

**7 DAY TOP OF AFRICA
KILIMANJARO CLIMB**

WEEKEND OVERVIEW

Are you looking to challenge yourself and climb to the top of Africa? This is your chance to experience the summit and wonder of the tallest free standing mountain on Earth – Mount Kilimanjaro.

As you stare in awe of the grand scale of Mount Kilimanjaro from the accommodation and when travelling around Moshi, you will be sure to want to tick this once in a lifetime achievement of your bucket list!

Over the course of 7 days, everyone will follow the popular Machame route, which offers some of the best acclimatisation and the greatest summit success rate.

Also referred to as the Whiskey route, the trail offers some of the most spectacular scenery as you cross 6 ecological zones from lush rainforests and high alpine deserts to the vast ice fields and ice glaciers.

Along the way you will get to witness some incredible sunrises over the plains below you, as you head up to 19,340 feet above sea level – be sure to bring your camera!

You will join with other climbers from around the world, as well local professional and experienced staff and porters who will ensure your trip is memorable and safe.

For a full break down of each day as well as information about start dates, accommodation, meals and transport, please click more details below.

Each trip leaves on a Saturday morning and returns 7 days later on the Saturday, costing just **£1679 / \$2099 per person.**

The following are included within this fee:

- Park fees
- Accommodation
- Transport to the gate and back
- Water
- Three meals a day
- Salaries for the porters and cook

START DATES

The Kilimanjaro trip starts **every Saturday** and we recommend requesting this to start on the date your volunteering placement comes to an end.

This will give you a chance to settle in, get used to the different temperatures, surroundings and culture and be best prepared to reach the summit.

When selecting this trip, you will in essence be adding an additional week on to the duration you have chosen to be in Tanzania for.

BOOKING YOUR PLACE

You can simply add this trip when applying for any of our programmes in Tanzania under 'Optional Extras'.

If you have already signed up for one of our volunteer programmes in Tanzania and would like to add this trip, you can simply request this within your My Trip account.

Places on our trips are non-refundable and non-transferable between volunteers.

ITINERARY

DAY 1 (SATURDAY) – MACHAME GATE (6,000 ft) TO MACHAME CAMP (9,700 ft)

Hiking time: 7 hours

You will start your journey from the volunteer accommodation around 10am. On the way to



Mount Kilimanjaro National Park the journey passes through the village of Machame, which is located on the lower slopes of the mountain.

Once you leave the park gate you will walk through the rain forest on a winding trail up a ridge until you reach the Machame Camp.

DAY 2 (SUNDAY) – MACHAME CAMP (9,700 ft) TO SHIRA CAMP (12,600 ft)

Hiking time: 5 hours

Shortly after leaving the Machame camp you will leave the glades of the rain forest and continue on an ascending path to a steep rocky ridge, covered with heather. The route then turns west onto a river gorge onto the Shira Campsite.

DAY 3 (MONDAY) – SHIRA CAMP (12,600 ft) TO BARRANCO CAMP (12,950 ft)

Hiking time: 7 hours

From the Shira Plateau, you will continue to the east up a ridge eventually passing the Lava Tower, called the “Shark’s Tooth.” Shortly after the tower, you come to the second junction which brings you up to the Arrow Glacier and continuing on to the Barranco campsite.

DAY 4 (TUESDAY) – BARRANCO CAMP (12,950 ft) TO KARANGA CAMP (13,780 ft)

Hiking time: 4 hours

Leave Barranco after breakfast with a challenging scramble up the Barranco Wall. This is the most difficult part of the day. Once you reach the top of the wall you will make a small descent to the Karanga Valley and spend the night at Karanga Camp.

DAY 5 (WEDNESDAY) – KARANGA CAMP (13,780 ft) TO BARAFU CAMP (15,200 ft)

Hiking time: 5 hours

You leave Barranco and continue on a steep ridge passing up the Barranco Wall and through the Karanga Valley. From Karanga head up a moraine ridge where views can be spectacular. The final stage to Barafu is quite steep, and as always it’s taken it very slowly. In the evening your guide briefs you for the final ascent.

DAY 6 (THURSDAY) – BARAFU CAMP (15,200 ft) TO SUMMIT (19,340 ft) TO MWEKA HUT (10,000 ft)

Hiking time: 15 hours

Very early in the morning (midnight to 2am), you will continue your way to the summit between the Rebmann and Ratzel glaciers. This is the most mentally and physically challenging portion of the trek. At Stella Point, you will stop for a short rest and will be rewarded with the most magnificent sunrise you are ever likely to see (weather permitting). It can be very cold at night at these elevations, but it will be quite warm by the end of the hiking day. You will want clothing for both extremes with you. From the summit, we now make our descent continuing straight down to the Mweka Hut camp site, stopping at Barafu for lunch. Mweka Camp is situated in the upper forest and mist or rain can be expected in the late afternoon.

DAY 7 (FRIDAY) – MWEKA CAMP (10,000 ft) TO MWEKA GATE (6,000 ft)

Hiking time: 3-6 hours

From Mweka Camp you continue the descent down to the Mweka Gate. At lower elevations, it can be wet and muddy. Shorts and t-shirts will probably be plenty to wear (keep rain gear and warmer clothing handy). At the Mweka Gate summiting climbers receive their summit certificates.



Our driver will meet you at the gate and transport you back to the volunteer accommodation. You will then have the rest of evening to relax and get a good night's rest.

DAY 8 (SATURDAY) – LAST DAY

Today is your last day and you should ensure you make plans for your return flight or onwards journey for Saturday.

After breakfast, you should vacate your bedroom within the volunteer accommodation. You are of course welcome to stay at the house until needed and you can easily arrange your return airport transfer with the local team.

ACCOMMODATION

As you trek up Mount Kilimanjaro, you will be staying in two person tents.

All tents are single sex and made from durable materials, perfect for camping down for the night before another busy day's climb the following day.

You will spend each night at designated camp sites as you progress along the Machame route. The local porters will walk ahead of the group and ensure the camp site and tents are all ready for when you arrive.

After you have successfully climbed the mountain, you will have Friday night to rest back at the volunteer accommodation.

MEALS

All meals are provided as part of the trip fee and will consist of a mixture of western dishes alongside some local cuisine.

A local cook will accompany everyone up the mountain and will prepare three meals a day.

The meals provided are aimed to be as varied as possible and are designed to give as much energy so you can continue your climb.

Most dietary requirements can be catered for, but please note, this cannot always be guaranteed.

PACKING LIST

Being properly equipped is one of the most important prerequisites of a successful summit attempt. To ensure you are fully prepared, we have provided a pack list below that you can use as a guideline.

Please remember you will need to limit the weight of your duffel bag and it's content to 20kg – not including your rent or sleeping mat. This is the maximum weight a porter will carry.

For anyone looking to travel light, you can purchase or rent the required equipment once in Tanzania.

General

Duffel bag (not backpack) – large enough for all climbing gear and clothing.
Small luggage lock – to lock zippers
Day backpack –20 – 35 L capacity. Large enough to carry your water, camera, raincoat, lunch pack, snacks & warm clothing
Sleeping bag
Collapsible ski /walking sticks (optional but highly recommended)
Water Bladder (Camelbak type, 3 litres)
Kilimanjaro map (can be bought at park gate)

High Altitude Gear

Waterproof, breathable & windproof jacket & trousers
Polar fleece (middle layer)
Thermal underwear (under layers)
Mittens or warm gloves



Glove liners (if necessary)
One pair thermal socks
Balaclava
Gaiters
Thermal water flask
Hiking Gear
Hiking trousers
Raincoat or Poncho

Tip: for the base layer clothing with moisture wicking fabric (merino wool or Capilene) are recommended, staying dry is essential. Avoid cotton as they absorb moisture, important to avoid hyperthermia (see all Kilimanjaro health issues).

Footwear

Water resistant semi-stiff hiking boots – mid weight boots work great
Shoes for overnight camps – i.e. sneakers, running shoes, etc.
Socks – several pairs for the climb
Liner socks – to keep your feet dry and limit the risk of blisters

Other

Sun hat or similar (with a brim)
Knit hat (for warmth)
Water bottles – two or three (total capacity at least 4 litres)
Head lamp - with spare batteries and an extra light bulb
Water purification tablets
Sunglasses, good quality dark lenses for the climb, with a securing strap
Flashlight (torch) with spare batteries
Backpack cover
Camp pillow
Towel, lightweight, quick-dry (optional)
Sun screen and lip protection, SPF 30+
Ziploc bags, to protect camera, binoculars, etc.

Wet wipes
Wee Bottle, to avoid leaving tent at night
Money belt for passport and valuables
Medical and first aid supplies
Headache tablets
Altitude sickness tablets
Diarrhoea tablets
Nausea tablets
Camera

TRANSPORT

All transport is provided for the entirety of the trip. The local TMR team will take you to the park gate and will be waiting for you after you have successfully climbed up and back down.

You will be accompanied by porters to carry your belongings and a cook to provide all meals. Please note this trip is provided by an external organisation and will not be The Mighty Roar staff.

