

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## KILIMANJARO

# Kilimanjaro: The Ultimate Trek to the Roof of Africa



September 16 - 27, 2022



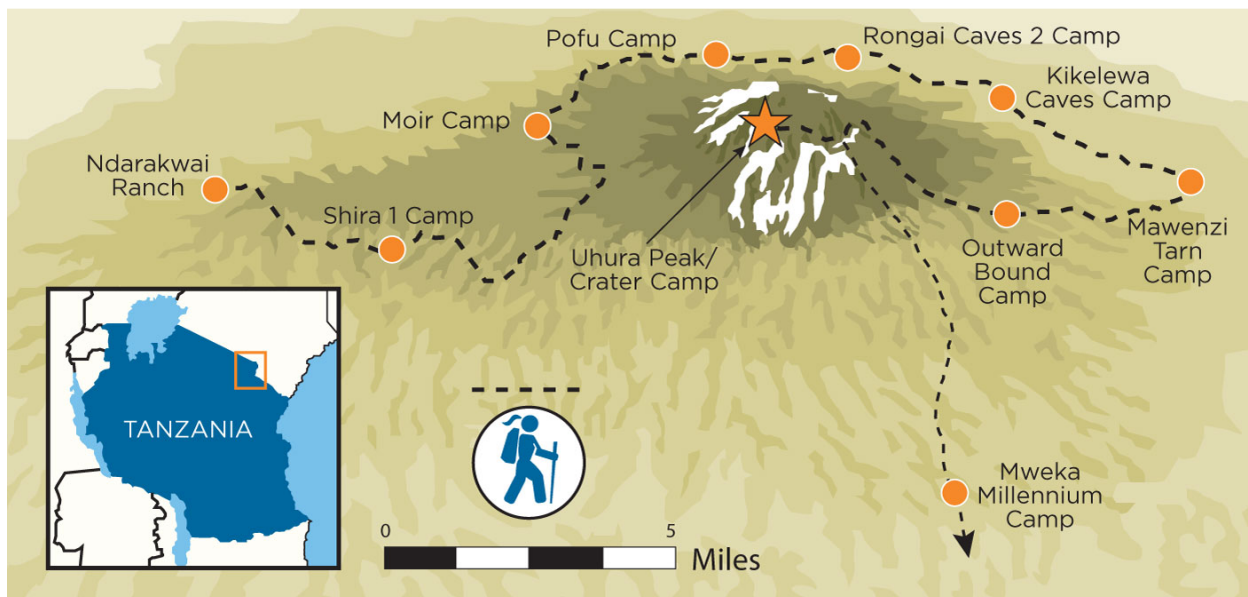
## KILIMANJARO

# Kilimanjaro: The Ultimate Trek to the Roof of Africa

### TRIP HIGHLIGHTS

- ▶ 98% summit success rate
- ▶ 10-day Northern Circuit trek route affords amazing views and less-traveled trails
- ▶ All single tents on the mountain with cot and foam mattress, heater in the dining tent
- ▶ Opportunity to sleep in Crater Camp and see the glaciers for which Kilimanjaro is famous
- ▶ Female Wilderness First Responder guides, highly trained and well-paid porters, nutritious mountain cuisine, and top-of-the-line safety gear

### TRIP ROUTE



## KILIMANJARO

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### QUICK VIEW ITINERARY

- Day 1 arrive in the foothills of Kilimanjaro
- Day 2 trek briefing, nature walk to acclimatize
- Day 3 1-2 hours trekking to Shira 1 (11,499')
- Day 4 trek 4-5 hours to Moir Camp (13,700')
- Day 5 trek 5-7 hours to Pofu Camp (13,200')
- Day 6 trek 5-7 hours to Rongai Caves Camp 2 (11,450')
- Day 7 trek 3-5 hours to Kikelewa Caves Camp (11,850')
- Day 8 trek 4-6 hours to Mawenzi Tarn Camp (14,210')
- Day 9 trek 5-7 hours to Outward Bound Camp (15,450')
- Day 10 trek 7-10 hours to the summit - Uhuru Peak (19,341'), trek 1-2 hours to Crater Camp (18,802')
- Day 11 trek 4-7 hours to Mweka Millennium Camp (12,500'), tipping ceremony with porters
- Day 12 trek 3-6 hours to the park gate, celebrate your trek, depart Tanzania

### ACTIVITY LEVEL

Challenging

### TRIP PRICE

Main Trip: \$9,795

# KILIMANJARO

## Kilimanjaro: The Ultimate Trek to the Roof of Africa



your adventure  
in depth

DAY 1  
Friday  
9/16/22

### Arrive in Tanzania

Experience the challenge and achievement of a lifetime as you summit Mount Kilimanjaro with AdventureWomen on this ultimate, remote, and upgraded ten-day Northern Circuit trek. On this transformational journey, (re)discover your power, persevere with like-minded women, and walk among some of Africa's greatest wonders.

AdventureWomen has upgraded this trek to be the ultimate way to reach the summit. This ten-day trek has a 98% summit success rate and gives you the maximum time to acclimatize to the altitude. Not only do you have the best Wilderness First Responder guides, but some of them will be women guides, who have been mentored by AdventureWomen to help advance their guiding career. You will have your own single tent, complete with a comfortable cot and foam mattress, and the dining tent is furnished with a heater, making mealtimes with your group cozy affairs. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

#### Arrival Information

Arrive at Kilimanjaro International Airport (JRO). One group transfer is provided for the Delta/KLM arrival today. Private transfers for other arrivals are available for an additional fee.

#### Pick-up and Transfer

You will be picked up at Kilimanjaro Airport and transferred to your comfortable lodge.

Accommodations  
Ndarakwai Ranch

# KILIMANJARO

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your adventure  
in depth

DAY 2  
Saturday  
9/17/22

### Foothills of Kilimanjaro

Take a day to acclimatize as you walk the plains and woodlands with a guide. The foothills cover a diverse terrain of acacia-covered savannah, open grasslands, forests, farms, and mountain villages. You might come across anything from giraffe on the plains to blue monkeys in the trees. As you hike, stretch your limbs, enjoy the surroundings, and relax. You will be all the more prepared for your trek up Kilimanjaro.

#### Trek Briefing

Have a trek briefing this morning, during which you will receive your rental gear (if applicable). Please try on and inspect each item to make sure that it's comfortable and that you understand all the features. This will be your last chance before the trek to modify, exchange or add gear.

#### Nature Walk

Take a guided walk on the 11,000-acre ranch, where over 350 bird species and 65 mammal species can be seen as a direct result of the conservation work happening here. Since conservation efforts began in 1994, resident wildlife populations have returned to the area.

Accommodations  
Ndarakwai Ranch

Meals Included  
breakfast, lunch,  
dinner

# KILIMANJARO

## Kilimanjaro: The Ultimate Trek to the Roof of Africa



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in depth

DAY 3  
Sunday  
9/18/22

### Foothills of Kilimanjaro to Heath

Wake up to a chorus of birds this morning. After a thorough briefing and gear check, it's off to the wide-open plains that lead to Kilimanjaro. Passing coffee farms and mountainside villages, you will drive through dense rainforest. Under the tangled canopy of moss coated vines, search for black and white colobus monkey, blue monkey, and a vibrant array of exotic birds.

#### Weigh Your Duffel Bag

Today you will weigh your duffel bag to ensure that it does not exceed 33lbs, as it will be carried throughout the trek by a member of your porter team. If your duffel weighs more than 33lbs, or if you would like someone to carry your daypack, a personal porter may be hired for an additional fee.

#### Start Your Trek

Meet your guides and porters at the park gate, where you'll complete your registration formalities. Head to an expansive plateau that marks the start of your trek. Arrive at your camp after a fairly leisurely walk. (Trekking time 1-2 hours)

### Accommodations

Shira 1 Camp  
(11,499')

### Meals Included

breakfast, lunch,  
dinner

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your adventure  
in depth

DAY 4  
Monday  
9/19/22

### Heath to Alpine Desert

Cold and dry, the alpine desert's windswept, rocky landscapes have often been compared to the surface of the moon.

#### Hike to the Alpine Desert

Trek across the Shira plateau, one of the highest plateaus on earth averaging 12,500 feet, toward Kibo's glaciated peak. Immediately veer away from the tourist trails towards the northeast edge of the Plateau. The trek is over easy terrain, and Moir camp is isolated, seldom used, and affords views over the Shira Plateau. (Trekking time 4-5 hours)

Accommodations  
Moir Camp (13,700')

Meals Included  
breakfast, lunch,  
dinner

# KILIMANJARO

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your adventure  
in depth

DAY 5  
Tuesday  
9/20/22

### Alpine Desert to Moorland

One of the most striking species that can only be found on Kilimanjaro is the giant groundsel varietal *Dendrosenecio kilimanjari*. Something like a cross between a burned-up cactus and a pineapple, these odd-looking plants can only be found on Kilimanjaro, and only above 14,000'.

#### Continue Trekking

Winding through a forest of towering *Dendrosenecio kilimanjari*, proceed steadily upward over expansive ridgelines in the high alpine desert. You will notice that the air thins and cools dramatically from this elevation. Enjoy the extraordinary views as you pass massive volcanic formations scattered throughout the fields of scree. Only white-necked ravens and a handful of other birds venture this high, where vegetation is scarce. You'll camp above this lunar landscape in a remote location where you might even catch glimpses of Kenya's vast badlands. (Trekking time 5-7 hours)

Accommodations  
Pofu Camp  
(13'200')  
Meals Included  
breakfast, lunch,  
dinner



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DAY 6  
Wednesday  
9/21/22

### Moorland to Heath

Sparser and drier than the forest, the heath includes bearded lichen hanging from the trees.

#### Continue Your Trek

Proceed onward through valleys and over ridges through the alpine desert and moorland, continuing the circuit to the east, enjoying a vast mountain wilderness to yourselves. (Trekking time 5-7 hours)

Accommodations  
Rongai Caves Camp  
2 (11,450')  
Meals Included  
breakfast, lunch,  
dinner

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your adventure  
in depth

DAY 7  
Thursday  
9/22/22

### Heath to Moorland

Kilimanjaro is full of surprises large and small – multiple peaks that will be your backdrop, glaciers and cliffs that will leave you speechless, climate zones that make your trek an ever-changing journey.

#### Today's Trek

As the sun's rays stretch over the mountain face this morning, you will resume your trek from the savannah of heather and grasses into the moorlands. Pass bizarre flora, such as giant groundsels, and a misty, cloud-covered terrain of volcanic rock. Move up the mountain steadily and gradually, heeding your guides' advice to go "pole, pole," or slowly, slowly, and eventually arrive at your camp in the moorlands. (Trekking time 3-5 hours)

Accommodations  
Kikelewa Caves  
Camp (11,850')  
Meals Included  
breakfast, lunch,  
dinner

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your adventure  
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DAY 8  
Friday  
9/23/22

### Moorland to Alpine Desert

Trekking onward through the barren alpine desert, you will reach the placid shores of a high-elevation lake. Your camp is nestled in an alcove beside the steep walls of Kilimanjaro's second tallest volcanic cone, Mawenzi peak.

**Keep Climbing** Trekking onward through the barren alpine desert, you will reach the placid shores of a high-elevation lake. Your camp is nestled in an alcove beside the steep walls of Kilimanjaro's second tallest volcanic cone, Mawenzi peak. (Trekking time 4-6 hours)

Accommodations  
Mawenzi Tarn Camp  
(14,210')  
Meals Included  
breakfast, lunch,  
dinner

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DAY 9  
Saturday  
9/24/22

### Alpine Desert

Enjoy another day trekking with your friends. Tell stories and laugh as you encourage each other to get ever closer to your goal - the summit!

#### Trek in the Alpine Desert

Continue through the stark alpine desert this morning, making the gradual journey toward Kilimanjaro's glaciers and Uhuru Peak. As you cross the saddle between Mawenzi and Kibo peaks, enjoy some of the most spectacular views on the mountain. (Trekking time 5-7 hours)

Accommodations  
Outward Bound  
Camp (15,450')  
Meals Included  
breakfast, lunch,  
dinner

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DAY 10  
Sunday  
9/25/22

### Alpine Desert to Arctic Zone

At 19,341', flat-topped Uhuru Peak is truly the Roof of Africa. The trek is tough but you're hiking with women who share your grit and drive, lifting each other up to ensure everyone reaches the top as one.

#### Trek to Uhuru Peak

With exuberant cheers and shouts, share your triumphant summit of Uhuru's rocky crown with the victorious women who've hiked alongside you, challenging you to press on. Savor this moment of glory and gratitude. (Trekking time 7-10 hours)

#### Descend to Crater Camp

After your celebrations at 19,341', descend into Crater Camp from the summit and cap your achievement with a hot meal and views of towering glaciers from your tent. (Trekking time 1-2 hours)

Accommodations  
Crater Camp  
(18,802')  
Meals Included  
breakfast, lunch,  
dinner

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DAY 11  
Monday  
9/26/22

### Arctic Zone to Heath

Wake to the glow of a brilliant sunrise reflecting off the glaciers that surround your camp. Savor the unique privilege of being inside Kilimanjaro's ancient crater.

#### Trek to Millennium Mweka

After breakfast, you'll begin your descent, winding down over loose scree and continuing to your camp nestled in thick heather. (Trekking time 4-7 hours)

#### Tipping Ceremony

Celebrate your achievement with your fellow trekkers and mountain crew and partake in a tipping ceremony to thank your guides and porters, acknowledging their hard work and contribution to your success.

Accommodations  
Mweka Millennium  
Camp (12,500')  
Meals Included  
breakfast, lunch,  
dinner

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DAY 12  
Tuesday  
9/27/22

### Mweka and Depart

Say goodbye to your AdventureWomen friends and Kilimanjaro as you head to the airport for your flights home.

**Finish Your Trek** Complete your descent through the rainforest to the park gate. (Trekking time 3-6 hours)

**Celebrate with Guides and Crew** Celebrate the completion of your mountain adventure with a farewell lunch at the park gate. This is a great opportunity to thank your crew and say your goodbyes to those who made your trek a success!

**Day Room** Enjoy a day room in Arusha, resting up and readying yourself for your departure.

**Farewell Snack** Enjoy a nutritious snack, including a variety of nuts, fruit, vegetables and other treats to enjoy now or on your flight home.

**Transfer to the Airport** Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

**Departure Information** Depart from Kilimanjaro International Airport (JRO) this evening. One group transfer is included for the Delta/KLM flight this evening. Private transfers for other departures are available for an additional fee.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

Accommodations  
Rivertrees Country  
Inn  
Meals Included  
breakfast, lunch,  
snack

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### Accommodation Details

#### Ndarakwai Ranch

With more than 11,000 acres of open and wooded savanna just west of Mount Kilimanjaro, Ndarakwai Ranch offers a haven for travelers and trekkers, with extraordinary hikes, wildlife viewing, and complete relaxation. The spacious thatched-roof tents have en suite bathrooms with safari-style showers, and a separate dining area provides the perfect place for repose and reflection on your many adventures.

Amenities: Soap, shampoo, conditioner; solar lighting, no electricity for charging devices; limited Wifi

#### Kilimanjaro Mountain Camps

At each of your mountain camps, you will have Big Agnes Flying Diamond, 4-season mountaineering tents which will all be single tents. Ground sheet, fly sheet, vestibule, and a cot with a comfortable mattress will be provided, and the tent will be set up and broken down for you each day by your hardworking team of porters.

A custom-designed dining tent is equipped with solar lighting, chairs, and dining table. Hot meals are served here every day, prepared by a skilled camp chef, and served by waitstaff. You'll also enjoy the cozy setting when you arrive into camp in the afternoons, ready to enjoy a piping hot cup of tea and some snacks.

Purified drinking water is provided for you during mealtimes, and at the end of the day so you can refill your personal water bottles. Private toilet tent(s) will be set up for your group, so that you can avoid unsanitary public facilities. Basins of hot water will be brought to your tent each morning for personal hygiene and upon request any other time.

Views from each camp promise to be remarkable at every turn, with tantalizing glimpses of the summit, sweeping panoramas of the countryside below and a spectacular sunrise every morning. At night, stars light up the sky in a nightly spectacle that never

#### Rivertrees Country Inn

Set beside the rushing waters of the Usa River on the outskirts of Arusha, Rivertrees Country Inn has colonial charm and simple but elegant style with modern-day amenities and fantastic cuisine. Besides its delightful farmhouse guestrooms, the inn also has two spacious luxury cottages and a lovely, open-air, thatched-roof kitchen and dining area, with décor reminiscent of its country heritage as a former German colonial farm and coffee estate. The inn has a pool, internet services, and a small gift shop.

Amenities: Soap, shampoo, conditioner, hair dryers upon request; electricity; limited Wifi



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### Included:

- ▶ All Kilimanjaro park fees
- ▶ Accommodations as per itinerary based on double occupancy in lodges and single tents on Kilimanjaro
- ▶ Four-season mountaineering tent, with ground sheet, fly sheet, vestibule, and cot with foam mattress
- ▶ All meals as listed in the itinerary
- ▶ Bottled drinking water before and after your trek, provided in large jugs to refill personal bottles
- ▶ Purified drinking water during your trek
- ▶ Services of licensed Kilimanjaro guides
- ▶ Services of Kilimanjaro staff including porters, chef, and waitstaff
- ▶ Safety equipment: oxygen, first aid kit, stretcher, Gamow Bag, heart defibrillator, radio communication, safety protocols, etc.
- ▶ Activities as indicated in the itinerary
- ▶ Airport transfers for Delta/KLM flights on scheduled arrival/departure days
- ▶ All ground transportation
- ▶ Baggage handling

### Not Included:

- ▶ International airfare to and from Tanzania
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Sleeping bag, hiking gear, and other items of a personal nature
- ▶ Gratuities for guides, porters, and camp staff

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in depth

### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a