



Peaks Catalogue

"Climb high. Discover strength."

Outdoor Pursuits Programme

Purpose of Peaks

Reach the various summits of northern Tanzania, progressing through different levels for those who aspire to take on more challenging hiking feats. While these hikes do not involve technical climbing (such as using ropes), some routes can be steep and demanding, requiring thorough preparation and physical readiness.

Throughout the experience, students will learn to navigate through challenging environments, while managing their equipment and supplies. They will be supervised by experienced local guides and school staff, who will ensure safety and offer support. Mountains are unique microclimates: the weather can vary significantly, ranging from rain and hot sun to cold temperatures - even snow - depending on the altitude.

The risks of altitude are an important consideration on these climbs, as some summits reach altitudes ranging from 3,000 to 5,895 meters above sea level (MASL). As such, students will be educated on the symptoms and risks of Acute Mountain Sickness (AMS), a condition that can arise due to the lower oxygen availability at higher elevations. AMS can lead to symptoms such as dizziness, headaches, and nausea, and requires careful acclimatisation and monitoring. Students will learn how to recognize early signs of AMS and how to manage their condition by ascending gradually, staying hydrated, and seeking assistance if symptoms worsen.

By gaining experience in these challenging conditions, students will develop the skills and awareness needed to handle larger mountaineering challenges in the future, all while respecting the environment and managing the risks involved.

Progression through the Peaks levels

DISCOVERY > EXPLORATION > ADVENTURE > CHALLENGE

DISCOVERY TRIPS - MT. KILOMENI, MT. LONGIDO & NORTH PARE MOUNTAINS

EXPLORATION TRIPS - USAMBARA MOUNTAINS

ADVENTURE TRIPS - MT. HANANG, NGORONGORO TO NATRON & MT. MERU

CHALLENGE TRIP - MT. KILIMANJARO

Campcraft

In the UWC East Africa Outdoor Pursuits (OP) programme, campcraft refers to the essential skills and practices needed to live safely, efficiently, and respectfully in the outdoors. It includes setting up tents and shelters, cooking with stoves, packing and organising gear, appreciating Tanzanian culture and following Leave No Trace principles.

Campcraft is more than just technical knowledge - it promotes teamwork, independence, and environmental responsibility. As a foundation of all OP trips, it prepares students to confidently take part in future adventures while building a deep respect for the natural world and their role within it.

M1-M3 Discovery - Campcraft

Summary

Mandatory two days, one night trip for M1 students to introduce them to the fundamentals of outdoor education as we deliver it at UWC East Africa. The location varies. The trip includes activities related to the OP programmes with workshops on camping skills, cooking skills, OP equipment use, environment recognition, wildlife observation, orientation, and more.

M1 Mentors accompany students on this trip, along with OP Coordinators and OP Student-Leaders.

Mandatory for new M2 and M3 students, and optional for other M2-3 students.

School staff-student ratio = 1 for 8.

The ONLY 'free of charge' trip for MYP students.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Packing the bus and departure to location. Set up the camp + workshops + games. Learning to cook OP-style. Various activities.

Day 2

Early wake up and breakfast preparation. Short hike and other workshops. Packing the camp and return to school before lunch.

Fitness requirement

None.

Minimum outdoor experience requirement

None.

D1 Discovery (Plains) - Campcraft

Summary

The D1 Outdoor Pursuits introduction trip to Mkuru is a two-day, one-night experience designed to welcome students into the outdoor education culture at UWC East Africa. Set against the backdrop of Mkuru's scenic landscapes, the trip includes a short hike to a remote campsite, group tent setup, and hands-on workshops in camping, cooking, first aid, and environmental awareness. Students also learn how to use outdoor equipment, observe local wildlife all while working together in teams and forming new connections with peers and staff.

This trip is more than just an overnight camp - it's the starting point for each student's OP journey. With a balance of fun, learning, and reflection, it helps build confidence, encourages collaboration, and introduces key values like resilience and respect for nature. Whether it's cooking over a camp stove, watching the sunrise during an early morning walk, or gathering around the campfire, students leave with a stronger sense of community and a clearer understanding of the adventure-based learning opportunities ahead.

School staff-student ratio = 1 for 8.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Packing the bus and departure to location. Set up the camp + workshops + games. Learning to cook OP-style. Short hike.

Day 2

Early wake up and breakfast preparation. Short hike and other workshops. Packing the camp and return to school before lunch.

Fitness requirement

None.

Minimum outdoor experience requirement

None.

Discovery to Kilomeni

Summary

Kilomeni is a peak situated in the eastern part of the Pare Mountains. This excursion is an appropriate initiation to hiking in the land of the Wapare, the excursion being accessible with just the right amount of challenge. Quite steep, students will get a taste of what the Peaks programme feels like!

School staff-student ratio = 1 for 8.

Itinerary (subject to change based on group size / weather / safety)

Day 1

The hike starts at Lembeni town and it goes through a small forest. The first 3.64 km is bushes, a mainly rocky and steep area. Reaching Kilomeni Peak (1,763 MASL) is 9.46 km, and will take 4 to 5 hours. Camp overnight.

Day 2

Early wake up, pack camp, have breakfast, then start hiking down and back to Lembeni which will take 3 to 4 hours to the pickup point.

Fitness requirement

Attend and complete 1 OP training as instructed by an OP Coordinator.

Minimum outdoor experience requirement

Successful completion of 'Campcraft'.

Discovery to Mount Longido

Summary

Longido grazes the border of Namanga, hence offers great views of both Kenya and Tanzania. This is a Tanzania Wildlife Management Authority (TAWA) area and requires the services of an armed ranger for the hike due to the presence of wildlife in the area (buffalos, felines, monkeys, etc.). The hike is steep and there is long exposure to the sun. This is a challenging but accessible trip, great to practice outdoor self-management.

School staff-student ratio = 1 for 8.
Local guide ratio = 1 for 10.

Fitness requirement

Attend and complete 1 OP training as instructed by an OP Coordinator.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Friday after school, drive to Longido base and camp overnight.

Day 2

Hike all the way up the mountain (2,637 MASL) and down; total hike time estimated between 8 to 10 hours depending on group's rhythm. Camp overnight.

Day 3

Pack the camp, have breakfast, drive back to school.

Minimum outdoor experience requirement

Successful completion of 'Campcraft'.

Discovery to the North Pare Mountains

Summary

Hiking through the forest up to the top of the highest peak of the North Pare Mountains, the Kindoroko Peak. This is one of our oldest trips in the OP programme, great for people who are curious about the Peaks programme. This excursion is an appropriate initiation to mountaineering in the land of the Wapare, the hike being accessible with just the right amount of challenge. The forest is fresh, the view at the campsite is absolutely beautiful, especially at full moon.

School staff-student ratio = 1 for 8.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Drive to Lomwe Secondary School. Hike a distance of 5 km, for a total of 4 to 5 hours before reaching the summit. The camping is at the summit (2,100 MASL).

Day 2

Early wake-up, pack the camp, have breakfast, then hike down Kisangara for a 9-km; about 5-6 hours depending on the group's rhythm. Drive back to school.

Fitness requirement

Attend and complete 1 OP training as instructed by an OP Coordinator.

Minimum outdoor experience requirement

Successful completion of 'Campcraft'.

Exploration to the Usambara Mountains

Summary

The Usambara Mountains are a rich environment with unique biodiversity; Tanzania Forest Service (TFS) protects certain areas and species. Known for its abundance of stunning views, of the rich history of the Kingdom of the Wasambaa, of the chameleons, this region surrounding Lushoto is fresh and comfortable for hiking and adventures. This trip is a great opportunity to further develop outdoor skills, and to start observing the impact of humans on the ecosystems using history as a source of information.

School staff-student ratio = 1 for 8.
Local guide ratio = 1 for 20.

Fitness requirement

Attend and complete 2 OP trainings as instructed by an OP Coordinator.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Drive to Green Farm (1,473 MASL; Lushoto), urban historical tour, set up camp, go to Irent Viewpoint for sunset.

Day 2

Hike up to Kigulu Hakwewa (1,840 MASL); 3-4 hours and 5 km. Visit of German cave. Camp overnight.

Day 3

Hike up and down through villages until Vuli Peak (1,750 MASL); 5-6 hours and 9 km. Drive back to Green Farm.

Day 4

Pack the camp, eat breakfast, drive back to school.

Minimum outdoor experience requirement

2 OP trips completed, either:

2 Discovery Peaks OR

1 Discovery Peak & 1 Discovery Plains

Exploration to Mount Hanang

Summary

Mount Hanang is the fourth highest peak in Tanzania and is a Tanzania Forest Service (TFS) protected area. While enjoying stunning views of the Babati region, this mountain offers a great outdoor experience: managing microclimates and basic facilities, working on self-sufficiency with food and water. Hanang is a well-hidden secret that attracts more and more people because of its unique attributes.

School staff-student ratio = 1 for 8.

Local guide ratio = 1 for 10.

Fitness requirement

Attend and complete 2 OP trainings as instructed by an OP Coordinator.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Drive to Katesh (Babati), visit of the salt lake (unique ecosystem), and camp at the base of the mountain.

Day 2

Hike 4.3km, around 6 hours, then set camp at 3,000 MASL. If we reach a good time we might summit the same day (3,414 MASL).

Day 3

Summit early morning if it didn't happen on day 2, then down to base.

Day 4

Breakfast, pack camp, drive back to school.

Minimum outdoor experience requirement

2 OP trips completed, either:

2 Discovery Peaks OR

1 Discovery Peak & 1 Discovery Plains

Adventure from Ngorongoro to Natron

Summary

This is one of the most spectacular trip of our OP programmes, hiking in conservation and protected areas populated by diverse wildlife and gorgeous ecosystems of Ngorongoro and Lake Natron. The challenge of this trip is the consecutive long-distance hikes, which invites for patience and endurance. This is an opportunity to engage in Tanzania's natural and cultural treasures.

School staff-student ratio = 1 for 8.
Local guide ratio = 1 for 8.

Fitness requirement

Attend and complete 3 OP trainings as instructed by an OP Coordinator.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Drive to Bullat Primary School, set up camp, and visit Maasai village.

Day 2

Bullat to Mount Loolmalasin (3,682 MASL), then down to Empakaai Crater Rim (22 km hike total).

Day 3

Empakaai to Acacia campsite; 5-6 hours and 18-km hike.

Day 4

Acacia to Natron (Ngare Sero); 5-6 hours and 10-km hike.

Day 5

Pack the camp, eat breakfast, drive back to school.

Minimum outdoor experience requirement

2 OP trips completed, either:

2 Peaks with one at Exploration level OR

1 Peak & 1 Plains with one at Exploration level.

Adventure to Mount Meru

Summary

For students 16 years old and above. Because it is in Arusha National Park, the group experiences walking through some wildlife with an armed Ranger. They sleep in huts, averages 4 to 5 hours hiking per day, for a total of around 43 km.

School staff-student ratio = 1 for 8.
Local guide ratio = 1 for 3.

Fitness requirement

Attend and complete 4 OP trainings as instructed by an OP Coordinator.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Momella Gate to Miriakamba (1st camp) using the southern route (2500 m).

Day 2

Miriakamba to Saddle (3500 m; 2nd camp). Afternoon acclimatization hike Little Meru (3820 m). Midnight departure for Socialist Peak (4566 m).

Day 3

Socialist Peak to Saddle, then to Miriakamba.

Day 4

Miriakamba to Momella using the northern route.

Minimum outdoor experience requirement

3 OP trips completed, either:

3 Peaks spread across Discovery, Exploration and Adventure levels OR

2 Peaks of different levels + 1 Plains at Exploration or Adventure level.

Challenge to Mount Kilimanjaro

Summary

For students 16 years old and above. The group hikes up the Marangu route, sleeps in huts, averages 5-6 hours hiking per day and will complete around 60 km in total.

School staff-student ratio = 1 for 8.

Local guide ratio = 1 for 2.

Fitness requirement

Attend and complete 5 OP trainings as instructed by an OP Coordinator, and 1 mandatory training day.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Marangu Gate to Mandara (2720 m)

Day 2

Mandara to Horombo (3720 m)

Day 3 (acclimatization day)

Horombo to Zebra Rocks (4000 m), then back

Day 4 and 5 (summit night in between)

Horombo to Kibo (4750 m) + Kibo to Uhuru Peak (5895 m) + back to Kibo + down to Horombo (3720 m)

Day 6

Horombo to Marangu Gate (HONGERA!)

Minimum outdoor experience requirement

3 OP trips completed, either:

3 Peaks spread across Discovery, Exploration and Adventure levels OR

2 Peaks of different levels + 1 Plains at Exploration or Adventure level.

Expectations on all trips

At camp, everyone plays a key role, from pitching tents to organising gear. Setting up is a shared task, with each individual helping to prepare their area and ensure that the campsite is ready for the night/day ahead.

Cooking is a team effort, with everyone pitching in - whether it's chopping ingredients, stirring pots, or setting the table. After the meal, cleaning up becomes part of the routine. Washing dishes and tidying up the campsite may not be the most glamorous task, but it's essential for maintaining a clean and organised space. Everyone helps out. Camping-related chores also include packing away gear. These responsibilities are shared by all.

Additionally, environmental awareness and sustainability are key components of campsite etiquette. It's important to minimise waste, conserve water, and properly dispose of trash. Everyone is expected to follow the "leave no trace" principles, respecting the natural environment and preserving it for future campers. By staying mindful of our impact, we all contribute to making the camp a more sustainable and enjoyable experience for everyone.

Terms and Conditions

Eligibility for current D2 students who have planned their Outdoor Pursuits trips according to prior requirements will be reviewed on a case by case basis, and always with the student interest at the forefront of decision making.

New training requirements will be enforced however.

For new D1's and all MYP students the adjusted criteria will be applied.