

## ALTITUDE ACCLIMATISER TO RUN BEFORE KILIMANJARO CLIMBS

*Walk over 3000ms in the Crater Highlands and Lake Manyara*

*See page three for seasons and prices*



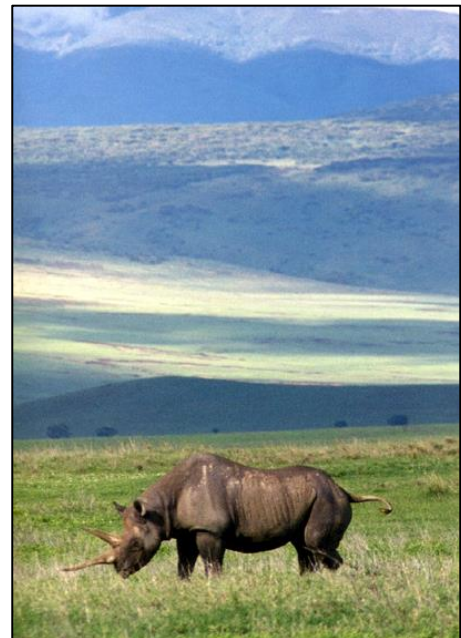
### Day 1 Arusha / Ngorongoro Crater/ Ngorongoro Farmhouse B, L, D

You'll be collected from your hotel in Arusha early this morning (approx. 7am pick-up) and set off for Ngorongoro Crater, where you spend the afternoon game-viewing (with picnic lunch). The early start is in order to allow as much time as possible in Ngorongoro Crater.

Leaving Arusha, we drive past Lake Manyara and up the escarpment of the Great Rift Valley (taking a moment to consider the stunning views of the Lake and surrounding wilderness), then on to the Ngorongoro Conservation Area. Soon the crater rim is reached, from where you will have your first, amazing view down into the crater. The Crater, considered by many to be one of the Wonders of the world, is a spectacular self-enclosed eco-system and a home for over 20,000 animals. It is also one of the world's largest calderas (collapsed volcanoes) with a diameter of 18 km, and a depth of over 600m.

Game viewing in the crater is fantastic, with numerous species present, including the big cats, elephant, buffalo, hippo, rhino and also a rich array of birds, including huge flamingo flocks.

After the afternoon game drive in the Crater, continue to Ngorongoro Farm House for dinner and overnight.



### ***Ngorongoro Farm House***

*Ngorongoro Farm House is an exclusive lodge situated 5 kilometres from the Ngorongoro Lolduare gate, making it an ideal base from which to explore the famous crater and the surrounding crater highlands.*

*Part of a 500-acre coffee farm, Ngorongoro Farm House offers cosy accommodation in spacious, self-contained cottages, scattered around beautiful gardens. Built in an attractive colonial style, the main building houses a lounge, restaurant and a large viewing deck that looks out towards Oldeani Volcano.*



**Day 2      Trek to over 3000ms on Mt Lemagurut/ Ngorongoro Farmhouse      B, L, D**

After an early breakfast, drive to Misigiyo village - the access point for the trek up Mt Lemagurut (also known as Mt. Makarot). The full trek to the top will take you to 3132ms. This is a demanding day of walking (around 6 hours up and down) and steep in places. To start - you walk through a belt of acacia trees, then come out onto moorland before crossing beautiful high-altitude woodlands. It will take around 2 to 3 hours to reach the actual peak with the last 200ms being steep. From the high slopes of Lemagurut, you can look east across Ngorongoro and the whole Crater Highlands range, to the distant volcanoes on the Rift Valley floor.

This is a preparation and altitude acclimatisation trek for Kilimanjaro. So we recommend you do not over-stretch yourself and you should only ascend as high as you feel comfortable.

In the evening, drive back to your lodge for dinner and overnight.

**Day 3      Lake Manyara National Park - return to Arusha      B, L**

Today will see you journey back to Arusha, visiting Lake Manyara National Park en route.



Lake Manyara is one of Tanzania's most popular national parks, and although it covers only a small area, it has an impressive biological diversity that reflects its varied terrain. Here, substantial tracts

of groundwater forest with giant fig and mahogany trees alternate with acacia woodland and open grassland. Lake Manyara's hippo pool is famous, as are its tree-climbing lions. Like Ngorongoro, Manyara is noted for its wealth of bird life, with the Lake often visited by thousands of flamingos.



Elephant families and giraffes are usually abundant, and so too are warthogs and baboons. After watching so many larger mammals from a distance, watching the baboons up close, as they interact with one another, can be fascinating!

Mid-afternoon, after exploring Lake Manyara, it's time to return to Arusha and check in to your mountain hotel – ready to begin your Kilimanjaro climb the next day, already well-acclimatised to the altitude!

### SEASONS AND PRICES (Per person)

<b>Group size</b>	<b>Green Season</b> <i>Apr-May</i>	<b>Shoulder Season</b> <i>1<sup>st</sup> Nov to 15<sup>th</sup> Dec</i>	<b>Main Season</b> <i>All other dates</i>
1	£1,861	£1,932	£2,003
2	£1,199	£1,272	£1,343
3	£979	£1,053	£1,124
4	£869	£943	£1,014
5	£803	£877	£948
6	£759	£832	£903
Single supplement	£102	£136	£175

*NB. A festive supplement of £30 per person per night applies to travel on 24<sup>th</sup> 25<sup>th</sup> 26<sup>th</sup> & 31<sup>st</sup> Dec.  
An Easter supplement of £30 per person per night applies over Easter Weekend.*

Please [contact our office](#) for larger group quotes.

#### **Prices include:**

- Accommodation and meals as per the itinerary
- Ground transportation in a 4x4 safari vehicle (max. 7 window seats) with English speaking driver/guide.
- Game drives and park entry fees.
- Ngorongoro Crater driven tour and all entry fees
- Walking at Lemagurut in Ngorongoro Crater Highlands.

**Important Note: accommodations are in demand in peak season so do book early.**