



Run Like a Girl

Route of ascent: Machame

Route facilities: Camping in Expedition tents

Night in Moshi: 2 nights including breakfast

Days on mountain: 6 days includes all meals

ITINERARY

Johannesburg to Kilimanjaro - Moshi 900m

Depart from Johannesburg for Kilimanjaro Intl. In flight you will be issued with a landing pass, you are required to fill in your details including contact details in Tanzania. Other details that may be required is your name, sex, date of birth, place of birth, nationality, country of residence, passport number, place of issue, date of issue, occupation, address in Tanzania, and flight number. The flight is via Dar Es Salaam - enquire where you could find the visa counter to purchase your visa; the last listed price was \$50USD. You will then collect your baggage and pass through customs where a representative will be waiting to welcome and transfer you to the Hotel.

Day 1 - Machame Hut 3 000m

Breakfast is very early; expect fruit, your choice of egg, sausage, beans and toast. Fruit juice, tea and coffee are also served. Immediately after breakfast your baggage is weighed and loaded onto the vehicle for transfer to the Machame Park's gate. Make sure to stock up on bottled water, have your rain gear handy as rain could be encountered in the forest. The secret to success is to move at a slow steady pace, you will be allowed a lunch break during your hike to Machame Hut. A lunch pack is provided before the ascent, this could contain chicken, fruit, cup cake, biscuits and a fruit juice. Drink a minimum of three litres water on this day. Dinner is served in a Mess tent, because of the cold and wet conditions at this altitude, you would probably tuck into your warm sleeping bag for a good nights rest.

Day 2 - Shira Hut 3 840m

The sound of silence is broken by early morning conversation by the guides, cooks and porters, breakfast is prepared and plans are made to ascend to Shira Hut. After breakfast you will start the ascent and later stop above a very scenic ridge for lunch. After lunch you will continue to Shira Hut for dinner and a good rest, by now the effects of altitude should have set in resulting in possible headaches, nausea and fatigue due to the lack of oxygen. Drink a minimum of three litres water on this day. This section of your hike will lend itself to numerous photo opportunities.

Day 3 - Lava Tower 4 600m to Barranco Hut 3 950m

Care must be taken on this day as you will ascend to an altitude of 4 600m. Find a comfortable rhythm and pace yourself well, it is always better walking slow over a prolonged period as apposed to walking fast and constantly stopping. Mentally this makes it more difficult to comfortably hike at altitude; your body must become accustomed to this movement - one of the requirements for a successful summit is to have the ability acclimatise at altitude. The Golden Rule is move slow, climb high and sleep low, this you will put to practise by ascending to Lava Tower at 4 600m and then descending to Barranco Hut for a well deserved rest. If you are physically not able to ascend to Lava Tower, descend to Barranco Hut. Prepare yourself for the most stunning sunset on the Western Breach, this spectacle lasts for a very short time and will not repeat itself. Lunch would be served at the junction leading to Lava Tower and dinner at Barranco Hut. Drink a minimum of three litres water on this day

Day 4 – Barafu Hut 4 600m

After an early breakfast, preparations are made to ascend to Karranga Valley. You will ascend the Great Barranco Wall that requires a bit of scrambling, the gradient isn't too steep as ropes are not required. Once above the Barranco Wall you would pass through a series of valleys until you reach Karranga Valley for lunch. After lunch you will continue to Barafu Hut for dinner & overnight. Start arranging your gear for the summit bid that starts towards midnight. You would probably hit the sack very early as the temperature at this high altitude could drop well below freezing. Around 11pm you will head out into the cold dark night towards Stella Point.

Day 5 - Uhuru Peak 5 895m to Mweka Hut 3 100m

On arrival at Stella Point you will have a short rest before continuing along Kibo to Uhuru Peak. Depending on the time of morning, you will witness the most beautiful African sunrise from the roof Africa. On the summit you will take numerous pictures as a reference to your achievement and then descend to Barafu Hut for a lunch break. After about an hours rest, you will continue descending to Mweka Hut where dinner would be served - an early night would probably be a mutual necessity.

Day 6 - Mweka Village 1 450m to Moshi 900m

After an early breakfast, you will continue the descent to Mweka Park's gate, here you are required to record your personal information in the parks register. After formalities are taken care of you continue to Mweka Village where transport awaits to transfer you to the hotel for a long overdue shower. You can now relax and reflect on your ascent to the summit of the highest free-standing mountain in the world. Congratulations, you made it.

Kilimanjaro to Johannesburg International

After breakfast you're transferred to Kilimanjaro International for departure to Johannesburg International. The flight is via Zanzibar and Dar Es Salaam.

