



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

On arrival at Kilimanjaro International Airport (most flights arrive late evening), you will be warmly welcomed and transferred in comfort to Lake Duluti Lodge, tucked into a quiet forest outside Arusha. The hotel sits on the edge of a tranquil volcanic crater lake, surrounded by lush coffee plantations and thick stands of tropical forest.

Overnight: Lake Duluti Lodge

FRIDAY, FEB. 13: COMMUNITY ENGAGEMENT & PHILANTHROPY IN ARUSHA

MORNING: Visit CPAR's Healthy Mothers, Healthy Babies project

AFTERNOON: Lunch with local beneficiaries, followed by a visit to Shanga Workshop, supporting artisans with disabilities.

EVENING: Fireside discussions about the impact of donor support. This evening, enjoy a welcome dinner and a briefing on the trip's purpose, featuring local conservation and community leaders.

Overnight: Lake Duluti Lodge

Meals: Breakfast, Dinner



SATURDAY, FEB. 14: ARUSHA – LAKE MANYARA

MORNING: Drive to Lake Manyara National Park, known for tree-climbing lions, elephants, and flamingos.

AFTERNOON: Picnic lunch in the park, followed by a visit to CPAR's Healthy Mothers, Healthy Babies project location

EVENING: Sunset drinks at the lodge with a conservationist talk.

Overnight: Moonbow Lodge Manyara

Meals: Breakfast, Lunch, Dinner

SUNDAY, FEB. 15: LAKE MANYARA

A full day is dedicated to discovering Lake Manyara National Park, a lush sanctuary lying between the escarpment wall and the lake's shimmering waters. The park's groundwater forests host large troops of olive baboons and blue monkeys, while the open plains and acacia woodlands are ideal terrain for spotting giraffes, elephants, and if lucky the elusive tree-climbing lions for which the park is famed. Along the lakeshore, flocks of pink flamingos mingle with pelicans and storks, while monitor lizards laze on sun-warmed rocks.

CPAR ACTIVITIES

Overnight: Moonbow Lodge Manyara

Meals: Breakfast, Lunch, Dinner



MONDAY, FEB. 16: LAKE MANYARA – NGORONGORO CRATER

After a relaxed breakfast, drive to Ngorongoro with an ascent into the cool, mist-shrouded Ngorongoro Highlands. Rolling hills covered in coffee plantations and verdant farms give way to the towering rim of the Ngorongoro Crater. Upon arrival at your lodge, guests are greeted by panoramic views into the world's largest intact volcanic caldera—a breathtaking natural amphitheatre. The afternoon is yours to unwind in this peaceful, elevated haven. The lodge itself is a marvel of stonework, blending into the crater rim while offering unmatched views from every angle.

Overnight: Acacia Farm Lodge Karatu

Meals: Breakfast, Lunch, Dinner

TUESDAY, FEB. 17: NGORONGORO CRATER

Today, descend into the Ngorongoro Crater for a six-hour game drive across its lush, self-contained ecosystem. A UNESCO World Heritage Site, the crater supports a staggering density of wildlife: large bull elephants with impressively long tusks roam the forests, prides of lion's rest on the open plains, and the critically endangered black rhino may be glimpsed near the Lerai Forest.

Hyenas, jackals, buffaloes, and zebra are also commonly seen, and the soda lake at the center is home to flamingos and pelicans.

A picnic lunch is enjoyed at a scenic spot within the crater before the group ascends back to the lodge for a final night in the highlands.

Overnight: Acacia Farm Lodge Karatu

Meals: Breakfast, Lunch, Dinner



WEDNESDAY, FEB. 18: NGORONGORO CRATER - SERENGETI

The journey continues westward into the vast Serengeti. Enroute, the group will stop at Olduvai Gorge, one of the most important paleoanthropological sites in the world. A brief visit offers insight into the discoveries of early human fossils that shaped our understanding of human origins. From there, the road descends into the endless plains of the Serengeti.

As the landscape opens, so does the density of wildlife; zebra, wildebeest, and gazelle begin to dot the horizon, signalling your arrival in one of Earth's last great wildlife strongholds.

Overnight: KiriMu Migration Camp

Meals: Breakfast, Lunch, Dinner





FRIDAY, FEB. 20: SERENGETI

Enjoy another immersive day of wildlife viewing in one of the world's greatest national parks. Game drives may follow the rhythms of the animals, whether trailing a leopard through a dry riverbed, watching elephants splash at a watering hole, or observing a coalition of cheetahs scanning the plains.

The variety of landscapes in the Serengeti, from rocky outcrops to vast grasslands and seasonal rivers, offers fresh surprises at every turn. A picnic lunch out on the savanna extends your time in the field. For your final evening in the bush a special farewell has been arranged as a celebration of your time in Africa.

Overnight: Kiritu Migration Camp

Meals: Breakfast, Lunch, Dinner

THURSDAY, FEB. 19: SERENGETI

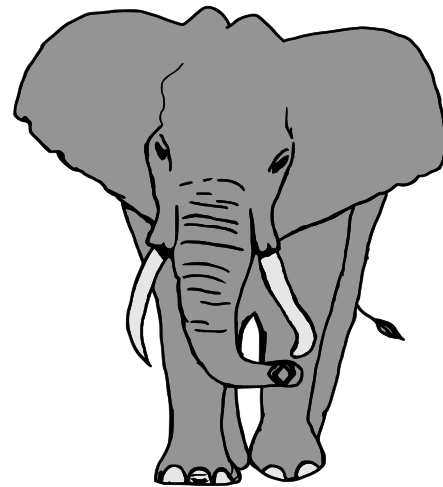
An unforgettable day awaits in the Serengeti. For those who wish, an early-morning optional balloon safari can be arranged at extra charges. This silent flight over the plains at dawn offers an unparalleled perspective of the landscape, ending with a champagne breakfast under an acacia tree, a classic safari tradition.

The rest of the group will head out on morning and afternoon game drives through the southern Serengeti, where the Great Migration is in full swing. February is calving season, with hundreds of thousands of wildebeest giving birth on the short-grass plains. Predators lurk nearby, and sightings of lion, cheetah, and hyena are frequent.

The sheer abundance of life is breathtaking, and your expert guides will help interpret each moment. Return to the lodge for a relaxing evening and storytelling around the fire.

Overnight: Kiritu Migration Camp

Meals: Breakfast, Lunch, Dinner



SATURDAY, FEB. 21: FLY SERENGETI – ARUSHA, FOLLOWED BY EVENING TRANSFER TO AIRPORT FOR YOUR FLIGHT HOME

After breakfast, a group transfer has been arranged to Seronera airstrip for a scheduled flight back to Arusha, soaring above the sweeping Serengeti plains one last time. Upon landing at Arusha airport, you will be met and transferred to Kilimanjaro International Airport, depending on your flight schedule.

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.