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Website: [www.icicle-mountaineering.ltd.uk](http://www.icicle-mountaineering.ltd.uk)  
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# 2020 trip dossier | **Kilimanjaro 5895m £999**

Website link | <http://www.icicle-mountaineering.ltd.uk/kilimanjaro%2Bmachame.html>

## Key features

- **Climb Kilimanjaro, one of the 'seven summits' via the Machame route.**
- **9 days holiday with 7 days guiding. Option to add pre Kilimanjaro Mt Meru climb.**
- **Porters to carry all group equipment and sleeping bags etc.**
- **Led by experienced Kilimanjaro guides.**
- **All technical equipment hire can be arranged via Icicle.**
- **2020 dates; 8 - 16 Feb, 21 - 29 Mar, 25 Jul - 2 Aug. 26 1 – 9 Aug, 22 - 30 Aug, 19 - 27 Sep, 17 - 25 Oct, 20 - 28 Dec.**



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**20 years**  
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## Course overview

- Kilimanjaro is the "Seventh Summit" of Africa, and the highest free standing in the world. At nearly 6000m high, it is a high altitude ascent, though essentially a non technical one.
- As we run expeditions to high altitude peaks, such as Aconcagua and Mount Elbrus, we are very aware of the importance of acclimatisation, and so this itinerary has been carefully designed in order to prepare you as well as possible.
- At the equator the seasons are different, and it is key to avoid the rainy seasons of mid-October to mid-December, and April to June. During these months there is often too much snow on the upper mountain. Our scheduled dates and private expeditions are all operated outside the rainy seasons.
- This expedition will appeal to those who really want to explore this region and who wish to experience the thrill of high altitude climbing for the first time. This especially appeals to those with aspirations of higher peaks such as Aconcagua or Denali, who are either working towards ascents of the "Seven Summits" (the highest peak on each of the continents), or those who only have Alpine mountaineering or trekking experience.
- We offer two options for our Kilimanjaro, either a standard trip from Saturday to the following Sunday (9 days), or you have the option of extending the trip by four days to take in the ascent of Mount Meru beforehand.
- Many companies state that they are 'experts' in a mountain. We truly are, as every e-mail you send, or phone call you make to a course advisor, will be answered by someone who have actually climbed the mountain, so can genuinely give expert advice.

## Machame route

- The Machame Route is our most popular route on Kilimanjaro for ascent, and the Mweke Route for descent. There are many reasons for this, perhaps none greater than the acclimatisation potential in that you ascend to around 4000m, then spend three days traversing around the mountain at this altitude before ascending to the final camp at 4600m.
- This means you are very well acclimatised to move to the top camp just before the summit day. Clearly this works as we have had a 95% success rate on the mountain since 2001. The route also allows an extra day on the mountain to prepare you, compared to itineraries from many other operators.
- We avoid the 'normal' Marangu Route, often called the "Coca-Cola" Route, as it gains height every single day, not allowing your body any time to acclimatise. For the descent the Mweka Route offers the

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quickest method of losing height, which is an essential method of avoiding potential altitude sickness issues that may affect people after their summit bid.

- The route also descends through some amazing jungle scenery on the way to the park gate, and it is highly likely that you will see Blue and Gibbon monkeys swinging through the trees.

## Standard Kilimanjaro Expedition itinerary

- **Saturday** - Fly to Kilimanjaro International Airport, where typically the KLM flight arrives around 19:00. Transfer to the hotel in Moshi, evening meal, expedition briefing, and equipment queries. Night in hotel.
- **Sunday** - Drive to Machame gate 1800m, obtain permits, then trek to Machame camp through rainforests. Lunch boxes are provided for the trek which takes c.4 hours. Night in Machame camp 3100m.
- **Monday** - Trek from Machame camp up to the Shira camp. Trek involves some easy rough ground, and takes c.3 hours. Lunch at camp, then a acclimatisation walk to 4000m. Night in Shira camp 3860m.
- **Tuesday** - Today you trek up to the spectacular Lava Tower at 4600m, then descend into the Baranco valley, famed for its Giant Lobelia trees. Trek takes c.6 hours. Night in Baranco camp 3950m.
- **Wednesday** - First you start with the long scramble up to the Karanga plateau. This is easy but exciting scrambling. Today's trek takes c.3 hours. Acclimatisation trek up to 4200m. Night in Karanga camp 3961m.
- **Thursday** - Short hike to the Barafu camp, followed by a hot lunch, then an acclimatisation trek up to 4900m. Sleep in the afternoon, then early dinner at around 17:00. Night in the Barafu camp 4600m
- **Friday** - Get up at midnight for summit bid. Most of the ascent is in the dark, by headlight, and takes c.6 hours. You normally reach the summit 5895m for sunrise. Descend to Mweka camp 3100m.
- **Saturday** - Final trek down to Mweka gate, which takes c.3 hours. From the gate you check out of the park, and are driven to the hotel in Moshi. In the evening there's a celebratory meal in the hotel.
- **Sunday** - Option of morning safari (fees apply) before your airport transfer. The KLM flight usually leaves in the late afternoon, arriving back in the UK on Monday around 06:00, so you could go to work!

ITINERARY NOTES: Where possible we follow the itineraries, but as mountaineering is always weather and conditions dependant, we are sometimes forced to alter the plans. If this is the case, a suitable different route will be attempted, and you will be informed at the first suitable opportunity. Please use this outline course itinerary as a guide to the style of expedition, with good conditions, as it will not necessarily be an exact blueprint for the exact routes and schedule that you will follow on the expedition.

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## Course Inclusions

Kilimanjaro guides for daily leading, 2) Icicle rep if a mixed scheduled group (not a bespoke or private group) has ten or more clients, 3) Pre expedition Info Booklet, 4) Equipment discount voucher for in UK, 5) All mountain tent accommodation in Africa on a full board basis, 6) Two nights hotel on a half board basis, 7) Road transport in Africa to national parks and airport transfers, 8) All costs for expedition leaders, local guides and porters, 9) Personal certificate for all those who reach the summit, 10) We provide all communal equipment such as tents and cooking kit (you provide your own clothing, walking boots, and sleeping bag with mat).

## Course Exclusions

1) Air travel to & from Kilimanjaro International airport, 2) Travel insurance, 3) Bar / restaurant bills & tips, 4) UK and foreign airport taxes, optional trips, souvenirs and tips, 5) Peak permit for Kilimanjaro / Meru parks, 6) Optional day safari on last day, 7) Your personal laundry, telephone calls, and any purchases in mountain huts / hotels / restaurants, 8) Extras before course: personal activities insurance, & excess baggage charges.

## Notes

This trip has guaranteed departures for group sizes of 2 people or more. If you are booking alone, please e-mail to confirm availability and numbers before booking the trip or flights to Kilimanjaro. If there is just 1 person looking to travel on a particular date, we can operate the trip, but the price rises. Contact us for details.

## Climbing skill

These are outlined on this page; <http://www.icicle-mountaineering.ltd.uk/courses.html>, and this course is;

- Course level: **Beginner**
- Mountaineering:** No previous experience necessary.
- Ice & Rock:** No previous experience necessary..
- Fitness:** Very good level of fitness and stamina.

## Fitness & stamina

The ideal fitness levels are detailed at; <http://www.icicle-mountaineering.ltd.uk/trainingpreparation.html>, and there are links to general training advice and planners that you can adapt to suit and follow.

This trip is graded: **Level 2** - We suggest that people on courses of this grade can run 10km without a problem, but we stress that for courses of this level you do not need to be any fitter than this minimum level, though it is there to ensure a good basic level of aerobic fitness and training.



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