



Mt Kilimanjaro Trekking, Safari & Culture

Kilimanjaro ~ Tanzania ~ East Africa

General Information

Tanzania is a diverse country with over 120 ethnic groups and equally diverse ecosystems. For decades, visitors have enjoyed the magnificent National Parks and conservation areas from Mt. Kilimanjaro, Ngorongoro Crater to the Serengeti. While traditional wildlife safaris always leave visitors with truly stunning images in their minds, it is the beautiful and fascinating people who leave visitors with warm feelings in their hearts that last a life-time. The colour, culture, and heart-beat of Africa is an unforgettable experience!

Mt Kilimanjaro - is the highest free-standing mountain in the world and the highest mountain in Africa at 5,895m. It is the easiest to climb of the Seven Summits. Although it is a non-technical climb, what makes this trek challenging is the high altitude. A combination of good fitness, determination and a sense of adventure makes this trek an achievable and life changing journey! Trek training is highly recommended for this trek.

Kilimanjaro inspires transformation. It is a once in a lifetime journey! When you climb Kilimanjaro, with other women and stand on the roof top of Africa, you see the world in a totally different way. Things that once seemed impossible suddenly appear achievable! The summit is called Uhuru Peak – Uhuru is the Swahili word for "Freedom." Expect to be challenged, changed and inspired as we begin this awesome adventure!

Highlights of the Machame Route – Mt Kilimanjaro

- One of the most popular trekking routes due to its high success rate
- Great for acclimatisation as it allows climbers to "walk high, sleep low"
- A challenging trek with stunning scenery over five amazing climatic zones

The Machame route is a highly recommended route to climb Kilimanjaro as it offers great acclimatisation, allowing the climber to "walk high, sleep low", and as a result enjoys one of the highest summit success rate of all the routes on Mt Kilimanjaro. It goes by the nickname of "The Whisky route" although no whisky is available! The Machame route approaches from the southwest passing through Kilimanjaro's five diverse climatic zones with stunning views to the west across the Shira Plateau where it joins the Lemosho/Shira route on day 3. It then continues on to the magnificent Lava Tower, followed by the Great Barranco Wall and Kilimanjaro's Southern Icefield. We ensure that our porter team arrive into the designated campsites early so that your tent will be set up and ready for your arrival, together with a nice hot drink prepared by our team cook. Although you can climb Kilimanjaro over 6 days via the Machame route we recommend taking 7 days. The reason being is this route offers much better acclimatisation and allows the pre-summit day to be split into two which means that you have two shorter days trekking prior to your summit ascent. This really helps and has proved a great success and a much more enjoyable way to climb Mount Kilimanjaro.

ITINERARY 1 – 14th August 2018 - 14 day Women's Adventure

MT KILIMANJARO TREK, SAFARI & CULTURE

Day 1 – Welcome! – Karibu

Arrive at Kilimanjaro International Airport (JRO). We will be there to meet you and transfer you to our lodge in Moshi. Join us for a welcome dinner and meet our professional local trekking guides.

Day 2 – After breakfast we head to Marangu Village in the foothills of Mt Kilimanjaro. Today is a great day to start to acclimatize & stretch our legs with a walk through the local village. We explore the Chugga Museum, waterfalls, and have the opportunity to meet the local people who live here in the foothills of the mountain. Be part of our community project where we support these local families with produce and learn about their traditional ways. In the afternoon we drive back to the lodge. We re-pack gear ready for the trek, gear check, hire any extra equipment and have a full trek briefing with our mountain guides. Dinner & early night ready for our trekking adventure!

DAY 3: MACHAME GATE TO MACHAME CAMP (Trek – Day 1)

Elevation: 1800m to 3000m Distance: 11km Hiking Time: 5-7 hours Habitat: Montane Forest

Rise and shine, breakfast & then we transfer from our Lodge to Machame Gate for registration. Our porters prepare and pack our supplies and luggage before we start our ascent along the forest trail to Machame Camp. Our mountain journey begins! A gradual hike through the lush misty rainforest, with the opportunity to see the Columbus monkeys along the way. As we arrive at the first camp, we have time to enjoy the sunset and settle into camp after our first days trek.

DAY 4: MACHAME CAMP TO SHIRA CAMP (Trek – Day 2)

Elevation (m): 3000m to 3850m, Distance: 9km, Time: 4-6 hours, Habitat: Moorland

After breakfast, we start walking, leaving the rainforest behind, and continue our ascent, crossing a small valley and up to a steep rocky ridge, into a new climatic zone: heath. Our route now turns west onto a river gorge until we reach Shira 1 Camp.

DAY 5: SHIRA CAMP TO BARRANCO CAMP (via Lava Tower) (Trek – Day 3)

Elevation (m): 3850m to 4600m to 3950m, Distance: 12 km, Time: 6-7 hours, Habitat: Semi-desert

Today we will climb up to 4600m to the base of the barren surreal Lava Tower for lunch and acclimatization. This will be our toughest day so far and you may, for the first time, feel the effects of altitude. After lunch we will descend by almost 650m to Barranco camp, following the "walk high, sleep low" golden rule of acclimatisation. Our descent to Barranco camp takes about 2 hours and offers great opportunities to take some beautiful photographs of the Western Breach and Barranco Wall. The camp is situated in a valley below the Breach and Great Barranco Wall, and is a beautiful place for our camp site.

DAY 6: BARRANCO CAMP TO KARANGA CAMP (Trek – Day 4)

Elevation (m): 3950m to 3930m, Distance: 7 km, Time: 4 hours, Habitat: Alpine Desert.

A short, but exciting day, starting with a challenging scramble, to the top of the famous Great Barranco Wall. At the top we are rewarded with some of the most amazing views and a great chance to take some pics. We then traverse over scree to the Karanga Valley (3930m) beneath the icefalls of the Heim, Kersten and Decken Glaciers. We will spend the afternoon and evening at Karanga campsite where we can take in the amazing views of the summit and prepare our minds for whats to come!

DAY 7: KARANGA CAMP TO BARAFU CAMP (Trek – Day 5)

Elevation (m): 3930m to 4600m, Distance: 6kms, Time: 3 hours Habitat: Alpine Desert

We leave Karanga campsite behind to meet the junction connecting with the Mweka descent trail. From here we continue through the barren alpine desert up to the Barafu Hut. You have now completed the Southern Circuit, which offers beautiful views of the summit from many different angles. The two peaks of Mawenzi and Kibo are to be clearly seen from this position. We arrive at camp in the early afternoon, to rest, enjoy dinner, and prepare for the summit we have been waiting for!

DAY 8: BARAFU CAMP TO SUMMIT (to Mweka Hut) (Trek – Day 6)

Elevation (m): 4600m to 5895m to 3100m), Distance: 7km ascent / 23km descent, Time: 6- 8 hours ascent / 7-8 hours descent, Habitat: Stone scree and ice-capped summit.

You will be woken at 11:30pm with tea and biscuits, by our ever supportive team. We start our trek to the summit between the Rebman and Ratzel glaciers through heavy scree up to Stella Point on the crater rim. This is the most mentally and physically challenging part of the entire trek. This is when we gather our collective courage and slowly climb towards the top. At Stella Point (5732m), we will stop for a short rest, ginger tea and in time to witness the magnificent sunrise over Mawenzi Peak (weather permitting). We are now only an hour away from the summit, as we travel along the amazing Furtwangler Glacier to Uhuru Peak (5895m), the highest point on Mount Kilimanjaro and the continent of Africa. You made it! A short time to enjoy the iconic view and take some pictures. From the summit, we descend down to the Mweka Hut camp site, via Barafu for lunch and a well earned rest. Trekking poles will be needed for the loose scree going down to Mweka Camp (3100m). In the evening, we will enjoy our last dinner on the mountain and a well-earned sleep.

DAY 9: MWEKA CAMP TO MWEKA GATE (Trek – Day 7)

Elevation (m): 3100m to 1800m, Distance: 10 km, Hiking Time: 3-4 hours, Habitat: Forest

Our final day of the trek, after a traditional farewell dance with our mountain family, our incredible guides & porters head down the trail for the last time. We descend a gradual 1300m to the Mweka Park Gate to reach the end of our epic mountain adventure! Here we transfer back to our lodge in Moshi for a well deserved lunch, hot showers, and a restful afternoon. Celebration Dinner & party night!!

Day 10 – Women's Cultural day - Meet our local charity partner, who provide free education for women, teaching English and business skills. Share stories, support these business projects and experience local culture. Including massage, bead making with Moshi Mummas craft Co-op, and a specially prepared lunch with the local Kili Kitchen womens project. Later visit the local markets and explore Moshi town.

Day 11 – Today we visit the Kikuletwa Hot Springs for a morning refresh, then on to the lively town of Arusha, at the foothills of Mt Meru. Visit the famous Tanzanite museum, markets and Masai boma. Stay overnight at our local lodge, ready for an early start on our Safari.

Day 12 & 13 - SAFARI TIME! Ngorogoro Crater and Tarangire National Park – experience an unforgettable game drive, taking in some of the best National Parks in Tanzania. Ngorogoro Crater is a world heritage site holding a permanent population of more than 30,000 animals. This is like the garden of eden, where we actually drive down the wall of the biggest Caldera in the world. The crater is teeming with wildlife, you can expect to see lions, elephants, giraffes, zebras, hippos, jackals, rhinos, antelopes, flamingos and many birds and other species. Tarangire National Park is one of Africa's little-known gems, boasting a variety of wildlife as diverse as its landscape, Tarangire is also the park that can boast being home to Tanzania's largest population of African elephants. Transfer back to our lodge for our last night and farewell dinner!

Day 14 - Goodbye ~ Kwaheri ~ the end of our Tanzanian adventure!

Depart for Kilimanjaro International airport OR optional trip extensions*

*Trip Extension - Exotic Zanzibar Island – 4 nights – Stone Town & Nungwi Beach (more details available)



Mt Kilimanjaro Women's Trekking & Safari Adventure

Tanzania ~ East Africa

WHATS INCLUDED:

MT KILIMANJARO TREK, SAFARI & CULTURE

- 7-day fully guided trek of Mt Kilimanjaro – Machame Route
- 7 nights quality hotel accommodation, twin share B&B, a/c & pool (Pre/post trek)
- All breakfast and dinners (including Welcome and Celebratory dinner)
- Professional and certified Mountain guides, porters & cooks (English speaking)
- Fair and ethical treatment of guides, porters and crew (we respect and care for our crew!)
- High guide:client ratio (you are well supported)
- All salaries and tips to guides, porters and mountain crew
- All transfers to & from NP entrance gate for trek
- Twin share tented accommodation & 3 meals/day on the trek (nutritious food!)
- Tents, sleeping mattress, mess tent, chairs, portable toilet, clean purified drinking water
- Medical evacuation/rescue fees/emergency oxygen tank/pulse oximeter
- Wanderlust Adventures group leader to support & inspire
- Transfers to & from Kilimanjaro Airport (JRO)* (at specific pick up time)
- Marangu Village day trip – Chugga Caves, waterfalls, explore village life & local lunch
- Womens Cultural Day – meet the local women of Moshi & support womens micro-business – includes ½ hr massage, beading session at Craft Co-op, traditional lunch & guided tour of Moshi.
- Arusha day trip – Hot springs, experience local masai culture, masai markets & Tanzanite museum
- Safari Adventure – exploring Tanzanias best National Parks, professional local Safari guide, 4x4 Safari jeep with pop-up roof & air conditioning, National Park entry fee
- Transfers to Kilimanjaro International airport (JRO) *at specific time

WHATS NOT INCLUDED:

- Flights/Visas
- Gear/trekking clothing (hire available)
- Travel insurance (mandatory)
- National park entry fee for trek (\$980 USD paid by you at the N.P entry gate)
- Any additional meals not specified (2x lunch)/drinks/general tips
- Any items of personal nature; phone calls, laundry, drinks etc
- Any extra nights at lodge in Moshi and meals if you descend Mt Kilimanjaro trek early.

**Transfers to/from Kilimanjaro Airport are included at a designated time on the official adventure start & end date. If you arrive outside of these dates or times, an additional charge maybe incurred.*