

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# KILIMANJARO

## Trek to the Roof of Africa



September 12 - 21, 2023



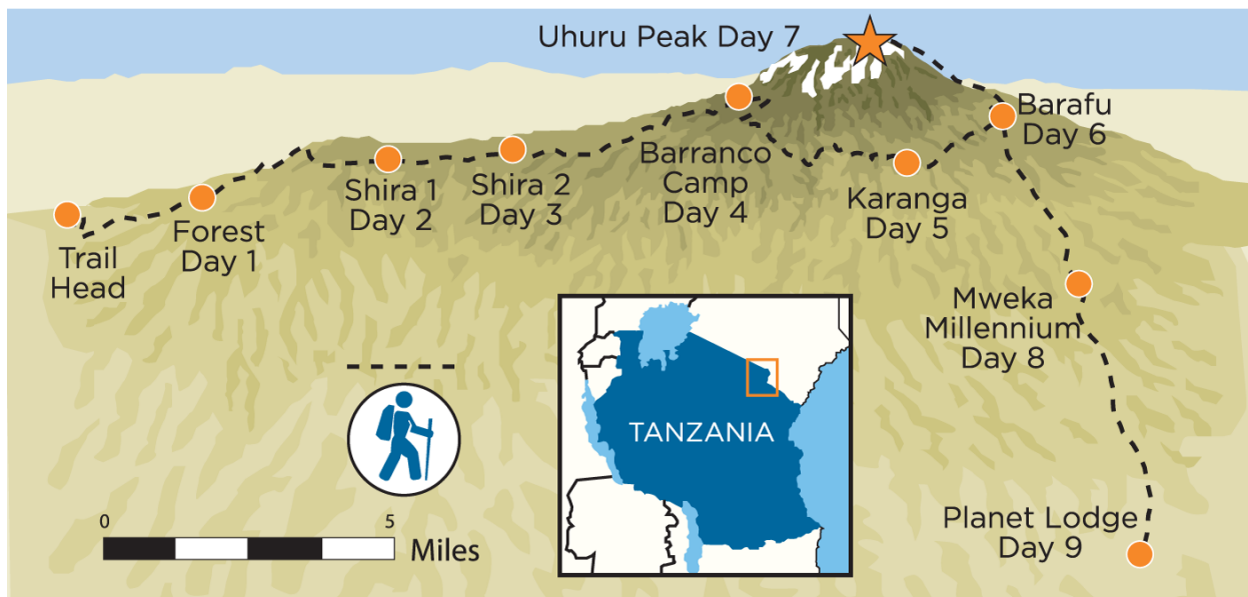
# KILIMANJARO

## Trek to the Roof of Africa

### TRIP HIGHLIGHTS

- ▶ Eight days on the Lemosho Route provide optimal acclimatization and a 98% summit rate
- ▶ Summit Mount Kilimanjaro, the highest freestanding mountain in the world
- ▶ From the “Roof of Africa,” take in sweeping views of African landscapes below the clouds
- ▶ You’re not alone! Adventure Women work together to reach this challenging goal
- ▶ Optional five-day safari to visit Tanzania’s most iconic national parks

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1 arrive in Arusha, transfer to your lodge
- Day 2 trek briefing, nature walk among wildlife to acclimatize to the elevation
- Day 3 start your trek; 3-4 hours trekking to Forest Camp
- Day 4 5-6 hours trekking to Shira 1 Camp
- Day 5 3-4 hours trekking to Shira 2 Camp
- Day 6 6-7 hours trekking to Barranco Camp
- Day 7 3-4 hours trekking to Karanga Camp
- Day 8 3-4 hours trekking to Barafu Camp
- Day 9 depart at 1 am for the summit! Descend to Mweka Camp. 12-17 hours trekking
- Day 10 3-6 hours trekking to the gate, depart for the US

### ACTIVITY LEVEL

Challenging

### TRIP PRICE

Main Trip: \$6,595

Optional Single Accommodations: \$700

# KILIMANJARO

## Trek to the Roof of Africa



your adventure  
in depth

DAY 1  
Tuesday  
9/12/23

### Arrival into Arusha

Welcome to Tanzania! Join AdventureWomen for a physically demanding but wholly rewarding trekking adventure up the tallest freestanding mountain in the world, Mount Kilimanjaro! On this transformational journey, (re)discover your power, persevere with like-minded women, and experience some of Africa's greatest wonders - from its wildlife to its diverse ecosystems.

During your adventure you'll get to know your Wilderness First Responder guides. They will help you as you make your way, slowly but surely, to the summit of Kilimanjaro. 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!

#### Pick-up and Transfer

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

#### 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.

Accommodations  
Rivertrees Country  
Inn

# KILIMANJARO

## Trek to the Roof of Africa



your adventure  
in depth

DAY 2  
Wednesday  
9/13/23

### Arusha

What was once a sleepy outpost town has turned into a small thriving city. At some 4,500 feet above sea level, Arusha is set beside the southern slopes of Mount Meru (14,980 feet) and surrounded by coffee farms, fields of bananas, and small rural communities. With its scenic backdrop, friendly people and ever-improving infrastructure, Arusha makes for the perfect base from which to start or end your adventure.

#### 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.

#### Weigh Your Duffle - 33 Pound Limit

Today you will weigh your duffle 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 duffle weighs more than 33lbs, or if you would like someone to carry your daypack, a personal porter may be hired for an additional fee.

#### Arusha National Park

Arusha National Park's diverse landscapes and abundant wildlife often draw comparison to its larger counterparts in northern Tanzania. In the park stands Tanzania's second tallest mountain, Mount Meru (14,980 feet), an ancient extinct volcano that is sometimes referred to as Mount Kilimanjaro's "little cousin." You can also explore Ngurdoto Crater, nicknamed "Little Ngorongoro," which is home to wildlife including buffalo, elephant, giraffe, and bushbuck.

Head into the foothills of Mount Meru with a park ranger and your guide, and follow a gentle uphill trail to the Tulumuisia Waterfall. From this vantage point, you have beautiful views of the park's diverse landscapes. Enjoy a boxed lunch along the way.

Accommodations  
Rivertrees Country  
Inn  
Meals Included  
breakfast, lunch,  
dinner

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DAY 3  
Thursday  
9/14/23

### Arusha to Forest Ridge

At 19,341 feet in elevation, flat-topped Uhuru Peak is truly the “Roof of Africa” so AdventureWomen has chosen the Lemosho Route which allows gradual acclimatization and a 98% summit success rate. The trek is challenging but you’re hiking with women who share your grit and drive, lifting each other up to ensure everyone reaches the top as one. Plus, a team of experienced and friendly porters and Wilderness First Responder African guides, following rigorous safety protocols, takes care of every detail including setting up each camp with comfortable tents and preparing delicious and nutritious meals, each one better than the last!

#### Briefing and Gear Check

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 to the dense rainforest where your trek begins.

#### Start Your Trek

After registering at the Kilimanjaro National Park gate, make a long climb from the base camp through the dense rainforest of rubber trees and giant fig trees, scrambling up steep sections of roots and rock until you arrive at a forested campsite near a series of caves. A hot dinner awaits in your mess tent. (Trekking time 3-4 hours)

Accommodations  
Forest Camp  
(9,281')  
Meals Included  
breakfast, lunch,  
dinner

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your adventure  
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DAY 4  
Friday  
9/15/23

### Forest Ridge to Heath

“Pole, pole” means “slowly, slowly” in Swahili, and you need to trek slowly to acclimatize to the altitude. The mantra for this trip is to hike high and sleep low, allowing your body to get used to the higher elevations.

#### Trek into the Heath

After a nutritious breakfast at camp, lace up your boots, put on your gaiters, and make your way out of the forest this morning. The high trees will give way to scrubland thick with heather that is draped in bearded lichen. Climbing rolling hills, you will enjoy spectacular views of the forest canopy and plains below. As the air thins and the clouds part, you might just have a stunning view of the snow-streaked Uhuru Peak above. Arrive at your camp in the heath zone this afternoon. (Trekking time 5-6 hours)

#### Accommodations

Shira 1 Camp  
(11,499')

#### Meals Included

breakfast, lunch,  
dinner

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your adventure  
in depth

DAY 5  
Saturday  
9/16/23

### Heath to Moorland

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.

#### Trek from Heath to Moorland

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.

Laugh along the trail with your fellow trekkers - even things like bathroom stops along the way will become funny! (Trekking time 3-4 hours)

Accommodations

Shira 2 Camp  
(12,795')

Meals Included

breakfast, lunch,  
dinner



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your adventure  
in depth

DAY 6  
Sunday  
9/17/23

### Moorland

Located a little over 15,000' up the mountain along the Lemosho and Machame routes, Lava Tower is a large rock formation that (you guessed it) was formed from lava, back in the days when Kilimanjaro was still an active volcano. Lava Tower is what's known as a volcanic plug; at some point in the distant past, lava shot out a vent at the base of where Lava Tower now stands, cooled, and hardened, thus stopping up the vent beneath.

### Hike in the Barranco Valley

Proceed steadily upward over expansive ridgelines of high desert to Lava Tower, for lunch. In the afternoon, descend the steep track into the Great Barranco Valley. Barranco Camp is set in a valley enclosed on three sides with the massive valley walls and the Kibo massif itself. Hanging glaciers glint in the sunshine above, amidst the eerie landscape of plants such as the giant groundsels (Senecio Kilimanjari), and the uniquely endemic Giant Lobelia. (Trekking time 6-7 hours)

### Accommodations

Barranco Camp  
(13,004')

### Meals Included

breakfast, lunch,  
dinner

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your adventure  
in depth

DAY 7  
Monday  
9/18/23

### Moorland

The rocky slopes of the Barranco Wall are the result of Kilimanjaro's turbulent volcanic past. Before Kilimanjaro went dormant, the pressure of the lava beneath the summit held the area up, but without it, the mountaintop collapsed inward, forming the caldera. Over the subsequent years, less-dramatic collapses occurred as the mountain settled into what it is today. Around 100,000 years ago, one of these collapses resulted in a massive landslide down the southern face shearing away what was presumably more forgiving terrain. The dramatic Barranco Wall, sharply contrasting from the rest of Kilimanjaro's mostly gentle slopes, was left in the wake of this violent event.

### Today's Trek

This short trekking day is taken to reach Karanga Valley Camp, between Barranco and Barafu Camps. Today is important for acclimatization. The day begins with a scramble up the steep Barranco Wall, then traversing up and down the slopes of valleys which have carved their way into the mountain's southern face. Kibo's glaciers loom above to your left and the jagged peaks of Mawenzi jut into the African sky at just under 17,000 feet straight ahead. Reach the Karanga Valley for a hot lunch served at camp. The afternoon can be taken to relax with your new friends, or take excursions from camp. (Trekking time 4-5 hours)

### Accommodations

Karanga Camp  
(13,231')

### Meals Included

breakfast, lunch,  
dinner

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DAY 8  
Tuesday  
9/19/23

### Moorland to Alpine Desert

Only white-necked ravens and a handful of other birds venture this high, where vegetation is scarce. Camp in this lunar landscape where you may see the hanging glaciers that drape Kilimanjaro's summit cone.

#### Trek in the Alpine Desert

Proceed steadily upward over expansive ridgelines in the high alpine desert where the air thins and cools. Enjoy the extraordinary views as you pass massive volcanic formations scattered throughout the fields of scree. Barafu Camp is set on a small, exposed flat area on a ridge, acting as base camp from which you will make your summit attempt at midnight tonight. Eat and drink as much as possible before retiring early to your tent for rest and sleep. (Trekking time 4-5 hours)

Accommodations  
Barafu Camp  
(15,331')  
Meals Included  
breakfast, lunch,  
dinner

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in depth

DAY 9  
Wednesday  
9/20/23

### Alpine Desert to Heath

On your way to Uhuru Peak, you'll see Mawenzi, a nearby peak. Legend has it that Kibo (the top of Kilimanjaro) and Mawenzi were good neighbours until Mawenzi played a prank on Kibo; Mawenzi threw away embers he had received from Kibo and claimed that they had burned out. Kibo eventually got angry and beat Mawenzi badly, explaining why the mountain is so badly degraded.

#### Trek to Uhuru Peak

A steaming hot drink will arrive very early on this momentous day - your summit day! After a midnight wakeup call, begin trekking with your headlamp at 1:00am. The temperatures range from just below freezing at midnight, to between -10 degrees and 10 degrees just before dawn at the summit. The winding path of endless switchbacks will take form and shape in the shadows of the Ratzel and Rebman glaciers at early dawn, and behind you the spires of Mawenzi will be silhouetted against the red glow of the sun from beneath the clouds.

After about six hours of walking, you will come to the edge of the crater; Stella Point, at 19,000 feet on the crater rim is the end of the steep climb. From here, there is a gentle slope to Uhuru Peak, which takes about an hour. The strength it takes to ascend this final 340 feet is for many monumental. You will all encourage each other to take those final few steps to reach your goal - the Roof of Africa at 19,341 feet! (Total trekking time to the summit is 6-8 hours)

#### Descend from the Summit

After taking photos at the summit, descend the steep scree trail back to Barafu Camp for some rest, then summon your strength again for a further descent to Mweka Camp for the night. (Total trekking time to Mweka Millennium Camp is 4-7 hours)

Total Trekking Time For the Day is 12-17 hours

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

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DAY 10  
Thursday  
9/21/23

### Mweka and Depart

As you descend Kilimanjaro, reminisce over your triumphant summit yesterday, and laugh about the memories you've made along the trail.

**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  
Airport Planet  
Lodge  
Meals Included  
breakfast, lunch,  
snack

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### Accommodation Details

#### 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

#### Kilimanjaro Mountain Camps

At each of your mountain camps, you will have Big Agnes Flying Diamond, 4-season mountaineering tents which can be used for double or single occupancy. Ground sheet, fly sheet, vestibule, and closed-cell foam sleeping mat are 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 at 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, with tantalizing glimpses of the summit, sweeping panoramas of the countryside, and a spectacular sunrise every morning. At night, stars light up the sky in a nightly spectacle that never fails to inspire awe.

#### Airport Planet Lodge

You will be enchanted by this gorgeous oasis that is conveniently located near Kilimanjaro Airport. The lodge offers a unique, resort-like feel with rooms nestled amidst the beautifully planted landscape and accessible by winding garden paths. Relax in the open-air bar, enjoy the breeze as you lounge on the open veranda, or take a swim in the stunning pool.

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### Included:

- ▶ All Kilimanjaro park fees
- ▶ Accommodations as per itinerary based on double occupancy
- ▶ 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
- ▶ Four-season mountaineering tents with ground sheets and foam-core ground pads

### 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, sleeping pad, hiking gear, and other items of a personal nature
- ▶ Gratuities for guides, porters, and camp staff
- ▶ Mandatory local emergency evacuation insurance

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---

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### 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