



Join us on a magical journey to the roof of Africa – Mount Kilimanjaro!

>> Jambo! Habari?

Thank you for your interest in our Africa 2017 Expedition. If you're looking for some new adventures and challenges, then why not join us for a trip of a lifetime! Everest One will be leading an amazing trek to Mt Kilimanjaro, the highest mountain in Africa.

We are offering 2 routes for you to choose from - Rongai is considered to be the easiest route up Kilimanjaro, with excellent success rates. The Machame route is the choice for many people, providing impressive views and a variety of habitats.

This trip is a great starting point for anyone who wants a challenging trek, or who wants to experience high altitude. Optionally, why not add on a wildlife safari too and spot Africa's famous Big 5! The combination of great trekking and amazing wildlife makes Mount Kilimanjaro and Tanzania a top destination, and a great one to tick off your bucket list.

Everest One always offers premier climbing experiences, and Kilimanjaro is no exception. Our focus is quality, enjoyment, fun, safety and success.

We look forward to welcoming you as a member of our Kilimanjaro Team October 2018!



>> About Everest One

Everest One, an Australian based company leading unique adventure opportunities. Experienced mountaineers Allan and Sharon Cohrs founded the business following their long-term relationship with the Himalayas. They have been mountaineering in the Himalayas for the past decade, regularly leading trekking groups and guiding mountaineering expeditions in Nepal including Mt Everest.

In May 2011, Sharon became the first breast cancer survivor in the world to climb to the summit of Mt Everest and, together with Allan, they became the 1st Australian couple to achieve the feat.



**LET US
TAKE YOU
TO NEW HEIGHTS**

>> welcome >> your adventure begins



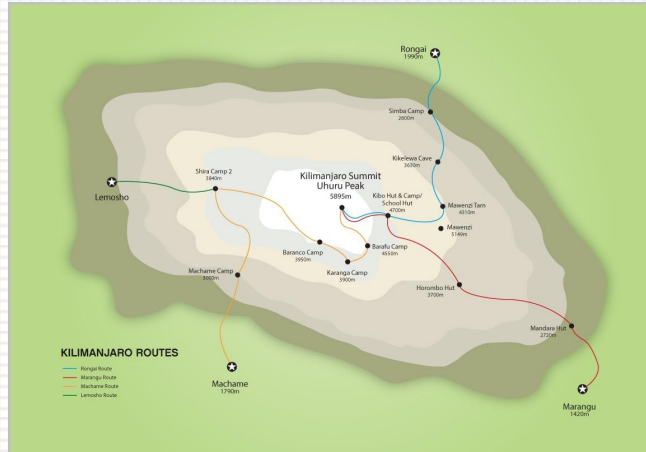
The panoramic views from the top of Mt Kilimanjaro must be seen to be believed...

>> About

Mt. Kilimanjaro is a dormant volcano comprised of three cones – Kibo, Mawenzi and Shira, with Kibo being the highest. Located in Tanzania, Kilimanjaro is surrounded by many famous game-viewing parks, including the Serengeti, Tarangire, Lake Manyara and Ngorogoro Crater. Tanzania is the largest country of East Africa, being almost 950,000 sq km, with a population of more than 25 million people.

On this trip of a lifetime, you can expect to have amazing views, learn about your amazing and unusual environment, walk with a great team, learn about a new culture and customs, with fun and experienced leaders, energetic and engaging support staff, and with sumptuous and energizing daily menu to help fuel you for your journey.

Your team leaders are well experienced, and have many varied trekking and mountaineering expeditions behind them. As a result, they have the necessary skills and experience to manage any challenges that may be faced along the way. Your leaders love the mountains, want to share the mountains with you in a way that gives you the best experience and the best outcomes for you. The route does not require the use of any technical mountaineering equipment – we do not need crampons, ice axe or harness and there is no rock climbing involved.



>> Quick Trip Notes

Country >> Tanzania, Africa

Trip >> Mount Kilimanjaro ascent

Grade >> Moderate to Challenging

Highest altitude >> 5895m

Visa Requirements >> Australians need a visa to travel to Tanzania. Passport holders of other countries should check requirements

Vaccinations >> Please check with a travel vaccination professional

Trip Duration >> 10 days + plus optional add on safari of 2/3 days

Activities >> Trekking + optional safari



>> trip overview

Leaders don't force people to follow, they invite them on a journey...

>> Sharon Cohrs



Sharon is co-leading the trip, having led numerous treks and climbs to high altitude. She is the first breast cancer survivor to have summited Mt Everest, and has trekked and climbed extensively in various countries including Nepal, China, Africa, South-East Asia and Australia. Sharon knows the importance of keeping clients informed about what they need to know to make their experience the best it can be. Sharon is very positive person, making her a great leader in challenging environments. She has a cracker sense of humour and will turn any trip into a positive, memorable experience.

>> Allan Cohrs



As a guide in the Himalaya's and now Africa, Allan delivers a personalised service, focused on providing a safe, professional and fun experience for his clients. Having led many treks and climbs at high altitude including a successful summit of Mt Everest, he is experienced in handling logistics, decision making, assessing risk and creating a harmonious team environment. Allan is popular with his clients for his calm approach, depth of knowledge and experience and seemingly endless supply of fresh coffee.

Local Guides and Porters

In addition, your team will be supported by wonderful local guides and porters!



Team Safety & Trek Support

Your team leaders are experienced in high altitude medicine and first aid, and will help you with any altitude mountain sickness symptoms that you may experience.

We will provide you with information before your trip begins on what to expect, and we will brief you along the way and make sure your experience is as comfortable as possible.

>> your trip leaders

Coming here is all about gazing in awe at a mountain on the equator capped with snow, and to climb to the roof of Africa.

>> Rongai Overview

The nine day version of the Rongai route (via Mawenzi Tarn) is the route of choice for those looking for less crowded and scenic climb with excellent success rates. The Rongai route is the only climb route that approaches Kilimanjaro from the north. The descent is in the south east via the Marangu route, so you get to see both sides of the mountain.

Some people think the Rongai route is less scenic, but even if there is not quite as much variety as on the Machame route, the Rongai route is still a spectacular route, especially on the later days. The camp beneath Mawenzi Peak is one of the most scenic on the mountain. Rongai is also one of the routes where seeing wildlife on Kilimanjaro is still possible. The Rongai climb has the same easy, gradual climb profile as the Machame route. It rises very steadily; there aren't any steep climbs involved, no major ups and downs.

The camps are staggered a lot better than on Machame. On your last day before the summit attempt you only ascend a few hundred metres, and you have all afternoon to rest and acclimatise.

Exclusions

- Airfare
- Travel Insurance
- Vaccinations
- Visa
- Porters Tips
- Drinks & items of personal nature

>> Details

DURATION >> 10 Days

GRADE >> Moderate to Challenging

DEPARTS >> 14 OCTOBER 2018

>> Cost

10 DAY RONGAI ROUTE >> AUD\$ 3595.00

SINGLE SUPPLEMENT >> AUD\$250.00

>> Highlights

- > Magnificent views of the Kenyan plains
- > Only northern approach to Kilimanjaro
- > A true wilderness experience
- > Mawenzi peak

>> Inclusions

- > 10 breakfasts, 8 lunches and 8 dinners
- > Accommodation in 3 star hotel in Moshi
- > Experienced mountain guides, western & local,
- > Experienced cook and porters
- > Park entrance fees
- > All team camping & cooking equipment on the climb
- > Emergency oxygen
- > Sleeping Mat



>> rongai route >> 10 days

The Rongai route is the only route that approaches Kilimanjaro from the north.

>> Day One - Arrive Kilimanjaro Airport

Welcome! Your adventure begins!

Today, you arrive at Kilimanjaro Airport (JRO). You will be met at the airport by a team representative and transferred to the team hotel. Depending on your time of arrival, we will meet for a team dinner and sleep overnight.

Altitude 850m >> Dinner

>> Day Two - Rest Day

Today is a day of leisure, allowing you to settle into the relaxed African lifestyle. Forget about your watch, you are now on African time. Your Trip Leader will deliver a thorough briefing regarding daily routines, timings, altitude, safety and other important topics. A final gear check will be done before you will have the chance to head out for any last minute supplies. Early to bed tonight in anticipation for the start of an amazing adventure.

Altitude 850m >> Breakfast

>> Day Three - To Rongai Simba Camp

We take a ride to Marangu to complete the necessary registration formalities, before transferring to Rongai. The climb begins from Nalemoru (1,950m) on a small path that winds through fields of maize and potatoes before entering a pine forest. The track then starts to climb consistently, but gently through an attractive forest that shelters a variety of wildlife, including the Colobus monkey. These monkeys are black with a long 'cape' of white hair and a flowing white tail. The forest begins to thin out at the edge of the moorland zone. Then, we take in the expansive views over the Kenyan plains as we arrive at our first campsite at Rongai One Camp.

Altitude 2,600m >> 3-4 hours >> Breakfast, Lunch, Dinner

>> Day Four - Kikelewa Cave

The morning walk is a steady ascent up to the Second Cave (3,450m) with superb views of Kibo and the eastern ice fields on the crater rim. After lunch, we leave the main trail and strike out and head southeast across the moorland on a smaller path towards the jagged peaks of Mawenzi before reaching Kikelwa Cave at about 3600 metres. The views start to open up and you begin to feel you're on a really big mountain! Water is in the obvious stream below the cave, although you might have to wander downhill a way to find some. Overnight at 3rd Cave camp (Kikelewa Caves).

Altitude 3,600 >> 7-8 hours >> 13km >> B, L, D

>> Day Five - Mawenzi Tarn Camp

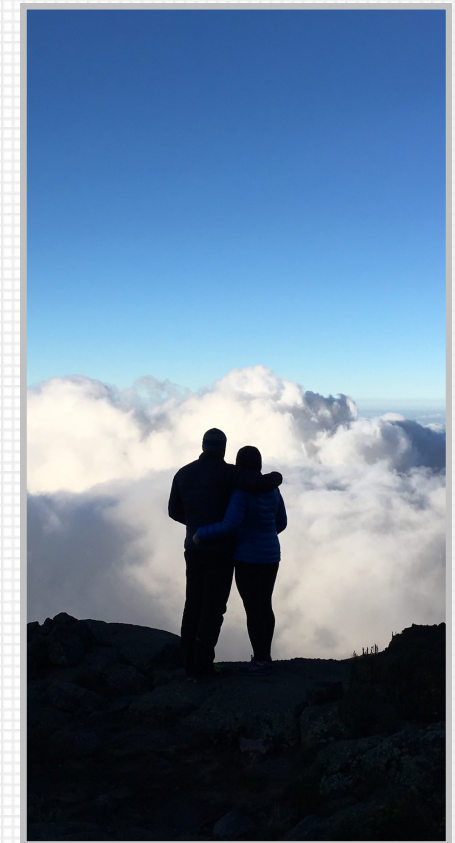
A short but steep climb up grassy slopes offers superb views of this wilderness area. The vegetation zone ends shortly before you reach your next camp at Mawenzi Tarn spectacularly situated beneath the towering spires of Mawenzi. Spend the afternoon acclimatizing and exploring the area.

Altitude 4,330m >> 6-7 hours >> 4km >> B, L, D

>> Day Six - Mawenzi Tarn Camp (Rest Day)

Today is classified as a rest day, but technically there is no such thing. We will climb one of the ridges close to camp, and attempt to reach around 4650m. This will put us in a good position for the following day, as we plan on staying up at this height for a few hours, enjoying a snack and drink before heading back down to camp for lunch. Acclimatisation walks are an important part of any climb, and will definitely maximise your chances of summit success.

Altitude 4,330m >> 3 hours >> B, L, D



>> rongai route >> detailed itinerary

The Swahili saying pole pole (“slowly, slowly”) is the Kilimanjaro mantra.

>> Day Seven - Mawenzi Tarn to Kibo Hut

We cross the lunar desert of the saddle between Mawenzi and Kibo to reach Kibo Hut at the bottom of the crater wall. The remainder of the day is spent resting in preparation for an early morning push for the summit.

Altitude 4,700m >> 4-5 hours >> 9km >> B, L, D

>> Day Eight - Kibo Hut to Summit, down to Horombo Hut

When we are at Kibo Huts, we will plan an early dinner so that you can get to bed early so as to get some zzzzz's before we leave for the summit tonight. With head torches on, and excitement and a few welcome nerves perhaps, we will leave around 12am – 1am and make slow and steady progress up a formed scree like slope, with switchbacks, up to Gilman's Point (5,681m) and then walk along another formed path toward Stella Point (5,752m). As you move toward the peak's high point – Uhuru Peak, you will have the amazing crater view on your right, and the Shira route trail on your left, where climbers from that route and others converge at Stella Point.

Before, you might have had a quieter trail... but not for this section, since the trails converge from here to the summit. After a short rest and recharge at Stella Point, we make slow and steady progress to the summit! We have reached Uhuru Peak, and the view is spectacular – glaciers in different directions and the volcanic crater all in one view – unbelievable. How lucky are we to be in this environment!

After time for photos and to enjoy the view on the summit, we begin our descent back to Kibo Huts where we will stop for refreshments and a much-deserved rest. After recharging, we continue on down to the Horombo encampment. We will camp here overnight and chat eagerly about our experience.

Altitude 4,700m - 5,895 >> 11-15 hours >> Breakfast, Lunch, Dinner

>> Day Nine - Horombo Hut to Moshi

A steady descent takes us down through moorland to Mandara Huts (2,700m). We then continue descending through lovely lush forest on a good path to the Kilimanjaro National Park gate at Marangu (1,828m), where we will be transferred back to the team hotel in Moshi.

Altitude 900m >> 5-6 hours >> Breakfast, Lunch



>> Day Ten - Depart for home, or Wildlife Safari begins!

After breakfast, your trip concludes. You will be transferred to Kilimanjaro International Airport for your departure home. We will be sad to see you go! For those staying on for a Wildlife Safari, throw on your kharkis, and off we go!

>> Trip Summary

DAY ONE >> 14 OCT >> Arrival at Kilimanjaro Airport

DAY TWO >> 15 OCT >> Moshi

DAY THREE >> 16 OCT >> Rongai Simba Camp

DAY FOUR >> 17 OCT >> Rongai Kikelewa Cave

DAY FIVE >> 18 OCT >> Mawenzi Tarn

DAY SIX >> 19 OCT >> Mawenzi Tarn

DAY SEVEN >> 20 OCT >> Mawenzi Tarn to Kibo Hut

DAY EIGHT >> 21 OCT >> Kibo Hut - Summit - Horombo Hut

DAY NINE >> 22 OCT >> Horombo Hut to Moshi

DAY TEN >> 23 OCT >> Depart for home, or Wildlife Safari begins!

>> rongai route >> detailed itinerary

An African wildlife safari is a big favourite after a Kilimanjaro climb.

Tanzania is one of the most remarkable wildlife destinations in the world so it seems a shame to come all that way and not visit! A two or three day safari provides a great opportunity for some rest, relaxation and wildlife spotting before returning home. You will be accompanied by your local Wildlife Safari team who are wholly experienced at running these amazing add on experiences.



Day One - Lake Manyara National Park

After breakfast you will be driven to Lake Manyara with lunch boxes for a full day game drive. The Manyara region takes its name from Lake Manyara, which is one of the major lakes formed in ancient times by the Great Rift Valley. It is the only region in Tanzania to be bisected into two by the Great Rift Valley. It is a major wildlife water source and is, therefore, an essential part of the wildlife ecosystems of Serengeti National Park, Ngorongoro Conservation Area and Tarangire National Park. In addition, Lake Manyara is the country's largest breeding ground for tens of thousands of flamingos.

Dinner and overnight Ngorongoro Wildlife Lodge (or similar)



Day Two - Ngorongoro Crater - Moshi

After breakfast we descend down to the Crater floor with lunch boxes from the lodge for half day game drive. The Ngorongoro Conservation Area covers 2,286 sq km and encompasses the volcanic area around the Ngorongoro Crater - including the still active volcano of Oldonyo Lengai and the famous Olduvai Gorge. Its center piece, the Ngorongoro Crater, is the largest unbroken caldera in the world and the first sight of it is breathtaking. The floor of the crater is only 260 sq km but is home to around 30,000 animals with a high concentration of predators.

The crater supports up to 25,000 large mammals. Grazers dominate: zebra, wildebeest - accounting for almost half the animals - gazelle, buffalo, eland, hartebeest and wart hog. Giraffe, for example, stay away because there is insufficient food at tree level; topi (antelope) because they compete directly with

wildebeest. An odd feature of the crater elephants is that they are almost exclusively bulls. Breeding herds - comprising large numbers of females and young with a few attendant older males - are probably unable to find sufficient quality food in the crater.



>> Details

DURATION >> 2 Day / 1 Night

DEPARTURES >> 23 OCTOBER 2018

>> Cost

2 DAY / 1 NIGHT SAFARI >> AUD\$1165

>> Highlights

- > Iconic African safari
- > Abundant wildlife
- > Amazing scenery
- > Opportunity to see some or all of 'Big 5'
- > Opportunity for close up encounters from your vehicle

>> Inclusions

- > All park fees
- > Crater fee
- > Transport 4x4
- > Accommodation (FB)
- > All meals
- > Professional driver/guide

>> optional extra >> **wildlife safari**

Tarangire National Park is famous for its huge number of elephants, baobab trees and tree climbing lions.



Day Three - Tarangire National Park

A morning game drive! Then, back to the lodge at 8.30am for breakfast. Enjoy a half hour rest before packing your belongings and heading off for half day game drive in Tarangire National Park.

Tarangire National Park lies to the south of the large open grass plains of southern Maasai land and is the best-kept secret on the northern safari circuit. It offers wonderful panoramas of wide savannah grasslands dotted with open acacia woodland studded with large baobab trees. The density of game is second only to the Ngorongoro Crater. Then, it's a drive back to Moshi - hotel & overnight accommodation included.

“You have to understand – there is a romance to Africa. You can see a sunset and believe you have witnessed the hand of God. You watch the slow lope of a lioness and forget to breathe. You marvel at the tripod of a giraffe bent to water. In Africa, there are iridescent blues on the wings of birds that you do not see anywhere else in nature. In Africa, in the midday heat, you can see blisters in the atmosphere. When you are in Africa, you feel primordial, rocked in the cradle of the world.”
- Jodi Picoult



>> Details

DURATION >> 3 Day / 2 Night

DEPARTURES >> 23 OCTOBER 2018

>> Cost

3 DAY / 2 NIGHT SAFARI >> AUD\$1495

>> Highlights

- > Iconic African safari
- > Abundant wildlife
- > Amazing scenery
- > Opportunity to see some or all of 'Big 5'
- > Opportunity for close up encounters from your vehicle

>> Inclusions

- > All park fees
- > Crater fee
- > Transport 4x4
- > Accommodation (FB)
- > All meals

>> optional extra >> wildlife safari

Yes Sign Me Up!

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

TRIP SELECTED:

14 OCT 2018

☐

OPTIONAL WILDLIFE SAFARI:

2 DAY / 1 NIGHT

☐

3 DAY / 2 NIGHT

☐

SINGLE SUPPLEMENT:

YES

☐

NO

☐

PAYMENT DETAILS:

A AUD\$500.00 deposit is required to secure your booking

Everest One
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Questions? Contact Us!

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