

The _____ VOL. 6
**BUCKET
LISTER**



DON'T LET LIFE SLIP YOU BY
ENJOY THE TRIP OF A LIFETIME

TANZANIA SPECIAL EDITION



The
BUCKET LIST
-COMPANY-

A NOTE FROM KEITH

Well this is still a weird time.

We'd normally have loads to talk about in a summer edition of The Bucketlister with plenty of trip reports, photos and interviews to share. But since I misplaced my passport back on March 23rd, this issue is going to be a little different.

I spent a couple of weeks scrambling around, trying to cobble together a few old articles and some "how to navigate a post-coronavirus holiday" sort of stuff, before realising that there really wasn't much point to it.

The reality is that there's little to gain from second-guessing exactly what travel will look like right now. Doesn't help me fill this edition of The Bucketlister though.

But then it hit me. Write about the place you love the most, Keith.

And since there's a country I've been to 15 times, and it's home to some of the most amazing feats of nature you'll find on earth, I thought I'd focus on that.

Of course, this edition is all about Tanzania.

For most people, the first thing that springs to mind when Tanzania comes up is Mount Kilimanjaro. But, as you'll see from the rest of these pages, there's more to Tanzania than that majestic stratovolcano.

(I do quite like Kili though.)

Have a read and find out what Tanzania has to offer. And make sure you check out what Julius White, our Head Guide in Tanzania, has to say about this amazing country on page 32.

Hope you enjoy this special edition of The Bucketlister and, if you have any questions, please don't hesitate to get in touch. It's one of my favourite topics to talk about, as you'll soon see!

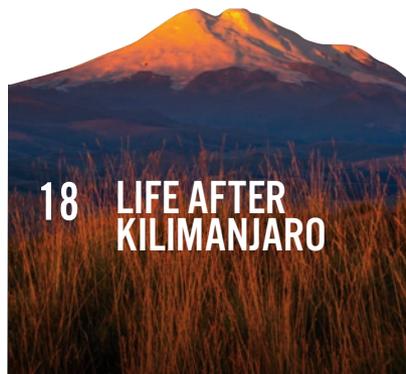


Keith

P.S. My camera batteries are charged and ready to go so let's hope the next issue is packed with trip reports again. I just need to find that passport now!

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YOUR **101** GUIDE TO CLIMBING MOUNT KILIMANJARO

Keith spills all on the Roof of Africa.

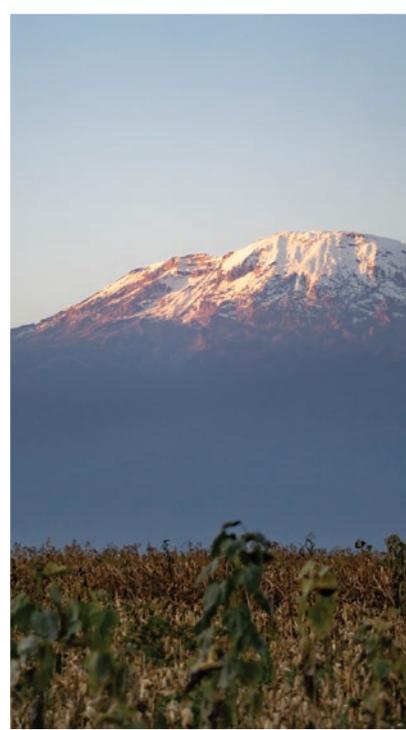
So you want to climb Mount Kilimanjaro. I don't blame you. Having done it 12 times now, I can tell you that a Kilimanjaro trip is up there with the best experiences I've ever had.

But if you think you can just rock up and scale it, think again.

At just under 6000m in altitude, Kilimanjaro is the world's highest "free-standing mountain".

What does "free-standing" mean? Well, unlike Everest, Kilimanjaro isn't part of a mountain range – it's a standalone structure, which is actually a giant stratovolcano, with three separate cones – Shira, Marenzi and Kibo.

(Don't panic though, both Shira and Marenzi are extinct from a volcanic perspective, and the last major eruption was 360,000 years ago!)



WHERE IS MOUNT KILIMANJARO?

Kilimanjaro is located right in the middle of the imaginatively titled Kilimanjaro National Park in the United Republic of Tanzania.

And let me tell you, the scenery is absolutely stunning.

It's home to multiple rare and protected animal species as well as plant life that you'll find in precious few places in the world – it'd be worth a visit even if you weren't climbing the mountain!

HOW FAR IS IT TO THE SUMMIT?

The highest point of Kilimanjaro is Uhuru Peak, located on the edge of Kibo's crater.

Generally the peak is known as "The Summit" – that's what a lot of the guides will call it – and it's 5,895m above sea level.

WHEN SHOULD YOU MAKE THE CLIMB?

That depends.

There's no set time when you must attempt to scale Kilimanjaro, but some times of year certainly attract more climbers than others.

The two most popular trekking seasons are December to March and June to October, for the simple reason that the temperature at the mountain's base is between 25°C and 30°C (far more comfortable than other months of the year).

Just bear one thing in mind though:

For every 200m you climb, the temperature will drop by roughly 1°C, so whatever time of year you go, the Summit will be pretty cold!

WHAT SHOULD YOUR KILI WARDROBE LOOK LIKE?

Like I said, temperatures get pretty cold as you home in on the Summit, so it's vital that you've got clothing to suit a big range of temperature – layers are lifesavers up there!

But first things first: walking boots.

They're not optional. Whether you go for a lightweight synthetic boot or a more traditional leather one, the key is that they are sturdy and supportive.

Oh, and one more thing on the boots front: please don't buy a pair and then turn up in Tanzania without wearing them in – that's the fastest way to get blisters and ruin your trip!

Now, back to those layers I mentioned. They're absolutely crucial and, generally, I recommend four separate layers (no, not including your pants – though do make sure you bring some comfy underwear!):

1. Thermals (ideally Merino wool)
2. Fleece and trekking trousers
3. Soft-shell jacket
4. Down-filled jacket and hard-shell waterproof trousers

And one last quick important piece of advice before we move on: buy cheap, buy twice. You might think you can save money by skimping on some items, but trust me, it won't be worth it in the long run.

WHAT ELSE SHOULD YOU BRING?

If you're a seasoned climber you'll have various extras that you always pack, and that's absolutely fine – but I will just remind you that you're trekking up one of the highest mountains in the world here, and you'll have a weight limit to what the porters will carry for you.



It's vital to maintain good hygiene practices throughout your trek – I seriously doubt there's much worse than an episode of D&V halfway up a stratovolcano.

I know you've got very good at washing your hands during the coronavirus pandemic, but you won't always have access to running water on Kili. So make sure you bring antibacterial gel along, as well as diarrhoea pills, water purification tablets and baby wipes.

You'll also need your malaria medication, and must make sure you've had all the relevant vaccinations before you leave your country of origin.

WHAT WILL YOU EAT WHILE YOU CLIMB?

I'm not just saying this because I like food: eating frequently and properly will make a HUGE difference to your ability to successfully scale Kilimanjaro.

Eat poorly, or not often enough, and you won't have the energy you need.

While you're trekking, your porters will go on ahead to ensure you're getting your three meals a day, so make the most of this privilege!

Start each day right by fuelling up on an energy-packed porridge, with eggs and sausages to follow.

The lunch you have will depend on your tour operator – some do a hot lunch, which'll usually be a stew or soup with lots of bread, but other operators just do a cold option.

Dinner is generally three courses – something to look forward to during the day!

The best thing about the food is that you just don't have to worry about it – the porters go on ahead, setting up the tent where they'll cook and you'll eat your meal, together with your fellow climbers.

WHAT ABOUT SLEEP?

Sleep is a vastly underrated and extremely important element of a successful summit of Uhuru Peak – get a good night's sleep each night and you'll find it much easier to scale the Summit and enjoy the whole process.

The reverse is also true: fail to get enough sleep and everything becomes a lot harder.

With that in mind, ensure that you choose a sleeping bag and mat that have the highest 'comfort rating' possible – you don't want to be cold in the middle of the night on Kili, trust me.

On most routes (apart from the Marangu route which has sleeping huts), you'll be sleeping in high quality three-man tents. Don't worry though, you won't actually be forced to squeeze in with two others – you'll share with just one other person.

HOW FIT DO YOU NEED TO BE?

Pretty fit. You can't just rock up having never even done a ramble in your life. As with so many things: preparation is key.

Make sure you get out and about on walks closer to home where you can start to build up your fitness before the big trip. And there's one important detail to note here: remember to wear the boots you're going to be trekking Kili in – you'll wear them in and get used to them at the same time.

WHICH ROUTES CAN YOU TAKE?

There are six potential routes and some are harder than others. Check out the article on page 10 to work out which one is the right one for you.



WHAT ABOUT ALTITUDE SICKNESS?

Good question. Altitude sickness has ruined many an attempt to scale Kilimanjaro, and it should never be underestimated. It can genuinely be fatal, so it's not something to mess about with.

Here are my 4 rules when it comes to dealing with it:

- **Pole, pole (that's Swahili for "slowly, slowly")** –

Nobody rushes in Tanzania, and not just on the mountain! Reaching Kili's Summit isn't a race; everyone gets the same certificate to prove they've done it. By taking your time and moving up the mountain slowly, you'll arrive at your next camp feeling just as strong as you did when you left the last one, and you'll definitely put yourself in the best position to conquer Uhuru Peak.

- **Eat!** Food is so important on Kili since you're burning loads of calories which need to be replaced every day. Altitude does funny things to you, including causing a loss of appetite, so it's crucial that you take care to refuel at every opportunity. I always advise my teams to take extra comfort food with them – flapjack, Clif Bars, Haribo and Wine Gums are some of the favourites! It's also easier to eat a meal replacement bar than a full meal, if you do lose your appetite.

- **Hydrate!** – How many people drink the recommended 2 litres of water per day? Very few! But you should be taking on board 3-4 litres of water each day when you're on Kilimanjaro. Staying hydrated is one of the best ways to prevent altitude sickness, so think about how you're going to drink your fluids before you go. Will you take water bottles or use a hydration system? Are you going to drink water, isotonic drink or squash? Are you prepared to drink water containing chlorine tablets?

- **Rest!** – This one's my personal favourite: take every opportunity to rest. That doesn't necessarily always mean

sleep, but it will be dark by 19.30 and, with little else to do once the sun's gone to bed, you may as well do the same. Even if you're not tired enough to sleep, sitting down to read a book by torchlight or watching a film on your phone will help your body get the rest it needs to recover and acclimatise.



THE GOLDEN RULES

So there you have it; my whistle-stop tour of the things you need to think about before you scale Mount Kilimanjaro.

The golden rules are simply:

- You can't over-prepare – make a list and get everything crossed off
- Get in good shape before attempting the climb
- Do your research, so you know what you're in for
- Don't skimp on resources
- Never underestimate altitude sickness

And enjoy! If you've got Uhuru Peak on your Bucket List, go for it! Stick to these pointers and you'll have an amazing time. Only question is, which trip are you going to join us on!?





“
BECAUSE
IN THE END, YOU WON'T REMEMBER
THE TIME YOU SPENT
WORKING IN THE OFFICE
GODDAMN



IBER

CE OR MOWING YOUR LAWN. CLIMB THAT
N MOUNTAIN.

”

Jack Kerouac

MAGNIFICENT SEVEN



WHICH OF THE 7 KILIMANJARO ROUTES SHOULD BE ON YOUR BUCKET LIST?

Got your eyes firmly fixed on Uhuru Peak but not quite sure which is the best way to get there? This quick guide will help you home in on the route that's right for you.

There are eight trekking routes on Mount Kilimanjaro, though one is only for descent (that's Mweka). The other seven kindly go up and down, though we're going to leave the Northern Circuit off this summary since it basically follows the Lemosho route (but more on Lemosho in a mo).

Now, let's talk success rates and acclimatisation profiles...

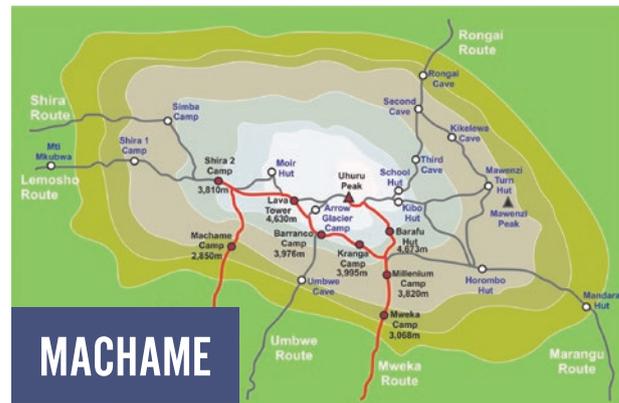


The Marangu route is highly popular, though not so much with mountain purists. The reason? You don't have to camp!

But while the sleeping huts seduce many a trekker, the reality is that Marangu isn't one of the easier routes because you get less time to acclimatise to higher altitudes. So make sure you research more than just the sleeping options before booking anything.

It's worth knowing that the Marangu route follows the same route up and down the mountain. So if you'd rather see some different scenery on your descent, you're best off going for another trail. (That being said, you probably won't have much on your to-do list once you've reached the Summit, other than finding a shower as quickly as possible!)

We've experienced great success rates on all the Marangu treks that we've led at the Bucket List Co. and we reckon that the walking itself isn't too challenging.

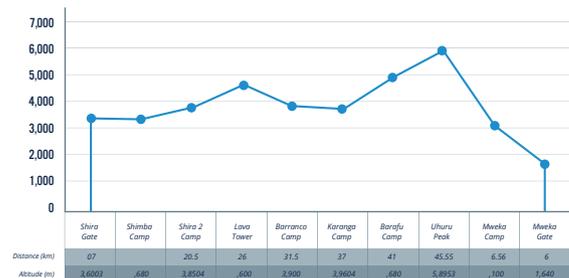


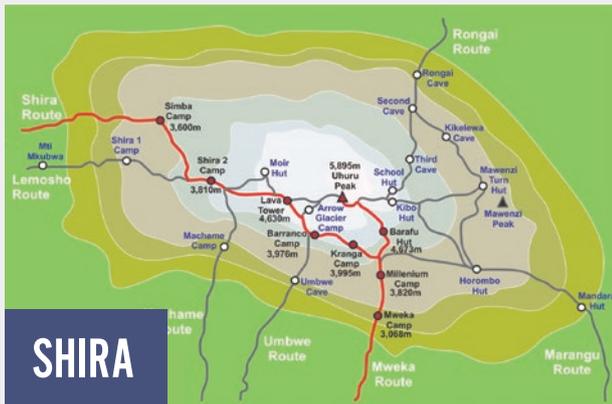
Machame is just about as popular as Marangu but during peak season it gets pretty busy.

Departing from the south-west side of the mountain, you'll see some incredible scenery with beautiful views over diverse landscapes. It's a relatively difficult climb as you'll need to ascend the Barranco Wall on day 4, but the vistas will more than reward the workout on your calves.

You've also got the benefit of a choice of Summit approach on Machame. Choose between trekking via the gentler Stella Point, or the Western Breach if you want a bit more of a challenge.

From gate to gate, Machame is 62km long and no part of the route requires any real technical climbing skills.





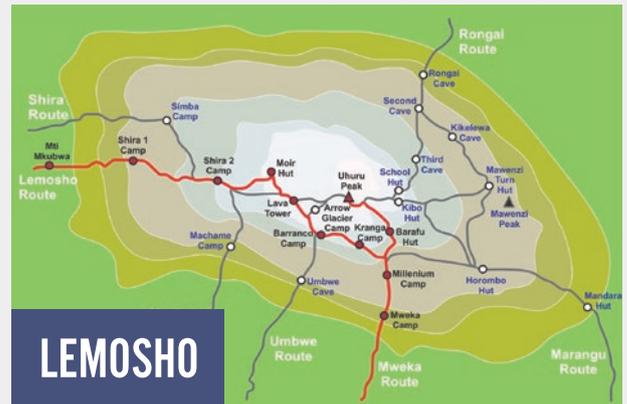
SHIRA

The Shira route is one of the two routes that approach the Summit from the far western side of the mountain, and as such it's slightly longer than Marangu or Machame.

When you set out on the Shira route, you begin at 3,600m and spend the first day crossing the Plateau. With such a high start point, this trek isn't best suited to anyone with little or no experience of high altitude climbing.

On Shira, you've got the option of stopping in to see fabulous sights like the Shira Cathedral (an amazing peak moulded from lava), and it's possible to camp more remotely, away from the main trail.

Around three days into the trek, the trail merges with Machame so you'll end up scaling the Summit the same way.



LEMOSHO

The Lemoshu route is nearly identical to Shira, but it starts much lower down the mountain, meaning it's better for acclimatisation. Approaching the Summit from the West on a slightly longer route, Lemoshu has a great success rate which makes it pretty popular among climbers.

If spotting wildlife is a major part of the allure for you, Lemoshu is a great choice. Kili's western side is still very wild so you might spot large antelope, buffalo and maybe even an elephant if you're lucky.

Like Shira, the Lemoshu route crosses the Plateau. Then you'll wind your way through a long stretch of dense forest, and eventually meet up with the Machame route to make your approach to the Summit.





RONGAI

The Rongai route is the only one that comes at the Summit from the North.

Starting on the more remote Kenyan side of Mount Kilimanjaro, Rongai is steep and hard, and not particularly popular as a result. It's another good one for animal lovers since the route offers a relatively unspoilt wilderness experience. The views and landscapes are truly stunning on this side of the mountain too.

Rongai's profile is flatter than the other routes to Uhuru Peak, which means you won't be able to "climb high, sleep low", so it's super important that you add an acclimatisation day into your Rongai trek.

Once you've scaled the peak, you'll follow the Marangu route back down the mountain and get the full flavour of every side of Kili.



UMBWE

Back in the day, the Umbwe route was the steepest, shortest and most direct route to the top of Kilimanjaro. These days, most tour operators don't offer the traditional Umbwe route in full as an option, since it's Kili's most dangerous trail and was actually the sight of a fatal rock-fall in 2006.

Instead, the Umbwe route now joins Machame late on day two, following the southern approach to the Summit. You'll still get a couple of days of challenging trekking as you follow the original route at the start, just with less potential for danger later on in your climb.

Just like with Rongai, it's important to factor in an acclimatisation day on the Umbwe route if you want a decent chance of making it to Uhuru Peak.



HOW LONG DOES IT TAKE TO CLIMB KILIMANJARO?

A group of about ten climbers, including men and women of various ages, are posing for a group photo. They are dressed in winter climbing gear, including jackets, hats, and gloves. They are standing in front of a wooden signpost. The signpost is made of two vertical wooden posts and a horizontal crossbar. The text on the signpost reads: "KILIMANJARO NATIONAL PARK" at the top, "HOROMBO HUT" in the middle, "ELEVATION: 3720m amsl" below that, "VEGETATION ZONE MOORLAND" below that, "FROM HOROMBO HUT TO" below that, "ARA HUT: 11KM" below that, "NGU GATE: 19KM" below that, and "GRATULITA" at the bottom. The background is a dark, starry sky, suggesting a high-altitude, nighttime setting.

KILIMANJARO IS THE HIGHEST MOUNTAIN IN AFRICA,
QUALIFYING IT FOR A SPOT ON THE WORLD'S "SEVEN SUMMITS" LIST,
AND IT'S THE HIGHEST FREE-STANDING MOUNTAIN IN THE WORLD.

As you'd expect, it takes more than a day's rambling to make it to the top. But how much more?

Kilimanjaro is classed as a trekking peak, which means you don't need any special skills to be able to summit this 5895m mountain. But don't underestimate the challenge, oh no no no. If you want to make it to the top, you need to show Kili some real respect.

You'll be setting off from Moshi at 890m, and should reach Uhuru Peak at nearly 6km up just a few days later. That's a huge altitude gain right there.

The more days you take to trek to the top, the better chance you'll have at acclimatising safely and successfully summitting this gargantuan mountain.

Exactly how many days you do take is really up to you, but expect it to be anywhere between 5 and 9 days' trekking.

That's because there are seven established routes to reach Uhuru Peak; each differing in length and most with additional rest days as an option. We go into way more detail on each route on page 10, but here's a rough outline of how long each one takes.

MARANGU ROUTE – 5-6 DAYS

If you take an optional rest day at Horombo Huts, you'll push this trek from 5 days to 6. It's the most direct route to the top, but without the additional rest day, it's got one of the lowest success rates (though not when you do it with the Bucket List Co!).

UMBWE ROUTE – 5-7 DAYS

This steep, short and direct route to the Summit can take as little as 5 days, unless you add in some rest days. It's the route that experienced climbers use to break speed records (which means it's not the best one for really experiencing Kili in all her glory). If you're an accomplished altitude climber on a mission, this one's for you!

MACHAME ROUTE – 6-7 DAYS

The "climb high, sleep low" profile of the Machame Route means you've got a good chance for a successful summit, which can be done in 6 or 7 days.

RONGAI ROUTE – 6-7 DAYS

Rongai is the only route that approaches Kilimanjaro from the North, close to the Kenyan border. We always recommend adding in the 7th day to increase your chances of summiting successfully via Rongai.

SHIRA ROUTE – 6-7 DAYS

Shira was the original route to Uhuru Peak way back when. But now that other improved routes are available, Shira is by far the quietest. It's also got the highest start point at 3,600m up, which means you have to approach by vehicle. And that's why we recommend the Lemosho route instead...

LEMOSHO ROUTE – 6-8 DAYS

The most scenic, unspoilt route to Uhuru Peak, Lemosho is very similar to Shira but with a greater success rate, a lower start point, and more time to acclimatise to the higher altitudes.

NORTHERN CIRCUIT – 9 DAYS

This is the longest route in terms of distance and time, taking 9 days to complete. It's also the newest route on the mountain. The time spent above 4000m in this trek will certainly help your acclimatisation.

We regularly run treks on more than one of the Kili trails, so now that you know how long each route is, head back to page 10 to work out which is the right one for you.

CAN'T GET ENOUGH OF KILI

MEET THE BUCKET LISTER WHO KEEPS COMING BACK FOR MORE!

Not everyone's crazy enough to climb the same mountain twice. Our CEO Keith? He most definitely is crazy. Crazy for Kilimanjaro in particular, having climbed that glorious behemoth twelve times in 10 years.

But every now and again, Keith's pleased to find a Bucketlister who's just as mad as he is. Meet Steph, two-time conqueror of the highest mountain in Africa, and all-round Bucket List Co. legend!

Hi Steph! Aside from listening to Keith cooing over Kili for hours on end, what made you decide to climb her twice?!

Hiya! The first time was to challenge myself and raise money for Air



Ambulance. The second was to accompany my sister!

Does one successful summit make the second a little easier?

Nope, not physically. I did know what was ahead of me though and I reckon the mental preparation really helped.

Did you learn any important lessons first time around that you remembered ahead of your second climb?

Yes, definitely the importance of proper packing. I'd now say it's pretty crucial to use dry bags and to be really organised when packing ahead of your climb. Knowing what I needed and, just as importantly, what I didn't need saved me loads of time and made life a lot less stressful during the early mornings.

So what advice would you give to anyone who's preparing to climb Kili now?

Just don't underestimate it. Yes, a lot of people have climbed Kilimanjaro but that doesn't make it an easy thing to do – not by any stretch of the imagination. You really do need to be physically fit but it's the mental strength that's most important. And never be afraid to ask for help. The guides are wonderful and know exactly how to encourage you and support you – they'll do everything they can to get you to the top.

Great advice. What was the most important piece of equipment that you took with you?

Definitely my walking boots. You're in them for a long time up there so they need to be tough, durable (but not too heavy), and well-worn-in!

What's the best thing about climbing Kilimanjaro?

Meeting new people and experiencing the Tanzanian culture. And, without a doubt, meeting the legend that is Whitey!

He really is a bit of a legend, isn't he?! (Find out more about him in his own words on page 32.) So what other Bucket List Co. trips have you done?

I've done Machu Picchu and Mount Toubkal – bit of a fan of trekking and mountains!

And where's your next trip going to be to?

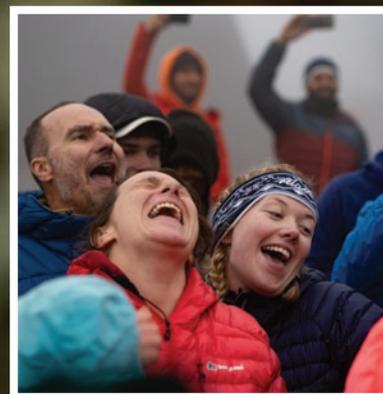
I've got lots to look forward to: India, Croatia and white water rafting in Morocco!

We can't wait! Why do you keep booking with the Bucket List Company?

I have total confidence in the company. All of my trips so far have been professionally run, with every detail catered for. You can ask questions any time and the in-country guides have been second to none. And as a single traveller I feel safe and looked after.

Last one, and be honest now, are you going to go back to Kili a third time?!

Yes!





LIFE AFTER KILIMANJARO

So you've scaled the Roof of Africa. What's next?

For many people, climbing Mount Kilimanjaro is considered the ultimate achievement. But what if you've already climbed Kili? What if you've reached the Roof of Africa and, back home and in the office, you find yourself with that restless feeling, those itchy feet that are trying to tell you new adventures must be had?

Well, I'm afraid to tell you that if this sounds familiar, you may have entered the "cycle of mountaineering". Guttled. Well-known among outdoors folk, it's a state many of us get into after feeling the rush of standing on a mountain summit, and then returning to the mundanity of everyday life.

All of the things we thought we'd savour back in the comfort of our homes – the cosy beds, the cups of tea on demand – all seem to disappear as the urge to embark on another adventure grows.

Before you know it, you're looking for something bigger, better. But what is it?

Now that you've reached the lofty summit of Kilimanjaro and got the mountain bug, it makes sense to challenge yourself with the next progressive step in your new mountaineering career. Generally speaking, we advise trekkers to tick summits off their list in incremental form – going a little higher and a little harder each time.

At 5895m, Mount Kilimanjaro is pretty high. But breaking through to the 6000s is something else entirely. Kili is essentially a hard trek at altitude – it's not snowy and it doesn't require particular skills. So, the next step would be to either opt for a trekking peak that's higher, or one that's in a colder climate – or both.

Here are a couple of suggestions...

MOUNT ELBRUS, RUSSIA

Climbing Mount Elbrus is the perfect next step up from Kili. It might not be the best-known mountain in the world, but Elbrus is actually the highest in Europe, making it one of the world's "Seven Summits". Climbing to its snowy summit is a brilliant introduction to roped trekking.



Elbrus sits at 5,642 metres – but don't be fooled into thinking it's easier than Kili just because it's not quite as high.

The slopes are steeper, the terrain more challenging, and the trek involves Alpine skills such as walking in crampons over snowfield, trekking with an ice axe, fitting a harness, and walking with a rope. You'll complete training on the mountain in emergency measures too, like ice axe arrests – an essential skill for mountaineers.

Climbing Mount Elbrus should be achievable for most people who've climbed Kili – but you will still need to train. This is a much more strenuous trek, and also requires more mental concentration due to the technical skills involved. But the views over the Caucasus Mountains from the summit? They'll make all your efforts worth your while.

ISLAND PEAK, NEPAL

Another technical step up from Kili, and one that's potentially more strenuous than Elbrus, is Island Peak in Nepal. Locally called Imja Tse, the mountain sits at 6,189 metres high. At this elevation, oxygen levels are severely lacking, and you'll feel it.

That's why one of the most important success factors in climbing Island Peak is the amount of time you spend getting there – the longer you give yourself to acclimatise, the better. It's for this reason that we run our Island Peak treks over 15+ days, giving you the best possible chance of acclimatising and staying safe as you reach the summit.

Island Peak is still technically a trekking peak, but it does require rope work, plus some abseiling on the way down. You'll receive professional training in everything you need to do during the trek, but it's always helpful to get some practice before you leave.

Dedicate enough time to your preparation and you should be able to successfully summit Island Peak. And the spectacular views of Ama Dablam, Everest, Lhotse and all those other iconic peaks along the way? They're simply unforgettable.

HOW DO I PREPARE FOR THE NEXT STEP?

There are several skills you should practise before setting out to climb Mount Elbrus or Island Peak, like:

- ✔ **Fitting crampons and harnesses**
- ✔ **Walking on snowfield with crampons**
- ✔ **Hiking with an ice axe**
- ✔ **Trekking in the cold**
- ✔ **Tying into and walking with ropes**
- ✔ **Basic rock climbing**
- ✔ **Ice axe arrests**

Though we do provide all the essential safety equipment needed for both trips, it's a good idea to familiarise yourself before you fly out.

And it's also important to get your general levels of cardiovascular fitness as high as you can before attempting either trek. Try hillwalking and carrying weight at the same time – it's not too far a cry from the real thing. Regular running and other regimes that improve stamina and strength will be super useful too.

Don't forget that your clothing and sleeping equipment need to be warm enough to keep you safe and comfortable in the colder climates of high-altitude Russia and Nepal. It might have been chilly on Kili's summit night, but these peaks are at a whole new level!

WANT TO CHAT THROUGH YOUR BEST NEXT STEP ON THE PHONE? GIVE US A BUZZ ON 01769 309007.







 OF THE
QUARTER

MT KILIMANJARO TAKEN FROM THE SUMMIT OF MOUNT MERU

AMAZING, ELEGANT AND VERY AFRICAN.

How to get the very best out of your Tanzanian safari

There's nothing quite so perfect as sitting silently, feet away from a majestic, wild animal and wondering what it's going to do next.

But if you can avoid a wardrobe slip-up and show up in sensible clothing and with a decent camera, you're pretty much guaranteed to have an amazing time on an African safari.

Only there can you get so up close and personal with wildlife and marvel at such immense, natural beauty and power (in a way that not even the very best David Attenborough doc allows you to do).

Whether you see gambolling lion cubs, leopards tucked up in a tree devouring their prey, or mighty elephants conferring together, there's so much to an African safari that makes it an absolute must if you're already on the continent.

Why go all that way and miss out on the one thing you just can't get on any other place on earth?

But before you scramble to book your trip, make sure you know what sorts of things you should be looking for in a safari and (for the sake of your own safety!) how to act when you're there.

HOW TO BEHAVE ON SAFARI

First off, it's really sensible to lower your expectations before you get in the truck. That being said, the very first moment you see an animal in the African wilderness will be something that stays with you for the rest of your life.

But still, the more open-minded you are, the more you'll enjoy your trip.

Every game drive is unpredictable and unique, so there's really not much point in stressing over things you can't control. You might see a lot or you might see a little, but the more patient you can be, the more satisfied you'll feel by the end of the safari.





Just never forget that the rules are there to keep you safe, so stay in your car all the time. Those animals are better camouflaged than Destiny's Child and you could put yourself at huge risk by stepping out of the vehicle, no matter how loudly you sing "I'm a survivor".

Don't be afraid to talk to your guide as much as you want to, asking questions about the animals and requesting to stop whenever you like. They're there to give you the best experience and will know so much about the wildlife that it's really worth tapping into their wisdom to maximise your experience.

If you make sure you've got plenty of mosquito repellent, appropriate clothing for warm, cold, wind and sun, and a good camera with back-up memory cards, you'll have the time of your life.

5 IMPORTANT QUESTIONS TO ASK BEFORE BOOKING ANY SAFARI

1. Which parks will I go to?

Many people make the mistake of fixating on a name, like Serengeti or Kruger for example. But it's worth knowing that some of the lesser known parks actually offer a better experience, and greater chance of seeing lots of wildlife.

2. What are the tour guides like?

At every camp, you'll be assigned a guide that's with you for the duration of your safari, and their personality will pretty much determine the sort of experience you end up having. Remember, you'll be spending 8 hours every day with this person!

3. Are park fees included?

Some parks' fees approach as much as £80 per person and, if your entrance ticket isn't included in your tour, those fees can really add up.

4. How many game drives are included?

You're on safari to see wildlife, so make sure that there'll be enough game drives to give you ample opportunity to do so!

5. Do I need a visa?

Most of Africa's tourist-friendly countries offer visas upon arrival to most Westerners, but it's worth double-checking before flying out, in case policies or prices have changed.

THE GOOD NEWS

With our bolt-on safari option, you'll treat yourself to the ultimate African wildlife experience, celebrating everything you've achieved in this amazing country in style.

While many safaris can cost as much as £5,000 (and the rest!), you'll be pleased to know that our 3-day add-on is just £850pp. And if you're tacking it onto one of our Tanzanian adventures, you'll already have your visa anyway, so there's no reason to worry about that.

Park entrances are included in the cost, covering game drives in Lake Manyara National Park, the Ngorongoro Crater and Tarangire National Park. Our tour guides are dedicated to making sure you have an amazing time, and they're all round top ladies and gents too (see for yourself what sort of legends we work with on page 32).



HIKING THE HIGHLANDS

What's it really like in the Ngorongoro Conservation Area?

Yes, it's a bit of a tongue-twister, but the Ngorongoro Conservation Area is more than just a mouthful. In fact, these highlands are a glorious treat for all your senses, and the best way to take it all in? On foot, for sure.

If you want to get down and dirty with nature's finest and see the very best of Africa, look no further than Ngorongoro. There aren't many places on earth where lofty volcanoes loom out of vast grassy plains like these, where dense forests burst forth with some of the strangest plant-life to exist, and where humans and animals live side-by-side in quite such harmony.

This totally epic trek in Tanzania has it all.

WHAT'S NGORONGORO ALL ABOUT?

"Ngorongoro" means "gift of life" and was the name that the Maasai tribe gave to this amazing place way back when. And there is a whole lot of life here.

Home to 30,000 wild animals and 400 different species, including the endangered black rhino and the densest concentration of lions

in the entire world, the Ngorongoro Conservation Area offers a unique opportunity to see some of the most incredible creatures on earth.

And the Ngorongoro Crater itself? At more than 20km wide and 610m deep, it's the biggest unbroken caldera you will ever see. Formed as a result of a huge eruption that caused the volcano to collapse on itself, the caldera is thought to have been around for around 2.5 million years now.

Estimates put the volcano's original height at a



hefty 4,500 to 5,800 metres, not much smaller than its neighbouring Kilimanjaro about 200km away.

It's often referred to as "The Garden of Eden" thanks to its dazzling beauty and plethora of creatures great and small. You won't spot any giraffes in the crater itself though, since they can't handle its steep sides on the way in. But we won't be solely focusing on the crater during our Highlands trek, and there's every chance you'll spot a giraffe or three elsewhere. Speaking of...

WHAT ACTUALLY HAPPENS ON THE BUCKET LIST CO'S NGORONGORO HIGHLANDS TREK?

With mountain forests, woodlands, grasslands, lakes, swamps and two major rivers – not to mention a handful of critically endangered animals and four of the Big Five – Ngorongoro is unique in its ability to set your heart racing.

On your Bucket List Co trek, you'll set out from Nainokanoka Village and spend seven days exploring the Ngorongoro Conservation Area, immersing yourself in ecosystems and environments like no other.

You'll be tying your laces and warming your calves as you trek through rich landscapes and rugged highlands on this 54km journey to the edge of the Great Rift Valley.

You'll tick tons of stuff off your Bucket List as you trek across the Ebulbul depression, past Bulati and up to the Ngorongoro Crater itself. From there, you'll descend to the base of the escarpment wall right at the foot of Mount Old Doinyo Lengai – or the "Mountain of God" as the Maasai call it. And this active volcano really is just as epic as it sounds.

With the help of your guides, you'll eventually make your way to the shores of the beautiful alkaline Lake Natron, which serves as the breeding ground for the Lesser Flamingo.

WHY DO IT ON FOOT?

Doing the Ngorongoro Highlands on foot is a fantastic way to drink in this deluge of nature's finest feats (though if you prefer life on wheels, make sure you head to page 34).

Going from temperate grasslands to the montane forest zone and camping right on crater rims, you'll experience Africa up close and personal, and etch this incredible place in your memory for the rest of your life. Just make sure your walking boots are up to scratch!

It really is the best way to experience first-hand how the incredible Maasai people live and to get a glimpse of the rich, authentic social side of East Africa. Not only will you be taking life a day at a time and travelling in the most natural way possible, but you'll also feel a whopping sense of achievement knowing your own legs have carried you 54km to do it.

You might want to spend your final full day bathing in that glory once we reach Lake Natron at the end of the trek. (And the sun, sure.) But there's always the option to bolt on a safari to really make this the trip of a lifetime. If you want to find out more about Tanzanian safaris, head back to page 22.

And if you're just about ready to book your trip and start packing, head to thebucketlistcompany.co.uk/africa to find out when our next trek is taking place!

THERE'S MORE TO
TANZANIA
THAN MOUNT
KILIMANJARO
THERE, WE SAID IT.

How to give back to the community and see the very best of Tanzania in two weeks.

If you've been paying attention throughout this edition of The Bucketlister, you've probably noticed by now that we have somewhat of a penchant for Tanzania.

Africa has so much to give, and we've seen that in so many different forms during every second of the trips we offer to this amazing place. But, as you'll already know, it's a continent that needs a lot of help too.

And that's exactly why we created our "Ultimate Tanzanian Experience" trip. If you'd like to one day experience East Africa's greatest treasures and give something back at the same time, keep reading.

DOING YOUR BIT FOR THE KIDS

During this Ultimate Tanzanian Experience, Bucket List adventurers make an impact and get the chance to be a part of something much bigger than their everyday bubble. They have a bloomin' good time too.

The kids and teachers you'll meet in a local school in Machame will honestly make you feel like a balloon's been blown up inside you.

You'll give your mind the stimulation it's craving and break down social barriers by spending three days getting involved at a local school; painting classrooms, playing with the gorgeous children and helping out where you can.

Pick up a paintbrush and get involved in turning the school into the best setting possible for the beautiful children there. You'll have plenty of time to get to know these hilarious kids, laughing in the sun and experiencing the local culture first-hand.

It's always hard to say goodbye to the kids but the drive from Moshi to Momela Gate does help since you could see elephants, zebras, giraffes, monkeys and antelope along the way. You'll spend the next four days trekking through saddles and along ridges for spectacular views of the Meru Crater and the impressive Ash Cone.

Then it's time to talk mountains.

KILIMANJARO ISN'T THE ONLY MOUNTAIN IN TANZANIA WORTH CLIMBING

Think "Tanzania" and a certain mountain comes to mind, right? Thing is, not everyone's ready to climb Kili.

So if you're looking for a Tanzanian experience that doesn't involve hiking nearly 6,000m above sea level, but you do want to tick a mountain off your Bucket List, you'll get more than your fill from majestic Mount Meru.

Not only is Meru considered to be the centre of all the physical, metaphysical and spiritual universes in Buddhist cosmology, she's also the best way to see Kili without actually having to climb her.

A much quieter mountain with fewer climbers treading her paths, Mount Meru is the centrepiece of Arusha National Park. Her remoteness means you can hope to see a lot more wildlife than you might on other mountains too.

And if the weather's right, you'll get incredible views of Kilimanjaro as you home in on Meru's summit, even from some 70km away (see image of the quarter).

Once you've made the incredible achievement of reaching the summit up at 4,566m, you'll descend

through open grasslands and mixed forest before being transferred to one of Tanzania's best kept safari secrets: Tarangire National Park.

And at the end of the trip, you'll see more of what makes Tanzania so special, with two game drives and an adventure on the world's largest unbroken caldera; the Ngorongoro Crater.

THE TANZANIA TRIP THAT HAS EVERYTHING

On this trip, you won't just be tasting the rich culture that makes this country so unique, trekking through countless ecosystems and climbing a sacred stratovolcano, but you'll also get to help a community that can't always help itself.

And that amazing sense of achievement you'll experience on Meru? It really is nothing compared to the feelings you'll get at the school back in Machame.

So if your Bucket List has more items on it than your weekly grocery shop and you're feeling the full force of the Africa Wanderlust Effect, this trip to Tanzania will not only scratch that itch, but leave you feeling good for a long time to come.

Head to bucketlistcompany.co.uk/africa and search for "Ultimate Tanzanian Experience" if you'd like to find out more.



& BEACHES & BEYOND

ZANZIBAR: *The only place to truly relax at the end of a Tanzanian adventure*



After the thrill of a Kilimanjaro climb, an Ngorongoro trek or even a gruelling 360km cycle, there's no better reward than heading away from the mainland for a few days in Zanzibar.

Powder-soft sands, verdant palm trees and tranquil, turquoise waters make this beautiful place the perfect location to relax and unwind at the end of a Tanzanian adventure. But how much do you actually know about this sparkling treasure of the Indian Ocean?

WHERE IS ZANZIBAR?

The mysterious-sounding name of this fantastic place just about sums it up. Thrusting its handsome head from beneath the waters around 20 miles off the coast of the mainland, Unguja is the main island that people are referring to when they say "Zanzibar".

In reality though, Zanzibar is an entire semi-autonomous region, consisting of lots of little islands and a couple of bigger ones – all of which belong to Tanzania and are known as the "Zanzibar Archipelago".

You might hear some Arabic, French and Italian spoken by some locals (or "Zanzibaris"), but most speak Swahili, which is a Bantu language. You'll probably already have come across it if you've spent any time in mainland Tanzania before you get to Zanzibar.

WHAT CAN YOU DO THERE?

Zanzibar welcomes visitors to its rugged limestone coast with aromas of countless fruits and spices from the picture-perfect shores. Relax on the beautiful beaches with fresh coconut water and you might just think you've found heaven.

But aside from simply putting your feet up and chilling out, you'll soak up the African, Indian, Arabic and Persian influences that intertwine to make up the rich cultural backdrop.

On the western coast of Unguja in Stone Town, labyrinthine alleys lead to Sultans' residences, hidden behind huge, intricately carved doors studded with gold. Head inland and you will find crumbling palace ruins, spice plantations and lush rainforests, where rare animals roam. Keep an eye out for a cute little pink nose and you might even spot a Red Colobus monkey!

Off-shore, the Indian Ocean's gorgeous turquoise waters are home to vibrant coral reefs and the perfect location for snorkelling and diving.

A LITTLE BIT OF HISTORY

Historians reckon humans have lived on Zanzibar for 20,000 years, though records only began when the islands became a base for traders going between Africa and the Indian subcontinent. As you can imagine, it became a convenient point for trade with towns on the Swahili Coast.

The Portuguese Empire was the first European power to take control in Zanzibar from the late 1400s to 1698, when the Sultanate of Oman stepped in. That's when plantations were developed to grow the spices that Zanzibar is so well known for today.

By 1890, the islands had fallen into the hands of the British Empire, before gaining independence as a constitutional monarchy in 1963. After a revolution that saw thousands killed, expelled or expropriated, the Republic of Zanzibar and Pemba was finally formed, before being subsumed into Tanzania.

These days, aside from tourism, Zanzibar's main industries are still spices and raffia (a type of palm tree that's native

to tropical regions of Africa). And you might hear the locals referring to their home as "the Spice Islands", thanks to its production of cloves, nutmeg, cinnamon and black pepper.

WHAT WILL YOU EAT IN ZANZIBAR?

As you'd expect from a place where a mingling of nutmeg and cinnamon hits your nose the moment you step off the plane, spices take centre-stage in the food in Zanzibar.

Slightly surprising is the fact that pizza is a popular dish over here, though in rather a different form to what we're used to at Zizzi. Expect a parcel of meat, onion, peppers, cheese and an egg, pan-fried in a thin layer of dough with some tangy chilli sauce on the side. Seriously delish.

Flavours from India, Portugal and East Africa come together in the many curries and rice dishes you'll eat, and you'll find plenty of seafood options in every restaurant too. Makes sense really, doesn't it?

Whether it's the food, the history or simply the white beaches that draws you in, there's no way you'll regret adding a few days in Zanzibar to the end of a Bucket List Co. adventure. So if you're booking a trip any time soon, treat yourself to this extra special bolt-on!



“IT’S A BORE,”
HE SAID OUT LOUD.

**“WHAT IS,
MY DEAR?”**

**“ANYTHING YOU DO
TOO BLOODY
LONG.”**

Ernest Hemingway, The Snows Of Kilimanjaro







INTRODUCING
JULIUS JOHN
“WHITEY”
WHITE

The man behind the magic on Kilimanjaro

No Bucket List Company trek to Kilimanjaro is complete without our beloved Whitey.

Julius John White is the Chairman of the Guides in the Tanzania Tour Office, Leader at the Kilimanjaro Guides' Association, the official 2012 World's Best Tour Guide, and one of the coolest people you'll ever meet.

No stranger to trekking, Whitey's climbed Kili hundreds of times, and even made it halfway around the world to our CEO Keith's big birthday bash earlier this year!

And since this edition of The Bucketlister is all about Tanzania, it simply wouldn't be complete without a few words from our very special friend. So let's get to know him, shall we?

Whitey! Thanks for speaking to us. Tell us, how long have you been climbing Kilimanjaro?

Jambo from Tanzania! I'm around 35 now and I think I was 14 when I first made my way up the mountain. So about 20 years I suppose.

And how many times have you climbed the Roof of Africa in that time?

It could be 400 or 500 times that I've climbed Kili – I've lost count now! I've done all of the routes loads of times. Each one is so unique, but Machame is my favourite.

Wow! So what's your best piece of advice for anyone thinking about scaling Kili?

There are five things that I always advise, and they don't only apply to Kili, but all mountain climbing:

1. Train your body. Before your trip, learn to walk slowly and for a long time. Start with a slow 3km walk in both directions, with two breaks on your way. Then do 5km and back, and keep working your way towards longer treks from there. Stay safe always too!
2. Eat enough food. On the mountain, you might lose your appetite as you go higher but the more energy you can keep putting into your body, the further you'll be able to keep going!
3. Drink lots of water. 3 litres a day, but don't go near a teapot! Avoid coffee and juice too.
4. Walk slowly (or "pole pole" as we say in Swahili). There's less oxygen at higher altitudes so you need to let your body manage its oxygen intake slowly. If you can't talk at the same time as walking, you're going too fast.
5. Don't forget to rest. Whenever you get a moment on the way up, and obviously at camp too, don't run around! Get your head down for some well-earned rest and take it all slowly.

Great advice. So what makes Tanzania such a great place to visit?

Ah well the Tanzanian culture is really friendly and respectful. We've got wonderful national parks, home to most of the

world's animals. Our parks hold some great world records too, like Lake Tanganyika being the deepest on earth, Lake Victoria the biggest and widest.

We've got the eighth wonder of the world – the Ngorongoro Crater (find out more on page 24), an active volcano (Mount Oldonyo) and the highest freestanding mountain in the world: Kili herself! With different routes that suit every preference, you'll achieve what you wish for in Tanzania.

It really is one of the greatest places on earth. What else do you do apart from leading treks up Kilimanjaro?

Aside from climbing, I lead bike tours, walking tours, culture tours, town tours, safari tours... Any type of tour really!

And have any clients stood out in particular on those hundreds of tours?

There are many many clients that I've loved working with, but my absolute favourite was probably a lady from Scotland called Corinne. She has no legs or hands and has a problem with her lungs but still had this sort of beautiful, kind respect for the mountain. She climbed Kili with 12 of her friends and we all made it to the peak! It wasn't the easiest of treks but, together, we did it.

Let's wrap up by finding out what's on your Bucket List.

I'd love to do the Sahara Desert trek in Morocco or a Machu Picchu trip with the Bucket List Company. And I'd love to visit Everest Base Camp in Nepal. But most of all, I want to keep growing my love and respect of nature!

Thanks Whitey! Amazing as always.

If you want to experience first-hand the amazing things that Whitey's mentioned here, and maybe even meet the legend himself, head to thebucketlistcompany.co.uk/africa to book your trip to Tanzania!



TANZANIA ON TWO WHEELS

It might not be for the fainthearted, but 360km on a bike is certainly good for the soul.

If the thought of 360km on a bike gets your heart racing in the not-so-good way, probably best you turn the page and move on now, before things get really serious.

But if cycling's your thing, and you're one of those nutters who likes to spend their Saturday morning speeding down country lanes on two wheels (rather than firmly planted on the sofa in a dressing gown), keep reading.

Because it's not just treks and mountain climbs that we do at the Bucket List Co, you know. And if you're desperate to visit Africa and take in Tanzania's most iconic sights, you might want to have a little think about doing it from the saddle.

On our Kili to Ngorongoro cycling tour, incredible scenery, impressive mountains, unbroken calderas and plain upon plain of rich wildlife are mere cherries on top of one heck of a sense of achievement.

WHAT HAPPENS ON TANZANIAN CYCLING TRIP?

The 360km route will take you and your bike across Tanzania's famous northern circuit in 7 days, from the base of the world's highest free-standing mountain – Kili herself – to the biggest unbroken caldera on earth, the Ngorongoro Crater.

The Ngorongoro Conservation Area covers some 8292 square kilometres. Mount Kilimanjaro National Park? That's smaller at 1,699 km², but equally beautiful and just as diverse. And on a bike, you'll be able to see so much of both.

But it wouldn't be a trip to East Africa without a game drive, so you'll be relieved to know that you'll be heading out on safari too. Of course you will. (But since we're saving the animals for your final day, you'll have to prove yourself on the bike first.)

WHY ON EARTH WOULD YOU WANT TO CYCLE THOUGH?

Some of the riding will be tough, but with great effort comes great reward. Need more convincing? Here are just a few reasons why we think cycling from Kili to Ngorongoro deserves a spot on your Bucket List.

YOU'LL SEE SO MUCH

It's hard to really feel "at one" with nature from the backseat of a car, but you can't cover the 360km it takes to see all the insane splendour of these conservation areas on foot. With breathtakingly beautiful landscape all around you for 7 days straight and your best chance of seeing the Big Five, a cycling adventure is the greatest way to see it all.



IT'S A WORKOUT FOR THE SENSES, AS WELL AS THE CALVES

That feeling of the sun on your back and the smell of the dust around your feet? There's nothing like it. Just don't expect your shoes to look too clean at the end of each day.

YOU'LL FEEL PROUD AND HUMBLED AT THE SAME TIME

When you cycle 360km to see Tanzania's most iconic natural attractions, you aren't just humbled by jaw-dropping panoramas, extreme cultural diversity and incredible wildlife. You feel a huge sense of achievement too.

GREAT FOOD TASTES EVEN BETTER

On this trip, you won't just see magnificent lakes, fascinating Maasai settlements, or spectacular valleys and plantations. You'll taste some of the most delicious home-cooked food every day too. And you know what makes these meals especially tasty, aside from the love, skill and ingredients that go into them? A good day's pedalling.

HOW TO PREPARE

If you're crazy enough to be seriously thinking about joining us on a cycling tour from Kilimanjaro to the Ngorongoro Crater, you'll probably want to know how to prepare.

You don't want to burst out the blocks when you get there and burn out before the end of the first day, after all.

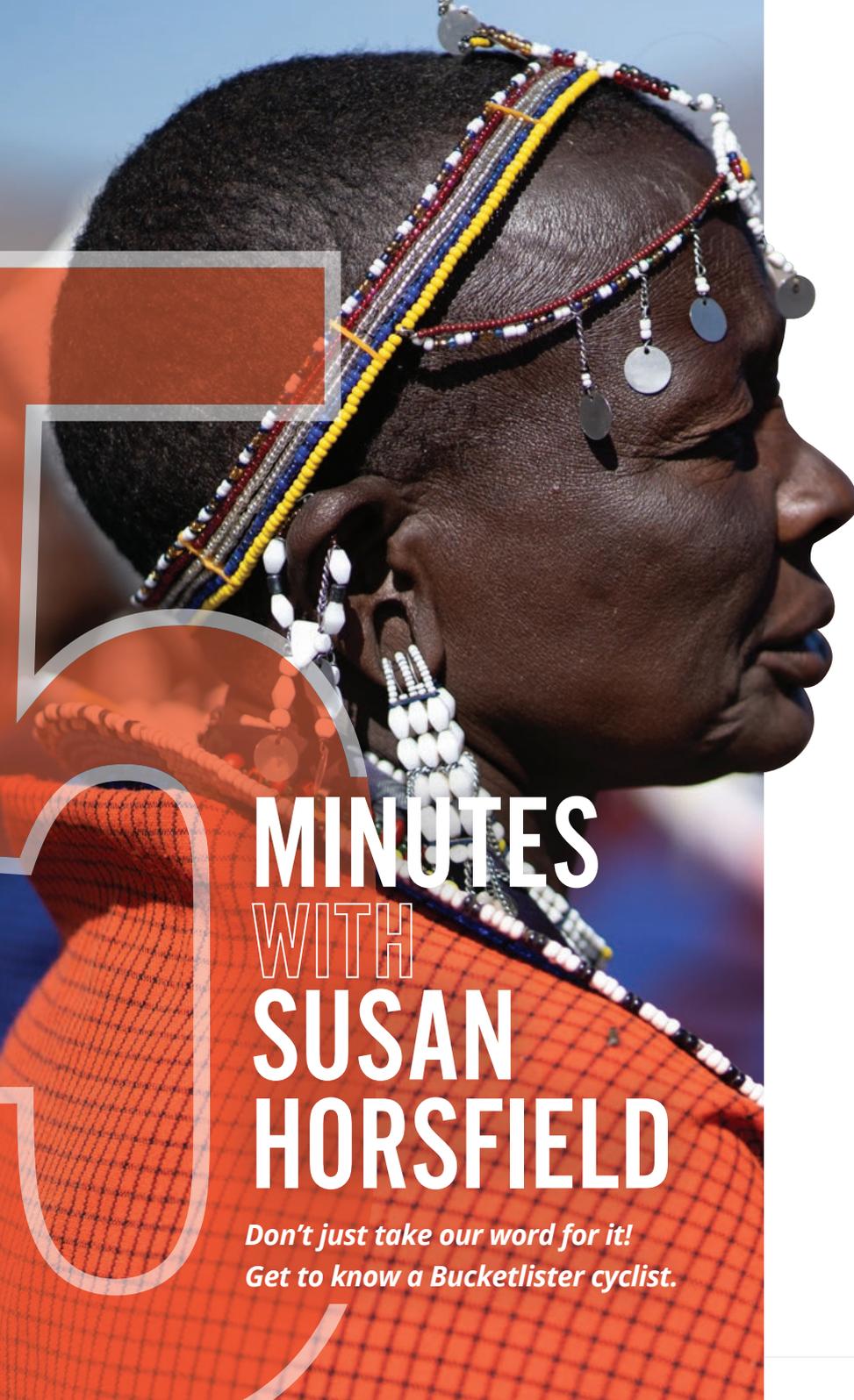
If you're already cycling long distances regularly, keep it up. If you're not, start building up some miles well in advance of your trip to Tanzania. The more practice you do, the more you'll enjoy your trip.

There's no need to try and log the full 360km in at home, but if you can work some long weekend rides into your routine, you'll prepare your body and your mind for what's ahead.

There's no need to prepare your wheels as you'll be given a rental bike upon arrival in Kilimanjaro National Park, but it is worth making sure your travel insurance covers you for cycling ahead of the trip.

Now that you know what happens on these trips and how to prepare, the only question that really remains is whether you're mad enough to take on the challenge to win the reward. What say you (and your calves)?





MINUTES WITH SUSAN HORSFIELD

*Don't just take our word for it!
Get to know a Bucketlister cyclist.*

Now you know how the Kilimanjaro to Ngorongoro cycle works, here's a personal perspective on exactly what it's like to make this incredible journey.

In this short interview, Susan chats to us about her favourite parts of the trip, the experience you need before you arrive, and how to avoid the dreaded chafe! (If you missed the article about this Bucket List trip, hop back a page and have a read.)

Hi Susan, thanks so much for chatting to us about your Kili cycle trip. What made you do it?!

It was my son who noticed one of your Mount Elbrus posts on Facebook and thought it looked great, and especially attainable with the monthly payments. So he started looking at your website and came across the cycling tour.

Since I love wildlife and have been cycling for over 20 years (and had completed RideLondon earlier that year), my son knew I'd be up for it and showed me the page straight away.

"Two birds with one stone!", I thought; a perfect way to see a country and catch a glimpse of wildlife. We bit the bullet and booked it. I was a bit worried that I might not be prepared enough, to be honest, even with all those miles behind me!

***You were more than up to the challenge!
How were the journeys to and from Tanzania?***

From meeting Aliosh and Ian at the airport to returning home, it was a fantastic experience (although hearing about Ian and Ali's trek experience made a small tinge of jealousy creep in – suffice to say the Highland trek is now on my Bucket List!).

***The treks certainly are fantastic too.
But what was your main highlight from the cycle trip?***

The Ashanti team were fab - I can't fault them. They took fantastic care of us and I felt we made a super little team. I've kept in touch with Joseph and Whitey ever since. Joseph has just got married and invited me but sadly unable to go. He sent me some lovely pictures though!

That's really lovely, Susan. Tell us, how important was your cycling experience for completing this trip?

Having cycling knowledge really helped and I think anyone booking this trip should get experience prior to it. You definitely need cycling miles in your legs, and to toughen up those sit bones. It could be a painful week otherwise!

We covered every day quicker than most and completing 100k in a day will be tough without some experience.

What's the one piece of equipment that you're glad you took?

Well, obviously my helmet and gloves! But I'd say that my cycling shorts were an absolute must for all those kilometres. Wearing two pairs is even better!

And was there anything that you wished you took?

I didn't take a pillow or sleeping bag and got a little chilly on the mats during some nights in the tents. Just a small pillow and a light sleeping bag would have been sufficient.

What would you say to people who're thinking of booking this trip?

Make sure you get some cycling miles in before the trip, then enjoy all the many, many highlights! There's so much great stuff ahead of you: the fabulous Ashanti boys, the cycling, the camps, the wildlife and the people we met along the way, including members of the Tanzanian government! It's a trip you won't forget in a hurry.

And where's your next trip to?

For my next big trip I'm taking both my boys and joining you guys in 2022 on the challenge of a lifetime at Everest Base Camp and the Gokyo lakes, with a little safari on the end. I really can't wait but do worry about the altitude. Hopefully we can conquer some smaller altitudes in 2021 first!

Great choice – can't wait! Anything else left on your Bucket List?

Needless to say, my Bucket List seems to grow year on year! There's plenty on there; some big, some small, some in Britain and some around the globe.

And finally, what did you think about Tanzania as a country?

Well that's one thing that's for sure: I will be going back to Tanzania. I've a couple of mountains to conquer among other things! It's such a beautiful, colourful and diverse country and I can't wait to be back.



THE RETURN OF... AWESOME AUGUST

Quite simply the smartest month of the year to grab yourself a Bucket List bargain...

Every summer, we put together an incredible offer for trips booked during the month of August, and 2020's no different.

In fact, let's be honest – we all need it even more this year.

With most of us spending nearly three months cooped up in our houses while the infection rate's been dropping, the wanderlust has been going in the other direction.

Now, it's off the chart.

So, if you're planning on booking a trip in late July, just DON'T.

Wait a couple of days and bag yourself a Bucket List bonanza with a whole bunch of incredible extras thrown in.

If you've never taken part in Awesome August before, then here's what you need to know – the sooner you book your trip, the better the deal you get.

**HERE'S WHAT'S UP FOR
GRABS FOR YOU THIS AUGUST:**

**FREE TRAINING WEEKEND
WORTH £200**

**FREE BUCKET LIST DUFFLE BAG
WORTH £80**

**FREE BUCKET LIST HOODY
WORTH £45**

**FREE BUCKET LIST BUFF
WORTH £15**

As August ticks on, each element of the offer will be withdrawn, so the sooner you pay your deposit and book your trip, the more you'll get – book in the first week and secure **freebies worth £340!**

Here are those all-important dates:

9TH

BOOK BEFORE AUGUST 9TH

and you'll get the whole caboodle – the training weekend, the bag, the hoody, the buff, all of it.

21ST

BOOK BEFORE AUGUST 21ST

and you'll miss out on the training weekend, but the bag, hoody and buff will be yours.

31ST

BOOK BEFORE AUGUST 31ST

and you'll grab yourself a much prized Bucket List hoody, as well as an incredibly useful buff.

This offer is redeemable on ANY trip booked in the month of August, so whether you're hiking the Himalayas or cruising in Croatia, or trekking up Toubkal, you can benefit from **£340 worth of freebies.**

All Bucket List trip investments can be made in monthly instalments, starting from as little as £35 a month, and you can enjoy the peace of mind that comes from our Ultimate Flex Policy, allowing you to change the dates and/or destination as many times as you want, up to 90 days before your departure.

To book your Bucket List trip of a lifetime, and secure your Awesome August bonuses, visit www.thebucketlistcompany.co.uk, or call us on 01769 309007.

MAKE SURE YOU USE THE PROMOCODE **"AWESOME"** TO GRAB YOUR BONUSES!



YOUR
ADVENTURE
STARTS
HERE.

