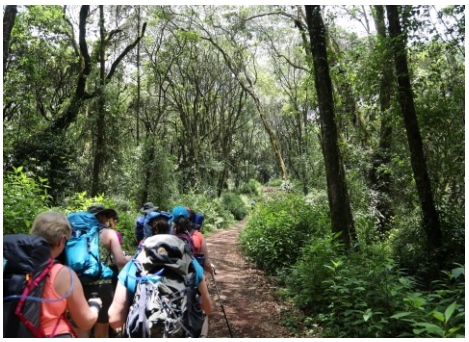
TANZANIA

Trek Kilimanjaro







ACTIVITY	ACCOMMODATION	CHALLENGE FACTORS	CHALLENGE FACTORS	DURATION:	GRADE
Trek	Camping	Altitude	Terrain	10 days	

Climb the highest freestanding mountain in the world! Kilimanjaro is the highest mountain on the African continent at 5895m. 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.

Our Kilimanjaro summit success rate is on average **85-90%,** but experience tells us the mountain always has the final say. Altitude is the great leveller, and sometimes it throws a curveball, no matter how fit or prepared you are. We focus on safety and expert support using our decades of experience to ensure every climber can face their own challenges, push their limits, and finish feeling proud—summit or not.

This is the trip Aitch climbed with us in January 2025, as seen in the Netflix documentary Aitch: Don't Be Afraid

This trip generates around **178 kg of CO_2 per person.** Because of our commitment to responsible travel, **we offset 100% of these emissions**, including flights booked with us.

DETAILED 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 hours

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 hours

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 / 8-10 hours

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 hours

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 (5739m) 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 (5895m); Uhuru means freedom in Swahili. We begin our descent by returning to Stella Point 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 (3720m).

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

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.

Trek approx 10km; 5 hours

Day 9: Free time Moshi; Fly to London

Moshi has some great markets and areas to explore, or just relax with your fellow achievers. Flight times vary, but we will re-group at the hotel in time to transfer to the airport for your flight home, arriving Day 10.

(Breakfast included with overnight stay; lunches and dinners not included)

Day 10: Arrive UK

WHAT'S INCLUDED

- Return flights from London to Moshi
- All known airline taxes
- Transport and transfers as part of itinerary
- All accommodation on twinshare basis - hotels and camping
- Group camping equipment
- All meals except where specified
- Discover Adventure crew (number dependant on group size)
- Local guides, cooks and porters
- Back-up equipment and support
- Entry permit to National Park
- **We offset 100% of the carbon emissions from your trip, including flights booked with us**

WHAT'S EXCLUDED

- Tanzania entry visa
- Travel insurance
- Any meals specified 'not included' in the itinerary
- Sleeping bag and sleeping mat
- Personal spending money, souvenirs, drinks and tips for the local guides/support crew
- Fees for any optional sites, attractions or activities
- Any applicable charges as per Terms and Conditions

GRADE | RED

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **RED** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

Trip grading explained

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

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. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries may be less than you would spend on an average night out.

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 appropriate communication devices (eg phones, radios), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They 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 medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Altitude

Altitude adds to the challenge, and affects people differently. Most travellers experience no more than headaches and shortness of breath (typical symptoms of being at altitude, and not usually a concern.)

Acute Mountain Sickness (AMS) or 'altitude sickness' occurs when you ascend to high altitude quickly. The best way to avoid it is to allow time for the body to adjust - our itineraries are designed with this in mind - and to walk at a slow pace (which our leaders will set). We also recommend avoiding alcohol and smoking. Problems usually begin at heights of around 3500m - 4500m. More severe symptoms are usually quickly remedied by descending to a lower altitude and taking more time to acclimatise.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines 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).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before

departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. 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. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

We camp in two-man tents; these are usually expedition-style (ie sleeping room only). Camps are usually simple, in remote locations with great views! We have communal dining areas (usually with tables and chairs/stools) and toilet tents, and the local crew look after us very well. We stay in hotels (of a 2-3* standard or equivalent) at the start and end of the trip; standards may vary between different hotels, but they are generally clean and comfortable with good facilities.

Roomshare Arrangements

Our trips are sold on a shared accommodation basis, usually twin-share. Occasionally we may use hostel-style accommodation.
You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request. It is important that both people complete the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.
If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

Single Supplements

In most standard hotels, we can usually offer a limited number of single rooms. This is upon request, on a first-come, first-served basis, and additional charges apply. In more communal accommodation, single rooms are rarely an option.

When it comes to tent sharing, we do not offer a single option unless there are exceptional circumstances, for logistical and safety reasons.

We do not charge a single supplement if you are a solo traveller in a shared room.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

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 may be in very rural or remote areas, or 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 we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft 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.

PREPARING FOR THE CHALLENGE

Challenge Grading

GRADE | RED

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **RED** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

Trip grading explained

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on

your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may 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.

Terrain

Terrain is very varied; we pass through different eco-systems as we ascend the mountain - overgrown forest paths, moorland, rocky trail and scree. Much of the walking is rough underfoot. At lower elevations it can be wet and muddy; higher up barren and arid. As you would expect, it becomes much colder as you ascend. This trek is challenging in itself, but every obstacle is made more challenging by the altitude, which can make even the simplest tasks feel like hard work. 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.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the FCO's advice on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you will all necessary information 6 weeks prior to depature to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check the NaTHNaC Travel Health Pro website for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange

insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click here.

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - Passenger Portal Log in.

CHALLENGE EXTENSIONS



NGORONGORO CRATER SAFARI

A trip to East Africa is not complete without seeing some of the wildlife and scenery synonymous with the great open African Plains. We are therefore offering you the chance to unwind on safari after the exertions of your Kilimanjaro trek!

We visit the famous Ngorongoro Crater, Tarangire National Park and Arusha National Park, all of which offer stunning scenery and the chance to see the big five: lion, elephant, buffalo, rhino and leopard, as well as giraffe, zebra, hippopotamus and many species of antelope, monkey and smaller mammals and birdlife.

You will stay in safari lodge accommodation, on a twin-share basis with good facilities including mosquito nets, solar-heated showers, and local guides and cooks to look after you. The guides are very knowledgeable about the flora and fauna you encounter, and will do their utmost to make sure you experience as much as possible of their wildlife, scenery and culture. This is a great way to fully round off your African experience!

The downloadable itinerary gives you an idea of the main regions you will visit on safari, but please bear in mind that your guides will vary the exact locations you go to depending on local conditions and wildlife sightings. The actual itinerary is designed to be very flexible to maximise your time spent watching wildlife.

Contact the office for pricing and availability.



ZANZIBAR EXPERIENCE

Zanzibar – the Spice Island – conjures up romantic images of clear azure sea, white sandy beaches and fragrant spices. It lies off the Indian Ocean's Swahili Coast, home to some of the warmest ocean water on the planet.

We spend a night in atmospheric Stone Town and have the chance to explore its historic narrow stone alleys before heading to our hotel on the beautiful north tip of the island. Relax on the idyllic beach or arrange your own activities, from snorkelling and diving to dolphin-watching trips and spice tours – the perfect way to relax after the rigours of your trek.

Once in resort, this extension does not have an organised itinerary. You are free to spend your time as you wish.

Contact the office for pricing and availability.



TANZANIA - DAY SAFARI OPTION

Following your Trek Kilimanjaro challenge, a late flight departure allows for free time on the final day of your trip itinerary. For those who would like to take this opportunity to head out for some wildlife viewing, we have created an optional Day Safari in Arusha National Park. Even when short of time, it's worthwhile to experience a safari when in Tanzania and Arusha National Park offers a huge diversity, easily accessed from Moshi within a few hours. For those who

aren't able to join our Ngorongoro Safari Trip Extension, this is the perfect opportunity to enjoy a taster of the sights synonymous with the great open African Plains first hand.

This outline gives you an idea of what you will do and may see on safari, but bear in mind that your guides will adapt according to local conditions and wildlife sightings in the park. Wildlife viewings of all animals cannot be guaranteed.

Contact the office for pricing and availability.





logo aito



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

Please note: This document was downloaded on 2 Nov 2026, and the challenge is subject to change.