



Mt Kilimanjaro is an adventure that will change you. Reaching Uhuru Peak at 5,895m is a rewarding challenge that takes you beyond your comfort zone, with an experience that can be truly life-changing. Your adventure starts as soon as you land in Tanzania.

DEPARTURE DATES AND PRICE

Please refer to website:
www.peakpotential.net.au

Places are limited



MT KILIMANJARO



**Climb
The Highest
Freestanding
Mountain in the
World and a 7 Summit**



ADVENTURE OVERVIEW

Join us on our 7-day climb of Mt Kilimanjaro, where you'll be professionally guided and supported by some of the most experienced guides in the business. We take care of all the finer details, so you can focus on the climb and enjoy every part of this unique adventure. Your tents will be ready at the end of each day, and your cook will prepare all your meals. We have an excellent track record of successful summits, supported by our extensive high-altitude experience. At the end of your climb, take the opportunity to go on a safari and discover the fantastic and beautiful wildlife that calls the Serengeti home.

HIGHLIGHTS

- Climb the highest freestanding mountain in the world
- Carry a light daypack only for a comfortable adventure
- Immerse yourself in the local Tanzanian culture
- Complete one of the famed '7 Summits' mountains
- Go on a safari post-climb & explore the beautiful Serengeti
- Explore rainforests, heather moors, lava formations & glaciers
- Climb to the summit via the beautiful Machame Route
- Climb with some of the most experienced mountain guides
- Enjoy the company of like-minded trekkers and adventurers
- Celebrate with your fellow climbers in Moshi post the climb.

INCLUSIONS

- Professional and experienced Australian & local guides
- Transportation from the airport to the hotel
- Transportation from the hotel to the airport
- 3x nights twin share accommodation in Moshi
- All meals as indicated in the travel itinerary
- Tanzania National Park-approved guides & porters
- Double-skinned mountain tents - twin share
- Dining stools, mess tent and hot water each day
- Certificate of your summit completion
- Emergency remote communications and UHF radios
- Group first aid kit carried by the guides
- All official national park trekking permits
- Pre-training and ongoing fitness advice, if required
- Personalised equipment advice and selection.

EXCLUSIONS

- International flights to Tanzania and return home
- Personal expenses like phone calls and alcoholic drinks
- Meals in Moshi before and after the climb
- Passport and visa costs
- Tips to guides and porters (allow USD\$350)
- Hiring any equipment in Moshi for the climb
- Travel insurance - compulsory
- Boots and other essential adventure clothing
- Medical check-up costs and personal medication.

WHY CLIMB WITH US

Peak Potential Adventures runs small group adventures both in Australia and overseas and was founded by a team of experienced adventurers who have earned a strong and well-regarded reputation. Our outdoor experience has been built from the ground up over many years. Our strengths include adaptability, planning, logistics, transparency and professionalism. Our priorities are meeting your expectations, understanding your needs, keeping you safe, and delivering value-for-money adventure experiences. Taking on an adventure can sometimes feel a little daunting, so we make it a priority to be approachable and always available to answer any of your questions or offer friendly, practical advice - with us, you'll always receive a personalised level of service.

PRE-ADVENTURE TRAINING

The Peak Potential Adventures team are qualified personal trainers who can guide and support you as you build the fitness needed to meet the physical demands of climbing Mt Kilimanjaro. Drawing on our experience of challenging expeditions around the world, we will provide expert advice to help you prepare with pre-adventure training.



ADVENTURE ITINERARY

DAYS 1 & 2 - MOSHI

On arrival at Kilimanjaro Airport, you will be greeted by our team and transferred to your hotel. The next morning, you will attend a climb briefing after breakfast and organise your equipment for the trek. You can hire any additional equipment you need for the climb at the hotel. Most of the day is set aside to check your gear and make your final preparations for the climb.

DAY 3 - MACHAME GATE TO MACHAME CAMP

Your day starts with another early briefing, breakfast, and a 50-minute drive from Moshi to Machame Village (1,490m), where your guides and porters prepare and pack your equipment and supplies. You will receive a packed lunch, 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 Machame Gate. In that case, we will walk the muddy 3 km route to the gate, adding an extra hour to the journey. After registering at the park office, you begin your ascent and enter the rainforest. Heavy rains on this mountainside often leave the trail wet and slippery underfoot, so sturdy footwear, trekking poles and gaiters are useful. You will enjoy a welcome lunch stop halfway up, and we will reach Machame Camp in the late afternoon. Your porters will go ahead to camp and have your tent ready and waiting when you arrive. In the evening, the porters boil drinking and washing water while the cook prepares your dinner.

DAY 4 - MACHAME CAMP TO SHIRA CAMP

You rise early at Machame Camp and, after breakfast, climb for an hour to the top of the forest, then spend two hours crossing gentle moorlands. After a short lunch break and rest, you follow a rocky ridge onto the Shira Plateau, where you can see Mt Kilimanjaro's great Western Breach and its stunning glaciers. At times, the walls of the Western Breach are draped with impressive curtains of ice. You are now west of Kibo, on the opposite side of the mountain from the Marangu Route. A short hike west brings you to Shira Camp. The porters will boil drinking and washing water before dinner is served.

DAY 5 - SHIRA CAMP TO BARRANCO CAMP

After breakfast, you will hike east along an increasingly steep path above the highest vegetation toward Mt Kilimanjaro's imposing massif. After several hours, you cross a rocky landscape to reach the landmark Lava Tower at 4,630m. This rugged remnant of Mt Kilimanjaro's earlier volcanic activity stands several hundred feet high, and the trail passes below it. The tower is a striking landmark in the rocky landscape. After a lunch stop near Lava Tower, you'll descend for two hours beneath the lower cliffs of the Western Breach and Breach Wall to Barranco Camp at 3,950m. This route offers numerous photo opportunities, especially when the walls are draped with ice. Barranco Camp lies in a valley below the Breach and Great Barranco Walls, with the prospect of a memorable sunset while you wait for your dinner. Throughout the day, pay close attention to any signs of altitude sickness.

DAY 6 - BARRANCO CAMP TO KARANGA CAMP

After spending the night camped beneath the imposing Great Barranco Wall, you climb this impressive natural feature, which is easier to tackle than it looks. Reaching the top just below the Heim Glacier, you can fully appreciate the beauty of Mt Kilimanjaro. Continue along Karanga Valley to complete the South Circuit, which offers views of the summit from many different angles. For now, all eyes remain fixed on the summit. We will spend the night at Karanga Valley Camp to allow more time to acclimatise before heading higher up the mountain to camp above 4,000m.

HOW TO REGISTER AND JOIN OUR TEAM

If you would like to join our Mt Kilimanjaro climb or ask for more information, please contact us directly using any of the contact details below, or complete the application below and email it back to our office. To learn more about our adventures, visit the Peak Potential Adventures website and our [Mt Kilimanjaro information page](#)



ADVENTURE ITINERARY

DAYS 7 & 8 - KARANGA VALLEY TO BARAFU HUT & BARAFU HUT TO UHURU PEAK & UHURU PEAK TO MWEKA CAMP

In the morning, we will hike up the ridge for another couple of hours to Barafu Camp, where we will rest during the day and early evening. There is no water at Barafu Camp, although Barafu is the Swahili word for 'ice'. The famous mountain snows of Mt Kilimanjaro lie far above Barafu Camp, near the summit. Your tent will be pitched on a narrow, stony, windswept ridge, so take time to familiarise yourself with the terrain before dark to avoid accidents. Prepare your equipment and warm clothing for the summit climb. Check and replace your headlamp and camera batteries, and consider carrying your water in a thermal flask to help prevent it from freezing. Go to bed by 7:00 PM for a few hours of precious sleep, as the next day will be the biggest day of the adventure. You will rise around 10:30 PM and, after some steaming tea and biscuits, set off into the night.

The six-hour climb northwest 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 pause for a short rest and a chance to enjoy a spectacular sunrise over the mountain. Here, you join the upper section of the Marangu Route, but keep your stop brief, as the cold and fatigue can make it difficult to get moving again. Depending on the season and recent storms, you may encounter snow on the remaining hike along the crater rim to Uhuru Peak. At the summit, take time to enjoy your achievement and the extraordinary views, knowing this is a day you will remember for the rest of your life. After the three-hour descent back to Barafu Camp, you will have a well-earned but short rest and collect your gear. You then follow a rock and scree path down into the moorland and through the forest to Mweka Camp (3,100m). The camp lies in the upper forest, where mist or rain is common in the late afternoon.

DAY 9 - MWEKA CAMP TO MWEKA GATE

After a well-deserved early breakfast, you take a scenic three-hour hike back to the park gate. We strongly recommend waiting to tip your porters until you and all your gear have reached the gate safely. At Mweka Gate, you enter your name and details in the register. Successful climbers also receive their Mt Kilimanjaro summit certificates here, with gold certificates awarded to those who reached Uhuru Peak (5,895m). From Mweka Gate, you continue to Mweka Village, usually along a muddy 3 km trail that takes about an hour to walk. Refreshments and hot food will be available in the village. You will then drive back to Moshi for a long-awaited hot shower, dinner and celebrations with your fellow climbers. You will stay overnight at the hotel.

DAY 10 - DEPART TANZANIA, OR DEPART ON A SAFARI

Today you will check out of your hotel in Moshi and travel by shuttle to Kilimanjaro Airport for your return flight home. Having come all this way to Tanzania, we highly recommend a safari to explore the spectacular Serengeti wildlife reserve. Please let us know if you would like to join a safari so we can discuss the available options.

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ADVENTURE:_____ ADVENTURE DATE:_____

FULL NAME:_____ DATE OF BIRTH: / /

MOBILE NUMBER:_____ EMAIL ADDRESS:_____

1. DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS OR ALLERGIES? (Please circle) YES / NO

If you have circled YES, please provide further information about your dietary requirements or allergies?

2. DO YOU HAVE ANY MEDICAL CONDITIONS WE SHOULD BE AWARE OF? (Please circle) YES / NO

If you have circled YES, please provide further information about your medical conditions.

3. DO YOU HAVE ANY INJURIES WE SHOULD BE AWARE OF? (Please circle) YES / NO

If you have circled YES, please provide further information about your injuries.

4. HOW WOULD YOU RATE YOUR CURRENT LEVEL OF FITNESS? (Please circle)

POOR AVERAGE GOOD VERY GOOD EXCELLENT

5. HAVE YOU HAD ANY PREVIOUS BUSH WALKING OR TREKKING EXPERIENCE? (Please circle) YES / NO

If you have circled YES, please provide further information about your experience.

6. WHO SHOULD WE CONTACT IN CASE OF AN EMERGENCY AND WHAT IS THEIR RELATIONSHIP TO YOU?

FULL NAME:_____ RELATIONSHIP:_____

7. WHAT IS THE BEST MOBILE NUMBER FOR YOUR EMERGENCY CONTACT?
