

## Kilimanjaro Expedition

9 Days in Tanzania / Optional 3 Day Safari  
Skill Level: Beginner



<b>2018</b> Climb Only: July 8-16, August 4-12, September 9-17, December 2-10, December 21-29	\$4,350
<b>2018</b> Safari Extension: July 17-19, August 13-15, September 18-20, December 11-13, December 30 - January 1	+\$1,500
<b>2019</b> Climb Only: January 18-26, February 1-9, July 7-15, December 1-9	\$4,350
<b>2019</b> Safari Extension: January 27-29, February 10-12, July 16-18, December 10-12	+\$1,500

\*All costs included with the exception of alcohol, and in-town meals.

**Difficulty Level:** Trekking/Introductory – No technical climbing or altitude experience is necessary. It is imperative, however, that you are in good physical shape, and able to hike in rugged terrain for long days. We are happy to detail physical and technical training programs as needed to get you ready for our introductory expeditions.

## Overview

The summit of Kilimanjaro stands at 19,341 feet (5,895 meters), the highest point in all of Africa and one of the famed Seven Summits. Our expedition travels away from the crowds by climbing the Rongai Route. While somewhat longer than the busier routes, the trek is stunning. As it climbs from the trailhead at 6,000 feet (1,829 meters) to the summit, it passes through every ecological zone found in this area of East Africa. You begin in rainforest, pass through alpine pines, then into grassland, alpine tundra, and eventually the barren world of the crater itself. And over the first 5 days on the mountain, you will see few other climbers or camps.



Kilimanjaro is the perfect place to experience climbing a high-altitude peak without needing years of experience or training. While the days can be strenuous, our route is non-technical (there is no rock climbing, ice, snow, or ropes). We will also be assisted on our climb by a stellar team of local Tanzanians acting as porters, kitchen staff, and local guides. Their experience and local knowledge will not only make your trip more comfortable (each day you carry only a light day pack, and the food is hearty and tasty), they will also add to your understanding of this mountain and the local people.

Summiting Kilimanjaro is a proud and attainable accomplishment (our teams have over a 90% success rate on on this mountain). The climb and summit are only half the fun of this

expedition. After descending the Marangu Route on Kilimanjaro (on the other side of the mountain from our ascent), we say goodbye to our Tanzanian mountain staff and meet our safari guides and Landcruisers. Safaris in East Africa are unparalleled in the world for seeing big game and huge herds. For us, it is the perfect way to pamper ourselves after the hard work on the mountain. We spend three full days exploring two of Tanzania's most famous game parks –Ngorongoro Crater and the Serengeti. Nights are spent in luxury eco-lodges inside the parks, while during the day our local guides will help us to find and better understand the incredible wealth of big game. We will see huge herds of zebra and wildebeests and also spot more solitary animals like giraffes and cheetahs. With three days of safari we will experience most or all of the “big five” animals – lions, leopards, rhinoceros, cape buffalo and elephants.

While many tour companies take groups on Kilimanjaro, it is important for you to understand the difference you are choosing by climbing with a mountaineering guide service and with certified guides. Our itinerary allows ample time to acclimatize so that you can actually enjoy this peak (we take seven days when many companies take only five). Our guides are full-time



mountain professionals which means they understand the hazards involved in climbing a peak this big. While the route itself is not technical, Kilimanjaro is still a very serious undertaking. Accidents do occur each year on the mountain, and generally they are on teams without experienced western mountain guides. Choosing to travel with Alpenglow Expeditions will increase both your safety and your enjoyment of Africa's tallest peak.

Our Kilimanjaro Expeditions will be led by one of Alpenglow's AMGA certified lead guides. AMGA (American Mountain Guides Association) certification is the highest possible training available to guides, and only the most experienced and dedicated attain it. Our lead guides have been climbing and guiding around the world for at least a decade, including multiple trips to Kilimanjaro. We combine our North American guides' experience with the local expertise of

one of Tanzania's best climbing and safari logistics operators. This ensures we have the best in private transportation, food, naturalist guides, and lodging and that your experience will be one you will never forget!

## Kilimanjaro Expedition Itinerary

Day 1	Arrive into Kilimanjaro International Airport in the evening, where you will meet your guides. Transfer to our hotel in Arusha, at the base of Kilimanjaro, where we have a team dinner.
Day 2	In the morning we explore the local villages that surround the base of Kilimanjaro. In the afternoon we hold our first team meeting, and organize our gear for the climb.
Day 3	Drive to the Rongai trailhead, with stunning views of the mountain along the way. Once there, we meet our Tanzanian porters and staff, organize loads, and then begin our climb through lush forests. Four hours of walking will take us to our first camp, at 9,500 feet (2,696 meters).
Day 4	Our 6 hour hike takes us out of the humid forest and onto a stunning ridge with our first views of the upper crater walls of Kilimanjaro. The trail continues climbing on this ridge to our camp at 12,000 feet (3,658 meters).
Day 5	Today is a five hour hike to the Mwenzi Tarn. This camp is a favorite with our groups. The camp at 13,000 feet (3,962 meters) is next to a small lake and below the Mwenzi Towers, with unbelievable views of the entire summit cone and our route to the top.
Day 6	Today's hike takes us through the last of Kilimanjaro's vegetated zones and into the barren alpine world of the upper mountain. A four hour hike takes us past species of plants found only here on Kilimanjaro's upper flanks, and ends at our camp at the Kibo Hut, at 15,500 feet (4,724 meters). This camp is the staging point for many teams' summit push. With so many other climbers here, the camp has a true international feel.
Day 7	Today is an important additional acclimatization day. We wake up, eat a good breakfast, and go for a 2-3 hour hike to a bit over 16,000 feet (4,877 meters). This dramatically aids in our acclimatization, and gives us a perfect view of our summit route. We get back to camp early, and spend the afternoon resting and preparing for our summit attempt.

Day 8	Summit Day! We wake around midnight for a hot drink and snack and then begin our climb. The first 5-6 hours are steep and we occasionally scramble over rocky sections (no ropes or technical experience are necessary) as we ascend the crater wall. Around sunrise we top out on the wall at Gilman's Point and step onto the crater. The route from there crosses the small crater glacier and then ascends easily to the true summit, the highest point in Africa at 19,341 feet (5,895 meters)! Our descent is via the Marangu route. After at least a 12 hour day we will set camp at 12,000 feet (3,658 meters).
Day 9	Six hours of easy descent take us through the Marangu's lush rainforests (a completely different ecological zone than we saw on our ascent) to the end of the trail (6,000 feet/1,829 meters) and our van. We return to our hotel for much needed showers and a celebration dinner. Those who only have time for the climb fly home after dinner however, we highly recommend our safari, an unforgettable East African experience.
Day 10	A 3 hour drive in the morning takes us to the Ngorongoro Crater. Ngorongoro holds the highest concentration of big game anywhere in Africa. It is an unbeatable place to see herds of wildebeest, zebras, antelope, and buffalo, along with the predators that feed on these herds – lions, cheetahs, and leopards. It is also one of the better places to spot rhinoceros. We will return to our hotel on the rim of the crater that evening.
Day 11	Today we drive to the central Serengeti to continue our Safari. We end our day at a luxury tented camp in the central Serengeti.
Day 12	An early morning wake up call for a half day game drive allows us to explore at best time of the day when animals feed. An afternoon bush plane flight brings us back to Arusha in time for evening flight out.

## Client Expectations and Timeline

90+ Days to Departure	
Reserve Spot	Make your deposit to confirm registration - if you haven't already, head over to our website and click "Reserve Spot" and select your dates. The rest of the process is as easy as buying a book online.
Q&A	Q&A with Alpenglow - time to ask any question about travel, logistics, training and everything in between.
Application	Complete the full application including medical questionnaire & travel information.
Copy of Passport	Send us a copy of your passport for our files. This can also wait to be done closer to departure but it's an easy one to get out of the way early.

Within 90 Days to Departure	
Complete Payment	Full payment is required at the 90 day mark. Alpenglow will contact you prior to taking final payment. Once you confirm we'll move your booking into the final stages. For international trips, a wire transaction is the best way to send payment. We also accept credit cards with transaction fee of 3% or you can pay by check.
Book & Share Travel	We recommend reviewing flight options outside of 90 days and confirming with Alpenglow on travel times. Use us to guide you to the best flight schedules to make travel as easy as possible. Once you book your flights don't forget to share with the Alpenglow office so we can arrange airport transportation upon arrival.
Physical Training	This is the hard part. The hours of training you put in to this directly correlate to a successful expedition.
Equipment	Compile all equipment using the equipment list as a guide.
Purchase Insurance	Purchase travel and rescue insurance. We recommend Global Rescue and Travel Guard. <a href="#">Click here to find links to each.</a>

## General Trip Information

### Payment

1. A deposit of 20% is required for all international treks and expeditions. Deposits are due when registering for an expedition, and can be paid by credit card or check made out to "Alpenglow Expeditions, LLC". All payments should be mailed to Alpenglow Expeditions at P.O. Box 3122, Olympic Valley, CA 96146 or sent via wire transfer. If wiring payment, please contact us for bank details and be certain that you are covering ALL fees! Deposits are non-refundable and non-transferable. This is not a flexible policy. Planning our trips takes significant

time and has non-refundable costs as well.

2. Balances are due 90 days before the expedition departs from the United States. Payment should be made as described above.
3. The cost of your trip includes your land costs (excluding in-town meals). This includes: double occupancy lodging while in town, meals on the mountain, scheduled transportation while in the countries we are visiting, group camping and climbing equipment, and guides.
4. The cost of your trip does not include: flights to/from the city where the expedition begins, airport taxes, visas, in-town meals, immunizations, tips for guides or local staff, travel, rescue, or any other type of insurance, hospitalization or evacuation costs, single supplement charges, excess baggage charges, alcohol, or other personal expenses.
5. The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.

## **Cancellations**

1. We reserve the right to cancel any trip at any time. Reasons for cancellation might include (but are not limited to) political instability, natural disasters, or inadequate enrollment. If we cancel a trip prior to its start for low enrollment, we fully refund your payments. If we cancel your trip prior to its start due to political instability, natural disasters, or other reasons of that nature, we will refund all but non-recoverable costs. Changes to a trip itinerary made by our guides for any reason do not constitute a cancellation, and no refunds will be made in this case.
2. If you cancel your trip more than 90 days prior to departure, Alpenglow Expeditions will refund your payment minus the non-refundable deposit. 60-89 days prior, Alpenglow Expeditions will refund 50% of your payment. Fewer than 60 days prior, there are no refunds or credits.
3. On any trip, our guides reserve the right to remove any person, for any reason. These reasons generally stem from a person jeopardizing the safety of themselves or another team member. This includes a person who is not physically able to climb at the level necessary for the chosen route. In all these cases, there are no refunds whatsoever, and the client will be responsible for any additional costs incurred in leaving the trip.

## **Flights**

We recommend using Kayak.com as a primary source for finding low-fare airfares. If you prefer to work with a travel agent, we recommend Jane Chauvin at Penny Pitou travel: (1-888-526-4488) or [jane@pennypitoutravel.com](mailto:jane@pennypitoutravel.com). She is fast, efficient and affordable and intimately aware of the challenges of booking mountaineering trips.

**\*\*Please confirm your itinerary with Alpenglow Expeditions before you purchase it.\*\***

## **Insurance**

We require that all participants carry rescue insurance, travel insurance, and health insurance. Your policy numbers must be provided to us prior to leaving the USA. Homeowner/Renter's insurance is also recommended.

- Rescue Insurance- For US citizens, we recommend obtaining rescue insurance through American Alpine Club and upgrading that service via Global Rescue. Visit [www.americanalpineclub.org](http://www.americanalpineclub.org) to become a member and obtain the appropriate level of coverage based on the altitude of the peaks you will be climbing with us. Helicopter rescues in foreign countries, while unlikely, can cost up to \$20,000. International climbers have several options as well for rescue insurance. Our recommendation is Global Rescue as we have had great success with them in the past. Your insurance must not have a mountaineering exclusion and must cover up to your trip's highest altitude. This coverage is very important.
- Travel Insurance- Coverage should include lost/damaged baggage, unexpected delays, accident/life, and trip cancellation. Trip cancellation will cover you for non-refundable air and land costs should you need to cancel your trip due to an emergency. Since our costs are often not refundable, this coverage is very important as well, and should be purchased as soon as possible after registering for an expedition.
- Health Insurance- All members of our teams are required to have current health insurance. This insurance should cover emergency hospitalization abroad as well as domestically.
- Homeowner/Renter's Insurance- While unusual, thefts can occur while overseas. We recommend a policy to cover these losses.

## **Medical**

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

Some of the medications you may consider carrying with you include:

1. Tylenol – a simple painkiller for headaches and minor pains.
2. Ibuprofen – mild altitude headaches, along with body aches and pains, are common.
3. A cold and flu remedy of your choice (strong decongestant).
4. Pepto Bismol - for minor stomach upset, best taken in caplet form.
5. Immodium AD – to control diarrhea, when necessary. Again, tablets are preferred.

6. Cough Drops – the air at altitude is very dry, and many climbers develop hacking coughs.
7. A laxative agent of your choice.
8. Dramamine (or equivalent) – an anti-motion sickness agent of your choice as bus/plane rides to our trailheads are often very bumpy.
9. Diamox (Acetazolomide) required – prescription medication often used prophylactically to prevent altitude sickness. You should have a large enough supply to take 250mg/day (best as scored tablets so you can take 125mg twice a day).
10. Z-pack required – a broad spectrum anti-biotic.

Also be sure to discuss vaccinations with your doctor. Often a travel clinic has the most up-to-date information on which shots are necessary for the country you are visiting. Be sure to mention that most of our trips explore only the highlands and capital cities. This might mean that you need fewer immunizations, and anti-malarials are often not necessary. Determine this with your doctor, and refer to your trip itinerary for the exact locations we will be visiting. At the very least, your tetanus shot should be up-to-date and you should have protection against Hepatitis A.

### **Aerobic Conditioning**

We cannot stress enough the importance of being in excellent aerobic condition before arriving on your trip. Arriving fit will increase your safety on the trip and reduce the risk of medical issues. It will also dramatically increase your enjoyment and learning during your trek or expedition. At the minimum, we recommend an exercise regimen that includes a minimum of 3 one-hour workouts per week (biking, running, swimming) along with a few long days hiking as you get close to your departure date. Please call us if you would like to discuss a specific routine to fit your needs.

### **Money**

The countries we visit can still be challenging places to use a credit card or find an ATM. While you may choose to bring these for backup, we recommend you bring enough cash and traveler's checks for your planned spending. Traveler's checks can be exchanged in most of the countries we travel to, however they often have lower rates of exchange and can be a hassle. American dollars are still the easiest way to carry money. Be sure you carry clean, new bills and have some smaller denominations. Carry your money and important documents in a hidden waist pouch under your clothes.

The amount of money you need varies by how many presents you plan on bringing back! In addition to souvenirs and gifts, plan on spending on airport departure taxes, alcohol and snacks, and tips for local staff and your guides.

### **Additional Notes**

- Single Supplement - If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this.
- Cameras – digital cameras are an excellent option. Be sure to bring enough

batteries and memory space for your entire trip. We have found that small pocket cameras are much better than big SLR's for summit days. You need a simple light system, and the new generation of digitals take great photos. If you are a photo buff, definitely bring your big SLR or video camera as well. The treks into our mountains and hanging in basecamp are great times to fulfill your photographic aspirations!

- Be sure to create a data sheet of all of your essential information – passport, credit card or ATM numbers, airline ticket information, visa number (if applicable), etc. This sheet should then be photocopied and scattered amongst your luggage. If any of your documents are stolen, having this information will be essential.
- Rental Equipment - Alpenglow Expeditions offers a limited number of mountaineering boots, crampons, ice axes, helmets, harnesses, carabiners, perlon, and belay devices for use by our clients. There is no additional charge for using this equipment, but please let us know as soon as possible if you intend to use Alpenglow Expeditions' equipment. Check your expedition's equipment list to see what technical climbing equipment is necessary for your climb or trek. Rental gear from Alpenglow is only available for shipment within the US. Rental gear must be taken home by the renter and shipped back to Alpenglow within two weeks of end of trip at the renter's expense.