

## Muscular Dystrophy UK – Trek Kilimanjaro 2024



Duration: **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.

### 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.

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### 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**

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### 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**

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### 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**

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### 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**

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### 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**

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### 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**

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### Day 9: Free time Moshi – Flight

Free day, allowing you to explore Moshi, where there are some good markets, or relax with your fellow achievers. We re-group at the hotel mid-afternoon in time to transfer to the airport for our international flight home.

*(Lunch not included)*

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### Day 10: Arrive UK

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## WHAT'S INCLUDED

- All transport from London to Moshi return
- All meals except where specified, accommodation and camping equipment
- Discover Adventure leaders; doctor with group of 15 or more participants; local guides, porters and cooks
- Back-up equipment
- Entry permit to National Park
- Fuel Supplement levied by the airline

## WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Sleeping bag and mat
- Travel insurance
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Visa at approx. \$50
- Fees for any optional sites, attractions or activities
- Any applicable charges as per Terms and Conditions



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 5 Jun 2023, and the challenge is subject to change.