



Kilimanjaro Challenge **An ascent using the Rongai Route**

Kilimanjaro is the tallest free-standing volcano in the world. Kibo, the central crater, rests on its two sisters Mawenzi and Shira and at 5896metres (19,344ft) dominates the game filled Kenyan plains to the North as well as the fertile lands around Arusha, Tanzania in the South.

Ascending by the Rongai Route gives you the opportunity of climbing from the Kenyan side, awarding spectacular view of the plains below as you ascend this dramatic peak.



Day One: Kilimanjaro Airport - Lodge

Today we will fly from London Heathrow to Kilimanjaro. On arrival we will travel the short distance (approx. 40 mins) to a comfortable Lodge in Moshi where you will spend the night. Dinner included.

Day Two: Lodge

Waking with a leisurely breakfast, you will have a full briefing followed by a relaxing day at the lodge to prepare yourself and your kit for the week ahead. Full board.

Day Three: Rongai Gate (1910m) – 1st Cave Camp (2500m)

This morning you will take a transfer of around three hours to the Rongai Park Gates for registration formalities. On arrival you will meet the guides, cooks and porters and after all equipment has been loaded, you will start your trek. The scenery is rich forestland, thick with cedar and fig trees. There is a good chance of seeing the black and white Colobus monkey and some excellent opportunities to spot bird-life.

This is a good well marked path which climbs steadily through the forest until gradually you emerge into the next climate zone; the moorland, where your campsite will be ready and waiting for you. Full board. Walking time: approx 3 hours, steady climb.

Day Four: 1st Cave Camp (2500m) – Kikelewa Cave (3500m)

Today you'll wake and rise from your tent with beautiful views of Mawenzi and Kilimanjaro to greet you. The imposing Mawenzi Peak remains your focus throughout the walk as you climb a reasonably steep ascent through the picturesque moorlands (approx. 3 hrs before lunch). Lunch is at Second Cave, which is formed from lava flow. You will be able to see increasingly good views of Kibo and the Eastern Ice fields and after the second Rongai Cave at 3450m, the awe-inspiring view of jagged peak of Mawenzi appears.

After a similar walk in the afternoon, you will reach Kikelewa Cave at 3500m where you will spend the night. Full board. Walking time: approx. 6 hours, mix of steep and steady ascent.

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Day Five: Kikelewa Cave (3500m) – Mawenzi Tarn Camp (4095m)

From the edge of the moorland, you'll walk across the rocky ground and scree to camp at Mawenzi tarn. At nearly 4100m you will start to feel the bite of the thinning air but the camp setting is worth the effort; set just below Mawenzi Peak, there are spectacular views of both Mawenzi and Kibo with the cloud cover now below you. Full board. Walking time: approx 3 hours steady climb.

Day Six: Mawenzi Tarn Camp (4095m) – Acclimatisation Day

Today is an acclimatisation day – getting up early you will ascend another 250m-500m on a gentle walk towards Kilimanjaro. Returning for lunch, the afternoon is at your leisure and you can relax at Mawenzi tarn and enjoy the beautiful scenery or watch the sun set over the mountains while your body adjusts to the altitude. Full board. Walking time: approx 3 hours, undulating.



Day Seven: Mawenzi Tarn Camp (4095m) – Kibo Hut (4700m)

An early start will see you commence today's 5-6 hours walk, traversing The Saddle to Kibo Hut at 4700m. The Saddle is a band of alpine desert with excellent views of Kibo and the summit. Arriving at Kibo is a special moment as you see what lies ahead for summit day.

After a late lunch, you will spend a couple of hours sleeping or relaxing before getting up for dinner at around 6pm. Although you may prefer to sleep through dinner it is important to boost your energy levels and give your body time to digest your food before setting off later that evening.

At 11.30pm you awake for a quick cup of tea before commencing your final assault on the summit. Full board. Walking time: approx. 5-6 hours, undulating across the saddle.

Day Eight: Kibo Hut (4700m) – Uhuru Peak (5895m) – Horombo Hut (3720m)

This is by far the biggest day you'll face! Setting off around midnight you start on a dark and cold six hour climb of 1100m up to Gilman's point on the crater rim. At 5735 metres, this departure time is designed to give everyone the maximum chance of arriving at or just before sunrise. From here it is just 1-2 hours to Uhuru Peak which at 5895m will no doubt be the highlight of the climb especially as the sun has now risen to warm up your feet and hands once more!

Trekking around the crater rim, passing close to the spectacular glaciers and ice cliffs that still occupy much of the summit area, it is this summit experience that climbers talk most enthusiastically about when they get off the mountain. After numerous photos and celebrations you will descend the same path to Kibo hut for lunch. The descent is steep and formed from a scree slope so it's important to take it steady on this stretch.

Again taking a short nap after lunch, you pack up your things and continue down to Horombo joining the Marangu Route where the scenery starts to liven up again with greenery and trees. Full board. Walking time: steep summit climb 8hrs, steep scree slope descent 3hrs, steady descent to Horombo 3hrs.

Day Nine: Hormobo (3720m) – Marangu Gate (1980m)

This is a particularly special part of the walk through the rainforest full of wildlife. With luscious foliage all around you, you're likely to see the Blue Monkey, various birds and small animals. After a pleasant and steady descent you arrive at Marangu Gate in the early afternoon to

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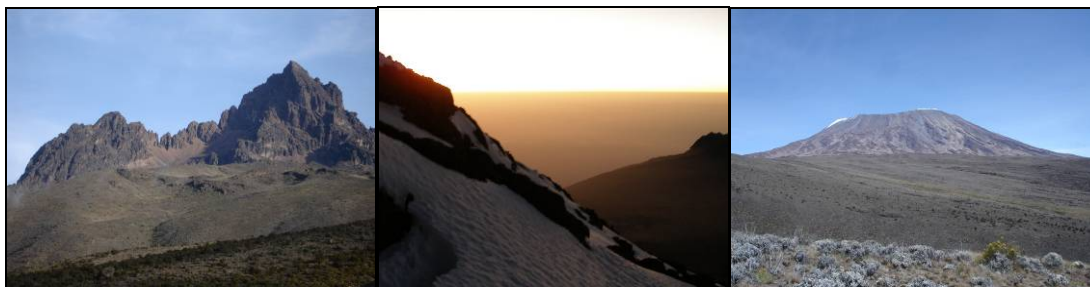
collect your certificate. From here you will be driven to the hotel (approx. 1 hour) for a well-deserved shower and a drink or two in the comfortable bar. After relaxing for a while the group will then re-join for the customary celebratory dinner! Full board. Walking time: approx. 6 hours.

Day Ten: Day at lodge

A relaxing day and an opportunity to do some shopping for souvenirs, game spotting on a drive into nearby Arusha National park or relaxing by the pool. Later that afternoon you will transfer to the airport for the journey home to London. Breakfast included.

Day Eleven: Arrive in UK

Arrive early AM.



Includes:

Guides, cooks and porters, full board tent accommodation, mess tent, medical equipment (hyper bag for altitude sickness and basic pharmacy), all park fees, rescue fees and mountain taxes, 2 nights in lodge accommodation before and after the climb, all transfers.

Excludes:

Visas (£38), vaccinations (inc. Yellow Fever which costs approx. £40), meals not mentioned above, tips for guides, cooks and porters. Although tips are at your discretion they make up a big part of the local 'wages' so we recommend you budget something for tips as you will undoubtedly feel they have been earned during the trip!

Is it for you?

The Rongai Route does not require any technical climbing and, although challenging, any moderately fit person who has done some training should be able to achieve the summit. Acclimatisation days are built into the itinerary to help combat altitude sickness.