

Great Rift & Lake Natron Trek Tanzania

Tanzania | 3700m



360 
EXPEDITIONS

www.360-expeditions.com

Great Rift & Lake Natron

Trek Tanzania | Tanzania | 3700m



Our Lake Natron Expedition is a fascinating trek in the heart of Tanzania's highlands. Amongst the incredible tribes and animals from the Ngorongoro crater all the way to the stunning flamingo-filled Lake Natron before we head off on a 2-day safari in Tarangire National park (renowned for its hundreds of elephants and baobab trees)

During our journey, we have incorporated Olduvai, one of the most important paleoanthropological sites in the world that has evidence of our earliest ancestors. This expedition packs a punch of vistas and is incredibly special and unique.

Our expedition starts and ends at Kilimanjaro International Airport and explores the Olmoti crater, Ngorongoro highlands, and onto the stunning backdrop of volcanoes. We will pass

several Maasai villages and cross the Elbulbul depression. We will climb extinct Volcano Craters and see their spectacular colourful lakes, before descending to the Rift Valley Escarpment and onto Lake Natron.

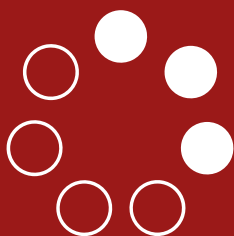
The trek culminates with 2-day safari to Tarangire Park for a Safari where there are huge populations of elephants dotted with ancient baobab trees, this is an ideal safari destination. The park has many other types of wildlife, everything from the big cats to diminutive Dik Dik.

This truly is a unique and exciting expedition.

Great Rift & Lake Natron

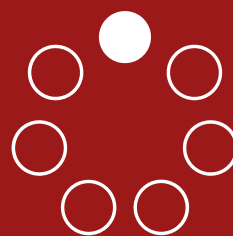
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Physical – P3

This trip is physically tough. Frequent exercise is necessary to prepare properly for this expedition. Regular walking mixed with training at the gym to build up endurance and cardiovascular fitness is key. Expect to be able to do 8 hour days in hilly and often steep terrain, carrying a pack of 6-10kg in weight with the occasional extra long day.



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.



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ITINERARY

DAY 1 : Depart UK

Depart UK in the evening, usually with your 360 guide.

DAY 2 : Arrive Kilimanjaro

You will be picked up at the Kilimanjaro International Airport and transferred to your hotel in Moshi town. Relaxing afternoon around the pool in the Hotel

Hotel Moshi (D)

DAY 3 : Transfer Moshi/Start of trek

Today we hop into our transfers and head off to Mto Wa Mbu, a bustling village at the base of the rift where we will stop for lunch. After a trip briefing with your trekking guides you will be transferred up to the Ngorongoro highlands in safari vehicles. We will stop for some stunning views, before heading onto our camp. In the late afternoon, there is a short hike to see Olmoti crater before dinner. Driving time 6 hours Today's hike is 25KM Nainokanoka Camp (BLD)

DAY 4 : Nainokanoka to Bulati

We will start early today and trek from Nainokanoka (Ngorongoro highlands) heading to Bulati – our backdrop is a chain of volcanoes that have emerged from the depths of underlying weaknesses in the earth's crust.

We will pass several Maasai bomas and cross the Elbulbul depression, a vast grassland with no trees, but many zebras can be seen grazing, wildebeests, and raptors due to many mole rat mounds found in the area.

We arrive at our camp early afternoon for rest and refreshments.

Today we'll be hiking approx 15km. Bulati Campsite (BLD)

DAY 5 : Bulati to Empakaai

As we set off this morning we trek from Bulati to Empakaai. The latter of these has a stunning crater lake visible from the rim. Today you will change the environment from temperate grassland to montane forest zone on the crater rim.

Our hike today is over undulating terrain, and normally has sections of thick tussock grasses and through Maasai villages. In the afternoon you will descend into the crater where you can see lesser flamingos who reside on the crater soda lake. The Caldera is 300m deep and 6kms wide. The trek is roughly 45 minutes down and an hour walk back up. Today we will be camping right on the rim of the Empakaai crater. Today we'll be hiking approx 12km. Empakaai Campsite (BLD)

DAY 6 : Empakaai to Acacia

There is a remote community that we passed this morning, Naiyobi Village which marks the end of Ngorongoro conservation area.

These plains are part of the "Maasai Migration" where the local herdsmen move their livestock in accordance with the changing seasons. The walk down to Empakaai Crater – 2 hours. Today's hike is 15KM Overnight at Acacia Camp (BLD)

DAY 7 : Acacia to Ngare Sero and Lake Natron

Today we follow the crater and descend the Rift Valley Escarpment, by following the Maasai migration ancient trail to the base of Ol Doinyo Lengai.

At the base, we are picked up by our safari vehicles for a 45-minute drive to our camp above Ngare Sero river in Lake Natron. After having our hot lunch and rest, we will have an afternoon walk to Ngaresero waterfalls – Natural pools. Today's hike is 8 KM Ngare Sero (BLD)

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ITINERARY

DAY 8 : Lake Natron

Today we will explore Lake Natron and spend time at this incredible natural wonder of a lake that hosts thousands of pink flamingos. We will then trek on to Ngaresero Gorge for our final destination of this expedition.

Olduvai are commonly known as “one of the most important paleoanthropological sites in the world”, and home to evidence of our earliest ancestors. We will be walking in the footsteps of early men (and women). Nagare Sero (BLD)

DAY 9 : Lake Natron to Tarangire

After an early breakfast, we head out in safari vehicles to Tarangire Park (some 3 hours away). Renowned for its huge population of elephants and is dotted with ancient baobab trees. This is an ideal safari destination.

The park has many other types of wildlife, everything from the big cats to diminutive Dik Dik. There is an afternoon game drive before drinks around the fire.

Tarangire Safari Lodge with pool (BLD)

DAY 10 : Depart Tanzania

After breakfast, we head back out for another game drive before connecting with flights from Kilimanjaro International Airport. (BL)

DAY 11 : Arrive UK

You will arrive back at London Heathrow Airport.

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KIT LIST

Bags & Packs

Travel duffel bag

This bag will be your main travel bag for your international travel. We would suggest you pack your rucksack for the trekking part of the expedition (if you are not taking it as hand luggage) in here, along with your casual clothes for before and after the trekking. This bag can then be left with the team while you are out on the trek.

Daysack

Approx. 40L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

Waterproof rucksack cover

To protect rucksack from rain

Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

Small kit bag or light bag

This is for any kit you intend to leave at the hotel and could even simply be a heavy duty plastic bag

Padlocks x 2

For use on your kit bag for travel and on the expedition plus your hotel bag

Sleeping Gear

2 Season sleeping bag

You should get a sleeping bag rated to 5C and choose a sleeping bag that functions within the comfort rating of this temperature. A silk sleeping bag liner will enhance this rating on the coldest nights.

Sleeping bag liner

Silk is best for keeping the bag clean and you a little warmer

Sleeping mat

A sleeping mattress is supplied. However a sleeping mat is advised for warmth rather than comfort

Headwear

Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Buff/Scarf

Essential for protection from the sun and dust

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KIT LIST

Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

Sunblock

Buy the highest SPF you can find as UV intensifies with altitude

Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

Upper Body

Base layer

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

Mid layer x 2

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

Gilet (optional)

Optional - A great low volume additional layer to keep your core warm, whether down, Primaloft or fleece

Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

Soft Shell (optional)

Optional - These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, they are not waterproof

Hard Shell

These jackets are thin, highly waterproof and windproof and worn over all other items of clothing. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended

Down jacket

Generally made using feathers, these are the ultra-warm and insulated layer that are used when at camp or in extremely cold environments. Those with a windproof outer fabric will provide the best insulation. Ask advice in the shop (or from us) when buying the jacket and mention you want it rated to -10C and the assistant will recommend the correct fill for you

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KIT LIST

Warm gloves

Consider liners or a light polartec pair for lower altitudes and evenings, and a thicker waterproof pair like ski gloves for higher altitudes

Ski gloves or heavy mitts

Summit night can be bitterly cold, a spare pair of ultra warm gloves for this night is recommended, to be worn with a liner glove underneath, and waterproof (and windproof) layer over

Lower Body

Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

Softshell trousers

Windproof or thermal lined trekking trousers for higher altitudes and the summit phase. Thermal leggings can still be worn underneath if necessary

Long Johns

Thermal insulation for the lower body

Waterproof overtrousers

Like the jacket, an essential piece of kit to stay dry and should also be Goretex

Underwear

Merino or wicking material, not cotton. How

Feet

Walking boots

Well worn in 4 season waterproof boots with mid to high ankle support

Comfortable trainers

For evening use and to give your feet a break once we reach the camps

Trekking socks

Start with lighter socks lower down, working up to thicker pairs for higher up as it gets colder. Some people like a clean pair every day, others are happy to change every other day – that's a personal choice

Spare laces

Just in case

Hydration

Water bottles/bladder

3L equivalent – Camelbaks are useful at lower altitudes but have a tendency to freeze up at higher altitudes without insulation tubes, Nalgene bottles are better at altitude. We suggest a combination of a 2L bladder and 1L bottle or 2 x ½L bottles to put in your jacket for summit night

Water purification

Although generally all water is boiled some prefer to double up and add purification tabs as well. Always good to have in your bag

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KIT LIST

Toiletries

Wash kit

Keep it simple on the mountain. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

Personal first aid kit

Your own first aid kit should contain: A basic blister kit, plasters, antiseptic, sun-protection, any personal medication, basic pain relief (paracetamol/aspirin/ibuprofen), strepsils, anti-nausea, a personal course of antibiotics if prone to illness etc.

Personal medication

Keep this in your daypack

Wet wipes

These are great for washing when shower facilities become a thing of the past

Alcohol gel

A must have for good camp hygiene

Insect repellent

For early stages and once back down

Toilet paper

Provided on the mountain but a spare in your daysack may be useful if you need to hide behind a rock between camps

Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short in between camps and for keeping your rubbish tidy in your tent

Miscellaneous

Head torch

Bring spare batteries

Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

Camera

Bring plenty of spare batteries and memory cards

Penknife (optional)

Snacks

You will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. Extra snacks can be bought en-route if needed. Energy gels and protein bars are not suitable as they do not always agree with every body. Always test your snacks before going on an expedition to ensure they are right for you, keep you well fuelled and sit well in your tummy.

Entertainment

Of course optional, but most trekkers like to bring an iPod, book, Kindle, cards etc for evening entertainment.

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KIT LIST

Swimsuit/shorts x 1

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

Copy of passport

Rarely needed but worth having just in case

Visa

Granted on arrival, it costs \$50 USD for a 3 month stay, subject to change

Passport photos x 4

We need these to obtain your climbing and trekking permits

Dental check up

We recommend you have a dental check-up before your trip. New fillings can be an issue at altitude if there is an air pocket left in the gap

Money

We recommend you take at least US\$400-\$450 in small denominations. This will allow for \$300 – \$350 tip money plus any extras such as satellite phone calls and emergency funds. Small denominations are recommended as it may be difficult to obtain change and it will be easier to divide tip money

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

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FAQ'S

Guides and Porter team

Porters welfare: Is 360 part of the Porters program? KPAP.

Yes, we are and we have one of the highest ratings possible. We are very proud of this – our porters and crew make your climbing and trekking possible. They sing and dance up the mountain giving us an incredible experience. In return, we do our utmost to support them back.

The mistreatment of porters can be a troubling challenge in the climbing industry. We are an approved Partner company with the Kilimanjaro Porters Assistance Project – KPAP – and the International Mountain Explorers Connection – IMEC – Partner for Responsible Travel Program.

We voluntarily participate with KPAP's monitoring activities and allow KPAP to evaluate the treatment of our porters on all of our climbs. By climbing with us you can be assured that your porters are well taken care of.

KPAP also helps to improve the working conditions of porters by:

- Lending donated clothing at no charge to the mountain crew for use while climbing
- Educating the public on porter working conditions and climbing responsibly
- Providing industry guidelines for proper porter treatment
- Offering educational classes to porters

Is 360 part of the IMEC and a Partner for Responsible Travel?

Again yes we are. This is a very important aspect of 360 operations. Please do chat to 360 and ask for the full documentation on this to see how we operate, not only in Africa on Kilimanjaro but globally.

How else do you support porters and local guides?

At 360, we LOVE what we do and are always striving to be better and do more good things.

We provide extensive training to our African team, such as the REC Level 4 **Remote Emergency First Aid Course**, conducted by UK expert in Rescue & Emergency, Allan Shaw.

Not only does this keep our standards high and you all safe but we are helping build the skills of our guides, enabling them to push forwards in their careers.

Food and Water

What is the food like during the trek?

We always offer 3 hot meals a day.. Breakfast will be an English styled (African version) breakfast. Lunch will be a lighter meal and dinner will start with soup and followed by a varied main and desert.

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FAQ'S

I have food allergies, can these be catered for?

Absolutely, please inform the office of any allergies or intolerances and we will ensure that these are taken into account on the trek.

Where does the drinking water come from?

For this expedition we use bottled drinking water.

How often is fresh water available for replenishing during the day?

There is water at each camp except at Empakai where we will take water from Bulati, and again at Acacia where we will take enough water at Naiyobi village.

Why do you advise against packing protein bars or energy gels as snacks?

Yes – we always advise you bring some snacks with you. Maybe a chunky chocolate bar, biltong or nuts and dried fruits

Accommodation

What if I'm a solo traveller?

We have plenty of solo travellers on our expeditions – you'll likely have others on yours! We don't charge any extra for single travellers, unless you specifically opt for a single room or tent. All of the accommodation and tents are based on two people sharing, and this is always organised according to sex and then, where possible, age groups.

If you do end up being the only single male or female on a trip, or there's an odd number, then you may end up with a room to yourself – but there's no guarantee. If you do wish to have a single room option, do chat to us for the details! We do generally recommend tent sharing, as most altitude related symptoms manifest themselves at night, but our leaders are always on hand and so if you are in a tent on your own, there's always someone nearby.

What's the accommodation like during the trek?

We will be in basic campsites in a 2- person tents with bucket showers and simple toilets.

Yes we suggest a micro fast drying towel

What are the toileting facilities will be like?

At camps there will be basic simple camp toilets

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What's the accommodation like on either side of the trek?

In Moshi at the start the we generally stay in a lovely hotel called San Salenaro. It has a pool and stunning gardens

The final hotel after the trek is in the Tarengire National Park itself .. it is a stunning lodge also with a pool and wonderful view areas where you can sit with a sundowner and watch the animals roam.

Are there hot showers at the camps?

There is hot water in bucket!

Do I have to share a room?

The expedition is based on a twin share. But you are able to have a single tent and room throughout if that is your preference

Health and Safety

Should I take Malaria tablets?

Yes you absolutely must. We are in a malaria zone. We suggest Malerone but please see you nurse practitioner at least 2 months before departure to get organised.

Am I likely to suffer from altitude sickness on this expedition?

No not at all – the highest part of this trek is at 3700m at Olmoti Crater

We are going to visit some waterfalls – are we okay to swim in them.

Yes, absolutely. This will be on the last day at Engaresero village. So do pack your swimmers!

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FAQ'S

You advocate taking a small first aid kit, what should it contain?

We advocate a little bit of self-help on the mountain. If you have a blister developing for example then please stop take off your boot and treat it before it becomes a problem. Your own first aid kit should contain: a basic blister kit, plasters, antiseptic, high factor sun protection, your own personal medication, basic pain relief (aspirin and Ibuprofen), a personal course of antibiotics if prone to illness. Foot powder in your socks every morning is great for preventing blisters.

Additionally: oral rehydration salt, (enough for one a day) alcohol swap, a small bandage, cotton, plaster, spirit, violin jelly, iodine solution, sanitizer, mediplast, hand gloves, Deep heat spray & gel.

Generally the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

What vaccinations do I need?

The following vaccinations are recommended:

- Hepatitis A
- Typhoid
- Diphtheria
- Tetanus
- Polio
- Yellow Fever (see below)
- Anti Malaria Tablets are vital.

This list is not absolute and it is important you should see your GP Surgery or travel clinic for latest recommendations and to ensure you are up to date on necessary vaccinations.

Do I need a yellow fever vaccination?

The advice about Yellow Fever vaccinations for travelling to Tanzania changes frequently and you must check with your GP surgery or Travel Clinic for the latest advice before you travel. We cannot advise you on this due to the frequency with which the advice changes.

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FAQ'S

Kit & Clothing

On the trekking days do I carry a day pack only and what should be in it.

Yes, you will carry your day pack daily and we hope with water it will weigh no more than 7 – 8 kilos. (aiming for 5)

Inside you will need

- light weight water proof trousers and jacket
- sun cream
- SPF lip-balm
- camera/phone
- snacks,
- liquid hand wash
- head torch
- toilet paper and a few nappy bags
- Water bottles or/and platypus(hydration bladder) enough to carry 3L
- sun glasses
- wide-brimmed hat/cap for sun protection –
- sun hat
- fleece
- Small first aid kit – personal use.

Can I leave a bag somewhere for the end of the trek when I arrive at lake Natron with clean fresh clothes?

Yes, this bag will be kept clean inside the vehicle, the vehicle that will be with you throughout the trek.

Will I need to bring waterproofs?

Yes, a jacket and trouser just in-case. But again, sun protection gear is essential.

What is the best type of footwear to use?

We suggest you wear light waterproof trekking boots with ankle protections

Can I trek in sandals?

No we don't not recommend this and we also do not recommend trainers as we will be passing many bushes and traversing loose rocks areas with small stones.

Will my main trekking bag be portered to each camp?

Yes, by vehicle or donkey.

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FAQ'S

What type of sleeping bag should I take with me?

Should be rated within the -5C comfort zone. Ensure you get a sleeping bag that has this temperature rating at this comfort zone rather than as its extreme zone.

Sleeping bags can be enhanced by using an inner silk liner (or similar), and ultimately by draping your down jacket over you. The idea is to be as comfortable and warm as possible for the night and henceforth to ensure plenty of sleep for the arduous days ahead. It is important to remember that down sleeping bags work by your own body heating the down that's inside the bag. Once you have warmed the bag up the feather down will retain the heat and ensure that you sleep at a temperature that's your own body temperature. For best results wear as little as possible when inside your sleeping bag. Our guides will often only wear a set of thermals in their bag. It is important for the bag to trap the heat. By wearing multiple layers of clothing your clothing will trap this heat and your bag will not function properly.

Is it possible to rent equipment before I go?

You can rent equipment from our friends at www.outdoorhire.co.uk.

Do you provide camping mats?

Yes, they will be in your tents waiting for you at each camp.

The Weather

What is the best time of the year to climb the mountain?

The best season for this tour is during dry season – late June to October. During this time, the weather is typically more stable, with lower chances of rainfall, making trekking

How cold can it get?

It can be between 5 – 15 degree centigrade.

Travel

Do I need to book my own flights to Tanzania?

360 Expeditions will be booking flights on your behalf. We provide confirmation of flight times and departure terminal approximately three weeks before your departure date. Please be aware that flight schedules are subject to change. Please ensure that you have checked your flight details before you set out for the airport.

Insurance

Do I need special travel insurance for the trek?

No,, just normal travel insurance that allows you to trek in Kenya and to the altitude 3700M

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Entry into County

My passport runs out 3 months after the trek, is this OK?

Your passport should be valid for 6 months after the date the trek starts. If it runs out before you may be refused entry. It is also advisable to have a couple of photocopies of your passport in case of loss.

Do I need a visa for Tanzania?

Visas are compulsory for entry into Tanzania for UK citizens. Although these can be acquired relatively easily at the border, we recommend that you contact your nearest Tanzanian embassy to avoid queuing, unnecessary delays and potential clearance.

Tanzania High Commission UK

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Training

How can I best train / prepare for climbing the mountain?

The 360 expedition training programs have been devised to be expedition specific. Use these as a guide but also feel free to contact us for individual advice on how best to incorporate a suitable fitness program with your own lifestyle. If you are struggling from day one then you will not enjoy the rest of the trip. Physical preparation does not have to be Herculean: concentrate on cardio-vascular exercise during the week by taking short runs when time allows and try to spend at least 2 weekends a month going on long duration walks (longer than 6 hrs) carrying a rucksack of around 10kg.

This kind of regime will not only prepare your body for carrying minor loads but will harden your body against the big days on the mountain itself. In addition it will help break in your boots and get you used to your equipment. In combination this will pay dividends when you reach Kilimanjaro because even though you can't train for altitude your body will be ready for arduous days and you will be familiar with how to best use your equipment, so you can enjoy and appreciate the mountain all the more. Please also see the recommended training program for climbing Mount Kilimanjaro.

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How fit do I need to be for this expedition?

Having a good level of fitness will allow you to enjoy the expedition all the better and increase your chances of reaching our trip goals!

How out of my comfort zone will I be?

On a day to day level remember that you will be camping at altitude. You are likely to be cold, washing and toilet facilities will be limited, your appetite may be affected by the altitude and as you get higher on the trek you are likely to suffer shortness of breath and many people have difficulty sleeping. Remember that everyone on the trek is probably experiencing exactly the same symptoms, both physical and mental.

Finance

When is the money due for this expedition? What kind of payment do you accept?

Generally speaking deposits are due upon booking as we need to book your international flights well in advance. The full amount should be paid 4 months prior to departure. However having said this, our aim is to get you to the top of this mountain and we understand that personal financial situations can vary. Please contact our friendly office crew to discuss a suitable payment plan should you find raising the funds to be difficult. We have after all been in your shoes and go by the motto of where there's a will there's a way.

What is your cancellation policy? What is your refund policy?

Please read our terms and conditions carefully before you depart. 360 Expeditions highly recommends trip cancellation insurance for all expeditions. Due to the nature and heavy costs of government and operator permits we must adhere to a stringent refund policy.

What additional spending money will we need during the trek / at Lake Natron.

It is good to have some money with you on dollars or the local currency so you are able to buy gifts and personal spending

How much do we tip our local crew?

Our local crew work extremely hard to ensure that your expedition runs well. While tipping is not compulsory, once you see how hard the crew work and realise the small amount of money they get paid relative to a western income, tipping will seem the least you can do to say thank you. As a general rule we suggest a minimum of \$60-\$100 per client, which will be shared out amongst the entire local crew.

Tipping the 360 leader is entirely at your own discretion.

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What happens if I need to leave the trip early?

If you need to leave early, arrangements can be made with the help of your guide. Additional costs (transport, hotels, flights etc.) will be incurred.

When do we tip?

We can Tip our hard working crew at the end of the trip.

Does this tip cover the safari section at the end in Tarengire?

TBC??

Electronics

Do we need a travel adaptor for the plug sockets in the hotel/fixed camps?

It is better you come prepared and bring adapters with you

Is there mobile phone reception on the trek?

Yes there is reception sporadically. There is in Nainokanoka and Bulati and Naiyobi villages but there is none at Empakai and Acacia

Can you get Wi-Fi at camp?

There is no Wifi in any of the camps until you are at Lake Natron.

Will I be able to charge my phone or camera on the trek?

No – there is no charging facilities therefore we suggest you bring a Power Bank and /or Solar panel charger with you –

General

Will my valuables be safe?

While we will do everything we can to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times. As with travel in any foreign country, you need to look after yourself and your possessions, and this is no different.

Does our hotel have a pool?

Almost all the hotels we use in Moshi have pools, so do bring swimming costumes or shorts.

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Additional reading/watching

TBA ??

Has Tanzania banned plastic bags?

Tanzania has made a bold conservation move and has banned plastic bags – from production to importation and use within the country.

Visitors are advised to avoid carrying plastic bags or packing plastic bags in their luggage but please note that ziploc bags to carry toiletries will be permitted, on the basis they remain in your possession and are not disposed of within the country. We suggest biodegradable nappy sacks and wet wipes.

Great Rift & Lake Natron

Trek Tanzania | Tanzania | 3700m



Great Rift & Lake Natron

Trek Tanzania | Tanzania | 3700m

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

360[°]

EXPEDITIONS



"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.