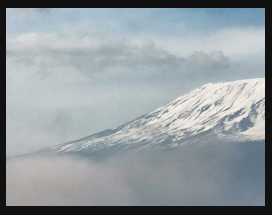
THE SOUL OF TANZANIA
by UNLIMITED EXPEDITIONS

Rongai Route

DURATION	WHERE	STOPS
6 days / 5 nights	**Tanzania**	**1**

Summary



Rongai Route

DURATION	WHERE	STOPS
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Day by Day

Days	Main Destination	Meal Plan
Day 1	Simba	Full board on safari
Day 2	Simba	Full board on safari
Day 3	Mawenzi	Full board on safari
Day 4	School 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 Nalemuru Gate to Simba Camp

Change in Elevation: - Nalemuru Gate (2,020 m) - Simba Camp (2,625 m) - Hiking distance: 8 km - Hiking time: 3 to 4 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 northern entrance: Nalemuru Gate (2,020 m). After the quick formality of acquiring climbing permits and registering with the search and rescue service, the group will start trekking up to Simba Camp (2,625 m). Your trek this day will be moderate and take you through coniferous forest up Kilimanjaro's northern slope. Remember not to hurry and always keep a comfortable pace. By the time you reach the camp, our professional mountain crew will prepare everything necessary, put tents and cook dinner for you. 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.

Simba

Trekking from Simba Camp to Kikilewa Camp

Change in Elevation: - Simba Camp (2,625 m) - Kikilewa Camp (3,630 m) - Hiking distance: 10 km - Hiking time: 5 to 6 hours Early in the morning after breakfast, the group will depart from Simba Camp to start trekking towards your second high altitude camp: Kikilewa Camp (3,630 m) where you can see Kibo Volcano at its finest (barring cloudy weather). This trekking is more physically demanding than the previous one, so once you are in the camp, full rest is recommended.

Simba

Trekking from Kikilewa Camp to Mawenzi Tarn Camp

Trekking from Kikilewa Camp to Mawenzi Tarn Camp: Change in Elevation: - Kikilewa Camp (3,630 m) - Mawenzi Tarn Camp (4,310 m) - Hiking distance: 6 km - Hiking time: 4 to 5 hours Acclimatization hike: Change in Elevation: - Mawenzi Tarn Camp (4,310 m) - Destination point en route to Mawenzi Volcano (4,510 m) - Hiking distance: 2 km - Hiking time: 1 to 2 hours Early wakeup, breakfast and the start of trekking to Mawenzi Tarn Camp, which is situated at the foot of Mawenzi Volcano, Kilimanjaro's second summit. When you reach the camp, you will have lunch and a two-hour rest, after which there will be an acclimatization hike towards Mawenzi Volcano with a 200-meter gain in altitude, followed by a hike back down to Mawenzi Tarn Camp, where you will have dinner in the evening. Note: he 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.

Mawenzi

Trekking from Mawenzi Tarn Camp to School Hut Camp

Change in Elevation: - Mawenzi Tarn Camp (4,310 m) - School Hut Camp (4,715 m) - Hiking distance: 9 km - Hiking time: 5 to 6 hours This day will be spent trekking towards School Hut Camp (4,715 m). The landscape will change significantly to give way to a rocky semidesert. The actual trekking is not very difficult; just remember to stick with an appropriate pace to keep up your strength for the trekking to Kilimanjaro's summit. When you reach the camp, we recommend you sleep well, avoid strenuous activity, and drink as much as you can, because that very night you will be ascending Uhuru Peak (5,895 m).

School Hut

Trekking to Uhuru Peak and Descent to Horombo Camp

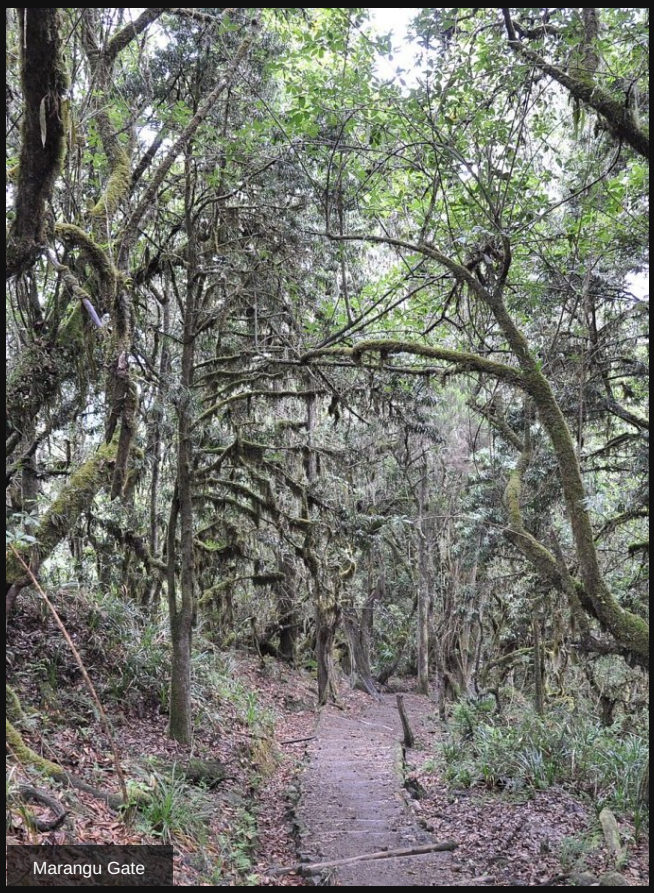
Change in Elevation: - School Hut Camp (4,715 m) - Uhuru Peak (5,895 m) - Horombo Camp (3,720 m) - Hiking distance: 21 km - Hiking time: 12 to 14 hours Night departure from School Hut Camp (4,715 m) and the start of your trekking to Kilimanjaro's summit: Uhuru peak (5,895 m). The trekking will be moderate from a physical standpoint, but the altitude presents a much more serious problem. For the entire length of the trekking each pair of climbers will be accompanied by their own guide, who will be monitoring your stamina and mental resolve. 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 Camp (3,720 m).

Don't forget that 90% of all accidents occur during the descent, including all broken arms and legs. Please pay attention to your feet, as there is a high risk of damaging your toenails.

Uhuru Peak

Descent from Horombo Camp to Marangu Gate

Change in Elevation: - Horombo Camp (3,720 m) - Marangu Gate (1,860 m) - Hiking distance: 18 km - Hiking time: 5 to 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 (1,860 m). 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 (in our office) and provide you a transfer back to the hotel.



Marangu Gate

What's included in your journey

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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We tailor every safari to you. Tell us when you'd like to travel and who's coming, and within 24 hours we'll send you prices and dates for your trip.

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