

## TANZANIA Dossier Ref. KJ & KJZ

# Kilimanjaro – Marangu Trek

Issued 01 Oct 2003. Valid from  
01 Jan 2004 to 31 Dec 2004

## CONNECTING TRAVEL FROM LONDON

**Kilimanjaro Marangu Trek Ref. KJ**  
**10 days/9 nights Tour including**  
**Connecting Group Flights**  
**London-Kilimanjaro-London**

Depart Friday from London Heathrow airport on overnight flight to arrive at Kilimanjaro airport the following day, Saturday (day 1 of Land Only itinerary). Transfer to Moshi and join tour.

Return Sunday from Moshi transferring to Kilimanjaro airport (day 9 of Land Only itinerary) and arrive London Heathrow the same day.

**Kilimanjaro Marangu Trek + Zanzibar**  
**Island extension Ref. KJZ**  
**13 days/12 nights Tour Including**  
**Connecting Group Flights**  
**London-Kilimanjaro & Zanzibar-**  
**Dar es Salaam-London**

Return Wednesday from Dar es Salaam (day 12 of Land Only itinerary) and arrive London Heathrow the same day.

## JOINING TOUR ABROAD

**Kilimanjaro Marangu Trek Ref. KJ**  
**9 days/8 nights Land Only**  
**Moshi back to Moshi**

Join Moshi on Saturday (day 1)  
End Moshi on Sunday (day 9)

**Kilimanjaro Marangu Trek + Zanzibar**  
**Island extension Ref. KJZ**  
**12 days/11 nights Land Only**  
**Moshi to Dar es Salaam**

Join Moshi on Saturday (day 1)  
End Dar es Salaam Wednesday (day 12)

Clients booked on 'Land Only' arrangements should make their own way to the joining point in Moshi. Please refer to separate 'Joining Instructions' for name and address of hotel and time of rendezvous with your tour leader.

## SPECIAL HIGHLIGHTS

Among the many highlights featured on this tour, we particularly mention:

- \* **KILIMANJARO** Climbing Africa's highest mountain on this hut-based trek led by an Explore Leader and experienced guides.
- \* **ZANZIBAR** Opportunity to unwind and relax on an idyllic tropical island paradise.

Lying just south of the equator, Kilimanjaro is Africa's highest peak, rising to a height of 5,895 metres from the surrounding plains and savannah. It is the highest freestanding mountain in the world, and one of the largest volcanoes ever to erupt from the earth's crust. On a clear day it can be seen from more than 160 kilometres away. Its famous peak always vivid, covered in ice

## Earth Matters

Explore are one of very few companies who provide sleeping bags and ponchos for our 'Kili' porters.

and snow, and immortalized by Ernest Hemingway in 'The Snows of Kilimanjaro': 'As wide as all the world, great, high, and unbelievably white in the sun, was the square top of Kilimanjaro'.

Our accommodated trek follows the Marangu route. We stay in mountain huts and walk for six days. We will take our time to acclimatise, giving everyone the chance of reaching the top. Each day is extremely varied, we pass through several climatic and vegetational zones en route to the summit, from tropical rainforest, moorland and alpine desert, to snow and ice. Around 5-7 hours is spent walking each day, except on the summit attempt (a more difficult and strenuous day), when you will walk for about 13 hours.

For a more demanding, camping based ascent of Kilimanjaro see the Machame Route: Ref KC.

For a longer trekking tour in Tanzania see the 17 day Tanzanian Volcano Trek: Ref TV.

You can extend this tour to include a visit to the idyllic island of Zanzibar in the Indian Ocean, famed for its spices and Arab dhows: Ref KJZ.

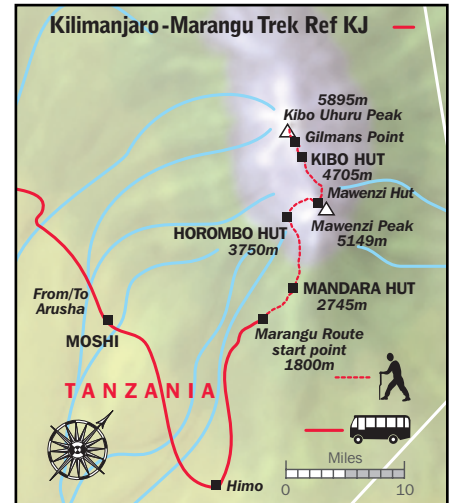
## LAND ONLY ITINERARY

Note: While our intention is to adhere to the day-by-day route printed below, a degree of flexibility is built into the itinerary. Overnight stops may vary from those suggested.

**Day 1. Saturday. Join tour Moshi**  
Arrive Moshi and check-in at our hotel.  
**Overnight hotel with breakfast and dinner. H+.**

**Day 2. Drive to Marangu; hike to Mandara Hut**  
We make the short drive to the National Park Marangu Gate at 1800m and begin our hike up the mountain. Porters will assist throughout the trek, carrying all of our luggage. You only need carry what you need for the day – waterproofs, a camera, water-bottle and a packed lunch. The first stage is along a rocky path through lush rainforest, with lichens and bright ferns, huge trees and tiny colourful flowers all adding interest to our first day. We arrive at our hut at Mandara, situated close to the Maundi Crater at an altitude of 2700m. About 3-4 hours walking.  
**Overnight hut with all meals. L.**

**Day 3. Walk to Horombo Hut**  
Leaving the forest we ascend on a path through open moorland and alpine meadow. As we are climbing to over 3700m today, you may start to feel the effects of altitude and that you get breathless more easily. The mountain guide will make sure that you take your time and have plenty of rest stops; giving many opportunities to take in the views. Later, above Podocarpus Hill, the scenery changes again; rocky volcanic ravines covered with dense shrubbery, giant lobelia and groundsel, as well as many other wild flowers peculiar to Kilimanjaro. If the weather is clear you should get views of the gaunt peaks of Kibo and Mawenzi. We arrive at Horombo Hut (at 3720m) and spend the rest of the day relaxing or exploring the surroundings. There is plenty to do, but you may prefer to conserve your energy for the days ahead. About 5-6 hours walking. **2 nights hut accommodation with all meals. L.**



## Day 4. Acclimatisation day

We have built in an extra day to acclimatise, so you could either rest or do an optional hike from the hut. We recommend the hike via Zebra Rock to 'The Saddle' (4-5 hrs, 4350m). Since we are now above the forest, views are not hampered by trees.

## Day 5. Walk to Kibo Hut

The sun rises dramatically from behind Mawenzi Peak, lighting up the sea of cloud, which shrouds the lower reaches of the mountain. After our rest we continue ever higher, past huge cactus-like groundsel and the last spring water (we now rely on porters to carry supplies). Breathing becomes noticeably more difficult and the climb now begins to test even the fittest. Climbing above 4115m we get clearer views of Kibo and the almost lunar landscape of the saddle. Here we'll find only the most hardy forms of vegetation amid the sand and rocks. Temperatures may vary dramatically and strong winds can whip up in a very short space of time. Despite the seemingly inhospitable terrain, you may meet herds of Eland at this altitude. Continuing for 2-3 hours across the plateau, we finally reach Kibo Hut, at the base of Kibo Peak. The air is considerably cooler here and once the sun

## Tour Participation – Fitness & Ability

This is one of the toughest trekking holidays operated by Explore. To ensure that all participants get the most out of the experience, it is important that they are fully aware of the level of difficulty involved and the fitness and ability requirements for the tour.

Before booking please read this dossier carefully. Having established the facts, it is your responsibility to contact us with any concerns regarding individual levels of fitness, health or ability. You should be aware that our tour leaders have the right (as per the booking conditions) to exclude customers from the tour if they feel they are either not sufficiently fit, healthy or able to complete the tour without affecting its safety, comfort or happy progress.

If you would like to discuss any of these issues further please call the Customer Support Team on 01252 760199 or email cs@exploreworldwide.com.

drops, temperatures often fall to below freezing. If you are finding that the altitude is having a bad affect on you, you may have to make a tough, but wise decision, to go no further than Kibo hut (4703m). *About 5 hours walking. Overnight hut with all meals. L.*

**Day 6. Walk to summit; descend to Horombo Hut**

We set off very early in the morning, in darkness, to attempt the summit, walking up a steep scree slope, past icy crevasses and giant boulders, to the final ridge. We will be ascending to 5660m in just a few hours to reach Gilmans Point on the rim of the crater. Although at times you may be able to walk for only 10 paces before you have to stop and rest, there is no doubt that it is all worth it when you reach the top. Gilmans Point is perhaps the most spectacular in Africa, where the whole of East Africa seems to spread out below you; the Masai Plains; the Rift Valley; Mt. Meru; Amboseli and Tsavo of Kenya. From Gilmans Point, you may continue around the crater rim to Uhuru Peak, the highest point in Africa at 5895m. We descend down scree and via Kibo Hut, where we'll have a rest and then continue down to Horombo Hut. *About 13-15 hours walking. Overnight hut with all meals. L.*

**Day 7. Walk to Marangu; drive to Moshi**

After a good long rest at Horombo, we pass the moorland once more, enjoying the increasing warmth and richness of the mountain air. Stopping for a short time at Mandara hut, we continue down through the forest to the Park entrance. We continue by road to Moshi and arrive at our hotel in the late afternoon. *About 5 hours walking. 2 nights hotel with breakfast, dinner and one lunch. H+.*

**Day 8. In Moshi**

The day is left free to wind down after the trek. Weather permitting, we may be treated to some final views of Kilimanjaro from here. You could join an optional game drive around the Momella Lakes area in Arusha National Park, which is famed for its high giraffe population in addition to elephants, hippos and buffaloes to name a few.

**Day 9. Sunday. Tour ends Moshi**

**Kilimanjaro Marangu Trek + Zanzibar Island Extension Ref. KJZ**

**Days 1 to 7. As above**

Please note that you will be accompanied by a local Explore representative on the following days.

**Day 8. Optional Arusha NP; fly to Zanzibar**

With the morning free for those who wish to take an optional half day game drive into the Arusha National Park, we then take an afternoon flight to the exotic and friendly island of Zanzibar and transfer to the north coast at Nungwi. *2 nights hotel with breakfast and one lunch. H+.*

**Day 9. In Nungwi**

The next day is free for personal exploration and relaxation. It's easy to spend time watching the fishermen bringing in their catch or maybe go out in one of the dug out canoes with them and try your hand at line

fishing. Stroll or cycle along the beach admiring the vista. Alternatively with a mask and snorkel you can explore the colourful reef off shore, teeming with tropical fish. You may even choose to explore the surrounding area by mountain bike. Scuba diving is also available nearby.

**Days 10 & 11. Drive to Stone Town; in Stone Town**

After a further morning free on the beach we transfer by minibus to Zanzibar's ancient capital, Stone Town. The image most people have of the place is of exotic spices, sandy palm-fringed beaches, white washed houses and labyrinth of narrow streets – all this is true! Today the alleys are filled with colourful bazaars, hawkers selling a myriad of goods and everywhere the atmosphere is permeated with the smell of spices. Those who wish can take a tour of the island, (including lunch), and learn of Zanzibar's history, visit the Sultan's palace and see clove plantations established by the Sultan in the 19<sup>th</sup> century. *2 nights hotel with breakfast. H+.*

**Day 12. Wednesday. Fly Dar es Salaam where tour ends**

This morning we take an early charter flight to Dar es Salaam where the tour ends.

**PERSONAL EXPENSES**

You will need some extra money to cover meals and drinks not included in the tour price, optional sightseeing, souvenirs and items of a personal nature such as laundry. You should take the majority of your spending money in US Dollars cash though please be aware that notes issued pre-1996 are not accepted in Tanzania. Take some travellers cheques as a back-up, in case of emergencies. Credit cards are generally not accepted and it is prohibited to export Tanzanian shillings.

**Local Payment**

Payable in **US Dollars cash only** (not Travellers Cheques) to your Explore tour leader at the start of the tour. As well as a means of providing funds (in hard currency) for your leader to pay for certain operational costs locally, the local payment also covers National Park fees/permits.

**Meal Plan**

**Local Food and Drink:** Meals other than those included in the itinerary are paid for separately by the traveller. On the Kili trek, meals are provided throughout (except 1 lunch). If taking the Zanzibar extension (Ref KJZ) allow for 8 lunches and 7 dinners. Examples of comparative costs are as follows:

	UK	Tanzania
Coffee/Tea	£1.20	£0.40
Soft Drink	0.80	0.40
Bottle of Water	0.80	1.00
Bottle of Beer	2.50	1.20
Bottle of Wine	10.00	4.00
2 Course Meal*	10.00	4.00
3 Course Meal**	18.00	6.00

\*Cheap local fare in a small cafe or restaurant.

\*\*Typical food in a simple, reasonably comfortable, mid-range restaurant.

**Tipping:** In this part of Africa, tipping is a recognised part of life. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow USD\$40 for tipping.

**Other Sightseeing**

The following tours are usually available and may be booked and paid for through your tour leader. Estimated costs are provided.

**MOSHI** Excursion to Arusha National Park including park fees and lunch US\$75.

**ZANZIBAR** Guided walking tour of Stone Town US\$5, Island tour US\$16.

Scuba diving (PADI registered dive centre) US\$65 per dive. You'll need your diving certificate.

**PRACTICAL INFORMATION**

**Seasonal Climate**

Broadly speaking the long rains arrive April/May and the short rains November to early December, although this pattern has been known to be completely erratic. Kilimanjaro can be climbed at any time of the year, but it is often wet in the rainforest in April and May. December to March are the warmest months, but the climate varies greatly with altitude. Days in the lowland forest are pleasantly warm, but occasional showers are common and nights can be quite cool. At altitude it can be particularly cold at night, especially in June and July, and on the final summit ascent, with temperatures dropping well below freezing.

**Visa Requirements**

UK, AUS, NZ, USA & Can citizens will need an entry visa. Other nationalities should consult their travel agent or consular office.

**Vaccinations & Protection**

**A Yellow Fever vaccination certificate, which must be valid for at least 10 days prior to travel, is required for entry through Zanzibar Immigration.**

We also strongly recommend protection against Malaria, Hepatitis A, Tetanus, Typhoid and Polio. Consult your travel clinic for latest advice on different prophylaxis available against Malaria. Travellers may also wish to take immunisation against Meningococcal Meningitis.

**Special Note:** Visa and vaccination requirements are subject to change and should be confirmed before departure.

**Special Note...**

All clients booking a Kilimanjaro trek with Explore receive a free 65 page **'Rucksack Readers' guide book**, packed with maps, route notes, trek profiles and colour photos.

**Single Room Option**

For operational reasons it is not possible to pre-book single rooms before departure on this tour. However, during the tour it may be possible to organise a single room upon check-in at some of the accommodation used, subject to availability at the time and payment of any additional costs.

**EXPLORE ACCOMMODATION RATINGS :** The following key is intended as a guide to the type of accommodation listed for each night stop. We stress that standards may vary and reserve the right to make changes as necessary without warning.

**Hotels / Pensions / Lodges**

**H+ :** Usually twin bedded rooms, normally with private facilities. Local grading 2/3/4 star.

**H :** Usually twin bedded rooms, sometimes 3-4 bedded rooms may have to be used. Normally with shared facilities. Local grading 1/2/3 star.

**Local Style Accommodation**

**L+ :** Usually twin bedded rooms, may be some 3-4 bedded. Normally shared facilities.

**L :** Could be twin bedded but more usually multiple share or dorm style, sometimes mixed sex, sleeping arrangements. Normally shared facilities.

**Camping – under canvas or bivouac**

**C+ :** Designated campsite, usually with fixed WC/shower. Possibly with fixed pre-erected tents.

**C :** Natural/Rough/Wild/Bush Camp. Limited or no facilities. Temporary WC. Usually need to pitch own tents.

## ADDITIONAL INFORMATION FOR MARANGU ROUTE

This trip to Kilimanjaro features more mountain walking, than many of our other holidays. For this reason, we feel that it is of value to provide this extra information sheet to help you prepare for your trip. If you are in any doubt about the suitability of the trip you have booked, don't hesitate to ring us now and talk to one of our experts, several of whom have climbed Kilimanjaro at least once and others who have led these tours. To the majority of people, climbing Kilimanjaro is one of the most memorable and demanding experiences of their lives. It stands to reason, then, that the better your preparation, both mental and physical, the more you will enjoy yourself and the more likely you are to succeed in your ascent to the Roof of Africa.

The Explore 'General Information Booklet', together with the appropriate trip dossier, deals in detail with most of the things you need to know (passports, visas, health care, etc). The purpose of this additional sheet is to be more explicit regarding luggage, packing and equipment for this particular tour.

## GRADING & FITNESS FOR KILIMANJARO TREK

To enjoy any trek such as Kilimanjaro it is essential to be in good physical shape before you arrive. It is not wise to regard a trek as a means of getting into shape or losing excess weight. Start a programme of conditioning well before departure, in fact as soon as you book, and be aware that short walks on the flat do little to prepare you for the gradients and amount of walking involved on this trek. Running, hill walking and other more active sports are suitable as cardiovascular exercise is one of the best ways of increasing your stamina and improving your fitness for a trek at high altitude.

### Walking Grades and Fitness:

Grading is a somewhat difficult topic as much depends on the individual's own perception of his or her abilities. The following is intended as a general guide to our walking grades. This Kilimanjaro trek is rated **Grade C/D**.

**Grade C walks (Strenuous):** are for the more serious hill walker and a higher level of physical fitness is required. Walking days are normally 6-8 hours and may involve up to 900m or more of ascent and descent. You should be prepared for several consecutive days walking, often at higher altitudes, so stamina is important.

**Grade D walks (Tough):** require that you are very fit and previous trekking experience is strongly recommended. Grade D includes long walks with steep uphill and downhill gradients. There will be extremes of altitude (up to 6000m) and weather conditions, and will also involve several long days (up to 8/9 hours) of trekking continuously without a rest day.

## ALTITUDE

The altitude of Kilimanjaro makes this trip most suitable for the more serious walker with previous experience of hill walking. Extreme cases of Acute Mountain Sickness are rare, but if it becomes necessary for someone to abandon the trek in the interests of safety, the tour leader's decision on this is final.

**Medical Examination:** You should visit your GP and specifically mention the maximum altitude the trek reaches, i.e. 5895m/19,340'. Bear in mind that the final trek to the summit is optional, and can be omitted if so wished.

## EQUIPMENT PROVIDED

The following equipment is provided by Explore once you are on the trek.

- \* Mattresses in the huts.
- \* All cooking and kitchen equipment.

## EQUIPMENT TO BRING

Being properly equipped is one of the keys to a successful trek. Use the Explore 'General Information Booklet' for guidance for day-to-day but use the following check list and notes to be sure that you have what you need for the actual trek.

**Please note that it will be possible to store surplus luggage not required on the trek, at the hotel in Moshi.**

## Luggage

### ☆ Trek Kit Bag

Before leaving Moshi there is plenty of time to re-sort luggage into what you need on trek and what can be left in Moshi. Your trek luggage, including sleeping bag, needs to be packed into a kit bag, soft holdall, frameless rucksack or similar, to be carried by the porters. **The weight limit for this is 15kg**, but you will probably find that you do not need this much. Advice on how to pack will be given at the trek briefing. A nylon or canvas bag with a zip along the top is suitable. Whatever you choose, it must be **strong**, as porters are not very gentle with baggage. Soft luggage is preferable! Framed rucksacks are unsuitable.

### ☆ Daysac

During the course of a trekking day, you do not have access to the luggage, which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysac should therefore, be large enough to carry the following: Waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, sun cream, water bottle (at least 2 litre), tissues and your packed lunch. Most people normally find that this adds up to about 3 to 5kg. Camera equipment can be heavy, so think carefully when deciding what to take. Remember to carry spare film with you during the day. Other optional items in a day pack might be binoculars, a diary or a book to read at lunch time. It is usually more comfortable to carry a slightly larger pack, which is not full, than to carry a small pack which is overfull or with bits and pieces tied on the outside. Something between 30 and 35 litres capacity is probably the most suitable. A shoulder bag is not a practical alternative.

### ☆ Plastic Bags

If you pack bits and pieces in plastic bags inside your kit bag they will stay dry in case of rain and it will be easier for you to sort through. Remember, the less you have to unpack in the evening, the less you have to repack each morning! A bin liner to pack inside your daysac is also a good idea.

## Clothing/Footwear

### ☆ Walking Boots

Probably the trickiest part of all. We strongly recommend walking in good boots. Trainers, tennis shoes etc. simply do not give the ankle support afforded by a decent pair of boots. Many people now trek in the lighter weight Goretex boots. They have the advantage that they take little breaking in. The slightly heavier traditional leather walking boots are also good. Avoid the types often found in high street shoe shops which are simply cheap trainers with a higher canvas side sewn on. They give little support and will probably not last the trek. **Above all, your boots must be well broken in and comfortable.** We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them – should your luggage be delayed, your well broken in boots are the one thing which will be irreplaceable. Gaiters are useful for keeping snow and scree out of your boots.

### ☆ Trainers or Trekking sandals

Useful around camp, in towns and when travelling.

### ☆ Waterproofs

Breathable waterproofs made from material such as Goretex not only protects against rain and wind, but also stops you from overheating. They 'breathe' and avoid condensation, which you will experience from nylon waterproofs.

### ☆ Down Jacket

After sunset, temperatures can fall below freezing. A down jacket is the lightest and most convenient way of keeping warm when the temperature drops.

### ☆ Thick sweater/fleece jacket

A thick sweater or fleece jacket is necessary as nights can be very cold at altitude, especially in July. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

### ☆ Shorts

Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold!

### ☆ Waterproof Gloves

Especially useful in the morning and in the evening at higher altitudes. Helly Hansen types are most suitable. Also bring a scarf to cover your face and a warm hat/balaclava.

### ☆ Bring plenty layers of clothes

### ☆ Track suit

Comfortable around the mountain huts and much more practical (and warmer) to sleep in than pyjamas. Alternatively, thermal underwear is good. Marks & Spencers thermals or Helly Hansen types are suitable.

### ☆ Long Trousers

For everyday walking, light cotton trousers are the most suitable. Jeans are not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.

### ☆ Socks

It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

