

# Mountain High



Comfort Level: Classic / Budget for Trek & Deluxe / Mid Range for Safari

## 15 day Kilimanjaro Trek & Wildlife Safari

Arusha \* Kilimanjaro \* Tarangire \* Serengeti/Ndutu \* Ngorongoro \* Crater Highlands

Often called the "Whiskey Route" this is a scenically beautiful trail, longer and much gentler than Umbwe or Marangu (the "Coca Cola Route"). Our itinerary provides valuable acclimatization by having extra, but shorter walking days during the trek.

(Note: You can join a group trek for 7 Machame departing every Sunday OR opt for a private trek daily – subject to availability)

### Day 1 Arrival

Arrive into Arusha arrival point. Meet and transfer to accommodation followed by pre-trek briefing and equipment check

KARAMA LODGE Dinner

### Day 2 Arusha-Machame Hike: 8.2 km 1840m-3022m 5-6 hours

From Arusha drive to the Machame Park gate, then a gentle climb up through the original montane forest, carpeted with unique "busy lizzie" flowers, begonias and ferns. First camp amongst the giant heather at 3,000m. Ascent of 1,182m and 5-6 hours walking.

MACHAME CAMP Breakfast, Lunch, Dinner

### Highlights

Trek on the world's highest free-standing mountain and tallest peak in Africa

Enjoy 7 days on Kilimanjaro, with built in acclimatization with optimal chance of summit success

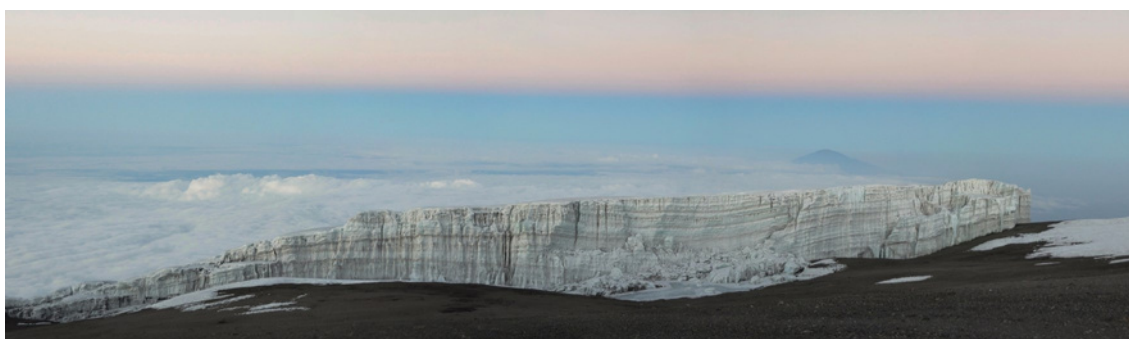
The treks are lead by our very own mountain teams, employed full time and with many years of guiding experience on Kilimanjaro

Recuperate in Arusha before setting off on a safari which highlights the best of the northern circuit

*Swahili Proverb*

**Zawadi ni tunda la moyo**

*'A gift is fruit from the heart.'*



The Glaciers of Kibo—by Jonathan Garrigues



Sunrise over Stella—by Jonathan Garrigues

“I’ve learned that everyone wants to live on top of the mountain, but all the happiness and growth occurs while you’re climbing it.”

– Anonymous

### Day 3 Machame—Shira Hike: 5 km 3022m-3830m 5-6 hours

Emerge from the giant heather zone and hike through fine open moorland to camp by the Shira Cave at 3,840m. Herds of eland up here (& occasional lion!) and there are fascinating geological features in the old volcanic caldera which can be viewed during a half hour optional walk in the afternoon. Ascent 808m and 5-6 hours walking.

SHIRA CAMP Breakfast, Lunch, Dinner

### Day 4 Shira—Barranco Hike: 10.4 km 3830m-3900m 7-8 hours

From Shira, climb towards the main peak Kibo, with the western glaciers clearly visible across the rugged high-altitude desert of volcanic rocks and boulders. Skirting around its base and under the imposing Western Breach, descend into the sheltered Barranco Valley for mid-way camp at 3,900m. 7-8 hours walking and only 70m total ascent - but having climbed higher and dropping back down assists acclimatisation.

BARRANCO CAMP Breakfast, Lunch, Dinner

### Day 5 Barranco—Karanga Hike: 5.1km 3900m-4100m 3-4 hours

Up the steep Barranco Wall with some sections of very easy scrambling and drop down again to the Karanga Valley. This is a short walking day, around 3 hours, and again you climb about 300m but drop back down again to around 4,100m. There’s an optional further acclimatisation hike in afternoon up onto the scree below the glaciers.

KARANGA VALLEY CAMP Breakfast, Lunch, Dinner



Shadey Cheetahs—anon

## KILIMANJARO

We've designed our mountain treks to give the very best chance of reaching the summits, maximum appreciation of the spectacular scenery and wildlife, and an insight into the natural history and cultures of the environments and peoples we meet. Our African guides and staff are all experts on the mountains and we enjoy an excellent relationship with them, built up over many years working together. Moreover our travel arrangements are based on fair-traded principles to ensure that significant benefits from our visits remain with local people.

Trekkers arriving from low level to climb Kilimanjaro often suffer from altitude sickness if they do not acclimatise properly (lack of fitness is rarely a big problem). Therefore on Kilimanjaro we use the Machame Route. It's longer than the Marangu ascent and therefore means 2 more days on the mountain (and more expense), but it's less crowded, an easier climb, much more scenic and, based on our records of the last 5 years, you have a better than 96% chance of making the summit.

You do not need to be super fit for this trek but you should get out for some longish hikes before the trip - or, jog for three or four kilometres a couple of times a week to get a basic level of fitness. That will enable you to enjoy the trek much more. We work on a fair-traded policy where we employ only qualified local staff and pay them above average rates and we do not compromise on vehicles, park fees, equipment and services.



The Kilimanjaro Night Sky & The Success—by Jonathan Garrigues

### Day 6 Karanga—Barafu Hike: 3.5km 4100m-4330m 3-4 hours

Up to a new camp about 100m above Barafu Hut perched high on a rocky bluff at 4,330m. Fantastic views across to Mawenzi peak, and a bit less to climb tomorrow morning! This is another short walking day, about 4 hours with a 230m height gain, and time for a good rest in the afternoon immediately before the hard summit day.

BARAFU CAMP Breakfast, Lunch, Dinner

### Day 7 Barafu—Summit—Mweka

Hike: 17.4 km

4330m-5895m-3075m

13-15 hours

A bracing 1am start to climb the steep frozen scree. This is unavoidable on any route but we aim to reach Stella Point on the crater rim for sunrise - another 40 mins and you're at the highest point on the continent, usually in warm sunshine. We return on the Mweka descent route. Walking time 7 hours and 1,300m ascent to the summit, 6-8 hours and 2,800m descent to our camp in a clearing amongst the giant heather at Mweka. This is a long and hard day - you'll feel tired but absolutely ecstatic after you've done it.

MWEKA CAMP Breakfast, Lunch, Dinner

### Day 8 Mweka—Arusha Hike: 8.8km 3075m-1645m 3-4 hours

A 3-4 hour descent through the forest to Mweka Gate to collect our certificates and meet our vehicle. Final opportunities to take pictures of your Wildwalks Tours & Travel, Mountain Team - and on a clear morning, Kibo will loom large in the distance. We will also deal with the issue of tipping (ask for suggested guidelines if you are unsure) and the team will send you off on your final stretch with our farewell 'Kili Song'. We set off down the last stage of the trek: some parts of the walk are very steep downhill and other stretches are very slippery so please be careful. Upon reaching the gate, we carry out sign-out formalities, the team load up the vehicles and the guides will present you with your certificates and then we are off for the transfer to Arusha. At the lodge its time to take a warm shower, a quick nap and get some laundry done.

KARAMA LODGE Breakfast, Lunch, Dinner



Tarangire Zebras—by Jonathan Garrigues

“Everything in Africa bites, the safari bug is worst of all.”

– Brian Jackman

### Day 9 Arusha

After breakfast, we join an optional walking town and craft market tour - helps to keep your muscles loose after ‘Kili’. Return to lodge for overnight.

KARAMA LODGE Breakfast, Lunch, Dinner

### Day 10 Tarangire

After breakfast - its time to get WILD with a safari adventure. We set off to the west into the Great Rift Valley system and Tarangire National Park. We partake in game driving and picnic lunch before continuing onto our camp late afternoon. Tarangire is famous for its high concentration of elephants, as well as birdlife and antelope population. It is a great introductory park for your adventures.

TARANGIRE NDOVU CAMP Breakfast, Lunch, Dinner

### Day 11 Serengeti

We transfer to the Serengeti today via the Ngorongoro viewpoint. We pass through Maasai grazing lands and family bomas at Esilalei. Once we enter the Ndotu area and onto Naabi Hill, we can begin game driving all the way to our mobile camp (location dependent on season).

NASIKIA MOBILE MIGRATION CAMP Breakfast, Lunch, Dinner



## TARANGIRE NATIONAL PARK

Tarangire National Park is the sixth largest national park in Tanzania after Ruaha, Serengeti, Mikumi, Katavi and Mkomazi. The national park is located in Manyara Region. The name of the park originates from the Tarangire river that crosses through the park, being the only source of water for wild animals during dry seasons. During the dry season thousands of animals migrate to the Tarangire National Park from Manyara National Park.

It lies a little distance to the south east of Lake Manyara and covers an area of approximately 2,850 square kilometers (1,100 square miles.) The landscape and vegetation is incredibly diverse with a mix that is not found anywhere else in the northern safari circuit. The hilly landscape is dotted with vast numbers of Baobab trees, dense bush and high grasses.

The park is famous for its huge number of elephants, baobab trees and tree climbing lions. Visitors to the park can expect to see any number of resident zebra and wildebeest in addition to the less common animals. Other common animals include waterbuck, giraffe, and olive baboons.

Home to more than 550 species, the park is a haven for bird enthusiasts who can expect to see dozens of species even in the dry season along the Tarangire River bed.



**The Lonely Leopard—by Jonathan Garrigues**

### **Day 12 Serengeti**

We spend the day with a picnic lunch exploring the Serengeti - the most amazingly broad eco-system. In the months of the Wildebeest Migration, the game viewing is spectacular with predator activity abound. But at any time the Serengeti can put on a wildlife show to remember.

NASIKIA MOBILE MIGRATION CAMP Breakfast, Lunch, Dinner

### **Day 13 Ngorongoro**

An early departure allows us to enter Ngorongoro Crater floor for a day of game driving. This World Heritage listed area is a 'fish bowl' of wildlife with approximately 120 species of mammals and variety of habitats. This is truly a Wonder of the World that we can marvel at as we see the steep walls surrounding us, like an oasis in Africa!

PLANTATION LODGE Breakfast, Lunch, Dinner

### **Day 14 Crater Highlands**

A walking tour of the gardens and coffee plantation nearby is a great way to round off our safari and then we continue onto Arusha. There is a safari de-brief before a casual evening of fine food and company.

KARAMA LODGE Breakfast, Lunch, Dinner

### **Day 15 Departure**

Transfer to Arusha departure point for journey beyond...

Breakfast

**(twin share, minimum 2 people travelling)**

**Notes: Discounts for children (min 10yrs) and larger groups are applicable—please ask your travel consultant for more information**

**Price quoted includes:** All transport - 4WD Land Rovers or safari vehicles , accommodation as detailed for safari & 3 person tents shared by two people when camping, Camping equipment (except sleeping bags), Services of guides and porters, All National Park entrance and camp site fees, All food - breakfasts, packed lunches and evening meals, Donations and payments to local community project

**Prices quoted exclude:** International flights, Travel and personal accident insurance, Visa, passport, vaccinations, medicines, Tips, Expenditure on personal bar bills (including all additional drinks) drinks, souvenirs, personal items , Optional excursions/activities not detailed in itinerary, Any additional services requested

## OPTIONAL EXTRAS

### Private Toilet & Shower Hire for Trek

For an additional surcharge, we can provide a portable chemical toilet and standing bucket showers in tented areas. Please ask your travel consultant for more information.

### Additional Days & Accommodation Upgrades on Safari

The adventure is still not enough? There are endless options for individuals and groups alike. - more wildlife viewing or cultural immersion days. Each accommodation in this itinerary can be upgraded upon request, subject to availability and additional surcharge. Please ask your travel consultant for more information. Please ask your travel consultant for more information.

### Zanzibar Extensions

The ultimate way to round of a challenging adventure like Kilimanjaro and safari—enjoy the beach, Spice Tours, Snorkelling, Diving, Safari Blue, Swimming with Dolphins At Kizimkazi. Please ask your travel consultant for more information.

### Hot Air Balloon Safari

Before the sun rises over the Serengeti (from any location), transfer to the balloon launch site for instruction. And as the plains are dotted with the nocturnal species returning to rest or predators on the prowl, we enjoy a one hour hot air balloon ride above them. When we return to the ground, a champagne breakfast is served and flight certificates issued – US\$539 per person

### Customized Itineraries

All itineraries can be customized further to suit your exact trekking needs. Please ask your travel consultant for more information.

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‘Respect and protect the natural environment. Instead of looking for just "stunning views", look for the richness of another culture and way of life’.

**Responsible Tourism**

