

KILIMANJARO – Machame Route



TREK OVERVIEW

All our Kilimanjaro routes have been carefully chosen both to improve your enjoyment through acclimatisation and also for your safety. We at Adventure Peaks do not believe it is wise to spend any less than 7 days on the mountain for the simple fact that we want our clients to feel good both mentally and physically and to reach their goal of the 'roof of Africa'. Each route we offer has its own quirks and we encourage you to check our website or contact our experienced staff to help you decide which trip is perfect for you.

The Machame route approaches from the wetter south side of the mountain, initially through dense, lush montane cloud forest and on up to the eastern side of the Shira plateau to Shira 2 campsite. Shortly beyond here the route merges with Lemosho route as it passes the Lava Tower (4600m) on the acclimatisation day en route to Barranco. From this point on the trail can get very busy, but there is never any need to rush on our itineraries. Descent is via the Mweka route.

Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

PREVIOUS EXPERIENCE/FITNESS

If you are used to regular multi day hill walking you will have the right level of fitness to fully enjoy your time on this trek. Previous walking experience is not essential but will help you get the most out of this trip. Non hill walkers must come with a reasonable degree of fitness. Most days are relatively short but the summit involves a long day starting around midnight. A head for heights is advantageous for the Barranco Wall which looks impressive but only has a couple of tricky steps.



GROUP AND LEADERS

A fully qualified UK leader will accompany all groups of five or more passengers. The leader will work alongside a team of local guides, assistant guides, porters and cooks who work very hard to make the whole experience as enjoyable as possible. Smaller or private groups will be led by an English speaking Tanzanian guide. This trip is exclusive to Adventure Peaks.

WEATHER

Being close to the equator, Kilimanjaro does not really experience summer and winter. However there are two wet seasons (April / May and November / December) during which we do not trek. If you travel soon after the end of a wet season you can expect snow on the summit and wet conditions underfoot on the lower slopes. The higher you are the cooler it will be. Even though clear skies and views over the clouds below are normal, you must remember that weather in high mountains is unpredictable and should be prepared for this. It will be cold on the early starts and in the evenings at altitude. August is usually the coldest month.

WHAT TO CARRY

This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

CATERING ARRANGEMENTS

Food on the trek is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast can include porridge followed by sausage & eggs (fried or omelette) and either bread or chapattis with jam, honey, peanut butter etc. A sample lunch may consist of sandwiches, boiled eggs, chicken legs, biscuits, fruit etc. You usually arrive at the camp around lunchtime or mid afternoon for tea, biscuits

and fresh popcorn. The evening meal always starts with soup followed by a huge variety of main courses of pasta, rice, chips with various sauces. Fresh fruit tends to be served for dessert. You should not be hungry! Vegetarian food is improving rapidly and we've been getting reports that even the carnivores have been tucking into the vegetarian dishes

ACCOMMODATION

In Moshi you will stay in a 3* hotel with a pool in a quiet part of town. Twin, double or single rooms are available. On trek you will be in two-person tents. Toilet tents, or long drop loos, are provided at camps. Warm washing water will be supplied.

LANGUAGE AND TIME

Language: Swahili and English

Time: GMT+3 (CET). No daylight saving time at present.

HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. There are no compulsory vaccinations for Tanzania; except for Yellow Fever see below. The following are recommended: Hepatitis A, TB, Tetanus, Diphtheria, Polio, Typhoid and possibly Rabies. There is no malaria above 1800m on Kilimanjaro, but there is a risk before and after you trek so suitable prophylactics should be taken. Consult your GP or a vaccine specialist for professional advice or refer to this website: www.fitfortravel.scot.nhs.uk. Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

Information on whether or not a Yellow Fever certificate is required is confusing. To be safe – get one. You must have one if you are entering from [a country with a risk of Yellow fever transmission](#), or if you are travelling to Zanzibar. Also people who have simply transited Nairobi and some with stamps in their passports from risk countries HAVE been asked for a certificate. If you do not have one, then you may have to pay a bribe to the official!

INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official helicopter rescue services on Kilimanjaro and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

ALTITUDE

If this is your first trip to altitude you may have concerns about the effects of altitude. Don't worry, our itineraries allow sufficient time to acclimatize. At worst you may experience a headache or a little breathlessness, the best way to avoid such symptoms is to do everything slowly, walk at a gentle steady pace and drink plenty of fluid. Should you be the exception, we can allow you to stay an extra night at a lower level and follow with one of our local guides.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

EQUIPMENT

A detailed equipment list is provided on booking but normal winter walking equipment is all that is required, together with a four season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for mules and porters should be kept to 15kg, (you will be wearing boots and one set of trekking clothes). Some items can be left at the hotel in Moshi for your return.

VISAS AND PERMITS

A Single Entry Tourist Visa costs approx. US\$ 80.00. You should obtain your visa in well in advance from the Tanzanian High Commission in London. Details of how to obtain your visa will be sent on booking.

LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes, tips for local staff and personal spending.



CURRENCY

The currency in Tanzania is the Tanzania Shilling (TZS) but you cannot obtain these outside of Tanzania. Therefore take UK sterling, Euro or US\$ and exchange on arrival. Don't try and change money in the street in Tanzania as it



is illegal. ATMs and change bureaux are available in the arrivals hall at the airport. The US\$ is widely accepted and we suggest you bring some in cash with you, ensuring you have some small denomination notes.

TIPPING

Tipping is an accepted part of life in Tanzania. We generally tip our trek staff as a whole and would recommend around US\$90 per person. Tipping at meals and in hotels is normal practice.

ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

FLIGHTS AND JOINING ARRANGEMENTS

Flights are **NOT** included as part of this holiday. Adventure Peaks would be delighted to arrange your flights for you. The earlier you book, the better price we can obtain for flights. The cost of flights will be quoted to you separately and will vary with departure and booking date. The best routing is either via Amsterdam, Nairobi or both, or sometimes via Paris. Departures from regional UK airports are possible and usually cost a little more than flights from London. Whatever flight you take, you will be met at the airport and transferred to the hotel in Moshi.

The rendezvous for this trip is the ARRIVALS HALL AT KILIMANJARO AIRPORT when your flight comes in on Day 1.

You will meet other members of the trekking group in the hotel in Moshi.

PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.

KILIMANJARO MACHAME ROUTE ITINERARY

No	Day, date	Today we...	We stay at...	Accommodation...	Meals...
1	Fri	Fly	Moshi	Hotel	
2	Sat	Start trekking	Machame (3000m)	Camp	BLD
3	Sun	Trek 2	Shira 2 (3840m)	Camp	BLD
4	Mon	Trek 3	Barranco (3950m)	Camp	BLD
5	Tue	Trek 4	Karanga (4150m)	Camp	BLD
6	Wed	Trek 3	Barafu (4600m)	Camp	BLD
7	Thu	Summit day	Mweka (3100m)	Camp	BLD
8	Fri	Final days trek	Moshi	Hotel	B
9	Sat	Free morning - depart	Plane / home	Plane / home	B
10	Sun	Arrive home	Home	Home	

Day 1 We fly to Kilimanjaro International airport. On arrival in Tanzania you will be met and transferred to the hotel in Moshi. Situated in a quiet location in the foothills of Kilimanjaro this is a pleasant and friendly hotel with restaurant, bar and swimming pool.

Day 2 An early start on the first day allows you some time to make any adjustments to your packing before leaving for the park gate. From the gate (1800m) the path climbs with a gradual gradient and a never tiring route in a forest full of flowers. A last ramp leads to the lovely rocky rise and metal constructions of the Machame Hut (3000m). *Climb 1200 metres, walking time: 4 to 5 hours.*

Day 3 A rather short day although the altitude begins to make itself felt. The path rises with a charming route along a lava ridge that offers splendid views of the Kibo and Meru peaks before crossing a number of clearings surrounded by very high, tree-like heathers. A stony stretch with the odd zigzag leads to the edge of the remarkable lava plateau of Shira. We cross this to our camp (3840 metres) near a large cave. *Climb 840 metres, walking time: 4 to 5 hours.*

Day 4 This stage, quite tiring at first, explains why hikers starting from Machame suffer the altitude less on the final stage to the Kibo summit. Zigzagging up and down is, on any mountain, the best way to get acclimatised. You start by reaching an enormous solitary rock and then proceed on wide, desolate, stony slopes towards the Lava Tower and the Arrow Glacier Hut. High up, in the distance are the walls of the Western Breach. Once at the ridge at the base of the Lava Tower (4600m) a rather steep descent leads to the Barranco Hut (3950m), a splendid viewpoint of the Breach Wall and the Heim and Decken glaciers. *Climb 760 metres, descend 650 metres, walking time: 7 to 8 hours.*

Day 5 A short but spectacular day which gives an ever changing vista of the summit. You start by crossing the valley and scrambling up the Barranco wall by a series of

easy rock ledges. Once at the top a broad, rocky ridge traverses around the mountain with wonderful views of the Heim glacier. A short sharp descent past some amazing rock formations leads down into the Karanga Valley (4000m) and the final climb to your campsite. *Climb 250 metres; descend 200 metres, walking time: 3 to 4 hours.*

Day 6 The final short stretch of the approach follows a rocky wind-beaten ridge close under the south flank of Kibo and crosses a large desolate bowl before climbing up onto the obvious ridge to the Barafu Hut (4600m) and our camp. *Climb 600 metres; walking time: 3 to 4 hours.*

Day 7 Leaving our camp just after midnight a good path marked by stones climbs the rocky slopes and into the wide gorge to the right of the Rebmann glacier. A section on the more friable ground (nothing like the scree of Gillman's Point on the normal route) precedes the last slopes, sometimes covered with snow. Once out on the crater at Stella Point (5795m) you continue on round to Uhuru Peak (5895m). To descend, we drop back scree slopes to Barafu for a rest and an early lunch and then continue down for a further four hours to Mweka Camp, delightfully situated in the trees and celebrate with a beer! *Climb 1295 metres; descend 2795 metres, walking time: 10 to 14 hours.*

Day 8 A fully refurbished trail takes you down through the forest to the park gate (1500m) and the bizarre sight of vehicles which will transfer you back to the comforts of your hotel in time for lunch. The afternoon is free to buy souvenirs and try your hand at haggling with the local shopkeepers. *Descend 1600 metres, walking time: 3 to 4 hours.*

Day 9 Usually there is some time to visit town in the morning before transferring to the airport for your flight home. (Sometimes flights used will get you back home the same day).

Day 10 Arrive back in the UK

EXTENSIONS

You could fly out 4 days earlier and climb Mount Meru (4566m) and be fully acclimatised for Killy!
You could extend your stay in Tanzania to enjoy a safari or visit the Spice Island of Zanzibar (or both!)

Please contact our office for further information and prices.