains. Trekking up Kilimanjaro with Julius is more than a hike to reach the summit, it’s a fascinating walk through natural history of a region in the midst of environmental change. When not guiding safaris, Julius volunteers his time with the Natural History Museum as well as the Birding Club. A top ranking member of Kenya’s elite Professional Safari Guides Association, Julius regards Kenya’s wildlife as a national heritage to be safeguarded against the encroachment of modernity.

Leader assignments will be confirmed in the Final Bulletin sent to you three weeks prior to departure.

### **Activity Level**

Mountain Travel Sobek trips are designed for flexible, energetic people who like to be active and have a spirit of adventure and a positive attitude. We rate this trip as an “ultimate challenge,” among the most strenuous we offer. ***You must be in excellent physical condition for this trip***, as it involves moderate to strenuous hiking at high altitudes. Porters will carry the bulk of the supplies, but even if you are just carrying a daypack, hiking at high altitudes is extremely demanding. You will be hiking five to eight hours a day (twelve on summit day), up and down mountain trails that are steep, slippery, and rocky, and mostly at elevations above 10,000 feet. Exercise at high altitude compounds the physiologic stress. You need to be in excellent health and top physical condition to enjoy such an experience, with adequate cardiovascular endurance, muscular strength, and excellent balance. In addition, high altitude may create discomfort and symptoms of illness that you do not experience while exercising at low elevations, such as shortness of breath, restlessness or sleeplessness at night, and headaches. (For more information on trekking at high altitude, see page 14.)

This level of fitness requires regular aerobic for exercise at least one hour 4-5 times a week. This may include aerobic fitness classes, power walking, jogging, cycling on hills, swimming, and cross-country skiing. Additionally, you must be able to sustain exercise for prolonged periods. Finally, you must have some experience with exercise at altitude.

We recommend that you start a moderate training program ***several months*** before departure, then slowly build up to a more strenuous level. Since training is highly sport-specific, include some hiking or running in your program. Consult your physician if you have questions concerning your underlying health. We can help answer questions for you or your physician concerning required levels of fitness and health conditions at altitude. If you have concerns about your ability to do this trip, we can suggest appropriate alternatives.

Minimum age for participation is 15.

Note on wild animals—Many of the animals we go to Africa to see are large and potentially dangerous. Wild animals are generally quite afraid of humans. They tend to avoid our campsites and to run away if approached on foot. Attacks by wild animals are rare, but no walking or camping safari in the African wilderness can guarantee that such incidents will not occur. Mountain Travel Sobek is not to be held responsible for any injuries caused during any incident involving the behavior of wild animals.

## THE NEXT STEP

### **Ready to go? Signing up is easy!**

Just call us at 1-888-MTSOBK (687-6235) and reserve your spot! You can also book a reservation online at our website ([www.mtsobek.com](http://www.mtsobek.com)). If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

### **Then Leave the Rest to Us**

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice prepared by our consulting physician (an expert in wilderness medicine), and other details from procuring visas to advice on local customs.

As background reading, we recommend Iain Allan's *Guide to Mount Kenya and Kilimanjaro*. This complete guide covers the geology, natural history, glaciers, and climate, in addition to descriptions of climbing routes.

### **Why Mountain Travel Sobek is Your First Choice for Adventure**

**Mountain Travel Sobek is the pioneer in active adventure travel.** No other adventure travel company can lay claim to that title. We were the first to take Americans trekking in Nepal, raft the wild rivers of Africa, and open up many previously inaccessible corners of the world to curious travelers. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.

**With Mountain Travel Sobek, you'll explore Africa in the company of an excellent guide** whose knowledge of the fauna, flora, people, and geography will add immensely to the depth of your experience. We offer *real* safaris that put you in the heart of the African wilds. You'll get much more than wildlife viewing, you'll get the kind of wildlife interpretation that leads to a genuine understanding of what you're seeing. In addition, this trip features walking in the wilds—an activity few visitors get to experience. Walking in the wild bush country inhabited by the African megafauna offers an authentic (and amazing) perspective and puts you in touch with a timeless, unspoiled Africa.

**We've got the mountain covered!** We've been operating treks to the top of Kilimanjaro since 1974 (we were the first to offer commercial treks on the mountain), so we know the mountain and its summit routes better than anyone! And when summitting a 19,340-foot mountain, you want to go with the best. A carefully planned itinerary—with extra time for hiking and acclimatization—ensures you have the best chance of getting to the top.

**Safety first!** We have emergency evacuation points and are in radio contact with rescuers around the clock. All our guides attend regular seminars on wilderness and high altitude medicine and are certified in First Responder Courses. We carry oxygen on our trips and can implement immediate rapid descent if necessary. Over the years, we have operated seminars in high altitude medicine for physicians on Kilimanjaro and have world experts in altitude sickness lead these courses. All this know-how, plus the presence of a highly experienced Mountain Travel Sobek leader (Iain Allan, "our man in Kenya," wrote the definitive guidebook on climbing the mountain), give us an unparalleled record of success in getting our trip members safely to the top.

### **References**

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers. Just give us a call at 1-888-MTSOBEK (687-6235).

### **Questions?**

Feel free to call us at 1-888-MTSOBEK (687-6235) if you still have any questions or concerns. We're here to help you. You can also check out our website at [www.mtsobek.com](http://www.mtsobek.com).

### **Note on Itinerary**

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this information on our website at [www.mtsobek.com/faq](http://www.mtsobek.com/faq) and the form itself at [www.mtsobek.com/pdf/participant\\_info.pdf](http://www.mtsobek.com/pdf/participant_info.pdf).

### **Terms & Conditions**

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Limitation of Liability Clause. The full Terms and Conditions can be found at [www.mtsobek.com/faq/#liability](http://www.mtsobek.com/faq/#liability) or call 1-888-MTSOBEK (687-6235) for a copy. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form ([www.mtsobek.com/pdf/participant\\_info.pdf](http://www.mtsobek.com/pdf/participant_info.pdf)). Any dispute concerning, relating or referring to the Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceedings will be governed by substantive California law (but not procedural law) without regard to the California Arbitration Act.

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*Registration as a seller of travel does not constitute approval by the State of California.*

## TREKKING AT HIGH ALTITUDE

Trekking in high mountain areas provides unmatched beauty with an experience of ultimate wilderness and personal achievement. However, these attributes are counterbalanced by the hardship of exertion at high altitude. Not everyone should go to very high altitude. Anyone planning difficult mountain treks must be aware of the demands and risks imposed by very high altitude, be assured of excellent underlying health, and be prepared by rigorous training.

### What Happens to the Body at High Altitude?

The body needs additional time to acclimatize to altitudes above 17,000 feet, and as a result, the more time one spends preparing for an ascent to such altitude, the more likely one is to feel comfortable. At 18,000 feet, there is generally only one-half the amount of oxygen in the air, which imposes considerable physiological stress on the body, and many trekkers feel physical discomfort of shortness of breath, nausea, insomnia, headaches and exhaustion.

### Medical Limitations and Medical Evaluation for High Altitude

Absolute age limits are impossible to define. The older person may do better than a younger travel companion because he/she knows how to pace himself and is familiar with feelings of extreme fatigue, weakness, and minor illness, which everyone has at high altitude. More often than not, attempts to predict performance at altitude are no better than guesswork. However, age is a process of deterioration; as one gets older, lung and heart capacity decreases, blood vessels narrow and lose elasticity. Over the age of 50, only very fit people who exercise regularly and have some experience with high altitude should try to go over 17,000 feet. People over sixty often get a little forgetful and even slightly confused above 16,000 feet. This is because their ability to deliver oxygen to brain cells has been compromised by the normal aging processes. The same applies to persons with diabetes, cardiac disease, poorly controlled high blood pressure, decreased lung capacity, or those on medications such as cortisone that affect the body's response to stress.

There are several ***absolute medical contraindications*** for commercial group trips to very high altitude, but most people with these conditions will screen themselves from these trips. These conditions include:

congestive heart failure, angina with exertion, troublesome cardiac dysrhythmias, emphysema or chronic obstructive lung disease, insulin-dependent diabetes, sleep apnea, thromboembolic problems, sickle cell disease, pulmonary hypertension, and serious psychiatric problems.

Other medical problems present a ***relative contraindication*** to high altitude trekking, meaning that they should be discussed seriously with your doctor and the risk to your health and life clearly understood. Many of these would not prevent travel at moderate altitudes. These include:

cardiac bypass surgery, cold and exercise-induced asthma, anemia or polycythemia, pregnancy, obesity, nasal polyps, migraines, recurrent pneumothorax, and adult onset diabetes.

All ***medications*** should be reviewed since many can increase the risk of other medical problems at altitude, for example:

diuretics (dehydration and low potassium)

birth control pills or estrogen (thromboembolism)  
beta-blockers (decrease exercise capacity)

Everyone who contemplates a trip above 16,000 feet must have a thorough physical exam and evaluation to uncover any general medical problem that might flare up on a trip to a remote area where medical care is many days away. The major problems at high altitude result from impaired oxygen absorption and transportation. A high altitude trekker needs an optimal red blood cell count to carry oxygen, good lungs, a strong heart, normal kidneys and normal or well-controlled blood pressure. A resting cardiogram is necessary, but often not adequate to evaluate cardio-pulmonary function. An exercise “stress” cardiogram is suggested anyone with cardiac risk factors or a history of heart disease. Many authorities suggest a cardiac stress test for anyone over 50 years of age who does not do regular sustained aerobic activity. Pulmonary function tests may be indicated.

Unfortunately, even these tests will not predict those who will suffer severe altitude illness. The best indicator of success at altitude is recent strenuous activities at altitude. Few would argue about doing these tests in anyone with some underlying illness. The people whose performance and health are hardest to predict are the healthy-deconditioned, those who used to be athletic, but have done little for 10-20 years and now assume that they can still do it. Some physicians will advise that all this is unnecessary. But unless this physician is familiar with high altitude physiology and has been to altitudes above 16,000 recently, he/she simply cannot appreciate the degree of stress and anoxia to be encountered.

### **The Importance of Being in Good Physical Condition**

What can one do before a trip to improve his/her prospects, assuming he/she has good results on a medical exam and physiological testing? The short answer is to *get in shape!* Quit smoking—this improves both heart and lung function. Trim off extra fat. Exercise to improve muscle strength and cardiac and respiratory function. Effective conditioning programs must contain aerobic activity that increases the heart rate for a minimum of 45-60 minutes four times per week. Strengthen leg muscles used for trekking by running, ski touring, bicycling, hiking with a pack, stair-climbing, or equivalent machines in the gym. Being “in shape” does not necessarily guarantee good performance at altitudes, but it helps. Being “out of shape” definitely increases the chances of doing poorly. Everyone, especially athletes who train compulsively, must understand that maximum exercise capacity decreases steadily with increasing altitude (3%/1,000 ft.).

### **How Can I Prevent Illness at High Altitude?**

Begin your trip in good health and excellent physical condition, obtain all the recommended immunizations for your trip, and follow food and water precautions on the way so that preventable illnesses do not ruin your trip. It is important to understand the concept of altitude acclimatization and to recognize the symptoms of altitude illness. The discussion of altitude illness in your health information supplements this material and provides more details on acclimatization and symptoms of altitude illness.

Mountain Travel Sobek treks are designed to allow time for acclimatization while trying to follow a schedule that accommodates peoples’ time constraints. Certain aspects of the trek organization and schedule that may seem illogical are designed to maximize acclimatization. For instance, once at altitude, elevation gains between camps are limited: you may climb higher during the day but descend to sleep (climb high, sleep low). Extra nights are spent at the same elevation after each 2,000-3,000-foot gain over 12,000 feet.

Drink a lot of water. Although pulmonary edema and cerebral edema are problems of fluid retention, increased water intake facilitates adaptation to altitude. Increased fluids help the kidney to excrete excess salts that bind extra

water in tissues. Drink more than you feel you need. Water losses at altitude are very large and dehydration is commonplace. Most of this water is lost as vapor due to increased respiration in a cold, dry atmosphere with very low vapor pressure. Eating is also important. Diet should be high in carbohydrates, with adequate amounts of protein to rebuild muscle that is being broken down by strenuous exercise.

Acetazolamide (Diamox) can facilitate acclimatization, prevent acute mountain sickness and treat mild cases of mountain sickness. It is also very helpful for altitude insomnia and should be used in preference to sleeping pills or Valium, which are dangerous at altitude. Diamox produces faster, more regular breathing with higher oxygen levels during sleep. Diamox can be very helpful, but it must not be used as a substitute to push through symptoms of altitude sickness. There have been cases of high altitude cerebral and pulmonary edema in people taking Diamox. ***Most persons do not need to use this medication routinely at altitude if their trip allows adequate time for ascent.***

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