



Hekima Safaris heritage & Car Rental Ltd
P. O. Box 16928 Arusha, Tanzania
Email: bookings@hekima-safaris.com
Phone: +48793239083
Website: www.hekima-safaris.com

Hekima Safaris
Tour Itinerary
Machame 7 days trekking

Amazing views, good acclimatization. Second in popularity. 7-day option is friendly for the beginners.

Day 1 Arrival

Arrival at Kilimanjaro International Airport (JRO), where you will meet a representative of Hekima Safaris, and transfer to the hotel of your choice. In the evening there will be a briefing with the guide, who will also make sure you are ready to begin the climb.

Day 2 Trekking from Machame Gate to Machame Camp

A guide and a mountain support crew will arrive at the hotel in the morning in order to meet you and hold a quick briefing, after which you will travel by vehicle to Kilimanjaro National Park's entrance: Machame Gate (1,800 m). After the quick formality of acquiring climbing permits and registering with the search and rescue service, the group will start trekking up to Machame Camp (3,010 m). The trekking route includes passage through the rainforest (where tropical showers are highly probable), so we recommend you take not only spare clothes, but also your raincoats.

This will be your first day at this altitude, so it is strongly recommended you heed the following instructions from this point on:

- Abstain from consuming alcohol and caffeine
- Drink over 4 liters of bottled water daily (little by little, frequently)
- Take a Diamox pill to help alleviate symptoms of altitude sickness. Most mountain climbers take Diamox in the morning, before they start their ascent, in order to reduce discomfort associated with altitude sickness. We recommend you consult your doctor prior to the trip in case of potential allergies.

At night you may experience discomfort associated with acclimatization to the high altitude: because of a reduction in your waking breathing pattern, your body gets less oxygen than during the day. Taking altitude into account, you may therefore start feeling

sick and have a headache. Pay attention to your own body and tell your guide if you start feeling any symptoms of altitude sickness.

Change in Elevation: Machame Gate (1,800 m) — Machame Camp (3,010 m)

Hiking distance: 5 km

Hiking time: 5–6 hours

Day 3 Trekking from Machame Camp to Shira Camp

After breakfast you will start trekking up to the second high-altitude camp, Shira Camp (3,845 m). On this day you will emerge from the rainforest and for the first time be able to see stunning views of the Shira Plateau laid out in front of you. Physically speaking, the trekking is not very difficult, but you may feel the changes in altitude, so pay attention to your body and remember that choosing the proper pace is extremely important for good trekking. When you reach the camp, you will have lunch and some rest, after which the group will go on an acclimatization hike towards Lava Tower Camp with a 300-meter gain in altitude. Back down at Shira Camp you will be served a hot dinner.

***Note:** The acclimatization hike is an easy trek with a slight gain in altitude done in order to speed up the acclimatization process. You should take the acclimatization hikes very seriously. They help increase your chances of successfully summiting Kilimanjaro and save you from the consequences of altitude sickness.*

Change in Elevation: Machame Camp (3,010 m) — Shira Camp (3,845 m)

Hiking distance: 5 km

Hiking time: 4–5 hours

Acclimatization hike:

Change in Elevation: Shira Camp (3,845 m) — Destination point en route to Lava Tower (4,120 m)

Hiking distance: 2 km

Hiking time: 1–2 hours

Day 4 Trekking from Shira Camp to The Lava Tower and Descent to Barranco Camp

After breakfast you will leave Shira Camp (3,845 m) and start your way to the key point of the route: Lava Tower (4,630 m). This section of the route has a lot of ascents and descents that end in a camp at over 4,600 meters. It might be difficult, and you may feel some discomfort, but in order to successfully acclimate to the altitude you have to spend at least 1–2 hours here, so this is where lunch will be.

Then you will descend to Barranco Camp (3,960 m). Here you can see the famous Barranco Wall, impressive in both its massive size and steepness! Next day you will be climbing it, but don't worry: it features a very simple hiking trail.

Note: *If one or more participants feel sick, the group may refrain from passing the Lava Tower and adjust the route, following instead the road for porters. In this case you will not reach an altitude of 4,630 meters, getting up only to a maximum of 4,400 meters.*

Change in Elevation: Shira Camp (3,845 m) — Lava Tower (4,630 m) — Barranco Camp (3,960 m)

Hiking distance: 11 km

Hiking time: 6–8 hours

Day 5 Trekking from Barranco Camp to Karanga Camp

On this day it is best to make an early start to avoid crowding on the way up Barranco Wall. Despite the Wall's seemingly daunting height and steepness the actual climb is rather merciful at a mere hour or so. The top provides a great photo opportunity with Kibo Peak as the backdrop.

The next part of the day is rife with ups and downs where your guides will choose the best place for individual climbers.

A lunch break at Karanga Camp shall be followed by an acclimatisation climb towards Barafu with its highest point being 4,270 m. The group then drops back to Karanga Camp for the overnight.

Altitude: Barranco: 3,960 m – Karanga: 4,035 m.

Distance: 5 km

Time: 4–5 hrs.

Acclimatization climb:

Altitude: Karanga Camp (4,035 m) — highest point reached: 4,270 m

Distance: 2.5 km

Time: 1–2 hrs.

Day 6 Trekking from Karanga Camp to Barafu Camp

After breakfast you begin your way to Barafu Summit Camp (4,640 m). Our team will set up a camp for you ahead of time, including tents and sleeping bags, so you can relax.

After regaining strength, you have to complete an acclimatization climb towards the intermediate Kosovo Summit Camp with its highest point being 4,800 m and then back to Barafu Camp, where you will be served a hot dinner. It is better to spend the remainder of the day resting and sleeping before night summiting.

Altitude: Karanga Camp (4,035 m) — Barafu Camp (4,640 m)

Distance: 6 km

Time: 4–5 hrs.

Acclimatization climb:

Altitude: Barafu Camp (4,640 m) — Kosovo Camp (4,800 m)

Distance: 2 km

Time: 1–2 hrs.

Day 7 Summiting on Uhuru Peak and Descent to Mweka Camp

Summiting starts around midnight from 4,635 m, ending on Uhuru Peak at 5,895 m.

While the trek itself is fairly simple, rarefied mountain air does pose a challenge.

Therefore, a guide who will monitor their condition throughout the climb shall accompany every two climbers ensuring safety above all. Upon summiting, you shall have an opportunity to walk on the nearby glacier.

The descent to 3,110 m at Mweka Camp starts after a two-hour rest back at Barafu Camp.

NB: *Descent is deceptively easy with treacherous footing and results in 90% of accidents.*

Mind your feet if you want to avoid falling and damaged toenails!

Altitude: Barafu Camp (4,640 m) — Uhuru Peak (5,895 m) — Mweka Camp (3,110 m)

Distance: 19 km

Time: 10–14 hrs.

Day 8 Descent from Mweka Camp to Mweka Gate

This last camp's position being far lower at the forest line will afford you a good night's sleep further enhanced by thoughts of having reached the top. Breakfast will be followed by the return to 1,650 m at the final point in this adventure- Mweka Gate. After a short celebration with the whole of the climb crew and arrival at our offices, you will receive your climb certificates, followed by the drive to your lodge.

Altitude: Mweka Camp (3,110 m) — Mweka Gate (1,650 m)

Distance: 8 km

Time: 4–5 hrs.

Day 9 Departure

Note: *Hotel check-out is at 11:00 AM. In case you need a late check-out because of an evening flight, there is the option to extend your hotel stay for an extra fee.*

Price is 2380 USD per person

PRICE INCLUDE:

- Accommodation after the trekking
- Transfer to and from the base of the mountain
- Machame route trek as itinerary depicts 7 Days
- Full board accommodation whilst on the trek
- Meal plan as detailed: B=Breakfast, L=Lunch and D=Dinner
- All entrance fees to include government taxes
- Service of an English-speaking professional Mountain guide on the mountain, porters and skilled cook
- All services begin and end at Kilimanjaro Airport as per the itinerary
- Treated water on the trek
- Return airport transfers from/to Kilimanjaro Airport
- Fair salary of porters, cooker and guides

EXCLUDED:

- Tips for guides, cooker and porters
- Medical evacuation,
- International flights and taxes
- Visas (50 US \$ for Tanzania)
- Items of a personal nature and any other extras not detailed in the above itinerary.