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### **About Kilimanjaro**

Kilimanjaro, a metaphor of the compelling beauty of the East Africa with its glaciers and veils of clouds, stands out on the plains of Tanzania like a beacon calling adventurous from all over the worlds to attempt the success and glory of standing on her summit at Uhuru Peak.

The first ascent of Kilimanjaro was accomplished by Hans Meyer in 1891, reaching Uhuru peak, the summit of Kilimanjaro, is definitely a life-changing experience and a huge achievement. Kilimanjaro is formed by 3 volcanoes, Shira, Mawenzi and Kibo (Kibo being the highest of the three).

Kilimanjaro is not only one of the 7 summits of the world representing Africa, but also the highest free-standing mountain in the world, at 5895 meters (19336 feet) above sea level.

Kilimanjaro is one of the world's most accessible high summits; this offers a unique opportunity for novice high altitude mountaineers to experience the uniqueness that summing a great mountain offers.

Mount Kilimanjaro, situated in the Kilimanjaro National Park, is 755sq km (+/- 470 sq. miles) and located in Northern Tanzania.

- The slopes of the National park are populated by local Tanzanians and are mainly used for agricultural purposes. The climate here is ideal for coffee plantations, for which East Africa is world renowned for.
- The rains forest starts at around 1800 meters and extends to around 3000 meters. On all hikes up Kilimanjaro you will be overwhelmed by this lush rain forest.
- From 3000 meters until around 4000 meters you find the heath and moorland area, with vegetation much like that of the Cape's 'fynbos'.
- 4000 ~ around 4500 meters you find a semi-desert with spares or no vegetation, and the stage is often compared to walking on the moon.
- From here to the summit you finally reach the alpine desert. On the summit area you will find permanent ice fields, with snow and ice lower. It is however a possibility to hike up to the summit and not walk on any ice or snow. For this reason your choice of departure date is very important.

### **About our adventure trek package up Kilimanjaro**

Making a reservation with Dream World Adventures is easy and convenient.

Choosing Dream World Adventures to be your operator for your adventures hike up Kilimanjaro will provide you the opportunity to be assisted with fellow adventures seekers that have been promoting Kilimanjaro since 1995 and have numerous successful summits of the mountain. Our staff has also successfully summated other high altitude mountain that includes Mt. Kenya (both the trekking and also the climbing peaks) Mt. Elbrus in Russia and also Mt. Aconcagua in South Africa.

Our knowledge of Mount Kilimanjaro is UN rivalled and we can also assist you in obtaining the specialty equipment, either through purchase or rental with our partner companies at discounted rates. Our main goal is to offer a 100% chance of reaching the summit of Kilimanjaro safe and successfully.

Dream World Adventures have negotiated competitive rates with all our suppliers, with which we are able to provide our clients with discounted travel packages. We also have discounted airfares with Kenya Airways or RwandAir that can be packaged together for flights from Johannesburg in South Africa.

For clients travelling from South Africa and on passports other than South African where visas may be required, we also provide a visa service so that all your documents are in order prior to arrival in Kilimanjaro.

Detailed Kilimanjaro briefings can be arranged at our office upon request where a 3D scale model of the mountain will give you a better idea of the various route options and day-to-day plan of action.

At Dream World Adventures we strive to provide the best service combined with expert knowledge to our clients undertaking this life-changing adventure and this service does not end on the day of your departure! We offer an emergency contact number in the event of anything unforeseen.

We let our clients do talking when it gets to our service – testimonials of recent clients that climbed with us can be found on our [Facebook page](#)

### **Best time of the year to travel**

Your adventure climb up Kilimanjaro can start on any day of the week all year round. The best travel dates up Kilimanjaro however will be during January until March, and from end June to end October due to the weather conditions traditionally being more stable during that time.

Weather conditions on Kilimanjaro, like all other high altitude mountains, however are unpredictable and can change rapidly, hence go prepared!

Another consideration to take into account when planning your Kilimanjaro climb is to have your summit attempt fall during a full moon cycle. All Kilimanjaro summit attempts start around midnight, having a full moon during your trek up to Uhuru peak, the summit on Kilimanjaro, will provide you with more natural light to make your climb safer and easier.

For your convenience we have listed the full moon dates for the near future, and also the indicative itinerary starting dates which are based on a standard 6 day route up Kilimanjaro.

As mentioned however please note that your Kilimanjaro adventure is not restricted to the below mentioned dates and can start on any day of the week, depending on availability.

Full moon on 27/04/2021 – Travel to Moshi on the **23/04/2021** & start your hike on the 24/04/2021

Full moon on 26/05/2021 – Travel to Moshi on the **22/05/2021** & start your hike on the 23/05/2021

Full moon on 24/06/2021 – Travel to Moshi on the **20/06/2021** & start your hike on the 21/06/2021

Full moon on 24/07/2021 – Travel to Moshi on the **20/07/2021** & start your hike on the 21/07/2021

Full moon on 22/08/2021 – Travel to Moshi on the **18/08/2021** & start your hike on the 19/08/2021

Full moon on 21/09/2021 – Travel to Moshi on the **17/09/2021** & start your hike on the 18/09/2021

Full moon on 20/10/2021 – Travel to Moshi on the **16/10/2021** & start your hike on the 17/10/2021

Full moon on 19/11/2021 – Travel to Moshi on the **15/11/2021** & start your hike on the 16/11/2021

Full moon on 19/12/2021 – Travel to Moshi on the **15/12/2021** & start your hike on the 16/12/2021

Full moon on 17/01/2022 – Travel to Moshi on the **13/01/2022** & start your hike on the 14/01/2022

Full moon on 16/02/2022 – Travel to Moshi on the **12/02/2022** & start your hike on the 13/02/2022

Full moon on 18/03/2022 – Travel to Moshi on the **14/03/2022** & start your hike on the 15/03/2022

Full moon on 16/04/2022 – Travel to Moshi on the **12/04/2022** & start your hike on the 13/04/2022

Full moon on 15/05/2022 – Travel to Moshi on the **11/05/2022** & start your hike on the 12/05/2022

Full moon on 14/06/2022 – Travel to Moshi on the **10/06/2022** & start your hike on the 11/06/2022

Full moon on 13/07/2022 – Travel to Moshi on the **09/07/2022** & start your hike on the 10/07/2022

### **Kilimanjaro Health Requirements**

It is compulsory for travellers to Tanzania to have a Yellow fever inoculation. This must be done at least 10 days prior to departure, however, if possible, try to have it done timeously to avoid any possible side effects that could negatively affect your climb. It is also highly recommended to take precautions against malaria. (Please check with your nearest travel clinic). Although no mosquitoes are found on Kilimanjaro due to the high altitude, it is still necessary as most Kilimanjaro expeditions will start from Moshi (closest town to Mount Kilimanjaro).

Also, should you take the option of visiting Zanzibar Island, or one of Tanzania's other National parks, you will be at risk. It is not compulsory to undergo a full medical check-up, that includes a stress ECG, prior to planning and hiking up Mount Kilimanjaro, but it is highly recommended for a safe and enjoyable adventure.

### **Who qualifies for a Kilimanjaro Adventure trip?**

The Tanzania National Park Authorities requires that a person be at least 10 years old for a summit attempt up Kilimanjaro. Our recommendation however is to rather wait until your child is 15 years or older. A summit attempt puts a person under enormous physical and mental strain and young children are normally not yet developed to adapt to this challenge. There is no restriction as far as the maximum age is concerned and many people in their 70's have in the past successfully summited Kilimanjaro with and without additional support. Kilimanjaro is a strenuous hike, but there is no climbing with ropes, so no prior experience is needed, meaning that it can be attempted by any fit and healthy person. We do however recommend that Kilimanjaro is given the respect that it deserves. Do not take any unnecessary risks and rather ensure that you prepare as best possible and ensure your health status by undergoing a full medical check-up, which includes a stress ECG.

### **High altitude sickness / acute mountain sickness (AMS)**

Most people that are not acclimatized can be affected by AMS. Altitude sickness is mainly caused due to a lack of barometric pressure and oxygen concentration in the air. The most effective way to increase your chances of not being effected by AMS will be to acclimatize adequately on your hike up Kilimanjaro. This is done by ascending slowly to a higher altitude and to drink enough water to avoid dehydration (around 3 ~ 5 litres per day). Apart from hydration being key to the acclimatization process, so is a slow pace, proper nutrition and maintaining a comfortable body temperature – here where correct equipment plays an integral part.

There is medication available from most travel clinics that will be able to also assist you to acclimatize, but unfortunately none that will be 100% effective. The most common first symptoms of AMS will be lack of appetite, headaches & nausea.

### **How to get to Kilimanjaro**

On the mainland of Tanzania the two major airports are Dar es Salaam International Airport and Kilimanjaro International Airport.

The most convenient Airport to fly to for an adventure trip up Kilimanjaro will be ***Kilimanjaro International Airport***; however flights to Kilimanjaro International Airport are mostly via Dar es Salaam or Nairobi in Kenya. All our Kilimanjaro Adventure trips start from Moshi in Tanzania, with Kilimanjaro International Airport being approximately 45 minutes' drive.

Dream World adventures are able to assist you with connecting flights from Dar es Salaam Airport or Nairobi - Jomo Kenyatta International Airport (JKIA), or with flights from Johannesburg in South Africa. We are also able to arrange for a private road transfer from Nairobi to Moshi.

Contact us before making your flight arrangements, as we can advise you correctly on your best course of action.

### Sample meal menu while on Kilimanjaro

For each group on Kilimanjaro a dedicated cook will be part of the logistical team. All cooking and eating utensils are provided and much afford are given in order to provide each client with a healthy and nutrition meal that has been carefully planned to increase chances of reaching the summit. Below you will find the standard menu and also vegetarian menu available.

#### Standard Menu

##### **DAY 01**

###### Breakfast:

Basic breakfast at hotel

###### Lunch packet:

Bun with salami and cucumbers

Green pepper, carrots & fruit

###### Dinner:

Soup of the day with bread

Fried beef with roast potatoes, rice, carrots & cabbage

Fruit

Warm coffee or tea

##### **DAY 03**

###### Breakfast:

Oats with milk

Boiled egg, Spanish omelette or fried egg with bacon

Bread with warm coffee or tea

###### Lunch:

Boiled egg, salami sandwiches

Cheese, fruit

###### Dinner:

Beef goulash with beans

Bread with warm coffee or tea

Fruit

##### **DAY 05**

###### Breakfast:

Oats with milk

Boiled egg, Spanish omelette or fried egg with bacon

Bread with warm coffee or tea

##### **DAY 02**

###### Breakfast:

Oats with milk

Boiled egg, Spanish omelette or fried egg with bacon

Bread with warm coffee or tea

###### Lunch:

Boiled egg, salami sandwiches

Cheese, fruit

###### Dinner:

Spaghetti with meat sauce, or fish with rise

Fruit

Warm coffee or tea

##### **DAY 04**

###### Summit nights:

Warm coffee or tea with biscuits

Orange squash or soup

###### Lunch:

French toast

Macaroni with meat sauce

Bread with warm coffee or tea

###### Dinner:

Roast chicken with vegetables fired rice, green peppers, carrots

Pancake with honey

Bread with warm coffee or tea

**Vegetarian Menu****DAY 01****Breakfast:**

Basic breakfast at hotel

**Lunch packet:**

Bun with salami and cucumbers

Green pepper, carrots & fruit

**Dinner:**

Vegetable soup with toast

Spaghetti/Fry Potatoes/Vegetable sauce

Mixed salad/Fruits

Bread with warm coffee, tea or Milo

**DAY 03****Breakfast:**

Fresh fruits/Porridge/Toast with Jam, Honey, Butter

Bread with warm coffee, tea or Milo

**Lunch:**

Cucumber sandwich/Carrots/Biscuits/Cake/Fruits

Tea/Coffee/Milo

**Dinner:**

Vegetable soup/Mushroom soup with toast

Rice/Vegetable sauce

Bread with warm coffee, tea or Milo

**DAY 05****Summit nights:**

Warm coffee or tea with biscuits

Orange squash or soup

**Lunch:**

LUNCH at KIBO or BARAFU after SUMMIT

Orange Squash/Tomato sandwich or Spaghetti mixed with vegetable sauce /Vegetable Soup/Tea

Tea/Coffee/popcorn/biscuits

**Dinner:**

Vegetable soup with pancake

Rice mixed with vegetable/Vegetable sauce

Fruits

Tea/Coffee/Milo

**DAY 02****Breakfast:**

Fresh fruits/Porridge/Toast with Jam, Honey, Butter

Bread with warm coffee, tea or Milo

**Lunch:**

Tomato Sandwich/Bread/Biscuits/Fruits/Tea

Coffee/Popcorn

**Dinner:**

Fresh vegetable soup/Sandwich/Pancake Plain

Chips/Egg-plant

Vegetables/Fruits

Bread with warm coffee, tea or Milo

**DAY 04****Breakfast:**

Fresh fruits/Cornflakes/Toast with Jam, Honey, Butter

Bread with warm coffee, tea or Milo

**Lunch:**

HOT LUNCH – Plain chips/French toast/Fruits/

Tea/Coffee/Milo

**Dinner:**

Vegetable soup/Mushroom soup with toast

Macaroni/Vegetable sauce

Fruits

Bread with warm coffee, tea or Milo

### **Kilimanjaro Accommodation**

Included in all our Kilimanjaro Adventures packages is accommodation in Moshi ,Tanzania for the night before and after your Kilimanjaro trek.

It is not recommended to start your hike on the same day as your arrival date in Tanzania, even if your scheduled flight will be arriving in the early morning.

While hiking on Kilimanjaro most routes, except the Marangu route, you will be accommodated in expedition tents (tents are provided for).

On the Marangu route you will be accommodated in hikers' class huts that will also be part of your package.

### **Kilimanjaro Guides and Porters**

On all our expeditions up Kilimanjaro you will be accompanied by a highly trained, experienced and certified head guide. Again, depending on your group size, you will also have a varying number of assistant guides and porters included in your logistical team. They are there to increase your chances of a successful summit bid and add to your overall enjoyment of this adventure. Should one of the members in your group need to be evacuated from the mountain, one of the assistant guides and several porters will ensure that this happens as smoothly as possible. Due to the extra guides in your team, the rest of the group will not be affected if one of the members needs to descend and the rest of the group will still be able to summit. Included in your logistical team are porters that not only are there to make your adventure safer and more enjoyable, but also to make your trip more comfortable. Each hiker is able to provide a personal soft carry bag / duffel bag that will be carried by the porters. This bag can be filled with personal items that will not be used by the hiker during the day, but may not weigh more than 15 kg in total. Should a person want to take more personal items than what is needed and thereby exceeding the 15 kg limit, an additional porter will have to be hired by that person and the cost borne by him/her.

A tip at the end of your Kilimanjaro hike to the porters and guides in your team is generally expected for good service on the mountain. The recommended tip will be on average between US\$250~ US\$350 per hiker and this is dependent on the overall group size, below is a guideline as to how this amount is calculated.

#### **Herewith a guideline for tips up Kilimanjaro that are the industry standard:**

Head Guide	US\$20 – 25 per day	(Ratio of 1 per 8 hikers)
Assistant guide	US\$10 - 15 per day	(Ratio of 1 per 3 hikers)
Cook	US\$10-12 per day	(Ratio of 1 per 8 hikers)
Porters	US\$8-10 per porter per day	(Average 3 porters/hiker)

### **Training for your Kilimanjaro Adventure**

Make sure that you will be training correctly for Kilimanjaro. Due to the altitude you will not be running up Kilimanjaro, but will be walking at a very slow pace. Extremely fit people tend to battle to walk slowly, however with this we are not saying that you should not be fit. Training hikes with a daypack weighted to 10kg will help simulate what you will be doing for your 6 or more days on Kilimanjaro. By preparing with a heavy daypack, the approximately 5kg you will be carrying on the mountain will feel like nothing.

Remember that mental preparation is just as important. You will be placing yourself in situation that you might never have been in before and you will be very much out of your comfort zone. Your mind will persuade you to continue, especially on the summit evening! Imagine yourself already standing on the summit!

We at Dream World Adventures know that a standardized training program will not work for everyone, since people are at different fitness levels and hence we do not provide this in our proposal. We will however be able to guide you on your next course of action after gaining a better understanding of your personal fitness and experience.

### Our comprehensive recommended Kilimanjaro kit list

For a safe and more comfortable adventure up Kilimanjaro there are a number of things to take in to consideration. Even if planning your adventure in the traditional dry season, you will have a good chance of rain down in the rain forest, at least. Adequate protection for keeping you dry is important (poncho). Protection from the sun's harmful rays, which are intensified on Kilimanjaro due to the thinner atmosphere, is also extremely important. For the summit attempt, the correct layering approach is a must, because having the wrong equipment can put your safety at risk and also decrease your chance of reaching the summit. When talking about correct layers, there are 3 different layers to plan for. The first layer will be that which is closest to your body and the correct thermal underwear that does not contain cotton, but wicks moisture away from the skin, is the way to go. The second layer will be your thermal layer that which will keep you warm in cold conditions. Most people will take a down jacket which will be more than sufficient, but a good thermal jacket (i.e. 300gram PolarTec® / Nordic® fleece ) or similar will also do the job. Remember to also take similar protection for your legs. Lastly you will have your outer layer, or outer shell. This will make sure that the heat that was created by your body does not escape and that cold wind or moisture does not bring down your core temperature. The key to the clothing and equipment, including you boots, is that it should be "breathable" – allowing moisture to wick away from the body and prevent outside conditions from affecting you adversely.

The following, provided by Dream World Adventures must be used as a guideline on what you need to take in order to have the best possible chance for a successful summit of Kilimanjaro.

HIKING SHIRTS	4	T-shirts will also do, but stay away from cotton as this absorbs moisture that will reduce your core temperature. Synthetic fabrics are better. The best would be to have long sleeve shirts that dry quickly and are UV protective.
HIKING SHORTS	3	Once again try and stay away from cotton (rather use synthetic fabrics). The best would be full length pants, with the option of zip-off legs.
SUN HAT (SUN PROTECTION)	1	Broad-rimmed hat, not just a cap – for proper sun protection.
SUNGLASSES	2	Take a spare, it is always handy should you lose your glasses while hiking. Stay away from contact lenses as our eyes tend to dry out due to the extreme weather conditions. A pair of glasses is very useful on summit night to protect your eyes from the wind, dust and dry air.
SOCKS	6	Thermal hiking socks are recommended to keep your feet dry to prevent blisters.
HIKING POLES/STICK	1 Or 2	Depends on your preference. Rather take a collapsible stick that can be tied down onto your day pack should you be walking over a level stretch, or the one stick is in the way.
HIKING BOOTS	1	Your hiking boots should be comfortable, give you ankle support, be waterproof & breathable, have a sturdy sole, and not be too heavy. It is very important to get the correct boots for your feet, as most makes a boots differ as far as sizes are concerned.
WALKING SHOES / RUNNING SHOES	1	Once you get back to camp, it is recommended to give your feet a rest with light shoes.
BALACLAVA	1	For the cold evenings and also for the summit night, to prevent heat escaping from your head.
WARM SCARF		For extra warmth around your head
THERMAL UNDERWEAR TOP	2	Stay away from cotton, synthetic fabrics that are breathable and long sleeves are the best
THERMAL UNDERWEAR PANTS	2	Stay away from cotton, synthetic fabrics are breathable and with long legs are the best.
THERMAL JACKET	1	To trap your body heat. The best would be a Polartec®300 jacket or similar
THERMAL PANTS		To trap your body heat. The best could be a Polartec®100 pants or similar



GLOVES	1	The best combination is a fleece inner glove with outer mitt that is wind and water proof.
WIND & WATERPROOF JACKET	1	To protect you from the cold wind, and light rain or snow. Also to be used as your outer shell.
WIND & WATERPROOF PANTS	1	To protect you from the cold wind, and light and light rain or snow. Also to be used as your outer shell.
PONCHO	1	To provide cover from hard or constant rain.
GAITERS	1	A pair of gaiters will prevent water, mud and grass from getting in your boots.
SLEEPING BAG	1	Rated at least -5°C, preferably up to -8°C.
SLEEPING MAT	1	A 10mm sleeping mat is provides, but a self-inflatable mattress can be taken along for added comfort.
DAY PACK	1	Around 35liters capacity, you will need this to carry all items that you would need and like to use during the day. Your extra equipment will be carried on your behalf. Must have soft arm and hip straps for comfort.
DUFFEL BAG / CARRY BAG	1	Around 100 litres capacity. This bag will be carried on your behalf on Kilimanjaro by porters. All your equipment must fit into this bag.
TRAVEL BAG	1	Extra clothes can be left at the hotel. Should you be going on safari or to Zanzibar after your hike it will not be necessary to take all your items up Kilimanjaro.
HEADLAMP	1	Remember to take spare batteries. Rather take a headlamp than a torch. LED headlamps work the best as allot less battery power used.
WATER BOTTLES	2	Total water consumption should be at least 3-5 litres per day. You can purchase plastic 1.5l bottles of water at the hotel, so decant from these to your own bottles or hydration system.
TOWEL & WASHCLOTH		Keeping your body clean also increases your body's ability to keep you warm. Ideally take a cloth that dries quickly and that can be uses for washing.
WET WIPES / BABY WIPES		Perfect to quickly clean yourself before meals
TOILET PAPER		Please remember to practice environmentally friendly habits when using the bush.
TRAIL SNAKS	6	Make a packet for each day. The meals provided (breakfast, lunch and dinner) are more than adequate, but it is always a good idea to have something to eat between meals. Energy drinks should also be taken, but pure water must also be consumed.
CASH		Best to take USD cash in small denominations for tips, drinks and gifts.
CAMERAS		Most cameras will work perfectly on Kilimanjaro. Video cameras will also work perfectly. Just remember to protect your camera and to take extra batteries for that perfect shot.

#### MEDICAL KIT

LIP PROTECTION CREAM
SUN CREAM
MOISTURISING CREAM
PURIFYING TABLETS
HEADACHE TABLETS
IMMODIUM
PLASTERS
BANDAGES
ANTISEPTIC CREAM
REHYDRATE SACHETS

MALARIA TABLETS
MULTIVITAMINS

Below please find a list of **rental equipment** that we can endeavour to assist you with upon arrival at Springlands Hotel through our Tanzanian counterparts.

The rates indicated below are for the 6 or 7 days that you will be on Kilimanjaro in total:

Daypack	US\$ 12
Sleeping bag (rated to -25°C temp)	US\$ 40
Duffel Bag	US\$ 6
Hiking Poles (2)	US\$ 12
Gaiters	US\$ 8
Gloves	US\$6
Raincoat	US\$ 12
Rain Pants	US\$ 12
Poncho (light)	US\$ 12
Outer shell jacket (Marmot or similar)	US\$ 12
Warm Jacket/Down Jacket	US\$ 12
Fleece Pants	US\$ 6

Hyperbaric Pressure Bag (Gamow Bag) available for rental for US\$130 per group.

Portable Toilet & toilet tent available for rental at US\$100

### **Available Kilimanjaro Routes**

One of the most important things when planning an expedition is choosing the correct Kilimanjaro route. Having summited Kilimanjaro 8 times over the last 16 years, our dedicated staff will be in the unique position to advise you in this matter & also the best time to travel. Not only summiting Kilimanjaro, but also your personal comfort and safety are taken into consideration.

When hiking up Kilimanjaro you have the option of starting your ascent up six different routes, namely the Marangu, Machame, Lemosho, Shira, Rongai or Umbwe routes. On final ascent from the base camp there are three options (from Barafuu camp to Uhuru peak via Stella point, or from Kibo huts to Uhuru peak via Gilman's Point and lastly from Arrow Glacier camp via the Furtwangler Glacier to Uhuru peak).

Descending from the summit of Kilimanjaro only two safe route options are available - from Uhuru peak down on the Mweka route to Mweka gate or from Uhuru peak down on the Marangu route to the Marangu gate.

#### **The Marangu Route – Most comfortable route up Kilimanjaro.**

The Marangu route on Kilimanjaro is the most comfortable route of all, due to the fact that you will not have to camp in tents at each end of the day. The distance covered on each day, except for the summit attempt, is shorter compared to the other routes. Three permanent hut installations accommodate hikers on this route. The huts are communal, and each bunk has a sponge mattress and pillow. Solar panels installed at the huts provide light for the evening.

There are 60 beds at the Mandara and Kibo hut and 120 beds at the Horombo hut.

Bathrooms and running water are available at the two lower huts (Mandara and Horombo) and basic latrines at the last hut (Kibo).

All climbing groups on the Marangu route share breakfast and evening meals in a dining hut adding a great atmosphere. The Marangu route can be done in a minimum 5 days, but is recommended to be used as a six day route for adequate acclimatization. Due to the comfort up to base camp at Kibo huts, this route is also known as the Coca-Cola route.

#### **The Machame Route – Best route for acclimatisation up Kilimanjaro.**

The Machame route on Kilimanjaro is the most scenic and interesting route option on Kilimanjaro. On this route you will traverse up and down over river valleys on the southern slopes. This increases the body's ability to acclimatize properly. This route is definitely recommended for people experiencing high altitude mountaineering for the first time. A minimum of 6 days on Mount Kilimanjaro is needed, but for more comfort and to increase your chance of success, 7 days are recommended. Accommodation on this route will be in tents.

#### **The Lemosho Route – Scenic start on your Kilimanjaro Adventures.**

The Lemosho route on Kilimanjaro is unspoilt, remote, beautiful and not so frequently used on the way up to the Shira Plateau. The route is one of the few where an armed ranger accompanies groups, as the bush around the Lemosho Glades is rich in buffalo and other big game animals. The Lemosho route can be completed in six or more days. Accommodation on this route will be in tents.

#### **The Rongai Route – A less populated start from the southern side of Kilimanjaro.**

The Rongai route on Kilimanjaro begins on the northern side of Kilimanjaro, on the Kenyan border, and is the least travelled route. It takes a long drive to get to the starting point that is filled with fantastic views. After summiting you will descend on the Marangu route. The Rongai route can be completed in six or more days. Accommodation on this route will be in tents.

#### **The Umbwe Route – Steep ascent, yet spectacular way up Kilimanjaro.**

The Umbwe route on Kilimanjaro is also known as the “steep way” up Kilimanjaro, due to the steep slopes that are covered hiking on the first couple of days, but the deep gorges make for breath-taking views! It is advised to only attempt this route should you already be acclimatized due to first couple of days' steep ascent. This can be done by hiking up Mount Meru, situated in the Arusha National Park, prior to starting up Kilimanjaro. The Umbwe route can be completed in six or seven days. Accommodation on this route will be in tents.

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