

More House School Team 1

Tanzania (Mt Kilimanjaro) - Expedition Itinerary

After months of planning and building your bespoke expedition itinerary, here it is! This is your day-by-day itinerary that you will take on expedition and use as a guide. You'll need to work as a team of students to ensure you're where you should be, when you're supposed to be there. Don't rely on the adults, this is your expedition! In the developing world, things don't always go according to plan so it is quite common to have to make alternative arrangements as challenges present themselves, but this is all part of expedition life. Enjoy.



	Date	Day	From	To	Alt (m)	Remarks
1	01-Jul-13	Mon	Build Up Day	Build Up Day	N/A	Build Up Day. The day before departure is spent together as a team making final preparations, checking and dividing up team kit and provisions, agreeing some expedition ground rules, running through all the paperwork and risk assessments, answering any final questions and of course saying goodbye to loved ones. Excitement builds knowing the much anticipated flight is just a few hours away as you try to get some rest ahead of the life changing journey that awaits.
2	02-Jul-13	Tue	Build Up Day	Depart	N/A	
3	03-Jul-13	Wed	Depart	Dar es Salaam	N/A	Arrive in Dar es Salaam. Known as 'Dar' for short, the city is an exciting melting pot of all East African cultures where Maasai tribesmen and Muslim sheiks walk side by side through bustling markets and crowded cafes. On arrival, you'll meet your driver, who'll take you to your accommodation. There's a lot to organize during your time in Dar: you'll need to change some money, make or confirm any bookings, organize transport to your next destination and pick up any necessary supplies for the first phase of your expedition. Tip: When changing money, larger denominations bring better exchange rates and this will help stretch your budget a little bit further.
4	04-Jul-13	Thu	Dar es Salaam	Transit to Moshi	N/A	Preparation Days in Moshi. Travel to Moshi in Northern Tanzania to prepare for the next phases of your expedition. Stock up on supplies, look into safari options and confirm any transport bookings.
5	05-Jul-13	Fri	Transit to Moshi	Moshi	N/A	There is also plenty to do in Moshi such as visiting the town's vibrant markets to buy souvenirs.
6	06-Jul-13	Sat	Moshi	Monduli Juu Trek	N/A	Acclimatisation phase. Monduli Juu, situated 50km north west of Arusha and on the road to the Ngorongoro Crater and the Serengeti, is actually a cluster of four Maasai villages. Your trek will take you from the village of Emairere, which lies in a crater once considered sacred by inhabitants, through Maasai farmland and rainforests to Enguiki. Along the way, you will get a rare glimpse of Maasai life and, as your Maasai guides will have grown up in the area, you should take this opportunity to ask them any questions you might have.
7	07-Jul-13	Sun	Monduli Juu Trek	Monduli Juu Trek	N/A	This trek is run by the Cultural Tourism Programme, which means that all fees go directly to the local community.
8	08-Jul-13	Mon	Monduli Juu Trek	Monduli Juu Trek	N/A	Tip: Remember the purpose of acclimatisation is to prepare you as individuals and as a team for the terrain, altitude and physical challenge of the main treks, so be sure to use this time wisely and plan well.
9	09-Jul-13	Tue	Monduli Juu Trek	Project Phase	N/A	Travel to your project site. Your project form will give you information on how to get there. Don't forget to pick up supplies beforehand or along the way as food and equipment may be scarce in the local area.
10	10-Jul-13	Wed	Project Phase	Project Phase	N/A	
11	11-Jul-13	Thu	Project Phase	Project Phase	N/A	Project Phase. The project phase is your opportunity to interact with a local community and see a side of Tanzania that few visitors have the chance to experience. There's a wealth of tasks your team can take part in and activities may include creating vegetable gardens, repairing classrooms and developing playgrounds.
12	12-Jul-13	Fri	Project Phase	Project Phase	N/A	
13	13-Jul-13	Sat	Project Phase	Project Phase	N/A	The time you spend on your project will have a lasting impact on the community so it is up to you to lead by example and show the value of a good, hard working ethic. As a team you might like to think ahead. Tip: If you wish to bring gifts, stationery, sports kits, footballs and netballs are always well-received. When thinking about gifts do consider whether you want to bring something that can be shared out amongst all the children, such as stationary and exercise books, or whether the gift is for the school itself, such as sporting equipment.
14	14-Jul-13	Sun	Project Phase	Project Phase	N/A	
15	15-Jul-13	Mon	Project Phase	Project Phase	N/A	
16	16-Jul-13	Tue	Project Phase	Project Phase/ Moshi	N/A	

17	17-Jul-13	Wed	Project Phase/ Moshi	Moshi	N/A	Preparation Day in Moshi. Travel to Moshi where you'll have time to purchase provisions, confirm arrangements for your ascent of Kilimanjaro and check your equipment. You can also look into the different options for your safari, if you have time.
18	18-Jul-13	Thu	Moshi	Moshi/ Kilimanjaro Tree Planting Day	N/A	Kilimanjaro Tree Planting Project. Today you will meet with Methley, the In-country Agent in Tanzania, who will take you to the beautiful village of Machame where you will be contributing to an ambitious project of reforesting the slopes of Mount Kilimanjaro; helping in turn to reverse the devastating effects of deforestation for the local environment and inhabitants. World Challenge has provided you with \$5 per person towards this, enough for a good supply of seedlings.
19	19-Jul-13	Fri	Moshi/ Kilimanjaro Tree Planting Day	Main Trek - Mt Kilimanjaro	2700	Main trek. Mount Kilimanjaro. Your team is about to embark on an awe-inspiring, five-day climb of Mount Kilimanjaro (5895m), the highest mountain in Africa. The trek is very challenging, but achievable, so make sure you've done plenty of fitness work before you arrive. Remember to pack some warm clothing too – Kilimanjaro is so big that climbing it can mean passing through all four seasons on the way! You'll be climbing on the Marangu Route, which is the oldest way up the mountain and the most similar to the one taken by Hans Meyer, the first European to successfully reach the summit in 1889.
20	20-Jul-13	Sat	Main Trek - Mt Kilimanjaro	Main Trek - Mt Kilimanjaro	3700	
21	21-Jul-13	Sun	Main Trek - Mt Kilimanjaro	Main Trek - Mt Kilimanjaro	3700	Each day, you'll carry in your day sack all the food, water and spare clothing you need, plus any group kit that the Expedition Leader has asked you to bring. Your main rucksack, tent and cooking kit will be carried by a team of porters.
22	22-Jul-13	Mon	Main Trek - Mt Kilimanjaro	Main Trek - Mt Kilimanjaro	4750	You'll pass through cultivated farmland, lush rainforest and alpine meadows before reaching the barren lunar landscape of the Saddle, which leads to the foot of Kibo, the base for the final ascent.
23	23-Jul-13	Tue	Main Trek - Mt Kilimanjaro	Main Trek - Mt Kilimanjaro	3700	Tip: Porters have a really tough job and they'll really appreciate any effort you make to get to know them and make them feel part of the team. A few words in Swahili will go a long way. 'Asante' means 'thank you' and 'pole' (pronounced polay, and meaning 'my sympathies to you') shows respect for their work after a hard day of carrying your bags.
24	24-Jul-13	Wed	Main Trek - Mt Kilimanjaro	Main Trek - Mt Kilimanjaro/ Moshi	813	
25	25-Jul-13	Thu	Main Trek - Mt Kilimanjaro/ Moshi	Safari - Ngorongoro Crater	N/A	Rest and relaxation - Safari*. The chance to see East Africa's impressive wildlife is what brings many people to Tanzania and in the north there are three safari options that you can choose between. Ngorongoro, Tarangire and Lake Manyara all combine stunning backdrops with some of nature's finest creatures. Between June and August, the best way to spot lions may not be to look on the ground but up in the air. Both Ngorongoro and Lake Manyara have reported sightings of the tree-climbing lion, known to rest in Acacia trees, where they manage to avoid the unwanted attention of tsetse flies. Note: Your game drive will be with Ahsante Tours, our recommended safari provider. The dates for this have been provisionally booked based on the dates of your itinerary, but you will need to phone and confirm this when in country. When you're back in Moshi be sure to arrange your transport back to Dar es Salaam for the following day.
26	26-Jul-13	Fri	Safari - Ngorongoro Crater	Moshi	N/A	Moshi. This extra day in Moshi gives you the opportunity to extend your safari phase by an extra day should you wish to, or to make arrangements for onward travel to the next phase of the expedition.
27	27-Jul-13	Sat	Moshi	Travel to Coast	N/A	Rest and Relaxation - The Swahili Coast*. There are a number of options on the Swahili Coast for your well earned rest and relaxation phase; Kipepeo, Bagamoyo, Pangani and Zanzibar all boast white sandy beaches, a number of exciting activities and are excellent sources of East African history and culture. The East African coast was a key base for the slave trade and you will find evidence of this wherever you go. What you do at this stage is your choice, but remember to book activities in advance to avoid disappointment. Tip: This phase of the expedition is the perfect time to bring home souvenirs for friends and family and there is no better way to grab a bargain than by haggling in Swahili. Ask 'bei gani?' for the price. 'Ghali sana' means 'very expensive' and 'punguza kidogo' asks the seller to lower the price a little. Of course, the best haggling tactic is to smile and joke, so remember not to take it too seriously!
28	28-Jul-13	Sun	Travel to Coast	Coastal Rest and Relaxation	N/A	
29	29-Jul-13	Mon	Coastal Rest and Relaxation	Coastal Rest and Relaxation	N/A	Travel to Dar es Salaam. You should aim to be back in Dar today ahead of your flight tomorrow. You should have time in Dar to purchase any final souvenirs and gifts and there is certainly no shortage of markets and shops available. Ask for local advice on the best places to go and don't forget to haggle!
30	30-Jul-13	Tue	Coastal Rest and Relaxation	Dar es Salaam	N/A	
31	31-Jul-13	Wed	Dar es Salaam	Depart	N/A	Departure Day. Perform those last minute jobs before you pack up for the final time and head to the airport for the flight back home. Tip: Ensure that you arrive at the airport at least three hours before your flight is due to leave – and give yourself plenty of time to get there, as roads can be very busy!
32	01-Aug-13	Thu	Depart	Arrive Home	N/A	Getting off the plane, you'll be bursting with stories and photos to keep family and friends entertained for hours! Saying goodbye to your team will be harder than you'd imagine as you'll have become lifelong friends, but the excitement of a shower, clean sheets, a comfy bed and catching up on all the news at home will make it easier. Don't forget to keep the experience alive and put your images, videos and best stories up on Youtube, Flickr and Facebook - remember to tag them all as World Challenge so you can compare notes with other returning Challengers.

* Don't forget all rest and relaxation activities are to be undertaken in accordance with World Challenge risk assessments and will be at the teams own expense, unless otherwise specified. Please note that although swimming may not be specified on the itinerary, the team may have the opportunity to paddle or swim during the course of the expedition.