

KILIMANJARO RUN & TREK ITINERARY
February 22 to March 6 2017

Wednesday 22 Feb

Depart USA to Kilimanjaro International Airport, Tanzania, Africa

Thursday 23 Feb

Arrive Kilimanjaro. Met upon arrival at the Kilimanjaro International Airport by a lodge representative, to be transferred to **KEYS HOTEL**



Race Central and Kili Trek Central.

Friday 24 Feb

Full board accommodation at the Keys Hotel.
At your own leisure. No activities/excursions included
rest and adjust to time change

Saturday 25 Feb

Breakfast & lunch at your hotel.
We will do a short walk to the stadium to review the layout for tomorrow's activities.
No activities/excursions included – at your own leisure.
You can walk into town or relax at the Keys Hotel.

16:00 - Race Bib packet distribution and briefing/description at the Keys Hotel, to get acquainted with the route of your marathon, half marathon or 5k run.

Special carbo-loading Pasta Dinner at Keys Hotel.

Sunday 26 Feb

RACE DAY!



Enjoy a cool-down at the Wild Frontiers Hospitality Tent with free water & beer.

17:00 - "Happy Hour and trek briefing" by the pool at the Keys Hotel.

19:00 - Celebration Dinner at Keys Hotel.

Monday 27 Feb

Day at leisure – full board accommodation at the Keys Hotel.

Tuesday 28 Feb

After an early breakfast, you will be driven to the Umbwe Gate where you will meet your guides and porters and sign into the park. After the formalities at the gate have been completed, you will start your walk through the spectacular tropical rain forest.



For the first few hours of the hike you will be following an old logging road through the rain forest, after which you ascend on a smaller track. You will encounter some steep parts on the climb - but generally it's not too strenuous. The last few hours of the day the incline is steeper and more strenuous. The walking day will be in the region of about seven hours, after which you will get to a camping area - Umbwe Caves Campsite - with access to water at 2 900 m. Take your time walking through this section - it will help towards acclimatisation.



Wear your hiking boots today and ensure you keep your wet weather gear with you. Shorts and t-shirt will be sufficient. There are patches on the route where it is VERY wet and muddy, and you may end up with pretty wet boots this evening. Ensure your boots are waterproofed, and that you have spare lightweight shoes to wear in camp this evening. Gaiters are also advised to help you keep the mud and dampness out.

Take it SLOWLY today. The porters walk ahead and sometimes with you - make sure every day, that you have all your personal gear needed with you, as you will not have access to your large duffle bag.

The porters will set up Camp and the guide will prepare your meals. Conditions sometimes are difficult on this route, and your guide / porters will do everything they can to make your climb pleasant and as comfortable as possible. Eat well - at higher levels your appetite will diminish. Overnight camping.

Wednesday 01 Mar

Take a jersey with you today, as it cools down considerably during and after lunch. Again, keep your wet weather gear handy, and some snacks for the route. Drink plenty of water. Today you should take Diamox (if planning to) - in the morning. Some fairly steep walking through the forest and along a sharp ridge, with some very steep sections in between when you cross some rocky patches. The path flattens as you approach Barranco Hut, in the moorland zone. A fairly long and strenuous day (\pm 6 hours walking), as the altitude is now beginning to be felt.

Overnight camping -Barranco Hut, 3 900m.



Thursday 02 Mar

Continue from Barranco across towards Karanga Valley. Today you will cross the Barranco Wall - it's a climb over rock – not technical, but tiring and hard/long - and the guides will use rope on some sections for peace of mind. There's a steep descent down into Karanga valley.(4 100m).

Overnight camping in a relatively cold and exposed campsite. **Night frosts.**



Friday 03 Mar

Continue upwards and across to Barafu Hut (4 600m), approx. 5 hours walking. You will be ascending up sections of scree and rock - a hard day of walking at relatively high altitude. You will be able to rest up at Barafu for the whole afternoon, acclimatising and gathering strength for the summit.

Learn to pace yourself with your breathing - do not try to rush to catch up with anyone, go at your own, most comfortable speed and you will arrive at base camp relatively comfortably. Listen to your guide/s, they will help you. After supper, drink as much tea as possible. Settle down (option with a sleeping pill) for an early night. If you plan to take Decadron, do so before going to bed.

Drink plenty of fluids, as you are in a 'desert' area - albeit cold, and tomorrow will be a long hard day. Overnight camping.

Saturday 04 Mar - SUMMIT DAY

Today is a very long and strenuous day. Drink lots of fluid before you start, you will be very thirsty by the end of the day – if you manage, carry 3 litres of fluid with you today. You will be woken at about Friday night 23h00 with tea and a biscuit for a departure at approximately 23h30. Put on all your clothing ready for the final ascent.

You will be climbing up scree for approximately 4-5 hours. The guide will stop frequently to rest and check on his group. It is very important to listen to your body and breathing and try to get into a rhythm. Because of the slowness of your walk, your fingers and toes are likely to get extremely cold - three pairs of socks should be considered for today and two pairs of gloves (inner and warm outer). The views from the mountain (on the way up) are spectacular - you gain incredible height over a short distance.



You arrive at Stella Point (5 750m), just at the top of the crater, have a rest - the sun should be shining! From here continue on around the crater rim to Uhuru peak (5 895m), the highest point in Africa.



You will descend from Stella to Barafu. Depending on the timing of your summit, you will be able to have a short rest here in your tent (maybe a short sleep) and something to eat, before continuing down the Millennium Camp.

You will travel down quickly on the scree gasping in more oxygen, step by step. This is a long descent, and Mweka always seems to be around the 'next hill' - never arriving. Arrive camp in the early afternoon. Time to reflect on the day's achievements.

Sunday 05 Mar

An approximate five hour pretty descent through the rainforest to the Park Gate, where the vehicle will meet you. There are generally beers and cokes for sale at the park gate. Transfer by vehicle to the hotel (approximately 45 minutes drive) ready for an evening of celebration by the swimming pool.

Your certificates are generally handed out by the guides (either at the gate or on occasion they may join you at the hotel). Overnight at the Keys Hotel on a dinner, bed & breakfast basis.

Liaise with your head guide regarding tips - we recommend approximately USD 190.00 per hiker, which the guide will apportion out amongst the group.

While the above figure is 'expected' - anything above that is totally at your discretion.

Monday 06 Mar

Breakfast and lunch is included today. Morning at leisure - no activities/excursions included. Transferred to the Kilimanjaro International Airport.

Congratulations on climbing Africa's highest mountain!