

# Ultimate Kilimanjaro®

THE #1 GUIDE SERVICE ON MOUNT KILIMANJARO

WITH A **DECADE OF EXPERIENCE**, WE HAVE A PROVEN EXPERTISE ON KILIMANJARO. WE LEAD OVER 150 CLIMBS PER YEAR WITH MORE THAN 1,000 CLIENTS CLIMBING WITH US ANNUALLY. LITERALLY THOUSANDS OF CLIMBERS HAVE STOOD ON THE TOP OF KILIMANJARO WITH US.



## FEATURED IN

Ultimate Kilimanjaro® is an authoritative expert in the industry. We have been featured in best selling books, award winning documentaries, television shows, international magazines and newspapers.

The Washington Post

CNN

USA TODAY

THE HUFFINGTON POST

IBTimes

YAHOO! TRAVEL

GQ

Esquire

## SUMMARY

Mount Kilimanjaro is the tallest peak in Africa, rising 19,340 feet over Tanzania's rift valley. The stratovolcano began forming a million years ago as eruptions laid repeated layers of volcanic ash, lava and pumice in the area.

Kilimanjaro is made up of three volcanic cones: Shira, Mawenzi and Kibo. The highest point is called Uhuru, which means "freedom" in Swahili. Its massive, snow-capped peaks have long enticed adventurer seekers from around the world. Currently, over 30,000 people climb Kilimanjaro every year.



## IS THIS TRIP FOR YOU?

*Climbing Kilimanjaro is a serious feat but can be accomplished by nearly anyone with a reasonable degree of fitness and health. Kilimanjaro is a "walk up" mountain, meaning no technical skills or equipment are required.*

## OUR GUIDES

The importance of having competent, high quality guides cannot be overstated when it comes to climbing Mount Kilimanjaro. Ultimate Kilimanjaro® has the best local guides with unrivaled experience and competence. Most have climbed well over 100 times. Our guides are among the most talented and respected professionals in the industry.



## OUR EQUIPMENT

We provide state of the art, four-season tents, built for the toughest alpine conditions. Our Mountain Hardwear tents are warm, waterproof and roomy - perfectly suited for your Kilimanjaro adventure. Each three-person sized tent will comfortably house two climbers and their gear. A sleeping pad is provided to all climbers. Sleeping bags and trekking poles are available for rent on location in Tanzania. We also provide private toilets on all of our climbs.

## MEALS ON THE MOUNTAIN

Breakfast, lunch and dinner are served everyday in a dining tent - complete with chairs, tables, dinnerware and silverware. Our mountain chefs prepare the meals which have been specifically created to help you climb. The meals consist primarily of high energy carbohydrate foods such as rice, potatoes and pasta. Fresh fruit and vegetables accompany every meal. We resupply the team with fresh food throughout the climb.

### Sample meal



#### BREAKFAST

tea, coffee, hot chocolate | toast, biscuits with margarine, jam, peanut butter, honey | eggs, sausages or bacon | porridge or pancakes | fresh fruit: mango, orange, pineapple, banana, avocado or watermelon



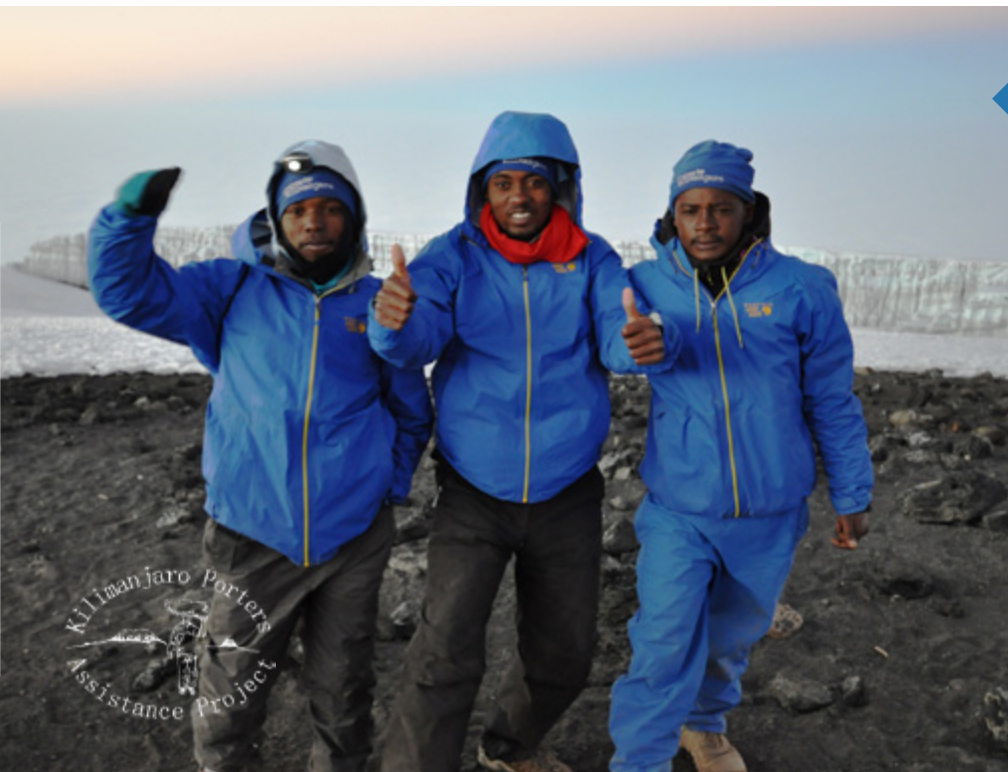
#### LUNCH

tea, coffee, hot chocolate | vegetable soup | bread, biscuits or pancakes with jam, peanut butter, honey | chicken curry, rice, chapati, green beans | snack: peanuts, popcorn, cake, cookies | fresh salad: tomato, cucumber, onion, carrots, green peppers



#### DINNER

tea, coffee, hot chocolate | vegetable soup | bread, biscuits or pancakes with jam, peanut butter, honey | spaghetti with meat sauce | potatoes, rice, pasta | fresh vegetables: carrots, peas, tomato, beans, greens



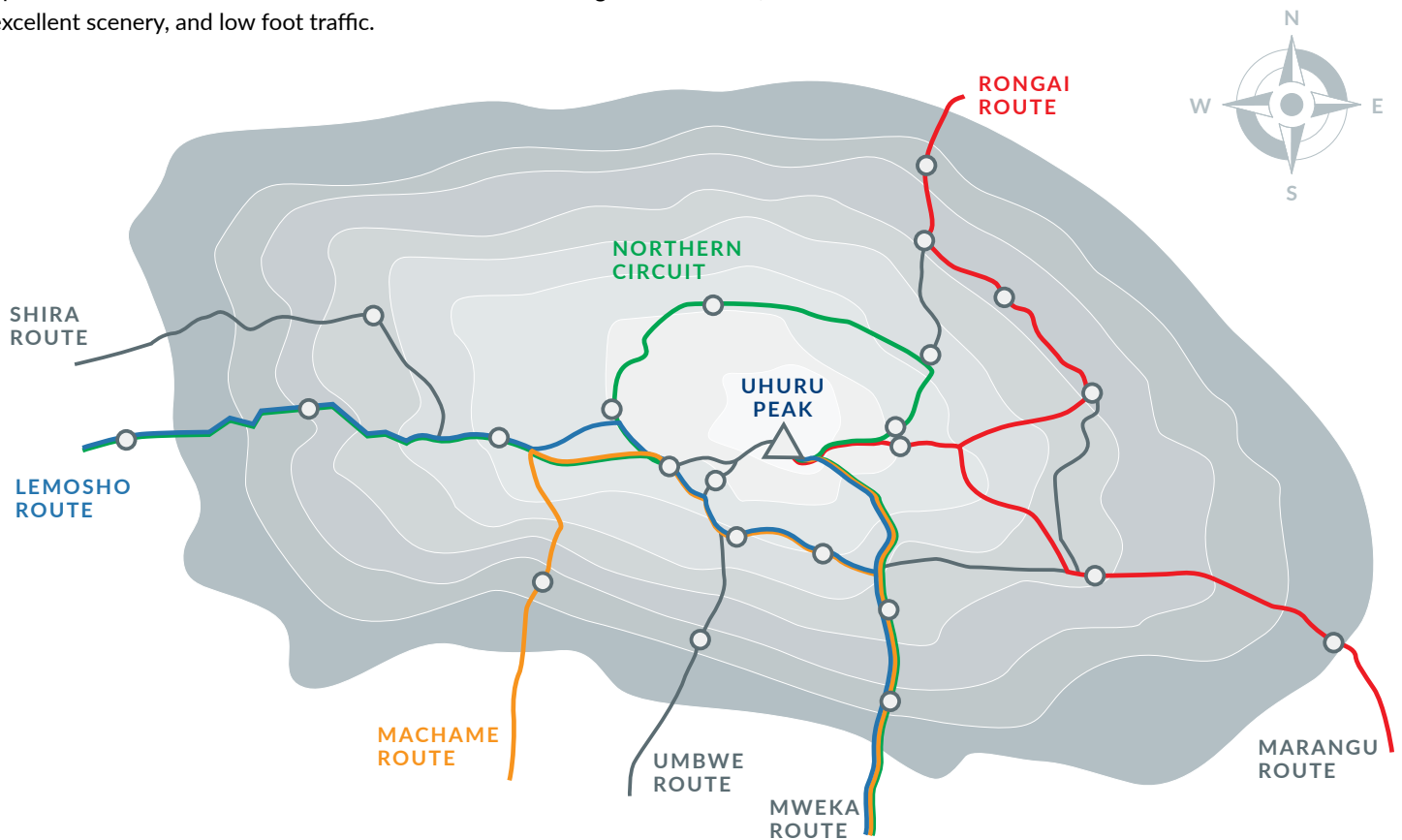
## RESPONSIBLE TOURISM

The Kilimanjaro Porters Assistance Project (KPAP) is an independent organization whose mission it is to protect porters from mistreatment on the mountain. KPAP monitors climbing companies and recognizes those with fair treatment practices.

Ultimate Kilimanjaro® is a proud KPAP partner company and one of KPAP's strongest supporters. We strive to have the best guides and porters through fair and honest treatment of our staff.

# KILIMANJARO ROUTES

There are seven established routes on Kilimanjaro. However, we prefer to operate on those with the most favorable combination of high success rates, excellent scenery, and low foot traffic.



## RECOMMENDED ROUTES



### NORTHERN CIRCUIT

Kilimanjaro's newest route offers excellent views from all sides of the mountain. Also, as the longest route, the Northern Circuit has the longest acclimatization time, giving you the highest chance of reaching the summit.

**Success Rate:** High / **Rec. Days:** 9 / **Difficulty:** High  
**Scenery:** Excellent / **Crowds:** Very Low



### LEMOSHO ROUTE

Considered the most scenic route on Mount Kilimanjaro, Lemosho is the route of choice for us and our clients. It has an ideal balance of beautiful scenery, low crowds and a high success rate. Our favorite route.

**Success Rate:** High / **Rec. Days:** 8 / **Difficulty:** High  
**Scenery:** Excellent / **Crowds:** Medium



### RONGAI ROUTE

As the only route that approaches Kilimanjaro from the remote north, Rongai has fewer visitors and a more gradual ascent making it a great, quiet alternative to Kilimanjaro's more challenging routes.

**Success Rate:** Very Good / **Rec. Days:** 7 / **Difficulty:** Medium  
**Scenery:** Very Good / **Crowds:** Low



### MACHAME ROUTE

Known as the "Whiskey" route, Machame is the most popular route on the mountain. The Machame route is scenically stunning and varied. However, due to the heavy crowds, it loses some of its splendor.

**Success Rate:** Very Good / **Rec. Days:** 7 / **Difficulty:** High  
**Scenery:** Excellent / **Crowds:** High

# WEATHER ON KILIMANJARO

Mount Kilimanjaro's proximity to the equator means that this region does not experience the extremes of winter and summer weather, but rather dry and wet seasons. The best times to climb are during the warmer and drier months.

MONTH	TEMPERATURE	PRECIPITATION	CLOUDINESS	CROWDS
👍 January	☀️☀️☀️	💧💧	☁️	👤👤👤
👍 February	☀️☀️☀️	💧💧	☁️	👤👤👤
March	☀️☀️	💧💧💧	☁️☁️	👤
April	☀️☀️	💧💧💧	☁️☁️☁️	👤
May	☀️☀️	💧💧💧	☁️☁️☁️	👤
👍 June	☀️	💧💧	☁️☁️	👤👤
👍 July	☀️	💧💧	☁️	👤👤👤
👍 August	☀️	💧	☁️	👤👤👤
👍 September	☀️☀️	💧	☁️	👤👤👤
👍 October	☀️☀️	💧	☁️☁️	👤👤
November	☀️☀️	💧💧💧	☁️☁️	👤
👍 December	☀️☀️	💧💧	☁️☁️	👤👤
👍 Recommended				

# GEAR LIST

Climbers must be prepared for all types of weather on the mountain no matter when they are climbing. Clients are responsible for bringing personal gear and equipment. Below is a partial list of required gear.

## TECHNICAL CLOTHING

waterproof jacket | insulated jacket | soft jacket | long sleeve shirt | waterproof pants | hiking pants | fleece pants | long underwear

## HEADWEAR

brimmed hat | knit hat

## ACCESSORIES

sunglasses | water bottle | water bladder

## HANDWEAR

warm gloves

## EQUIPMENT

sleeping bag | head lamp | duffel bag | daypack

## FOOTWEAR

hiking boots

Our porters will carry most of your belongings from camp to camp. You only need to hike with a small daypack.

# DAILY SCHEDULE

Each morning, your guides will facilitate a 6:30 AM wakeup call with a hot drink. You will have some time to get dressed and pack before breakfast. The hiking typically begins around 8 AM. Throughout the day, the group will take short breaks as well as stop for lunch. The hikes are typically completed by 4 PM and dinner is served around 6 PM. After your meal your guide will discuss the next day's itinerary.

Summit day is a tough, 11 to 16 hour day. Preparation begins the night before with an early dinner. The wakeup call is around midnight. After a light snack, you will ascend to the peak. At the summit, a short time is spent celebrating and taking photos, before descending to a lower camp for lunch. Afterwards you continue down the mountain to the final campsite.



# CLIMB TRAINING

*The climbers that fare the best on Mount Kilimanjaro are the ones that prepare adequately. You should start training for climbing Kilimanjaro at least two months prior to your departure to get yourself in the best possible hiking shape.*

## SAFETY FOCUSED

Your safety is the highest priority for us. Our clients put their lives in our hands and trust us to keep them safe; we do not take that responsibility lightly.

Climbing Kilimanjaro is dangerous. Every year, approximately 1,000 people are evacuated from the mountain, and approximately 10 deaths are reported. The main cause of death is acute mountain sickness (AMS).

**A successful summit is usually a question of how well a climber can acclimatize to the high altitude, rather than the climber's ability to ascend. Climbers who acclimatize well to the altitude have a great chance of making it to the top.**

## ACUTE MOUNTAIN SICKNESS

AMS is caused by reduced air pressure and lower oxygen levels at high altitudes. In most cases, symptoms are mild. Symptoms of mild to moderate acute mountain sickness may include:

- » Difficulty sleeping
- » Dizziness or light-headedness
- » Fatigue
- » Headache
- » Loss of appetite
- » Nausea or vomiting
- » Rapid pulse (heart rate)
- » Shortness of breath with exertion

Ultimate Kilimanjaro® guides can recognize and treat altitude-related illnesses and have the tools to make critical medical and evacuation decisions. Our team is well prepared to handle any situation.

Our guides:

- » are highly experienced in preventing, detecting, and treating altitude sickness
- » conduct twice daily health checks to monitor oxygen saturation and pulse rate
- » are certified Wilderness First Responders
- » carry emergency oxygen and a portable stretcher at all times



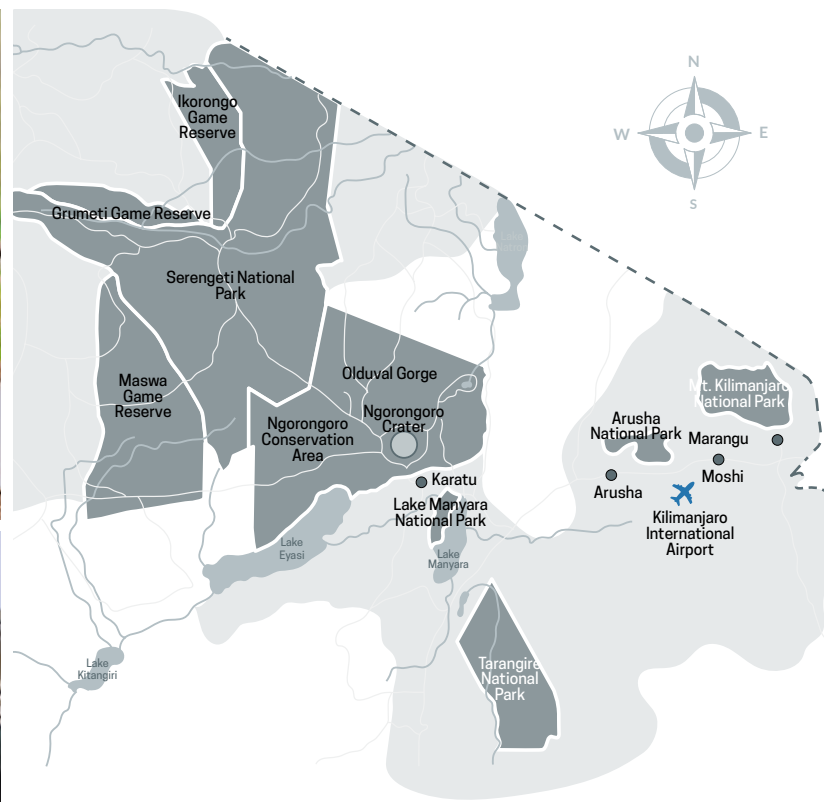
## ACCLIMATIZATION RECOMMENDATIONS

- » Ascend slowly
- » Do not overexert yourself
- » Take slow, deliberate deep, breaths
- » Climb to a higher altitude during the day and sleep at a lower altitude at night
- » Eat a high calorie diet and drink four-five liters per day while on your climb



## SAFARIS

*Don't miss out on an ultimate safari extension! Tanzania is a mecca for game viewing. Our professional safari guides are experts in local wildlife. We have a fleet of well-maintained four wheel drive safari vehicles with custom pop up roofs for the best game viewing. Join us for an unforgettable close encounter with Africa's most majestic animals.*



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