

Uhuru Peak/ Kilimanjaro Expedition - Information Sheet



Thank you for enquiring about our Kilimanjaro Expedition. Hopefully this document will provide you with sufficient detail about the trek and answer any questions you may have.

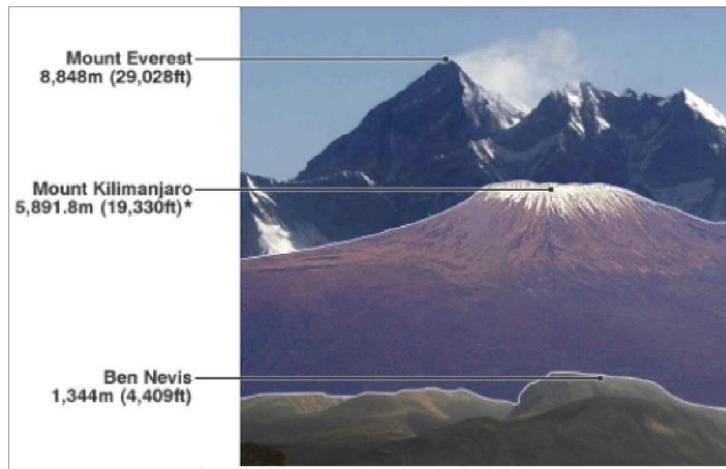
Date of Expedition 22/08/2019 – 01/09/2019

Cost of Expedition £1900.00

About the Mountain

Uhuru Peak is the highest point on Kilimanjaro and is the intended goal for our expedition. Uhuru Peak stands at 5895 metres tall and is located on the south west edge of the Kibo crater. Our expedition route follows the Machame Route from Machame Gate, to Uhuru peak - the summit of Kilimanjaro and descending to Mweka Gate.

The route is approximately 62km long and covers a variety of terrain - from desert to forest and ice capped summit.



About the expedition

The expedition is 11 days long; 3 days in the town of Moshi, 7 days on the mountain. Our expedition follows the Machame Route. This route is 7 days in length and is considered to be one of the more picturesque routes to the summit and in general has a 95% summit success rate. It is not the quickest route to the summit but it does have a very good ascent profile, which helps us in the acclimatisation process giving us a better chance of reaching the roof of Africa.

Day 1 - Fly out from the UK.

Day 2 - Rest day from travelling. Time to organise equipment, meet the team.

Day 3 - Transfer from Moshi to Machame Gate (1490m start of trek) to Machame Camp (2980m). Time - 7 hours, 11km and 1490m height gain.

Day 4 - Machame Camp (2980m) to Shira Camp (3840m). Time - 6 hours, 5km and 860m height gain.

Day 5 - Shira Camp (3840m) to Barranco Camp (3950m). Time 6 hours, 10km and 790m height gain and 680m height loss.

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Day 6 - Barranco Camp (3950m) to Karanga Valley Camp (4200m). Time 3 hours, 5km and 250m height gain.

Day 7 - Karanga Valley Camp (4200m) to Barafu Camp (4600m). Time 3 hours, 4km and 400m height gain.

Day 8 - Summit Day Barafu Camp (4600m) to Uhuru Peak (5895m) to Millennium Camp (3730m). Time 6 hours to the summit and 5 - 7 hours to Millennium Camp. 1245m height gain and 2165m height loss.

Day 9 - Millennium Camp (3730m) - Mweka Gate (1630m). Time 4 hours, 10km and 2100m height loss. Transfer back to Moshi.

Day 10 - Depart Tanzania.

Day 11 - Arrive back in the UK.

Accommodation and Facilities

Two nights of the expedition are spent in a local hotel, 1 night on arrival and 1 night prior to departure. All other accommodation on the mountain is in 2 person tents (roll mats are included).

Our group will have their own porta loos which are maintained by our porter team.

We will have a team of porters and cooks who provide all meals whilst on the mountain. The cooks always use fresh ingredients and a handful of porters travel back down the mountain to re-stock on supplies as the expedition progresses.

Porters are on hand to carry all the equipment and you will only be required to carry a daysack with essentials for that specific day, such as waterproofs, dry / warm clothing and any personal belongings.

Water is provided throughout the expedition.

Whilst on the mountain meals will be eaten in a dining tent, so you don't need to eat in your own tent.

Recommended Equipment

We will provide a full and detailed kit list for the expedition well in advance. We also have discount codes available to clients for purchasing equipment with Cotswold Outdoor (15%) or there is the option to hire the equipment with Outdoorhire (10%). Discount codes will be provided.



Clothing – basic layering principles apply; cotton trekking or softshell trousers and base layers with a softshell / fleece type jacket with an additional spare warm fleece for any stops on the mountain. Quality waterproof jacket and trousers are essential.

Summit day in particular can be very cold so you will need a warm down jacket or fleece combination that you can fit underneath your waterproofs.

Footwear – Decent leather or fabric walking boots and quality socks prevent blisters. A consideration is to bring 'approach' / trail shoes as the initial part of the trek can be hard going in boots. These can also be worn around the camp after the days walk.

Other Equipment – a 25 to 30 litre rucksack is sufficient; either a hydration system or metal water bottles, ideally around 2 – 3 litres in capacity. Hydration systems will need to be carried in the rucksack on summit day as the hose will most likely freeze due to low temperatures on the ascent. Walking poles - can prevent muscle damage, injury and claim to reduce loads on the joints of up to 25%; a head torch; hat; gloves; sunglasses and a camera are essential. Any personal medication needed (please inform us of any pre-existing medical condition you may have as soon as possible).

A 4-season sleeping bag is required and can be filled with either down or synthetic. This can be discussed in more detail later.

An individual sleeping mat is provided; however, some trekkers choose to also take their own in addition to the one provided.

Obviously, you will require additional clothing for the evenings in Moshi and fights.

Altitude Sickness

As we start to ascend, the decrease in atmospheric pressure makes breathing difficult, as you are not able to take in as much oxygen. You may also experience headaches, nausea, dizziness, lack of hunger and general fatigue. In its mildest form, altitude sickness can occur at heights over about 2500m above sea level; however, the more severe symptoms of altitude sickness tend to occur at altitudes of 3600m and above.



At the summit of Kilimanjaro there is effectively 49% of the available oxygen compared to that at sea level.

There are no specific factors, such as age, gender or physical condition, that increase a person's likelihood of getting altitude sickness. Certain people are affected while others are less susceptible to it.

We would recommend keeping hydrated and eating regularly to help the body cope with the change in the environment. There are some thoughts that taking a small quantity of aspirin each day for a few days prior to the expedition assists in thinning the blood, and thereby aiding the body's ability to absorb oxygen in the blood stream, however this is a personal decision and you may want to seek medical advice before starting this.

Client care is always at the forefront of any of our expeditions and we always have morning and evening briefings / debriefings and will monitor your health throughout the expedition.

Your GP can also prescribe Diamox, which helps with altitude sickness. However, Diamox is not suited for everyone and consultation with your GP is essential.

Travel Advice / Insurance

Please take time to read the Foreign and Commonwealth Office advice to travellers to Tanzania and Africa. It is pretty much common-sense.

[https:// www.gov.uk/foreign-travel-advice/tanzania](https://www.gov.uk/foreign-travel-advice/tanzania)

Clients will need to supply their own insurance; specifically trekking up to 6000m out of Europe, including rescue and repatriation as a minimum. We can recommend several companies if required.

For inoculation advice, please visit - <http://www.fitfortravel.nhs.uk/destinations/Africa/united-republic-of-tanzania.aspx> or consult your GP.

Frequently Asked Questions

‘Are flights included?’

Unfortunately, we cannot provide flights. Further information regarding preferred flights will be released at a later date. These will be based on trying to keep the total amount of travelling time to be kept to a minimum vs cost.

‘What is the currency in Tanzania?’

The national currency is the Tanzanian Shilling. US Dollars are also widely accepted and generally this is the only currency you will need.

‘How much money will I need to bring with me?’

Very little money is needed as main meals are included. Any additional drinks and snacks are at the client’s expense, around £100 would be more than sufficient. An amount of around 100USD is a suggested amount as tips for the porters.

‘Will I have to carry all my belongings up the mountain?’

No, there will be the option of leaving non-essential luggage at the hotel and all other items will be carried by porters along the trail. You will be required to carry a daysack with your personal items and spare clothing, such as waterproofs etc.

‘What if I have special dietary needs?’

We can cater for all dietary requirements. Advance notice would be needed so we can make suitable arrangements.

'What's included?'

- Airport transfers in Tanzania
- 2 nights accommodation (hotel based in twin rooms - B&B)
- All in country transport
- 6 nights tented accommodation (including roll mats but not sleeping bags).
- Kilimanjaro National Park entry and camping fees
- Porters, cooks and local guides
- All food provided from dinner on arrival on day 2, to and including breakfast on the departure day of day 10 (own snacks during the trek at clients additional expense)
- Water - bottled water or filtered water whilst trekking.
- Bottled Oxygen is carried throughout the trek
- First aid provision
- Satellite communication for emergency use
- Expedition training day (details will be announced closer to the time)
- Qualified and experienced International Mountain Leader

'What's excluded?'

- Flights
- Personal insurance
- Visa - (currently 50USD)
- Inoculations and personal medication
- Personal spending money
- Tips for porters approximately 100 USD
- Meals whilst travelling (airports, etc)
- Personal trekking equipment (clothing, poles, sleeping bag, etc)

How to book / Terms and Conditions

Places on the expedition are on a first come first served basis - places are confirmed once we have received either the deposit or payment in full.

All payments will be acknowledged by an email and a receipt given.

There are a minimum of 8 places available for this expedition. Please do not book flights until we have verified that the trek will be taking place. This will be done with plenty of notice.

If you are unsuccessful in obtaining a place on this trip we will maintain a reserve list.

Should for whatever reason we cancel the expedition you will be given a full refund including deposit (i.e. minimum numbers not reached, etc).

Payment – an immediate non - refundable (if you decide not to attend the expedition) deposit of £400 is required.

Payment terms on agreement between you and Aspire2summit

The remainder of the balance is due no later than 12 weeks prior the departure date.

Please check that your passport is valid for a further 6 months beyond the return date of the expedition and that you possess the relevant Visa for travel into Tanzania.

Once we have confirmed your booking, we will send out a combined medical / consent form and also a provisional kit list.

We will keep you updated with any changes or developments should they occur.

Should you have any further questions or would like to clarify any points, please feel free to either email us at contact@aspire2summit.com or give either of us a ring –

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Dan Andrew – 07920 099 160