MOUNT MERU AND KILIMANJARO SUMMIT ASCENTS

Maximise your chances of summit success by climbing Mt Meru (4566m) AND Kilimanjaro (5895m)

- Increase your Kilimanjaro summit success with a Mt Meru (4566m) acclimatisation trek
- Trek the 6 day scenic Machame route up Kilimanjaro (5895m)
- Watch the African sunrise from the crater rim of Tanzania's two highest mountains
- Trek with our experienced team, crew and cooks for magnificent journey

HOLIDAY CODE MK

Tanzania, Trek & Walk, 12 Days

5 nights camping, 3 nights mountain hut / refuge, 3 nights hotel with swimming pool, 11 breakfasts, 10 lunches, 11 dinners, max group size: 14, 10 days trekking, max altitude - 5895 metres

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

On this double peak holiday we acclimatise with a trek to the summit of Mount Meru (4566m) before moving on to climb Africa's highest mountain, and our ultimate goal, Kilimanjaro (5895m). As well as being a worthy objective in its own right, the ascent of Mount Meru prior to tackling Kilimanjaro means that you will be well acclimatised which increases summit success. Our ascent of the dormant volcano of Mt Meru involves a wonderful 4-day trek, leading through pleasant game-filled parkland and then bamboo forest and moorland, to the dramatic crater rim. We summit Mt Meru at sunrise and we look across to the magnificent snow-capped Kilimanjaro to the east, which in a few days you'll be standing at the top of watching another sunrise.

We are now in good shape to enjoy the main event – our ascent of Kilimanjaro (5895m). We take to picturesque Machame route which involves 6 days trekking. We ascend to the Shira Plateau and join the Lemosho Route at the Shira Caves. We walk past the Lava Tower and the Great Barranco Wall from where we make our final ascent via Stella Point to the 'Roof of Africa'. A fantastic feat and one that you will never forget.

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. Mount Meru (5th highest peak in Africa) is a 4 day trek, and the paths are well marked and kept. There are mountain huts on Mt Meru, so you do not have to camp. This acclimatisation on Mount Meru makes an enormous different to the climb on Kilimanjaro. It also allows us to ascend on the 6 day trekking Machame Route on Kilimanjaro. On Kilimanjaro walking days are between 4-7 hours, most being around 6-7 hours. The summit day is long with a pre-dawn start and around 12hrs of walking. All trails on the mountain are well marked and kept. Higher up there are some section of scree which we have to negotiate. 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 day!

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 too can join the exclusive group who have summited.

### Holiday Itinerary

#### Day 1: Meet at the group hotel. A transfer from Kilimanjaro International Airport is provided to the group hotel.

Meet at the group hotel. Airport transfers are included from Kilimanjaro International Airport (JRO) to the group hotel. KE Land Only services begin with dinner and the opportunity to meet our fellow trekkers.

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#### Day 2: Transfer to Mount Meru Gate. Trek to Miriakamba Hut (2470m).

After breakfast we make the 2 hour drive to the park gate. It will take an hour or so to organise our porters' loads and register with the Park Authorities, then we start our walk up to Miriakamba Hut. Unlike the Kilimanjaro climb where we will be camping, our accommodation on Meru will be in the relative luxury of wooden mountain huts. Our trekking starts in grassland and then climbing gradually into the rainforest. We may see giraffe and zebra along the way. Miriakamba Hut is situated at 2470m in a clearing with shy spider monkeys sometimes venturing close to the huts to who has arrived.

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#### Day 3: Mt Meru - Trek through the rainforest to Saddle Hut (3570m).

Following breakfast, we start the ascent to Saddle Hut. Today's walk is steeper than the previous day as the well maintained path winds up through the rainforest. A clearing in the trees on Elephant Ridge offers great views to the summit and down into the crater and also over to Kilimanjaro. We continue upwards through grassy clearings to reach Saddle Hut (3570m), on a wide col between the slopes of Meru and Little Meru. The short walk to the summit of Little Meru (3820m) is rewarding for the views across to Meru's summit, the crater and the top of the ash cone where we can see Kilimanjaro towering in the distance. We have an early night as it's a pre-dawn start for our summit ascent tomorrow.

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#### Day 4: Sunrise ascent of Mount Meru (4566m). Return to Mirikamba Hut (2470m).

The morning wake-up call is at 2 am and after a quick bite to eat we start the walk to the summit by the light of our head torches, with the aim of watching the sunrise over Kilimanjaro and the African plains from the top. After about an hour we reach Rhino Point, from where there are great views across to Kili and down to the base of the ash cone. From Rhino Point there is a short scramble across rocks on to the crater rim. Now, the path follows the ridge of the crater rim, somewhat exposed in places and very exciting. If the weather is clear, the views on this section of the climb are absolutely stunning. We should reach the summit (4566m) at about 7am, just as the rising sun is turning the remaining snows on Kilimanjaro a surreal pink colour. We take some time out to enjoy the
sunshine on the summit and then begin the long descent to Miriakamba Hut. A long, but brilliant day, and excellent preparation for the bigger climb to come.

Day 5: Trek to park gate. Transfer to our group hotel.

We descend to the Park Gate where we collect our certificates confirming that we successfully ascended "Socialist Peak", the name the Tanzanian Government still officially gives to Mount Meru. We then transfer back to our group hotel for a well-deserved shower, beer, and a re-pack before our Kilimanjaro climb.

Day 6: 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 Meru climb we will be in good shape to make it to Machame Camp at around 3000 metres in good time.

Day 7: 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 8: 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 9: 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 10: Trek via Stella Point to Kilimanjaro summit (5895m). Descend to Mweka Camp (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 11: Trek to Mweka Gate. Transfer to the group hotel for a shower, and our celebratory drinks and dinner.

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 (to accompany the first one we achieved at the beginning of the week) We transfer to our hotel - a 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 12: Departure day. Included airport transfer to Kilimanjaro International Airport from the group hotel.

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.

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.
**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.

| Arusha National Park | 1 day | From **US$350** per person |

**Holiday Information**

**What's Included**

- A professional and qualified tour leader
- Airport transfers to/from the group hotel on arrival and departure
- All accommodation as described
- All meals. All land transport required by the itinerary
- National Park entrance fees (value of $1215)

**What's Not Included**

- Travel insurance
- Visas
- Tips for guide / porters and other staff
- Miscellaneous personal expenditure - drinks and souvenirs etc

**Joining Arrangements & Transfers**

Return airport transfers from/to Kilimanjaro International Airport to/from the group hotel are provided for all passengers.

If you have additional nights which are not booked at the group hotel then we can provide private airport transfers at an additional cost.

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

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

All meals are included from dinner on Day 1 until breakfast on Day 12.

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 three nights a comfortable hotel in Arusha, one on arrival, one after your Meru climb and one at the end of the Kili climb.

When climbing Mount Meru there are 3 nights in mountain huts. These are non-segregated, dormitory-style basis - so no singles are available. They have communal dining rooms and simple washrooms.

Whilst on the mountain there are 7 nights camping. We use high quality, spacious 3 person tents. These are 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 by KE. 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 the Mt Meru 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 £250-£300 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these.

You can choose to take your money in pounds sterling, US dollars or euros, but US dollars in small notes can also be used in emergencies where change facilities are not available. Tips to trek staff can be paid either in Tanzanian shillings or in US dollars, or a mix of both (USD are preferable). There will be the opportunity to change money into local currency on arrival at the airport on arrival, and we advise you to use the facilities here. Credit cards are useful and it is a good idea to carry one in case of emergency, however be aware that 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 $100 on Mt Meru 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.

Free KE Gift
A free KE trek bag is available on this holiday

Made of tough Cordura fabric, our 80 litre trek bags are specially designed, with strong zips and webbing straps, to withstand the rigours of being transported whilst on your trip. Trek bags also make it easier for our local staff to identify and gather baggage quickly at airports and hotels.

If you have travelled with us before and already have a KE trek bag, we’d like to make a special request. We are trying to make every area of KE the most sustainable it can be, so if your existing KE trek bag has plenty of life left in it, we'd be very grateful if you didn't automatically order a new one for every holiday you book. Thanks in advance for helping us with our commitment to responsible travel.

You can request a Trek bag once your booking has been confirmed by emailing us at sales@keadventure.com. Please note delivery outside of the UK will be charged. Postage charges are: Europe £6 / America £16 / Rest of world £22.

Baggage Allowance

For this holiday you should take one piece of luggage and a day pack. Your bag on trek will be carried by porters and should not weigh more than 14kg. This weight allowance is strictly enforced. Your belongings should be packed in a soft bag, such as the KE kitbag. 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 Tanzania. The law says that they are not allowed to be manufactured, imported, used or sold in 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

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 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. 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

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.

Transit Via Kenya

If you are travelling via Kenya to your destination you may also require a visa for Kenya. If you have connecting flights and your baggage has been checked all the way through to your destination you will not need a Kenyan visa.

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 specifically 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 is required. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is Travel Health Pro.

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 adapter for your electrical items at:

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. Kilimanjaro 1:150 000 & 1:50 000 - 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 Mount Meru and the Arusha National Park, with all trekking routes and campsites marked. And the smaller inset of the summit is 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, via Nairobi to Kilimanjaro International Airport with Kenyan Airways/KLM. Outbound flights depart the UK in the evening, arriving the next 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 morning of the following day.

Reduce your travel by a day
Travelling with KLM Royal Dutch Airlines it is possible to depart London Heathrow and arrive into Kilimanjaro International Airport the same day (day 1 of the land only itinerary). KLM also offer a number of regional departures across the UK. Our flights team will be happy to discuss options with you.

In 2020 all departures will use the services of KLM Airlines.
Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. 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. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that 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 at Kilimajaro International Airport. For clients making their own flight arrangements, Kilimanjaro International Airport (JRO) is the most convenient for transfers to the group hotel. Please refer to the 'Joining arrangements & transfers' 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?

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.

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.

We hope that this trip notes has answered most of your questions.
Please feel free to contact us and speak to one of our experts.
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 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)
- 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.

**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 Tanzania. The law says that they are not allowed to be manufactured, imported, used or sold in Tanzania (since Jun 2019).

Please note: This document was downloaded on 25 Nov 2019, and the trip is subject to change.