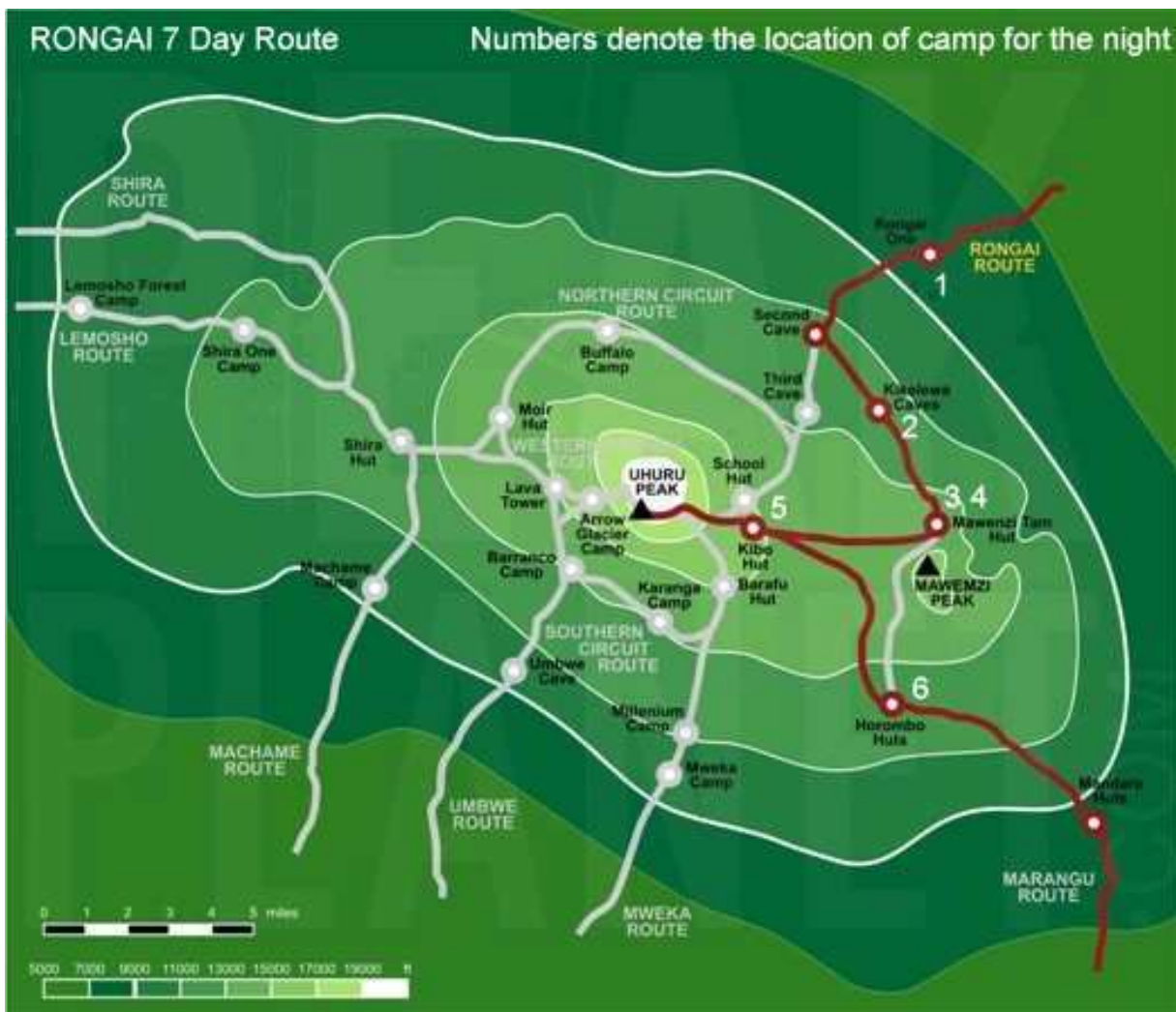


PEAK PLANET

RONGAI 7 DAY ROUTE

9 Day Total Trip – 7 Days on the Mountain

If you have any questions about the itinerary please call us at 480-463-4058 or email us at <mailto:info@peakplanet.com>.



DAY 1

Arrive anytime at [Kilimanjaro Mountain Resort](#) in Marangu, Tanzania. With prior arrangement, airport pick up and private transfers to Kilimanjaro Mountain Resort are available from Kilimanjaro International Airport (JRO), or simply make your own way by taxi. We will gather in the evening for a pre-climb briefing and an equipment check. We will also confirm you have the appropriate mandatory medical coverage and travel insurance.

DAY 2

We take a ride to Marangu to complete the necessary registration formalities, before transferring by Land Rover to Rongai. The climb begins from **Nale Moru** (6,400 ft) on a small path that winds through fields of maize and potatoes before entering a pine forest. The track then starts to climb consistently, but gently through an attractive forest that shelters a variety of wildlife, including the Colobus monkey. These monkeys are black with a long 'cape' of white hair and a flowing white tail. The forest begins to thin out at the edge of the moorland zone. Then, we take in the expansive views over the Kenyan plains as we arrive at our first campsite at **Rongai One** (8,500 ft).

[3-4 hours walking]

DAY 3

The morning walk is a steady ascent up to the **Second Cave** (11,300 ft) with superb views of Kibo and the Eastern Icefields on the crater rim. After lunch, we leave the main trail and strike out and head southeast across the moorland on a smaller path towards the jagged peaks of Mawenzi. Our campsite is in a sheltered valley, decorated with giant senecios near **Kikelewa Caves** (11,800 ft).

[6-7 hours walking]

DAY 4

A short but steep climb is rewarded by superb all-around views and a tangible sense of wilderness. We leave vegetation behind shortly before reaching the next camp at **Mawenzi Tarn** (14,200 ft), spectacularly situated in a cirque directly beneath the towering spires of Mawenzi. The afternoon will be free to rest or explore the surrounding area as an aid to acclimatization.

[3-4 hours walking]

DAY 5

A day to acclimatize with a walk up onto the Saddle towards Camel's Back. Camp at **Mawenzi Tarn** (14,200 ft).

DAY 6

We cross the lunar desert of the saddle between Mawenzi and Kibo to reach **Kibo Hut** (15,400 ft) at the bottom of the crater wall. The remainder of the day is spent resting in preparation for an early morning final ascent.

[5-6 hours walking]

DAY 7

We start the final and most demanding part of the climb by torchlight around 1 a.m. We plod very slowly in the darkness on a switchback trail through loose volcanic scree to reach the crater rim at **Gillman's Point** (18,600 ft). We rest here for a short time to enjoy the spectacular sunrise over Mawenzi. Those who are still feeling strong can make the three-hour round trip to **Uhuru Peak** (19,345 ft), passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. The descent to **Kibo Hut** (15,400 ft) is surprisingly fast and, after some refreshments, we continue the descent to **Horombo Huts** (12,200 ft).

[11-15 hours walking]

DAY 8

A steady descent takes us down through moorland to Mandara Huts (8,900 ft). We then continue descending through lovely lush forest on a good path to the Kilimanjaro National Park gate at Marangu (6,000 ft), where we are transferred back to Kilimanjaro Mountain Resort in Arusha.

[5-6 hours walking]

DAY 9

After breakfast, we can arrange for a private transfer or taxi to Kilimanjaro International Airport (JRO).

TRAINING

Being in good shape will increase your chances of having a safe climb, successful summit, and enjoyable experience. Climbing Kilimanjaro does not take any technical mountaineering skills. It is a trek at high altitude, and nearly anyone in decent physical condition can climb Mount Kilimanjaro. However, one should not underestimate the effort required over six to nine days to reach the peak. The main reason that climbers fail to reach the summit is due to the inability to acclimatize to the high altitude quickly enough. Short of going to high altitude, there is little that one can do to pre-acclimatize before the climb. Being physically fit does not guarantee that climbers can overcome altitude issues, but it does reduce the strenuousness of the climb on the body, which in turn, makes acclimatization more likely.

Performing day hikes on local trails is the recommended form of training. The trails should include uphill and downhill sections, and you should wear the clothing, boots and pack that you intend to climb in. Try to hike for several hours. Your hikes on the mountain will on average be between four to six hours, but can be as little as two (easy days) and as high as 14 hours (summit day). If it is impractical for you to train outdoors, you may exercise at the local gym. The staple of your training should be walking on a stairmaster, supplemented with weight-training for your legs.

A minimum of three days a week, perhaps shorter sessions during the weekdays and longer sessions on the weekends, for three months, is suggested. With proper training, you will develop the leg strength, endurance and confidence necessary for Kilimanjaro.

TRAVEL

Clients should fly into Kilimanjaro International Airport (airport code: JRO). Our trips begin at either **Ilboru Safari Lodge** in Arusha or **Kilimanjaro Mountain Resort** in Marangu, Tanzania.

PASSPORTS AND VISAS

To gain entry into Tanzania, US citizens and most other nationalities will need a passport and visa.

The passport must be valid for 6 months after the intended length of stay.

Visas can be obtained prior to departure from the USA or at your point of entry into Tanzania. The visa cost for US citizens is \$100.

When you arrive at JRO, as you enter the airport there will be two lines. The line on the right is for people purchasing a visa. The line straight ahead is for people who have a visa.

The length of time that you wait in line is heavily dependent upon the makeup of the passengers on your plane. At times you will wait longer if you have a visa then if you were to purchase one on the spot.

HEALTH

There are no required vaccinations, however the US Center for Disease Control and Prevention (CDCP) recommends the following vaccinations and medications: Malaria, Yellow Fever (required if entering Tanzania from an 'infected area'), Typhoid, Hepatitis A, Hepatitis B, and Rabies. Additionally, the CDCP recommends routine vaccinations of measles/mumps/rubella (MMR), diphtheria/pertussis/tetanus (DPT) and polio, if you are not up-to-date. You may also want to bring Diamox, an FDA approved prescription medication used to prevent and treat altitude sickness. Consult with your health care professional.

It is prudent for every client to have a medical check up to see if you have any medical conditions that put you at increased risk when trekking at high altitude. The minimum age of participants of our climbs is 16 years old. All clients 65 years of age or older are required to bring a doctor's certificate stating they are fit to climb Kilimanjaro.

TRAVEL INSURANCE

It is a mandatory requirement to have travel insurance to participate on our climbs.

Travel insurance should cover high altitude trekking, medical and repatriation costs, and trip cancellation. We will verify that you have the appropriate insurance prior to the climb. No refunds are given for clients turned away due to failure to obtain the proper coverage.

We recommend Travel Guard (<http://www.travelguard.com>) for travel insurance. Travel Guard is only available to U.S. residents. For Non US residents we recommend (<http://www.worldnomads.com>).

GEAR

Kilimanjaro treks have a wide range of temperatures so the best clothing is a lot of thin layers. Such clothing is easier to adjust as the temperature fluctuates and is more effective than a few thick items of clothing. Special attention should be made to the fabric of base and middle layers; these garments should be constructed of moisture wicking material that effectively pull sweat away from the body to keep you dry. Cotton is a very poor fabric for trekking and should not be worn.

Sleeping and carrying equipment

medium sized daypack (30 liter)
duffel bag
plastic bags to protect equipment from rain
warm, four-season sleeping bag
sleeping pad

Drinking

two one-liter water bottles or equivalent
hydration pack (camelbak)

Base layers

long sleeve tee shirt
long underwear
underwear

Middle layers

fleece or down jacket
mid-weight long sleeve tee shirt

Outer layers

waterproof hard shell jacket
hiking pants
waterproof pants
gloves or mittens
waterproof pants
knit hat or balaclava
sun hat

Footwear

warm hiking boots (broken in)
gym shoes for camp (optional)
waterproof gaiters (optional)
2 pairs hiking socks
2 pairs sock liners

Personal usage

trekking poles (optional)
quick drying towel (optional)
toiletries
camera and film (optional)
sun screen
bug spray
toilet paper
headlamp and batteries
sunglasses
lip balm
ear plugs (optional)
snacks (optional)

Personal first aid kit

painkillers (optional)
blister kit (optional)
anti-diarrhea tablets (optional)
malaria tablets (optional)
Diamox (optional)

Porter loads are limited by our standards of porter treatment as well as by Kilimanjaro National Park authorities. Each client should bring a maximum of 15 kg of luggage for porters to carry onto Kilimanjaro, so please choose your gear sparingly. The luggage, which should be contained in a duffel bag, will be weighed prior to departure.

You will only carry a medium-sized daypack, containing items that you will need during your daily walks. Accordingly, your duffel bag should contain the items that you will not need between campsites. The porters will carry your duffel bag inside another heavyweight client bag to give it further protection from dust, water and abrasions. Any items that are not needed for the climb at all can be safely stored in the hotel.