KILIMANJARO and MOUNT MERU

TREK OVERVIEW
The ascent of Mount Meru (4566m), Kilimajaro’s little sister, makes for a superb training and acclimatising trip before the main ascent of Kilimanjaro. It is a four day round-trip and a wonderful climb in its own right. It is far, far less crowded than any of the routes on Kilimanjaro. You can also expect to see wildlife on the lower slopes and in the Arusha National Park which we pass through after the climb. After a night at the hotel, where you will meet any clients joining just for Kilimanjaro, we head off to the start of the Machame route.

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 days on both Meru and Kili are long, 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 larger groups. 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 i.e 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 having been tucking into the vegetarian dishes.

ACCOMMODATION  
In Moshi or Arusha you will stay in a 3* hotel in a quiet part of town. Twin, double or single rooms (supplement applies) are available. On trek you will be in two-person tents. Single tents are available for a supplement. Toilet tents, or drop 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. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the National Travel Health Network and Centre, and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from NHS Choices. There is no malaria above 1800m on Kilimanjaro, but there is a risk before and after you trek so suitable prophylactics should be taken.

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!

Tap or stream water should never be drunk without first sterilising with chlorine dioxide tablets or by boiling. Please note that disposable plastic bottles are not permitted on the mountain and park rangers can issue fines for this, so bring nalgene bottles or similar.
**INSURANCE**
Insurance which covers mountain rescue, evacuation and medical expenses is essential. Evacuation may be by land or by helicopter. 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 acclimatise, especially this one as having ascended to over 4500m on Mount Meru you should feel strong on the ascent of Kilimanjaro. 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 for your return.

**VISAS AND PERMITS**
A single entry tourist visa costs approx. £40 (US$ 65) You should obtain you visa in well in advance from the Tanzanian High Commission in London. Details of how to obtain your visa will be sent before your trip.

**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 them 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.

**TREK STAFF BONUSES**
Staff Bonuses or tips for the porters and support staff are an accepted and expected part of life in Tanzania. Our teams generally pay these bonuses to our trek staff as a whole, and would recommend around US$100-200 per client, depending on group size and length of trip. Details will be sent to you with your Final Joining Information. Tipping in hotels and at meals 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**
Within the published With UK flight price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the and Only prices. This element is for a non-changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change. Whatever flight you take, you will be met at the airport and transferred to the hotel (supplement may apply for airport transfers separate to the group).

The rendezvous for this trip is the ARRIVALS HALL AT KILIMANJARO AIRPORT when your flight comes in on Day 2.

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

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Today we...</th>
<th>We stay at...</th>
<th>Accommodation</th>
<th>Meals</th>
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<tr>
<td>1</td>
<td>Tue</td>
<td>Depart UK</td>
<td>Plane</td>
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<td>2</td>
<td>Wed</td>
<td>Arrive Tanzania</td>
<td>Moshi / Arusha</td>
<td>Hut</td>
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<td>3</td>
<td>Thu</td>
<td>Meru Trek 1</td>
<td>Miriakamba (2515m)</td>
<td>Hut</td>
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<tr>
<td>4</td>
<td>Fri</td>
<td>Meru Trek 2</td>
<td>Saddle (3570m)</td>
<td>Hut</td>
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<td>Sat</td>
<td>Meru Trek 3</td>
<td>Miriakamba (2515m)</td>
<td>Hut</td>
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<td>6</td>
<td>Sun</td>
<td>Meru Trek 4 to hotel</td>
<td>Moshi / Arusha</td>
<td>Hotel</td>
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<td>7</td>
<td>Mon</td>
<td>Start trekking</td>
<td>Machame (3000m)</td>
<td>Camp</td>
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<td>8</td>
<td>Tue</td>
<td>Trek 2</td>
<td>Shira 2 (3840m)</td>
<td>Camp</td>
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<td>9</td>
<td>Wed</td>
<td>Trek 3 - acclimatisation day.</td>
<td>Barranco (3950m)</td>
<td>Camp</td>
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<td>10</td>
<td>Thu</td>
<td>Trek 4</td>
<td>Barafu (4600m)</td>
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<td>11</td>
<td>Fri</td>
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<td>Mweka (3100m)</td>
<td>Camp</td>
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<td>Sat</td>
<td>Trek 6 and depart</td>
<td>Plane / home</td>
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<tr>
<td>13</td>
<td>Sun</td>
<td>Arrive home</td>
<td>Home</td>
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**Days 1 and 2** Overnight flight to Kilimanjaro International airport. On arrival in Tanzania you will be met and transferred to the hotel. Situated in a quiet location in the foothills of Kilimanjaro this is a pleasant and friendly hotel with restaurant and bar.

**Day 3** From Momella Gate at 1500m the route crosses open plains with possible sightings of giraffe, buffalo and warthogs. Climbing steadily the trail enters the forest, in which you will hear the wonderful calling sounds of monkeys and birds amongst other animals. The forest opens out as you arrive at the plateau of Miriakamba. Two huts sleep 48 in bunk beds with spectacular views up to the ash cone, the crater rim cliffs and the summit. 5 hours walking

**Day 4** Trees give way to giant heathers then moorland as you climb up the East Ridge of the crater rim. Good views down into the crater floor and of Kilimanjaro floating above the cloud. If time allows we can make a late afternoon ascent of Little Meru 3820m (50 mins). There are two sleeping huts with rooms of 4 beds. Each room has a key to lock when climbing on summit day. 5 hours walking

**Day 5** We start early at 2am to climb to Rhino point 3800m, commemorating the last Rhino in Arusha National Park shot by poachers. Rocky undulating ground leads up to Cobra Point 4350m, and with lightening skies continues to the rough summit rocks and the summit. 4560m. The walk around the crater rim is exhilarating, the sheer cliffs on one side, the dramatic views of the Ash Cone and Kilimanjaro in the distance. Descent is by the same route stopping for lunch at Saddle hut then down to stay overnight at Miriakamba. 7 to 9 hours walking

**Day 6** Descend to Momella gate (3 hours). Enjoy a safari through Arusha National Park before returning to the hotel for a freshen up before heading up 'the big one'. 3 hours walking

**Day 7** 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 8** 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 9** 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 630 metres, walking time: 7 to 8 hours.

**Day 10** A long 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 followed by a short climb to the Karanga campsite. The final 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 (4600 metres) and our camp. Climb 850 metres; descend 200m, walking time: 7 to 8 hours.

**Day 11** We leave camp just after midnight on a good path that climbs rocky slopes and into the wide gorge to the right of the Rebmann glacier. A section on the more friable ground leads down into the Karanga Valley by a short climb to the Karanga campsite. The final 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 (4600 metres) and our camp. Climb 1295 metres; descend 2795 metres, walking time: 10 to 14 hours.

**Day 12** A fully refurbished trail takes you down through the forest to the park gate (1500m) and the bizarre sight of vehicles! After bidding farewell to the guides and porters we transfer you to the hotel where you can get a meal and have a wash and brush up before transferring to the airport to catch an early evening flight home. Descend 1600 metres, walking time: 3 to 4 hours.

**Day 13** Arrive back in the UK.