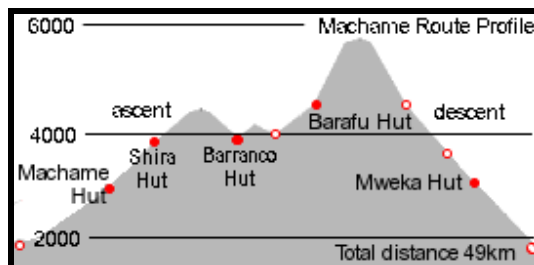
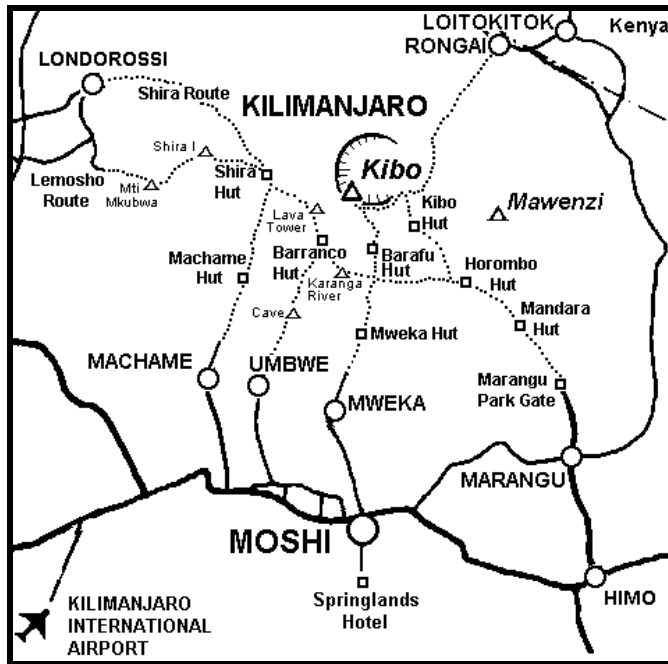




8 Day Kilimanjaro Climb Machame Route



SUMMARY - Machame Route

Day 1 - Transfer from Nairobi through Arusha to the Springlands Hotel in Moshi.

Day 2 - Drive to Machame Park Gate (1800m). Walk for about 5 hours up steep trails through the rain forest to Machame hut camp site (3000m).

Day 3 - Cross open moor land and a rocky ridge before arriving 5 hours later at the Shira hut camp site on the Shira Plateau (3840m).

Should you wish to have an extra day to acclimatise, it will be here at the Shira hut camp site.





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Day 4 - Head east up a rocky track towards the Lava Tower where there are spectacular views of the Breach Wall cliff. Descend to Barranco hut camp site arriving after a 5 hour trek (3950m).

Day 5 - An easy scramble to the top of Great Barranco. Cross scree and ridges arriving at the Karanga Valley camp site beneath the Southern Icefields (4000m). Climb a ridge arriving 8 hours later at the barren landscape that surrounds the Barafu hut camp site (4600m).

Day 6 - A midnight start begins the 6 hour walk over scree to Stella Point (5725m). A short 40 minute walk sees you summit Uhuru Peak (5895m). Return to the Barafu hut for a rest and lunch before descending 7 hours later to the Mweka hut camp site (3100m).

Day 7 - Take the 4 hour walk down through the rain forest to Mweka Park Gate. Drive back to the Springlands Hotel for hot showers, dinner and a warm bed.

Day 8 - Depart after breakfast for Nairobi. Trip ends upon arrival in Nairobi – usually about 18h30.

Kilimanjaro & Trekking Information:

Kilimanjaro, at 5 895m, is the highest free-standing mountain in the world. This inactive volcano is located just south of the Equator in north eastern Tanzania. Uhuru Peak is the highest peak and is one of the Seven Summits.

You don't have to be a mountaineer to reach the summit as there are various routes catering for fit individuals with some mountain walking experience. Each year about 15 000 people try to summit Kilimanjaro, of which only 40% succeed. Your success is very much dependent on you making the correct route choice and preparation.

We offer the Marangu route as a scheduled trip, as it is the easiest and most popular. It is a beautiful route, with forests and moor lands. There is a relatively quick ascent to high altitudes after which the climbs are fairly gentle. This helps with your acclimatisation to the high altitudes. Accommodation is also all in basic huts with beds and mattresses. Bottled water, soft drinks, beer and chocolates are for sale at each of the overnight stops. For those of you looking for a more challenging route, we can arrange an 8 Day trip summiting on the Machame, Lemosho or Rongai routes. The Machame route is the 2nd most popular route, but is possibly the most scenic. It has beautiful forests and moor lands and before the final summit, you cross below the glaciated cliffs of the Southern Icefields. The Lemosho route is the longest and most remote route to the summit. You may be accompanied by an armed guard on your first day and the Lemosho Glades abound with elephant and buffalo. The Rongai route is the 2nd easiest route, but is remote and therefore less frequented. These routes used tented accommodation, pitched by your porters, but are obviously less comfortable than sleeping in the huts. All of these routes can be extended by 1 day to help with your acclimatisation. This is obviously subject to an additional charge.



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Health

Tanzania is free of Yellow Fever, but you will be required to provide a Yellow Fever Vaccination Certificate if you've been into an area that's infected. Malaria is prevalent throughout Tanzania throughout the year. It is essential that you take precautions against catching malaria wherever there is even the slightest chance you may get it. High altitude climbing requires excellent physical health and fitness. Your trip leader has many years of hiking experience on Kilimanjaro. If at any time you aren't feeling well, consult them immediately. They will not advise you to abandon your summit unless they have an excellent reason - listen to them! If there is a problem, they will be able to get help within a few hours. Your park entry fees include a mountain rescue fee that will cover all expenses to get you off the mountain – except in the case of air rescue. Altitude sickness occurs when the body is unable to adjust to the quick gain in altitude. Please research this carefully and consult your doctor if you have any concerns. Do not attempt to climb if you have any sort of chest infection, sore throat, cough, cold, high temperature or nose bleed.

Travel Insurance

To join one of our trips, it is compulsory that you have adequate Medical Insurance to cover airlifting you to a specialist hospital or even back to your home country in the event of a medical emergency, as many of the hospitals in rural Africa don't have the facilities to treat an emergency. Make sure that you will be covered when participating in Adventure Activities as many policies will not include accidents that occur when doing these activities. We also suggest you have a travel protection plan that will cover you should you not be able to join the trip because of a sudden illness, airline strike, etc. We suggest you have this insurance when you book your trip, so as to cover yourself for Cancellation and Curtailment Fees right from your very first tour payment. You may also want to check if your valuables are covered by your standard household insurance policies, and if not, taking out something to cover your cameras, etc. against both theft and damage.

Trip Leaders & Porters

All trip leaders are licensed, through the National Park, and have several years experience on the mountain. First as porters or cooks, then as assistant trip leaders. After completing a first aid and mountain rescue course as well as courses on the flora & fauna and history of Kilimanjaro they become qualified trip leaders. Porters will carry your backpacks when you climb. Make sure they don't weigh more than 15kg. You carry your own day packs containing your daily necessities like water, snacks, binoculars, camera, extra clothing, etc.

Tipping

We are often asked about gratuities. These are always at your discretion, of course, and then only for, at least, satisfactory service. The trip leaders and porters are paid a good wage by local standards, but the work is very hard and tips are very much appreciated. To ensure tips are fairly distributed, you are asked to leave these at your hotel. If you found the service to be unsatisfactory, you are obviously not obligated to leave a tip. However, we would ask that you let us know (on our Client Feedback Form) in what way the service was unsatisfactory so that we can rectify the

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problem for future clients. The tips below are a guideline only. Scale your tips according to your satisfaction – average service should equate to an average tip. We recommend that you don't exceed the amounts stated unless in exceptional circumstances.

Trip Leader – U\$15-20 per day, Assistant Trip Leader – U\$10-12 per day, Cook – U\$5-8 per day and Porters – U\$6-10 per day. **Please note that this is a guideline only and gratuities are entirely at your own discretion.**

Equipment

Remember your Porters will carry your backpacks, so make sure they don't weigh more than 15kg! We recommend you bring warm head gear, a hat with a brim, a thick fibre pile or down jacket, a light waterproof top, trousers, light over trousers, mittens, thermal underwear, a sweater, warm socks and lightweight inner socks as well as watertight and well broken in sturdy boots. Accessories suggested included gaiters, sunglasses, walking poles, sleeping bag (three or four season, if three then a liner is recommended), water bottle, high factor sun protection cream, small first aid kit, a torch with extra batteries, toilet roll, and a small daypack. We also recommend you bring along 2 sets of rechargeable batteries as well as 2 sets of normal batteries for your camera, so you can be guaranteed of having working batteries at all times. For those of you with digital cameras, remember there won't be any opportunities to download your photos, so invest in an extra memory card with a high storage capacity so that you won't have to delete your precious memories. If your camera still uses film, bring along a good stock, as film can be scarce (and, when available, expensive). Remember to bring along a goody bag of your favourite snacks, preferably not heavier than about 1kg. Please ensure your bags are as waterproof as possible.

Equipment Hire

There is an emergency stock of hiking equipment available for hire at your departure point. If you'd like, we can send you a list of what's available.

Joining the trip in Moshi or Arusha

It is possible to join any of the Kilimanjaro trips in Moshi or Arusha. If you're starting or finishing one of our trips in Dar Es Salaam, you could chose to fly into or out of the Kilimanjaro International Airport just outside Moshi. We can then arrange an airport transfer to transport you to or from your hotel in Moshi. The cost is U\$80.00 per person for a one way transfer. Alternatively you can catch a bus to or from Dar Es Salaam and make you own way to the hotel in Moshi. Should you wish to be collected or delivered in Arusha, you will have to make your way to the New Mount Meru Hotel. There will be no refund for not using the Shuttle Bus from and to Nairobi.