

KENYA AND TANZANIA

DETAILED ITINERARY

Aug 15/19



The great parks of East Africa - the Serengeti, Maasai Mara, Tarangire and the Ngorongoro Crater offer a unique and overwhelming wildlife safari experience that is simply unequalled. The Maasai Mara and Serengeti are arguably the most famous game parks in the world and home to the greatest wildlife migration on earth. Millions of wildebeest, zebras, and gazelles cross crocodile-infested rivers and are hunted by lions, leopards, and cheetahs in a spectacle of survival to reach greener pastures. Our views of Ngorongoro Crater are unforgettable. The crater is home to over 20,000 large animals including some of Tanzania's last remaining black rhinos. Tarangire's open savannah with its primeval baobab trees is filled with roaming herds of elephants and an impressive array of predators.

Enjoy tribal encounters with the Maasai and the nomadic Bushman, which are truly unforgettable experiences. Our safari concludes in historic Stone Town, Zanzibar.

FACTS & HIGHLIGHTS

• 20 land days • Maximum 16 travelers • Start in Nairobi, Kenya and finish in Stone Town, Zanzibar • All meals included • Includes 1 internal flight • Safaris in Maasai Mara, Lake Naivasha, Lake Manyara, Serengeti (UNESCO), Tarangire and Ngorongoro Crater (UNESCO) • Search for elephants, lions, rhinos, hippos, giraffes, buffaloes, zebras, gazelles, wildebeest and other wildlife • Visit Maasai and nomadic bushman • See Mt. Kilimanjaro (weather permitting) • Optional Serengeti balloon ride • See Olduvai Gorge • Zanzibar, the spice island

DEPARTURE DATES & PRICE

Oct 26 - Nov 14, 2025	-	\$9995 USD
Oct 01 - Oct 20, 2026	-	\$10995 USD
Oct 27 - Nov 15, 2026	-	\$10995 USD

Activity Level: 2

Comfort Level: Some rough/dusty roads and long drives.

ACCOMMODATIONS

Comfortable hotels/lodges with private bathrooms. Features 5 or more nights in semi-permanent tented camps.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

DAY 1 ARRIVE IN NAIROBI, KENYA

Upon arrival you are met at the airport and transferred to your hotel. This evening you will meet your fellow travelers at an orientation meeting.

Overnight in Nairobi.

DAY 2 TO SWEETWATERS RESERVE

This morning we drive to the Sweetwaters Wildlife Sanctuary, one of only four private game reserves in Kenya. Sweetwaters boasts the “big five” plus an exciting catalogue of giraffe, zebra, eland, oryx, waterbuck, Grant’s gazelle, Thompson’s gazelle, cheetah, silver-backed jackal, hartebeest, baboons and several hundred bird species. We will enjoy our first safari this afternoon upon arrival.

Overnight in the Sweetwaters Reserve.

DAY 3 SWEETWATERS AND CHIMPANZEE SANCTUARY

Today we enjoy morning and afternoon game drives through the reserve.

In the afternoon, we will also visit the Sweetwaters Chimpanzee Sanctuary which is the only place in Kenya where these highly endangered and remarkably intelligent species can be seen!

The Sweetwaters Chimpanzee Sanctuary opened in 1993 in a negotiated agreement between the Ol Pejeta Conservancy, the Kenya Wildlife Service (KWS) and the Jane Goodall Institute. The facility was initially established to receive and provide lifelong refuge to orphaned and abused chimpanzees (Pan troglodytes) from West and Central Africa.

Overnight in the Sweetwaters Reserve.



Mt. Kilimanjaro



Maasai warriors.



DAY 4 TO LAKE NAIVASHA

After an early morning game drive inside the Sweetwaters Reserve, we make our way to Lake Naivasha.

Lake Naivasha is a freshwater lake in Kenya in Nakuru County. Located northwest of Nairobi, it is part of the Great Rift Valley. We will have time to settle into our lodge and have lunch before enjoying an afternoon nature walk around this beautiful property. Be on the look out for giraffes, zebras and antelopes.

Overnight in Lake Naivasha area.

DAY 5 TO MAASAI MARA NATIONAL PARK

Today we leave the lake behind, travelling towards Kenya's fertile highlands as we head down the Rift Escarpment and continue to Maasai Mara National Reserve, easily one of the world's most famous parks.

The reserve is home to the "big five" and a profusion of all types of wildlife. The annual migration is a spectacle worth seeing as millions of wildebeest, zebra and gazelle move from the Serengeti plains in late June and reside in the Mara until October. Explore this famous national park with game drives enroute to our camp.

Overnight in Maasai Mara National Park.

DAY 6 MASAI MARA NATIONAL PARK

The Maasai Mara, located in the Rift Valley Province in the southwestern part of Kenya, was established back in 1967. About 10 centuries ago the Cushitic people settled in this region and the Maasai, a warrior tribe, are descendants of these people. The Maasai can still be found in these regions living off the cattle they herd. They migrate in search of water and vegetation. The open savannah of flat grasslands and woodlands made up of acacia trees are a great place for elephants, giraffes and so much



more.

What better way to explore this very special region than with a full day of game drives. Between game drives, when the sun is at the hottest, enjoy a swim in the pool or sit by the river in the hope of seeing hippos floating around. Take in the beautiful surroundings in the Maasai Mara on the direct path of the wildebeest migration. This African mecca is full of wonder and adventure as you will get to experience it first hand with wildlife all around you.

Overnight in Maasai Mara National Park.

DAY 7 TO THE SERENGETI, TANZANIA

After breakfast, we depart for the Kenya-Tanzania border. Crossing into Tanzania, we continue to the Serengeti National Park.

Overnight in Serengeti National Park.

DAYS 8-9 WILDLIFE VIEWING IN THE SERENGETI

After a relaxed breakfast, watch for big game as we travel to the Serengeti National Park. Enjoy a brief rest after lunch and then we are off on our afternoon game drive. The Serengeti could easily be the most famous

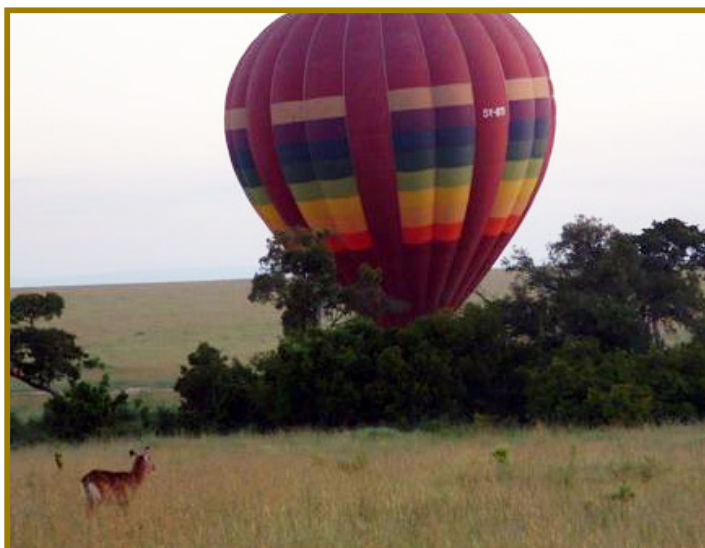
national park in the world. The primeval paradise, roughly the size of Northern Ireland or Connecticut, has been the subject of countless wildlife films, each seeking to capture the unique spirit of these exhilarating eco-systems that was, until recently, the domain of the favored few. The unfurling plains provide the stage for the most dramatic wildlife spectacle on the planet when the massive herds of millions of wildebeest congregate on the short grass plains for the great migration north to the Maasai Mara. The gently undulating hills of Lobo stretch up to the Kenyan border, an idyllic landscape, dotted with kopjes and shady arbors, in which we track the resident wildlife.

Overnight in Serengeti National Park.

*Optional balloon flight on the morning of Day 9.

DAY 10 NGORONGORO CRATER AND OLDUVAI GORGE

After breakfast, we continue our game drive out of the Serengeti heading towards Ngorongoro. En route, we stop at the viewpoint overlooking the Olduvai Gorge, where a river canyon cuts 300 feet into the volcanic Serengeti Plains. This was once home to some of our earliest ancestors, made famous in 1959 by the Leakey family's discovery of Homo sapiens fossil fragments. We



SERENGETI BALLOON SAFARI

(optional)

View the Serengeti from the dream-like perspective of a hot-air balloon. Sail through the warm air on our sunrise balloon ride and celebrate with a Champagne breakfast.

Price: from **\$650 USD pp.**

Price subject to change.

will visit the excellent small museum and, during our picnic lunch, listen to a presentation from the museum staff about the discoveries. Continuing towards Ngorongoro, the road provides spectacular views—sometimes over the Serengeti Plains and other times into the crater itself.

Overnight on the rim of the Ngorongoro Crater.

DAY 11 NGORONGORO CRATER

One of the most identifiable sights in Africa, the Ngorongoro Crater is approximately 12 miles wide and has numerous species of animals found in East Africa. The views from the crater rim are spectacular, but once you get down to the crater floor, you will know why it has been compared to Noah's Ark. We will drive into the crater to get up close and personal with the wildlife found here. There are lions, elephants, buffaloes, wilde-

beests, Thomson's gazelles, zebras, reedbucks, rhinos, monkeys, baboons, hippos, hyenas, jackals and thousands of flamingos in the soda lake, Lake Magadi. After our picnic lunch in the crater, we make our way to our accommodations

Overnight at Karatu

DAY 12 LAKE EYASI BUSHMAN EXPERIENCE

We depart early for Lake Eyasi to meet the Hadzabe hunter-gatherers, a people related to the San and Kung Bushmen of the Kalahari. This rare encounter provides a privileged glimpse into one of the last authentic hunter-gatherer cultures in Africa. In the late afternoon, we return to the lodge for leisure time before dinner.

Overnight at Karatu





DAY 13 MTO WA MBU VILLAGE VISIT

Tanzania has over 120 different tribes and we will visit a village for a chance to meet with many of them. The cultural experience in Mto wa Mbu ((pronounced UM-to WAM-bu) includes having lunch - we may even have the opportunity to help in the preparation. Food is grown locally and includes 30 varieties of banana - they even make banana beer! We can see local craftsmen from different tribes, visit their farms to see their innovative irrigation methods, visit the local school followed by an opportunity to meet and trade stories with the villagers.

Overnight at Karatu

DAY 14 TO TARANGIRE

Today we enjoy a morning at leisure before we depart for Tarangire National Park. Here we'll stay in comfortable tents in a secluded area of the park. Upon arrival, we enjoy a guided walk before dinner.

Overnight in Tarangire.

DAY 15 SAFARI IN TARANGIRE NATIONAL PARK

Today enjoy the wildlife one final time as we experience Tarangire's diversity on a full-day game viewing drive. The variety of wildlife here is excellent and includes; elephants, lions, cheetahs, buffalo and a wealth of birdlife. The elephants are especially plentiful here, traveling in large herds that are not often seen elsewhere in Africa. After our full day in the park, we'll return to our camp for dinner.

Overnight in Tarangire.

DAY 16 TO ARUSHA, FLY TO ZANZIBAR

After breakfast we drive to Arusha, arriving in time for lunch. After lunch, we continue to the airport for your flight to Zanzibar.

Upon arrival, we are driven to the north coast to Nungwi to relax as the sun sets over the Indian Ocean.

Overnight in Nungwi.

DAY 17 NUNGWI BEACH

Today is a day to relax. Spend your day swimming, snorkeling, diving or simply do nothing but enjoy the ocean and the relaxed pace of Zanzibar.

Overnight in Nungwi.

DAY 18 EXPLORE HISTORIC & CULTURAL ZANZIBAR

After breakfast we return to Stone Town. Along the way we visit the Kizimbani spice farm where we will be shown some local spices, fruits and plants and be given an explanation about their uses and special properties. Afterwards we will enjoy lunch at the farm, and later return to Stone Town for dinner.

Overnight in Stone Town.

DAY 19 SIGHTS AND SOUNDS OF STONE TOWN, DHOW SUNSET SAILING

Today we will explore the city of Stone Town by foot, exploring local markets and breathtaking scenery.

In the afternoon, we enjoy a sunset "Dhow" sailing which is the perfect way to bid farewell to the experience and memories of Kenya and Tanzania. Farewell Dinner to follow.

Overnight in Stone Town.

DAY 20 DEPART ZANZIBAR

After breakfast enjoy your morning at leisure. You will be transferred back to the airport in Stone Town in the afternoon for your departure flight.





Archery lesson with bushmen.



Nomadic bushmen.







QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with dinner on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (porterage), driver/guide, restaurants and spot guides; services of a trip leader.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, tips to ElderTreks tour leader, alcoholic drinks, visas and travel insurance.

4. ARE THESE “EDUCATIONAL” TOURS?

Yes, in the broadest sense of the word, “educational”. We visit national parks, local villages and reserves and have talks and discussions on many aspects of history, culture and nature. But this is only a portion of the educational experience. We believe that it is equally educational to meet local people on a non-commercial basis, visit their homes and even try to learn a few words in the native language.

5. HOW DO WE TRAVEL DURING THE TOUR?

All local transportation is included in the land price of the trip. We travel in safari-style 7-seater land cruisers where everyone has a window seat for good wildlife viewing. You also have the option (there is an additional cost for this) of a hot air balloon ride over the Serengeti. Enjoy a Dhow (traditional sailing) while in Zanzibar. Please note: some roads are in poor condition — they can be rough and bumpy.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

We always stay in good accommodations — hotels, lodges, and permanent tented camps, where rooms have a private bath or shower. Comfortable hotel/lodges with private bathrooms. Features 3-4 nights in semi permanent tented camps.

7. WHAT ABOUT THE WEATHER?

Temperatures in Tanzania vary from the low 60's°F (16°C) at night to the high 80's°F (26°C) during the day. Humidity is never high, and rainfall is moderate during the times that we travel. The sun can be strong so a good sun hat and sunscreen is recommended.

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$500 USD (plus insurance if you require it) is due at time of booking and will reserve your place on the tour. Payment of the full land cost is due 120 days before departure. Cancellation charges are applicable and are outlined in the “Terms and Conditions” section of our brochure.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

**Please note those travelers with pre-existing medical conditions must take out travel insurance at the time of deposit*

10. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed “What to Take” list in our Trip Kit, which we will send to you after you have booked the trip.

11. WHAT MEALS ARE INCLUDED?

All meals during the itinerary are included, starting with dinner on day 1 and finishing with breakfast on departure day. We eat a variety of local foods prepared in a wide range of settings.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over en route, come in a few days early, or extend your stay. Call for a customized flight itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the trip, please do not hesitate to contact our office for additional information. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.

Maasai

