

7 Day Machame Climb



A seven day climb which passes through some of Kilimanjaro's most famous landscapes. It's an excellent route to the summit and one with very high success rates.

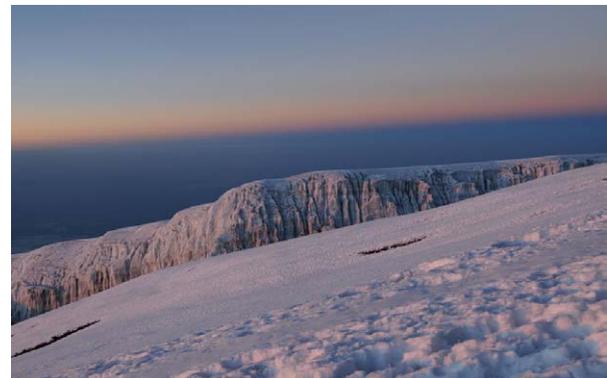


TANZANIA | 7 DAY MACHAME CLIMB

The climb starts at Machame gate, ascending through Afro-montane forest and then into the heath zone and on to the edge of the remnants of the Shira volcano. The route circumnavigates the main peak, Kibo, passing some spectacular features such as giant steps and glacial valleys. The final night-time ascent is from Barafu camp, reaching Uhuru Peak via Stella Point. The descent is via the Mweka route. All our climbs provide a large staff including chief guide, an assistant guide, cook, and porters.

- Climbing the world's tallest free standing mountain - Mount Kilimanjaro
- Hike through the dense Afro-montane forest
- Marvel at the Alpine flowers on the Shira plateau
- Unforgettable views of glacial valleys
- Witness the stark beauty of the Alpine desert
- Lava Tower – a great vantage point from which to view the route up
- See and hear the vast mountain glaciers
- Summit the “Roof Africa” at 5,896m (19,341ft)
- Six nights on the mountain in tented accommodation
- Two nights in a lodge in Arusha pre and post your climb
- Professional and private guides to help make your climb to the top as smooth as possible
- Full support team to help you on each step of the way
- Seven days on the mountain with a maximum group size of eight guests on set departure trips for a highly personal experience

On a private departure basis, the number of days on the mountain can be increased or decreased, and a VIP departure with additional equipment can be arranged.



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Day 1 - Monday

On arrival into Kilimanjaro International Airport today you will be met and driven to Ilboru Lodge where you stay the night on a half board basis to include dinner and breakfast.

This evening the head guide on your Machame Kilimanjaro climb will meet you for a kit check and a climb safety briefing.

Day 2 - Tuesday

This morning you will be driven to Machame Gate, the entrance of the Kilimanjaro National Park, from where you will begin your six night trek. You will need to register and produce your passports at the national park headquarters. You will be climbing Mount Kilimanjaro via the Machame Route. All meals, hot drinks and water whilst on the mountain are included in your climb.

You climb to Machame Camp, walking through the lower rainforest bush. Depending on the weather, this can be a tough first day.

Camp altitude: 3,000m (9,843ft). Maximum altitude: 3,000m (9,843ft). Trek time: 5 to 7 hours. Trek distance: 3.5 miles (5.5km).

Day 3 - Wednesday

After an early breakfast, you will continue across a valley and stream before a steep climb which can take up to three hours to complete. Once on this higher plateau, the gradient levels out as you progress across the moorland of the Shira Plateau for a further hour or two, arriving at Shira Camp mid-afternoon.

Camp altitude: 3,850m (12,631ft). Maximum altitude: 3,850m (12,631ft). Trek time: 4 to 6 hours. Trek distance: 3.5 miles (5.5km).

Day 4 - Thursday

You will trek for between five and seven hours today, passing through typical Kilimanjaro mountain vegetation such as lobelia and senecio. An acclimatisation trek up Lava Tower will give you an opportunity to experience altitude and the effects on your body, before descending towards the Barranco Valley. The descent to Barranco Valley is particularly rewarding and provides some recovery for your legs after climbing for two days. Camp will be at Barranco Camp.

Camp altitude: 3,910m (12,828ft). Maximum altitude: 4,640m (15,220ft). Trek time: 5 to 7 hours. Trek distance: 6.2 miles (10km).



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Day 5 - Friday

Today you ascend the Barranco Wall, then walk across scree and ridges into the Karanga valley with breath-taking views of the western breach and the southern glacier. You arrive at Karanga Camp in time for lunch and then have plenty of time to relax and even go for a short acclimatisation walk.

Camp altitude: 4,100m (13,451ft). Maximum altitude: 4,100m (13,451ft). Hike time: 4 to 5 hours. Hike distance: 3.5 miles (5.5km).

Day 6 - Saturday

From Karanga you head up a moraine ridge taking your time and going slowly. The views of the southern glaciers and of the glacial valleys that snake their way down the mountain are spectacular. The final stage to Barafu Camp is quite steep, and you will take it very slowly. As with the day before, you reach camp around lunch time leaving lots of time to prepare and relax. In the evening your guide briefs you for the final ascent.

Camp altitude: 4,600m (15,092ft). Maximum altitude: 4,600m (15,092ft). Hike time: 4 to 5 hours. Hike distance: 2.2 miles (3.5km).

Day 7 - Sunday

The attempt on the summit occurs in the very early morning. Each climber is assigned a summit guide to ensure that everyone makes it to the top, or returns as required in complete safety. The going is slow, and often quite frustrating on the scree, but persistence and patience ensure steady progress. Near the summit you pass through the gap between the Ratzel and Rebmann Glaciers.

At Stella Point you can then choose to return - you are after all already higher than any point in Africa. Otherwise, continue to Uhuru Peak. Despite the distance being relatively short, progress is slow - there is less than half the oxygen than at sea level. Reaching Uhuru Peak is incredibly satisfying and is an emotional high point. If progress is good you can watch the sunrise from the rooftop of Africa. Most people start the downward climb soon after sunrise as the return journey today is quite long.

Camp is pitched at Mweka after what will have been a very long day.

Camp altitude: 3,100m (10,170ft). Maximum altitude: 5,896m (19,341ft). Hike time and distance from Barafu Camp to the summit: 7 hours and 3.2 miles (5km). Hike time and distance from the summit to Mweka Camp: 5 hours and 7.5 miles (12km).



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**Day 8 - Monday**

After a leisurely breakfast, you will finish your trek through lower heathland and rainforest to Mweka Gate at 1,828m (6,000ft). You will be met at Mweka Gate and driven back to your hotel in Arusha where you spend the night.

Final altitude: 1,828m (6,000ft) Trek time: 4 hours. Trek distance: 6.2 miles (9.9km).

Your overnight stay at Ilboru Lodge is on a full board basis to include all meals today.



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ILBORU LODGE (*standard specification on a set-departure basis only*) – pre and post climb accommodation (depending on availability). Please note that on a private climb we will tailor the before and after accommodation to your preferences.

LUXURY SPECIFICATION CLIMB – *on a private departure basis only*

This is the most popular climb specification we sell, and offers large dome style tents with thick mattresses and sleeping bags, pillows and a thermal liner for a comfortable night's sleep. It is a great compromise between cost and comfort.

During your climb your tents will be set up for you every day and are ready for when you arrive into camp in the afternoon.

A separate, shared, portable chemical loo tent is also set up for climbers. Meals are prepared daily by the crew and are eaten in the mess tent.

VIP SPECIFICATION CLIMB – *on a private departure basis only*

For guests wanting to climb the Machame Route on a private basis it is possible to upgrade to the VIP specification of climb. The VIP climb includes a walk-in tent, a proper bed to sleep on, sleeping bag, mattress, pillow and a thermal liner, as well as a wash tent, and a chemical loo tent.

TANZANIA | 7 DAY MACHAME CLIMB**2018 TRAVEL DATES**

Every Monday, year round

2018 SCHEDULED DEPARTURE COSTS (USD \$)

The scheduled departure operates on a standard specification basis. This includes Arusha accommodation before and after the climb together with return road transfers.

Per person sharing a tent is \$3,595

Single room supplement is \$250 per person

2018 PRIVATE DEPARTURE COSTS (USD \$)

Private departures do not include accommodation in Arusha before and after the climb. However, this can easily be arranged for a supplement.

LUXURY SPECIFICATION

Per person sharing a tent:

1 person \$7,403

2 people \$5,146

3 people \$4,483

4 – 8 people \$4,153

9 – 10 people \$3,999

11 – 15 people \$3,731

16 – 20 people \$3,616

21 people or more \$3,589

Single room supplement is \$250 per person

VIP SPECIFICATION

Per person sharing a tent:

1 person \$7,867

2 people \$5,866

3 people \$4,749

4 – 8 people \$4,420

9 – 10 people \$4,026

11 – 15 people \$4,002

16 – 20 people \$3,873

21 people or more \$3,833

Single room supplement is \$250 per person

**Please note that mobile safari operators in Africa generally price in US dollars. We've therefore presented the cost in dollars to avoid disparities due to currency fluctuations. The cost in sterling is dependent on the day's exchange rate. For an accurate quote in GB pounds, please contact us.*

THE ITINERARY INCLUDES

Airport and other transfers

Accommodation and meals as stated

Drinks as stated

Activities as stated

Senior mountain guide (Wilderness First Responder and CMBFA Instructor Level)

Trained Kilimanjaro guides, cook, porters and camp crew

Two person pup tent used for two people (three person pup tent used for two people on a luxury specification and a full walk in tent on a VIP specification trip)

Foam pad (three inch mattress, -30F Lamina sleeping bag with thermal liner and pillow on a luxury specification plus a full size cot on a VIP specification trip)

Portable toilet tent (plus a shower tent on a VIP specification)

Table and stools (walk in mess tent with table and chairs on both the luxury and VIP specification trips)

All relevant Kilimanjaro park fees and rescue fees

Emergency medical evacuation

First aid kit, oxygen and stretcher for emergencies

Satellite phone

THE ITINERARY EXCLUDES

International and regional flights

Passenger and airport taxes

Visas

Travel insurance

Tips and gratuities

Laundry

Other personal spending

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SAFETY EQUIPMENT INCLUDED ON ALL
SPECIFICATIONS OF CLIMBS:

- Pulse oximeter
- Altitude sickness checklists
- Stocked first aid kit
- Custom evacuation stretcher
- Oxygen**

** Each oxygen cylinder gives +/- 7 hours of constant flow supply and a minimum of two tanks per group is provided.

Q: What is the maximum number of people in each group climbing Kilimanjaro?

A: The maximum number on a scheduled departure climb on Kilimanjaro is ten climbers. Private trips can be any number within reason.

Q: What is your success rate for reaching the summit of Kilimanjaro?

A: Our success rate for climbing Kilimanjaro is currently 98% due to the careful planning that we have in place, the choice of routes, and the experienced and skilled guides.

Q: Which routes do you use to climb Kilimanjaro and can you briefly tell us why you recommend the routes which you use?

A: We recommend three Kilimanjaro routes, namely: Machame, Lemosho and Rongai. This is for several main reasons; they are the most scenically varied and beautiful, and offer the greatest chance of success due to the length of time spent gaining altitude slowly. Lemosho and Machame also have a shorter final ascent route via Stella Point to Uhuru Peak, and we like Rongai because it is very quiet, little used, and very scenic. The main point though is the time taken to climb – the longer and slower you go the better your chance of success, and having plenty of beautiful and varied scenery helps you to go slowly.

Q: Could we start to climb the day after arriving at Kilimanjaro International Airport or do you recommend that we spend a day locally before setting off on the trek?

A: In most cases, clients arriving in Tanzania on an overnight flight on day one spend the afternoon getting to know their Kilimanjaro guides and crew, and receive a full briefing. This gives them enough time to settle in, get over the long flight, and get ready for the climb. They spend the night in Arusha, and then proceed to the mountain the following morning.

It may sound like a waste of time at this stage, but preparation and familiarisation is crucially important to maximise your safety and chances of success. Climbing Kilimanjaro is a big task even with plenty of time, and it is simply not wise or worthwhile to rush it. We have seen several people who were fit, young and determined fail because they tried to rush the mountain.

Q: What extra costs can we expect to incur before, during or after the climb e.g. tipping of porters; mountain tax; and additional transport?

A: Tipping is discretionary but very much appreciated by the crew. The recommended amount would be around \$300 per person for your group. Transfers to and from Kilimanjaro Airport and one night in a hotel before and after the climb are included in the cost of luxury climbs. The only additional costs you should expect to incur would be tipping, unless you wish to purchase any curios or drinks before and after your climb.

Q: Can children climb Kilimanjaro?

A: The minimum climbing age is 12 years, but anyone between the ages of 12 to 16 needs to take extra care and be monitored very closely as altitude sickness can creep up on undeveloped bodies, and can be much more severe than in adults.

Q: What washing facilities do you provide on Kilimanjaro?

A: Our luxury and VIP specification climbs both provide a wash tent where you may stand up to wash yourself with hot water, provided in a bowl. You may use as much as you wish within reason, as the water is sourced from streams on Kilimanjaro. A long drop loo in its own tent is provided for your group of climbers.

Q: What is the food like during a climb?

A: All meals on Kilimanjaro are prepared with as many fresh ingredients as possible. Breakfast during the climb would consist of a selection of fresh fruits, cereal,

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porridge, and something cooked such as eggs, sausage, tomato, along with tea, coffee or hot chocolate. Lunch during the climb is often eaten en-route in the form of a picnic. Your cook sets this up in advance and it would usually include: fresh vegetables, fruit juice, hot soup, sandwiches with cheese or ham, a chocolate bar, and tea, coffee or hot chocolate. Dinner on Kilimanjaro is always three courses, and usually follows these lines; starter of soup with bread, main course of a carbohydrate like rice or pasta with a meat dish such as bolognese, a pudding which will be banana fritters or something like it, tea, coffee or hot chocolate.

On the mountain it is essential to try and eat as much as possible and to keep very well hydrated during the climb. Your body uses up to three times as much water as normally whilst at altitude, so keeping hydrated is essential. Take in as much liquid as you can during meals - hot drinks, cold drinks and soups are all there to keep you well hydrated. Keep drinking during the day - you should be drinking at every opportunity and at no point on Kilimanjaro should you be in need of a drink.

Special diets can be accommodated with prior notice.

Q: What procedures are in place if one of the team is taken ill or injured during the climb and needs to be rescued from Kilimanjaro - and in particular what system you follow to deal with altitude sickness.

A: All climbers and our Kilimanjaro crew are monitored with oximeters twice daily to assess their physical condition and their response to the increasing altitude. The information is relayed to the operations base, where there will be a duty manager dedicated to each climb. If the guide or the manager at base camp is unhappy with the situation for any client or crew member they are urged to either stop where they are, or to leave the mountain before an emergency situation arises. Every effort is made to allow climbers or crew to walk off the mountain, but if all goes wrong, we have special stretchers to carry people off.

Q: Do you supply oxygen?

A: Oxygen is carried on Kilimanjaro for emergency use, to assist with getting a sick person off the mountain.

Q: What emergency medical equipment and expertise do you provide on Kilimanjaro?

A: All Kilimanjaro climbs are accompanied by fully qualified and regularly updated first aiders, including CPR training, and we have special stretchers to carry people off, as well as oxygen.

Q: Do you require your clients to wear helmets?

A: No.

Q: What are your safety procedures on Kilimanjaro?

A: We believe that Kilimanjaro safety starts well before a climb with training our guides and crew to ensure that they know how look after our clients and themselves properly, including avoiding situations that could lead to risk, and watching for anyone who is struggling, not eating or drinking, or unresponsive. The next stage is to brief our clients well, to make sure that they do not put themselves in danger when on the mountain.

This is followed up with twice daily scheduled communications with base while on Kilimanjaro, and all trips carry a two way radio and a satellite phone for use at any time. Our climbs are always guided by highly experienced people who know the mountain and its characteristics well, and thus know how to deal with any situation such as a rapid change in weather. Every trip carries a pulse oximeter, supplementary oxygen, first aid kits, two way communications and a stretcher.

Q: What procedures do you follow for altitude acclimatisation and at what heights are the overnight camp sites?

A: The procedure for acclimatisation on Kilimanjaro is to ascend very slowly, and to camp slightly lower than the greatest altitude reached each day. It also

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helps to ensure that you eat and drink far more than you feel you need to, and to snack and drink as often as possible during the ascent. The camps on the Machame Route are at 3,000, 3,850, 3,910, 4,100, and 4,600 meters and then back down to 3,100 meters.

Q: What level of comfort we can expect in the tents and mess tent ie mattresses, sleeping bags, towels, mess tent facilities, lavatories etc.

A: We operate two main climb specifications on Kilimanjaro, luxury and VIP. The luxury climb offers large dome tents designed for three people but used for two, a walk in mess tent, tables and chairs, and a loo tent. The VIP climbs include larger walk-in tents, cot beds, and a stand-up wash tent.

In addition to these frequently asked questions, we occasionally get more detailed questions, or questions relating to people's particular wishes for a climb. We've added some of these below as we feel they show how well our teams on the mountain in Tanzania work to get everyone to the summit:

Q: Do you have a sample menu? Can you tell us more about the types of fruits and vegetables served? Our health provider informs us of food items that we can't eat on trips and we would like to find out if there are items that we are advised not to eat. Do they use safe food preparations?

A: All of our food on Kilimanjaro is freshly prepared. East Africa has wonderful vegetables and fruits, and we even have porters who come mid-climb to do a fresh re-supply. Some cans are used, for example beans and mushrooms, but even the soups are not packaged but freshly prepared. We have chicken and beef as proteins – we do not use fish as it is very perishable. Should you need vegetarian options, our cooks are well versed.

Q: Regarding the water preparation, if we would like to use another product instead of iodine (aqua mira) after the water is filtered, can we ask that this be used (if we provide it)?

A: Water comes from the streams on the mountain and is then purified by filters not iodine tablets. If there is another method you prefer that's fine, but please note that the water is drinkable and safe.

Q: Is toilet paper supplied during the climb?

A: Yes, and our Kilimanjaro luxury and VIP specification include a portable toilet with a tent in camp.

Q: What happens if someone needs to make a "pit stop" prior to a scheduled stop? I understand that they want people to use safe practices, but they can't always pop up the toilet tent, correct?

A: The guides will make arrangements. The toilet tent can't be popped up a moment's notice as it will be up in camp.

Q: We would like to bring our own sleeping bags, if that isn't a problem. Can you provide more information on the sleeping mattress pad?

A: The mattresses we use on Kilimanjaro climbs are custom made from foam and sealed with a canvas cover. They are about three inches thick and much more comfortable than a typical foam pad mattress. Our sleeping bags are –30f rated Mountain Hardware and dry cleaned after every climb, but you are more than welcome to bring your own, but note that they are included as well as thermal liners for extra warmth.

Q: I see that the tips are given all to the head guide. Other sites recommend that we distribute the tip. Is that acceptable?

A: A sheet is given to clients to fill out how they would like tips distributed – we are very open about tips, so in essence guides cannot keep all tips.

If you have any other questions, please feel free to contact us and you can chat to one of our Kilimanjaro experts.