Climb Mount Kenya and Kilimanjaro

Trip Code: KAK

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		9



HIGHLIGHTS

- Summit the two highest mountains in Africa in this ultimate trekking trip
- Enjoy increased Kilimanjaro summit success through acclimatisation on Mt Kenya
- See sunrise from the highest points in both Kenya and Tanzania
- Travel from Kenya to Tanzania through the beautiful African landscape and wildlife
- KE's original trip in Africa - an absolute classic adventure holiday

AT A GLANCE

- 12 days trekking
- Join at Nairobi / ends in Kili. Airport

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This twin peak trekking holiday, aims to summit the trekker's peak on Mt Kenya (4985m) and Kilimanjaro (5895m), and is the ultimate East African mountain challenge. On no other holiday can you see the sunrise from the highest mountains in both Kenya and Tanzania and the whole of Africa. Additionally bringing the two summits together increases the success rate on Kilimanjaro dramatically as we are better acclimatised to the altitude and environment.

We begin our 2-week holiday on Mount Kenya, where we trek the superb 6-day traverse of Kenya's highest mountain via the Chogoria and Sirimon routes. We will encounter few other trekkers on this beautiful and much under-rated peak. Travelling overland to Tanzania through the African plains and wildlife spotting, we start our Kilimanjaro climb by way of the Machame Route.

This path leads through luxuriant rainforest and then across the alpine tundra of the Shira plateau with its giant lobelia, to the glaciated crater rim of Africa's highest peak. We will stand at the summit of Kilimanjaro at sunrise and glory at the wonders of the clouds and African plains below. A magnificent feeling - which you take home with you forever.

Further options:

Lemosho Route (8 days trekking on Kili)

Rongai Route (7 days trekking on Kili)

Kilimanjaro and Mt Kenya (6 days trekking on Kili)

Confused as to which route to choose? Check out our expert guide: **Which route to climb Kilimanjaro?**

Is this holiday for you?

For most, standing on the summit of the highest peak in Africa is either a life-time goal or a personal challenge. To give us a flavour of what is to come on Kilimanjaro, our trek on Mt Kenya has 5 days trekking with an average of 6 hrs per day, with a 10 hr summit day. It provides excellent fitness and acclimatisation for Kilimanjaro. Higher up on Kilimanjaro there are some section of scree which we have to negotiate. On Kilimanjaro walking days are between 4-7 hours, most being around 6-7 hours. Both summit days are long with pre-dawn starts and 10-12hrs of walking. All trails on both mountains are well marked and kept. They are easy to follow, however you will always be behind your expert guide to ensure that you walk slow enough to adjust to the altitude.

A typical day starts with early morning tea in your tent at 0600. After a hot breakfast, our porters take their loads and we leave camp for our days walk. Lunch is at around 1100 and we aim to be at camp at around 1500-1600 to relax before dinner in the mess tent later. Of course certain days are longer, especially the summit days!

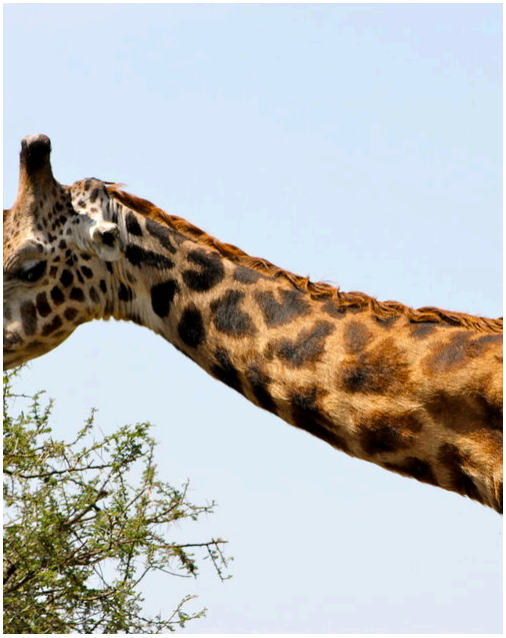
Don't forget - Kilimanjaro is a big mountain (Africa's biggest in fact!), you will need to be fit and mentally prepared to ensure summit success, and return home with the unique memories and the satisfaction of this massive achievement. You should aim to be at least fit enough to walk for at least two days in a row for 5-7 hours without a problem. Put on your boots and get walking and with a huge amount of determination you'll be able to do it. Get training now and you can join the exclusive group who have summited.

Itinerary

Version:

Extensions

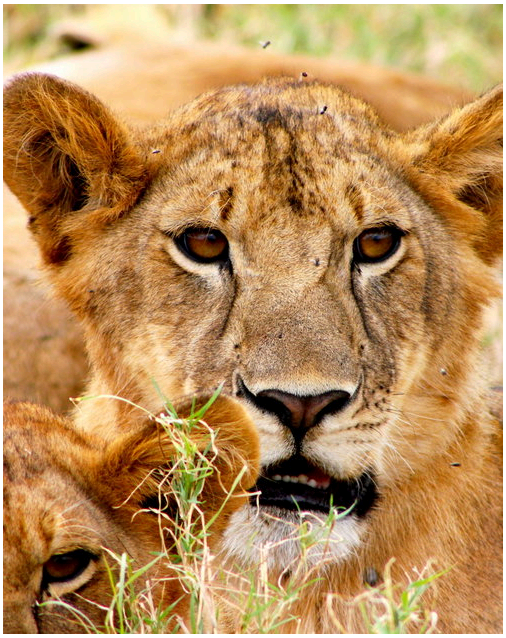
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Arusha National Park

Arusha National Park, close to Arusha, is the perfect place to spend a day either before or after your Kilimanjaro climb. The montane forest is inhabited by inquisitive blue monkeys, birds and the acrobatic colobus monkey. At the spectacular Ngurdoto Crater we can see herds of buffalo and warthog. And the green and blue Momela Lakes, can be tinged pink with thousands of flamingos. Giraffes can be seen gliding across the grassy hills in between grazing zebra herds.

1 day from
US$440 per person



Tanzania Safari Extension (3 nights)

The world's finest game viewing can be found in the Tanzania National Parks of Tarangire, Manyara and in the crater of Ngorongoro. There is an excellent chance of spotting the 'big five' of elephant, rhino, leopard, buffalo and lion, as well as wildebeest, cheetahs, giraffe, zebra and hyena. From our comfortable permanent tented lodge accommodation, we go out on safari with expert guides and trackers, in 4WD vehicles which are specially adapted for game viewing.

4 days from
US$2,155 per person

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival into Nairobi
- Airport transfer from the group hotel to Kilimanjaro International Airport on departure
- All accommodation as described
- Meals as per the Meal Plan
- All land transport required by the itinerary
- All park fees and permits (total of $1090)

What's not Included

- Travel insurance
- Mandatory additional travel insurance required for Tanzania - https://inbound.nicinsurance.co.tz/ (Note: This is in addition to your own travel insurance)
- Visas (Kenya & Tanzania)
- Tips
- Some meals as detailed in the Meal Plan
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

Transfers from Nairobi International Airport to the group hotel in Nairobi are provided on Day 1 of the trip itinerary (provided for all flights arriving between 0600 and 2300 into Jomo Kenyatta International Airport (NBO)).

On the last day transfers from the group hotel to Kilimanjaro International Airport is provided for all passengers.

If your flight schedules do not fit with these single timed airport transfers we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included from breakfast on Day 2 to breakfast on Day 15, apart from dinner on Day 7. Due to different flight arrival times dinner is not included on Day 1. This is available at the hotel.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Being hydrated and well fed is important element to summiting success. Our head chef and cook team works hard to ensure that the menu is carefully planned as you ascend, especially as it's not unusual for people to lose their appetites at altitude. It is pretty amazing what this team of experts are able to produce on the side of the mountain.

At breakfast we have a hot drink (tea, coffee or hot chocolate) with porridge, or eggs, sausages and toast with jam, marmalade or honey. Lunch is usually three courses; starting with soup, followed by a hot meal such as cheese toast or chicken and ending with some fresh fruit or sometimes a muffin. Afternoon tea is served at camp shortly after we arrive, usually around 1500-1600, which is a hot drink with a snack such as peanuts, popcorn, or malt biscuits. Dinner is usually three-courses. Starting with soup, then a carbohydrate such as rice, pasta or potatoes, with beef, chicken, sausage or corned beef and cheese. The end of the meal there will be some fruit or something sweet. Vegetarians will have beans or a vegetable mix with different sauces. Please inform us of any special dietary requirements. You should bring your own trail snacks for the walking days.

Accommodation

You have two nights a comfortable hotel in Nairobi and two nights near Arusha, one either side of the mountain climbs.

When climbing Mount Kenya you have the first night in a traditional banda/cottage at the park mountain gates. These are non-segregated, dormitory-style basis - so no singles are available. They have communal dining rooms and simple washrooms.

There are 4 nights camping on Kenya and 5 nights on Kilimanjaro. We use high quality, spacious 3 person tents. These are Mountain Hardware Trango 3 or Simond Makalu tents and are expedition quality. Only 2 people and their bags stay in each tent. They are surprisingly warm at night. You will need to bring your own sleeping bag although you can hire them through KE if you prefer. Camping mattresses are provided. We also have a dining tent with a table and chairs for meal times. The team put up the tents and take them down in the mornings for you - so you don't have to worry about that. You will be looked after very well.

We take along our own portable toilets and a little tent for privacy. These are kept nice and clean, and loo roll is provided. There are long drop toilets at each campsite which are maintained by the National Park Authority - but we find its just best to avoid these!

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single hotel rooms and single tents are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

Our groups are led by a professional and qualified tour leader. They have led groups for many years and have considerable experience on the mountains. Summit success is often attributed to the quality and experience of the guides. We are also supported by a full trek crew including cooks and porters.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Park Fees & Permits

The entrance fees and camping fees for Kenya and Kilimanjaro National Park form a considerable part of the cost of climbing these peaks and are also prone to increase. We include these fees in your holiday price.

Spending Money

Approximately £300 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks and miscellaneous expenses. If your flight departs in the late afternoon or evening, you may wish to budget for a lunchtime snack on the last day. Alcoholic drinks and souvenirs are additional so you may wish to budget for these.

You can choose to take your money in pounds sterling, dollars or euros. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change money en-route and at borders. On arrival we advise you to change half of your money into Kenyan shillings, the rest you can change at the border or at an ATM in Arusha (ask your guide to stop for you to do this) into Tanzanian shillings. Cash is mainly used in these two countries. US dollars in small notes can also be used in emergencies. Credit cards are useful and it is a good idea to carry one in case of emergency, however not all lodges/hotels accept cards.

Guidance on Tipping

Tips are the accepted way of saying thank you to your guides and porters. Tips they receive are seen as a personal thank you from group members and are entirely dependent on the service that was given. Tipping should be decided and given by the group as a whole rather than from individuals. As a rough guide we suggest that a total contribution of approximately $150 on Mt Kenya and $120-175 on Kilimanjaro in local currency or US dollars from each group member. This will then be divided between the guides and support staff.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag and a daypack. Your bag on trek will be carried by porters and should not weigh more than 14kg. This weight allowance is strictly enforced. It is possible to leave clothes or other items not required on trek at the group hotel. For international flights please check your baggage allowance with your airline.

Please be aware that plastic/polythene bags are illegal in Kenya and Tanzania. The law says that they are not allowed to be manufactured, imported, used or sold in Kenya (since Aug 2017) and Tanzania (since Jun 2019).

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Tanzania

UK passport holders do require a visa. The visa fee is $50 (single entry) and is obtainable on arrival or prior to departure online at https://eservices.immigration.go.tz/visa/. The online application requires a scanned passport photo, a scanned copy of your passport bio page and evidence of your return flight details.

If you are arriving into Kilimanjaro Airport, Dar es Salaam or into Tanzania via the Namanga border crossing, we advise you to get a visa prior to arrival as there can be long queues for visas services at customs.

For visas on arrival you require 2 passport photos for the visa, however we recommend you travel with 4 passport photos just in case. Payment must be in cash when getting your visa on arrival.

USA passport holders do require a visa. The visa fee is $100. It is advised to obtain this prior to departure, full and up to date information can be found online https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Tanzania.html

We (KE) require copy of the information page of your passport in order to make the arrangements in Tanzania. A colour scan must be emailed or posted to us at the earliest opportunity.

If you are travelling to Zanzibar you will also need to purchase specific insurance (as well as your standard travel insurance), through the Visit Zanzibar website - Visit Zanzibar

Travelling With Under 18s

If the children (under 18yrs) with whom you are travelling have a different surname to yours, you should consider taking with you the child's full birth certificate. It is not a requirement, but some border personnel in Tanzania as well as the UK, may request to see it when travelling to/from Africa.

Visas Kenya

You need a visa to enter Kenya. This is obtained online as an e-visa, prior to departure via the Kenyan Government e-visa portal. Visas are not available on arrival.

If you are travelling overland from Kenya into Tanzania, and then back into Kenya (and not leaving East

Africa) you will only require a single entry visa for Kenya.

If you are travelling to Zanzibar you will also need to purchase specific insurance (as well as your standard travel insurance), through the Visit Zanzibar website - Visit Zanzibar

If the children (under 18yrs) with whom you are travelling have a different surname to yours, you should consider taking with you the child's full birth certificate. It is not a requirement, but some border personnel in Kenya as well as the UK, may request to see it when travelling to/from Africa.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Tanzania is the Tanzanian Shilling.

The unit of currency in Kenya is the Kenyan Shilling.

Do not take $100 bills, take $50 bills instead. All USD bills pre-2013 are not welcome. They prefer 2017 and onwards.

Preparing for your Holiday

The fitter you are the more you will enjoy your holiday and you are more likely to summit if you are not totally exhausted at the end of each day. Training should not be a chore, use your Kilimanjaro trip as an excuse to get out in the evenings after work or a walking weekend in the hills. Aerobic activities such as running, biking and swimming help overall fitness. You should aim to be at least fit enough to walk for at least two days in a row for 5-7 hours without a problem. Put on your boots and get walking and you'll be able to do it. The summit day is a tough day with an 8-10 hrs ascent and a 6-8 hrs descent - and alongside the fitness you need plenty of determination for this day!

There is little you can do to prepare for the altitude but if you have an excellent level of fitness this can help.

We would recommend wearing and testing out the equipment and clothing that you will be taking with you before you go. Best to find out before you go that your new boots give you a little blister, or the trousers are just a little on the tight side, or the jacket just has too many pockets. At least you can do something about it before the trip.

Climate

The driest months are June to October when there is the least likelihood of rain or clouds higher up. This is also peak season to climb Kilimanjaro, especially as many people are on summer holidays. January to end March is also a drier period compared to the long rainy season in April/May and a second, shorter rainy period in November/early December. January to March is usually a bit colder, which can put some people off, but means that there are less people on the mountain. Rain is usually lower down during this period. Temperatures vary greatly with altitude. At the foot of Kilimanjaro it's usually approximately 25-28ºC, dropping to 15ºC at night. At 3000m, daytime temperatures can be around 15ºC. Above 4000m, the night-time temperatures will fall below freezing and it is usually no more than 10ºC in the day.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Maps

Africa - The Highest Peaks - TERRAQUEST

A great laminated map of Africa's highest peaks: Kilimanjaro, Mount Kenya and the Rwenzori. The main Kilimanjaro map covers the whole mountain at 1:150 000 including Mosha and Arusha, with all trekking routes and campsites marked. And the smaller inset of the summit is at 1:50 000. The full mountain of Kenya and surrounds is depicted on the reverse at 1:175 000, with the summit inset at 1:50 000. The map is contoured and coloured and clear.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

KK Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Sleeping bag (comfort rated -15°C)*
- Hiking boots (waterproof)
- Trainers / sandals for camp
- Trekking poles
- Walking / trekking socks
- Underwear
- Trekking trousers
- Waterproof jacket and overtrousers
- Warm fleece
- Fleece jacket
- Warm/down jacket (to go over the fleece jacket)
- Thermal baselayer - leggings & top
- T-shirts, topsand/or casual shirts
- Thermal gloves
- Warm and waterproof gloves or mittens
- Warm hat
- Sunhat
- Sunglasses
- Sun protection (including for lips)
- Water bottles 1 Litre (x2) - we encourage re-filling water bottles rather than single use plastic
- Water purification tablets
- Headtorch and spare batteries
- Washbag and toiletries
- Trek towel
- Daypack 30 litres
- Selection of dry bags (to keep trek bag contents dry)
- Antibacterial handwash
- Basic First Aid Kit including: painkillers, antiseptic cream/spray, throat lozenges, plasters and blister treatment, Diamox (for the altitude), insect repellent, and re-hydration salts (Dioralite) and diarrhoea treatment (Imodium)

The following items are optional:

- Gaiters
- Sleeping bag liner (essential if hiring a sleeping bag)
- Shorts
- Buff (it can get dusty)
- Spare laces
- Travel clothes

- Camera
- Pen-knife (remember to put all sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Equipment hire: Items marked * can be hired through KE Adventure Travel. Please make all requests at least 6 weeks prior to your departure date. The items are issued in Tanzania. Hire sleeping bags are not suitable for people over 6 feet in height.

Sleeping mattress: A thick foam sleeping mattress is provided. (These are 2" thick in Kenya and 3" in Tanzania)

Hold baggage: We recommend that you do not pack your hiking boots and other essential items in hold baggage due to the possibility of baggage being delayed.

PHD Gear Advisor:PHD specialise in cold weather equipment, from the world's lightest right up to the very warmest. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this Kilimanjaro trek.

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Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining at the hotel in Nairobi, Kenya. Departing from Kilimanjaro International Airport at the end of the trip. For clients making their own flight arrangements, Nairobi Airport is the most convenient for transfers to the group hotel.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Heathrow to Nairobi airport. Outbound flights depart the UK in the afternoon, arriving the morning (day 1 of the land only itinerary). Return flights will depart Kilimanjaro International airport in the evening of the last day of the itinerary, arriving in the UK on morning of the following day.

Why Choose KE

KK Why KE

Here are 10 reasons you should climb Mount Kenya and Kilimanjaro with KE. 1) We respect the time needed for essential acclimatisation 2) We have highly experienced guides and a summit crew on a 1:2 guide to client ratio 3) We carry emergency PAC/Gamow bags and oxygen cylinder on all trips 4) All meals and Kilimanjaro Park Fees are included 5) We've been taking people to Kili's summit for over 20 years 6) You can speak to someone who's done it - just call the office 7) Climb Mt Kenya (4985m) first so more chance of summitting Kilimanjaro 8) Our porters and team of guides are fun (they sing a lot!), kind and extremely motivated 9) We care about Porter Welfare 10) Ultimately - KE have a 95% Kilimanjaro summit success rate

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change