



THE SOUL OF TANZANIA
by UNLIMITED EXPEDITIONS

Marangu Route

DURATION

6 days

WHERE

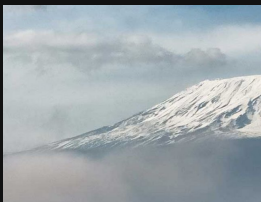
Tanzania

STOPS

1

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Summary



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Day by Day

Days	Main Destination	Meal Plan
■ Day 1	Marangu Gate	Full board on safari
■ Day 2	Mandara	Full board on safari
■ Day 3	Horombo	Full board on safari
■ Day 4	Kibo Hut	Full board on safari
■ Day 5	Uhuru Peak	Full board on safari
■ Day 6	Marangu Gate	Full board on safari

Accommodation is chosen together with you: every night on this itinerary can be a lodge, a tented camp or a hotel, at the level of comfort you prefer.

Highlights

■ Kilimanjaro, Tanzania

Trekking from Marangu Gate to Mandara Hut

Change in Elevation: Marangu Gate (1,860 m) to Mandara Hut (2,700 m) - Hiking distance: 11 km - Hiking time: 5 to 7 hours A guide and a mountain support crew will arrive at the hotel in the morning in order to meet you and hold a quick briefing, after which you will travel by vehicle to Kilimanjaro National Park's eastern entrance: Marangu Gate (1,860 m). After the quick formality of acquiring climbing permits and registering with the search and rescue service, the group will start trekking up to Mandara Hut (2,700 m). The trekking route includes passage through the rainforest (where tropical showers are highly probable), so we recommend you take not only spare clothes, but also your raincoats. When you reach the camp, our mountain support crew will take care of the necessities, pitch the tents, and prepare lunch. Throughout the entire Marangu route, you will be spending your nights in special huts. They offer a great alternative to those who do not want to sleep in tents. This will be your first day at this altitude, so it is strongly recommended you heed the following instructions from this point on: - Abstain from consuming alcohol and caffeine - Drink over 4 liters of bottled water daily (little by little, frequently) - Take a Diamox pill to help alleviate symptoms of altitude sickness. Most mountain climbers take Diamox in the morning, before they start their ascent, in order to reduce discomfort associated with altitude sickness. We recommend you consult your doctor prior to the trip in case of potential allergies. At night you may experience discomfort associated with acclimatization to the high altitude: because of a reduction in your waking breathing pattern, your body gets less oxygen than during the day. Taking altitude into account, you may therefore start feeling sick and have a headache. Pay attention to your own body and tell your guide if you start feeling any symptoms of altitude sickness.



Marangu Gate



Trekking from Mandara Hut to Horombo Hut

- Hiking distance: 10 km - Hiking time: 5/6 hours

Acclimatization hike: Change in Elevation: Horombo Hut (3,720 m) - Destination point en route to Kibo Hut (3,920 m) - Hiking distance: 2.5 km - Hiking time: 1 to 2 hours Early in the morning after breakfast, the group will depart Mandara Hut to start a moderate trek towards the second high altitude camp: Horombo Hut (3,720 m). When you reach the camp on this day, you will be treated to views of two volcanos at once: Kibo and Mawenzi. Several hours after lunch you will have to complete an acclimatization hike in the direction of Kibo Hut with a 200-meter gain in altitude, and then hike back down to Horombo Hut where dinner will be prepared for you.

The acclimatization hike is an easy trek with a slight gain in altitude done in order to speed up the acclimatization process. You should take the acclimatization hikes very seriously. They help increase your chances of successfully summiting Kilimanjaro and save you from the consequences of altitude sickness.



Mandara



Acclimatization Day at Horombo Hut

Change in Elevation: Horombo Hut (3,720 m) - Kibo Hut (4,500 m) - Hiking distance: 5/8 km - Hiking time: 3/4 hours After breakfast, you will go on an acclimatization hike towards Kibo Hut and back to the camp. Then, after lunch, you have the opportunity to walk around the surrounding area, take pictures of Mawenzi Volcano or just sleep before the upcoming trek to Kibo Hut. To enhance your acclimatization transition, the team will spend this night at the very same altitude at Horombo Hut camp.



Horombo



Trekking from Horombo Hut to Kibo Hut

- Hiking distance: 10 km - Hiking time: 4 to 8 hours On this day, right after breakfast, the group will be trekking to the Kibo Hut (4,720 m /15,482 f). The actual trekking is not very difficult, just remember to stick with an appropriate pace to preserve your strength for the climbing to Kilimanjaro's summit. When you reach the camp you will be served lunch, after which we recommend you sleep as much as you can, avoid any strenuous activity, and drink lots of water.



Kibo Hut



Ascent to Uhuru Peak and Descent to Horombo Hut

Change in Elevation: Horombo Hut (3,720 m) - Marangu Gate (1,860 m) - Hiking distance: 16 km - Hiking time: 9 to 12 hours
Your group will depart at night from Kibo Hut (4,720 m /15,482 f) and begin the trek to Kilimanjaro's summit: Uhuru Peak (5,895 m /19,336 f). This stretch of the Marangu Route is not difficult in technical terms, but because of the high altitude, even regular physical activity feels strenuous. For the final summit hike, we group two climbers with one guide, the guide will monitor their physical well-being, as well as provide encouragement and motivation for the final ascent. After your successful ascent to Uhuru Peak, you can descend to the nearest glacier, if desired. Then you will return to Kibo Camp and after a two-hour rest, continue your descent to Horombo Hut (3,720 m /12,202 f). PLEASE NOTE: 90% of mountain accidents - including broken limbs - happen on the way down. However, they are easily avoided by taking care of how and where you step.



Uhuru Peak



Descent from Horombo Hut to Marangu Gate

- Hiking distance: 18 Km - Hiking time: 5 - 6 hours You will be offered a warm breakfast in the morning, after which we will head for the Kilimanjaro National Park's exit: Marangu Gate (1,970 m /6,462 f). After your descent, the whole group will gather to congratulate you, and then you will have the chance to share your opinions on the trip in the guestbook. Lastly, we will present you with your commemorative certificates and provide you with a transfer back to your hotel.



Marangu Gate



Pricing

DURATION	WHERE	STOPS
6 days	Tanzania	1

INCLUDED IN THIS PACKAGE

- Transfers from and to Kilimanjaro International Airport
- All park entrance, rescue and camping fees
- Professional mountain guides, cooks and porters
- All meals on the mountain and drinking water
- Tents and sleeping mattresses
- Accommodation before and after the climb
- Oxygen and a pulse oximeter for daily health checks
- Certificate for a successful ascent

NOT INCLUDED IN THIS PACKAGE

- International flights
- Visa fees
- Meals outside the tour, unless stated otherwise
- Rental of personal gear
- Tips for the mountain crew (200–250 USD per person)
- Mountaineering insurance

Soul of Tanzania

Soul of Tanzania is shaped by decades of safari expertise and an unwavering commitment to flexibility, dedication and personal service.

A safari should not be a list of animals to tick off. There is beauty in the small details and there are rewards to collect when you are patient.

This will not be just a journey through East Africa, but an invitation to truly feel it.



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