
PEAKS Kilimanjaro Challenge
FOUNDATION



Kilimanjaro Climbs

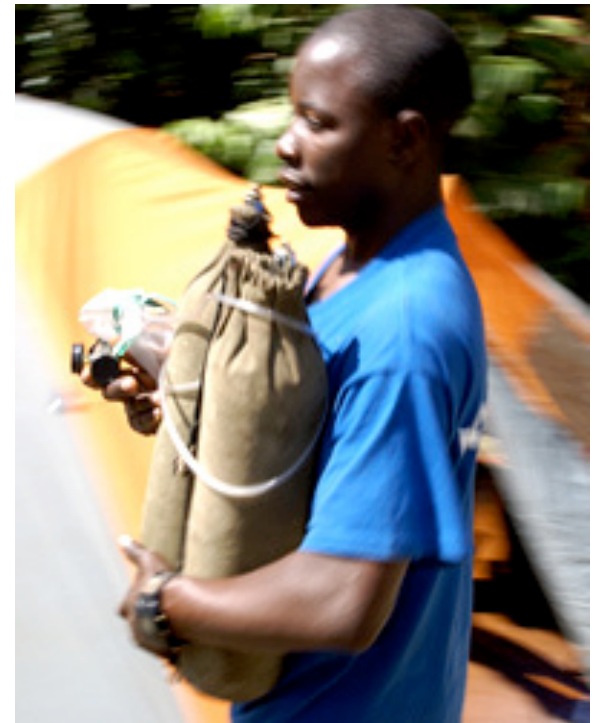
Adventure International runs ethical, professionally led climbs. Our business partners sell our climbs to their clients on the basis of:

1. **Ethics:** Adventure International works hand in hand with our crews, not in spite of them. We do not overload our porters and our payment policy is to ensure that our porters and crews are among the highest paid in the industry. Our ethical approach is the number one reason that our prices are higher than the average 'budget' trip.
2. **Professional Guides and crews:** We operate bi annual training programs for guides, assistant guides, trainees and camp crews. Our in house training also incorporates independent professionals from the Red Cross for CPR training and advanced first aid topics. Adventure International also has "Constant Monitoring" practices that include pulse oximetry and scorecard monitoring of key aspects of altitude sickness. Is Kilimanjaro a dangerous hike? Yes. Blissful ignorance tends to surround most groups that ascend the mountain and most people are fine. It is the scenarios when unavoidable instances of high altitude sickness which poses the most threat where appropriate treatment are essential. Most instances of death on Kilimanjaro have been due to ignorance and bad decision-making.
3. **Clients experience:** with sound ethical practices and excellent training Adventure International has a well motivated professional team that not only guide clients safely on the mountain but also educate and inform clients about the environment they walk through. Endemic flora and the relationship of man and beast have all shaped Kilimanjaro's ecology and the geology is as fascinating as anywhere on Earth.

Adventure International highly recommends that **The Machame Route** be used as the default route of choice for three main reasons:

1. The Machame route has a higher success rate as the final ascent is via Stella Point, which is much closer to Uhuru peak.
2. The alternative Marangu route is very crowded and porters have a history of being left out in the cold at nighttime when room needs to be taken for over bookings from companies.
3. The Machame route is more scenic – if people are going to make a once in a lifetime commitment to climb the highest freestanding mountain in the world, they might as well enjoy as much as the mountain as possible. The Marangu route ascends and descends via the same route and so people miss the most stunning parts of Kilimanjaro.

SAFETY DEVICES

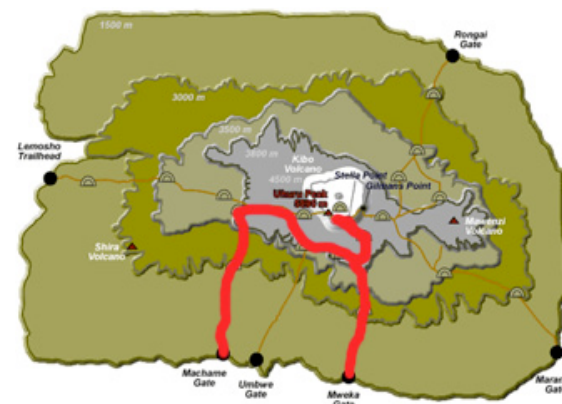


Kilimanjaro

6 day Machame route

Why this itinerary?

This is the shortest climb that we offer. Suitable for fit hikers only but has advantages over the 6 day Marangu as hikers still see most of Kilimanjaro and do not descend down the same route as they ascend. The final ascent point is via Stella Point, which is considerably closer to the summit, Uhuru Peak, than Gilman's point on the Marangu route.



Description

This is a 6 day Kilimanjaro hike starting at Machame gate, ascending through afro-montane forest and then into the heath zone and on to the edge of the remnants of the Shira volcano. The route then circumnavigates the main peak, Kibo, anticlockwise on route passing some spectacular features such as giant steps and glacial valleys. The final ascent is from Barafu camp. It is a nighttime ascent to Uhuru Peak via Stella Point. The descent is via the Mweka route. As standard, our crews and support teams set up camp every night and your meals are served in a mess tent. Most importantly, knowledgeable professional guides that go through bi-annual training are with you throughout and our logistics team at our base monitors your trip from start to finish.

Highlights

Kilimanjaro: afro-montane forest, Shira plateau, glacial valleys and alpine desert, views of Mawenzi, ascent of Kibo and possible views of Kibo caldera and ash pit. Glaciers and the roof of Africa!

Brief Itinerary

#	Area	Overview
1	Arusha	Arrive Kilimanjaro International Airport. Meet & greet and transfer to The Arusha Hotel
2	Arusha	Half day with local NGO. Arusha National Park game drives. Overnight The Arusha Hotel
3	Arusha	Day with local NGO. **FULL CLIMB BRIEFING & EQUIPMENT CHECK** . Overnight The Arusha Hotel
4	Kilimanjaro	Begin Kilimanjaro hike. Overnight Machame Camp
5	Kilimanjaro	Kilimanjaro hike. Overnight Shira Camp
6	Kilimanjaro	Kilimanjaro hike. Overnight Barranco Camp
7	Kilimanjaro	Kilimanjaro hike. Overnight Barafu Camp
8	Kilimanjaro	Kilimanjaro hike. SUMMIT. Overnight Mweka Camp
9	Kilimanjaro / Arusha	End Kilimanjaro hike. Transfer to The Arusha Hotel (*celebration dinner*)
10	Depart	Transfer to Kilimanjaro International Airport for departures
<i>END OF SERVICES</i>		

Detailed Itinerary

Day 1 / ARUSHA

Upon arrival into Kilimanjaro International Airport you are personally met and transferred to your accommodation in Arusha.

Overnight The Arusha Hotel (Dinner)

Day 2 / ARUSHA

Today you head out to spend a half-day with a local NGO. In the early afternoon you head towards Arusha National Park with picnic lunches. Arusha National Park covers the prominent volcano that overshadows Arusha, Mt Meru. The park is small but varied with landscapes such as Ngurdoto Crater, grasslands, and the alkaline Momella Lakes. If you are lucky, from here you have views of Kilimanjaro. Wildlife includes giraffe, zebra, buffalo, blue monkeys and colobus monkeys. In the afternoon you head towards your accommodation and arrive in time for dinner.

Overnight The Arusha Hotel (Breakfast, Lunch, Dinner)

Day 3 / ARUSHA

After breakfast you head to a local NGO for a day in the field. In the afternoon you are given a comprehensive briefing and equipment check by our Climbs Managers and guides.

Overnight The Arusha Hotel (Breakfast, Lunch, Dinner)



Day 4 / KILIMANJARO / MACHAME

After breakfast you depart by vehicle to Kilimanjaro. At the gate your crew finalizes packing and after finishing with formalities you start off from Machame gate. Today's hiking is through verdant afro-montane forest to Machame camp and on route you have a picnic lunch. Look out for pretty endemic flora and a gradation of forest zones!

Overnight Machame Camp (Breakfast, Lunch, Dinner)



Day 5 / KILIMANJARO / SHIRA

From Machame camp you hike to Shira Camp. The first section is relatively steep and altitude is gained rapidly. A picnic lunch is taken on trail today. The zone you pass through today is known as the heath zone where attractive *Helichrysum* and *lobelia* plants become apparent. Various geologic features can be seen today from lava tubes to glacial valleys.

Overnight Shira Camp (Breakfast, Lunch, Dinner)



Day 6 / KILIMANJARO / BARRANCO

Today is a walk high sleep low day. You ascend into alpine desert and for those that are feeling strong you can even head up to Lava Tower before descending to Barranco camp. Lunch is taken on route. This is long day but a great acclimatization day!

Overnight Barranco Camp (Breakfast, Lunch, Dinner)



Day 7 / KILIMANJARO / BARAFU

From Barranco camp, famous for its' giant groundsels (Senecio species), you ascend the Barranco wall and hike glacial valleys and lunch is taken at Karanga camp. After lunch you continue onwards in the alpine desert towards Barafu camp. Desolate alpine desert and at times strong winds rip over this camp and yet in the evening splendid views of Mawenzi peak are the norm. A relatively early dinner is taken before heading to rest for the evening.

Overnight Barafu Camp (Breakfast, Lunch, Dinner)



Day 8 / KILIMANJARO / SUMMIT / MWEKA

Most people depart just before midnight for the final summit bid. Patience and persistence is the name of game to reach the summit and by dawn as the first rays of light start to appear, most arrive near the rim. Ascending via Stella Point affords a relatively short final section to Uhuru peak, the Roof of Africa! What goes up must come down and your goal today is to reach Mweka camp.

Overnight Mweka Camp (Breakfast, Lunch, Dinner)



Day 9 / KILIMANJARO / OUT

After breakfast you descend once again through montane forest. You have a picnic lunch and around mid day after saying farewell to your crew, you are picked up and transferred back to your accommodation for a well deserved shower! Tonight there is a celebration dinner.

Overnight The Arusha Hotel (Breakfast, Lunch, Dinner)



Day 10 / ARUSHA / DEPART

Today you are transferred to Kilimanjaro International Airport for International departures.

(Breakfast) END OF SERVICES

ACCOMMODATIONS

THE ARUSHA HOTEL has been Arusha's centerpiece since 1894. Home to those traveling between the Cape and Cairo.... and further afield in these modern times, its lengthy and vivid history stands as true today as it was over 100 years ago. A real focal point since the turn of the last century, The Arusha Hotel provides elegant, refined accommodation that cleverly balances all that is modern and classic. Inside the highest-quality rooms, services and cuisine all come in surroundings that reflect its history, sophistication and charm. Outside the original lush and extensive tropical gardens give the hotel a calm relaxing feel – an oasis in the center of Arusha town.



KILIMANJARO PRIVATE CAMP is set up every step of the way and ready for when you arrive into camp in the afternoon. A mess tent contains a table, chairs, and all cutlery. Guest tents fit 2 people comfortably with sleeping mat, -30f sleeping bag, all set up for a comfortable sleep. A separate toilet tent is also set up on the perimeter for private and cleaner bathroom facilities.



DESTINATIONS

Tanzania, East Africa

The United Republic of Tanzania is located in Central East Africa being bordered by; Kenya and Uganda to the North; Rwanda, Burundi, and the Democratic Republic of the Congo to the West; Zambia, Malawi, and Mozambique to the South; and the Indian Ocean on it's Eastern borders. The United Republic of Tanzania is composed of 26 regions. For the past 12 years, Dodoma has served as the capital city. However, prior to 1996, the coastal city of Dar es Salaam served as the capital, and today most governmental offices are located there. In addition, Dar es Salaam serves as the major seaport for the country and most land-locked neighboring countries.

Tanzania is known as one of the oldest continuously inhabited places on Earth; fossil remains of humans and pre-human hominids have been found dating back over 2 million years. Travelers and merchants from the Persian Gulf and West Africa have visited the East African coast since early in the first millennium AD. Sultans moved into the capital city on Zanzibar in 1840, and this became the center for the Arab slave trade. In the late 19th Century, Imperial Germany conquered what is now known as Tanganyika, Rwanda, and Burundi. Post World War I, this area later became a British Mandate, except for Rwanda and Burundi, which were ceded to Belgium. In 1954, Julius Nyerere helped create the first sovereign political party in Tanganyika and British-administered Tanganyika became truly independent in 1961. During the Presidency, Tanganyika became socialist and all banks and large industries were nationalized. After the Zanzibar Revolution overthrew the Arab dynasty, the independent island of Zanzibar merged with mainland Tanganyika in 1964 to form the nation of Tanzania. Tanzania is mountainous to the Northeast, where Mt Kilimanjaro, Africa's highest peak is situated. To the North and West are the Great Lakes of Lake Victoria (Africa's largest lake) and Lake Tanganyika (Africa's deepest lake). Central Tanzania comprises of a large plateau with plains and arable land. The Eastern shore is hot and humid, with the island of Zanzibar lying just offshore. Tanzania contains many large and ecologically significant wildlife parks including Serengeti National Park (famous for its Great Migration), Ngorongoro Crater (Africa's great game-filled caldera), and the Selous Game Reserve (considered Africa's largest game reserve).

Additional Information

Entry Requirements

Tanzania Visas are issued on arrival. US Citizens pay \$100 per person and these Visas can be arranged beforehand as well. A passport valid for six months after date of entry is required. Visitors must hold return/onward tickets and all documents required for their next destination.

Vaccinations

Tanzania requires proof of a valid Yellow Fever immunization certificate. (Immigration officials might force a visitor to get immunized, which is at an extra cost). Hepatitis A and B, Tetanus, and Typhoid immunizations are recommended for all travelers. Malaria prophylaxis is recommended and you should consult your local doctor or physician to advise which malaria medication is best suited for you. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's Internet site at <http://www.cdc.gov/travel>

Weather

Arusha, Tanzania

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg High F	84	84	81	77	72	70	69	72	76	80	81	81
Avg Low F	50	51	53	57	52	48	49	48	47	51	51	50

Communication

Tanzania – country code +255. Most areas will have mobile access and Internet available. Some areas while trekking or on safari may not have mobile access.

Electricity

Tanzania - Electrical current is 230 volts, 50Hz (Type D; electrical plug has three circular pins) (Type G; electrical plug has three flat prongs)

Gear List

**A comprehensive gear list will be provided for essential clothing items to bring whilst on safari or activities. Please visit the Adventure International Gear & Apparel Shop: <http://adventureinternational.newheadings.com> All proceeds are donated to Kilimanjaro Porters Assistance Project.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Africa. This will eliminate any credit card holds for fraudulent activity.

Currency

Carrying cash, an ATM or traveler's check card and also a credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is Tanzanian Shillings (TSH), however most places accept USD. Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

Government

Tanzania – is a unitary republic with a President as head of state

Religion

Tanzania – one third of the population is Muslim, another one third are Christians, and the remaining one third follow different religions

Ethnic Groups

Tanzania - about 120 peoples have been categorized into 5 ethnic groups distinguishable by their physical characteristics and languages. Approximately 95% of Tanzanians may be roughly classified as Bantu. Tribes range in membership from only a few thousand to the Sukuma tribe, which numbers more than 2 million. Other major tribes include the Nyamwezi, Makonde, Haya, and Chagga. The Luo, east of Lake Victoria, are the only people of Nilotic origin; the Maasai of the northern highlands are Nilo-Hamites. A very small number of Bushmen-like people are scattered throughout northern Tanzania, where small tribes of Cushitic origin also live. The inhabitants of Zanzibar and Pemba are chiefly descendants of mainland Africans or are of mixed African and Arab extraction. The remaining 1% of the populace is made up of non-Africans, including Arabs, Asians, and Europeans.

Languages

Tanzania – official language is Swahili with English being the de facto language used in the government and global economy. Most tribal languages are spoken first, then Swahili, and English in education.

Economy

Tanzania's economy is mostly agriculture based. Tanzania has vast amounts of natural resources including gold, diamonds, coal, iron ore, uranium, nickel, chrome, tin, platinum, coltan, niobium and other minerals. It is the third-largest producer of gold in Africa after South Africa and Ghana. Tanzania is also known for the Tanzanite gemstones. Tanzania has dozens of beautiful national parks that generate income with a large tourism sector that plays a vital part in the economy. Prolonged drought during the early years of the 21st century has severely reduced electricity generation capacity (some 60 percent of Tanzania's electricity supplies are generated by hydro-electric methods) During 2006, Tanzania suffered a crippling series of "load-shedding" or power rationing episodes caused by a shortfall of generated power, largely because of insufficient hydro-electric generation. Plans to increase gas- and coal-fueled generation capacity are likely to take some years to implement, and growth is forecast to be increased to seven per cent per year.

Climate

Tanzania has a tropical climate. The hottest period extends between November and February while the coldest period occurs between May and August. The climate is cool in high mountainous regions. Tanzania has two major rainfall regions. One is unimodal (December - April) and the other is bimodal (October -December and March - May). The former is experienced in southern, south-west, central and western parts of the country, and the latter is found to the north and northern coast. In the bimodal regime the March - May rains are referred to as the long rains or Masika, whereas the October - December rains are generally known as short rains or Vuli.

Booking

For anyone wanting to book this trip they must fill out our online booking form at <http://www.adventure-international.com/booking/booking.html> ' A 10% deposit is required upon booking and final balance payment at least 60-45 days prior to service being provided. A booking shall be considered confirmed on receipt of 10% deposit. '

PLEASE READ OUR TERMS AND CONDITIONS: <http://www.adventure-international.com/booking/terms.html> Making a reservation with Adventure International, LLC and it's partners signifies acceptance of these terms and conditions.

Payment

Please pay by wire transfer or direct deposit to our US bankers:

Beneficiary Name: Adventure International, LLC

Beneficiary Address: PO Box 2621, Venice, CA

Bank Name: JP Morgan Chase Bank

Bank Address: 2701 1st Ave, Seattle, WA 98121

Account Number: 3171301993

ABA Routing Number: 325070760

SWIFT: WMSBUS66

PLEASE QUOTE GROUP NAME(S) WHEN MAKING PAYMENT

We accept credit cards with applicable service fees: 3% US and 4% International

Insurance Information

It is essential that clients take out adequate insurance cover against all risks associated with adventure travel, this means appropriate travel and medical insurance prior to departure of clients from their country of origin. A climb or safari is an adventure holiday and accordingly neither Adventure International, LLC nor their officers and employees shall be liable in way for any loss or damages expenses or costs arising from any incident involving clients that may occur whilst using any of the services provided by either Adventure International, LLC or third parties contracted by the company.

Insurance should at least cover: personal accident, medical expenses, hospitalization, repatriation, trip curtailment, cancellation, and loss of valuables.

For more information about insurance please visit: <http://www.adventure-international.com/booking/insurance.html> OR visit TravelEx Insurance direct website: <http://www.travelex-insurance.com/> and make sure to provide #05-0804 as a reference locator to ensure proper routing of essential client information and documentation.

Force Majeure / Changes

In the event of Force Majeure (circumstances beyond the company's control) Adventure International, LLC will notify client of the nature and extent thereof. It is essential to understand that conditions in countries where adventure holidays occur are not always predictable and border closures, road conditions, and other occurrences from time to time cause delays, frustrations, and diversions from the planned itinerary. Should such an occurrence happen, Adventure International, LLC and its partners will do the best to minimize inconvenience.