

Machame Climb 9 Day



An excellent Kilimanjaro experience:
spectacular scenery, great success rate,
and superb guides.



TANZANIA | MACHAME CLIMB 9 DAY

A seven day climb which passes through some of Kilimanjaro's most famous landscapes. It's an excellent route to the summit and one with very high success rates.

The climb starts at Machame gate, ascending through Afro-montane forest and then into the heath zone and on to the edge of the remnants of the Shira volcano. The route circumnavigates the main peak, Kibo, passing some spectacular features such as giant steps and glacial valleys. The final night-time ascent is from Barafu Camp, reaching Uhuru Peak via Stella Point. The descent is via the Mweka route. All our climbs provide a large staff including chief guide, an assistant guide, cook, and porters.

- Climbing the world's tallest free standing mountain
- Mount Kilimanjaro
- Hike through the dense Afro-montane forest
- Marvel at the Alpine flowers on the Shira plateau
- Unforgettable views of glacial valleys
- Witness the stark beauty of the Alpine desert
- Lava Tower – a great vantage point from which to view the route you've taken
- See the mountain glaciers
- Summit the "Roof of Africa" at 5,896m (19,341ft)
- Six nights on the mountain in tented accommodation
- Two nights in a lodge in Arusha pre and post your climb
- Professional guides to help make your climb to the top as smooth as possible
- Full support team to help you each step of the way
- Seven days with a maximum group size of ten guests on set departure trips for a highly personal experience

Please contact us for more information.



TANZANIA | MACHAME CLIMB 9 DAY**Day 1 - Ilboru Lodge**

Please clear immigration at Kilimanjaro International Airport, and collect your luggage. You will be met just outside the arrivals hall, and driven to Ilboru Lodge which takes a little over an hour.

This afternoon you will be met by the general manager of Summits Africa and the head guide for your climb. You will be given a thorough pre-climb briefing, and your guide will inspect your kit, to make sure it is all suitable for the climb.

Ilboru Safari Lodge is a charming property located approximately 2km from the centre of Arusha, at the foot of Mount Meru. Due to its location in close proximity to Arusha town and its airport, Ilboru Safari Lodge is a fantastic lodge both pre- and post- safari or a Mount Kilimanjaro climb.

Set within five acres of pristine gardens, accommodation at Ilboru Safari Lodge is in 30 self-contained bomas which are spread throughout the gardens with plenty of lawn areas between each room. Each boma is fitted with private bathroom facilities, a telephone, private verandah and wireless internet service. Surrounded by tropical plants and well kept gardens, the swimming pool provides plenty of opportunity to unwind.

Apart from being a great base at either the beginning or end of a safari, Ilboru Safari Lodge has many activities to offer. The nine hole golf course at the base of Mount Meru and the multitude of hiking trails nearby are perfect to keep the more active busy.

Day 2 - Machame Camp

This morning you will be driven to Machame Gate entrance to Kilimanjaro National Park, which takes about two and a half hours. You will be assisted with registering with the National Park authorities, and required to show your passport. Lunch will be prepared and served while the porters' loads are being checked, and the paperwork completed.

Once everyone is ready, you begin the climb, trekking to Machame Camp this afternoon through the lower rainforest. Depending on the weather, this can be a tough first day. You may see colobus and Sykes monkeys as you trek.

You will be climbing Mount Kilimanjaro via the Machame Route, taking six nights to do so. All meals, snacks, hot drinks, water, and a completely private camp and staff are included in your climb.

Camp altitude: 3,000m (9,843ft). Maximum altitude: 3,000m (9,843ft). Trek time: 6 to 7 hours. Trek distance: 10 km (6 miles).



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Please note that the distances and times given for each day are guidelines only and can vary according to conditions, numbers of other people and how the climbers are progressing. The exact camps used may also be different to the ones named, dependent on how busy the mountain is, and the progress of the group.

Day 3 - Shira Camp

Today you trek slowly up the side of the Shira volcano, climbing out of the hagenia, podocarpus and juniper forest as you gain height. The vegetation becomes visibly sparser, with high altitude plants taking over, and you enter the giant heather moorland zone later in the morning.

The gradient is relatively steep for about three hours this morning, but levels out considerably after this, allowing you to enjoy fantastic views of Kilimanjaro's Western Breach if the weather is clear. You stop for a picnic lunch on the way across the Shira Plateau, and arrive at Shira One Camp by mid-afternoon.

Camp altitude: 3,850m (12,631ft). Maximum altitude: 3,850m (12,631ft). Trek time: 6 to 7 hours. Trek distance: 5.5 km (3.5 miles).

Day 4 - Barranco Camp

You will be trekking for between six and seven hours today, ascending to the alpine desert through typical Kilimanjaro mountain vegetation such as lobelia and senecios.

An acclimatisation trek up to Lava Tower, where you may have lunch, will give you an opportunity to experience altitude and the effects on your body. You may have an hour or so here before descending towards the Barranco Valley.

Although quite steep, the descent to Barranco Valley is particularly rewarding and very beautiful, with some wonderful vegetation and scenery. It also makes a nice change to be going downhill after climbing for two days, and this is also good for strengthening your legs.

The camp will be ready for you at Barranco when you arrive.

Camp altitude: 3,910m (12,828ft). Maximum altitude: 4,640m (15,220ft) at Lava Tower. Trek time: 8 hours. Trek distance: 10 km (6.2 miles).



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This morning you will have an early start, with the aim of leaving camp before anyone else. This allows you to ascend the Barranco Wall, which takes about two hours, without being disturbed or impeded by other climbers. Although daunting, most people find it much easier to scale than expected, with well-placed foot holds and guides on hand to aid your ascent.

As a reward for starting your day so early, you may also be able to have breakfast at the top of the Wall. After another two to three hours crossing glacial valleys, you will arrive at Karanga Camp in time for lunch.

You stay here for the night, and this afternoon you'll have a briefing about the final ascent and a detailed check of the clothing and equipment you will need for it. You'll also have a practice in the dark, walking uphill at the pace required for the final summit ascent while wearing all of the clothing you intend to use for it.

Sunsets here are particularly spectacular with views of the southern glacial valleys and ice fields towering 1,000m (over 3,000ft) above you.

Camp altitude: 4,100m (13,450ft). Maximum altitude: 4,100m (13,450ft). Hike time: 4 to 5 hours. Hike distance: 5 km (3 miles).

Day 6 - Barafu Camp

This morning, it takes about two hours of walking uphill to join the Barafu path, which is part of the Mweka Trail. A further two to three hours on the Barafu path (the last section of which is quite steep) takes you to Barafu Camp, perched astride a ridge with amazing views of much of the mountain.

Arriving a little after midday, you can enjoy lunch at the camp before either taking an acclimatisation trek or relaxing and enjoying the scenery. The scenery here is superb, and the views of Mawenzi and Kibo are excellent.

Camp altitude: 4,600m (15,092ft). Maximum altitude: 4,600m (15,092ft). Hike time: 3 to 4 hours. Hike distance: 4 km (2.5 miles).



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You'll begin your final ascent to the summit very early in the morning, setting off at about 1.00am with the aim of arriving at Stella Point for sunrise.

Each climber is assigned a summit guide and a porter to ensure that everyone makes it to the top, or returns in complete safety if need be. The going is slow, and often quite frustrating on the scree, but persistence and patience ensure steady progress. Near the summit you pass through the gap between the Ratzel and Rebmann Glaciers.

At Stella Point you can choose to return - you are after all already higher than any other point in Africa other than Uhuru Peak. If you are feeling good, have a cup of tea and something to eat, and then continue to Uhuru Peak. Despite the distance being relatively short, progress is slow - there is less than half the oxygen than at sea level. Reaching Uhuru Peak is incredibly satisfying and is an emotional high point. If progress is good you can watch the sunrise from the rooftop of Africa.

Most people start the downward climb soon after arriving, as lingering at such altitude is not recommended, and the return journey is a long one. Once photos have been taken and you have celebrated your achievement, a rapid descent down the scree slopes to Kosovo or Barafu Camp is a great relief after a week of climbing. You'll stop at last night's camp for a hot brunch and a rest, and then continue your descent. You should arrive at Millennium Camp in the middle of the afternoon, in good time for a hot shower and some rest. You'll spend the night here, with the chance for beautiful views of the summit of Kilimanjaro in the distance.

Camp altitude: 3,100m (10,170ft). Maximum altitude: 5,896m (19,341ft). Hike time and distance from Barafu Camp to the summit: 7 hours and 5 km (3.2 miles). Hike time and distance from the summit to Mweka Camp: 5 hours and 12 km (7.5 miles).



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This morning you will have the chance of taking photographs with the crew before setting off down the mountain to Mweka Gate, where the climb finishes. It's a downhill walk through beautiful forest which takes about five hours. Your vehicle will be waiting for you at Mweka, and once you have thanked your porters, camp crew and guides, and said your goodbyes, you will be driven back to Arusha.

Final altitude: 1,828m (6,000ft) Trek time: 5 hours.

Trek distance: 8 miles (13km).

Day 9 - Road transfer Ilboru Lodge to Kilimanjaro Airport

Today, at a time to suit your travel arrangements, you will be returned to Kilimanjaro Airport.



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During your climb your tents will be set up for you every day and are ready for when you arrive into camp in the afternoon. A separate, shared, portable chemical loo tent is also set up for climbers. Meals are prepared daily by the crew and are eaten in the mess tent.

STANDARD SPECIFICATION

Set Departure Climb only

Mountain guide (Wilderness First Responder and CMBFA Instructor Level)

Assistant guides (Red Cross certified), cook/s, porters and camp crew

Two person "pup" tent used for two people

Foam pad for sleeping

Lightweight mess tent with table and stools

All relevant Kilimanjaro park fees and rescue fees

Emergency medical evacuation

First aid kit, oxygen and stretcher for emergencies

Satellite phone

A chemical loo in its own tent is provided

LUXURY SPECIFICATION CLIMB

Private climb only

This climb specification offers large dome style tents with thick mattresses and sleeping bags, pillows and a thermal liner for a comfortable night's sleep. It is a great compromise between cost and comfort.

VIP SPECIFICATION CLIMB

Private climb only

For guests wanting to climb the Machame Route on a private basis it is possible to upgrade to the VIP specification of climb. The VIP climb includes a walk-in tent, a proper bed to sleep on, sleeping bag, mattress, pillow and a thermal liner, as well as a wash tent, and a chemical loo tent.

SAFETY EQUIPMENT INCLUDED ON ALL SPECIFICATIONS OF CLIMBS

- Pulse oximeter

- Altitude sickness checklists

- Stocked first aid kit

- Custom evacuation stretcher

- Oxygen**

*** Each oxygen cylinder gives +/- 7 hours of constant flow supply and a minimum of two tanks per group is provided.*

SPECIFICATION COMPARISON

Category	Item	VIP	Luxury	Standard
CREW	Mountain guide (Wilderness First Responder + instructor level)	Y	Y	Y
	Assistant guide(s) (Up to date red cross first aid certificated)	Y	Y	Y
	Camp Crew(s)	Y	Y	Y
	Cook(s)	Y	Y	Y
	Porters	Y	Y	Y
CLIENT TENTS	Walk in client tent	Y	N	N
	3 person "pup" tent used for 2 people	N	Y	N
	2 person "pup" tent used for 2 people	N	N	Y
	Full size sleeping cot	Y	N	N
	3 inch mattress	Y	Y	N
	Foam pad	N	N	Y
	Pillow	Y	Y	N
	Sleeping bag (-18 Celsius rated)	Y	Y	N
	Thermal liner	Y	Y	N
MESS TENT	Standard Mess Tent	N	N	Y
	Walk in mess tent	Y	Y	N
	Lightweight tables	Y	Y	Y
	Backed chair	Y	Y	N
	Stools	N	N	Y
SAFETY DEVICES	Pulse oximeter	Y	Y	Y
	Altitude sickness checklists	Y	Y	Y
	Stocked first aid kit	Y	Y	Y
	Custom evacuation stretcher	Y	Y	Y
	Oxygen**	Y	Y	Y
OTHER	Toilet tent	Y	Y	Y
	Shower / wash tent	Y	N	N
	Full trip and safety briefing	Y	Y	Y
	Private 4x4 transfers	Y	Y	N
	Group / coaster transfers	N	N	Y

** Each oxygen cylinder gives +- 7 hours of constant flow supply, we supply min 2 tank per group or 1 per 5 clients, whichever is more

TANZANIA | MACHAME CLIMB 9 DAY**2024 TRAVEL DATES**

Every Monday, year round

2024 SCHEDULED DEPARTURE COSTS (USD \$)

The scheduled departure is on a standard specification basis. This includes Arusha accommodation before and after the climb together with return road transfers.

Per person sharing a tent is \$6,160

Single room supplement is \$250 per person.

THE ITINERARY INCLUDES

Airport and other transfers

Accommodation and meals as stated

Drinks as stated

Laundry as stated

Shared activities as stated

THE ITINERARY EXCLUDES

Flights

Passenger and airport taxes

Visas for Tanzania - US\$50pp for UK and EU citizens, and \$100pp for US citizens, ideally obtained before arrival

Travel insurance

Tips and gratuities

Other personal spending

Please ask your GP for advice about yellow fever and malaria

AARDVARK HOLIDAY PRICES

Unlike many other companies, we forward buy the foreign currency needed to pay for a booking at the time a trip is confirmed. We will not therefore surcharge you because of exchange rate fluctuations after receipt of your deposit.

2024 PRIVATE DEPARTURE COSTS (USD \$)

Private departures do not include accommodation in Arusha before and after the climb. However, this can easily be arranged for a supplement.

PRIVATE LUXURY SPECIFICATION

Per person sharing a tent:

1 person \$7,403

2 people \$5,146

3 people \$4,483

4 – 8 people \$4,153

9 – 10 people \$3,999

11+ people \$3,731

Single room supplement is \$250 per person

PRIVATE VIP SPECIFICATION

Per person sharing a tent:

1 person \$7,867

2 people \$5,866

3 people \$4,749

4 – 8 people \$4,420

9 – 10 people \$4,026

11+ people \$4,002

Single room supplement is \$250 per person

Please note that safari operators in Africa generally price in US dollars. We've therefore presented the cost in dollars to avoid disparities due to currency fluctuations. The cost in sterling is dependent on the day's exchange rate. For an accurate quote in GB pounds, please contact us

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Q: What is the maximum number of people in each group climbing Kilimanjaro?

A: The maximum number on a scheduled departure climb on Kilimanjaro is ten climbers. Private trips can be any number within reason.

Q: What is your success rate for reaching the summit of Kilimanjaro?

A: Our success rate for climbing Kilimanjaro is currently 98% due to the careful planning that we have in place, the choice of routes, and the experienced and skilled guides.

Q: Which routes do you use to climb Kilimanjaro and can you briefly tell us why you recommend the routes which you use?

A: We recommend three Kilimanjaro routes, namely: Machame, Lemosho and Rongai. This is for several main reasons; they are the most scenically varied and

beautiful, and offer the greatest chance of success due to the length of time spent gaining altitude slowly. Lemosho and Machame also have a shorter final ascent route via Stella Point to Uhuru Peak, and we like Rongai because it is very quiet, little used, and very scenic. The main point though is the time taken to climb – the longer and slower you go the better your chance of success, and having plenty of beautiful and varied scenery helps you to go slowly.

Q: Could we start to climb the day after arriving at Kilimanjaro International Airport or do you recommend that we spend a day locally before setting off on the trek?

A: In most cases, clients arriving in Tanzania on an overnight flight on day one spend the afternoon getting to know their Kilimanjaro guides and crew, and receive a full briefing. This gives them enough time to settle in, get over the long flight, and get ready for the climb. They spend the night in Arusha, and then proceed to the mountain the following morning.

It may sound like a waste of time at this stage, but preparation and familiarisation is crucially important to maximise your safety and chances of success. Climbing Kilimanjaro is a big task even with plenty of time, and it is simply not wise or worthwhile to rush it. We have seen several people who were fit, young and determined fail because they tried to rush the mountain.

Q: What extra costs can we expect to incur before, during or after the climb e.g. tipping of porters; mountain tax; and additional transport?

A: Tipping is discretionary but very much appreciated by the crew. The recommended amount would be around \$450 to \$550 depending on group size and specification per person for your group. Transfers to and from Kilimanjaro Airport and one night in a hotel before and after the climb are included in the cost of luxury climbs. The only additional costs you should expect to incur would be tipping, unless you wish to purchase any curios or drinks before and after your climb.

Q: Can children climb Kilimanjaro?

A: The minimum climbing age is 12 years, but anyone between the ages of 12 to 16 needs to take extra care and be monitored very closely as altitude sickness can creep up on undeveloped bodies, and can be much more severe than in adults.

Q: What washing facilities do you provide on Kilimanjaro?

A: On the standard specification climbs hot water is always available for washing in a bowl. The luxury and VIP specs include a wash tent in which you can stand up in privacy. You may use as much as you wish within reason, as the water is sourced from streams on Kilimanjaro. A chemical loo in its own tent is provided for your group of climbers.

Q: What is the food like during a climb?

A: All meals on Kilimanjaro are prepared with as many fresh ingredients as possible. Breakfast during the

climb would consist of a selection of fresh fruits, cereal, porridge, and something cooked such as eggs, sausage, tomato, along with tea, coffee or hot chocolate. Lunch during the climb is often eaten en-route in the form of a picnic. Your cook sets this up in advance and it would usually include: fresh vegetables, fruit juice, hot soup, sandwiches with cheese or ham, a chocolate bar, and tea, coffee or hot chocolate. Dinner on Kilimanjaro

is always three courses, and usually follows these lines; starter of soup with bread, main course of a carbohydrate like rice or pasta with a meat dish such as bolognaise, a pudding which will be banana fritters or something like it, tea, coffee or hot chocolate.

On the mountain it is essential to try and eat as much as possible and to keep very well hydrated during the climb. Your body uses up to three times as much water as normally whilst at altitude, so keeping hydrated is essential. Take in as much liquid as you can during meals - hot drinks, cold drinks and soups are all there to keep you well hydrated. Keep drinking during the day - you should be drinking at every opportunity and at no point on Kilimanjaro should you be in need of a drink.

Special diets can be accommodated with prior notice.

Q: What procedures are in place if one of the team is taken ill or injured during the climb and needs to be rescued from Kilimanjaro - and in particular what system you follow to deal with altitude sickness.

A: All climbers and our Kilimanjaro crew are monitored with oximeters twice daily to assess their physical condition and their response to the increasing altitude. The information is relayed to the operations base, where there will be a duty manager dedicated to each climb. If the guide or the manager at base camp is unhappy with the situation for any client or crew member they are urged to either stop where they are, or to leave the mountain before an emergency situation arises. Every effort is made to allow climbers or crew to walk off the mountain, but if all goes wrong,

Q: Do you supply oxygen?

A: Oxygen is carried on Kilimanjaro for emergency use, to assist with getting a sick person off the mountain.

Q: What emergency medical equipment and expertise do you provide on Kilimanjaro?

A: All Kilimanjaro climbs are accompanied by fully qualified and regularly updated first aiders, including CPR training, and we have special stretchers to carry people off, as well as oxygen.

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Q: Do you require your clients to wear helmets?

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A: No.

Q: What are your safety procedures on Kilimanjaro?

A: We believe that Kilimanjaro safety starts well before a climb with training our guides and crew to ensure that they know how to look after our clients and themselves properly, including avoiding situations that could lead to risk, and watching for anyone who is struggling, not eating or drinking, or unresponsive. The next stage is to brief our clients well, to make sure that they do not put themselves in danger when on the mountain.

This is followed up with twice daily scheduled communications with base while on Kilimanjaro, and all trips carry a two way radio and a satellite phone for use at any time. Our climbs are always guided by highly experienced people who know the mountain and its characteristics well, and thus know how to deal with any situation such as a rapid change in weather. Every trip carries a pulse oximeter, supplementary oxygen, first aid kits, two way communications and a stretcher.

Q: What procedures do you follow for altitude acclimatisation and at what heights are the overnight camp sites?

A: The procedure for acclimatisation on Kilimanjaro is to ascend very slowly, and to camp slightly lower than the greatest altitude reached each day. It also helps to ensure that you eat and drink far more than

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you feel you need to, and to snack and drink as often as possible during the ascent. The camps on the Machame Route are at 3,000, 3,850, 3,910, 4,100, and 4,600 meters and then back down to 3,100 meters.

Q: What level of comfort we can expect in the tents and mess tent ie mattresses, sleeping bags, towels, mess tent facilities, lavatories etc.

A: We operate two main climb specifications on Kilimanjaro, luxury and VIP. The luxury climb offers large dome tents designed for three people but used for two, a walk in mess tent, tables and chairs, and a loo tent. The VIP climbs include larger walk-in tents, cot beds, and a stand-up wash tent.

In addition to these frequently asked questions, we occasionally get more detailed questions, or questions relating to people's particular wishes for a climb. We've

added some of these below as we feel they show how well our teams on the mountain in Tanzania work to get everyone to the summit:

Q: Do you have a sample menu? Can you tell us more about the types of fruits and vegetables served? Our health provider informs us of food items that we can't eat on trips and we would like to find out if there are items that we are advised not to eat. Do they use safe food preparations?

A: All of our food on Kilimanjaro is freshly prepared. East Africa has wonderful vegetables and fruits, and

we even have porters who come mid-climb to do a fresh re-supply. Some cans are used, for example beans and mushrooms, but even the soups are not packaged but freshly prepared. We have chicken and beef as proteins – we do not use fish as it is very perishable. Should you need vegetarian options, our cooks are well versed.

Q: Regarding the water preparation, if we would like to use another product instead of iodine (aqua mira) after the water is filtered, can we ask that this be used (if we provide it)?

A: Water comes from the streams on the mountain and is then purified by filters not iodine tablets. If there is another method you prefer that's fine, but please note that the water is drinkable and safe.

Q: Is toilet paper supplied during the climb?

A: Yes, and our Kilimanjaro luxury and VIP specification include a portable toilet with a tent in camp.

Q: What happens if someone needs to make a "pit stop" prior to a scheduled stop? I understand that they want people to use safe practices, but they can't always pop up the toilet tent, correct?

A: The guides will make arrangements. The toilet tent can't be popped up a moment's notice as it will be up in camp.

Q: We would like to bring our own sleeping bags, if that isn't a problem. Can you provide more information on the sleeping mattress pad?

A: The mattresses we use on Kilimanjaro climbs are custom made from foam and sealed with a canvas cover. They are about three inches thick and much more comfortable than a typical foam pad mattress. Our sleeping bags are -30f rated Mountain Hardware and dry cleaned after every climb, but you are more than welcome to bring your own, but note that they are included as well as thermal liners for extra warmth.

Q: I see that the tips are given all to the head guide. Other sites recommend that we distribute the tip. Is that acceptable?

A: A sheet is given to clients to fill out how they would like tips distributed – we are very open about tips, so in essence guides cannot keep all tips.

If you have any other questions, please feel free to contact us and you can chat to one of our Kilimanjaro experts.