

The challenge of a lifetime...  
...for the charity of your choice

# Kilimanjaro Machame Trail

# Trek



**Hike to the sky - conquer the 5,895m of  
Africa's mightiest mountain!**



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# Get your boots on and trek to the roof of Africa - the mighty Mount Kilimanjaro, free-standing at a height of 5,895m...

## Your trekking challenge...

...is to summit the mighty Mount Kilimanjaro, Africa's highest mountain - a magnet for trekkers and climbers the world over. This challenging trek takes us along the beautiful Machame route that approaches Kilimanjaro from the south, through dense tropical rainforest all the way up to the mighty snow capped summit at 5,895m for simply breathtaking views. This is a tough but spectacularly rewarding route. On reaching the summit you will feel a sense of overwhelming achievement, a truly unforgettable challenge.

## Your itinerary...

### Day 1

We depart the UK for our overnight flight to Kilimanjaro International Airport.

### Day 2

Upon arrival we will be met by our ground handler representative and then we transfer to our lodge in Moshi. Later in the day, we will have a climb briefing and equipment check and the local Head Guide will answer any questions we have about the challenge.

### Day 3

#### Machame Gate to Machame Camp - 3,010m

After breakfast, we transfer to Machame Gate where we register and complete the National Park formalities. We then start trekking, steadily ascending through stunning rainforest which can be quite muddy and wet underfoot, but it's a magnificent way to start our challenge!

**Trekking distance – approx. 9km/5-7 hours**

### Day 4

#### Machame Camp to Shira Camp - 3,840m

Following breakfast at camp, we push on with our ascent. Today is a short day but rather steep and rocky in places. It's a slow hike with plenty of rests and enough time to acclimatise. We push on trekking until we reach the Shira Plateau, where we will be rewarded with great views of the mountain and if we look back, magnificent views of Mount Meru rising above Arusha Town.

**Trekking distance – approx. 7km/5-6 hours**

### Day 5

#### Shira Camp to Barranco Camp - 3,950m

Our day starts with trekking over high moorland with the scenery now changing the whole character of our challenge. We trek steadily uphill to the Lava Tower, where we stop for lunch around noon.

From the Lava Tower we start our descent for about 2 hours to our camp at Barranco. Today is good for acclimatisation, as we climb up to 4,600m and sleep at 3,950m – the golden altitude rule is, "walk high, sleep low".

**Trekking distance – approx. 10km/6-7 hours**

### Day 6

#### Barranco Camp to Karanga Camp - 4,100m

Following breakfast, we set off to conquer what the locals know as 'breakfast wall' – the Great Barranco Wall! It is a scramble using our hands and feet, (not technical like rock climbing) but certainly adds to our adventure. Once we take in our achievements at the top, we will be able to witness stunning views across the mountain towards the Karanga Valley and will be able to spot our previous night's campsite. We continue undulating through the green valley until we reach our camp at Karanga Valley.

**Trekking distance – approx. 6km/4-5 hours**





**Day 7**  
**Karanga Camp to Barafu Camp - 4,600m**

We push on with our challenge and start with a short, but steep ascent across the barren landscape but will be rewarded with breathtaking views of the Decken Glaciers.

We will be keeping our pace to a slow rhythm as we need to conserve as much energy as we can for the summit attempt later this evening. We reach our camp then it's an early dinner before getting our heads down, as we will be woken at 11pm for our summit attempt!

**Trekking distance – approx. 6km/4-5 hours**

**Day 8**  
**Barafu Camp to Uhuru Peak - 5,895m then descend to Millennium Camp - 3,730m**

We aim to leave camp at 12am using our head torches to light the way. The next 4 hours are spent trekking to Stella Point (5,750m) over scree and rock, where we will be rewarded with magnificent and spectacular views of the ice cliffs which surround us, and the majestic views to the Mawenzi Peaks – trekking just does not get any better than this!

We now make regular rest stops every 15 minutes or so, to aid our chances of reaching Uhuru Peak. We push on to the summit with the sun rising over the stunning Mawenzi Peaks and aim to reach the summit by about 6 or 7 am.

We start our long descent via Stella Point and back to Barafu Camp, where we will enjoy some lunch and a good rest. Our descent then continues down to Millennium Camp (3,730m) – today is a very long, emotional day, but at the same time, so memorable and exhilarating.

**Trekking distance – approx 6.5 km/6-7 hours to Uhuru Peak and approx 13km/6-8 hours to Millennium Camp**

**Day 9**  
**Millennium Camp to Mweka Gate - 1,660m then transfer to Moshi**

Continuing with our descent, we continue trekking for about 5 hours to make the 1,300m descent to the main park gate.

Following lunch, we take the transfer back to our lodge through very beautiful coffee plantations and the traditional small villages of the Chagga people. Upon reaching our lodge, it's time to relax with a nice hot shower or cool dip in the swimming pool! This evening, we meet as a group and mark our achievements at our celebratory dinner.

**Trekking distance – approx. 12km/5-6 hours**

**Day 10**

After breakfast there may be some free time to relax at the lodge or go shopping in Moshi before transferring to the airport for our flight back to the UK.

**Day 11**

Arrive UK.

*(Please note, this is a complex itinerary and subject to change)*



# Your questions answered...

## Is this trip for me?

ABSOLUTELY! This trek is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

## How fit do I need to be?

This trek has been designed to be challenging but achievable by anyone as long as you train beforehand. Remember, you are trekking for 7 consecutive days and in varied temperatures – the fitter you are the more you will enjoy this challenge. Trekking training tips can be found on our website to point you in the right direction and why not join one of our training weekends - it's a great opportunity for you to meet our team and fellow participants!

## Where will we stay?

While in Moshi we will stay in a lodge; twin share with en-suite washing facilities. Whilst on trek we will be camping – all tents and camping equipment will be provided but participants are expected to bring their own sleeping bags. Thin sleeping mats will also be provided but for a more comfortable sleep you will need to bring/hire an air mat (Thermarest).

## Do I need specialist kit?

We will supply you with a suggested kit list of what to take once you register to take part. Apart from some broken in trekking boots, sleeping bag and maybe some trekking poles, you do not need any specialist kit.

## Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sunscreen, water, sun hat, camera, etc.) and your kit bag will be carried from camp to camp by our porters. You will be able to leave your main piece of luggage at the lodge in Moshi.

## Food matters...

All meals will be provided whilst on trek as well as breakfast while staying in Moshi. We can cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed. African food is very varied and nutritious with plenty of vegetables.

## What's included?

Return flights from London to Kilimanjaro International Airport, all accommodation, transfers, tents and other camping equipment (participants must bring their own sleeping bags), thin sleeping mats, all meals on trek and celebratory dinner, porters, cooks, food, water and other supplies, permits and National Park fees, local English speaking guides, Global Adventure Challenges leader from the UK and a full, comprehensive first aid kit.

## What's not included?

Airport taxes and fuel surcharge – these are approximately £250 per person and payable 6 weeks prior to departure, personal travel insurance - it is strongly advised to take this out through Global Adventure Challenges, sleeping bags, air mats, trekking poles, visa (if applicable), tips and gratuities, alcoholic drinks and your personal kit.

## Can I stay in Africa after the challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) as soon as possible. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

## What sort of back-up is there?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides and porters. Full, comprehensive first aid kits will be taken and satellite/mobile telephones and ICOM radios will be used to ensure your safety and security at all times. A local English speaking medic will also be joining the trek.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race!

## Will the altitude affect me?

Altitude sickness can occur at heights over 2,500m above sea level, however, the more severe symptoms of altitude sickness only tend to occur at altitudes of 3,600m and above. Your physical fitness will not affect your ability to cope with the altitude but the fitter you are the better you will cope whilst on the mountains. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at altitude. All individuals are affected differently, but symptoms can include breathlessness, nausea and headaches. Please be assured that this trek has been designed to maximise your chances for sufficient acclimatisation i.e. the speed at which we trek, the route taken and the number of highly trained experts in the support team.

## How do I go about raising sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

## I am interested... what do I do now?

Places are limited and go on a first come, first served basis so try to register as soon as you can! You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) or fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee - all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

## Join us and hike to the sky on this ultimate trek of a lifetime!



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## Register online today!

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