Mount Kenya and Kilimanjaro Summit Climb

Summit the twin peaks of Mount Kenya (4985m) and Kilimanjaro (5895m) on this ultimate mountain trek

- 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

Holiday Code KK

Tanzania, Kenya, Trek & Walk, 15 Days

9 nights camping, 1 night mountain hut / refuge, 4 nights hotel with swimming pool, 14 breakfasts, 13 lunches, 13 dinners, max group size: 14, 12 days trekking, max altitude - 5895 metres

www.keadventure.com  UK: +44(0) 17687 73966  US (toll-free): 1-888-630-4415
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.
Holiday Itinerary

Day 1: Meet at the group hotel in Nairobi. A single timed transfer is provided.

KE Land Only package services begin with the overnight stay at the group hotel. A single timed airport transfer is provided from Nairobi Airport to the hotel.

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).

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.

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.
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.

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.

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.

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.
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.

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.

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.

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.

Day 13: Kilimanjaro summit day (5895m). Descend to Mweka (2950m).

A predawn 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 Meru 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!

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!

Day 15: Departure day. Included airport transfer to Kilimanjaro International Airport from the group hotel.

KE Land Only services end 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.

Extend Your Holiday

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.

Tanzania Safari 4 Day Extension

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.
Tanzania Safari 4 day extension

4 days

From **US$1845** per person

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Zanzibar - 4 Day Extension

The lure of Zanzibar -The Spice Island, is legendary, with its exotic towns, palm-fringed beaches and pristine coral reefs it is the perfect place to relax after either climbing Kilimanjaro and being on safari. We are based at the Mwezi Boutique Resort, which has 17 bungalows nestled amongst lush tropical vegetation, and overlooking the pristine, white sand Jambiani beach. Surrounding the pool area there are coconut palms and thatched seating areas. The buildings are authentic Zanzibar and is furnished in a simple Africa style. Zanzibar is bliss and the perfect place to stop and relax for a few days after your time in Tanzania.

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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.

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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
• Visas (Kenya & Tanzania)
• Tips
• Some meals as detailed in the Meal Plan
• Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

A single transfer from Nairobi International Airport to the group hotel in Nairobi is provided in the evening of Day 1 of the Land Only itinerary. This transfer is timed to meet passengers arriving on the KLM flight from London Heathrow Airport.

On the return journey, a transfer 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. Due to different flight arrival times dinner is not included on Day 1. This is available at the hotel.

Food & Water

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.
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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature 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 diet 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.

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/polystyrene 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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

www.keadventure.com  UK: +44(0) 17687 73966  US (toll-free): 1-888-630-4415
Many of the Equipment items listed above are available from Cotswold Outdoor - our ‘Official Recommended Outdoor Retailer’. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more]

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.

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Visa information is changing all the time. Please ensure that you check for the latest advice 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://tzhc.uk/visa-application](https://tzhc.uk/visa-application). The online application requires a scanned passport photo and a scanned copy of your passport bio page. Further details for the online visa is given with your booking.

**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](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Tanzania.html)

TRAVELLING WITH UNDER 18YRS

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.
Visa Kenya

UK and USA passport holders do require a visa. The visa fee is £30 and you can get an e-visa on this website [http://evisa.go.ke/evisa.html](http://evisa.go.ke/evisa.html) prior to departure. For further Kenya visa options please see the high commission website [http://kenyahighcom.org.uk/visas-2/](http://kenyahighcom.org.uk/visas-2/).

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.

Travelling With Under 18yrs

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

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis are required. There is risk of yellow fever and you must carry a current vaccination certificate. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](http://www.worldstandards.eu/electricity/plugs-and-sockets/).

Dengue Fever

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take precautions to avoid mosquito bites.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at: [http://www.worldstandards.eu/electricity/plugs-and-sockets/](http://www.worldstandards.eu/electricity/plugs-and-sockets/)

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 25-28°C, dropping to 15°C at night. At 3000m, daytime temperatures can be around 15°C. Above 4000m, the night-time temperatures will fall below freezing and it is usually no more than 10°C in the day.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices' ‘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 prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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 FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO 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. We have pledged to AITO's Project Protect that 70% of our agents stop using single use plastic bottles.

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.
Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.

Flight Inclusive Notes

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to Nairobi Airport with KLM. Outbound flights will depart the UK in the morning, arriving in the evening of the same day. Return flights will depart Kilimanjaro International Airport in the evening of the last day of the itinerary, arriving in the UK in the morning of the following day. Regional departures and/or alternative carriers are available on request.

To avoid paying more for your flight, we recommend that you book as early as possible, especially during peak times as there are only a limited number of seats available at the advertised price. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. We are also able to quote for premium, business and first class seats. Please be aware that you may be asked to pay for your flights in advance of your final holiday balance. Remember if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Nairobi, Kenya. For clients making their own flight arrangements, Nairobi International Airport is the most convenient for transfers to the group hotel. The holiday ends after the Kilimanjaro trek and flights are out of Kilimanjaro International Airport. Please refer to the 'Joining arrangements & transfers', and 'Flights' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Why Choose KE Adventure Travel?

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Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition ‘Campbell Irvine Direct’ cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus
Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a 'Mountain Code', which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.
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, tops and/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)
- Antiseptic 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.

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).

Please note: This document was downloaded on 13 Dec 2020, and the trip is subject to change.