



RONGAI ROUTE 10-DAY ITINERARY

Travel Day

Travel to Kilimanjaro International Airport (JRO). Typically takes over 24 hours from the U.S. including a stop in Amsterdam or London. Please be sure your arrival in Tanzania coordinates with the first day of the program.

DAY 1 MOSHI (*this is the start date listed on our dates and prices on the website*)

We will pick you up at the Kilimanjaro International Airport in Arusha (generally at 9:00 PM) and drive about 45 minutes to the hotel in Moshi.

DAY 2 MOSHI

We will have a group meeting in the morning and spend part of the day organizing and packing all of our gear. In the afternoon we may take a hike to stretch our legs or relax by the pool.

DAY 3 SIMBA CAMP 1950m to 2750m 6,400ft to 9,000ft About 4 hours

We will transfer by Land Rover (about 3 hours) to the attractive wooden village of Nale Muru (1950 m). After signing in and preparing the porters, we will begin the hike on a wide path that winds through fields of maize and potatoes before entering pine forest. The track then starts to climb consistently, but gently through attractive forest that shelters a variety of wildlife. The forest begins to thin out and the first camp is at the edge of the moorland zone (2600 m) with extensive views over the Kenyan plains.

DAY 4 KIKELEWA CAMP 2600m to 3600m 8,500ft to 11,800ft About 7 hours

The morning walk is a steady ascent up to the Second Cave (3450 m) with superb views of Kibo and the Eastern ice fields on the crater rim. After lunch, we leave the main trail and strike out across the moorland on a smaller path towards the jagged peaks of Mawenzi. The campsite is in a sheltered valley with giant Senecios near Kikelewa Camp (3600 m)

DAY 5 MAWENZI CAMP 3600m to 4330m 11,800ft to 14,200ft About 4 hours

A short but steep climb up grassy slopes will reward us with superb panoramic views and a tangible sense of wilderness. Camp is at Mawenzi Tarn (4330 m), spectacularly situated in a cirque directly beneath the towering spires of Mawenzi. The afternoon will be free to rest or explore the surrounding area as an aid to acclimatization.

DAY 6 REST DAY

We will explore in this area while resting for the summit. This extra day has proven crucial for success on summit day. We can hike up and around Mawenzi for your acclimatization hike.

DAY 7 KIBO CAMP 4330m to 4750m 14,200ft to 15,600ft About 5 hours

We will cross the lunar desert of the 'Saddle' between Mawenzi and Kibo to reach Kibo campsite (4750 m) at the bottom of the Kibo crater wall.

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DAY 8 THE SUMMIT 4750m to 5895m (and down to 3720m) 15,600ft to 19,300ft (and down to 12,200ft) About 11 hours.

It will take 6 or 7 hours to reach the crater rim. Sunrise on the Crater is going to be something to remember forever. The sun rising over the plains of Africa and diffuse light highlighting the nearby glaciers is truly a world class experience. After a cup of hot tea, we will continue along the rim for another hour before reaching the highest point in Africa, (19,340 ft). Congratulations!

We will spend up to a half hour on the summit and then begin the 4-hour descent to Barafu. At camp we will rest for a few hours and then walk down to Millennium camp. This is a great 4-hour walk with each step adding more oxygen. (Many companies will go all the way to Mweka camp at 10,000 feet. This is a bad idea! Imagine summit day. You just hiked from 15,000 ft to over 19,000 ft, then back to 12,000 ft. This is a big day and you are tired. There is no reason to go another 2 hours and 2000 ft on this day. This last 2000 feet after summit day is a great time to sprain an ankle or twist a knee.)

DAY 9 MILLENNIUM CAMP TO MOSHI

In the morning we have a 3-hour walk down to the road. We then get a lift back to the hotel and a well-deserved shower and a beverage with our guides. We overnight at the hotel.

Day 10 Transfer from the hotel to Kilimanjaro International Airport, or head out on Safari!

Please contact us if you have any questions, or, if you would like any additional information.

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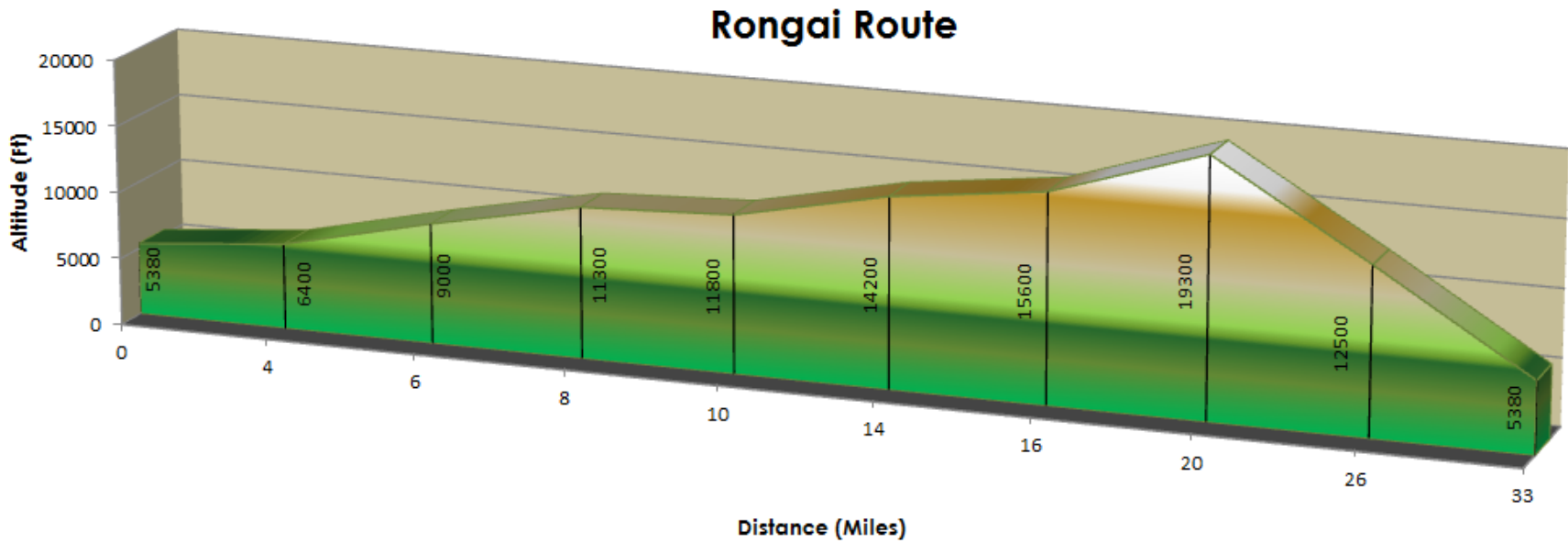
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	Moshi	Nale Muru	Simba Camp	Second Cave	Kikelewa Camp	Mawenzi Camp	Kibo Camp	Summit	Milleniium Camp	Mweka Gate
Altitude (Ft)	5380	6400	9000	11300	11800	14200	15600	19300	12500	5380
Cumulative Distance (Mi)	0	4	6	8	10	14	16	20	26	33



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