

# PIONEER EXPEDITIONS

www.pioneerexpeditions.com



## Kilimanjaro • Tanzania

**11 Days • 10 Nights • Various Dates • £1695**

*Trekking programmes that really work!*

Situated south of the equator - in Tanzania - at 19 340 feet, (5895m) this is Africa's highest mountain and the highest "free standing " mountain in the world. Huge permanent glaciers flow down from the summit, and spectacular views and beautiful ice formations are the reward for the successful trekker, as well as the satisfaction of conquering this mighty peak.

The main problems encountered can be altitude sickness, which can be countered by use of medicines and good basic acclimatisation. The standard route is a hike - no climbing as such. This trek is a "once in a lifetime " challenge and must not be taken lightly. We ensure that all our climbers have all the facts - medical list, equipment list, etc, long before they travel - possibly the reason for our success rate.

- Our itineraries have given us over 95% success rate (the average is 60%).
- Maximum group size of 12 trekkers.
- Additional rest day and longer time on mountain to acclimatise, vastly increases your chance of reaching the summit.
- One off price fully inclusive. There are no local payments.
- Camping rather than sharing huts provides extra flexibility.
- Dedicated cook team ensures high level of hygiene  
Shorter distances between overnights at altitude.
- Less utilised, more scenic route dubbed 'the best kept secret of Kilimanjaro'

### Overview – UMBWE ROUTE ITINERARY

On this route we utilise tents, which we supply, as well as lightweight camping mattresses etc. The Umbwe route is probably the most beautiful route by which to ascend the mountain. All your supplies and camping equipment are portered up for you (tents, 25 mm mattresses, awnings, stools, lights, etc), and your meals are prepared. Your personal baggage limit is 12 kg for the climb. Tents and sleeping mattresses are supplied on this trip.

Your base hotel is located in Moshi and is one of the best hotels in town. It has a swimming pool, indoor bar and garden area, patio, and restaurant. The rooms are a little old fashioned, but are clean and comfortable. Showers are en-suite with hot/cold water. The staff are very friendly and 'nothing is too much trouble'.

The guides employed are excellent (some have climbed Kili over 120 times!) and look after all our clients who attempt the climb. Each trip is led by a senior guide, with other guides in a ratio of approximately one guide per 2 or 3 climbers - if you are a bit slower than the rest, a guide will always be with you. Food served on the mountain is generally plain and wholesome, including carbohydrates and fresh vegetables. Vegetarians are catered for.

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## Itinerary

### Day 1

Meet on arrival in Kilimanjaro and transfer to the hotel. Your climb briefing will take place today, or tomorrow.

NB: If you need to hire any extra gear, advise the hotel shortly after your arrival. Leave any excess clothing and valuables at the hotel - they will lock them up for you. Pack your bag carefully for the climb - remember the weight limit of 12kg. Leave some 'bin bags' in an outer pocket of your bag, and show the porters where they are so that in case of rain they can quickly cover your bag. Keep one out for your personal daypack too! Liaise with staff at reception, and leave them your air tickets to be reconfirmed during your climb. It is your responsibility to ensure that flights are reconfirmed, as any schedule changes will be advised at that time.

**Overnight in hotel**

### DAY 2

Rest day to rehydrate from your long haul flight and adjust to the African pace of life. You will also have the opportunity to take a complimentary guided tour of Moshi and the surrounding area.

**Overnight in hotel**

### DAY 3

Drive to park gate. A seven-hour walk through the spectacular forest will bring you to a camping area - Umbwe Caves Campsite - with access to water at 2 900m. Take your time walking through this section - it will help towards acclimatisation. It can often be muddy or wet as well.

**Overnight camp.**

### DAY 4

Barranco Hut, 3 900 meters. Some fairly steep walking through the forest, and along a sharp ridge, before the path flattens as you approach Barranco Hut, in the moorland zone. A fairly long and strenuous day, as the altitude is now beginning to be felt.

**Overnight camp.**

### DAY 5

Today we will do an acclimatization walk to Lava Tower at 4600m. This will take around 7 hours (5 hours up, 2 hours down) and we will have a packed lunch as opposed to a hot lunch.

**Overnight camp.**

### DAY 6

Morning at leisure, before ascending the Barranco Wall and dropping into Karanga Valley at 4200 m.

**Overnight camp.**

### DAY 7

Continue across to Barafu Hut, now a fairly short day. This is an acclimatisation day, as you ascend up sections of scree and rock, then down into valleys - a hard day of walking at relatively high altitude. You will be able to rest up at Barafu for the whole afternoon, acclimatising and gathering strength for the summit.

**Overnight camp.**

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## DAY 8

Rest day. Read and enjoy the scenery. A short acclimatisation trek is recommended.

**Overnight camp.**

## DAY 9

Early attempt on summit. You will be woken at approx. midnight for your final ascent. Dress warmly, and your guide will lead you to Stella Point on the crater ridge, and then along the top to Uhuru Peak. It's a very long day - reaching the peak in the early morning light, and then descending during the day, arriving at a camp an hour out of Mweka in the late afternoon.

**Overnight camp.**

## DAY 10

Descend to park gate, approx. 5 hours steady downhill walk. On completion, transfer to hotel.

**Overnight in hotel**

## DAY 11

Transfer to the airport for onward travel or other activities

## INCLUSIONS

- Return airport transfers
- 3 nights hotel accommodation on continental breakfast basis.
- 7 nights camping on the Kilimanjaro mountain on full board
- All park fees, hut and camping fees (incl. tents & mats) and medical rescue fees
- All guides as stated above, porters and park ranger
- Mountain rescue while on trek
- All compulsory tips

### Trek price excludes:

- International flights to/from Kilimanjaro, taxes and visas
- All meals not stated above.
- Personal travel and medical insurance
- Extra drinks, gratuities and spending money

**N.B.** We do not operate a compulsory tipping system. We can assure you the guides are paid handsomely in comparison to other 'local' companies. Our staff are not expecting tips and tips are not compulsory. They should only be given upon the basis of exceptional service.

## Advice

When travelling (flying), we strongly suggest you wear or carry on you, your boots, wet weather gear and cameras - these are crucial for your climb and you do not want to risk losing them in the hold.

Make sure you have your yellow fever certificate with you - whilst it probably will not be asked for on arrival in Tanzania, when you return home it may be requested.

Please refer to our separate advice sheet for medical and training suggestions.

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## Expedition Schedule

This expedition is open for group sizes 2 - 10. If there are 2 or more of you, you can tell us when you want to go. We also have the following scheduled trips which all coincide with the full moon:

### 2010

16<sup>th</sup> - 26<sup>th</sup> October 2010 (23<sup>rd</sup> Oct - full moon)  
14<sup>th</sup> - 24<sup>th</sup> November 2010 (21<sup>st</sup> Nov - full moon)

### 2011

12<sup>th</sup> - 22<sup>nd</sup> January 2010 (19<sup>th</sup> Jan - full moon)  
11<sup>th</sup> - 21<sup>st</sup> February 2010 (18<sup>th</sup> Feb - full moon)  
8<sup>th</sup> - 18<sup>th</sup> June 2010 (15<sup>th</sup> Jun - full moon)  
8<sup>th</sup> - 18<sup>th</sup> July 2010 (15<sup>th</sup> Jul - full moon)  
6<sup>th</sup> - 16<sup>th</sup> August 2010 (13<sup>th</sup> Aug - full moon)  
5<sup>th</sup> - 15<sup>th</sup> September 2010 (12<sup>th</sup> Sep - full moon)  
5<sup>th</sup> - 15<sup>th</sup> October 2010 (12<sup>th</sup> Oct - full moon)  
3<sup>rd</sup> - 13<sup>th</sup> November 2010 (10<sup>th</sup> Nov - full moon)