# THOMSON SAFARIS®

KILIMANJARO





We fell in love with Tanzania nearly four decades ago, before travelers really knew about its beautiful plains, incredible wildlife or the majesty of Kilimanjaro.

We wanted to share what we found with the world, so we planted our roots here, built relationships with the people and called the country home.

About three and a half decades later, we've shared what we found with thousands of people trekking up Kilimanjaro. The tallest mountain in Africa holds a special place in our hearts. We've explored all her routes, and we've climbed to her summit ourselves, as have our two daughters.

Our advice to all adventurers who want to see the view from the Roof of Africa: make safety your primary consideration, respect the mountain and the land, treat the local communities fairly, and take the altitude seriously.

We've spent decades perfecting trips with these rules in mind, fine-tuning every detail and constantly improving with feedback from trekkers. Our guests get the very best so Kilimanjaro can amaze them just like it did us nearly four decades ago.

We're with you every step of the way.

Rick Thomson and Judi Wineland







# WHAT IS THE MOUNTAIN LIKE?

One mountain, five climate zones – Kilimanjaro is like no place you have experienced before. From the rainforest through the moorland to the arctic summit, the scenery is awe-inspiring every day.



# WHEN TO CLIMB

# WHICH MONTH IS BEST?

You can climb Kilimanjaro any time of year, but June to October and December to March are the best times.

JUNE – OCTOBER:
Cooler and drier

**DECEMBER – MARCH:** 

Warmer with a higher chance of rain or snow

Kilimanjaro tends to see heavy rains in April, early May and November, so we don't offer scheduled departures at those times.

# WHAT IS THE WEATHER LIKE?

Any time of year, prepare for freezing arctic temperatures, balmy rainforest weather and everything in between.

Bring clothing for temperatures from -20 to 80 degrees Fahrenheit. Layers and rain gear are critical. During any given day of your trek, conditions can change dramatically.



# **ROUTE COMPARISON**

thomsontreks.com/route-comparison

<b>WESTERN</b>	<b>APPROACH</b>
TRIED & TRUI	

TREK DAYS

9

DOOR-TO-DOOR DAYS

13

SUMMIT SUCCESS

98%

ACCLIMATIZATION

Very Good

WHY CHOOSE THIS ROUTE

Ample acclimatization time on a scenic, less-traveled route

# GRAND TRAVERSE

TREK DAYS

10

DOOR-TO-DOOR DAYS

14

SUMMIT SUCCESS

98%

ACCLIMATIZATION

Excellent/Maximum

WHY CHOOSE THIS ROUTE

Maximum acclimatization time, added amenities, two summit bids on Kili's most remote route

# UMBWE ROUTE CHALLENGING

TREK DAYS

6

DOOR-TO-DOOR DAYS

10

SUMMIT SUCCESS

96%

ACCLIMATIZATION

Adequate

WHY CHOOSE THIS ROUTE

The most physically challenging route with a quick, scenic ascent

### MACHAME ROUTE BUDGET-FRIENDLY

TREK DAYS

7

DOOR-TO-DOOR DAYS

11

SUMMIT SUCCESS

95%

ACCLIMATIZATION

Adequate

WHY CHOOSE THIS ROUTE

Budget-friendly option on one of the mountain's most popular trails

# ALTITUDE & ACCLIMITIZATION

Altitude affects almost every climber on Kilimanjaro. There is no way to train for this. Instead, we use a time-tested strategy to ensure 98% of our guests reach the summit.

Longer routes give you more time to acclimatize.

Unlimited purified water helps mitigate altitude symptoms.

Trained guides can help spot signs of altitude sickness.

Pre-trip consultants share pro-tips to prepare you for the challenge.

Nutritionist-designed meals provide energy and nutrients for optimal stamina.

# WHO CAN CLIMB?

People of all ages and all levels of experience can make it to the summit - from children (12 and over) to great grandparents, novices to professionals.

### **MEET OUR GUESTS:**

# THE MARSHALLS

AGES: 23-70 LEVEL OF EXPERIENCE: Varied

"Three generations of my family - my son, brother, and nearly 70-year-old father - had a lifelong dream to climb Kili together. With the help of our first-class guides and porters, we all safely summited!"



# VANESSA O'BRIEN

Record-Setting Mountaineer

AGES: 48 LEVEL OF EXPERIENCE: Advanced

"No matter how much climbing you've done, you have to respect a mountain that's 19,341 feet tall. The altitude makes it a challenge, even for the most experienced trekker."



## TOM ROHRER

AGES: 50 LEVEL OF EXPERIENCE: Intermediate

"I love physical challenges and outdoor activities, climbing Kili is a perfect combination of the two. You don't have to be a world-class climber to get to the top, but it does require patience and perseverance."



## **NICOLE CICOGNA**

Self-Proclaimed City Girl

LEVEL OF EXPERIENCE: Beg

"Before Kilimanjaro, the highest I'd ever climbed was to the top of the Empire State Building - and in heels! Climbing Kili was the most difficult thing I've ever done, but also the most rewarding.'



### **HOW DO I TRAIN?**

Twelve weeks of consistent cardio training and hiking usually prepares our guests for Kilimanjaro. Speak with your doctor before training.

### Your average daily hike will be:

- » 5 miles long
- 5 hours in duration
- 2.100 feet in elevation gain

Summit day includes a 4,000-foot, 3-mile trek for 3 to 10 hours, depending on the route and other factors.

### TRAINING PACKAGES



Thomson trekkers receive 25% off all training packages through our partner Fit For Trips, which offers route-specific, personalized training programs.

thomsontreks.com/training







# EXPERT GUIDES





# THE HIGHEST **STANDARD OF SAFETY**





"When I started working on Thomson treks, I was a porter. But they provided me the opportunities and education I needed to work my way up, first to camp-setting crew, then camp manager, then eventually to assistant guide. I'm now proud to be a head guide with Thomson. Without their help, I would never be where I am today."

PENDAELI LAUWO THOMSON HEAD GUIDE Head guides have achieved over 100 professional summits each, many over 250. They are the best of the best on Kilimanjaro. Every guide for every trek is a Wilderness First Responder, the internationally recognized gold standard for wilderness safety certification, and one guide is assigned for every two to three trekkers.

- » Wilderness First Responder
- » Fluent in both English and Swahili
- » Trained in the use of all emergency equipment
- » Trained to identify symptoms of Acute Mountain Sickness (AMS)
- » Talented, confident leaders who put your safety first

You do not need technical climbing skills or special equipment; you do need a qualified, prepared team who is there for you in all conditions, ready to safely respond to any situation.

- » Thomson uses more high-altitude safety equipment than any other institution in Tanzania: Gamow bags, AEDs, oxygen kits, pulse oximeters, evacuation stretchers, trauma and emergency kits
- » Guides carry three different types of mobile communication
- » Private toilet tents, handwashing stations, and chefs trained in hygienic food preparation help protect your health
- » Thomson provides unlimited purified water

# OUR COMMITMENT TO PORTERS





# THE THOMSON PORTER PROMISE





"Previously I worked as a head guide with another company. I wanted to work with Thomson because of their reputation of fai treatment of porters, the honest working environment, and the very good pay. With Thomson I also receive training and a lot of support from management, which allows me to do the best job I can."

GABRIEL RASSY
THOMSON HEAD GUID

The safety of everyone – guests and Tanzanians – is our top priority. Many trek operators say they treat porters fairly. We prove it. Once you are on Kilimanjaro, the Thomson difference becomes clear.

### **ALL PORTERS ARE:**

- » Offered one of the best compensation packages on the mountain
- » Supplied all-weather, full-body uniforms and camping gear for free
- » Provided mountaineering tents with closed-cell sleeping pads
- » Guaranteed a full wage and medical care, even if they descend early due to illness
- » Given individual, secure bank accounts, eliminating graft
- » Expected to carry no more than 33 pounds
- Ensured an equal percentage of tips thanks to a transparent tipping procedure
- » Joined by independent, KPAP-supervised 'monitoring porters' who critique fair practices
- » Provided transportation to and from Kilimanjaro

# KILIMANJARO PORTERS ASSISTANCE PROJECT



We are a founding KPAP member and set some of the highest porter standards on the mountain. We encourage ALL climbers to research which operators are certified by KPAP at: www.kiliporters.org

# PORTER APPRECIATION WEEK



Every year, we dedicate a week to the Kilimanjaro porters by telling their stories, raising money for KPAP and sharing our trekkers' heartfelt thanks for all they do. Find videos and reviews from our guests at: Kilimanjaro.thomsontreks.com/porter-appreciation-week



# THE BEST MOUNTAIN CAMPS











# THE THOMSON **CAMPING EXPERIENCE**

# NUTRITIONIST-PLANNED MEALS

Your body needs the right fuel to conquer frica's tallest mountain.



Meals are prepared with fresh ingredients throughout the trek.

All meals are served with unlimited purified water.

Hot coffee is delivered to your tent when you wake up.

Delicious, nutritious trail snacks are provided after breakfast.

Most dietary needs
– vegetarian, vegan,
gluten-free, kosher,
etc. – accommodated
with advanced notice.

### **SLEEPING TENTS**

The Big Agnes Flying Diamond is spacious and has an ironclad reputation at Everest Base Camp. Here is how we make it even better:

- » Room for four but we never sleep more than two per tent
- » Closed-cell foam, full-ground pads keep you warm and dry
- » Custom zippers keep out the elements
- > Covered vestibules provide additional space for bags and gear

Grand Traverse trekkers enjoy even more comfort in walk-in height tents with cots and mattresses.

# **PRIVATE TOILET TENTS**

Enjoy clean, private toilet tents and avoid the crowded public mountain toilets.

- » Walk-in height
- » Outfitted with eco-friendly, portable, pump-flush toilets
- » Equipped with ample hand sanitizer
- » Exclusive to Thomson trekkers
- » Use strict hygiene standards to protect your health

# **GEAR RENTAL**

Not sure what you need to trek? We have you covered. Call us for a list of gear and options for renting.

# TREKKING THE THOUSON WAY

# YOUR KILIMANJARO PLANNER

Prepare for your adventure with a Kilimanjaro expert – available by phone and email.

# 24-HOUR ARUSHA SUPPORT TEAM

When you choose Thomson, you receive support from an office in the U.S. and Tanzania. Help is never far away.

## ONE GUIDE FOR EVERY TWO TO THREE TREKKERS

Enjoy personalized assistance thanks to an excellent guide-to-trekker ratio.

# KILIMANJARO PREP GUIDE

How to train, what to pack, tips, tricks and more – our prep guide is an indispensable tool for trekkers.

# **EVERYTHING**IS INCLUDED

Leave the logistics to us. Everything on the ground is covered in your trek price except tips and rental gear.





# WE TREK RESPONSIBLY



"I was drawn to Thomson for their stance on fair wages and good treatment of their porters in Tanzania. I could see for myself that this was not just a brochure statement but something they actually did in practice. Everyone on the mountain sincerely sung their praises. Thomson was uniformly well-regarded in Tanzania as both fair and ethical."

KARL PROTIL, JR. THOMSON GUEST

# TREATING PEOPLE FAIRLY

- » Your trek provides health benefits and educational opportunities to porters and guides
- » Your team earns one of the best compensation packages on the mountain
- » We are a founding member of KPAP and one of Kilimanjaro's strongest porter advocates
- » Proceeds from our online store go to KPAP

# PROTECTING THE ENVIRONMENT

- » Guides and porters rigorously follow Leave No Trace ethics
- » Camps use only solar power
- » Meals use organic food harvested from gardens in Arusha

## SUPPORTING LOCAL COMMUNITIES

Tourism can and should be a force for good. That was Judi Wineland's philosophy when she founded Focus on Tanzanian Communities (FoTZC), our partner philanthropic organization. FoTZC has:

- » Helped build and support over 60 classrooms with teachers' housing
- » Constructed a medical dispensary that services 500 Tanzanians each month
- » Funded solar-powered fresh water boreholes in areas where 40% of illnesses are water-related
- » Dedicated over \$1.9 million to supporting Tanzanian communities

When you support us, you help support the work FoTZC does.





# WESTERN APPROACH 9-DAY ROUTE / 13 DAYS DOOR TO DOOR STARTING AT \$5,990 PER PERSON VINCE GREECE 28, Veteran Exploring the glaciers after his sucessful summit THOMSONTREKS.COM

Our most popular trek follows the less-traveled trails of Kilimanjaro's Lemosho route on the western side of the mountain. Ample acclimatization time gives you the best foundation for summiting. A steady ascent turns every day into an unforgettable experience.

Begin in the lush rainforest, keeping watch for blue and colobus monkeys. Emerge on the sweeping, shrub-filled terrain of the Shira Plateau. Camp in the shadow of Killi's 300-foot Lava Tower. Scramble up the Barranco Wall, a rocky cliff with steep switchbacks. Enjoy a daytime summit bid, giving you a full night's sleep before the hardest day of the trek. Celebrate on the Roof of Africa and, on select departures, camp in the crater of the volcano itself for a truly remarkable experience.

# WHY YOU SHOULD CHOOSE THIS ROUTE

- » Scenic, less-traveled trails
- » Warm up for your hike on a nature walk in a private conservation area
- » Full night's sleep before a daytime summit bid
- » Two summit bid opportunities and optional overnight camping in the crater on select departures









Kilimanjaro's most luxurious trek follows the remote trails of the Northern Circuit. Deluxe amenities and maximum acclimatization time provide extra comfort and the best chance of summit success. Smaller group sizes give you a more intimate experience on this seldom-trodden side of Kili.

Begin your journey just above 11,000 feet on Shira Plateau. Savor solitude and incredible views of Kenya as the trail diverges north toward the Rongai and Kikelewa Caves. Camp beneath the extraordinary spires of Mawenzi, Kili's second-highest peak. Take in some of the best views of the mountain from the saddle between Mawenzi and Uhuru and enjoy the exclusivity of an afternoon summit, when few other people are on the peak. Kili is Africa's tallest volcano and camping in its crater will be an experience you relive with friends and family for years to come.

# WHY YOU SHOULD

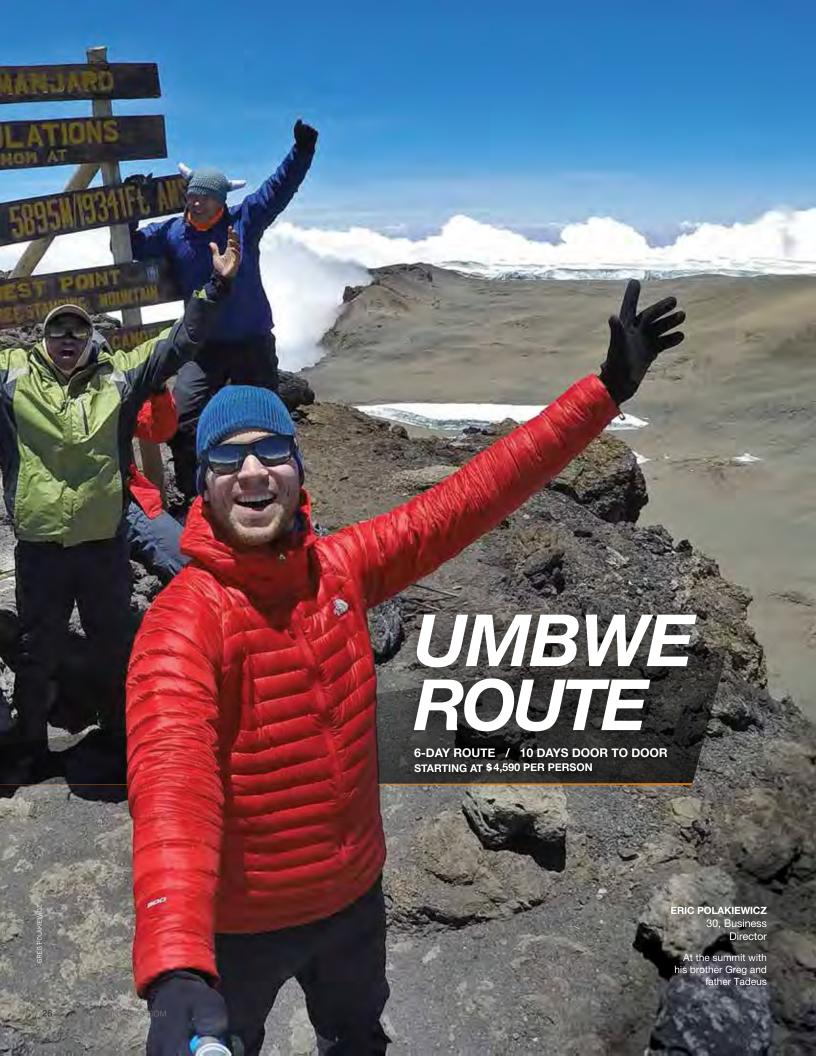
# **CHOOSE THIS ROUTE**

- » Most acclimatization time
- » Upgraded accommodations: larger tents and cot beds with foam mattresses
- » Warm up for your hike on a nature walk in a private conservation area
- » The least-travelled route, and the only option with views of Kenya
- » Exclusive campsites with smaller groups
- » Two summit bid opportunities
- » A more private summit experience thanks to an exclusive afternoon summit bid









If you are short on time and you like a physical and mental challenge, this is the trek for you. Steep trails, switchbacks and long hiking days abound on our most direct route to the summit – best suited for experienced trekkers willing to take on Kili's hardest route.

Hit the ground running with two full days of trekking on steep trails through the rainforest, past the Umbwe Caves and up to the Barranco Valley. Two more days ascending and descending through valleys and scrambling up the Barranco Wall will bring you to Barafu Camp, your launching pad to the summit. You will wake at midnight on summit day for a 10- to 15-hour trek up to the summit and then back down past Barafu to Mweka Millenium Camp in the rainforest, where you will celebrate an achievement well-earned.

# WHY YOU SHOULD CHOOSE THIS ROUTE

- » Shortest trekking route
- » Overnight summit bid to see the sun rise
- » The most challenging route to test your grit
- » Wildlife viewing and pre-trek acclimatization hike in Arusha National Park









A budget-friendly trek with slightly more basic amenities on Kilimanjaro's most popular route. Embrace your inner adventurer during this more rugged experience while still receiving the same safety, reliability and peace of mind provided by Thomson.

Join the throngs of trekkers in the rainforest, plodding your way single-file up to the Shira Plateau. Ascend above the clouds as you pass through the Barranco Valley, making camp at the base of the Barranco Wall. Two more solid days trekking high and sleeping low will bring you to Barafu. At midnight, you will set out for a 10- to 15-hour trek to the highest point on the mountain to see the sunrise and then descend 7,000 feet to recuperate and celebrate in the rainforest.

# WHY YOU SHOULD CHOOSE THIS ROUTE

- » Our most affordable trek
- » One of the shorter options for those with time constraints
- » Overnight summit bid to see the sun rise
- » The mountain's most popular route









# EVENTS, GUESTS & PARTNERSHIPS

# JIMMY CHIN

Academy Award winner for documetary *Free Solo*, professional climber, photographer, and film director

"I was really impressed with how Thomson managed all of the logistics in a highly professional manner. Everything was always working, everything was on time, and the food was great. I would recommend Thomson in a heartbeat."



## **CHARITY TREKS**

### MTV's

Summit on the Summit

Jessica Biel and 200 celebrities, activists and crew members trekked Kilimanjaro with Thomson to raise awareness for East Africa's clean water issues. MTV produced a 60-minute documentary of the trek.

# **WATERAID**

Climb for Life

Canada's leading clean water charity trekked with Thomson, fundraising over \$100,000 in the process.

# **VANESSA O'BRIEN**

Seven Summits summiteer, Guinness World Record holder and first American woman to summit K2

"The reason I'm such a big fan of Thomson is they take care of the communities they visit. They have a great track record among the guides and porters."



# DAVID BREASHEARS

5-time Everest summiteer and filmmaker of IMAX Kilimanjaro and Everest

"For an unrivaled adventure to the roof of Africa, I recommend Thomson Safaris."



# **PARTNERSHIPS**

African Wildlife Foundation

Harvard Alumni Travels

Princeton Journeys

Cornell's Adult University

Williams College

Penn State Alumni Association

Alumnae Association of Smith College

Dartmouth Alumni Travel

Museum of Science, Boston

University of Portland

World Affairs Council of Philadelphia

The Commonwealth Club of California

Iowa State Traveling Cyclones

And many others



# SAFARIS & EXTENSIONS













# DAY 1:

# **NGORONGORO HIGHLANDS**

Celebrate your Kilimanjaro summit in Africa's best safari lodge. Overnight: Gibb's Farm

### DAY 2:

## **NGORONGORO CRATER**

Visit the floor of the world's largest volcanic caldera, hosting 30,000 mammals.

Overnight: Gibb's Farm

### DAY 3:

## **SERENGETI NATIONAL PARK**

Continue to the endless plains, with the world's greatest population of lions and the world's biggest migration of large mammals. Overnight: Thomson Serengeti Nyumba

### DAY 4:

### SERENGETI NATIONAL PARK

Enjoy an optional pre-dawn, hot air balloon flight and champagne breakfast. Then get back to wildlife viewing.

Overnight: Thomson Serengeti Nyumba

### **DAY 5:**

# **SERENGETI NATIONAL PARK**

Fly back to Arusha, where you will depart in the evening.



# WHY THIS SAFARI?

- » The Serengeti, home of the legendary Great Migration
- » Ngorongoro Crater, where guests regularly find all the Big Five
- » \$300 trekker discount
- » Gibb's Farm, multi-year winner of T+L's Best Safari Lodge in Africa

5 DAY SAFARI | STARTING AT \$4,190 PER PERSON











# DAYS 1 & 2:

# **EASTERN SERENGETI NATURE REFUGE**

Fly to an exclusive nature refuge open only to our guests. Walk to see wildebeest, gazelle and giraffe. See nocturnal wildlife. Meet the people of Tanzania.

Overnight: Thomson Eastern Serengeti Nyumba

### **DAYS 3 & 4:**

# **SERENGETI NATIONAL PARK**

Elephants, rhinos, hippos, massive herds and big cats await on the endless plains.

Overnight: Thomson Serengeti Nyumba

# DAYS 5 & 6:

# **NGORONGORO CRATER**

Enter Ngorongoro Crater before anyone else thanks to nearby access from your crater rim camp. This is the surest way to see the entire Big Five in one day.

Overnight: Thomson Ngorongoro Nyumba

## **DAY 7:**

## **ARUSHA**

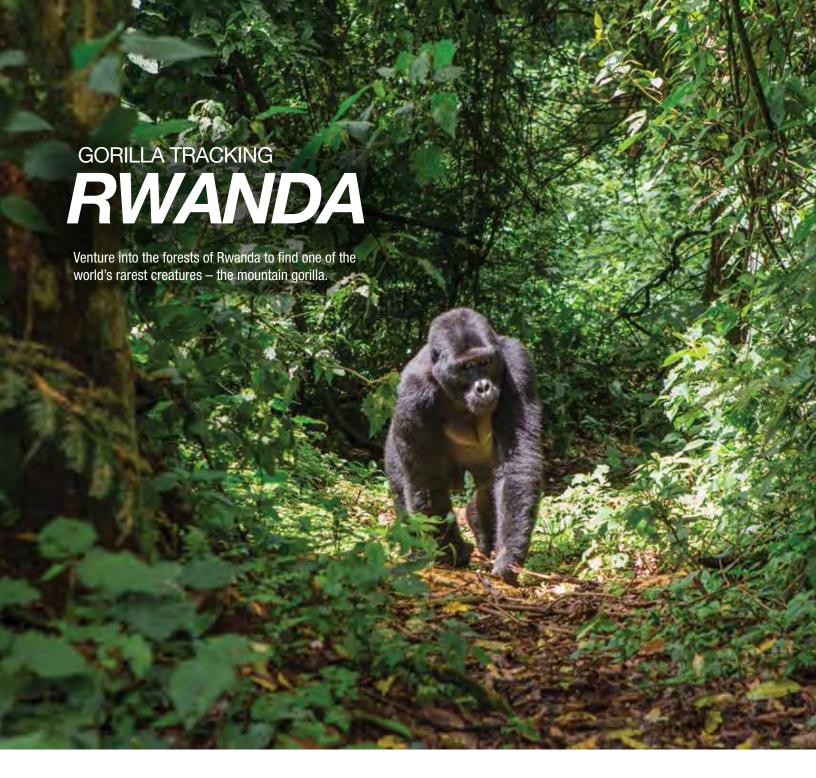
Journey back to Arusha, where you will enjoy a dayroom, and depart in the evening.

7 DAY SAFARI | STARTING AT \$5,590 PER PERSON



# WHY THIS SAFARI?

- » The Serengeti, home of the legendary Great Migration
- » \$300 trekker discount
- » Early access to Ngorongoro Crater, offering the best access to the Big Five
- » Walking safaris and night drives in an exclusive nature refuge
- » Local Maasai communities for a truly authentic Tanzanian experience



# TRACK GORILLAS

- » Find one of the legendary, rarely-seen icons of the wildlife viewing world
- » Support conservation efforts directly
- » Match your Kilimanjaro adventure with an active forest trek

# **ITINERARY**

Custom itineraries upon request. Just let us know your schedule and desired number of treks.



| STARTING AT \$6,000 PER PERSON





# **VISIT ZANZIBAR**

- » Sands soft as silk with turquoise waters stretching into the distance
- » Relaxing activities, including snorkeling, scuba diving, boating and more
- » Stone Town, where Arabic, Indian, European and African cultures blend in centuries-old harmony
- » Unforgettable food Zanzibar is a spice capital specializing in fresh delicacies

# **ITINERARY**

Beach or culture? Basic or luxury? Tell us what you like. We will prepare something just for you.





# **INCLUDED BEFORE YOU GO**

- » Expert consultation to select the right climb for you
- » A carefully crafted itinerary
- » Friendly, timely replies to all your questions
- » Help arranging your flights
- » A Kilimanjaro Trip Manager, available five days a week via phone or email from the time you book to the time you return
- » A comprehensive packing list with staff recommendations
- » The Thomson Kilimanjaro Preparation Guide complete with weather details, trekking tips, training recommendations, gear and packing instructions, and more
- » Personalized reminders for visas, passports, packing, training and more
- » Access to our Kilimanjaro Store proceeds go to charity

# **INCLUDED IN TANZANIA**

- » Two nights at a comfortable lodge per your itinerary
- » A full pre-trek warm-up day (wildlife viewing opportunities on select trips)
- » Park fees and conservation fees
- » Group transfers to and from Kilimanjaro International Airport for scheduled Delta/KLM flights
- » All meals per your itinerary, including restaurant tips
- » Baggage handling
- » A day room to shower and rest post-trek per your itinerary

# **INCLUDED ON THE MOUNTAIN**

- » WMA-certified Wilderness First Responder guides and services
- » Daily climb briefings
- » Frequent, nutritious mountain meals and snacks
- » Unlimited purified water
- » Customized, Everest-tested mountaineering tents
- » Customized dining tents with solar lighting
- » Private toilet tent
- » Safety equipment: oxygen, first aid kits, Gamow bag, pulse oximeter, AED, stretcher, three forms of mobile communication, etc.
- » All Kilimanjaro National Park permits
- » Farewell lunch

# **NOT INCLUDED**

- » Round-trip international airfare
- » Personal hiking gear
- » Tanzania entry visa
- » Laundry, specialty beverages, phone and internet charges, other personal services
- » Extra services for those not arriving or departing on scheduled Delta/KLM route
- » Tips for guides, porters and camp staff



**Seven continents. One trusted brand.** Explore the world the Thomson way – with local experts, socially responsible practices and engaging, off-the-beaten-path adventures.



Founded on the belief that tourism should be a force for good, Thomson Safaris is the original in our family of companies. Exceptional experiences, personal care and social responsibility have been our hallmarks for 38 years. Tanzania isn't just a destination to us; it's our home.

ThomsonSafaris.com 800.235.0289



With a 98% summit success rate, we set the standard for Kilimanjaro treks. By pioneering a porter ethics project, leading in eco-friendly protocols, developing the highest safety standards on Kili and insisting on fair employment practices, you can feel good about reaching the roof of Africa with Thomson.

ThomsonTreks.com 800.235.0289



personalized just for you. Our veteran travel professionals use their global network of regional specialists to offer one-of-a-kind experiences with insider access, insightful tips and unparalleled reliability.

Discover the world via private journeys

ThomsonCollection.com 855.923.2434



For over 20 years Thomson Family Adventures has offered small group journeys exclusively to families, engaging, entertaining and educating travelers of all ages. Travel with charismatic local guides, share an adventure as a family and savor a worry-free experience. Show your family the world!

FamilyAdventures.com 800.262.6255



14 MOUNT AUBURN STREET WATERTOWN, MA 02472











