

 exodus



Trekking **GUIDE**



2015/16

Kilimanjaro



Mount Kilimanjaro (which stands just 3 degrees south of the sweltering equator), is in fact a volcano and was formed some half a million years ago. Naturally, the fertile volcanic soils and water from its slopes have attracted settlements throughout history. Stone tools of unknown age, and pottery artefacts believed to be 2000 years old have been found on the mountain's lower slopes and archaeologists believe it to have been a centre of an Iron Age culture from around 1000 to 1500 years ago.

Some speculate that the name of this vast mountain derives from a Swahili joke whereby 'kilima' means little mountain. Others suggest it comes from the Maasai word 'ngare' meaning water, while some say it is the name of a Bantu demon of cold.

The Maasai tribes people called it the 'White Mountain' and believed it to be protected by evil spirits. The legend goes that when the locals tried to steal the white 'gold' (snow) that covered the summit, they either perished at altitude or returned with badly damaged hands (frost-bitten) without their treasure that mysteriously disappeared (melted) on the descent.

The first European account came from Johann Rebmann, a missionary who immediately recognised the 'white' to be snow. On publication of this observation, in 1849, experts thought it implausible for there to be snow so close to the equator. It was not until 1861, when German officer Von der Decken and British Geologist Richard Thornton surveyed the mountain that it became internationally accepted as a snow-capped mountain.

The first people officially recorded to summit Mount Kilimanjaro are German geology professor Hans Meyer and Austrian mountaineer Ludwig Purtscheller in 1889.



Towering 5,895m (19,336 ft.) above the African plains and measuring up to 40km across, Mount Kilimanjaro is the world's largest free standing mountain and the only place on land where you can clearly see the curvature of the Earth.

Lava Tower



Mawenzi



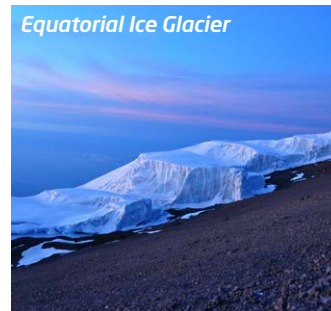
Kibo huts from Gillman's Point



The vast African plains are dissected by the 20 million year old Great African Rift Valley; the result of extensional forces on a tectonic scale which allowed lava to flow through thinned crust. Mount Kilimanjaro sits some 50km away from the East African Rift upon a splinter running off it.

The mountain is composed of three distinct volcanic cones, and began forming under intense pressures a million years ago. The highest of these cones is Kibo (5,895m), followed by Mawenzi (5,149m) and then Shira (3,962m). Shira Cone is the oldest part of Mount Kilimanjaro, having ceased erupting approximately 500,000 years ago and subsequently collapsed to form a wide caldera. Mawenzi formed soon after Shira's demise. 460,000 years ago a large eruption within Mawenzi created Kibo. Several large eruptions that have occurred since, have forced Kibo to grow higher and higher, to become the highest point in Africa. Kibo has recently been discovered to be dormant, whereas the others are extinct. Uhuru Peak is the highest summit on Kibo's crater. It was the later eruptions of Kibo that overflowed into the Shira

Equatorial Ice Glacier



Caldera and around the base of Mwenzi Peak, to form what is known as 'the saddle' and Shira Plateau. The last significant volcanic activity recorded on Kibo was 200 years ago, which formed the symmetrical cone of the Reusch Crater and the ash pit. A strong sulphur smell emanates from fumaroles within the ash pit, and the hot earth prevents ice from forming here.



Why Climb with Exodus?

Exodus office staff have made in excess of 100 ascents and can advise you on the best route for your needs. For further advice please contact our expert Trekking Sales Team on 0845 863 9616.



“ We offer the two best routes on the mountain; we don't include the crowded Marangu and Machame trails offered by many non-specialist trekking operators. Over our 40 years of operating we have acquired the knowledge and experience to pioneer new routes and to provide our clients with the best treks possible. So stop considering a slog through Machame Forest, or the motorway that is Marangu, and pull on your boots on Lemosho, Lemosho or the Rongai route - for the climb of your life! ”

Jim Eite, Product Director at Exodus

Exodus:

- ▶ are the number one operator on Kilimanjaro.
- ▶ has an average 4.7 star rating (out of 5.0) on our Kili trips based on 160 online client reviews.
- ▶ take more clients to the summit of Kilimanjaro than any other international travel company.
- ▶ offer one of the highest guide to client ratios on the mountain; a minimum of 1 guide for every 2 clients on summit day, and are one of a select number who genuinely follow the National Park guidelines.
- ▶ have added extra days to the standard itineraries set by the National Park to help aid acclimatisation and to help you reach your goal, Uhuru Peak, at 5,895m (19,340ft) the highest point in Africa.
- ▶ guides have comprehensive first aid training, and also carry portable oxygen and relevant medication to treat altitude sickness, should this be needed.
- ▶ Henry Stedman, the author of a best-selling guide about Kilimanjaro wrote that our operator/local partner has a reputation for reliability and an impressively high standard of treks.
- ▶ offer the best balance between value for money and operational quality.
- ▶ We also sponsor a local porter project and pay one of the highest salaries on Kilimanjaro; please see page 12 for further details.



'Best on Mountain'
Our local partners in Arusha

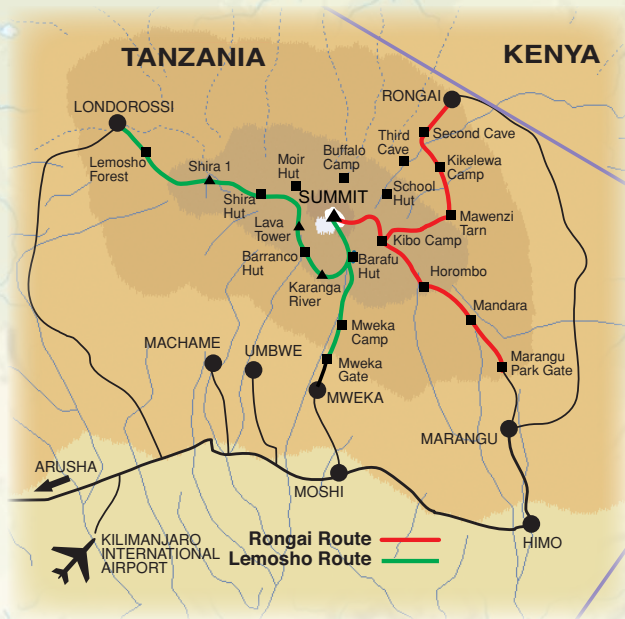
Our local partners in Arusha have worked with Exodus for many years and have a very strong reputation as the best on mountain. In 2009 they operated the Red Nose Day Celebrity Climb and many of the same guides and porter team will be walking with you on your trek.

Richard Marsden and Ngaya Mboya are the driving force behind the running of our local operations; they have a huge passion for the mountain, and the health, education and well-being of our Tanzanian porters and guides. Together we have set the standards for best practice on Kilimanjaro.

Rongai Route

(6 days trekking)

This route has a 'relatively' gentle gradient and short daily stages as it winds its way from the starting point just south of the Kenya - Tanzania border. There is an extra day to aid acclimatisation as the trail climbs beneath the towering spires of Mawenzi.

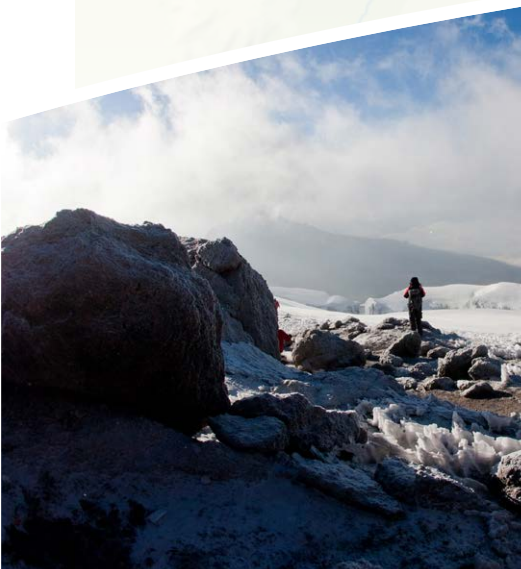


Itinerary

- Day 1/2** Depart London and arrive Kilimanjaro; transfer to Marangu.
- Day 3** Begin ascent through Rongai Forest (2,600m).
- Day 4** To Kikelewa moorland (3,600m).
- Day 5** Ascent beneath peaks of Mawenzi (4,330m); afternoon acclimatisation.
- Day 6** Cross lunar desert to the 'saddle' to Kibo (4,750m).
- Day 7** Summit Day: to Gillman's Point for sunrise over crater rim; on to Uhuru Peak (5,895m). Descend to Horombo (3,720m).
- Day 8** Descend to Mandara and Marangu.
- Day 9/10** Free morning; afternoon depart Kilimanjaro. Arrive London.

Trips that follow this route:

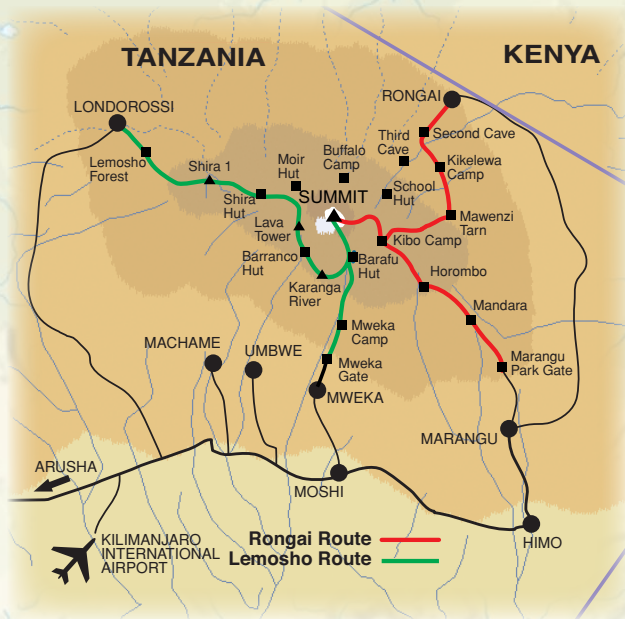
- TYW** Kilimanjaro Climb - Rongai Route
- TYC** Kilimanjaro, Serengeti & Zanzibar
- TYX** Kilimanjaro & Safari
- TYZ** Kilimanjaro & Zanzibar



Lemosho Route

(8 days trekking)

This is one of the least trekked routes. It approaches Kilimanjaro from the west, crossing the caldera of Shira Volcano before traversing beneath the southern icefields of Kibo. We have eight days of trekking, allowing maximum time for acclimatisation.

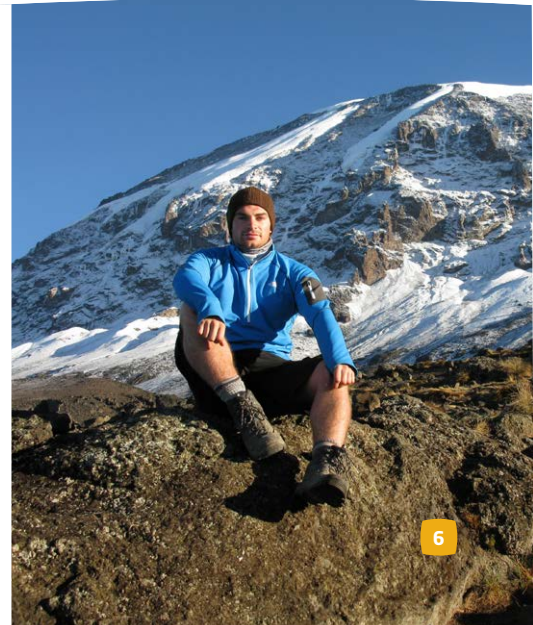


Itinerary

- Day 1/2** Depart London and arrive Kilimanjaro; transfer to Arusha.
- Day 3** To Londorossi; begin ascent to Lemosho Forest (2,650m).
- Day 4** Explore Shira Plateau; camp at Shira One (3,550m).
- Day 5** To the summit of Shira Cathedral; camp at Shira Hut (3,840m).
- Day 6** Descend to camp at Great Barranco Valley (3,900m).
- Day 7** Over the Barranco Wall to Karanga (4,000m).
- Day 8** Ascent to Barafu campsite (4,600m); afternoon acclimatisation.
- Day 9** Summit Day: to Stella Point in time for sunrise; on to Uhuru Peak (5,895m). Descend to Millennium Camp (3,800m).
- Day 10** To Mweka Gate; transfer to Arusha.
- Day 11/12** Free morning; afternoon depart Kilimanjaro. Arrive London.

Trips that follow this route:

- TYR** Kilimanjaro Climb - Lemosho Route
- TYU** Kilimanjaro - Lemosho Route and Safari





	Rongai	Lemosho
Days trekking	6	8
Total hours walking (approx.)	33-42hours	51-69hours
Food included	All breakfasts 6 lunches 5 dinners	All breakfasts 8 lunches 9 dinners
Price from: Flight Inclusive Land Only All prices include Kilimanjaro Park fees (from approx. £400/US\$650)	£1989 £1209	£2374 £1544
Point to reach Crater rim (and height)	Gillman's Point (5,685m)	Stella Point (5,735m)
Success rate Crater rim / summit* *Based on two years' statistics (2012-2013)	86% / 66%	99% / 96%
Trip codes on this route	TYW, TYC, TYX, TYZ	TYR, TYU

Accommodation pre and post climb

Rongai Route

We use the best hotel in Marangu, Kilimanjaro Mountain Resort or we use Kia Lodge, close to Kilimanjaro International Airport. Accommodation at both hotels is in twin rooms with en suite facilities, landscaped gardens and swimming pools.

Lemosho Route

Accommodation in Arusha on the Lemosho route is at Moivaro Lodge (pictured) on a twin share basis with private facilities in a tourist class hotel. The lodge has attractive gardens and a large swimming pool. The communal areas include a cosy bar, restaurant and veranda with fine views of Mount Meru.



Accommodation on Kilimanjaro

Full service camping

Full service camping means you need only carry your daypack during the walks. Local porters carry all other baggage, camping and kitchen equipment. Cooking and camp work is their responsibility and local staff will take care of all the other chores, including erecting and taking down the tents.

During the climb itself, we offer full service camping in spacious modern geodesic three person dome tents, which are roomy with two doors and two porches. There is a large communal tent, which is used for dining and at other times in the event of inclement weather. Private toilet tents are also provided.

Single Accommodation

Single Accommodation is available in a single tent as well as for the hotel nights. Please advise our Sales Consultant at the time of booking as rooms may be in high demand. Please note we cannot always guarantee that a single supplement option will be available.





Altitude

The rate of ascent to high altitude on Kilimanjaro is rapid because of the shape and isolated nature of the mountain. Despite careful pacing and adequate hydration, it is probable that many trekkers will experience mild altitude sickness. Most recover quickly; but those affected by serious altitude problems will need to descend to a lower altitude with a member of the local staff and may have to abandon the trek in the interest of safety. It is imperative that any symptoms of altitude illness are reported to our guides immediately and that the advice given is followed. The decision of the Senior Local Guide in such situations will be final.

Over 30,000 people attempt the climb of Kilimanjaro annually and there are, on average, two or three fatalities from Acute Mountain Sickness (AMS) every year. These fatalities are always the result of the failure to undertake a rapid descent quickly enough. Our guides have had formal training to recognise and deal quickly with the symptoms of AMS, whilst our medical box contains drugs to facilitate a rapid

descent together with an evacuation plan from each campsite on Kilimanjaro. Please note that thorough training and preparation still offer no guarantees in the remote conditions that exist at higher altitudes on Kilimanjaro.

Although rare, a number of medical conditions can also reduce your body's ability to acclimatise, and thus will affect your performance at altitude and make you more susceptible to AMS. If you are worried about any pre-existing condition (e.g. heart problems), unsure of your physical ability, or require advice on high altitude medication, we recommend that you seek professional medical advice prior to booking. The British Mountaineering Council (BMC) www.thebmc.co.uk also provides a range of advice online about acclimatisation.

Female travellers please note there is some evidence to suggest that the regularity of the menstrual cycle is disrupted at altitude. This disruption has been known to bring on unexpected periods while the blood loss can have a negative impact on acclimatisation (via the body's ability to carry oxygen around the system).



Food and Water

"No one ever goes hungry on Kili, we have great chefs and you'll be amazed what they can cook up. Loads of carbs and protein are the order of the day and if you are a veggie, no problems at all. There are also plenty of snacks, mainly biscuits, bananas and essentially chocolate! Water purification tablets shouldn't be necessary (although some people like to take some to be extra safe) as we boil or filter all the water on Kili. I recommend a metal Sigg bottle, which doubles up as a hot water bottle at night!"

David Richardson - Exodus Sales Expert



Activity Level **CHALLENGING/TOUGH**

The summit attempt is a level 7 tough walk due to the high altitude and level of physical effort required. Please be aware that many clients find the summit day on Kilimanjaro the toughest physical challenge of their life. The rest of the trek is level 6 challenging, more down to the high altitude and extended wilderness camping than the difficulty of walking. We strongly recommend that you thoroughly read the Exodus grading system as outlined in the Walking & Trekking Brochure before booking this trip.

www.exodus.co.uk/activity-levels

Walking Conditions

This is a long and hard trek, which reaches an altitude of 5,895m, and we do stress that if you are not prepared to exercise regularly, you are unlikely to make it to the summit. Even if you consider yourself fit, you might still find the climb very hard, depending on how well your body acclimatises to high altitude. There is no scientific way to determine how easily you acclimatise. Most of the trails on the Kilimanjaro trek are well defined and of good quality but some forest sections are often slippery and moorland paths can be very wet in poor weather conditions. The final ascent to Uhuru peak is almost exclusively on scree and loose rock without permanent footpaths but no technical skills are required. During the course of the trip we shall spend time at both high and low altitude, experiencing both extremely cold and quite hot conditions. You should be prepared for an early start every day on Kilimanjaro.



Walking & Trekking fitness plan

To help you prepare for your trip, we have worked closely with a fitness expert to create a detailed training plan. With specific exercises and nutritional advice to suit each holiday grade, it is a great way to ensure you are in the best condition for hitting the trails. Visit our website to download your copy today:

www.exodus.co.uk/walking-holidays/walking-and-trekking-guides

Climate

Although Tanzania lies in the tropics, the temperature depends more on altitude than on season.

Northern Tanzania has temperatures ranging from 16°C to 23°C in August, rising to 18°C to 28°C in February. The 'long rains', during which we do not operate trips, occur from late March to May, while intermittent 'short rains' fall in November and December and have no great effect on mountain climbs. January and February are generally the warmest months.

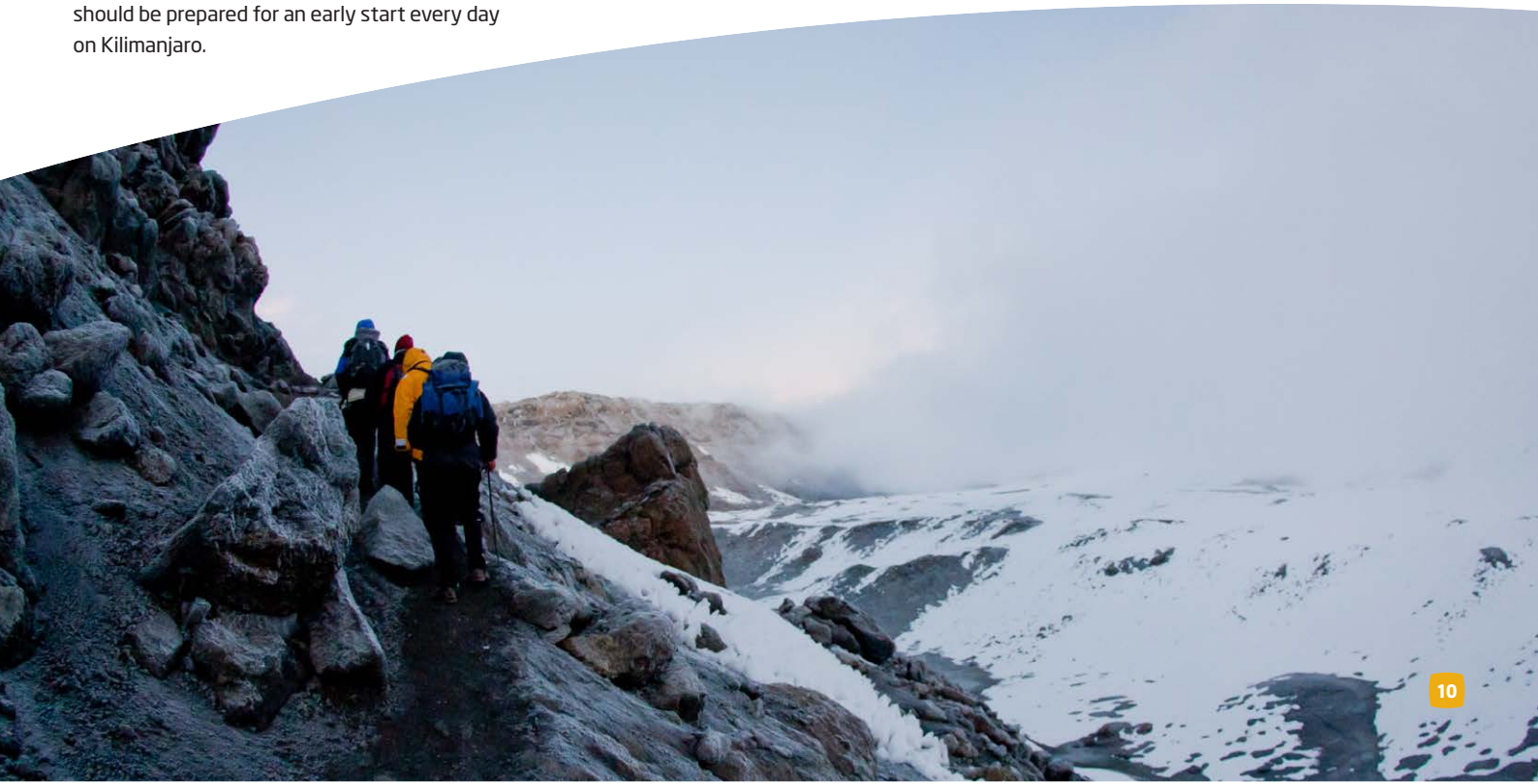
Above the cloud line the days are warm and pleasant, with temperatures in sunlight often above 20°C, but the nights can get very cold. It is possible for temperatures to get as low as -20°C at Barafu campsite, our highest overnight stop. The daily weather pattern on the mountain tends to be clear mornings with an afternoon cloud build-up that often clears before sunset. Please note that mountain weather conditions are never totally predictable and we may encounter wet and snowy conditions at any time.

Equipment Hire

If you would prefer not to use your own, we have a range of equipment available to hire locally. Please request equipment in advance of travel as stock is limited.

We have down jackets, 4-season synthetic sleeping bags (with cotton liners), safari style foam mattresses, and aluminium collapsible walking poles available for hire. Please see our detailed Kilimanjaro Kit List for further information and hire prices:

www.exodus.co.uk/assets/travelink/Kilimanjaro_Kitlist.pdf





No trip to East Africa is complete without a safari or time on a beautiful Indian Ocean beach.

The following extensions can be added to the end of any of the Kilimanjaro itineraries ending in Arusha or Marangu.

Please call our Sales team on 0845 863 9616 for current prices.



Tanzanian Safari

3 or 4 Days

Day 1: In the dry seasons Tarangire comes alive as wildlife and birdlife congregate on the Tarangire River, which is a permanent source of water. You should see herds of giraffe, zebra, buffalo and elephant, and there are regularly good spotting of both lions and leopards.

Day 2: Journey to Manyara National Park for a full day of game drives. The lakeshore at Manyara teems with birdlife, and while you are looking for the birds, you might spot one of the elusive tree-climbing lions.

Day 3: Travel to Ngorongoro Conservation Area. Drive around the rim of the crater and look down to see herds of wildebeest and buffalos. Descend into the crater itself to discover lions, elephants, buffalo, rhino and leopard. The only animal you won't see in here is a giraffe, whose long legs are unable to cope with the steep sides of the crater.

Day 4: Return to Arusha or Kilimanjaro international airport and end.

Please note that those on the 3 day safari will travel straight to Manyara on Day 1, and will not visit the Tarangire National Park.

We stay at the Rhotia Valley Tented Camp on this extension.

Game Drive Vehicles

On safari we travel in private 4WD landcruisers or landrovers. There is a roof hatch, which greatly enhances game viewing. Usually four people sit in the rear of the vehicle, and one in the front to guarantee that everyone gets a window seat, however this is dependent on group size.



Serene Zanzibar

After the exhilaration (and exertion) of Kilimanjaro, there is no better way to come back down to earth than to dip your toes in the azure Indian Ocean. You can choose to add on as many extra nights to your trip as you like; your time on the island will be at leisure for you to do as you wish. Fumba Beach Lodge, located on the south west coast of the island, is far from other developments. The feeling of peace is all encompassing with a long strip of private beach, pool, spa, diving centre and spacious rooms. Please note: You will be met and transferred between the airport and hotel but you are not escorted or guided. If you choose to take advantage of this opportunity then Exodus can arrange flights, book the hotel on a half board basis and include all the transfers.

We stay at Fumba Beach Lodge, with private beach, pool, spa, diving centre and spacious rooms on this extension.

People

We operate small group tours that have a low impact on the communities we visit and we always ensure our operations do not disrupt or lead to the displacement of local people.

Pollution

All cooking is on gas or kerosene stoves (rather than firewood) and all rubbish is carried off the mountain. Bowls of hot washing water are provided to avoid polluting the streams.

Porters

You may be surprised to learn that after the Kilimanjaro park fees, portage is the largest single ground cost on the climb and so the temptation for unscrupulous operators to reduce this cost always exists. Exodus pays one of the highest salaries on Kilimanjaro and we do so immediately after each trek. We are one of the few companies who meet the National Park guidelines in this area, and ensure that the porters have sufficient food and fuel for the trek. We provide communal sleeping tents for all staff on all camping routes. Sick porters have access to the same medical box as our clients and do not lose part of their salary because of illness. We have found that it is easier to obtain exceptional standards of service when the staff are treated fairly. Our local coordinators very much share these aims and are actively working with the management of Kilimanjaro National Park to improve visitor facilities, the treatment of local staff, and the training of local guides.

Projects

Tanzania Porter Education

During the long rains (April-June), the non-trekking season, we fund a project to teach English to porters and other local staff; over 800 to date. Being able to converse with clients in English is an essential skill and this successful initiative has enabled porters to become cooks, assistant guides and chief guides. With your support our aim is to develop this programme further and provide continued education to our porters during times when work is limited.

Kilimanjaro Guide Scholarship Foundation (KGSF)

By working with KGSF we hope to enable many of our guides to further their education on a three month scholarship during the long rains. KGSF (in conjunction with Inter-Continental Training College in Arusha, Tanzania) has created a special course that can run through the rainy season. This course is applicable to guides and porters and will enable them to improve their future career prospects.

For further information about our responsible tourism projects in Tanzania, please visit our website:

www.exodus.co.uk/responsible-travel/our-projects/tanzania-porter-education-project

“ Asked about the most inspirational part of the journey, I immediately think of the local team - the guides and porters, for whom nothing was too much trouble, and for whom the ascent seemed the easiest and most natural thing in the world. Their fitness and good humour was certainly an inspiration to me! ”

Exodus client, Jeffery Waldock, Rongai Route, February 2012





Kilimanjaro Frequently Asked Questions

If you have any burning questions that haven't been answered in this pack, then please visit our FAQ page on the Exodus website:
www.exodus.co.uk/holidays/tyw/faq

Talk to an Expert

Exodus is, and always has been, a company of travellers, and the personal experience and specialist knowledge that comes from this is the key to giving our clients the best service and the best holiday.

Contact our experts here:

www.exodus.co.uk/exodus_people/sub_africa_experts



Private Adventures available

The vast majority of our trips can be tailored to private group departures, on dates that suit you and with smaller or larger group sizes than those listed in the brochure. Kilimanjaro is no exception! We'll meet to discuss your requirements, offer suggestions on customising our itineraries and help present slideshows to build numbers if required. Detailed Trip Notes will then be prepared for your team of Kilimanjaro trekkers. All that's left for you to decide is who to take with you, which route you'd like to choose and when to go!

Want to find out more? Visit www.exodus.co.uk/privateadventures or talk to our Private Adventure Specialists on 0845 330 6009 or send an email to specialistsales@exodus.co.uk

