



**Alaska Mountain Guides  
International Inc.**



# Kilimanjaro Expedition

**August 15 – 23, 2008**

Join Outward Bound International and Alaska Mountain Guides International on a unique climb of Mt. Kilimanjaro. The trip begins in Arusha, Tanzania and includes a one day game viewing safari along with the 6 day climb.

The itinerary is designed to give ample time for acclimatization and maximize the chance reaching the summit and enjoying the experience!

Ian Wade, Director of Outward Bound International, will accompany the trek which is arranged by Alaska Mountain Guides International. Ian has climbed Kilimanjaro sixteen times, leading Outward Bound groups. He is past President of the American Mountain Guides Association and an Everest summit climber.



**Final day to the Summit via Machame- Barafu Route**

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## **Kilimanjaro**

Surrounded by Africa's finest game reserves, Kilimanjaro reigns majestically over the East African plains. At 19,340 feet it is the highest point of the African continent and one of the "Seven Summits." Reaching the top involves 3-days of trekking, a rest day to acclimatize, a strenuous summit day and then a half day of descent.

Guests will arrive in Arusha on an evening flight and be transferred to a luxury lodge outside of town. The next morning we will load into jeeps for a safari in Arusha National Park. We will spend the day looking for giraffes, elephants and the other animals that call Arusha home. The following day we will begin our ascent above the banana and coffee plantations of Umbwe village. At the gate to Kilimanjaro National Park, we meet the porters who will carry all the equipment, except your daypack.

The Umbwe route avoids the crowds of the standard Marangu and Machame routes for the first two days. It climbs through the pristine cloud forest to the edge of the moorland zone for our first nights camp. Next day we follow a magnificent ridge through the moorland zone to camp in the Barranco Valley at 13,000 ft. Here are terrific views of glaciers and massive hanging icicles and the fantastically-shaped, giant senecio plants. Another day of hiking takes us from the Barranco camp to the austerity of Barafu high camp at 15,300-ft.

A rest day is planned here so that we are acclimatized and ready to begin our climb to the crater rim for a sunrise arrival. The trek to the summit starts around midnight under a nearly full moon and proceeds at a slow pace up a well-defined trail to Stella Point on the crater rim. We may "declare a summit" here or chose to continue to Uhuru Peak, the highest point on the crater rim, which is close by. The magnificent scenery in the crater is quite unlike other high mountains and looks particularly magnificent as we arrive at sunrise. The descent back to high camp concludes in the late morning. The descent goes more quickly via the Mweka route back to Moshi and a shower and meal!

Anyone in good physical condition can enjoy the trek up Kilimanjaro. A short medical form must be completed. Some past participants have had no prior hiking or camping experience. With the rest day to minimize altitude problems high success rates have been experienced on prior treks.



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## Cost

Land cost US\$3,400 includes hotels, meals, airport transfers, a 1-day game safari, and all porters, camp supplies and guides while on Kilimanjaro. A donation to Outward Bound International of \$1,500 is requested that is tax deductible against USA income.

## Travel

It is most convenient to fly into Kilimanjaro International (JRO), Arusha, Tanzania. Where you will be met by our representative and transferred to the hotel. Lower fares may be available into Nairobi, Kenya. This will require and Kenyan Visa and either a half-day bus ride or a short connecting flight to Arusha.

Visas are required for Tanzania and must be obtained in advance. Rules vary by country of citizenship and details are available from <http://www.tanzania.go.tz/tourismf.html>.

Immunizations recommended can be viewed at <http://www.cdc.gov/travel/eafrica.htm> and currently include: -

1. **Yellow Fever** –Not required if flying directly to Tanzania from a non-infected area.
2. **Hepatitis A**
3. **Typhoid**
4. **Tetanus** – booster within 10-years
5. **Hepatitis B** – optional if you are likely to be exposed to blood or sexual fluid of local population



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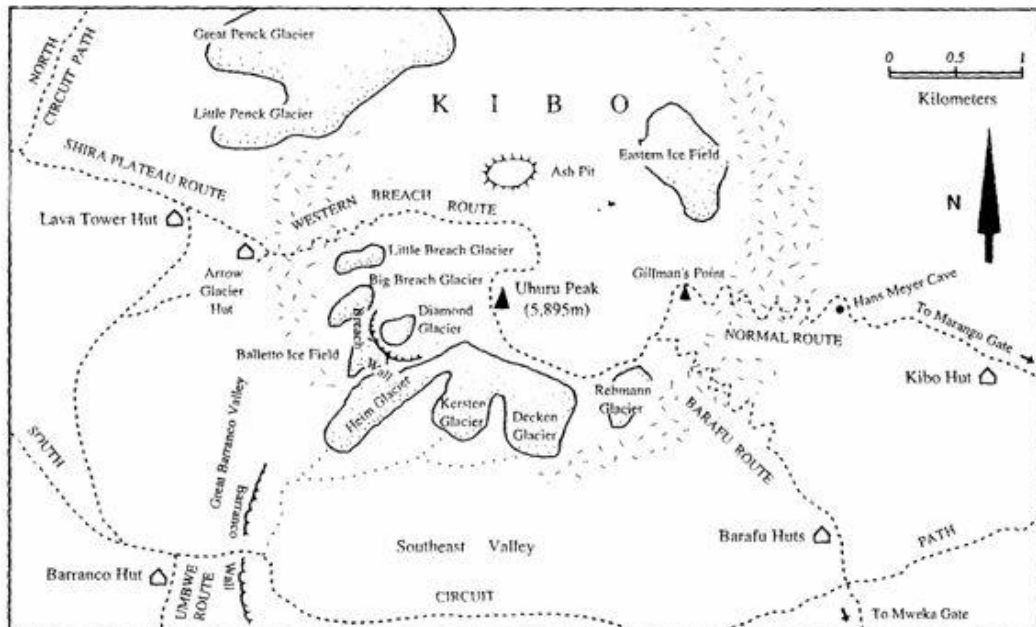
## Route Description

The following route description is extracted from the guidebook by Cameron Burns, "Kilimanjaro and Mt. Kenya". There are some additions and alterations based on personal experience.

*While the Marangu Route is dubbed the Coca-Cola Route, the Machame Route is known as the Whiskey Route. It's more expensive to ascend, and its fantastic views are much more intoxicating.*

*Like other forest routes on this side of Kilimanjaro, the Machame Route is generally considered an ascent route. When combined with the Mweka Route as a descent through the forest, it is easily the best forest/moorland route for acclimatization on Kilimanjaro, as well as one of the most scenic outings on the mountain. The variation employed in our itinerary bypasses the now crowded Machame Route for two days and uses the Umbwe Route.*

*Our ascent route climbs slowly through the forest before gaining the Barranco valley with an overnight stop at the Barafu Huts before a slow grind up Kibo to the summit. Because of the slow ascent, this combination route has the highest rate of success of any route on the mountain.*



*The route traverses the southwestern slopes of Kilimanjaro.*

### **Itinerary:**

August 15 Arrive Arusha, hotel

August 16 One day Safari

August 17-22 climbing

August 23 Depart Africa or begin Safari





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### ***Umbwe Route Day 1***

*Ascent: 1,800 meters to ~3,000 meters*

*Distance: 10 kilometers*

*Time: 6 hours*

*This little used trail follows a four-wheel drive road for several kilometers before it begins thinning to a narrow jungle track that follows a ridge. In places the trail is steep and it can be muddy, as are other trails in the cloud forest zone. Five to six hours of hiking brings you to a small campsite near Umbwe Cave at ~3,000 meters.*

### ***UmbweRoute Day 2***

*Ascent: 3,000 meters to 3,900 meters*

*Distance: 8 kilometers*

*Time: 5 hours*

*From Umbwe Cave, the trail enters the moorland zone and follows a ridge of volcanic rock protruding from the mountain. After less than 1-hour spectacular views of Kilimanjaro start to emerge through the giant heather “trees” that characterize the moorland zone.*

*The trail climbs steadily, but not as steeply as the first day and gives many views down into the deep Barranco Valley. After lunch the trail traverses a gentle slope into the valley at the base of the Great Barranco Wall.*

### ***Machame Route Day 3***

*Ascent: 3,900 meters to 4,600 meters*

*Distance: 12 kilometers*

*Time: 6 hours*

*On the eastern side of the Great Barranco Valley is the Barranco Wall, a 300-meter barrier of volcanic rock that must be negotiated to continue east on the South Circuit Path. From the Barranco Hut area, the path heads north for a few hundred meters then crosses a river before switch backing up the wall. Although it's tall and looks incredibly steep, this wall is very easy to climb up or down. It's similar to climbing a set of stairs with the occasional short section of ladder thrown in for good measure. There is very little exposure, and the views are terrific.*

*The path then crests the Barranco Wall and arrives at a high alpine desert area, best described as a plateau. After descending into and climbing out of several small valleys we camp at the last valley on the plateau. The Karanga valley is the deepest and has a stream running through it, which is the last water on the way to the summit.*

*After climbing out of the Karanga Valley, the trail forks and the left path heads directly for the Barafu Camp while the right branch goes to the Mweka ridge. The path is not steep. The terrain becomes increasingly devoid of plant life as the alpine zone is left behind and we walk through a*

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rock strewn volcanic landscape. After a short steeper section we gain the Mweka Ridge and the Barafu campsite.

#### ***Machame Route Day 4***

*Rest day at 4,600 meters*

*We spend this day resting and acclimatizing at the Barafu camp at about 15,300 ft. We will watch people who have started in the middle of the night return with tales of their summit climb. It is sometimes possible to move camp slightly higher to the “Kosovo” plain. This saves an hour or more on the summit night and day.*

#### ***Machame Route Day 5 (Summit Day)***

*Ascent: 4,600 meters to 5,895 meters*

*Distance: 10 kilometers*

*Time: 7 hours*

*The Barafu Route is steep but does not entail anything harder than a stiff hike.*

*The route climbs the rocky prow of the rib above the Barafu hut before winding its way up a very steep but mostly good trail to the rim. The trail follows the far right side of the Rebmann Glacier; there is a short gravel section below Stella Point. It takes about 6 hours to get to Stella Point (5,795 meters), on the rim of the crater, then another hour or so to reach Uhuru Peak (5,895 meters or 19,341 feet).*

### **Descent**

The summit is usually reached early in the morning and after admiring the surroundings descent to Barafu high camp is generally completed by noon. After a short rest and refreshments we descend the Mweka route to the Millennium camp at the top of the cloud forest. Next day a descent, of about 5-hours, through the cloud forest brings us to the road head, the souvenir sellers and our vehicles back to a hotel in Moshi for a welcome shower and celebratory meal.

**The following day:** Most guests will begin a safari or depart on this day.

It is possible, but not recommended, to fly out on the same day that we return from the mountain.

Many climbers choose to arrange a safari after their climb as the best game reserves (Ngorongoro and Serengeti) are very close by. Alaska Mountain Guides offers 3, 5 and 7 day safaris and offers discounts to OBI members. Contact Darsie for details

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## Questions

Please contact us with any questions.

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## Final Note

There is a superb book on Kilimanjaro published by National Geographic and written by Salkeld & Breashers. It was written in conjunction with the IMAX movie. The book gives very good background on all aspects of Kilimanjaro. Order from

<http://shop.nationalgeographic.com/shopping/product/detailmain.jsp?itemID=73&itemType=PRODUCT&RS=1&keyword=Kilimnajara>

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## CLOTHING LIST KILIMANJARO

### Footwear

- Sturdy trekking boots for summit days.
  - Full grain leather is most durable.
  - Plastic mountaineering boots are unnecessary.
  - Fit with thin and thick pair of socks.
- Heavy-duty socks (3 sets, wool or other insulating sock and liner sock)
- Gaiters (short ones are okay, to keep out gravel and snow)
- Walking shoes for camp or lower trails.

### Clothing

- Windproof shell jacket (or Goretex)
- Windproof shell pants (or Goretex)
- Long top and bottom underwear (expedition-weight polypropylene)
- Two thermal layers (fleece jacket, shirt, wool sweater, etc.)
- Long nylon or acrylic walking pants
- Long sleeved shirt
- T-shirt
- Shorts
- Warm hat
- Sun hat
- Gloves, lightweight
- Gloves or mitts, windproof
- A warm insulated jacket (down or synthetic fill) for summit day

### Accessories

- Sunglasses
- Trekking poles, adjustable (optional)
- Headlamp or flashlight
- Spare bulbs and batteries

- Ski Goggles, optional for dust on windy summit days (clear lens would be ideal)

### Camping/Sleeping Gear

- Backpack for day items and summit
- Duffel bag for items needed on trek, waterproof is ideal or use trash plastic bags
- Luggage for storage of travel clothes
- Sleeping bag rated to 0°F
- Sleeping pad, Thermarest
- Water bottles or bladders, two quart capacity total. Note that bladders may freeze on the night climb to the summit

### Personal Hygiene

- Toothbrush
- Toothpaste
- Dental floss
- Shaving kit
- Soap
- Toilet paper
- Small backpacking towels
- Sunblock (very important)
- Lip cream with sunblock
- Handi-Wipes
- Tampons, etc. as

### Miscellaneous

- Whistle
- Pocketknife
- Personal First-aid kit
- Insect repellent with DEET
- Camera
- Film
- Journals/pens
- Zippered plastic bags
- Personal snack food





- ❑ Extra clothing
- ❑ Travelers Checks or cash for tips
- ❑ Passport with Tanzanian visa and Yellow Fever Vaccination certificate

## Emergency Information

Your OBI and AMGI staff will be certified Wilderness First Responders and will have supplies to handle minor trauma, such as cuts or fractures and is trained to provide care during evacuation. There is a Park Rescue team with a wheeled stretcher who are fast in evacuating non-ambulatory cases (Barafu camp to roadhead in 6-hours). Normally however one would walk out if possible with porters and a guide for assistance. Many places on the mountain have cell phone coverage, which allows access to a hospital and doctor for consultation.

There is a hospital in Moshi at the foot of the mountain that is used initially by those evacuated. Though the Kilimanjaro Christian Medical Center is well regarded in the area, for surgery I'd suggest evacuation to Europe on the next flight from Arusha and airlines may help with this kind of emergency service. Medical Evacuation insurance is not included and can be purchased from many sources.

Kilimanjaro Christian Medical Center  
Medical Director: Prof. J. Shao  
Phone: 255 055 52 058                      Fax: 255 055 54 381

There is a medical doctor that is part of the International Association for Medical Assistance to Travelers located in: -

Alan Joyce, MD, FRCS  
Trinity Medical Diagnostic Center  
35 Engira Road  
Arusha  
255 057 4401

For emergency contact during the trip, contact should be made with the local outfitter. They can try and reach the group when a cell phone is turned on or in extreme circumstances could send a person up the mountain to intercept the group.

Alaska Mountain Guides International              800-766-3396  
Darsie Culbeck (mobile)                              801-243-0101

In Africa contact Zainab Ansell  
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Mobile. 255 744, 451000

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Ian Wade (office phone) 1 801 733 1248 (email delivery of voice messages)  
Ian Wade (office fax) 1 775 249 9766 (email delivery of fax)

## Travel

The following specialize in booking flights to Africa:

Barb Doerr  
Bay Travel  
800-964-6164  
[baytravel1@sbcglobal.net](mailto:baytravel1@sbcglobal.net)

Dana Welch  
Travel Society  
600 S Cherry Creek Street, Suite 100  
Denver, CO 80222  
Bus: (800) 204-6782  
Bus Fax: (303) 321-0025  
E-mail: [dana@travelsociety.com](mailto:dana@travelsociety.com)

## Planning a Safari

Alaska Mountain Guides International [www.mountainguidesinternational.com](http://www.mountainguidesinternational.com) offers high quality safaris to Ngorongoro Crater, Tarangire, Lake Manyara and the Serengeti.

OBI guests will receive 10% off our retail prices.

Contact: Darsie Culbeck (mobile) 801-243-0101

Email: [climb@alaskamountainguides.com](mailto:climb@alaskamountainguides.com)

Telephone: 800-766-3396

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