

Lovebird Safaris Ltd: Kilimanjaro Mountain – Climb Kilimanjaro

Mount Kilimanjaro is the highest 'walkable' mountain in the world. Although getting to the top involves no technical climbing, with the summit being at 6000m climbers can expect to suffer the effects of extreme altitude. Kilimanjaro is a very serious undertaking and should never be attempted without some serious planning and forethought. Our main intent is to acquaint you with the information necessary to enable you to make an informed decision about your climb.

About the climb;

This section is designed to help prospective climbers get to grips with some of the basic decisions that have to be made when putting together a climb.

When to climb;

Kilimanjaro can be climbed at any time of year but seasonal variations in climate and traffic need to be considered:

January, February and March have the best weather, being warm and almost devoid of cloud. This is also the busiest time on the mountain.

April through to mid-June is still warm but there may be some rainfall on the lower slopes and bands of cloud may reduce visibility around the forest area. The upside is that this is probably the quietest time in terms of climber traffic.

Late June, July and August can become very cold at night but in return, the sky is usually completely clear above 3,000m. Traffic is high.

September to October are perhaps the best months to plan a climb for this next year with steadily increasing temperatures, low rainfall and relatively few people.

November and December are for the more adventurous climbers. Thunderstorms are possible in the afternoon and there can be heavy snow showers towards the summit but night and early morning bring excellent visibility. November is very quiet, but late December the holiday traffic is very heavy.

Who can climb Kilimanjaro;

The National Park Authorities have set the minimum age for trekking to Uhuru Peak as 10 years old. However, should any member of your group be under sixteen at the time of the ascent then please discuss this with us before booking.

There is no upper limit to the age of climbers and people in their seventies and eighties regularly make the summit. But don't let this fool you youngsters into thinking that the climb will be a breeze for you - most of these older people are experienced mountain

people and some of the dodderier ones are practically carried up by vast armies of porters!

Which route;

There are four main routes and many variants.

In this section we discuss the various routes:

- Marangu Route
- Machame Mweka Route
- Shira Mweka Route
- Rongai Route

Marangu Route;

Marangu is the easiest and cheapest of all routes, being a fraction of the distance of most other routes and considerably less arduous except for the final summit attempt. There are three large permanent hut installations on the route, each sleeping hundreds of people in dormitories, so this is the only route on which you don't need to sleep in tents.

Disparagingly known as 'the Coca-Cola route', Marangu takes over 75% of the mountain traffic. Wildlife management professionals generally frown upon these volumes of traffic and its mass-market style distresses real mountain lovers for obvious reasons.

Marangu is generally undertaken by the casual visitor who has no real pre-conceived idea of what they are getting into, no real love or appreciation of the mountain wilderness and generally no other intention than to tick it off their list and be able to say that they have climbed Kilimanjaro.

Machame Route: recommended route

Machame approaches the Shira Plateau from the South, joining up with the Shira route on the second day to cut around below the Southern Walls to Barranco Camp, before heading on round to Barafu Camp for the summit attempt.

This route is widely considered one of the most varied and interesting on the mountain, but it does involve a fair bit of up and down as you traverse river valleys on the Southern Slopes, which can become quite soul destroying. You need to be fit to do this route.

As the truth about the tacky nature of the Marangu route has become more widely publicized over the last few years, Machame has become increasingly the route of choice for people who would prefer to spend a little bit more to enjoy the mountain. Over the last two years, Machame has become a little bit the victim of its own success,

with the budget operators from Moshi bringing quite a high volume of traffic onto the route. Machame now carries around 30% of the total climbers on the mountain.

The facts that that climbers must camp in tents rather than stay in huts and that it is a much more difficult route than Marangu protects Machame from really uncomfortable volumes of climbers and it remains one of the best options on the mountain.

Shira Mweka Route;

Shira is generally the route taken by people wanting to spend a slightly longer time on the mountain. The route approaches across the little visited Shira Plateau and meets up with the Machame route on day two, from where the two routes run in together around the Southern slopes to Barranco Camp and on to Barafu Camp for the summit attempt. This route is wearing over the course of 6 or 7 days and is for the fitter climber.

Rongai Route;

The second easiest route on the mountain after Marangu is the little used Rongai trail, which is the only route to approach the mountain from the Northeast. The first few days of this trek retain a tangible sense of wilderness, passing through some wild and beautiful scenery. On the final day and the descent, the route is common to the Marangu, which has disadvantages in terms of traffic, but by then don't care anymore and just want to get down and take a shower. There are probably only a dozen mountain teams who actually know this route well and for this reason it is not possible to offer an adequate medium specification Rongai climb.

We highly recommend this route on a 6-day itinerary.

Staff The most important aspect of any climb is without doubt the staff.

All climbs include a team of mountain guides, cooks and porters, typically ...

2 climbers : 1 guide, 1 assistant guide, 2 porters and 1 cook

3 climbers : 1 guide, 1 assistant guide, 4 porters and 1 cook

5 climbers : 1 guide, 2 assistant guide, 6 porters and 1 cook

The higher the specification, the greater the staff to climber ratio.

Mountain Guide

It takes a unique and very special blend of characteristics to make a good mountain guide. They are a breed apart. When choosing a Kilimanjaro climb we consider the choice of mountain guide to be the single most important element. He's the one that's going to make a difference on the mountain.

- Must have at least 5 years' experience on the mountain, which he will have gained whilst working first as a porter and then as an assistant guide

- Must know what to do in extreme conditions and under extreme circumstances. It is in an emergency situation that a good guide proves his worth.
- Must be an excellent man manager and motivator, capable of selecting and managing his whole team into an efficient and happy operation. The best teams are all employees, including the porters and always operate together as a unit. Lesser operators allow their leaders to hire casual staff at the bottom of the mountain.
- Must be a real people-person, capable of hitting it off with a wide range of climbers and able to generate a buzz and excitement within the group, whilst also commanding sufficient respect to ensure that his orders are always obeyed to the letter by customers
- Must have an absolute command of the language of the guests (usually English). Bad communication is the biggest single cause of catastrophe on the mountain.

It should be noted that even up to the level of high specification, the staff are likely to still be very 'African', although the best of them pick up from their customers a certain cool outdoor attitude. But he may ask you whether there are lions in London. Only at the very highest level do the African guides become truly Westernized in terms of the general conversation and mannerism.

Assistant guide;

The best guide and assistant guide combination has two guys with complementary characters. One is the organized disciplinarian (usually the assistant) and the other is the social host and overseer (usually the head guide). The assistant will usually lead the climb, to stop you going too fast, whilst the leader will sweep up the rear, helping the back-markers and dealing with any problems with health or motivation. Both will usually be involved in the team briefings.

Porters;

The best operators employ full time teams of porters which work in tandem with a guide pairing. Needless to say, the guides will choose guys that they get along with, who are efficient and trustworthy and who go that extra mile for the customer (like running on ahead to grab the best camping spot). This means that on a good climb you are surrounded by a good bunch of guys who get on well, rather than a surly bunch of dubiously trustworthy casual hands.

Cook;

Cooks should be fully trained. The cook is so important. Bad stomachs will definitely ruin a climb. See the food and drink section below.

Non-mountain staff;

Most decent operations will also have an additional staff of logistics, transport and equipment store staff, all of whom are essential to the slick running of a climb. There's nothing worse than getting down off the mountain, dying for a beer and finding that there's no car waiting to take you back.

Good and luxury operations are run usually by Westerners, who know how to run a proper company, with adequate staff training etc. They also know how to set the tonality of a good climb and how to run pre-climb briefings and that kind of thing.

Tipping;

Tipping is not compulsory, but it is generally expected. It is the best way of ensuring that your staff go out of their way to look after you.

Only if you feel that you have received good service, then the following rates can be used as a guide ...

Head Guide : USD 15 per day per climber

Assistant guide : USD 10 per day per climber

Cook : USD 8 per day per climber

Porter : USD 5 per day per climber

Some of the less reputable operators on the mountain do not even pay their porters, who are left to beg and hassle for tips to get money to feed their families. This kind of pressure can really ruin a climb.

At the other end of the market, the top guides and teams will be used to receiving many times this amount in tips.

Environmental care;

Park laws should be strictly adhered to and all the guides ensure that any non-biodegradable rubbish is cleared from the campsites and removed from the mountain for correct disposal. The cooks use kerosene stoves to avoid burning wood and together with the guides share a vested interest to keep the mountain clean. We do ask all our clients to adopt a responsible attitude to the mountain and limit their environmental impact.

All our teams have been personally vetted to ensure the highest standard of ecological awareness. Please pull them up if you see anyone doing anything that you think is not environmentally sensitive and report it back to us and the local management, no matter how trivial.

Food;

Diet on the mountain can be critical and should be carefully controlled and monitored. A high liquid and carbohydrate content is essential, with fresh ingredients wherever possible. For larger groups and on longer climbs you should expect resupply with fresh food for the day before the summit. Meals must be easy to digest at altitude, with high energy content. Above all food must be appetizing, as you are likely to lose your appetite at altitude.

At higher altitude alcohol, stimulants such as coffee and less digestible like meat must be avoided. The meal before the summit attempt will probably be reduced down little more than soup.

You should bring some of your favorite high-energy snacks for your daypack.

Boiled water should be provided each evening for your water bottles the next day.

It is essential to climb with a team that understands all this

Kilimanjaro climbers guide - about you

This section tells you how to prepare for the climb and recommends what you should take along with you. It is important that you take note of the information, as you do not want to climb half way up the mountain, and not be fit enough to make it to the top.

Physical fitness;

Although Kilimanjaro is not a technical mountain climb, it is a major challenge and the rigors of altitude should not be underestimated. Remember that Uhuru Peak is 500m higher than Everest Base Camp! The pace of your ascent coupled with good acclimatization will help you on the climb but it is essential to be mentally and physically prepared before you start. Regular hikes are one of the best ways to prepare, increasing frequency and length as you get closer to the trek. All aerobic exercises such as; cycling, running, swimming and funnily enough aerobics are good for strengthening the cardiovascular system. Generally, any exercise that increases the heart rate for 20 minutes is helpful but don't overdo it just before the climb.

Altitude and acclimatization;

Altitudes are generally defined as ...

High altitude 2,400m - 4,200m

Very high altitude 4,200m - 5,400m

Extreme altitude above 5,400m (Uhuru Peak is 5895m)

During the trek it is likely that all climbers will experience at least some form of mild altitude sickness. It is caused by the failure of the body to adapt quickly enough to the

reduced level of oxygen in the air at an increased altitude. There are many different symptoms but the most common are headaches, light headedness, nausea, loss of appetite, tingling in the extremities (toes, fingers) and a mild swelling of the face, ankles and fingers. These symptoms in a mild form are not serious and will normally disappear within 48 hours, the result of poor circulation or a small leakage of fluid within the body. In serious cases, the leakage can become large and start to fill up the brain cavity (Cerebral Oedema) or the lung cavity (Pulmonary Oedema). Cerebral Oedema is recognized by severe headaches, loss of balance and dizziness leading to coma. Pulmonary Oedema results in the coughing up of pink sputum. Both conditions, if left unchecked, will lead to coma and death unless a rapid descent is made.

Six factors that affect the incidence and severity of altitude illness ...

1. Rate of ascent
2. Altitude attained
3. Length of exposure
4. Level of exertion
5. Hydration and diet
6. Inherent physiological susceptibility

The following three steps are a guide to achieving acclimatisation:

Water: A fluid intake of 4 - 5 liters per day is recommended. Fluid intake improves circulation and most other bodily functions, but does not increase fluid leakage from the body. Thirst should not be an indicator of proper fluid intake, if your urine is clear then you are drinking enough. On the lower slopes, bottled mineral water will be provided but on the higher slopes drinking water is taken from mountain streams. The water is double-pumped and iodine is added for purification (Good enough to drink but you may wish to add extra purification tablets). All climbers should bring their own water bottles.

Slow Walk: Pace is a critical factor on all routes. Unless there is a very steep uphill section your breathing rate should be the same as if you were walking down the street. If you cannot hold a conversation you are walking too fast. Breathing through the nose for the first 2 days of the climb will limit the pace. Walk "softly" allowing your knees to gently cushion each pace. "Pole pole" (go slowly) is the phrase of the day.

Walk high sleep low: If you have enough energy, take an afternoon stroll further up the mountain before descending to sleep (not if you have any symptoms of altitude sickness!)

Almost all routes offer an extra day for acclimatization. Taking this day increases your chances of getting to the top by 30% and increases your chances of actually getting some enjoyment out of the experience by much more than that. An extra day is a considerable expense, but we recommend that all climbers take this option. On some routes there is the option for two extra days - for this day you can read 'optional'. For the first extra day you should read 'necessary'.

Some climbers take Diamox, which is widely used to combat the effects of mild altitude sickness by causing the body to breathe more deeply during sleep. This is of course a personal preference.

If you plan to take any medication during your climb, you must consult your doctor prior to departure. The effects of medications may vary with altitude and stress. All climbers should consult their doctor or a specialized travel clinic well in advance of their trip. On the climb, guides carry all basic medications but it is recommended that all climbers should take a small, personal first aid kit.

Other health tips

Ladies please note that altitude may affect the menstrual cycle.

All contact lens wearers should take care to remove the lenses at night as the eye needs to absorb oxygen from the atmosphere. The rarefied conditions of altitude reduce oxygen levels and in extreme cases a Corneal Oedema can develop.

Emergency evacuation

In the event of an emergency on the mountain the rescue team plus one of the assistant guides will descend with the casualty to the park gate. At the gate our agent will take over and make the necessary arrangements.

What is equipment supplied

All equipment such as tents and cooking equipment are provided by the climb teams.

What you should bring along

All other equipment from sleeping bags to walking poles can be hired in Tanzania, although it is essential that you pre-book any equipment that you might wish to hire well in advance of your arrival. Total luggage should be kept to about 15kg on the mountain. A day sack with a capacity of 25 – 40 liters should be used to carry all clothing and personal items. The porters will carry all other items. Extra luggage can be safely stored in your hotel.

Please see the full equipment list below.

EQUIPMENT CHECKLIST

Each and every item on this list has been chosen to maximize your comfort and safety while hiking on the mountain. Please read through the entire list very carefully. If you have any questions about items on this list, or about the suitability of your own equipment, please contact us, or a reputable mountaineering equipment dealer.

FOR THE HEAD AND FACE:

- **Pile or Wool hat:** Bring one that covers ears -- a balaclava type is excellent.
- **Shade Hat:** Visor hats with good brims are essential for protection from the equatorial sun.
- **Sunglasses:** Essential for eye protection in the tropics and at altitude. Bring a good quality pair, preferably with an IREX protection rating of 100. Attachable side shields are necessary, or bring glacier glasses.
- **Sunscreen:** Bring plenty of complete sun block with a sun protection factor (SPF) of 15 or more. Unless you have spent time in equatorial sun you will probably underestimate the amount necessary, so bring lots. Sunscreen is difficult to find in Tanzania.
- **Lip Balm:** With SPF rating of 15 or higher.
- **Bandanas:** Tied around the neck, they give good sun protection. Can also be used for cleaning glasses, as wash cloths, etc. They dry very quickly.

FOR THE UPPER BODY:

- **T-Shirts:** Two T-shirts that you don't mind getting dirty while on the mountain. Synthetic is best -- no cotton on summit day.
- **Upper Body Layers:** For climbing the mountain we recommend you have three warm layers for the upper body. Items must be made of wool, synthetic or pile. Make sure all layers fit comfortably over each other and supply good insulation. A good combination is a long underwear top, a sweater, and a pile jacket or heavy wool shirt. Cotton items do not provide adequate insulation and are completely useless when damp.
- **Rain Parka:** Afternoon showers are common in East Africa, especially on the mountain. Bring a good parka of Gore-Tex or waterproof nylon that has been "seam sealed".
- **Wind Shirt:** (optional if you have Gore-Tex rain gear) A nylon wind shell (not waterproof), roomy enough to fit comfortably over all upper body layers. Gore-Tex is good for both this wind shirt and for the rain coat.
- **Poncho:** (Optional) Quick and handy protection for body and rucksack. Poor protection in windy rain.
- **Gloves or Mittens:** Wool or pile. One pair of heavy mittens and a light pair of gloves work well.
- **Mitten Shells:** One pair to go over your mittens. These are for use against the winds sometimes encountered in the crater and on the way to the summit.

FOR THE LEGS:

- **Quick Dry Hiking Shorts:** 1 pair. Good for hiking at lower elevations on the mountain.
- **Long Underwear Bottoms:** One pair. Wool or synthetic.
- **Wool, Bunting or Pile Pants:** One pair that fit loosely and are comfortable. These are essential to be worn over the long john bottoms.

- **Rain Pants:** Bring a good pair of rain pants of Gore-Tex or waterproof nylon that has been "seam sealed".
- **Wind Pants:** (optional if you have Gore-Tex rain pants.) One pair. These are used often on the mountain for protection against wind. They should be breathable nylon and roomy enough to fit comfortably over wool or pile pants.
- **Tights:** Lycra type are best. These are comfortable to hike in, help prevent nettle stings, provide good warmth on cool misty days, dry fast and prevent sunburn.
- **Undergarments:** Enough for the duration of the trek.

FOR THE FEET:

- **Thin Socks:** Two pair of synthetic socks to wear under heavy wool socks. These help prevent blisters and keep feet dry.
- **Thick Socks:** Six pair of heavy wool or synthetic socks to wear for warmth with hiking boots.
- **Hiking Boots:** One pair medium weight hiking boots large enough to be comfortable with one liner sock and one heavy wool or synthetic sock.
- **Gaiters:** One pair of either high or low gaiters made of breathable material to keep dirt and snow out of your boots.
- **Tennis Shoes:** These are to wear in camp after a day of hiking.

FOR SLEEPING:

- **Sleeping Bag and Stuff Sac:** On the mountain temperatures can get down to zero degrees Fahrenheit at night so bring a warm bag.
- **Sleeping pad:** A closed cell foam camping mattress is OK. An inflatable Thermal Rest type is more comfortable.

FOR DRINKING:

- **Water Bottle:** Two, one liter wide-mouthed plastic bottles.
- **Water Treatment:** This is very important. The water in East Africa is not unhealthy although its flora content is different from what you are used to. To keep your system running normally we recommend you bring two bottles of "Potable Aqua" or "Polar Pure", crystal iodine in a bottle, to treat drinking water. Filtration pumps are also effective, but costly and rather bulky.
- **Water Flavoring:** Wyler's lemonade, Tang, Gatorade, etc. These mixes are hard to come by in Tanzania and make treated water taste much better. Double bag these.

FOR CARRYING YOUR GEAR:

- **Frameless Pack:** A medium size comfortable pack is adequate to carry personal gear. The pack should fit properly and have a good waist belt. Side pockets are recommended for soft packs. Personal loads with

camera gear, water for the day and warm clothes are often between 18 and 25 pounds.

- **Pack Cover:** Something waterproof to cover your pack when hiking in the rain. Otherwise bring a large plastic bag to line the inside.
- **Duffle Bag:** Medium size with lock for mountain gear. This will go into our mountain bag that the porters will carry.
- **Duffle Bag:** Large enough to hold your non-mountain gear. This will meet you at the hotel after the climb.
- **Plastic Bags:** Several, to double bag your sleeping bag and clothes on the mountain. It can rain every afternoon.

FOR PERSONAL HEALTH AND COMFORT:

- **Toiletries:** Bring enough for entire trip. Keep simple and light. Few toiletries are available in Tanzania, however, so bring enough for all your needs.
- **Ear Plugs:** To block out snoring and hut noise, to insure peaceful rest.
- **Flashlight and/or Headlamp:** Important on summit day and just plain handy in camp. Plenty of batteries.
- **Pocket Knife:** Simple Swiss Army type with scissors.
- **Personal First Aid and drug Kit:** Please see recommended list below.
- **Trail Munchies:** Although plenty of snack food is provided, trekkers like that taste of home in their pack. Touted as an important accessory by those who have brought them in the past!
- **Hot Drink Mixes:** We will provide plenty of coffee, cocoa and tea, but non-caffeinated drinks are not readily available here. Bring a supply of your favorite herbal teas.
- **Towel:** For washing up in camp, a small one is fine, or you can use a bandana.
- **Towelettes:** Such as "Wash'n'Dries" for general hygiene.
- **Spare Glasses:** For contact wearers in dusty conditions and any eyeglass wearer while on vacation.
- **Umbrella:** Very useful against rain and sun. Most guides use one.

RECOMMENDATIONS FOR YOUR PERSONAL FIRST AID AND DRUG KIT:

We will have gauze, tape, aspirin, medicated soap, antibiotic ointment, antacid tablets, some antibiotics, pain killers, eye treatments, anaphylaxis kit, Imodium, Compazine and Diamox. Because of liability problems, prescription drugs will only be dispensed in emergencies. We suggest you bring the following medical items. Please discuss this with your physician prior to coming on this expedition.

- **Intestinal disorders:** Compazine. 25mg rectal suppositories, for severe nausea, vomiting. Imodium to decrease diarrhea and cramping. Tetracycline, Cipro or Bactrim antibiotics for initial treatment of severe diarrhea. Activated charcoal has proven to be an effective first stage treatment.
- **Cuts and scrapes:** It's wise to bring a supply of "Band-Aids" to treat those abrasions that sometimes occur.

- **Infections:** Antibiotic ointment for cuts and abrasions. Erythromycin or amoxicillin tablets for skin or soft tissue infections.
- **Blisters:** It is wise to bring your own small supply of blister treatment items to insure that you avoid letting any blister get out of hand.
- **Headaches:** Tylenol and Tylenol with codeine** to help relieve possible altitude headaches. Nothing stronger than codeine should be taken for fear of masking potential severe altitude problems while on the mountain.
- **Insomnia:** Halcion** 15mg tablets. In high altitude mountaineering restlessness is not uncommon and sleep is very important. Halcion is a light sleeping pill, we do not recommend using any sleeping pills above 15,000 feet.
- **High Altitude Sickness:** Diamox** (acetazolamide) 250mg tablets to be taken twice a day from 13,000 feet to the top. This drug is widely used in high altitude mountaineering and is very highly recommended by our staff.

Sample Mountain Menu

DAY 1: LUNCH (pack):

Bun with salami and cucumber
Green peppers and carrot cake
Fruit

DINNER:

Soup of the day with bread
Fried beef with roast potatoes, rice, carrots, cabbage
Fruit
Tea or Coffee

DAY 2: BREAKFAST:

Oats with milk
Boiled egg, spinach omelette or fried egg with bacon and bread
Fruit
Tea or coffee

LUNCH (pack):

Boiled egg, sausage sandwich, cheese
Fruit

DINNER:

Spaghetti with meat sauce, or fish with rice
Fruit
Tea or coffee

DAY 3: BREAKFAST:

Boiled egg, spinach omelette or fried egg with bacon and bread
Fruit
Tea or coffee

LUNCH:

Boiled egg, salami sandwich, cheese,
Fruit

DINNER:

Beef goulash with beans and bread
Fruit
Tea or coffee

DAY 4: ON WAY TO THE SUMMIT (midnight snack)

Tea or coffee and biscuits, orange squash or soup

LUNCH:

French toast Macaroni and meat sauce and bread
Fruit
Tea or coffee

DINNER:

Roast chicken with vegetable, fried rice, green pepper, carrots
Pancake with honey
Tea or Coffee

DAY 5: BREAKFAST

Oats with milk
Boiled egg, spinach omellette, fried egg with bacon and bread
Fruit

Please note: We cater for vegetarians on Kilimanjaro

The price covers: park entry fees, hut or camping fees, rescue fees, crew entry, guide, porters and cook salary, food three meals a day, water during trip, camping facilities and utensils.

Not included: Mt gear, tips for guide, porters and cook

Machame Route Itinerary 6days 5nights:

.Day 1: Machame Camp (10,000') After breakfast you will drive to Machame Gate/Kilimanjaro National Forest to begin your climb at 6,000 feet. From here we will meet your trip leaders and mountain crew and walk a few hours through undisturbed very thick tropical forest. With luck we will see the colobus monkeys.

.Day 2: Shira Camp (12,950') Today is an easy paced acclimatization day. You will hike through streams, a river gorge and moorlands. Camp is set a little higher on the Shira Plateau with expansive views of Kilimanjaro. There is an optional hike in the afternoon where you can enjoy the large senecios and lobelias that grow at this elevation.

Day 3: Barranco Camp (14,800') Today is another acclimatization day. We will hike to elevation of 16,000 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. Pole, pole means go slowly, slowly in Kiswahili at this altitude.

Day 4: Barafu Camp (16,000') We continue our hike through rolling hills as we gradually work our way to Barafu. Hiking time is 4 to 5 hours. After an early dinner, you will rest. At midnight, under the stars and hopefully a brightly shining moon, you will begin the final ascent. We are going to go slowly, slowly. Drink plenty of water, ginger tea and small snacks. Keep breathing and keep moving. Enjoy the final ascent to FREEDOM PEAK!

Day 5: 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 usually 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 short stay, 20-30 minutes, you will descend 2-3 hours to Barafu for lunch, rest and to pick up belongings. Then you will continue downhill 3-4 hours to Mweka Forest. Tonight's camp is 9,000 feet below the summit! It is a long descent. Poles are needed by most. Eat; share your experiences of the climb and then sleep soundly. Congratulations. You've made it to the top of Africa

Day 6: Machame Our last hike of 3 to 4 hours is a steep 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 Mweka Gate, you will say goodbye to your mountain crew and enjoy a picnic lunch. The trip leaders will take you to the hotel for a SHOWER and dinner

Why Choose Lovebird Safaris Ltd:

Competitive pricing for top quality service.

Kilimanjaro National Park certified and trained guides on all routes.

Cheerful team of cooks and porters.

Comfortable and good 4season sleeping tents and stand-up mess tents.

Lightweight aluminium tables and lean back chairs with back support.

Wholesome and hygienic meals 3times a day.

Morning coffee/tea wake-up call in the tents.

Treated Drinking water for clients.

Emergency Oxygen kits on all climbs.

Emergency Flying Doctors Evacuation cover for all clients during the trip.

Medical first aid kits on climbs.

Private Chemical Toilet and tent on all trips.

24Hours emergency support line.

Good quality transfer vehicles to and from the gates.

Fair pay for porters and good crew meals/equipment.

One of the few companies offering Insurance cover for porters, cooks and guides.

Light weight 60lt water-proof duffle bags for client luggage.



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"Truly Tanzanian Safaris"