

TRAVEL

Friday's News: A Run Around Kilimanjaro, and Other Outdoor Travel News

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The Kilimanjaro Stage Run.

In Transit

By ASHLEY WINCHESTER

Our weekday morning digest that includes information about outdoor activities and events, with deals, tips and anything else that travelers may want to know.

KILIMANJARO RUN

Athletes looking for a serious challenge can sign up for the Kilimanjaro Stage Run, a 162-mile run around Africa's tallest mountain led by a world-record-holding climber, Simon Mtuy. The Oct. 17 to 27 event is organized by [Extraordinary Journeys](#) and will group four to six Tanzanian runners

with up to 12 foreign athletes. Serious runners only should apply: The eight-day, noncompetitive run is geared toward ultramarathoners, and features extreme ascents and descents on rugged terrain of around 19 miles daily.

“The point of the event is to allow runners to experience the beauty and culture surrounding the mountain while doing something physically demanding,” Mr. Mtuy said. “Also, it allows locals to see foreigners outside of their fancy safari vehicles and coming and taking an interest in their villages and their culture.” The package includes a support team of guides, cooks, trail-setters and crew; sleeping arrangements in car-camping-size tents while on the trail; and tourist accommodations before and after the event. Prices from \$2,125 per person.

GLACIER PADDLEBOARDING

[True North Kayak Adventures](#) is wading into the stand-up paddleboarding trend with new hiking and paddling explorations of the Grewingk Glacier Lake in Alaska. The trips will allow for close-up views of the glacial ice, and offer a unique perspective on Alaskan wilderness and wildlife. The outings combine about three hours of hiking up the moraine and through old-growth forest with scenic stand-up paddleboard rides in the glacial lake, plus lunch and boat transportation. Guided tours are offered every day in groups of two or more people. Kayaking season runs through mid-October. Priced at \$175 per person.

NEW NATIONAL PARK TOURS

The active travel company REI Adventures is partnering with the National Park Service for its centennial celebration with a [new tour](#) of the Joshua Tree National Park. The four-day guided trip covers about 25 miles of backpacking across the park’s iconic desert landscape dotted with spiked Joshua trees and boulders. The trip is the latest among REI’s 22 new offerings in North America, Latin America and Europe. The company said it is developing additional national park tours in celebration of the park service’s [100 year anniversary](#) next year, and will donate 10 percent of the trips’ proceeds to the National Park Foundation through the end of next year. The price, from \$999, includes meals.



Meditation tours at the Belmond La Residence Phou Vao in Luang Prabang, Laos.
courtesy Belmond

MEDITATION ON THE MEKONG

The [Belmond La Residence Phou Vao](#), in Luang Prabang, Laos, is offering an opportunity for guests with a serious interest in meditation to take a boat ride along the Mekong River and visit temples, meditate and learn about Lao Buddhism. The daylong cruise includes visits to the Kok Pha and Hatshiew temples, the Muang Kham Monastery and the Pak Ou Caves, a holy site with thousands of Buddha statues. The former Buddhist monk Ajanh Souk will speak about Lao Buddhism, offering firsthand descriptions of a monk's life in the country. A certified instructor will also be on board to lead two guided meditations, including a demonstration of "walking meditation" practices. The price is \$478 for two people, including a picnic lunch.

GULF OF MAINE TOUR

The [Gulf of Maine Council on the Marine Environment](#), in partnership with [Geocaching.com](#), next week is introducing a "GeoTour" designed to introduce visitors to the region. The free, high-tech scavenger hunt from Massachusetts to Nova Scotia uses GPS coordinates and hidden "geocaches" to explore the watershed and highlight conservation efforts

made by the 26-year-old organization. “We tried to choose sites that would bring people to see their coasts and preserve nature, and we want them to see all the different things that we’re doing in their backyard,” Sophia Foley, a council member, said on behalf of the group.

CAT VIDEO FESTIVAL

Pets with camera-friendly personalities will be showcased on the big screen at the [Internet Cat Video Festival](#) in St. Paul, Minn., on Aug. 12. The outdoor event hosted by the Walker Art Center attracts thousands of cat lovers each year to watch a collection of cat clips. The show, this year, is curated by Will Braden, creator of the “[Henri Le Chat Noir](#)” series. Pre-screening “cat-tivities” feature music, art, yoga, improv, games, photo-ops and a costume contest all relating to the theme. The festival is the catalyst for a multicity tour of the films, with additional screenings planned across the United States and a venue in Scotland this fall. Tickets, \$10.