

TANZANIA

A JOURNEY TO THE SUMMIT OF MT KILIMANJARO



MT KILIMANJARO, TANZANIA

THE HISTORY OF KILIMANJARO

A JOURNEY TO THE ROOF OF AFRICA

A BIT OF HISTORY & GEOGRAPHY

Located in the north of Tanzania straddling the country's border with Kenya. Kilimanjaro is actually the remnants of three volcanic craters; Shira to the west (now eroded) Mawenzi on the east & Kibo - the tallest of the three - in the centre.

Kilimanjaro is the tallest stand-alone peak in the world & famously a part of both the esteemed Seven Summits Challenge & the Volcanic Seven Summits Challenge.

Its summit, known as Uhuru Peak, means freedom in Swahili & stands at 5,895m. Although people do not know where the name 'Kilimanjaro' originated from, most people believe it is a mix of the Swahili word Kilima, meaning mountain, and the Kichagga word Njaro, loosely translated as whiteness. Hence the name Kilimanjaro means White Mountain.





WHY KILIMANJARO?

WITH SUMMIT EXPEDITION

This is an expedition to the roof of Africa, Mt Kilimanjaro at 5,895m. This majestic giant is a mountaineering must and has earned its place in the Seven Summits and Volcanic Seven Summits esteemed mountaineering challenges.

This is a fully supported expedition with extensive assistance from the Summit Expedition team and our ground handlers in Tanzania. We will look after you every step of the way towards an amazing adventure to the roof of Africa

Why us? We are not just an adventure company. Yes we plan adventures to incredible places but we are more than that, **WE ARE A COMMUNITY**. We build lifelong relationships and execute community expeditions that bring you closer to nature and amazing people.

We walk you through the training, planning and gear that you will need to summit, as well as get you involved in all the community activities that make a successful summit of this beautiful African mountain. Most importantly you come home safely.

TANZANIA

WHERE YOUR JOURNEY BEGINS

TRIP DETAILS

WWW.SUMMITEXPED.COM

Mt Kilimanjaro, Tanzania

Marangu Route

This is a fully supported expedition via the Marangu route and includes accommodation in Arushu and on the mountain, all meals, expedition guides, porters, Kilimanjaro National park entrance fees, park permits, transportation, airport pick up, drop off and kit checks.

Exclusions include international airline tickets, Tanzanian visas, Travel Insurance, porter tips and Covid PCR tests.

8 days / 7 nights

Arrival/Departure at Kilimanjaro International Airport

Price: USD 2,799 per person

THE PLAN

MT KILIMANJARO



Day 1: Arrival in Tanzania

After meeting at Kilimanjaro International Airport, we will drive through the beautiful grass plains of Arusha for 1 hour until we reach our hotel. We will then spend the afternoon preparing for our trek with an extensive kit check & group-climbing brief. During this time you will have the opportunity to rent equipment that you will need on the mountain.

That evening we will enjoy a traditional Tanzanian dinner and get a good night rest.

Day 2: Marangu gate to Mandara Hut

After rising early for breakfast, we meet our support team who will spend the next week with us on the mountain. After loading up the transport vehicles, we have a short 15 minute drive to Marangu Gate. The gate is at an altitude of about 1,600 metres and at the entrance to the rainforest.

Starting the trek, we ascent through the lush rainforest to Mandara Hut, at 2,700 metres. This walk takes around 4 hours at a gentle pace.

Mandara Hut is within a short walk of Maundi Crater, a small parasitic volcanic cone. Trekkers have the option to visit Maundi and in clear weather, the view of Mawenzi, the lower of the two main peaks of Kilimanjaro, is breathtaking.

Overnight: Mountain Huts

Trekking time: 4 hours

Max altitude: 2,700m

Day 3: Mandara to Horombo Hut

Climbers leave Mandara by about 9am. The first half hour continues through the rainforest, after which the trail emerges into alpine moorland for the 6-7 hour walk to Horombo at 3,700 metres.

If the day is clear there are splendid views to be had of both Kibo and Mawenzi and also of the plains stretching away below the mountain. The vegetation is also spectacular, with different types of heather, everlasting flowers, redhot pokers, protea, lobelia and giant groundsel.

Overnight: Mountain Huts

Trekking time: 7-8 hours

Max altitude: 3,700m

Day 4: Acclimitization Day

The morning of this day is usually spent walking the upper route towards the saddle between the peaks of Kibo and Mawenzi, before returning to Horombo Hut. We will spend a second night at Horombo to help us acclimatise to the altitude.

In the afternoon, trekkers can simply relax around the hut. This relaxation time can be helpful both for people who are finding the walk challenging and also for people who want a break to admire their surroundings.

THE PLAN

CONTINUES

MT KILIMANJARO

Day 5: Horombo to Kibo Hut

The path from Horombo to Kibo Hut initially climbs steeply to the foot of Mawenzi, an ascent of about 600m. This path then descends to the “saddle”, the high altitude desert between Kibo and Mawenzi, and crosses the saddle to Kibo Hut. The saddle slopes gently uphill until for about an hour, before it starts to climb quite steeply to Kibo hut, which is at an altitude of around 4,700 metres.

Overnight: Mountain Huts

Trekking time: 6-8 hours

Max altitude: 4,700m

Day 6: Kibo to Summit and back to Horombo Huts

Trekkers are woken at about 11pm with the aim to set off at about midnight. The first part of the ascent to the Hans Meyer cave is indirect, going around large rock outcrops. After the cave, the scree slope becomes steep and you have to climb in a zig-zag fashion.

It takes an average of 6 hours to reach Gillman's Point on the crater rim at 5,700m and on a clear morning, the views of the sun rising from behind Mawenzi are spectacular. From here, the path goes around the crater rim to Uhuru Peak at 5896m, which will take about 2 more hours.

The descent back to Kibo Hut can take a further 3 or 4 hours. After a rest and a meal, the descent continues to Horombo Hut via the lower route, a further trek of around 3 hours.

Overnight: Mountain Huts

Trekking time: 14-16 hours

Max altitude: 5,896m



Day 7: Horombo to Park Gate

The descent from Horombo to Mandara Hut takes around 3 hours, and the final part of the descent through the forest to Marangu Gate takes another 2 hours. At the Gate, vehicles will be waiting to take you and your crew back to the hotel where you will have a celebration dinner.

Day 8: Depart Tanzania

Unless you are extending your stay in Tanzania, in the morning you will be transferred to Kilimanjaro International Airport for your flight home.



THINGS TO CONSIDER

IMPORTANT HIGHLIGHTS

TREKKING TO THE SUMMIT

Getting to the summit of Mt Kilimanjaro means that we will be on the mountain for multiple days, hiking through various different types of terrain. Mt Kilimanjaro is not a technical mountain hence the use of technical gear such as ropes, ice axes and crampons are not needed.

REQUIREMENTS

No previous experience is required in trekking although team members must be able to walk for several hours with a 5 kg backpack unassisted over varied terrain.

ACCOMMODATION

On the first night you will stay at a local hotel. On the mountain you will be in mountain huts, which are basic and provide single bunk beds. There is a common dining tent and portable shared toilet. On returning, your accommodation will be at the same hotel.

CHALLENGE

The challenge on this trip is physically moderate. That doesn't mean it's a walk in the park. Reaching the summit of Mt Kilimanjaro is a big undertaking but it is widely considered more manageable than the trek to the summit of Mt Elbrus. Hence you should be physically fit and able to walk long distance for several days in a row.

EXPECTATIONS

You should expect long, slow and moderately challenging trekking days when on Mt Kilimanjaro. Although we endeavor to make this experience as comfortable as possible it must be understood that this is a mountain expedition and elements such as the weather are totally out of our control. Regardless of the summit, our team of cooks, guides and porters will do everything they can to ensure that you have a life changing experience.

WHAT'S IN WHAT'S OUT

THE INCLUSIONS

FOOD & BEVERAGE

This is a full board expedition; 3 Meals per day throughout the itinerary are provided.

All meals on Mount Kilimanjaro are carefully prepared with local produce, however if you would like to bring your favorite snacks please do.

We have also included all food at the hotel including breakfast, lunch and a celebration dinner after our summit day.

TRANSPORTATION & DOCUMENTATION

Airport pick ups and drop offs.

Road transport within the itinerary.

Permits and certificates.

All entrance fees for the itinerary

Hiking permits

ACCOMMODATION

Accommodation in a local hotel in Moshi.

On the mountain we will be in mountain huts.

STAFF, GUIDES, PORTERS & EQUIPMENT

English speaking certified lead guide.

English speaking certified assistant guides.

Summit Expedition team leader

Porters that carry your equipment up to 15kg

Satellite Phone and first aid equipment.

THE EXCLUSIONS

FOOD & BEVERAGE

Snacks on any part of the expedition that you would like to have over and above the meals provided.

TRANSPORTATION & DOCUMENTATION

International air travel. Domestic air travel.

Entry visas to Tanzania.

PCR tests.

ACCOMMODATION

Additional/alternative nights stay not included in the itinerary.

Single occupancy rooms at the hotel.

STAFF, GUIDES, PORTERS & EQUIPMENT

Tips to the local guide (budget \$150 USD p.p)

Personal mountaineering equipment.

PERSONAL INSURANCE

Personal medical & travel insurance.

KILIMANJARO KIT LIST

WHERE YOUR JOURNEY BEGINS

WWW.SUMMITEXPED.COM



KIT LIST

MT KILIMANJARO

SLEEPING

- 1x Sleeping Bag (Comfort -5)
- 1x Sleeping Bag Liner (optional)
- 1x Sleeping pad
- 1x Foam Mattress (optional)
- 1x Hot water bottle (optional)
- 1x Warm Sleeping clothes

FACE, NECK & HEAD

- 1x Balaclava
- 1x Buff
- 1x Sun Hat/ Visor
- 1x Warm Beanie
- 1x Sunglasses with UV protection
- 1x Ski Goggles
- 1x Sunscreen and Lip balm

UPPER BODY

- 1x Warm Base Layer
- 3x Quick Dry T-shirts preferably long sleeves
- 1x Long-sleeved sweater
- 1x Fleece
- 1x Down jacket 600-800 fill
- 1x Outer shell rain jacket (Gore-Tex)
- 1x Rain Poncho

LOWER BODY

- 1x Warm base layer
- 2x Trekking pants
- 1x Summit night pants
- 1x Outer shell waterproof rain pants

FEET & HANDS

- 1x Liner Gloves
- 1x Gore-Tex Gloves
- 1x Summit Mittens
- 2-3x Trekking Socks
- 1x Heavy/Warm Summit Socks
- 1x Trekking Boots
- 1x Camp booties

TECHNICAL GEAR

- 1x 30 Liter Backpack
- 1x Adjustable Trekking poles
- 1x Dry Towel
- 2x 1L Nalgene water bottles
- 1x 3L Camel back
- 1x Headlamp
- 1x Large Duffle Bag

PERSONAL ITEMS/COMFORT

- Toiletries
- Snacks (Protein Bars, Dried Fruit, Etc.)
- Earplugs
- First Aid Kit/ Camera/Outlet Adaptors/
- Memory Cards

DOCUMENTS

- Flight Info
- Insurance Info
- Passport/Required Visa

ADVICE ON GEAR

MT KILIMANJARO

As you'll be trekking on extremely varied terrain and at different altitudes, you should pack to prepare for a number of extremes – hot and sunny, cool, cloudy and misty, fog, rain, wind and lastly, snow and cold.

You may experience one or all of these conditions in the same day on your expedition. The use of lightweight, breathable, easily removable layers of clothes works best to allow you to adapt to the local conditions. We recommend breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for hiking as it does not allow for heat or moisture to enter or escape and it will not dry once wet.

In addition to several warm layers and good high ankle trekking boots to grip as you climb on snow, you will need warm protection for your extremities – warm socks, gloves and a warm winter hat. Use a hat, sunglasses, sunscreen and wear proper clothing to protect yourself from the sun and to reduce the risk of sunburn or heat stroke during the warm days. With regards to the type of pack to use, you should not need to pack more than 30 litres into your backpack. Not all backpacks suit all body types. Be sure to try it on before you buy.

REACH OUT

We understand that some of the names on the gear list may sound like gibberish, so please don't hesitate to reach out to us with any questions. We're always happy to help. If you're unsure of anything whilst shopping or if you feel the vendor is just trying to upsell you, don't feel pressured to buy. Just let us know what you've come up with and we're more than happy to lend our advice.

KIT SUPPORT

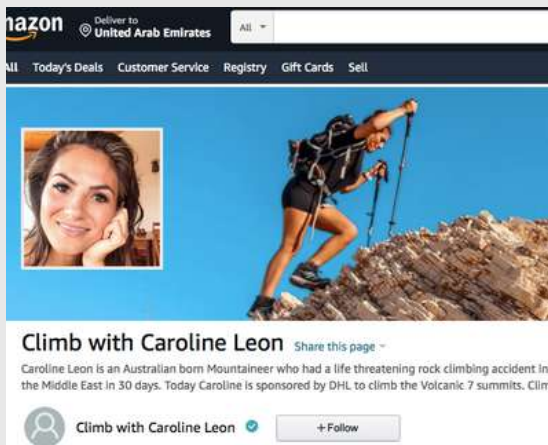


YOUTUBE VIDEO GUIDE

Here is our Kili-kit list, a complete guide to what you need to take up Africa's highest mountain. In this video we explain the different types of equipment you'll need and debunk some mountain lingo so that you understand the essential components of mountaineering gear.

Available on YouTube by search for **Caroline Leon - Kilimanjaro Kit List**

<https://www.youtube.com/watch?v=lqw5GIF3cAQ&t=1s>



AMAZON SHOPPING GUIDE

We know it can be daunting to buy gear for your first mountaineering expedition. Its hard to know whats what. Here we've taken this a step further and created an exclusive AMAZON shopping guide and selected all our favorite Kilimanjaro- Kit. Its our gear too, for when we are on the mountain so we know its warm, it works and its durable and reliable. Thats why we picked it.

Available on **AMAZON.com**

<https://www.amazon.com/shop/carolineleon>

TERMS & CONDITIONS

The following booking conditions form the basis of your contract with Summit Expeditions, the trading name for Radley Adventures FZE ("we", "us" and "our"). Please read them carefully as they set out our respective rights and obligations. By asking us to confirm your booking, we are entitled to assume that you have had the opportunity to read and have read these booking conditions and agree to them. All references in these booking conditions to "trip", "booking", "contract" or "arrangements" mean such trip arrangements unless otherwise stated. References to "departure" mean the start date of these arrangements.

BOOKINGS & PAYMENT DETAILS

- To make a booking please follow the procedure shown on our website. The relevant application form needs to be completed by each person traveling. Where we have already confirmed the availability of your chosen arrangements and you book within any applicable time limit for doing so, your booking will be treated as firm and a contract between us will come into existence as soon as we receive your completed application form and your deposit. We will then send you a receipt for all payments made and our invoice. Please check your invoice carefully as soon as you receive it. Contact us immediately if any information which appears on the invoice or any other document appears to be incorrect or incomplete.
- Once the price of your chosen trip has been confirmed at the time of booking, then subject to the correction of errors, we will only increase or decrease the price in the event of any change in our transportation costs or in dues, taxes or fees or in the exchange rates which have been used to calculate the cost of your trip.
- The price quoted for any trip covers the cost of the planning, the organisation and carrying out of the trip, including group equipment, supplies, accommodation, administration and staff, except for the following, for which you must be responsible: vaccination fees, travel insurance, cost of travel to and from the start / return point of your trip including your international flights, cost of passport and visas, personal equipment and personal expenses while on the trip and any other expenses specifically excluded on the trip description and/or invoice.

BOOKINGS & PAYMENT DETAILS

- We reserve the right to make changes to and correct errors in quoted prices at any time before your trip is confirmed. We will advise you of any error of which we are aware and of the then applicable price at the time of booking. Once the price of your chosen trip has been confirmed at the time of booking, then subject to the correction of errors, we will only increase or decrease the price in the event of any change in our transportation costs or in dues, taxes or fees or in the exchange rates which have been used to calculate the cost of your trip.
- A surcharge or refund (as applicable) will be payable, subject to the conditions set out in this clause. Even in the above cases, only if the amount of any increase in our costs exceeds 2% of the total cost of your trip will we levy a surcharge. If any surcharge is greater than 10% of the cost of your trip, you will be entitled to cancel your booking and receive a full refund of all monies you have paid to us or alternatively purchase another trip from us as referred to in paragraph 12.
- Where applicable, you have 14 days from the issue date printed on the surcharge invoice to tell us if you want to choose option (2) or (3) as set out in paragraph 12 below. If you do not tell us that you wish to choose either of these options within this period of time, we are entitled to assume that you do not wish to do so and will pay the surcharge. Any surcharge must be paid with the balance of the cost of the trip or within 14 days of the issue date printed on the surcharge invoice, whichever is the later.
- Travel insurance: It is essential that you have adequate and appropriate cover for your trip including any adventurous activities such as trekking at altitude. It is important to have adequate insurance which will cover cancellation costs from the date of booking as well as medical expenses (including evacuation and repatriation). Please read your policy details carefully and take them with you on your trip. It is your responsibility to ensure that the insurance cover you purchase is suitable and adequate for your particular needs.
- Health: Except as disclosed in your medical questionnaire, you are taken to confirm at the time of booking that you are in good health, physically capable of undertaking all aspects of the trip, and unaware of any reason why you may be unsuited to taking part or may be likely to suffer illness or injury during the trip, taking into account its challenges and purposes.

CANCELLATION & CHANGES

- Cancellation of bookings must be notified to us by email by the party leader as soon as possible. Your notice of cancellation will only be effective when it is received in writing by us. Except as set out in paragraph 8 below, the following refund will be payable (excluding the non-refundable deposit).
 - 1. 12 weeks or more before departure: 100% of funds paid.
 - 2. 6 to 12 weeks before departure: 75% of funds paid.
 - 3. 2 to 6 weeks before departure: 50% of funds paid.
 - 4. 2 weeks or less before departure: 0% of funds paid.
- 5. Depending on the reason for cancellation, you may be able to reclaim these cancellation charges (less any applicable excess) under the terms of your insurance policy. Claims must be made directly to the insurance company concerned. Where a part cancellation of a booking affects the basis on which the price was calculated, we will recalculate and re-invoice you accordingly.
- You may transfer your place to someone else (introduced by you) if you are prevented from traveling, providing we are notified not less than 2 weeks before departure and subject to practicality of changing certain bookings made in your name. All costs and charges incurred by us and/or incurred or imposed by any of our suppliers as a result must be paid before the transfer can be effected. Any overdue balance payment must also be received.
- Changes to your confirmed trip can be considered depending on practicalities and availabilities, but there might be a cost associated with these changes. A change of dates will normally be treated as a cancellation of the original booking and rebooking in which case cancellation charges will apply.
- The itinerary is a guide to which we will attempt to adhere, but it may be necessary to alter this at short notice as a result of circumstances or events outside our control such as adverse weather or road conditions or any of those amounting to force majeure (see paragraph 13), or due to the operating conditions imposed by owners and operators of accommodation, facilities and transport. Your itinerary will, however, be the same in content as far as is reasonably possible, unless circumstances beyond our control make this impossible. Should weather conditions involve you incurring extra costs such as accommodation, transportation and meals, these will be borne by mutual agreement between us.

- Changes and cancellation by us: As referred to above, we may have to make changes to and correct errors in advertised and confirmed details and also cancel confirmed bookings which we must reserve the right to do. Please note, our trips may require a minimum number of participants to enable us to operate them. If the minimum number of bookings required for a particular trip has not been received, we are entitled to cancel it. We will notify you of cancellation for this reason no less than 28 days prior to departure.
- Most changes are minor. Occasionally, we have to make a "significant change". A significant change is a change made before departure which we can reasonably be expected to have a major effect on your trip. If we have to make a significant change or cancel, we will tell you as soon as possible. If there is time to do so before departure, we will offer you the choice of the following options:
 1. Accepting the changed arrangements; or
 2. Purchasing an alternative trip from us, of a similar standard to that originally booked if available. We will offer you at least one alternative trip of equivalent or higher standard for which you will not be asked to pay any more than the price of the original trip. If this trip is in fact cheaper than the original one, we will refund the price difference. If you do not wish to accept the trip we specifically offer you, you may choose any of our other then available trips but you must pay the applicable price of any such trip. This will mean you paying more if it is more expensive or receiving a refund if it is cheaper;
- Please note, the above options are not available where any change made is a minor one.
- If we have to cancel a trip, we will, where appropriate, pay you the reasonable compensation depending on the circumstances and when the significant change or cancellation is notified to you subject to the following exceptions. Compensation will not be payable and no liability beyond offering the above mentioned choices can be accepted where:
 1. we are forced to make a change or cancel as a result of unusual and unforeseeable circumstances beyond our control such as force majeure, the consequences of which we could not have avoided even with all due care; or
 2. where applicable, we have to cancel because the minimum number of bookings necessary for us to operate your trip has not been reached (see above).
- No compensation will be payable and the above options will not be available if we cancel as a result of your failure to comply with any requirement of these booking conditions entitling us to cancel (such as paying on time) or where a change is a minor one.
- Very rarely, we may be forced by "force majeure" (see paragraph 13) to change or terminate your trip after departure but before the scheduled end of your time away. If this situation does occur, we regret we will be unable to make any refunds (unless we obtain any refunds from our suppliers), pay you any compensation or meet any costs or expenses you incur as a result.
- In these booking conditions, "force majeure" means any event which we or the supplier of the service(s) in question could not, even with all due care, foresee or avoid. Such events may include, whether actual or threatened, war, riot, civil strife, terrorist activity, industrial dispute, natural or nuclear disaster, significant risks to human health such as the outbreak of serious disease at the travel destination, adverse weather conditions, fire and all similar events outside our control. Except where otherwise expressly stated in these booking conditions, we regret we cannot accept liability or pay any compensation where the performance or prompt performance of our obligations under our contract with you is prevented or affected by or you otherwise suffer any damage, loss or expense of any nature as a result of "force majeure".

OUR LIABILITY TO YOU

- We promise to make sure that the trip arrangements we have agreed to make, perform or provide as applicable as part of our contract with you are made, performed or provided with reasonable skill and care. We will not be responsible for any injury, illness, death, loss (including loss of possessions and loss of enjoyment), damage, expense, cost or other sum or claim of any description whatsoever which results from any of the following:
-your act(s) and/or omission(s); or the act(s) and/or omission(s) of a third party not connected with the provision of your trip and which were unforeseeable or unavoidable; or 'force majeure' as defined in paragraph 13 above
- We cannot accept responsibility for any services which do not form part of our contract. In addition, regardless of any wording used by us on our website, in any advertising material or elsewhere, we only promise to use reasonable skill and care as set out above and we do not have any greater or different liability to you.
- Decisions, behaviour and damage: While the trip is in progress, all decisions are made by our staff or staff employed by our regional companies and you must act in accordance with all reasonable instructions you are given. The team leader, trip guide or other member of our staff or staff employed by our regional companies may withdraw you from the trip at any time if they are of the reasonable opinion that your continued presence is prejudicing or is likely to prejudice the good order, discipline, safety or successful operation of the trip or the safety or wellbeing of any individual participant(s) or other third party or if you break any law or regulation of any country where the trip takes place.
- We expect all clients to have consideration for other people. If in our reasonable opinion or in the reasonable opinion of any other person in authority, you behave in such a way as to cause or be likely to cause danger, upset or distress to our staff or to any third party or damage to property, we are entitled, without prior notice, to terminate your trip.
- We are entitled to withdraw you from a trip in the above circumstances where the information provided on your application form or medical questionnaire proves to be materially inaccurate or incomplete. Where you are withdrawn, you will be required to leave the trip immediately and we will have no further responsibility towards you. No refunds will be made and we will not pay any expenses or costs incurred as a result of the withdrawal. You will in addition have to indemnify us against any loss or expense that may be incurred as a result of your actions.
- You accept responsibility for any damage or loss caused by you. Full payment for any such damage or loss (reasonably estimated if not precisely known) must be made direct to the accommodation owner or manager or other supplier or to us as soon as possible. If the actual cost of the loss or damage exceeds the amount paid where estimated, you must pay the difference once known. If the actual cost is less than the amount paid, the difference will be refunded. You will also be responsible for meeting any claims subsequently made against us and all costs incurred by us (including our own and the other party's full legal costs) as a result of your actions. You should ensure you have appropriate travel insurance to protect you if this situation arises.
- Travel documents and requirements: You must ensure you are in possession of all necessary travel and health documents before departure. All costs incurred in obtaining such documentation must be paid by you. We regret we cannot accept any liability if you are refused entry onto any transport or into any country due to failure on your part to carry all required documentation. If failure to have any necessary travel or other documents results in fines, surcharges or other financial penalty being imposed on us, you will be responsible for reimbursing us accordingly.
- Complaints. In the unlikely event that you have any reason to complain or experience any problems with your trip whilst away, you must immediately inform your trip guide or our local agent (if we have one) and the supplier of the service(s) in question. Any verbal notification must be put in writing and given to our trip guide / local agent and the supplier as soon as possible. If any complaint or problem is not resolved to your satisfaction by the trip guide, local agent or supplier, you must contact us using the contact details we have provided you with during your trip, giving us full details and a contact number.