



www.360-expeditions.com

Safari Extension



Always wanted to go on safari? If you can squeeze a few extra days onto your trip after your epic climb of Kilimanjaro, this is the plan for you!

With just 4 days of safari action you can experience the awe-inspiring UNESCO Heritage site of the Ngorongoro Crater, enjoy a safari at Lake Manyara National Park and enjoy time in the stunning Tarangire National Park.

Whizz over to the 'itinerary' tab or click below to read about what you could be enjoying...

See you there!





Physical - P1

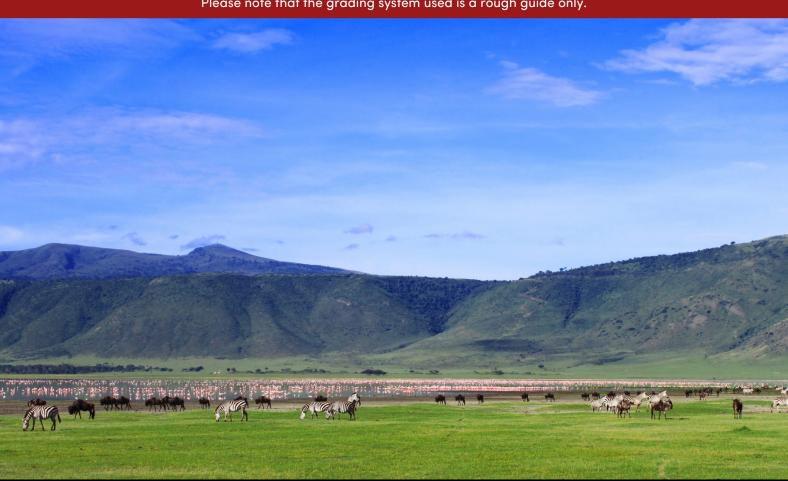
Gentle walking over relatively flat terrain. A light day sack up to 4kg may be required to be carried. Suitable for those with minimal exercise experience.

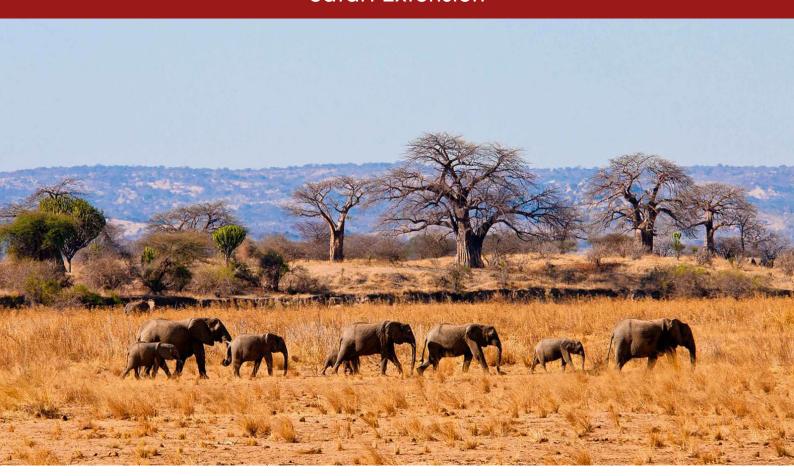


Technical - T1

No technical skills are needed. A good steady walking ability only is required.

Please note that the grading system used is a rough guide only.









# Safari Extension

# **ITINERARY**

# DAY 1: Moshi - Lake Manyara National Park

The safari starts on day 10 of your main Kilimanjaro itinerary and as a treat, we'll have a bit of a lie-in this morning. We'll leave Moshi after a hearty breakfast and transfer to Lake Manyara National Park. The transfer takes around 3-4 hours and you can either catch-up on some sleep or enjoy the stunning scenery as we wind through the Tanzanian countryside. We'll have a packed lunch with us and arrive at Lake Manyara in time for a full afternoon's game drive through this jaw-dropping natural landscape. The drives are dictated by the movement of the animals but the guides are always in contact with each other and share locations of the game which wander freely through the Park – there will be plenty of opportunities to get some great photographs.

Lake Manyara is known for its diverse habitats, including the lake itself, hot springs, forests, and grasslands. The park is home to a variety of wildlife, including elephants, giraffes, buffalo, baboons, and a large number of bird species – including an estimated 1.9 million flamingos. If we are very lucky we may also see some of the treeclimbing lions that are unique to the area. Lake Manyara is situated on the edge of the Great Rift Valley, and its landscapes are dominated by stunning views of the Rift Valley escarpment.

Early evening we'll leave the Park and head to our comfortable overnight accommodation near the Ngorongoro Crater.

(BLD)

# DAY 2: Ngorongoro Crater

Back to early starts today to take full advantage of the Ngorongoro Crater. The Crater is a World Heritage Site: the world's largest intact volcanic caldera, often referred to as the 8th wonder of the world. The 2,000 feet high walls of the approximately 10-mile wide Crater form a natural amphitheatre for some of the densest populations of large animals anywhere in the world.

The Crater is truly awe-inspiring and game viewing here is among the very best Africa has to offer, with rhinos, lions, hyenas, elephants, warthogs, cheetahs, jackals, elands, serval cats, hippos and flamingos. We'll be spending most of the day here taking in as much of the wildlife as we can before heading off to Tarangire National Park.

Our amazing lodge for the next two nights is situated in the centre of Tarangire National Park and we'll be able to continue watching the animals as they stroll past the lodge whilst we enjoy a relaxing dinner.

(BLD)





# Safari Extension

# **ITINERARY**

# DAY 3: Tarangire National Park

We have the luxury of waking up in the Tarangire National Park today and how you so how you spend today is entirely up to you as your driver/guide is at your disposition! You can head out before sunrise for a very early morning game drive and then head back to the lodge for an amazing breakfast, or have a little longer in bed and head out later. We generally aim to come back to the lodge for lunch but the day is yours to do as you wish and, however you spend your day, you'll be back at the lodge in time for another fantastic dinner.

Tarangire is one of Tanzania's hidden wonders.

Measuring 1,600 square miles and named for the lifegiving Tarangire River that flows through its core, this is Tanzania's fifth largest park. Most famous for its massive elephant herds and giant baobab trees, this park hosts an annual "mini-migration" of sorts and offers the perfect setting for photography. During the dry season, huge masses of animals stream into the park for its perennial water supply and we may see elephants, wild dogs, kudu, lions, oryx, giraffe, reedbucks, hyrax, dikdiks, leopards, buffalo and even pythons.

Tarangire is reckoned to have some of the best elephant viewing in Tanzania and there is the option of a thrilling walking safari amongst the jaw-dropping giant baobab trees.

(BLD)

# DAY 4: Tarangire National Park - depart for UK

Our last day in Tarangire and we have an early breakfast at the lodge before checking-out and heading out for a last game drive and saying goodbye to the fantastic fauna and flora.

We'll be leaving the park early to mid-afternoon for a transfer back to Kilimanjaro International Airport for our evening flight back to the UK arriving the next day (If there is no night flight we'll be catching the early morning flight on Day 5).

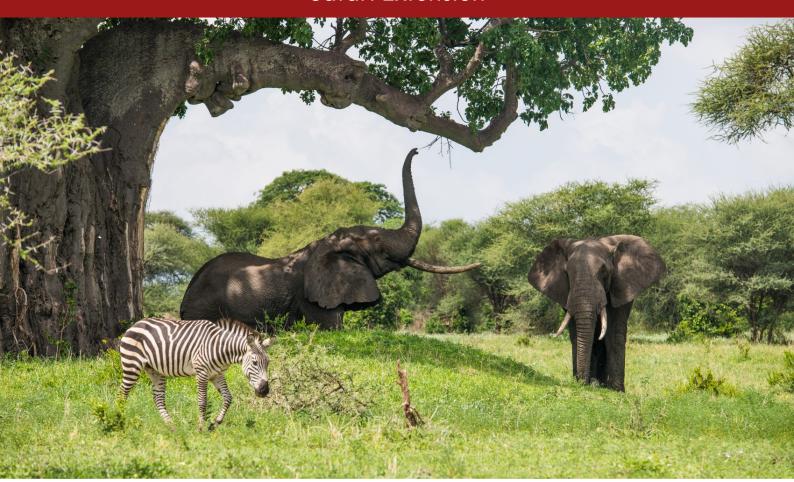
Please note, if you are on a flight the next morning we will book additional accommodation in Arusha for you. This accommodation and dinner are not included and will be an additional cost.

(BL)

### DAY 5: Arrive UK

Today you arrive back in the UK, either in the early morning (approx 6:30 am) or afternoon/evening if you took the day flight.















CLICK TO: **BOOK NOW** 

# FAQ'S

# **Prices**

What is the cost per person if we are less than 6 joining in 2024?

If you are less than 6 we can still run the safari however the cost will increase.

The 2024 prices below don't include flights:

Based on 2 pax joining: £1,840 pp

Based on 4 pax joining: £1,540 pp

If your team ends up on uneven numbers there could also be a single supplement to pay as these costs are based on rooms being shared.

What is the cost per person if we are less than 6 joining in 2025?

If you are less than 6 we can still run the safari however the cost will increase.

The 2025 prices below don't include flights:

Based on 2 pax joining: £1,890 pp

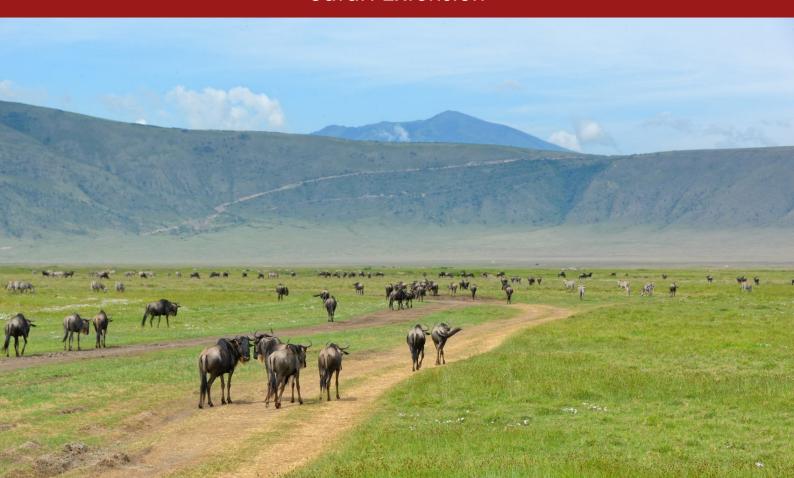
Based on 4 pax joining: £1,590 pp

If your team ends up on uneven numbers there could also be a single supplement to pay as these costs are based on rooms being shared.

### **Finance**

How much do we tip our local crew?

As a general rule we suggest a minimum of \$20 per client per day for your safari guide.







# Safari Extension

# TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

- 1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.
- 2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.
- 3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.
- 4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.
- 5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended
- 6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)
- 6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

# **MONTH 1**

### OPT 1

2 x 30 mins weekday walk 1 x 1 hour weekend walk 1 x 10 mins CVS

### OPT 2

1 x 30 mins weekday walk 2 x 1 hour weekend walk 1 x 10 mins CVS

## MONTH 2

### OPT 1

2 x 45 mins weekday walk 1 x 2 hours weekend walk 2 x 10 mins CVS

### OPT 2

1 x 45 mins weekday walk 2 x 2 hours weekend walk 2 x 10 mins CVS

## MONTH 3

### OPT 1

2 x 45 mins weekday walk 1 x 2 hours weekend walk 2 x 10 mins CVS

### OPT 2

1 x 45 mins weekday walk 2 x 2 hours weekend walk 2 x 10 mins CVS

### **MONTH 4**

# OPT 1

3 x 1 hour weekday walk 1 x 4 hours weekend walk 3 x 15 mins CVS

# OPT 2

2 x 1 hour weekday walk 2 x 4 hours weekend walk 3 x 15 mins CVS

## MONTH 5

## OPT 1

3 x 1.5 hours weekday walk 1 x 5 hours weekend walk 3 x 20 - 25 mins CVS

# OPT 2

2 x 1.5 hours weekday walk 2 x 5 hours weekend walk 3 x 20 - 25 mins CVS

## MONTH 6

# OPT 1

3 x 2 hours weekday walk 1 x 6 hours weekend walk 3 x 30 mins CVS

#### OPT 2

2 x 3 hours weekday walk 2 x 6 hours weekend walk 3 x 30 mins CVS







"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it Plan it Live it