



Treks

KILIMANJARO – Rongai Route



TREK OVERVIEW

All our Kilimanjaro routes have been carefully chosen both to improve your enjoyment through acclimatisation and also for your safety. We at Adventure Peaks do not believe it is wise to spend any less than 7 days on the mountain for the simple fact that we want our clients to feel good both mentally and physically and to reach their goal – the ‘roof of Africa’. Each route we offer has its own quirks and we encourage you to check our website or contact our experienced staff to help you decide which trip is perfect for you.

The Rongai route is perhaps the easiest and most remote of all the routes up Kilimanjaro, giving the traveller the true feel of an unspoilt wilderness. Approaching the mountain from the north east side, although longer, it has a gentle gradient and shorter daily stages linked with a rest and acclimatisation day at the idyllic Mawenzi Tarn, nestling gracefully beneath dramatic rock spires of Mawenzi, the massif’s second summit. This gives 7 days walking, summiting on the 6th day. Descent is via the Marangu (‘Coca Cola’) route.

Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

PREVIOUS EXPERIENCE/FITNESS

If you are used to regular multi day hill walking you will have the right level of fitness to fully enjoy your time on this trek. Previous walking experience is not essential but will help you get the most out of this trip. Non hill walkers must come with a reasonable degree of fitness. Most days are relatively short but the summit involves a long day starting around midnight.



GROUP AND LEADERS

A fully qualified UK leader will accompany all groups of five or more passengers. The leader will work alongside a team of local guides, assistant guides, porters and cooks who work very hard to make the whole experience as enjoyable as possible. Smaller or private groups will be led by an English speaking Tanzanian guide. This trip is exclusive to Adventure Peaks.

WEATHER

Being close to the equator, Kilimanjaro does not really experience summer and winter. However there are two wet seasons (April / May and November / December) during which we do not trek. If you travel soon after the end of a wet season you can expect snow on the summit and wet conditions underfoot on the lower slopes. The higher you are the cooler it will be. Even though clear skies and views over the clouds below are normal, you must remember that weather in high mountains is unpredictable and you should be prepared for this. It will be cold on the early starts and in the evenings at altitude. August is usually the coldest month.

WHAT TO CARRY

This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

CATERING ARRANGEMENTS

Food on the trek is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast can include porridge followed by sausage & eggs (fried or omelette) and either bread or chapattis with jam, honey, peanut butter etc. A sample lunch may consist of sandwiches, boiled eggs, chicken legs, biscuits, fruit etc. You usually arrive at the camp around lunchtime or mid afternoon for tea, biscuits and fresh popcorn. The evening meal always starts with soup followed by a huge variety of main courses – pasta, rice, chips with various sauces. Fresh fruit tends to be served for dessert. You should not be hungry! Vegetarian food is improving rapidly and we've been getting reports that even the carnivores have been tucking into the vegetarian dishes.

ACCOMMODATION

In Moshi you will stay in a 3* hotel with a pool in a quiet part of town. Twin, double or single rooms are available. On trek you will be in two-person tents. Toilet tents, or 'long drop' loos, are provided at camps. Warm washing water will be supplied.

LANGUAGE AND TIME

Language: Swahili and English

Time: GMT+3 (CET). No daylight saving time at present.

HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the [National Travel Health Network and Centre](#), and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from [NHS Choices](#).

Information on whether or not a Yellow Fever certificate is required is confusing. To be safe – get one. You must have one if you are entering from a [country with a risk of Yellow fever transmission](#), or if you are travelling to Zanzibar. Also people who have simply transited Nairobi and some with stamps in their passports from risk countries HAVE been asked for a certificate. If you do not have one, then you may have to pay a bribe to the official!

Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling. Please note that disposable plastic bottles are **not** permitted on the mountain and park rangers can issue fines for this, so bring nalgene bottles or similar.

INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official helicopter rescue services on Kilimanjaro and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).



ALTITUDE

If this is your first trip to altitude you may have concerns about the effects of altitude. Don't worry, our itineraries allow sufficient time to acclimatize. At worst you may experience a headache or a little breathlessness, the best way to avoid such symptoms is to do everything slowly, walk at a gentle steady pace and drink plenty of fluid. Should you be the exception, we can allow you to stay an extra night at a lower level and follow with one of our local guides.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

EQUIPMENT

A detailed equipment list is provided on booking but normal winter walking equipment is all that is required, together with a four season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for mules and porters should be kept to 15kg, (you will be wearing boots and one set of trekking clothes). Some items can be left at the hotel in Moshi for your return.

VISAS AND PERMITS

A Single Entry Tourist Visa costs approx. £40 (US\$ 65.00.) You should obtain your visa in well in advance from the Tanzanian High Commission in London. Details of how to obtain your visa will be sent before your trip.

LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes, tips for local staff and personal spending.

CURRENCY

The currency in Tanzania is the Tanzania Shilling (TZS) but you cannot obtain these outside of Tanzania. Therefore take UK sterling, Euro or US\$ and exchange on arrival. Don't try and change money in the street in Tanzania as it is illegal. ATMs and change bureaux are available in the

arrivals hall at the airport. The US\$ is widely accepted and we suggest you bring some in cash with you, ensuring you have some small denomination notes.

TREK STAFF BONUSES

Staff Bonuses or 'Tips' for the porters and support staff are an accepted and expected part of life in Tanzania. Our teams generally pay these bonuses to our trek staff as a whole, and would recommend around US\$200-300 per client, depending on group size and length of trip. Details will be sent to you with your Final Joining Information. Tipping in hotels and at meals is normal practice.

ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.



FLIGHTS AND JOINING ARRANGEMENTS

Within the published 'With UK flight' price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the 'Land Only' and the 'With UK flights' prices. This element is for a changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change.

Whatever flight you take, you will be met at the airport and transferred to the hotel in Moshi.

The rendezvous for this trip is the ARRIVALS HALL AT KILIMANJARO AIRPORT when your flight comes in on Day 1.

You will meet other members of the trekking group in the hotel in Moshi.

PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.

KILIMANJARO RONGAI ROUTE ITINERARY

No	Day, date	Today we...	We stay at...	Accommodation is...	Meals...
1	Fri	Fly	Moshi	Hotel	
2	Sat	Start trekking	First Cave(2600m)	Camp	BLD
3	Sun	Trek 2	Kikelwa Cave(3600m)	Camp	BLD
4	Mon	Trek 3	Mawenzi Tarn(4300m)	Camp	BLD
5	Tue	Trek 4 - acclimatisation day.	Mawenzi Tarn(4300m)	Camp	BLD
6	Wed	Trek 5	Kibo(4700m)	Camp	BLD
7	Thu	Summit day	Horombo(3720m)	Camp	BLD
8	Fri	Final day's trek	Moshi	Hotel	BL
9	Sat	Free morning then depart	Plane/home	Plane/home	B
10	Sun	Arrive home	Home	Home	

Day 1 We fly to Kilimanjaro International airport. On arrival in Tanzania you will be met and transferred to the hotel in Moshi. Situated in a quiet location in the foothills of Kilimanjaro this is a pleasant and friendly hotel with restaurant, bar and swimming pool. (*Many clients choose to take an overnight flight departing one day earlier*)

Day 2 After breakfast you will be transferred to the start of the Rongai route (3hrs). The climb begins from the attractive wooden village of Nale Moru (1950m) 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 with extensive views over the Kenyan plains. *Climb 900 metres; walking time: 4 to 5 hours.*

Day 3 The morning walk is a steady ascent up to the 'Second Cave' (3450m) with superb views of Kibo and the Eastern icefields 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. *Climb 1000 metres; walking time: 6 to 7 hours.*

Day 4 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 (4330m), 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 acclimatisation. *Climb 730 metres; walking time: 3 to 4 hours.*

Day 5 We spend the day exploring the area around Mawenzi Tarn. The old adage of climbing high and

sleeping low still holds very true and a second night spent at 4330m will greatly increase your chances of a successful summit bid.

Day 6 We cross the lunar desert of the 'Saddle' between Mawenzi and Kibo to reach Kibo Hut (4700m) 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! *Climb 370 metres; walking time: 4 to 5 hours.*

Day 7 We will start the final, and by far the steepest and most demanding, part of the climb by torchlight around 1am. We plod very slowly in the darkness on a switchback trail through loose volcanic scree to reach the crater rim at Gillman's Point (5685m). 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 (5895m), passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. The descent to Kibo (4700m) is surprisingly fast and, after some refreshment, we continue the descent to reach our final campsite at Horombo. *Climb 1195 metres; descend 2175 metres, walking time: 11 to 15 hours.*

Day 8 A steady descent takes us down through moorland to Mandara Hut (2700m), the first stopping place at the Marangu route. We continue descending through lovely lush forest on a good path to the National Park gate at Marangu (1830m). You will be transferred to our hotel for a well earned rest. The afternoon is free to buy souvenirs and try your hand at haggling with the local shopkeepers. *Descend 1890 metres; walking time: 5 to 6 hours.*

Day 9 Usually there is some time to visit town in the morning before transferring to the airport for your flight home. (Sometimes flights used will get you back home the same day).

Day 10 Arrive back in the UK.

EXTENSIONS

You could fly out 4 days earlier and climb Mount Meru (4566m) and be fully acclimatised for Kilimanjaro!
You could extend your stay in Tanzania to enjoy a safari or visit the 'Spice Island of Zanzibar (or both!)

Please contact our office for further information and prices.