

NATURE DISCOVERY

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KILIMANJARO SCHEDULED GROUP TREK – Classic Machame 6-day route, 2019 & 2020 *6 nights including hotels, 6 DAYS / 5 NIGHTS on the mountain*



Route Description

The Machame (Whiskey) Route is the most popular camping route on Kilimanjaro. It's a rugged combination of routes which begins through the rainforest at Machame Village on the southwest side of the mountain, and over six days, rises onto the edge of the Shira Plateau, down into the beautiful Great Barranco Valley, then circumvents the Kibo massif counter-clockwise through alpine desert until reaching Barafu Camp. From here, the trek to the summit is done overnight to the crater rim on the steep scree slopes of the east-south-east facing Mweka Route. The trek winds through some beautiful scenery, which changes quite dramatically every day. The route done in six days is physically challenging for most people. The last two days (the trek from Barranco to Barafu and then the overnight trek to the summit) require mental and physical toughness, due to the high altitude and short amount of time to rest before the overnight summit attempt. There are no huts on this route; the accommodation is in mountain tents and dining is in our mess tent. Our 'lite' option cuts down on the frills, but still offers the great benefit of a private toilet(s), services & gear heads above the rest, PLUS it includes our commitment to responsible and ethical outfitting.

NOTE: NUMBER OF KG ALLOWED FOR PERSONAL LUGGAGE: 8KG PER PERSON

Daily itinerary

DAY 1 Arrive at OUTPOST LODGE (BB)

Arrive on own (or by private transfer, at a supplement) at the Outpost Lodge. Meet with the rest of your group at the comprehensive climb briefing. Overnight and breakfast included. Dinner available at a supplement.

DAY 2 MACHAME GATE (5,950 ft./ 1,815 mt.) ~ MACHAME CAMP (9,850 ft./ 3,000 m)

Departure from Arusha will be at around 8am for the Machame Gate, about 1.5 hours drive. Upon completion of entry formalities, begin walking through the mist on a 4 x 4 track for about an hour into the forest. The track ends, and the trail continues up through the dripping, verdant forest. Trekkers will likely hear the many exotic birds in the canopy above, and many even see black & white colobus monkeys and sykes monkeys as they hike along the forest floor. The trek is quite long (12 miles / 20 km), though not very steep, and it takes from 5 to 7 hours trekking to reach the first camp. Machame Camp is just above the forest zone, in the heather zone. When it is clear, there are views of jagged Shira ridge and the summit itself.

DAY 3 MACHAME CAMP ~ SHIRA CAMP (12,600 ft./ 3,840 m)

Wake early to a steaming cup of tea or coffee served in your tent, and then after breakfast, begin up the steep track through a savannah of tall grasses, and trees of giant Heather and Erica. The clouds should clear for a beautiful view of the Western Breach and the glaciers atop which mark the summit; Uhuru Peak. Scramble around large boulders as you enter the moorland zone, marked by the bizarre lobelia and senecio plants, and volcanic rocks draped with lichen beards which protect wild alpine flowers growing at their bases. You'll reach camp after descending a small valley and crossing a brook, then ascending up onto the Shira Ridge, after a total of about 4 to 5 hours of trekking.

DAY 4 SHIRA CAMP ~ BARRANCO CAMP (12,950 ft./ 3,950 m)

Proceed steadily upward over long ridgelines of high desert about 4 hours, and break for lunch at about 14,500 feet (4,420 mt.). After lunch, continue to Lava Tower, a 300 foot-tall volcanic plug which marks an exposed pass at 15,000 feet (4,600 m). In the afternoon, descend the steep track into the Great Barranco Valley. Barranco Camp is set on a col (flat area) enclosed on three sides with steep valley walls and the Kibo massif itself. Hanging glaciers glint in the sunshine above, amidst the eerie landscape of plants such as the giant groundsels (Senecio Kilimanjari), and the uniquely endemic Giant Lobelia. Trekking time is from 6 to 7 hours.

DAY 5 BARRANCO CAMP ~ BARAFU CAMP (15,200 ft./ 4,630 m)

The day begins with a scramble up the steep 'Barranco Wall', then we trek 3-4 hours and stop in the Karanga Valley for a hot lunch. In the afternoon the trail turns steadily uphill. The temperature will grow colder and the landscape more sparse as we near Barafu Camp. Barafu Camp is set on a small, exposed flat area on a ridge, acting as a base camp from which you will make your summit attempt at midnight tonight. Eat and drink as much as possible before retiring to your tent for rest and sleep.

DAY 6 BARAFU CAMP ~ UHURU PEAK(19,340 ft./5,895 mt.) ~ MWEKA CAMP(10,200 ft./3,110 m)

The steaming hot drink will arrive very early on this momentous day. A midnight wake-up call is the start of a juggernaut (12-17 hours of trekking). You begin trekking at 12:30 to 1am. The temperatures range from just below freezing at midnight, to between 10 deg. F (-12 deg. C) to -10 F. (-23 deg. C) just before dawn at the summit. The winding path of endless switchbacks will take form and shape in the shadows of the Ratzel and Rebmann glaciers at early dawn, and behind you the spires of Mawenzi will be silhouetted against the red glow of the sun from beneath the clouds. After about 6 hours of walking, you will come to the edge of the crater, at Stella Point, at 19,000 feet (5,790 mt.), which is the end of the steep track. From here, there is a gentle slope upward about 1 hour to Uhuru Peak. After a short time at the summit, descend the steep scree trail back to Barafu Camp for some rest, then again summon your strength for further descent to Mweka Camp for the night.

DAY 7 MWEKA CAMP ~ MWEKA GATE (6,000 ft. /1,830 m)

Descend straight to the gate (2-3 hours), where you'll have lunch and will be awarded climbing certificates. Private transfer back to Arusha, and drop at the hotel of your choice (hotel priced separately), or drop at JRO airport.

Included services & equipment on Kilimanjaro, 'Whiskey Route' Group Trek

Below is a list of equipment and services that we provide on Kilimanjaro in our 'Lite' option. This gear and service list is simply the nuts and bolts of what separates us from other outfitters. There are a number of important and relevant items that are unique and exclusively provided only by us, which let us claim to be the leader in professional and responsible treks on Kilimanjaro. Our 'Lite' option cuts down on some of the frills, but still offers services & gear heads above the rest PLUS our commitment to responsible and ethical outfitting.



Safety Equipment & Training: We provide more safety gear than any other outfitter on Kilimanjaro. We're the only outfitter providing a hyperbaric chamber on every trek, the only company supplying a fully rigid litter., and we supply more emergency oxygen than any other outfitter, On just about every item below, we exceed all others in the provision of safety gear, communication devices and levels of emergency response.

- **Oxygen** for emergency use - For groups of 2-6, two kits (360L medical oxygen bottles, each with a regulator & 2 nasal canula masks) are provided. For 7 or more climbers, we provide 3 full O2 kits
- **Hyperbaric Chamber** - a portable altitude chamber, for emergency use, carried on every trek.
- **Stretcher / Litter** - A fully rigid steel-framed litter on each trek.
- **First-aid / trauma & medicine kit** - fully stocked as per Wilderness First Responder guidelines, with medicine instructions. *Two first-aid kits are carried for groups of 9 or more.*
- **Pulse-oximeter** - The head guide checks, evaluates and documents these numbers daily at dinner time, for each climber.
- **VHF handheld radios** - Three VHF radios carried on each trek, for quick comms between head and assistant guides at the back and front of the group, and the camp manager. An extra battery accompanies each radio.
- **Mobile phones** - carried by all guides, for daily communications with our base in Arusha.
- **Satellite phone** - carried at all times by the head guide, for use in emergencies (in areas with limited or poor mobile network). An extra battery accompanies each satellite phone. This allows us to make comms immediately, no matter where we are, during an emergency.
- **Safety equipment porter** stays with the group at all times, to ensure that the safety gear is always nearby and ready to employ. We send a second medical equipment porter with every group, allowing us to split oxygen and other redundant emergency supplies.
- A comprehensive **safety briefing** is performed by the head guide before the trek, covering expectations, risks, safety gear and proactive safety.

Mountain Guides and crew: Our mountain guides and core crew are recognized as the most capable and professional crew on the mountain. **All of our mountain guides are WFR trained and certified, which separates us from all other companies on Kili.** We have more than 40 WFR certified guides in our organization. Our guides and core crew have the best compensation packages on Kilimanjaro.

- **Wilderness First Responder Certified mountain guides** - We provide only certified WFR guides on each trek. All are currently certified by Sentinel Outdoor Institute (www.sentineloutdoor.com), a certification process which is done biannually.
- **Ratio of 1 guide per 2 guests** (on average)
- **Professional cook** - trained to the highest standards on a set menu plan accompanied by a detailed recipe book. We spend two full weeks annually training our cooks, reviewing and improving recipes, and doing special training on inspired vegetarian, vegan and gluten-free menu plans.
- **Waiter** - on each trek are trained to expedite the meal service and ensure our climbers' nourishment is their top priority. They also ensure that the dining tent is clean, organized and ready for you when you arrive at each camp.
- **Campsite Manager** - Ensures expert setup and breakdown of each camp, practicing Leave No Trace outdoor ethics. He is also the head porter liaison on each trek, ensuring that porters are fairly loaded and treated each day.
- **KPAP porter** - Works as one of our team and reports back to KPAP on our adherence to the standards which we are dedicated to in terms of ethical, fair and transparent work conditions for our porters. (see below)
- **Camp setting crew** - Our fastest porters ensure the very best camp location and tent sites each day!

Porters- Practicing ethical porter treatment standards:

A Kilimanjaro climb would not be possible without porters. They are the backbone of all Kilimanjaro expeditions, since 2008 we have been committed to developing systems and procedures which promote fair working conditions, honesty and transparency. The Kilimanjaro Porter's Assistance Project (KPAP) has been the driving force of this change in attitude and practice, and we have been working together since their inception. We are recognized by KPAP as a leader in creating and affecting change in revolutionizing how Kilimanjaro porters are chosen, outfitted, treated, paid and tipped. We outfit our porters in professional matching outfits, which is great for them, and it allows our guests easily identify them, and to recognize the biggest smiles. Our guests continually tell us that our porters were consistently the most professional, friendly, helpful, courteous, and strongest porters they saw.

- We assign porter work **100% bribe-free**, and use a custom-designed porter database which fairly distributes work evenly.
- We pay our porters by direct bank transfer, which ensures that they receive all their pay and bonuses in a transparent way, and promotes financial responsibility. Our porters receive one of the highest compensation packages on Kili
- We go to excessive lengths to **strictly uphold weight limits** for porter loads (20kg per porter). We carry scales on each trek to ensure that daily loads are not exceeded.
- We have **porter welfare officers** at the start gates of every trek, to inspect porters and check their gear and ensure that our system of fair porter treatment is truly being practiced in a transparent manner.
- On the mountain, we have **independent KPAP 'monitoring porters'** to give us constant feedback on our fair practice systems.
- We are the original company (and still one of a few) who provide **professional grade waterproof & windproof raingear** to all our porters

- For all porters we provide sleeping tents with floors, closed cell mats, and solar light. Our porter tents are meticulously designed and fabricated in house, to withstand the tough conditions, to keep them warm and dry. We carefully manage how many porters can occupy a tent, to ensure they have enough space.
- We give our porters **medical treatment** due to injury, equal to that for paying trekkers
- **3 meals** a day are provided for all our porters.

- We employ **designated porter cooks**, who are given their own cooking gas and gear, and paid extra to prepare hearty meals in a timely fashion for our porters.
- **Private vehicle transport** for all porters & return transport home at the end of each trek. Most companies only hire porters who are 'available' at the gate.
- We provide **wilderness first-aid, and environmental responsibility training** for our porters. We've translated Leave No Trace principles into Swahili and have done training with over 600 porters on these important aspects of LNT's outdoor ethics. We meet with our porters twice a year to hear their feedback and engage in continual productive and positive change. We foster a close relationship with them, and it shows.
- We ensure a **transparent and fair tipping process** whereby climbers tip directly the porters, following a simple system
- We are **committed to these fair practices**, and have an experienced, professional, and passionate team of managers, guides and porter welfare officers to ensure that we are 'on it'. We are widely recognized for these efforts by everyone, including the most important segment of the population; the porters! Because of our commitment to fair practices, we've attracted the most reliable, friendliest, honest and most dependable porters available.

Camping equipment: *Our camp is easily recognizable anywhere on the mountain. With over 25 years' experience of outfitting on Kilimanjaro, listening to our guests' feedback, and pursuing our own passion for innovating, we've found the right combination of utility and form with our mountain equipment. Our kit is a combination of oft-replaced high-end manufactured mountain gear and functional purpose-designed & built gear made by our own full-time team of tent-tailors and metal craftsmen at our base facility in Arusha. We take great pride in having kit with the best look and function on Kilimanjaro. Because top manufacturers' round dining tents do not fit on Kili's long and narrow tent sites, we design & build our own customized mountain dining tents.*



*We're the only company to use a **closed-cell foam pad which covers the entire sleeping tent footprint**, which is something our trekkers learn to appreciate in wet weather. We also offer optional comforts; a number of 'luxury' camping add-ons. See below for more detail.*



- **Mountain Hardwear Trango 3.1 sleeping tents** (a triple tent used as a double tent or single tent (with supplement)
- All sleeping tents have **custom-made ground sheets** covering the both vestibules, to allow clean & dry storage of gear, and keeping water, mud or dust from entering the tent.
- **Cold-weather sleeping mats (closed cell foam)** which cover the entire floor of the sleeping tent, ensuring that you (and all your gear) stays dry throughout the climb.
- Large custom-designed and fabricated weatherproof **dining tents** with fly sheet, two doors, windows and ventilation, and full floors with storm skirt and ropes. We have five different sized dining tents, the largest of which can accommodate up to 15 trekkers comfortably!
- **High powered solar LED lights** in the dining tent – each tent has a number of powerful LED lamps, for headlamp-free dinners each evening.
- **Aluminum roll-up dining tables**, with customized adjustable legs to make a level surface on uneven ground - covered with colorful Maasai-style tablecloths
- **Aluminum chairs** with backs, for all meals.

- **Wash stands** provided for washing hands before each meal
- **Wash basins** provided for each trekker, provided for each guest upon reaching camp
- **Hot water bottles** prepared each night (using your own bottles) to keep you toasty in your sleeping bag.
- **We purify all our climbers' and staff drinking water**, and provide it in your dining tent each morning and evening, in a 10-liter serving container with a handy stainless steel valve which makes it easy to refill your bottles /Cambelbak
- We offer **high quality rental gear**/ trekking clothing like synthetic sleeping bags, Gore-Tex outer wear, warm layers, trekking poles, etc...

A commitment to sustainable business practices: *We are a leader in setting standards of sustainability in Tanzania. We won an award presented by a UN based organization called 'Responsible Tourism Tanzania' in 2018 for practicing the highest number of the UN's SDG's (sustainable development goals), and were also recognized as Tanzania's most responsible tourism outfit. We take our role as leaders of sustainability seriously, putting responsibility and sustainability at the forefront of every decision we make. Here's how we offer the most sustainable and responsibly-run Kilimanjaro trek available, including links to all our partners in sustainability:*



- **Implementing 16 of the 17 UN's Sustainable Development Goals (SDG's)** in our business. See: <https://sustainabledevelopment.un.org/sdgs>
- Leadership in the development of **ethical porter treatment standards** in our long standing partnership with KPAP. Learn more at: www.kiliporters.org
- An **"Elite (Carbon) Offsetter"** in official partnership with Carbon Tanzania.. See: www.carbontanzania.com. We reduce our carbon footprint in many ways, and offset our carbon output for every Kilimanjaro trekker by purchasing carbon credits. These payments account for well documented forestry activities in Tanzania that reduce the amount of CO2 in the atmosphere and preserve environmental and cultural heritage in Tanzania.
- **Practicing Travelife sustainability standards** - As a partner of Travelife, we have a broad range of responsible protocols which puts sustainability at the front of every decision. See: www.travelife.org
- **Practicing Leave No Trace environmental ethics.** See www.lnt.org
- **Recycling all plastic** consumed by our operation – into permanent plastic in Tanzania. See. www.duniadesigns.org
- **Gender-equality promotion** – hiring and supporting women for any positions possible, including porters
- **Leadership training** – Our mountain staff get skills and leadership training and certification from reputable professional organizations such as Sentinel Outdoor Institute and Leave No Trace. See. www.sentineloutdoorinstitute.com
- **Development of green transport and sports** - Our role in developing the Arusha Bicycle Center has resulted in the marked growth of green transport and sports development in Arusha. As of January 2019 we sold our 5,000th bicycle!, and in 2019 will open a branch in Moshi, at the foot of Kiimanjaro. The proceeds from the bicycle sales have been sufficient to support a youth cycling program which over 200 Arusha based youth participate in weekly.



- **Sustainable office practices** at our Arusha base facility, include:
 - the use of **two bike messengers** who do the daily runs into town for vouchers, payments, etc., reducing our carbon footprint.
 - We **incentivize our employees to bike to work**, and we give them rebates on bikes purchased at Arusha Bicycle Center; a project we have been integral in developing
 - We have our own **in-house electrician, welders and other specialists** which reduce our need to send vehicles into Arusha for maintenance.
 - We use exclusively **low-wattage bulbs** in our entire office complex...about 100 light fixtures

- We tend a ½ acre **organic herb and veggie garden** on our plot, reducing further need for trips into town and suppliers to bring produce

Mountain Cuisine: *Our menus have been developed by a team of professional cooks and mountain foodies who have long-term experience in food service in Tanzania. We continue to develop and improve our menu plans to create astonishingly great meals in such inhospitable environments, using only propane gas cookers. We produce and prepare most of our recipes in our Arusha base kitchen, using only fresh and high quality ingredients, for delicious and energizing meals necessary for high altitude mountain trekking. We have an exciting menu which includes inspired vegetarian, vegan, and gluten free menu plans. We can also cater to guests' allergies or faith-based dietary restrictions.*



We take exception to the use of stock cubes, msg, and processed foods. Our cooks are trained to produce the most delicious meals using real ingredients without shortcuts or additives. For our soups we use real butter & virgin olive oil instead of margarine and other cheap oils. We grow over 20 different herbs and vegetables in our ½ acre organic garden. We run a full scale bakery and produce all our own baked goods, breakfast breads, and dehydrated trail snacks.

- **Three healthy and energizing meals a day**, with a custom designed menu with meals giving the right combination of protein, carbs and fat, expertly and hygienically prepared to give you energy for the task at hand.
- **Tea-time Snacks** upon arrival in camp Snacks upon arrival in camp
- **Trail snacks** – including our own dried fruit and delicious dehydrated (not baked) energy bars.
- We have designed our own mountain **cool boxes** to keep foods fresh.
- **Menu training** is constant (including a two-week intensive training session, annually). Each climb travels with a set recipe book written in Swahili, laminated with photos of each dish of each meal. These measures help ensure standards stay high, and we are constantly monitoring for quality and consistency of produce, and logging and evaluating our guests' feedback comments about the food. We are serious about exceeding our trekkers' expectations about mountain cuisine!
- **Organic produce** from our ½ acre garden at our office base.



Other inclusions:

- **Round trip private transfers** from/to Arusha / Kilimanjaro
- **VAT** - all Tanzania government Value Added Taxes are included in these prices

Not included: National Park fees (see below), Optional items*, emergency transport costs, helicopter evacuation coverage*, tips, personal expenses, personal medical kit, travel insurance, sleeping bags*, or other personal trekking gear*
**available at a supplement*

National Park fees - priced separately

- **All park fees** currently \$82.60 per day including 18% VAT
- **All campsite fees** currently \$59 per night including 18% VAT
- **Emergency Rescue Fees** currently \$23.60 per person including 18% VAT

PRICES & CONDITIONS

The prices are in USD, and are fixed * **

The total package length is 7 days & 6 nights including 5 nights camping on the mountain + 1 night BB (Bed and Breakfast) at The Outpost Lodge (for one night before the trek begins) in Arusha

Kili trek services 6 days / 5 nights + lodge 1 night: \$2,369 per person *
National Park fees: \$814 per person **

- * Three (3) or more trekkers needed to guarantee the departure. We can guarantee a trek with just two (2) people with a small group supplement of \$250 per person
- ** If there are any increases in National Park fees, we reserve the right to pass on these increases.

Optional services & prices:

Single tent supplement	\$120	per single tent, for the entire trek
Single room supplement in Outpost Lodge	\$25	per single room
Dinner at Outpost Lodge	\$20	Per person
Personal porter (to carry daypacks or extra weight)	\$200	for the entire trek, all the way to the summit and back

Note that any group of 3 or more trekkers wishing to open a new group trek at least one week (7 days) before or after the closest available date of another group trek, can do so, choosing their own dates. We will then add that departure to this list, and it is then 'open' for others to join (up to a max. of 15 trekkers)

Note that we can also organize an acclimatization day trek into Arusha National Park before the Kili trek. We also offer a number of other adventurous and active day trips from Arusha. Please ask us for information.

The list of group trek dates are available at: <https://www.naturediscovery.com/kilimanjaro/scheduled-group-departures/>