

# Mount Kilimanjaro, Machame Route

## 5895m

11 Days

£2195



Your  
expedition  
in **safe**  
hands

  
THE  
**ADVENTURE**  
ELEMENT



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## 1. Your Expedition in Safe Hands

The Adventure Element Ltd is a leading provider of Outdoor Courses, DofE Expeditions and Expedition Guiding. Providing services across the UK and worldwide in some of the most stunning and wild locations. Our history of working in the outdoors spans over 25 years. Our staff hold some of the highest outdoor qualifications available in the UK and all follow our simple 3 stage ethos of:

### SAFETY

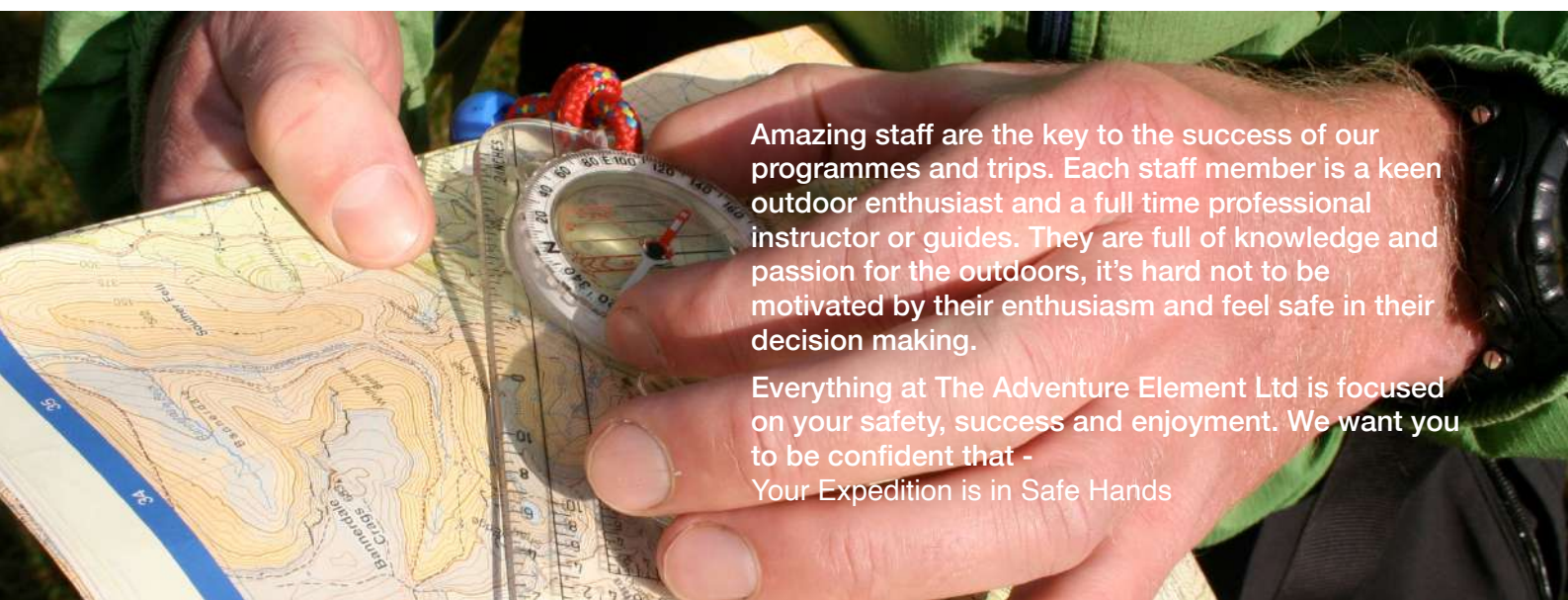
Always our number one priority. We provide experienced staff and our trips use the very best in local providers. Along side this a thorough recce trip is carried prior to a trip being launched.

### ENJOYMENT

Its hard not to enjoy the experience when all of your fellow adventurers are right there beside you willing you to succeed. Making you laugh at just the right time and encouraging you when you need it.

### LEARNING

We know that being on adventures pushes boundaries to a point where you learn so much about yourself. You are capable of more than you expect, and our staff and local partners are there to help you every step of the way.



Amazing staff are the key to the success of our programmes and trips. Each staff member is a keen outdoor enthusiast and a full time professional instructor or guides. They are full of knowledge and passion for the outdoors, it's hard not to be motivated by their enthusiasm and feel safe in their decision making.

Everything at The Adventure Element Ltd is focused on your safety, success and enjoyment. We want you to be confident that -  
Your Expedition is in Safe Hands

## 2. The Journey

**One of the World's '7 summits', Kilimanjaro rises out of the plains of Tanzania and is the highest peak on the continent of Africa standing at 5895m.**

Climbing to the top of this majestic summit is a journey to remember as you stand on top of the 'Roof of Africa'. We use the Machame Route, chosen for its ever changing natural beauty and scenery. You will have the opportunity to climb at altitude amidst an amazing backdrop.

The Machame Route also offers climbers the best opportunity possible of summiting. Statistically, more people summit via this route than any other. Its route profile over 7 days is gradual, giving your body the best chance of acclimatising so you are healthy and strong and ready for your summit bid.

### Day 1 - Depart UK

Depart from your chosen UK airport to Kilimanjaro airport, Tanzania. It is advised to time your flights inline with your expedition leaders arrival in-country. We will inform you of their flight details.

#### **NOTE:**

- 1) Flights are not included in this package.
- 2) Private transfers to your hotel are available at a charge.

### Day 2 - Arrive in Moshi

After being collected from Kilimanjaro airport we will take the short drive to our hotel accommodation on the outskirts of Moshi. Views of Kilimanjaro can clearly be seen almost as soon as we leave the airport.

The remainder of the day will spent preparing our kit, receiving a briefing from your UK leader and relaxing in the warmth and African atmosphere.

### Day 3 - Machame Gate to Machame Camp, El.3000m

Leaving the comfort of the hotel for now, we transfer to the Machame Gate to begin our climb. After signing in for our permits and meeting our local crew of porters and cooks, we will begin our walk through montane forest trails.

### Day 4 - Machame Camp to Shira Camp, El 3850m

Leaving the rainforest behind we will climb up a rocky ridge through moorland covered in heath. Arriving at the Shira plateau we have an amazing view of Kilimanjaro as our backdrop for the night.

### Day 5 - Shira Camp to Barranco via Lava Tower, El 4600m

Following the golden rule of acclimatisation of 'Climb High, Sleep Low' today will be our toughest day yet. We'll climb up to Lava Tower at 4600m. You may, if not already, feel the effects of altitude from here, before descending 650m to Barranco Camp at 3950m. The descent to camp can take up to 2 hours and is situated just below the infamous Barranco Wall.

### Day 6 - Barranco to Karanga Camp, El.3930m

Today is a short but fun day. Starting with climbing over the Barranco Wall, a short and easy scramble. We will then travel through Alpine desert to camp across the Karanga valley.

### Day 7 - Karanga Camp to Barafu Camp, El.4600m

Another short day, we continue through the Alpine desert to where the Mweka route descends from the Barafu Hut. From Barafu camp we will prepare ourselves for the summit. We will eat and rest. You will also receive a briefing from your Leader regarding the summit climb.

### Day 8 - Barafu Camp to Uluru Point to Millennium Camp, El.5895m

Starting at approx. 11pm with some food and drink we will begin our trek to the summit. Climbing steeply up through scree and beside magnificent glaciers, we will arrive at Stella point 5732m. The climb to Stella Point on the crater rim, is the toughest section of the climb both mentally and physically. Arriving here as the sun rises will give your body an added boost to push you another hour around to Uhuru point, the true 'Roof of Africa'.

Descending back down the scree to Barafu Camp, we will take lunch and pack our belongings and continue our descent to Millennium camp where there is thicker air and you'll get a better nights sleep, and it'll be well deserved!

### Day 9 - Millennium Camp to Mweka Gate, El 1800m

Every step from here is getting us closer to that shower and hotel room. After breakfast we will give our thanks to the mountain staff who have helped us to through our journey. We'll then begin our descent through the forest to Mweka gate where we will collect our certificates and transfer back to the hotel to celebrate our achievements.

### Day 10 - Free Day in Moshi

The day is yours to enjoy the sights of Moshi. Alternatively, you can relax with your fellow climbers. Flights will normally be an afternoon departure.

### Day 11 - Arrive in UK

Often the flights are over night. Therefore arriving in the early morning of day 11.



# 3. What is and What's not Provided?

## What's Provided?

1 Accommodation - 2 nights Hotel and 7 nights camping	5 In country transportation
2 Camping equipment (Excluding sleeping bag and mat)	6 National Park trekking fees and permit
3 All meals - (Excluding celebratory meal and final day lunch)	7 Local Guides and Cooks
4 All drinking water whilst trekking	8 Experienced UK Expedition Leader

## What's not Provided?

1 UK Transport to and from the airport	8 Tips for Local crew. We recommend \$150 - \$200
2 International flights and taxes	9 Entry Visa paid on arrival - Currently \$50
3 Personal Equipment	10 Meals not included in the package
4 Travel Insurance	11 Alcoholic or soft drinks not supplied with meals
5 The hire of suitable boots if required.	12 Entrance fees to monuments or tourist attractions
6 Unscheduled hotels and restaurant meals.	13 Items of a personal nature: phone calls, laundry etc
7 Transport to airport or from airport due to a differing departure time to main group. Private transfers available.	



# 4. The Finer Detail

## Accommodation and Food

The Weru Weru River Lodge is a very comfortable 3 star hotel in a quiet area of Moshi. It hosts a bar, restaurant and a pool to relax in. (Similar alternative will be used if this hotel unavailable). During the trek you will stay in shared 2-person tents. Camping facilities also include a mess tent with tables and chairs and our own teams porta-toilet tent.

The food is incredible. It is amazing what the cooks can produce at altitude. There is always plenty of it and always a hot drink available with biscuits and popcorn when you arrive in camp.

**NOTE:** Day 10 lunch and celebratory meal is not covered in trip price.



## Flight Information

This is a 'Land Only' package meaning you are responsible for arranging your own flights and your trip will begin on arrival at Kilimanjaro Airport, Moshi. We would normally recommend flying with Ethiopian Airlines from Heathrow, London. They offer the best value flights and fit in with our schedule. However, feel free to search for an alternative. **DO NOT BOOK YOUR FLIGHTS UNTIL YOUR TRIP HAS BEEN CONFIRMED.**

**We use [www.SkyScanner.net](http://www.SkyScanner.net)**

If you are arriving via another airport is it your responsibility to ensure you coordinate with our groups flights to arrange meeting point.

The cheaper flights from the UK require an airport transit. There will be a few hours to kill so pack a book or some form of entertainment!

## Passport and Visa

There should be at least six months validity left on your passport. Most nationalities, including UK citizens, require a visa for entry into Tanzania. Your visa can be obtained on arrival in Tanzania. Approx. \$50.

## Vaccinations

We insist that you have had a Tetanus injection in the last ten years, and highly recommend protection against Polio, Hepatitis A and Typhoid. A Yellow Fever certificate is only necessary if you have come from an infected country (being in transit at an airport for less than 12 hours doesn't count). Although you are unlikely to encounter any mosquitoes while you are above 1000m, protection against malaria is recommended as there is a risk at lower elevations.

You should always check with your GP or travel clinic for up-to-date travel health advice as it does change.

## Altitude

This trek is challenging in itself, but the main challenge lies in the altitude.

Our route allows for excellent acclimatisation to the altitude and allows you to follow the golden rule of acclimatisation 'Climb High, Sleep Low'.

Symptoms of being at altitude include tiredness, shortness of breath, headaches and nausea. Altitude affects people differently and being super-fit is no guarantee of being less likely to feel the effects. All of our leaders have experience of trekking at altitude and are medically trained. The leader will assess your progress as you climb and their decision is final if you need to descend for safety reasons.





## 4. The Finer Detail

### Fitness, Training and Experience

Climbing Kilimanjaro is a serious physical undertaking but regular hill walkers who can happily stay out all day, should be fine. The key thing to remember though is that this is an endurance event and stamina and mental toughness are more important than outright fitness. We can take people to the summit who are not perfect specimens of fitness but they must have loads of grit and determination.

The best way to build stamina and mental toughness is to get used to spending long periods of time on your feet so there is no real substitute for getting out in the hills with your boots on carrying a 10kg bag and clocking up some miles and hours. This is the best and, if you can do enough, the only exercise you need to do.

Not everyone can get to the hills though so you should get out wherever you can and walk as far as time allows two to three times a week. If you have membership of a gym, or can run or cycle regularly you can augment your walking training and then try to fit in extended walks on the weekends closer to your climb date.

### 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 up to 6000m (some will exclude this option).



### Weather

Due to Kilimanjaro's proximity to the equator, this region does not experience the extremes of winter and summer weather. 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.

It's possible to climb the mountain any time of year. The driest season to climb is June - October. Obviously this can mean the mountain can be busy. We will start our days early so to miss the crowds and where possible avoid the weekends.

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.

### Participation Statement

We recognise 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.

### Itinerary Accuracy

While it is our intention to adhere to the described route, it may be necessary to make changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors.

The itinerary is brief, due to our style of travel and the regions we visit, travel can be unpredictable. 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.

The itinerary is a general guide to the trip and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered.

# 5. The Booking Process

We are proud of our customer service. Our policy is to offer all of our clients a personal approach and to ensure you have the very best experience.

If you would like to join one of our programmes please read through the description carefully to help ensure you are booking on to a programme which suits your needs. Following this, feel free to contact us to discuss making a provisional booking.

## Step by Step Booking

Call or Email to make your initial enquiry.

We would always prefer to chat to you to make sure you get the programme you need. **Call us on: 017868 800212**

Return Participant Information Forms

The Participant Information Form will be emailed to you following your enquiry.

Deposit Paid and Programme details sent

A deposit will need to be paid to confirm your place on the programme. Final programme details will then be sent to you.

Programme Confirmed - Book flights

Once minimum numbers have been reached, we will confirm the trip is running. At this point you will need to make your flight arrangements.

Final Payment

Your final invoice will need to be paid 6 weeks prior to the programme start date.

**NOTE:** The trip must reach minimum numbers before it is confirmed to run. Your deposit is 100% secure and refundable until this point. See Terms and Conditions.

## JUST FOR YOU

### WANT A PRIVATE TRIP?

If the scheduled departure date for this trip does not suit you, but you are excited about being part of this adventure, book this trip as a private departure - just for you and your group on your chosen date.

All you need to do is:

- Tell us when you want to travel
- Have at least 6 people in your group







**#YourAdventureInSafeHands**