TANZANIA

Trek Kilimanjaro For The Mental Health Foundation









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.

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

- Scheduled return flights to London
- All accommodation (generally twin share camping)
- Meals as detailed in Itinerary
- Discover Adventure leader
- Doctor on reaching 20 participants
- Full vehicle support, local guides, cooks, drivers etc

WHAT'S EXCLUDED

- Meals as detailed in itinerary
- Alcoholic drinks
- Sleeping bag and sleeping mat
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)
- Fuel supplement levied by airline at approx. £170
- Visa at approx. £50

GRADE | RED

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 (see icon) are also taken into account.

Trip grading explained

Independent Reviews 96 %

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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 29 Mar 2024, and the challenge is subject to change.