



Trek from Olmoti Crater to Lake Natron  
TANZANIA

## ITINERARY OVERVIEW

Date	Regions Explored	Accommodations	Notes
Day 1	Karatu or NCA-Olmoti	Nainokanoka Campsite	Pick-up at your Lodge/camp
Day 2	Bulate-Empakai Crater	Empakaai Campsite	Trek
Day 3	Empakai-Nayobi	Acacia Campsite	Trek
Day 4	Acacia-Natron		Drop-off in Natron



# DETAILED ITINERARY

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*Lunch, dinner*

## Day 1

### Ngorongoro Conservation Area or Karatu - Olmoti Crater

Morning pick-up at your camp/Lodge in either the Ngorongoro or Karatu Areas and head to the Olmoti Crater.

Stop at the Ngorongoro Gate (if the pick up is from Karatu) for registration and pick-up an armed Park Ranger, before heading to the Ngorongoro Highlands to Nainokanoka Campsite where the crew will set up your camp for the day and you will enjoy a picnic lunch prior to departing to the nearby Olmoti Crater for an afternoon trek.

Olmoti Crater is a critical watershed and underground reservoir, slowly releasing water throughout the year for the livestock and wildlife of Ngorongoro Crater. You will climb to the top of the crater which on a clear day offers unparalleled views of the Serengeti's eastern plains and distant Gol Mountains. You can also descend into the crater floor which is shallow, haired with grass and crossed by the Munge River. From here, a short trail leads to the Munge Waterfall.

Lunch, dinner & overnight at **NAINOKANOKA CAMPSITE (2630m)**



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*Breakfast, lunch, dinner*

## Day 2

### Olmoti Crater –Empakaai Crater

After breakfast, you will start your trek with your guide and ranger to Bulate. You will walk through the Ngorongoro Plains and see the life of the local Maasai who live there as well as the natural wildlife. Keep your eyes peeled for sightings of zebra, impala, gazelle, ostrich and jackal. Your walk will take approximately 5 to 6 hours. Once you have reached Bulate, you may visit the village and from there your private vehicle will meet you and transfer to Empakaai Campsite for lunch.

Lake-filled Empakaai Crater, 23km northeast of Olmoti Crater, may not be as famous as Ngorongoro, but many travellers consider it to be its match in beauty. The lake, which draws flamingos and other water-birds, fills most of the crater floor, which is surrounded by steep-sided, forested cliffs at least 300m high.

In the afternoon, you will descend the wall of Empakaai Crater and hike down the steep forested slopes of the caldera, hopefully catching glimpses of rarely seen forest animals such as bushbuck, duikers etc. Around the lakeshore, you can find many species of water birds, and an abundance of flamingos. Up to four million of flamingos roam the Rift Valley lakes in great flocks throughout the year searching for the best feeding and bathing conditions. At the end of the day, you will ascent back to the camp on the crater rim.

Dinner & overnight at **EMPAKAAI CAMPSITE**



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*Breakfast, lunch, dinner*

### Day 3 Empakai Crater – Nayobi Village

After breakfast, say goodbye to Ngorongoro and head to Nayobi Village. The trek takes you through the Great Rift Valley. You will descend through lush grassland pastures scattered with Maasai villages. The scenery alternates between the mountains of Gelai and Ketembeni - both extinct volcanoes - and Lake Natron stretching into the distance. The active volcano Oldonyo Lengai, "Mountain of Gods", dominates the view.

Dinner & overnight at **ACACIA CAMPSITE**



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*Breakfasts, lunches, dinners*

### Day 4 Acacia Campsite - Lake Natron

After your breakfast, you will continue your last trekking day across the tough terrain of the valley floor and admire one of the most beautiful views in Africa: sweeping vistas of the Rift Valley, the scattered active volcanoes, primitive rock formations, glimmering soda lakes.

At the base of Oldonyo Lengai you will be met by your private vehicle who will then transfer you to Lake Natron to drop you off at your camp at Lake Natron (cost of this accommodation NOT included)

*Lake Natron is a salt and soda lake, fed principally by the Southern Ewaso Ng'iro River, which rises in central Kenya, and by mineral-rich hot springs. It is quite shallow, less than three meters (9.8 ft) deep, and varies in width depending on its water level. The lake is a maximum of 57 kilometers (35 mi) long and 22 kilometers (14 mi) wide*

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## END OF SERVICES



**Costs per person per 4 day trip for 2020 - Please Request**

### **Inclusions**

Full board accommodation during the hike  
Tents  
Sleeping Mats  
Water  
Park Fees  
Camping Fees  
Ranger Fees  
Donkey Hire  
English speaking walking guide  
Cook  
Flying Doctors

## Recommended Packing List

- sun hat
- sun cream
- sunglasses
- head torch
- light fleece
- long sleeve t shirt x 2
- hiking trousers (zip off style are recommended so you have shorts too)
- waterproof trousers
- socks x 4 pairs
- hiking shoes preferably with some decent ankle support
- teva or flip flops for in camp
- walking poles
- gaiters for those that have low cut hiking shoes
- water bottles x 3 enough to hold 3 Liters
- camera equipment



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