



## Mt Kilimanjaro Detailed itinerary/Route: **7 DAYS SHIRA ROUTE**

### DAY ZERO

#### **Arrive to Tanzania**

Your plane will arrive at Kilimanjaro airport upon finishing custom formalities you will proceed to collect your luggage then continue to arrival exit where Wilderness First Travel representative will welcome you. You will have about 1 hour drive to Arusha for overnight at African Tulip Hotel.

### DAY ONE

#### **Arusha to Londrosi gate to Shira Starting Point**

After breakfast at the hotel we will pick you up at 8am to drive to the starting point in western Kilimanjaro at Londrosi gate. We will enjoy beautiful scenery on the way since we will be driving between Mt Kilimanjaro and Mt Meru. Upon arrival we will finish park formalities at Londrosi Gate and drive up for another half an hour to starting point, Camp; Lunch Box provided on this day. We will overnight at Shira 1 camp.

### DAY TWO

#### **Shira 1 Camp to Shira 2 Camp**

After breakfast, a gentle hike across the plateau leads to Shira 2 camp on moorland meadows by a stream. A variety of hikes are available on the Plateau, making this an excellent acclimatization day. We will enjoy hot lunch at the camp, if weather permit we will have acclimatization hike late afternoon.

### DAY THREE

#### **Shira 2 Camp to Barranco Hut**

From the Shira Plateau we continue to the east, passing the junction near the peak of Kibo. As we continue, our direction changes to the South East 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 this day is very important for acclimatization.

### DAY FOUR

#### **Barranco Hut to Karanga Hut**

After breakfast, we leave Barranco and continue on a steep ridge passing the Barranco Wall to the Karanga Valley campsite. The route will begin with a scramble up Barranco Wall (which is easier than it looks) to top out just below the Heim Glacier. The route then heads to the Karanga Valley for overnight at Karanga Campsite.

# 5 DAY FIVE

## **Karanga Camp to Barafu Camp**

After breakfast, we leave the Karanga camp and pass the junction, which connects with the Mweka Trail. We continue to the Barafu Camp 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 can be seen from our campsite.

# 6 DAY SIX

## **Barafu Camp to Summit then Mweka Camp**

Waking up very early (midnight to 12 am) we continue our way to the summit of Uhuru Peak. This part of the climb takes about 8 hours. It can be very cold at night at these elevations, but it will be quite warm by the end of the hiking day. You will want clothing for both extremes with you.

At Uhuru Peak, we have reached the highest point on Mount Kilimanjaro and the continent of Africa. Faster hikers may be able to see the sunrise from the summit. From the summit, we make our descent, continuing straight down to the Mweka campsite this part of the descent takes about 4-6 hours. You will want gaiters and trekking poles for the loose gravel going down. Later in the evening, we enjoy our last dinner on the mountain and a well-earned rest.

# 7 DAY SEVEN

## **Mweka Camp to Mweka Gate to Arusha**

After breakfast, we continue the descent down to the Mweka Park Gate. At lower elevations, trekking poles will help. Shorts and t-shirts will probably be good to wear (keep rain gear and warmer clothing handy). At the gate we will have a celebration for our successful summit and make tots with a crew and handling tips for all the crew.

Thereafter we drive back to Arusha for a good warm shower and rest.

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## **PROGRAM INCLUDES:**

All Park fees • All Meals in Kilimanjaro • Duffel bags • Camping Equipment's during the trek (Sleeping tents (4person tents sleeping 2), eating tents, table & chairs, private toilet, crew tents and kitchen tents) • Crew; English speaking guides, chef, and porters • Transport to and from the mountain • Helicopter Rescue • Oxygen cylinder for emergency • 2 nights in Arusha

## **PROGRAM DOES NOT INCLUDE:**

Gratuities/Tip for the Mt Kilimanjaro crew • Visas • Travel Insurance  
• Any other thing that is not mentioned in the itinerary

## HIKING EQUIPMENT

- WALKING BOOTS – well worn in & waterproofed!
- Walking socks x 4 pairs
- Several T-shirts/wicking trekking tops
- Shorts x 2
- Trekking trousers x 1 (zip-off trousers ideal)
- Loose long-sleeved shirt x 1
- Warm jumper/good quality fleece
- Waterproof trousers
- Gaiters
- Waterproof windproof jacket
- Tracksuit bottoms – good for sleeping
- Thermals or something warm to sleep in
- Thermals or down jacket for cold evenings & summit
- Warm hat & gloves (hand-warmers also useful)
- Head torch with spare batteries
- iPod and ear plugs recommended for summit
- Large plastic bags to keep things dry inside the duffel bag
- Comfortable 35+ liter daypack – to carry your waterproofs/water bottle/fleece/camera/first aid kit etc. as you will not be able to access your main pack until camp each day
- Sun block (min factor 30) & chap stick
- After sun/skin moisturizer
- Hat/cap for sun protection
- Sunglasses
- Small towel
- Swimming costume-for the pool at hotel
- Underwear & socks
- Spare set of clothes for some days in town
- Spare footwear or crocs are very useful for evening
- Camelback or nelgene Water bottle – 3-4 liters per day
- Sleeping bag (-21° C)
- Rubber-tipped trekking poles – optional; useful if you are unsteady on uneven ground
- Wash kit, including wet-wipes very useful
- Snacks/energy bars are very useful
- Camera /spare batteries/memory cards etc.
- Insect repellent & Liquid hand wash

## CLIMBING MEALS MENU

### Breakfast

Tea/Coffee/Hot Chocolate/ Porridge  
Toast with Margarine/Fruits Jam/Peanut Butter/Honey.  
Eggs/Sausage/Pancakes  
Fresh Fruits: Mango/Orange/Pineapple/Banana/Avocado/Watermelon.

### Dinner

Soup-Pumpkin, Butternuts, Cucumber, Mixed vegetable, Leaks, etc.  
Bread  
Beef/Chicken/Potatoes/pasta/Rice/  
Cooked Banana  
Fresh Fruits/fresh salads/vegetables

### Lunch

Vegetable Soup/Tea/Coffee/Hot Chocolate  
Bread/ Margarine/Fruits Jam/  
Peanut Butter/Honey.  
Fresh Salads: Tomato/Cucumber/Onion/Carrots  
Sandwich/Chicken/Rice/Green Beans/  
French Fries  
Fruits Juice.

### Snacks

Peanuts/Pop Corn/Queen Cakes/Biscuit



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