

# Tanzania Running and Wildlife Safari



- Price
- Duration
- Best months
- Why this itinerary?

Number of People	2	3	4	5+
<b>2024/2025 US</b>	\$4,740	\$4,150	\$3,860	\$3,680

per person, double occupancy (single supplement US \$620)  
12 days / 11 nights (6 days with guided running)

Not recommended in April and May

For those who want to employ their joy of running to experience at eye-level the unique beauty and culture of Tanzania, while not neglecting the amazing wildlife the country offers.

## Highlights

- Run both the Maasai plains and the Kilimanjaro foothills
- Visit the most game-rich parks in Africa
- Perfect balance of running, deep cultural interaction, and African wildlife viewing
- 6 Days with guided running
- Non-runners welcome

## Itinerary Overview

**Day 1:** Arrival. **West Kilimanjaro.** House of West Kili .

## RUNNING & CULTURE

**Day 2: West Kilimanjaro.** Running distance: 7.1mi / 12,5km.

**Day 3: West Kilimanjaro to Ngare Nanyuki.** Running distance: 11.2mi / 17,9km.

**Day 4: Ngare Nanyuki.** Running distance: 6-9mi / 10-15 km.

**Day 5: Arusha National Park.** Running distance: 15.1mi / 25,3km.

**Day 6: Mbahe Village.** Mbahe Farm. Running distance: 4-6mi / 8-10km.

**Day 7: Mbahe Village.** Mbahe Farm. Running distance: 9-12mi / 15-20km.

**Day 8: Mbahe Village.** Mbahe Farm.

## SAFARI

**Day 9: Lake Manyara National Park and Ngorongoro Highlands.** Farm House Valley.

**Day 10: Ngorongoro Crater and Olmoti Crater.** Farm House Valley.

**Day 11: Tarangire National Park.** Tarangire Safari Lodge.

**Day 12: Tarangire National Park.** Arusha Town. Departure.

## Detailed Itinerary

### **Day 1: West Kilimanjaro**

Arrive at Kilimanjaro International Airport where your SENE team meets you for transfer to the House of West Kili.

**Overnight: House of West Kili .**

**Meals:** D.

### **Day 2:**

#### **Running Day 1: West Kilimanjaro**

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. Afternoon market and Sanya Juu Town tour with refreshment stop at a local bar before returning to the lodge for dinner.

**Overnight: House of West Kili .**

**Meals:** B,L,D.

*Running distance: 7.1mi / 12,5km.*

### **Day 3:**

#### **Running Day 2: West Kilimanjaro to Ngare Nanyuki**

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. Lunch at the lodge and afternoon Maasai-guided nature walk in the surrounding plains.

**Overnight:** Maasai Lodge.

**Meals:** B,L,D.

*Running distance: 11.2mi / 17,9km.*

### **Day 4:**

#### **Running Day 3: Ngare Nanyuki**

Early morning loop run from the lodge through the low hills to the north. Visit to a Maasai boma (homestead) to see how these proud people live and to discuss, through an interpreter, their traditions and customs. 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.

**Overnight:** Maasai Lodge.

**Meals:** B,L,D.

*Running distance: 6-9mi / 10-15 km.*

### **Day 5:**

#### **Running Day 4: Ngare Nanyuki to Arusha National Park**

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. 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.

**Overnight:** Momella Cultural Tourism Camp.

**Meals:** B,L,D.

*Running distance: 15.1mi / 25,3km.*

### **Day 6:**

#### **Running Day 5: Moshi Town / Mbahe Village**

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.

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.

**Overnight: Mbahe Farm.**

**Meals:** B,L,D.

*Running distance: 4-6mi / 8-10km.*

**Day 7:**

**Running Day 6: Mbahe Village**

Long loop run through the farms and forests around Mbahe. 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.

**Overnight: Mbahe Farm.**

**Meals:** B,L,D.

*Running distance: 9-12mi / 15-20km.*

Day 8: Mbahe Village / Kilimanjaro

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.

**Overnight: Mbahe Farm.**

**Meals:** B,L,D.

***Wildlife Safari Extension***

**Day 9: Lake Manyara National Park / Ngorongoro Highlands**

For those continuing on to Safari you will depart after breakfast to head to the Northern Tanzania parks(see below). For those leaving Tanzania, transfer to the Kilimanjaro

International Airport in time to catch your flight homeward. 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. The Farm House Valley Lodge 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.

**Overnight: Farm House Valley.**

**Meals:** B,L,D.

### **Day 10: Ngorongoro Crater / Olmoti Crater**

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.

Afternoon ranger-guided hike around the smaller Olmoti Crater and its beautiful waterfall where the Munge River escapes on its journey south.

**Overnight: Farm House Valley.**

**Meals:** B,L,D.

### **Day 11: Tarangire National Park**

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. Lunch at Tarangire Safari Lodge, a permanent camp within the national park. The camp consists of 35 private tents overlooking the Tarangire River. There is a main lodge with a dining area, lounge, and swimming pool. End your day with sundowners and snacks overlooking the wildlife activity around the river.

**Overnight: Tarangire Safari Lodge**

**Meals:** B,L,D.

### **Day 12: Tarangire N.P / Arusha Town**

Morning game drive in Tarangire with return to the lodge for lunch. 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.

**Meals:** B,L,D.

## Inclusions

- All accommodations
- All meals as indicated (B,L,D)
- All road transfers
- Services of professional English-speaking running, walking, and safari guides trained in East African wildlife and ecology
- Support vehicle on runs
- 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

## Exclusions

Cold beverages and alcohol (except 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.

## Disclaimer

Accommodations listed in sample itineraries may not be available on requested dates, in which case we will find a suitable substitute, striving to match the standard of the original. We reserve the right to adjust the trip price if accommodations change. Trip prices are based on SENE costs, fees, and supplier prices in effect at the time of booking. SENE reserves the right to alter trip prices should inflation, cost of fuel, labor, materials, or exchange rates change. If the Tanzania National Parks Authority (TANAPA) raises park fees, or any hotel, lodge, camp, airline, or any other service provider raises their rates, SENE reserves the right to require additional payment from the client.