



THE Tanzania Host Experience

DAY TRIPS

MOSHI DAY TRIP (FROM 200USD 1 PAX TO 50USD 5 PAX OR MORE)

Includes the Hot springs and Waterfalls. First you will arrive at the Ndoro Waterfalls, and embark on a short hike down to the enormous beautiful waterfalls where you can swim in the flowing fresh water from Mount Kilimanjaro. Then you will drive to the Chemka Hot Springs which are an oasis in the hinterland of the Kilimanjaro region. These are idyllic underground springs with the crystal clear, turquoise water and on the shore under lush trees you can swim, have lunch and soak up the sun. The Chemka Hot Springs are an oasis in the hinterland of the Kilimanjaro region, situated 60 kilometers from Arusha City. At these idyllic underground springs with the crystal clear, turquoise water. Whether it's the old, the young, the quiet or the active, the Chemka Hot Springs invite you to linger, swim and explore. The pond is very deep, in some places up to 10 meters, but the water is so clear that you can see the bottom well all the time. On the shore under lush trees you can camp, enjoy your snacks or soak up the sun.

LAKE DULUTI

Lake Duluti is one of the creator lakes formed as a result of mt.Meru volcanic eruption in Tanzania. The lake is situated twenty minutes/ 13km from Arusha City. Around the lake are huge papyrus reeds plants where millions of noisy birds stay. There are also some reptiles like lizards. Apart from the beautiful view of the lake you can also enjoy canoe riding for about 2-3 hours. One canoe can accommodate one up to three people. **(This tour can be done in a private car from THE and also daladala or the local van**

MESERANI SNAKE PARK

Meserani also known as Snake Park is located 25km West of Arusha City. This placing is amazingly full of huge snakes in the cage and some tamed snakes that can bite no more but help you in picture taking.You can also enjoy camel ride in this area while experiencing the dry part of Arusha City.In this area there is also Meserani camp site which can enable you to have a night experience. **To get into this place you need a private car from THE or catch a local vans commonly known as daladala heading to Arusha Airport.**

MOUNT MERU WATERFALLS

This is one of the closest tours from the city. This place has the enormous water that flow from the slopes of mount Meru and falls in a deep depth to support life of trees and plantations around.Going to this place in the adventure way is through the daladala to Mt. Meru hotel then start to hike to see the banana trees, coffee plantations and different flowers.Arriving in this place will lead you to hiking through the valley with tall and evergreen trees where is so cold. The water is cold to but feel free to enjoy the swimming.



MAASAI VILLAGE (½ DAY 45USD - 1 DAY 65USD)

Maasai one of the unique and indigenous tribes in Tanzania which still holds their culture till today. Their main economic activity is being pastoralist and staying in groups of houses commonly known as boma. This tribe lives in remote areas of Tanzania including western slopes of Mount Kilimanjaro where they fought with the Chagga tribes due to land of grazing their large number of cattle. Visiting this place will enable you to learn the Maasai culture, sing and dance with them, visit their houses and try their traditional food which is animal blood and raw meat.

KILIMANJARO DAY HIKE - A SNEAK PEAK (FROM 250USD 1 PAX TO 150USD 7 PAX)

Climb on the slopes of the highest mountain Africa's to the first base camp of Marangu Route. With its 5895 meters Kilimanjaro is an impressive sight, which most visitors already spot in awe amazement when flying in at Kilimanjaro airport. The rainforest zone of Kilimanjaro is thick and lush and home to many different bird and monkey species, such as blue monkeys or colobus. Make sure to keep your ears wide open to hear some of Kilimanjaro residents.

Marangu Gate (1,800m/5,905ft) to Mandara Hut (2,743m/9,000ft) ¶Elevation Gain: 915 meters, 3,000 feet

You will leave Arusha at six early in the morning to beat time the drive will take two to three hours. You will leave Moshi early in the morning to depart for Marangu Gate. The drive will take approximately 1 hour. After completing gate registration, you will begin your Kilimanjaro Day Hike. Walking along a narrow trail through the rainforest of Kilimanjaro up to Mandara Hut you will meet mountain climbers descending from the top. At Mandara Hut you will have your lunch and the possibility to take a short walk to the Maundi Crater. The views to the East over Taveta and to the Northwest to Mawenzi Peak are stunning on a clear day, making the short hike well worth the effort. You will then have the opportunity to take photos once arriving at Maundi Crater before descending down to the Marangu Gate. Our vehicles will be waiting at Marangu Gate to take you back to Arusha.

Included

- Transportation
- Professional guides
- packed lunch
- One 1.5l, bottles of water (one for each day)

Not Included

- All items of a personal nature
- Tip for Guide
- Soda and alcoholic beverage



WEEKEND TRIPS

2 DAYS MOSHI TRIP (FROM 300USD 1 PAX TO 95USD 7 PAX)

MARANGU & HOT SPRINGS

Thank you for choosing Tanzania Host Experience. As per your request, we have provided a schedule for your Moshi trip. Please go through the following itinerary, and if you have question, please do not hesitate to contact us via email or phone.

DAY 1: ARUSHA TO MOSHI TO MARANGU TO MOSHI

You will be picked up to 6:00 am from you the volunteer house or homestay and drive to Moshi. From here is only an hour drive to Marangu Gate (1900), the starting point for all Kilimanjaro treks via Marangu the Route. You will have the opportunity to take pictures of the mighty Kilimanjaro and get a sense of the spirit of the, mountain. Our second stop will be a visit to a small coffee farm, where we will learn about how the coffee is grown, harvested and processed locally. Full of new energy we proceed to Ngoro waterfalls after lunch. Our hike to the base of the waterfall will take approximately 30 min. here you have the opportunity to relax and take a refreshing bath in the pool of the waterfall. Another highlight will be the visit to the Chagga underground caves and Chagga live museum. In times of drought the Maasai migrated up the lower slopes of the Kilimanjaro, in search of food and water. Our tour also includes a banana beer and wine tasting. After an exciting day enjoy a Moshi evening with dinner (not included) in town or close the hostel. If desire you can also go out and experience Moshi's famous night life (not included)

DAY 2: MOSHI TO HOTSPRING TO ARUSHA

After breakfast we leave Paradise hostel at 9.00a.m for a Moshi city tour and afterward continue our journey to the Chemka hot springs, the drive will take approximately 1:30 hours to get to chemka,en- route we will pass small villages where you can see Tanzanians life offside the busy cities. The Hot springs are underground springs; the water forms a clear and clean pond which is idea for swimming. The pond is very deep, in some places up to 10 meters,but the water is so clear that you can see the bottom all the time. The pond is situated under an oasis of lush green trees. On the shore you can enjoy your lunch and relax in the sun. In the afternoon we will drive you back to your accommodation.

2 DAYS BUSHMAN TRIBE (FROM 650USD 1 PAX TO 190USD 7 PAX)

Visit of Hadzabe or Watindiga tribe (Bushmen) and Datoga tribe

Wahadzabe: They are living on the same area for years. Their characteristics are hunters and gathers. They hunt wild animals by use of bows and arrows with poison. They hunt any type of animals from spring hare to big animals like zebra. Women do collect fruits and roots from trees. Historically they lived about 1000 years ago. They are among the last hunter-gatherers in the world.

Datoga: also known as Barbaig or Mang'ati. They are pastoralist. They moved into the area about 300 year ago and today they are found around Lake Eyasi. They are also called black smith (tools makes)



Itinerary

Day 1: Drive from Arusha to Lake Eyasi and arrive Lake Eyasi late afternoon set up the camp. Evening visit lake Eyasi walk around for the flamingos late evening back to the camp for dinner and overnight

Day 2: Very early morning drive to the Bushmen (Watindiga/Hadzabe tribe) and you will join them for hunting, if you're lucky and have a successful hunt you can observe how they cook and prepare their food. Then you will visit the Datoga tribe, there they will show you how they live then a visit also to the black smith making of arrows and other tools. After all activities we return back to the camp for lunch and an afternoon drive back to Arusha.

OVER NIGHT MAASAI TRIBE

Maasai one of the unique and indigenous tribes in Tanzania which still holds their culture till today. Their main economic activity is being pastoralist and staying in groups of houses commonly known as boma. This tribe lives in remote areas of Tanzania including western slopes of Mount Kilimanjaro where they fought with the Chagga tribes due to land of grazing their large number of cattle.

You will leave the house around 8:30 and drive to the tribe which takes around 3 hours. Visiting this place will enable you to learn the Maasai culture, explore their land, sing and dance with them, visit their houses and try their traditional food which is animal blood and raw meat. Doing the overnight experience will give you the chance to encounter all these traditions over the course of the day following their routines and cultures. You will have the amazing experience of spending a night with the tribe and seeing how they have lived for hundreds of years. If you want to bring a gift for them it's culturally respectful and will support them preparing your stay.



SAFARI

1-4 DAYS SAFARI

You have an option to do the 1 day or the 4 day Safari.

- 1 day- Either- Arusha, Lake Manyara or Tarangire
- 2 day- Tarangire/Lake Manyara and Ngorongoro
- 3 day- Serengeti and Ngorongoro.
- 4 day- Lake Manyara / Tarangire, Serengeti and Ngorongoro

You will get a briefing one day before your safari which includes your itinerary, day to day activities, what's included and what to bring. If you have any questions please ask a member of staff. Prices and what to bring is also on the notice board.

ARUSHA NATIONAL PARK (DAY TRIP)

Is the closest national park to Arusha town, Arusha National Park is a multi-faceted jewel, often overlooked by safari goers, despite offering the opportunity to explore a fascinating diversity of habitats within a few hours. In the midst of the forest stands the spectacular Ngurdoto Crater, whose steep, rocky cliffs enclose a wide marshy floor dotted with herds of buffalo and warthog. Further north, rolling grassy hills enclose the tranquil beauty of the Momela Lakes, each one a different hue of green or blue. Their shallows sometimes tinged pink with thousands of flamingos, the lakes support a rich selection of resident and migrant waterfowl, and shaggy waterbucks display their large lyre-shaped horns on the watery fringes. Giraffes glide across the grassy hills, between grazing zebra herds, while pairs of wide-eyed dik-dik dart into scrubby bush like overgrown hares on spindly legs.

About Arusha National Park

Size: 552 sq km 212 sq miles).

Location: Northern Tanzania, northeast of Arusha town.

Getting there

An easy 40-minute drive from Arusha. Approximately 60 km (35 miles) from Kilimanjaro International Airport. The lakes, forest and Ngurdoto Crater can all be visited in the course of a half-day outing at the beginning or end of an extended northern safari.

TARANGIRE NATIONAL PARK (DAY TRIP)

Tarangire National Park is the sixth largest national park in Tanzania, it is located in Manyara Region. The name of the park originates from the Tarangire River that crosses the park. The Tarangire River is the primary source of fresh water for wild animals in the Tarangire Ecosystem during the annual dry season. The Tarangire Ecosystem is defined by the long-distance migration of wildebeest and zebras. During the dry season thousands of animals concentrate in Tarangire National Park from the surrounding wet-season dispersal and calving areas. It covers an area of approximately 2,850 square kilometers (1,100 square miles.) The landscape is composed of granitic ridges, river valley, and swamps. Vegetation is a mix of Acacia woodland, Commiphora-Combretum woodland, seasonally flooded grassland, and Baobab trees. The park is famous for



its high density of elephants and baobab trees. You can also expect to see large herds of thousands of zebra, wildebeest and Cape buffalo. Other common animals include waterbuck, giraffe, impala, eland, Grant's gazelle, velvet monkey, banded mongoose, and olive baboon. Predators in Tarangire include African lion, leopard, cheetah, caracal, honey badger, and it is also a home to more than 550 bird species, the park is a haven for bird enthusiasts.

LAKE MANYARA (DAY TRIP)

Lake Manyara National Park is known for the flamingo that inhabits the lake. During the wet season, they inhabit the edges of the lake in flocks of thousands but they are not so present during the dry season. More than 400 species of birds inhabit the park and many remain throughout the year. Because of this Lake Manyara National Park is a good spot for bird watching. Visitors to the park can expect to see upwards of 100 different species of bird on any day. Hippopotami, Maasai giraffe, impala, zebras and many more wild animals inhabit this park and many can be seen throughout the year. There is a hippo pond at one end of the park where visitors can get out of their cars and observe from a safe distance. The leopards and lions are both known to lounge in the trees while not hunting for prey.

SERENGETI NATIONAL PARK. (2 nights)

The park covers 14,750 square kilometers (5,700 sq mi) of grassland plains, savanna, riverine forest, and woodlands. The park lies in northwestern Tanzania, bordered to the north by the Kenyan border, where it is continuous with the Maasai Mara National Reserve. To the southeast of the park is the Ngorongoro Conservation Area, to the southwest lies Maswa Game Reserve, to the west are the Ikorongo and Grumeti Game Reserves, and to the northeast and east lies the Area. Serengeti is well known for being the home of carnivores; the kopjes, endless plains, Mara-Grumeti ecosystem and the famous annual wildebeest migration make it a unique park to visit.

NGORONGORO CALDERA/ CRATER (DAY TRIP)

The main feature of the Ngorongoro Conservation Authority is the Ngorongoro Crater, the world's largest inactive, intact and unfilled volcanic caldera. The crater, which formed when a large volcano exploded and collapsed on it two to three million years ago, is 610 meters (2,000 feet) deep and its floor covers 260 square kilometers (100 square miles). Estimates of the height of the original volcano range from 4,500 to 5,800 meters (14,800 to 19,000 feet) high. The elevation of the crater floor is 1,800 meters (5,900 feet) above sea level. The Crater was voted by Seven Natural Wonders as one of the Seven Natural Wonders of Africa in Arusha, Tanzania in February 2013. Over 25,000 mammals such as spotted hyenas and the "Big Five" – elephant, rhino, buffalo, leopard and lion are easily seen to the crater floor.



HIKES

MOUNT KILIMANJARO

KILI - The Marangu Route (Duration of climb: 5 – 6 days)

The Marangu route is one of the most popular routes to the summit of Kilimanjaro. This could partly be as a result of the fact that the Marangu is the least expensive route, but more so, perhaps the fact that it is possible to do the Marangu route in 5 days, thereby getting to the summit one day earlier compared to the Machame route. This is not always the best way, due to a shorter acclimatization period. The Marangu route does however offer you the option of spending an extra acclimatization day on the mountain. This extends the route into a 6-day trek, greatly increasing your chances of success. Shared hut accommodation on the Marangu route forms one of the main differences, compared to the other routes. It offers you the relative luxury of being able to sleep in huts along the entire route. Mineral water, soft drinks, chocolates and beers are also sold at all the camps on this route. All your equipment and supplies are carried by your porters and a cook prepares all your meals. The main itinerary difference between the Marangu 5 day and 6 day routes is the additional acclimatization day at Horombo Hut.

KILI - The Machame Route (Duration of climb: 6 – 7 days)

The Machame route is our most successful and popular hiking route on Mt. Kilimanjaro, mainly as a result of the following two important factors: On day 3 of the hike the topography of this route, allow you to climb high and sleep low – when you start from Shira camp (3 847m) hike up to Lava Tower (4 642m) and then down to Barranco camp (3 984m) to overnight. The summit attempt path from Barafu camp has less loose scree (rocks) compared to the summit attempt path from Kibo Hut, making it slightly easier to reach the crater rim. The main itinerary differences between the Machame 6 day and 7 day routes are as follows: Day 1 to 3: Are similar for both routes. 6 Day Machame route: Day 4: Start hiking from the Barranco camp at 8:00am and hike approximately 10 km to Barafu camp stopping at Karanga camp for lunch. You can expect to arrive at Barafu camp by 16:00 pm to 17:00 pm. Enjoy dinner, prepare your summit gear and rest till 23:30 pm when you will be woken up for the start of the summit attempt. Day 5: Start the summit attempt just after midnight and expect to reach the summit by sunrise. Descend to Barafu camp and then to Mweka camp which you should reach by around 16:00 pm.

KILI - The Lemosho Route (Duration of climb: 7 days)

The Lemosho route is an unspoilt, remote, little used and beautiful way up to the Shira Plateau. The route is one of the few where groups may be accompanied on the first day by an armed ranger, as the forests around the Lemosho Glades are inhabited by buffalo, elephant and other wildlife. The minimum duration for the Lemosho route is 6 days, however we strongly recommend hiking the route in 7 days. The additional 7th day will give your body more time to acclimatize, reducing the effects of altitude sickness and give you more time to rest before attempting the summit.

KILI - Rongai Route (Duration: 6 – 7 days)

The Rongai route ascends Kilimanjaro from the north-eastern side of the mountain, along the border between Tanzania and Kenya. This route retains a sense of unspoilt wilderness and offers a different perspective on Kilimanjaro by approaching it from the north. The topography of the route does not allow for the application of the climb high and sleep low principle and hikers generally suffer more from altitude sickness on the Rongai route compared to other routes (an additional acclimatization day is highly recommended on this route). The Rongai route use the scree summitting path from Kibo hut to Gilman's point and descend via the Marangu route. The main itinerary difference between the Rongai 6 day and 7 day routes is the additional acclimatization day at Mawenzi Tarn.



MOUNT OLDONYO LE NGAI

This is the mountain located 222km from Arusha City. It rises above 3000 meters above the sea level. This is the best example of active volcanic Mountains in Tanzania. The name of this mountain was derived from Maasai tribe meaning the Mountain of God.

Visiting this place will enable you view the beautiful landscape surrounding the mountain and hiking starting at midnight and arriving at summit around five in the morning. Sunrise will make your descending more spectacular.

You will also have a visit to Lake Natron home land of flamingos and other species of birds living there.

Included

- Transportation
- Professional guides
- Equipment (tents, sleeping bags etc)
- packed lunch
- Two 1.5l,bottles of water (one for each day)

Not Included

- All items of a personal nature
- Tip for Guide
- Soda and alcoholic beverages