

## KILIMANJARO

**Kilimanjaro** – home to the highest point on the African continent (Uhuru, 5895m) and the highest free standing mountain in the world. This trek to the summit is one of the great treks of the world.

Flying into Kilimanjaro's international airport, you will be picked up and transferred to our Lodge located just outside of Moshi with the wonderful view of the snow capped Kili in the background (see picture, bottom right).

Our Lodge is the perfect base pre and post trek; it is spacious, has comfortable huts, fantastic food and a swimming pool!

After a nights rest, it is straight into the trek, entering the National Park via the Londorossi Gate. This trek uses the lesser populated Lemosho route and takes 8 days to complete. We place a lot of emphasis on acclimatisation and believe that this longer trek provides you with a much greater chance of summiting (please read the article on acclimatisation on page 5).

Beginning at an altitude of 2100m, Day 1 introduces you slowly to the lush rain forest as the trail makes its way to the first camp site at Mt Mkubwa (2800m). You may well see Blue and Colobus monkeys on this section.

The second day's trek will demonstrate the fact that you will be trekking through many climatic zones in order to reach your goal. You will leave the rain forest behind and gain altitude to rest at the first of the two Shira Camps (Shira Camp 1, 3610m) on the high moors affording fantastic views of Mt Mera.

### DETAILS

*Lemosho Route*

*Trek length: 8 days*

*Prices from £1480*

*Please note our prices INCLUDE Tips, airport transfers and all food.*

*Duration: 12 days UK - UK*

*Min/Max pers: 1/12*

*Dates: see website*

We use the excellent Salewa tents, which are designed for 3 people. We allocate only 2 clients per tent.

Day 3 will take you across the wide Shira plateau, a relic of a gigantic volcano and oldest of the three volcanos on the Kilimanjaro Massive. Maintaining the approximate altitude of the previous night, the overnight stop at Shira Camp 2 sits at an altitude of 3850m.

Kilimanjaro has some wonderful landmarks and on Day 4 you will pass by one of them - the Lava Tower. Working on the tried and tested acclimatisation principle of 'trek high, sleep low', this route ascends up to 4590m (the Lava Tower) before descending back down to 3950m and your campsite at Barranco Camp.

When **comparing prices**, please look carefully at our inclusions.

We **INCLUDE** airport transfers, tips for all trekking staff (unusual but true), Park fees, Park rescue fee, all trek staff (Guide, chef, porters), trek transport and trek tents.



Above, the sign that marks the highest point on the African continent.

Below, with Kilimanjaro in the background, our comfortable Lodge complete with pool.



By now, anyone particularly that is susceptible to altitude sickness may be experiencing the symptoms, which hopefully will subside before any further ascent towards the summit. Part of Travel and Trek's service is to educate clients on the signs, symptoms and treatment for altitude sickness so that they can help themselves and others should the need arise.

Another landmark is crossed on Day 4 (the Baranco Wall) as once again, some altitude is gained before a descent to further assist in the acclimatisation process. The Camp tonight is the Karanga Hut (4050m).

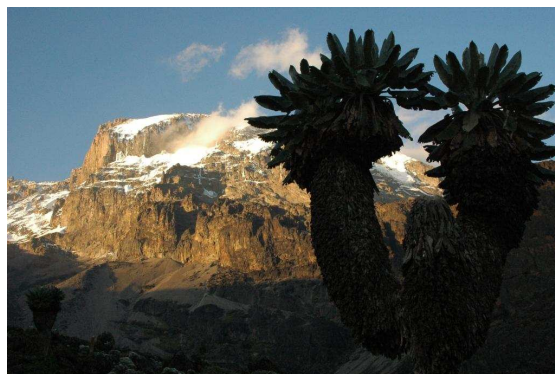
Day 6 is effectively an ascent to an 'advance camp' (it is not formally known as that) before the final ascent. During the day, the ascent takes you up to Barafu Hut (4650m) where you will take an early dinner, rest as much as you can and prepare yourself for the overnight trek to the summit. This begins at approx 2300hrs. With your head torch for company, the final ascent is slow and demanding. It will be cold and you should therefore be very well prepared for sub zero temperatures.

The timings have been honed over many years and the Guides, all being well, will get you to Uhuru (the summit) by the time the sun rises over Africa, well above the clouds. It is an awesome sight and one of life's great experiences. As cold as you may be physically, the experience will warm you to the heart. Relish the experience, relish the sights that you are seeing.

All too quickly, it will be time to descend, initially back down to the Barafu Hut (short rest there) and then onto the Mkewa Hut (3100m), where you will spend your final night in the National Park. This is a long day, on average between 11 and 13 hrs.

An early 5am start on Day 8 to see the sun rise over the mountains before heading down to the Mkewa Gate to exit the Park. The transport will be waiting here to transfer you to the Lodge for a well earned rest.

The next day you are due to be transferred back to Kilimanjaro's airport for your flight home. You are welcome to extend your stay and see more of the local area (such as Moshi) should you wish.



*Fantastic views from the upper region and below, the comfortable huts at our Lodge.*



## Notes:

- **Costs** are based on 2 sharing and are per person (singles see below)
- **Dates:** please see website
- **Tourist Visa** required for UK Nationals. This is not onerous and can be done on entry into Tanzania. Full details provided on booking.
- Day 1 of the itinerary is deemed to be your departure day from the UK and day 12 your arrival day back in the UK.
- When you book with Travel and Trek, you will receive a set of **comprehensive trekking notes**, an itinerary, kit list, notes on how to get into Nepal and a back up service to help you prepare.
- **Singles.** Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be the odd one out then you will be allocated sole occupancy at no extra cost (max of 2 nights).
- **Extended Stays.** You are free to extend your stay in Tanzania with extra days before or after the trek.
- **UK Leaders.** Some treks are led by a UK Leader IN ADDITION to a local Tanzanian Guide. ALL treks have a local Guide on them.
- **Altitude Sickness.** Formally known as Acute Mountain Sickness (AMS), Travel and Trek has a lot of experience with AMS and has produced a 'Guide to Trekking at High Altitude', which can be downloaded from the website. Alternatively, you can request a copy be sent to you. If you wish to discuss it personally, please call the Travel and Trek office.
- **Local Payments.** Travel and Trek does not charge any local payments.

**TOUR INCLUSIONS:**

Return transfers from Kilimanjaro international airport

Hotel Lodge accommodation on a twin share, B&B basis (2 nights)

Trek accommodation (tents, 7 nights)

Ground transportation to/from trek

All food on trek

Local Guide

Porterage

National Park permit/camp and entry fees

Tips for Guide/Porter/Camp Cook

Rescue fee\*

Comprehensive Trip Notes

\*This refers to vehicle rescue from within the National Park. It should not be confused with and nor does it replace your own personal travel insurance.

**EXCLUSIONS:**

International flights to Kilimanjaro airport

Tanzanian tourist visa (approx \$50)

Personal travel insurance

Personal spending

Single room supplement\*\*.

\*\*£18 per night (applies to Lodge accommodation only; not tents).

**CONTACT DETAILS**

The Bungalow, 42 Hough Road, Barkston, GRANTHAM NG32 2NS

Phone/Fax: 01400 250770, Mobile: 07725 943108

E-mail: terycrosby@travellandtrek.com

## Daily Itinerary

Days	Event	Remarks
1	<b>Depart London</b>	
2	<b>Arrive Kilimanjaro</b> , transfer to the Kilemakyaro Lodge on the foothills of Kilimanjaro.	Located in the coffee fields of Moshi, our Lodge has a beautiful view to the top of Kilimanjaro. Dinner and overnight stay in the Lodge.
3	Moshi - Londrossi Park Gate (2100 m) - Mt Mkubwa Camp (2800 m)	Drive approx two hours to Londorossi Gate on the west side of the Kilimanjaro.  After registering at the gate, meet your porters and begin trekking. 3 - 4 hours walking through dense rain forest you arrive Mti Mkubwa Camp. Overnight in tents.
4	Mti Mkubwa Camp 2800 m - Shira Camp One (Simba Cave 3610 m):	Leaving the rain forest, the trek continues upward through a high moor with some interesting flora and fauna to see. Shira Camp is reached in approx 4 hrs with a fantastic view to Mt. Meru.
5	Shira Camp One - Shira Camp Two (Cathedral 3850 m):	Trek across the wide Shira Plateau with glorious views to Mt. Meru and Kibo. The Shira Plateau is a relict of a gigantic volcano and oldest of the three volcano of Kilimanjaro Massive. From here you have a dreamlike panoramic sight at Mt. Meru, Kili and Shira.
6	Shira Camp Two 3850 m - Barranco Camp 3950 m, via the Lava Tower (4590m)	Today is a good acclimatisation exercise. The first section is to ascend for approx 4 hrs to the Lava Tower (4590 m). Lunch is here.  The second section is a descend back down to 3950m, where you will camp at Barranco Hut. Excellent view to mighty, glaciated edge of Kibo and Breach Wall.
7	Baranco Hut – Karanga Hut 4050 m	Another trek high, sleep low day with the first hour and a half ascending up through the Baranco wall. After a short break you will walk along the old original Machame Route until you arrive in the Karanga valley. It is a short ascent to the Karanga Camp.
8	Karanga Hut – Barafu Hut 4650m	Ascend to the Barafu Hut. Take and early dinner, rest and prepare for the overnight ascent to the summit.
9	Barafu Hut – summit – Mweka Hut (3100m)	Summit day; a long and demanding one.  At approx 2300hrs you begin the ascent. The initial target is Stella Point (5774m) by which time you should be above the clouds! The summit (Uhuru) is just another 100m of ascent.  Enjoy the view, enjoy the moment.  The descent is much faster, through Barafu Hut where you will rest for a short period before continuing the long descent to Mweka Camp.  Total trek time today is 11 - 13 hrs.
10	Mweka Hut – Mweka Gate - Kilemakyaro Lodge	An early 5 am start to see a last great sunrise at Kilimanjaro.  Trek directly to the Park exit at Mweka Gate.  Transport to Kilemakyaro Lodge. Showers, celebrations and rest all round!  Dinner and overnight stay at Kilemakyaro Lodge.
11	Breakfast and transfer to Kilimanjaro Airport	
12	Arrive UK	

## SAFE ASCENDING ON KILIMANJARO

Amid the advertising for embarking on exciting and often life changing adventures to places such as Everest Base Camp and Kilimanjaro, one major factor is often not at the forefront of your mind - Acute Mountain Sickness (AMS).

At worst, it can kill and at best with a good acclimatization programme, it may cause you some minor discomfort. On short itineraries, Kilimanjaro is notorious for AMS. This article explains why and how to avoid it.

Acclimatization is the process by which the body adjusts to the lack of oxygen at altitude. It takes time. Try and rush this process and you will succumb to AMS.

The most popular itinerary available (and I assume used) by companies to reach the summit of Kilimanjaro (Uhuru) is for 5 nights/6 days inside the National Park. A significant driving force behind this fast ascent is the fact that for every day you are inside the Park you are paying a hefty 'Park fee' of approximately £70; short itineraries keep prices down. Unfortunately, this is increasing your chances of suffering from AMS and therefore decreasing your chances of summiting.

The tactic with Kili on a short 6 day itinerary is quite clear; climb up to 3500 - 4000m in 3 days (even that is done quickly) and then 'rush' the summit, first to 4600m (Barafu Hut) during the day and then at approx 2300hrs (same day) ascend through the night to 5895m arriving by sunrise.

The graph below compares the ascent rates for the 6 day, the safer 8 day itineraries for Kili and also to Everest Base Camp (EBC).

You can begin to suffer from AMS from as low as 2500m. From experience, the vast majority will begin to experience the effects of being at altitude between 3500m - 4000m.

Note how fast the 6 day itinerary (red line) progresses through the important 3500m-4000m zone; just 2 nights. It is insufficient to acclimatize properly and therefore why so many trekkers encounter problems by the time they reach 4600m. The onset of AMS is a delayed reaction and the effects may not be felt until later in the evening, just prior to the final ascent. Summit fever is a strong emotion and may grab some as they hide the fact that they are suffering. It is very dangerous to ascend in this manner.

The 8 day Kili and EBC itineraries take a minimum of 4 nights to progress through that important zone allowing the body to acclimatize much better. Even if you do experience difficulties early on, you have time to recover and continue.

The big final ascent (1300m) through the night from 4600m to the summit on its own is not a big issue (it is common practice for summit attempts) as the following descent is rapid but if you have a headache (classic symptom of AMS) prior to the ascent, it could cause some serious (if not fatal) damage if you continue. This emphasizes how important the acclimatization process is. Get that wrong and you greatly decrease your chances of summiting.

Interested in reading more about the dangers of trekking at altitude?

Download Travel and Trek's free guide to Trekking at Altitude, Travel and Trek's Homepage, bottom right hand corner. Download MEDEX booklet from their website, [www.medex.org.uk](http://www.medex.org.uk)

### Safe Ascent

There are widely accepted guidelines for safe ascending. They relate to the daily net altitude gain, which takes into account the descent too.

You can safely increase the altitude that you sleep at by 300m per day. You can ascend more than that as long as your net increase is 300m. For example, you can ascend 700m with a descent of 400m. Every 3rd day, a rest day (acclimatization) should be factored in for acclimatization. Terrain often dictates that some flexibility is needed but clearly there is a limit.

Ascent rates become more important the higher you go. As an example, in general terms you are more likely to feel the effects of AMS if you ascended from 4000 to 4500m as opposed to 3500m to 4000m.

Experience counts in this field. It is important to know the guidelines, how AMS is brought on and what to do if it all goes wrong.

Medex produce a booklet which is freely available to anyone and it is recommended by the British Mountaineering Council (BMC).

