Mount Meru and Kilimanjaro Summit Ascents

Trip Code: MK

Version: KAM Mount Meru and Kilimanjaro Summit Ascent

WALK & TREK	GUIDED GROUP	8 CHALLENGING

HIGHLIGHTS

- **Discounts up to £100 on selected departures.** Learn more here.
- 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

AT A GLANCE

- 10 days trekking
- Max altitude - 5895 metres
- Join at Kilimanjaro International Airport

ACCOMMODATIONS & MEALS

- All meals included
- 3 nights Hotel with swimming pool
- 5 nights Camping
- 3 nights Mountain Hut / Refuge

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

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.

Itinerary

Version: KAM Mount Meru and Kilimanjaro Summit Ascent

DAY 1

Meet at the group hotel in Arusha. Transfers from Kilimanjaro International Airport are provided.

The holiday starts at the hotel in Arusha. Airport transfers are included from Kilimanjaro International Airport (JRO) to the group hotel.

Meals: **D**

Accommodation
Hotel with swimming pool

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.

Meals: **B L D**

Accommodation
Mountain Hut / Refuge

Time
4 - 5 hrs trekking

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.

Meals: **B L D**

Accommodation
Mountain Hut / Refuge

Ascent
1000M

Descent
10M

Time
5 hrs trekking

Distance
6KM

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.

Meals: **B L D**

Accommodation
Mountain Hut / Refuge

Time
8 - 10 hrs trekking

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.

Meals: **B L D**

Accommodation
Hotel with swimming pool

Ascent
175M

Descent
1250M

Time
3 hrs trekking

Distance
20KM

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.

Meals: **B L D**

Accommodation
Camping

Time
5 - 7 hrs trekking

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.

Meals: **B L D**

Accommodation
Camping

Time
4 - 6 hrs trekking

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.

Meals: **B L D**

Accommodation
Camping

Time
6 - 8 hrs trekking

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.

Meals: **B L D**

Accommodation
Camping

Time
8 - 10 hrs trekking

DAY 10

Trek via Stella Point to Kilimanjaro summit (5895m). Descend to Mweka Camp (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 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!

Meals: **B L D**

Accommodation
Camping

Time
12 - 14 hrs trekking

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!

Meals: **B L D**

Accommodation
Hotel with swimming pool

Time
5 hrs trekking

DAY 12

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**

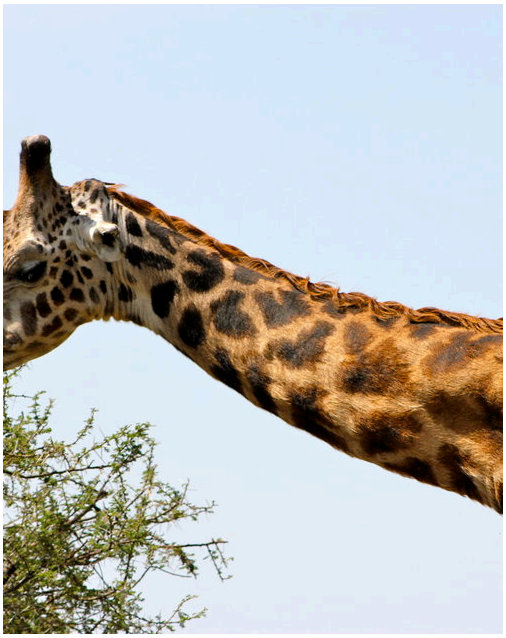
Extensions

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.

Zanzibar Extension (3 nights)

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 Mwenzi Boutique Resort, The Ocean Paradise Resort, or similar (depending on availability) - all have access to the pristine white beaches. Zanzibar is bliss, and the perfect place to stop and relax for a few days after your time in Tanzania.

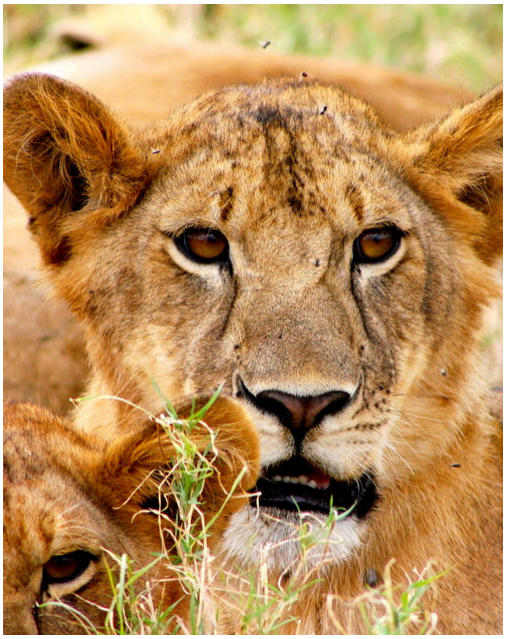
4 days from
¤9,223,372,036,854,776,000 per person



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
- 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.

Meal Plan

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

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 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. 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, 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.

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

For Zanzibar extensions your the total allowance, per person is 20kg (this is all luggage, including your day pack and any camera equipment). The airline also recommends soft bags as hard cases can get damaged.

For Safari extensions there are no restrictions, however you will need to be able to lift and move your own bag.

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.

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

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.

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. 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.

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

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 (3" thick) 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).

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 Arusha, Tanzania. For clients making their own flight arrangements, Kilimanjaro International 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 Kilimanjaro International 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

Why KE

Increase your chances on Kilimanjaro with the super trek up Kili's little brother - Mt Meru (4566m). With this acclimatisation trek the ascent of Kilimanjaro we be much easier for you and your body. Meru is also the 5th highest mountain in Africa and sunrise from the crater rim in the shadows of Kilimanjaro is incredible and awe inspiring. When comparing trips and prices do look at what is included. All our Kilimanjaro trips have a night in a hotel after the trek, and depart the following day. You will be happy of that night in a hotel bed rather than on a flight!

Please Note This document was downloaded on 06/09/2026 and the trip is subject to change