

Mt Kilimanjaro Climb

8 days | Starts/Ends: Kilimanjaro



TREKKING HOLIDAY: Reach for the skies and climb to the summit of the world's tallest free-standing mountain and the highest point in Africa, following the quieter and more scenic Rongai route. Are you ready for the challenge?

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Mount Kilimanjaro & Uhuru Peak
- Diverse scenery on the climb: rainforest, moorland, alpine desert giant senecios plants and glacial fields
- Spectacular views of Tanzania and Kenya from the summit of Kilimanjaro
- Mawenzi and Kibo Peaks

What's Included

- 2 nights hotel and 5 nights camping
- 7 breakfasts, 6 lunches, 6 dinners
- Kilimanjaro Airport transfer on day 1 and day 8
- Group transfers from hotel to park gate
- Kilimanjaro park entrance fees, camp/hut fees, standard KINAPA rescue fees

- Kilimanjaro trek briefing and debriefing
- Porterage of 1 bag (15kg max) per person
- Camping and safety equipment (except Sleeping Bag and Mat)
- Flying doctors medical evacuation cover
- Services of an English speaking mountain guide, cooks and porters

What's Not Included

- International flights, visas and departure tax
- Tipping - please refer to Trip Notes
- Trekking equipment - see Trip Notes for kit list

DETAILED ITINERARY

Day 1 : Marangu

Arrive into Kilimanjaro International Airport, after clearing customs and Immigration formalities you will be met your driver and transferred to Kilimanjaro Mountain Resort for overnight.

Kilimanjaro Mountain Resort is located in Mount Kilimanjaro near Marangu Gate. The hotel offers an outdoor pool, fitness room, spa, wellness centre, restaurant, bar, meeting facilities and outdoor terrace. Rooms at the resort

offer views of mountain, river or garden. Amenities include air-conditioning, a balcony, Wi-Fi access and en suite bathroom with a shower or bathtub. Nearby activities include cycling, golfing and horse riding.

Overnight - Kilimanjaro Mountain Resort

Day 2 : Trek to First Cave Camp (2,600m)



Today we begin our Kilimanjaro Climb! Kilimanjaro's snow-capped peak is one of the most awe-inspiring sights in Africa. Straddling the Kenya/Tanzania border, the iconic Mount Kilimanjaro rises up to an impressive 5896 metres above sea level. It is one of the world's highest volcanoes, the highest mountain on the African continent, and the highest free-standing mountain on earth. Set within the Kilimanjaro National Park, Kilimanjaro emerges from the sprawling plains of Tanzania

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and boasts dense tropical rainforests, glacial ice fields, moorlands, and mystical moonscapes.

After completing the necessary registration formalities at Marangu National Park gate, we transfer by Landcruiser to Rongai. The climb begins from the attractive wooden village of Nale Moru (1,950 m.) on a small path that winds through fields of maize and potatoes before entering pine forest. The track then starts to climb consistently, but gently through attractive forest that shelters a variety of wildlife, including the beautiful Kilimanjaro Colobus monkey. These monkeys are black with a long 'cape' of white hair and a flowing white tail. The forest begins to thin out and the first camp is at the edge of the moorland zone (2,600 m.) with extensive views over the Kenyan plains.

Overnight - Rongai Campsite - First Cave Camp (B, L, D)

Day 3 : Trek to Kikelewa Campsite (3600m)

The morning walk today is a steady ascent up to the 'Second Cave' (3,450 m.) with superb views of Kibo and the Eastern ice fields on the crater rim. After lunch, we leave the main trail and strike out across the moorland on a smaller path towards the jagged peaks of Mawenzi. Our campsite is in a sheltered valley with giant senecios near Kikelewa Caves (3,600 m.) and the Tsavo River which runs from Tsavo West National Park into Tanzania.

Overnight - Kikelewa Campsite (B, L, D)

Day 4 : Trek to Mawenzi Tarn Camp (4330m)



Today a short but steep climb up grassy slopes is rewarded by superb all-round views and a tangible sense of wilderness. We leave vegetation behind shortly before reaching the next camp at Mawenzi Tarn (4,330 m.), spectacularly situated in a cirque directly beneath the towering spires of Mawenzi. The afternoon will be free to rest or explore the surrounding area as an aid to acclimatization.

The Mawenzi Tarn Camp is located near the base of Mawenzi, which is one of the 3 peaks of Mount. Kilimanjaro and is mostly used by ascending climbers on the Rongai route.

Overnight - Mawenzi Tarn Camp (B, L, D)

Day 5 : Trek to Kibo Camp (4750m)

We cross the lunar desert of the 'Saddle' between Mawenzi and Kibo to reach School campsite (4,750 m.) at the bottom of the Kibo crater wall. The remainder of the day is spent resting in preparation for the final ascent before a very early night! Kibo is a little base camp set in the Kilimanjaro National Park. Climbers set camp here before leaving for Uhuru Peak. Accommodation at Kibo is provided in dormitory rooms that cater to 60 people in a stone house.

Overnight - Kibo Camp (B, L, D)

Day 6 : The Summit (5896m)



We will start the final, and by far the steepest and most demanding, part of the climb by torchlight around 1 a.m. We plod very slowly in the darkness on a switchback trail through loose volcanic scree to reach the crater rim at Gillman's Point (5,685 m.) We will rest there for a short time to enjoy the spectacular sunrise over Mawenzi. Those who are still feeling strong can make the three hour round trip to Uhuru Peak (5,896 m.), passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. The descent to Kibo (4,700 m.) is surprisingly fast and, after some refreshment, we continue the descent to reach our final campsite at Horombo (3,720 m.)

The Horombo Huts are set along the Marangu Trail. This campsite can accommodate up to 120 campers. The Horombo Huts have bathrooms as well as a dining area and a shop selling refreshments.

Overnight - Horombo Huts (B, L, D)

Day 7 : Final Descent

A steady descent takes us down through moorland to Mandara Hut (2,700m.), the first stopping place at the Marangu route. We then continue descending through lovely lush forest on a good path to the National Park gate at Marangu. At Marangu gate you sign your name and details in a register. This is also where successful climbers receive their summit certificates. Those climbers who reached Gillman's Point are issued with green certificates and those who reached Uhuru Peak receive

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gold certificates. Your drivers will be there to hand over a packed lunch before driving you back to Kilimanjaro Mountain lodge for a hot shower, swim and an evening to celebrate your achievement.

Overnight - Kilimanjaro Mountain Resort (B, L, D)

Day 8 : Marangu

After breakfast, depart and transfer to Kilimanjaro International Airport for your flight back home.(B)

BEFORE YOU GO

Additional Information

A comprehensive Kilimanjaro Manual is available to download via our Customer Log-in at www.onthegotours.com. This has further information on how to prepare for your trek and what to pack. Please download a copy.

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 the following for tipping -

1 person between US\$200 and US\$250
2 to 3 people between US\$150 and US\$200

4 or more people between US\$120 and US\$150

Please note that this is to be given at the end of the climb to the head guide in front of the porters. 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.

Our Local Partners

This Rongai Route trek is operated by The Africa Walking Safari.

The Rongai Route

Rongai trailhead is to be found on the Kenyan border on the Northern Side of the Mountain. Its position in the rain shadow of Kili means it has a completely different landscape from the other routes, drier and more open, allowing for better views. It is a beautiful route, with few climbers, and a very gentle ascent, suggesting it as the ideal route to take. However, the position of the trailhead makes reaching it difficult, there is no park office and so park fees must be paid in Marangu and the only descent route allowed by KINAPA is Marangu, detracting from the remote wilderness of the ascent. Nevertheless it is a very worthwhile route, and the advantages make it attractive only to those operators intent on offering something different.

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.

Food and Nutrition

Kilimanjaro is a high-altitude and high-energy experience and as such it requires good and nutritious food. We use the freshest ingredients, the least fat, the most fibre and the purest forms of energy with each menu.

Whilst the region is blessed with good quality fruits and vegetables, some of the more processed energy foods are not available and it is recommended that clients bring their own high-energy sweets and snacks such as Power Bars,

Glucose Snacks, Granola Bars etc, if they wish to supplement their diets.

Our climbs offer bush cuisine of the standard expected on a luxury safari and the special, dedicated chef proves how versatile he can be despite the altitude and the cold. Menus may vary, depending on seasonal availability of fresh ingredients, but we strive to provide food of the very highest standard.

Drinks, Water & Rehydration

We strongly advise trekkers to drink as much fluids as possible on our climbs, as much as 3-5 liters per person per day. Rehydration plays a very important part in the acclimatization process and keeps the body in peak condition by flushing out toxins and germs. Boiled water is offered to the clients each evening for their water bottles and is readily available at other mealtimes too. A wide selection of hot drinks (tea, coffee, drinking chocolate, Milo) is also available at meals and soup is served twice daily.

Clients can treat their own water at their own risk and we strongly advise using chlorine or iodine-based purifying products. Powdered juice is useful for removing any chemical taste.

Diuretics such as coffee and alcohol are not recommended as they lead to dehydration.

Tea, coffee, chocolate milk and juice are available at camp and flasks of sweet tea are carried on the trail by guides.

We recommend the Camel bag systems or equivalent, special bladders that fit inside the rucksack (or their own containers) with tubes and mouthpieces. These are excellent way of drinking constantly whilst walking rather than stopping at regular occasions to drink large quantities.

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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.

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.

Kit List

Here is a suggested list of clothing and accessories for climbing Mt. Kilimanjaro:

- Insulated, waterproof hiking boots with rigid uppers and thick soles
- (Boots must be WELL BROKEN IN. WE ALSO ADVISE THAT YOU WEAR YOUR CLIMBING BOOTS ON THE INTERNATIONAL FLIGHT OVER, INCASE YOUR LUGGAGE

IS LOST BY THE AIRLINE. YOUR CLIMBING BOOTS ARE THE MOST IMPORTANT EQUIPMENT.

- 3 pair of warm socks
 - 3 pair of lightweight socks (to wear under warm socks)
 - 1 or 2 pair of lightweight walking or running shoes for walking around camp (with appropriate socks)
 - 1 warm hat (or balaclava) with brim to keep the sun off face and neck and a sun hat (you will need both types)
 - 1 pair of insulated hiking or ski gloves
 - 1 down-filled, hooded parka or goretex anorak
 - 2 sets of thermal underwear (preferably a lightweight pair to wear next to the skin and a heavier second pair for extra warmth)
 - 1 pair of warm, windproof slacks
 - 1 pair of lightweight slacks
 - 1 pair of shorts
 - 2 woolen or flannel shirts with long sleeves
 - 1 or 2 warm sweaters (fleece-type)
 - 2 lighter-weight shirts (or tee shirts)
 - 3 or 4 sets of underwear
 - lightweight rain gear with hood (Rain can occur at any time on the lower slopes.)
 - lightweight personal water container
 - a water purification kit and/or iodine pills
 - a lightweight daypack for carrying your own water, lunch, camera, film, etc.;
- (A pack that has a hydration system with an insulated water bladder is suggested.)
- a medium-size, sturdy duffel bag to contain all your gear and clothing (Porters will carry this for you, but they will NOT carry framed backpacks.)
 - well-insulated sleeping bag suitable for temperatures of 20-degrees Fahrenheit (The sleeping bag should fit in your duffel bag.)
 - camping pillow (if desired)
 - emergency foil blanket (optional)
 - flashlight (with extra batteries); a head lamp will be especially useful for the last

- part of the climb, which is done at night
 - 1 or 2 walking sticks
 - One pair of mud gaiters
 - dark sunglasses with high UV ray protection or snow goggles
 - (Polarising glasses are not sufficient to prevent snow blindness.)
 - sunscreen with high SPF
 - lip balm containing a sun block
 - small hand towel, soap, and 2 rolls of toilet paper
 - tissue and "wash and dry" wipes
 - UV filter for your camera (which is necessary for high-altitude photography)
 - high-energy snacks (such as muesli bars, chocolate, or instant hot drinks)
 - a small reference book on plants (if you are interested in botany)
- IN ADDITION, it is suggested that you assemble a basic medical kit. Your doctor can advise you on specific items to include. The following items may be useful:
- a good supply of aspirin (for altitude headaches)
 - altitude medication -- as prescribed by your doctor
 - an antibiotic to use if needed (such as Septra DS) as prescribed by your doctor
 - anti-biotic cream (for cuts and scrapes)
 - band-aids and bandages
 - moleskin
 - scissors, tweezers, and a thermometer
 - cold/flu tablets and throat lozenges
 - medicine for stomach ailments and rehydration salts
- Clothing of various weights is suggested, because you will want to dress in layers (removing layers as you heat up from walking, adding layers as you cool down from resting). During the first two days, climbers may find it comfortable to wear shorts and tee shirts. However, temperatures will change at higher altitudes. By the third day of your climb, it can be very windy and the temperature can fall to freezing at night.

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A limited selection of equipment is available for rental at the base of the mountain. It is, however, suggested that climbers bring all of their own equipment.

Weather on Kilimanjaro

Although Mt. Kilimanjaro can be climbed at any time of year, January, February and September are considered the best months. July, August, November, and December are also good months.

During the rainy period of March to May, clouds tend to pile up and over the summit, dropping snow on top and rain at the base. Visibility can be limited by cloud cover even when no rain falls. The temperature at this time of year is relatively warm.

The dry season, beginning in late June and extending through July, can be very cold at night; but is usually clear. August and September are also cool and may have completely clear days -- however, it is not unusual for a dripping cloud belt to girdle the mountain above the forest and moorland.

The summit can be totally clear, but the successful climber may look down on a vast sea of clouds with distant mountain peaks poking through like islands.

The shorter rainy period of October to December often has thunderstorms that pass over the mountain, dropping rain as they go. Typically, the clouds disappear in the evening; so the nights and mornings are clear with excellent visibility.

January and February are usually dry, warm, and clear with brief showers that make for good climbing conditions.

Trekking Conditions

Most of the trails on all the mountain treks are well-defined and of good quality but some forest sections are often slippery and moorland paths

can be very wet. The summit day on Mt. Kilimanjaro is almost exclusively on loose scree without permanent footpaths but no technical skills are required. Snow lies permanently on the summit of Kilimanjaro but no special equipment is needed to walk on it. This mountain is a large volcano that towers above the surrounding plains and therefore requires a considerable amount of ascent and descent but this is tempered by the short daily stages necessary for acclimatization. Be prepared for lots of uphill and downhill walking.

COVID-19 Vaccination requirements

As of 01 November 2021 it is a condition of travel, as detailed in our Terms & Conditions that all travellers over 18 years provide proof of COVID-19 vaccination.

We recognise any vaccine that has been authorised for use in the country where the vaccine was administered. This includes vaccines such as AstraZeneca, Covaxin, Johnson & Johnson, Moderna, Pfizer-BioNTech, Sinopharm, Sinovac and Sputnik.

In all instances, you must be fully immunised. This means you must receive the full dosage of the COVID-19 vaccine and allow a minimum of 14 days before travelling in order for immunity to take effect. Each COVID-19 vaccine has different dosages and timeframes for immunisation, so please check the related medical advice associated with your vaccine. Children under 18 years are not required to provide evidence of vaccination to travel at this time.

If you are unable to be vaccinated due to medical reasons, you may apply for an exemption. Exemptions will be assessed on a case-by-case basis. To apply, you must provide supporting documentation from a medical professional.

Proof of COVID-19 immunisation must be provided to us **no less than 4 weeks prior to travel**. We accept COVID-19 digital certificates, NHS Covid Pass or Vaccination Record Cards e-mailed to info@onthegotours.com or you can upload your vaccination history yourself via our traveller login. <https://www.onthegotours.com/Login>

The information you will need to upload includes: Administering national authority or government, document No, name of Vaccine, date/s of vaccination.

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.

Visa requirements and fees are subject to change. It is essential that you check the current entry requirements for all of the countries visited on your safari, with each relevant embassy/consulate prior to departure. Visa procurement is the responsibility of the traveller and not of On The Go.

Booking your flights

When booking your departure flight you should allow time at the end of your African safari for any unexpected delays. We recommend that you book your onward flight no earlier than 24 hours after the end of your safari. In the case of our longer overland camping safaris (22 days or more) we advise against making any firm arrangements for at least 48 hours after the scheduled departure date. We can arrange post tour accommodation for you upon request.

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Tanzania Country Guide

Vaccinations

You should seek medical advice before travelling to Tanzania from your local health practitioner and ensure that you receive all of the appropriate vaccinations. As a guide Polio, Diphtheria, Hepatitis A & B, Typhoid and Tetanus is strongly recommended. Meningitis and Rabies are also recommended.

There is the risk of malaria in Tanzania so it is very important to check with your doctor before you go, to see whether malarial medication is required for the areas you are visiting. 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.

Plastic Bag Ban

Effective 1st June 2019: All passengers arriving at any Tanzania airport including tourists can possibly face very heavy fines for using plastic bags in any way, shape or form. Using, manufacture or importation of plastic bags, including garbage bags and shopping bags is illegal. Offenders, including tourists, could face very heavy fines.

Visitors/Citizens and Residents alike are advised to avoid packing any plastic bags in their suitcases or in carry-on hand luggage before flying to Tanzania. Items purchased at the airport before boarding the aircraft should be removed from plastic bags. Please check hand luggage before disembarking at entry points and any plastic bags should be left in the plane.

Similarly the transparent "zip-lock" plastic bags that some airlines require passengers to use for keeping liquids, cosmetics, toiletries etc separately in hand luggage are also not permitted to be brought and should be removed and left on the plane before disembarking.

Currency

The currency of Tanzania is the 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 bureau 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-2010 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 (accept 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.

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