

7 Day Kilimanjaro Climb – Marangu Route

At 5895m above sea level, Kilimanjaro is the highest mountain in Africa and majestically straddles the border between Kenya and Tanzania. Climbing to the top of this dormant volcano is the dream of many, and this seven day guided climb takes you to the 'roof of Africa'. Making it to the summit and watching the sun rise above Kilimanjaro's crater rim is one of Africa's most exhilarating challenges.

Start / End: Nairobi, Kenya / Nairobi, Kenya

Duration: 7 days

Tour type: Adventure Trek

Group size: Minimum 1

Safari vehicle: Shuttle coach to & from Nairobi

Included meals: Breakfast x 5 / Lunch x 4 / Dinner x 4

Website: www.african-overland-safaris.com/kilimanjaro-tours/7-day-kilimanjaro-climb.php

Tour Highlights

- **Tanzania** – Mount Kilimanjaro

Itinerary

DAY 1: Nairobi to Moshi

After collection by the Shuttle Bus at the appointed hotels in Nairobi, we travel via Tanzania's safari capital, Arusha, to our hotel in Moshi. We are delivered to the Springlands Hotel, where we are met for our Pre-Departure Meeting and briefed about what climbing Africa's highest mountain entails.

DAY 2: Moshi to Mandara Hut - 1743m (B / L / D)

An early start takes us to Kilimanjaro National Park, where we trek through the spectacular rain forests on the first section of our ascent, on the way to our camp at the Mandara Hut for the first night on this awesome mountain.

DAY 3: Mandara Hut to Horombo Hut - 3760m (B / L / D)

Leaving the rain forest behind, we climb through stunningly beautiful open moor land before reaching the Horombo Hut. (Should you wish to have an extra day to acclimatise; it will be here at the Horombo Hut.) The stark scenery from this altitude is remarkable and the vegetation (although seemingly sparse after the rain forests) seems alien.

DAY 4: Horombo Hut to Kibo Hut - 4730m (B / L / D)

Trekking over “The Saddle” between the Mawenzi and Kibo peaks, we arrive at Kibo Hut. This is the final stage before we ascend the summit.

DAY 5: Kibo Hut to Uhuru Peak - 5895m (to Horombo Hut) – (B / L / D)

A very early morning start takes us via Gilman’s Point, on the rim of the crater, to Uhuru Peak. Watch the sun rise over Tanzania and Kenya from Africa’s highest point. Return to Horombo Hut for a well deserved celebration.

DAY 6: Horombo Hut to Moshi (B)

Descend via the Marangu Gate, before being transferred back to the Springlands Hotel for hot showers and dinner.

DAY 7: Moshi to Nairobi

After breakfast, the Shuttle Bus will collect us for the drive back to Nairobi. A late afternoon arrival in Nairobi marks the end of one of Africa’s most unique experiences.

NOTES

Please ensure you have the correct equipment for your Kilimanjaro expedition. The Springlands Hotel in Moshi has the following items for hire:

Rucksack / Daypack:	US\$ 10	Normal Standard Sleeping Bag (-10C. Temp)	US\$ 15
Balaclava	US\$ 5	Mont Bell Sleeping Bag (-25C. Temp)	US\$ 30
Gloves	US\$ 5	The North Face Sleeping Bag (-25C. Temp)	US\$ 30
Sweater	US\$ 4		
Sunglasses	US\$ 7		
Socks	US\$ 3	Raincoat	US\$ 5
Duffel bag	US\$ 5	Rain pants	US\$ 5
Hiking poles (2)	US\$ 10	Hiking boots	US\$ 8
Gaiters	US\$ 7	Water bottle	US\$ 4
Torch / Flashlight	US\$ 7	Fleece pants	US\$ 5
Batteries	US\$ 3	Warm jacket	US\$ 7
Long underwear	US\$ 3	Hat	US\$ 4

- We provide tents and foam sleeping mats at no charge
- Sunglasses are available for purchase in the gift shop for US\$ 10
- Oxygen is available for US\$ 30 per group
- Hyperbaric Pressure Bags: US\$ 100 per group

INFORMATION ABOUT THE TRIP

- **LOCAL PAYMENT** - All passengers contribute to the Local Payment for this trip equally. It is payable to the representative of our ground handler in Moshi on day 1 of your safari. Payment should only be in **US dollars cash**.
- Accommodation is 2 nights at the Springlands Hotel in Moshi & 4 nights either camping or in base huts (dependant on availability) while on the mountain.
- Meals are provided as listed on the itinerary above. Please note that no snacks are included (energy bars, chocolate etc).
- Temperatures vary while ascending with day time temperatures on the lower mountain being warm and night temperatures cool; on the upper reaches temperatures are cold to freezing dependant on weather conditions. Please pack accordingly.
- Luggage should be packed in a backpack with a day pack for smaller daily items such as snacks, drinking water, rain jackets and camera's etc.
- Your trekking fee includes the services of a qualified trekking guide and a porter (to carry food items etc). Please note that gratuities/tips are not included in the trekking price and tipping is at your own discretion.
- Clients must bring their own personal first aid kit containing all the basic items, as well as rehydration salts, muscle rub, plasters/foot cushions for blistering, head ache tablets and possibly altitude sickness tablets.
- All clients are required to have personal medical travel insurance.
- For those interested in ascending Kilimanjaro on the Rongai or Machame routes – please contact our office for prices and information.