



TOUR ITINERARY

CLIMB KILIMANJARO: 6 DAYS MARANGU ROUTE

DAY 1. ARRIVAL

Arrival at Kilimanjaro International Airport (JRO), where you will meet our representative, and transfer to the hotel of your choice. The hotel will provide all the essentials for a comfortable stay. In the evening, there will be a briefing with our climb managers, who will also make sure you are ready to begin the climb.

DAY 2. TREKKING FROM MARANGU GATE TO MANDARA HUT

A guide and a mountain support crew will arrive at the hotel in the morning in order to meet you and hold a quick briefing, after which you will travel by vehicle to Kilimanjaro National Park's eastern entrance: Marangu Gate (1,860 m). After the quick formality of acquiring climbing permits and registering with the search and rescue service, the group will start trekking up to Mandara Hut (2,700 m). The trekking route includes passage through the rainforest (where tropical showers are highly probable), so we recommend you take not only spare clothes, but also your raincoats.

When you reach the camp, our mountain support crew will take care of the necessities, pitch the tents, and prepare lunch.

Throughout the entire Marangu route, you will be spending your nights in special huts. They offer a great alternative to those who do not want to sleep in tents.

This will be your first day at this altitude, so it is strongly recommended you heed the following instructions from this point on:

- Abstain from consuming alcohol and caffeine
- Drink over 4 liters of bottled water daily (little by little, frequently)
- Take a Diamox pill to help alleviate symptoms of altitude sickness. Most mountain climbers take Diamox in the morning, before they start their ascent, in order to reduce discomfort associated with altitude sickness. We recommend you consult your doctor prior to the trip in case of potential allergies.

At night you may experience discomfort associated with acclimatization to the high altitude: because of a reduction in your waking breathing pattern, your body gets less oxygen than during the day. Taking altitude into account, you may therefore start feeling sick and have a headache. Pay attention to your own body and tell your guide if you start feeling any symptoms of altitude sickness.

Change in Elevation: Marangu Gate (1,860 m) – Mandara Hut (2,700 m)

Hiking distance: 11 km

Hiking time: 5–7 hours



DAY 3. TREKKING FROM MANDARA HUT TO HOROMBO HUT

Early in the morning after breakfast, the group will depart Mandara Hut to start a moderate trek towards the second high altitude camp: Horombo Hut (3,720 m). When you reach the camp on this day, you will be treated to views of two volcanos at once: Kibo and Mawenzi.

Several hours after lunch you will have to complete an acclimatization hike in the direction of Kibo Hut with a 200-meter gain in altitude, and then hike back down to Horombo Hut where dinner will be prepared for you.

Note:

The acclimatization hike is an easy trek with a slight gain in altitude done in order to speed up the acclimatization process. You should take the acclimatization hikes very seriously. They help increase your chances of successfully summiting Kilimanjaro and save you from the consequences of altitude sickness.

Trekking from Mandara Hut to Horombo Hut:

Change in Elevation: Mandara Hut (2,700 m) – Horombo Hut (3,720 m)

Hiking distance: 10 km

Hiking time: 5–6 hours

Acclimatization hike:

Change in Elevation: Horombo Hut (3,720 m) – Destination point en route to Kibo Hut (3,920 m)

Hiking distance: 2.5 km

Hiking time: 1–2 hours

DAY 4. ACCLIMATIZATION DAY AT HOROMBO HUT

After breakfast you will go on an acclimatization hike towards Kibo Hut and back. After lunch you have the opportunity to walk around the surrounding area, take pictures of Mawenzi Volcano or just sleep before the upcoming trekking to Kibo Hut.

Acclimatization hike:

Change in Elevation: Horombo Hut (3,720 m) – Destination point en route to Kibo Hut (4,500 m)

Hiking distance: 5–8 km

Hiking time: 3–4 hours

DAY 5. TREKKING FROM HOROMBO HUT TO KIBO HUT

On this day, right after breakfast the group will be trekking to the Kibo Hut (4,700 m). The actual trekking is not very difficult, just remember to stick with an appropriate pace to keep up your strength for the trekking to Kilimanjaro's summit. When you reach the camp you will be served lunch, after which we recommend you sleep as much as you can, avoid any strenuous activity, and drink lots of water.

Change in Elevation: Horombo Hut (3,720 m) – Kibo Hut (4,700 m)

Hiking distance: 10 km

Hiking time: 4–8 hours

DAY 6. TREKKING TO UHURU PEAK AND DESCENT TO HOROMBO HUT

Night departure from Kibo Hut (4,700 m) and the start of your trekking to Kilimanjaro's summit: Uhuru peak (5,895 m). The trekking will be moderate from a physical standpoint, but the altitude presents a much more serious



problem. For the entire length of the trekking each pair of climbers will be accompanied by their own guide, who will be monitoring your stamina and mental resolve. After your successful ascent to Uhuru Peak, you can descend to the nearest glacier if desired. Then you will return to Kibo Camp and after a two-hour rest continue your descent to Horombo Hut (3,720 m).

Note:

Don't forget that 90% of all accidents occur during the descent, including all broken arms and legs. Please pay attention to your feet, as there is a high risk of damaging your toenails.

Change in Elevation: Kibo Hut (4,700 m) – Uhuru Peak (5,895 m) – Horombo Hut (3,720 m)

Hiking distance: 16 km

Hiking time: 9–12 hours

DAY 7. DESCENT FROM HOROMBO HUT TO MARANGU GATE

You will be offered a warm breakfast in the morning, after which we will head for the Kilimanjaro National Park's exit: Marangu Gate (1,860 m). After your descent the whole group will gather to congratulate you, and then you will have the chance to share your opinions on the trip in the guestbook. Lastly, we will present you with your commemorative certificates (in our office) and provide you a transfer back to the hotel.

Change in Elevation: Horombo Hut (3,720 m) – Marangu Gate (1,860 m)

Hiking distance: 18 km

Hiking time: 5–6 hours

DAY 8. DEPARTURE

Rest in the hotel and transfer to the airport (If applicable)

INCLUSIONS

- Meeting at Kilimanjaro International Airport;
- Transfer to the hotel
- Transfer to the trail head;
- Professional mountain crew. All guides have "Wilderness First Responder" and "Wilderness First Aid" certificates, along with over 7 years of experience in climbing.
- Kilimanjaro National Park permits;
- Kilimanjaro National Park rescue fees;
- Camping/hut fees;
- 3 square meals daily. The menu includes different soups, garnishes, several types of fish and meat, fresh fruit and vegetables; vegetarian options are available upon request;
- Modern The North Face VE-25 tents**;
- Oxygen systems and pulse oximeters;
- First aid kit;
- Warm and comfortable sleeping pads (2 inches thick);
- Group equipment (dining tent, table, chairs, crockery and cutlery);
- Meeting the group at the National Park exit and transfer to the hotel;
- International certificates for a successful ascent;

** During the climb you will share a tent with 1–2 other climbers, depending on the number of participants. If you need an individual tent, please, contact our manager.

EXCLUSIONS

- Airline tickets;
- Visa fees
- Meals outside the tour (unless mentioned otherwise)
- Personal gear rentals;
- Tips for the mountain crew (200–250 USD per person);
- Mountaineering insurance.

EQUIPMENT NEEDED FOR THE CLIMB

- Small backpack (20–40 liters) for your daily necessities;
- Large duffel bag for your belongings, which will be carried by a porter (80–120 liters);
- Sleeping bag (designed for up to -15°C);
- Rain poncho, a water-proof covering for your backpack;
- Hiking boots with a water-repellent layer and good protector;
- Gym shoes for the first days of the climb and to change at the camp;
- Hiking pants for the first days of the climb (2 pairs);
- Waterproof pants;
- Warm ski pants (designed for -15°C);
- T-shirts, long sleeve shirts (4–5 pieces);
- Soft-shell or fleece jacket;
- Windproof jacket;
- Insulated jacket for -15°C is an absolute necessity for the final ascent to the summit;
- Thermal underwear for active sports (preferably 2 pairs);
- Light trekking gloves;
- Mittens/gloves designed for -15°C for the final ascent to the summit;
- Hiking socks (4–5 pairs);
- Gaiters for protection against dust/snow;
- Cap/panama hat/hat to protect your face and neck against the equatorial sun;
- Fleece hat;
- Balaclava for wind protection during the final summit ascent;
- Alpine sunglasses or goggles (avoid generic sunglasses);
- Headlamp + extra batteries;
- Trekking poles;
- Water flasks (2 liters in total); the flask may be substituted by a water bladder installed in your backpack;
- SPF 40–50 sunblock;
- Lip balm;
- Towel, soap, toothpaste, toothbrush;
- Personal medication in case of a chronic disease;
- Snacks and energy bars, chocolate and nuts.