



KILIMANJARO RONGAI CLIMB DATES - TBC

THE RONGAI ROUTE TANZANIA



**11 Day Trip from London
7 Days Challenging trek
2 Nights Hotels**

On the border of Kenya/Tanzania, Kilimanjaro is Africa's highest mountain - towering 5895m (19,340 ft) over the plains below. This monolith is the highest free-standing mountain on earth and is permanently snow-capped. While no technical climbing is involved, this strenuous 33 km hike winds its way up through equatorial rainforest and across high moorland to the glacial terrain of the summit. While varying weather conditions can affect the degree of challenge the climb presents, if you are fit, you should have few problems - although, of course, the altitude can affect anyone and has little to do with one's fitness. This is the ultimate charity challenge and fits perfectly into 10 days and includes a valuable additional day on the mountain for acclimatisation.

~MONEY MATTERS~

APPROXIMATE COST EX LONDON: £TBApp

YOUR TOUR COST INCLUDES

- * All Transportation including international flights
- * Airport taxes included at the current rate of £TBApp
- * All meals including Gala meal on the final night.
- * Good quality hotel accommodation in Marangu
- * Entry in to Kilimanjaro National Park. (USD 745 pp)
- * Camping fees.
- * Services of porters and experienced English-Speaking local mountain guides.
- * Group camping gear except sleeping bags and sleeping mats.
- * Bottled oxygen, full medical kit, mobile phone communication between guides.

YOUR TOUR COST DOES NOT INCLUDE

- * Sleeping bag, sleeping mat or personal gear.
- * Tipping.
- * Items of a personal nature such as laundry and postage, extra meals, alcoholic beverages.
- * Additional transport or accommodation required due to any emergency situation. Should be covered by insurance.
- * Optional half day safari
- * Insurance.
- * Visa

This cost will be based on a minimum group size of 10 paying passengers travelling together.

The cost includes the current rate of airport taxes and Kilimanjaro National Park Fees, any increase in these taxes or park fees will be passed onto you.

This cost is subject availability and confirmation and may change at any time.

This cost is subject to change due to fluctuations in currency exchange rates

ADDITIONAL CONSIDERATIONS

For any group of 15+ participants we recommend you may wish to take a **Western Doctor** as part of the team. The cost of the Western Doctor will be supplied on application

Our African staff are highly experienced at operating trips for up to 12 participants. If you have a group of 12+ participants our local operator insists that you utilise the services of a **Western Leader** on the trek. For larger group sizes a Western Leader is an additional safety measure that we would recommend. The cost of a Western leader will be supplied on request. To reduce cost we hope to secure a Tanzanian based Western leader however if no Tanzania based Western Leaders are available, an international based Western Leader would cost more since their flights would need to be covered.

Your flight schedules (which are subject to change) may allow time in the itinerary on the last day in Tanzania to go on a **half-day safari**. This is an optional excursion but must have a minimum of 4 participants to run. The safari would be with qualified safari guides in Arusha National Park and cost approximately £TBApp (cost includes all transfers, guides, park fees and lunch).

As per conditions given above these costs given above are also subject to change at any time.

CHALLENGE IN BRIEF

Day 1	Depart London Heathrow, evening flight
Day 2	Arrive Kilimanjaro early afternoon. Overnight Marangu
Day 3	Commence trek to Moorland Camp
Day 4	Trek to Second Cave
Day 5	Trek to Kikelewa Caves
Day 6	Trek to Mawenzi Tarn
Day 7	Trek to School Hut Campsite
Day 8	Summit day, descend to Horombo Hut
Day 9	Descend to Marangu. Overnight Marangu
Day 10	Afternoon drive to Kilimanjaro airport. Return flight to UK
Day 11	Arrive London early morning

ITINERARY

Day 1 (FRI) Depart London Heathrow

Day 2 Arrive Kilimanjaro International. Drive to Marangu.

All going to plan, we arrive in Tanzania in mid afternoon, transfer to the group hotel, followed by a group briefing with the trip guide/leader. The rest of the evening is free to rest or perhaps to explore this small town at the foot of Kilimanjaro. **(B)**

Day 3 Commence Kilimanjaro climb, to Moorland Camp (approx 3-4 hours)

After completing the necessary registration formalities at Marangu National Park gate (1800m), we transfer by landrover to Rongai. The climb begins from the attractive wooden village of Nare Moru (1950m) on a small path that winds through fields of maize and potatoes before entering pine forest. The track then starts to climb consistently but gradually through attractive forest that shelters a variety of wildlife, including the beautiful Kilimanjaro Colobus monkey. These monkeys are black with a long 'cape' of white hair and a flowing white tail. The forest begins to thin out and the first camp is at the edge of the moorland zone (2600m) with extensive views over the Kenyan plains. **(BLD)**

Day 4 Trek to Second Cave (approx 3-4 hrs)

The morning walk is a steady ascent up to the "Second Cave" (3450m) with superb views of Kibo and the Eastern icefields on the crater rim. The afternoon can be spent enjoying the view over the Kenyan plains or doing a short acclimatization walk up towards Third Cave. **(BLD)**

Day 5 Trek to Kikelewa Caves (approx 3-4 hrs)

We leave the main trail and strike out across the moorland on a smaller path towards the jagged peaks of Mawenzi. Our campsite is in a sheltered valley with giant senecios near Kikelewa Caves (3600m). After a hot lunch there is time to wander in the valleys and see the special vegetation. **(BLD)**

Day 6 Trek to Mawenzi Tarn (approx 4-5hrs)

A short but steep climb up grassy slopes is rewarded by superb all round views and a tangible sense of wilderness. We leave vegetation behind shortly before reaching the next camp at Mawenzi Tarn (4330m), spectacularly situated in a cirque directly beneath the towering spires of Mawenzi. The afternoon will be free to rest or explore the surrounding area as an aid to acclimatisation. **(BLD)**

Day 7 Walk to School Hut Campsite (4-5 hrs)

We cross the lunar desert of the 'Saddle' between Mawenzi and Kibo to reach School campsite (4750m) at the bottom of the Kibo crater wall. The remainder of the

day is spent resting in preparation for the final ascent before a very early night! **(BLD)**

**Day 8 Ascend to summit and descend to Horombo Hut
(approx 11-15 hrs)**

We will start the final (and by far the steepest and most demanding) part of the climb by torchlight around 1am. We plod very slowly in the darkness on a switchback trail through loose volcanic scree to reach the crater rim at Gillmans Point (5685m). We will rest there for a short time to enjoy the spectacular sunrise over Mawenzi. Those who are still feeling strong can make the three hour round trip to Uhuru Peak (5896m), passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. Descending steadily on a steep slope of silt and scree for approx 1000 metres, we arrive tired but elated at Kibo Hut (4700m). After some well-earned refreshment, we continue an easy descent on a well-defined trail to our final campsite at Horombo (3720m).

Today's trekking involves from 11 hours to 15 hours walking which is made to feel more strenuous by the effects of altitude and extreme cold. This section of the trek is one of the steepest and most demanding and should not be taken lightly. It is a great idea to have your own head torch so that your hands are free for balance. Most people are surprised by the extreme cold and the best advice is to follow the clothing list and pack your warm clothes – you will need them! **(BLD)**

Day 9 Descend to Marangu (approx 5-6 hours)

A steady descent takes us down through moorland to Mandara Hut (2700m), the first stopping place on the Marangu route. We then continue descending through lovely lush forest on a good path to the National Park gate at Marangu (1830m) where you will be taken back to our hotel for gala dinner and overnight accommodation. **(BLD)**

Day 10 Drive to Kilimanjaro International Airport

After an early breakfast participants may opt to take part in a safari excursion. In the afternoon the group will then take the 1hour bus ride back to Kilimanjaro International Airport. **(B)**

Depart Kilimanjaro International airport at TBA

Day 11 (SUN) Arrive London Heathrow at TBA

NOTE: It is important to realise with any trip to Africa that the itinerary needs to be flexible. While every effort will be made to follow the above schedule, in the event of political problems, airline schedule changes, National Park authorities or natural difficulties it may be necessary to change the itinerary from time to time. **We do our best to make your trip as enjoyable and hassle-free as possible, but it is important to EXPECT THE UNEXPECTED and accept some slight changes. Relax and have faith in the guide – he or she wants you to see Africa in a good light.**

~TRIP ORGANISATION~

GUIDES AND SAFETY

Local guides are well trained in first aid and camp routine and will look after your group effectively. In 2010 the ratio is 1 guide to 2 clients.

Additionally an experienced western leader and a UK based doctor can be supplied.

Kilimanjaro is a tough trip and one which we take very seriously given the altitudes reached. Therefore it is necessary for a western leader and a western doctor to join the trek. Whilst this is an expensive option, we feel it is vitally important to have good quality and experienced English speaking leader/doctor on the trip.

In addition we provide:

- ✓ bottled oxygen for emergency use only
- ✓ full medical kit
- ✓ mobile phones using different networks
- ✓ radios communication between guides/leader/doctor and the National Park authorities

We have been operating Kilimanjaro trips for many years. We have run charity fundraising trips on Kilimanjaro for 5 years and we have successfully dealt with groups of 15 – 40 people on Kilimanjaro.

PORTERS

In addition to the guide, each climber is accompanied by his or her own porter, who will carry their baggage for them. However, the climber is expected to carry a day-pack of items in use frequently during the day - (spare jumper, water, camera, binoculars, wet weather gear, snack food etc.) The porters are also responsible for carrying the provisions used during the climb. They also provide a vital safety factor - being able to leave the group with an injured or unwell climber, without disrupting the rest of the expedition. We take our responsibility for our porters and guides very seriously. Each porter will be checked before joining our trip to ensure they are adequately clothed. Our porters are also provided with adequate shelter and plenty of food.

FOOD

The food provided for the climbers is surprisingly good and is portered up the mountains for the climbers. Food is prepared by experienced cooks. Extras such as bars of chocolate etc should be purchased before starting the climb in the UK.

* All meals are included.

* If you require a special diet - ie. if you are vegetarian or must avoid certain foods for medical reasons - please inform us as early as possible.

THE CREW & TREK ROUTINE

With regard to the trek routine, we would aim to rise early, pack up our gear and have breakfast by 7.30am (except on summit day), before getting on the trail by

8.00am. The kitchen staff would normally prepare hot cereal with eggs and bread, and hot drinks, and fill water bottles if they have not already been filled from the night before. We trek on average 6 hours per day, with summit day being anything from 10 to 15 hours, or possibly more depending on your pace and number of breaks. Local people will carry our gear (each member's bag should not exceed 12kgs), as well as our other camp gear, each person carrying up to 20kgs, usually on their heads! You will only need to carry the items that you need for the day in a sturdy daysack with a comfortable harness. This would typically include your rainjacket, warm jacket, water, hat, gloves, glasses, camera etc.

Lunches will either be picnic style or a packed lunch, with sandwiches, biscuits and fruit etc. Dinner will be prepared by our cook and include a soup and main dish of stewed vegetables and meat with rice or potatoes or similar, followed by hot drinks. You may wish to bring some boiled sweets or muesli/energy bars that you have a preference for, for the trail.

Trail conditions are variable however we would expect people to have a sturdy pair of leather boots for the summit climb. They should be well worn in but still have a solid vibram sole on them for grip in loose terrain.

All of our camps will be in tents and we will be self-reliant with our needs. Some of the huts can be crowded and unclean and disruptive to our routine and overall experience. On this lesser known route (Rongai), we are able to enjoy some scenic and pristine wilderness camps.

FITNESS

As with all our Challenging programs, we expect people to be regular outdoors people, enjoying aerobic sport around four or five times a week for at least 45 minutes each time. Preferably this has been a long term interest but if not, you have set a program of fitness preparation with at least 6 months lead in time to your trip. The fitter you are for your trip, the more enjoyable it will be. Activities as close to the actual activity on your trip are the best training; in this instance walking and climbing, with and without a pack. This builds leg strength, aerobic capacity and confidence in your ability to travel comfortably with a pack for extended periods. At the same time, you are also comfortable with the layers you like to wear and footwear.

Running, hill climbing, hiking, biking, swimming, gym workouts are all ideal parts of making up a good weekly fitness routine as well as a little bit of stretching to ensure flexibility. Consistency is the key, if you have been consistent with your fitness preparations including through more adverse weather conditions, you will be in a good position to achieve all the set objectives of your trip.

Whilst this ascent of Kilimanjaro is not a technical climb, it is nevertheless a short and steep trek at altitude, and in order to get the most out of the trip, people should join in Tanzania with a maximum state of fitness. There is not time to 'get fit on the trek' as with some of our other longer trekker programs elsewhere.

Come and talk to us if you are unsure about your suitability for the Rongai route on Kili; we would be happy to discuss your level of experience and fitness with you and put you in touch with one of our guides to help you make your decision.

Things to note and be aware of for the Kilimanjaro Climb.....

This is a very demanding trip

**** Altitude Sickness ****

Altitude Sickness, or Acute Mountain Sickness (AMS) as it is referred to, is caused by the decreasing supply of oxygen in the air at high altitudes. It is important to be

aware of the symptoms and allow your body to acclimatise as you ascend, to avoid unpleasant side effects.

Mild symptoms of the illness include headache, fatigue, poor appetite and inability to sleep. These symptoms will usually become apparent within the first 8-24 hours above 3000m. When they occur you should stop your ascent and tell your guide/leader. The symptoms can be relieved by rest, mild painkillers and frequent small meals. AVOID ALCOHOL. If the symptoms disappear fully you should be able to continue your ascent. Altitude sickness can progress to more fatal illnesses where the only treatment is immediate descent. So be aware of your body.

The best way to acclimatise properly and prevent AMS is to ascend very slowly, keep healthy thus avoiding colds and drink plenty of liquid.

** PLEASE NOTE - despite the fact that Kilimanjaro lies close to the Equator - it is one of the highest mountains outside of the Himalayas and it is "BITTERLY COLD" beyond 4000m. No technical climbing equipment is required however you should take a decent supply of warm clothing, appropriate walking boots, sleeping mat and sleeping bag rated to at least -10 deg C.

ENVIRONMENTAL CONSIDERATIONS

The environments we are travelling through are extremely fragile and it is our responsibility as visitors to minimise the impact of our presence.

It has always been our motto that "we take only photographs and leave only footprints"; and we therefore ask that all trekkers thoughtfully dispose of wrappers and toilet paper by burying or burning or placing in the proper receptacle. It is also a good idea during the trekking day to carry a small plastic bag - the cooks can provide this - in which to store any refuse, sweet wrappers, tissues etc., and give it to the camp hands when you arrive at camp. The environmental standards on Kilimanjaro need to be improved, and we are committed to assisting in this process.

A detailed guide to responsible travel is provided to all World Expeditions clients before travel. Please ask your consultant if you have not received your copy.

WATER

Supplies of drinking water are taken by the porters and you will require two water bottles so that you can take water with you during the day (we supply boiled water throughout the trek)

STORAGE OF GEAR

Excess baggage may be stored at the hotel while you are away. Please remember to clearly label any bags you are leaving there. Any valuables should be left with reception in a safety deposit box or hotel safe and not in your main baggage.

IF YOU REQUIRE ANY FURTHER INFORMATION REGARDING THIS OR ANY OTHER ADVENTURE, PLEASE CONTACT WORLD EXPEDITIONS.

BA 5/1/08