



**NOLS ALUMNI TRIP
CLIMBING MOUNT KILIMANJARO
APRIL 17-25, 2012**

Features of This Trip:

- 7 moving days
- Summit attempt
Kilimanjaro—19,340'
- Cultural interaction
- Sightseeing day at start
- Incredible scenery of the Western
Breach, Shira Plateau, and the Great
Barranco Wall
- Group Size: 12 participants, 2
instructors and porters

Minimum Age: 21

Cost: \$3475 + tips for porters— consider trip insurance

Trip Description

Join a small group of NOLS grads, friends, and family on an attempt of the summit of Tanzania's Mount Kilimanjaro (19,340'). This 9-day expedition allows time to climb the tallest peak in Africa as well as opportunities to see the surrounding countryside and culture of Tanzania. You and your group live in this unique equatorial alpine environment while learning about the geology, glaciology, and unusual flora and fauna found on Mt. Kilimanjaro. While in the forests, you will have the opportunity to see Cape buffalo, elephant, bushbuck and monkeys. Porters will accompany the group and lighten participants' loads. Your route will travel on muddy trails, steep rocky scrambles, across some hard snow, and through thick jungle.

The Environment

The weather on Kilimanjaro is diverse and transient. The climb begins in a belt of wet tropical forest before shifting to zones of lower temperatures and less rainfall. The summit is covered in glacial ice, with sub-freezing temperatures and clouds that usually produce snow. This climb occurs during the wet season (between March and early June) when temperatures tend to be warmer, and there are fewer people on the mountain. Rainfall is typically concentrated in the forest, but the higher elevations can be quite clear.

Curriculum

This trip focuses on many traditional NOLS skills, including map reading, hiking and group travel. Participants can learn new outdoor skills with friends, family, and a group of fellow grads. The instructors will present information necessary for the group to comfortably travel and can present topics desired by the participants— including natural history, NOLS' leadership topics and relevant local human history.

Alumni trips, though more relaxed than a typical NOLS course, are not full-on vacations or guided experiences. They are self-reliant expeditions through remote areas where evacuation to modern medical facilities can take several days. Throughout the trip, you will travel outdoors and care for

yourself. The expedition format emphasizes hands-on learning and application of skills in a variety of situations.

Trip Logistics

The course begins and ends in Arusha, Tanzania at the Kilimanjaro International Airport. NOLS will provide transportation from the airport into town where the group will enjoy a relaxing evening before beginning the hiking trip the following morning. Arusha sits on the eastern edge of the Great Rift Valley where the weather is moderate and pleasant. Meals and bottled water are provided at the hotel during the start and end of the trip. Park fees are included in the tuition.

From Arusha, the group will travel by 4x4 vehicles to Kilimanjaro where we will hike about three hours to Machame Hut. The climb to the summit will occur over a series of six moving days and one day of acclimation and rest. The group will attempt the summit on the seventh (and longest) day in the field. You will return to the Arusha Lush Garden Hotel on the eighth day, where you will shower, and prepare to depart on the following day. On April 26th participants will be transported to Kilimanjaro International Airport for their departure flights.

Planned Itinerary

April 16	Depending on your flight, many participants leave the U.S. this day.
April 17	A NOLS representative will pick participants up at the airport and bring them to Lush Garden Hotel where they will relax and stay overnight. The trip orientation occurs at the hotel.
April 18	Breakfast at Lush Garden Hotel. Depart and drive to Machame park gate 5992 for drop off. Start the 5 hour hike through the temperate forest to Machame hut- 9911 ft.
April 19	Complete a ~5 hour hike through giant heather shrubs and moorland to camp at Shira Caves- 12595 ft.
April 20	Hike from Shira Caves to Barranco via Lava tower – 15180 ft – dropping down to camp at 13077 ft. About 7 hrs of hiking.
April 21	Rest day and day hikes near the camp
April 22	Hike from Barranco to Karanga campsite. This day starts with scramble up the breakfast wall. It takes about 4 hours to reach Karanga - 13235 ft.
April 23	Hike to Barafu hut at 15295ft. This takes about 2.5 hours. It is possible we will hike past the camp for acclimatization.
April 24	Wake up before midnight for some snacks. Start the summit attempt at midnight and depending upon the pace and weather, possibly summit Uhuru peak at sunrise– 19340ft. Afterwards, hike down to Barafu for breakfast or brunch. Continue on down to Mweka hut or Millennium camp depending on time. This will be a long day.
April 25	Hike for 3-4 hours down to Mweka gate. Say goodbyes to the porters and head back to Arusha for clean up and rest at the hotel.
April 26	At leisure with possible town tour and lunch. In the evening drop off at the airport to fly out.

Currency

Tanzania's currency is the Tanzanian Shilling (TSh). When it comes to travel in Africa, choosing between using cash or credit card can be a difficult decision. While larger establishments are generally willing to accept US Dollars and British Pounds, smaller shops and street vendors tend to be reluctant to trade in anything other than Shillings.

Exchange rates fluctuate on a daily basis. We suggest you purchase Tanzanian Shilling from your local bank, or exchange money at the airport upon arrival. ATM's are also available in Arusha. When it comes to tipping porters, please keep in mind that for many, carrying bags up and down the mountain is their only source of income, \$5.00 - \$10.00 per porter, per day, is customary.

Travel

Plan to fly to Kilimanjaro International Airport (JRO) in Arusha, Tanzania on the pre-scheduled arrival and departure dates and times. A NOLS representative will transfer you directly to our lodging at the Arusha Lush Garden Hotel. KLM/Northwest departs daily to Kilimanjaro International Airport via Amsterdam from the United States. Consider traveling to Tanzania a day early to allow for jet lag recovery and potential baggage snags. Please send us a copy of your travel plans so we can arrange to meet you at the airport or elsewhere in Arusha. JRO is approximately 30-miles from Arusha.

Travel in Tanzania

Tanzania is known for its stability and natural beauty, but there are always things to be aware of when travelling in a foreign country. Arusha is a bustling city of about 300,000 where English and Swahili are commonly spoken. We recommend you visit the following website for information on Tanzanian culture and passport/visa requirements:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1038.html

Vaccinations

For a current list of vaccinations please visit the website listed below. It is also a good idea to visit your local travel clinic for their recommendations and advice about travel in foreign nations, especially if you intend to travel in Africa or elsewhere before or after the expedition.

<http://wwwnc.cdc.gov/travel/destinations/tanzania.aspx>

Accommodations

The group will stay at the Arusha Lush Garden Hotel on April 17 and 25. Luggage can be stored there through the duration of the trip. It may be possible to stay at the hotel if you arrive in Tanzania early— please check with us for details.

Training, Altitude and Medications

Being physically fit will enable you to take full advantage of this opportunity; it will also enhance the strength of the group as a whole, contributing to the ultimate success of the expedition, regardless of whether the summit is attained.

It is essential that participants in this expedition arrive in very good physical condition and health. High altitude mountain travel is demanding, no matter how fit you are. We strongly encourage you to consider your physical condition now and to design appropriate fitness goals before the trip starts.

Discuss the use of Diamox (acetazolamide) with your doctor. If you and your doctor decide to use altitude medications, you will need to bring your own and study the effects of high altitude and human physiology before hand. Here is a good overview of altitude issues: < <http://www.webmd.com/a-to-z-guides/altitude-sickness-topic-overview> >

If you are delayed in your travel:

Please contact us (alumni@nols.edu or 307.335.2274) as soon as possible if you encounter travel delays on your way this alumni trip.

Registration and Payment:

Call the NOLS alumni office at (800) 332-4280. A non-refundable deposit of \$200 will reserve your space on the trip. Final payment is due no later than 45 days prior to the trip start date (March 2, 2012). Please note that airfare is not included in the price of the trip.

Travel Insurance:

We recommend making travel plans as soon as possible to avoid complications. It may also be beneficial to purchase tickets that are refundable or changeable. Travel insurance is worth exploring in case unforeseen events cause a change in your plans or in case NOLS has to cancel an alumni trip for any reason. Check with your personal insurance carrier to discuss options or contact Travel Guard at www.travelguard.com or (800) 826-4919. Whichever plan you chose, make sure mountaineering is covered.

Questions:

Please give us a call (800.332.4280) with any questions about this trip.