



## 7-day Machame Route

The 7-day Machame trek is the ideal schedule for this route. On this route, the trek from Barranco Camp to Barafu Base Camp is broken up into two days, allowing for a short day just prior to the summit climb. This is important because summit day begins very early, around midnight-2AM, so climbers are often sleep deprived going into the toughest day on the mountain. By having a shorter day beforehand, you can be better rested, and it also provides an extra day of acclimation. The 7-day Machame route is one of our most popular routes because it provides the best scenery and enough time to acclimate to the altitude. This is a great choice for beginning trekkers to expert trekkers.

### Arrival Day

- Airport to hotel
- Distance 51 Km
- Time 1 hour and 20 minutes

We will pick you up from the airport (JRO). After arrival at your hotel, you will rest but we will have the guide meet with you in the afternoon for briefing about your trek and Mt Kilimanjaro. After the briefing we will check all your mountain gears to see if you have the necessary equipment. If you are missing something important this will be your opportunity to rent the missing gear.

### Day 1

- Machame Gate to Machame Hut Camp
- Elevation: 1800m // 5904 to 2835m // 9,400ft
- Distance: 11 km
- Hiking Time: 5-6 hours
- Habitat: Rain Forest

The drive from hotel to the Mount Kilimanjaro National Park Gate takes about 2 hours. The journey passes through the village of Machame which is located on the lower slopes of the mountain. We now leave the park gate and walk through the rain forest on a winding trail up a ridge. Lower down, the trail can be muddy and slippery. Gaiters and trekking poles are a good idea here. We continue a short distance until we reach the Machame Camp.

### Day 2

- Machame Hut Camp to Shira Cave Camp
- Elevation: 2835m // 9,400ft to 3750m // 12300ft
- Distance: 5 km
- Hiking Time: 6 hours
- Habitat: Moorland

After breakfast, we leave the glades of the rain forest and continue on an ascending path, crossing the little valley walking along a steep rocky ridge, covered with heather, until the ridge ends. The route now turns west onto a river gorge. Time for rest, dinner, and overnight at the Shira campsite.

### Day 3

- Shira Cave Camp via Lava Tower to Barranco Camp
- Elevation: 3750m // 12300ft to 4600m // 15088ft
- Distance: 10 km

- Hiking Time: 7 hours
- Habitat: Desert

From the Shira Plateau, we continue to the east up a ridge, passing the junction towards the peak of Kibo. As we continue, our direction changes to the southeast towards the Lava Tower, called the "Shark's Tooth." Shortly after the tower, we come to the second junction which brings us up to the Arrow Glacier. We now continue down to the Barranco Camp. Here we rest, enjoy dinner, and overnight. Although you end the day at the same elevation as when you started, this day is very important for acclimatization and will help your body prepare for summit day.

#### **Day 4**

- Barranco Camp to Karanga Camp
- Elevation; 4600m // 15088ft to 3995m // 13100ft
- Distance: 5 km
- Hiking Time: 4-5 hours
- Habitat: Alpine Desert

After breakfast, we leave Barranco and continue the trail along a steep ridge passing the Barranco Wall, to the Karanga Valley campsite. This is a short day is meant for acclimatization as you will have a long summit day.

#### **Day 5**

- Karanga Camp to Barafu Camp
- Elevation: 3995m // 13100ft to 4673m // 15331ft
- Distance: 4 km
- Hiking Time: 4-5 hours
- Habitat: Alpine Desert

After breakfast, we leave Karanga and hit the junction which connects with the Mweka Trail. We continue up to the Barafu Hut. At this point, you have completed the South Circuit, which offers views of the summit from many different angles. Here we make camp, rest, enjoy dinner, and prepare for the summit day. The two peaks of Mawenzi and Kibo are to be seen from this position.

#### **Day 6**

- Barafu Camp to Summit to Mweka Hut
- Elevation (ft): 4673m // 15327ft to 5895m // 19453ft to 3100m // 10230ft
- Distance: 5 km ascent / 12 km descent
- Hiking Time: 6-7 hours ascent / 4 hours descent
- Habitat: Arctic

At midnight to 2am (depending on your pace) we start our way to the summit between the Rebmann and Ratzel glaciers. You head in a northwesterly direction and ascend towards Stella Point on the crater rim. This is the most mentally and physically challenging portion of the trek.

At Stella Point (5756m // 18885ft) you will stop for a short rest and will be rewarded with the most magnificent sunrise (weather permitting). From Stella Point, you may encounter snow all the way on your 1-hour ascent to the summit. At Uhuru Peak (5895m // 19453ft) you have reached the highest point on Mount Kilimanjaro and the continent of Africa. Depending on your pace you may see the sunrise from the summit.

From the summit, we now make our descent continuing straight down to the Mweka Hut campsite (3100m // 10230ft), stopping at Barafu Camp for lunch. You will want gaiters and trekking poles for the loose gravel going down will get into your boots. Mweka Camp is situated in the upper forest and mist, or rain can be expected in the late afternoon. Later in the evening, we enjoy our last dinner on the mountain and a well-earned sleep.

## **Day 7**

- Mweka Camp to Hotel
- Elevation: 3100m // 10230ft to 1640m // 5412ft
- Distance: 10 km
- Hiking Time: 3-4 hours
- Habitat: Rain Forest

After breakfast, we continue the descent down to the Mweka Park Gate. At lower elevations, it can be wet and muddy. Gaiters and trekking poles are recommended. Shorts and t-shirts will probably be plenty to wear (keep rain gear and warmer clothing handy). From the gate, you continue another hour to Mweka Village. A vehicle and our team will meet you at Mweka village to congratulate you and drive you back to your hotel for a hot shower and relaxation.