



MOUNTAINEERIN

Kilimanjaro Information

Intro

Kilimanjaro is the world's largest freestanding mountain and standing at 5,895m above sea level makes for an epic adventure of a lifetime. In addition Kilimanjaro is the highest peak in Africa and is also 1 of the world's seven summits. Kibo, the highest of the 3 extinct volcanic cones that make up Kilimanjaro is home to the highest point, Uhuru Peak. It is here you will find the iconic sign to mark the summit.

A once in a lifetime opportunity to see the world from the roof of Africa!

Kilimanjaro Facts

Height: 5,895 metres

Location: Kilimanjaro National Park, Tanzania, Africa

First ascent: The first recorded European ascent was in 1889 (Dr Hans Meyer)

Number of days trekking: 7

Accommodation: 2 nights B&B, 6 nights tented accommodation

Example Itinerary – Machame 7 Day Route

Please note hiking times are estimates

Day 01: Arrive at Kilimanjaro International airport – JRO. Overnight at B&B in Arusha.

On arrival at JRO you will be met by a member of the Mountaineerin team and escorted to the B&B where you can relax, freshen up and start to settle in to your surroundings. Transfers from the airport will either be by private taxi, safari vehicle or tourist mini bus.

Meals Provided: Breakfast, Lunch, Dinner (This will be dependent on your arrival time.)

Day 02: Overland transfer to Machame Gate (1,800m), trek to Machame Camp (3,000m)

After breakfast we will load the bus and transfer by tourist bus to the Machame gate and entrance to the Kilimanjaro National Park. There is a bit of admin to do here and all our porters must have their kit weighed which can take time. This is a good opportunity for photos and to relax a little before we start the trek up the mountain. Once the admin is done and we have signed into the park we will begin the trek to Machame camp. The trail works its way through the trees and ascending to the very top of the forests that surround the lower slopes of Kilimanjaro. If you're lucky we will spot some of the local wildlife also. On arrival at camp you will be shown to your tent and snacks, hot drinks and washing facilities will be made available.

Elevation Gain: 1,200 meters | Hiking time: 6 to 7 hours

Meals Provided: Breakfast, Lunch, Dinner water & hot drinks



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Day 03: Trek from Machame Camp (3,000m) to Shira Camp (3,840m)

As you leave your tent in the morning if the cloud is clear you should get your first glimpse of the highest peak on Kilimanjaro, Kibo. Every morning hot water will be made available for washing prior to breakfast and water bottles collected so they can be refilled. Drinking water is both boiled and filtered. Once breakfast is done you will have a short time to finish packing before we start the trek to Shir Camp. The route is more exposed than day 1 with trees no longer present and the vegetation more like shrub and moorland. The route is rocky and a little craggy in parts but as you ascend the view just gets better and better. There will be plenty of opportunities to stop and take photos as well as a lunch stop. We aim to arrive at camp during mid-afternoon and your tent will be ready for you on arrival.

After some time to unpack, rest and have a cup of tea we'll head out for a short acclimatization walk around the Shira Plateau. The view down to the villages below are breath taking. In addition Kibo will be fully visible with the task ahead becoming clear. We'll return after around 30 minutes for dinner.

Elevation Gain: 840 meters | Hiking time: 6 to 8 hours

Meals Provided: [Breakfast](#), [Lunch](#), [Dinner water & hot drinks](#)

Day 04: Trek from Shira Camp (3,840m) to Barranco Camp (3,950m)

You'll now be used to the morning routine of hot water, breakfast and packing ahead of setting off. Today will be the highest point of the trek so far as we ascend to Lava Tower and then back down towards Barranco Camp. The ascent to Lava Tower, which is a massive rock formation left from Kilimanjaro's volatile days is a slow and steady ascent. The terrain and vegetation are noticeably different to lower down and height gain gives us a really sense of trekking at higher altitudes. After lunch at Lava Tower we descend towards camp following small streams and weaving in and out of the unusual plants that inhabit the mountain. On arrival at Barranco Camp you can rest and check out the route for the next day up the Barranco Wall.

Total Elevation Gain: 690 meters | Hiking time: 6 to 8 hours

Meals Provided: [Breakfast](#), [Lunch](#), [Dinner water & hot drinks](#)

Day 05: Trek from Barranco Camp (3,950m) to Karanga Valley (4,200m)

Today is a relatively short day and with the final camp being lower than Lava Tower (reached the day before) you should hopefully feel relatively normal in terms of affects of the altitude. The day start with your breakfast routine followed by an ascent of the Barranco Wall. The wall requires a little bit of scrambling but nothing most people can't handle and your guides will be on hand to support if needed. Once at the top you can have a snack, take in the view and have a short rest. The route from here to camp is relatively simple and largely flat other than a few lumps and bumps to walk over. On arrival at camp your tent will be available and lunch will be served in the mess tent. The camp sits on the shoulder of the mountain with incredible views both up and down. The final part of the mountain, Kibo, feels much closer now and the sense of what you're achieving is becoming more apparent. After lunch the rest of the day is yours to relax and take some time out.



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Elevation Gain: 250 meters | Hiking time: 3 to 5 hours
Meals Provided: [Breakfast, Lunch, Dinner water & hot drinks](#)

Day 06: Trek from Karanga Valley (4,200m) to Barafu Camp (4,600m)

Another short day follows to get us Barafu Camp. The route heads straight up from Karanga camp leading to simply incredible views of Mt Meru in the distance and the surrounding areas. The sun is normally out but often a cold breeze crosses the path and you see the clouds bubble up below. There's a real sense of height at this point and after the initial ascent the path flattens out and heads to Barafu Camp. Barafu is our final stop before heading to the summit and the aim is to get to camp before lunch to allow as long as possible for rest and relaxation before the night ahead. Lunch will again be at camp on arrival.

Elevation Gain: 400 meters | Hiking time: 3 to 5 hours
Meals Provided: [Breakfast, Lunch, Dinner water & hot drinks](#)

Day 06 & 07: Trek Barafu Camp (4,600m) to Uhuru Peak (5,895m) to Mweka Camp (3,100m)

After trekking to Barafu and resting for most of the day we will end day 6 with snacks before leaving camp at around 23:00pm to start the final ascent of Kilimanjaro.

The pace will be purposefully slow and steady as we ascend through the night following the zig-zag path heading for Stella Point. If you're lucky there will be a sky full of stars above and the lights of camp will grow ever dimmer as you ascend higher. It is a long night but by sunrise we hope to be reaching Stella Point just 45 minutes from the summit. It's time for a short rest and some pictures of the incredible Mwenzi Peak now below you. From Stella Point the route follows the crater rim of the old volcano around to the iconic Uhuru summit. The views are simply unbelievable and the surrounding glaciers, the terrain and the achievement are often a lot to take in. There is a little time for photos at the famous sign and congratulations before starting the descent back to Barafu.

We descend in the daylight back to Stella Point and head down the steep scree slope from the crater rim. Camp is visible in the distance and it's often surprisingly warm considering the freezing temperatures during the night. On arrival at camp you will have a few hours rest and a well earned lunch.

After lunch we will pack up and continue the descent to Mweka camp descending through all the terrain areas seen on the days ascending and ultimately ending back in the trees where we started on day 1. We'll arrive at camp late afternoon to a well earned cup of tea, snacks and then your evening meal.

Elevation Gain: 1,295 meters | Elevation Loss: 2,795 meters | Hiking time: 12-14 hours
Meals Provided: [Breakfast, Lunch, Dinner water & hot drinks](#)

Day 08: Trek Mweka Camp (3,100m) to Mweka Gate (1,500m). Overnight in B&B in Arusha.

It's the final day of the trek and the last time we will see our porters so we will have a presentation ceremony where the tips will be handed out, thank you's given before we head down the final part



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of the mountain to the Mweka gate. The route follows a largely muddy track down through the trees a lot like the ascent of day 1 before reaching the trail head and then out to the gate. On arrival at the gate we will need to sign out of the National Park and load the bus before heading back on our tourist bus back to the B&B. There is a normal stop after about 20 minutes where you can buy a well earned drink and some souvenirs should you so wish. Once you arrive back at the B&B the hot water will be flowing for a nice long hot shower.

Elevation Loss: 1,600 meters | Hiking time: 3 to 5 hours

Meals Provided: [Breakfast](#), [Lunch](#), [Dinner](#)

Day 09: Transfers to Kilimanjaro International airport – JRO and departure.

On your last day we will arrange your airport transfers in order to get you to the airport in good time for your flight. We appreciate that not all flights will be at the same time so transfers will be as and when required although we may group similar flight times together. Your transfer time will be discussed the day before. If arranging your own onward travel and do not need the transfer this is fine and you are free to make your own arrangements. Transfers to the airport will either be by private taxi, safari vehicle or tourist mini bus.

Meals Provided: [Breakfast](#), [Lunch](#), [Dinner](#) (This will be dependent on your departure time.)

Fitness Level/Trip requirements

Although Kilimanjaro does not require any technical mountaineering ability it should be remembered that it is 5,895m high and is a serious physical undertaking. You will spend a minimum of 7 days trekking (depending on your itinerary) with most of those days at altitude. You should be physically fit enough to be able to walk for at least 12 hours if not longer. Your summit day for example will be a physically and mentally challenging day with a large ascent followed by a considerable descent also.

For most, the fitter you are the more you will enjoy your experience and although it is difficult to train for trekking at altitude there are forms of exercise that will at least help you prepare. Advice will be available when booking on how best to train for this trek. Increasing your general fitness level from time of booking to departure would be of great benefit for the trek.

Porters/Guides

Porters, guides and your cooks will be a vital part of your trek on Kilimanjaro and it is important to us that they are treated fairly. We only use porters who are employed under the Kilimanjaro Porters Assistance Project's Proper Porter Treatment guidelines. The project works to ensure the working conditions are improved for porters and monitors those companies using porters to ensure the fair treatment guidelines are met.



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The porters and guides are there to support you as much as possible and also look out for your welfare. Each day, porters and cooks will walk ahead to set up the camp in time for your arrival so when you arrive you can relax and take in your surroundings however high up you might be.

Guides, porters and cooks are paid a wage however it is customary to tip them at the end of your trek. If you think about it, they will have carried all your kit (possibly on their head) for 7 days, cooked and cleaned for you also so a little extra is most likely deserved. There are guidelines to tipping amounts and usually provided in US dollars. Further guidance will be provided closer to your trek.

Note: tips are not included in the cost of your trek.

Mountaineerin Ltd is also a Partner for responsible travel with the Kilimanjaro Porters Association Project, which ensures that we along with our in country partners treat porters fairly and inline with specific guidelines. For more information visit: <http://www.kiliporters.org>

Old Kit – Many of our porters do not have quality personal kit such as fleeces, boots, jackets etc. If you have any old kit you would like to gift to our porters then please bring this with you. Any kit and any size will be considered as long as it is not damaged. We'll take it off you when you arrive.

Accommodation

The package includes 2 nights B&B accommodation (1 day before and 1 day after the trek.) This will be provided in same sex twin rooms (please advise if you would prefer a double room). Single rooms are available subject to availability however there may be an additional charge. Please ask for details. Accommodation during the trek is provided in tents at several camps on the mountain. Tented accommodation is normally in same sex 3 person tents (2 sharing). Check "*What's included*" below for the full list of items included.

Transport

Whilst in country we often use a range of transport depending on the requirements needed, group size and other considerations. This can range from private taxi, minibus, tourist coach and safari jeep. We appreciate that vehicle standards can differ outside of the UK but work to ensure that vehicles used in country are fit for purpose and safe. This way your journey will be as comfortable as possible. If vehicles are not deemed fit for purpose alternative options will be sought.

Delays

Although we hope you do not incur delays in your outbound and homebound journeys to and from the start/end points we can never rule them out. There are not necessarily any arrangements in place for



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such an issue but your trip guide and Mountaineerin Ltd will do everything possible to support you should this happen.

How will the altitude affect me?

The affects of altitude vary massively from person to person but in most cases improve with time spent at altitude. If they don't action may need to be taken. Some symptoms of altitude sickness could include: headaches, loss of appetite, fatigue and more. Acclimatisation is very important when trekking at altitude and it is vital not to ascend too quickly. Your guides during the trek will keep a close eye on you to ensure any affects of altitude can be managed appropriately. It should be noted that the best solution to solving altitude sickness is to descend and if it is felt by the guide that this is the best option then they will support you in doing so. The British Mountaineering Council has some good advice and tips on mountain sickness. See <https://www.thebmc.co.uk/hill-skills-an-introduction-to-altitude>

Health Considerations

As well as the possible implications of altitude sickness there are also some other things those travelling to Tanzania should consider. It is recommended that you visit your GP at least 2 months prior to your trip to discuss the current inoculations required and any other advice they might have. It may also be wise to discuss any previous illness/conditions you may have had to ensure travelling to Tanzania will not compromise your current health.

You can also visit the National Travel Health Network and Centre webpage on Tanzania for some more information; <https://travelhealthpro.org.uk/country/220/tanzania>

You can also visit; <https://www.gov.uk/foreign-travel-advice/tanzania> for further travel advice from the UK government.

Do I need a Visa?

British nationals are required to have a visa, which costs approximately \$50 in order to enter Tanzania. Visas can be obtained at the airport on arrival but there can be long queues and applying prior to arrival may make the transition through the airport smoother.

Visas are available on arrival at Kilimanjaro International Airport and at some land borders. You can pay in US Dollars at the airport.

Note: Credit/debit cards are not always accepted for visas.

More information can be found at; <https://www.gov.uk/foreign-travel-advice/tanzania/entry-requirements>



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Price and what's included

The price for this package is £2200 per person and includes:

- 2 nights B&B in Arusha (1 night before the trek and 1 night after)
- 6 nights tented accommodation
- All airport transfers
- All transfers from the B&B to trail head and return
- UK Mountain Leader
- Porters, cooks and guides (Wilderness First Responder Certified)
- Camping equipment (tents, mattress, mess tent, chairs and tables), toilet tent
- All park entrance fees
- All meals off the mountain for the duration of the stay within the B&B
- All meals and filtered drinking water while on the mountain
- Rescue fees
- Flying doctors evacuation insurance
- Training weekend
- Duffel Bag (provided prior to departure)

What is NOT included?

- International flights to and from Kilimanjaro International Airport (JRO)
- Visas
- Personal trip insurance
- Tips for guides, cooks and porters
- Personal trekking equipment
- Bottled drinks (alcohol, energy drinks, water etc)
- Personal snacks

When to go?

Kilimanjaro has 2 main trekking seasons, which avoid the wet/rainy season. This does not mean that it doesn't rain during these times but it's usually drier than the wet season. January to March and June to October are regarded as the best options especially if wanting to experience cloud free summits. This does not mean to say you cannot go outside of these months however there is a greater chance of spending long days in the rain and experiencing cloud covered summits. Temperatures during the January/March season are often lower than June/October and there is a possibility of encountering snow on the paths higher up.



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Kit

You do not need any specialist equipment for climbing Kilimanjaro however specific mountain clothing would benefit you greatly rather than hoodies and sweatshirts. The best system for mountain walking anywhere is to have several layers that you can put on and take off as and when you get too hot or too cold. Each layer traps a certain amount of air, which over time, your body heats up therefore insulating your body.

Your kit will be put into 2 bags for the trek, 1, which you will carry (your daysack) and 1, which your porter will carry (normally a larger rucksack or duffle bag). You will carry all the items you need for each day in your daysack whereas the porters will carry everything else, such as group equipment, sleeping bags, extra clothes, food etc.

A complete kit list will be provided upon booking.

Insurance

Personal trip insurance is essential for a trip of this kind and you should be specific in telling your insurer about what you are doing. For example most insurers cover you as standard up to a certain height on well known trekking routes. The highest point of this trek is 5,895m high and it is unlikely that an ascent of this kind would be covered under a standard policy due to the increased risk. You should read any policy very carefully before committing to it and make sure it covers everything you expect it to. If you are unsure about any sections then contact the insurer for clarification prior to purchasing any policy.

You will be asked to provide your policy number and insurance details prior to the trek should we need to contact them in the event of an emergency. We advise reading any policy fully before committing to it.

Personal trip insurance is available from Travel & General and a quote can be obtained by following this link: <https://tagconnect.brokersure.com/step1?tr=mountaineerin>

Travel & General Insurances Services Limited (t&g) is a specialist intermediary focused on the travel industry. t&g have been providing travel bonds and travel insurance to travel organisers in the UK and Irish travel markets since 1983 and have gained a wealth of experience over the last thirty years making t&g an ideal insurance partner.

Note: You are welcome to choose whichever insurer suits your needs however it should include suitable cover for evacuation in case of emergency. We reserve the right to refuse any participant whom we do not feel has obtained suitable insurance or who is unwilling to share details of the policy.

Mountaineerin ltd is fully insured for all the activities and packages it offers. If you require any further information regarding our policy details please contact us.



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Why book with us?

Mountaineerin Ltd is a growing outdoor company focusing on walking and trekking events. All of our staff are outdoor professionals who as well as working also regularly spend their personal time in the mountains walking, climbing, trekking and camping.

All of our events have been tried and tested by ourselves so we know how good they really are. This also means we can talk to you and advise you from our own experience. We aim to provide an excellent service at an affordable and competitive price without compromising on quality. The same member of our team will deal with your booking from start to finish and will be available to answer any questions you might have and support you in the build up to your trip.

British Standards – As a responsible tour operator we continually look at ways to improve how we operate in order to both improve the experience of our clients as well as look at increasing the safety aspect of all we do. Our overseas treks are now compliant with the British Standard 8848:2014

“How does the standard protect consumers? BS 8848 details good practice for venture providers to ensure the safety and well-being of everyone taking part. It shows organizations how to plan ventures, identify potential risks and manage them effectively. It also requires participants to be given clear information so that they can make informed decisions about risks to their own safety.” British Standard for adventurous activities outside the United Kingdom (BS 8848:2014)

For charity?

At Mountaineerin Ltd we simply provide the event organisation and delivery taking into careful consideration your requirements. Some people may choose to raise money for a specific charity. This is completely fine however you will need to arrange any sponsorship and donations yourself. We are more than happy to give you some ideas of how best to do this if you need some support.

Tanzania and Currency

The best currency to take to Tanzania is US dollars. The Tanzanian Shilling (Ts) is Tanzania’s national currency however, cannot be imported or exported from the country therefore US dollars are widely accepted as the best way to take money to Tanzania. Most major hotels, restaurants, airlines and large shops accept cards and there are some cash machines.

Please note that whilst trekking we suggest carrying sufficient cash should you wish to purchase anything. Also we advise; money, credit cards, passports, visas etc should be kept safe, in a sealed bag/container where they cannot be damaged and you should keep these with you at all times.



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Airlines

There are several airlines flying from the UK to Tribhuvan International Airport (KTM) Prices range from around £450 - £900 depending on when you want to travel. Flights are not usually direct. Some of the airlines flying from the UK include:

KLM – Flights normally via Schiphol (Amsterdam)
www.klm.com

Turkish Airlines – Flights normally via Istanbul (Turkey)
www.turkishairlines.com

Qatar Airways – Flights normally via Doha (Qatar)
www.qatarairways.com

Etihad Airlines – Flights normally via Abu Dhabi (UAE)
www.etihad.com

Emirates – Flights normally via Dubai (UAE)
<https://www.emirates.com/uk/english/>