

# Kilimanjaro Marathon, Half Marathon, 5K Tour

## Serena Lodge Safari & Run - with Kathy Loper and Kurt Bodmer

**Serena Lodges** are elegant, 4-star safari lodges in excellent locations each with comfortable accommodations, fine restaurant, lounge, and swimming pool.

### Final Itinerary

#### **Thu 21Feb ~ Departure Day - MINNEAPOLIS/ST. PAUL - AMSTERDAM**

Morning flight on Northwest Airlines from your hometown to the Group Gateway Minneapolis/St. Paul Airport in time to make the connection. Change planes.

**1510** Leave Minneapolis/St. Paul on **NORTHWEST AIRLINES NW/42, Airbus A-330, non-stop**, dinner and breakfast served. Flying time 8hrs10min.

#### **Fri 22Feb ~ AMSTERDAM - KILIMANJARO**

**0630** Arrive AMSTERDAM Schipol Airport (change planes).

**1020** Leave Amsterdam Schiphol Airport on **KLM Royal Dutch Airlines KL/569, MD-11, non-stop**, lunch and snack served.

**2045** Arrive KILIMANJARO Airport in Tanzania, East Africa

Meet and Greet by our local hosts and transfer to nearby **KIA LODGE**

Our office will be meeting you on Saturday morning (before you fly to Serengeti) to collect your excess baggage (items you do not need on safari) and store it at our offices. Labels will be supplied, which you will need to complete with the name of the hotel AFTER the safari where you will be staying (i.e. Keys Hotel or Ameg Lodge). Kathy and Kurt will be on hand to assist. These excess bags (mostly with your trekking stuff in them) will be delivered to Keys & Ameg on the day you return from safari, and will await your arrival there.

For the Safari, bring only a soft bag (run bag type), it makes packing in the back of the safari vehicle easier between safari lodges. In addition, you can bring a backpack to have with you in the safari vehicle by your seat.

#### **Sat 23Feb ~ Kilimanjaro - Serengeti National Park.**

After breakfast you will be transferred to the Kilimanjaro Airport for your scenic one-hour flight to Serengeti Kirawira airstrip, departing Kilimanjaro Airport at 0930. On arrival you will be met for short game viewing (everyone has a window seat throughout the safari) en route to your...

### **KIRAWIRA TENTED CAMP**

Close to the Grumeti River, famed for its giant crocodiles, perched on a hill with uninterrupted views of the plains of the Western Serengeti, Kirawira Camp offers its guests a luxurious tented African safari.

Kirawira is a reincarnation of a Victorian tented camp and guests enjoy luxurious accommodation, a valet service, superb house cuisine, fine wines and the best of East African hospitality. Throughout the camp, native wood, African art and tented canvas are combined with typical Victorian and colonial furniture to recall a bygone era of explorers, pioneers and the early colonial settlers. The accommodation is housed in deluxe individual tents set on wooden platforms. Each has a spacious double bedroom and bathroom, styled from the Victorian period with African art, and a private verandah from which there are spectacular views over the endless Serengeti.

The lush vegetation around Kirawira is home to a wide variety of large game: lion, buffalo, cheetah, giraffe, baboon, gazelle and wildebeest. It is also an area abundant in bird life, which is regularly encountered around the camp itself.

Lunch and Dinner at the Lodge.

Late afternoon game viewing.

**1800** "Welcome to Africa" Happy Hour, hosted by Kurt & Sharon.

## **Sun 24Feb ~ In Serengeti.**

After checking out, we take a leisurely game drive from the western area of the Serengeti to the central area where Serengeti Serena Lodge is located.

### **SERENGETI SERENA SAFARI LODGE**

The Serengeti Serena is set high on a hill with breathtaking vistas of a landscape teeming with game. The lodge design is simple but stunning, rich in local atmosphere created by indigenous handicrafts and art. Inspired by a traditional African village, separate rondavel "huts" house the 66 guest rooms. Swimming pool.

The **SERENGETI** is unequalled for its beauty and contains more than three million large mammals spread over the vast endless plains.

It is here that we may encounter the breathtaking spectacle of the annual wildebeest migration, where one and a quarter million wildebeest trek in columns of up to forty kilometers long in search of grazing, drawing with them their predators and numerous other species of game. Wildlife includes: Wildebeest, Zebra, Grants' Gazelle, Jackal, Striped Hyena, Aard-wolf, Black-faced Vervet Monkey, Cheetah, Oribi, Bush Pig and Lion.

Lunch at the Lodge.

**1700** guided "Nature Walk" from your Lodge.

**1930** Dinner at the Lodge.

## **Mon 25Feb ~ In Serengeti**

Breakfast at the lodge before going on a morning game drive in the Serengeti.

Return to the lodge late morning and relax during the heat of the day.

Lunch at the lodge.

Afternoon game drive in the Serengeti, returning for dinner around sunset.

## **Tue 26Feb ~ Serengeti - Olduvai - Ngorongoro National Park**

After a "surprise" breakfast depart the Serengeti by your safari vehicle with a picnic lunch, for the drive via Olduvai Gorge. Here in Olduvai Gorge, in 1959, Mary Leakey made her groundbreaking discovery of a hominid (human-like) skull dating back 1.8 million years. Since then other hominid species, possibly our early ancestors, have been found in the area dating as far back as 3.7 million years. The whole area is often referred to as the "cradle of mankind". You will visit the original excavations down in the gorge and the museum. A fascinating place!

We will enjoy our picnic lunch at Olduvai before heading on to the slopes of Ngorongoro.

On the way up towards the crater, we will take time to visit a Masai village and be able to interact with the locals, take some photos, and find out more about their fascinating culture.

Continue eastward, viewing game en route to the Ngorongoro Conservation Area to...

### **NGORONGORO SERENA LODGE**

Built into the rim of this dormant volcano, most of the 75 rooms have views of the crater floor where countless animals make their home. Elegant dining room with panoramic windows, and lounge with fireplace.

Acrobatic Show by local Masai and Dinner at the Lodge.

## **Wed 27Feb ~ At Ngorongoro Crater.**

**NGORONGORO CRATER** is one of the natural wonders of the world. A large volcanic caldera, with an area of 259 square kilometers, it contains a huge variety of game and birds and is often referred to as a microcosm of Africa with its dramatic weather changes and varied terrains consisting of forest, grasslands and both freshwater and soda lakes.

After a very early breakfast we descend by safari vehicles steadily down the steep 2,000-foot sides of the crater to the crater floor. A day's game viewing in the crater is almost guaranteed to turn up four of the "Big Five" (lion, buffalo, elephant, leopard and rhino), as well as zebra, gazelle, warthog and a rich variety of birds, all viewed against the backdrop of the thickly forested crater walls. Picnic lunch en route in the crater. Returning to the lodge mid-afternoon with memories of an unforgettable day.

**1830** Meet at the Terrace Bar for a cocktail, hosted by Kurt & Sharon.  
Dinner at the Lodge.

### **Thu 28 Feb ~ Ngorongoro Crater - Lake Manyara National Park.**

Early morning guided sunrise jog from your lodge for those who are interested.  
After breakfast, depart Ngorongoro to Lake Manyara. En route, stop at Mto wa Mbu for local handicraft shopping before arriving at your...

#### **LAKE MANYARA SERENA SAFARI LODGE**

Spectacular setting overlooking the Great Rift Valley & the stunning Manyara soda lake.

**LAKE MANYARA** is a shallow, alkaline lake at the base of a cliff face that is part of the western Rift Valley wall. 330 square kilometers of national park! Famous for elephant, hippo, olive baboon, zebra, masses of flamingo and an occasional lion in the tree.

The compact game-viewing circuit through Manyara offers a virtual microcosm of the Tanzanian safari experience. Lush jungle-like groundwater forest features baboon troops, blue monkeys, ancient mahogany trees, dainty bushbuck, and honking forest hornbills. Jagged blue volcanic peaks rise from the endless Maasai Steppe. Large buffalo, wildebeest, zebra herds, and giraffes congregate on the grassy plains. Inland of the floodplain, the acacia woodland is the favored haunt of tree-climbing lions, along with impressively tusked elephants, banded mongoose, and diminutive Kirk's dik-dik. Pairs of klipspringer appear on the rocks above steaming hot springs. More than 400 bird species have been recorded here, and even a first-time visitor to Africa might reasonably expect to observe 100 of these in one day, notably pink-hued flamingos, pelicans, cormorants, and storks.

Lunch at the Lodge. Perhaps a swim in the pool overlooking the park.  
Late afternoon extensive game drive along the lake in the Park.  
Dinner at the Lodge.

### **Fri 29Feb ~ Lake Manyara - Arusha - Moshi.**

Breakfast at the Lodge.

**0800** Leave Lake Manyara and proceed to Arusha for a short run (40-45 minutes) followed by lunch at Stiggy's Bar & Grill.

In the afternoon continue driving to MOSHI to arrive late afternoon at your designated hotel, the Keys or the Ameg.

## KEYS HOTEL

A basic trekker's hotel. Small, it has a swimming pool, bar, garden area and restaurant. The rooms are a little old fashioned, but comfortable. The staff is very friendly and accommodating. This will be your base hotel for the run and the trek as it is also Race Central and Kili Trek Central.

## AMEG LODGE

The lodge has been constructed with local Tanzanian materials and designed to combine antique African, and modern contemporary styles. It is set in beautiful gardens and has a quiet, relaxing feeling.

Pasta Dinner at your hotel.

### **Sat 01Mar ~ In Moshi**

Breakfast and lunch at the hotel.

Day at leisure to relax from your safari and prepare for the race!

Morning visit to the [Amani Children's Home](#). You may also like to walk into town, or just relax at your hotel in the afternoon.

**1500** We will collect guests from AMEG, and transfer them to Keys Hotel for the race briefing.

**1600** Race Bib packet distribution and briefing/description at the Keys Hotel, to get acquainted with the route of your marathon, half marathon or 5k run.

Special Carbo-loading Pasta Dinner at your hotel.

### **Sun 02Mar ~ In Moshi - RACE DAY!!!**

Guests staying at AMEG will be collected early this morning and transferred to the start of the race. We will be running a shuttle bus service today both to and from the event at regular intervals. Guests at Keys will walk half a mile to the run start. More information will be available at your hotel.

The marathon route leaves Moshi Stadium and heads down towards the town, and then along the main road in the direction of Dar-Es-Salaam for approximately 8-9k. This section of the route is relatively flat, and there are plenty of well-wishers along the road. We turn around and head back through the town of Moshi before turning towards Mount Kilimanjaro and heading up a long, steady ascent towards Mweka at the foot of the mountain. The uphill climb is gradual, leads through villages and coffee plantations, with the Kilimanjaro towering above and all the local villagers out to cheer you on this early Sunday morning. The turnaround point marks approximately 32km and the last section is a fast downhill run back toward the stadium. Regular water tables as well as "sponging points" and the odd "shower" keep the runners refreshed and cool along the entire route.

For those running the half marathon, the route also starts at the Moshi Stadium and after a short section on the flat, it follows the gradual uphill route to Mweka as per the full marathon, before turning around at approx 10k to return to the stadium. The atmosphere in the stadium is electric with local bands playing, entertainment, crowds of local enthusiasts to cheer the runners, and lots of food and drink for sale.

Goody bag/finisher medal for Full and Half. Enjoy a cool-down at our own Wild Frontiers Hospitality Tent with free water and beer.

The 5k fun run heads off from the stadium and does a short loop around town, where the crowds will cheer you on, before returning to the stadium.

After the run, awards presentation with a fun time at the stadium.

For more details on the 2008 Kilimanjaro running event, go to [www.kilimanjaronmarathon.com](http://www.kilimanjaronmarathon.com)

Lunch at your hotel.

**1700** "Happy Hour" and Trek briefing by the Pool at the Keys Hotel. Ameg guests will be transferred to/from.

**1900** BBQ Dinner at Keys Hotel.

### **Mon 03Mar ~ Moshi - USA**

Breakfast at the hotel.

Day at leisure in Moshi, relax from your run

Lunch provided at your hotel.

**For those continuing on to the trek tomorrow**, please collect your pre-ordered trekking gear from the Keys Hotel rental department during your stay in Moshi, but no later than today. Your actual trekking permit will be secured today by Wild Frontiers/Keys.

Dinner provided at your hotel for those on the trek.

**For those returning home**, you will be transferred to the airport for your evening flight from Kilimanjaro to Amsterdam. Only breakfast and lunch will be provided to guests flying out tonight. Our rooms will be held for 6:00 PM check-out.

**1830** Transfer to the Kilimanjaro Airport.

### **Mon 03 Mar 2140 ~ Leave KILIMANJARO**

on **KLM Royal Dutch Airlines KL/569, MD-11**, late evening snack and breakfast served, non-stop.

**Tue 04Mar ~ AMSTERDAM - MINNEAPOLIS/ST. PAUL**

**0715** Arrive AMSTERDAM Schiphol Airport (change planes).

**1020** Leave Amsterdam Schiphol on **NORTHWEST AIRLINES, NW/41, Airbus A-330, non-stop**, lunch and snack served.

**Tue 04Mar 1230 ~ Arrive MINNEAPOLIS/ST. PAUL**

On arrival, clear Immigration and Customs, and connect to your hometown on Northwest Airlines.