Kilimanjaro Trek

Trek to the roof of Africa along the Rongai Route



Mount Kilimanjaro Trek, Rongai Route

Conquer the tallest freestanding volcano in the world

Kilimanjaro is one of Africa's most magnificent sights, and at 5985m it is her highest peak. It is the tallest freestanding volcano in the world and Kibo, which is the central crater, rests on its two sisters Mawenzi and Shira.

We will be ascending by the Rongai route, which retains a sense of untouched wilderness. It has a relatively gentle gradient and short daily stages.

From cultivated farmlands on the lower levels, our route takes us through lush jungle, alpine meadow and finally across a barren lunar landscape to the summit of Kibo where we start our final ascent to stand on the roof of Africa!





Detailed itinerary

Day 1: Depart London

Day 2: Nairobi to Arusha
Join connecting flight to Kilimanjaro airport. Upon arrival transfer to hotel where we will meet our guides, have our expedition briefing to prepare for the challenge ahead.

Day 3: Naremoru Gate to Simba Camp, 3-4hrs (2600m)
Early start for a 3–4-hour drive to Rongai. Upon arrival we will meet our guides and porters and complete the park formalities. Our ascent begins from Naremoru Gate (1950m), and we trek through farmers fields and the forest zone. There is a good chance to see the colourful Colobus monkeys on route; and if the weather is clear, we should get good late afternoon views across Tsavo in Kenya. Our camp is just out of the fores

Day 4: Simba Camp to Kikelewa Camp 7-9hrs (3678m)
We leave Simba Camp and climb through the moorland. As we climb, the trees become sparser and later disappear; even the heather starts to shrink at higher altitudes. We break at a lava tube for lunch before traversing to our campsite at Kikelewa Cave .

Day 5: Kikelewa Camp to Mawenzi Tarn 4-5hrs (4295m)
A steeper trek to Mawenzi tarn Hut at 4295m, arriving for lunch. Set in moraines in a glaciated valley our camp has good views of the jagged peaks of Mawenzi above us. In the afternoon we will have a short circular acclimatisation walk to a higher altitude.

Day 6: Mawenzi Tarn Acclimatisation Day

Day 7: Mawenzi Tarn to Kibo, 5-6hrs (4700m)
A slow trek across “the Saddle” – an alpine desert between the volcanic peaks of Mawenzi and Kibo. Upon arrival at 4700m, we will rest and prepare for the summit day.

Day 8: Summit day, 12-16hrs
This is an extremely long and challenging day, walking up to 16 hrs. We get up shortly after midnight and climb from our camp at Kibo to Gilman’s point (5680m) on the rim of the volcanic crater for sunrise. If the day is clear there are spectacular views over the savannah plains with the possibility of seeing Mt Kenya some 360km away.

We then continue across the snow around the rim for a further 2 hrs for the final push to Uhuru Peak (5895m) – Africa’s highest point. It is a hard hike but is well worth it to see the glaciers and have your photo taken with a sign confirming your achievement.

We descend to Gillman’s Point and then onto Kibo where there will be the opportunity to have a short rest and refuel before our trek to Horombo Huts where we stay overnight.

Detailed itinerary

Day 9: Horombo to Marangu Gate
We retrace our steps and stop at Mandara for lunch. Transport will then be waiting at Marangu gate for the journey back to our hotel in Arusha. Gala Dinner and overnight.

Day 10: Depart Kilimanjaro for London
Transfer to Kilimanjaro airport for afternoon flight to London.

Day 11: Arrive London, UK

Itinerary classing:
Challenging
You will be walking for 6-10 hours per day or longer at high altitude with tough daily ascends and descends of around 500-1000m, up to high altitudes of 6000m.

Strenuous treks also involve remote, wild environment with extreme weather at times and availability of only few facility. You will also be trekking on minor trails and difficult terrain including snow or scrambling sections and are therefore required to have high level of physical fitness along with optimal level of training beforehand and positive attitude.





© Ultimate Challenges
This itinerary is complex and subject to change

Breakdown of costs – 7 Day Kilimanjaro Trek

Included:
- Scheduled international return flights from London
- Transfers upon arrival and departure and all internal transfers
- Qualified local guides, support crew and porters
- Hotel accommodation at the beginning and end of trek based on twin share
- Camping on trek based on twin share
- Portable chemical flush toilets at camp
- All park fees
- Emergency Hyperbaric chamber / Oxygen
- Full board except lunch on day 2 & 10
- Celebratory dinner on final night
- Drinking water on challenge
- UK Expedition Doctor
- UK Expedition Leader (on groups of 15+)

Not Included:
- Airport taxes and fuel surcharges
- Single supplement
- Lunch on day 2 & 10
- Gratuities (approx. $120)
- Personal expenses
- Personal comprehensive travel insurance
- Visas (approx. $50)
- Vaccinations

How to sign up:
- Pay the non-refundable registration fee of £350
- Raise the minimum sponsorship level of £5,000 by agreed fundraising deadline

Other costs:
Airport taxes / fuel surcharges of approx. £500 will need to be paid by you 12 weeks before travel

Suggested packing checklist:
See overleaf for suggested packing checklist. We've also detailed items that can be rented in Tanzania with the corresponding item cost. We will need to know before travel if anyone wants to hire items.

Suggested packing list - 7 Day Kilimanjaro Trek

Equipment
- 25-35 litre day sack / rucksack with good waist strap to carry your water, camera, snacks etc. during the trek
- 4 season sleeping bag (see below for more info)
- Silk liner (optional - to add warmth to your sleeping bag)
- Sunglasses with UV protection
- Head torch e.g., Petzl with spare batteries
- Water bottles (minimum of 2 litres) CamelBak (with dust cap), aluminum Sigg bottles or polycarbonate Nalgene bottles. Ideally, one bottle should ideally be able to contain hot liquids
- Lightweight trekking towel
- Trekking pole(s)

Clothing
- T/shirts – approx. 4
- Leather, or waterproofed fabric, ankle high walking / hiking boots (must be worn in) with thick soles and spare laces
- 3 to 4 pairs of specialist trekking socks (worn in) and inners socks if you use these (it's worth buying one super warm pair for summit night)
- Normal underwear
- Thermal underwear (2 long sleeved thermal tops, 1 thermal leggings)
- Fleece or woolly hat and scarf
- Gloves for summit night (e.g., ski gloves with silk liner, or down mittens)

Clothing cont.
- Wide brimmed sun hat or cap and scarf to cover your neck
- Waterproof / windproof jacket with hood and trousers e.g., Gore-Tex
- Fleece/ warm jumper for the evenings
- Down / duvet jackets (optional, but you won't regret taking one!)
- Knee length shorts and light weight trekking trousers
- Warm trousers for the evening
- Trainers to change into in the evenings
- Casual clothes for travelling, spare day and gala dinner

Health and hygiene
- High-factor sunscreen (50SPF) and lip block (mountain sun can be very strong)
- Wet wipes
- Antibacterial hand gel
- Biodegradable nappy sacks (optional, but useful to store rubbish)
- Personal toiletries
- Earplugs (in case of snorers!)
- Small personal medical kit – antiseptic cream, plasters, lint wound dressing knee support, crepe bandage, safety pins, pain killers, tweezers, scissors, insect repellent, deep heat ointment, sting relief, diareze / Imodium, rehydration salts, plenty of compeed blister plasters, etc.
- Toilet paper / Vaseline / talcum powder

Miscellaneous
- Passport (to be carried whilst trekking – make sure you keep it dry)
- Photocopy of insurance details
- Cash, for tip at the end of the trip, drinks at hotels etc.
- Water purification tablets - It is advised to bring tabs enough to treat 36 litres (i.e. 6 litres per day x 6 days)
- Isotonic drink powder or tablets (optional)
- Energy bars / chocolate / nuts or energy tablets
- Battery packs – these should be kept in your hand luggage for the flight
- Plastic bags (to protect sleeping bags / clothes from rain, for dirty washing etc.)
- Swiss army knife (optional)
- Swimming costume
- Credit card (in case of emergencies)
- If you wear contact lenses it is advisable to also bring your glasses

Sleeping Bags

Sleeping bags are rated either by season (1, 2, 3, 3+, 4, 4+) or comfort level (upper limit, comfort, comfort lower limit or extreme). A silk liner will also aid warmth within your bag.

We would recommend the following:
Season Level 4/4+ (winter)
Comfort Level (Extreme for -15 °c)

Kit hire and rental prices – 7 Day Kilimanjaro Trek

ITEM	DESCRIPTION	ESSENTIAL	PROVIDED	PRICE	
EQUIPMENT & ACCESSORIES				PER TRIP ($)	
Sleeping Bags	Sleeping Bag (4 Season/ -15°C or 15°F recommended)	YES	NO	$	30.00
Sleeping Mat		YES	NO	$	10.00
Head Lamp	Head Torch/Lamp + Spare Batteries	YES	NO	$	15.00
Walking Poles	Walking/Trekking Poles (Highly recommended)	YES	NO	$	20.00
Water Bottle / Camelbacks	Water Bottles/Camelbacks (Carry 3 Liters Of Water)	YES	NO	$	10.00
CLOTHING (LAYERING IS THE KEY!)					
Down Jacket	1 Windproof/waterproof mountain jacket	YES	NO	$	40.00
Liner Gloves		YES	NO	$	8.00
Rain Jacket	Thin outer rain jacket	YES	NO	$	10.00
Rain Trouser	1 Waterproof pants	YES	NO	$	16.00
Summit Gloves	Pair of warm gloves (inner + outer recommended)	YES	NO	$	24.00