KILIMANJARO TREK
SUMMITING THE ROOF OF AFRICA
June 24 to July 6, 2016
a program of the stanford alumni association
Without a doubt, climbing Mt. Kilimanjaro offers one an opportunity both to partake in an extraordinary, enriching adventure and to achieve a challenging personal goal. Of all of the world’s “Seven Summits,” Kilimanjaro is unique in that even inexperienced climbers can reach the 19,341-foot-high peak with no technical mountaineering skills. Under the careful guidance of our expert mountain guides and in the company of Stanford professor Roz Naylor, we follow a meticulously planned, nine-day Western Approach that ensures the highest degree of summit success along a trekking route less frequented by Kilimanjaro visitors. We hope you can join us on this adventure of a lifetime!

BRETT S. THOMPSON, ’83, DIRECTOR, STANFORD TRAVEL/STUDY

Highlights

ACHIEVE one of the planet’s most rewarding milestones, summiting Mt. Kilimanjaro’s Uhuru Peak, with like-minded trekkers via a nine-day nontechnical route.

HIKE among the “snows of Kilimanjaro” before they’ve completely retreated and enjoy a daytime ascent to the summit.

EXTEND the adventure on an optional post-trek safari in Ngorongoro Crater and Serengeti National Park to watch elephants, lions, zebras and giraffes in their natural habitat.
ROSAMOND “ROZ” NAYLOR, PHD ’89, Stanford professor and researcher, explores areas of junction relating to economic development and environmental science. She directs the Center on Food Security and Environment at Stanford and is involved in field-level research projects throughout the world, including East Africa. Roz teaches courses in economics and at the School of Earth, Energy and Environmental Sciences on topics such as human society and environmental change and the world food economy. She loves that her work offers her the opportunity to explore cultures, farming practices and policies in a wide variety of countries. When she is not in the field or in the classroom, Roz and her husband, Wally, who are avid skiers and climbers, have shared mountain adventures around the world. On this trip, she will discuss economic and social trends in sub-Saharan Africa, the economics of wildlife conservation and opportunities for improving food security on the continent. Roz and Wally will also share their knowledge of high-altitude ascents and will discuss the history of Kili mountaineering.

— Professor, School of Earth, Energy and Environmental Sciences and professor (by courtesy) in economics, Stanford University
— William Wrigley Senior Fellow with appointments in the Freeman Spogli Institute for International Studies and the Woods Institute for the Environment
— Aldo Leopold Leadership Fellow in Environmental Science and Public Policy, 1999
— Pew Fellow in Conservation and the Environment, 1994

“Roz was a delightful faculty leader. Engaging, positive, cheerful and bright.”
CHARLES FULBECK, ’69, CANADIAN HELI-HIKING, 2014

OR BY PHONE: (650) 725-1093
Itinerary

FRIDAY & SATURDAY, JUNE 24 & 25
DEPART U.S. / ARUSHA, TANZANIA
Depart the U.S. on overnight flights, arriving in Tanzania on Saturday evening. Transfer to the KIA Lodge just outside Arusha with views of the Masai Steppe, Mount Meru and Mount Kilimanjaro. KIA LODGE

SUNDAY, JUNE 26
ARUSHA / WEST KILIMANJARO
Gather with fellow travelers and our guides this morning for a trek briefing. After the briefing, transfer to a permanent tented camp nestled in the wooded savannah of the west Kilimanjaro ecosystem. Sixty-five mammal species and 350 bird species have been spotted here, which makes it the perfect introduction to Tanzania. Participate in some light hiking and a bit of wildlife viewing on this acclimatization day. KAMBIYA TEMBO—AT ELEV. 4,200 FT. (B.L.D)

MONDAY, JUNE 27
LONDONORSSI GATE / FOREST CAMP
After a hearty breakfast and duffel bag weigh, transfer to the Lemosho Trailhead (elevation, 7,825 feet) to begin our climb. Our first day’s trek takes us through dense rain forest under a tangled canopy of moss-coated vines, which are home to black-and-white colobus monkeys, blue monkeys and a vibrant array of exotic birds. Arrive at our camp set in the forest and enjoy dinner together. FOREST CAMP—9,281 FT. (B.L.D)

TUESDAY, JUNE 28
FOREST CAMP / SHIRA 1 CAMP
The scenery quickly changes today as we leave the forest and take a steep track into a savannah of tall grasses, heather and volcanic rock draped with bearded lichen. Ascend through the lush rolling hills below the Shira Plateau, with its stunning views of Kibo, the largest of Kilimanjaro’s three volcanoes, finally reaching our camp at the plateau’s edge. SHIRA 1 CAMP—11,499 FT. (B.L.D)

WEDNESDAY, JUNE 29
SHIRA 1 CAMP / SHIRA PLATEAU / SHIRA 2 CAMP
Enjoy a full day of exploration as we cross the Shira Plateau, trekking eastward toward Kibo’s glaciated peak to arrive at Shira 2 Camp. Shira is one of the highest plateaus on earth, averaging 12,500 feet above sea level. Trekking across the gently undulating plateau, one would never suspect that hundreds of thousands of years ago, this was once a volcano even larger than Kilimanjaro. We enjoy remarkable views of Mount Meru and Mount Longido to the west. There won’t be much of an altitude gain today as we move up the mountain steadily and gradually, heeding our guides’ advice to go “pole, pole,” or “slowly, slowly.” SHIRA 2 CAMP—12,795 FT. (B.L.D)

THURSDAY, JUNE 30
SHIRA 2 CAMP / LAVA TOWER CAMP
Proceed steadily upward today over expansive ridgelines of high desert to our camp set in a striking location at the base of Lava Tower, a volcanic upwelling of hardened volcanic rock. LAVA TOWER CAMP—15,213 FT. (B.L.D)

FRIDAY, JULY 1
LAVA TOWER CAMP / GREAT BARRANCO VALLEY / KARANGA CAMP
We drop down from the alpine desert into the moorlands today, giving us time to acclimate in the lower altitudes as we explore the valleys and undulating, starkly beautiful landscapes. The terrain of volcanic rock and boulders is dotted with strange plant life, such as groundsel, giant lobelias and a tangled canopy of moss-coated vines, which are home to black-and-white colobus monkeys, blue monkeys and a vibrant array of exotic birds. Arrive at our camp set in the forest and enjoy dinner together. FOREST CAMP—9,281 FT. (B.L.D)

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everlasting flowers. We trek up the towering Barranco Wall over a narrow switchback that requires some scrambling, but ultimately pays off with extraordinary views of glaciers above the clouds. KARANGA CAMP—13,231 FT. (B,L,D)

SATURDAY, JULY 2
KARANGA CAMP / BARAFU CAMP
Our trail route today turns steadily uphill. As we near Barafu Camp, set on an exposed ridge, the temperature becomes steadily colder and the landscape more sparse. Barafu is our staging point from where we’ll make our way into the arctic zone over the next day. BARAFU CAMP—15,331 FT. (B,L,D)

SUNDAY, JULY 3
BARAFU CAMP / SUMMIT UHURU PEAK / BARAFU CAMP
Awake at dawn and set out for the summit, gaining over 4,000 feet this morning, with magnificent views to the east of Mawenzi. In the early afternoon, arrive at the crater rim to an arctic moonscape at Stella Point before continuing on to the summit at 19,341 feet. After taking in the view from the “Roof of Africa,” trek down to our camp from the night before. BARAFU CAMP—15,331 FT. (B,L,D)

MONDAY, JULY 4
BARAFU CAMP / MWEKA CAMP
After a hearty breakfast, we continue the descent down to our last mountain camp nestled in thick heather on the southern slopes. Celebrate our summit success with the entire mountain team this evening. MWEKA CAMP—10,065 FT. (B,L,D)

TUESDAY, JULY 5
MWEKA CAMP / MWEKA GATE / ARUSHA
Complete our descent through the rain forest to the Mweka Gate, where we are met for a celebratory luncheon before being transferred to our lodge for a well-deserved shower. Late this evening, transfer to the airport for return flights to the U.S. MWEKA GATE / ARUSHA—DAY ROOMS (B,L,SNACK)

WEDNESDAY, JULY 6
ARUSHA / U.S.
Connect to flights back to the U.S.

Optional Post-trek Safari Extension
NGORONGORO CRATER AND SERENGETI NATIONAL PARK
JULY 5 TO 11
(6 ADDITIONAL DAYS)
Spend four full days enjoying the endless open landscapes and abundant wildlife of Tanzania’s famed Serengeti National Park and Ngorongoro Crater. Explore the Serengeti, Tanzania’s second-largest national park, which covers nearly 6,000 square miles of grassland plains, savannah, kopjes, hills, woodlands and riverine forests. In Ngorongoro, view the diverse and teeming wildlife up close in this collapsed caldera, nicknamed the “Garden of Eden.” While in the Serengeti stay at a classic safari camp in deluxe permanent tents and, while in Ngorongoro, stay at Gibb’s Farm, a historic coffee estate and eco-lodge. Details and a full itinerary will be sent to confirmed participants.
Trip Information

DATES
June 24 to July 6, 2016 (13 days)

SIZE
This program can accommodate 24 participants (single accommodations are limited—please call for availability)

COST*
$9,395 per person, double occupancy
$9,995 per person, single occupancy**
*Association nonmembers add $300 per person.
** Due to limited accommodations at Kambi Ya Tembo, single travelers may be paired with a same-sex roommate in twin-bedded huts for the night of June 26, prior to the trek.

INCLUDED
1 night of accommodations and use of dayrooms at KIA Lodge • 1 night of accommodations in a permanent, tented safari camp • 8 nights of accommodations in two-person, four-season mountain tents on Kilimanjaro • 10 breakfasts, 10 lunches, 9 dinners, farewell snack • Bottled water before and after the trek; purified drinking water during the trek • Private bathroom tent for the group • Professional trekking guides, cooks and porters to carry the bulk of your gear up to 33 lbs. • Gratuities to porters, guides, drivers and waiters for all group activities • All tours, park fees and excursions as described in the itinerary • Minimal medical, accident and evacuation insurance • Transfers and baggage handling from and to Kilimanjaro Airport on program arrival and departure days • Educational program with lecture series and pre-departure materials, including recommended reading list, a selected book, map and travel information • Services of professional trekking guides and a Stanford tour manager to assist you throughout the program

NOT INCLUDED
International and U.S. domestic airfare • Passport and visa fees • Immunization costs • Meals and beverages other than those specified as included • Independent and private transfers • Trip-cancellation/interruption and baggage insurance • Excess-baggage charges • Personal items such as internet access, telephone and fax calls (where available), laundry and gratuities for nongroup services • Personal expedition gear (sleeping bag and pad, clothing, poles, hiking boots, etc.); a list of gear available for rent will be sent to confirmed participants

AIR ARRANGEMENTS
International and U.S. domestic airfare is not included in the program cost. Round-trip, economy-class airfare between San Francisco and Arusha, Tanzania, is approximately $2,500 as of August 2015 and is subject to change without notice. Information on recommended flight itineraries will be sent to registered participants.

WHAT TO EXPECT
Climbing Kilimanjaro is one of the world’s greatest adventures and challenges. The non-technical, nine-day Western Approach allows for maximum acclimatization. However, most people will experience some difficulty due to the high altitude (19,341 feet at the summit), and summiting cannot be guaranteed. Participants must be physically fit, active and in excellent health. A medical history and health assessment questionnaire requiring a physician’s signature will be sent to each participant upon enrollment. For more information on daily treks, required gear, luggage limits and more, visit alumni.stanford.edu/trip?kili2016.
Deposit & Final Payment
A $1,000-per-person deposit is required to hold your space. An additional $200-per-person deposit is required to hold space for the optional post-trek extension. Sign up online at alumni.stanford.edu/trip/kili2016 or call the Travel/Study office at (650) 725-1093. Final payment is due 120 days prior to departure. As a condition of participation, all confirmed participants are required to sign a Release of Liability and Assumption of Risk.

Cancellations & Refunds
Deposits and any payments are refundable, less a $500-per-person cancellation fee, until 120 days prior to departure. After that date, refunds can be made only if the program is sold out and your place(s) can be resold, in which case a $1,000-per-person cancellation fee will apply.

Insurance
Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional trip-cancellation and baggage insurance. Information offering such insurance will be provided to travelers with their welcome materials. The product offered includes special benefits if you purchase your policy within 14 days of written confirmation of your participation on the trip.

Eligibility
We encourage membership in the Alumni Association as the program cost for nonmembers is $300 more than the members’ price. Families and trip companions may travel on one membership. For more information or to purchase a membership, visit alumni.stanford/goto/membership or call (650) 725-0692.

Eligibility
The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motorcoach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger as tour rates provide arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. The right is reserved to cancel any program prior to departure in which case the entire payment will be refunded without further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. Baggage is carried at the owner’s risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time that passengers are not onboard their plane or conveyance. Neither the Alumni Association, Stanford University nor our operators accept liability for any carrier’s cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect in August 2015 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.

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California Seller of Travel Program Registration #2048 523-50

Telephone (650) 725-1093
Email travelstudy@alumni.stanford.edu
“The trek was perfect in every way—fantastic organization, great people and tons of fun. Thanks a million for a fantastic trip.”

CRAIG, BS ’74, MS, ’75, MBS ’89, & SAM FALKENHAGEN,
KILIMANJARO TREK, 2012