



9 Day Mount Kilimanjaro Rongai Trek – Nairobi to Nairobi

Welcome to the start of your journey to the 'Roof of Africa'. Tanzania's Mount Kilimanjaro, affectionately known as 'Kili', is Africa's highest mountain at 5895m. Kili is also the world's highest free-standing mountain and its towering snow-capped, symmetrical cone is a world-recognised African image. A World Heritage site, the whole mountain is designated a national park and Kilimanjaro National Park covers an area of some 755 square kilometres, consisting of vast areas of montane forest with unique moorland flora and alpine desert at higher altitudes.

Climbing Kili is the adventure of a lifetime for many visitors to Tanzania. As the highest 'walkable' mountain in the world, the trek is not a technical climb but is, nevertheless, a serious challenge. It is undertaken by people of all ages but should not be attempted without some physical training/preparation. Mt Kilimanjaro is situated on Tanzania's northern border with Kenya and while Moshi is the nearest large town, it is also accessible from Arusha (1-2 hrs by road) and Nairobi (6-8 hrs by road).

The mountain consists of 3 extinct volcanoes – Kibo, Mawenzi and Shira. Kibo is the highest, its summit named Uhuru, and the destination for most trekkers ascending Kilimanjaro.

The Rongai Route

The Rongai Route retains a sense of untouched wilderness which is lost on some of the more popular routes. This remote and less frequently used path is the second easiest route to Kilimanjaro's peak. While it is still a tough route, with steep paths at times, it is within the limits of a fit individual and affords some marvellous views over the Amboseli Plains (in neighbouring Kenya) with genuine possibilities for wildlife viewing.

Our trek begins in rainforest until approx 2500m where foliage turns to giant heathers and moorland grasses, supporting animals and birdlife. As we approach the Mawenzi Tarn, vegetation becomes more sparse and we begin to close in on the snow line and the jagged pinnacles of Mawenzi. Just above this we reach a desert of scree before arriving at School Camp near Kibu Hut. This is our last camp before the summit and close to where all summit routes combine. The descent is by the Marangu Route on the southern side.

Accommodation on the mountain is in portable tents pitched by the porters, in bush camps with few facilities. Access to the trek start is 2-3 hours by vehicle from Moshi. The return is approximately 30 minutes.

Tour Highlights: Mount Kilimanjaro

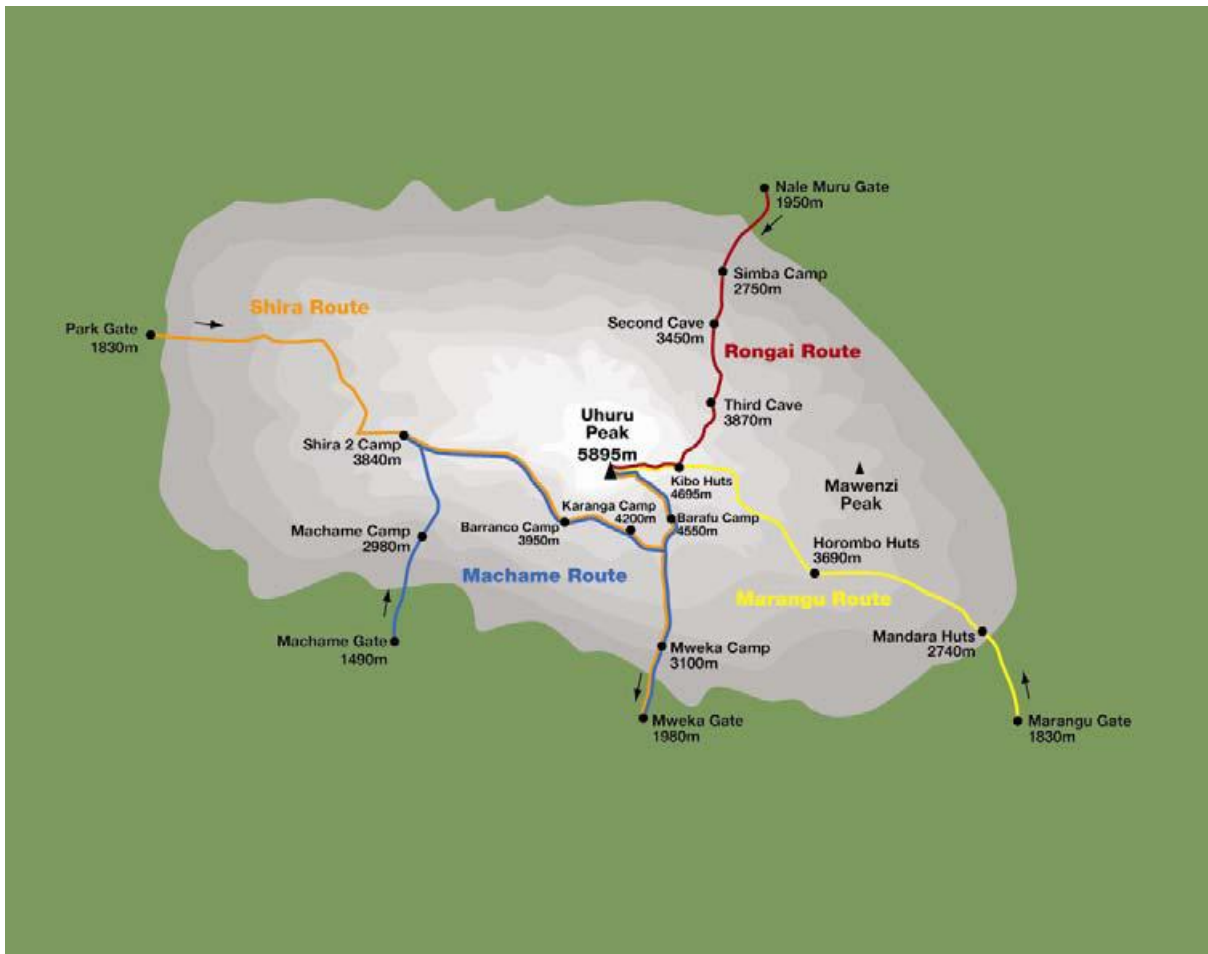
Meals: 8 Breakfasts, 7 Lunches, 6 Dinners

Accommodation: **Pre and post trek** - A local hotel with bar, restaurant and swimming pool, twin share rooms with en suite facilities.

Kili trek – Camping at camp bases on the mountain in 2-person dome tents with basic facilities.

Tour Includes: Tour highlights, national park fees, hut fees, rescue fees, accommodation, meals as indicated, services of mountain guide(s), driver & porters.

Tour Excludes: Visas, water on the first day of trek, travel insurance, flights, tips, departure taxes, airport transfers, sleeping bag & items of a personal nature.



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Please Note: This tour can also start and finish in Moshi. Kilimanjaro International Airport (JRO) is situated a 40 minute drive from the Moshi hotel and we can easily arrange for you to be collected at the airport on arrival.

Day 1: Transfer from Nairobi to Moshi

From Nairobi we travel by scheduled bus to Moshi. You will be collected between 07:15 - 07:30 (selected departure points only) and you should arrive in Moshi in the late afternoon. The shuttle crosses the Athi Plain and continues to the border point at Namanga. Once formalities are complete we continue to Arusha where you may be asked to change buses for the final drive 80km to Moshi. The remainder of the day is at leisure - to relax and prepare for the following days' trekking.

Day 2: Trek to First Cave - 2800m (4-5 hours) (B / L / D)

After breakfast and a briefing from your guide, we leave Moshi, passing Marangu Village at the southern side of the mountain and drive around the entire eastern side of Kilimanjaro to Tarakea and Rongai village, near the Kenyan border. After formalities at the park gate we begin our trek. Today is a steady paced walk, climbing through the rainforests of the lower slopes, ringing with birdcall. We ascend in the jungle and emerge into heather and grassy moorlands at around 2500m. Our first camp is at 'First Cave'. On arrival we have a well earned tea or coffee and there's time to unpack and rest before dinner in the early evening.

Days 3 & 4: Trek to Kikelewa Camp - 3600m (6-7 hours) (B / L / D)

After breakfast we continue our trek. From the 'First Cave', our trail continues through the Kikelewa moor, a great walk on sunny mornings. After lunch on the moor, we leave the main trail and strike out on a smaller path towards the jagged peaks of Mawenzi. As we trek, we gradually ascend to Kikelewa Cave, our stop for the night, where there are spectacular views of the plains of Kenya below to the north and of the Mawenzi Tarn above.

The following day we remain at this camp to allow time for your body to adjust to the high altitude. By letting your body adjust you are increasing your chances of making the summit. Today you can either rest or take a simple day walk on this part of the mountain with a guide.

Day 5: Trek to Mawenzi Tarn Hut - 4330m (4 hours) (B / L / D)

A short but steep climb up grassy slopes is rewarded by superb all round views and a tangible sense of wilderness. We reach camp at Mawenzi Tarn (4330 m) situated in a cirque directly beneath the towering spires of Mawenzi. The afternoon is free to rest or explore the surrounding area. Staying at this height for the rest of the day is a great aid to altitude acclimatisation.

Day 6: Trek to School Camp - 4750m (4-5 hours) (B / L / D)

Setting off this morning we soon leave the last of recognisable vegetation and reach a barren, rocky landscape just beneath the snowline. We spend our day crossing the lunar desert of scree between Mawenzi and Kibo, named 'The Saddle', reaching School Camp by mid to late afternoon. This is situated at the bottom of the Kibo Crater wall. The remainder of our day is spent resting and we plan to take early dinner and an early night's sleep this evening, in preparation for the final ascent.

Day 7: Trek to Uhuru Peak - 5895m (6-7 hours) followed by descend to Horombo Huts - 3690m (5-6 hours) (B / L / D)

We begin our push to Uhuru shortly after midnight, in order to get to the summit by sunrise. This final assault is aimed at Gillman's Point, on the crater rim at 5685m which usually takes 5-6 hours. The ascent involves a slow walk up increasingly steeper slopes in often sub-zero temperatures, and is the most challenging part of the trek. Once making Gillman's Point there is the option - time and energy permitting - of continuing on to Uhuru Peak at 5895m, Africa's highest point. Although not as strenuous as the stretch to Gillman's Point it can take over an hour to get there! For those who make it, the summit time can be enjoyed with a short rest and appreciation of the panoramic views from the Roof of Africa! We then begin our descent to Kibo Hut before proceeding along the Marangu route to Horombo Hut where we camp overnight. Today is a long day but it's immensely rewarding to have spent such time amid the dramatic terrain of Kilimanjaro's lofty peaks.

Day 8: Trek to Marangu Gate (4 hours) (B / L)

Today after breakfast it's a short scenic 3 hour hike back to the park gate, where we tip our guides and porters together and successful climbers receive their certificates. From the gate it's an hour hike along a mud road to the local village where after a rewarding hot lunch we drive back to Moshi for showers and a rest. Dinner is not included tonight to allow people to take a quick dinner at the hotel and spend more time to relax and reflect upon what has just been achieved.

Day 9: Transfer from Moshi to Nairobi (B)

After a relaxed morning we board a scheduled shuttle bus back via Arusha, to Nairobi. The expected time of arrival back in the Kenyan capital is 18:30 - 19:30. The tour ends on arrival.