
Kilimanjaro Climbing Itinerary

Machame Route

7 Days & 6 nights



Day	Destination	Description	Accommodation
1	Machame Camp 3020m	Departing, after breakfast, from Mai Kilimanjaro Home Stay . Trek from Machame Gate (1828m) to Machame camp (3020m). The distance is 10.8km, over 1200m of elevation gain. Today can be quite tiring, particularly the final two hours. Hot lunch will be served on the way! You will enjoy the dense tropical rain forest of Kilimanjaro, with many bird calls and local flowers, such as the Impatiens kilimanjarica.	Machame Camp
2	Shira Camp 3847m	Trek from Machame Camp to Shira camp (3847m) on southern edge of Shira plateau . It is normal to experience mild headaches on this day which should be alleviated with paracetamol. Those choosing to take Diamox should begin their course this morning with half a tablet (125mg) in the morning and the other half with supper in the evening. Distance is 3.7km. After arriving in Shira camp, you will have time to rest, then you will take an acclimatization walk with your guide. If the weather is clear, you will enjoy a nice view of Mt. Meru and the cultivated zone of Kilimanjaro. Also, there are many beautiful flowers on the way, such as Red-hot poker .	Shira Camp
3	Barranco Camp 4642m	Trek from Shira camp to Barranco camp (3984m) via Lava Tower (4642m) where the views are excellent. Lunch is normally taken at the foot of the Lava Tower. Distance from Shira to Lava Tower is 7.0km and distance from Lava Tower to Barranco is 3.7km. Today you will reach a good acclimatization point , which will prepare you for summiting day. You will have a nice view of Arrow Glacier and Barranco Valley . You will hear the river flowing from the glacier!	Barranco Camp
4	Barafu Camp 4681m	Trek from Barranco camp to Barafu camp (4681m) via the 257m high breach wall across the valley from Barranco. You should be aware that there are three rises and falls before reaching Karanga camp where we have lunch at 4040m. From Karanga the route ascends 640m to Barafu. You may not feel like eating but please endeavor to do so as you will need the energy reserves. Distance from Barranco to Barafu is 9.4km. During the dinner time please discuss your physical condition and preference with your guide. Please eat slow and copiously and ensure you keep asking the staff for more fluids. You are advised to get all your gear ready for the summit bid before you go to sleep this evening.	Barafu Camp

5	Barafu Acclimatization 4681m	<p>This day is designed for acclimatization.</p> <p>We advise you to rest and nap today, eat well, drink a lot of water, and conserve energy for summiting. You can now discuss with your guide if you choose a summit day from the following morning or will lead you on 2 acclimatization hikes, one at sunrise and one at sunset.</p> <p>During the dinner time please discuss your physical condition and preference with your guide. Please eat slowly and copiously and ensure you keep asking the staff for more fluids. You are advised to get all your gear ready for the summit night before you go to sleep this evening.</p>	Barafu camp
6	Summit! 5895m & Mweka Hut 3090m	<p>Around midnight (your guide will judge the time that is optimal for you based on your pace thus far) quit camp for the assault via Stella Point (5752m) to the summit. Tonight, is very difficult –particularly the final 500m and you will need to commit to fight for the summit. However, you can overcome any negative thoughts with perseverance.</p> <p>After the summit return to the camp (Barafu camp) rest for 1-2 hours. You will have brunch and descend to Mweka Hut (3090m).</p>	Mweka Hut
7	Mweka Gate	<p>After having breakfast, you will descend to Mweka Gate (1641m), passing again through forest zone, where you may spot the black and white Colobus monkey!</p> <p>You will be able to be rewarded a certificate (if you have reached the summit).</p> <p>Enjoy a long overdue, hot shower, dinner, and celebrations in Chagga house!!</p>	<u>Mai Kilimanjaro Home Stay</u>
Inclusive		Transfers, 2 nights before and after the climb at Mai Kilimanjaro Home Stay, climbing gears, hut and camping fees, park fees, rescue fees, all meals on the mountain, and salaries for guides and crew.	
Not included		Tips, alcohol and beverages, flights, visas and PCR test, meals at Mai Kilimanjaro Home Stay.	