



KILIMANJARO CLIMB **MACHAME** ROUTE ITINERARY

Day 1: Arrival/Mbahe Farm House

Your trip leader will pick you up upon your arrival at the Kilimanjaro International Airport. A car will take you to Simon's village, Mbahe, which is located on the lower slopes of Mount Kilimanjaro, approximately 2 hours from the airport. Accommodations are in the modern cottages at Simon's Mbahe farm house.

Day 2: Mbahe Farm House

You have the morning to rest and relax. You can enjoy delicious "homebrew" coffee, grown and roasted on the farm, and meals made with many of the fruits and vegetables from Simon's garden. After lunch, we will have a brief orientation and equipment check. This is also a day to take optional walks around Mbahe and swim in the waterfall on Simon's land. We will all gather together for dinner. B.L.D.

Day 3: Machame Camp (10,000')

After breakfast we will drive to the Machame Gate, where we will meet our guides and mountain crew and enter the Kilimanjaro National Park. We begin our climb at 6,000 feet, walking a few hours through thick and undisturbed tropical forest. With luck we may see the colobus monkeys that live in the forest. B.L.D.

Day 4: Fischer Camp (12,600')

Today is an easy paced acclimatization day. You will hike over streams, a river gorge, and moorlands. Camp is located on the Shira Plateau, providing expansive views of Kilimanjaro. There is a conditioning hike in the afternoon where you can enjoy the clusters of giant lobelias and senecios that grow at this elevation. B.L.D.

Day 5: Barranco Camp (13,000')

Today is another acclimatization day. We will hike to an elevation over 15,000 feet before descending to our camp. The hiking time is 5 to 6 hours. We will pass by Lava Tower, which you will have the opportunity to climb - a good afternoon adventure! This area will be your first introduction to the alpine zone where the only plant life is the heartiest of grasses and lichens. You ascend through the moorlands to Kilimanjaro's alpine desert zone. You will have a spectacular view of the steep Western Breach which we will not be doing on this climb. B.L.D.

Day 6: Karanga Valley Camp (13,100')

Today you will climb a rock wall - not too steep but challenging for some - which our guides make safe and accessible for everyone. We will go *pole pole* (meaning "go slowly" in Kiswahili). You will be able to see the breathtaking Heim Glacier. This is a short day with a hiking time of 3 to 4 hours, which will allow time to rest and have a sponge bath with warm water. You may take an additional hike around the camp to enjoy expansive views of the glacier and the mountain. B.L.D.

Day 7: Barafu Camp (16,000')

As we begin trekking today the trail turns steadily uphill. The temperature will grow colder and the landscape more sparse as we work our way to Barafu Camp. *Barafu* means "ice" in Kiswahili. Hiking time is 4 to 5 hours. The Camp is set on an exposed ridge and is the staging point for our push to the summit. After an early dinner we will rest. At midnight, under the stars and hopefully a brightly shining moon, we will begin the final ascent. We are going to go *pole pole* and drink plenty of water, ginger tea and small snacks, and enjoy this final climb to the summit. B.L.D.

Summit Expeditions and Nomadic Experience

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Day 8: Uhuru Peak/Mweka High Camp (11,000')

You will reach Uhuru Peak, the summit of Kilimanjaro at 19,340 feet, around 8 a.m. At this early hour, before the clouds close in, we have spectacular views of Africa in all directions. The hiking time is 7 to 8 hours. Tea and snacks will be served on the top. After a brief stay of 20-30 minutes and photos all around, we will descend 2 to 3 hours to our Barafu Camp for lunch, rest, and to pick up belongings. Then we continue downhill 3 to 4 hours to the edge of the Mweka Forest. Tonight's camp is 8,000 feet below the summit! It is a long descent and trekking poles are recommended. Eat, share your experiences of the climb and sleep soundly.

Congratulations, you made it to the Roof of Africa! B.L.D.

Day 9: Mbahe Farm House

Our last hike of 3 to 4 hours is a descent of 3,500 feet to the trailhead at Mweka Gate. The hike is steep in places and may be slippery if wet. Again we recommend that you use trekking poles. At the gate you will say goodbye to your mountain crew and enjoy a picnic lunch. The trip leaders will take you back to Simon's Mbahe Village farm house for a hot shower and a celebration dinner. B.L.D.

Day 10: Mbahe Farm House/Departure

Today is a rest and relaxation day at the farm house. Optional activities include light hiking, swimming, exploring the village and local school, visiting with the neighbors, drumming, tasting homemade banana beer, or shopping in Moshi Town. For those returning home you will be transferred to the Kilimanjaro International Airport to catch your flight. Those continuing on safari will pack lightly for the continuation of your African adventure tomorrow. B.L.D.

Trip cost includes:

- All accommodations
- All meals as indicated (B.L.D.)
- Services of trip leader, climbing guides, and mountain crew
- All group camping and cooking equipment
- Transfers to/from Kilimanjaro International Airport and to/from park entrance/exit gates

Trip cost does not include:

International airfare; optional tipping or gratuities to leaders, guides, crew, or other staff; additional accommodations made necessary by airline schedule changes or other factors; transfers other than to/from airport and park gates; pre-trip expenses such as medical immunizations, travel insurance, passports, and visas; airport departure taxes; any other expenses of a personal nature such as alcohol and laundry.

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