

PEAK PLANET

SHIRA 8 DAY ROUTE

10 Day Total Trip – 8 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 [Ilboru Safari Lodge](#) in Arusha, Tanzania. With prior arrangement, airport pick up and private transfers to the hotel 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 **Londorossi National Park** gate to complete the necessary registration formalities, before driving a short distance on a steep track through farmland and plantations (9,200 ft). We continue climbing steadily on foot through shrub forests and stands of giant heather to reach the rim of Shira Plateau (11,000 ft). The views across the surrounding plains open up as we approach our first camp, **Simba Camp** (11,600 ft).
[4-5 hours walking]

DAY 3

Today is an easy day to help acclimatisation and to explore the grassy moorland and volcanic rock formations of the plateau. We walk to the summit of **Shira Cathedral** (12,300 ft), a huge buttress of rock surrounded by steep spires and pinnacles. There is a tangible sense of wilderness here, especially when the afternoon mists roll in. From our camp near **Shira Hut** (12,600 ft), we take in the unforgettable views of Mt. Meru as she floats among the clouds.
[4-5 hours walking]

DAY 4

The morning walk is a steady climb away from the moorland of Shira Plateau to reach the broad upland desert beneath the Lent Hills, with expansive views in all directions. After lunch in our camp close to **Moir Hut** (13,800 ft), there is the option of a more strenuous afternoon walk to reach the summit of the **Lent Hills** (15,400 ft). We can explore the area beneath the Northern Icefields, a remote place rarely visited by tourists, with unusual views of Kibo. Few visitors get to this remote corner of Kilimanjaro.
[3-6 hours walking]

DAY 5

We enjoy a morning of gentle ascent and panoramic views, walking on lava ridges beneath the glaciers of the Western Breach. After lunch at our **Lava Tower** (14,900 ft), there is a steep but spectacular afternoon walk on the rocky lower slopes of the Western Breach. This afternoon excursion is highly recommended for acclimatisation purposes and for the superb views of hanging glaciers on both sides of the Breach.
[4-6 hours walking]

DAY 6

A steep descent into the bottom of **Barranco Valley** (12,800 ft) leads us to the famed Barranco Wall and its steep climb. At the top the undulating trail crosses the flanks of Kibo with superb vistas of the Southern Icefields. The terrain is volcanic scree, with pockets of

vegetation in sheltered hollows, and a powerful sense of mountain wilderness. Our next camp is at **Karanga Camp** (13,100 ft), the last water point on the approach to the summit.

[5-7 hours walking]

DAY 7

We follow an easy path on compacted scree with wide views that gains altitude unrelentingly to reach **Barafu Hut** (14,800 ft) for lunch. There is a short acclimatisation hike to the plateau at the bottom of the southeast valley (15,700 ft). The remainder of the day is spent resting in preparation for the early morning final ascent.

[3-5 hours walking]

DAY 8

We start our ascent by torchlight about 1 a.m. so that we can be up on the crater rim by sunrise. The steep climb over loose volcanic scree has some well-graded zig-zags and a slow but steady pace will take us to **Stella Point** (18,800 ft), in about five or six hours. We will rest there for a short time to enjoy the sunrise over Mawenzi. Those who are still feeling strong can make the two-hour round trip from here along the crater rim 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 Barafu is surprisingly fast, and after some refreshments, we continue to descend to reach our final campsite, **Millenium Camp** (12,500 ft).

[11-15 hours walking]

DAY 9

A sustained descent on a well constructed path takes us through a lovely tropical forest alive with birdsong and boasting lush undergrowth with considerable botanical interest. Our route winds down to the Kilimanjaro National Park gate at **Mweka** (5,400 ft) and on through coffee and banana farms to Mweka village, where we are transferred to [Ilboru Safari Lodge](#) in Arusha.

[4-6 hours walking]

DAY 10

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.