



2023 Mt. Kilimanjaro Expedition

**30 December – 15 January 2023 (9 days on the mountain)
Lemosho – Northern Circuit
High Altitude Mountaineering
Driving Game Safari with Yoga Offerings (6 days on safari)**



ITINERARY – January 2023 Mt. Kilimanjaro Expedition

Imagine traveling over dry, arid African plains inhabited by large varieties of wildlife. Everything is flat, not a hill in site, until Kilimanjaro. Considered one of the world's most massive, extinct volcanoes, Kilimanjaro is a mountain all its' own. With a vertical gain from the plains to the summit being over 15,000 ft., Kilimanjaro is the world's highest freestanding mountain. With an unprecedented elevation gain, climbing Kilimanjaro is a spectacle of diversity as one traverses its many ecosystems and climactic changes. Enhanced with complex volcanic geology and glaciations, Kilimanjaro is a brilliant encounter with the mystery and awe of nature. Our extraordinary team is further enhanced by the inclusion of a certified Yoga instructor providing all the physical and spiritual benefits of yoga practice in the wilderness. Complete your cultural immersion by experiencing the wonders of the Serengeti, home to all of Tanzania's most iconic animals, from the diminutive dik-dik, towering African elephants and giraffes, the epic Olduvai Gorge, one of the most important paleoanthropological sites in the world, and the Ngorongoro Crater - the world's largest inactive, unbroken and unfilled volcanic caldera.

EXPLORADUS LLC

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We will follow the Lemosho Route to the summit, one of the least travelled routes on Kilimanjaro. It is also the longest route at 90 km, allowing the team a good chance to fully acclimatize.

Yoga Offerings - in addition to our climb and safari:

- Post-travel (70 minute) yoga class to help relieve jet lag
- Mountain morning pre-trek sun salutations mixed with Vinyasa Flow, to include dynamic stretching with trekking poles
- Mountain afternoon post-trek yoga cool-downs, including restorative stretches with yoga straps
- Potential chair yoga in community tent during inclement weather

Yoga potentially provides the following benefits:

- Improves concentration and endurance while climbing
- Builds pre-trek energy by igniting the agni (fire) in the body
- Provides cooling effects for post-trek recovery
- Strengthens ligaments and tendons allowing for greater balance on uneven terrain
- Supports high altitude lung function, blood pressure and brain function
- Provides improved circulation to all fatigued extremities during treks

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World-renowned hosts – Your Exploradus team:

Expert Leadership and Impeccable Safety Record – Jim Williams

Jim Williams has been touted as the Ernest Shackleton (a renegade Polar explorer of the 1900s) of our time. From successfully guiding the Seven Summits (the highest mountains of each of the seven continents) in under one year, summiting Everest four times, to retracing Shackleton's epic crossing of South Georgia Islands in the hazardous Antarctic, to co-leading the first Ski Expedition to the South Pole, Jim has earned a world-class reputation as an explorer and mountain guide. He was bestowed the prestigious Lowell Thomas Award by the Explorers Club in 2009.

You can read more about Jim's legendary exploits here: [Exploradus Explorations](#) and on this YouTube interview: [The Risk - Reward Equation](#)

Wilderness Leadership from Solider to Explorer - Jim Sumpter

Jim Sumpter has over 25 years expedition experience across 4 continents, both leading and guiding in remote and global locales including: Africa, Asia, Central America, and South America. He has led multiple teams to the summit of Mt. Kilimanjaro. Following years training and deploying elite Army recon teams across foreign deployments, Jim embarked on his civilian pursuit of exploration and discovery. He is a Certified Wilderness Instructor for the Professional Association of Wilderness Guides (PAWGI) in South and Central America. Jim also offers numerous military qualifications in combat leadership, advanced warfare and combat medical training. He is a member of the Explorers Club.

International Yoga Teacher - Kristi Paxton

Kristi Paxton is a registered yoga teacher (RYT - 500 hours) with a truly global background. Her initial yoga instructor training (RYT – 200 hours) began in 2011 in Florida with a certification in Vinyasa Flow Yoga. Following a global passion for adventure and a desire for an advanced anatomy-based yoga teacher training, Kristi took her Yoga studies internationally in 2013 with Yoga Medicine. This Global community of teachers trains in the fusion of science and research with traditional practices and experience. Kristi serves as the Yoga Instructor for Team Exploradus and is a multiple summiteer of Mt. Kilimanjaro.

Her additional certifications include SUP Yoga Instructor, BogaFit Master Trainer, and Sound Healer.

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Proposed Itinerary:

Day	Date	Description of Services
0	29 December 2022	Depart USA for JRO Airport International flights into JRO – Kilimanjaro International Airport are: Delta/KLM via Amsterdam, Qatar Airways via Doha, Ethiopian Airways via Addis Ababa and more. International air tickets are not included in the cost.
1	30 December 2022	Arrival, Pick up and transfer to Africa Amini Lodge Evening arrivals. Driver will meet you upon clearing customs to take you to the Africa Amini Lodge, nestled between Mount Meru and Mount Kilimanjaro. Africa Amini Life Lodge
2	31 December 2022	Rest and recover from jetlag. Morning Yoga session. Team briefing with local guides. Review packing and weigh in – trek duffel needs to be 20 pounds or less. Maasai cultural activities. Evening dinner and New Year’s Eve celebration.
3	1 January 2023	Climb begins at Lemosho Gate (2600 meters above sea-level) HAPPY NEW YEAR 2023! Today we have an early breakfast and drive along the western slopes of Kilimanjaro to the Londorossi Park gate for registration. Another short drive takes us to the Lemosho starting point. Here we meet the crew and after a brief introduction and a picnic lunch we set off for a 3 to 4-hour uphill hike to the Mti Kubwa (Giant Forest) Camp at 2650m. This will be the first night in the tents that will be our homes for the next week.
4	2 January 2023	Hike to Shira Hut Camp 1 (3200 meters above sea level) Today we start the New Year early. We begin our uphill climb 4 to 5 hour ascend of about 600m ahead of us. We leave the forest after an hour. The trail gradually steepens and gets to the giant heather moorland zone. After 2 more hours of climbing up the “elephants’ rump” we reach the Shira Plateau where we reach camp for lunch. An afternoon yoga offering is possible. Camp at Shira Hut Camp 1 is at 3200m. The crew has the tents pitched and serve a delicious lunch and dinner.

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5	3 January 2023	Hike to Shira Hut Camp 2 (3800 meters) Klute Peak option Today we will continue our gentle climb ascending another 600m to the upper edge of the Shira Plateau to Shira Camp 2. This slow pace will help us build a base for acclimatization. There will be an option to climb Klute Peak for a spectacular view and some extra walking Yoga offering to include sun salutations with guided pranayama techniques for continued acclimation. Camp will be in tents.
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6	4 January 2023	Hike to Moir Hut (4250 meters) Today after breakfast we continue hiking towards the Lava Tower Hut but branch off about halfway towards Shark Tooth and Moir Hut just below the Lent Group. The hike takes about 6 hours. Post-trek yoga offering to include rejuvenating Yin-style asana. The route offers excellent views over the Shira Plateau and the Arrow Glacier above. From the Moir hut where we set camp, we will take an acclimatization hike to view the plains of Amboseli in Kenya to the north. On a clear day, one might see as far as Mt. Kenya, 300 km away. Dinner and overnight stay will once again be in tents.
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7	5 January 2023	Hike to Bofu Camp Today again we have a long walk ahead of us. After breakfast we continue hiking along the Northern Circuit route with the Northern Ice Fields simmering above us. Soon Mawenzi, the second oldest of the three Kilimanjaro calderas appears. The walk takes us past the only water source along the route, the Bofu camp. We should arrive for lunch and have plenty of time to rest and acclimatize. Yoga offering to include Vinyasa-style sequencing with pranayama. We will be in our tents. This is a spectacular camp with stunning views from our perch on the northern side of Kilimanjaro.
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8	6 January 2023	Hike to 3rd Cave Camp (3900 meters) Today is another short day that we will use to acclimatize. The walk takes us around to the 3rd Cave Camp on the northeastern slope of Kilimanjaro. We should arrive in time for lunch. Yoga offering to include Vinyasa-style sequencing with pranayama. Camp in tents. From this camp we will begin our climb of Uruhu peak on Kilimanjaro over the next 2 days.
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GAME DRIVE AND SAFARI

12 10 January 2023 Safari Adventures Begin – Serengeti

Today is a leisurely start. Following our breakfast, we will begin our Safari Adventures with a flight from Arusha to the Tanzanian Serengeti. After a short flight, we arrive at the Acacia Migration Camp in the Serengeti, an intimate migration camp located in the Kogatende area: [Acacia Migration Camp - Serengeti](#). This is a semi-permanent mobile tented camp is perfect for anticipating movements of the great migration. After exploring the site, relaxation follows with cold drinks and snacks, before settling in for a delicious dinner.

13 11 January 2023 Safari Adventures – Serengeti

We depart after breakfast and head for a full day of game drives in the Serengeti. We will spend the entire day in Safari Jeeps, as we begin looking for the “Big 5” safari animals. We will end the full days game drive back at Acacia Migration Camp, with a relaxing evening and African dinner.

14 12 January 2023 Safari Adventures – Northern Serengeti

Our safari adventures continue with a morning departure from the Acacia Migration Camp. We drive in our safari jeeps to the Northern Serengeti, where we enjoy a boxed lunch while continuing our game drive in new areas. At the end of our day, we arrive at the Mbugani Migration Camp, another spectacular, mobile migration camp that follows the great migration of the Wildebeest: [Mbugani Migration Camp](#)

15 13 January 2023 Safari Adventures – Olduvai Gorge

Our safari adventures continue with a departure from the Mbugani Camp via a jeep drive to the Olduvai Gorge – a world heritage site. Here we explore the area where the Leakey’s discovered some of the world’s oldest evidence of human evolution. Departing in the afternoon, we travel towards the Ngorongoro Crater and spend the night at an incredible lodge on the crater rim, the Serena Lodge: [Serena Hotels Ngorongoro Crater](#)

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16 14 January 2023 Safari Adventures – Ngorongoro Crater

Our safari adventures today continue with a game drive to another world heritage-site, the Ngorongoro Crater. A crater tour includes a packed lunch. Departing the crater, we will head to a Maasai Boma (village) to be welcomed with a traditional dance and explanation of life as a Maasai. We will visit the local village school, and then arrive at the Bougainvillea Lodge: [Bougainvillea Lodge](#)

17 15 January 2023 Travel back to Arusha and JRO airport

We sadly leave the wonderful staff and beautiful gardens of the Bougainvillea for a morning return trip to Arusha. Once in Arusha, we arrive at the Kilimanjaro International Airport to begin our journeys home.

END OF SERVICES

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GENERAL INFORMATION

Itinerary Information:

This itinerary is designed only as a guideline, to give you an idea of what you can expect on the Lemosho – Northern Circuit Kilimanjaro Traverse organized by Exploradus LLC. Inherent in international exploration, there are many things that may happen on this journey that are beyond our control. There may be flight cancellations, overbooking of hotels and airplanes, changes in weather, local problems unique to the countries you are visiting, and many other unimaginable surprises that are a part of international travel and the alpine environment on the mountain. At Exploradus, we will do our best to prevent, but are not responsible for, such occurrences. Details of the itinerary may change for reasons beyond our control; any changes or alterations to the above itinerary, which result in additional charges, will be the direct responsibility of the members of the trip. Exploradus and its representatives are not responsible for any extra charges for services that are not described in this itinerary.

Note: This is a mountaineering expedition to high altitudes. All members need to be aware that a climbing traverse of Kilimanjaro is challenging and difficult due to altitude, sudden weather changes, and variable conditions caused by such changes. Every member assumes the risk of exposure to illnesses associated with high altitude mountaineering. In the event of illness, decisions to continue on the climb will be up to the Expedition Leader and not up to the members. The Expedition Leader may or may not participate in any summit attempt. Clients may NOT be permitted to attempt the summit without the presence of the Local Lead Guide. They assume all risks of accident, injury, or death.

Conditioning:

A well-thought-out conditioning program with a planned rest for 3 to 5 days before departure seems to work for most people. At 5985 meters, Kilimanjaro is an endurance-demanding alpine climb. Some experience at high altitude is important for you to fully realize the difficulties to be encountered.

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Yoga Supplemental Information

Yoga Offerings terms of value:

- Vinyasa – breath synchronized movement
- Asana – yoga posture or pose
- Pryanama – breath work techniques
- Sun Salutations – series of movements to warm up the body for asana and activities
- Yoga Nidra –
- Crystal Chakra singing bowls/tuning forks –

Chakra crystal singing bowls offer a wealth of benefits- from physical healing to deep relaxation, to conscious acceleration. Sound waves are a form of kinetic energy that can move or dispel blockages in the body & promote balance. Crystal singing bowls generate energy & restore the electromagnetic field

A tuning fork is an acoustic resonator that resonates at a certain pitch or tone when activated. Benefits include pain relief, stress relief, relaxation, reduction of inflammation, balanced nervous system, improved mental clarity & concentration, increased physical energy, accelerated healing & sports performance, left and right brain balance

Tuning forks also take us out of the sympathetic (fight or flight) mode & put us into the parasympathetic (healing, rest and digest) mode

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Services included:

- Africa Amini Lodge
- Acacia Migration Camp
- Mbugani Migration Camp
- Serena Lodge at Ngorongoro Crater
- Bougainvillea Lodge
- Airport transfers to and from Kilimanjaro International Airport – JRO
- Transportation to and from Kilimanjaro and safari including air tickets to Serengeti
- Park fees, and climbing permits
- All food in camps on climb
- All food on the safaris and upon arrival at Africa Amini Lodge
- Satellite communication for emergency use
- Tents, stoves, and mountain equipment (non-personal)
- Local mountain staff; porters, cooks, and English-speaking guides
- Kilimanjaro climbing staff tips only

Services not included:

- International airfare
- Tanzania visas
- Meals while traveling and in cities in Tanzania
- Personal expenses: laundry, telephone, drinks and shopping
- Personal equipment including gear rentals
- Trip Insurance (cancellation and medical) – HIGHLY RECOMMENDED
- Local, drivers, staff, and guides tips
- Contribution to local villages and education funds
- Guides tips

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Visas: not include in Trip Cost

Visas for Tanzania are now processed online before you depart USA. You will need an electronic copy of your passport as well as air ticket in order to make the visa application.

<https://eservices.immigration.go.tz/visa/>

Trip Cost – Land Cost: (does not include international air fare)

Cost per member, with a total of 12 or more full paying members on the team: **\$11,720.00**

Schedule of Payment:

Email Jim Sumpter for full details — jim.sumpter@exploradus.com

Email: Jim Williams for trip details - info@exploradus.com

Refunds and Cancellations:

Full payment for a trip is expected forty-five (45) days in advance of the departure date. Anyone signing up for a trip less than forty-five (45) day before departure is expected to make payment in full at the time of signing up for the trip. Please contact Jim Sumpter - jim.sumpter@exploradus.com for details. Unless otherwise stated, for all cancellations Exploradus will refund the cost of your trip less the following per-person charges. Refunds will be given only after the trip has been paid in full. Charges shown include the \$2,000 trip development fee: Exploradus will establish the “departure date”. The term selling refers to the amount you have agreed to pay to Exploradus for the trip. For cancellations made 46 days or more prior to departure date, a charge of \$2,000.00 will be made for Trip Development Fee. Any cancellation made 45 days or closer to departure date will result in a charge of 100% of selling price.

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