

Climbing Mt Kilimanjaro

Stand on the top of a mountain and hear every "voice" in the world !!!

It takes about 5 days to climb Kilimanjaro, which is the highest mountain in Africa and one of the largest extinct volcanoes. Any physically fit person can climb it. No climbing experience is necessary. The mountain climb can be in any month except during long rains in April and May. The best months are January to March and August to October usually with cloudless days. There are two peaks: Mawenzi-5149m and Kibo-5895m.

DAY 1: NAIROBI-MOSHI-

Boards shuttle bus from Nairobi at 0800 hrs and proceed to Arusha arriving at 1300hrs. Depart for Moshi at 1400hrs arriving at 1530hrs. Dinner and overnight at a hotel in Moshi or (Pick up from Kilimanjaro airport and transfer to hotel in Moshi)

DAY 2: MARANGU GATE (1980M) - MANDARA HUT (2700M)

Hiking time: 5 hours Distance: About 12 km's Habitat: Montane forest Moorland

After breakfast, start the climb through fascinating rain forests till you reach the first hut Mandara. Meals and overnight at the hut. (9,000ft).

DAY 3: MANDARA HUT (2700M) - HOROMBO HUT (3720M)

Hiking time: 6 hours Distance: About 15 km's Habitat: Moorland

After breakfast, follow the ascending path through the alpine – meadow. The altitude begins to change and slowdown your pace while enjoying the flora and the view of Mawenzi and Kibo peaks. Arrive at the Horombo Hut 12km from Mandara. Meals and overnight at the hut. (12,520ft).

DAY 4: HOROMBO HUT (3720M) - KIBO HUT (4700M)

Hiking time: 6 hours Distance: About 15 km's Habitat: Alpine desert

After breakfast, resume the climb, the landscape becomes rugged and rocky. Lobelias begin to appear. Climb to Kibo Hut. Meals and overnight at the hut. (15,520ft)

DAY 5: SUMMIT ATTEMPT!! KIBO HUT (4700M) - UHURU PEAK (5895M) - HOROMBO HUT (3720M)

Hiking time: 8 hours to Uhuru

6 hours to descend to Horombo Distance:

6 km's ascent - 21 km's descent

Habitat: Stone scree and ice-capped summit

The beginning of the last ascent is made in the wee hrs of the morning while the scree is still frozen. Climb the very steep part of the route to GILMANS POINT (most difficult and tiring part). UHURU PEAK is reached within an hour's walk along the crater rim. (19,344ft). Start the walk along the craters rim. (19,344ft). Start the descent to Horombo hut for overnight

DAY 6: HOROMBO HUT (3720M) - MARANGU GATE (1980M)

Hiking time: 6 hours

Distance: About 27 km's

Return to a hotel in Moshi. After lunch, have a good rest, meals and overnight at your hotel.

DAY 7: After breakfast, depart for your next destination, which is optional, either:

- (a) The National Park (This can be arranged)
- (b) Kilimanjaro International Airport
- (c) Arusha Town
- (d) Nairobi via border town Namanga arriving at 6.30 Pm

There is no special equipment or expertise needed to ascend Mount Kilimanjaro - the basic thing is having a slow pace. The routes have been chosen to allow a slow gradual hike. Any physically fit person is able to trek Mount Kilimanjaro. However, please note the following - you are not permitted to trek the mountain if you have any respiratory problems, cold, high / low blood pressure, diabetics or any cardiac problem. Mount Kilimanjaro is a big mountain and should not be underestimated.

CHECKLIST OF RECOMMENDED ITEMS:

Waterproof Rucksack and Daypack, Sleeping bag (at least 3 seasons), Water purifying tablets, Insulation pad, Boots and light walking shoes, Balaclava and Woolen hat or Scarf, Snow goggles / Sun glasses, Gaiters, Gloves, Sweaters / Jumpers Pants and Jackets (waterproof), Water bottle, Anorak / raincoat, Several pairs of socks, First aid kit and insect repellent Sun protection cream and Lip salve, Personal toiletry requirements, Flash light with spare batteries, Whistle and some plastic Bags, Walking stick / Ski-pole.

MOUNT KILIMANJARO TREKKING - MEALS MENU WHILE ON TREK:

BREAKFAST:

Fruit Juice, Fruit, Cereal / Porridge, Eggs bread / French-toast / Plain-toast / Pancakes, Sausages, Margarine, Jam / Honey, Tea / Coffee / Drinking chocolate.

SNACKS:

Peanuts / Crisps / Popcorn / Cookies.

LUNCH:

Sliced Carrot and Cucumber stripes, Avocado slices, Boiled egg, Vegetable / Meat cutlets, Sandwiches (Egg / Cheese / Tomato/ Tuna / Meat / Peanut butter), Fruit.

DINNER:

Soup (Mushroom /Asparagus / Chicken / Tomato / Vegetable), Bread, Salad, Rice / Pasta / Potatoes, Chicken / Meat, Mixed Vegetables (Zucchini / Carrot / French -Beans / Cabbage), Lentils, Fruit Salad, Fruit with custard, Tea / Coffee / Milo / Drinking chocolate.

EQUIPMENT AND COST FOR HIRING PER ITEM FOR THE ENTIRE TREK:

Day Pack: US\$10.00, Torch: US\$10.00, Mountain Boots: US\$20.00, Sun Glasses: US\$5.00, Wool Hat / Balaclava: US\$5.00, Wool Socks: US\$2.00, Warm Trousers: US\$10.00, Sleeping Bag: US\$15.00, Warm Bottle: US\$5.00, Long Inner Wear: US\$5.00, Cutters: US\$5.00, Rain Coat: US\$5.00, Rain Trousers: US\$5.00, Walking Stick: US\$5.00, Gloves: US\$5.00, Warm Jacket: US\$10.00, Pull Over / Sweater: US\$10.00, Scarf: US\$5.00, Poncho for Rain: US\$10.00, Roll Mat: US\$10.00 .

NB: Your meal plan advices will be put into consideration too

Minimum cost Per Person USD 1400.

Source: <http://www.skyviewofafrica.com/kilimanjaro7days1.htm>

About the Author

The author is the Managing Director of Skyview of Africa Tours and Safaris Ltd, a leading specialist holidays tour operator in Kenya, Uganda and Tanzania. We offer African Wildlife Safaris, Kenya Wildlife Safaris, Tanzania Wildlife Safaris, Uganda Safaris and East Africa Wildlife Holidays and Safaris. <http://www.skyviewofafrica.com/>

Source: <http://www.tntarticles.com>