



## KILIMANJARO - TREK NOTES

### TREK OVERVIEW

[Peak Potential Adventures](#) is offering you the opportunity to join this exclusive fully supported and professionally guided climb of [Kilimanjaro](#) in Tanzania, Africa.

*Picture this.*

You're 5,895 metres high, and standing on the 'Roof of Africa'. You're just about to take your final steps on to Urahu Peak which is the summit of the world's highest free-standing mountain — the beautiful majestic Kilimanjaro. As you reach the summit, the memories, the struggles and tribulations of the past seven days' adventure come flooding back and culminate into one euphoric emotion. At that moment, the feeling of achievement and success in reaching your goal is almost overwhelming... YOU FEEL ALIVE!! For the past seven days, you have experienced an array of emotions as you battled and pushed through new personal, physical and mental barriers. Having climbed Kilimanjaro, it is impossible not to be changed by the experience in a positive way – you will go home a new person.

On the journey, you uncovered much more about yourself, your personal strengths, and limitations. Climbing Kilimanjaro is not just about reaching the summit. It is a journey of self-discovery from the day you make the commitment to do it to the day you return home, the memories and the experience will last a lifetime.

Kilimanjaro. The name itself is a mystery wreathed in clouds. It might mean Mountain of Light, Mountain of Greatness or Mountain of Caravans. Or it might not. The local people, the Wachagga, don't even have a name for the whole massif, only Kipoo (now known as Kibo) for the familiar snowy peak that stands imperious, overseer of the continent, the summit of Africa. Kilimanjaro, by any name, is a metaphor for the compelling beauty of East Africa. When you see it, you understand why. Not only is this the highest peak on the African continent; it is also the tallest free-standing mountain in the world, rising in breathtaking isolation from the surrounding coastal scrubland – elevation around 900 metres – to an imperious 5,895 metres (19,336 feet).

Kilimanjaro is one of the world's most accessible high summits, a beacon for visitors from around the world. Most climbers reach the crater rim with little more than a walking stick, proper clothing and determination. And those who reach Uhuru Point, the actual summit, or Gillman's Point on the lip of the crater, will have earned their climbing certificates. And their memories. But there is so much more to Kili than her summit. The ascent of the slopes is a virtual climatic world tour, from the tropics to the Arctic. Even before you cross the national park boundary (at the 2,700m contour), the cultivated footslopes give way to lush montane forest, inhabited by elusive elephant, leopard, buffalo, the endangered Abbot's duiker, and other small antelope and primates. Higher still lies the moorland zone, where a cover of giant heather is studded with otherworldly giant lobelias. Above 4,000m, a surreal alpine desert supports little life other than a few hardy mosses and lichen. Then, finally, the last vestigial vegetation gives way to a winter wonderland of ice and snow – and the magnificent beauty of the roof of the continent.

### Highlights

- Climb the tallest free-standing mountain in the world
- Explore rainforests, heather moors, lava formations, and glaciers
- Complete one of the famous '7 Summits'
- Immerse yourself in the local Tanzanian culture
- Learn about the unique flora and fauna of the mountain with local naturalists

- Personally supported by some of the most experienced adventure guides in Australia and Tanzania
- Celebrate with your fellow trekkers in Moshi at the end of the climb
- After the climb, organise a local safari and try and spot the 'African Big 5' in their natural habitat.

## TREK ITINERARY

### DAY 1 – DEPART AUSTRALIA OR ANOTHER INTERNATIONAL LOCATION

#### Depart for Your Adventure!

Board an international flight for your amazing journey of adventure. If flying from Australia, we recommend flying with either Qatar or Etihad Airlines to Nairobi and then on to Kilimanjaro Airport.

### DAY 2 & 3 - ARRIVE MOSHI, TANZANIA - PREPARE FOR YOUR CLIMB AND EXPLORE MOSHI

#### Arrive Moshi, Tanzania and Transfer to Hotel

**Meals included:** breakfast, lunch and dinner (only dinner on Thursday night after you arrive)

**Accommodation:** hotel - twin share

On arrival at Kilimanjaro airport, you will be greeted by our team and transferred to your hotel. The next morning, you will have an expedition briefing after breakfast and organise your equipment for the climb. You will be able to hire any additional equipment required for the climb at the hotel. Most of Friday will be used to prepare your equipment and get yourselves organised for the climb.

### DAY 4 - YOUR ADVENTURE BEGINS - MACHAME GATE TO MACHAME CAMP

#### Your Adventure Begins!

For all our treks, we have decided to take the Machame Route to the summit. We have chosen the Machame Route for all our treks because from our experience it provides the best acclimatization program of moving high and sleeping low, diversity of scenery and more importantly, gives us options to descend quickly if one of our team members succumbs to altitude sickness. This route is sometimes called the 'Whisky Route'. This is a popular route up steep paths through magnificent forests to gain a ridge leading through the moorland zones to the Shira Plateau. The track then traverses beneath the glaciated precipices of the Southern Icefields to join up with the Barafu Route to the summit. The Mweka Route is used for the descent from the summit.

**Moshi (915m) to Machame Gate (1,490m), then Machame Gate (1,490m) to Machame Camp (2,980m)**

**Trekking Time:** 5-7 hours

**Distance:** 18 km

**Habitat:** montane forest

**Meals Included:** breakfast, lunch, dinner

**Accommodation:** two-person tent - twin share

Your day starts early with a briefing, followed by breakfast and a 50-minute drive from Moshi to the Machame Village (1,490m) where your guides and porters prepare and pack your equipment and supplies. You will receive a lunch pack, and you can also buy drinks in the village. If the road is very muddy, it may be impossible to drive from the village to the Machame Gate, and in this case, it will take us an extra hour to complete the muddy three km walk to the gate. After registering at the park office, you start your ascent and enter the rain forest immediately. Heavy rains on this side of the mountain often transform the trail into a soggy, slippery experience, so good footwear, trekking poles and gaiters are useful. You will enjoy a welcome lunch stop halfway up and we will reach the Machame Camp in the late afternoon. Your porters will arrive at camp before you and will erect your tent

before you arrive. In the evening, the porters boil drinking and washing water while the cook prepares your dinner. Night time temperatures can drop to freezing at the Machame Camp.

#### **DAY 5 - MACHAME CAMP TO SHIRA CAMP**

##### **Machame Camp (2,980m) to Shira Camp (3,840m)**

**Trekking Time:** 4-6 hours

**Distance:** 9 km

**Habitat:** moorland

**Meals Included:** breakfast, lunch, dinner

**Accommodation:** two-person tent - twin share

You rise early at Machame Camp, and after breakfast, climb for an hour to the top of the forest, then for two hours through gentle moorland. After a short lunch and rest, you continue up a rocky ridge onto the Shira Plateau where you will be able to see Mt Kilimanjaro's great Western Breach with its stunning glaciers. Sometimes, the walls of the Western Breach are draped with extensive ice curtains. You are now west of Kibo on the opposite side of the mountain from the Marangu Route. After a short hike west, you reach the Shira Camp. The porters will boil drinking and washing water before serving dinner. The night at this exposed camp will be colder, with temperatures dropping below freezing.

#### **DAY 6 - SHIRA CAMP TO BARRANCO CAMP**

##### **Shira Camp (3,840m) to Lava Tower (4,630m), then Lava Tower (4,630m) to Barranco Camp (3,950m)**

**Trekking Time:** 7 hours

**Distance:** 15 km

**Habitat:** semi-desert

**Meals Included:** breakfast, lunch, dinner

**Accommodation:** two-person tent - twin share

After breakfast, you will hike east up a steepening path above the highest vegetation toward Mt Kilimanjaro's looming massif. After several hours, you walk through a rocky landscape to reach the prominent landmark called Lava Tower at 4,630m. This rugged remnant of Mt Kilimanjaro's earlier volcanic activity is several hundred feet high, and the trail passes right below it. For extra credit, the sure-footed can scramble to the top of the tower. After a lunch stop near Lava Tower, you'll descend for two hours below the lower cliffs of the Western Breach and Breach Wall to Barranco Camp at 3,950m. There are numerous photo opportunities on this hike, especially if the walls are garlanded with ice. Barranco Camp is in a valley below the Breach and Great Barranco Walls, which should provide you with a memorable sunset while you wait for your dinner. On this day, be careful to notice any signs of altitude sickness.

#### **DAY 7 - BARRANCO CAMP TO KARANGA VALLEY**

##### **Barranco Camp (3,950m) to Karanga Valley (4,000m)**

**Trekking Time:** 6 hours

**Distance:** 7km

**Habitat:** alpine desert

**Meals included:** breakfast, lunch, dinner

**Accommodation:** two-person tent - twin share

After spending the night camped under the imposing Great Barranco Wall, you climb this awesome natural feature, which turns out to be easier than it looks. Topping out just below the Heim Glacier, you can now appreciate just how beautiful Mt Kilimanjaro really is. Continue along Karanga Valley and you have now completed the South Circuit, which offers views of the summit from many different angles. For now, all eyes are still on the summit. We will be spending the night at the Karanga Valley Camp to acclimatise more, before heading higher up the mountain to camp above 4,000m.

### **DAY 8 & 9 - KARANGA VALLEY TO BARAFU HUT & BARAFU HUT TO UHURA PEAK & UHURA PEAK TO MWEKA CAMP**

**Karanga Valley (4,000m) to Barafu Camp (4,550m), then Barafu Camp (4,550m) to Uhuru Peak (5,895m), then Uhuru Peak (5,895m) to Mweka Camp (3,100m)**

**Trekking Time:** 2 hours to Barafu Camp - 8 hours to the summit, 7-8 hours down to Mweka Camp

**Distance:** 8 km up, 23 km down

**Habitat:** scree and seasonal snow

**Meals Included:** breakfast, lunch, dinner

**Accommodation:** two-person tent - twin share

When we wake in the morning, we will hike up the ridge for another couple of hours to Barafu Camp where we will rest for the day and most of the night. There is no water at Barafu Camp, even though Barafu is the Swahili word for 'ice'. The famous snows of Mt Kilimanjaro are far above Barafu Camp near the summit of the mountain. Your tent will be pitched on a narrow stony wind-swept ridge, so make sure that you familiarise yourself with the terrain before dark to avoid any accidents. Prepare your equipment and warm clothing for your summit climb. This should include replacing your headlamp and camera batteries, and to prevent freezing, consider carrying your water in a thermal flask. Go to bed by 7:00 p.m., and try to get a few hours of precious sleep as the next day will be the biggest day of the adventure. You will rise around 11:30 p.m. and after some steaming tea and biscuits, you shuffle off into the night.

Your six-hour climb, northwest up through heavy scree between the Rebmann and Ratzel Glaciers to Stella Point on the crater rim, is the most challenging part of the route for most climbers. At Stella Point (5,685m) you stop for a short rest and a chance to see a supremely spectacular sunrise. At Stella Point you join the top part of the Marangu Route; but do not stop here too long, as it will be extremely difficult to start again due to the cold and fatigue. Depending on the season and recent storms, you may encounter snow on your remaining hike along the rim to Uhuru Peak. On the summit, you can enjoy your accomplishment and know that you are creating a day that you will remember for the rest of your life. After your three hour descent from the summit back to Barafu Camp, you will have a well-earned but short rest and collect your gear. You then hike down a rock and scree path into the moorland and eventually through the forest to Mweka Camp (3,100m). This camp is in the upper forest, so you can expect mist or rain in the late afternoon. Dinner and washing water will be prepared, and the camp office sells drinking water, soft drinks, chocolates and beer!

### **DAY 10 - MWEKA CAMP TO MWEKA GATE - CONGRATULATIONS!**

**Mweka Camp (3,100m) to Mweka Gate (1,980m), then Mweka Gate (1,980m) to Moshi (890m)**

**Trekking Time:** 3 hours

**Distance:** 15km

**Habitat:** montane forest

**Meals Included:** breakfast, lunch

**Accommodation:** hotel - twin share

After a well-deserved early breakfast, it is a short three-hour scenic hike back to the park gate. We strongly recommend you not tip your porters until you and all your gear have reached the gate safely. At Mweka Gate you

sign your name and details in a register. This is also where successful climbers receive their summit certificates. Those climbers who reached Uhuru Peak (5,895m) receive gold certificates. From the Mweka Gate, you will continue down into the Mweka Village, normally a muddy 3 km (one hour) hike. In the Mweka Village, you will be served a delicious hot lunch. You now drive back to Moshi for a long overdue hot shower, dinner and celebrations. You stay overnight at the hotel.

## **DAY 11 - FLY HOME OR DEPART ON AN AMAZING SAFARI**

### **Departure from Moshi for Home or Safari**

Today you will book out of your hotel and be driven in the shuttle to Kilimanjaro airport for your return flight home. Some of you may be staying on to participate in a safari and some people may be travelling on to other destinations in Africa or abroad.

Welcome home - Share your amazing adventure with your family and friends.