

# Mt Kilimanjaro 2018



**Departing:** 1-12 September 2018  
Minimum 8 participants departing.

**Price:** USD \$8,950pp

**Accommodation:** Twin share  
- single supplement available on request.

**Are you ready to climb to the roof of Africa for an amazing cause? Journey with Aurora Adventures to take on Mt Kilimanjaro in 2018 and help raise valuable funds for the charity of your choice. Help change someone's life on this life changing adventure!**



**Mount Kilimanjaro is the world's tallest free-standing mountain at 5895 metres (19,354 feet) and one of the "Seven Summits". We trek coming from the west along the Lemosho route then joining the Machame Route on the Shira Plateau. The two routes are undoubtedly the most scenic of the mountain.**

From the Shira plateau, Lava Tower and the Barranco valley up to the summit via Stella Point this walk is certainly one of the most beautiful and memorable walks in the world. To summit Mount Kilimanjaro on a breathless, blue sky dawn is surely one of life's great experiences.

On this adventure, every step you take will have a very special meaning as you walk to raise funds for the charity of your choice.

This 'bucket list' trek is a 'must do'. What better reason to take up the challenge now than assisting others through your fundraising that are operating each and every day in very challenging circumstances. Join us for this 'holiday with heart' in 2018 and make a difference to your world.

## Why Lemosho Route?

This route has been an all round favourite and despite becoming busy once it joins the Machame route at Lava Tower, the ascent profile, scenic variation and ascent via Stella Point make this a superlative choice for anyone looking to successfully hike Kilimanjaro. The longest of the routes on the mountain, it enables good time for acclimatisation and hence maximises a climber's chance of summiting.

## Climbing Kilimanjaro with Aurora

When you climb with Aurora you can be assured that your endeavours are guided all the way. We mitigate extensively against risk and include thorough pre-climb briefings and suggested training programmes, and importantly monitor your progress in advance of your departure. We provide comprehensive gear lists and equipment advice and personally check your kit before you climb.

Our guides and crew are the very best on the mountain – experienced and very highly trained. Safety is the key concern. Our medics test oxygen blood saturation twice daily and carry oxygen en route. We also have our own resident doctor travelling with the team who can advise medically should the need arise.

## Pre-Adventure Training

Trekkers will undertake a 12-week remote pre-adventure training program to prepare them for this adventure. Brisbane based trekkers will undertake an 8-week supervised training program. Our Exercise Physiology, Strength & Conditioning Team has formulated these programs for each specific adventure to ensure that you meet your adventure goals and thoroughly enjoy your journey.

## Inclusions

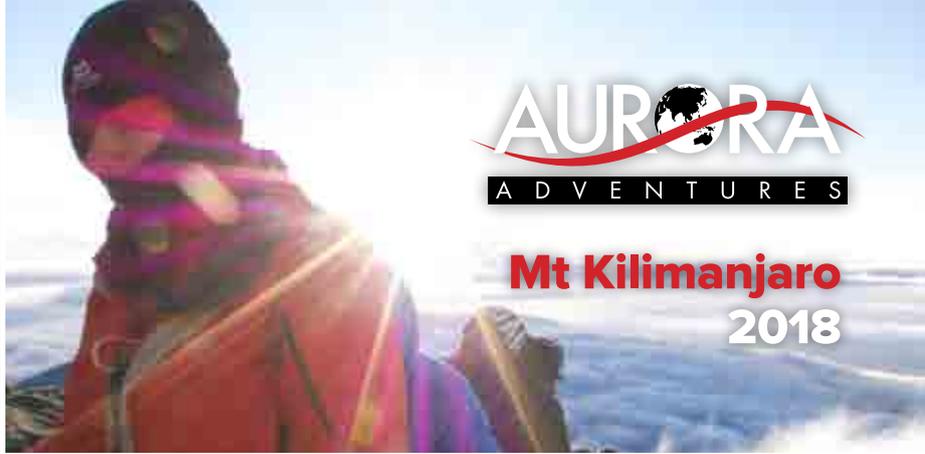
### Your trek cost includes:

- Pre-Adventure Strength and Conditioning Program prepared by our Aurora Exercise Physiologists specifically for this adventure – 8 weeks and 2 fully supervised sessions for Brisbane trekkers or our 12 week Remote Preparation Program for interstate trekkers.
- 2 nights accommodation in Mt Meru Hotel at the beginning and end of the adventure on a twin share basis and meals in the hotel.
- Personal travel insurance.
- All transfers and transport during and accommodation and food on trek.
- Aussie guide and wilderness medic and local climb crew.
- Most of your trekking gear (eg use of day pack).
- AMREF flying doctors insurance
- All entry fees for national parks, forest entries
- 4x4 vehicles for road transfers to and from Kilimanjaro and to and from the Airport
- Mountain Camp including: mess tent, tables, chairs, cutler, toilet tent, client tents, sleeping mattress, sleeping bag, kitchen tent, all crew
- First aid kits and constant monitoring tools (pulse oximeter and AMS scorecards)
- Backup oxygen Camper (PAC Bag)
- Backup and logistical support
- Pro local guide on climb

## Exclusions

- Return international airfare to Mt Kilimanjaro airport and in country domestic flights.
- Personal expenses such as phone call costs and alcoholic beverages at the hotel and tips to local crew.
- Boots and a small amount of personal trek clothing, visas and inoculations.
- Visa fees and airport taxes.





## Itinerary

### Day 1 – ARRIVE TANZANIA

On arrival to Kilimanjaro International Airport in Arusha, Tanzania, you will be met and transferred to your accommodation. This afternoon, a full brief on what lies ahead will be conducted, as well as a full kit check.  
**Overnight – Mt Meru Hotel – Dinner, bed and breakfast basis**

### Day 2 – BEGIN THE CLIMB – LEMOSHO FOREST CAMP

This morning you are transferred to the starting point of the Kilimanjaro climb, the Lemosho Trail where you meet the rest of your crew. Considered by many to be the most beautiful and scenic route to climb; you pass through tropical montane rain forest to the snows of Kilimanjaro. You will be climbing with excellent guides, a cook, camp staff and porters. Accommodation throughout is in mountain tents, and all camping equipment is provided to a high specification, including sleeping bags, linen, thick foam mattresses to ensure as comfortable a night sleep as possible, a toilet tent, tables and chairs, 2-way radio and mobile telephones to maintain communication with the Arusha base. You set off at a leisurely pace into the afro-montane forest. Lunch is taken on the trail and camp is reached mid-afternoon.

**Overnight – Lemosho Forest Camp (2,860m) – Full board basis**

### Day 3 – TO SHIRA 1 CAMP

After an early start you ascend the forested slopes of Lemosho, through Podocarpus and Juniper forests, onto the heath zone and the moorland of the Shira Plateau, one of the most fascinating areas of the mountain. Lunch is taken on the trail and you arrive in camp by mid-afternoon.

**Overnight – Shira 1 Camp (3,560m) – Full board basis**

### Day 4 – TO SHIRA 2 CAMP

Crossing the Shira plateau can be one of the most scenic parts of the trip and this morning you hike for around 3 – 4 hours to the lunch point. After lunch you ascend to Shira 2 Camp, arriving mid-afternoon. This is a good day for acclimatisation with the option of an afternoon walk with your guides.

**Overnight – Shira 2 Camp (3,850m) – Full board basis**

### Day 5 – TO BARRANCO CAMP

From Shira we traverse across the slopes of Kibo. Here relatively little flora or fauna can survive the extreme temperature ranges and conditions that typify this zone. As you continue, our direction changes to the South East towards the Lava Tower, called the “Shark’s Tooth.” Shortly after the tower, you come to the second

junction which brings us up to the Arrow Glacier at an altitude of 4871m. You now continue down to the Barranco Hut at an altitude of 3910m. Here you rest, enjoy dinner, and overnight. This day is very important for acclimatization and will help your body prepare for summit day. You are rewarded for our efforts with spectacular views of the Barranco Valley.

**Overnight – Barranco Camp (3,910m) – Full board basis**

### Day 6 – TO KARANGA CAMP

After the last two half days, you now have a relatively long day to Karanga Camp. The selection of Karanga Camp is strategic – significant time at altitude is essential for safe acclimatisation and in the late afternoon you arrive in camp. Sunsets here are particularly spectacular with views of the southern glacial valleys and ice fields towering 1000 meters above you.

**Overnight – Karanga Camp (4,100m) – Full board basis**

### Day 7 – TO BARAFU CAMP

Today is a half day walk through to Barafu. About 2 hours from Karanga you come out on the Barafu path (part of the Mweka Trail). It is a further 1 to 2 hours to our camp at Barafu. The last stage to Barafu Hut is quite steep, and as always you are advised to take it as easy as possible. Being as relaxed as possible both mentally and physically is the best advice (physical relaxation is often as difficult as mental relaxation!) This afternoon presents an opportunity for you to rest up before your assault on the summit. Late in the afternoon you will be briefed for the final ascent.

**Overnight – Barafu Camp (4,600m) – Full board basis**

### Day 8 – THE SUMMIT

You depart for the summit at around midnight. It will take upward of 7 hours to reach the top. Once on the rim at Stella Point (+6 hours) you traverse onward to Uhuru Peak (5,896m) where you catch the sunrise from the rooftop of Africa! You are there! You then descend via Stella Point to Mweka Camp for an overnight stay (3,100m).

**Overnight – Mweka Camp (3,100m) – Full board basis**

### Day 9 – BACK TO ARUSHA

This morning you make the final descent to the Mweka Gate from where you are transferred to the Arusha Hotel for an overnight stay. This is a good opportunity to recoup and reflect on the achievements of the week just past.

**Overnight – The Mt Meru Hotel – Dinner, bed and breakfast basis**

### Day 11 – DEPART

Today you depart Africa...