

Mt Kilimanjaro Climb - 8 days

go guide

don't leave home without it



A World Of Discovery



Reach for the skies, and climb to the summit of the world's tallest free-standing mountain and the highest point on the African Continent! Are you ready for the challenge?



HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Moshi, gateway to Mt Kilimanjaro
- Mount Kilimanjaro mountain and summit
- Diverse scenery on the climb
- Rainforest of Mandara
- Moorland
- Alpine desert
- Glacial fields
- Spectacular views of Kenya & Tanzania from the summit

What's Included

- Nairobi airport arrival transfer - day 1
- 1 night - Acacia Camp Nairobi shared dorm*, 2 nights - Springlands Hotel, Moshi, 4 nights either camping or in base huts (dependant on availability) while on

the mountain. *Acacia Camp upgrades available upon request.

- 5 breakfasts, 4 lunches, 4 dinners
- Return Shuttle Bus between Nairobi and Moshi
- Services of a trekking guide and porters
- All national park and rescue fees
- All road taxes & tolls

What's Not Included

- Sleeping bag - please bring your own
- Tipping - an entirely personal gesture
- International flights and visas

Local Payment

USD \$660

The local payment is a cost per person which needs to be paid in US Dollars cash only. It is this payment which in part covers the park fees and other inclusions such as meals as detailed under 'what you get'. The local payment also covers your arrival transfer and 1st night's accommodation. Please note that due to exchange rate fluctuations in the US dollar, the local payment amount may be subject to changes. This payment will be collected at the Welcome Meeting on day 2.

DETAILED ITINERARY

Day 1 : Nairobi

Welcome to Nairobi! You will be met in Nairobi Airport arrivals hall by our representative holding an on the go tours/Africa Travel Company sign and transferred to Acacia Camp. Spend the remains of the day at leisure.

Your first night will be spent in dormitory rooms with shared facilities. Upgrades to single and twin en suite rooms are available upon request and subject to availability. Please note: USD \$60 of the local payment will be collected today and the remaining balance will be collected in Moshi on day 2 at the pre departure meeting. **Overnight - Acacia Camp - Nairobi**

Day 2 : Moshi

Nairobi - Moshi. It's an early start this morning. Be ready at the Acacia Camp reception at 6am, ready to depart at 6.15am. A taxi transfer will take you to meet the public shuttle bus, for your journey to Moshi in Tanzania. The shuttle bus will make a stop en route but we recommend that you pack some snacks and drink for the journey. Travelling via Tanzania's safari capital, Arusha, you will be dropped off at the Springlands Hotel in Moshi in the afternoon, where you will be met for your Pre-Departure Meeting and briefed about what climbing Africa's highest mountain entails.

The Marangu Route is the easiest and shortest route to Kilimanjaro's summit and is known as the "coca cola" route as it is the most popular for tourists. It is the only route that has communal sleeping huts at each stop off point, and offers bunks with sponge mattresses and pillows for your use. Tonight we spend the night at the Springlands hotel, where we have a good night's rest before we start our climb in the morning. **Overnight - Springlands Hotel - Moshi**

Day 3 : Mandara Hut - 2743 m

Moshi - Mandara. At 5895m above sea level, Kilimanjaro is the highest mountain in Africa and majestically straddles the border between Kenya and Tanzania. Climbing to the top of this dormant volcano is one of Africa's most exhilarating experiences and today we rise to the challenge. An early start takes us to Kilimanjaro National Park, where we trek through the spectacular rain forests on the first section of our ascent, on the way to our camp at the Mandara Hut for the first night on this incredible mountain.

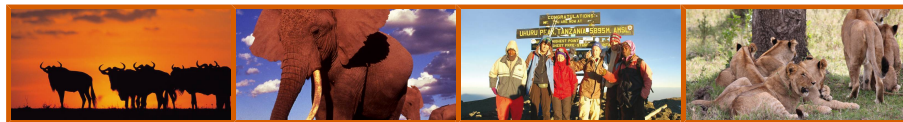
All climbing groups, often from around the world, share dining huts along the way which provide a jovial and social atmosphere. There may be soft drinks and beer on sale in these huts so please bring along some smaller denominations of Tanzanian notes (Tanzanian Shillings) to purchase these items. Please note that the prices increase as elevation increases. **Overnight - Mandara Hut (B, L, D)**

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This Go Guide has been compiled with care and good faith. It gives an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. This document does not form part of a contract between the traveller and on the go and their affiliates. Any costs shown are subject to change though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of on the go

updated on 10-04-2012



Day 4 : Horombo Hut - 3760 m



Leaving the rain forest behind, we climb through stunningly beautiful open moor land before reaching the Horombo Hut. The stark scenery from this altitude is remarkable and the vegetation (although seemingly sparse after the rain forests) seems quite alien.

Note: Should you wish to have an extra day to acclimatise; it will be here at the Horombo Hut. Please specify that you would like an additional acclimatisation day when booking your trip. The additional cost is approx. US\$200 per person and this is paid locally.

Overnight - Horombo Hut (B, L, D)

Day 5 : Kibo Hut (4730m)

Horombo - Kibo. Trekking over "The Saddle" between the Mawenzi and Kibo peaks, we arrive at Kibo Hut. This is the final stage before we ascend the summit. The total distance to the ascent is 32km (20miles).

Overnight - Kibo Hut (B, L, D)

Day 6 : The Summit! (5895m)

A very early morning start takes us via Gilman's Point, on the rim of the crater, and to Uhuru Peak. Most of the climb will be done in the dark, so bring along a head torch to make it easier to navigate the path. It will also be very cold, so this is where you'll need all those warm layers, socks, gloves and beanie's to see you through. As this is the last of the ascent, it is taken very slowly – or "pole pole" and an optimistic attitude along with perseverance will get you there! Once we reach Uhuru Peak, watch the sun rise over Tanzania and Kenya from Africa's highest point. After gazing over the top of Africa and taking your photo mementos, we return to Horombo Hut for a well deserved celebration and some much needed rest. **Overnight - Horombo hut (B, L, D)**

Day 7 : Moshi



Horombo - Moshi. Today is the final day of our trek as we continue our descent and exit via the Marangu Gate, before being transferred back to the Springlands Hotel for hot showers and dinner. Tonight you can celebrate your achievement at the hotel bar! **Overnight - Moshi hotel (B)**

Day 8 : Nairobi

Moshi - Nairobi. After breakfast, the Shuttle Bus will collect us for the drive back to Nairobi. A late afternoon arrival in Nairobi marks the end of one of Africa's most unique and challenging experiences.

Note: This expedition can depart on any day of the year and will run with a minimum of 1 passenger. (B)

Our Local Partners

This expedition is run in conjunction with Africa Travel Company and Zara (our Kilimanjaro Trekking Operator).

Please Note:

This expedition runs daily and is therefore not necessarily a group expedition, it will run with one person or more. If you would like to trek with other people please ask our reservations team to check if anyone else is trekking on the same date that you have requested.

Please note that a single supplement of USD \$100 is applicable if a single climber does not get allocated to a group climbing on the same date (i.e. climbs alone with own team). This is payable locally.

Acclimatisation Day

An extra day for acclimatisation to the altitude is recommended at Horombo from where you can simply relax or there are various walks to enjoy. This additional night should be booked in advance and is payable locally. Approx cost USD \$200, including breakfast, lunch and dinner.

Remember: This will make your trip 9 days in length so be sure you book your flights accordingly. Please let us know at time of booking if you would like an additional acclimatisation day.

Travel Insurance

All travellers are required to have personal medical travel insurance. Please ensure that you have the correct level of cover for this trek. Most travel insurance does not cover for trekking above 2000m as standard and you may have to pay a premium to cover yourself up to 5895m.

Physical Fitness

Although Kilimanjaro is not a technical mountain to climb, it is a major challenge and the rigors of altitude should not be underestimated. Remember that Uhuru peak is 500m higher than Everest Base Camp! The pace of your ascent coupled with good acclimatisation will help you on the climb but it is essential to be mentally and physically prepared before you start. Regular hikes are one of the best ways to prepare, increasing in frequency and

length, as you get closer to the trek. All aerobic exercises such as cycling, running, swimming and funnily enough aerobics are good for strengthening the cardiovascular system. Generally, any exercise that increases the heart rate for 20 minutes is helpful but don't over do it just before the climb. The route taken to the summit on this expedition is called the Marangu Route, this is one of the most popular and least demanding ways to conquer Kili.

Packing

Temperatures vary while ascending with day time temperatures on the lower mountain being warm and night temperatures cool; on the upper reaches temperatures are cold to freezing dependent on weather conditions. Please pack accordingly.

You will need to bring your own personal first aid kit containing all the basic items, as well as rehydration salts, muscle rub, plasters/foot cushions for blistering, head ache tablets and possibly altitude sickness tablets.

Luggage should be packed in a backpack with a day pack for smaller daily items such as snacks, drinking water, rain jackets and camera's etc.

Equipment

Please ensure you have the correct equipment for your Kilimanjaro expedition. The Springlands Hotel in Moshi has the following items for hire:

- Rucksack/Daypack: \$10
- Gloves: \$5
- Balaclava: \$5
- Sweater: \$4
- Sunglasses: \$7
- Normal Standard Sleeping Bag – 10C.Temp: \$15
- Mont bell Sleeping Bag –25C.Temp: \$35
- The North Face Sleeping Bag: -25C.Temp: \$ 35
- Socks: \$3
- Raincoat: \$5-10
- Duffel Bag: \$5
- Rain Pants: \$10
- Hiking Poles (2): \$10
- Hiking Boots:\$8
- Gaiters:\$7
- Water Bottle:\$4
- Torch/Flashlight: \$7
- Fleece Pants: \$5
- Batteries: \$3
- Warm Jacket: \$10
- Long Underwear: \$3
- Hat: \$5

We provide tents and foam sleeping pads at no charge should the mountain huts not be available.

- Sunglasses are available for purchase for \$10-US\$15.
- Oxygen is available for \$10/day/group of 4 pax
- Hyperbaric Pressure Bag (Gamow Bag): US\$120/group.
- Hyperbaric Pressure Bags: \$100/group.

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*prices above are subject to change without prior notice. Please budget extra in event of an increase.

Tipping

Your trekking fee includes the services of a qualified trekking guide and a porter (to carry food items etc). Please note that gratuities/tips are not included in the trekking price and tipping is at your own discretion.

Tips for the porters and staff are not included in your trip price or local payment. While these are completely at your own discretion, most crew have come to rely on these and so may make comments about tipping during your trip.

As a guideline it is recommended that you budget approximately US\$200 for tipping -

- Chief Guide: US\$20-25 per day x number of days on mountain
- Assistant Guide: US\$10-15 per day x number of days on mountain,
- Cook: US\$5-10 per day x number of days on mountain
- Porters: US\$5-10 per day x number of days on mountain.

However, please only tip if you feel you have received an adequate service and feel the individuals have warranted a gratuity. Tipping is an entirely personal gesture.

KNOW BEFORE YOU GO

Passports & Visas

Please ensure that you have at least two blank pages in your passport, plus an additional blank page for each visa/African country you are visiting. If travelling on one of our longer overland safaris we recommend that you have at least 12 blank pages in your passport.

Please also note that your passport must be valid for a minimum of six months from the end date of your trip.

Any visa information provided in this document is for general guidance purposes only, visa requirements and fees are subject to change. It is essential that you check current entry requirements with each relevant embassy/consulate prior to departure. Visa procurement is the responsibility of the traveller and not of On The Go.

Kenya Country Guide

Visas

UK, Irish, Australian, New Zealand, USA, Canadian and RSA citizens require a visa for Kenya. Visas can be obtained by most nationalities upon arrival at the airport, however it is advisable to procure your visa from the nearest Kenyan Embassy/High Commission prior to departure. There are often very long visa queues at the airport.

For most nationalities a single entry visa currently costs US \$50 and is valid for a period of three

months and a multiple entry visa is US \$110. At the airport the visa fee must be paid in a convertible currency (eg US Dollars). All passengers require an onward/return tickets and sufficient funds for length of intended stay (at least US\$500).

Vaccinations

You should seek medical advice before travelling to Kenya from your local health practitioner and ensure that all you receive all of the appropriate vaccinations. As a guide diphtheria, hepatitis A, polio, tetanus and typhoid vaccinations are strongly recommended.

Kenya is affected by malaria – we strongly recommend that you take anti-malaria medication. Take your medication exactly as it's prescribed and directed, don't skip any medication! Adequate measures to avoid mosquito bites include: insect repellent, sleeping under a mosquito net and wearing long sleeve clothing and long trousers in the evenings.

A Yellow Fever Certificate of Vaccination is required if arriving from an infected area and travellers arriving from non-endemic zones should note that vaccination is strongly recommended for travel outside the urban areas, even if an outbreak of the disease has not been reported.

Time & Voltage

Kenya is 3 hours ahead of GMT. Daylight saving time is not observed.

In Kenya the standard voltage is 220-240V. Primary sockets require a 'Type G' - British BS-1363 type, three pin plug. You will need a voltage converter, and plug adapter in order to use U.S. appliances. We recommend packing a universal adapter.

Currency

USD 1 = KES 100 GBP 1 = 158 EURO 1 = 137 AUD 1 = 102

Subject to fluctuation. Kenyan Shilling (code KES, symbol KSh).

1 KSh = 100 cents.

Notes are in denominations of: KSh1,000, 500, 200, 100 and 50.

Coins are in denominations of KSh20, 10 and 5.

Banking hours: Mon-Fri 0900-1500, Sat 0900-1100. You can exchange money in banks or bureau de changes. Be aware that old pre-2003 US\$ banknotes or torn or marked banknotes are difficult to exchange in Africa so make sure you take crisp new notes! In major towns/cities most banks have an ATM. American Express, Diners Club, MasterCard and Visa cards are all widely accepted.

Travellers cheques can be changed at banks, these should be in US Dollars or Pound Sterling to avoid additional exchange rate charges. Most banks will want to see your passport and proof of purchase receipt before cashing your travellers cheques. Please Note: Travellers cheques can be difficult to cash and often have restrictions of about US \$100 a day maximum. They also tend to attract high

commission charges, especially when exchanging for hard currency.

Climate

Kenya is an excellent year round destination with a favourable climate and reasonably low rainfall. In general the hottest months are December to March, although the climate varies enormously from place to place. The lowland coastal areas are tropical, with year round high temperatures and humidity, which is at its peak in April and May, although tempered by monsoon winds. The highlands are more temperate with four seasons. Nairobi has a very pleasant climate throughout the year due to its altitude. Near Lake Victoria, the temperatures are much higher and rainfall can be heavy.

Tanzania Country Guide

Visas

UK, Irish, Australian, New Zealand, USA, Canadian and RSA citizens require a visa for Tanzania. A single entry visas can be obtained by most nationalities upon arrival at Dar es Salaam, Kilimanjaro and Zanzibar Airport or at Namanga border crossing point, between Tanzania and Kenya. The current visa cost is US\$50 for all nationalities, which can be paid in US\$, GB£ or Euro cash. The three East African countries of Kenya, Tanzania and Uganda have an agreement that you can travel freely between these countries and do not have to get another visa when returning to each. If you exit this region and enter any other country, including Rwanda and the Democratic Republic of Congo, you will need to get new visas to re enter Kenya, Tanzania and Uganda.

Vaccinations

Seek advice from your doctor or travel clinic at least six weeks prior to departure about what vaccinations you require. Typically the list includes typhoid, tetanus, polio, hepatitis A and B (for stays over 4 weeks) and meningitis.

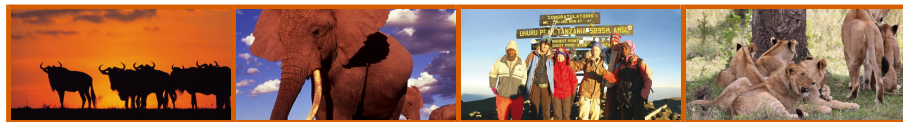
A malarial risk exists throughout Tanzania – we strongly recommend that you take your anti-malaria medication. Precautionary measures to take to prevent contact with mosquitoes include: insect repellent, cover up at sundown, sleep under a mosquito net and wear long sleeve clothing and long trousers in the evenings.

A Yellow Fever International Certificate of Vaccination is required from travellers over one, arriving from countries infected with yellow fever or who were in transit through infected areas (unless they remained onboard or at the airport); this is particularly relevant if traveling from neighbouring African countries. If visiting Zanzibar from mainland Tanzania, a yellow fever certificate must be produced to gain entry.

Currency

USD 1 = TZS 1717 GBP 1 = 2710 EURO 1 = 2370 AUD 1 = 1762

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Subject to fluctuation. Tanzanian Shilling (code TZS, symbol TSh).

1 TSh = 100 cents.

Notes are in denominations of TSh10,000, 5000, 2,000, 1,000 and 500. Coins are in denominations of TSh200, 100, 50, 20 and 10.

The Tanzanian Shilling is non exportable or importable. You can exchange US Dollars, Pound Sterling or Euro cash at bureaux de changes or banks in larger towns/cities. Cash is changed with no commission. Exchange rates vary depending upon the denomination of the note that you want to change and generally smaller notes attract a lower exchange rate than high ones. Be aware that old pre-2003 US\$ banknotes or torn or marked banknotes are difficult to exchange in Africa so make sure you take crisp new notes. Alternatively most large towns/cities have an ATM where cash can be withdrawn using Visa or MasterCard. Credit cards are very rarely accepted for making purchases.

Banking hours: Mon-Fri 0830-1230; Sat 0830-1300. Bureaux de change have longer hours and in the cities open on Sundays.

Travellers cheques are more difficult to change and require proof of purchase and often have restrictions of about US\$100 a day maximum. Please note that there is a surcharge when paying by travellers cheques.

Time & Voltage

Tanzania Time Zone - 3 hours ahead of GMT. Daylight saving time is not observed.

Standard voltage is 220-240V. Primary sockets require a Type G British BS-1363 or Type D Indian BS-546 type, three pin plug. You will need a voltage converter, and plug adapter in order to use U.S. appliances. We recommend getting a universal adapter.

Climate

Tanzania is sunny and tropical (except in the mountain regions). Given the sheer size of the country, the climate varies dramatically in different regions. In coastal regions and on the islands of Zanzibar and Pemba it is hot and humid year-round with higher rainfall, whilst inland, the central plateau is dry and hot and the north-western highlands are cooler. The long rains occur between mid-March and the end of May and there are also short, lighter rains during November and December. The driest months are June to October.

OPTIONAL ACTIVITIES

We offer a number of locally operated optional activities and excursions on each of our expeditions. We feel that offering optional excursions affords a greater degree of flexibility, independence and choice to our travellers. To help you budget, below is a selection of optional excursions available on this trip.

Please note the following:

All prices are in US Dollars and are subject to change. Where activities occur away from your base, there may be an additional transfer cost.

Travellers cheques may be accepted for the Serengeti/Ngorongoro Excursions, although they are subject to a surcharge of at least 5%.

All accommodation and activities in Victoria Falls must be paid for in US\$ cash (GBP & ZAR also accepted at a lower rate).

All optional excursions are offered by 3rd parties and independently of on the go. They are undertaken at your own risk and on the go take no responsibility for personal loss/injury caused.

Gorilla Trekking - the price varies dependant on where gorilla trek takes place ie Uganda, DRC or Rwanda.

Kenya

Giraffe Centre. Pre/Post tour US \$20

Nairobi National Park half day. Pre/Post tour US \$85

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