



Abercrombie & Kent  
EAST AND SOUTHERN AFRICA

Climbing Kilimanjaro with Abercrombie & Kent

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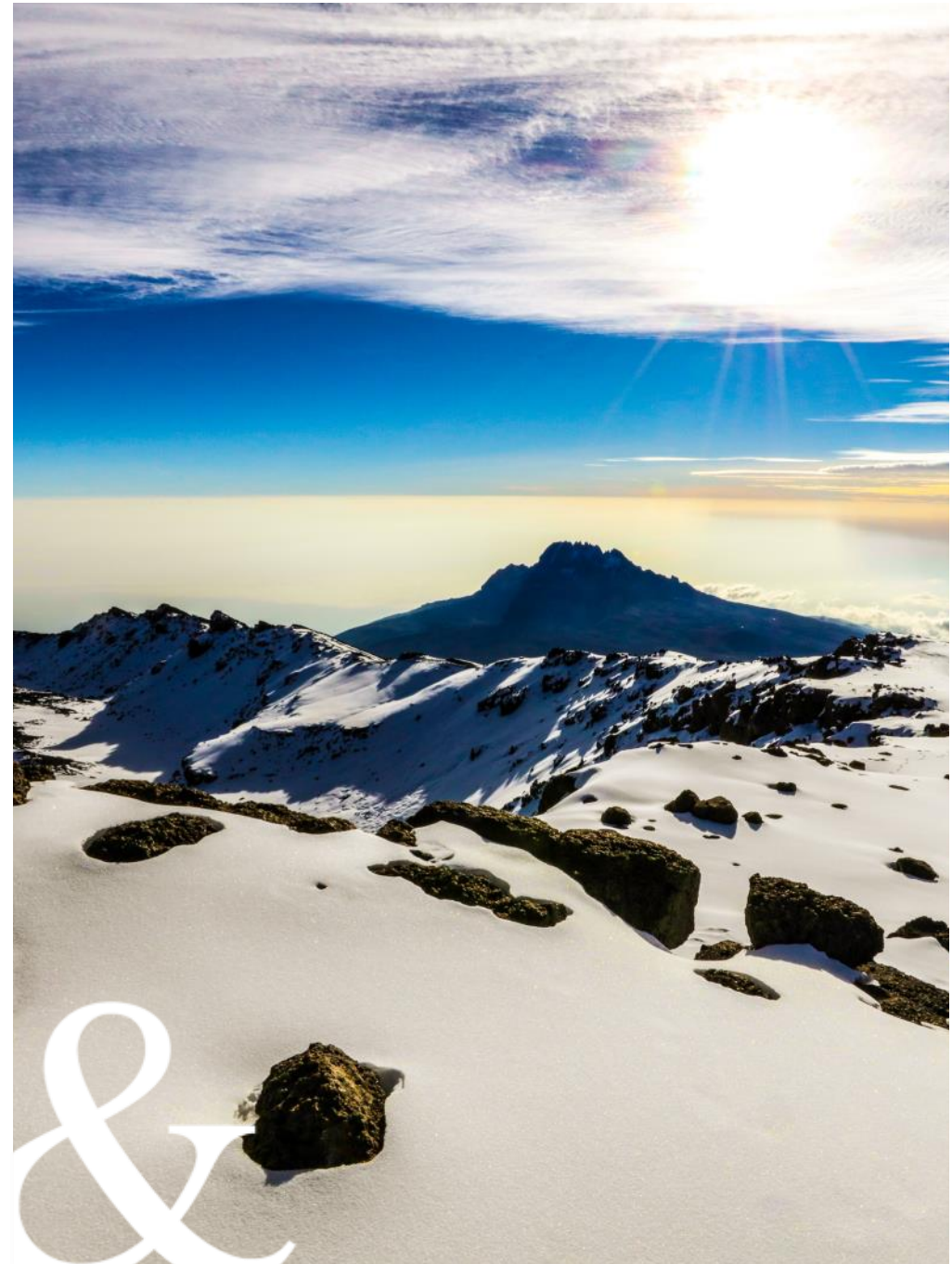
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## Abercrombie & Kent

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.

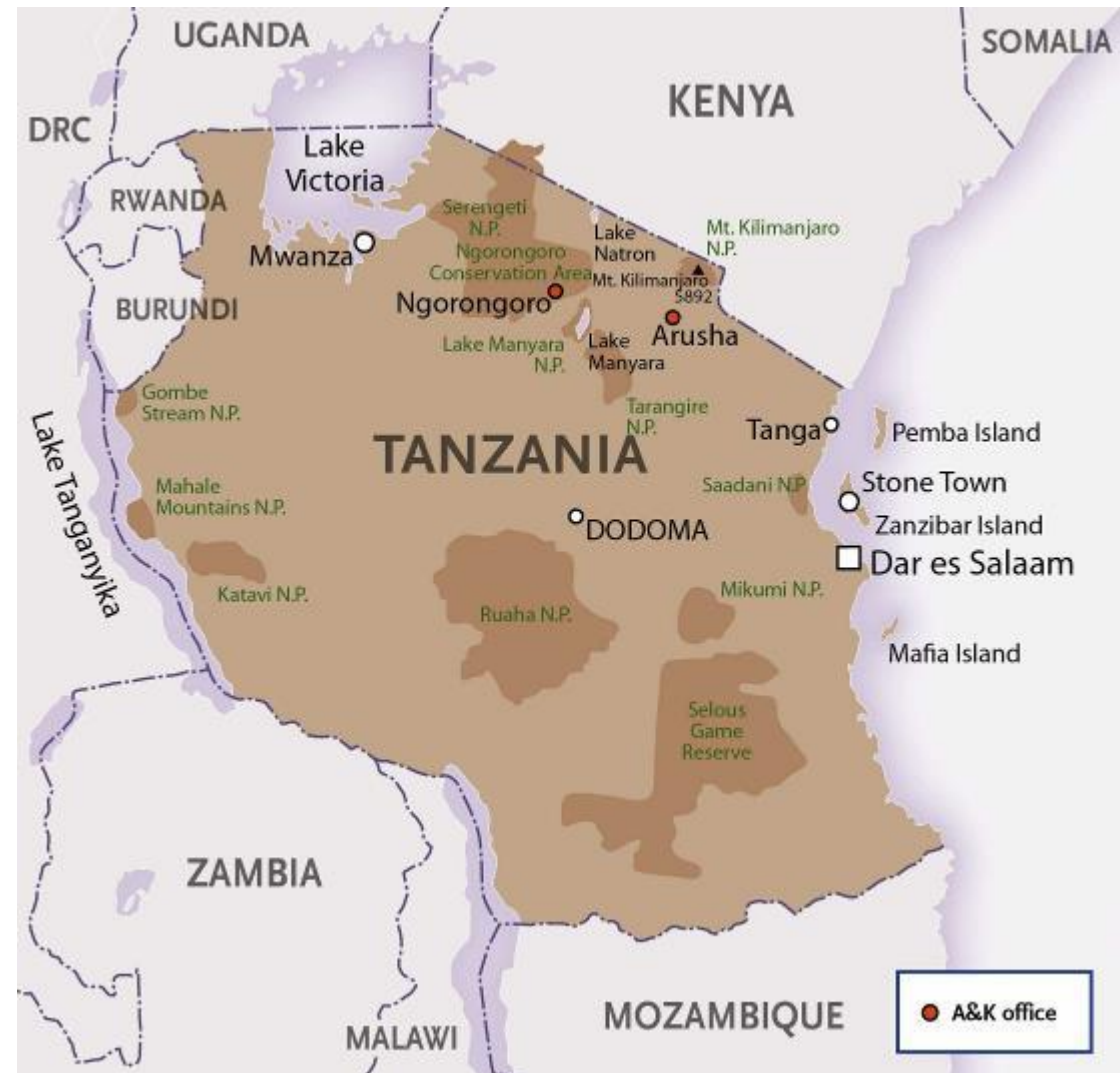


With over 50 years' experience working in Tanzania, and 30 climbing Kilimanjaro, it's little wonder that A&K provides our clients a phenomenal ascent to the "Roof of Africa". Kilimanjaro is one of Africa's most alluring attractions; an adventure to tackle and triumph, and one which A&K enhances further by providing comfort, experience and safety.

Aside from this, A&K provides quality; the best staff, the best equipment and the best camping gear. All our guides are certified Wilderness First Responders, and most have summited Kilimanjaro an overwhelming 200 times (we only expect you to do it the once!). Additionally, they are trained in mountain craft, natural history and ecological awareness. The porters and chefs are employed directly by the company, providing you a personal, reliable and efficiently-trained team as you ascent the world's highest free-standing mountain.

Aside from all of this, A&K is, critically, a company that looks to securing the future of Tanzania's landscape and her people. A founding member of the Kilimanjaro Porter Assistance Project and partner for Responsible Travel with the International Mountain Explorers Connection we ensure the welfare of our porters. A&K also strives to be eco-responsible, making certain our upscale camps are sustainable, and that we descend Kilimanjaro leaving no trace of our climb behind us; we strive to ensure that we enjoy Kilimanjaro's challenge without compromising the natural beauty of its habitat.

Kilimanjaro has seen an enormous assortment of victors reach her summit: an 8 and an 88-year-old, a group of blind climbers raising awareness of vision loss, a man with cerebral palsy in a wheelchair, Douglas Adams in a rhino costume, and a Pizza Hut deliveryman - breaking the record for the highest pizza ever delivered. With A&K, you can join this group of champions, and tackle one of Africa's greatest and most gratifying experiences.





## OUR KILIMANJARO GUIDES

A&K prides itself on the quality of our guides and Dismass Mariki is no exception; with over 11 years' experience of climbing Mount Meru and Mount Kilimanjaro, and having completed 218 climbs to Kili's summit, Dismass is the ideal person to guide you towards Uhuru Peak.

Dismass was born in 1979 and after attending Sinoni School in Arusha, he went on to Lomwe School in the Kilimanjaro region. It is here that Dismass's passion for the "white mountain" began, and this has influenced his career and life choices ever since.

After school, Dismass started German and English courses and would pay for these studies by working on the mountain. In 1999, he was working as a porter for Kilimanjaro, building his way up to become an assistant guide. It was during this time that Dismass noticed something essential: his colleagues were lacking basic knowledge of the Mountain in a foreign language. Thus, Dismass made the inspired decision to take a three-year German Tour Guide course at the Nairobi Institute of Hotel Tourism. He completed the course with an advanced intermediate level.

In 2000, Dismass joined A&K and continued to soar up his career path. After completing the intensive training by Kilimanjaro National Park, he achieved his guiding licence and in 2004 was made responsible for German climbs. Finally, in 2006, Dismass began leading private account climbs.

In 2006, Dismass set himself the challenge of taking the Umbwe route up Kilimanjaro (which has the reputation of being the most challenging route up the mountain) in just 28 hours – whereas it usually takes about 6 days. Dismass completed the hike with 2 others, raising donations for the Kilimanjaro Development Program.

In addition to his talent for languages, Dismass has completed two first aid and rescue courses at Mt. Kilimanjaro & Training Alpine and First Aid Training by European specialists. He attended the sport medicine course at Njombe-Iringa and additionally completed a course of geology at InterContinental College in Arusha.

All these achievements and hard work have transformed Dismass into the confident and highly-experienced Kili guide we know today. This means you can summit confidentially in the hands of someone with a crucial mixture of experience, knowledge and respect for his beloved mountain.



Noah John, another of A&K's top guides, has climbed Kilimanjaro an impressive 70 times, and near-by Mt Meru a staggering twenty - 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 completed 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 Thembi 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.

## AN INTRODUCTION TO 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. This great mountain is located on Tanzania's northern border, 330kms south of the Equator. The sheer enormity of Kilimanjaro's height and size means the mountain experiences extreme landscapes and the climate differs from the rest of Tanzania, making it a remarkably unique experience.

Kilimanjaro is composed of three extinct volcanoes, Kibo at 19,340 ft (5,895 meters) high, Mawenzi at 16,896 ft (5,149 meters), and Shira at 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. We hope that the following information will help you do that.



### Climate:

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.

Climbing Kilimanjaro has been described as experiencing a year's worth of weather in one week. The mountain displays five distinct climate zones: the equatorial lower slopes, tropical forest, heather and moor land, highland desert and finally a cold, cold summit. Each zone has its own unique combination of altitude, temperature, rainfall, plants and animals, and occupies a belt of approximately 3,281 ft (1000m) of altitude. Generally speaking, temperature falls about 1°C with every 656 ft (200m) of elevation increase and rainfall decreased steadily from the forest upwards. High temperature and rainfall zones inspire an abundant plant life and more sightings of animals such as the blue and colobus monkeys. As you ascend into colder and drier conditions the landscape changes drastically and less vegetation and wildlife are seen.



## AN INTRODUCTION TO MOUNT KILIMANJARO

### Characteristics of the different zones:

The lower slopes, which ascend from 2,624 to 5,906 ft, or 800 to 1800m, were originally scrub, bush and lowland. These have now been cultivated and re-used for livestock grazing and local crops. In this cultivated zone you will not see large wild animals.

The forest (5,905 to 9,187 ft, or 1800 to 2800m) is the richest zone on the mountain. A band of incredibly stunning mountain forest wraps around the whole of Kilimanjaro, and is frequently permeated by a mystical layer of cloud. Protected by these clouds moisture cannot evaporate easily. The occasional striking flower can be seen blossoming and this zone is home to most of Kilimanjaro's wild animals, though they are hard to spot hiding amongst dense trees. However, you are likely to see both blue monkeys, and black and white Colobus monkeys. Leopards live within the forest and prey on antelopes, monkeys and rodents, duiker and bushbuck.

The heather and moor land (9,187 to 13,124 ft, or 2800 to 4000m) is a low alpine zone with mostly cool and clear conditions, except for the mist and fog rising the forest edge. Heather and shrubs grow in this area as well as gorse and gorgeous patches of grass and flowers. There are not many large mammals here, but occasionally some wildlife is seen passing through the area: eland, duiker, dogs, buffalo and elephants. You may also spot some of Kili's colorful birdlife, the Auger and Mountain Buzzards, Crowned Eagle, Lammergeyer and White-necked Raven, for example.

The highland desert (13,124 to 16,405 ft, or 4000 to 5000m) is the alpine zone. Here we witness intense radiation, high evaporation and huge daily fluctuations in temperature; at night the temperature can dip below 0°C, whilst in the day time it can climb as high as 40°C in direct sun. Under these harsh conditions, only the hardest lichens, moss and tussock grasses thrive. It is home, however, to the mountain's famous giant groundsels, which add to the area's spectacular views and its other-worldly feel.

The summit area rises above a whopping 16,415 ft (5000m) and is characterized by arctic conditions; freezing cold at night, and burning sun during the day. Up at this altitude the oxygen level dips to about half of that found at sea level and lack of atmosphere means little protection from the sun. Living creatures are rare at this point on Kilimanjaro, however, in 1926, a leopard was found atop of Kibo peak – only it was frozen solid!

### Health:

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.

Each prospective climber must consult a doctor about high-altitude travel. After a brief period of acclimatization most people do not suffer from altitude sickness. However, elderly travelers or those with high blood pressure or heart conditions need to exercise extreme caution at high altitudes (see section entitled information on acclimatization for travelers to areas of high altitude). 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.

**Abercrombie & Kent strongly advises all travelers about to climb Kilimanjaro to consult with their doctor prior to travel. 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.**



## AN INTRODUCTION TO MOUNT KILIMANJARO

### Weather:

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.

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 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.

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.

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



### Baggage:

We recommend that clients carry their walking boots as hand luggage onto the plane when flying to Kilimanjaro, in case of baggage loss or delays.

Travelers 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 (no 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 Kili climb, and so you must take sufficient clean clothing for the duration of the climb.

### Food and drink:

On most days of the climb, camp breakfasts are served at around 6AM.

Breakfast is usually a hearty meal of porridge, fruit, hard-boiled eggs, and toast with jam. Lunches generally consist of sandwiches and fruit, occasionally soup may be served as well. Tea and biscuits or cake are served on arrival in camp at the end of a day's climb. Dinner, which is served in the early evening, will usually be soup, a meat or vegetarian dish, potatoes, vegetables, and fruit. At all stages of the climb, it is important to drink as much liquid (water and tea) as possible to help your body acclimatize.



AN INTRODUCTION TO MOUNT KILIMANJARO

Gratuities:

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  
The entire amount should be presented to the Expedition Leader on the last day of the climb. He will then distribute among the staff as follows:

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)	\$30 per person, per porter for the entire trek



Acclimatization for travelers to areas of high altitude:

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 tranquillizers), 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).

PREPARATION & TRAINING

Packing list

The following information is considered the essential list of what you should take with you up the mountain. A supplementary list follows for extra items. Extra items can be extremely hard to source in Tanzania, and whilst the guides can often help with kit, this is not a reliable way of obtaining all the items you need.

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 you 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.

**NOTE:** it is a very good idea to wear your boots on the plane and hand carry your outer shell / waterproof jacket. These items are really essential! Also, if you are taking medication then this should also be carried on your person.

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.

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.

EQUIPMENT	CHECK
Thermal hat (Balaclava is ideal) & scarf	
Wide brimmed hat (Essential. Baseball cap is the bare minimum)	
Sunglasses/eye goggles (must cover eyes completely)	
Waterproof Jacket (Gore-Tex or similar with hood)	
Thermal Jacket – down or synthetic down (Essential)	
Lightweight Fleece	
Heavyweight Fleece	
Shirts x2 (With sleeves are best – to protect against sun and insects)	
Thermal Gloves (lightweight glove that can fit inside waterproof outer glove)	
Waterproof outer glove/ mitten	
Thermal underwear	
Lightweight trousers x2 (NOT JEANS)	
Waterproof / windproof trouser	
Socks (1 pair per day trekking)	
Waterproof hiking boots (worn in)	
Sandals/ tevas/flip flops	
Headlamp + spare batteries	
Sun cream >factor 25, preferable 40	
Day rucksack (around 30 liters for waterproofs/ water and any other essentials when walking day to day).	
Kit bag – (so that we can put it in our custom designed porter bags easily). Porters carry this. <b>It is highly recommended that you put all items in a large plastic liner, or even separate out in a few plastic bags to keep everything 100% dry.</b> Note: porters will NOT carry framed backpacks. (Internal flights in East Africa require soft packs)	
Small towel	
Gaiters	
Walking Poles (very useful on descents and helps reduce stress on knees. Can be rented on climbs and trek) x 2	
Sleeping bag (-20c)	
Insurance Reference & emergency telephone number	
Medication, dietary restrictions & allergies (list the medication you take or intend to take This should be on your BOOKING FORM. Bring prescription with you)	
Other (List)	



**PREPARATION & TRAINING**

Please fill out the following list and return it to Abercrombie & Kent before your departure.

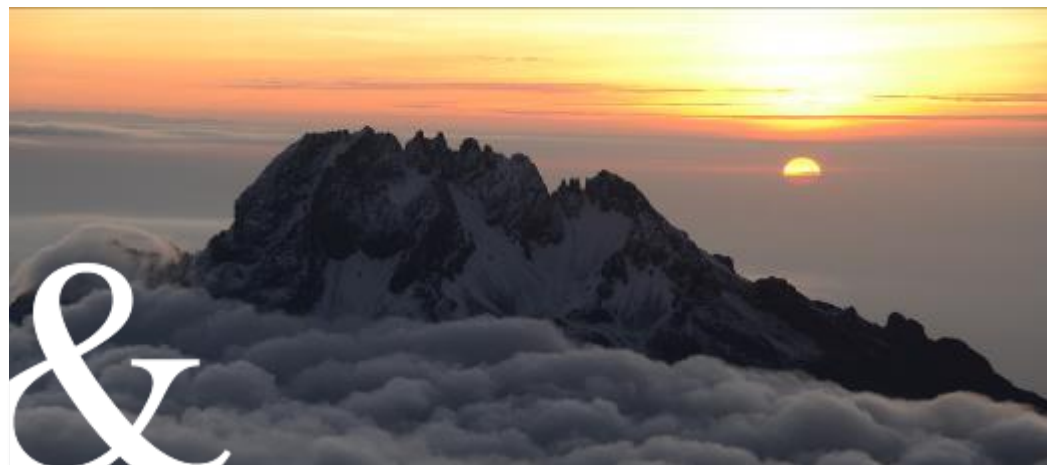
	Other equipment packed	Insurance details	Insurance reference	Emergency contact number	Other info	Dietary restrictions / allergies
Guest 1						
Guest 2						
Guest 3						
Guest 4						
Guest 5						

## PREPARATION & TRAINING

### Supplementary packing list

These listed items are simply things that could make your hike more comfortable or items that are not deemed essential.

- In rucksack water carrier – Platypus, CamelBak etc. The tube leading to your mouth should be insulated otherwise it will freeze on the way to the summit
- Gel-activated hand warmers (for summit day - but please note this is a pet hate as most people simply drop them once used)
- High energy bars: you should keep eating all day long and our guides will be handing out extra chocolate and sweets on route, but good quality energy bars are a valuable addition
- Cordial or other water flavoring: we boil, filter and then add puritabs to the water. You are provided with 9 liters of bottled water from the start, carried by crew and then we source water from mountain streams which are usually very clean. Nonetheless, we clean our water through a 3-step process to make sure you don't get stomach upsets
- Wet wipes and antibacterial gel (very useful addition)
- Camping pillow if you want
- Poncho which is great for the rain forest section. Alternatively, an umbrella is also good and the preferred option of guides
- Emergency foil blanket
- Personal first aid kit: we provide first aid kits but you may like to bring your own, especially if you are allergic to certain drugs, or want extra items. Possible items you might like to include are: knee supports, sanitary towels, sun block (listed in essential items), blister treatment, band aids and bandages, moleskin, aspirin (for altitude headaches), an antibiotic to use if needed (such as Septra DS), altitude medication (as prescribed by your doctor), thermometer, throat lozenges, scissors, tweezers, medicine for stomach ailments, oral rehydration sachets and talcum powder
- Lip balm containing a sun block
- 1 or 2 walking sticks
- Plastic bags – to separate dirty laundry and as a failsafe if you do not have a rucksack cover
- Playing cards
- A small reference book on plants (if you are interested in botany), as guides are not especially knowledgeable about this aspect of the climb.
- Pencil & paper for the trip log
- Earplugs
- Pocketknife
- Spare contact lenses and/or glasses and/or dentures



### Medical & insurance

We advise that all clients have a medical checkup before attempting Kilimanjaro. This is especially relevant if you are above 40 years of age or if you have had any conditions in the past that limited your ability to trek. It is crucial to remember that Kilimanjaro is a very demanding hike of at least 5 days (however we do not advocate climbing to the peak in just 5 days), or of up to 8/9 days - depending on your chosen route. Your body will be exposed to more stress and strain than anything you may have experienced before and so being prepared – for example by having a medical checkup before heading out to Tanzania - is crucial.

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.

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.



## PREPARATION & TRAINING

### Photography

Most people bring a camera with them for shots of Kilimanjaro. We have found over the years that the specification and performance of small, compact cameras has improved phenomenally, and they will not add much weight to an already kit-heavy bag. Digital cameras are what climbers most frequently bring with them, and these are also lightweight and compact. Such cameras are ideal for day-to-day shots as they can stay tucked in your pocket and easily whipped out as you continually pass extraordinary sights and scenery. Some additional points to consider:

- The camera will be used in severe cold (especially during the final ascent) and should be protected against freezing whilst not in use. This can be done by keeping your camera in a protective cover, or tucking it away into interior pockets. Do not keep your camera in your backpack at higher elevations.
- Wide-angle, telephoto and zoom lenses will produce even better-quality photos for SLR cameras, but you must take into consideration their additional weight. Generally, a good 28-80mm zoom lens covers most shots, as well as keeps your weight down.
- A polarizer or neutral density filter greatly enhances results as there is a lot of glaze and UV at altitude.
- Transparency (slide) film will also produce higher-quality images, although the photos will then be more expensive to develop.
- Video photography is an excellent method of recording the sights and sounds of your climb and is highly recommended, especially if the equipment is lightweight.
- Note: supplies of slide film and batteries are not reliably found in Tanzania.

### Things to Keep in Mind for Clothing

Whilst packing for Kilimanjaro, you must remember the key phrase **less is more**. You must of course bring the essential gear as seen above, but it is equally important to avoid brining unnecessary items that will simply be extra, uncomfortable weight in your rucksack. Items that are not recommended are: cotton socks, jeans, multiple pairs of shoes, and heavy sweatshirts. Look for items are that moisture wicking and made of fabric which is quick-drying, as opposed to cotton fabrics. Cotton clothes and jeans retain moisture, and so make you cold and damp – not a good combination whilst trekking up to a cold, high altitude.



## PREPARATION & TRAINING

### Training

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, and so it is crucial that you are in good shape ready to tackle such a task. 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 final 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.

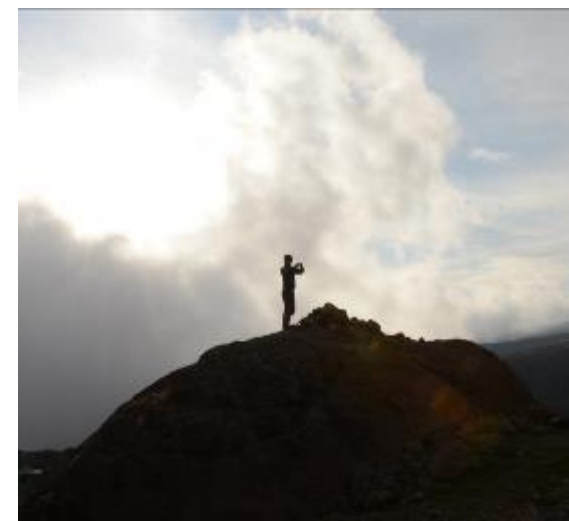
#### Month 3:

- 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 and fully worn in and you are more mentally prepare 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 you 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. Tanzania is a beautiful and fascinating country, and offers activities such as; walking with Maasai, or seeing the Chagga culture on foot. These will not only be incredible experiences, but also serve as some light acclimatization walking.





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 luxury 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 still appreciating a foam mattress and private toilet.

Below is a brief overview of the three options:

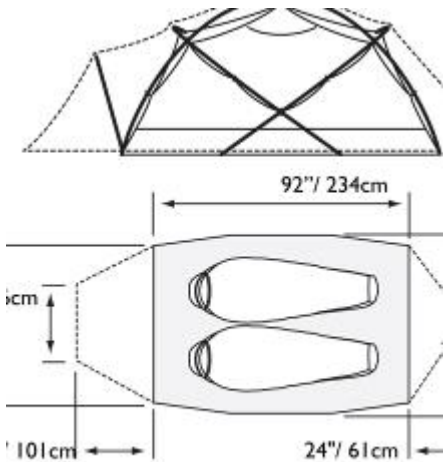
**Lightweight:** provides a lightweight mess tent, table and stools. The client tent is smaller with a foam pad to sleep on, rather than a mattress, and you must provide your own sleeping bag. This is the cheapest, and most adventurous, option we provide.

**Luxury:** provides a larger mess tent with backed-chairs, as well as a portable private toilet. The clients’ tents are bigger and include a 3-inch foam mattress, pillow but you must provide your own sleeping bag. The food on this option comes with an additional course (the entrée), and there is even fresh-pressed coffee available (a much-appreciated luxury when ascending Africa’s highest peak).

**VIP:** the VIP choice is very alike our luxury option. The differences include a larger tent with raised beds, you must provide your own sleeping bag. The staff tips are also covered in the fee of the VIP specification, ensuring the highest level of comfort at an all-inclusive price.

Lightweight Camping:

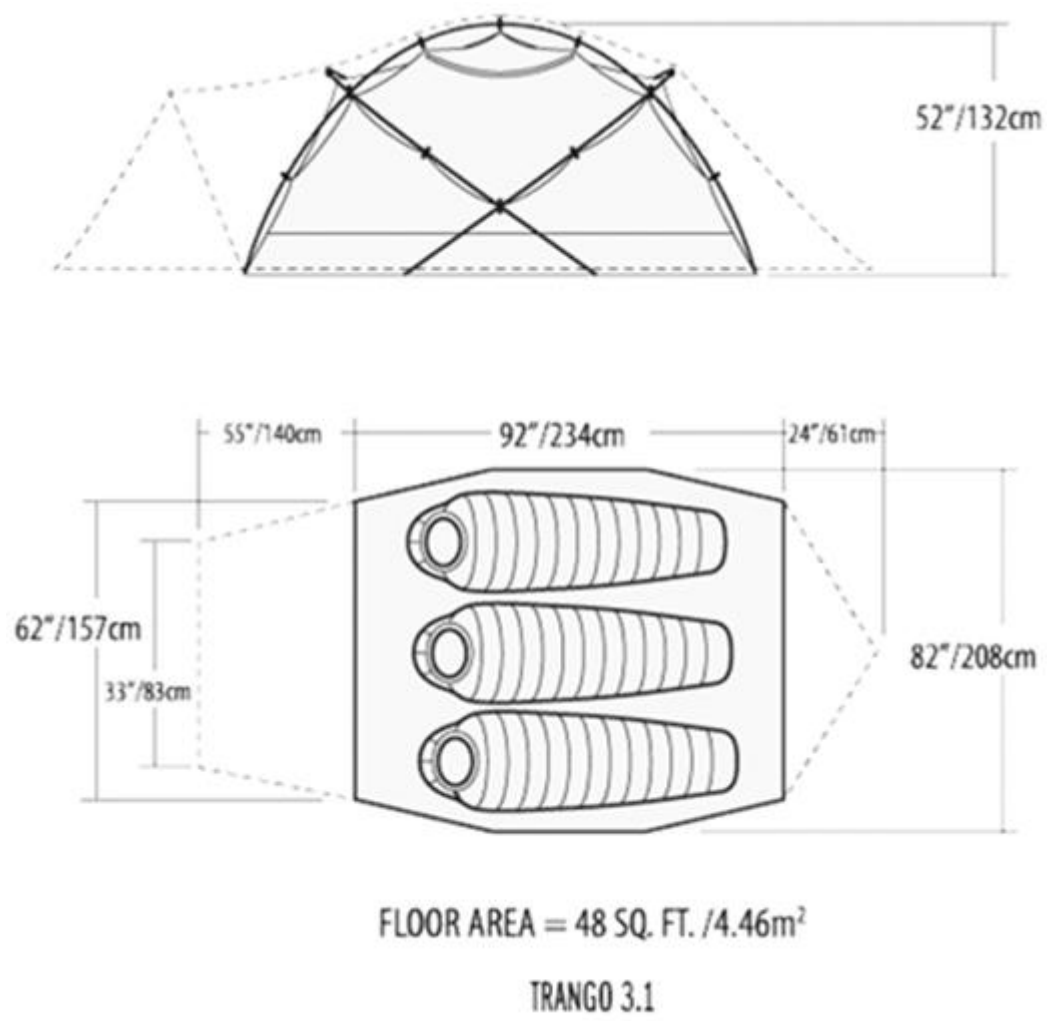
Category	Item	Included
CREW	Mountain guide (up to date Wilderness First Responder or equivalent)	Y
	Assistant guide (s) (Up to date red cross first aid certificated)	Y
	Camp Crew (s)	Y
	Cook (s)	Y
	Porters	Y
CLIENT TENTS	2 person "pup" tent used for 2 people	Y
	Foam pad	Y
MESS TENT	Lightweight Mess Tent	Y
	Lightweight tables	Y
	Stools	Y
SAFETY DEVICES	Pulse oximeter	Y
	Altitude sickness checklists	Y
	Stocked first aid kit	Y
	Custom evacuation stretcher	Y
	Oxygen	Y
OTHER	Full trip and safety briefing	Y



CAMPING SPECIFICATIONS

Luxury Camping:

Category	Item	Luxury
CREW	Mountain guide (up to date Wilderness First Responder or equivalent)	Y
	Assistant guide (s) (Up to date red cross first aid certificated)	Y
	Camp Crew (s)	Y
	Cook (s)	Y
	Porters	Y
CLIENT TENTS	3 person "pup" tent used for 2 people	Y
	Foam pad	Y
	Pillow	Y
MESS TENT	Walk in mess tent	Y
	Lightweight tables	Y
	Backed chair	Y
SAFETY DEVICES	Pulse oximeter	Y
	Altitude sickness checklists	Y
	Stocked first aid kit	Y
	Custom evacuation stretcher	Y
	Oxygen	Y
	Portable altitude chamber	Y
OTHER	Toilet tent	Y
	Full trip and safety briefing	Y

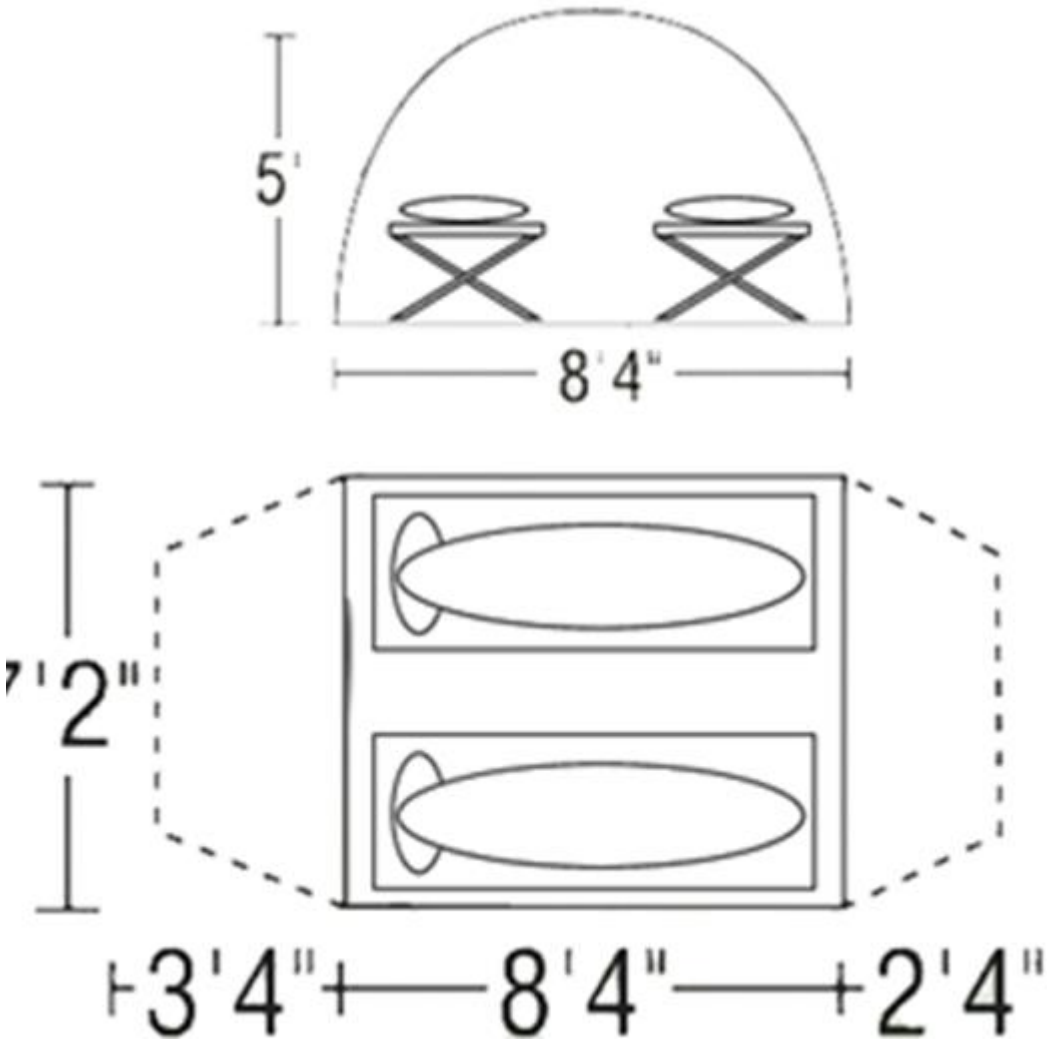




CAMPING SPECIFICATIONS

VIP Camping:

Category	Item	Luxury
CREW	Mountain guide (up to date Wilderness First Responder or equivalent)	Y
	Assistant guide (s) (Up to date red cross first aid certificated)	Y
	Camp Crew (s)	Y
	Cook (s)	Y
	Porters	Y
CLIENT TENTS	Walk in client tent for 2 pax only	Y
	Full sized sleeping cot	Y
	Thermal liner	Y
	3 inch mattress	Y
	Pillow	Y
MESS TENT	Walk in mess tent	Y
	Lightweight tables	Y
	Backed chair	Y
SAFETY DEVICES	Pulse oximeter	Y
	Altitude sickness checklists	Y
	Stocked first aid kit	Y
	Custom evacuation stretcher	Y
	Oxygen	Y
	Portable altitude chamber	Y
OTHER	Toilet tent	Y
	Shower / wash tent	Y
	Full trip and safety briefing	Y



CAMPING SPECIFICATIONS COMPARISON

Category	Item	VIP	Luxury	Lightweight
CREW	Senior Mountain guide (up to date Wilderness First Responder or equivalent)	Y		
	Mountain guide (up to date Wilderness First Responder or equivalent)	Y	Y	Y
	Assistant guide (s) (Up to date red cross first aid certificated)	Y	Y	Y
	Camp Crew (s)	Y	Y	Y
	Cook (s)	Y	Y	Y
	Porters	Y	Y	Y
CLIENT TENTS	Walk in client tent	Y		
	3 person "pup" tent used for 2 people		Y	
	2 person "pup" tent used for 2 people			Y
	Full size sleeping cot	Y		
	3 inch mattress	Y		
	Foam pad		Y	Y
	Pillow	Y	Y	
	Thermal liner	Y		
MESS TENT	Lightweight Mess Tent			Y
	Walk in mess tent	Y	Y	
	Lightweight tables	Y	Y	Y
	Backed chair	Y	Y	
	Stools			Y
SAFETY DEVICES	Pulse oximeter	Y	Y	Y
	Altitude sickness checklists	Y	Y	Y
	Stocked first aid kit	Y	Y	Y
	Custom evacuation stretcher	Y	Y	Y
	Oxygen	Y	Y	Y
	Portable altitude chamber	Y	Y	
OTHER	Toilet tent	Y	Y	
	Shower / wash tent	Y		
	Full trip and safety briefing	Y	Y	Y



## CAMPING SPECIFICATIONS

### 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 guide	Camp crew	Cook	Assistant cook	Porters	Total crew
Machame 7 day Lemosho 9 day Rongai 7 day	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 day Lemosho 9 day Rongai 7 day	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

## THE ROUTES UP KILIMANJARO

### 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

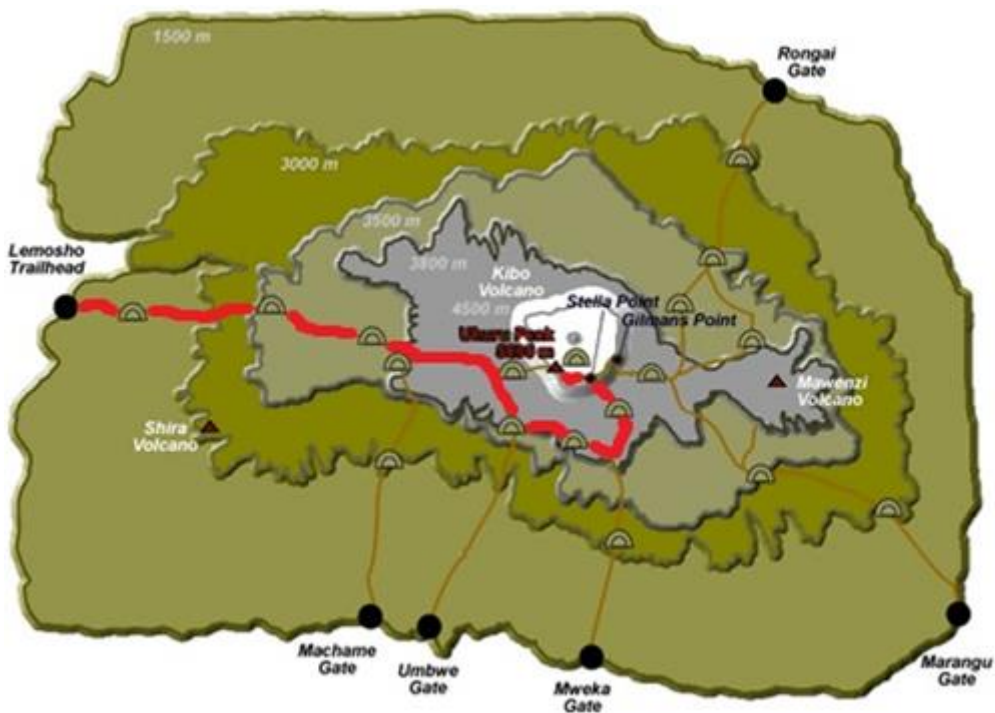
**1 night** Baranco Camp

**1 night** Karanga Camp

**1 night** Barafu Camp

**1 night** Mweka Camp

As Kilimanjaro stands—elegant, poised – inviting people from across the world to join her at the summit, she offers several varied routes to her hikers. 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 the Lake Duluti Lodge ten minutes from Arusha town.

Lake Duluti, formed dramatically inside a volcanic crater, lies placidly – stunningly – in the protective shadow of Mount Meru. Thick forest curls its way around the lake, alive with the hundreds of different reptile and bird species.

Lake Duluti Lodge sits on the lake's shores: eighteen chicly African styled chalets across the thirty-acre coffee farm it encompasses. All have private decks facing the farm so you feel at home in this cozy corner of northern Tanzania, secluded - but still a convenient 10-minute drive from Arusha's busy center.

Canoeing trips on the lake, hiking in the Duluti Forest, bird watching and coffee tours can all be arranged. If you prefer to relax and catch your breath before the big adventure there are plenty of options and lots of time to do just that; lounging areas ideal for a sundowner, looking out over the lake and her magnificent, mountainous mother.

### 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.

Arusha National Park comes as an abruptly beautiful surprise; it rises suddenly out of the urban bustle before sprawling splendidly into one of Tanzania's most



## THE ROUTES UP KILIMANJARO

topographically-varied national parks, which squeezes a montage of spectacular features into just 552 sq. km: the Momela crater lakes, Ngurdoto Crater (nicknamed by some as Little Ngorogoro) and, of course, Mount Meru, towering a glorious 4565 meters above to face Kilimanjaro across a broad valley.

Amongst the park's forests live a fascinating diversity of creatures, from bushbucks and duikers which slip shyly between ancient cedar trees, to chattering colobus monkeys swinging from branches, their long white-haired epaulettes flying behind them like superhero capes. Down by the lakes an entirely different display of wildlife is on show; many of the 400 species of birds which reside in the park, as well as waterbuck and reedbuck.

### Day 3: Lake Duluti Lodge /Mount Kilimanjaro/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 - 5 hours*

**Forest Camp (elevation 9,000 feet) 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: 7 hours*

**Shira 1 Camp (elevation 12,000 feet)**

### 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: 4 hours*

**Shira 2 Camp (elevation 12,535 feet)**



## THE ROUTES UP KILIMANJARO

### 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: 5.5 to 7 hours*

**Barranco Camp (elevation 12,959 feet)**

### 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 13,530 feet)**



### 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-jour 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: 3 hours*

**Overnight: Barafu Camp (elevation 15,091 feet)**

### 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 hours*

**Overnight: Mweka Camp (elevation 10,170 feet) B L D**



## THE ROUTES UP KILIMANJARO

### 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 Lake Duluti Lodge – 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.

### Kilimanjaro Climb Cost Includes:

- All transfers as per itinerary
- 2 Nights' accommodation at Lake Duluti Lodge
- 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
- Gratuities except to guides, a cook, porters and transfer drivers.
- Flying Doctors Evacuation
- Day room on last day at Lake Duluti Lodge

### Kilimanjaro Climb Cost Excludes:

- 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**





## THE ROUTES UP KILIMANJARO

### Machame Route

**9 days / 8 nights**

**2 nights** Lake Duluti Lodge

**1-night** Machame Camp

**1-night** Shira Camp

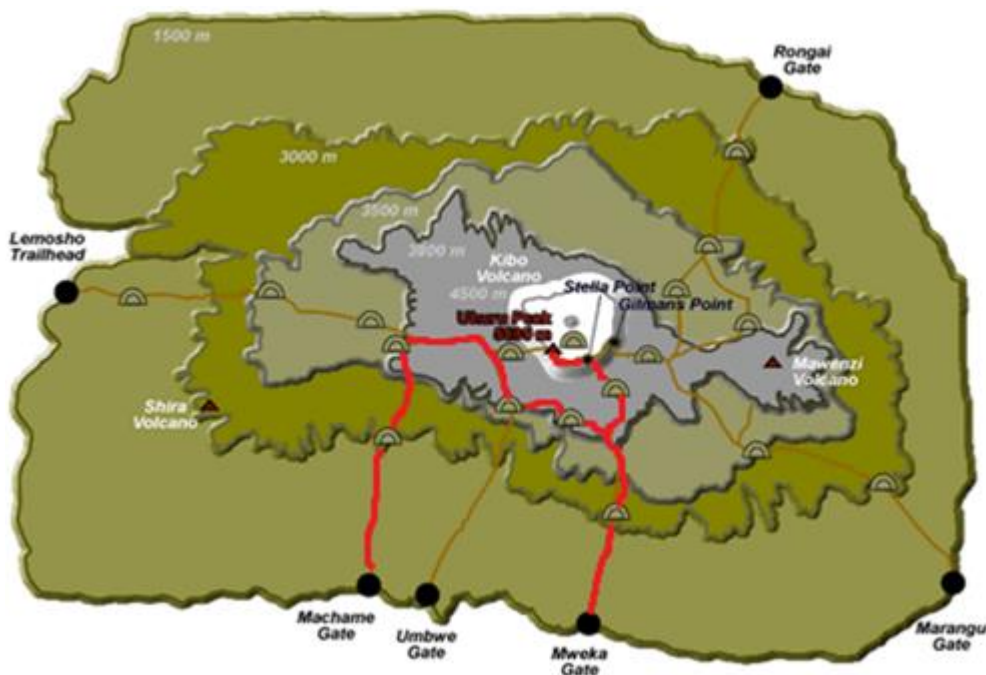
**1-night** Barranco Camp

**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 the Lake Duluti Lodge ten minutes from Arusha town.

Lake Duluti, formed dramatically inside a volcanic crater, lies placidly – stunningly – in the protective shadow of Mount Meru. Thick forest curls its way around the lake, alive with the hundreds of different reptile and bird species.

Lake Duluti Lodge sits on the lake's shores: eighteen chicly African styled chalets across the thirty-acre coffee farm it encompasses. All have private decks facing the farm so you feel at home in this cozy corner of northern Tanzania, secluded - but still a convenient 10-minute drive from Arusha's busy center.

Canoeing trips on the lake, hiking in the Duluti Forest, bird watching and coffee tours can all be arranged. If you prefer to relax and catch your breath before the big adventure there are plenty of options and lots of time to do just that; lounging areas ideal for a sundowner, looking out over the lake and her magnificent, mountainous mother.

### 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.

Arusha National Park comes as an abruptly beautiful surprise; it rises suddenly out of the urban bustle before sprawling splendidly into one of Tanzania's most

## THE ROUTES UP KILIMANJARO

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Amongst the park's forests live a fascinating diversity of creatures, from bushbucks and duikers which slip shyly between ancient cedar trees, to chattering colobus monkeys swinging from branches, their long white-haired epaulettes flying behind them like superhero capes. Down by the lakes an entirely different display of wildlife is on show; many of the 400 species of birds which reside in the park, as well as waterbuck and reedbuck.

### Day 3: Lake Duluti Lodge / 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: 6 hours*

**Machame Camp (elevation 9,350ft)**

### 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: 6 hours*

**Shira Camp (elevation 12,500ft)**

### 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: 6 hours*

**Barranco Camp (elevation 13,044ft)**

### 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 hours*

**Karanga Camp (elevation 13,106ft)**

### 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 15,331ft)**





## THE ROUTES UP KILIMANJARO

### 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: approx. 13 hours*

**Mweka Camp (elevation 10,065ft)**

### Day 9: Mweka Camp / Lake Duluti Lodge and Mt. Village Lodge

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 Lake Duluti Lodge. 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: approx. 3 hours.*

**Lake Duluti Lodge**



### Kilimanjaro Climb cost includes:

- All Kilimanjaro national park fees and rescue fees
- All guides (NOLS qualified) and porters
- Transfers to/ from Kilimanjaro International Airport and to/from Kilimanjaro National park trail heads
- All food on the mountain with services of dedicated A&K cook
- Filtered water while on the mountain
- All safety equipment (including portable altitude chamber)
- All camping equipment
- All communication techniques (radio, satellite phones, cell phones)
- Temporary membership of Flying Doctors Evacuation Services to Nairobi
- Porterage of 2 bags per person
- First Night Lake Duluti Lodge half board basis
- Second night full board basis
- Day room on last day at Lake Duluti Lodge

### Kilimanjaro Climb cost excludes:

- International Air fares
- Items of a Personal Nature
- Gratuities to transfer drivers, guides, cooks and porters on the mountain
- Travel Insurance
- Excess baggage fees
- Departure taxes and any other applicable airport taxes
- Meals or sightseeing not included in the itinerary
- Any optional activities
- Visa for Tanzania
- Personal health insurance

**Please contact us for rates**

## THE ROUTES UP KILIMANJARO

### Rongai Route

#### 9 Days/8 Nights

**2-night** Lake Duluti Lodge

**1-night** Simba Camp

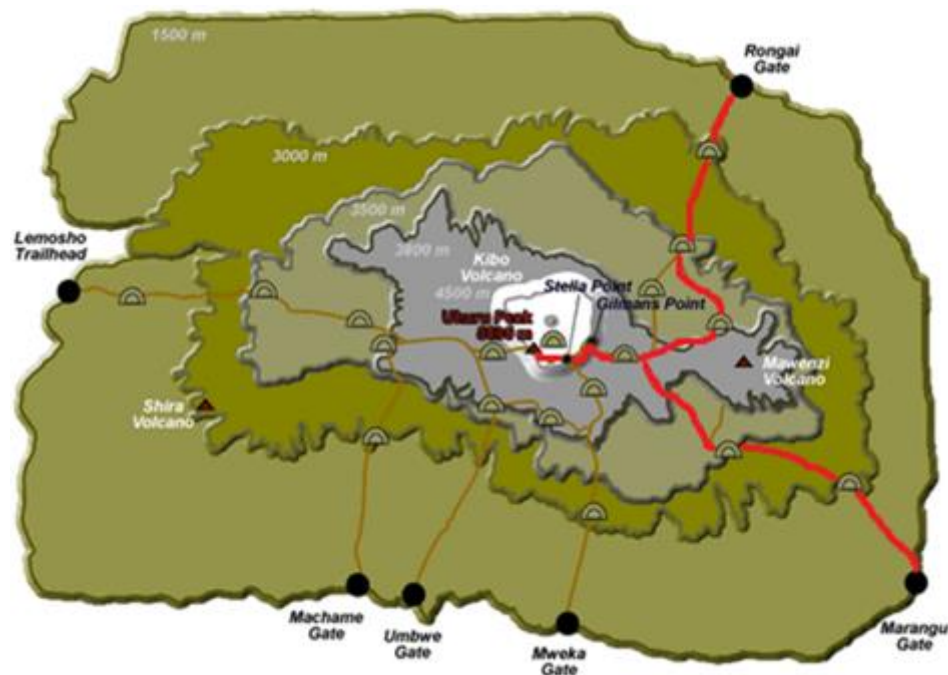
**1-night** Kikelewa Caves Camp

**2-night** Mawenzi Tarn Camp

**1-night** Kibo Camp

**1-night** Horombo Camp

Rongai is one of the most remote routes up Kilimanjaro, with only 5% of climbers opting for this trail. The 7-day climb takes you through less varied landscape than on other Kilimanjaro routes, but the secluded and unspoiled wilderness is what makes this trek so special. You can expect to encounter some of Kili's larger wildlife – elephant, buffalo and antelope - as well as enjoying a higher chance of seeing the spectacular summit through unclouded sky as you trek your way towards it. Rongai is rated as moderately difficult with its more gradual incline, and thus recommended for travellers with less backpacking experience. The trail slips along the base of Mawenzi before winding up via Gilman's point and ultimately ends at Uhuru Peak, the big finale. Opting for Rongai means a longer drive to the start point, and hikers must also be aware that Rongai's decent day goes via the busy Marangu route.



#### Day 1: Arrive Arusha, Tanzania

After being greeted at Kilimanjaro International Airport by an A&K representative, you are driven to the Lake Duluti Lodge ten minutes from Arusha town.

Lake Duluti, formed dramatically inside a volcanic crater, lies placidly – stunningly – in the protective shadow of Mount Meru. Thick forest curls its way around the lake, alive with the hundreds of different reptile and bird species.

Lake Duluti Lodge sits on the lake's shores: eighteen chicly African styled chalets across the thirty-acre coffee farm it encompasses. All have private decks facing the farm so you feel at home in this cozy corner of northern Tanzania, secluded - but still a convenient 10-minute drive from Arusha's busy center.

Canoeing trips on the lake, hiking in the Duluti Forest, bird watching and coffee tours can all be arranged. If you prefer to relax and catch your breath before the big adventure there are plenty of options and lots of time to do just that; lounging areas ideal for a sundowner, looking out over the lake and her magnificent, mountainous mother.

#### 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.

Arusha National Park comes as an abruptly beautiful surprise; it rises suddenly out of the urban bustle before sprawling splendidly into one of Tanzania's most



## THE ROUTES UP KILIMANJARO

topographically-varied national parks, which squeezes a montage of spectacular features into just 552 sq. km: the Momela crater lakes, Ngurdoto Crater (nicknamed by some as Little Ngorogoro) and, of course, Mount Meru, towering a glorious 4565 meters above to face Kilimanjaro across a broad valley. Amongst the park's forests live a fascinating diversity of creatures, from bushbucks and duikers which slip shyly between ancient cedar trees, to chattering colobus monkeys swinging from branches, their long white-haired epaulettes flying behind them like superhero capes. Down by the lakes an entirely different display of wildlife is on show; many of the 400 species of birds which reside in the park, as well as waterbuck and reedbuck.

### **Day 3: Lake Duluti Lodge / Rongai start point / Simba Camp**

From Lake Duluti Lodge, you are driven to Marangu Gate to register for the climb and then on to the Rongai Start Point on the eastern side of Kilimanjaro. The trek begins through Nale Moru village, and you find yourself trekking through maize, potato and pine plantations before breaking into mystical Afromontane forest.

The first night on the climb will be spent at Simba Camp.

*Hiking Time: 3-4 hours*

**Simba Camp (elevation 8645ft)**

### **Day 4: Simba Camp / Kikelewa Caves Camp**

After a steady incline up to Second Cave, with an impressive view over the Eastern ice fields, you will have lunch before continuing. Here you will see evidence of Kilimanjaro's impressive range of ecosystems – she boasts five - as the landscape shifts and merges into alpine moorland, replacing the jungle for shrubs and grasses.

After lunch, you walk in the direction of Mawenzi – one of Kilimanjaro's main peaks – and eventually reach Kikelewa Caves Camp.

*Hiking Time 4-5 hours*

**Kikelewa Caves Camp (elevation 11,811ft)**

### **Day 5: Kikelewa Caves Camp / Mawenzi Tarn Camp**

At Kikelewa Caves Camp, you wake up and are treated to a stunning view of Kilimanjaro, standing ever-elegant and dauntingly close before you. Today's climb is short but steep, with amazing views as we make our way out of the heath and scrubland and enter dramatic alpine desert. By lunchtime, you reach Mawenzi Tarn Camp which is sheltered picturesquely beneath Mawenzi's ragged spires. The afternoon is spent on an acclimatization walk along the hills and steeples of Mawenzi.

*Hiking Time: 3-4 hours*

**Mawenzi Tarn Camp (elevation 14,206ft)**

### **Day 6: Mawenzi Tarn Camp**

Today is an acclimatization and rest day, allowing climbers to accustom themselves to the lower oxygen levels and rejuvenate before the final two days to the summit. Your guide takes you on a hike around the rocky area, this usually lasts around 4 hours.

**Mawenzi Tarn Camp (elevation 14,206 ft.)**

### **Day 7: Mawenzi Tarn Hut / Kibo Camp**

On the penultimate day before the summit climb, you trek across the 'Saddle'; a lunar desert between Mawenzi and Kibo. The area is barren and dry, with a phenomenal view across to Kibo peak.

After 4 or 5 hours, you reach Kibo camp where the afternoon is spent getting resting and preparing yourself for summit day.

*Hiking Time: 4-5 hours*

**Kibo Camp (15,430ft)**





## THE ROUTES UP KILIMANJARO

### Day 8: Kibo Hut / Uhuru Peak / Horombo Camp

The day begins at midnight. You take a gradually-steepening path step by step, following one of Tanzania's best mottos: *pole pole* – 'slowly' in Kiswahili. After a short break at Gilman's Point (which you reach after approximately 2-3 hours) you continue towards the final stage – Uhuru Peak. From here you walk along Kibo's crater rim which will prove awe inspiring when the sun starts to rise in one of the most magnificent celestial displays you are likely to witness as you stand almost on top of the world.

The final stretch to Uhuru Peak will be difficult, but once you've made it, the sense of accomplishment is immense and irreplaceable. You are now sitting upon Africa's highest point, looking out over her most impressive view from a vantage point of 19,341ft above sea level.

After a brief stay at the top, you head back to Kibo Hut, and on to Horombo Camp where you spend your final night on the mountainside. Here you can buy a Kilimanjaro beer – with its tag line, "If you can't climb it... drink it!" and know that now you've done both!

*Hiking Time: 12-16 hours*

**Horombo Hut (elevation 12,250ft)**

### Day 9: Horombo Camp / Lake Duluti Lodge

This is the final day of what will probably be one of the greatest challenges of your life. The day will feel long after such a tiring trek to the summit, but it is mainly downhill and once at Marangu Gate you are presented with your certificate: visible evidence of what you have just accomplished.

At the gate, you are picked up and transferred back to Lake Duluti Lodge for a hot shower and a meal. You can spend the rest of the day relaxing until your transfer to Kilimanjaro Airport in the evening.

*Hiking Time: approx. 3 hours.*

**Lake Duluti Lodge**



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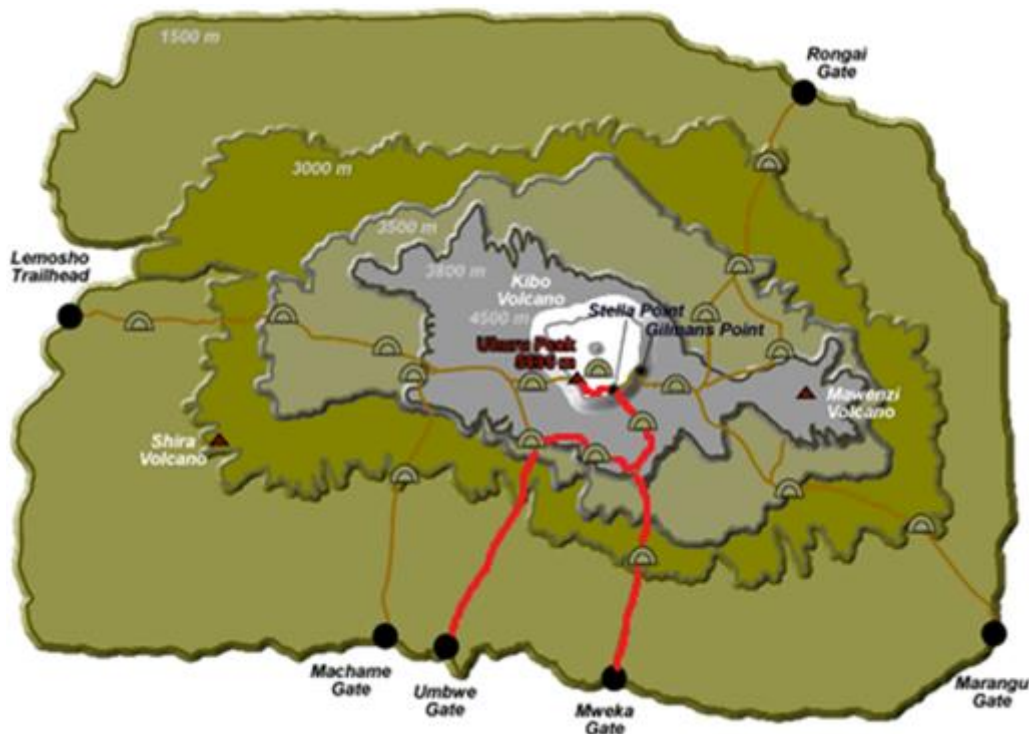
## THE ROUTES UP KILIMANJARO

### 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

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### Day 3: Lake Duluti Lodge / 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: approx. 6 hours*

**Umbwe Caves Camp (elevation 9,700 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: approx. 6 hours*

**Barranco Camp (elevation 13,000 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: approx. 4 hours*

**Karanga Camp (elevation 13,800 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: approx. 3 hours*

**Barafu Camp (elevation 15,100 ft.)**





## THE ROUTES UP KILIMANJARO

### 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: approx. 16 hours (Barafu to Uhuru Peak: 8 hours; Uhuru Peak to Mweka Camp: 8 hours).*

**Mweka Camp (elevation 10,170 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: approx. 3 hours.*

**Lake Duluti Lodge**



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