

NATURE DISCOVERY

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KILIMANJARO SCHEDULED GROUP TREK– Shira Plateau via the Northern Circuit in 8 days, 2019 & 2020 *8 nights including hotels, 8 DAYS / 7 NIGHTS on the mountain*



Route Description

Join us on a legendary trek of Africa's highest and most famous mountain. This special route combination is the by a wide margin the least-used route on Kilimanjaro, getting you far away from the madding crowd. The trailhead is at high elevation, and thus we start slow and easy on this route. The trail begins on the Shira Plateau, and the hike across the plateau is said to be one of the most stunningly beautiful hikes in Africa. After crossing the plateau, we leave the tourist trails and head off across the north side of the mountain, facing Kenya and the famous Amboseli National Park. The spectacular hike along the northern circuit affords opportunities to see some animals; possible elephant, buffalo, eland, and signs of many other animals. Along this way we won't see other tourists, only following cairns which signal the route. For the first five days we traverse the plateau valleys and ridges of mountain between 12,000' (3,650 mt.) to 14,000' (4,265 mt.), and on day 6 the trail reaches the northeast side of the mountain, cresting the saddle between Mawenzi, the second highest peak of Kilimanjaro (16,893' (5,149 mt.)) and Kibo. From here we trek to the Outward Bound camp before departing for the summit. This trek is designed to get you closer to nature, and to benefit from plenty of acclimatization time early on in the trip. It's the most diverse and complete 'grand traverse' of Kilimanjaro from west to east, on what are by far the most remote trails. The accommodation is in mountain tents and dining is in our mess tents. Toilet tents with convenient and sanitary portable flush toilets are set up at all camps. The night before the trek starts is at a luxury lodge just outside Arusha.

NOTE: NUMBER OF KG ALLOWED FOR PERSONAL LUGGAGE: 15KG PER PERSON

Daily itinerary



DAY 1 Arrive at RIVERTREES COUNTRY INN (BB)

Arrive on own (or by private transfer, at a supplement) at the Rivertrees Country Inn. Relax poolside or take a stroll around the beautiful grounds, and enjoy the gourmet fare, with Mount Meru (14,979') looming overhead. In the early evening we conduct a comprehensive climb briefing.

DAY 2 MORUM BARRIER GATE (11,200 ft./ 3,410 mt.) ~ SHIRA 1 CAMP (11,500 ft./ 3,505 mt.)

Departure from Arusha will be at around 7:30am for Londorossi gate, about 4 hours, where you will complete entry formalities. Then continue up by car to Morum Barrier Gate (another hour to reach the trailhead). Upon arrival at trail-head, eat lunch, then commence through heather and moorland which lead to the first camp, only about 1-2 hours of trekking. The view of Kibo from across the plateau is stunning.

DAY 3 SHIRA 1 CAMP ~ SHIRA 2 CAMP (12,600 ft./ 3,950 mt.)

Full day exploration of the Shira plateau; Shira is one of the highest plateaus on earth, averaging 12,500 feet. Trek east toward Kibo's glaciated peak, with the option to visit the ancient collapsed Shira cone and to scramble atop the 'Shira Cathedral' to overlook the oldest of Kilimanjaro's three volcanoes. Arrive at Shira 2 camp at 12,600 ft. Trekking time without the optional excursions is about 3 hours.



DAY 4 SHIRA 2 CAMP ~ MOIR CAMP (13,800 ft./ 4,205 mt.)

Proceed steadily upward through the moorland and into the barren high altitude desert, toward Moir Camp. The surrounding landscape of bizarre plants, rock formations and caves mark this area. The trek is about 2-3 hours. Moir camp is an isolated and seldom used camp affording views over the Shira Plateau, and upward to the rugged volcanic plugs called "the Lent Group".



DAY 5 MOIR CAMP ~ POFU CAMP (13,200 ft./ 4,025 mt.)

Begin the morning trek heading out of the moorland and into the stark alpine desert, on a steep ridge off the main trail, and begin our venture on the Northern Circuit Route. The total trekking time is about 5 – 7 hours. From the Pofu Campsite you will enjoy a magnificent view into Kenya's wild lands to the north.



DAY 6 POFU CAMP ~ RONGAI 3 CAVES CAMP (12,960 ft./ 3,950 m)

Proceed onward through valleys and over ridges through the alpine desert and moorland, continuing our circuit to the east, enjoying a vast mountain wilderness to ourselves. We arrive at the intersection with the Rongai Route after 4-6 hours trekking. Overnight at Rongai 3 Caves for the night.

DAY 7 RONGAI 3 CAVES CAMP ~ OUTWARD BOUND CAMP (15,585 ft./ 4,750 m)

This morning when exiting your tent, Mawenzi should be in plain view; a stunning sight. Once you leave camp, the moorland gives way slowly to the stark highland desert as we near the massive saddle, where the landscape spectacularly stark. The temperatures turn cold as you near the foot of Kibo, reaching Outward Bound Camp after 4-5 hours of trekking. Prepare all your gear for the day ahead, and turn in early to rest. A resupply of fresh food and supplies will reach camp on this afternoon.

DAY 8 OUTWARD BOUND CAMP ~ UHURU PEAK (19,340 ft./ 5,895 m) ~ MWEKA CAMP (10,200 ft./ 3,110 m)

A midnight wake-up call is the start of a long trek. You begin trekking at 1am up the winding path of endless switchbacks. From your camp to the rim of the crater (Gillman's Point (18,750 ft./ 5,712 m)) to Uhuru Peak, the trekking time is about 7 - 8 hours. The slope is steep, with switchbacks, over loose rock and scree with some boulders as you near Gilman's Point. You will stop at Hans Meyer cave on the way, the famous place where Kilimanjaro's first western climber described in his journals. Once you arrive at Gilman's Point at the edge of the crater, the trail to the summit is less demanding, and is reached after a further 1½-2 hours along the snowy crater rim (depending on the season). After a short time at the summit, re-trace your steps back to Gilman's Point, then summon your strength again for further descent to Mweka Camp for the night.

DAY 9 (Saturday) MWEKA CAMP ~ MWEKA GATE (6,000 ft. /1,830 m) ~ ARUSHA

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, Shira Plateau via the Northern Circuit, 8 days Group Trek

Below is a list of equipment and services that we provide on Kilimanjaro in our 'Superior' 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. This 8-day trek in our 'Superior' option offers plenty of acclimatization time, and services & gear designed to get you to the summit and back in comfort and style, and includes 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 the 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 to 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
- Large **aluminum chairs** with backs and arm rests, for all meals.
- Large **private toilet tent(s) with portable flush toilets** on a stable frame. For 7+ climbers, two toilet tents are provided. Each toilet has hand-sanitizer available in a handy push-top dispenser, and a built-in wastebasket.
- **Wash stands** provided for washing hands before each meal
- **Fresh hand-towels** provided for each climber, 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...
- **Luxury sleeping tent (optional)** - features a large 'walk-in' tent with aluminum frame beds & soft foam mattresses, allowing trekkers to sleep off the ground. Solar LED lanterns light the tent. The tent features two entrances, ventilation ports, with closed cell mats for clean and dry storage of your bags. We additionally provide warm sleeping bags, a fleece sleeping bag liner, and a comfortable pillow custom designed to fit inside the sleeping bag.

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 Kilimanjaro. 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. We offer inspired and nutritious menu plans for those who are gluten-free, vegetarian, or vegan.
- **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 (five different varieties)
- Specialty **desserts**, after each dinner
- **Gourmet Tanzanian KIMEMO coffee**, prepared and served with insulated stainless steel cafetières (French Press machines)
- **Organic produce** from our ½ acre garden at our office base.
- **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!

- We have designed our own mountain **cool boxes** to keep foods fresh.

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
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PRICES & CONDITIONS

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

The total package length is 9 days & 8 nights including 7 nights camping on the mountain + 1 night BB (Bed and Breakfast) at Rivertrees Country Inn (for one night before the trek begins)

Kili trek services 8 days / 7 nights + lodge 1 night: \$3,681 per person *
National Park fees: \$1,108 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	\$160	per single tent, for the entire trek
Single room supplement in Rivertrees	\$85	per single room
Four-course dinner at Rivertrees	\$30	Per person
Luxury walk-in sleeping tent *	\$800	per tent, for the entire trek
Personal porter <i>(to carry daypacks or extra weight)</i>	\$290	for the entire trek, all the way to the summit and back

** Luxury sleeping tent used as a single or double, incl. frame bed(s) w/soft foam mattresses & pillows, 0-degree(F) sleeping bags & fleece liners + solar lighting system.*

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/>