



Tanzania Running and Wildlife Safari

Adventure awaits with an iconic Tanzania experience in places and ways unique, refreshing, and physically and emotionally rewarding. Trip days mix running, cultural interaction, and game-viewing.



9 Days / 8 Nights - 6 days running

12 Days / 11 Nights with Wildlife Safari extension

Summary

With majestic Kilimanjaro above, run the Maasai plains where traditional warriors once roamed hunting lion. Explore the slopes of Mount Kilimanjaro from your base in a beautiful Chagga village perched on the side of the mountain. Visit the most spectacular parks in Africa, rich with game running free and where classic safari images still exist. For those who like to stay active on their holidays this exclusive adventure offers the perfect balance of guided running, deep cultural interaction far from the overused tourist paths, and African wildlife safari viewing. Non-runners welcome to join.



Best Months

Not recommended in April and May

Adventure Overview

Day 1: West Kilimanjaro
House of West Kili

Day 2: West Kilimanjaro
House of West Kili

Day 3: West Kilimanjaro to Ngare Nanyuki
Maasai Lodge

Day 4: Ngare Nanyuki
Maasai Lodge

Day 5: Arusha National Park
Momella Cultural Tourism Camp

Day 6: Mbahe Village
Mbahe Farm Cottages

Day 7: Mbahe Village
Mbahe Farm Cottages

Day 8: Mbahe Village, Kilimanjaro
Mbahe Farm Cottages

Safari Extension

Day 9: Lake Manyara National Park, Ngorongoro Highlands
Farm House Valley Lodge

Day 10: Ngorongoro Crater, Olmoti Crater
Farm House Valley Lodge

Day 11: Tarangire National Park
Maramboi tented Camp

Day 12: Tarangire National Park
Arusha Town



Itinerary Detail

Day	Location	Description & Activities	Meals & Accommodations
1	West Kilimanjaro	Arrive at Kilimanjaro International Airport where your SENE team meets you for transfer to the House of West Kili.	D <i>House of West Kili</i>
2	Running Day 1: West Kilimanjaro	<p>Morning run uphill deep into the foothills of Kilimanjaro to Siha Village at 1700m. Finish at the home of a local beekeeper specializing in stingless bees. Beekeeping demonstration, honey tasting, village tour, and lunch. Return to lodge by vehicle.</p> <p>Afternoon market and Sanya Juu Town tour with refreshment stop at a local bar before returning to the lodge for dinner.</p> <p><i>Approx. distance: 12.5 km running</i></p>	B,L,D <i>House of West Kili</i>
3	Running Day 2: West Kilimanjaro to Ngare Nanyuki	<p>Run from the outskirts of Sanya Juu into the Maasai plains. Pass through smallholder farms, which eventually give way to a rocky landscape suitable only for goats, cattle, and grazing wildlife. The sparse landscape is dotted with Maasai settlements.</p> <p>Lunch at the lodge and afternoon Maasai-guided nature walk in the surrounding plains.</p> <p><i>Approx. distance: 17.9 km running</i></p>	B,L,D <i>Maasai Lodge</i>

4	Running Day 3: Ngare Nanyuki	<p>Early morning loop run from the lodge through the low hills to the north.</p> <p>Visit to a Maasai boma (homestead) to see how these proud people live and to discuss, through an interpreter, their traditions and customs.</p> <p>Afternoon at leisure to enjoy optional activities at the lodge, which can include spear-throwing, donkey rides, visit to a Maasai women's workshop, or relaxing by the lodge pool.</p> <p><i>Approx. distance: 10-15 km running</i></p>	B,L,D Maasai Lodge
5	Running Day 4: Ngare Nanyuki to Arusha National Park	<p>Run from the Maasai Lodge west toward Mount Meru, where you encounter a lush and hillier landscape, ending at Momella Camp, set on a pretty lake within Arusha National Park. Lunch and midday rest.</p> <p>Afternoon game drive into Arusha NP where you can spot buffalo, giraffe, hippo, elephant, a variety of antelope, and blue and colobus monkeys, amongst the plains and forests at the foot of Mount Meru.</p> <p><i>Approx. distance: 25.3 km running</i></p>	B,L,D Momella Cultural Tourism Camp
6	Running Day 5: Moshi Town Mbahe Village	<p>Morning loop run in the hills surrounding camp. Depart West Kilimanjaro and drive east to Moshi Town, the jumping-off point for Mount Kilimanjaro. Town tour and lunch.</p> <p>From Moshi drive farther east and up the mountain to Mbahe Village and SENE's private farm house cottages built on guide Simon Mtuy's family farm. The village is nestled at 2000m on the edge of the rainforest that encircles the mountain. Guided farm and village tour.</p> <p><i>Approx. distance: 8-10 km running</i></p>	B,L,D Mbahe Farm House Cottages
7	Running Day 6: Mbahe Village	<p>Long loop run through the farms and forests around Mbahe.</p> <p>Afternoon at leisure to further explore Mbahe, swim in the river and waterfalls on the property, or just relax on the terrace above the gardens.</p> <p><i>Approx. distance: 15-20 km running</i></p>	B,L,D Mbahe Farm House Cottages
8	Mbahe Village Kilimanjaro	<p>Full day guided hike with picnic lunch along the Marangu climbing route up Kilimanjaro. Pass through the rain forest full of a wide array of flora (including the beautiful violet and red impatiens), blue monkeys, and hundreds of bird species. Eventually break out above the forest at 2800m for views up and down the mountain. Return to the cottages for dinner.</p>	B,L,D Mbahe Farm House Cottages

Wildlife Safari Extension

Day	Location	Description & Activities	Meals & Accommodations
9	Lake Manyara National Park Ngorongoro Highlands	<p>For those continuing on to Safari you will depart after breakfast to head to the Northern Tanzania parks(see below).</p> <p>For those leaving Tanzania, transfer to the Kilimanjaro International Airport in time to catch your flight homeward.</p> <p>Morning drive to Lake Manyara National Park. Explore by vehicle the park's many environments and wildlife, including a jungle-like forest of wild fig, palm, and tamarind trees, an acacia woodland, a grassy flatland where baobab trees and elephants abound, and a soda lake bursting with hippos and huge flocks of flamingoes. Picnic lunch in the park. Enjoy the park's newest attraction – a self-guided walk through the treetop canopy on hanging bridges 18m above the forest floor. In the late afternoon ascend the Rift Valley wall to the Ngorongoro Highlands.</p> <p>The <i>Farm House Valley Lodge</i> is set on a 500 acre coffee farm crisscrossed with dirt roads and paths ideal for running at any time at your leisure. Lodge employees or your SENE safari guide can advise on routes.</p>	B,L,D <i>Farm House Valley Lodge</i>
10	Ngorongoro Crater Olmoti Crater	<p>Enter the famous Ngorongoro Crater for a game drive in what is often referred to as Africa's Eden. The descent into the crater, 800m below the rim, is an unforgettable experience. While only 100 square miles in area, it offers several distinct habitats: acacia forest, swamp, short grass plains, long grass plains, riverine, and woodland. Each habitat attracts a unique variety of the crater's 30,000 resident animals that create a density and diversity of wildlife unseen anywhere else in Africa. Picnic lunch in the crater.</p> <p>Afternoon ranger-guided hike around the smaller Olmoti Crater and its beautiful waterfall where the Munge River escapes on its journey south.</p>	B,L,D <i>Farm House Valley Lodge</i>
11	Tarangire National Park	<p>After a leisurely breakfast depart for picturesque Tarangire National Park, the Baobab Capital of the World known for its wild landscapes, resident elephants, large prides of lion, leopards, giraffe, buffalo, the last remaining pack of wild dogs in northern Tanzania, and excellent year-round bird-watching. Picnic lunch in the park.</p> <p>Elegant <i>Maramboi Tented Camp</i> is a permanent camp within the grasslands and palm-lined desert between Tarangire and Lake Manyara. The camp consists of 24 spacious private tents built on large wooden decks, each with en suite facilities and veranda. There is thatch-roofed main lodge with dining area, lounge, small library, and swimming pool. In the late afternoon take a nature walk from camp escorted by a local Maasai guide and culminating in a private sundowner with cocktails and snacks on the shores of Lake Manyara.</p>	B,L,D <i>Maramboi Tented Camp</i>
12	Tarangire N.P Arusha Town	Morning game drive in Tarangire with return to the lodge for lunch.	B,L,D

Afternoon return to Arusha Town to shop for souvenirs before a final relaxing dinner at Rivertrees Country Inn on the verdant outskirts of town. Evening transfer to the Kilimanjaro International Airport.

Tanzania Running (9 Days / 8 Nights):

Number of People	2	3	4	5
2016-17 Price Per Person	\$2,690	\$2,450	\$2,290	\$2,190

Single Supplement: \$450

Tanzania Running and Wildlife Safari (12 Days / 11 Nights)

Number of People	2	3	4	5
2016-17 Price Per Person	\$4,490	\$4,190	\$3,990	\$3,890

Single Supplement: \$750

**Contact us for one person, large group, and low season rates.
Or customize this itinerary to your specifications!**

Inclusions:

- All activities, meals, and accommodations as indicated
- Services of professional English-speaking running, walking safari guides trained in East African wildlife and ecology
- Park fees and unlimited mileage on game drives in fully-equipped 4WD safari vehicle with pop-top
- Bottled drinking water in vehicle
- Sundowner on day 11 with all alcoholic and non-alcoholic beverages and snacks
- All road transfers
- Support vehicle on runs

Does Not Include:

Cold beverages and alcohol (except sundowner as noted above); activities at lodges that require additional charges; gratuities to trip leaders, guides, drivers, crew, or other staff; international airfare; airport departure taxes; additional accommodations made necessary by airline schedule changes or other factors; pre-trip expenses such as immunizations, travel insurance, passports, and visas; and any expenses of a personal nature, such as souvenirs and laundry.

Please Note:

Prices are subject to change and lodge availability is not guaranteed until a signed application and deposit are received, at which time accommodations are booked and a final itinerary prepared. Modifications to the itinerary may result in a change in price.

See the SENE adventure application form for all terms & conditions, payment schedule, and cancellation policy.

Photos credits: Simon Mtuy, Jake Zmrhal, Fred Coppens