



Local Moshi
adventures

A HELPFUL GUIDE TO PREPARING FOR KILIMANJARO

MT. KILIMANJARO

localmoshi.com



A TRIP OF A
LIFETIME





OVERVIEW



A Trip of a Lifetime

At 19,340 ft (5,895 m) Mount Kilimanjaro is one of the world's most accessible high summits, and a beacon for visitors from around the world.

Most climbers reach the top with little more than a walking stick, proper clothing and determination.

The climbers, who reach Uhuru Peak, the actual summit, or Gillman's Point on the rim of the crater, will have earned their climbing certificates and some fantastic memories!

The ascent of the slopes of Kilimanjaro is a tour of five climate zones ranging from tropical rain forest to the arctic zone. Depending on the route you chose, stunning views of Moshi and the Kenyan Plains can be seen along the way.

HOW DO I GET TO TANZANIA?

The easiest way to reach Moshi is to fly into Kilimanjaro International Airport (JRO). Alternative ways of getting to Moshi are buses from Nairobi or Dar Es Salaam, taking anywhere from 7-9 hours.

All of our climbs have an arrival and departure day build in, but please note, if your flight arrives at night, by the time you go through customs and take the 45 minute drive to your hotel it will be 9:30 pm.

If you have a hard time on long flights or are coming from more than a couple of time zones away, we recommend arriving a day early to give your body time to adjust to the time change and recuperate from the flight. It also gives you a cushion in case your flight is cancelled or your luggage is delayed.



WHEN IS THE BEST TIME TO CLIMB MT. KILIMANJARO?

There are two distinct climbing seasons which are generally considered ideal to climb Kilimanjaro.

They are January through March and June through October.

January-March is generally colder than June-October and there is a higher probability of encountering snow on the summit. For some this might be a negative, but the benefits of a January-March trek is that the slopes are often quieter at this time of the year.

The June-October climbing season coincides with the summer holidays in Europe and North America and hence certain routes are often quite busy.

March, April and November are the wettest months on Kilimanjaro and theoretically not ideal for climbing.

However, since the mountain creates its own weather and conditions can change rapidly, regardless of the season, you should be properly prepared for all conditions, no matter which time of the year you choose to climb, walk and cycle.

THE CLIMB

Can I climb Kilimanjaro?

Kilimanjaro is one of the world's most accessible high summits and can be climbed without technical skills, making it a beacon for visitors for around the world. It is a demanding, challenging, but most of all, rewarding endeavor.

Training for Kilimanjaro

One question we get asked a lot is “How do I train for Kilimanjaro?”

If you are comfortable walking for 6-7 hours with an ascent of 1000 meters then you are certainly fit enough to succeed on Kilimanjaro. Similarly if you can do a full hour spinning, a vigorous aerobics class or can jog at a decent pace for 45 minutes then there is no reason why you can't summit Kilimanjaro. The bare facts about the climb are that you will probably be walking 6-7 hours per day with a rough ascent each day of 1000 meters.



PRACTICE HIKING

The best training by far to climb Kilimanjaro is to get your walking boots on and get lots of miles under your belt. Whether this is two to three hours walking locally or full days away on your nearest hills, you just need to clock up lots of hours on your feet as more than anything else it is just walking every day for 7 days that people find tiring. And the best cure for this is to have spent lots of hours just walking.

Hiking practice allows you to understand the stress your joints will be put under and how well you can deal with this. It also allows you to wear in your boots as this takes some time and can often be uncomfortable. Start with a comfortable distance that suits you and slowly try to work your way up to a 5-6 hour trek. If you can do this a few times then you'll be in good stead to climb Kilimanjaro.

AEROBIC TRAINING

Aerobic (or cardio) training will be a key factor in allowing you to climb Kilimanjaro. Aerobic literally means 'requiring free oxygen' and refers to the use of oxygen to adequately meet energy demands during exercise via aerobic metabolism. Aerobic exercise builds up your cardiovascular system allowing you process limited oxygen in a more effective way.

This is key for Kilimanjaro as it is a long distance exercise at altitude which will give the body less oxygen per breath.

Aerobic exercise, unlike anaerobic exercise, requires oxygen for elongated periods of time. Examples of aerobic exercise would be lane swimming, long distance jogging, walking and cycling.



ROUTES

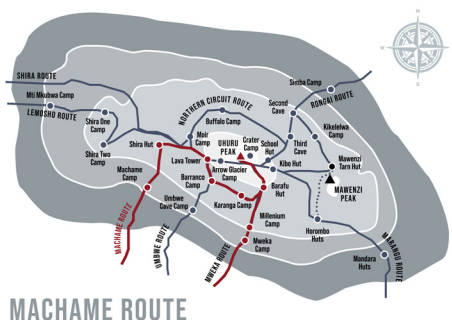
Choose Your Path

The climbing outfitter and route you chose are the most important factors in determining your summitt success.

MACHAME ROUTE | 6-7 DAYS

Approaching legendary Kilimanjaro from the south-west, the popular Machame Route taken over six or seven days (we recommend seven) will give you good acclimatization time and every chance of reaching the summit.

The Machame route is considered relatively tough. Depending on your level of fitness, you will be trekking for 6-7 hours nearly every day and at increasing altitude. For the summit ascent, you will need to be prepared for a whopping 12-15 hours on your feet! Climbing up the crater rim to Uhuru Peak for 6-8 hours, and descending back down for 6-7 hours. Climbers are sometimes nervous about how they will handle the Great Barranco Wall, but this is just a short scramble and you will be helped by your guide every step of the way. That being said, there are no parts on the route that require any technical climbing skills. Thousands of climbers safely travel this route each year, let alone the Kilimanjaro porters carrying heavy loads. The total Machame route distance is approximately 62 kilometers from gate to gate.

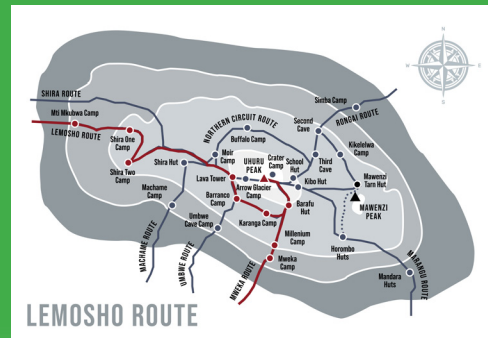


MACHAME ROUTE

LEMOSHO ROUTE | 8 DAYS

The climb begins in the west of the mountain at Londorossi Gate. It then circles around Kilimanjaro to the south, passing through majestic rainforest and slowly ascents until reaching the wildflowers of the heath ecosystem. The route continues up to the mountain's third summit at Shira Ridge.

From there it crosses the famed Shira Plateau and joins the main Machame Route on the third day. It continues on the Machame Route for the summit until exiting via Mweka Gate. The 8 day Lemosho climb gives one of the highest success rates, rather than trying to squeeze the climb into 7 days. The extra day allows for a shorter pre-summit day, meaning that you arrive at base camp by lunch time, fuel up with food, and tuck up in your tent to rest for what will be a tough summit ascent starting at midnight.

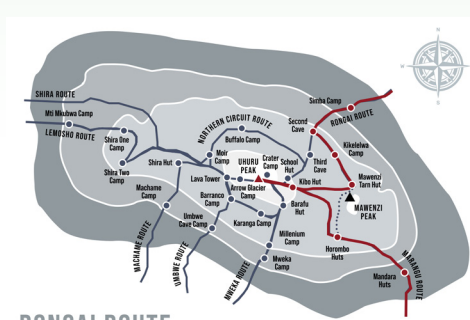


LEMOSHO ROUTE

RONGAI ROUTE | 6-7 DAYS

The Rongai Route starts in Nalemoru, located at the remote, northern side of Kilimanjaro, near the Kenyan border. The hike begins in lush rainforest and continues through a true wilderness area towards the jagged Mawenzi Peak, then crosses the barren desert saddle, before summiting up Kibo's eastern crater wall. The Rongai Route exits via Marangu Gate on the south-east side of Kilimanjaro.

The Rongai route is considered to be one of the easier routes up Kilimanjaro. The climb is both gradual and steady and therefore does not have a great 'walk high, sleep low' profile which makes it potentially more difficult than the Machame or Lemosho routes in terms of acclimatization. There are no parts on the route that require any technical climbing skills. Thousands of climbers safely travel this route each year, let alone the Kilimanjaro porters carrying heavy loads. The total Rongai route distance is approximately 72 kilometers from gate to gate.



RONGAI ROUTE



THE CLIMB

Meals

High altitude can cause the loss of appetite, which is a symptom of altitude sickness. However, it is imperative to continue eating to ensure you have the energy for hiking at altitude and for your summit bid.

Keeping in mind your nutritional needs while on the mountain, our head chef has developed a meal plan which is tasty, healthy, easy to digest and includes the proper ratio of liquids, carbohydrates, protein and vitamins to keep your daily energy level up. Our chef will try to accommodate any dietary restrictions or preferences you may have. Please be sure to inform us at the time of booking.

Below you will find the varieties of food we will be serving during your climb.

BREAKFAST & LUNCH

- Toast with honey, jam and butter
- French Toast & Crepes
- Sausage
- Bacon
- Eggs (scambled, fried, omelette)
- Cooked vegetables
- Fresh seasonal fruits - mango, banana, watermelon, oranges, pineapples
- Hot cereal
- Tea, coffee, hot chocolate, juice
- Snacks
- Popcorn
- Cookies
- Peanuts
- Tea, coffee, hot chocolate

DINNER

- Hot soups - pumpkin, carrot, vegetable
- Pasta
- Rice
- Potatoes
- Vegetables
- Roasted, stewed or curried beef and chicken
- Corned beef and cabbage
- Fresh seasonal fruits
- Tea, coffee, hot chocolate, juice

STAYING HYDRATED AND WATER FILTERING

Staying hydrated is super important to avoid altitude sickness. Drinking 3 liters of water per day is recommended when climbing Mt. Kilimanjaro.

Our cook will be providing boiled water every morning, evening and during mealtime for you to refill your water bottles/hydration packs.

While there are many ways to purify and filter water. Boiling water is the safest.

Any bacteria and other organisms in a batch of water are killed simply by bringing it to a boil.

Below are two additional common methods of purification:

- **Chlorine tablets are intended to kill bacteria, but spoil the taste of the water discouraging you from drinking it, which is counterproductive as you should be drinking a lot of water while on the mountain.**
- **A water filter is intended to filter out dirt; however the water on your climb comes from clear water streams running of the glaciers of Kilimanjaro.**

TOILETS AND SHOWERS

Toilets

Because the public facilities at the campsites are very basic to say the least, we include a private toilet tent on all climbs.

If nature calls during your hike between camps, please don't leave your indisposable wipes behind. Leave no trace is the motto on the mountain. Take a small bag with you to store your wipes and dispose of it when you get to your next camp.

Showers

All water on the mountain is carried from the closest stream to the camp. Therefore there are no showers on the mountain. It is advisable to bring wet wipes to clean up. We also provide a bowl of warm water for you to wash your hands and face at every campsite.

AFTER THE CLIMB

Other Things to Do

While you are in Tanzania, there are lots of other great activities you can consider to extend your adventure.

HOT AIR BALLOON ABOVE SERENGETI

Starting at sunrise, enjoy being in your hot air balloon giving you a tranquil glide and an uninterrupted birds eye view of the wildlife and the endless plains of the Serengeti.

After landing enjoy a champagne breakfast under the sweeping canopy of an acacia tree in the middle of the Serengeti plains “Out of Africa” style. The balloon flight is available as an add-on for any of our Serengeti safaris.



LAKE EYASI BUSHMEN

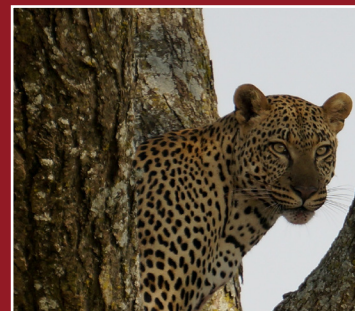
The Hadzabe Bushmen, numbering around 1,000 in Tanzania, are the world’s last remaining hunter-gatherers living of the land. Inhabiting the scrubby bushland they use only bows and arrows and have no lasting impact on wildlife populations. Hadzabe men search for food alone, and return home with golden honey, sweet fruit, or hearty wild game when available. Women go out in large groups and forage for bright berries and baobab fruit, depending on availability.

The Hadzabe don’t cut trees, don’t dig water holes and don’t ‘own’ things’. Instead they live in harmony with their environment.



The Datoga are highland Nilotic pastoralists dependent on their livestock and skilled blacksmiths – often trading their arrowheads with the Hadza in exchange for skins and honey.

A day visit with the Hadzabe and Datoga is an educational and fun experience and can be easily build into, or added on to any of our safari itineraries.



SAFARI

Explore Tanzania’s Natural Wonders

Serengeti, Ngorongoro Crater, Lake Manyara and Tarangire are the national parks which are part of the Northern Tanzania Safari circuit. All four are within easy reach of Kilimanjaro Airport (JRO).

Exquisite nature and wildlife abounds in each of these amazing parks.

From the wonder of the Great Migration in the Serengeti, to Ngorongoro Crater the world’s largest intact caldera, to Lake Manyara, known for its tree climbing lions, and Tarangire which contains some of the largest elephant herds in Tanzania, there is beauty all around to explore.

Our Safaris

All of our safaris are private, personalized itineraries and can be as short as 3 days, or up to as long of time as you have.

Our vehicles are 4WD safari Land Cruisers with an open roof hatch for 360 degree sightseeing and photography.

Depending on group size we use our short chassis or long chassis vehicle.

We have created four suggested safari itineraries which have been loved by previous clients. In addition to lodging while on safari, our itineraries also include a night in the hotel before and after your safari.