



## Mount Kilimanjaro Trek Itinerary Machame Route - 6 Days

*This trek takes you up the Machame route, allowing you to camp and fully appreciate the splendor of the surroundings and starry night skies. The terrain changes as you ascend the mountain, passing through thick forest, moorland and scree en route to the highest point of the mountain, Uhuru Peak. This is a challenging trek at altitude, climbing one of the most impressive and well-known mountains in the world.*

### **Day 1: Moshi - Machame Hut**

A one-hour drive from Moshi lays the gate to the Machame route, where you will complete park formalities, meet your crew of porters and start to climb! The first section of the route climbs steadily and involves real jungle-bashing through magnificent forest. This path is less well-trodden and is often wet and muddy underfoot. Camp at Machame Hut (3100 m).

**Trekking Time:** 4-6 hours | **Distance:** 9 km | **Altitude Gain:** 1210 m

### **Day 2: Machame Hut - Shira Caves**

The route continues on up through the forest until reaching the steep ascent on 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. Camp at Shira Caves (3840 m).

**Trekking Time:** 4-6 hours | **Distance:** 5 km | **Altitude Gain:** 740 m

### **Day 3: Shira Caves - Barranco Camp**

Walking now on high moorland, the landscape changes the entire character of the trek. You will traverse the southwest side of Kilimanjaro, passing underneath the Lava Tower and the final section of the Western Breach, finally reaching Barranco Camp (3900 m). The day has been spent at altitude (up to 4600 m), but you will have followed the mountaineering code of 'walk high, sleep low' to avoid altitude sickness by aiding your bodies in acclimatization.

**Trekking Time:** 6-7 hours | **Distance:** 10 km | **Altitude Gain:** 60 m

#### **Day 4: Barranco Camp - Barafu Camp**

Start the day by descending into the start of the Great Barranco, a huge ravine. Then exit steeply, up what has been termed the Breakfast Wall, which divides you from the southeastern slopes of Kibo. It is a climb over rocks, although not technical. Passing underneath the Heim and Kersten glaciers, head towards the Karanga Valley (4000 m) for a short rest and lunch. From there, scree forms the terrain as you walk through arid land towards Barafu Camp (4600 m) for rest and dinner.

**Trekking Time:** 7-9 hours | **Distance:** 9 km | **Altitude Gain:** 700 m

#### **Day 5: Barafu Camp - Uhuru Peak - Millennium Camp**

We avoid walking too long in the heat of the sun today by starting around midnight, walking steeply upwards to the summit glaciers. You will be climbing scree for 5 to 6 hours but you gain incredible height over a short distance. The views are spectacular. You should be on the crater rim at Stella Point (5750 m) as the first rays of the sun emerge. Spectacular ice cliffs within the crater surround you and the views to Mawenzi peak and beyond are breathtaking. Another hour's walk takes you to your goal, the summit of Uhuru (5896 m), the highest point; Uhuru means freedom in Swahili.

**Trekking Time:** 6-8 hours | **Distance:** 7 km | **Altitude Gain:** 1296 m

After a quick celebration and photos at the top, you will begin the descent by returning to Stella Point and then descending on scree slope back to Barafu Camp for breakfast and a short rest before finally heading down to Millennium Camp (3000 m) for a well-earned rest. On the descent, you will have fabulous views of the plains and Mawenzi peak.

**Trekking Time:** 6-8 hours | **Distance:** 12 km | **Altitude Loss:** 2896 m

#### **Day 6: Millennium Camp - Moshi**

A gentle trek takes you down through the rainforest to the Mweka Gate (1640 m), where park formalities will be completed, you will be met by our vehicles, and receive your certificate of ascent courtesy of the *Kilimanjaro National Park Authority*. Thereafter, drive back to Moshi where you can treat yourself to a well-earned shower and a cold beer or two.

**Trekking Time:** 4-5 hours | **Distance:** 10 km | **Altitude Loss:** 1360 m

### MACHAME 6 DAY ITINERARY SUMMARY

| Day   | From  | To   | Distance / Time     | Altitude Change     |
|-------|---|--|---------------------|---------------------|
| DAY 1 | MACHAME GATE<br>1840 m                            | MACHAME HUT<br>3100 m                                | 9 km / 4-6 hours    | + 1210 m            |
| DAY 2 | MACHAME HUT<br>3100 m                             | SHIRA CAVES<br>3840 m                                | 5 km / 4-6 hours    | + 740 m             |
| DAY 3 | SHIRA CAVES<br>3840 m                             | BARRANCO CAMP<br>3900 m                              | 10 km / 6-7 hours   | + 760 m<br>- 700 m  |
| DAY 4 | BARRANCO CAMP<br>3900 m                           | BARAFU CAMP<br>4600 m                                | 9 km / 7-9 hours    | + 700 m             |
| DAY 5 | BARAFU CAMP<br>4600 m<br><br>UHURU PEAK<br>5895 m | UHURU PEAK<br>5895 m<br><br>MILLENNIUM HUT<br>3000 m | 19 km / 12-16 hours | +1296 m<br>- 2896 m |
| DAY 6 | MILLENNIUM HUT<br>3000 m                          | MWEKA GATE<br>1640 m                                 | 10 km / 4-5 hours   | - 1360 m            |

## PRICE INFORMATION

Machame Route 6-Day Trek | Per Person Prices USD

| # People                 | 1       | 2       | 3       | 4       | 5       | 6       | 7+      |
|--------------------------|---------|---------|---------|---------|---------|---------|---------|
| <b>Standard Package</b>  |         |         |         |         |         |         |         |
| 6 Days                   | \$2,103 | \$1,852 | \$1,768 | \$1,735 | \$1,678 | \$1,649 | \$1,636 |
| <b>Luxury Package</b>    |         |         |         |         |         |         |         |
| 6 Days                   | \$2,303 | \$2,052 | \$1,968 | \$1,935 | \$1,878 | \$1,849 | \$1,836 |
| <b>Exclusive Package</b> |         |         |         |         |         |         |         |
| 6 Days                   | \$2,503 | \$2,252 | \$2,168 | \$2,135 | \$2,078 | \$2,049 | \$2,036 |

Price includes:

- All that is quoted per package category on following page

Price DOES NOT include:

- Gratuities
- Personal trekking gear such as sleeping bag and clothing
- Favored beverages
- Visas
- Travel insurance
- Flights

## RECOMMENDED TIPS

| Worker          | Per Worker Per Group<br>Per Day |
|-----------------|---------------------------------|
| Lead Guide      | 20 USD                          |
| Assistant Guide | 15 USD                          |
| Chef            | 15 USD                          |
| Porters         | 8 USD                           |

For a 6-day trek the following are *minimum* tip recommendations:

Lead Guide: \$120 each guide

Assistant Guide: \$90 each guide

Chef: \$90

Porters: \$48 each porter

**MT. KILIMANJARO HIKING PACKAGES**

| <b>Category</b> | <b>Item</b>  | <b>Exclusive</b> | <b>Luxury</b> | <b>Standard</b> |
|-----------------|--|------------------|---------------|-----------------|
| CREW            | Mountain Guide   | *                | *             | *               |
|                 | Assistant Guide  | *                | *             | *               |
|                 | Camp Crew(s)   | *                | *             | *               |
|                 | Cook(s)  | *                | *             | *               |
|                 | Porters  | *                | *             | *               |
| EQUIPMENT       | Walk-in client tent  | *                |               |                 |
|                 | 3 person tent for 2 people   |                  | *             | *               |
|                 | Full size sleeping cot   | *                |               |                 |
|                 | Mattress   | *                | *             | *               |
|                 | Pillow   | *                | *             |                 |
|                 | Walk-in mess tent  | *                | *             | *               |
|                 | Lightweight tables   | *                | *             | *               |
|                 | Backed chairs  | *                | *             | *               |
| SAFETY DEVICES  | Pulse oximeter   | *                | *             |                 |
|                 | Altitude sickness checklists   | *                | *             | *               |
|                 | First aid kit  | *                | *             | *               |
|                 | Custom evacuation stretcher  | *                | *             |                 |
|                 | Oxygen   | *                | *             |                 |
|                 | Portable altitude chamber  | *                |               |                 |
| OTHER           | Toilet tent  | *                | *             |                 |
|                 | Kilimanjaro National Park fees   | *                | *             | *               |
|                 | Shower/wash tent   | *                |               |                 |
|                 | Full trip briefing   | *                | *             | *               |
|                 | Evaluation reports   | *                | *             | *               |
|                 | Complimentary hotel stay in Moshi pre- and post- climb                                   | *                | *             | *               |
|                 | Complimentary airport transfer from Kilimanjaro Airport (JRO) upon arrival and departure | *                | *             | *               |

## **SAMPLE MEALS ON THE MOUNTAIN**

### **Breakfast**

Toast (with honey, jam and/or butter); French toast; pancakes; sausage; bacon; eggs (scrambled, fried, omelet); cooked vegetables; fruits (oranges, mangos, bananas), cereals; hot cereal; tea; coffee; cocoa; juice.

### **Lunch**

Cold meat sandwiches; tuna or chicken salad sandwiches; grilled cheese sandwiches; fruits (oranges, mangos, bananas); eggs; French fries/chips; tea; coffee; cocoa; juice.

### **Dinner**

Soups (carrot, cucumber, pumpkin); pasta; rice; vegetables (stewed, boiled, steamed, curried); beef, chicken (roasted, stewed, curried); potatoes (mashed, boiled, fried); corned beef + cabbage; rice; ugali (corn meal porridge); fruits (oranges, watermelons, apples, pineapples, mangos, bananas); tea; coffee; cocoa, juice.

Our meals are flexible and our cook can cater to different dietary preferences as required.