



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

Northern Circuit 9-day program

The newest and the most thrilling way of climbing Mount Kilimanjaro. Good acclimatization.

Day 1 Arrival

Arrival at Kilimanjaro International Airport (JRO), where you will meet a Hekima Safari representative, and transfer to your accommodation area. In the evening, an orientation session with our tour coordinators will ensure that you are ready to begin the spectacular trek to Kilimanjaro on the Lemosho Route for 8 days.

Day 2 Trekking from Londorossi Gate to Mti Mkubwa Camp

A guide and a mountain support crew will arrive at the hotel in the morning in order to meet you and hold another briefing, after which you will travel by vehicle (roughly 3-4 hours) to Kilimanjaro National Park's western entrance: Londorossi Gate (2,200 m). After the quick formality of acquiring climbing permits and registering with the search and rescue service, the group will start trekking towards the first camp of the route: Mti Mkubwa Camp (2,780 m). Raincoats are necessary on this day in particular, as you will be walking through rainforest. By the time you reach the camp, our professional mountain crew will prepare everything necessary, put tents and cook lunch for you. After lunch the group will depart on an acclimatization hike towards Shira 1 Camp that features a 300-meter gain in altitude, after which you will hike back down to Mti Mkubwa Camp, where a hot dinner will be waiting.

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 successful climbing Kilimanjaro and save you from the consequences of altitude sickness.*

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: Londorossi Gate (2,200 m) — Mti Mkubwa Camp (2,780 m)

Hiking distance: 6 km

Hiking time: 3–4 hours

Day 3 Trekking from Mti Mkubwa Camp to Shira 2 Camp

An early wake up, breakfast, and a gradual trek upwards until 3,500 meters; at that point for the first time you will be able to see stunning views of Shira Plateau and Kibo Volcano. On the whole, the passage from Mti Mkubwa Camp to the second high-altitude Shira 1 Camp (3,505 m) is rather easy and takes about 5-6 hours. Later you will after having your lunch in Shira 1 camp, you will continue your trek to Shira 2 camp. When you reach the camp, you will have the chance to rest in your tent or walk around. Your team of specialists will cook you dinner and you be able to rest for the night.

Change in Elevation: Mti Mkubwa Camp (2,780 m) — Shira 1 Camp (3,505 m)

Hiking distance: 5 km

Hiking time: 5–6 hours

Change in Elevation: Shira 1 Camp (3,505 m) — Shira 2 Camp (3,900 m)

Hiking distance: 7 km

Hiking time: 3–4 hours

Day 4 Shira 2 to Moir Hut via Lava Tower Trek

The group leaves the altitude of 3,900 m at Shira Camp and heads towards Lava Tower's 4,630 m after breakfast. This part of the route is rife with ups and downs and may bring some discomfort. You will need to spend one or two hours at higher altitude in order to properly acclimatize yourself, so the lunch break will take place at Lava Tower itself. The afternoon part of the route climbs slightly before descending to Moir Hut Camp. Your guide may decide to bypass Lava Tower altogether, taking the porter trail instead, if any of

the members of the group do not appear to have acclimatized properly. In this case the highest altitude reached will be 4,400, rather than 4,630 metres.

Change in Elevation: Shira 2 Camp (3,900 m) — Lava Tower (4,630 m) — Moir Hut (4,200 m)

Hiking distance: 14 km

Hiking time: 5–7 hours

Day 5 Trekking from Moir Hut to Buffalo Camp

On this day you will have a rather long but at the same time easy trek. After a short steep climb out of Moir Valley you will start going around the northern slope of Kilimanjaro, and just like on the way to Lava Tower the path will be full of highs and lows, without any steep gains in altitude. This route passes close to the border with Kenya, so you will be treated to amazing views of the Tsavo and Amboseli Valleys.

Change in Elevation: Moir Hut (4,200 m) — Buffalo Camp (4,020 m)

Hiking distance: 12 km

Hiking time: 5–7 hours

Day 6 Trekking from Buffalo Camp to 3rd Cave Camp

You will finish trekking up the northern slope of Kilimanjaro and stop for the night in 3rd Cave Camp, where the route will meet up with the traditional Rongai route. On this day the trekking will be shorter than on the day before, and by this time your body will already have become completely acclimated to an altitude of 4,000 meters, which will contribute to your general feelings of well-being.

Change in Elevation: Buffalo Camp (4,020 m) — 3rd Cave Camp (3,870 m)

Hiking distance: 8 km

Hiking time: 4–6 hours

Day 7 Trekking from 3rd Cave Camp to School Hut

On this day you will be trekking to the School Hut Summit Camp (4,750 m). The actual trekking is not very hard, so remember to just choose an appropriate pace in order to keep your strength up for the trekking to Kilimanjaro's summit. When you reach the camp, we recommend you sleep well, avoid strenuous activity and drink as many fluids as you can, because that very night you will complete the trekking to Uhuru Peak (5,895 m).

Change in Elevation: 3rd Cave Camp (3,870 m) — School Hut (4,750 m)

Hiking distance: 5 km

Hiking time: 4–5 hours

Day 8 Ascent to Uhuru Peak and Descent to Mweka Camp

Safety being the primary consideration during any summiting attempt, one guide will be nominated per every two climbers. His main responsibility is the monitoring of his designated clients' health on the trek to Uhuru Peak's 5,895 m. The climb, which starts at School Hut's 4,750 m around midnight, though relatively easy technically, poses a challenge due to high altitude. A walk upon the nearest glacier is an option upon successful summiting.

The group then descends to Barafu Camp for a two-hour lunch and rest break. The day ends at Mweka Camp's 3,110 m.

Please keep in mind, that 9/10 accidents occur during descent. Mind your step to avoid potential falls, breaks and damaged toes.

Change in Elevation: School Hut (4,750 m) — Uhuru Peak (5,895 m) — Mweka Camp (3,110 m)

Hiking distance: 19 km

Hiking time: 10–14 hours

Day 9 Return to Mweka Gate from Mweka Camp

Millennium Camp sits amidst a tropical rainforest. The lower altitude and feelings of accomplishment from having reached the summit make for a good night's rest there. Hot breakfast is followed by your final descent to the Park's exit gate- Mweka, at 1,650 m. This final stop before your transfer to our offices to receive your accomplishment certificates presents a good opportunity to recap the adventure with your support team. Finally, you will be driven to your hotel for a well-deserved rest.

Change in Elevation: Mweka Camp (3,110 m) — Mweka Gate (1,650 m)

Hiking distance: 8 km

Hiking time: 4–5 hours

Day 10 Departure

Rest and recuperation at the hotel before your transfer to the airport.

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.*

The price starts from 3060\$ per person

PRICE INCLUDE:

- Accommodation after the trekking
- Transfer to and from the base of the mountain
- Northern Circuit route trek as itinerary depicts 9 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.