

TANZANIA

Kilimanjaro: On the Roof of Africa

11 days/10 nights

Depart Friday London Heathrow to Kilimanjaro International

Return Sunday to London Heathrow from Kilimanjaro International

INTRODUCTION

The highest freestanding mountain in the world, Kilimanjaro is also the highest mountain on the African continent at 5896m. Its snow-capped summit rises high above the dusty African plains; huge permanent glaciers flow down from the summit, spectacular views and beautiful ice formations are the reward for pushing your limits both physically and mentally. Our trek takes the less-trodden Machame route, allowing us to camp and fully appreciate the splendour of our surroundings and the clear night skies. The terrain changes as you ascend the mountain, passing through thick forest, moorland and scree en route to the highest point of the crater, Uhuru Peak. This is a challenging trek at altitude, climbing one of the most impressive and well-known mountains in the world.

ITINERARY

Day 1: Leave London Heathrow for Nairobi airport.

Day 2: Arrive in Nairobi and transfer to Moshi (approx 5 hours) with a stop in Arusha for lunch. On arrival into Moshi we check into our hotel and relax before a full trip briefing and dinner. From the hotel you may see the snow capped summit of Kilimanjaro. Night in hotel.

Day 3: A one-hour drive from Moshi lies the gate to the Machame route, where we complete park formalities, meet our crew of porters and start to climb! The first section of the route climbs steadily and involves real jungle bashing through magnificent forest. This path is less well trodden so it can get somewhat overgrown in places and it is often wet and muddy underfoot. We camp at Machame camp, 3100m
Walk 5-7 hours, approx 18km.

Day 4: The route continues on up through the forest until we are at the steep ascent on to the Shira Plateau, where there are rewarding views of the mountain. Looking back, you will be able to see Mt Meru rising high above Arusha town. We camp at Shira caves, 3840m.
Walk 4-6 hours, approx 9 km.

Day 5: Walking now on high moorland, the landscape changes the entire character of the trek. We traverse the southwest side of Kilimanjaro, passing underneath the Lava Tower and the final section of the Western Breach and finally reach camp at the Barranco Hut (3900m), a tin shack where we pitch our tents. The day has been spent at altitude (up to 4600m), but we have followed the mountaineering code of 'walk high, sleep low' to avoid altitude sickness by aiding our bodies acclimatisation.
Walk 6-7 hours, approx 15km.

Day 6: We start the day by descending into the start of the Great Barranco, a huge ravine. We then exit steeply, up the Great Barranco Wall, which divides us from the southeastern slopes of Kibo. It's a climb over rock, not technical but long and tiring. Passing underneath the Heim and Kersten glaciers, we head towards the Karanga valley, which is our last water stop before the summit. Scree now forms the terrain as we walk through arid and desolate land towards Barafu camp (4600m).
Walk 7-9 hours, approx 18km.

Day 7: We avoid walking too long in the heat of the sun today by starting early, and walk steeply upwards to the Summit glaciers. You will be climbing scree for 4 to 5 hours but you gain incredible height over a short distance. The views are spectacular. We should be on the crater rim at Stella Point (5750m) as the first rays of the sun hit us. Spectacular ice cliffs within the crater surround us and the views to Mawenzi and beyond are breathtaking. Another hour's walking takes us to the summit Uhuru (5896m), the highest point; Uhuru means freedom in Swahili. We begin the descent by returning to Stella Point (5750m) and then descending on scree slope and track back to Barafu Camp for breakfast and a rest before finally heading down to Millenium Camp (3,000 metres) for a well earned rest. On our descent we have fabulous views of the plains and Mawenzi, Kilimanjaro's secondary but more technical peak.
Walk 10 - 12 hours, approx 20km, 7km climb.

Day 8: A gentle trek takes us down through the rainforest to the Mweka Gate, where we complete park formalities and receive certificates of ascent which you can hang up with pride! We are then met by the vehicles and we drive back to the hotel in Moshi where you can treat yourself to a welcome shower (and a cold beer or two!). Celebration meal.
Walk 5 hours, approx 10km.

Day 9: Today we have a free day to explore Moshi or just relax beside the swimming pool. Dinner not included.

Day 10: Today we travel to the David Sheldrick Wildlife Trust Ziwani Anti-poaching team. This will give you a good idea of what the money that you raise is used for - a fantastic project! We later travel to another lodge and may well pass small and possibly large game on route.

Night in the lodge.

Day 11: Today we have a relaxed morning before heading back to Nairobi which will take around 4 hours. On arrival we will have an early dinner at Carnivores before heading to the airport for our return to the UK.

Day 12: Arrive in UK early morning.

GENERAL INFORMATION

Tour Cost

The tour includes return scheduled flights, all accommodation, private transport to and from Moshi, park entry fees, porters, local guides, cook and meals whilst camping. Breakfast is included in the Moshi hotel. All meals are provided other than two lunches and one evening meal in Moshi - allow about £25.00.

It does not include insurance (£65), three meals as above, and inbound airport tax if applicable.

A maximum £125 is recommended for personal expenses and tips. Tipping of the local crew is normal, details can be found on the fact sheet that will be forwarded to you at time of booking.

On the safari extension all accommodation (4 nights camping) is included, all meals, park entry fees and transport in Land Rovers or Toyota Land Cruisers.

Flights

Group flights leave from London Heathrow and are booked by Discover Adventure Ltd ATOL 5636.

Food and Accommodation

Breakfasts are included when in hotels, and all meals while camping.

The hotel in Moshi is a comfortable, clean hotel with private facilities.

Passport, Visa and Vaccinations

A valid ten-year passport with at least one year to run is essential. Entry into Tanzania requires a visa for most nationalities, including UK citizens. At the current time this costs £38.00 and is available in person or by post from the Tanzanian High Commission - call 0207 491 3026 for further details. Allow at least two weeks if applying by post.

We insist that you have had a tetanus injection in the last ten years and highly recommend vaccination against polio, hepatitis A, typhoid and yellow fever. Protection against malaria is also recommended although while you are above 1000m it is unlikely that you will encounter any mosquitoes. Contact your GP or travel clinic for the latest information.

Weather

Late March to June and November are Tanzania's rainy seasons. For the rest of the year the weather is equatorial and very pleasant, with often a cool breeze on the mountains. Although warm by day, and hot on the valley floor, altitude has a great effect on temperatures and it will get cooler as you climb higher. It will also be cold at night, sometimes below freezing. The figures below show min and max average temperatures and average level of rain in mm for Moshi.

September	16-28°C; 10mm
October	17-31°C; 20mm
January	18-34°C; 30mm
February	18-34°C; 50mm
March	19-32°C; 110mm

TREKKING INFORMATION

This trek is graded **strenuous/tough** and is challenging in itself, but the main challenge lies in the altitude. The Machame route that we take up Kilimanjaro allows better acclimatisation to the altitude than

other routes. Early symptoms of altitude sickness include tiredness, shortness of breath, headaches and nausea. Altitude affects people differently and being super fit is no guarantee of being less likely to feel the effects.

Terrain is varied with trekking through overgrown forest paths, moorland, rocky trail and scree. Much of the walking is rough underfoot.

Vehicles take the group to the start of the trek and pick us up at the end. Porters carry all luggage, food, water and camping equipment. You should bring a small daypack for items needed during the day.

Please phone the office with any questions.

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