

Kilimanjaro (5,895m) - 7 Day Route



"I am still on such a high having recently returned from an incredible expedition to Kilimanjaro! The trek from start to finish was absolutely amazing & everything was well planned and organised providing the ultimate experience. Unforgettable!" Fiona Sommerville

Kilimanjaro is the worlds highest free standing mountain, the highest mountain in Africa and one of the famous 7 summits!

Climbing Kilimanjaro is truly special experience. At the park gate you enter into pristine rainforest and during the trek pass through shrub, desert and alpine environments! Over a 7 day route we gradually gain altitude and acclimatise to our new surroundings all the time with incredible views across the african plains. With unprecedented support from Mountain Expeditions and our local team, excellent logistics and plenty of singing and dancing along the way, Kilimanjaro is an experience you'll never forget!

Expedition key points

- » Highly experienced UK Expedition Guide.
- » 10 day itinerary with 7 day mountain route.
- » 97% summit success rate (over 25+ expeditions).
- » Full supported trek – Local guides, cooks and porters.
- » Excellent local knowledge & relationships with the local team.
- » Additional summit night guides.
- » Perfect first big mountain/trekking expedition.
- » Access to Mountain Expeditions' specialist expedition Medical Advisors.
- » Friendly, personal & approachable.
- » 24/7 contact with Mountain Expeditions.

Kilimanjaro The Route - Machame Route



Mountain Expeditions' preferred route on Kilimanjaro is the **Machame route**, which is over 7 days. We take great pride in taking the best routes on the mountain, which may not necessarily be the quietest, but provide the best experience and acclimatisation profile.

The **Machame route** has the best altitude ascent profile of all the routes on the mountains giving you the best chance to acclimatise. It is one of only two routes that 'climbs high and sleeps low' during the trek to high camp - the proven best way to acclimatise. The **Machame route** has an incredibly beautiful approach and is only open to teams camping on the mountain. Passing the Lava Tower and legendary Baranco Wall you'll be rewarded with some of the most incredible sunsets and sunrises you'll ever see. On this route you will descend Kilimanjaro by the Meweka route.



Kilimanjaro Itinerary

Day 1	Arrival in Tanzania, transfer & briefing Upon arrival into Kilimanjaro Airport you will be transferred to our hotel in Moshi to freshen up after your flight. After a comprehensive briefing about the trip from your Expedition Leader, we will be served dinner in the hotel where you can get to know the other members of your group and relax in the beautiful grounds of our hotel.
Day 2	Preparation day Today you will have the chance to change money, meet our local guides and ensure that you have everything you need for the trek. We will also have the opportunity to explore the local town of Moshi and rest before the trek begins the following day.
Day 3	Machame Gate (1811m) – Machame Camp (3030m) After breakfast the we are transferred to Machame Gate (1800m), our entrance to Kilimanjaro National Park. From here we trek through montane forest (keep your eyes peeled for monkeys and an array of beautiful birds) to Machame Camp (3000m) and our first overnight stay on the mountain at Machame Camp. Trekking time 5-6 hours Distance: 11km Campsite altitude gain: 1219m.
Day 4	Machame Camp (3030m) – Shira 2 Camp (3832m) The next morning we leave the rainforest behind and trek across heath and moorland onto the Shira Plateau to Shira Camp 2 (3850m), where we spend our second night camping on the mountain. Trekking time 4-5 hours Distance: 6km Campsite altitude gain: 802m.
Day 5	Shira 2 Camp (3832m) – Barranco Camp (3995m) The landscape begins to get far more rugged today as we continue through rolling semi-desert valleys passing the impressive Lava Tower, a volcanic plug that towers over the trail at 4642m. Trekking time 7-8 hours Distance: 11km Campsite altitude gain: 163m.
Day 6	Barranco Camp (3995m) – Karanga Camp (4032m) Today is the perfect opportunity for you to continue acclimatising, with a relatively easy trek and very little height gain. After a morning walking along the Kibo South Circuit, we enter the Karanga Valley and to our riverside campsite. There may be the opportunity for a further acclimatisation trek in the afternoon if you're feeling up to it. Trekking time 4-5 hours Distance: 6km Campsite altitude gain: 37m.



Kilimanjaro Itinerary

Day 7	<p>Karangu Camp (4032m) – Kosovo High Camp (4871m)</p> <p>A climb over rocky slabs leads to Kosovo High Campsite (5800m) where we get an early night for our summit attempt the following day.</p> <p>If the conditions allow, we may get views of the spectacular Heim, Kersten and Rebmann glaciers above. Tonight will be cold, so after some food and hot drinks, we retire to our tents early to get as much sleep as possible before the long day ahead.</p> <p>Your leader will deliver a detailed summit brief with top tips and handy hints. It is essential to have your daypack and water ready before bed.</p> <p>Trekking time 4-5 hours Distance: 6km Campsite altitude gain: 839m.</p>
Day 8	<p>Kosovo High Camp (4871m) – Uhuru Peak (5864m) – Millennium Camp (3806m)</p> <p>Summit day has arrived! We begin with a very early start for our final push, passing the Rebmann Glacier then on to Stella Point as the sun rises over this dramatic landscape. A short while after this, we reach Uhuru Peak – the highest point of Kilimanjaro and of the African continent. What an achievement – you’ve made it to the summit! Providing it is clear, the summit offers magnificent views of the sun rising over the secondary cone of Mawenzi (5149m) and west over the vast plains to Mount Meru (4566m). After a brief photo stop and a rest, we begin a descent back down the way we came up to Barafu Campsite for lunch then onto Millennium Camp where we camp for the final time.</p> <p>Trekking time 10-11 hours Distance: 19km Ascent: 993m Descent: 2058m.</p>
Day 9	<p>Millennium Camp (3806m) – Machame Gate (1637m)</p> <p>During our last day trekking, we descend from Millennium Camp all the way down to Machame Gate where we’ll say our goodbyes to some of our local team before being transferred back to our hotel for showers and a celebratory meal.</p> <p>Trekking time 4-5 hours Distance: 12km Descent: 2169m.</p>
Day 10	<p>Transfer to airport & trip ends</p> <p>Today we say our goodbyes and you will be transferred to the airport for your return flight.</p>

Please Note: Every effort will be made to adhere to the above itinerary, but as this is adventure travel in a high altitude mountain region, we cannot always guarantee it. Weather conditions and the health of trekkers can all affect the plan. Your Expedition Leader and our local team will do their best to ensure that the trip runs according to plan, and cheerfulness in the face of adversity is an asset in the mountains!

Kilimanjaro Itinerary - Optional Extensions



If you wish to extend your stay and savour some more of the wildlife, culture and natural beauty of Tanzania, Mountain Expeditions can help arrange almost anything extra for your trip. Popular extensions include:

Zanzibar

If lying on a beach in paradise is your thing, then the island of Zanzibar is perfect: hammocks slung between palm trees, cocktails and spectacular sunsets make this the ideal place to unwind post trek.

Safari

See some of Tanzania's amazing wildlife. There are a number of very good National Parks within driving distance of Moshi and 1-7 day Safaris can easily be arranged before or after you climb Kilimanjaro.

Meru

Keen for another incredible mountain on your CV? Then neighbouring Meru at 4,554m is just the job. An enjoyable and varied 3-4 day climb can be added before or after our Kilimanjaro climb.



Kilimanjaro What's Included

- » Qualified and experienced UK Guide with First Aid qualification.
- » Local Guides, Assistant Guides and Porters – Mountain Expeditions pays fair wages for Porters and Guides and are approved by Kilimanjaro National Park, Kilimanjaro Porters Assistance Project, as well as Tanzania Association of Tour Operators.
- » Dedicated Cook and Assistant Cook.
- » All park entry permits, camping fees and rescue cover to Kilimanjaro National Park.
- » Three nights' accommodation in Moshi (2 nights before, 1 after).
- » All meals in-country*.
- » In-country airport transfers.
- » Transfers to and from the National Park gates.
- » Emergency Equipment – Comprehensive First Aid, Medicine, Oxygen and Radios.
- » Camping equipment hire (4-season tent, camping mat, -22C sleeping bag).
- » Private toilet tents on the mountain.
- » Clean Katadyn Filtered Water.

* Except 1 lunch on build-up day

In a nutshell it includes almost everything from the minute you land at Kilimanjaro International Airport until the time we drop you back – no hidden extras!

Kilimanjaro What's Not Included

The follow list is NOT included in our price. If you require any advice or help with any of the following then please contact us and we can help.

- » International Flights (to Kilimanjaro International Airport).
- » Visas (US \$50) Mountain Expeditions recommends that you get Visas before arrival as the queues can be big and slow, however it is possible to get your Visa on arrival. You will need US \$50 in cash.
- » Tips (US \$200) these are compulsory.
- » Travel Insurance.
- » Personal Spending Money (\$100).
- » Drinks (from the bar).
- » Lunch on preperation day.
- » Pre-trip Inoculations/Malaria Prophylaxis.
- » Personal Equipment/Kit.



Kilimanjaro Our Trek Team



Your Mountain Expeditions Guide will accompany you throughout the trek. Our guides are our greatest asset, they are fully qualified with extensive experience on Kilimanjaro as well as higher, harder and colder summits around the world. They are dedicated to your safety, enjoyment and success on the climb. They are also great company on the mountain! Please visit our website www.mountain-expeditions.co.uk to view detailed leader profiles.

Our in-country partners are Ahsante Tours. Mountain Expeditions and Ahsante Tours have a very strong relationship and have worked together for over 5 years. Using predominately the same guides, cooks and porter teams, together we provide one of the most professional support services on the mountain with a success rate that's second to none. Ahsante Tours are based in Moshi, at the foot of Kilimanjaro, gateway not only for Kilimanjaro and Meru, but for game viewing in the northern circuit.

Mountain Expeditions use the best accommodation available, such as: luxury Weru Weru Rover Lodge on the outskirts of Moshi. Safe, clean and friendly, with lush grounds, a clean pool, onsite restaurant and an open air bar, Weru Weru is the perfect place for us to prepare, relax and celebrate.

If you require further accommodation before or after the expeditions Mountain Expeditions can book this for you. On the mountain our in-country guides are fully trained and qualified. Most started as porters and worked their way up to become guides. They are friendly and informative and together with Mountain Expeditions plan each day ahead. The Tanzanian guides only guide on Mt Meru and Mt Kilimanjaro, so it is quite likely they have summited 100+ times before, so you are in very good hands!

The porters are vital to the success of the climb as they help to make your trip as comfortable as possible. The porters carry your baggage (max 15kg) and all the supplies needed for the duration of the climb. They set up camp each day, pitching your tent before you arrive. These are probably the toughest people you will ever encounter. The cooks are fully trained and will prepare good quality meals. The cook is an integral part of our success, he will control and monitor our diet on the mountain making sure that our intake of carbohydrates is sufficient. He will also ensure that your meals have a high-energy content and are easily digestible at high altitudes.



Kilimanjaro Trip Suitability

Kilimanjaro is a tough mountain to climb and, although it is a trekking peak that does not require technical mountaineering experience, a good level of physical fitness is necessary. The Machame Route is a fantastic route to trek, and in parts is quite strenuous. However, it is also one of the most rewarding routes to ascend and with one of the highest rates of success. To join the trek and maximise your chance of reaching the summit, we recommend:

- » You have a clean bill of health.
- » You have a good level of fitness (more on this below).
- » You have experience walking uphill in a mountainous environment for several hours at a time.

Although you don't have to be an Olympic athlete to climb Kilimanjaro, a good level of fitness is essential. The fitter you are the more you will enjoy the trek, the less tired you will be at the end of each day, and the faster your body will recover.

As an indication, being able to run a half marathon is a really good level of fitness both physically and mentally.

Kilimanjaro Training

The best training possible is getting out in the mountains themselves. Previous experience in the hills and mountains is hugely beneficial, but climbing stairs and long runs also count!

One of the fastest ascents of Everest was made by a London businessman who trained 1 hour a day for 9 months climbing the stairs of a 24 storey building with a loaded rucksack, so think creatively: Covent Garden Tube Station has 193 steps; Box Hill is just a 50 minute train journey from Central London. Walking, cycling, Cross-Fit – in fact any fitness training will be of benefit to you. Focus on cardiovascular fitness and lower body strength. Long walks and runs are ideal training.

We can help you with a training plan but essentially you will need to be comfortable trekking with a small rucksack for several hours at a time in hilly terrain. If you are unsure of whether you fall into this category, please contact us and we can have a chat about it all.





Kilimanjaro Health

Your safety and wellbeing on the trek are our highest priorities and our guides are all qualified first aiders.

Pre-trek we recommend that you consult your GP at least 8 weeks in advance of your departure. Your GP will advise you on your suitability for the trek and inform you of the latest health advice regarding Malaria and any vaccinations required.

Information can also be found following this link to the UK Foreign Office for Tanzania <https://www.gov.uk/foreign-travel-advice/tanzania> as well as the Nomad Travel clinic who have excellent advice <https://www.nomadtravel.co.uk/travel-clinic>

Altitude

At Mountain Expeditions we take this very seriously. Our tried and tested policy of gradual acclimatisation and continuous monitoring by your expedition leader helps to ensure your wellbeing and offers you the best possible chance of summit success.

Acute Mountain Sickness (AMS) is a lack of oxygen to the tissues, most importantly the brain, and is caused by exposure to low air pressure. AMS commonly occurs above 2500m altitude and symptoms include headaches, excessive fatigue, nausea/vomiting, dizziness and sleep disturbance. While everyone has a different height at which they are affected, everyone will be affected to some degree. Fitness won't guarantee you a pass when it comes to altitude sickness, but it certainly helps.

Most symptoms can be overcome by staying hydrated, nourished, well rested and by ascending gradually.

In cases of severe altitude sickness, our priority is to descend as quickly and safely as possible, thereafter the decision as to whether you continue with the climb rests with your Mountain Expeditions guide.

For all the best advice for high altitude please go to:

<https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/altitude-and-travel>





Kilimanjaro Additional Information

- » Tips - It's customary for the local guides, cooks and porters to receive tips at the end of the trip – and good ones. We make this into a big, fun ceremony with singing and dancing. As a reminder the tips are \$200 and small denominations would be greatly appreciated.
- » Insurance - It is vital that you have adequate insurance cover for the trip. We will be trekking up to 5895m. If you already have annual travel insurance, you must check that you are covered.
- » Flights - Mountain Expeditions does not book flights. We leave this to you so that you can tailor your trip to your requirements. Return flights from the UK usually cost between £600 - £700.
- » Airport transfers - are also included both ways - just look out for the Mountain Expeditions sign when you arrive.
- » Visas - All British passport holders require a visa to travel to Tanzania. A single-entry Tanzanian Visa costs \$50/£38 for UK citizens. You can obtain these easily on arrival although, queues can be big and slow. Alternatively, if you wish to get it before you depart; you can get all the information you need from www.tanzania-online.gov.uk.
- » Money & currency In-country: Local currency is the Tanzanian Shilling (TSh). It is not possible to buy these outside of Tanzania. We advise you to change US Dollars or UK Sterling into TSh upon arrival in Moshi. Money can be changed at banks, authorised dealers, and bureaux de change. US Dollars in small denominations are best for tips, taxes and larger souvenirs. Everything else is much better to be paid in TSh. ATMS are also widely available and accept most cards, as per normal overseas transactions there will be charge.
- » Electricity Plugs are UK standard (voltage 230V AC: 50Hz).
- » Photography - Mountain Expeditions highly recommends bringing a good quality camera. Your trip will be one you will want to remember for the rest of your life and some good pictures will be essential. Either an SLR or compact digital would be fine. Photography in the villages/towns is fine; just remember to keep your camera safe. If you wish to take portraits of people simply ask them first and most of the time they are happy to be photographed.
- » Bags - Mountain Expeditions advise that you take 3 bags, 1 for the mountain, 1 for trekking with and 1 for things you would like to leave at the hotel.

Further FAQs can be found under the Kilimanjaro page of Mountain Expeditions website

