

Meru & Kilimanjaro Expedition Information Pack

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Why Choose Earth's Edge:

We are the only company in the world who have an experienced expedition leader and doctor on all expeditions while keeping group sizes sustainably small.

- A highly **experienced expedition leader** leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An **expedition doctor** accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury, they will be there to provide immediate medical care.
- We keep **group sizes small** to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

To read more about our safety standards please visit our [safety page](#).

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp 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. Visit our [B Corp page](#) to learn more.

We organise a number of environmental programmes and community projects including;

- A scholarship to train porters to become guides on Kilimanjaro.
- Each year we plant 8 trees in Nepal for each person who travels with us in partnership with [Eden Reforestation Projects](#).

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a **100% Irish owned small business**. Our founder, James McManus, is passionate about climbing mountains. His extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- We are **licensed** by the Irish Aviation Authority, TA0711.

- **Detailed risk assessment and management systems**, including evacuation plans, are put in place prior to each expedition. Our Earth's Edge HQ team provides 24/7 phone support to each expedition.
- We run **training weekends** two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader.
- We have **clear and transparent pricing**. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on **first-hand experience**.
- When you sign up to an Earth's Edge expedition you are entitled to a **discount** from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.

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Description & Detailed Itinerary:

Meru (4,566m) makes an ideal high-altitude acclimatisation warm-up climb before tackling **Kilimanjaro (5,896m)**, which is both Africa's tallest mountain and the highest free-standing mountain in the world.

Our **16-day itinerary** includes four days of trekking on Meru, followed by seven days of trekking along the scenic **Machame Trail** to the peak of Kilimanjaro. This timeframe allows for excellent acclimatisation and increases the chance of a successful summit. These routes are both rich in biodiversity, and you will experience ever changing landscapes - from spotting **African wildlife** in the low scrublands, you will then trek through **lush forests**, followed by striking **alpine tundra**, before finally ascending over scree and past **glaciers** to the summits!

This trek is suitable for people with a good level of fitness. **You do not need mountaineering experience** to either climb Meru or Kilimanjaro. We also spend our last night before summitting in **Kosovo Camp**, as opposed to Barafu Camp, which is favoured by most other companies - it is a much quieter camp, and 120m higher in terms of altitude, cutting an hour off of our summit night!

The Tanzanian **expedition leader** and the **expedition doctor** work alongside our [incredible team of Earth's Edge guides and porters](#) to deliver an unforgettable experience each and every day on the trail! The morning ritual of native song and dance gets the blood pumping in the early morning sunlight, motivating you on your journey!

You'll have a **free day** at the end of your trip where you have the choice between getting some well-deserved **R&R by the pool**, or [going on an optional one-day Safari](#) in Tarangire National Park!

Day 1: Dublin to Tanzania.

Depart Dublin for Tanzania.

Day 2: Arrive in Tanzania.

Arrive in Kilimanjaro International Airport. Transfer to our hotel in Arusha and then relax for the rest of the day. Have an expedition brief before dinner. Overnight hotel.

Day 3: Momella Gate to Miriakamba Hut

After breakfast we drive to Momella Gate and meet the Earth's Edge guides and your ranger. We hike from Momella Gate (1,500 m) through forest with an abundance of birds and monkeys to Miriakamba Hut (2,514 m), situated in an idyllic grassy glade with fine views of Kilimanjaro. We will enjoy a packed lunch en route. Overnight hut. Altitude 2,514m.

Day 4: Miriakamba Hut to Saddle Hut

After breakfast we have a steep climb. We will have a packed lunch on the trail and arrive in the early afternoon to Saddle Hut. We have an optional afternoon ascent of Little Meru (3,820 m) for those who have the energy! Overnight hut. Altitude 3,570m.

Day 5: Saddle Hut to Socialist Peak to Miriakamba Hut

We rise very early, usually around 12:00a.m, have some tea and snacks and start walking. A superb hike on a narrow ridge will bring us to the summit of Socialist Peak (4,566 m) with spectacular views at sunrise. We will return to Saddle Hut for brunch before descending to Miriakamba Hut for the night. Overnight hut. Altitude 2,514m.

Day 6: Miriakamba Hut to Momella Gate to Arusha

A short descent through open grassland to Momella Gate where we will be picked up and transferred back to the hotel in Arusha. Enjoy a well earned hot shower and spend the rest of the day resting and repacking. Overnight hotel.

Day 7: Drive Arusha to Machame Gate and trek to Machame Camp, 7 hrs.

After breakfast and meeting the 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 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 8: 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 9: 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 680 metres over two hours to set up camp below the Barranco Wall. Today's route has stunning views throughout. Overnight camp. Altitude 3,950m.

Day 10: 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 11: 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, a quite 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. Go to bed very early in preparation for the big day! Overnight camp. Altitude 4,800m.

Day 12: Trek Kosovo Camp to Uhuru Peak to Millennium Camp, 14 hrs.

We rise very early, usually around 12:00a.m, 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 two 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 being on the roof of Africa is second to none! After a short stay at the summit we start the descent to Millennium Camp. After three hours we arrive back at Kosovo Camp and enjoy a rest and some food. We then walk for a further four hours to reach Millennium Camp. Overnight camp. Altitude 3,832m.

Day 13: Trek Millennium Camp to Mweka Gate and drive to Arusha, 6 hrs.

After a hot breakfast we walk downhill for six 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 tired bodies by the pool. In the evening enjoy a celebratory meal and some drinks at the hotel. Overnight hotel.

Day 14: Free Day in Arusha.

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 two-hour drive to Tarangire National Park. Tarangire National park boasts the highest concentration of African Elephants. Overnight hotel..

Day 15: Depart for Dublin.

Enjoy your last bit of relaxing or do some more exploring in Arusha before heading to the airport for our flight to Dublin.

Day 16: Arrive in Dublin

Arrive back in Dublin. Expedition ends.

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Expedition Costs:	Euro	Sterling*	US Dollar*
Total costs excluding international flights. (Land only)	€4,999	£4,315	\$5,515
Total costs including international flights from Dublin.	€6,099	-	-

A deposit of **€399/£399/\$399** is taken at the time of booking, **a part payment of €1,000/£1000/\$1000 is due six months prior to departure** and the **final balance is due three months prior to departure**.

*Prices in Sterling and US Dollars were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

Flights:

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions. For those that book a land only package, please consult us prior to booking your flights. It is important that you are on time for the trek briefing on the first day.

Expedition Costs Include:

- Return international flights from Dublin to Kilimanjaro (economy class)
- Experienced expedition leader
- Experienced expedition doctor
- Experienced
- 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:

- Personal 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 & Tips:

We recommend that you carry **USD500** 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.

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 **USD250 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.

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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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Training Weekends:

Before every expedition, we organise a training weekend where you'll have the chance to meet an Earth's Edge expedition leader along with 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. Food and accommodation for the weekends are not included.

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Safety Standards:

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. Each of our expeditions is supported by our Earth's Edge team of guides, cooks, drivers and muleteers/porters. We select our Earth's Edge team based on their qualifications, experience and references. Our expedition leaders and Earth's Edge team in each of our destinations are familiar with the locations of local medical services and hospitals. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Tanzania. Up to date travel advice can be found on the DFA website:
<https://www.ireland.ie/en/dfa/overseas-travel/advice/tanzania/> .

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

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Wildlife Safari:

Seeing 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 get great reviews. At Earth's Edge you have two options for wildlife safari;

1. 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.

2. 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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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 are campaigning 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 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 porters have adequate clothing for the mountain.
- That porters 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 the porters are paid properly and that we have a fair and transparent tipping process in place.

At Earth's Edge it is important to us that all of our clients and staff are clear on how the tip is divided on the mountain. We follow the instructions given to us by KPAP on how best to divide the tip.

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 **USD 250**. If everyone tips, that will give us a total tip amount of USD 3,500 (13 x USD 250 + USD 250 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 225 x 1	= USD 225
Head Guide: 1 person	USD 215 x 1	= USD 215
Assistant Guides: 5 people	USD 170 x 5	= USD 850
Head Cook: 1 person	USD 160 x 1	= USD 160
Assistant Cook: 1 person	USD 140 x 1	= USD 140
Porters: 40 people	USD 50 x 38	= USD 1,900
	TOTAL	= USD 3,500

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 your visit to Tanzania has a positive impact on the local people and economy.

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Porter Clothing Drive:

There are two ways you can give back to the porters on Kilimanjaro.

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 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:

Please ensure any donations are clean and dry, in **good, 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.

Clothing	Equipment
<ul style="list-style-type: none"> • Base layers (tops + bottoms) • Sports jerseys • Fleece • Trekking pants • Rain jackets and rain trousers • Down jackets • Hiking boots/shoes • Sun hats and beanies • Buffs and scarves • Gloves and mitts • Hiking socks 	<ul style="list-style-type: none"> • Backpacks • Duffel bags • Dry bags • Water bottles • Water bladders • Sleeping bags, sleeping bag liners • Sleeping mats • Gaiters <p>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.</p>

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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Expedition FAQ:

Have you a question that wasn't answered on 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](#).

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