

MOUNT KILIMANJARO

Trip information



Thank you for booking your trip to climb Mount Kilimanjaro with Adventure Alternative!

This pack should provide all of the practical information you need to prepare for, and enjoy, your trip. The route we normally run is the Machame Route but we can guide all routes, just call us for extra information.

We have been guiding on Kilimanjaro for many years now and we have our own team of trusted and proven porters, guides and cooks. Our reputation is second to none with a 100% safety record and we don't outsource our services at all, so there are no middlemen, and we endeavour to ensure there are no hidden costs.

Insurance

We can provide your insurance policy for the trip, which is underwritten by Travel & General, of which we are an accredited agent. You can ask to have your premium added to your invoice, and we can send you the policy either by email or in hard copy.

Vaccinations and bugs

You will need to visit your GP prior to your trip to discuss vaccinations; we recommend tetanus and hepatitis A & B. You do not need yellow fever to enter Tanzania unless you are entering from another country where yellow fever is prevalent. There is no incidence of malaria on Mount Kilimanjaro (it is too high and cold, so there are no mosquitoes), but you will be advised to carry some anti-malarials for the lower regions and if you go on safari.

You will find on Mount Kilimanjaro that there are no insects or creepy crawlies, it is too high and too cold. You may see some striped dormice, lots of crows and birds, but very few large animals and no insects.

Fitness:

The trek is challenging but feasible, requiring good fitness, as well as an understanding of good practise on high mountains. Your fitness schedule should include plenty of hill-walking and swimming to build up stamina, as well as weekly gym work. Our programme is sufficiently slow and gradual to ensure a high success rate with no acclimatization problems. If you are a regular hill walker and active then there should be no necessity to embark on a strenuous training programme other than perhaps some extra work on the thigh and calf muscles because the final day is consistently uphill and some sections are on loose scree.

For somebody who is not a regular hill walker then the best advice is to go hillwalking for at least two months prior to the trip, carrying a daysack and getting used to new boots perhaps. Step machines are good training also, and consistent legwork with small weights. Swimming helps cardio-vascular fitness but the muscles used for swimming are different to those for hiking, so ensure a range of training that works out the whole body. You are not training for a marathon, but clearly this is a big physical challenge and being fit is part of the preparation.

Flights

You will need to buy a flight to Kilimanjaro International Airport in Tanzania. KLM seems to be very popular (daily via Amsterdam from either Dublin or London), but also Kenya Airways (daily via Nairobi), Virgin (daily via Nairobi), or Ethiopian airlines (via Addis Ababa). We operate a key account with STA Travel for all flights and you can call them on 0871 468 0678, mentioning Adventure Alternative.

Note that flights via Nairobi can involve an overnight stay; there is a change of airline for the short hop to Tanzania. International flights take about 9 hours and Tanzania is +2 hours GMT.

Baggage

Do get your bags checked in all the way to Kilimanjaro Int airport and do mark your bags clearly with your own name and address and your address in Tanzania which is 'Keys Annexe Hotel, Moshi, Tanzania'.

If you are taking the Nairobi to Kilimanjaro flight with Precision Airways then you will need to identify your luggage on the tarmac before they load it onto the plane at Nairobi; make sure your bags go on with you, otherwise it can take two days to get them sent on.

Visa

You can buy your visa on arrival in Tanzania very easily. For British passports it is US\$50. It is necessary to buy your visa with US dollars, but this is the only time you will need this currency. You do not need a passport photograph.

Money

The local currency is the Tanzanian shilling and the rate fluctuates around 1000 to 1200 to the US dollar. There is an ATM in town which takes Visa and Mastercard, and there is a bank although we do not recommend travellers cheques because it can be a slow process to cash them. You can take any European currency with you and change it in many places, including small amounts at the hotel desk. Your only requirement for dollars is to purchase the visa on arrival, but everything else you can pay in local currency. Note that tips to staff must be paid in local currency (see 'Tips').

Transport to Hotel

This cost is not included in your invoice to Adventure Alternative. You can pay Castro £10 one way directly to him in any currency. If you choose to take an airport taxi it will cost you US\$60 one way.

Contact and communication

Your Adventure Alternative representative is Castro Kapela, and his telephone number is +255 713 532542.

Your own mobile phone should work all the way up the mountain (slightly dependant on which network you are using) as long as you have roaming access. Please note you cannot charge batteries anywhere on the mountain.

How much will you carry?

We use porters to carry the bags and the gear and the food, but you will be expected to carry a day sack with some of your own personal equipment which you need for the day such as water, spare clothes, camera and waterproofs. This is never more than 5 or 6 kgs. Every person will have their own porter carrying their bag so nothing ever gets lost.

Trip exclusions and inclusions

Includes:

All pre-expedition organisation and staffing in UK and Tanzania
3 nights in the Keys Annexe Hotel in Moshi (twin or double beds, continental buffet breakfast)
Mountain entry permits, mountain overnight camping permit, mountain rescue fees
Tanzanian guides and porters, staff entry for mountain
All fresh meals on the mountain
2 man mountain tents, mess tents, tables and chairs, summit certificate.

Excludes:

Air travel to Kilimanjaro International Airport, Tanzania
Airport pick up/drop off - £20 for a return journey paid to Castro Kapela on arrival
Visa for Kenya or Tanzania - \$50 for UK citizens – paid in dollars
Travel insurance - £71.50 with Adventure Alternative, you can add this to your trip fee
Meals in Moshi (lunches and dinners) ~ £25 payable in local Tanzanian shillings
Tips ~ £25 payable in local Tanzanian shillings

Optional extras

Single room supplement - £40 per person
Extra nights in the hotel if necessary- £30 per room

Add-ons to your climb of Kilimanjaro:

Mt Meru – a 5 day expedition to climb this mountain nearby for acclimatisation - £595.00

Serengeti Safari:

Parks visited: Ngorongoro Crater, Lake Manyara, Tarangire (4 days, 3 nights). This holiday is a perfect way to see amazing wildlife in the most spectacular location in East Africa. Ngorongoro is rightly famous as the densest population of animals in a specific area, in this case a remarkable perfectly formed crater.

Option 1: Accommodation at the comfortable 3* Twiga Camp (twin/dbl rooms), daily game drives, meals cooked by our safari staff and safari vehicle provided.

Cost: £450.00 per person all-inclusive (£100 single person supplement)

Option 2: Accommodation at the luxury 5* Lake Manyara Safari Lodge and Ngorongoro Wildlife Lodge (twin/double rooms, full board) daily game drives and safari vehicle provided.

Cost: £580.00 per person all-inclusive (£260 single person supplement, + additional 20% for peak season in August, December, January).

Zanzibar – we can also arrange your trip to the famous spice island with a variety of accommodation opportunities and activities. Contact us for more details and prices of hotels available.



Hotel

The Keys Annexe Hotel in Moshi is comfortable and safe. You are about 10 minutes by taxi from town. There is a swimming pool and internet room.

- The hotel have their own taxi service and it takes about 10 minutes into Moshi.
- Your room includes a buffet continental breakfast, but you can order additional items e.g. fried breakfast, for around 2500/- TzSh
- A buffet dinner at the hotel is available, but you need to pre-order your place.
- You can leave clothes safely at the hotel while on the mountain. Just put them in a spare bag and fill out a baggage tag at the desk. Do bring a loose bag for this purpose.
- There is a notice board near the front desk where Castro can pin up any information.
- There is a laundry service and it normally takes about a day to get clothes back. If you are heading on safari after the climb make sure you check that clothes will be dry on time since wet clothes are hung on the line.
- You can put extra purchases such as laundry, drinks and food on your room; please make sure to pay before you leave. The hotel takes all major credit cards.
- If you want to book extra nights for yourself then a room costs \$50.00.
- The hotel will change small amounts of foreign currency for you.

Personal expenses while in Moshi.

In general about £75 is enough for personal expenses.

- A lunch will cost around 3000 – 4000 TzSh, and a dinner can be 7000-9000 TzSh in town. Drinks are quite cheap with a beer costing about 2000 TzSh.
- A taxi to town should cost about 6000/- TzSh
- There will be many hawkers at the park gates selling T-shirts, hats, maps and the like; they are all quite overpriced but haggle hard! You might pay 15,000TzSh for a T-shirt.
- The hotel desk has a laundry list with prices.
- Internet is cheaper in town and has a better connection. Expect to pay around £2 per hour.
- Souvenirs are plenty in Moshi and everything is negotiable!
- Tips for guides and porters is about 45,000TzSh, but please change this to local currency before going up the mountain.
- Equipment hire: estimate about 6000 TzSh per item if you need to hire something

Tips

We pay excellent salaries, in fact the highest rate recommended by the National Park. We also supply food for the porters, transport to and from Moshi, good food and equipment. However, over time tips have become a mandatory gesture because of exploitation by less ethical companies so it is now a custom to reward their hard work at the end of the trip with a tip. The normal amount is £25-£30 per Westerner.

- Please prepare your tips *before* going on the mountain by changing any money into local currency and in 5000 or 10,000 denomination notes.
- Please give your tips as a group *only* to Castro when you meet him on the last day at the gate when he meets you.
- Please do not give a special tip to an individual porter or guide. This breeds suspicion and encourages them to pester you for more money.