



## Mount Kilimanjaro Trekking 6 Days Marangu Route

Free cancellation up to 30 day(s) prior departure, after which the tour cancellation policy applies.

- **Activities:**
  - Trekking and Hiking
- **Travel Style:** Budget
- **Guiding Type:** Live Guide/Instructor
- **Activities:**
  - English
- **Tour Vibe:** Active
- **Guiding Type:** Live Guide/Instructor
- **Recommended For:**
  - Couple
  - Family/Kids
  - For Art Lovers
  - LGBTQ
  - Senior
  - Solo
  - Women
  - Youth
- **Country:**
  - Tanzania
  - Africa
- **Routes:**
  - Uhuru Peak
- **Pickup:** Kilimanjaro International Airport;

From:12:00 AM



- Day 4: **HOROMBO HUTS- KIBO HUTS: 10.5KM/6MI | 6-8HRS | SEMI-DESERT**  
 Elevation: 3721m/12,208ft to 4714m/15,466ft Altitude gained: 993m After breakfast, we continue on through the dwindling heathland that blends into a moonscape as you enter the sweeping saddle connecting Mawenzi and Kibo. Here while we stop for lunch, and later when you cross this surprisingly large saddle, you can examine the summit climb up Kibo that you will be starting in just a few hours.
- Day 5: **KIBO HUTS – SUMMIT: 6.25KM /3.9 MI UP | 5-7HRS | – HOROMBO HUTS: 15.75KM /9MI DOWN | 5-6HRS | GLACIERS, SNOW CAPPED SUMMIT**  
 Elevation: 4714m/15,466ft to 5895m/19,341ft Altitude gained: 1181m Descent to 3721m/12,208ft Altitude lost: 2174m Excitement is building as morning comes with an early start between midnight and 2 a.m. This is the most mentally and physically challenging portion of the trek. We continue our way to the summit in a switchback formation by trying to stay warm and focused on the amazing sense of accomplishment that lies ahead. We ascend through heavy scree and possibly snow towards Gillman's Point on the crater rim with a switchback motion. You will be rewarded with the most magnificent sunrise during your short rest here. Faster hikers may view the sunrise from the summit. From here on your remaining 1 hour ascent to Uhuru Peak, you are likely to encounter snow all the way. Congratulations, one step at a time you have now reached Uhuru Peak the highest point on Mount Kilimanjaro and the entire continent of Africa! After photos, celebrations and maybe a few tears of joy we take a few moments to enjoy this incredible accomplishment. We begin our steep descent down to Mweka Camp, stopping at Barafu for lunch and a very brief rest. We strongly recommend gaiters and trekking poles for uncooperative loose gravel and volcano ash terrain. Well-deserved rest awaits you to enjoy your last evening on the mountain. Overnight Horombo Camp.
- Day 6: **HOROMBO HUTS – MARANGU GATE – MOSHI: 20KM/12.5MI |6-7HRS | RAINFOREST**  
 Elevation: 3721m/12,208 to 1905m/6250ft Altitude lost: 1816m After breakfast and a heartfelt ceremony of appreciation and team bonding with your crew, it's time to say goodbye. We continue the descent down stopping at the Mandara Huts for lunch. Remember to tip your guides, cooks, and porters, since you will be leaving them here. You return to the Marangu Park Gate and receive your summit certificates. As the weather is drastically warmer, the terrain is wet, muddy and steep and we highly recommend Gaiters and trekking poles. A vehicle will meet you from the gate to drive you back to your hotel in Moshi (about 45 minutes). Enjoy a long overdue hot shower, dinner and celebrations!!

## WHAT'S INCLUDED

Location	Nights	Type	Property Name	Rating	Occupancy
Moshi, Mandara Huts,	7	Hotel	Qwine Hotel or 3 Star Similar		Private

Horombo Huts  
& Kibo Huts

- **Pickup & Drop-Off**
- **Guide**
- **Meals**
  - Halal
  - Jain
  - Kosher
  - Meat
  - Vegan
  - Vegetarian

Only During the trek, Meals at the hotel are not included.

- **Transport**
  - Private Vehicle

## **WHAT'S EXCLUDED**

- Flights
- Insurance
- Transport
- **Other Excluded:**
  - Visas, Flights and airport taxes
  - Items of a personal nature
  - Gratuities
  - Health requirements (Yellow Fever vaccination is compulsory if travelling to Tanzania)
  - Highly recommended travel and medical insurance.
  - Personal hiking/trekking gear (you may opt to rent the gears from equipment stores in Moshi)
  - Optional but highly recommended Portable toilet
  - Personal medicine and water purifying tablets
  - Meals & drinks not specified and snacks

## **Covid Safety**

-Face masks required for travelers in public areas

-Face masks required for guides in public areas

-Face masks provided for travelers

-Hand sanitizer available to travelers and staff

-Social distancing enforced throughout experience

-Regularly sanitized high-traffic areas

-Gear/equipment sanitized between use

-Transportation vehicles regularly sanitized

-Guides required to regularly wash hands

-Regular temperature checks for staff

-Temperature checks for travelers upon arrival

-Paid stay-at-home policy for staff with symptoms

-Contactless payments for gratuities and add-ons

## **Tour Cancellation Policy**

Free cancellation up to 30 day(s) prior departure, Or traveler will pay 20 % of the tour amount

Any cancellation of a reservation must be in writing, either by e-mail or fax, and shall only be effective upon its receipt and acknowledgement. The following cancellation fees will be made for cancellations: More than 29 days prior to trip commencement 20% of the tour price 15 to 10 days prior to trip commencement 30% of tour price No show to 5 days prior to trip commencement (or no show) 50% of the total tour price No refunds are given for the following: Lost travel time or substitution of facilities Itineraries amended after departure Presence of circumstances beyond the company's control which requires alternative arrangements be made to ensure the safety or further participation and enjoyment of your tour, Lack of your appearance for any accommodation, service, activity, or tour segment without prior notice (see above) Premature contract termination

## **Good To Know**

### **Safety Gears We Provide**

- Oxygen for emergency use – For groups of 2-6, two kits (360L medical oxygen bottles, each with a regulator & 2 nasal canula masks) are provided. For 7 or more climbers, we provide 3 full O2 kits.
- Hyperbaric Chamber – a portable altitude chamber, for emergency use, carried on every trek.
- AED (Automated External Defibrillator) – optional on most treks, but included on treks with a night in Crater Camp.
- Stretcher / Litter – A fully rigid steel-framed litter on each trek.
- First-aid / Trauma & medicine kit – fully stocked as per Wilderness First Responder guidelines, with medicine instructions. Two first-aid kits are carried for groups of 9 or more.
- Pulse-oximeter – The head guide checks, evaluates and documents these numbers daily at dinner time, for each climber.
- VHF handheld radios – Three VHF radios carried on each trek, for quick comms between head and assistant guides at the back and front of the group, and the camp manager. An extra battery accompanies each radio.
- Mobile phones – carried by all guides, for daily communications with our base in Arusha.
- Satellite phone – carried at all times by the head guide, for use in emergencies (in areas with limited or poor mobile network). An extra battery accompanies each satellite phone. This allows us to make comms immediately, no matter where we are, during an emergency.
- Medical equipment porter stays with the group at all times, to ensure that the safety gear is

always nearby and ready to employ. We send a second medical equipment porter with every group, allowing us to split oxygen and other redundant emergency supplies.

- A comprehensive safety briefing is performed by the head guide before the trek, covering expectations, risks, safety gear and proactive safety.
- Climbing helmets – for all climbers and staff (on Western Breach only).
- Climbing rope (50M x 10mm dynamic) for the head guide to using for setting hand lines (on Western Breach only).
- Ice axes – carried by all guides, for cutting steps in the snow (on Western Breach only).

## FAQs

### **Rainfall at the foot (cm) ?Kilimanjaro**

The short answer is to either go between May and October or December and March. You also can read lots more about the Kilimanjaro weather.

Simply put, Kilimanjaro has a long monsoon season in April and May, and a shorter monsoon season in November. During these periods there is a high probability of rain every day. Outside these periods the weather is mainly dry and clear.

Of course, most people want to climb when it is dry, so if you choose one of these two periods you can expect to meet a lot of other climbers. To mitigate this, choose one of the less popular routes. The Northern Circuit is a great choice at this time of year. If you want to climb when it is quieter, or during one of the rainy seasons, then look at the Rongai route. It lies in Kilimanjaro's rain shadow and is much drier all year round.

### **Mount Kilimanjaro Difficulty**

For experienced climbers, Mount Kilimanjaro will take around 5 to 6 days to reach the top. But it is important to understand the while the trek is shorter than others, the length of the trek doesn't mean it is any easier. In fact, Mount Kilimanjaro is incredibly difficult because of its short trek.

You ascend rapidly up the mountain, which means your body needs to acclimate to the changing conditions very quickly. Thus, can lead to acute mountain sickness and if you aren't prepared for that, you can have to turn back to get help.

### **How fit do you need to be to climb Kilimanjaro?**

We have helped lots of novice trekkers summit Kilimanjaro safely. You need to be fit enough for "weekend walking" and able to do 5-7 hours on your feet for two days back to back. Besides being fit though you will need to look after yourself all the way and have bucket loads of determination.

The best training to climb Kilimanjaro you can do is to get your boots on and cover as many miles as your can before your climb. If you follow this advice, most days will be pretty comfortable for you. However fit you are though, summit night is a very tough experience. You

will be climbing for 8-10 hours and descending for 6 - 8 hours.

### **What training do you recommend to prepare for my climb?**

We always answer this question by saying you should try and get out and do as much hill-walking as you can. Nothing prepares your body better for climbing Kilimanjaro than some weekends doing long walks of 7-8 hours.

For a more technical answer, there are four aspects of fitness you need to work on.

- The first is pure cardio. As you ascend there is less and less oxygen in the air and this makes your cardio system work very hard. Prepare for this with any intense cardio exercise. We are big fans of High-Intensity Interval Training where you work very hard for a short period and then rest.
- The second is leg strength. Consecutive days of climbing puts a lot of strain on the legs and specific leg exercises like squats work really well.
- The third is stamina. On summit night you need to keep going and going. Try and do some longer exercises that require real stamina like a long ride or a really long day hill-walking.
- And finally, don't forget your flexibility as lots of injuries are caused by a lack of flexibility. So both before your climb, and on it, remember your stretches. Read more detailed advice on training to climb Kilimanjaro.

### **What are the toilets like on Kilimanjaro?**

The public toilets on Kilimanjaro are horrible. Fortunately, we now provide private toilets on Kilimanjaro as standard on all climbs. This is a chemical toilet in a small tent. This is kept clean and hygienic by our crew. Lots better than the long drop public loos.

### **How well do you treat your crew? are you a member of kpap?**

We treat all our crew and guides really well. This is recognised by KPAP ( the Kilimanjaro Porters Assistance Program). You can see our most recent KPAP audit report.

KPAP do great work to ensure porters are treated fairly on the mountain. This is not just about wages, but food, clothing, tents and tipping policy. Sadly far too few Kilimanjaro operators are members of KPAP. We have been a leading member of KPAP since we started on Kilimanjaro. There is a KPAP porter on all our climbs to ensure that our treatment of porters always is up to high standards.

### **What is altitude sickness?**

Altitude sickness (often just called AMS) is caused by climbing to altitudes where the air pressure is much reduced.

By the time you have reached the summit of Kilimanjaro air pressure is down to 49% of what it is at sea level. The first effect of this is that every lungful of air contains only half the amount of oxygen it would normally have. This makes any physical exertion very hard work. Slowly, slowly is the key.



The second and most dangerous effects of low pressures are on the parts of the body where fluid and air meet. The two most important areas in the skull and lungs. With low air pressure fluid gets into the lungs and the gap between the brain and the skull. In the lungs, this causes something like pneumonia, where your lungs fill with water. In the brain, it causes bad headaches. Both of these can become so bad they will kill you.

The good news is that we plan our ascents very carefully to minimise the risk of you getting AMS and have well-tested emergency plans on how to prevent altitude sickness.

### **What is the difference between an open group climb and a private climb?**

Private climbs to climb Kilimanjaro are your own personal tailor-made adventure. They give you total flexibility and the highest chance of success. Just choose your date, route and any of our tailor-made options. Perfect for a group of friends or a charity group. Or perhaps for a couple looking to celebrate a special birthday or anniversary. Upgrades to private climbs start from £100 per person depending on the size of the group.

If you want the company of others while you climb Kilimanjaro then an open group is perfect for you. Our group climbs run every week during the main climbing season from June - October and December - March. They are limited to a maximum of 12 climbers to make sure you get the best chance of summit success. Particularly popular are our open group full moon climbs which run every month.

### **What will the food be like?**

The food our cooks prepare on Kilimanjaro is amazing. What they can create on a mountain is beyond belief and everybody raves about our food. This is really important as keeping yourself hydrated and ensuring you eat well is one of the most important factors in success. You can read more about our Kilimanjaro food. If you have special dietary requirements or are a vegetarian then just let us know when you book so that we can be sure to have a suitable menu planned.

### **How will I wash during my climb?**

Every morning and evening you will be provided with a bowl of hot water for washing. As well as this we strongly recommend a good supply of baby wipes for cleaning hands during the day. Also when it gets very cold higher on the mountain you can get by with what we call a "pits and bits" wash for which a baby wipe is perfect. Remember though that whatever you take up the mountain has to come down so you will need a waste bag to carry used wet wipes.

### **Are there any age restrictions on climbers?**

Kilimanjaro Park Authority does not allow any climbers on the mountain younger than 12 years of age. There is no maximum - our oldest client who summited was 75. You should be aware though that we do not allow children younger than 16 to join an open group. This is primarily because we feel that for children under 16 we need to provide the more personalised care that is only available on a private trip. Also, we have sometimes had negative feedback from adults about having children on a climb with them.