

Kilimanjaro

A climb to the roof of Africa by Machame route



Guaranteed departure dates for 2010: 16 June 2010; mid December – January; June – August – every day
(Other dates within the best period are also possible provided that the requirement for min group size is fulfilled)

INTRODUCTION:

Mount Kilimanjaro, situated in the Kilimanjaro National Park in Tanzania is the highest mountain in Africa and the highest freestanding mountain on Earth. Climbed by around 25000 people per year it is one of the world's most accessible high summits. Kilimanjaro contains an example of virtually every ecosystem on earth - glacier, snowfields, deserts, alpine moorland, savannah, and tropical jungle, all of which are found on the mountain. The Machame Route, also called the Whiskey Route, is definitely the most popular among climbers who want to take their time, and enjoy sleeping outdoors and watching the sunrise and set over the Great Rift Valley.

SPECIAL HIGHLIGHTS:

Tanzania is a country in east Africa, formed out of the union of two sovereign states namely Tanganyika and Zanzibar. The Republic has more land devoted to national parks and reserves than any other wildlife destination in the world. Everything from pristine coral reefs to the Crater Highlands, remote reserves and the famous national parks are protected by the government.

Mount Kilimanjaro is a giant stratovolcano reaching an elevation of 5,895 m a.s.l. It is the highest mountain in Africa, made up of 3 volcanic cones – Mawenzi (5149 m.a.s.l.), Shira (3962 m.a.s.l.) and Kibo, with the highest point of the mountain Uhuru peak (5895 m.a.s.l.).

Kilimanjaro National Park located near Moshi town, covers an area of 753 square kilometers. The park is a UNESCO World Heritage site.

Machame Route is probably the most scenic and most beautiful route to the summit.

Lake Manyara National Park -protected park since 1960 that covers an area of 330 square kilometers, of which some 230 square km are lake. Situated in Arusha

Region, northern Tanzania the park is famous for its wildlife (tree climbing lions, elephants, cape buffalos, pods of hippo, waterbucks, giraffes, zebras, etc.).

Serengeti National Park established in 1920 and made National Park in 1951, is renowned throughout the world as an area of great wildlife viewing.

ITINERARY:

Day 1

Arrive at Kilimanjaro International Airport or Nairobi Airport (shuttle bus to Arusha, not included – 35 \$, to be paid on the spot). Transfer to Out Post lodge or Le Jacaranda hotel in Arusha where you will spend a night before the tour begins on the next day. You will have the opportunity to go over any last minute questions. At this point you will also have the chance to leave a bag behind with anything you don't need on this trek. Your left-behind gear will be secured at the storage room and will meet you as soon as you back from the Mountain.
/breakfast, dinner/

Day 2

We will start with a transfer (about 1 hour) to Machame gate, where it will take us about 30 min. to check in at Mechame Gate office. From the gate, we begin our trek following an easy track for the first hour through the dense forest. The path continues to follow the ridge, rising steadily with several steep sections. The gradient eases slightly as the forest merges into heather covered ground we will reach Machame Camp. /breakfast, lunch, dinner/
Hiking time: 7.5 hrs
Elevation change: +1200m
Estimated distance: 10km
Final elevation: 3100m

Day 3

After breakfast we will start from Machame Camp crossing a stream onto its west bank and following the path. We will climb about 1 hour to the forest limit and then 2 hours more at a gentler gradient through the moorland zone. After a short lunch break, we continue up a rocky ridge onto the Shira plateau. By now you will be able to see in an easterly direction, the Western Breach with its stunning glaciers. After a short hike we will reach the Shira Camp at 3840 m.a.s.l., where the porters will boil drinking and washing water, before serving dinner. /breakfast, lunch, dinner/
Hike time: 7hrs
Elevation change: +800m
Estimated distance: 6km
Final elevation: 3800m

Day 4

We start heading east into a semi desert and rocky landscape surrounding Lava Tower, where we will reach an altitude of 4630m.a.s.l. after about 5 hours hike. It is normally around this point, where for the first time, some climbers will start to feel symptoms of breathlessness, irritability and headaches. After lunch we descent again by almost 680m to the Barranco camping area, situated in a valley below the Breach and Great Barranco Wall, which should provide you with a memorable sunset while you wait for the preparation of your dinner. /breakfast, lunch, dinner/
Hike time: 5 hrs
Elevation change: +100m
Final elevation: 3900m

/breakfast, lunch, dinner/

Day 5

From Barranco Camp, we climb up through the edge of great Barranco Wall. We will climb on a tough steep trail, but once we reach the top, we will enjoy spectacular panoramic views. After a short break we head down through the Karanga Valley and campsite where we will spend the night.

/breakfast, lunch, dinner/

Hike time: 3.5 hrs

Elevation change: +100m

Estimated distance: 4km

Maximum elevation: 4590m

Final elevation: 4000m

Day 6

Today involves gaining a little more elevation, acclimatizing and resting for the summit attempt the next morning. /breakfast, lunch, dinner/

Hike time: 3.5 hrs

Elevation change: +600m

Estimated distance: 4km

Final elevation: 4600m

Day 7

We will start trekking early before sunrise (1-2 am) as the walk today will take 10-14 + hours. We will avoid the mist that sets in later in the day; the snow will still be safely frozen. The 1,100-meter ascent in just over 3 km will take us about 6-8 hours. After a brief stay at the summit of the highest point in Africa, Uhuru Peak, at over 5,898 meters, we descend via the Barafu Route roughly 2,500 meters in 12 km in about 4-7 hours to Mweka Camp. /breakfast, lunch, dinner/

SUMMIT DAY! Summit time: 7 hrs

Elevation change: +1300m

Estimated distance: 5km

Final elevation: 5895m

Descent time: 5 hrs

Elevation change: -2800m

Estimated distance: 12km

Final elevation: 3100m

Day 8

Today we descend about 1400 meters through the forest on a jungle path for about 10 km in 3-4 hours to reach Mweka Gate. Our driver will transfer us back to Le Jacaranda Hotel or Out Post lodge. /breakfast, dinner/

Descent time: 4 hrs

Elevation change: 1250m

Estimated distance: 10km

Final elevation: 1828m

Day 9

Transfer to the airport for departure.

Safari extension itinerary:

Day 9

After the climb we will have a relaxing day in Arusha. You can spend the day sightseeing in the area or you can arrange a city tour on request at extra cost.

Day 10

After breakfast we will start with a transfer to the Lake Manyara National Park where we will enjoy game drive in the park till late in the afternoon. Lunch will be served at the Picnic site inside the park. Animals to be seen here are including Buffalo, Zebra, Hippo, Elephant, Tree climbing Lion, Giraffe, Impalas, Olive Baboon, Velvet Monkeys, Blue Monkey and lots more. Water Birds such as Flamingoes, Cormorants, African Darter and Pelicans are also found there. Overnight we will stay at Kirurumu tented lodge. Traveling distance 130Km. Duration 2hrs.

/breakfast, lunch, dinner/

Day 11

Morning leave and depart for Serengeti National Park, game viewing en-route; animals to be seen here are including groups of Lions, Leopard, Cheetah, Gazelles, Elephants, Zebras, the Migration of Wildebeest(Gnus) and Crocodiles. Stay overnight at Seronera wildlife lodge. Traveling distance 205Km, Duration 4hrs.

/breakfast, lunch, dinner/

Day 12

Full day in Serengeti, with morning and afternoon game drives; stay overnight at Seronera wildlife lodge.

/breakfast, lunch, dinner/

Day 13

Wake up early for Sunrise game drives, return to the camp for the late breakfast, afterwards depart to Ngorongoro, game drive will be done at Lake Ndutu area. Proceed to Ngorongoro wildlife lodge via Olduvai gorge where you will have a brief visit to the site of the remains of prehistoric man " a Nut Cracker Man" stay overnight. Distance 155Km

/breakfast, lunch, dinner/

Day 14

Descend to the crater floor for game drives, lunch will be served at the picnic site; later in the afternoon drive back to Arusha, arrive before nightfall!

Traveling distance: 180Km, Duration 3.5hrs.

/breakfast, lunch, dinner/

Day 15

Transfer to the airport for departure.

Included in the price: transfers to/from Kilimanjaro International Airport to Out Post lodge or Le Jacaranda hotel; 2 nights hotel accommodation in Arusha before and after the tour; 6 nights hotel accommodation while on safari; park entry fees; all mountain fees; english speaking guide; 2 porters per each climber; assistant guides and chief guide; tents, sleeping mattress and WC on Kilimanjaro; boiled drinking water.

Excluded from the price: flight tickets to/from Kilimanjaro National Airport; sleeping bag, rental of equipment; entry visa for Tanzania; personal expenses; alcohol drinks; tips

Accommodation and food during Mt.

Kilimanjaro ascent: We will spend 2 nights in hotel with private facilities and 6 nights in tent camps. There is no electricity at the camps inside the parks, but we recommend climbers to bring their battery chargers they can plug in the car; or their driver will take them to a nearest lodge to charge batteries. Also it is possible to re-charge batteries at some camps outside the parks such as in Lake Manyara, Arusha National park and Tarangire. Breakfast, lunch and dinner are included in days 2, 3, 4, 5, 6 and 7 (FB) and breakfast and lunch (HB) are included in days 1 and 7.

Accommodation and food during the

safari: We will stay 6 nights in a hotel with rooms with private facilities. Breakfast, lunch and dinner are included in the price (FB).

Equipment and clothing:

The following equipment must be taken by tourists **obligatory:** rucksacks (a bigger one, ranging 80-90 l and a smaller one – 35-50 l); sleeping bag (with comfort temperature about 0oC; able to handle temperatures of -15oC); thermal trekking underwear (not cotton!); trekking waterproof shoes for the acclimatization hikes; sweater; wind and waterproof rain jacket (breathable); light jacket; sun hat; woolen or special trekking socks; sun glasses with side covers (high altitude); down jacket; mountaineering boots; medical kit (including articulation cream and sunburn salve); headlamp; lip balm; sunscreen lotion (factor 30-60); telescopic ski poles; thick mittens/gloves (overmitts may be used too); face mask; thermal bottle; toilet paper, insect repellent. Ski sticks or ice-axe are useful when ascending the scree to the summit and help you on descend. The tents provided for the camping are top quality high-altitude tents. Comfortable foam mattresses and complimentary four-season sleeping bags upon request

Guides:

The guides used are very experienced local mountaineers, registered with the Kilimanjaro National Parks Board. One chief guide and one assistant guide will be provided to every 2 climbers. In case one of the climbers get sick or unable to continue an assistant guide will help him/her to descent to the lower altitude or even back to the hotel;

Cooks: Our cooks know how important their role is and will provide you will a

healthy, carbohydrate rich diet, one that is not only nourishing but delicious.

Equipment:

Luggage transportation: Your luggage will be placed in our specially designed waterproof bags carried by your porters, giving it that extra protection if it is wet on the mountain.

Terrain and route: with its three volcanic cones, Kilimanjaro is an inactive stratovolcano in north-eastern Tanzania. The Machame route starts with walking on steep paths through magnificent forests to reach a ridge leading through higher than the tree limit zones to the Shira Plateau. Then the route traverses under the glaciated precipices to the south face of Kibo volcanic cone. The final ascent is made very early in the morning from the Barafu Camp. For the descent we will use the Mweka Route, which is quicker and offers different landscapes. The advantage of the Machame route is that climbers make relatively quick ascent to elevation in the first few days, which makes acclimatization easier and gentler, and helps greatly preparing for the summit day. The trip is not technically difficult but requires good physical condition.

IMPORTANT TIPS FOR THE CLIMBERS

Physical fitness

Although Kilimanjaro is not a technical mountain climb, it is a major challenge and the rigors of altitude should not be underestimated. Remember that Uhuru peak is 500m higher than Everest Base Camp!! The pace of your ascent coupled with good acclimatization will help you on the climb but it is essential to be mentally and physically prepared before you start. Regular hikes are one of the best ways to prepare, increasing frequency and length, as you get closer to the trek. All aerobic exercises such as cycling, running, swimming and funnily enough aerobics are good for strengthening the cardiovascular system. Generally, any exercise that increases the heart rate for 20 minutes is helpful but don't over do it just before the climb.

Altitude and acclimatization

During the trek it is likely that all climbers will experience at least some form of mild altitude sickness. It is caused by the failure of the body to adapt quickly enough to the reduced level of oxygen in the air at an increased altitude. There are many different symptoms but the most common are headaches, light-headedness, nausea, loss of appetite, tingling in the extremities (toes, fingers) and a mild swell of ankles and fingers. These mild forms are not serious and will normally disappear within 48 hours.

Personel first aid kit : Painkillers (asprin/paracetamol), antihistamines, blister treatment, Imodium or other anti-diarrhea tablets, plaster/band aids, antiseptic wipes, dressings, especially pressure relief for

blisters, talcum powder, malaria tablets, sun block for skin and lips, antacids, cold cure sachets, oral rehydration salts/sachets, insect repellent, sanitary towels

Other health tips

All contact lens wearers should take care to remove the lenses at night, as the eye needs to absorb oxygen from the atmosphere. The rarefied conditions of altitude reduce oxygen levels and in extreme cases a Corneal Oedema can develop.

Emergency evacuation

In the event of an emergency on the mountain the rescue team plus one of the assistant guides will descend with the casualty to the park gate. At the gate the casualty will be taken care and the necessary arrangements will be done.

Climate

Located at an altitude of 5,000 to 7,600 feet, northern Tanzania's dry sunny climate is nothing like the steamy African jungle of Tarzan movies. The weather is spring-like year round, with daytime temperatures in the 70s and 80s, evenings in the 60s. Though Tanzania within the tropics, temperatures are mainly governed by altitude varying from hot and humid or the coast to warm and dry in the central plateaus. The main rainy season is from February to May, the hottest months being from October to February. Clothing should be light and informal while on safari and on the coast. Warm clothing is recommended in the evenings and particularly in higher altitude around Ngorongoro Crater, Arusha, Mount Kilimanjaro areas, Usambara and Southern Highlands.

Tour type: GT/IT

Individual tour: min. 2 pers (includes local guide only), possible departures mid-Dec to Jan + June to August – every day

Group tour: min 6 pers. (includes local and Penguin Travel guide), departure: 16 June

Difficulty grade: D (days 2 – 6), E (summit day /7/);

Best period: mid-Dec to Jan + June to August

INTERNATIONAL AIRPORTS

Kilimanjaro International Airport (JRO):

Flights which operate are KLM Royal Dutch Airline, Ethiopian Airline and Air Tanzania. Transfer time: Kilimanjaro Airport to Arusha town: approximate 1hour drive.

Jomo Kenyatta International Airport (JKIA) - Nairobi

Flights operating are British Airways, Sabena, KLM Royal Dutch Airline, Ethiopian Airline, Emirates Airline, Gulf Air, Swiss Air, Kenya Airways, Air Tanzania, Regional Air and South African Airways. Transfer time:

Airport to Nairobi City - Approximate 20minutes.

Airport to Arusha town - By road: Approximate 4 and a half hours drive with 30minutes clearance at the Namanga Border (Kenya / Tanzania Border)

Airport Transfer Costs:

Shuttle bus from Nairobi Airport to Arusha: 35 \$ per person/one way

TANZANIA

Tanzania boasts a collection of natural phenomenon; the hauntingly beautiful snow-capped peak of Kilimanjaro, Africa's highest mountain, the vast amphitheatre of The Ngorongoro Crater, and the plains of the Serengeti where one can see the curvature of the earth. Tanzania is also home to the earliest human remains and is rightfully called the 'Cradle of Humanity'. Tanzania is a premium game viewing destination. Unspoilt by large scale tourism, it is an incredibly beautiful country, with landscapes varying from the remote forested mountains bordering Lake Tanganyika and the vast expanse of the red soil plains of Tarangire to the icing-sugar perfection of the Indian Ocean beaches.

The safari opportunities in Tanzania are virtually endless. The great migration from the Serengeti is one of the most enthralling game viewing spectacles, as are the enormous elephant herds that inhabit the Selous, Africa's largest game reserve. The chimpanzees of Mahale are equally enthralling whilst the incredible density of game that populates the Ngorongoro Crater needs no introduction.

With a wide variety of stunning lodges and tented accommodation, Tanzania has something for everyone. Whether it is the flamboyant and colorful Grumeti Camp or the authentic Meru style Nomad mobile camp, the hospitality and guiding are second to none. For those seeking an ultra remote experience there is Chada Camp in Katavi where huge herds of game roam at will across the landscape.

A land without fences, Tanzania's opportunities for adventure are as unfettered as the landscape. As well as 4x4 safaris, there are myriad opportunities for walking, horseback and mobile safaris, cultural visits to the Maasai villages, as well as the great challenge of climbing Kilimanjaro. Once the dust has settled and foot weary walkers have returned from exploring, what more idyllic contrast could there be than the soft white beaches of the coast or the exotic islands of Zanzibar and Pemba? Relaxing in one of the most romantic places in the world is a perfect conclusion to a Tanzanian safari.

GENERAL

TOUR TYPES & GRADES

We provide different varieties of tours as regards to their types and difficulty grades! Whether you will choose individual and group tours with a guide or combined tours with a guide for some part of the trip depends on you. We emphasize on using local experienced guides with knowledge of the local language, culture, history, art, etc. The tours are conducted in the English language. Guides in other languages are available upon request. Tour types Our tours are divided in different tour types, regardless of being guided or not or if someone travels alone or in a group. We have prepared your vacation so that you can concentrate on new impressions and experiences, awaiting you all the time. Here is a description of the various tours: GT: Group tours There is a guide accompanying you throughout the whole trip, meeting you at the airport upon arrival and leaving you at the airport again for departure. We use well-trained and experienced local people with good knowledge of English. The group size is normally 6-12 people, if not specially mentioned. IG: International group tours The tours are similar to our group tours. The only difference is that these are multi-national. Guided services are in the English language, if no special arrangements have been ordered.

Difficulty grades To prepare yourself for the best of your vacation we recommend that you start planning it in an advance. Good physical condition is required. In order to achieve it we advise you to start walking, jogging or cycling everyday. Swimming a couple of times a week is also highly recommended. You do not need much to get yourself in shape. And don't forget that the most important tip for an unforgettable active holiday is to choose a trip which corresponds to your physical condition!

D: Challenging Tours of this level demand that you be really in good shape. The paths are not always in the best condition and the marking can be scarce. There are day-treks with big ascents and descents. Changing weather conditions /even in midsummer/ play an important role when trekking at a very high altitude and may cause changes of the preliminary route. This is to be decided by the mountain guide on the spot. Normally, the treks are 6-8h per day, but some can be longer. Preliminary trekking experience is an advantage, but not necessary if you are really in good shape. Note that during some of the days, you should personally carry your baggage, which is naturally an additional difficulty.

E: Demanding

You are born tourist. You are physically and mentally in a perfect condition. These tours are above the tree line, in alpine territories, covered with glaciers. Durations could be also pretty long. Some days require walks from dawn until dusk. In the biggest part of the tour you will have to carry your luggage or even some common facilities (tents, cooking utensils etc.). Climbing experience may be needed for some tours.

Visas

All visitors to Tanzania require, apart from a valid passport, visas, with the exception of citizens of the Commonwealth and other specified countries.

Vaccination

Visitors originating from countries infested with cholera and yellow fever should have with them valid vaccination certificates. Although mosquito control and the high altitude of Northern Tanzania greatly reduce the risks of malaria, it is advisable to take a weekly preventive dose against malaria both before, during and after the tour. Medical advice is recommendable at least three weeks before leaving for Tanzania. Vaccinations for hepatitis A, typhoid, yellow fever and polio are recommended. Those arriving from an infected country are required to hold a yellow fever vaccination certificate. There is a risk of malaria all year and we suggest to take anti Malaria tablets one week before departure. The use of water purification tablets is important. Sleeping sickness is a risk in the game parks, including the Serengeti, and visitors should avoid bites by tsetse flies. There is a high prevalence of HIV/Aids. Medical services are available in Dar-es-Salaam and other main towns, but facilities and supplies are limited; visitors with particular requirements should take their own medicines.

Customs

Personal effects including binoculars, cameras and film may be imported temporarily free of duty. A customs bond may be demanded from visitors bringing in video/filming equipment, radio tape recorders and musical instruments to ensure the goods are re-exported. Visitors buying valuable gems, skin articles, Makonde carvings and other local handcrafts must keep cash sales receipts for presentation to customs officials on departure.

Money and personal expenses:

You will need some extra money to cover meals, drinks and extra trips not included in the tour price. Additional money for souvenirs and personal things could also be spent. The payments in Tanzania are usually made in Tanzanian shilling (TZS) divided in 100 cents, which is the official currency. The exchange rate with EU and USD is quite changeable sometimes, but approximately it is: TZS 100:1 EUR – 100:0.05; TZS 100:USD – 100:0.08 It is illegal to import or export Tanzania currency. The tourism industry prices everything in US Dollars and they are the preferred unit of currency. Major currencies can be exchanged in the larger towns. Foreign exchange bureaux in the main towns usually offer a better rate on travellers cheques than do the banks. ATMs are available in major cities only. Major lodges, some hotels and travel agents in urban areas accept credit cards, but these should not be relied on and can incur a 10% surcharge.

Cell phone coverage

Roaming agreements exist with international mobile phone companies. All major cities are covered by mobile operators. Local SIM cards are easily purchased for use within Tanzania. The SIM card cost about 2 USD. During the climb there will be mobile coverage at some of the camps and at some places along the trek. There is a mobile coverage on the top of Kilimanjaro and climbers don't need to bring satellite phones.

Electricity

230 volts AC, 50Hz. Plugs may be round or square three-pin, fused or unfused. Power cuts can be common in the rainy season, though most hotels and businesses have back-up generators.

Brief about Tanzania:

Territory – 945 087 sq km
Population – 39,384,223 (July 2007)
Capital city – Dodoma (164 500)
Largest city (2003 est.): Dar es Salaam, 2,489,800
Border countries – Uganda, Zambia, Burundi, Democratic Republic of the Congo, Kenya, Malawi, Mozambique, Rwanda.
Religions – Muslim, Christian, Traditional beliefs.
Language: The National language is Kiswahili (Swahili) but English is widely spoken.
Administrative divisions - Tanzania is divided into 26 regions--21 on the mainland, 3 on Zanzibar, and 2 on Pemba.
Local time: Local time: GMT + 3 Hours
Protected areas – 14 National Parks, 1 Nature Reserve, 2 Marine Parks, 8 Marine Reserves, 28 Game Reserves, 4 Conservation Areas

Weather

Tanzania is hot throughout the year and is humid on the coast and dry on the central plateau. The heavy rains last from March to June and can make unsealed road travel difficult. The hot, dry weather in January and February attracts the most tourists. The best time to visit the Serengeti is from January to March when the grazers are calving and there are plenty of lion around, or to witness the wildebeest migration to and from Kenya which occurs at the onset of the dry season and again with the first rains, usually the beginning of June and mid-November. Zanzibar has a warm climate year-round and its coastal resorts are tempered by sea breezes. The island is best avoided in April and May, the rainy season.