

Mount Kilimanjaro trek

Tanzania, six day trek on the Rongai Route



Ultimate Challenges

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Trek to the summit of Africa's highest peak

Kilimanjaro is one of Africa's most magnificent sights, and at 5895m it is her highest peak. It is the tallest freestanding volcano in the World.

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

We pass through attractive farmland and rainforest to several other climatic zones, adding considerable interest to the trek.



DAY 1:

Depart London

Depart London on an overnight flight to Nairobi.

DAY 2:

Nairobi to Arusha

We take a short flight to Mount Kilimanjaro Airport. On arrival we will transfer to our hotel where we'll meet our head guides and have our trek briefing to prepare for the challenge ahead.

DAY 3: 3-4HRS TREKKING

Naremoru Gate - Simba Camp

We have an 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 farmer's 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 forest (2600m).

DAY 4: 7-9HRS TREKKING

Simba Camp - Kikelewa Camp

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 (3678m).





DAY 5: 4-5HRS TREKKING

Kikelewa Camp - Mawenzi Tarn

We trek from the edge of the moorland, on a steepening climb across increasingly rocky terrain to Mawenzi Tarn (4295m), a beautiful lakeside camp set among the moraines of a glaciated valley with the jagged peaks of Mawenzi immediately above. We arrive in time for lunch and spend the afternoon relaxing in camp, acclimatising to the altitude.

DAY 6: 5-6HRS TREKKING

Mawenzi Tarn to Kibo

We have a slow trek across "the Saddle" – an alpine desert between the volcanic peaks of Mawenzi and Kibo. Upon arrival (4700m), we will rest and prepare for the summit climb.

DAY 7: 12-16HRS TREKKING

Summit Day

We get up shortly after midnight and climb 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 around the crater rim for a further 2hrs for the final push to Uhuru Peak (5895m) – Africa's highest point. We descend the way we came up to Kibo but then continue our descent on the Marangu route to Horombo Huts (3700m).

DAY 8: 5-6HRS TREKKING

Horombo to Marangu Park Gates

We descend back through the rainforest zone to Marangu Park Gates, where we complete park formalities and say goodbye to our support crew, before transferring to our hotel in Arusha for our gala dinner to celebrate our achievements.

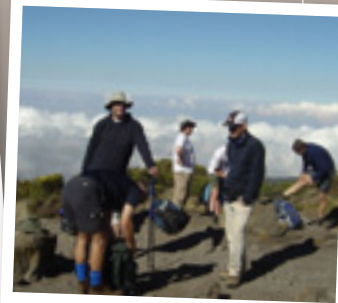
DAY 9:

Arusha to London

There is a free day in Arusha before transferring to the airport to begin our journey home.

DAY 10:

Arrive London



Questions & Answers

Why choose Ultimate Challenges?

Ultimate Challenges have been running challenges across the world for over 15 years for both, large and small, young and old groups. We pride ourselves on being an extremely knowledgeable team to ensure that every event is a life-changing experience for everyone that takes part.



Who takes part?

People from all walks of life take part. Most of the time, each person signs up as an individual, however by the time they have completed the trip, the friendships they have made last a lifetime.

How fit do I need to be?

All of our events are designed to be challenging so it is important that you train in advance. With the right training anyone can complete this challenge and the fitter you are the more you will enjoy your adventure. We provide a trek training guide once you have signed up.

What's a typical day on the trek like?

While on trek we will be camping and will be up at 6.30am. We will have an early breakfast and start trekking by 8am. We usually trek for 3 to 4 hours in a morning and then a further 2 to 3 hours in the afternoon. Once we arrive into camp we will have time to relax before dinner, where you will hear more about the following day.

On summit night you will begin trekking at midnight. You will return to camp by 11am where you will have some food before we pack up camp and carry

on down the mountain. You will be trekking for between 12 and 16 hours.

Will the altitude affect me?

The high altitude will be the biggest challenge to some of us on this trek and there are a variety of symptoms including headaches, tiredness, irritability, and nausea. The effects of altitude can be felt from around 2500m upwards. Not everyone is affected by altitude sickness and fitness, size, age or sex has nothing to do with how people maybe affected if at all.

How much support will I receive throughout my challenge?

Once you have signed up we will send you information about the challenge itself, further information about the logistics, a kit list, training tips and more. We also hold a pre-event information day for everyone who is taking part to come along, hear more about the event and meet fellow trekkers. We will be in regular contact in the lead up to the trip.

On trek you will have a head guide and full support crew and/or doctor*. All the guides have First Aid qualifications. *dependant on number of participants taking part.

Do I need any specialist equipment?

NO. Apart from some decent well worn in trekking boots and a 4 season sleeping bag there is no specialist kit required. We will give you our suggested kit list once you have signed-up.

Do I need travel insurance?

YES. Everyone will need to take out their own comprehensive travel insurance covering health, accident and loss before departure. We can recommend some reasonably priced policies.

Can I extend my trip or even book flights from a different airport?

YES. Although places may be limited so you should contact us immediately if you plan to extend your trip. We are part of a larger travel company so we are able to offer extensions which we can tailor to your needs.

What will the food be like?

Food will be very good and there will be plenty of it. It is designed to provide you with the energy needed to complete the trip.

Which charity can I support?

You are able to support any charity you wish. Please ensure that you

contact your chosen charity and inform them about what you are planning to do – they will be able to supply you with more information about the charity itself, fundraising ideas etc.

What is the minimum group size needed to run this trip?

Costs are based on a minimum of 10+ people and may rise if numbers fall below this. If this happens we will of course notify you in advance.

Payment options?

Once you have paid the entry fee of £295 (which is non-refundable), there are two options for payment to choose from.

Fundraising option:

Pay the registration fee directly to us then raise the minimum sponsorship target for your chosen charity. This will need to be with them on a date agreed when you sign up. We will invoice you direct for airport taxes/fuel surcharges.

Self funding option:

Pay the registration fee directly to us and pay for the trip costs yourself. We will invoice you approx. 8 weeks prior to departure. Then if you wish, you can

choose a charity and endeavour to raise as much sponsorship as you can for them.

How much money will I need?

£150-250 spending money is usually sufficient for tips, drinks and some souvenirs.

What is included?

International flights, accommodation, all food (unless otherwise stated), drinking water on trek, internal road transfers, UK leader and/or doctor*, local leader and support staff.

*dependant on number of participants taking part.

What is not included?

Travel to UK airport, visa (£38), vaccinations (if needed), travel insurance, airport taxes/fuel surcharges, alcoholic drinks and tips for local staff.

How to register?

Register online or complete the enclosed application form.

Please note: Due to unforeseen government taxation changes in Tanzania, from July 2014, there could be an increase in costs at short notice. Only if this happens, and if you are unable to meet the additional costs, Ultimate Challenges will refund your entry fee or transfer you to an alternative event.