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Run Like a Girl

Itinerary & summary for Kilimanjaro (6 Day Rongai Route)

Route of ascent:	Rongai
Route facilities:	Camping
Nights in Moshi:	2 nights including breakfast
Days on mountain:	6 days including all meals

Johannesburg to Kilimanjaro International

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 - Moshi (900m) to Marangu Parks Gate (1 800m) to Rongai Parks Gate (1 950m) to Simba Camp (2 850m)

Breakfast at the hotel 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. The first leg of your journey is a 1 hour drive to the Marangu Parks gate to purchase necessary permits for the climb. After acquiring the necessary documentation, prepare yourself for another 3 hour journey along the north eastern flanks of Kilimanjaro. After passing through numerous villages; you eventually reach the Rongai Parks Gate. At the parks gate you are required to recording your personal information in the parks register, the ascent then starts to camp 1 – Simba Camp (2 850m). This is a fairly easy day that requires about 3 hours of easy walking. Make sure to stock up on water and 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 this ascent. Fresh lunch is prepared "Picnic Style"; this could include chicken, fruit, cup cake, biscuits and a fruit juice – at times, lunch packs are supplied. Drink a minimum of three litres water on this day. Dinner will be served at the camp and you will later tuck into your warm sleeping bag and wait in anticipation for the new day to dawn. Lion and Buffalo could be encountered during the first 2 days of the hike.

Day 2 - Simba Camp (2 850m) to Kikelewa Cave (3 600m)

The sound of silence is broken by early morning conversation of guides, cooks and porters as breakfast is prepared and plans are made to ascend to Kikelewa Cave. After breakfast you will start the ascent eventually passing First cave (2 880m), on this leg of the ascent, an armed parks ranger will escort hikers as there is a strong possibility of encounters with Lion and Buffalo. After an easy walk into altitude, you eventually reach Second cave (3 450m), this is where you take a well deserved break as lunch is served. After lunch you continue the ascent to camp 2 – Kikelewa camp (3 600m). 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 and you should make the most of the scenery. Fresh lunch is prepared during your ascent and dinner will be served at camp.

Day 3 - Kikelewa Cave (3 600m) to Tarn Hut (4 330m)

Care must be taken on this day as you will ascend to an altitude of 4 330m. 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 as one of the requirements of a successful summit is to have the ability to acclimatise at altitude - the Golden Rule is move slow when ascending to Tarn Hut (4 330m). This is a fairly short day that would assist immensely with your acclimatisation process. Tarn Hut is one of Kilimanjaro's hidden jewels, boasting a crystal clear fresh water lake. You will spend the night camping on the lake's shore situated on the lower northern slopes of Mawenzi (5 149m). Lunch is served at camp, you could spend the remainder of the day exploring the area or just relaxing around camp, swimming in the lake is strictly prohibited. Drink a minimum of three litres water on this day. Nights at this altitude could become extremely cold; ensure that you are warmly dressed.

Day 4 - Tarn Hut (4 330m) to Kibo Hut (4 703m)

Breakfast is served very early and thereafter preparations are made to ascend to Kibo Hut. You will now master the Kili-shuffle when ascending through the Saddle. The hike through this lunar desert landscape become arduous at

altitude; try to conserve your much needed energy for summit night. You should reach Kibo Hut in time for lunch. You might meet quite a few exhausted climbers who may have just returned from the summit, it is best to prepare your summit gear before taking a well deserved rest. Dinner is served before you tuck into your warm sleeping bag. The guide will wake you around 10pm; expect to leave camp before midnight. The temperature at this altitude is well below freezing and the correct layering should be applied when dressing. Firstly you must have a good set of thermals, fleece and windproof shells. Sock liners and a good pair of thermal socks should keep your feet warm, liner gloves, fleece gloves and a good windproof mitten is ideal for hand warmth. A bad choice of gear will result in you turning back because of the extreme cold or possible hypothermia. Ensure that your flasks are filled with water and your altitude and nausea medication is handy at all times.

Day 5 - Kibo Hut (4 703m) to Hans Meyer cave (5 150m) to Gillman's Point (5 685m) to Uhuru Peak (5 895m) to Kibo Hut to Horombo Hut (3 720m)

Your first goal is to reach Hans Meyer Cave above 5 000m, the going is very slow but a short rest is welcoming once reaching the cave. Avoid standing still for long periods of time; this is an invitation for hypothermia. The workload becomes very demanding from Hans Meyer to Gillman's Point, once you've scrambled over the rocks and entered the crater; reward yourself with another short rest. By now the sun should be rising, resulting in a slight temperature increase. The summit is in sight as you walk along Kibo passing Stella Point and numerous glaciers before eventually reach Uhuru Peak. Take as many pictures while appreciating the views from Africa's highest peak. You will start the descent to Stella and Gillman's Point eventually reaching Kibo Hut before midday. Here you will have lunch and a short rest before collecting the rest of your baggage to continue the descent to Horombo Hut. After dinner you will have a good rest in your warm sleeping bag, expect an early wake up call the next morning.

Day 6 - Horombo Hut (3 720m) to Mandara Hut (2 727m) to Marangu Parks gate (1 800m)

After breakfast you will start the descent to Mandara Hut and eventually the Marangu Park's Gate, you will need to fill in the parks register before the relevant certificates are issued to your guide. This normally takes time so please be patient. Once all formalities are taken care of, you are directed to the vehicle that will transfer you back to the hotel for a long overdue and well deserving shower. Congratulations, you've conquered the highest free standing mountain in the world.

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.