

Abercrombie & Kent

TANZANIA



Climbing Kilimanjaro
with Abercrombie & Kent

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Abercrombie & Kent

Geoffrey Kent and his parents, Valerie and Colonel John Kent, founded Abercrombie & Kent in 1962. The company's beginnings were modest; Geoffrey Kent remembers their first safaris were conducted with little more than "a Bedford truck and my mother's sterling silver ice bucket." In 1967, Geoffrey Kent, now Managing Director following his parents' retirement, decided to expand A&K's signature style of travel. In 1969, he began opening additional companies in Africa; in 1971 he met Jorie Ford Butler of Oak Brook, Illinois and opened a sales office in the United States.

Today, A&K is the largest luxury tour operator worldwide, with over 55 offices in more than 30 countries, staffed by over 2,500 dedicated people. Our reputation allows A&K travellers private and sometimes exclusive access to amazing experiences around the world. With expertise in not only luxury travel but culture, wildlife and history, Abercrombie & Kent reveals each destination with an authenticity beyond the reach of any other travel company.



WHY CLIMB KILIMANJARO WITH ABERCROMBIE & KENT?

- **Control:** Abercrombie & Kent are the only international tour operator with their own dedicated Kilimanjaro climbing operation. When you book with Abercrombie & Kent, you can be certain that it is they are that running your climb and not an anonymous sub-contractor.
- **Operational Continuity:** Our own operation allows us to provide the guest with the continuity of service and standard that is the hallmark of the ABERCROMBIE & KENT brand. Be it on Kilimanjaro, a Serengeti safari or a Zanzibar beach holiday.
- **Experience:** Abercrombie & Kent have over 60 years accumulated knowledge of running tours of all types and standards in East Africa.
- **Organization:** A dedicated team of nearly 300 staff committed to providing any kind of safari, Kilimanjaro climb or Zanzibar beach holiday.
- **Equipment:** The finest mountain apparatus, safety equipment, communications network and specialist tents on Kilimanjaro.
- **Safety:** The only operator carrying oxygen bottles, portable altitude chambers, first aid kits and multiple communication measures on every single climb.
- **Training:** All of our guides are Wilderness First Responders trained in first aid, mountain craft, natural history and ecological awareness.
- **Staff Welfare:** Abercrombie & Kent are the only operator dedicated to ensuring ethical and sustainable standards for their porters and guides, providing clothing, food and accommodation that has earned them the endorsement of the International Porter Protection Group.
- **Multi-lingual guides and leaders:** Our Expedition Standard climbs can offer the services of a guide and leader fluent in the language of a non-English speaking group. Details upon request.
- **Service:** Abercrombie & Kent operate on various standards of service and price to better tailor the climb to the requirements of the client, allowing our agents to vary the costs according to the needs of the guest.
- **Summit Success:** A&K guests enjoy more days on the mountain and on average 97% of guests will reach the summit - outstanding against an industry average of 60% - 70%.



ABERCROMBIE & KENT'S HEALTH & SAFETY INITIATIVES ON KILIMANJARO

In light of the health risks that are inherent in a high-altitude climb of this nature, Abercrombie & Kent have taken the following steps to ensure the continued safety and well-being of their clients.

Flying Doctors – All of our guests have the cost of evacuation **included** in the cost of their climb. Rescue fees to ensure that Park Rangers remove a sick guest from the mountain are also included. No other Kilimanjaro operator can make such a claim.

Oxygen – All of our climbs are accompanied by at least two tanks of oxygen, each one sufficient to allow a sick guest three hours of oxygen in an emergency. This also means that should a guest become sick, both them and the party continuing to climb will have oxygen supplies. No other Kilimanjaro operator can make such a claim.

Portable Altitude Chambers – All of our climbs are accompanied by a hyperbaric chamber, a device that can have both the inside pressure and oxygen levels altered to effectively mimic a descent for guests who are seriously affected by altitude sickness. No other Kilimanjaro operator can make such a claim.

Communication – All of our climbs are accompanied by powerful hand-held radios for communication between groups on Kilimanjaro, a powerful and portable radio base station for communication with head office as well as cell phones and a satellite phone. These four means of communication mean that we never lose contact with the guests. No other Kilimanjaro operator can make such a claim.

First Aid Training – All of our guides have been trained in Wilderness First Aid practices by a certified professional trainer and carry specialist first aid kits. No other Kilimanjaro operator can make such a claim.

Formalized procedures – In an emergency, there is a pre-defined procedure for the diagnosis of an emergency case and the course of action required for the quick and efficient evacuation. All requisite training and procedures have been compiled in both English and KiSwahili for use by clients, guides and climbing crews. In the worst case scenario, ALL of our crews, guides and staff will follow the same decision tree and training procedures. No other Kilimanjaro operator can make such a claim.



CLIMBING WITH ABERCROMBIE & KENT vs OTHER TOUR OPERATORS

Overall the A&K way of running trips is markedly different from other operators in terms of quality of service, safety and ethics. When you join an A&K trip you get what you pay for and more. Behind the scenes we're working with our porters and crews to give them the best chance to progress to become guides and our commitment to training is incomparable. It's now easy to see that it is what you don't see that actually sets us apart but once on the mountain the difference is clear!

Initiative	Abercrombie & Kent	Other Tour Operators
Dedicated Management Team	Yes - with an A&K wholly owned office in Arusha	Outsourced, sometimes to unknown partners through a 3rd party.
Guides & team	Fully employed by Abercrombie & Kent full time.	Most outsource to extremely cheap companies.
Equipment	The best in the industry and regularly updated.	Non-standardized and can range in quality.
Safety Devices	Included as a standard on all climbs: pulse oximeters, stocked first aid kits, oxygen, PAC for crater nights and AMS scorecards.	Minimum safety equipment carried up the mountain.
Internationally certified Wilderness First Aid Responder guides	All guides are Wilderness First Aid Responders.	Some may have one or two guides that have done a course, others not. Most companies use freelance guides that have no guarantee on this.
Career progression for porters	Yes - regular training sessions on everything from language to finance.	No - most porters are hired on a freelance basis.
Kilimanjaro Porters Assistance Project Partner	Yes - one of the founding members.	Perhaps
Trained Cooks	Yes	Cooks are also freelance so the quality of the food cannot be guaranteed.
First Aid Trained Porters	Yes - all A&K porters receive first aid training.	No - porters are hired on a freelance basis and do

ABERCROMBIE & KENT'S KILIMANJARO GUIDES

A&K prides itself on the quality of our guides and Noah Sankale is no exception; with over 15 years' experience of climbing Mount Meru, Mount Kenya, and Mount Kilimanjaro, Noah is the ideal person to guide you towards Uhuru Peak. Noah, A&K's top guide, has climbed Kilimanjaro an impressive 300 times, and near-by Mt Meru a staggering 20 - and all in just four years. Like all our guides, Noah has spent years collecting an impressive education of mountain training and ascending to be the high-class guide he is today.

Born in 1986, Noah attended primary school in Kajiado District, Kenya and later joined Olchoro Secondary School. After school, Noah complete several short courses which provided the insight and ability to become a guide for A&K. In 2008, he underwent a tour guide course at Themis Training Centre and the following year attended a mountain guiding skills course conducted by Kilimanjaro National Park. In 2010, Noah achieved both the Technical Emergency Action Mountain course with Africa Limited and a training of trainers (First Aid Basic) course by the Tanzania Red Cross Society. Finally, Noah attended a 72-hour Wilderness First Responders course delivered by Aerie Background Medicine in Arusha.

Today, Noah John is one of our senior mountain guides as well as a first aid instructor. He continues to ascend Uhuru Peak, leading groups with his skilled-hand and impressive mountaineering knowledge up to Africa's most spectacular vantage point.



WHEN TO CLIMB MOUNT KILIMANJARO?

Although Mt. Kilimanjaro can be climbed at any time of year **January, February and September are considered the best months.**

July, August, November, and December are also good months.

January and February are usually dry, warm, and clear with brief showers that make for good climbing conditions.

During the rainy period of March to May, clouds tend to build up over the summit, releasing snow onto the peaks and causing rain near the base. Cloud cover can limit visibility even when no rain falls. The temperature at this time of year is relatively warm.

The dry season, beginning in late June and extending through July, can be very cold at night, but it is usually clear.

August and September are also cool and may have completely clear days. However, it is not unusual for a dripping cloud belt to hover above the forest and moor land. The summit can be totally clear but, upon reaching the summit it is also possible climbers will find themselves gazing across a sea of clouds, with distant mountain peaks poking through like islands.

The shorter rainy period of October to December often has thunderstorms that pass over the mountain, spilling rain as they go. Typically, the clouds disappear in the evening so the nights and mornings are clear with excellent visibility.

The temperatures at the top of the mountain, and at night, can drop below freezing and the winds can further reduce the temperature. We strongly recommend that clients bring warm “Four Seasons” sleeping bags, and good quality Gore-Tex and windproof clothing for the summit ascent.



AN OVERVIEW OF MOUNT KILIMANJARO

Kilimanjaro is the highest mountain in Africa (19,340 ft or 5,895 meters above sea level) and the tallest free-standing mountain in the world.

Kilimanjaro is composed of three extinct volcanoes:

- Kibo: 19,340 ft (5,895 meters)
- Mawenzi: 16,896 ft (5,149 meters)
- Shira: 13,000 ft (3,962 meters)

The Kilimanjaro climb is an exceedingly strenuous and physically demanding trip – due to the combined challenges presented by high altitude and difficult terrain. **It is crucial that you are physically and mentally prepared for such an experience.**



In the week or so climb to the summit, you will experience conditions ranging from **equatorial to arctic**. Thus, it is imperative that you pack the appropriate equipment and clothing to help you keep comfortable.

The trek begins in warm and dry savannah plains, enjoying an average of 30° C, before passing through wet, tropical forest then into zones with low temperatures and little rainfall. It finally reaches an ice-covered, freezing summit. The altitude and seasons affect the mountain's weather conditions, but there are so few rainy days that it is possible to climb the mountain in relatively good conditions all year round. The rainy season is from March to June, with short rains in October and November.

There are at least 6 different ecologically distinct zones on Kilimanjaro. As one ascends the precipitation levels drop, which means there is less vegetation and more extreme conditions.

- **Savanna** (the plains below the mountain)
- **Cultivated zone and Forest:** The forest zone, along with the cultivated zone that lies below it, together receive the most rainfall of any part of the mountain. The forest zone also houses the greatest variety of both fauna and flora.
- **Heath:** Immediately above the forest zone is the alpine heath. Grasses now dominate the mountain slopes. Most of the precipitation that does fall here comes from the mist that is an almost permanent fixture at this height.
- **Moorland:** Tends to have clearer skies but an even cooler climate. The most distinctive plant in this area tree groundsel.
- **Alpine Desert:** Here only three species of tussock grass and a few everlastings can withstand the extreme conditions. This is the alpine desert, where plants have to survive in drought conditions (and put up with both inordinate cold and intense sun, usually in the same day).
- **Ice Cap / Glaciers:** This zone is characterized by glaciers, temporary snow cover and ice ravished terrains.

Only travelers in excellent physical condition should attempt to climb Mt. Kilimanjaro. As a guideline you should be able to **run or jog for half an hour, or more, without feeling short of breath.**

Altitude sickness:

Each guest **must consult a doctor** about high-altitude travel before attempting the climb. After a brief period of acclimatization most people do not suffer from altitude sickness. However, travelers above the age of 40 or those with high blood pressure or heart conditions need to exercise extreme caution at high altitudes.

Your doctor will advise you on taking Diamox – a drug used to prevent and reduce symptoms of altitude sickness - which is prescription-only in most countries.

The best advice we can give to climbers during the ascent is not to hurry and to proceed at a steady, comfortable pace that will allow you better acclimatization. Take it slowly and do not push your body to exertion. It is also important to be in the right mental state.

Although the park has a reliable, equipped rescue team on the Kilimanjaro routes, and our guides are also trained in rescue procedures, please keep in mind that **professional medical attention is NOT readily available in the remote areas during a climb.**

We also recommend that all guests take out **comprehensive travel insurance that specifically covers climbing at altitude.** This should cover you in case of hospitalization, as well as evacuation from Tanzania if the need arose. The cost of flying doctors for evacuation as far as Nairobi hospital is automatically covered by us, however this does not take the place of proper travel insurance and will not cover inpatient costs.

As circumstances may change at any time, you are strongly recommended to check with us or the appropriate authority prior to the climb for up-to date information, especially health and insurance requirements.



The following is taken from a guide on traveling at high altitudes:

Acclimatization is the adjustment of the human body to the diminished supply of oxygen at high altitudes. Bone marrow produces quantities of extra, new red blood cells to take oxygen from the air in amounts needed for good health, a process that may take several days. Mountain sickness is caused by an insufficient flow of oxygen to the brain and other vital organs. It can affect anyone at altitudes above 10,000 feet.

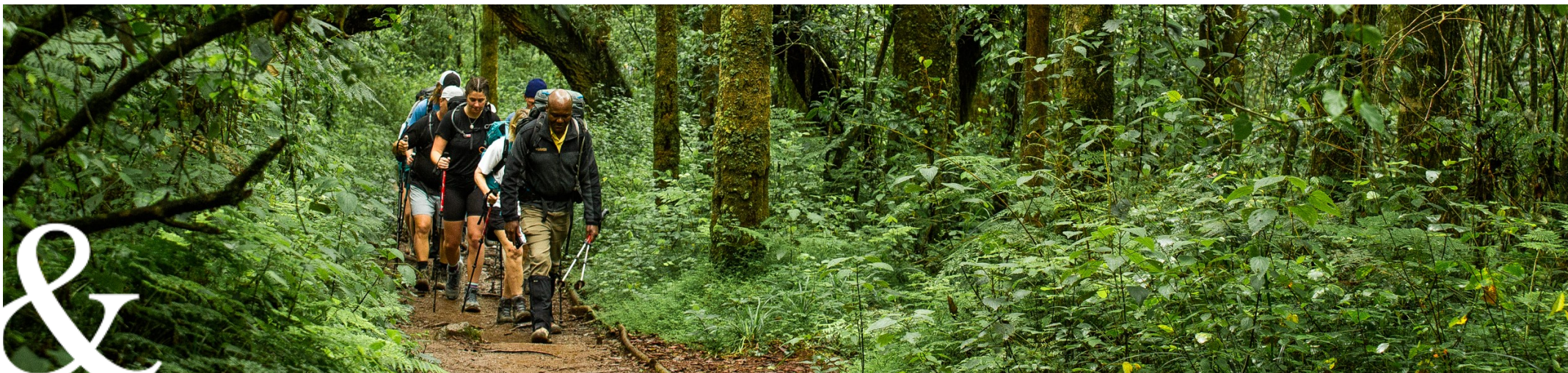
Each person has a different tolerance for altitude and an individual's tolerance has nothing to do with age, sex, or state of fitness. One person may get a headache at 11,000ft. and another at 18,000ft. The symptoms of mountain sickness include: headache, nausea, and shortness of breath, singly or together. About half of the people visiting high altitudes suffer from at least one symptom in the first two days and then quickly recover.

In 99% of these cases, rest and two aspirins will relieve the discomfort. However, the serious and sometimes fatal conditions of pulmonary and cerebral edema also begin with similar symptoms. If a headache does not respond to aspirin and a good night's rest, or if a dry cough with frothy sputum develops, or if there are any signs of severe lethargy or poor co-ordination, get to a hospital at once. Better yet, move to a lower altitude.

At high altitudes, it is not unusual to awaken at night gasping for breath. If this happens to you, do not panic. This complaint, known as "periodic breathing", is normally quite harmless and is caused by a change in the control of breathing within the brain while you sleep. Normal breathing can be quickly re-established by relaxation, rhythmic deep breathing, and the understanding that there is nothing to worry about.

Sensible precautionary measures include:

- Sticking to a schedule of mild activity
- Drinking plenty of non-alcoholic fluids (one to five liters per day are recommended)
- Not smoking
- Avoiding sedatives (such as sleeping pills or tranquilizers), which tend to depress respiration and limit oxygen intake.
- You might also consult your personal physician about taking the prescription drug Diamox (acetazolamide), a mild diuretic that stimulates oxygen intake (it is used by the Himalayan Rescue Association).



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There is no one way of training for Kilimanjaro; some may be able to fit in more training before the big climb, and other less. However, it is important to remember that the **fitter you are, the better your body will be at coping with this extreme challenge**; the Kili trek involves climbing uphill and at high altitude for several days. Hiking and walking are the best forms of preparation, especially while carrying your rucksack and wearing in your boots. It might also be a good idea to combine this with more exertive activities like swimming or other aerobic exercise.

Below is a potential three month training program:

Month 1:

- Go to the gym or a fitness class twice a week, choosing workouts that make you work hard and increase your fitness, rather than build muscle.
- Walk, walk, walk – exchange taking the bus or a car for walking whenever you can.
- Improve your diet by cutting out soft drinks with added sugar or sweeteners and avoid junk food – Kilimanjaro is that excuse you've been waiting for to finally get healthy!

Month 2:

- Up your game to 3 gym sessions a week, again focusing on increasing fitness and physical and mental and stamina rather than building muscle. Replace yoga or swimming with one of the gym sessions, or even try and do yoga every morning! Working on your discipline and stamina now be hugely beneficial when the time come to climb that mountain.
- Increase the lengths of your walks – at least try to fit in one hour of walking a week.
- Continue to eat a healthy diet – and this also means replacing the calories you are burning with all the exercise. Your body needs the fuel and it also needs plenty of water to flush out toxins and hydrate all your body's cells.

Month 3:

- Keep up a good routine at the gym – for example continuing with the 3 times a week schedule. However, do not go overboard and over exercise. The important thing is to maintain a routine which will keep your fitness up. Exercising over 3 times a week increases the risk of injury and muscle damage – certainly not what you want when you are about to climb Africa's highest mountain!



- Take a literal step forward and set yourself 4 hikes for this month – of around 2-3 hours each. It is a great idea to cover hill work and distance in this final month, to assure your boots are fully worn in and you are more mentally prepared for the challenge ahead. Again, it is crucial not to overexert or strain your body.
- Any weight loss or toning you wanted to do in preparation should have been done in the last couple of months. Now it is important to maintain your diet and ensure it is healthy, well-balanced and complements your exercise regime. Like always, water is vital for a healthy body.

Final week before the climb:

- At this point, the key is to **relax**. Take a good, long walk at the beginning of the week and then rest. During this week you should **not** attempt any last-minute blasts of exercise. If you have not trained up to this point, training a week before your departure will not help. If you have taken this approach to your training, you will find the climb very hard work, and you might not make it to the top. However, take this week to relax so you feel mentally, as well as physically, prepared for Kili. If you arrive to Tanzania tired after training your body to the very last minute, you will also be tired when you start the climb. A relaxed body will also acclimatize better on the mountain than if it is stressed.
- Make sure your boots are well worn in, we even suggest wearing your boots on the plane. You definitely do not want blisters accompanying you up the summit.
- Once you arrive in Tanzania, relax some more. You may even have time to enjoy some of the other opportunities this country has to offer.



We recommend that guests **carry their walking boots and outer shell/waterproof jacket as hand luggage onto the plane when flying to Kilimanjaro, in case of baggage loss or delays.** If you are taking prescription medicine it is advisable to carry this as well.

Guests should climb the mountain with only the items and equipment that are required, and avoid bringing anything that is unnecessary and heavy. Excess luggage can be left behind in Arusha and claimed after the climb.

Porters will carry duffel-type bags during the climb that your soft bag will be put into (please do not bring framed backpacks or suitcases).

You only need to carry a daypack with the personal items you will require during the day (for example, your personal supply of water, your lunch, your camera, and any clothes you may want to put on or discard). Your passport, money, and permit papers should be carried in your day pack and kept with you at all times during the climb.

Please be advised that luggage carried by porters is available to travelers only while in camp and is NOT accessible during the day.

Laundry:

Laundry service is NOT available during the Kilimanjaro climb, and so you must take sufficient clean clothing for the duration of the climb.



Packing list

On the following pages is a packing list - the items in the Personal Health & Comfort section are considered supplementary but all other items are considered essential and must be brought with you from home.

Please also note that this list should be used to check off items that you have. The list **must then be returned to your travel agent** who will forward it onto us. We will check over your kit in the pre-climb briefing to make sure everything arrived safely – there are times when luggage does not arrive with the aircraft and in those circumstances, we will do our utmost to make sure you are well prepared for your climb.

Please try and keep the **total weight of your equipment on the mountain to around 15kg (30 lbs)**. Please advise us if you are bringing more.

If you have any questions on what to bring please ask well in advance of your trip to make it easier for us to reply in a timely manner. This list will help identify essentials items for a given climb, trek or safari.

Clothing of various weights is suggested, because you will want to dress in layers (removing layers as you heat up from walking, adding layers as you cool down from resting). During the first two days, climbers may find it comfortable to wear shorts and T-shirts. However, temperatures will change drastically at higher altitudes. By the third day of your climb, it can be very windy and the temperature can fall to freezing at night. Whilst packing for Kilimanjaro, you must remember the key phrase **less is more**.

A limited selection of equipment is available for rental at the base of the mountain. However, Abercrombie & Kent cannot guarantee the quality or condition of any items rented locally. It is therefore suggested that climbers bring all of their own equipment.

CHECK	ESSENTIAL PACKING LIST
FOR THE UPPER BODY:	
	3x T-shirts: That you don't mind getting dirty while on the mountain. Synthetic shirts are best.
	3x Upper Body Layers: For climbing the mountain we recommend you have 3 x warm layers for your upper body. Items should be made of wool, fleece, down, synthetic or pile. Cotton items do not provide adequate insulation and are completely useless when damp. Make sure all layers fit comfortably over each other and supply good insulation. A good combination is a long underwear top, a sweater, and a pile, down or fleece jacket or heavy wool shirt.
	2x Long Underwear Tops: Wool or synthetic – thermal wear can also serve during extreme weather conditions.
	1x Rain Parka/Poncho: Afternoon showers are common in East Africa, especially on the mountain. Bring a good parka of Gore-Tex or waterproof nylon that has been “seam sealed” and able to fit over your day pack.
	1x Gloves or Mittens: Wool or pile. One pair of heavy mittens and a light pair of gloves will be adequate for both occasions when needed.
	1x Mitten Shells: To go over your mittens. These are for use against the wind often encountered in the crater and on the way to the summit.
FOR THE HEAD & FACE:	
	1x Pile or Wool Hat: A versatile balaclava type, that can convert from hat, to head band, to ski mask, to neck scarf, is excellent.
	1x Scarf: To wrap around your head, face, neck for added warmth.
	1x Shade Hat: Visor hats with good brims are essential for protection from the equatorial sun. Also good for wearing around camp.
	1x Sunglasses (or glacier glasses) AND Ski Goggles: Essential for eye protection from sun, wind and altitude. Bring a good quality pair, preferably with an IREX protection rating of 100. Attachable side shields are recommended.
	Sunscreen: Bring plenty of complete sun block with an SPF rating of 30 or higher.
	Lip Balm: With SPF rating of 15 or higher.
	1x Bandana: Tied around neck for optimal sun protection. They can also be used for cleaning glasses, or as wash clothes, etc. They dry very quickly.
	Eye Drops: To help keep eyes moistened and relieve irritation from wind, dust and ash.
FOR THE LEGS:	
	2x Quick Dry Hiking Shorts: For hiking at lower elevations on the mountain.
	2x Long Underwear Bottoms: Wool or synthetic – thermal wear can also serve during extreme weather conditions.
	3x Wool, Fleece, Bunting or Pile Pants: That fit loosely and are comfortable. Worn over the long underwear bottoms & good for use in camp
	1x Rain Pants: A good pair of rain pants of Gore-Tex or water proof nylon fabric that has been “seam sealed”.
	2x Tights: Lycra type are best, these are comfortable to hike in, help prevent nettle stings, provide good warmth on cool misty days, dry fast and provide sun protection.
	10x Undergarments: Wear properly fitted undergarments to avoid excessive sweating and provide protection from the cold. Thermal wear is recom-

FOR THE FEET:

4x Thin Socks: Synthetic socks to wear under heavy wool socks. These help to prevent blisters and keep feet dry.

7x Thick Socks: Heavy wool or synthetic socks to wear for warmth with hiking boots. These should be changed every day to prevent unnecessary humidity build-up in your boots. Note: you may want to pack a couple of additional pairs in the event of rain or mud is encountered during your trek.

1x Hiking Boots: Medium weight-hiking boots large enough to be comfortable with one liner sock and one heavy wool or synthetic sock. Note: it is suggested that you pack your hiking boots with your carry-on luggage or wear them on the plane. In the event your checked luggage is delayed you will, at least, have your own boots with you. Boots would be very difficult to rent on-site.

1x Gaiters: High gaiters made of porous fabric to keep dirt and snow out of your boots.

1x Tennis Shoes: These are to be worn in camp after a day of hiking and for hiking at lower, warmer altitudes.

FOR DRINKING:

In an effort to minimize our ecological footprint and to maintain the pristine environs of Mount Kilimanjaro, Abercrombie & Kent does not carry bottled water on Mount Kilimanjaro treks. During your climb you will be provided with drinking water (and meals/drinks that require water will be prepared with water) that has been made potable by a combination of filtering the water using Katadyn water filters and purifying the water with purification tablets. A&K supplies all water purification materials and you need not bring any with you from home.

1x Camel Pack: To fill and hike with during the day.

2x Wide mouthed plastic water bottles: To replenish your camel pack during the days hike.

FOR PERSONAL HEALTH & COMFORT:

Toiletries: Bring enough for all of your needs for the entire trip but keep simple and light.

Ear Plugs: To protect against wind and to block out tent noise (such as snoring) to insure peaceful rest.

Flashlight and Headlamp: A small, powerful flashlight. A headlamp is also essential, particularly for the last leg of the climb, which takes place at night. Be certain to pack some extra batteries as well.

Trail Munchies / High Energy Snacks: Although plenty of snack food is provided, trekkers like that taste of home in their pack. Touted as an important accessory by those who have brought them in the past.

Hot Drink Mixes & Water Flavoring: Water, coffee, cocoa and tea are provided during your climb. However, for your own taste away from home we suggest that you bring your favorite herbal teas, powdered soup mix etc. Water is purified with tablets and water flavoring can help disguise the taste.

Entertainment: Playing cards, kindle, music player etc. are very useful during down time and leisure time in camp and/or days when you reach camp early.

2x Light Towels: And a bar of soap for a wash up in camp.

Towelettes: Such as "Wash 'n' Dries" for general hygiene are also recommended.

Hand Sanitizer: 1 small bottle or tube of anti-bacterial hand sanitizer gel.

Spare Pair of Prescription Eyeglasses: For those who use contacts, the glasses will come in handy during periods of high wind and/or of dusty conditions.

	Simple Travelers' First-Aid Kit: Containing any basic items that you feel may be needed, including anti-diarrhea tablets. If you require a particular medication or prescription take an adequate supply to last through your entire trip, as it may not be available locally. On the mountain, you are likely to need moleskin for blisters and a good supply of pain relief medicine for altitude headaches (we strongly recommend checking with your physician with regards to which pain relief medication is best suited to you and for use at high altitudes), as well as any high-altitude medications prescribed by your physician.
	Photography kit: Remember that the camera or phone will be used at high altitude in freezing temperatures and needs to be small enough to tuck into your jacket on ascent day.
	High capacity power bank: To charge up your photography equipment.

FOR CARRYING YOUR GEAR:

	Lightweight Frameless Daypack: A medium size comfortable pack is adequate to carry personal gear (camera, snacks, water for the day, warm clothes etc). The pack should fit properly and comfortably and have a good waist belt. As noted in the "For Drinking" section of this document, a "camel" version with a built-in water bladder and side pockets is recommended. Please note that personal daypack loads are generally between 18 and 25 pounds.
	Pack Cover: Something waterproof to cover your pack with when hiking in the rain. Otherwise, bring a large plastic bag to serve as an inner liner to prevent the rain from getting between the backpack and the back.
	Medium Soft-Sided Duffle Bag: With a lock for mountain gear. This will go into our mountain bag that the porters will carry. Framed backpacks and suitcases cannot be used, as the porters who accompany you on your climb will not carry them.
	Large Soft-Sided Suitcase or Duffle Bag: Large enough to hold your non-mountain gear. This will be stored at your hotel where you can collect it after the climb.
	Plastic Bags: Several, to double bag your sleeping bag and clothes on the mountain. Depending on the season, it can rain for longer periods than one might anticipate. Clear bags are recommended to make it easier to see the contents of the bag for later use as opposed to having to rummage through the whole bag.
	Walking Sticks or Hiking Poles: Especially helpful during sustained descents.

FOR SLEEPING:

If you are doing the VIP or Luxury Climb then you will be provided with a mattress, sleeping bag and pillow and DO NOT need to bring any additional equipment. If you are doing a lite climb you will be provided with a pillow and will only need to bring the sleeping bag. For more information on what is provided in each category please see the 'Camping Specifications' section of the manual.

	1x Sleeping Bag and Stuff Sac: On the mountain temperatures can fall to as low as 0° degrees Fahrenheit at night so bring a warm bag.
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PLEASE INDICATE YOUR INSURANCE NUMBER & EMERGENCY CONTACT BELOW:

Insurance Number:
Insurance Contact:
Emergency Contact:

On the mountain it is essential to try and eat as much as possible and to keep very well hydrated. Your body uses up to 3 times as much water compared to normal whilst at altitude and so keeping hydrated is very essential. Hence during meals take in as much liquid as you can - hot drinks, cold drinks and soups are all there to keep you well hydrated. During the day also keep drinking - you should be drinking at every opportunity and at no point should you be in need of a drink.

Studies have shown that your basal metabolic rate (BMR) increases with altitude – at 4300 meters this can be as much as 28% up on normal and so despite the fact that you may not feel like eating that much, your body needs the fuel.

Please note that people with special dietary requirements can normally be accommodated, but please let us know if you have ANY allergies or dislikes.

We recommend that each person brings at least 1 energy bar per day to eat on trail.

A Sample Menu

Breakfast

- A selection of fresh fruits
- Cereal
- Porridge
- Cooked meal - eggs, tomato, toast
- Tea / coffee / hot chocolate

Lunch

Lunch is often taken on route in the form of a picnic lunch. Your cook sets this up in advance. A typical picnic lunch would include:

- Fresh vegetables
- Fruit juice
- Sandwiches with cheese and ham or some similar / some days a HOT lunch
- Chocolate bar
- Hot soup
- Tea / coffee / hot chocolate



Dinner

- Starter such as Buschetta
- Tasty soup with bread
- Main course of a carbohydrate, such as rice or pasta with a meat or vegetarian dish
- Pudding, for example banana fritters or fruit
- Tea / coffee / hot chocolate

WATER

On this mountain the water is actually very clean – for the most part. We provide bottled water at the trail head, specifically we provide 3 liters per person. From this point we use water from steams, and whilst it is most likely perfectly suitable for consumption, we take two precautions:

- Filter the water
- Add puritabs. These are iodine tablets and combined with boiling, make the water entirely safe to drink. Note that we provide the puritabs. You may like to bring water flavoring to mask the taste of the puritabs.

Each day you should have 3 liters of water on you when you start. For the entire day you should be drinking between 4 and 6 liters of water. Each person is different, but a simple rule is that your urine should be clear and copious: if it isn't, keep drinking.

GRATUITIES FOR THE TEAM

Please note that gratuities are **not included** in the quote. Tipping the porters and guides after your climb doesn't have to be a difficult subject. Tipping is not compulsory, and there is no fixed amount as we prefer that you ask yourself what a particular individual did to make your adventure more enjoyable and easier. Nonetheless, the following information may be useful when you are deciding how much to tip.

Total suggested gratuity amount per person for the entire trek: USD \$420-\$480

We will provide envelopes so that you are able to separate the tips for the expedition leader, assistant expedition leader, camp cook, camp crew and head porters. Please then hand all the envelopes to the Expedition Leader on the last day of the climb so that he can distribute them to the team.

Below are the suggested amounts for the gratuities and on the following page you will find the average number of team members per trek.

Expedition Leader	\$150 per person for the entire trek
Assistant Expedition Leader	\$50 per person for the entire trek
Camp Cook	\$50 per person for the entire trek
Camp Crew	\$50 per person for the entire trek
Porters (approx. 4-6 porters per person)	\$40 per person, per porter for the entire trek

On the following page you will find the crew numbers depending on how many guests are climbing at once.



Crew Numbers

The A&K treks encompass a large number of crew to carry the mess tents, all the emergency equipment such as stretchers and oxygen, and enough fresh food for multiple days. We generally employ more crew members than more 'budget' operators as we **do not want to overload our porters**, and the employment benefits of this are tremendous for the local community. Apart from the obvious advantage of having your camp carried, you will love the sense of camaraderie generated by this team of staff, and it will be a great source of comfort as you make your way to the summit.

Listed below are our most popular routes, and how many crew members they require, depending on the option you choose. The number of porters is a guideline only as it depends on the amount of equipment taken and so it may fluctuate slightly from group to group.

Route	Specification	Guests	Head guide	Assistant	Camp crew	Cook	Assistant	Porters	Total crew
Machame 7 days Lemosho 8 days Umbwe 6 days	VIP	2	1	1	1	1	0	18	22
		4	1	1	1	1	0	24	28
		6	1	2	1	1	1	36	42
		8	1	3	2	1	1	48	56
		10	1	3	2	1	2	56	65
		12	1	5	2	1	2	66	77
Machame 7 days Lemosho 8 days Umbwe 6 days	Luxury	2	1	1	1	1	1	15	20
		4	1	1	1	1	1	20	25
		6	1	2	1	1	1	30	36
		8	1	3	1	1	2	40	48
		10	1	3	1	1	2	50	58
		12	1	5	1	1	2	56	66

KILIMANJARO CAMPING SPECIFICATIONS

A&K offers three different categories of camping: lightweight, luxury and VIP. The main difference between the three is the amount of equipment provided for each trek; with more equipment we need more porters, and the price rises accordingly. However, we never alter the level of safety, safety devices or quality of guides, that stays the same irrespective of climb option. We normally recommend that our clients choose the Deluxe or VIP specifications, which is the quintessential fusion of adventure and comfort. Most climbers want to fully experience the feat that is Kilimanjaro - in all its challenging glory - and these options allow you to do so, whilst

Category	Specification	VIP	Deluxe
Guest Accommodation	Guest tent	7 ft high	5.5 ft high
	Full size sleeping cot	Yes	
	3 inch mattress	Yes	Yes
	Foam pad		
	Pillow	Yes	Yes
	Sleeping bag	Yes	Yes
	Hot water bottle	Yes	
	Thermal liner	Yes	Yes
	Toilet tent	Yes	Yes
	Shower	Yes	
Mess Area	Walk in mess tent	Yes	Yes
	Tables	Yes	Yes
	Backed chairs	Yes	Yes
	Stools		
	Meals	4 course	3 course
Safety Devices	Pulse oximeter	Yes	Yes
	Altitude sickness checklists	Yes	Yes
	First Aid Kit	Yes	Yes
	Evacuation stretcher	Yes	Yes
	Oxygen	Yes	Yes
	Portable altitude chamber	Yes	
Crew	Senior Mountain Guide, Mountain Guide & Assistant Guides	Yes	Yes
	Camp Crew, Cooks & Porters	Yes	Yes

VIP

The 7 ft high mess tent with backed-chairs, and a portable private toilet. The biggest guest tents including a raised bed with a 3-inch foam mattress, a pillow, hot water bottle and sleeping bag and a shower tent for the duration of the climb. Lunch and dinner are four course meals.



Deluxe

A 7 ft high mess tent with a table and backed chairs. The guest tent is slightly smaller with a 3-inch foam mattress, a pillow and a sleeping bag. Lunch and dinner are three course meals and a private toilet tent is included.



CLIMBING ROUTES COMPARISON

	Machame Route	Lemosho Route	Umbwe Route
Program Duration	9 days - excluding travel days	10 days - excluding travel days	7 days - excluding travel days
Total Days Trekking	7 Days / 6 Nights	8 Days / 7 Nights	6 Days / 5 Nights
Route Description	<p>Reputation as the finest and most scenic route up Kilimanjaro passing through various eco systems, also the most popular.</p> <p>A more demanding climb with a longer ascent route making it more appealing to serious trekkers.</p> <p>The decent route is different from the ascent route making it more varied.</p>	<p>Excellent views with unique landscapes and chances of viewing game on the lower slopes.</p> <p>Lesser used route giving guests more exclusivity.</p> <p>Acclimatization opportunities early on in the climb but slightly more strenuous on the Western Breach.</p>	<p>A little used ascent route with a very steep first day of climbing - only suitable for fit and serious climbers.</p> <p>Joins the Machame route on day 3, no acclimatization day included.</p>
Designed For?	<p>Designed for fit people, this is a strenuous climb but no mountain climbing experience necessary.</p> <p>The program includes an acclimatization day but guests need to high altitudes are challenging and there is a potential for altitude sickness to occur at some point.</p>	<p>Designed for fit people, this program has the best chance for acclimatization but is the longest program with the most hiking.</p> <p>The ascent is not so steep but with the overnight at Crater Camp experiences with high altitude is recommended.</p>	<p>This route is best suited for those that have previous mountain trekking experience in high altitudes; they need to have a proven track record of acclimatization to high altitudes and should be extremely fit and very active in their daily life.</p>

	Machame Route		Lemosho Route		Umbwe Route
Day 1	Arrive into Kilimanjaro International Airport & transfer to the hotel.	Day 1	Arrive into Kilimanjaro International Airport & transfer to the hotel.	Day 1	Arrive into Kilimanjaro International Airport & transfer to the hotel.
Day 2	Acclimatization day - drive to Arusha National Park for a hike with an armed ranger.	Day 2	Acclimatization day - drive to Arusha National Park for a hike with an armed ranger.	Day 2	Drive to the gate & begin climbing. 4 - 6 hours hiking. 9,843 feet.
Day 3	Drive to the gate & begin hiking. 4 - 6 hours hiking. 9,927 feet. Overnight Machame Camp.	Day 3	Drive to the gate & begin hiking. 3 - 4 hours hiking. 9,000 feet. Overnight Forest Camp.	Day 3	6 - 8 hours hiking. 13,044 feet. Overnight Barranco Camp.
Day 4	4 - 6 hours hiking. 12,500 feet. Overnight Shira Camp.	Day 4	5 - 7 hours hiking. 12,000 feet. Overnight Shira Camp I.	Day 4	4 - 5 hours hiking. 13,106 feet. Overnight Karanga Camp.
Day 5	7 - 10 hours hiking. 13,044 feet. Overnight Barranco Camp.	Day 5	2 - 3 hours hiking. 12,535 feet. Overnight Shira Camp II.	Day 5	4 - 5 hours hiking. 15,293 feet. Overnight Barafu Camp.
Day 6	4 - 5 hours hiking. 13,202 feet. Overnight Karanga Camp.	Day 6	7 - 10 hours hiking. 13,044 feet. Overnight Barranco Camp.	Day 6	Summit Day 12 - 16 hours hiking. Summit: 19,325 feet. Camp: 10,065 feet Overnight Mweka Camp.
Day 7	4 - 5 hours hiking. 15,293 feet. Overnight Barafu Camp.	Day 7	4 - 5 hours hiking. 13,202 feet. Overnight Karanga Camp.	Day 7	Walk to the gate: 2 - 3 hours hiking. Day room & depart.
Day 8	Summit Day 12 - 16 hours hiking. Summit: 19,325 feet. Camp: 10,065 feet Overnight Mweka Camp.	Day 8	4 - 5 hours hiking. 15,293 feet. Overnight Barafu Camp.		
Day 9	Walk to the gate: 2 - 3 hours hiking. Day room & depart.	Day 9	Summit Day 12 - 16 hours hiking. Summit: 19,325 feet. Camp: 10,065 feet Overnight Mweka Camp.		
		Day 10	Walk to the gate: 2 - 3 hours hiking. Day room & depart.		

MACHAME ROUTE

9 days / 8 nights

2 nights Arusha Accommodation

1-night Machame Camp

1-night Shira Camp

1-night Barranco Camp

1-night Karanga Camp

1-night Barafu Camp

1-night Mweka Camp

Machame Route is Kilimanjaro's most popular trail - with 45% of climbers using this route - and arguably boasts the most beautiful and varied scenery of any of the routes taken up the mountain. Machame leads its hikers through some of Kilimanjaro's most impressive features, including the Cloud Forest on the southern slopes and the dusty Shira Plateau. However, Machame is also considered one of the hardest trails to tackle (sometimes called the 'whisky' route because it is more demanding than the softer Marangu or 'Coca Cola' climb), but has a higher success rate than Marangu as its topography allows hikers to climb high and sleep low, meaning better acclimatization. The route is generally recommended to more adventurous climbers with some experience of hiking.

Day 1: Arrive Arusha, Tanzania

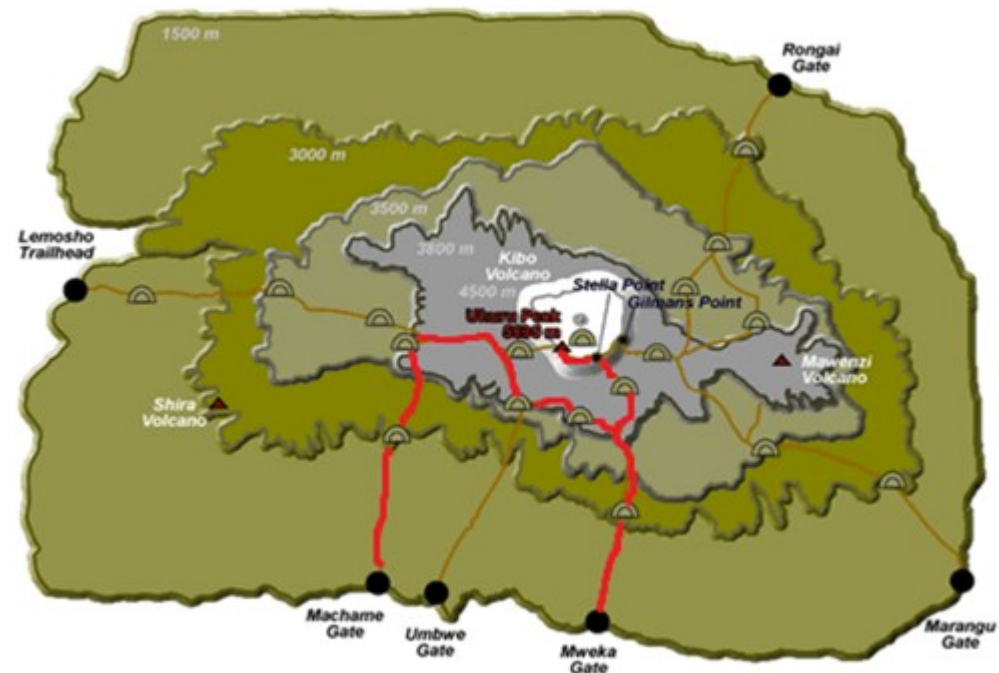
After being greeted at Kilimanjaro International Airport by an A&K representative, you are driven to your hotel at the foot of Mount Kilimanjaro.

Day 2: Arusha National Park

A day spent walking in Arusha National Park - guarded by an armed ranger and equipped with picnic lunches - is the perfect way to acclimatize yourself to the area before heading up the mountain.

Day 3: Hotel / Machame Camp

After breakfast, you are driven to Machame village on the lower slopes of Kilimanjaro where you begin the climb. Today is spent trekking through giant fig and rubber tree forests, where you may catch glimpses of Colobus and blue monkeys as they chatter and swing through the branches above you as if



championing you on. The dense forest is alive with other creatures and many of Kilimanjaro's unique and mystical plants. As you emerge from the forest and begin to peep over treetops to extensive plains below, you reach the day's destination: Machame Camp.

Hiking Time: 4 - 6 hours

Machame Camp (elevation 9,927 ft)

Day 4: Machame Camp / Shira Camp

You are awakened at 6am with a hot drink and, weather permitting, a stunning view of Uhuru Peak.

Today you trek out of the forest and up into heath and moorland - the abrupt change in landscape a clear demonstration of Kilimanjaro's famed '4 seasons in 4 days'. This Hagenia zone is savannah carpeted with tall grasses, bearded heather and rugged terrain of volcanic lava, caves and foamy streams. These

are flanked by the mountain's famous giant groundsels. The day's destination is the rocky Shira Plateau, where you will spend the night at Shira Camp.

Hiking Time: 4 - 6 hours

Shira Camp (elevation 12,500 ft)

Day 5: Shira Camp / Barranco Camp

This morning you as you cross the Shira Plateau, a spectacular view of Kibo peak rears ahead. Eventually, you'll meet the Lava Tower – a freestanding rock that rises 325 feet into the sky – and begin your descent through the immense Grand Barranco canyon. Winding through the gorge you'll encounter more enormous groundsels, their strange fingered-trunks stretching far taller than the climbers, as well as several miniature waterfalls fed by mountain streams.

The night is spent at Barranco Camp, the most picturesque camp on the route, tucked beneath the snow-capped Great Barranco Wall and enveloped by lush landscape.

Hiking time: 7 - 10 hours

Barranco Camp (elevation 13,044 ft)

Day 6: Barranco Camp / Karanga Camp

Day 6 is intended as a short, acclimatization day. At first you are confronted with ascending the Great Barranco Wall, and then the path winds down into pretty Karanga Valley, where malachite sunbirds can be seen amongst the flowers, their green plumage brilliant in the sunlight.

You spend the night at Karanga Camp, which has no increase in elevation to allow for lots of acclimatization time.

Hiking time: 4 - 5 hours

Karanga Camp (elevation 13,202 ft)

Day 7: Karanga Camp / Barafu Camp

Day 7 is another short day, spent trekking through strangely-beautiful lunar desert with views of both Mawenzi and Kibo peaks towering – intimidating as well as encouraging – ahead.

You overnight at Barafu Camp, also known as Base Camp, and spend the afternoon resting and preparing for the much-anticipated summit day.

Hiking time: 4 - 5 hours

Barafu Camp (elevation 15,293 ft)



Day 8: Barafu Camp / Uhuru Peak / Mweka Camp

On summit day, you are woken up at around midnight to start one of the most physically difficult challenges of your life. The group will ascend the path, flanked by Ratzel and Rehman glaciers, step by step, ensuring that everyone goes at a safe, slow pace – *pole pole* (*slowly, slowly*) the guides will softly urge in Kiswahili, on careful watch for signs of altitude sickness.

After about 6 hours you reach Gilman's Point which lies on the rim of Kilimanjaro's crater. From here you can watch as the sun rises majestically above snow and clouds – a truly extraordinary sight. From Gilman's Point, it takes another 2 hours, and lots of willpower, to push through to Uhuru Peak. Uhuru means 'freedom' in Kiswahili - named thus when Tanzania gained its independence in 1961. From here you can finally admire Africa from her highest vantage point and revel in the enormous challenge you have just conquered.

After taking photos and soaking up as much of this spellbinding, spilling view as you can, the descent begins. Stopping at Barafu Camp for breakfast, continue to Mweka Camp in the upper forest where you will spend your final night on 'the Roof of Africa'.

Hiking time: 12 - 16 hours

Uhuru Peak (elevation 19,325 ft)

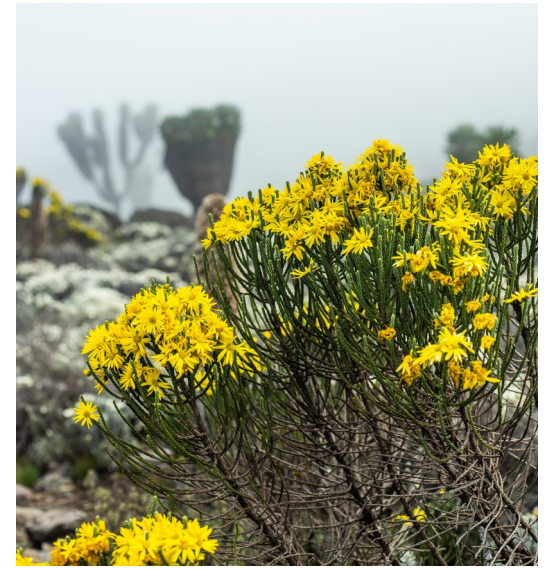
Mweka Camp (elevation 10,065 ft)

Day 9: Mweka Camp / Day Room / Departure

On your last day, you hike mainly through forest, trekking downhill - a pleasant change after summit day. At Mweka Gate you pick up your well-deserved certificate before being transferred by an A&K driver to your hotel. Here you will relax in the day room and enjoy a hot shower and lunch.

In the evening, you are driven to Kilimanjaro International Airport for your flight.

Hiking Time: 3 hours.



LEMOSHO ROUTE

10 days / 9 nights

2 nights Lake Duluti Lodge

1 night Forest Camp Camp

1 night Shira I Camp

1 night Shira II Camp

1 night Baranco Camp

1 night Karanga Camp

1 night Barafu Camp

1 night Mweka Camp

Lemosho, one of the newer trails, is often considered one of the most beautiful. Rewarding its challengers with far-reaching panoramic views tumbling from both sides of the mountain, Lemosho also tends to get less tourist traffic than other routes might: it is estimated that just 8% of tourists who climb Kilimanjaro will use the Lemosho route. The trail was additionally designed to give hikers more time to acclimatize, giving it an excellent summit success rate.

Day 1: Arrive Arusha, Tanzania

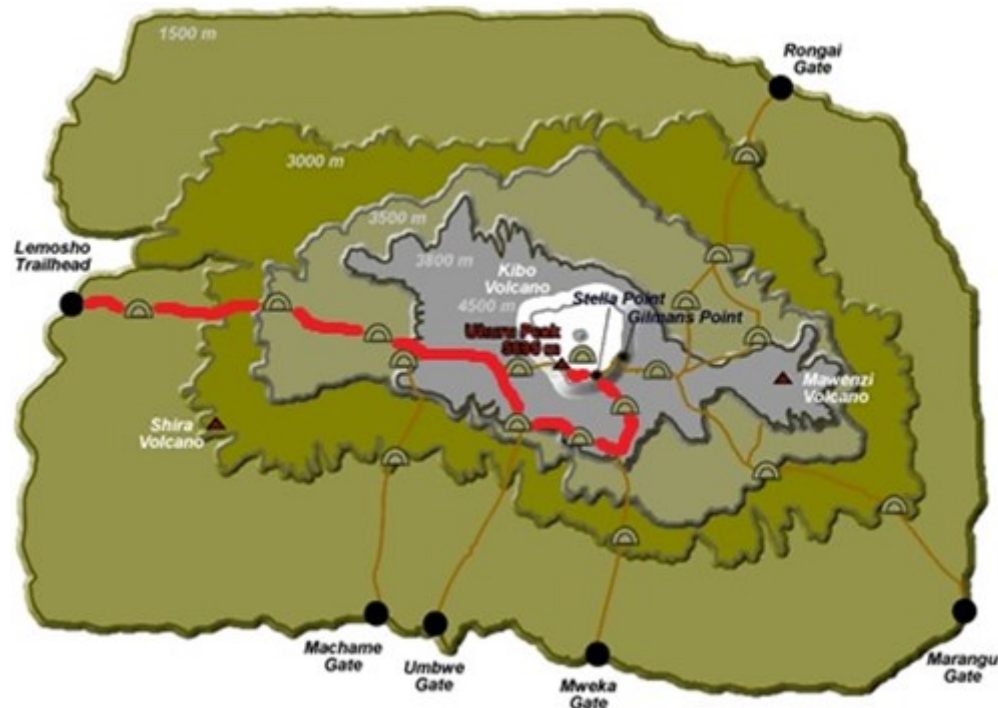
After being greeted at Kilimanjaro International Airport by an A&K representative, you are driven to your hotel at the foot of Mount Kilimanjaro.

Day 2: Arusha National Park

A day spent walking in Arusha National Park - guarded by an armed ranger and equipped with picnic lunches - is the perfect way to acclimatize yourself to the area before heading up the mountain.

Day 3: Arusha Hotel / Forest Camp

Day 3 marks the beginning of your trek. After breakfast at the lodge, you are driven three hours to the Lemosho Glades at the foot of Mount Kilimanjaro where your team registers for the climb at Londorossi Gate. In another hour's drive you reach the Shira zone of parasitic lava cones, spiraling their way theatrically along the road heading north. It is here you will start the trail. The Lemosho route offers the easiest first day of any climb up Kilimanjaro,



allowing your body time to adapt to a low-oxygen environment. The day is spent hiking three to five hours through thick Afromontane forests and glades with Hygeia, fig and juniper trees. Amidst these enormous trees, you're likely to spot colobus and blue monkeys, as well as many different bird species. The day ends when you reach Forest Camp where you spend your first night on the mountainside.

Hiking time: 3 - 4 hours

Forest Camp (elevation 9,000 ft) B L D

Day 4: Forest Camp / Shira 1 Camp

After waking at 6.30am to a hot breakfast, day 2 of Lemosho trail is along a less-travelled route and takes climbers through a dramatically varied day of scenery. Starting with forest, you trek up into the Hygeia zone, and then through denser juniper forest. The scenery changes once again – always

keeping visitors on their toes, literally – as the altitude rises and the forest merges and transforms into a savannah of tall grass and bearded heather. Lunch is taken at the day's halfway point; a remote location with spectacular views of the Shira ridge. Today's most exciting terrain is the volcanic lava caves and foamy streams flanked by enormous groundsels, conspiring to lend the impression of trekking through another planet.

Upon reaching your day's destination, the Shira Plateau, you may catch a glimpse of the crater rim Kibo, which is just one of the three volcanoes that, over 3 million years ago, merged to form the great white mountain.

Hiking Time: 5 - 7 hours

Shira 1 Camp (elevation 12,000 ft)

Day 5: Shira 1 Camp / Shira 2 Camp

Waking up at Shira 1 Camp means witnessing some of the mountain's most breathtaking views, you may even spot some of the incredible wildlife that resides on Kilimanjaro: elands, buffalos, duikers and jackals. Day 3 is one of the easier climbing days as you cross the Shira Plateau, an immense alpine heather terrain, and approach the Kibo massif.

By lunchtime you approach Shira 2 camp to spend the night. The afternoon is reserved for the group to relax, whilst, critically, adjusting to the altitude. From the camp, you can gaze up towards Uhuru Peak – an immense and motivating spectacle – and watch as the sun sets gloriously over the Shira plateau, Shira Cathedral and out towards Mount Meru in the distance.

At the camp, you can scale a small hill to soak up the remarkable landscapes that spill around you on all sides, and our guides will point out the new Shira 2 weather station which was donated by A&K to help monitor climate change on Kilimanjaro.

Hiking Time: 3 - 4 hours

Shira 2 Camp (elevation 12,535 ft)



Day 6: Shira 2 Camp / Barranco Camp

Day 4 of the trek is more challenging than previous days. As you leave the camp, you begin the 3-hour climb up to Lava Tower – a freestanding rock stretching 325 feet into the sky. Lunch at the rock gives you time to acclimatize, take photos of the Western Breach which reaches 15,100 feet above sea level and overlooks the Great Barranco; one of the many heart-stopping gorges carved into Kilimanjaro’s soft ash and rock surface.

After lunch, you descend the rocky trail into the valley and trek through lush landscape before reaching Barranco Camp, which sits beneath the snow-dusted Great Barranco Wall.

Hiking Time: 7 - 10 hours

Barranco Camp (elevation 13,000 ft)

Day 7: Barranco Camp / Karanga Camp

At Barranco Camp you start to experience stronger winds and colder temperatures, but happily Day 4 is considered a fun climb day. We begin by trekking through rocky terrain because starting a two-hour scramble up the Great Barranco Wall which from the top, and on clear days, has views all the way out to Mount Meru in the west.

The group then navigates the slopes of the valley, carved dramatically into the mountainside with Kibo’s glaciers and Mawenzi’s peaks looming above.

We reach Karanga Camp in time for lunch and the afternoon is passed with a short acclimatization walk, before staying at this camp for the night.

Hiking Time: 4 - 5 hours

Karanga Camp (elevation 13,202 ft)



Day 8: Karanga Camp / Barafu Camp

After breakfast at Karanga, you start your penultimate day to the summit. As you leave the African plains behind, the landscape grows even more other-worldly consisting mainly of huge expanses of dust and rock. The mountain’s glaciers rise to your left, and you begin to glimpse the victorious end of an incredible journey.

A three-day gradual hike takes you to Barafu Camp, also known as Base Camp. Here an early dinner and rest is essential as most groups will depart before midnight to ascend to their final goal: the tallest point in all of Africa.

As stomachs jitter with nerves, climbers may wish to recall the very first people to conquer the “white mountain”; German climbers Hans Meyer and Ludwig Purtscheller, along with Tanzanian porter Yohani Kinyala Lauwo. It is reported that the team took 6 weeks to reach the summit and, according to Meyer, he began his journey by walking on foot from Taveta, just over the border in Kenya.

Hiking Time: 4 - 5 hours

Barafu Camp (elevation 15,293 ft)



Day 9: Barafu Camp / Summit / Mweka Camp

The 6-hour trek you embark on from Barafu Camp to the summit is tough and cold. However, guides will insist on their most sound and reassuring advice *pole pole*, meaning 'slowly' in Kiswahili; it is essential that each climber goes at their own measured pace whilst the guides keep an eye on your breathing and step pace, and check for any signs of altitude sickness.

As the sun begins its own ascent, you have made it above the clouds and are looking at spectacular views across them. At the bottom of the scree slope you take a brief rest before tackling the final stage - and then you've made it. Upon conquering Uhuru Peak, there is time to take photos and even write in the book stored in a wooden box at the top which contains messages from the thousands of other warriors who have climbed 19,325 feet above sea level.

As you can't spend too much time at this high altitude - known by some as the 'dead zone' - the group shortly begins the descent back to camp. Along the way, you encounter the ethereal Southern ice fields and, upon rounding Stella Point, the Rebmann glacier will appear – desperately beautiful in its disappearance – to your right.

Returning to Barafu Camp, the group has a chance to refuel and rehydrate – well-deserved after ascending one of the world's tallest volcanoes. The final trek of the day will find you at Mweka Camp, where you spend the night.

Hiking Time: 12 - 16 hours

Uhuru Peak (elevation 19,325 ft)

Mweka Camp (elevation 10,065 ft)

Day 10: Mweka Camp / Arusha

After completing the hardest day of the trip, the eighth and final day of your trek comes as a nice, downhill amble. Waking up to warmer temperatures and monkey chatter will spur you on the final leg. You descend through Montane Forest, passing by ancient trees and a collection of birds and butterflies, before reaching Mweka Gate where you – finally – receive a well-deserved climbing certificate.

A driver will be waiting at the gate to take you back to your Arusha Hotel – and a much-needed piping shower and hot meal on the lakeshore.

In the evening, after you've had time to relax and use the day room facilities, you are transferred to Kilimanjaro Airport for your flight.



UMBWE ROUTE

9 Days / 8 Nights

- 2 nights** Lake Duluti Lodge
- 1-night** Umbwa Caves Camp
- 1-night** Barranco Camp
- 1-night** Karanga Camp
- 1-night** Barafu Camp
- 1-night** Mweka Camp

The Umbwe Route is the most challenging of the Kilimanjaro routes, as it leads climbers up the most direct route to the summit. The steeper challenge means less hikers opt for Umbwe and as a result it's less busy than other routes. The Umbwe route, however, gives you less time to acclimatize, and should only be undertaken by those confident in their trekking ability who can cope with consistent uphill. In compensation for its difficulty, the first two days the route offer some of the mountain's most impressive and magnificent scenery. The Umbwe route is also the quietest trail so you can revel in the splendour in near isolation.

Day 1: Arrive Arusha, Tanzania

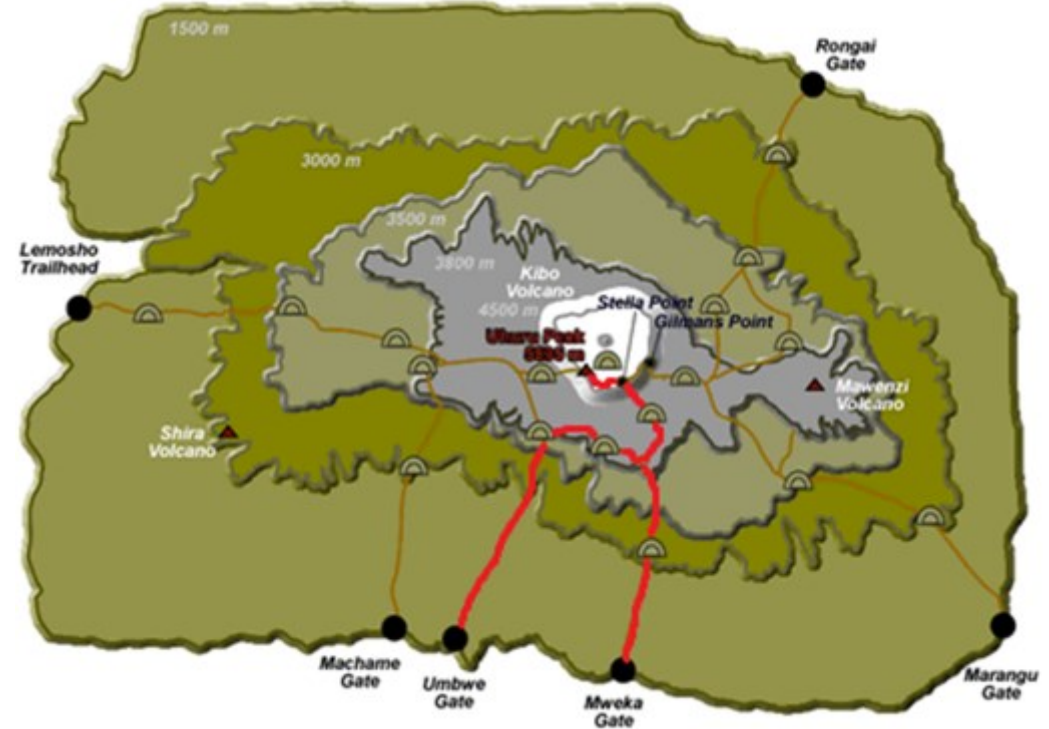
After being greeted at Kilimanjaro International Airport by an A&K representative, you are driven to your hotel at the foot of Mount Kilimanjaro.

Day 2: Arusha National Park

A day spent walking in Arusha National Park - guarded by an armed ranger and equipped with picnic lunches - is the perfect way to acclimatize yourself to the area before heading up the mountain.

Day 3: Arusha Hotel / Machame gate / Umbwe Caves Camp

After breakfast at the hotel, you are transferred to Machame gate to collect your permit and then driven to the Umbwe gate, which is your start point. The trail on day one winds quite steeply up Kili's southern slopes as you trek underneath a sprawling forest canopy. The gradient increases as you climb towards the trail that meanders between the Lonzo and Umbwe Rivers. Umbwe Caves Camp, your camp for the night, takes advantage of the spectacular surroundings, perched in the shade of enormous and ancient trees.



Hiking Time: 5 - 6 hours

Umbwe Caves Camp (elevation 9,843 ft)

Day 4: Umbwe Caves Camp / Barranco Camp

Quite suddenly on day two, the scenery changes drastically from dense forest to sparser, rockier moorland. Today you'll take it slowly so your body can acclimatize as you hike up some very steep sections. Eventually the trail flattens into Barranco Valley, where views of Uhuru Peak grace climbers. Barranco Camp is a favorite of Kilimanjaro trekkers as it sits in the valley under the Great Barranco Wall and has fabulous displays of the mountain's famous giant groundsels.

Hiking Time: 4 - 5 hours

Barranco Camp (elevation 13,044 ft)

Day 5: Barranco Camp / Karanga Camp

Today is shorter, but it does begin with a clamber up the Great Barranco Wall – a 843ft. (257 meter) tall lava flow. At the top, there's time to admire yet another stunning view, before descending into the Karanga glacier valley. The route wraps its way through the green valley resplendent with flowers and sunbirds, you ascend to the top end in time for lunch and a well-earned rest at Karanga Camp. You will camp here for the night, but during the afternoon there's the opportunity of a guided walk to admire the southern walls of Kibo, and some deep glacial valleys.

Hiking Time: 4 - 5 hours

Karanga Camp (elevation 13,106 ft)

Day 6: Karanga Camp / Barafu Camp

After breakfast at Karanga Camp, you start your penultimate day to Kilimanjaro's summit. As you leave the African plains behind, the landscape morphs as something from another planet; huge expanses of dust and rock. The summit's glaciers rise to your left, and you get a glimpse of the victorious end of this incredible journey.

A three-day gradual hike takes you to Barafu ("ice" in Kiswahili – aptly named for the freezing conditions) Camp in time for lunch. From here the mountain's two significant peaks - Mawenzi and Kibo - can be seen. Enjoy dinner and a rest before your midnight departure for the summit.

Hiking time: 2 - 3 hours

Barafu Camp (elevation 15,293 ft)



Day 7: Barafu Camp / Summit / Mweka Camp

One day 7 of this route you'll reach your final destination – the summit of Kilimanjaro, 19,325 feet above sea level. This summit climb will be, without doubt, the most difficult part of your trip. However, you're well supported as your experienced guides are on hand to help you pace your breathing and your walking and keep an eye out for signs of altitude sickness. After hiking for a few hours in the dark, you'll reach Stella's Point, where the sun illuminates the eastern horizons and you can admire dawn rising over Mawenzi peak. An hour beyond Stella's Point, you'll reach Uhuru Peak – the highest point in Africa.

Climbers don't linger long at this altitude on account of low oxygen levels; there's time for photographs and a moment of quiet personal satisfaction before commencing the descent.

The surroundings transform gradually as you climb down - alpine desert and moorland, birdlife starts to reappear before you venture into flattening grasslands. The downhill and

twisting trails will be a strain on your knees and ankles - and it's a long day - when you arrive at Mweka Camp, there's only one day of trekking left.

Hiking Time: 12 - 16 hours

Uhuru Peak (elevation 19,325 ft)

Mweka Camp (elevation 10,065 ft)

Day 8: Mweka Camp / Arusha

At Mweka Camp you wake to warmer temperatures and the chatter of colobus and blue-faced monkeys. Your final day takes you through the Montane Forest filled with ancient trees and colorful birds and butterflies. At the park gate as you exit, you'll receive your hard-won

Kilimanjaro climb certificate, and say good-bye to your crew. A driver will meet you and transfer you back to Lake Duluti Lodge, where you can luxuriate in a hot bath and relax in a day room. In the evening, you are transferred back to the airport for your return journey.

Hiking Time: 2 - 3 hours.

INCLUSIONS & EXCLUSIONS ON THE CLIMB

Kilimanjaro Climbs Include:

- All transfers as per itinerary
- 2 Nights' accommodation at a hotel in the Kilimanjaro Area
- All Kilimanjaro Park fees, Camping and Rescue fees
- Services of trained guides (NOLS qualified) porters, and a cook
- All food for the duration of the climb, top quality food, specially considered for maximum nutrition needs.
- Safety equipment (oxygen tank) for entire climb
- Camping equipment – Top quality mountain tents
- Portage of baggage (maximum 20kgs) per person
- Safety communication equipment's (satellite phones and cell phones)
- Government taxes and levies
- Our assistance on arrival and departure
- Flying Doctors Evacuation off the mountain and from the nearest airstrip
- Day room on last day at Lake Duluti Lodge

Kilimanjaro Climbs Exclude:

- International airfare
- Travelers insurance
- Communication charges or other personal items
- Meals or transfers other than those included on the cost of the climb
- Optional activities
- Beverages, laundry, personal gear or clothing
- Any charges resulting from an early descent such as additional hotels, transfers etc. (If a client returns before the completion of the climb)
- Sleeping bags and personal mountain gear

Please contact us for rates which will be based on your hotel accommodation and the level of climb accommodation that you choose.



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