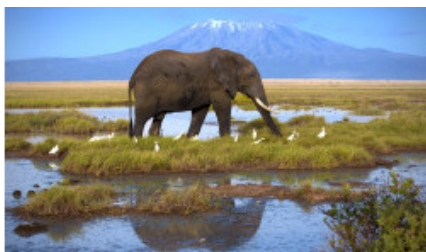


DETOUR AFRICA



8 Day Kilimanjaro Trek – Machame Route Camping



The Machame Route to Uhuru Peak is one of the most popular routes up Mount Kilimanjaro and when compared to the Marangu Route, it is steeper and the days are longer. It does have a reputation for being a tough climb however the rewards are huge! The scenery on this route is dramatic and varied with views of the Shira Plateau and Barranco Wall. You approach the summit of Uhuru from the East and descend on the Mweka trail. Camp your way to the top and enjoy every step of the journey!

ITINERARY

7 Days
Tanzania

DAY 1 Tanzania – Moshi

Moshi is the gateway to Mount Kilimanjaro and the meeting place for trekking expeditions. Today we meet and are briefed about the climb and if the weather is favourable, catch a glimpse of the world's tallest freestanding mountain (5 895 m). If you are making your own way to Moshi, please advise us of your estimated arrival time in order to organize the briefing. Your local payment is only handed to the representative at the briefing. If you are going on any of our other tours it is possible to end in Arusha and take a shuttle from Arusha to Moshi – this would reduce your hours in vehicles.

Meals	Dinner
Accommodation	Two Per Room: The Keys Hotel http://www.keys-hotel-tours.com/keys-hotels.html
Facilities	<i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Activity Package	National Park Fees

DAY 2
Kilimanjaro National Park – Machame Camp (3 010m)

After breakfast, you will be collected from your hotel and after a 45-minute drive; you will arrive at the entrance to the Kilimanjaro National Park. Machame Gate is at 1790m. In a short time, you will be deep within the magnificent mountain rainforest. With a little luck, you may glimpse and hear the beautiful black and white thumb-less Colobus monkeys in the treetops. After 5 – 7 hours, you will reach today's destination – The Machame Camp – situated just below the tree line at 3010m. Here, at the base of the Kilimanjaro, you will have your first dinner and overnight stay at the camp.

Meals **Breakfast, Lunch, Dinner**
Accommodation **Camp: Machame Camp *no website available***
Route **Machame Gate to Machame Camp ±±9 km**

DAY 3
Kilimanjaro National Park Shira Camp (3845m)

After an early morning start, we leave the Machame Camp and the timberline behind. The path gets steeper and the landscape turns into a moor and heath land, allowing you to take in the impressive mountain range. Today's stage is shorter than the last one and by mid-afternoon we arrive at the New Shira Campsite at the Shira Plateau. The camp offers a breath-taking view of the mountain, especially at sunset.

Meals **Breakfast, Lunch, Dinner**
Accommodation **Camp: Shira Camp *no website available***
Route **Machame Camp to Shira Camp ±±7 km**

DAY 4
Kilimanjaro National Park Barranco Camp (3960m)

Today we climb approx. 800m but we camp at an elevation only slightly higher than the previous night. This will allow us to acclimatize as a height of over 4600m will be reached the next two days before descending again. The trek begins with a long ascent above the Shira Plateau in the direction of the Lava Tower Hut (4640m). After 6 – 7 hours, we arrive at perhaps the most beautiful camp on Kilimanjaro- the Barranco Camp.

Meals **Breakfast, Lunch, Dinner**
Accommodation **Camp: Barranco Camp *no website available***
Route **Shira Camp to Barranco Camp ±±10 km**

DAY 5
Kilimanjaro National Park Barafu Camp (4640m)

The trek of today starts with the climb of the Barranco Wall. Safety is paramount and you will be secured where necessary along this route. Following the ridge as it wanders up and down, it offers splendid views of the south glacier of Kibo. In the Karanga Valley, you will have lunch in preparation for the 2 – 3 hrs climb to Barafu Camp (4640m). Once at camp, have dinner and take an early night in preparation for the next day. The guide will wake us up again at 11:30pm and the climb begins just after midnight on Day 6.

Meals **Breakfast, Lunch, Dinner**
Accommodation **Camp: Barafu Camp *no website available***
Route **Barranco Camp to Barafu Camp ±8 km ±±8 km**

DAY 6

Kilimanjaro National Park Uhuru Peak (Summit 5895M) – Mweka Camp (3080m)

At around 00.30 a.m. we begin the climb to the Uhuru peak. Climbing the steps of the Kibo you will arrive at Stella Point after 5-7 hours of hard trekking. This is the crater rim of Kilimanjaro, from which we continue for another 1-2 hours along the edge to Uhuru Peak (5895m), the summit! The comparatively simple descent runs almost along the same route and shortly before midday, we arrive at Camp Barafu. After a well-deserved break of 1 – 2 hrs, we are on our way to Camp Mweka (3080m) where an evening meal and a good night's sleep awaits you.

Meals	Breakfast, Lunch, Dinner
Accommodation	Camp: Mweka Camp <i>no website available</i>
Route	Barafu Camp to Uhuru Peak ± 5 km ascent to Uhuru Peak to Mweka Camp ± 15 km descent ± 20 km

DAY 7

Kilimanjaro National Park Mweka Gate (1630M) – Moshi

The final leg of this amazing adventure begins after breakfast with a traditional farewell ceremony from the mountain guides. Then a gentle 2 and a half hour descent through the rainforest to Mweka Gate, where the driver takes us back to the Hotel in Moshi.

Meals	Breakfast, Dinner
Accommodation	Two Per Room: The Keys Hotel http://www.keys-hotel-tours.com/keys-hotels.html
Facilities	<i>Please visit the website of the accommodation provider for a full list of the facilities offered.</i>
Route	Mweka Gate to Moshi ± 10 km

DAY 8

Moshi

After breakfast, you can continue with your travel plans; please let us know if you require any further transport.

Meals	Breakfast
Accommodation	Own Arrangements / Post tour accommodation can be booked through tour consultant

Tour Information

Activity Package

The activity package of on this tour is compulsory as it includes Tanzanian National Park Fees, please include this in your overall costing.

Activity	Country	Price
National Park Fees	Tanzania	ZAR9200
	Total (AP Price)	ZAR9200

Departure Point

09:00am from The Keys Hotel,
Uru Road, Moshi, Tanzania.

Tel: +255 (27) 2752250 / 275 1875.

www.keys-hotel-tours.com/keys-hotels.html.

Please ensure you arrive at the departure point at least 30 minutes before the scheduled departure time.

End Point.

The Keys Hotel,

Uru Road, Moshi, Tanzania.

Tel: +255 (27) 2752250 / 275 1875.

www.keys-hotel-tours.com/keys-hotels.html.

Introduction to Kilimanjaro

It is important to be well prepared for climbing Mount Kilimanjaro. In order to be so, we have compiled the most important travel and climbing information for you mentioned below. If you have further or more specialised questions, please do not hesitate to contact us.

Requirements

Kilimanjaro is a special mountain; it is one of the few mountains of this height that one can climb without previous mountaineering skills and knowledge. This, however, should not lead you into a false sense of security. You still need to be fit and healthy in order to complete the 4 to 6 hour hikes each day. Sure footedness in damp and slippery conditions is essential, especially if you choose a route other than the Marangu Route. Tolerance, fellowship and a good measure of flexibility will go a long way and is a good basis for a successful holiday.

The Machame Route

In total, there are eight different routes to the summit. The Machame Route is the most picturesque and gives spectacular views of the summit; nevertheless, this route is weather permitting. The route follows the windward side where the rainfall is heavier and the vegetation more dense. The route is steeper than either the Marangu or the Rongai Routes and physically more demanding. Added to this, you walk predominately facing the wind. These characteristics gave the Machame Route also the name of the 'whiskey route'. The descent follows the Mweka Route.

Your choice of the different routes should not be dependent upon the views of the Kilimanjaro and its surrounding area. Bear in mind that it can be chilly while camping at an altitude of 4000m and it is definitely not for everyone.

Accommodation

Overnight accommodation on a camping tour will be in 2 man tents in which sleeping mats are provided. Single travellers may be asked to share a tent with a member of the same sex. Dinner will be taken in a larger tent with tables and chairs.

Board and meals

Wherever possible, fresh water will be taken out of springs or wells and boiled before drinking. Higher up the mountain, the area gets drier and the water will be carried in canisters, which will also be boiled before use. All meals are freshly prepared on the mountain by your cook. You will be amazed what delicious meals can be prepared under such primitive conditions.

A typical daily menu is as follows:

Breakfast: Fresh fruit, scrambled eggs or omelette, toast, margarine, peanut butter, jam, porridge, milk, hot chocolate, coffee (powder), tea.

Lunch: Fresh fruit or vegetables, sandwiches, boiled eggs, chicken, milk, hot chocolate, coffee, tea.

Dinner: Soup, bread, main dish with red meat or poultry, served with either chips, mashed potatoes, pasta, rice or vegetables. Dessert: fresh fruit. Milk, hot chocolate, coffee or tea. For vegetarians and those with food allergies, advanced notification should be given so that we can cater to your needs.

Items included:

- Professional English-speaking guide

- Mountain crew (cook & porters)
- Meals according to the itinerary
- Drinking water
- Overnight stays in hotels and mountain tents
- Camping equipment (tents, sleeping mats, chairs, tables etc.)
- All national park fees
- All mentioned transfers

Items excluded:

- Sleeping bag
- Flights
- Optional activities
- Alcoholic and soft drinks
- Visa fees
- Tips
- Personal spending money for souvenirs etc.
- Travel insurance

Age Restrictions

The national park authority (KINAPA) has set a minimum age of 10 years to climb the Kilimanjaro. We advocate a minimum of 14-16 years on the basis that children are more susceptible to altitude sickness. There is no maximum age restriction and we have had guests in their seventies successfully climbing the Uhuru summit without any problems. Nevertheless, we do recommend people of a more mature standing to visit their general practitioner for a medical check up beforehand.

Climate and Best Time to Travel

It is possible to climb the Kilimanjaro at any time of the year. However, during the months between mid March to mid June as well as November, it is not recommended to climb the Kilimanjaro as these months are considered the rain season. The months of December until the end of February are the warmest months and rainfall is at its minimum. A good period is between the end of June until middle of October when the temperatures are a little cooler and the rainfall light.

Altitude Acclimatisation and Altitude Sickness

Almost all hikers climbing the Kilimanjaro will notice the altitude and the thinner air. Therefore, all hikers should be prepared for the altitude sickness. The primary symptoms are headache, which is often combined with fatigue, loss of appetite and nausea. Everyone reacts differently to an increase in altitude and a change in air pressure. Fitness fanatics are just as likely to succumb as couch potatoes. In the majority of cases, the symptoms are mild and it is possible to continue the hike. Occasionally, the symptoms are more severe and a return to a lower elevation is required. In most cases, the symptoms disappear quite rapidly.

Please remember that in certain circumstances altitude sickness can be life threatening and ignoring the symptoms can and may cause death. We do not recommend the use of drugs in suppressing the symptoms of altitude sickness. To prevent harming oneself, time to acclimatise (an extra day) and the "pole pole" method (Swahili for slowly slowly) are our preferred recommendations. One should also drink more water to replace the fluids lost from the physical activity and breathing heavier in the thinner and drier air. Three to four litres a day is recommended and supplementary mineral tablets (magnesium) help to replace lost minerals and prevent muscle cramps.

Mobile Phones

There is generally good reception and coverage, both on Mount Kilimanjaro and in Tanzania. A German phone or a European phone will usually work without problems. Speak to your provider for more details.

Electrical Power Supply

The camps have no electricity. Solar cells are solely for the park rangers' radio equipment and the mountain hut

lights. When needed, you will have to supply your own electricity from batteries. In the higher and colder regions, the batteries drain quicker and do not last so long. The power supply is rated at 230 volt and 50 Hz. In Tanzania, the British 3 prong plug (type G) is used. The common two pin (C & F) type that can be found in Germany and widely in Europe are not compatible and you will need an adapter. Adapters can be bought in all good electrical stores. The electricity supply in East Africa is also susceptible to power surges and power cuts, please be aware that this may damage sensitive equipment such as Notebooks.

In an Emergency

As with all activities on Kilimanjaro, one must bear in mind that there are no mountain rescue services like the ones that you would find, for example, in the European Alps. If you can no longer walk or descend the mountain under your own power, you will be either carried or brought down by a stretcher. Helicopters are not available. To save yourself from such an experience, proceed with caution and do not over exert yourself.

Travel Documents and Visas

For entry into Tanzania, you need a passport that is valid for at least six months after your intended leaving date. A visa can be obtained from the relevant embassy or authority in your country of residence or upon arrival at the international airport or border control, (correct as of 01.01.07). For entering Tanzania from yellow fever endemic countries (i.e. neighbouring countries Kenya and Uganda), you need to show proof of vaccination against yellow fever and you must have the appropriate papers/documents. If you are travelling directly from Europe, this proof is not necessary and further vaccinations are not required. However, we do advise that you have the vaccinations recommended by your country of residence.

Equipment and Clothing

Without the correct equipment a mountain tour can quickly become an ordeal, this is especially true on Kilimanjaro. At the park entrance, the weather is tropical and at the summit it is a chilly -10°C and below. The onion system is the way to go, by wearing many layers you can add or remove items depending upon personal preference and is ideal for the changing climatic conditions. When you have placed a booking with us, we automatically send you a list showing the items of kit you will require for your tour. A warm sleeping bag is essential, especially on camping tours. If you are thinking about using the one that you had as a child on summer camp, please think again. You will be sleeping in temperatures in the region of -12°C and you will need a sleeping bag that will keep you warm in such conditions. For yourself, you will only need a day pack; your porter will carry any further luggage. All your equipment must go in a travel bag, trekking rucksack or a kit bag and not exceed 12 kg (27lbs). The porters cannot carry suitcases and cases with roll systems. We recommend packing the items in plastic bags to protect them from the damp and rain. Please also check the baggage terms of your respective airline.

Due to a new regulation from KINAPA (Kilimanjaro National Park Authority), thin walled plastic water bottles have been banned on Kilimanjaro. Therefore clients have to bring their own water bottles. We would also like to advise clients wanting to make use of a drinking system (camel bag or similar) to bring separate water containers for the summit night as the tubes of these drinking systems tend to freeze during the night of the summit.

Examples of suitable water containers are SIGG or Nalgene (<https://www.sigg.com/> or / <http://nalgene.com/product/>). We recommend water bottles with a capacity of minimum 3 litres (i.e. 2 x 1.5 litre bottles). Please take note that the bottles can only be filled in the mornings and evenings!

Clients not wanting to bring bottles along, are able to purchase 1 litre metal containers for 15 USD a piece on site (pre-booking recommended)

Cost for renting gear/ item price in US\$ per trip

Sleeping bag \$15.00

Pillow \$10.00

Warm Jackets \$15.00

Rain Jackets \$15.00

Rain Trousers \$15.00
Warm Trousers \$15.00
T-shirt \$5.00
Pair of Socks \$5.00
Pair of warm gloves \$10.00
Climbing boots \$20.00
Barclava \$5.00
Pair of walking sticks \$15.00
Sunglasses \$10.00
Hat \$5.00
Sweater \$10.00
Rucksack \$20.00
Day pack \$10.00
Day pack cover \$5.00
Pair of Gators \$10.00
Trousers \$15.00
Fleece top or trousers \$10.00
Thermo underwear 1 piece \$5.00
Raincoat (poncho) \$15.00

Insurance

Please make sure that you are covered by your health insurance when you are away from home and travelling. If this is not the case, we cannot stress enough the importance of having the appropriate travel insurance. Please make sure that you are covered for all medical expenses including the possibility of return transport costs to your country of residence. Other insurance such as for luggage theft or loss should also be taken into consideration as well as an insurance for travel cancellation.

Should you have further questions, please feel free to contact us on the below details.

General Enquiries & reservations	- info@detourafrica.co.za
Toll Free US/Canada	- 1-800-287-0823
Toll Free UK	- 0-808-134-9963
Toll Free Australia	- 1-800-897-833
Other Countries	- + 27 21 424 1115

SAFARI NJEMA