

— TRAVEL GUIDE BOOK —

ROOTS & PEAKS

ROOTED IN CULTURE
ELEVATED BY ADVENTURE

Embark on an unforgettable journey with Roots & Peaks Expeditions, where adventure meets sustainability, and culture intertwines with exploration. Whether you're scaling the heights of Mount Kilimanjaro, traversing the vast plains of the Serengeti, or savoring the rich aromas of coffee cultivated in the highlands, this guidebook is your ultimate companion



THE STORY BEHIND ROOTS & PEAKS



Roots & Peaks was born from a deep connection to nature, culture, and the transformative power of travel. It is the result of the collective vision of three founders—Alexander Hessinger, Ruwaichi Richard Mtui, and David Hernandez—who came together with a shared mission: to create immersive, sustainable travel experiences that not only inspire adventure but also uplift local communities and preserve natural landscapes.

The Inspiration: Three Paths Converge



Alexander Hessinger - The Visionary Explorer

Born in Pennsylvania and raised in the Ecuadorian Amazon, Alexander's journey toward sustainability began at an early age. Growing up in a hotel, he was immersed in the world of hospitality, which later led him to work for Disney, attend culinary school, and run a coffee farm in Hawaii. With a deep background in tourism, conservation, and community development, he co-founded Tribuquent, securing over \$56 million for community-driven projects. His passion for regenerative travel and economic justice laid the foundation for Roots & Peaks.



Ruwaichi Richard Mtui - The Guardian of Kilimanjaro

Born and raised in Marangu village on the slopes of Mount Kilimanjaro, Richard began his career as a porter, carrying loads up the mountain for five years before becoming a certified mountain guide. Over the next decade, he successfully led climbers to the summit, but after sustaining an injury in 2019, he shifted his focus to empowering local guides, porters, and cooks through ethical tourism. His dream of creating fair-wage employment and preserving Kilimanjaro's ecosystem became a driving force behind Roots & Peaks.



David Hernandez - The Connector of People and Places

A second-generation immigrant born in Los Angeles, David's journey has been shaped by a deep connection to his Central American heritage. After pursuing a career in nursing and later transitioning to sales and marketing, he developed a passion for travel, community building, and ethical business practices. His expertise in marketing and engagement has helped shape the vision of Roots & Peaks into a movement that bridges adventure with impact.





WHY WE EXIST



Rooted in Culture, Elevated by Adventure

Travel is more than just movement across landscapes—it's an opportunity to forge deep connections with people, nature, and oneself. Roots & Peaks Expeditions was founded on the belief that adventure should be immersive, sustainable, and transformative.

We don't just visit places. We set roots. We don't just climb mountains. We elevate communities.

Our Mission

To create a global movement of purposeful travelers who seek adventure, cultural connection, and sustainable impact—wherever their journey takes them.

Our Vision

A world where travel regenerates, rather than exploits—where every step forward also strengthens the roots of the communities we explore and the peaks of adventure we conquer.



What Makes Us Different?

Led by local guides, storytellers, and conservationists, we create authentic experiences that honor culture and nature. With fair wages, mountain clean-ups, and conservation efforts, every journey is impact-driven, ensuring that adventure gives back. Our sustainability-first approach means tourism isn't just low-impact—it's regenerative, helping communities thrive beyond the travel season. Together, we're building a global movement where travel elevates both explorers and the places they visit.





ROOTED IN STRENGTH THRIVING IN RESILIENCE.



Tanzania's landscapes and cultures are unmatched, yet mass tourism threatens its future. Roots of Resilience was created to ensure that tourism benefits local people, ecosystems, and traditions—not just large operators.

Why It Matters

- Environmental Strain: Overtourism disrupts wildlife, depletes resources, and fragments habitats.
- Economic Inequality: Despite bringing in billions, tourism revenue rarely reaches local communities.
- Cultural Erosion: Traditional ways of life are at risk as mass tourism commodifies Indigenous cultures.

What We Do:

- Sustainable Livelihoods – Supporting eco-friendly businesses and year-round job opportunities.
- Environmental Conservation – Reforestation, wildlife protection, and sustainable tourism practices.
- Cultural Preservation – Elevating Indigenous knowledge, artisans, and heritage-based tourism.
- Global Partnerships – Connecting ethical travelers, conservationists, and local changemakers.

Meet the Founder: Ruwaichi Richard Mtui:

Born on Mount Kilimanjaro's slopes, Richard's journey began as a porter, later becoming a certified mountain guide. A leg injury in 2019 forced him to step back from guiding, but it fueled his vision for change—founding Roots of Resilience to:

- Ensure fair wages for porters, guides, and cooks
- Promote sustainable tourism & conservation
- Empower local communities through economic resilience



www.rootzofresilience.org



[wearerootsofresilience](https://www.instagram.com/wearerootsofresilience)



Kilimanjaro – The Roof of Africa

Where the earth meets the sky, and every step is a story. Kilimanjaro is more than a mountain—it's a journey through time, landscapes, and the spirit of adventure. From the savannas where elephants roam to the glaciers that touch the heavens, this is where resilience and wonder collide.



KILIMANJARO ROUTES – CHOOSE YOUR PATH TO THE SUMMIT

Every route up Kilimanjaro offers a unique journey—whether you seek the most scenic, the most challenging, or the most luxurious ascent. Find the path that fits your adventure

UHURU PEAK 19,341 FT

LEMOSHO

🌍 Best For: First-time trekkers & those seeking high summit success rates

⌚ Duration: 7-8 Days

🏕️ Accommodation: Camping

Why Lemosho?

- ✓ Stunning views from multiple angles
- ✓ Fewer crowds compared to other routes
- ✓ Excellent acclimatization = higher summit success rates

MACHAME

🌍 Best For: Hikers seeking a balanced challenge with stunning landscapes

⌚ Duration: 6-7 Days

🏕️ Accommodation: Camping

Why Machame?

- ✓ Spectacular scenery & diverse landscapes
- ✓ A challenging yet achievable trek for most hikers
- ✓ One of the best acclimatization profiles for its duration

MARANGU

🌍 Best For: Budget-conscious trekkers & those seeking hut accommodations

⌚ Duration: 5-6 Days

🏠 Accommodation: Mountain Huts

Why Marangu?

- ✓ The only route with hut accommodations (no camping)
- ✓ More affordable than other Kilimanjaro routes
- ✓ Well-established trail with moderate difficulty

SHIRA

🌍 Best For: Experienced hikers seeking a remote and challenging trek

⌚ Duration: 6-7 Days

🏕️ Accommodation: Camping

Why Shira?

- ✓ Fewer crowds & unique views of Kilimanjaro
- ✓ Begins at a higher altitude – acclimatization is key
- ✓ A challenging but rewarding route for experienced trekkers



LEMOSHO ROUTE

A breathtaking journey through Kilimanjaro's most diverse landscapes, with one of the highest summit success rates

Number of Days: 7-8 Days

Accommodation: Camping

Level Experience: Beginner

Success Rate: 90%+

Why Choose Lemosho?

The Lemosho Route is one of the most beautiful and rewarding ways to reach Uhuru Peak. Starting on Kilimanjaro's western slopes, it offers diverse landscapes, lower traffic, and superior acclimatization, making it one of the most successful routes for climbers.



What to Expect on the Lemosho Route

Day 1-2: Trek through lush rainforest and transition into moorlands, spotting wildlife along the way.

Day 3-5: Cross the Shira Plateau, tackle Lava Tower (4,600m), and descend to Barranco Camp for acclimatization.

Day 6: Conquer the Barranco Wall, followed by a scenic trek to Barafu Camp, your final stop before the summit push.

Day 7: Summit Day! Begin your midnight ascent to Uhuru Peak (5,895m) and celebrate at the Roof of Africa.

Day 8: Descend through lush rainforests to Mweka Gate, marking the end of your incredible journey.

7-Day vs. 8-Day Lemosho: Which is Right for You?

7-Day Lemosho: Starts at 3,414m, making acclimatization faster but slightly more demanding.

8-Day Lemosho: Starts lower at 2,100m, with a gradual ascent through rainforests, giving more time for altitude adjustment. Both itineraries offer excellent summit success rates and breathtaking scenery.

LEMOSHO IS THE PERFECT BLEND OF ADVENTURE, SCENERY, AND SUCCESS. WHETHER YOU'RE A BEGINNER OR EXPERIENCED TREKKER, THIS ROUTE MAXIMIZES YOUR CHANCES OF A SAFE AND UNFORGETTABLE SUMMIT



Prepare for Your Ascent

Altitude & Acclimatization – Learn how your body adapts to high altitudes and get expert tips to increase your summit success. [Check our page on Acclimatization.]

Gear Up for the Challenge – Having the right equipment is key to a successful climb. See our essential Kilimanjaro gear guide. [Check our page on Technical Gear.]



MACHAME ROUTE

The Classic Kilimanjaro Trek: A dynamic and scenic climb, perfect for those seeking adventure with high summit success rates

Number of Days: 6-7 Days

Accommodation: Camping

Level Experience: Beginner

Success Rate: 85-90%

Why Choose Lemosho?

A thrilling and scenic adventure, the Machame Route—known as the "Whiskey Route"—offers a well-paced ascent through diverse landscapes, from lush rainforests to alpine deserts. With a strong acclimatization profile and the climb-high, sleep-low strategy, the 7-day itinerary boosts summit success. Trekkers cross stunning landmarks like Shira Plateau, Lava Tower, and Barranco Wall, making it a balanced challenge suited for those seeking both adventure and breathtaking views.

MACHAME IS THE
PERFECT BLEND OF
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SUMMIT



What to Expect on the Lemosho Route

Day 1-2: Start in the lush rainforest, transitioning into moorlands with stunning summit views.

Day 3-4: Pass Shira Plateau and ascend to Lava Tower (4,600m) before descending to Barranco Camp for acclimatization.

Day 5: Conquer the Barranco Wall, a thrilling yet manageable climb, then trek to Barafu Camp for the summit push.

Day 6: Summit Day! Midnight ascent to Uhuru Peak (5,895m), followed by a long descent to Mweka Camp.

Day 7 (Optional): Extra day for acclimatization and a slower, safer descent.

Prepare for Your Ascent

Altitude & Acclimatization – Learn how your body adapts to high altitudes and get expert tips to increase your summit success. [Check our page on Acclimatization.]

Gear Up for the Challenge – Having the right equipment is key to a successful climb. See our essential Kilimanjaro gear guide. [Check our page on Technical Gear.]



MARANGU ROUTE

A Historic Path to the Summit

Number of Days: 5-6 Days

Accommodation: Mountain Huts

Level Experience: Moderate

Success Rate: 70-80%



Why Chose Marangu?

A historic and structured climb, Marangu is the only Kilimanjaro route with hut accommodations, offering a steady, non-technical ascent perfect for first-time trekkers. Its direct path to the summit makes for a faster trek but with less varied landscapes, passing through lush rainforests, moorlands, and alpine deserts with stunning views of Kibo and Mawenzi peak.



What to Expect on the Marangu Route

Day 1-2: Begin in Kilimanjaro's rainforest, transitioning into open moorlands at Horombo Hut.

Day 3-4: Trek through the alpine desert, reaching Kibo Hut at 4,700m before preparing for summit night.

Day 5: Summit push from Kibo Hut to Uhuru Peak (5,895m), followed by a long descent back to Horombo Hut.

Day 6 (Optional): Extra day for acclimatization and a gradual descent to Marangu Gate.

MARANGU IS THE MOST
STRUCTURED AND COMFORTABLE
ROUTE ON KILIMANJARO, PERFECT
FOR THOSE WHO PREFER HUT
ACCOMMODATIONS AND A
QUICKER ASCENT. WHILE LESS
SCENIC THAN OTHER ROUTES, IT
REMAINS A HISTORIC AND
ACCESSIBLE WAY TO EXPERIENCE
AFRICA'S HIGHEST PEAK

SHIRA ROUTE

The High-Altitude Adventure: A less-traveled yet scenic route, ideal for experienced trekkers seeking a unique ascent.

Number of Days: 5-6 Days

Accommodation: Camping

Level Experience: Intermediate- High

Success Rate: 50-80%



Why Chose Shira?

Best for trekkers seeking a remote, panoramic ascent, the Shira Route begins at Shira Ridge (11,800 ft), skipping the rainforest and requiring prior acclimatization. This less-crowded path crosses the Shira Plateau, showcasing volcanic landscapes before merging with Lemosho Route under the Southern Ice Field, offering breathtaking views and a serene trekking experience.

What to Expect on the Shira Route:

Day 1-2: Begin at Shira Ridge, bypassing the rainforest, and cross the vast Shira Plateau with panoramic views.

Day 3-4: Trek to Lava Tower (15,190 ft) for acclimatization before descending to Barranco Camp through the Senecio Forest.

Day 5: Tackle the Barranco Wall, then head to Barafu Camp for the summit push.

Day 6: Summit Day! Midnight ascent to Uhuru Peak (19,341 ft) followed by a long descent to Mweka Camp.

Day 7: (Optional): Extra day for gradual descent, reducing fatigue and improving recovery.

The Shira Route offers a unique, less-traveled path with incredible scenery but requires proper acclimatization. If you're looking for a challenging yet rewarding Kilimanjaro climb, this could be your perfect route.



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info@rootsandpeaks.org



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ROOTS & PEAKS

* Kilimanjaro Climbing FAQ



Your Essential Guide to Conquering
Africa's Highest Peak

01. QUICK FACTS

Mount Kilimanjaro stands at 5,895m. Treks last 5-9 days, with moderate to challenging terrain. Endurance, acclimatization, and proper gear are essential

02. TIME TO CLIMB?

January to March offers dry trails with fewer crowds but colder summits. June to October is peak season with ideal conditions. March to May is rainy and slippery.

03. HOW TO PREPARE?

Train with hiking, endurance, and strength workouts. Acclimate by hiking at altitude if possible. Wear broken-in boots and a loaded backpack



Ask for our training plan

04. DO I NEED A GUIDE?

Yes, all trekkers must have a licensed guide and porters, as required by Tanzanian regulations. Guides assist with safety, pacing, and logistics.

05. ESSENTIAL GEAR

Proper gear is key for Kilimanjaro. Wear layered clothing for rain, wind, and cold. Waterproof boots, a warm sleeping bag, trekking poles, and hydration are essential.



Check our complete list

06. ALTITUDE SICKNESS?

Pole Pole!! Go slow for better acclimatization. Hydrate with at least 3 liters daily. Extra days on longer routes improve altitude adaptation.



Ask for further guidance and info

07. DON'T WANT TO CAMP?

Only the Marangu Route offers hut accommodations; all other Kilimanjaro routes require tent camping throughout the trek.

08. DIDN'T SUMMIT?

Reaching Uhuru Peak isn't guaranteed, but safety is the priority. Guides ensure a safe descent if needed. The journey remains unforgettable.

09. FOOD ON THE MOUNTAIN

Flame Keepers, our dedicated chefs, prepare hearty and nutritious meals on Kilimanjaro, fueling climbers with soups, pasta, vegetables, proteins, and warm drink



Specialized menus available upon request.

10. NO EXPERIENCE?

Kilimanjaro is a non-technical trek—no ropes or climbing skills required. However, good fitness, endurance, and mental strength are essential.

11. DO I NEED A VISA FOR TZ?

Most travelers require a visa, which can be obtained on arrival or online via Tanzania's e-visa system

12. IS TIPPING EXPECTED?

Yes. Tipping is customary and greatly appreciated by our crew. We provide tipping guidelines before your trek

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Altitude & Acclimatization



*The air gets thinner, but your determination grows stronger.
Altitude affects every climber, but with the right strategy,
reaching the summit is within your grasp*



How We Help You Acclimate & Succeed

Longer Routes = More Acclimatization

Choosing 7+ day routes like Lemosho or Machame increases your body's ability to adjust to altitude, significantly improving summit success rates.

Expert Guides Monitor Your Health

Our highly trained guides are experienced in recognizing early signs of altitude sickness and will adjust your pace, hydration, and rest schedule accordingly.

Nutritionist-Designed Meals for Stamina

Proper nutrition is crucial at high altitudes. Our meal plans are designed to provide:

- High-protein foods for muscle recovery
- Slow-burning carbohydrates for sustained energy
- Electrolyte-rich drinks to prevent dehydration

Unlimited Purified Water

Dehydration worsens altitude symptoms. We provide unlimited purified water to keep you hydrated and feeling strong.

Pre-Trip Preparation & Expert Tips

Before your climb, our team provides pro-tips and preparation strategies to help you adapt faster to high-altitude trekking



Peak Navigators

More than guides—your mentors, protectors, and pathfinders to the Roof of Africa
At Roots & Peaks, our Peak Navigators are more than just mountain guides—they are seasoned experts, trained in altitude safety, wilderness first aid, and Kilimanjaro's ever-changing terrain. Their knowledge, experience, and deep connection to the mountain will be your greatest asset on this journey.
With them by your side, every step is one step closer to the summit





Meet the Team



*Guiding with expertise. Leading with heart.
Every step of the way*



James Laizer – Head Guide

18+ YEARS EXPERIENCE | WFR CERTIFIED | EXPERT IN ALL ROUTES

Born and raised in Tanzania, James Laizer has spent nearly two decades mastering the trails of Kilimanjaro. His journey began as a porter, and through dedication and expertise, he became a chief guide, leading climbers safely across every route.

With five Wilderness First Responder (WFR) certifications, James is a trusted expert in altitude safety and emergency response. His passion for adventure, travel, and soccer reflects his spirit as both a guide and a mentor. For James, Kilimanjaro is more than a mountain—it's home

PEAK NAVIGATOR



Justin Thomas

20+ YEARS EXPERIENCE | TOUR LEADER OF THE YEAR | CERTIFIED FIRST AID TRAINEE

Raised in the northern region of Kilimanjaro, near the Kenya border, Justin Thomas has spent over two decades guiding climbers and safari travelers through Tanzania's breathtaking landscapes.

A certified First Aid Trainer, Justin is not only an expert in wilderness navigation and cultural interpretation but also in ensuring safety in the most challenging conditions. In 2016, he was awarded Tour Leader of the Year, a testament to his dedication to excellence.

When he's not guiding, Justin enjoys sharing stories with travelers and spending time with his four children in Moshi.

PEAK NAVIGATOR



Innocent Willington Mmary

13+ YEARS EXPERIENCE | WFR CERTIFIED | INTERNATIONAL TREKKER

A Wilderness First Responder since 2014, Innocent Mmary has been safely guiding climbers and safari adventurers for over 13 years. His experience extends beyond Africa—he has hiked some of the most challenging trails in the U.S., including the Pacific Crest Trail, Granite Mountain, and the North Cascades.

Whether on the summit of Kilimanjaro or tracking wildlife on safari, Innocent leads with expertise, passion, and deep respect for nature. When he's not in the mountains, you'll find him birdwatching, traveling, and following world news.

PEAK NAVIGATOR





At Roots & Peaks, our safaris take you deep into Tanzania's legendary landscapes. From the Serengeti's Great Migration to the Ngorongoro Crater's rich wildlife, every park tells a unique story. Guided by our expert Nature Custodians, you'll track big cats, witness iconic wildlife, and experience Africa in its purest form. Rooted in conservation and community, our safaris ensure a journey that leaves a lasting impact.

Adventure awaits—let's explore the wild together



The Endless Plains of Africa *Serengeti*



The Serengeti is Africa's most legendary safari destination, a vast expanse where golden plains stretch endlessly and wildlife thrives in its purest form. Home to the Great Migration, the park offers an unrivaled spectacle of over two million wildebeest, zebras, and gazelles moving in search of fresh grazing lands, pursued by lions, cheetahs, and crocodiles at river crossings

A place where the wild runs free..

Covering 14,750 km² (5,700 mi²), Serengeti National Park is Tanzania's most iconic safari destination and a UNESCO World Heritage Site. Home to over 70 mammal species and 500+ bird species, it hosts the legendary Great Migration, where two million wildebeest, zebras, and gazelles journey across the savanna, pursued by lions, cheetahs, and crocodiles



Beyond the migration, the Serengeti boasts Big Five wildlife, from elephants and giraffes in acacia woodlands to leopards and rhinos hidden among granite kopjes. Its rich birdlife—from lilac-breasted rollers to martial eagles—adds to its natural splendor.

Step into an ancient landscape where the Maasai once roamed, sunrises paint the plains golden, and the rhythm of Africa's wilderness beats strongest. Our Nature Custodians guide you through this untamed beauty, ensuring an unforgettable, conservation-focused safari.



Experience the Serengeti with Roots & Peaks

Scenic Drive to the Serengeti – Begin your journey through breathtaking landscapes as our Nature Custodians share insights on migration patterns and seasonal wildlife behavior. Each stop along the way immerses you deeper into the untamed beauty of Tanzania.

Bush Picnic in the Wilderness – Break from the drive and enjoy a midday picnic in a secluded spot, surrounded by endless views and the soft rustling of the grasslands. A perfect way to stay immersed in the wild while enjoying a meal in nature's embrace



Sunset Safari & Camp Retreat – As the sun dips below the horizon, the Serengeti transforms into a realm of twilight magic. The golden hour bathes the savanna in a warm glow, creating a breathtaking backdrop for an evening game drive. This is when the wilderness shifts—nocturnal creatures awaken, lions prepare for their nightly hunts, and elusive leopards emerge from their rocky hideouts. The air hums with anticipation, and every rustle in the grass hints at unseen life moving through the darkening plains.



After an exhilarating safari, return to camp, where a crackling fire awaits under the vast African sky. Gather around for a Campfire Dinner Under the Stars, a time to unwind, share stories, and reflect on the day's encounters. Sip a warm drink as the distant calls of hyenas and the deep, resonant roars of lions punctuate the night. The flickering flames cast dancing shadows, and the sky, free from city lights, unveils a dazzling display of stars stretching endlessly above.

Why Choose Roots & Peaks for Your Serengeti Safari?

- Expert Nature Custodians: Deep knowledge of wildlife, Maasai culture, and Serengeti's ecosystems for an enriching experience.
- Tailored Safaris: Private game drives and bush picnics customized to your pace and interests.
- Sustainable Travel: Supporting conservation and local communities for responsible tourism.
- Luxury & Adventure: Handpicked lodges and camps offering comfort with stunning savanna views.



Unique Add-on Experiences

- Hot Air Balloon Safari: Soar over the Serengeti at dawn, ending with a champagne breakfast.
- Walking Safaris: Track wildlife on foot with expert guides.
- Cultural Encounters: Visit a Maasai village and experience their traditions.
- Photographic Safari: Capture stunning wildlife moments with expert guidance.



The Lost World of Africa

Ngorongoro Crater

A natural wonder like no other, Ngorongoro Crater is the world's largest intact volcanic caldera, spanning 260 square kilometers (100 sq mi) and plunging 600 meters (1,968 ft) deep. This UNESCO World Heritage Site is a self-contained Eden, home to over 25,000 animals, making it one of Africa's most concentrated wildlife destinations. Often called the "Eighth Wonder of the World,"

Ngorongoro's lush grasslands, acacia forests, and soda lakes create a sanctuary for the Big Five, including the critically endangered black rhino. Massive elephant bulls roam undisturbed, while prides of lions, spotted hyenas, and elusive leopards thrive in this enclosed paradise. The crater's soda-rich Lake Magadi attracts thousands of flamingos, adding vibrant color to the breathtaking landscape.



Experience the Ngorongoro with Roots & Peaks

Crater Descent & Safari – Embark on a breathtaking drive into the crater at sunrise, where golden light illuminates herds of zebras, buffalo, and grazing gazelles. Our Nature Custodians will guide you through the crater floor, where every turn offers a new wildlife spectacle.

Bush Picnic by the Hippo Pool – Enjoy a scenic picnic surrounded by lush greenery while hippos wallow in the waters nearby, a truly immersive moment in the wild.

Big Five Encounters – From the mighty tuskers of Ngorongoro to prowling lions, witness Africa's most iconic species thriving in their natural habitat.

Lake Magadi Flamingo Spectacle – Marvel at thousands of flamingos wading through the soda lake, creating a dreamlike pink-hued landscape.

Sunset Over the Rim – Conclude your journey with panoramic crater views as the sun dips behind the rim, casting an ethereal glow over this ancient land.

Maasai Boma Visit – Step into the world of the Maasai people, one of Africa's most enduring cultures. Witness their vibrant dances, intricate beadwork, and traditional way of life, with the opportunity to support local artisans.





TARANGIRE

The Land of Giants



A hidden gem among Tanzania's safari destinations, Tarangire National Park is a vast wilderness of 2,850 square kilometers (1,100 sq mi), known for its ancient baobabs, golden savannas, and one of Africa's largest elephant populations. During the dry season, the Tarangire River becomes the park's lifeline, drawing massive herds of elephants, zebras, wildebeests, giraffes, and buffalo, creating an unparalleled wildlife spectacle.

With fewer crowds than other parks, Tarangire offers an intimate safari experience, where the landscapes feel untouched and the wildlife thrives in its natural rhythm. The park is also a birdwatcher's paradise, home to over 550 bird species, from dazzling lilac-breasted rollers to striking bateleur eagles.



Experience the Ngorongoro with Roots & Peaks

Scenic Game Drives – Explore Tarangire's diverse terrain, from rolling savannas to lush wetlands, where lions, leopards, and cheetahs lurk in the grass, waiting for their next move.

Birdwatching Paradise – With over 550 species, Tarangire is a haven for bird lovers. Spot ostriches, kingfishers, and hornbills, along with vibrant flocks of lovebirds darting between the trees.

Sundowner at the Riverbanks – As the sun sets, gather by the Tarangire River, watching hippos wallow and herds return from their long migrations, bathed in golden light.

Walking Safari (Optional) – Step off the vehicle and explore Tarangire on foot with our Nature Custodians, learning about the small wonders of the bush, from animal tracks to medicinal plants.

Bush Dinner Under the Stars – Unwind in the wild with a private dining experience, where the sounds of nocturnal animals and the crackling fire set the perfect atmosphere.



Tarangire: A Safari Like No Other

With fewer crowds than the Serengeti but equally thrilling wildlife encounters, Tarangire offers an exclusive, off-the-beaten-path safari. Whether you're tracking elephants, soaring in a hot air balloon, or toasting to the sunset, Roots & Peaks curates every detail for a seamless, immersive adventure.

Let Tarangire surprise you—where every game drive holds a new story, and every sunset feels like magic.



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Lake Manyara

A Lush Paradise of Tree-Climbing Lions & Flamingo-Filled Shores



Nestled between the Great Rift Valley escarpment and Lake Manyara, this compact yet biodiverse gem offers an unforgettable safari experience. Known for its tree-climbing lions, vast flamingo populations, and lush groundwater forests, Lake Manyara National Park is a world of contrasts—where jungle, savanna, and lake ecosystems merge into one thriving wilderness



A Hidden Gem of Biodiversity

- One of Africa's few parks with tree-climbing lions, often seen draped over acacia branches in the midday heat.
- A birdwatcher's paradise—home to over 400 bird species, including flamingos, pelicans, hornbills, and fish eagles.
- Large populations of elephants, hippos, baboons, giraffes, and wildebeests, all thriving in the park's diverse habitats.
- The alkaline waters of Lake Manyara attract thousands of flamingos, creating a stunning pink horizon across the water's surface.

Experience Lake Manyara with Roots & Peaks



- **Scenic Drive & Game Viewing** – Journey along the Great Rift Valley escarpment, where our Nature Custodians unveil the region's geological wonders, wildlife, and Maasai heritage before exploring Lake Manyara's lush forests, home to elephants, baboons, and blue monkeys.
- **Track Tree-Climbing Lions** – Witness one of Africa's rarest sights—lions lounging in treetops, a Roots & Peaks specialty.
- **Flamingo-Filled Shores & Birdwatching** – Marvel at thousands of flamingos, pelicans, and storks wading in the shimmering lake waters.
- **Canoe Safari (Seasonal)** – Glide across Lake Manyara, spotting hippos, waterbucks, and vibrant birdlife from a unique water-level perspective.
- **Sundowner Over the Rift Valley** – Toast to the golden hues of sunset, as the Great Rift Valley stretches before you in a breathtaking panorama.
- **Treetop Walkway Adventure** – Walk 450 meters above the forest canopy, gaining a bird's-eye view of the wilderness.
- **Cultural Visit with the Maasai** – Immerse in Maasai traditions, exploring their warrior heritage, beadwork, and deep connection to the land.
- **Bush Picnic with a View** – Dine with giraffes and zebras grazing nearby, while hippos wallow in the lake's shimmering waters.





ROOTS & PEAKS

* Safari FAQ



Your Essential Guide to Unforgettable Safaris in Tanzania

01. BEST TIME FOR SAFARI?

June to October offers excellent wildlife viewing. January to March is great for calving season. The green season (November–May) is lush and quieter.

02. TOP SAFARI PARKS?

Serengeti for the Great Migration, Ngorongoro for high wildlife density, Tarangire for elephants, and Manyara for tree-climbing lions.

03. WHAT ANIMALS WILL I SEE?

The Big Five—lion, leopard, elephant, buffalo, rhino—plus cheetahs, giraffes, zebras, hippos, wildebeests, crocodiles, and 1,000+ bird species.

04. WHEN IS THE GREAT MIGRATION?

It moves year-round, with the famous Mara River crossing from July–October in the Serengeti.

05. DO I NEED A VISA?

Yes. Many can get a visa on arrival or apply online. Some East African nationals are exempt.

06. VACCINATION REQUIRED?

Yellow fever is required if arriving from an affected area. Malaria prevention and travel insurance are recommended.

07. WHAT SHOULD I PACK?

Neutral clothing, hat, sunglasses, sunscreen, binoculars, camera, insect repellent, and layered clothing for changing temperatures.

08. CAN I DO A WALKING SAFARI?

Yes! Guided walking safaris in Tarangire, Serengeti, and Ruaha offer up-close wildlife tracking experiences.

09. HOW LONG SHOULD MY SAFARI BE?

Short safaris last 3–4 days, full experiences 5–7 days, and extended safaris include Zanzibar beach add-ons.

10. TYPICAL DAY ON SAFARI LIKE?

Early morning game drives, midday relaxation or cultural visits, afternoon safaris, and evenings by the campfire under starry African skies.

11. IS SAFARI SAFE?

Yes! Travel with a licensed guide, follow safety guidelines, and respect wildlife for a secure experience.

12. IS TIPPING EXPECTED?

Yes. Tipping is customary and greatly appreciated by our crew. We provide tipping guidelines before your trek.

ROOTED IN
CULTURE
*Elevated by
Adventure*

Still have questions? Our Roots & Peaks experts are here to help! We'll answer all your concerns and ensure you're fully prepared for a seamless, immersive, and unforgettable safari experience. Reach out anytime—we've got you covered!



The Final Ascent

Your Journey Beyond Adventure

At Roots & Peaks, we don't just take you places—we connect you to them. Every expedition is more than a trek, more than a safari, more than a journey. It's a bridge between cultures, a call to adventure, and a commitment to sustainability.

From the snow-capped peaks of Kilimanjaro to the golden plains of the Serengeti, you have walked paths shaped by time, witnessed nature's raw beauty, and stood where generations of explorers, warriors, and wildlife have roamed. You have not only explored these landscapes—you have become a part of their story.

But travel with Roots & Peaks is about more than where you go. It's about the footprints you leave behind. It's about ensuring that your adventure uplifts the local communities, preserves the ecosystems, and respects the cultures that make these places extraordinary. Through every summit conquered, every wildlife encounter, and every shared moment around the fire, you have become part of something greater—a movement where adventure and purpose meet.

Yet, this is not the end of your journey. The spirit of exploration doesn't stop when you return home—it reshapes the way you see the world. It's a fire that keeps burning, a peak that calls you back.

So as you carry these experiences with you, know that Tanzania will always welcome you again. The mountains, savannas, and forests will always whisper their stories, and we will be here—rooted in culture, elevated by adventure—ready to guide you on your next great expedition



"Mizizi yetu ni imara, vilele vyetu ni vikuu." – Our roots are strong, our peaks are high

*Keep exploring. Keep connecting.
Keep leaving the world better than you found it*

