

## TANZANIA

### Mount Kilimanjaro Trek: Machame Route

*This is an Open Challenge itinerary; you can take part on the dates shown and raise money for a charity of your choice. Itineraries for bespoke trips (run for sole charities) may differ slightly, and will have different dates and pricing schedules.*

**Duration:** 10 days / 9 nights

**Trip Grade:** Extreme

**Dates:**

25 Jan – 3 Feb 2013	24 Jan – 2 Feb 2014
22 Feb – 3 Mar 2013	21 Feb – 2 Mar 2014
16 Aug – 25 Aug 2013	15 Aug – 24 Aug 2014
27 Sep – 6 Oct 2013	26 Sep – 5 Oct 2014
25 Oct – 3 Nov 2013	



Our trek takes the Machame route, allowing gradual acclimatisation to the altitude and an excellent chance of reaching the summit. We pass through thick forest, moorland and scree en route to Uhuru Peak, the highest point. This is a challenging trek at altitude, climbing one of the most impressive mountains in the world.

Payment Options:	2013	2014
<b>Fundraising:</b>		
Registration Fee	£499	£499
	+	+
Fundraising Target	£3950	£4075
<b>Self Payment:</b>		
Registration Fee	£499	£499
	+	+
Trip Cost	£1580	£1630

*Please note Registration Fee is in addition to Trip Cost / Fundraising Target.*

**The highest freestanding mountain in the world, Kilimanjaro is also the highest mountain on the African continent at 5896m. Its snow-capped summit rises high above the dusty African plains; huge permanent glaciers flow down from the summit, spectacular views and beautiful ice formations are the reward for pushing your limits both physically and mentally.**



#### ITINERARY

**Day 1: Depart London**

**Day 2: Arrive Moshi**

Arrive at Kilimanjaro International Airport; transfer to Moshi town, where we can admire the views of Kibo, the crater at the summit and the youngest of Kilimanjaro's three volcanic cones. We check in and relax, with time to sort out our kit for tomorrow before dinner and a briefing. Night hotel.

**Day 3: Machame Gate – Machame Camp**

One hour's drive from Moshi lies the gate to the Machame route, where we complete park formalities, meet our crew of porters and start to climb! The first section of the route climbs steadily and passes through magnificent, dense rainforest. This path is less well-trodden so it can get somewhat overgrown in places and it is often wet and muddy underfoot. Night camp: Machame Camp (3100m).

**Trek approx 18km / 5-7 hrs**

**Day 4: Machame Camp – Shira Caves**

Our route continues on up through the forest until we reach the steep ascent onto the Shira Plateau, where there are rewarding views of the mountain. Looking back, you will be

able to see Mt Meru rising high above Arusha town in the distance. Night camp: Shira Caves (3840m).

## Trek approx 9km / 4-6 hrs

### Day 5: Shira Caves – Barranco Hut

Walking now on high moorland, the landscape changes the entire character of the trek. We traverse the southwest side of Kilimanjaro, passing underneath the Lava Tower and the final section of the Western Breach and finally reach camp at Barranco Hut (3900m), a tin shack where we pitch our tents. The day has been spent at altitude (up to 4600m), but we have followed the mountaineering code of 'walk high, sleep low' to aid your body's acclimatisation to altitude. Night camp: Barranco Hut (3900m).

## Trek approx 15km / 6-7 hrs

### Day 6: Barranco Hut – Barafu Camp

Our day starts by descending into the Great Barranco, a huge ravine. We then exit steeply, up the Great Barranco Wall, which divides us from the southeastern slopes of Kibo. It's a climb over rock, not technical, but long and tiring. Passing underneath the Heim and Kersten glaciers, we head towards the Karanga valley, which is our last stop for fresh water before the summit. Scree now forms the terrain as we walk through arid and desolate land towards camp. Night camp: Barafu Camp (4600m).



## Trek approx 18km / 7-9 hrs

### Day 7: Barafu Camp – Summit – Millennium Camp

We avoid walking too long in the heat of the sun today by starting while it's dark, and walk steeply upwards to the summit glaciers. We will be climbing scree for 4 to 5 hours but gain incredible height over a short distance. The views are spectacular. We should be on the crater rim at Stella Point (5750m) as the first rays of the sun hit us. Spectacular ice cliffs within the crater surround us and the views to jagged Mawenzi – Kilimanjaro's secondary but more technical peak – and beyond are breathtaking. Another hour's walking takes us to the summit, Uhuru Peak (5896m); Uhuru means freedom in Swahili.

We begin our descent by returning to Stella Point (5750m) and then descending on scree slope and track back to

Barafu Camp for breakfast, before finally heading down to camp for a long well-earned rest. On our descent we have



fabulous views of the plains and Mawenzi. Night camp: Millennium Camp (3000m).

## Trek approx 20km (7km climb); 10 – 12 hrs

### Day 8: Millennium Camp – Mweka Gate – Moshi

A gentle trek takes us down through the rainforest to Mweka Gate, where we complete park formalities and receive certificates, which you can hang up with pride! We are then met by our vehicles and return to the hotel in Moshi, where you can treat yourself to a welcome shower (and a cold beer or two!) before our big celebration. Night hotel.

*(Dinner not included).*

## Trek approx 10km; 5 hrs

### Day 9: Free time Moshi – Flight

Free day, allowing you to explore Moshi, where there are some good markets, and relax with your fellow achievers. You can also opt to visit a Community Project we support on a long-term basis – a children's home on the outskirts of Moshi. We return to the hotel mid-afternoon in time to transfer to the airport for our international flight home.

*(Lunch not included.)*

## Day 10: Arrive UK

***Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.***

*For details of our amazing Ngorongoro Safari extension (adds 3 extra days) please contact us.*



## GENERAL INFORMATION

### TOUR COST

All accommodation is included as well as all flights, transfers, camping equipment (other than sleeping bag and mat); all meals except two as specified in the itinerary; National Park entry fees and all other sites visited as part of the itinerary.

Experienced Discover Adventure leaders and doctor (depending on final group size) are also included, along with a local support crew of porters, guides, cooks and drivers.



It does not include personal travel insurance, airline fuel supplement if charged by the airline,

two meals as specified, tip for local crew, Tanzanian entry visa or international airport tax. It also does not include any entrance fees to any optional sites you may wish to visit on your free day.

### Costs in Tanzania

We recommend you budget for the following costs in-country:

- Tips for Local Porters & Crew (see below): US\$110
- Meals not included: US\$35-40
- Entry visa: US\$50 on arrival
- International departure tax: US\$10

Remember to allow extra for drinks, souvenirs & other personal expenses. There is plenty of opportunity to buy souvenirs. This recommendation is a guideline only. Please note that costs may fluctuate and we have no control over any changes.

**We strongly recommend you carry a credit card in case of personal emergency.**

### FLIGHT INFORMATION

Group flights leave from London Heathrow or Gatwick and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

We are most likely to fly with Ethiopian Airlines. However, we don't always fly with the same airline so this is a guideline only. You will usually receive confirmed flight details several months before departure.

**Our itineraries are always based on current flight schedules and are therefore subject to change by the airline.**

### Connecting Flights

If you book flights to Heathrow or Gatwick, it is your responsibility to allow plenty of time to connect to the group flight and to cope with any flight schedule changes. Please be aware that the best deals allow little flexibility if you need to change them. We regret that we are unable to book connecting flights for you.

### Transit Stops

When booking group flights we endeavour to find the best flights that match our itinerary. There are often no direct flights to our destination, so do be prepared for transit stops: bring a good book or chat to your fellow trekkers! Airlines that do offer direct flights rarely offer competitive rates for groups. Please remember that the main purpose of our trips is to raise money for charity!

### Flying Separately

If you prefer to book your own flights please ask us for a land-only cost. You will be responsible for making your own arrangements for meeting the rest of the group, though we can advise you. We need to know if you do not require our group flight as early as possible; please complete the form in the information pack you'll be sent with your booking confirmation.

### ACCOMMODATION

We camp for 5 nights during the trek in two-man tents; you will be sharing with someone else on your trek. Camp facilities include tables, chairs and dining-tents.

The hotel in Moshi is a comfortable, clean hotel with private facilities, but please do not



expect the same standards as you would in a tourist hotel in the UK!

## CULTURAL DIFFERENCES

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for!

We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow trekkers and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

## FOOD

All food is included when camping. The food is great, will give you plenty of energy, and there is plenty of it. Two meals as specified in the itinerary are not included.

### Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we will be in rural areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

### Other Meals

Any meals not included are listed in the itinerary and are generally when we are in towns or cities and you are free to explore and try other culinary experiences! There is always something to suit every budget.



## PASSPORT, VISA & VACCINATIONS

A valid ten-year passport is essential; it should be valid for at least six months after departure from Tanzania. Most nationalities, including UK citizens, require a visa for entry into Tanzania. We will send you more information about visas nearer to departure.

We insist that you have had a Tetanus injection in the last ten years, and highly recommend protection against Polio, Hepatitis A and Typhoid. A Yellow Fever certificate is necessary if arriving from an infected country. Although you are unlikely to encounter any mosquitoes while you are above 1000m, protection against malaria is recommended as there is a risk at lower elevations.

**You should always check with your GP or travel clinic for up-to-date travel health advice as it does change.**

## TREKKING INFORMATION

### Terrain

Terrain is very varied as we pass through different ecosystems as we ascend the mountain. We trek on overgrown forest paths, moorland, rocky trail and scree. Much of the walking is rough underfoot. Lower down it can be wet and muddy; higher up barren and arid.

### Altitude

This trek is challenging in itself, but the main challenge lies in the altitude. The Machame Route allows for excellent acclimatisation to the altitude as it contours around the mountain, rather than going straight up, and allows you to trek higher than you sleep at important points on the ascent. Symptoms of being at altitude include tiredness, shortness of breath, headaches and nausea. Altitude affects people differently and being super-fit is no guarantee of being less likely to feel the effects. Where a participant is suffering from the effects of altitude, it may be necessary to walk them



back down the mountain. There will be more information about altitude in the information pack we send you upon booking.

### Trekking Distances

You will trek approximately 90km on this trip overall. Because of the varied terrain and lack of accurate maps, it's impossible to give more accurate daily distances. It's also much more useful when training to think about the hours you need to walk for, and the terrain!

#### **FITNESS WARNING: DESIGNED TO BE CHALLENGING!**

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

**We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.**

### Clothing & Equipment

We are trekking on a remote mountain, where we could be exposed to bad weather at any time. The table below gives you an idea of the climate, but be prepared for all weathers and temperatures. Weather conditions can change quickly on the mountain. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

### Weather

Late March to early June and November are Tanzania's rainy seasons. For the rest of the year the weather is equatorial and very pleasant, with often a cool breeze on the mountains. Although warm by day, and hot on the valley floor, altitude has a great effect on temperatures and it will get cooler as you climb higher. It will also be cold at night, sometimes below freezing, and extremely cold at the summit.

The figures below show average min and max temperatures and monthly rainfall (mm) for Moshi:

Jan/Feb	18-33 °C	41	Aug/Sep	16-28 °C	10
Mar	19-32 °C	110	Oct	17-30 °C	21
June	17-27 °C	29	Nov	18-32 °C	72

### Fitness Levels

Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we respect everyone's limits. We design our challenges so that everyone can go at their own pace: this is not a race.

For logistical and safety reasons we sometimes need to re-group, so the front-runners will find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

#### **TRAINING WEEKENDS: £139 SPECIAL OFFER!**

**Only when you book at the same time as registering for your main challenge**

Discover Adventure Training Weekends in Snowdonia National Park are designed help you prepare for your challenge. Whether you use the weekend to gauge your fitness, get your training back on track, boost your confidence, get advice or meet other trekkers, you're bound to find it incredibly useful!

*For dates and further information see our brochure or website.*

## TRIP SUPPORT

### Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader.

All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to

the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

Although our leaders are trained in expedition first-aid, they are accompanied by an expedition doctor or medic (dependent on group size), who is there to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly and encourage you when things get tough.



The number of crew looking after you will depend on the final size of your group, but an average-sized group in Tanzania would be led by two leaders and a doctor. At Discover Adventure we pride ourselves on our high leader: trekker ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

### Local Support Crew

Our local support crew is made up of local guides, drivers, cooks and porters. Your local guide knows the local area well, and is a great source of knowledge about local customs and lifestyles. Drivers, cooks and porters do not always speak much English but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

### Tips for Local Crew

Your leader will arrange a collection of tips for the local support crew at the end of your trek. Tipping is not obligatory, but once you see



how hard they work on your behalf you will be happy to donate something! See 'Costs in Tanzania' above for a guideline amount; your leader will let you know if there is any change to this guideline. All our local crew are paid wages, but bear in mind that the average wage in this country is far below what you would spend on a normal night out.

### Luggage

Vehicles take the group to the start of the trek and pick us up at the end. Porters carry all luggage, food, water and camping equipment. There are strict rules restricting the weight of the load a Kilimanjaro porter is permitted to carry.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

### TRIP SAFETY

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios and emergency satellite phones, extensive medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

### WORLDWIDE SUSTAINABLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association, has recognised the work we do in this area and has awarded us 5 stars as a Responsible Tour Operator.

### Community Project: Visit

In Tanzania we support a community project on a long-term basis – a children's home near Moshi. At the end of your trip you will have the opportunity to visit it; many people list this as a highlight of their trip. You are welcome to take gifts such as unwanted children's clothing, toys or books with you; some people simply donate left-over spending money.

To give something back in a more practical way, you have the chance to extend your stay for an extra 3 days. You could be involved any of the myriad jobs that are needed to

provide care for the children and keep the home running, or you may be helping to improve the facilities and buildings, or helping with the home's community outreach programmes. You may also have an opportunity to visit different children's homes and participate in projects with the children, e.g. schoolwork, play and similar social activities.



Because we want to ensure our Project Visit achieves the most worthwhile work possible, we cannot guarantee exactly what you will be doing far in advance, as the needs of the project change. We will be able to give you firm project details nearer departure. You do not need any special skills, but you should be fit, healthy and flexible in your expectations.

Light in Africa welcomes all denominations to their centres and each person and all groups are shown respect for their beliefs, but their mission is firmly based on Christian traits and values.

**Cost for 2013-2014: £140** (2014 prices subject to change)

The price includes return transport to the project, 2 nights' camping at the project, meals as indicated in Project Itinerary, support from an English-speaking Light in Africa co-ordinator, 1 night's hotel accommodation (with breakfast) in Moshi and transfer to Kilimanjaro International Airport.

## Discover Adventure Projects

We are supporting a tree-planting project in Peru and a children's home in Tanzania on a long-term basis. If you would like to 'give something back' please consider donating £5 to our projects when you sign up. Please see our website for more details.

## Carbon Offsetting

We encourage all our customers to offset emissions connected with their trip. You can offset at any time in the

lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them.

Alternatively, if you wish to take more practical action in the UK you can volunteer for a day with TCV and work on an environmental project local to you. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Volunteer today at [www.tcv.org](http://www.tcv.org) or call 01302 388883.



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