



# Kilimanjaro Expedition

## Machame Route Itinerary

### Program Details

**Introduction:** This 10 day expedition is great for beginner mountaineering who are looking to summit one of the great Seven Summits! On this expedition you'll get a chance to experience the challenge of high altitude climbing and explore East Africa's culture and varied ecology.

**Difficulty:** Beginner to Moderate

#### **Program Characteristics:**

On average, expect to hike for about 3 - 8 miles (5 - 13 kilometers) per day, and gain 1,500 feet (500 meters) in elevation. You will be hiking for anywhere from 4 - 8 hours per day. The summit climb starts around midnight and requires 6 - 7 hours, plus another 5 - 6 hours descent to the last overnight camp.

For safety reasons and team support we always have climbers hike with at least one guide and with other team members.

#### **Program Cost Inclusions & Exclusions:**

**Includes:** All accommodations on a shared basis; Airport transfer to and from the hotel; Transport to and from the trailhead; All meals while on the expedition; All dining and camping equipment (excluding sleeping bag and pad); Portable private toilet with bio-degradable waste system (Cleanwaste®) at all camps; Services of trip leader, climbing guides, and mountain crew; Gamow bag (portable hyperbaric chamber) and supplemental oxygen on all climbs; Kilimanjaro National Park entrance, camping, and rescue fees; Bottled water at Mbahe and filtered water on climb; Guided Mbahe Village walking tour.

**Excludes:** Personal clothing and equipment, including sleeping bag/pad; Airfare; Pre-trip expenses such as immunizations, travel insurance, passports, and visas; Additional accommodations and meals made necessary by airline schedule changes; Excess baggage charges and airport taxes; Bottled beverages; Tips and gratuities to leaders, guides, crew, or other staff.



# Itinerary

## **Day 1: Arrival - Mbahe Village, Kilimanjaro**

After we pick you up from the Kilimanjaro International Airport, we will bring you to Mbahe Village which is located in the foothills of Mount Kilimanjaro, approximately 2 hours from the airport.

- Accommodations: Mbahe Farm Cottages
- Meals included: Dinner

## **Day 2: Mbahe Village, Kilimanjaro**

You have the morning to rest and relax. Enjoy some delicious homebrew coffee, which is grown and roasted on the farm, and some meals made with fresh fruits and vegetables from the gardens. Your trip leader will provide a climb orientation and equipment check on this day as well. After all this, you will get a chance to take a guided tour around Mbahe Village and the Mtuy family farm, and to explore beautiful rivers and waterfalls in the surrounding area.

- Accommodations: Mbahe Farm Cottages
- Meals included: Breakfast, Lunch, Dinner

## **Day 3: Machame Gate to Machame Camp**

After breakfast we will drive to the Machame Gate, where you will meet your other guides and mountain crew and enter the Kilimanjaro National Park. We begin our climb at 6,000 ft, walking for a few hours through thick and undisturbed tropical forest. Admire the magnificent bird life and the many unique flower and plant species, about which your guide will tell you, and with luck, we may observe the blue or colobus monkeys that populate the forest zone.

- Accommodations: Machame Camp
- Meals Included: Breakfast, Lunch, Dinner

## **Day 4: Machame Camp to Shira Camp**

Today is an easy paced acclimatization day. We will hike over streams, a river gorge, and moorlands. Camp is located on the Shira Plateau, providing expansive views of Kilimanjaro. There is a conditioning hike in the afternoon where you can enjoy the clusters of giant lobelias and senecios that grow at this elevation.

- Accommodations: Shira Camp
- Meals Included: Breakfast, Lunch, Dinner

## **Day 5: Shira Camp to Lava Tower Camp**

Today is another important day for acclimatization as we hike for 5 hours to an elevation above 15,000 feet. We will pass through the alpine moorland zone where plants are extremely hardy and consist of lichens, grasses, and heather, to reach Kilimanjaro's alpine desert zone. You will have a spectacular view of the Western Breach.

- Accommodations: Lava Tower Camp
- Meals Included: Breakfast, Lunch, Dinner

### **Day 6: Lava Tower Camp to Karanga Camp**

After an initial descent from Lava Tower camp we climb the Great Barranco Wall, not too steep but still an exhilarating challenge, which our guides make safe and accessible for everyone by ascending pole pole (meaning “slowly” in Kiswahili). You will be able to see the breathtaking Heim Glacier from the top of the Wall. Descend into the Karanga Valley and then climb again to our camp on a ridge above the Valley, where you will enjoy a well deserved rest and your daily afternoon tea and snacks.

- Accommodations: Karanga Camp
- Meals Included: Breakfast, Lunch, Dinner

### **Day 7: Karanga Camp to Barafu Camp**

As we begin hiking today the trail turns steadily uphill. Temperatures are noticeably colder and the landscape more sparse as we work our way to Barafu camp. Barafu means “ice” in Kiswahili. Hiking time is 4 to 5 hours. The camp is set on an exposed ridge and is the staging point for our push to the summit. After an early dinner we have a summit briefing and prepare our equipment before resting.

- Accommodations: Barafu Camp
- Meals Included: Breakfast, Lunch, Dinner

### **Day 8: Summit Day - Barafu Camp to Uhuru Peak to Millennium Camp**

Rise at midnight for a warm and hearty early breakfast in preparation for the long day ahead. We ascend pole pole under the stars on the steep switchback trail, drinking plenty of water and refueling with small snacks, and enjoying the trek to Uhuru, the summit of Kilimanjaro, which we expect to reach shortly after daybreak. At this early hour, before the clouds close in, you will have spectacular views of Africa in all directions. After a brief stay for photos, hugs, and high fives, we descend 2 to 3 hours to Barafu Camp for lunch, rest, and to pick up belongings. Continuing downhill 3 to 4 hours to the edge of the Mweka Forest, we reach the final night’s camp – 7,000 feet below the summit! Eat, share your experiences of the climb, and sleep soundly.

- Accommodations: Millennium Camp
- Meals Included: Breakfast, Lunch, Dinner

### **Day 9: Millennium Camp to Mweka Gate (Moshi Town)**

Our last day is another descent of 7,000 feet with 4 to 5 hours of hiking to the exit at Mweka Gate. The trail is steep in places and within the forest may be slippery if wet. After a hearty celebration lunch with the whole team on private SENE land near the exit gate to say goodbye to the mountain crew, the trip leaders bring you to your hotel in Moshi Town to relax, have dinner, and enjoy its spacious garden and swimming pool. (Those going on safari tomorrow will overnight at a hotel in Arusha, closer to the wildlife parks.)

- Accommodations: Chanya Lodge
- Meals Included: Breakfast, Lunch, Dinner

### **Day 10: Moshi Town**

Those heading out on safari or to Zanzibar will depart after breakfast to continue your African adventure. For those returning home we offer you a guided tour of Moshi Town with its colorful market and curio shops. You may eat lunch in town or back at the lodge (lunch not included). Transfer by SENE to the Kilimanjaro International Airport.

- Meals Included: Breakfast