Kilimanjaro

Expedition Information Pack

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Why Choose Earth's Edge:

Our mission is to support you in exploring our incredible world and experiencing life-changing adventures in the safest way possible. We are passionate about protecting the planet and improving the lives of those we meet along the way.

- We are a **100% Irish-owned small business.** Our founder, James McManus, is passionate about climbing mountains, and his extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- We're the only company to have a **dedicated expedition doctor** on every trip, providing you with peace of mind knowing you're in safe hands from start to finish.
- Our **exceptional expedition leaders** are true experts in their region, passionate about sharing their first-hand knowledge about the local culture, history, and geography while ensuring we consistently deliver unforgettable experiences.
- We keep **group sizes small** to minimise our environmental impact and foster a strong group dynamic. Whether you're travelling solo or with friends or family, our small group sizes provide the perfect opportunity to bond over shared experiences and create lasting friendships.
- We run a **pre-departure training weekend** two months prior to each expedition. It includes a detailed expedition brief, two training hikes and expert advice from an experienced mountain guide. It's also a great opportunity to meet your fellow adventurers!
- We're here to **support you every step of the way.** Our friendly office team is available to answer any questions you have by phone, e-mail or video consultations. Each team member participates in an expedition every year, ensuring they can share up-to-date advice and insights drawn from their own first-hand experiences.

- Booking an Earth's Edge expedition entitles you to a discount from our **equipment partners** at Great Outdoors to ensure that you get the best gear for your expedition.

- **Responsible travel** is at the core of what we do at Earth's Edge. As a Certified B Corp company, we are committed to using our business as a force for good; to support our communities both locally and worldwide as well as creating more environmental awareness.

We have a number of environmental programmes and community projects, including;

- A yearly scholarship that gives porters the opportunity to become guides on Kilimanjaro.
- Our clients in Nepal help to remove waste from Sagarmatha National Park through the Carry Me Back Program.
- We collect clothing and gear donations for our amazing porters on Kilimanjaro.
- We are striving to increase the number of female staff across our expeditions.

To read more about our sustainability practices, please visit our responsible travel page.

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Description & Detailed Itinerary:

Kilimanjaro is not only Africa's tallest mountain standing at 5,896m, it is also the **highest free-standing mountain in the world.** Kilimanjaro is, in fact, a huge crater known as *Kibo*. It is over 2km wide with several distinct cones - the highest being Uhuru Peak. The name Kilimanjaro is believed to come from Swahili, with Kilima meaning 'hill' or 'little mountain' and Njaro meaning 'white' or 'shining' – a perfect reflection of this beautiful peak.

Our **10-day itinerary** includes **7 days of trekking** on the Machame Trail. This timeframe allows for greater acclimatisation and increases the chance of a successful summit. The route is rich in biodiversity; we start in scrublands thick with African wildlife and then move into lush forests before experiencing the flowering alpine tundra at the higher elevations. Above 4,500m we encounter more snow and rock as we approach the summit. **Unlike most companies** who spend their last night before summiting in Barafu Camp, we stay in **Kosovo Camp** - a much quieter camp which is 120m higher up the mountain, cutting an hour off our summit night!

This trek is suitable for people with a good level of fitness who enjoy challenging themselves. It is not a technical peak and **no mountaineering experience is required** to make it to the summit.

The expedition leader and doctor work alongside our incredible Earth's Edge team of guides and porters to deliver an exhilarating experience each and every day on the trail. The morning ritual of native song and dance gets the blood pumping in the early sunlight and shouts of *"pole, pole!"* ("slowly, slowly" in Swahili) will accompany you throughout the day and help you reach the top! There's also a free day at the end of your trip where you can get some R&R or go on an **optional one day Safari** in Tarangire National Park (see below for more details).

Day 1: Arrive in Tanzania.
Arrive at Kilimanjaro International Airport (JRO). Transfer to our hotel in Arusha and then relax for the rest of the day. Have an expedition briefing before dinner. Overnight hotel.

Day 2: Drive Arusha to Machame Gate and trek to Machame Camp, 7 hrs.
After breakfast and meeting your Earth's Edge guides, we drive for just over an hour to Machame Gate (1,828m). At the gate we register with the National Park and then meet our team of porters. Once we start walking, it's not long before we enter the tropical rainforest. Depending on how much rain there has been, the trail can be quite muddy. After some time we stop for lunch and then continue on to Machame Camp in the afternoon. By the time we reach the campsite, the porters will already have set up your tent and the cook will be preparing dinner. Most people are quite tired after the first day's walk, so we advise an early night. Overnight camp. Altitude 2,980m.

Day 3: Trek Machame Camp to Shira Camp, 6 hrs.
After breakfast, we leave Machame Camp and follow a steep trail all the way to the Shira Plateau. We stop for plenty of rest breaks and photos throughout the day. We are rewarded with great views of the western breach with its stunning glaciers. We set up camp in the early afternoon and relax for the rest of the day. Overnight camp. Altitude 3,840m.

Day 4: Trek Shira Camp to Barranco Camp, 7 hrs.
We leave Shira Camp and walk east towards Lava Tower, a huge rocky outcrop. After five hours of walking along a rocky trail, we have lunch just before Lava Tower, allowing us extra time at this higher altitude. By walking to Lava Tower we reach 4,630m before walking back down to Barranco Camp. This jump in elevation greatly helps us with acclimatisation and is key to a successful summit attempt. After lunch we descend 680m over 2 hours to set up camp below the Barranco Wall. Today's route has stunning views throughout. Overnight camp. Altitude 3,950m.

Day 5: Trek Barranco Camp to Karanga Camp, 5 hrs.
The day starts by walking up and over the Barranco Wall, which is not quite as hard as it looks! Upon reaching the top, we are rewarded with great views of Kilimanjaro, the Heim Glacier, and the surrounding landscape. The trail then enters the Karanga Valley, with many short ascents and descents as we cross many small streams. We set up camp just after the Karanga River. Spend the afternoon relaxing, chatting to fellow trekkers, guides, and porters. Overnight camp. Altitude 4,000m.

Day 6: Trek Karanga Camp to Kosovo Camp, 5 hrs.
After breakfast we walk along a ridge towards Barafu Camp. We set an easy pace to ensure good acclimatisation. As we gain altitude, the landscape becomes completely barren and free of vegetation, quite an inhospitable environment. After about three and half hours we reach Barafu Camp, where we need to register with the park rangers. After a short rest, we continue

on a steep trail to reach the much quieter Kosovo Camp. Because of the elevation, this campsite is colder than previous camps, but the views are amazing. We spend the afternoon resting, eating, and preparing for tomorrow's summit day. Your expedition leader will give you a full summit brief in the afternoon. We go to bed very early in preparation for the big day tomorrow! Overnight camp. Altitude 4,800m.
Day 7: Trek Kosovo Camp to Uhuru Peak to Millennium Camp, 14 hrs. We rise very early, usually around 12am, have some tea and snacks, and start walking. We keep a steady pace as we walk on steep scree to reach Stella Point (5,685m). For many trekkers, this six-hour walk is the toughest section of the day. We take a short rest at Stella Point to enjoy the sunrise. From Stella Point, it is a further 2 hours on an often snow-covered route to reach the top of Mt Kilimanjaro (5,896m)! All the effort is well worth it, as the feeling of standing on the roof of Africa is unforgettable! After a short stay at the summit we start the descent to Millennium Camp. After 3 hours, we arrive back at Kosovo Camp and enjoy a well-deserved rest and some food. We then walk for a further 4 hours to reach Millennium Camp. Overnight camp. Altitude 3,832m.
Day 8: Trek Millennium Camp to Mweka Gate and drive to Arusha, 6 hrs. After a hot breakfast, we walk downhill for 6 hours and finish our trek at Mweka Gate. From the gate we drive back to Arusha, stopping for lunch along the way, and enjoy a well-earned hot shower. The rest of the day is spent resting our tired bodies by the pool. In the evening, we enjoy a celebratory meal and some drinks at the hotel. Overnight hotel.
Day 9: Free Day in Arusha. A free day to relax by the pool, explore Arusha, or go on safari. For the safari, we will depart Arusha from the hotel very early in the morning for a 2 hour drive to Tarangire National Park. Overnight hotel.
Day 10: Depart Tanzania. Enjoy your final bit of relaxing or do some more exploring in Arusha before heading to the airport.

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Expedition Costs:

You can find our detailed expedition pricing on our website.

- A **deposit** of EUR/USD/GBP 399 is taken at the time of booking to secure your spot.
- A **part payment** of EUR/USD/GBP 1,000 is due six months prior to departure.
- The **final balance** can be paid in instalments, but is due 90 days prior to departure.

For up-to-date prices in GBP and USD, based on today's exchange rate, please visit our website.

Flights:

We'll share recommended flight timings that line up with our complimentary group transfers approximately 10 months pre-departure.

Please consult us before booking alternative flights to ensure you arrive in time for the expedition briefing on the first day. It is essential that you do not miss this meeting.

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Expedition Inclusions & Exclusions

Expedition Costs Include:

- Experienced expedition leader
- Experienced expedition doctor
- Training Weekend
- Earth's Edge team of guides and a full support team
- All accommodation based on twin sharing in hotels and camping for the duration of the itinerary
- Use of state of the art tents and Thermarests
- All meals and drinking water (except in Arusha where accommodation is based on B&B)
- A celebratory dinner at the end of the expedition
- All transport throughout the expedition
- National Park fees
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment, etc.
- An Earth's Edge buff for all participants

Expedition Costs Exclude:

- International Flights
- Personal travel insurance
- Mandatory Tanzanian inbound travel insurance
- Medical vaccinations
- Tourist visas
- Personal equipment
- Personal spending and tips
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges, and any costs arising out of unforeseen circumstances such as: bad weather, landslides, road conditions and any other circumstances beyond our control

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Spending Money & Tipping

Spending Money

We recommend that you carry **USD450 dollars** with you to Tanzania in mixed notes. There are some ATMs where you can withdraw cash using a credit card. Please try to bring dollars broken

up into small notes. It is difficult to find a place that will give you change for $100 and it is easier for the Expedition Leader to divide the tips equally if they have lots of **small notes**. Also, try to bring dollars that were **printed after 2014** if possible as these get a better rate of exchange in Tanzania - ideally, the newer the better.

Tipping

Earth's Edge are a proud partner of **KPAP (Kilimanjaro Porters Assistance Project)**. KPAP keep us up-to-date on best practice when it comes to tipping and porter welfare. They have advised us that at least **USD200 per client** is required for all of the team to receive an adequate tip. Please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip among all of our Earth's Edge team in Tanzania. The recommended spending amount above includes the tip for the Earth's Edge team.

Here is an example of how we divide the tip to give you an idea of what share of the tip each person gets on the mountain. Our average group size is 13 climbers plus our doctor = 14 people. We recommend everyone tips USD200. If everyone tips, that will give us a total tip amount of USD2,800 (13 x USD200 + USD200 as we tip on behalf of our doctor).

With a group of that size, our Earth's Edge team in Tanzania will be made up as follows and receive roughly the following share of tips.

Expedition Leader: 1 person	USD 175 x 1	= USD 175
Head Guide: 1 person	USD 165 x 1	= USD 165
Assistant Guides: 5 people	USD 130 x 5	= USD 650
Head Cook: 1 person	USD 130 x 1	= USD 130
Assistant Cook: 1 person	USD 120 x 1	= USD 120
Porters: 40 people	USD 38 x 41	= USD 1,560
	TOTAL	**= USD 2,800**

Please note the above figures are a guideline based on an average of 14 climbers. We ask our clients not to tip any of the Earth's Edge team directly as it's important that all of the team get their fair share of the tips.

The single most important thing one can do as a climber on Kilimanjaro is to book your climb with a KPAP partner company. Unfortunately, porters are still all too often mistreated on Kilimanjaro. When you book with the KPAP partner company, you can be sure the porters on your climb are treated fairly and that your visit to Tanzania has a positive impact on the local people and economy.

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Wildlife Safari:

As you are already going to be in Tanzania, why not take the opportunity to do a wildlife safari? Tanzania has some of the best stocked parks in the world, and our wildlife safaris receive great reviews! At Earth's Edge you have two options for wildlife safari:

One-Day Safari

It is possible to fit in a one-day safari without extending your stay in Tanzania. As per the itinerary, you have a free day in Arusha after the trek to spend as you wish. On this day, many people choose to go on safari in Tarangire National Park, which is very well stocked with game and home to the Big Five. This one-day safari costs €250, and includes transfers to and from the park, a safari guide, a packed lunch, bottled water, and entrance fees. *The safari must be booked and paid for a minimum of one month prior to departure.*

Three-Day Safari Extension

The second option is to do our three-day safari extension. This safari includes Tarangire National Park, Lake Manyara, and the Ngorongoro Crater. The package includes accommodation in safari lodges, all meals, park fees, game drives, a safari guide, and all transfers. Please get in touch with support@earths-edge.com for a quote.

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Training Weekends:

Before every expedition, we organise a training weekend where you'll have the chance to meet your fellow adventurers! Led by experienced guides, these weekends include a comprehensive expedition briefing, two training hikes, and invaluable advice covering everything from equipment to weather conditions. Not only are these events educational, but they're also enjoyable, set against the breathtaking backdrop of Glendalough, Co. Wicklow. Please note that food and accommodation for the weekends are not included.

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Safety Standards:

At Earth's Edge, your safety is our top priority. Each expedition is led by an experienced leader supported by a qualified doctor with a keen interest in adventure travel and expedition medicine.

Our expeditions are further supported by our dedicated Earth's Edge team of guides, cooks, drivers, and muleteers/porters, all selected for their skills, experience, and excellent references.

Our teams are familiar with the locations of local medical facilities and hospitals in each destination. While our doctor carries a comprehensive medical kit, we ask all participants to

bring a basic first aid kit as outlined in the equipment list. Always follow the guidance of your expedition leader to ensure a safe and enjoyable experience.

We recommend participants research local laws and customs before traveling to Tanzania. Up-to-date travel advice is available on the DFA website.

On expeditions, the most common cause of illness is gastroenteritis (Delhi Belly), often caused by poor personal hygiene. The good news is that it is easily avoided by practicing the following:

- Always **wash your hands** and **apply hand sanitiser** after going to the toilet and before touching food.
- Always **use drinking water** to brush your teeth and avoid ingesting water while showering or washing your face.
- Maintain a **healthy diet** and consider taking **multivitamins and probiotics** for one month before and during the expedition to help your body adjust to changes in your diet and keep you healthy throughout the expedition.
- **Drinking water** is provided by Earth's Edge on each day of the trek, this water is boiled and cooled. You may also wish to bring your own water treatment tables. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add a concentrated flavour drink.

To read more about our safety standards please visit our safety page.

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Special Offers:

- **Return Customer Offer** - If you have travelled with us before please visit our return customer page for details on what discount you are entitled to.
- **Refer a Friend Offer** - If you have a friend who wants to travel with us please visit our refer a friend page for details on our referral programme.
- **Group Discounts** - If you are booking as part of a group please visit our group discounts page for details on what discount you are entitled to.
- **Couples Offer** - If you are booking with a friend or partner please visit our couples offer page for details on what discount you are entitled to.

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Earth's Edge Team in Tanzania

Your team in Tanzania will be made up of an **experienced expedition leader, a head guide, assistant guides, porters, and cooks.** The expedition leader, guides, and many of the porters will speak English very well. However, some of the porters may be trainees, and therefore will have

limited English. Please be patient and respectful towards all staff. The porters on Kilimanjaro are notoriously friendly and extremely hard working people, and will go out of their way to assist you in reaching the summit. At Earth's Edge we take the treatment of our porters very seriously.

In December 2015 Earth's Edge became Ireland's first and only partner of the **Kilimanjaro Porter Assistance Programme (KPAP)** – www.kiliporters.org. KPAP is an American-run, Tanzanian-based NGO who campaign for porter welfare on Kilimanjaro. As you will understand when climbing Kilimanjaro, we are all so reliant on the hard work of the porters who carry loads on the mountain. They are the unsung heroes of all climbing teams, and without their help we would not be able to experience this wonderful mountain. The reality is that the porters are often impoverished Tanzanians who are dependent on this labour-intensive work to feed their families.

Unfortunately, the porters have very few working rights and are often exploited. All too often they are underpaid, poorly fed, overloaded, and don't have adequate clothing for the mountain. This is where KPAP comes in. KPAP send one of their staff on each of our Kilimanjaro climbs to independently audit how we are treating our porters. The four areas they focus on are as follows:

- That we provide our porters with three meals per day
- That our porters have adequate clothing for the mountain
- That our porters only carry a maximum of 20kg on the mountain (this is typically made up of a 15kg load plus 5 kg of their own clothing)
- That our porters are paid properly, and that we have a fair and transparent tipping process in place

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Porter Clothing Drive

There are two ways you can give back to the porters on Kilimanjaro with Earth's Edge.

Firstly, at the end of your climb, if you have any **suitable trekking equipment** that you no longer need, you can give it to your expedition leader and they will arrange for it to be **donated to our porters.** In particular, we're very keen to receive donations of clothing that would be suitable for our growing team of female porters!

Alternatively, when you return to Ireland, you can send any suitable trekking equipment that you no longer need to Earth's Edge, Unit C28 Wicklow Enterprise Park, P.O. Box 8, The Murrough, Wicklow, A67 EW24.

Please remember that we are only requesting equipment that you no longer need, so please don't feel pressured in any way to donate equipment that you still have a use for.

Or, if you can't donate but would still like to help out, we're always looking for clients travelling to Kilimanjaro who would be willing to **help us bring these donations from Dublin to Tanzania!** If

you're interested in being part of the Porter Clothing Drive in this way, please get in touch with us via support@earths-edge.com before you depart.

Here is a list of items the porters could use:

Clothing	Equipment
• Base layers (tops + bottoms) • Sports jerseys • Fleeces • Trekking pants • Rain jackets and rain trousers • Down jackets • Hiking boots/shoes • Sun hats and beanies • Buffs and scarves • Gloves and mitts • Hiking socks	• Backpacks • Duffel bags • Dry bags • Water bottles • Water bladders • Sleeping bags, sleeping bag liners • Sleeping mats • Gaiters If you have any equipment you'd like to donate to the porters that's not on this list, please get in touch with support@earths-edge.com first, to check suitability.

*Please ensure any donations are **clean and dry, in good and usable condition, and suitable for hiking.** The last thing we want to do is to add to the problem of textile waste. As a general rule, cotton is not a suitable fabric for our porter donations.*

Please visit the Porter Clothing Drive page for more information.

If you have any questions about tipping or porter welfare, please contact James (jam@earths-edge.com) at Earth's Edge HQ.

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Book Your Consultation

You can now schedule a free trip consultation with a member of the Earth's Edge team! We're happy to talk you through the itinerary, preparation and training, equipment, and anything else you'd like to know. Book your consultation here.

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Expedition FAQ:

Do you have a question that wasn't answered in this information pack? If so, please visit our FAQ page for a full list of frequently asked questions. If you can't find your answer there please contact us.