CLIMB MOUNT KILIMANJARO - MACHAME ROUTE

Mount Kilimanjaro is unique in the challenge and experience that it delivers. Kilimanjaro is the highest freestanding mountain in the world and the highest mountain in Africa. Climbing Kilimanjaro, seeing the sunrise from Uhuru Peak, traversing numerous climatic zones and meeting the warm Chagga people is the experience of a lifetime.

We operate regular, scheduled small group climbs of Kilimanjaro on the Machame (7 Day Climb) routes. We work closely with our local partner, a leading local socially responsible company, who have a 100% success rate on 8 day climbs and an overall success rate of 85% on Kilimanjaro. Our guides, porters, equipment and food are amongst the best in the business and dedicated to delivering adventure excellence.

Our Kilimanjaro climbs are safe, fun, enjoyable and directly benefit the local community. Our local partner meets IMEC’s stringent porter protection guidelines on wages and tips, loads, equipment, clothing and provisions on the mountain. We also support them in their work with local charities and projects.

Most guides regard the Machame Route as the most enjoyable and although more difficult than the Marangu Route the success rate is much higher. We run the Machame Route over 7 days to give you the highest chance of success on this challenging climb.

HIGHLIGHTS

- Viewing the sunrise from Uhuru Peak, the summit of Kilimanjaro.
- Experiencing the variety of fauna and flora on Kilimanjaro.
- Getting to know your guides, porters and the local Chagga people.
- Climbing one of the Seven Summits

WHY CHOOSE TO CLIMB KILIMANJARO WITH US?

Macs Adventure is a walking and adventure specialist. You will deal with a specialist member of our team who has personal experience and in depth knowledge of climbing Mount Kilimanjaro.

We are passionate about delivering outstanding Kilimanjaro climbs where every last detail is taken care of. Our professional local guides are outstanding, the food and equipment supplied on your climb is first rate and we ensure you have a safe, fun and authentic holiday experience climbing Kilimanjaro.

We run regular scheduled small group climbs for those who wish to join the friendly and social atmosphere of our small groups. Group departures are perfect for those travelling solo or friends and couples who prefer to join a small group climb. Groups run with a minimum of two and a maximum of ten trekkers. This ensures a cohesive, friendly and supportive atmosphere on the trek.

Our comprehensive M.A.C.S. Responsible Travel Policy ensures your visit to Tanzania and Mount Kilimanjaro has the maximum benefit and minimum impact on the local community and environment.

Our Kilimanjaro climbs are excellent value and include almost everything so there will be no surprises on arrival. We provide a top quality service, pay our partners, guides and porters fair wages and our climbs are only available to book direct with Macs Adventure so you don't pay travel agents commissions and booking fees.
Kilimanjaro Climb—Machame Route
Code: TTGKCM
Climbing Days: 7
Duration: 8 Nights & 9 Days

Kilimanjaro’s Machame Route is widely regarded as the best route on Kilimanjaro as it doesn’t involve a long drive, ascends and descends by different routes, enjoys beautiful campsites, passes many of Kilimanjaro’s finest features and the overall success rate is excellent. Additionally we add an extra day to the standard itinerary to ensure you have the best chance of acclimatisation and success in summiting Kilimanjaro.

Grade
Climbing Kilimanjaro is graded strenuous and you should be in good physical fitness and have experience of multi day trekking or walking trips prior to undertaking a Kilimanjaro climb. Even for fit people the effects of altitude can make the climb very tough. The effect of altitude should not be underestimated.

The trails are on Kilimanjaro are generally clear and well maintained, although they can be slippery lower down. The Barranco Wall on day 5 involves an easy scramble for 1.5 hours and final climb to the summit is on loose scree and rock and can be snowy/icy. The climb is a walk so no specialist climbing skills are necessary.

**DAY 1**
Arrive Starting Point: Arusha
Kilimanjaro Airport is the best airport to arrive at and reasonably priced transfers are available to your hotel in Arusha. Our local representative will meet the group at your hotel in Arusha in the evening for a full briefing and to answer any last minute queries you may have.
Overnight: Arusha Hotel

**DAY 2**
Machame Gate (1,800m/5,905ft) to Machame Camp (3,000m/9,840ft)
Elevation Gain: 1,200 meters, 3,935 feet
Distance: 10 kilometres

At 9am, leave Arusha for Machame Gate, where you will meet your porters, guides, and cooks that will spend the next seven days trekking with you to Uhuru Peak, the roof of Africa. The drive through coffee farms and villages to Machame Gate takes about 1.5 hours.

Your first day's destination is Machame Camp. Each day, porters and cooks will walk ahead to set up the camp in time for your arrival. On the first day, hike through the mass-covered trees of Kilimanjaro's cloud forest. The forest will thin at the end of the hike and vegetation will change to include heathers, tall grasses and wildflowers. If the weather is clear, view the surrounding area and your ultimate destination, Kibo Peak.
Overnight: Camping

**DAY 3**
Machame Camp (3,000m/9,840ft) to Shira Camp (3,840m/12,600ft)
Elevation Gain: 840 meters, 2,760 feet
Distance: 7 kilometres (2610m)

Considered to be the easiest day on the Machame Route, today's trek includes several uphill sections. There are several viewpoints from which you can see the plains and forests below and Kibo and Mawenzi peaks above.

As you gain altitude you will notice the change in vegetation. The trees diminish in size, giving way to Kilimanjaro's famous high altitude plants. After lunch we climb the Shira Plateau, created when Kibo's lava flows filled the Shira crater and continue to Shira Camp, where you will relax for the rest of the day. Kibo lies to the west and Mount Meru to the east.
Overnight: Camping

**DAY 4**
Shira Camp (3,840m/12,600ft) to Barranco Camp (3,950m/12,960ft)
Total Elevation Gain: 690 meters, 2,264 feet
Distance: 10 kilometres

Although this up and down day ends with an elevation gain of only 110 meters, by early afternoon you will have climbed 690 meters to a height of 4,530 meters before beginning your descent to Barranco Camp. This day is crucial for acclimatization.
After breakfast we hike east on the Shira Plateau
before reaching the junction of the Shira and Lemosho Routes. Continuing on through the barren landscape before stopping for lunch. Shortly after lunch we reach the highest point of the day before descending quickly to Barranco Camp. Faster hikers can take a detour via Lava Tower, a 300-foot lava formation jutting out of the mountainside.

Barranco Camp, set among stands of Senecio kilimanjari, is considered to be the most scenic campsite on the Machame Route.

Overnight: Camping

DAY 5

Barranco Camp (3,950m/12,960ft) to Karanga Valley (4,200m/13,780ft)

Elevation Gain: 250 meters, 820 feet
Distance: 7 Kilometres

The day begins with a 1.5 hour scramble up Barranco Wall. This is the hardest part of the day and you may have to use your hands to climb occasionally. After the climb we descend into the green Karanga Valley and camp on the ridge above the valley to allow for greater acclimatization.

Overnight: Camping

DAY 6

Karanga Valley (4,200m/13,780ft) to Barafu Camp (4,600m/15,100ft)

Elevation Gain: 400 meters, 1,320 feet
Distance: 6 kilometres

The walk to Barafu passes through alpine desert but enjoys spectacular views of Kilimanjaro’s glaciers and Kibo and Mawenzi peaks. It’s early to bed as we will be up before midnight to tackle the summit climb.

Overnight: Camping

DAY 7—SUMMIT DAY

Barafu Camp (4,600m/15,100ft) to Uhuru Peak (5,895m/19,340ft) to Mweka Camp (3,100m/10,170ft)

Elevation Gain: 1,295 meters, 4,240 feet
Elevation Loss: 2,795 meters, 9,170 feet
Distance: 18 kilometres

At midnight we begin the final ascent to Uhuru Peak, the highest point in Africa. For the next six hours you hike by the light of your head torch as you tackle the ascent to the crater rim, the most challenging part of the entire trek. The trail is very steep until you reach the crater rim at Stella Point.

Sunrise comes as you reach the crater rim, a moment that you will never forget.

The one hour climb from Stella Point to Uhuru Peak is a gradual climb but the altitude makes the walk long and tiring. After celebrating reaching Uhuru Peak (5895m) we descend to Mweka Camp. On the descent you can enjoy the breathtaking views of the mountain, crater, clouds and glaciers.

After a break and breakfast at Barafu Camp, we descend for another three to five hours to reach Mweka Camp.

Overnight: Camping

DAY 8

Mweka Camp (3,100m/10,170ft) to Mweka Gate (1,500m/4,920ft)

Elevation Loss: 1,600 meters, 5,250 feet
Distance: 10 kilometres

After the strenuous effort of yesterday your last hike on Kilimanjaro is a beautiful one, passing through Kilimanjaro’s cloud forest. Our vehicles will be waiting at the lower station of Mweka Gate to transfer you back to Arusha and the cold beer and hot showers you’ve been looking forward to.

Overnight: Arusha Hotel

DAY 9

Onward Travel

Either travel home or perhaps extend your stay in Tanzania with a safari or visit to Zanzibar. Our team can plan your perfect adventure.

RECOMMENDATIONS

Tanzania Extensions

Tanzania is one of the World’s best safari destinations, while the island paradise of Zanzibar is the perfect spot to relax after all the effort of Kilimanjaro.

Safari: A safari in East Africa is the perfect way to relax and unwind after the strain of climbing Kilimanjaro. Tanzania is one of the world’s best safari destinations and we can arrange your ideal safari to the Serengeti, Ngorongoro Crater or further afield.

Additional Nights

If you require additional nights in Arusha before or after your climb you can add these at the time of booking. Day safaris and other activities are available from Arusha.

CLIMB INFORMATION

Accommodation & Meals

During the climb you will camp on the mountain. We use top quality mountaineering tents and equipment which are rated for sub zero conditions and high winds. We supply 3 person North face VE25 and mountain 25 tents for each two people as well as sleeping mats, mess tent, camping tables and chairs, a toilet tent, kitchen equipment and staff tents.

During the climb we provide three meals a day, afternoon snacks and all drinking water (filtered). Our excellent menu and the wonders our chefs can work high on the mountain never cease to
impress our clients. In Arusha we use comfortable, welcoming and locally owned and operated accommodation including breakfast.

Travelling Solo
About 50% of the people joining our small group departures are travelling solo so you will be in good company and the small group (2-10) nature of our holidays make for a friendly, sociable and encouraging group dynamic. There is a single supplement payable to cover the single supplement in Arusha.

Single Rooms/Tents
Single tents are generally not available whilst on the climb. If you are an individual joining a small group departure you will share a tent with another group member of the same sex. If you would like a single tent in trek we can quote for this. Single rooms are available in Arusha and there is a supplement payable.

Equipment
While trekking you will only have to carry a day bag with water, snacks, spare clothes, waterproofs and your camera. Your main bag will be moved by a porter. Your bag must be of a duffle bag or backpack design and weigh a maximum of 15kg. Hard cases are not suitable for this climb. You can download a full equipment list from our website downloads page.

Your Guide
Our guides are some of the best in the business. All have at least seven years experience on Kilimanjaro, are fully qualified and trained according to Tanzanian law, are passionate about the fauna, flora and culture of Kilimanjaro and all have many successful ascents behind them. All speak fluent English and they will add hugely to your experience of climbing Kilimanjaro. As well as guiding you on the mountain they bring a wealth of knowledge to your journey and coordinate all your porters, accommodation and meals. Our guides are fully trained and experienced in recognising the signs and dealing with Altitude Sickness.

Your Porters
Porters are an integral part of your climb and we have a fantastic team of full time porters. We are very proud of our porter protection policy. Our local partner is a partner for responsible travel with the International Mountain Explorers Connection and Kilimanjaro Porters Assistance Project. Duma is one of just a few Kilimanjaro trekking companies to qualify for IMEC/KPAP membership.

In order to be a partner, Duma must adhere to the following guidelines about porter treatment on Kilimanjaro:

• Wages - 6,000Tsh/day for the Marangu route and 8,000Tsh/day for all other camping routes.
• Loads should not exceed 25 kilos. Porter carries 20 kilos for the company and 5 kilos of their own gear.
• Porters receive the full amount of tip intended for them. A transparent tipping procedure in which each crew member receives their tip directly.
• Porters are outfitted with proper clothing and equipment.
• Porters have proper shelter and sleeping equipment - Each porter is required to have a sleeping bag and adequate space in sleeping quarters.
• Porters are provided with food and water. Porters should be given adequate water and at least two meals a day while climbing Kilimanjaro.
• Number of crew should stay consistent throughout the trip. Porters should not be overloaded in order to send other crew down early.
• Sick or injured porters are properly cared for. An ailing porter should receive the same treatment you would provide for a sick climber.

Availability/Time of Year
We have regular small group departures between December and March and June and October. Check our website or give us a call for up to date availability.

Our prices are mid-range and reflect the high quality of our staff, service, equipment, porter protection policies. Please note that all park and rescue fees are included.

Please see our website for a current list of prices and available departure dates for this trek.

Included

• 2 nights hotel accommodation in Arusha, including breakfast.
• 7 Days Kilimanjaro climb on Machame Route.
• 6 Nights Camping on climb.
• Breakfast, Lunch, afternoon snack, Dinner and water during the climb.
• Total Meals (8B, 7L, 6D)
• Fully qualified, English speaking guide
• Assistant guides and porters as needed.
• Food, accommodation, salary, insurance and equipment for your guide and porters.
• All park entrance, camping, hut and rescue fees.
• Transfers from Arusha to/from National Park gates.
• Kilimanjaro Guidebook—Kilimanjaro by Henry Stedman, published by Trailblazer.

Excluded

• International flights to/from Tanzania.

TO BOOK PLEASE VISIT WWW.MACSADVENTURE.COM OR CALL +44 (0) 845 527 7871
PRACTICAL INFORMATION

- Airport transfers.
- Lunches and dinners while in Arusha.
- Travel Insurance
- Personal Equipment
- Tanzanian Visa (£38 GBP) or departure tax (USD$30)
- Alcoholic Drinks, sodas or additional snacks.
- Tips for your trekking crew (expected, but not mandatory).

Flights to Kilimanjaro

Kilimanjaro International Airport is the most convenient airport. Indirect flights to Kilimanjaro are available daily from London and major regional airports in the UK. Airlines include KLM, Kenyan Airways, Ethiopian Airways amongst others. Flights start at about £450.

We do not sell but would recommend both Opodo and Expedia for competitive flights.

Passport & Visas

All nationalities require a full passport valid for at least six months after your intended departure from Tanzania. Most nationalities require an entry visa for Tanzania which should be obtained prior to travel. The current cost is GBP £38. Passport and visa requirements do change so although this information is supplied in good faith it is your responsibility to ensure that you have the correct travel documentation.

Health & Vaccinations

In addition to those vaccinations and boosters required for life in Britain the following vaccinations/boosters are recommended: diphtheria; tetanus; hepatitis A; typhoid; yellow fever.

For detailed advice on travel health visit the Fit For Travel Website: http://www.fitfortravel.nhs.uk

Acute Mountain Sickness

Acute Mountain Sickness or Altitude Sickness is a major concern on the Kilimanjaro Climb and although our itinerary is designed to minimise the chances of you suffering from AMS each individual is affected differently by altitude. Our pre-departure information pack has detailed information on minimising the risks of AMS and recognising the signs of AMS and the appropriate course of action. Your guides are all fully trained in recognising the symptoms of and dealing with AMS. If you have any pre-existing health conditions that you think may make you more susceptible to AMS we recommend you consult your doctor before booking this trip.

Currency, Money & Local Costs

The local currency is the Tanzanian Shilling. The best way to carry money is a combination of cash in GB pound sterling (which can be changed at the airport and in Arusha), USD, pound sterling traveller’s cheques and credit/debit cards.

You will need some money to pay for your meals in Arusha, alcoholic drinks or soft drinks, snacks, souvenirs and trekking crew tips.

Financial Security: Total Payment Protection Policy (tpp) cover:

In compliance with the UK Package Travel, Package Holidays and Package Tours Regulations 1992 an insurance policy has been arranged with Travel & General Insurance Company plc to protect customers’ prepayments paid in respect of:

- non-flight inclusive packages commencing and returning to the UK
- the ground handling aspects of packages where the customer is responsible for arranging travel to the destination offered in this literature (subject to the terms of the insurance policy), for:
  - a refund of such prepayments if customers have not yet travelled
  - making arrangements to enable the holiday to continue if customers have already travelled or in the unlikely event of our financial failure.

Travel Insurance

Travel insurance which includes evacuation cover and covers trekking to the altitude of Kilimanjaro’s Summit (5895m) is a requirement for this holiday and we will require proof of cover and the insurance companies emergency number prior to your departure.

Macs Adventure does not sell travel insurance but we recommend Sports Cover Direct whose Venture Guard Policy is well suited to this climb. Phone: +44845 120 6400

Recommended Reading

Maps of Kilimanjaro are available locally. Your guidebook has a comprehensive section of recommended reading.

M.A.C.S. RESPONSIBLE TRAVEL

Minimise Impact & Maximise Benefit

Our operating policies, office policies, holidays and tours are all designed to minimise impact and maximise benefit to the environment and local communities.

Action & Advocacy

We believe that by engaging our team and clients in environmental and community projects we can make a real difference.

Carbon & Communities

Travel and our business activity does of course contribute to carbon output and climate change. We have put several policies in place to minimise our carbon footprint.

Sensitive & Sustainable

Macs Adventure has worked hard to ensure that our holidays are sensitive to the community you
are visiting and sustainable over the long term.

This tour is operated responsibly because:

- All leaders, porters and operational staff are employed locally employed by Macs Adventure and its agents so the majority of your holiday cost stays in Tanzania.
- All guides and trek staff are properly trained and equipped, fully insured and paid at or above rates recommended by the Kilimanjaro Porters Assistance Project.
- We chose to work with our local partner because of their exceptional commitment to porter welfare and the local community. They support a local school and in the past 18 months have completed two classrooms and a teachers office.
- We supply detailed pre-departure information to all climbers suggesting ways to minimise any negative social or environmental impact in Tanzania.

TESTIMONIALS

“The trip was wonderful, we were very lucky in the fact that it was the beginning of the season and thus quite quiet on the walk. All in all it was a great holiday, though I don’t think I have ever been as cold as that before. All I can say is I would definitely recommend Macs as everyone there went out of their way to answer my emails and the holiday was went ahead with no problems.”
Amanda Pearson, Manchester

“We were really pleased with all the organization, information pack, guide book and in particular, delighted with the accommodation booked for us which suited us perfectly. I would recommend Macs Adventure to others who I know are planning a similar trip. So very many thanks!”

“Just wanted to say, what an amazing walk and holiday we all had. Still speechless really. Absolutely amazing. Thanks for all the information and assistance.” Pauline Roenisch, London

HOW TO BOOK

Once you have read all the information in this factsheet or our website and decided on your preferred itinerary, visit our website or give us a call to confirm availability. You can then book by any of the following methods:

- Book Securely Online: www.macsadventure.com
- Telephone: +44 (0) 845 527 7871
- Fax/Post: Download or request a booking form and post it to Macs Adventure, Unit 24a, 1103 Argyle Street, Glasgow, G3 8ND, UK or fax it to +44 (0) 845 527 5688

Please don't hesitate to contact us by phone on +44 (0) 845 527 7871 or email: info@macsadventure.com if you have any queries and one of our expert team will be happy to help.