



CPAR

Canadian Physicians for Aid and Relief

HOPE IN MOTION: A JOURNEY FOR CHANGE

February 12 - 21, 2026

TANZANIA

Travel Arrangements by:

WorldwideQuest
ENRICHING LIVES
THROUGH TRAVEL | Since
1970

HELLO FRIENDS

You are one of CPAR's most valued supporters, and I am so thrilled to share with you the opportunity to see our work in action. It's my pleasure to invite you to join **Hope in Motion: A Journey for Change**, our exclusive donor tour to Tanzania.

Over the years, I've had the privilege of visiting several of CPAR's project sites across sub-Saharan Africa. I've walked with community health workers, listened to the stories of women who are changing their families' futures, and seen the strength, resilience, and ingenuity that drive sustainable change. These experiences have been some of the most meaningful of my life and they've deepened my belief in CPAR's model of partnership and locally led development.

Now, I want to offer you the same opportunity.

This one-of-a-kind experience is designed especially for friends of CPAR. It's your chance to witness first-hand the impact of your generosity through visits to our maternal and newborn health initiative –

Healthy Mothers, Healthy Babies project – which is improving access to life-saving care for women, adolescent girls, and families in rural Tanzania.



You will visit project sites in **Arusha and Manyara**, where your support is making a direct and lasting impact. You'll meet the dedicated health workers, community leaders, and women whose strength and determination drive the success of CPAR's programs.

You'll also have the opportunity to meet and spend time with CPAR's incredible local staff, the dedicated people working every day to implement and sustain these life-changing programs. Their stories and insights will give you a deeper understanding of the impact your support makes possible.



In addition to connecting with CPAR's work on the ground, you'll also experience the magic and beauty of Tanzania. Picture yourself hearing the distant laughs of spotted hyenas echoing through the evening, having close encounters with the iconic Big Five on safari, and spotting the vibrant Fischer's Lovebird flitting through the Serengeti. You'll witness the thunderous movement of the Great Migration and observe hippos wallowing peacefully in the Simba River.

What makes this trip even more special is that **I will be travelling alongside you**. It's a rare opportunity for us to connect personally, to reflect together on the real-life stories behind CPAR's mission, and to share a deeper understanding of the change we are making possible together.

If you've ever wanted to see CPAR's work up close; and meet the communities we partner with - don't delay. **Space on the tour is limited to 15 people**. This information package is filled with more details about the trip. If you like what you see, let us know. Give us a call at **(416) 369-0865** so that we can personally address your questions and reserve your spot.



With appreciation,

Kathrina Loeffler
Executive Director
Canadian Physicians for Aid and Relief
(CPAR)



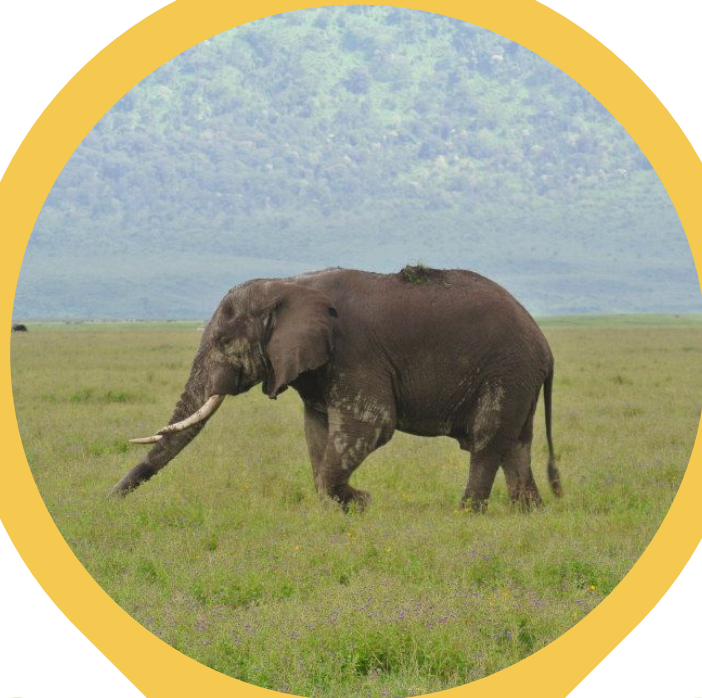
**Your support is changing
lives –
this is your chance to witness
it firsthand
while experiencing
Tanzania’s unparalleled
beauty.**

**Join us on this exceptional wildlife
adventure to Tanzania.**

Timed to coincide with the spellbinding sight of the mass migration of the Blue Wildebeest onto the plains of the Serengeti. It is here, on these rich but short-lived feeding grounds, that the females of the 1.5 million-strong herd will drop their calves. Lions, Spotted Hyenas, Black-backed Jackals, Cheetahs, and Leopards patrol the grasslands in search of the newborn, weak, or unwary. During game drives, we’ll travel in six-seater pop-top Land Cruisers. Everyone has a window seat (and a sliding window) for unrestricted viewing. Each vehicle is driven by one of our team of expert local naturalists, who take great pride in sharing their heritage and their vast knowledge of the wildlife and habitats we encounter.

A cornerstone of our safari will be our time in the Serengeti where you’ll have incredible close-up views of Plains Zebra, Thompson’s and Grant’s Gazelle, Topi, Hartebeest, and some of the over 500 recorded bird species which collectively contribute to what has been called “one of the world’s greatest wildlife spectacles.” A highlight is our stay at a classic and stylish tented camp, which allows us to enjoy great views of the plains and the romance of days-gone-by.

***We look forward to sharing
this extraordinary journey
with you.***



HIGHLIGHTS INCLUDE:



**Hearing the distant
laughs of Spotted
Hyena in the evening**



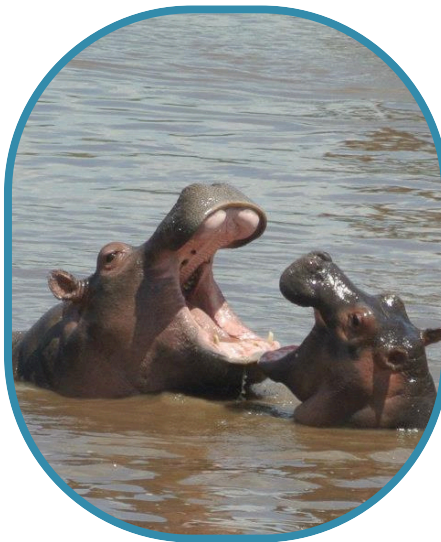
**Spotting the
spectacular Fischer's
Lovebird in the
Serengeti**



**Having close
encounters with the
Big Five**



**Hearing the
thundering herds of
the Great Migration**



**Observing hippos
wallowing in the
Simba River**



**Visiting CPAR project
sites in Arusha and
Manyara**



OUR ITINERARY

THURSDAY, FEB. 12: ARRIVE KILIMANJARO, TRANSFER TO ARUSHA

Welcome to Tanzania. Upon arrival at Kilimanjaro International Airport, you will be warmly greeted and transferred to your tranquil lodge on the peaceful outskirts of Arusha. Nestled in a lush forest beside a volcanic crater lake, Lake Duluti Lodge offers a gentle and serene start to your journey. Enjoy the quiet of the evening as you settle in after your travels.

Overnight: Lake Duluti Lodge

FRIDAY, FEB. 13: ARUSHA COMMUNITY ENGAGEMENT AND JOURNEY TO LAKE MANYARA

This morning begins with a meaningful visit to the Shanga Workshop, a social enterprise employing and empowering artisans with disabilities through glass blowing, beadwork and weaving. Later, travel to Lake Manyara National Park where acacia woodlands open to a glittering alkaline lake that attracts flamingos and elephants, while lions are known to lounge in the trees. Enjoy a scenic afternoon in the park followed by sunset and a welcome dinner with your group.

Overnight: Lake Manyara Serena Lodge

Meals: Breakfast, Lunch, Dinner



SATURDAY, FEB. 14: LAKE MANYARA NATIONAL PARK TO KARATU

Spend the morning exploring the diverse habitats of Lake Manyara from its forested ravines alive with baboons and vervet monkeys to grassy floodplains dotted with giraffe and buffalo. You will also continue your engagement with CPAR initiatives in the region, gaining insight into impactful community partnerships. Later in the afternoon, continue to the highland town of Karatu and settle into your lodge overlooking the rolling farm country. The evening concludes with a conservation talk and dinner with the local CPAR team.

Overnight: Ngorongoro Marera Mountain View Lodge Karatu

Meals: Breakfast, Lunch, Dinner

SUNDAY, FEB. 15: NGORONGORO CRATER EXPERIENCE

After breakfast, ascend through the misty Ngorongoro Highlands and descend 2,000 feet into the Ngorongoro Crater, an ancient volcanic caldera often called the Garden of Eden for its rich concentration of wildlife.

Spend the day on safari in this extraordinary sanctuary with the chance to encounter black rhino, elephant, lion and an abundance of birdlife. Enjoy a picnic lunch on the crater floor before returning to Karatu in the late afternoon.

Overnight: Ngorongoro Marera Mountain View Lodge Karatu

Meals: Breakfast, Lunch, Dinner



MONDAY, FEB. 16: CPAR PROJECT VISIT KARATU SCHOOLS AND HEALTH INITIATIVES

Today offers meaningful insight into community development in action. Begin with a visit to Umoja Primary School to observe rainwater harvesting initiatives and meet both teachers and students. Continue to Mbuga Nyekundu Health Center to learn about maternal and child health programs supported by CPAR. Return to the lodge this afternoon with time to relax before dinner.

Overnight: Acacia Farm Lodge Karatu

Meals: Breakfast, Lunch, Dinner

TUESDAY, FEB. 17: CPAR PROJECT VISIT ENDABASH HEALTH CENTER AND UMATU MEETING

This morning, travel to the Endabash Health Center to engage with medical staff and deepen your understanding of health access in rural Tanzania. Return to Karatu in the afternoon for a discussion and project briefing with CPAR and UMATU leaders. Enjoy an evening at leisure at your beautiful lodge with views of the surrounding farms and highland landscapes.

Overnight: Acacia Farm Lodge Karatu

Meals: Breakfast, Lunch, Dinner



WEDNESDAY, FEB. 18: KARATU TO NDUKU VIA OLDUVAI GORGE

Journey west into the legendary Serengeti ecosystem. En route, stop at Olduvai Gorge, one of the most important paleoanthropological sites on earth and often referred to as the Cradle of Humankind. Continue to Ndutu, a wildlife rich area where the Southern Serengeti meets the Ngorongoro Conservation Area. Settle into your intimate tented camp in time for sunset over the plains.

Overnight: Kiriimu Migration Camp Southern Serengeti Ndutu

Meals: Breakfast, Lunch, Dinner





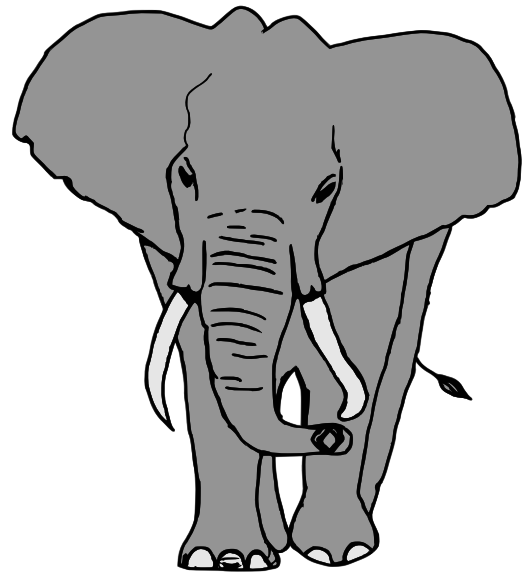
THURSDAY, FEB. 19: NDUTU DURING THE GREAT MIGRATION

Today brings you into the heart of the calving season of the Great Migration when hundreds of thousands of wildebeest give birth within a few short weeks. Predators such as lions and cheetahs shadow the herds, creating some of the most dramatic wildlife viewing in Africa.

Optional early morning hot air balloon safari is available. Return to camp for storytelling around the fire under the African sky.

Overnight: Kiritu Migration Camp Southern Serengeti Ndutu

Meals: Breakfast, Lunch, Dinner



FRIDAY, FEB. 20: SERENGETI SAFARI AND FAREWELL CELEBRATION

Enjoy a final full day of wildlife viewing across the sweeping Ndutu plains. This region offers superb sightings of predators and resident game, especially during migration season. In the evening gather for a special farewell dinner celebrating your journey, the wildlife you have encountered and the communities you have connected with along the way.

Overnight: Kiritu Migration Camp Southern Serengeti Ndutu

Meals: Breakfast, Lunch, Dinner



SATURDAY, FEB. 21: FLY NDUTU TO ARUSHA AND DEPART TANZANIA

After breakfast, board your scenic bush flight back to Arusha, enjoying one last aerial view of the Serengeti plains. Upon arrival, transfer to Kilimanjaro International Airport for your international departure.

Meals: Breakfast & Lunch





Tour Cost (per person): US \$5,985 including taxes.

***Travellers are eligible to receive a charitable tax receipt for up to US \$1,000*

Note: limited single rooms are available.

Single Supplement: US \$1,395

If you are travelling alone and are willing to share, we will attempt to match you with an appropriate roommate. If we are unable to do so, the single supplement will apply. This will be collected 90 days prior to departure.

Group Size: 15 participants

This tour is exclusively for 'Friends Of CPAR'
Registration accepted on a first-come, first-served basis.

What's Included:

- Accommodations in double occupancy in lodges/tented camp listed or similar.
- Guaranteed window seats in roomy, pop-top safari vehicles.
- Meals as described in the itinerary.
- Airport transfers, if travelling as per the group flight itinerary.
- Park entrance fees/activities described in the itinerary.
- Services of experienced bilingual local naturalists driver/ guides.
- Domestic flight from Seronera to Arusha.

Not Included:

- Airfare from your home to Kilimanjaro International Airport; and return.
- Fuel surcharges and increase in park fees, if applicable.
- Any extra accommodations in Tanzania.
- International departure taxes / Tanzanian visa.
- Airport transfers, if not travelling with the group.
- Alcoholic beverages and bar expenses.
- Gratuities for guides, driver, hotel staff, and included meals
- Phone calls and items of a personal nature.
- Additional arrangements required due to any emergency or other situations.

Payment Details:

A non-refundable deposit of US \$1,000 per person by MasterCard or VISA is required to reserve a space on this tour. A second payment of US \$2,500 is due six months prior to departure.

Final payment by cheque is due 90 days prior to departure.

How to Book

Please call Lisa at Worldwide Quest with any questions and to secure your booking:

**Toll-free 1-800-387-1483 /
Local 416-633-5666
lisa@worldwidequest.com**

Joining Instructions

Start: Kilimanjaro International Airport on Thursday, Feb. 12

End: Kilimanjaro International Airport on Saturday, Feb. 21

The trip starts and ends in Arusha with a group transfer. Worldwide Quest can assist with arranging your flights from your chosen point of origin. Your transfer is not included if you are arriving or departing outside of these joining guidelines, but we are happy to assist in arranging one.

What to Expect

Level of Activity: Easy to Moderate

A good level of fitness is important for this trip. You must be comfortable walking on uneven terrain and irregular paving for at least three hours at a stretch. In many places access to sites is only on foot and we will be walking extensively in towns.

Accommodation

We will be staying at delightful properties, all with private facilities that have been selected for their location, amenities and charming atmosphere.

Transportation

We will be travelling in a comfortable air-conditioned vehicle driven by a professional driver.

Weather

We expect mostly clear sunny skies with average daytime temperatures of 29°C and overnight lows of about 26°C.

Travel Documents

You will require a passport for this trip. Please ensure it is valid for at least 6 months beyond your scheduled return home. Canadian passport holders require a visa for Tanzania. Instructions for obtaining this visa will be provided by Worldwide Quest.

Additional Info

Flights

Worldwide Quest is pleased to provide personalized flight arrangements for your travel to/from Tanzania. If you are making your own air arrangements, please check with us to ensure that your flight itinerary aligns with the tour program prior to confirming your flight.

Terms and Conditions

For additional information about our terms and conditions, please refer to your booking form, the current brochure or our website. All participants booking with Worldwide Quest are covered by the terms of the Ontario Travel Industry Act (Worldwide Quest International, Ontario - License # 2667946).

Cancellation Policy

All deposits are non-refundable. The tour price is quoted as a package. No partial refunds or credits will be given for services not used. In the event of a cancellation, you must notify Worldwide Quest immediately and in writing.

Travel Insurance

We urge you to ensure that you have adequate cancellation and medical insurance in place, should an unexpected event cause you to cancel or interrupt your trip or should the tour not be operable per our terms and conditions. We will offer you Manulife insurance coverage. Medical insurance, including emergency medical evacuation coverage, is mandatory on all our tours.