

*Patrick Hamilton Travel Brokers
in association with "Run the Country"*

The 4th Kilimanjaro Half and Full Marathon Climb Kilimanjaro plus add-on Holidays and Safaris in East Africa

The Marathon itself 22–28 February

Your flights from Heathrow to Nairobi—
transfers to Moshe
4 nights at the Keys Hotel—B and B
Marathon briefing and carbo-loading
supper
Local transportation
From £845 per person

Climb Kilimanjaro 27 Feb to 6 March

- One day rest at Moshi
- 5 day Guided Climb via the Marangu Route to the summit of the highest free-standing mountain on earth
- Final night at Moshi

£861 per person sharing

4-Day Safari to Lake Manyara and Ngorongoro

This Safari can be taken directly after the
Marathon, starting on 27th February
OR
on 6th March at the conclusion of the
Kilimanjaro Climb
Includes: Shared accommodation, all trans-
port, all meals, Park fees and experienced
driver/guide
£607 per person

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Kilimanjaro - the Marathon and East African Safaris/Holidays

Situated south of the equator - in Tanzania - at 5895 metres, Kilimanjaro is Africa's highest mountain and the highest "free standing" mountain in the world. Huge permanent glaciers flow down from the summit, and the sheer presence of this huge mountain dominates the entire area. This is one of the sights every person should see at least once in his or her life. On 26 February 2006, a standard 42.2 km marathon and a 21.1 km half marathon will be run from the town of Moshi, Tanzania. This race has been set up to promote the sport in Tanzania, and has the official backing of the Tanzania Tourist Board, the Tanzania Amateur Athletics Association, the IAAF, and is registered with AIMS.

The logistics of the operation are run by the Kilimanjaro Marathon Club and the members of both the Tanzania Amateur Athletics Association (TAAA) and the local Kilimanjaro Amateur Athletics Association (KAAA).

But Tanzania offers so much more than running and so we hope that you will stay on after the marathon and see some of this wonderful country, possibly even climb Kilimanjaro. We offer two wonderful ADD-ON holiday experiences on this flyer but can tailor anything to suit you

What we offer:

Custom-made Itineraries

All air travel arranged

*The finest accommodation to suit
your budget*

*Self-drive or escorted luxury
transportation*

*Full support throughout your tour
from our guides and staff*

Patrick Hamilton is a South African now living in Devon and has a vast experience of travel in Southern Africa. **Edward Chapman** of Run the Country has been a distance runner and coach for many years and has experience of many marathons. Together they will ensure that every detail of your tour is meticulously planned and that you have a most memorable running experience and holiday in East Africa