



6 NIGHTS - 7 DAYS MT.KILIMANJARO HIKING EXPEDITION MARANGU ROUTE
8TH – 14TH AUGUST 2009

The Marangu route is the oldest and the most popular route on Kilimanjaro. It's also the easiest, with series of bunkhouses along this way. The route goes south East side of the mountain and approaches the summit of Kibo via the crater rim at Gillman's point The overall altitude gain is 3916m covering an estimated distance of 64 km.

Day 1: Nairobi - Moshi

Meeting point – **Steers** (Muindi Mbingu Street opposite the Jeevanjee Gardens) at 0730hrs
Departure @ 0800hrs

Transfer from Nairobi to Moshi town via Namanga – border with a brief stopover for **lunch at own cost** at Arusha. Enjoy the amazing views of the lush agricultural Meru plantations arriving at Moshi hotel in the early evening. Overnight stay at Moshi. *(Bed & Breakfast only)*

Day 2: Moshi – Marangu Gate – Mandara Hut

Depart early after breakfast and drive to Marangu gate (1980m). After checking in at the Gate, start an acclimatization hike in the tropical forest of Marangu arriving Mandara hut (alt.2700m) in the late evening. Dinner and overnight stay at Mandara hut.

Day 3: Mandara Hut - Horombo

Depart Mandara hut and continue the ascent up enjoying the spectacular mountain vegetation arriving at Horombo hut (alt 3700m) in the late afternoon. Dinner and overnight stay at Horombo hut.

Day 4: Horombo – Kibo - Summit

After breakfast depart the camp and hike further up crossing the last water point signposted along the way. Your porters will fill up here as there is no water beyond this point. Continue the trek arriving at Kibo Hut (alt 4700m) in the early evening. Dinner and overnight stay at Kibo hut.



The Ice Window adjacent to Uhuru Peak

Day 5: Summit – Kibo - Horombo

Wake up at 2300hrs and start the hike of the main peak- Uhuru (alt. 5895m) which is the highlight of our trip! It is advisable to start the hike of the summit as early as the scree slope up the Gillman's point (alt5680m), will still be frozen, which will make the walking safer and less strenuous. Walk for a further 2 hrs from Gillman's point to arrive at Uhuru peak at 0600hrs. After taking photos with the sunrise, descend further down to Kibo hut where you will have some breakfast and later descend further to **Horombo hut** for dinner and overnight.

Day 6: Horombo – Mandara – Marangu Gate - Moshi

Depart the camp after breakfast and walk through the forest vegetation arriving at Marangu gate in the early afternoon for onward connection and transfer to the hotel in Moshi. *(Bed & Breakfast only)*

Day 7: Moshi - Nairobi

After breakfast at Moshi, drive to Arusha for **lunch at own cost** then proceed to NBO via Namanga border town arriving late in the evening.

Charges:

- ❖ E.A Residents – KES 33,900 per person
- ❖ Non-Residents – USD 1,200 per person

Deadline for payment: 25th July 2009

Mode of payment: Cash, Cheque, or Direct Bank Deposit

All Cheques in favor of: Crocodile Racers Adventures Ltd *(All Cheque payments should reach us on or before the deadline date)*

NB: We accept payment by installments

CHARGES ARE INCLUSIVE OF:

- ❖ Transport from Nairobi to Moshi and Back
- ❖ Transfer from the hotel at Moshi to the mountain gates and back
- ❖ Meals and picnic lunch while on the trek and as reflected in the itinerary
- ❖ Camping fees where applicable
- ❖ All park entry fees
- ❖ Services of English speaking guides/ cooks and porters
- ❖ Accommodation in mountain bunk hostels, bed and a mattress will be provided
- ❖ Uhf Radio communication / advanced Mountain first Aid Kit

CHARGES ARE EXCLUSIVE OF:

- ❖ Hiking equipment and climbing gear **(available for hire as reflected below)**
- ❖ Drinking water
- ❖ Beddings
- ❖ Hire of sleeping bags *(Kshs 350 per day)*.
- ❖ Any item of personal nature.
- ❖ Medical cover
- ❖ Personal insurance
- ❖ Tips, gratuities for the staff & any other item not mentioned in the “inclusive”

NB: Amref cover can be obtained at an extra cost **Kshs 1,500 for Kenyans for a period of 1 year and USD 20 for Non – Kenyans for a period of 14 days.**

EQUIPMENT REQUIREMENTS FOR CLIMBING

While some gear can be hired, it is better if you bring your own. Only essentials (*remember, the lighter your bag, the better...*)

- ✓ **Valid Travel document** i.e. Passport, or a temporal E.A permit
- ✓ *******Adventurous spirit*******
- ✓ **Bags:** One small day-pack for items needed during the day and one larger back-hugging rucksack for everything else. The porters will carry your larger rucksack.
- ✓ *Maximum weight for porter carriage* of your ruck-sack is 15kg. If you need to carry more (e.g. heavy camera gear), please notify us at the time of booking
- ✓ 3 to 5 Season Sleeping Bag.

Clothing: It is vital for your comfort and safety that you bring good quality, all-weather hiking gear. For clothes, take light as well as warm layers. You will be hiking from tropical to arctic conditions. Your outerwear must be wind and water proof. Your boots need to be well broken in and also water proof. Carry lots of socks. Dry feet are warmer than wet. Bring light breathable layers for the lower levels. **NB:** No jeans for hiking; preferably woolen pajama-like truck suits.

- ✓ **Warm clothing** includes Balaclavas, Scarves, Thermal Gloves, Mittens, Marvin, Hat, Baseball cap, Thermal Underpants, 4 pairs of cotton socks and 6 Pairs of woolen Socks, 2 Fleece jackets, Woolen Sweater, Thermal Jacket.
- ✓ **Light wear** includes 2 Pairs of Shorts, 4 Pairs Light Weight Trousers [*warm tracksuit bottoms ideal*], T-shirts, Long Sleeved shirts, Anorak, Cagoule, Poncho, Rain coat + Rain Trouser (**Compulsory**)
- ✓ **Footwear:** Light Weight Tevers, Trainers / Sneakers, comfortable flat walking shoes at the camp, Hiking Boots (a size larger).
- ✓ **Toiletries:** Tooth Brush & Paste, Toilet Paper, Wet-wipes, Sun Cream & Lip Balm.
- ✓ A handy First Aid Kit (Preferably with painkillers, piritons, treatment for blisters, antiseptics, elastoplasts, bandages & prescribed medication)
- ✓ Diamox tablets [OPTIONAL]*
- ✓ Water Purification Tablets [*if you have a sensitive stomach*]
- ✓ Hot water bottle
- ✓ Small Water Bottles for re-fills, Thermal bottle
- ✓ Trail foods (*Groundnuts, Glucose, Cashew Nuts, Energizing Sweets, Biscuits, Chocolate bars etc*)
- ✓ Flash light [*Head Torch ideal*] and Spare Batteries.
- ✓ A pack of 10 Trash Bags / Bin Liners (for water-proofing the rucksacks + the clothes inside them)
- ✓ Sunglasses (*preferably UVB and UVA protected*)
- ✓ Binoculars, Camera & Film highly recommended
- ✓ Pen and Small Note Book

*Some people are genetically prone to Altitude Sickness. Diamox has successfully been used in the past to not only treat Altitude Sickness but to also check its onset. Please consult with your Physician if you intend to be on Diamox.

Hiking Equipment available for hire and the respective prices:

- ✓ Sleeping bags - 5 mountain season bags5 usd per day
- ✓ Rain jacket2 usd per day
- ✓ Rain trousers2 usd per day
- ✓ Balaclava (Warm woolen hat)1 usd per day
- ✓ Warm Clothes (jumpers, scarf and such)5 usd per day

- ✓ Hiking boots5 usd per day
- ✓ Gaiters3 usd per day
- ✓ Walking sticks/ poles2 usd per day
- ✓ Head lamp / Torch2 usd per day
- ✓ Rucksack (*To be carried by porters on the Mountain*)3 usd per day
- ✓ Fleece jackets / Gloves / warm K2 Mountain socks1 usd per pair per day

Booking Terms and conditions apply Please refer to our comprehensive copy of the terms on our website
<http://www.crocodileracers.com/terms.php>

**Indemnity & Health Declaration applies at the time of booking*

**Prices are subject to change should necessitating factors dictate.*

Tickets will be reserved on first - **pay** - first - served basis.

Feel free to forward this e-mail to your friends who would be interested.

For more details, please get in touch with the undersigned or visit our offices at the address given below:

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 Crocodile Racers Adventures

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WE RACE DILIGENTLY