

footsteps of the maasai, q&a



how big is the group?

Each group is intended to be a minimum of 16 people in order to run and a maximum of approximately 25 people due to the wilderness environment in which the challenge is taking place.

who do we fly with?

You will be flying from London Heathrow to Nairobi Airport. The flight is approx 9-10 hours. Your flight tickets will be given out at the airport. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

what's the luggage allowance?

No formal clothes are needed, and luggage should be kept to the absolute minimum - details on what to pack are provided in your Kit List. You will need to carry a daypack during the day while the luggage vehicle will carry your main rucksack. You will need a daypack of about 35-litre capacity. NB. You should take a soft-sided bag or rucksack as hard suitcases are too unwieldy. Your main pack should be 70-80 litres capacity. On your outward journey, please wear your trekking gear, hiking boots, and carry a spare change of clothing in your hand luggage.

what will the accommodation be like?

Camping throughout the trek in two person tents. There will be toilet and shower tents, an awning for restaurant and a small bush bar selling drinks and bottled water. Maasai warriors will guard and guide your group in partnership with your own support crew of qualified guides, camp team and drivers. At the end of the trek, you will be staying in more comfortable accommodation in lodges. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

do we need to take our own sleeping bags and mats?

Yes, you will need to bring a 2-3 season sleeping bag, and a sleeping bag liner is advisable if you get too hot. You are advised to bring a foam sleeping mat – there may be mats provided, however for your comfort you should bring your own – two mats will work better than one! Do not bring Thermarests because of the thorns. Also see Kit List.

what are the toilet/washing facilities like?

We arrange basic long drop toilets in the camps. Your camp team will provide washing bowls of warm water as you arrive at camp at the end of the day's trekking, and there will be shower tents with canvas bush showers specially set up at most of the camping places. Please be aware that sometimes local water can be in short supply, if this is so at the time of your visit, we will not provide daily showers, we shall offer on certain days only showers for half the group. The other half will receive bowls of water for washing. The following day the procedure will be reversed. Please take plenty of wet wipes and anti-bacterial hand gel with you. There are no toilets on the trek route during the day, so you must make sure you bury all waste, and carry out wet wipes.

will my valuables be safe?

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times. Your camps will be watched over by Maasai guards at night.

what is the food and drink like?

There will be a hot breakfast (porridge, eggs, toast, tea and coffee) to start the day, a packed lunch in the bush, and a filling hot meal in the evening (soup, followed by rice, potato or pasta and sauce, and usually fruit for dessert.) We hope to provide some drinking water which has been purified, but because of limited water availability in such remote areas, bottled water will be available to buy every day at camp (\$1.50 per 1.5l). Whilst we do everything to purify enough water for everyone, please take your own purification tablets too in case it is necessary. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

who will be leading the group?

We employ a number of first aid qualified challenge leaders, all of whom speak fluent English. They will be ultimately responsible for the running of the itinerary and the safety of your group. The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group and so on. We will do our very best to keep to the set itinerary. However we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your challenge leader will have the final say.

how fit do I need to be?

Training and fitness are definitely required, as this is not for the faint-hearted. Anyone who leads a active and moderately healthy lifestyle should be OK, but the more you exercise before the challenge, the more you will get out of it. Don't forget the impact of high temperatures making you very hot and tired; and remember that you will be trekking for a number of days continuously in dusty conditions. Also see Fitness Training Advice notes.

what happens if I fall ill, can't keep up or there is an emergency?

The event is not run as a race and there is always a large discrepancy in people's walking ability. This is allowed for. There will always be a staff member at the back of the group to ensure you are not left behind and can take things at your own pace. One of our backup vehicles will take you to the nearest clinic. We are always in contact with the backup vehicles by radio and with the Arusha office also. Quality medical services are available in Nairobi.

what is included in the cost of the challenge?

Your international flights to and from Nairobi, all meals unless otherwise stated in the itinerary, entry into National Parks on the itinerary, all transfers in Kenya and Tanzania, all accommodation whether in tents or hotel, group first aid supplies, an English speaking challenge leader and full local support team, a Charity Challenge T-Shirt, US\$20 to the local community project, and discount from Nomad Travellers Stores for personal equipment. We also make a contribution through Climate Care to

offset the equivalent CO2 emissions of your international flight.

what is not included in the cost of the challenge?

The following items are not included in your challenge and will be at your own expense – Tanzanian Visa (£38), Kenyan Transit Visa (if flying into Nairobi - approx £10 each way), vaccinations, drinking water - \$1.50 per 1.5l, tips for the local support team, activities not mentioned in the itinerary, any additional food & drink, personal spending money, travel to and from UK airports and travel insurance.

The optional Ngorongoro Crater tour is £90 per person and needs to be booked prior to departure. NB: there must be a minimum of 4 persons for this extension to run.

what shall I do about spending money?

You will not need large amounts of money during this trip and other than at the start and end of the trip, you will be in the bush away from any foreign exchanges or banks. However there will be a bush bar (cash payments only) during the trek and again in the lodges there will be bars and shops. We recommend that you take a sufficient amount of cash. Please note that there is no opportunity to obtain Tanzanian shillings before the start of the trek. You will be able to make purchases in dollars so you should bring low denominations. Somewhere in the region of £200 in US dollars *should* be sufficient to cover presents, tips, drinks. If you want Tanzanian shillings you will be able to exchange money and cash travellers cheques at the end of the trek at the lodge for tips and final gifts.

how much would you recommend for tips?

Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. US\$70 for the entire trip which should be given to the challenge leader at the end of the challenge section of the challenge, who will distribute it among the support team. In the event that a particular member of staff gives you extra service you might leave him spare trekking gear at the end. If you do want to give one member of staff an extra tip, please also leave this until the end and allocate over and above the recommended tipping amount. Make sure you have plenty of \$1 dollar bills for tipping.

should I take gifts and clothes for the locals?

It is a nice gesture to give the local children small gifts, but we actively discourage the giving of sweets or money - however small, because this encourages begging. It is better to bring pencils and notebooks for the schools in the villages you will be passing through. Please give any gifts or donations to the tour leader as they will know who to distribute it to the most relevant cause. We will be investing money into a local community project to help improve local living conditions.

what is the weather likely to be like?

You are trekking in the dry season therefore, it is most likely to be hot and dry. However weather has been very unpredictable in East Africa in recent years, and it is remotely possible that it will rain, especially near to Ngorongoro. The temperatures will range from around 32c rising to 38c at noon, and lowering to 32c as afternoon welcomes the evening. Also see Tanzania Fact File.

what do you do to protect the environment?

We keep to small group sizes so that we limit the impact we have on the surrounding environment. We will ensure that all burnable rubbish is burnt and all other rubbish is carried out of the area and disposed of responsibly. We follow the local

guidelines on cultural and environmental protection and respect issued by the National Parks; we leave the wilderness camps clean, carry off glass and tin & only use official toilets. As well as paying local community fees to each Maasai village on the route, we will also be donating US\$20 per participant towards the Tinga Tinga Village where it is invested in the village school & new water pipelines to enhance local living conditions. Please see our Responsible Tourism Policy.

can you recommend any literature about the region?

- Journey through Tanzania by Amin, Willetts & Marshall is a superb “cocktail” book with great photos.
- Spectrum Guide to Tanzania – Good guide book with many colour images at a reasonable cost.
- Swahili Phrasebook
- Lonely Planet Guides: East Africa, Africa on a Shoestring, Trekking in East Africa
- Shiva Maipaul’s North of South: an African Journey is a humorously pessimistic account of a visit to Kenya, Tanzania and Zambia.
- Elspeth Huxley’s Flame Trees of Thika tells the story of the white settler experience through the eyes of a young girl.
- Isak Dinesen’s Out of Africa covers similar ground from an adult perspective.

english

Hello
Goodbye
Good evening
Please
Thank you
How are you?
Pleased to meet you
Excuse me
Sorry!
What is your name?
My name is...
I don't understand
Yes
No
How much?
What is the time?
One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten

swahili

Jambo
Kwaheri
Habari za jione
Tafhadali
Asante sana
Habari?
Emu kutana we mazuri sana
Samahani
Si jui
Je na yako nani
Jina yangu.....
Si jui
Ndiyo
Hapana
Bayi gani
Sa gani sasa
Moja
Mbili
Tatu
Nene
Tanu
Sita
Saba
Tisa
Kumi

The Maasai speak Maa, a Nilotic language that originates from the Nile region. Nilotic simply means ‘of the Nile’. Maasai translates as ‘one who speaks the Maa language.’

Maasai greeting	Sopa
Reply to the greeting	Epa
Thank you (very much)	Ashe (oleng)
Goodbye	Ole Sere

NB: The information provided above was correct at the time of going to print.