Climb Mount Kenya and Kilimanjaro

Trip Code: KAK

Version: KAK Mount Kenya and Kilimanjaro

WALK & TREK	GUIDED GROUP	9 CHALLENGING

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

- 14 Breakfasts
- 13 Lunches
- 12 Dinners
- 4 nights Hotel with swimming pool
- 1 nights Mountain Hut / Refuge
- 9 nights Camping

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: KAK Mount Kenya and Kilimanjaro

DAY 1

Meet at the group hotel in Nairobi. Transfers from Nairobi airport are provided.

The holiday starts at the hotel in Nairobi. Airport transfers are included from Nairobi airport to the group hotel.

Accommodation
Hotel with swimming pool

DAY 2

Transfer to Mount Kenya National Park and trek to Chogoria Gate (2730m).

We drive north from Nairobi into the Mount Kenya National Park. En route we have good views of the mountain ahead of us. Arriving at Chogoria, we have lunch, before transferring to four-wheel-drive vehicles for the final 15 miles drive up a rough and muddy road to our overnight halt. An early start means that we will have time to walk some of this rough road if it's too difficult for the vehicles. It's also good to walk to stretch the legs along this first section of our trip. We stay overnight in a 'banda' (cottage) in forest near to the Chogoria Gate (2730m).

Meals: **B L D**

Accommodation
Mountain Hut / Refuge

DAY 3

Trek - Early morning game walk. Trek across open moorland to camp at Lake Ellis (3390m).

We have an easy start to the day, with a game viewing walk in the early morning in the area around our overnight lodge. If we are lucky, we may see elephant, cape buffalo, antelope and colobus monkeys in this area, as well as many species of impressive birds, such as the augur buzzard and Verreaux's eagle. After a late breakfast, we start our trek up towards Mount Kenya - walking initially through forest, we pass the Urumandi Falls to reach a higher moorland area with fewer trees. On our walk, there are excellent

views back towards the plains. We camp at Lake Ellis at an altitude of 3390m. This is a blissful campsite in full view of the main peaks of Mount Kenya and well away from the main trail. 3 hours walking. In the afternoon, there is the option of an acclimatisation walk to the summit of Mugi Hill at 3640m - a round trip of 2 hours.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	550M	100M	5 hrs trekking	7KM

DAY 4

Trek to join the Chogoria Route. Views of Vivienne Falls before descent to Lake Michaelson (4000m).

We continue our ascent, climbing away from Lake Ellis on its west side, across moorland to a ridge which eventually joins the main Chogoria Trail. We have views of Vivienne Falls and the Gorges Valley as we descend to the most picturesque campsite in the range, at Lake Michaelson (4000m). Above the camp are the impressive cliffs of the 'Temple'. Exotic bird species, including the tacazze sunbird, can be seen close to the camp amongst the bizarre giant plants - principally groundsel and lobelia.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	900M	350M	7 hrs trekking	8KM

DAY 5

Ascend to the northern side of Point Lenana (4985m). Short, steep ascent to Simba Tarn (4620m).

Today we ascend into the alpine zone, above the last of the trees and giant vegetation species. Our route follows Lake Michaelson's main feeder stream. Initially, we head towards "The Tooth," a rocky promontory at around 4700m, high up on our left-hand side. Rather than camping at the usual Austrian Hut, we head towards the north side of Point Lenana and climb a short, sharp scree slope to Simba Tarn (4620m), where we find great views and few other trekkers. This is a simply superb setting for a mountain camp.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	850M	200M	5 hrs trekking	4KM

DAY 6

Trekkers summit day of Mt Kenya - Point Lenana (4985m). Descend to Old Moses Camp (3400m).

A very early start, but the 2-hour ascent is reasonably straight forward up to Point Lenana (4985m), which is the trekking summit of Mount Kenya. As dawn breaks over Africa, we are treated to a remarkable spectacle - a thin purple line becomes brighter on the eastern horizon, bursting above the morning clouds which lie in the Rift Valley and brightly illuminating the nearby peaks of Nelion and Batian. On clear days in the far distance, we can even see the snow-capped summit of Kilimanjaro over 200 miles away - an emotional sight as we'll be there in a few days. Retracing our steps towards Simba Tarn, we descend as far as Shipton's Camp for a hearty breakfast. We continue the descent by an entirely different route which will give us the complete traverse of the mountain. This is the Sirimon Route which now crosses the heather moorland of the northern slopes of the Mount Kenya to the Old Moses campsite at 3400m.

Meals: **B L D**

Accommodation
Camping

Ascent
660M

Descent
1900M

Time
10 hrs trekking

Distance
18KM

DAY 7

Trek to park gates. Transfer to Nairobi for afternoon of rest and relaxation.

After breakfast we continue descending with great views and then enter the forest where we have the chance to spot the wildlife. Reaching the Park Gates, we say goodbye to our crew over a lunch, before boarding our waiting vehicles for the drive back to Nairobi. We check into the hotel for a well earned shower and change and this evening we will no doubt wish to celebrate our success.

Meals: **B L**

Accommodation
Hotel with swimming pool

DAY 8

Drive to Namanga Gate and cross border into Tanzania. Continue in the direction of Arusha and the base of Kilimanjaro.

The second part of our African mountain odyssey begins with a transfer south to the Tanzanian border at Namanga. After completing the border formalities, we continue in the direction of Arusha, which sits at the base of Mount Meru an inactive volcano, and is the starting point for game safaris in Northern Tanzania. Today's journey will take approximately 6-7 hours including time spent at the border. We stay

overnight at a comfortable hotel in Arusha or nearer the base of Kilimanjaro a short journey from the airport.

Meals: **B L D**

Accommodation
Hotel with swimming pool

DAY 9

Transfer to Kilimanjaro National Park. Trek to Machame Camp (3000m).

We drive to the Kilimanjaro National Park and there are more formalities to complete as we pass the Machame Gate. Our route starts on a 4WD trail before turning off onto the ascending path through the forest. Being fit and acclimatised from our Mt Kenya climb we will be in good shape to make it to Machame Camp at around 3000 metres in good time.

Meals: **B L D**

Accommodation
Camping

Time
5 - 7 hrs trekking

DAY 10

Trek through forest and moorland to Shira Plateau. Hike onwards to Shira Camp (3850m).

Today's route starts out in the rainforest before emerging to cross open moorland with wide ranging views. After ascending for around 3 hours we reach the Shira Plateau, from where there are spectacular views of Kilimanjaro in front of us and of Mount Meru away to the north west. This is the joining point of the Machame and Lemosho Routes. We continue on and have to navigate some rocks and boulders as we reach our campsite at Shira Caves.

Meals: **B L D**

Accommodation
Camping

Time
4 - 6 hours trekking

DAY 11

Trekking beneath Kilimanjaro's Lava Tower and Western Breach arrive at Barranco (3950m).

A spectacular day as we traverse the south-west slopes of the mountain. We hike up to the Lava Tower as we make the most of exploring this spectacular landscape. We then walk onwards to the Umbwe Valley, also known as Barranco Valley to reach our camping place at Barranco (3950m). The awesome Breach Wall of Kibo rises spectacularly above our camping place. Although we have gained relatively little altitude today it is an important acclimatisation day.

Meals: **B L D**

Accommodation
Camping

Time
6 - 8 hrs trekking

DAY 12

Ascend the Great Barranco onto slopes of Kibo. Continue to Barafu Hut (4600m).

This is a great mountain day. We descend into the start of the Great Barranco and then exit steeply up onto the southern slopes of Kibo. We pass beneath the Heim and Kersten glaciers and head up to the Karanga Valley, the last place where we can find water below the summit. We pass this campsite and the junction of the Mweka Trail before a final push across some scree to the Barafu Hut campsite. From here we can see both the peaks of Mawenzi and Kibo.

Meals: **B L D**

Accommodation
Camping

Time
8 - 10 hours trekking

DAY 13

Kilimanjaro summit day (5895m). Descend to Mweka (2950m).

A midnight start enables us to take advantage of the best surface conditions (frozen scree and snow) for our trek up to the summit of Kilimanjaro. The angle of climb is steeper today as we tackle the cone of the volcano up to the Crater Rim at the place known as Stella Point. There are tremendous views of the ice cliffs inside the crater and also across to Mawenzi summit and 'the saddle'. Now on easier terrain, we follow the crater rim for a further hour to reach the highest point in Africa - Uhuru Peak (5894m). Having watched the dawn flood the surrounding lands with colour, and after taking the classic photo beneath the summit signs, we begin our descent by a different route. We descend a massive 3000m to the Mweka Camp at 2950m. This is a long trekking day, but the extra acclimatisation and fitness provided by our ascent of Mount Kenya will make this easier for us than many others on the mountain. And you will have stood on the highest mountain in the whole of Africa - congratulations!

Meals: **B L D**

Accommodation
Camping

Time
12 - 14 hrs trekking

DAY 14

Trek to Mweka Gate. Transfer to Arusha for a shower and celebratory drinks.

We trek down for 5 hours through beautiful rainforest to the road head - the final leg of our Kilimanjaro ascent journey. We say fond farewell to our trusty guide, staff and the porters who have helped us during the past week and pick up our certificates of ascent. We transfer to our hotel Arusha - and delight after camping on the mountains slopes. Here we have a shower and a beer (not necessarily in that order) and reflect on the climb and our achievements. A celebratory dinner and a well deserved sleep in the hotel bed!

Meals: **B L D**

Accommodation
Hotel with swimming pool

Time
5 hrs trekking

DAY 15

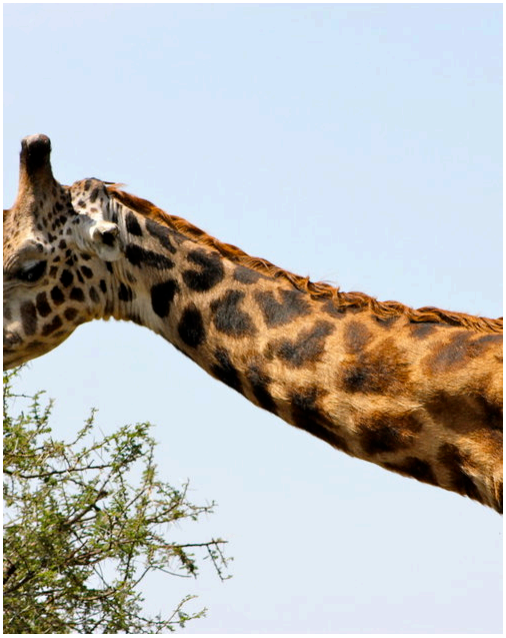
Departure day. Transfers to Kilimanjaro International Airport are provided..

The holiday ends after breakfast. Depending on flight times we have some relaxation time today. We need to vacate our rooms at 1100, but can use the hotel facilities until our transfer to the airport. Airport transfers from the group hotel are provided.

Meals: **B**

Extensions

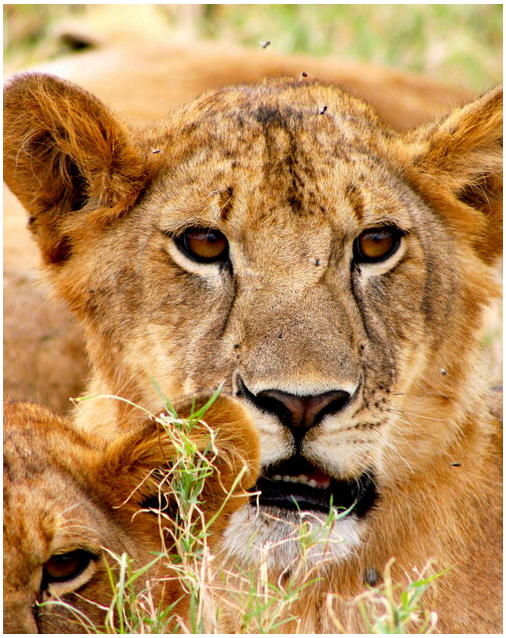
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



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.

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).

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 14/11/2026 and the trip is subject to change