



## **Kilimanjaro Trip**

**November 23, 2017 – November 29, 2017**

### **Participants:**

- **Valod Shaverdian**
- **Vartan Ayvazian**
- **Vazgen Mazanians**

**6 days Kili climb, Machame route**

**Day 1: 23<sup>rd</sup> Nov 2017:** Arrive at the Kilimanjaro International Airport. You will be met at the airport and transferred to the Springlands Hotel or similar hotel in Moshi for your overnight.

**Trip Notes:**

Be prepared for a very long flight including connecting legs. By the time we arrived at the hotel we were very tired. Then we had to take care of logistics, checking in, renting lockers for clothing that we were to leave behind at the hotel, renting equipment if we were missing any, money exchange, etc. 100% water proof duffle bag is necessary due to very possible rain in month of November.



**Day 2: 24<sup>th</sup> Nov 2017:** Your day starts early with a briefing, followed by breakfast and a 50-minute drive from Moshi to the Machame Village (1,490 m/4,890 ft) where your guides and porters prepare and pack your equipment and supplies. You will receive a lunch pack, and you can also buy mineral water in the village. If the road is very muddy, it may be impossible to drive from the village to the Machame Gate, and in this case, it will take you an hour to complete the muddy 3 km walk to the gate. After registering at the park office, you start your ascent and enter the rain forest immediately. Heavy rains on this side of the mountain often transform the trail into a soggy, slippery experience, so good footgear, trekking poles, and gaiters are useful. You will enjoy a welcome lunch stop halfway up and will reach the Machame camping area in the late afternoon. Your porters will arrive at camp before you and will erect your tent before you arrive. In the evening, the porters boil drinking and washing water while the cook prepares your dinner. Night temperatures can drop to freezing at the Machame Camp.

**Hike data:**

Day	from	to	Elev m	Elev m	Gain	Km	Elev ft	Elev ft	Gain/Loss	Miles	Time	Pace
2	Machame gate	Machame camp	1490	2980	1490	18	4887	9774	4887	11.2	7	37.6

**Hiking Notes:**

A very nice hike within the gorgeous forest however we were 100% drenched due to not having 100% water proof clothing and wearing them too late. It rained so hard it was unbelievable. Need to learn how to properly dry your clothes and boots without the sun... Month of November is considered rainy season at Kilimanjaro.



**Day 3: 25<sup>th</sup> Nov 2017**: You rise early at Machame camp, and after breakfast, climb for an hour to the top of the forest, then for 2 hours through a gentle moorland. After a short lunch and rest, you continue up a rocky ridge onto the Shira Plateau where you will be able to see Kilimanjaro’s great Western Breach with its stunning glaciers. Sometimes, the walls of the Western Breach are draped with extensive ice curtains. You are now west of Kibo on the opposite side of the mountain from the Marangu Route. After a short hike west, you reach the Shira campsite. The porters will boil drinking and washing water before serving dinner. The night at this exposed camp will be colder, with temperatures dropping below freezing.

**Hike data:**

Day	from	to	Elev m	Elev m	Gain	Km	Elev ft	Elev ft	Gain/Loss	Miles	Time	Pace
3	Machame camp	Shira camp	2980	3840	860	9	9774	12595	2821	5.6	6	64.4

## Hiking Notes:

A wet day but with beautiful scenery.



**Day 4: 26<sup>th</sup> Nov 2017:** After breakfast, you will hike east up a steepening path above the highest

vegetation toward Kilimanjaro’s looming mass. After several hours, you walk through a rocky landscape to reach the prominent landmark called Lava Tower at 4,630 m/15,190 ft. This chunky remnant of Kilimanjaro’s earlier volcanic activity is several hundred feet high, and the trail passes right below it. For extra credit, the sure-footed can scramble to the top of the tower. After a lunch stop near Lava Tower, descend for 2 hours below the lower cliffs of the Western Breach and Breach Wall to Barranco Camp at 3,950 m/12,960 ft. There are numerous photo opportunities on this hike, especially if the walls are festooned with ice. Barranco Camp is in a valley below the Breach and Great Barranco Walls, which should provide you with a memorable sunset while you wait for your dinner. On this day, be careful to notice any signs of altitude sickness.

**Hike data:**

Day	from	to	Elev m	Elev m	Gain	Km	Elev ft	Elev ft	Gain/Loss	Miles	Time	Pace
4	Shira camp	Lave Tower	3840	4630	790	10	12595	15186	2591	6.2	5	48.3
4	Lave Tower	Barranco Camp	4630	3950	-680	5	15186	12956	-2230	3.1	2	38.6

**Hiking Notes:**

A fun day navigating rocks that at times it came fairly hairy. We managed to make it. The second part of the day we starting descending which we were not happy with, knowing we need to ascend again.





**Day 5: 27<sup>th</sup> Nov 2017:** After spending a night under the imposing Great Barranco Wall, you climb this awesome obstacle, which turns out to be easier than it looks. Topping out just below the Heim Glacier, you can now appreciate just how beautiful Kilimanjaro really is. The route then heads down through the Karanga Valley and goes over intervening ridges and valleys to join the Mweka Route, which will be your descent route. You have now completed the South Circuit, which offers views of the summit from many different angles. For now, all eyes are still on the summit, so turn left and hike up the ridge for another hour to the Barafu Hut. The last water on the route is in the Karanga Valley; there is no water at Barafu Camp, even though Barafu is the Swahili word for “ice.” The famous snows of Kilimanjaro are far above Barafu Camp near the summit of the mountain. Your tent will be pitched on a narrow, stony, wind-swept ridge, so make sure that you familiarize yourself with the terrain before dark to avoid any accidents. Prepare your equipment and warm clothing for your summit climb. This should include replacing your headlamp and camera batteries, and to prevent freezing, consider carrying your water in a thermal flask. Go to bed by 7 PM, and try to get a few hours of precious sleep.

**Hike data:**

Day	from	to	Elev m	Elev m	Gain	Km	Elev ft	Elev ft	Gain/Loss	Miles	Time	Pace
5	Barranco Camp	Barafu Camp	3950	4550	600	13	12956	14924	1968	8.1	7	52.0

**Hiking Notes:**

Relatively a normal day but elevation was really making an impact on us once we reached the final camp. We kept checking our oxygen levels and it was very difficult to sleep due to elevation and knowing the summit push is just in few hours away. It was cold (Probably 10F), but no wind. Our guide gave us final instructions during dinner. Months of planning and training had reached its verdict day.



**Day 6: 28<sup>th</sup> Nov 2017:** You will rise around 11:30 PM, and after some steaming tea and biscuits, you shuffle off into the night. Your 6-hour climb northwest up through heavy scree between the Rebmann and Ratzel glaciers to Stella Point on the crater rim is the most challenging part of the route for most climbers. At Stella Point (5,685 m/18,650 ft) you stop for a short rest and a chance to see a supremely sanguine sunrise. At Stella Point you join the top part of the Marangu Route, but do not stop here too long, as it will be extremely difficult to start again due to cold and fatigue. Depending on the season and recent storms, you may encounter snow on your remaining hike along the rim to Uhuru Peak.. On the summit, you can enjoy your accomplishment and know that you are creating a day that you will remember for the rest of your life. After your 3-hour descent from the summit back to Barafu Camp, you will have a well-earned but short rest, collect your gear, and hike down a rock and scree path into the moorland and eventually into the forest to Mweka Camp (3,100 m/10,170 ft). This camp is in the upper forest, so you can expect mist or rain in the late afternoon. Dinner, and washing water will be prepared, and the camp office sells drinking water, soft drinks, chocolates, and beer!

**Hike data:**

Day	from	to	Elev m	Elev m	Gain	Km	Elev ft	Elev ft	Gain/Loss	Miles	Time	Pace
6	Barafu Camp	Uhuru Peak	4550	5895	1345	7	14924	19336	4412	4.3	8	110.4
6	Uhuru Peak	Mweka	5895	3100	-2795	23	19336	10168	-9168	14.3	8	33.6

**Hiking Notes:**

Summit Push. By far the hardest day not only for reaching the peak but descending almost another 9000 feet. A total of almost 19-mile hike. The morning started about mid night, very cold (recommend not to wear all your layers, as feeling a bit cold at starting point is normal and you feel warmed up in no time once you start hiking). Altitude medication is definitely recommended which you should have planned before the trip (consult your doctor). If you run into difficulties such as shortness of breath, fatigue, injury, etc. a guide will escort you back to camp. Therefore, it is definitely

recommended to hire additional guides specially for this expedition since prices should be very reasonable otherwise if the team runs out of guides due to injured hikers, the remaining team that are still capable to continue need to turn back to camp as well with the last guide. Regarding use of oxygen, you can pay and reserve it when you plan your trip (guide told us after the fact). Otherwise, an unplanned use of oxygen is considered an emergency event, and the guide will escort you back to the camp while providing the oxygen. There was no snow in our trip, therefore no difficulties regarding snow. Guides escort the team fairly slowly therefore a “fit” hiker that has trained “well” should be able to reach the peak (unless there are issues with elevation, injury or simply fatigued being in the mountain for so many days).



**Day 7: 29<sup>th</sup> Nov 2017:** After a well-deserved breakfast, it is a short, scenic, 3-hour hike back to the park gate. Don't give your porters any tips until you and all your gear have reached the gate safely, but do remember to [tip your staff](#) at the gate. At Mweka Gate, you can sign your name and add details in a register. This is also where successful climbers receive their summit certificates. Climbers who reached Stella Point are issued green certificates and those who reached Uhuru Peak receive gold certificates. From the Mweka Gate, you will continue down to the Mweka Village, possibly a muddy, 3 km, 1 hour hike if the road is too muddy for vehicles. In the Mweka Village you will be served a



delicious hot lunch after which you are driven back to the Springlands Hotel in Moshi for an overdue hot shower and comfortable night.

**Hike data:**

Day	from	to	Elev m	Elev m	Gain	Km	Elev ft	Elev ft	Gain/Loss	Miles	Time	Pace
7	Mweka	Mweka Gate	3100	1980	-1120	15	10168	6494	-3674	9.3	3	19.3

**Hiking Notes:**

A pleasant and easy day knowing next evening we will be sleeping in our hotel. Took final picture with our complete support team of 13 (guide, guide assistant, porters, cook, cook helpers, etc.)



# Misc. activity after the hike:





**Celebration at ASLA 12/6/2017**



**Thank you**

Trip Report Prepared by Vazgen Mazanians

# Additional information:

## Financial

Kili climb 6 days Machame route: US\$1801

2ways airport transfer: @US\$40

### Kili climb prices are inclusive of:

- 2 Nights' accommodation at Springlands Hotel – Bed & Breakfast Basis
- All park fees
- National Park approved guides and porters
- 18% VAT
- Accommodation on the mountain (Three-man mountain tents used for two people only on all routes except for Marangu Route as accommodation is in huts.) Stools, a mess tent and hot water for washing are provided on the mountain.
- Meals on the mountain
- Transport from Moshi at Springlands hotel to the Starting point of the mountain and return to Moshi at Springlands hotel

### Recommended Gear List - Kilimanjaro Machame Route 6 Day

#### Kilimanjaro Climber's Packing List Notes

- The pack that the porters carry is limited to 15 kg (35 pounds)
  - Overweight or extra luggage will require an extra porter at \$5/day
- Store electronics in sealed water-proof bags (double sealed if possible)
- Wrap clothing in plastic bags
- In the day pack, take along water, sunglasses, camera, binoculars, rain pants, and jacket at a minimum.  
Add any other items you might need during the day, since you may not see your porters until the end of the day.
- Zara Tours is interested in purchasing second-hand gear for rentals.
- You may want to bring some older items of warm clothing as gifts for your guides and porters or donations to the [Mount Kilimanjaro Porters Society](#).
- You can leave extra luggage in a locked storage room at the Springlands Hotel for no charge.
- You can leave valuables in a safe deposit box at the Springlands Hotel for \$1/day.
- See the [Zara Equipment](#) list for details on what is provided by Zara Tours.

#### Baggage

- Day pack, for you to carry
- Large duffel bag or backpack, for porters to carry
- Plastic bags

Clothing You want your inner layer to be wicking – no cotton

Your next layer should be insulating and warm, and your top layer should be water proof but breathable.

You will need clothes for hiking during the day, lounging in the evening, and for sleeping. Layers are important as temperatures vary greatly. Kilimanjaro may be near the equator, but it gets cold up there!

- Shorts, for first and last day only
- Pants, for hiking and for lounging in the evenings
- Short-sleeved or t-shirts
- Long-sleeved shirts, for hiking and for lounging in the evenings
- Long underwear
- Fleece jacket or wool sweater
- Fleece pants
- Down jacket or ski parka (for temperatures well below freezing plus wind)
- Rain jacket, needed in hot rainforest and cold snow
- Rain pants, needed in hot rainforest and cold snow
- Underwear
- Sport bras, for women

#### Cold Weather Accessories

- Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered)
- Wool or pile hat
- Balaclava or neck gaiter
- Hand and foot warmers (chemical activated)

#### Footwear

- Be sure to break in your shoes before the hike!
- Trekking shoes for hiking during the day, preferably warm, waterproof, and with ankle-support – not too light and not too heavy
- Tennis shoes or sandals for lounging in the evening
- Gaiters
- Hiking socks for warmer conditions
- Wool socks for colder conditions
- Sock liners to wick away moisture

#### Sleeping

- Sleeping bag (Rated -25 degrees C/-10 degrees F or colder is recommended)
- Sleeping pad and repair kit
- Tents are supplied by Zara at no charge
- Foam sleeping pads are provided by Zara at no charge (Thermarest is highly recommended, however)

#### Other

- Water bottles and Camelback (2-3)
  - Get 3 liters of bottled water before the trip (available at the Springlands Hotel). Your guides will boil water for you along the route, or use [steripens](#) for water sanitization.
  - To prevent water from freezing on summit day, keep your water source inside your jacket. For Camelbacks, blow air back into the bladder after each sip and drink often.
  - Gatorade or other drink mix helps with taste and minerals.
- Water filter or iodine purification tablets
- Sun hat with brim
- Sunglasses

- Bandana
- Money (\$400 or more in cash and/or travellers cheques, including some small U.S., Euro, or Tanzanian bills)
- Ski or trekking poles
- Headlamp or flashlight
- Camera, film, tripod
- Video camera, tapes
- Batteries
  - Bring extra sets for headlamp/flashlight and camera as cold weather shortens their life
- Binoculars
- Notebook, journal, pencil, and pen
- Pocket knife
- [Electricity adapter](#)
- Energy bars, hard candy, snacks, and comfort foods
- Playing cards, games, books, frisbee, football, kite
- Chocolate or pens for village children, momentos for guides, porters, and other climbers
- Umbrella, particularly useful in the rainy season, can be purchased in the market for around \$2
- Plastic bags and zip-lock bags for waterproofing
- Sewing kit
- Salt, pepper, and spices for bland food
- Business cards
- Alarm clock
- Calculator (for currency conversion)
- Swim suit for hotel swimming pool

#### Toiletries

- Toilet paper (and baggie to carry used paper while on trail)
- Small towel
- Soap
- Toothbrush and toothpaste
- Handi-wipes (moist towelettes for cleaning)
- Hand sanitizer
- Lotion
- Glasses, contacts, solution (take contacts out each night to prevent blurred vision)
- Comb, mirror

#### Documents

- Passport
- Yellow fever certificate
- Tanzania Visa
- Medical insurance
- Address book
- Vaccination records
- Airline tickets
- Cash, travellers cheques, credit cards
- Maps, guidebooks
- Make copies of passport, TZ visa, airline tickets/schedule, and travellers cheques numbers.  
Leave a copy with someone at home and put a copy in a separate place in your luggage.

#### First Aid

- Ibuprofen, Acetaminophen, or Aspirin

- Throat lozenges
- Band-aids
- Moleskin
- Sunscreen (SPF 15+)
- Lip balm with sunscreen
- Insect repellent
- Disinfectant, Antiseptic cream
- Bandages and tape
- Diarrhea medicine
- Antihistamines
- Ace bandage
- Melatonin (1-3mg) or other sleep aid
- Malaria pills (talk to your doctor)
- Antibiotics (talk to your doctor)
- Prescription drugs (talk to your doctor)
- Diamox (talk to your doctor)

#### Gifts for Guides, Porters, Locals

- Shoes
- Any warm clothing
- T-shirts
- Hats
- Nerf football, frisbees
- Candy
- Pens

#### Packing for your flight to Africa

- U-shaped neck pillow (blow-up)
- Books/magazines
- Toiletries
- Snacks
- Water
- Walkman and music
- Eye shades, ear plugs
- Melatonin or other sleep aid
- Critical climbing gear (in case baggage is delayed)

### **Additional Details - Kilimanjaro Machame Route 6 Day**

#### **Is This Trip For You?**

If you arrive at the Kilimanjaro Airport, you will be met at the airport and transferred to your hotel in Moshi or Arusha. We recommend at least one rest day before starting your trek. If you are transferring from Nairobi, this can act as your rest day. If you have time, enjoy a guided walk through the local rice fields and rainforest, do a little shopping in the town of Moshi, relax at the swimming pool, or get a massage.

Your guide will provide a briefing the evening before your trek, and you must separate one bag for the trek from your other luggage. Rental equipment is available. Extra luggage can be stored in a locked storage room at your Moshi hotel at no charge.

The next morning, enjoy a hearty breakfast before last-minute trip preparations at the trekking

office. Depending on the route you take, the drive to the trailhead can take up to one hour and can be very bumpy.

Once you reach the park gate, climbers are requested to make their final preparations for the climb and sign the national park registration book. Porters will be seen arranging their packs containing the food, water, and other equipment. Make sure that you have all your day pack items with you as the porters travel very quickly. Your guide will be pleased to assist with any additional information.

The average hiking day begins between 8-9am and is about 5 to 6 hours, walking very, very slowly. The distances you will hike each day are very moderate so as to acclimate a little at a time. Your guides will repeat over and over, "pole pole" (po-ly, po-ly), which means "go slowly" in Swahili.

The terrain lower down is absolutely gorgeous and fascinating. Higher up, the views are vast. There is little to do at the camps themselves, so take advantage of the slow pace to absorb the scenery and take every photo opportunity.

The hike to the summit starts around midnight depending on your route and speed of your group. You will go as high as you feel fit. Some people stop at the crater rim, and others continue to the very highest point on the mountain. Your guides will then take you down as quickly as possible to minimize any altitude problems. You will continue past your last campsite to the next one for overnight.

You can add an extra day at the Horombo Huts (3,690 m/12,100 ft). You can spend a full day and a second night at Horombo. On this day, you can either rest at the huts or take a stroll up to the Mawenzi basecamp then return to the Horombo Huts. This extra day will help your acclimatization, and further your understanding of the mountain's weather and altitude. After your pause, you will continue up to the Kibo Huts on your fourth day for your midnight start to the summit

## **Money**

The local currency is Tanzanian shillings. U.S. dollars, Euros, and credit cards may be accepted by larger stores and hotels, but the exchange rate is better with shillings. ATM's are only available in larger towns like Moshi and Arusha.

## **Destination Location**

Mount Kilimanjaro is located three degrees south of the equator in Northeastern Tanzania. It is the tallest mountain in Africa and is the highest free-standing mountain in the world. Of the famous highest seven peaks in the world, this is the easiest to get to and the easiest to climb. It requires no technical climbing experience, and any moderately fit person can summit the mountain.

## **Travel Companions**

Groups are limited to 5-7 people. We will combine groups up to this limit if they are starting the same route on the same day. However, we can also arrange for private groups at no extra cost. We will try to add single travelers to a group if at all possible, but we cannot guarantee it. We can accommodate large groups of any size.



## Guide(s)

A local guide is required to hike Kilimanjaro. We have guides that speak English, Spanish, French and German. Porters will also go on the trip to carry your luggage, food, and other equipment. You will only have to carry a day pack with your daily essentials.

### Tips for guides and porters on Kilimanjaro and Mount Meru:

- You will be given an envelope at the Springlands Hotel after your trek for your tip money. You can use U.S. dollars, Euros, TZ shillings, or a combination of these. It helps if you have small bills to tip everyone individually. There is no need to take money on the mountain with you.
- The typical tip is \$15/day for guides, \$10/day for assistant guides and cooks, \$7/day for porters. This is from the whole group, not per hiker.
- Expect 1 guide per 8 hikers, 1 assistant guide per 3 hikers, and 1 cook per 8 hikers:
- Expect porters as follows:
  - 2 porters per hiker on the 5-day Marangu Route (minimum of 4 porters)
  - 3 porters per hiker on a 6 or 7-day trek (minimum of 5 porters)
  - 4 porters per hiker on the 8-day Lemosho Route (minimum of 8 porters)
  - Sometimes extra porters are required based on the weight of your luggage.
- Budget \$200 per hiker for tips for a 6-day trek.
- Gifts: Guides and porters also appreciate your warm clothing, shoes, and packs. You may want to bring some older clothing items for this purpose.
- Celebration: You are also welcome to invite your guides back to the Springlands Hotel for drinks and/or dinner (on you) as a thank-you in addition to their tip.

---

### ZaraTours Inc.

1066 Knottypine grove

mississauga, ON L5W1J6, CA +1866-550-4447 / +1416-994-8025

+19055643597 (Fax)

[zara@zaratours.com](mailto:zara@zaratours.com)

[www.zaratours.com](http://www.zaratours.com)