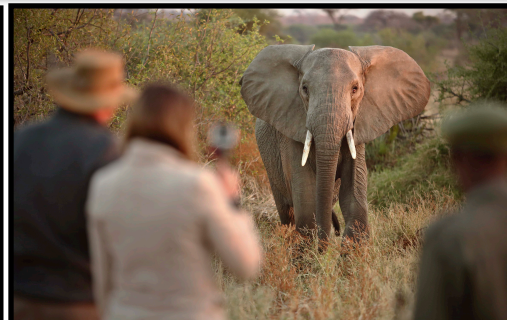


KICHAKA EXPEDITIONS

Fact File



GETTING TO KICHAKA?

Scheduled flights from either Arusha or Dar-Es-Salaam are daily and drop you right in the middle of the Park where we can collect you. Coastal aviation and Safari Airlink both do frequent flights into the Ruaha. Please book MSEMBE Airstrip in the Ruaha National Park. **PLEASE NOTE: Departures on the afternoon flights (after 12pm) will incur a late departure fee of \$100 per person.**

AGE RESTRICTIONS & PHYSICAL FITNESS

The minimum age for all of our camps is 12 years old. For all walking activities you must be 16 yrs old and above. As much as we would love to, we cannot take anyone younger when walking. The presence of an infant or small child can make the wild animals much bolder and more aggressive as they are now aware that we are more vulnerable which increases the overall risk. Although our walking safaris are very safe, led by well trained personnel, we want to keep the risks to a minimum, hence the restriction.

There is no maximum age, as long as there is a degree of fitness which can cover about 10 Kilometers of walking per day over rugged terrain a Kichaka walking expedition should be no problem whatsoever. We do not military march and all walks are conducted in slow, easy fashion. Nevertheless, the terrain is rugged and undulating so be prepared to walk at least 10 Km in sometimes warm weather. A pick up by vehicle can be arranged if need be.

BEST TIME TO VISIT

Kichaka Expeditions operates year round, however the dry season (Jun-Oct) are the prime months for big game viewing. The rest of the year, rain can be expected, however it is a very rewarding time to come especially if you are into birding, and also for those who have already seen Africa many times in the dry this time of year makes a lovely contrast. See our 'Seasons & Climate' section on our website for more details

DIETARY REQUIREMENTS

Due to the difficulty in purchasing and keeping supplies the menu is a set affair, however with prior notice we are happy to adapt and cater to your individual needs. We have a full vegetarian menu and can also provide for gluten or lactose intolerant diets should we be requested. Please at the time of booking indicate any dietary preferences or requirements you may have and we will be happy to provide you with alternative meals during your expedition.

POWER

Tanzania's electricity is 220-240 Volts and used British three pin plugs. It is advisable to bring adaptors with you, however we do provide these in camp. Kichaka Frontier has power in all rooms, while as Kichaka Untamed is still on the 'old fashioned' kerosene lamp system, however we have a solar system connected to a 220-240 Volt inverter which will be able to charge laptops, camera batteries, torches etc available in the main area. Hairdryers will not work on any of our systems.



COMMUNICATION

In parts of the Park a signal for cellphone can be obtained, however other than that when we pick you up or drop you off we will be away from reception as these are the types of areas we try to avoid as much as possible. Without cellphone, this also means there will be no internet available. For a totally new experience, prepare to be unreachable for a while and you may get to quite like it!! The camp of course has a satellite phone but this is for emergency use only.

SAFETY

Your safety is Kichaka's paramount concern, it is important to note that you will be visiting an extremely remote and wild destination and you will be having encounters with various wild and potentially dangerous animals during your stay with us. All our walking and vehicle safaris are led by our expert and fully armed guides with a wealth of experience behind them. However these animals are unpredictable and although attacks or incidents are extremely rare, we cannot guarantee that they will not occur, all activities are taken at your own risk. The camping areas we frequent are unfenced so animals can wander through the camp environs on a night. Please do always listen out for the instructions of your guides and obey them at all times on safari and in the camp, many of them have grown up around wild animals and know how to handle them. If unaccompanied, even for a short while at your tent, especially at night, never approach, try to touch or disturb any wild animal.

TIPPING

At our camps, please do not do any tipping until the end of your stay and any tips you wish to give can be put into the communal tip box. The money from this will be split equally for every staff member in the camp, even those you will not see such as mechanics and laundrymen. Our general recommendation for tipping the camp staff is \$20 per tent per day, but of course is entirely at your discretion.

The only people not included in the communal tip box are your guides & Tanapa ranger. If you have enjoyed your stay please tip them separately. The recommendation for the guides is \$20 per tent per day, and \$5 per walk for your Tanapa ranger, but again this is entirely at your discretion.

MALARIA

In the Ruaha National Park itself, there is a very low risk of Malaria, however to get here you will pass through Malarial areas, especially if you continue your travels to other parts of the country. Please seek your doctors advice on which anti-malaria drug will work best for you. Malaria is a serious disease and although perfectly treatable it is advised to take the usual precautions in preventing mosquito bites such as the use of repellent and the wearing of long trousers and sleeves at night. Symptoms will only occur seven to nine days after infection so when you do return home and you feel any of the Malarial symptoms such as fever, chills, sweats, head and body aches, nausea or vomiting, please visit your doctor and ask them specifically to test for Malaria.