

# TANZANIA Kilimanjaro Hike

July 27 - August 4, 2023

9 Days / 7 Nights



**WORLD AFFAIRS COUNCIL  
OF GREATER HOUSTON**  
*Global Perspectives, Local Conversations*

# Tanzania

## Kilimanjaro Hike

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### ITINERARY

<b>DAY 1</b>	Leave USA for Kilimanjaro Airport, Tanzania
<b>DAY 2</b>	Arrival in Kilimanjaro. Arusha transfer / Arusha
<b>DAY 3</b>	Arusha - Machame Gate - Hike / Machame Camp
<b>DAY 4</b>	Hike Machame to Shira 2 Camp / Shira 2 Camp
<b>DAY 5</b>	Hike Shira 2 to Barranco Camp / Barranco Camp
<b>DAY 6</b>	Hike Barranco to Barafu Camp / Barafu Camp
<b>DAY 7</b>	Climb up Uhuru Peak - Mweka Camp / Mweka Camp
<b>DAY 8</b>	Hike Mweka to Mweka Gate - Arusha / Arusha
<b>DAY 9</b>	Departure from Arusha

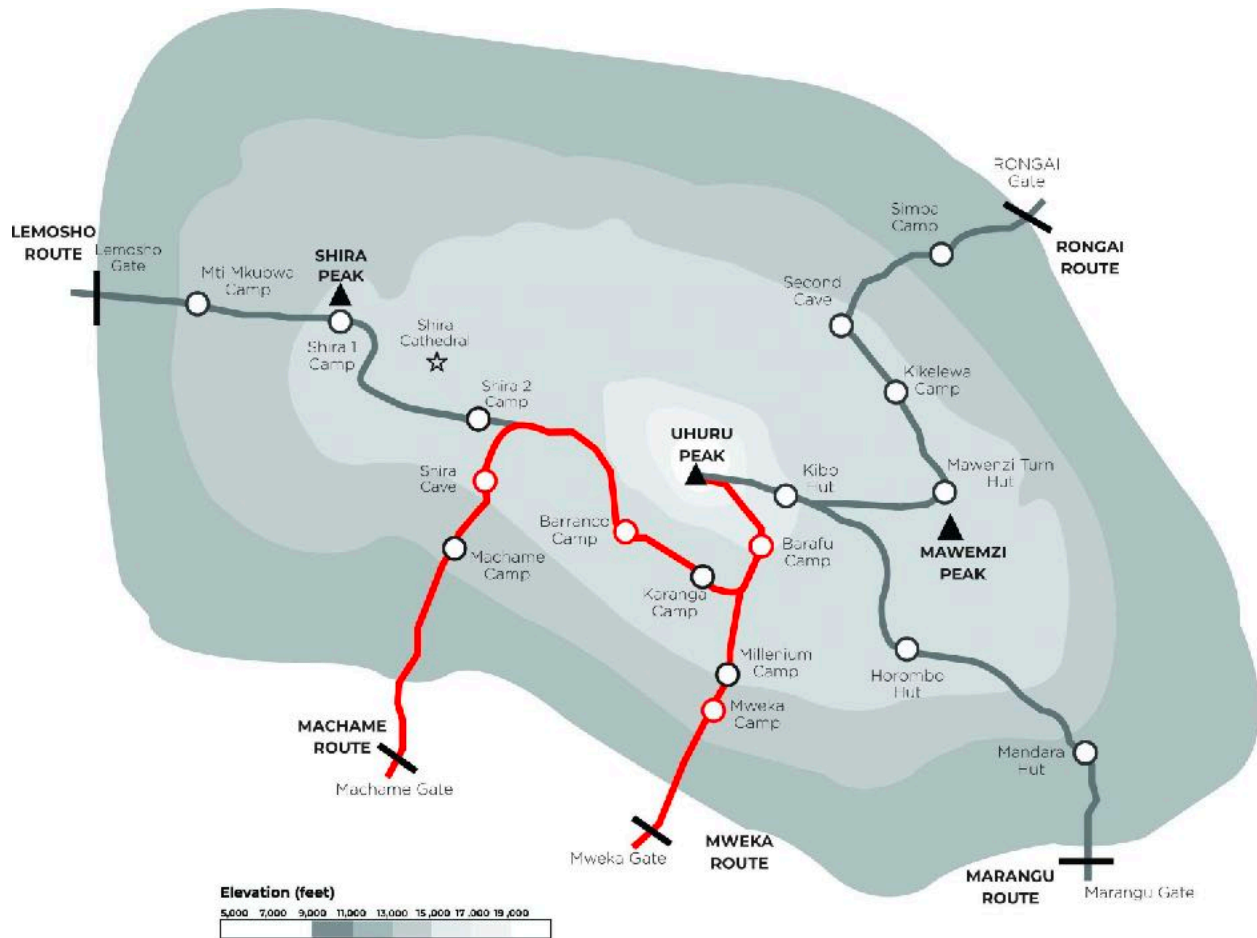
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### MACHAME ROUTE





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### INCLUDED

**2 nights' hotel accommodation with breakfast/dinner in Arusha.**

**Professional, experienced mountain guides.**

**Mountain chef and porters.**

**Sleeping tents.**

**Dining tents.**

**Sleeping mattress.**

**Utensils.**

**Tables & chairs.**

**All Park fees.**

**Airport transfers- for suggested flights.**

**Helicopter rescue service\***

**All meals while on the Mountain.**

**Clean, purified drinking water.**

**Crisis management and safety procedures.**

**\* A helicopter rescue service will be provided to transfer you before dark from the mountain to hospital in Moshi during emergency. This service will only be applicable if you have medical insurance and weather permitting.**

### NOT INCLUDED

**International airfare.**

**Visa fees if applicable.**

**Drinks for included meals, other than water.**

**Personal expenditures like phone calls, laundry, medical expenses.**

**Travel insurance.**



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### SUGGESTED FLIGHTS

**Suggested flights are on KLM:**

**27 July      Houston to Amsterdam**  
**KL 662      dep: 3:05 pm / arr: 7:15 am on 28 July**

**28 July      Amsterdam to Kilimanjaro**  
**KL 567      dep: 10:05 am / arr: 7:30 pm**

**4 August    Kilimanjaro to Amsterdam**  
**KL 567      dep: 8:40 pm / arr: 6:55 am on 5 August**

**5 August    Amsterdam to Houston**  
**KL 661      dep: 9:50 am / arr: 1:10 pm**

**Economy class: \$2,024**  
**Premium Economy: \$3,806**  
**Business class: \$8,027**

**Fares are per person, including taxes, surcharges and fees as of September 23, 2022.**

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### ACCOMMODATIONS

Accommodations on this tour will be two night's hotel accommodation in Arusha and five nights out on the Mountain in the public campsites.

Sleeping tents and mattresses will be provided. Mountain porters will move all the necessary equipment and set up the tents.





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## MACHAME ROUTE

Approaching legendary Kilimanjaro from the south-west, we take the popular Machame Route, with a total trip time of seven nights, thus giving us enough acclimatization time and a better chance of reaching the summit.

Lush rainforest and Alpine moorland characterize the Machame Route... a trek which is challenging, despite the extra time given to acclimatize. You will have a private vehicle to take you to and from the mountain. Accommodation on the mountain will be in tented camps – a true adventure.

## PHYSICAL LEVEL

Challenging. Guests undertaking one of ‘challenging’ routes will require a good level of fitness and proper physical preparation –perhaps two or three months – in advance of arriving in Tanzania.

To take one of these trips, you must be confident in your own level of fitness and stamina. The trip involve a significant degree of high-altitude hiking, and at times a degree of discomfort can be expected. For example, on a summit day to reach the top of Kilimanjaro, a total of around 13 hours is required of participants and this is combined with a great deal of ascent and descent.

Special clothing and equipment are required for these trips, as will be advised on our trip notes.



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### PROGRAM DETAILS

#### DAY 1

**Thu, July 27 - Leave USA**

We will leave USA for Kilimanjaro Airport, Tanzania.

#### DAY 2

**Fri, July 28 - Kilimanjaro - Arusha**

We will arrive in Kilimanjaro Airport in the evening.  
 We will be transferred to our hotel in Arusha for overnight.  
 Depending on our arrival time, we may have our pre-trek briefing today; if not, it will take place early tomorrow morning.

**Overnight in Arusha**

**Meals: -**





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### DAY 3

#### Sat, July 29 - Machame Gate - Machame Camp

After an early breakfast (07.00), we leave the hotel one hour later to arrive at the Machame Gate at around 10.00, passing en-route the house of the village chief. We arrive ready for registration and the start of our trek. Excitement builds as the porters load up equipment and you meet the trekking team who will accompany you up the mountain.

The Machame-Mweka Route (normally just referred to as the Machame Route) approaches from the mountain's south-western side. Your first day of walking, starting at an altitude of 5,300 ft., will end at a height of over 9,400 ft., covering a distance of 7 miles and take around 6-7 hours. The beginning of today's walk is characterized by a wide track that winds its way up through dense forest, beautiful tall trees laden with green moss. As the route becomes steeper and narrower, so the vegetation changes and the appearance of flowers such as impatiens Kilimanjaro and impatiens pseudoviola introduce bright colors to the scenery. The cloud forest trees can reach over 80 ft in height. A picnic lunch is enjoyed around 13.00, water bottles can be refilled and then our walk continues. The emblematic giant heathers appear as you reach heath and the forest thins out. You get your first glimpse of Kibo peak. Machame Camp is reached at around 17.00. You will be surprised by the richness of the birdlife here. Dinner is served at 19.30

Hiking: 6-7 hours  
Overnight Altitude: ~9,400 ft.  
Habitat: Rainforest

**Overnight: Machame Camp**

**Meals: B-Picnic lunch box-D**



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### DAY 4

#### Sun, July 30 - Machame Camp - Shira 2 Camp

You will soon become used to the early, 07.00 breakfast and today we aim to leave the camp at 08.30. We have a further 2,500 ft. of ascent, finishing the day at 12,500 ft., and although the overall distance is short (3 miles) we will spend around 5 to 6 hours. Our path today is dusty, narrow and steep.

The vegetation is initially made up of forests of heather but soon we will encounter the first of the giant groundsels. The climb before our midday picnic lunch is steep, but there are then great views to the south and to Kibo, all to savor as you eat. With today's early start and the short distance, we should be at the camp by 14.00, by which time we will have met the moorland lobelias and the distinctive dark obsidian rock of Shira Plateau for the first time. Once at the camp, you will have plenty of time to admire sights such as the so-called Shira Cathedral, Klute Peak and Mount Meru, before your dinner at 18.00.

Hiking: 5-6 hours

Overnight Altitude: ~12,500 ft.

Habitat: Heath/Moorland

**Overnight: Shira 2 Camp**

**Meals: B-Picnic lunch box-D**



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### DAY 5

#### Mon, July 31 - Shira 2 Camp - Barranco Camp

Today's trek is longer than yesterday's, though our overall gain in height is modest. Starting at 12,500 ft., by the time we reach camp this afternoon we will only be 550 ft. higher, though in between our start and finish we climb up to the base of the famous Lava Tower at 15,200 ft., before descending again to our camp.

The benefits for the purposes of acclimatization today are enormous, as you climb high and then descend again for the overnight stop. The overall distance of around 6 miles means that we will actually be walking for around 6 to 8 hours. Once again, our day will begin with breakfast at 07.00 and departure at 08.30, when we begin our trek across the stony landscape of Shira Plateau. The vegetation is sparse at first, with just a few hardy lichens to admire. You climb towards the Lava Tower and your picnic lunch is taken at 13.00. After passing the highpoint of the day by the Lava Tower, we descend down to the Barranco Camp. Once at camp, which we expect to reach by 16.00, you should take time to admire the views of the southern face of Kibo as well as the Heim Glacier. Dinner tonight is served at 19.00

Hiking: 4-5 hours to Lava Tower at 15,200 ft. / 2-3hrs to Barranco Camp /  
Altitude: ~13,050 ft.

Overnight Altitude: ~13,050 ft.

**Overnight: Barranco Camp**

**Meals: B-Picnic lunch box-D**

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## DAY 6

### Tue, August 1 - Barranco Camp - Barafu Camp

Today we breakfast again at 07.00, in anticipation a long day. We have a total of 5 miles to cover and we will ascend some 2300 ft, with a total of 6.5 to 7 hours walking time.

Our departure time today will be 08.00; a hot lunch is scheduled at Karanga for midday and we hope to arrive at Barafu by 16.00 for dinner at 18.00. At the beginning, we have a tough scramble up the near-vertical face of the Barranco Wall (also known as the 'Breakfast Wall' as the climb is straight after your breakfast!). At the top, you enjoy views of the Heim Glacier. We then descend to the gully below, and into the cold, beautiful Karanga Valley before continuing and climbing up a steep series of zig-zags until we reach Karanga for lunch. After leaving Karanga, today's stage continues steadily upwards, passing through barren, rocky landscape, with the Decken and Kersten glaciers visible away to your left. At the top of the climb, the landscape remains bleak as you descend into a valley and you get your first sight of another glacier, Rebmann. At the end of this valley is today's goal, the Barafu Camp, at which you arrive after a short, steep scramble and a walk.

Hiking: 6.5 to 7 hours  
Overnight Altitude: ~15,330 ft.  
Habitat: Alpine Desert

**Overnight: Barafu Camp**

**Meals: B-Picnic lunch box-D**



## DAY 7

### Wed, August 2 - Uhuru Peak - Mweka Camp

Today is the most challenging day, but hopefully with the great sense of achievement of reaching your goal – the summit of Kilimanjaro! Our schedule for our 'Summit Day' is of course very different. Rising at 23.00, we take our tea and biscuits (23.30) before a midnight departure.

The day starts with the long, tough climb from Barafu at 15,330 ft. to Stella Point at 19,150 ft.; for some of this you will be walking on scree, making your trek more difficult. From there it is another 200 ft. of ascent and 45 minutes' walk to the summit. Our goal is to reach the summit by around 07.00 then celebrate reaching the top, take our precious photos and enjoy this once-in-a-lifetime experience. After the summit, we return to Barafu, where we rest for a couple of hours, take a hot lunch and then leave again at 13.30 to continue to descend to Mweka Camp (10,065 ft.) where we spend the night. We would expect to arrive at 17.00 and take our dinner at 19.00. (In total, we cover around 10 miles today with about 13 hours of walking.)

Hiking: 7-8 Hours climbing to the peak / 4-6 Hours climbing down; total ~13 hrs

Overnight Altitude: ~10,065 ft.

**Overnight: Mweka Camp**

**Meals: B-Picnic lunch box—D**



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### DAY 8

#### Thu, August 3 - Mweka Gate - Arusha

Still thrilled by your achievement, breakfast is taken at 07.00 and at 08.00 you can say goodbye to your trekking team.

Departure is at 09.00 and you descend down to Mweka Gate at an altitude of 5,380 ft., where you will be served a hot lunch at midday and be presented with your hard-earned certificate. Your transport will be waiting to return you back to your Hotel in Arusha, where you can choose to relax – or celebrate!

Hiking: 3-4 Hours

Overnight: Arusha

Meals: B-L-D



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### DAY 9

#### Fri, August 4 - Departure or Continue for Safari

Those of us who will end the trip after Kilimanjaro Hike will spend the day in Arusha, resting or visiting local markets and cultural center.

In the evening, we will be transferred to Kilimanjaro Airport for our return flight.

Those of us who will continue the safari part of the trip, will fly to Northern Serengeti in the morning.

**Meals: B**

#### Contact Us

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