

## CLIMB KILIMANJARO MACHAME ROUTE



### Summary Itinerary:

Day 1	Arrive JRO, met & transferred to Arusha, o/n The Arusha Hotel
Day 2	After breakfast transfer to Kilimanjaro, Machame Gate, begin climb o/n Machame Camp
Day 3	Hike to Shira Camp, o/n Shira Camp
Day 4	Continue ascent, o/n Barranco Camp
Day 5	Continue ascent, o/n Karanga Camp
Day 6	Continue ascent, o/n Barafu Camp
Day 7	Attempt Uhuru Peak, begin descent, o/n Mweka Camp
Day 8	Final descent, o/n The Arusha Hotel
Day 9	Dayroom at The Arusha Hotel, transfer to JRO & depart

## DAY 1 - ARUSHA

### Day 1

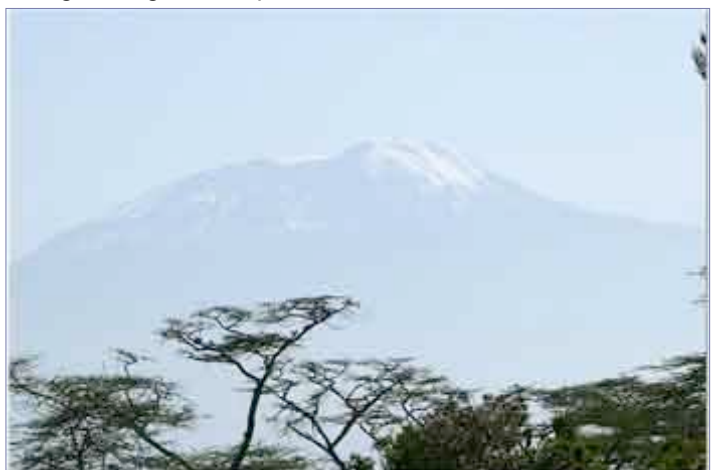
- Arrive JRO met & transferred to hotel by Origins Safaris representative
- Meet your Guide
- Safari Briefing
- Accommodation: The Arusha Hotel
- Meal Plan: All meals

You will be met on arrival in Kilimanjaro International Airport by your guide and transferred to The Arusha Hotel to begin acclimatising to the altitude and preparing for the long climb ahead. The Climbs Manager and your guide will give you a full briefing on the trip ahead and answer any questions you might have.

This is the time to check all your equipment thoroughly. You may also wish to explore this quiet 'coffee' town and visit a local coffee plantation. It is important to have a good night's sleep

**Arusha** is a city of northern Tanzania surrounded by some of Africa's most famous landscapes and national parks. Beautifully situated below Mount Meru on the eastern edge of the eastern branch of the Great Rift Valley, it has a pleasant climate and is close to Serengeti, Ngorongoro Crater, Lake Manyara, Olduvai Gorge, Tarangire National Park, and Mount Kilimanjaro, as well as having its own Arusha National Park on Mount Meru. Arusha is the capital of the Arusha Region.

Despite its proximity to the equator, Arusha's elevation of 1400m on the southern slopes of Mount Meru keeps temperatures down and alleviates humidity. Cool dry air is prevalent for much of the year. The temperature ranges between 13 and 30 degrees Celsius with an average around 25 degrees.





It has distinct wet and dry seasons, and experiences an eastern prevailing wind from the Indian Ocean, a couple of hundred miles east. Arusha is considered to be one of the best African cities when it comes to great weather and tourism combined. Almost within the entire city, if you go north you will be going up hill, and going south is always down hill.

**The Arusha Hotel:** First built in 1894 and then purchased in 1927 by an American coffee farmer called 'Kenyon Painter', 'The Arusha' hotel has been home to many travellers on their journey from Cape to Cairo. The Arusha, formerly known as the New Arusha Hotel, underwent an extensive renovation and refurbishment program is now the only five star hotel in Arusha town.



Set in beautifully landscaped gardens with all the amenities and luxury for the discerning traveller. The tropical gardens are home to many birds and exotic plants, an ideal setting for wedding receptions and outdoor functions. You can also choose to just relax and enjoy the attentive service by the pool heated for your comfort.

The Arusha has 86 rooms including 4 suites, 25 deluxe rooms and 57 standard rooms. Elegantly furnished with en-suite bathrooms equipped with bathroom

amenities and tea and coffee making facilities. Each room is fitted with satellite television with a selection of channels, hair dryer and an electronic safe. Rooms also have direct dial phones, wireless internet and air-conditioning.

Buffet style breakfast and dinners with appetizing contemporary modern cuisine is prepared from the freshest produce, flavoured and garnished using only the highest quality. Take an aromatic tour and experience the divine a la carte menu marvelously displayed showing the chefs innovative culinary talent and extensive wine list tempts even the most jaded palate. Afternoon high tea on weekends is a decadent delight!

The dining experience would be incomplete without aromatic coffees, mouth watering home made desserts followed by warm cognacs and brandies in 'Hataris' Tavern (named after John Wayne's movie made in 1962). John Wayne known as Duke to his friends, together with Elsa Martinelli and the rest of the cast were frequent visitors to the hotel. Hataris has a large television screen to watch the latest sporting events and news made complete with the relaxed informal and comfortable surroundings.

Our restaurants offer a variety of dishes ensuring all tastes are catered for and Executive Chef brings with him a wealth of experience and redefines the art of fine dining.

Well versed staff members bring outstanding hospitality to the property with their excellent service and knowledge.

The Arusha has three function rooms: Jumuika conference room - fully equipped and capable of seating 150 delegates; Kikao Executive Boardroom with the capacity for 15 delegates; Porini Hall - multi-function room that opens out onto the terrace is capable of accommodating up to 300 people.

For outside functions there is 3 acres of sprawling lush tropical landscaped gardens, a perfect location to host large number of guests for banqueting, parties and receptions.



The hotel has a large heated swimming pool set in the gardens for the exclusive use of our guests. Of course you don't have to exercise too hard, a swimming pool can be the best form of relaxation after a hard day sightseeing!

## DAYS 2 & 3 – MACHAME & SHIRA CAMPS

### Day 2

- **Breakfast & checkout, transfer to Kilimanjaro Machame Gate**
- **Meet your crew**
- **Begin climb**
- **Picnic lunch en route**
- **Camp: Machame Camp (3000 metres)**
- **Meal Plan: Full Board**

### Day 3

- **Hike to Shira Camp**
- **Picnic lunch on trail**
- **Camp: Shira Camp (3850 metres)**
- **Meal Plan: Full Board**

After a hearty early morning breakfast you are transferred by road to the southern base of Mount Kilimanjaro National Park at Machame Gate. At the gate your crew finalise packing and after finishing with formalities you start off from Machame gate. Today's hiking is through verdant afro-montane forest to Machame Camp with picnic lunch en route. Look out for pretty endemic flora and gradation of forest zones!

Machame as this track is known, is rarely used and is marked only by splashes of red paint on some trees, a dull echo of the brilliant red gladioli that grow amongst them. You continue onto a small forest glade and your base camp for the night.

For your second day's ascent you face a 5-hour hike up a steep ridge gaining altitude rapidly into the moorland zone where the vegetation changes dramatically. The Milky Way in these high altitude and low pollution regions is a beautiful plume of stars arched over the mountain peaks.



## DAYS 4 & 5 – GREAT BARRANCO WALL & KARANGA CAMP

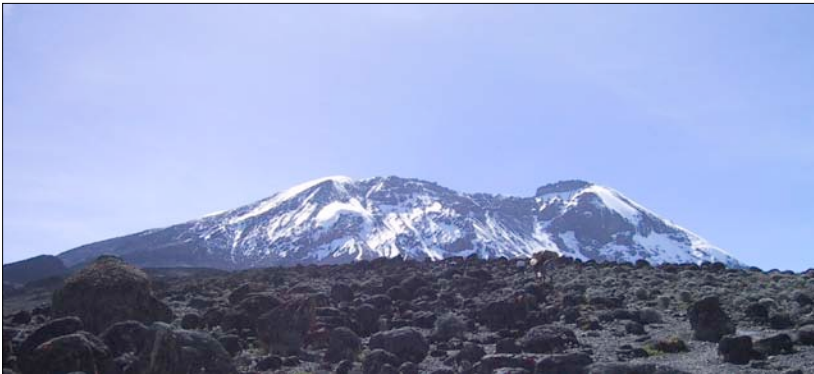
### Day 4

- **Early wake-up call & breakfast**
- **5 hour hike to Camp**
- **Camp: Barranco Camp (3950 metres)**
- **Meal Plan: Full Board**

### Day 5

- **Early wake-up and full breakfast**
- **Hike through Barranco Valley to Karanga Valley**
- **Camp: Karanga Camp (4100 metres)**
- **Meal Plan: Full board**

Today you set off on another 5 hour hike eastwards to the "Great Barranco Wall" a spectacular basalt cliff some one thousand feet high. Each day your team of porters remains behind after you leave camp, to pack up then storm ahead to set up the next camp.



By the time you and your guide arrive there is always a welcome brew of "*dawa ya mlima*" on the boil. Literally meaning - "Medicine of the Mountain" it's a strong brew of tea, milk and lots of sugar stewed together.

After night in camp and appreciably lower temperatures, a hearty breakfast is extremely welcome before you set off to hike for several hours out of the Barranco Valley, famous for its giant

groundsels (senecio species) and start heading north across the Karanga Valley. Today is relatively a short day hiking and lunch is taken at Karanga Camp.

In the afternoon a walk can be taken with your guides for great views of the southern walls of Kibo and deep glacial valleys.

Seen from here the glaciers are at their most spectacular - vast sheets of cold crystal ice, draped like an imperious cloak about the hunched shoulder of the mountain, they glow a deep rust red rock during evening light.



## DAY 6 – BARAFU CAMP

### Day 6

- **Early wake-up & breakfast**
- **Ascent to Barafu Camp**
- **Lunch at camp**
- **Camp: Barafu Camp (4600 metres)**
- **Meal Plan: Full Board**

Today is another half day ascending to Barafu Camp. Once again lunch is taken in camp allowing plenty of time to relax before the summit bid. Desolate alpine forest desert and at times strong winds rip over this camp and yet in the evening splendid views of Mawenzi Peak are the norm.

A relatively early dinner is taken before heading to rest for the evening.



## DAY 7 – UHURU PEAK/MWEKA CAMP



### Day 7

- **Wake-up & depart for final summit bid**
- **6 hour attempt on Uhuru Peak (5896 metres)**
- **Begin descent**
- **Camp: Mweka Camp (3100 metres)**
- **Meal Plan: Full Board**

Today is the big day. Most people depart just before midnight for the final summit bid. Patience and persistence is the name of the game to reach the summit by dawn as the first rays of light start to appear - most arrive near the rim. Ascending via Stella Point affords a relatively short final section to Uhuru Peak, the Roof of Africa!

What goes up must come down and after the exhilaration of reaching the top, your goal today is to reach Mweka Camp. You begin your descent, continuing down the eastern slopes of Kibo, taking the most direct and swiftest descent route. You join the trail known as the Mweka Route, and spend the night at Mweka Camp, exhausted but exhilarated.



## DAYS 8 & 9 – ARUSHA & DEPART

### Day 8

- **Continue descent along Mweka Route**
- **Reach base camp & transfer to Arusha**
- **Accommodation: The Arusha Hotel**
- **Meal Plan: Full Board**

### Day 9

- **Breakfast & check-out**
- **Dayroom: The Arusha Hotel**
- **Transfer to JRO for international flight departure**
- **Meal Plan: Breakfast & lunch**

You make your final descent down the Mweka Route to base camp. Here you say farewell to your porters and climb into the vehicle for the short transfer to Arusha and the welcome comforts of The Arusha Hotel.

On your last day a dayroom is reserved to allow you to relax and check out later in the day. You will be transferred to the international airport at Arusha for your international departure or you may connect with further programs.

## RECOMMENDED CLOTHING & EQUIPMENT

Most of your clothing that you are not actually wearing will be carried by your porter. Although a guide will always accompany you on the trail you are unlikely to see your porter except at the huts or the camps. Therefore it is important you pack carefully the smaller day-pack you carry yourself. Anything you need during the course of the day should be in your day-pack including, most importantly, something warm and something waterproof.

Light clothing is generally sufficient until you reach the 3-4000 metre / 12-14,000 feet altitude range provided you always have something warm and waterproof right with you. Beyond these altitudes, even if the mornings are glorious, you must always be ready for dramatic changes in the weather, including snowstorms. You must have clothing right with you adequate to the conditions.

It is for the final ascent that all your warm clothing is important. The ascents are normally done at night and this is when the coldest temperatures are experienced. You must be prepared for temperatures of minus 25 Celsius/ minus 13 Fahrenheit. As a rule you should wear 2 pairs of socks, 3 layers on the legs, 4 -5 layers on top. A balaclava or skimask is necessary to keep the head warm and you should have a hood to protect your head from wind. Mittens and dark glasses.

All climbers should attempt to bring as much as possible of the following:

- ◆ Anorak
- ◆ Mittens
- ◆ Balaclava
- ◆ Snow goggles or ski sunglasses
- ◆ Scarf
- ◆ 3 pairs warm trousers
- ◆ Sweaters
- ◆ 6 pairs warm socks
- ◆ Thermal underwear
- ◆ Waterproof layer
- ◆ Sun proof hat
- ◆ Comfortable boots
- ◆ Sun cream
- ◆ Small first aid kit
- ◆ Knapsack
- ◆ Water bottle
- ◆ Towel/soap/toiletries
- ◆ Torch/flashlight and
- ◆ Spare batteries
- ◆ Gaiters
- ◆ Sunblock/in day pack
- ◆ Camera, film, batteries



### Suggested medicines:

Headache tablets (preferably not aspirin since this tends to irritate stomachs already sensitive at altitude), Imodium/Lomotil for diahorrea sometimes associated with altitude. Climbers may like to consult their physicians about azetazolomide (Diamox), a drug that many find mitigates the ill effects of altitude, headache, diahorrea & vomiting.

**NB: Please read our pre-departure Kilimanjaro Briefing for advice on acclimatisation & altitude sickness.**



**Notes:**

1. Climbers are advised to try to bring as much as possible of the above as cabin baggage in case of baggage delays. Climbers might, for example, wear their boots on the plane.
2. In the event the listed accommodation is not available, alternative accommodation of similar standard will be selected.

## Guidelines on Tipping

Although tips are optional, and should depend on the level of service provided, we would like to point out that tipping is customary in Tanzania. As a rough outline, you should allow between \$300 per guest for your mountain crew.

Gifts are very much appreciated, but they are NOT seen as substitute for tips, and are sometimes sold for cash. If you want to donate something to the porters, we suggest that warm clothes, T-shirts, and shoes are always useful.

You might want to bring some pens (rather than sweets) for the children you meet at the foot of the mountain. As a company we would rather encourage local children to attend school (which is not compulsory in East Africa), than start life as beggars.

Our staff are carefully briefed not to pressure anyone for tips or equipment and are salaried at a level that does not make them dependent on receiving tips or gifts.