

Mt Kilimanjaro >> February 2016 >> Rongai Route **Machame Route**

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

>> Jambo! *Habari*?

Thank you for your interest in our Africa 2016 Expedition. If you're wanting to start the year off with new adventures and challenges then why not join us for a trip of a lifetime. Everest One will start the year off by leading two treks up this amazing mountain – why not start your 2016 by joining us?

You can choose from 2 very different routes to the Roof of Africa or, if you are so inclined, you can do both! Perhaps, add on a Wildlife Safari too!

Everest One always offers premier climbing experiences, and Kilimanjaro is no exception. Our team will be leading 2 treks up this amazing mountain with two highly experienced special guest leaders.

This trip is a great starting point for anyone who wants a challenging trek, or is wanting to experience high altitude. There are 2 routes 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.

Our focus at Everest One is quality, enjoyment, fun, safety and success. The combination of great trekking and amazing wildlife safaris make Mount Kilimanjaro and Tanzania a top destination.



>> 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.







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

>> About

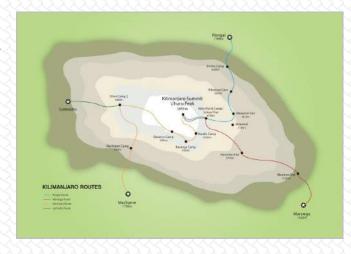
Mt. Kilimanjaro is a dormant volcano comprised of three cones – Kibo, Mawenzi and Shira, with Kibo being the highest. Located in Tanzania, Kilimanjaro is surrounded by many famous game-viewing parks, including the Serengeti, Tarangire, Lake Manyara and Ngorogoro Crater. Tanzania is the largest country 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.







>> 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 >> 9/10 days + plus optional add on safari of 2/3 days

Activities >> Trekking + optional safari

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

>> Sharon Cohrs - Trip Leader



Sharon will be the overall leader of the trip, with the support of special guest leaders, Lakpa and Chris (see below). Sharon has led numerous treks and climbs to high altitude. She has trekked and climbed extensively in various countries including Nepal, China, Thailand, Australia and New Zealand. Now, she is in Africa to lend her skills to this trip. 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 is a great dancer.

>> Lakpa Sherpa - Special Guest*



Lakpa is one of Nepal's leading mountain guides, with an incredible depth of experience in trekking and climbing at high altitude. Lakpa leads treks and mountaineering expeditions in Nepal, Bhutan, China and Pakistan, and now Africa. He was previously Nepal's national rock climbing champion. Lakpa has climbed 8 of the world's 14 highest peaks, with more to follow. He has performed rescues on some of the most treacherous terrain in the world, including on Mt Everest. He is a favourite with clients for his big smile, calm approach, commitment to client satisfaction and depth of knowledge and experience in the mountains. Lakpa also makes really nice yoghurt.

>> Chris Jensen Burke - Special Guest*



Chris is the first Australian or New Zealand woman to complete the famed '7 Summits' (Carstensz list), including Mount Kilimanjaro. She has also climbed 8 of the world's 14 highest peaks – including Mount Everest and K2, with more to follow. She has climbed all around the world, and Mount Kilimanjaro is one peak she hopes to return to time and again, to share its wonder with one and all. Chris is popular with clients for her preparedness, sense of humour, quiet disposition and storytelling. She also makes really good cake, and always has chocolate hidden somewhere.

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 Marangu. On your last day before the summit attempt you only ascend a few hundred metres, and you have all afternoon to rest and acclimatise.

>> Details

DURATION >> 9 Days
GRADE >> Moderate to Challenging
DEPARTS >> 12 FEBRUARY 2016

>> Cost

9 DAY RONGAI ROUTE >> AUS 3250.00

>> Highlights

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

- > 8 breakfasts, 7 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 (sleeping bags and mats excluded)
- > Emergency oxygen







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 - 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 1,950m >> 3-4 hours >> Breakfast, Lunch, Dinner

>> Day Three - Rongai Second 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. Our campsite is in a sheltered valley, decorated with giant senecios near Kikelewa Caves.

Altitude 3,600m >> 6-7 hours >> Breakfast, Lunch, Dinner

>> Day Four - Rongai Kikelewa Cave

A short but steep climb is rewarded by superb all-around views and a tangible sense of wilderness. We leave vegetation behind shortly before reaching the next camp at Mawenzi Tarn, 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.

Altitude 4,330m / 4,500m >> 3-4 hours >> Breakfast, Lunch, Dinner

>> Day Five - Mawenzi Tarn

We have an additional day to acclimatize. We explore the area with a walk up onto the Saddle towards Camel's Back. We return back to camp at Mawenzi Tarn.

Altitude 4,330m / 4,500m >> 2-3 hours >> Breakfast, Lunch, Dinner

>> Day Six - 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 5985m >> Overall trekking time may vary between 10-16 hrs >> Breakfast, Lunch, Dinner

>> Day Seven - 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





>> rongai route >> detailed itinerary

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

>> Day Seven - Continued...

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

>> Day Eight - 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, Dinner

>> Day Nine- Depart for home, or Wildlife Safari starts!

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!

Altitude 850m >> Breakfast



>> Trip Summary

DAY ONE >> 12 FEB >> Arrival at Kilimanjaro Airport

DAY TWO >> 13 FEB >> Rongai Simba Camp

DAY THREE >> 14 FEB >> Rongai Second Cave

DAY FOUR >> 15 FEB >> Rongai Kikelewa Cave

DAY FIVE >> 16 FEB >> Mawenzi Tarn

DAY SIX >> 17 FEB >> Mawenzi Tarn to Kibo Hut

DAY SEVEN >> 18 FEB >> Kibo Hut - Summit - Horombo Hut

DAY EIGHT >> 19 FEB >> Horombo Hut to Moshi

DAY NINE >> 20 FEB >> Depart for home, or Wildlife Safari starts!

Rongai is considered to be the easiest route up Kilimanjaro, with excellent success rates. You will descend on the Marangu route, so you get to see both sides of the mountain – bonus! Rongai is the preferred route for those looking for an alternative to the crowded Marangu route, for those who would like a more remote hike.

The beautiful Machame Route is highly rated as the most scenic route of all those up Kilimanjaro.

>> Machame Overview

Of the seven main routes used to climb Mount Kilimanjaro, the Machame route is the most popular path. It is the route of choice for many people because it provides impressive views and a variety of habitats. It is a challenging route but is the choice of many who climb Mt Kilimanjaro, with its steep trails and longer trekking distances. Hence, this trip is one day longer than our itinerary for the Rongai route.

The Machame route is also known as the Whiskey route, given its reputation for being a tough climb. On Machame we will hike steeper trails, for longer distances, while sleeping in tents.

We have chosen to add extra nights on the mountain and have opted for 7 nights as we want everyone to have the best chance of success on this mountain. Why come all this way to rush up a mountain, get sick with the possibility of not succeeding to the summit?

The Machame Route is approximately 62 km/ 37 miles from gate to gate. It is designed for physically fit people with some hiking experience.

>> Details

DURATION >> 10 Days
GRADE >> Moderate to Challenging
DEPARTS >> 20 FEBRUARY 2016

>> Cost

10 DAY MACHAME ROUTE >> AU\$3250.00

>> Highlights

- > Kilimanjaro's most popular route
- > Impressive views & variety of habitats
- > Spot blue monkeys
- > Ascent through lush rainforest

- > 9 breakfasts, 8 lunches and 9 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 (sleeping bags and mats excluded)
- > Emergency oxygen







Beginning on the south-western side of the mountain, the Machame Route passes through magnificent forests.

>> Day One - Arrive Kilimanjaro International 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 - Depart for Machame Camp

You will depart the hotel at around 8.30 am and drive to Machame gate (1,800m). Once park formalities have been completed you will enter into the cover of the natural rain forest, which surrounds the lower reaches of Kilimanjaro. This part of the trek is very gradual with great photo opportunities as the sun's rays filter through the dense canopy overhead with chances of seeing blue monkeys and black and white colobus monkey. We sleep overnight at Machame camp.

Altitude 3,000m >> 5-7 hours >> breakfast, Lunch, Dinner

>> Day Three - Machame Camp to Shira Camp

After breakfast, and with picnic lunch boxes continue ascent leaving the lushness of the rain forest behind you. This part of the trek cuts up along various ridges which are dotted with scrubby low land bush this eventually gives way to the hardier alpine flora of the open plateau. The views are stunning as you begin to gain altitude. On one side you have the soft outline of Kilimanjaro towering over you and off in a distance stands Mount Meru.

Altitude 3,840m >> 5-6.5 hours >> Breakfast, Lunch, Dinner

>> Day Four - Shira camp to Baranco camp

After breakfast, you begin a gradual climb cutting your way through the lower alpine bush, bird watching on these open slopes can be rewarding with several different type of birds of prey scouring the scrub for small mammals. The scenery will change to rust red moraine fields as you continue in toward Lava Tower (4,600m), then we descend to Baranco camp. Lunch will be taken on route. This is a good day for acclimatization as you reach a higher altitude than that of Baranco.

Altitude 4,600m / 3,940m >> 3-4 hours

>> Day Five - Baranco camp to Karanga camp

After breakfast, begin a steady 'up' day as we climb up Baranco wall. We continue steadily to Karanga camp. We enjoy a hot lunch on arrival followed by relaxation or head out on a side walk of the area. We will see how everyone is feeling and decide our exact plans on the day – you might be happy to sightsee or take lots of photos nearby! We overnight at Karanga camp.

Altitude 3,930m >> 4-5 hours

>> Day Six - Karanga camp to Barafu camp

This morning you head around the south side of the mountain passing through alpine desert and moraine fields. We eat a hot lunch then relax and soak up the vistas below you. Rest and try to get some sleep, you will be woken at around midnight for your final ascent.

Altitude 4,600m >> 4-5 hours





>> machame route >> detailed itinerary

The final push brings you to the summit with spectacular views of glaciers, ice cliffs and the plains of East Africa.

>> Day Seven - Barafu camp to summit and back to Barafu camp

Around midnight you will be woken up, take your breakfast, then gear up and start your ascent to the highest peak in Africa - Uhuru Peak. Have your cameras ready for when the sun winks a sleepy eye at you. Then, we continue onward to the summit. We then start the descent to Barafu camp for lunch and a long rest before dinner, then overnight at Barafu camp.

Altitude 5,895m >> 7-8 hrs ascent (12-15 hrs total) >> Breakfast, Lunch, Dinner

>> Day Eight - Barafu camp to Mweka camp

After breakfast, we descend down toward millennium camp cutting through lowland grasses and scrub. We have a break and then proceed down to Mweka camp for your last night on the mountain.

Altitude 3,100m >> 3-4 hrs >> Breakfast, Lunch, Dinner

>> Day Nine - Mweka camp to Mweka gate, to Moshi

After breakfast, you proceed back down into the forest to Mweka gate, a beautiful walk again offering good bird watching opportunities, there are some good view points en route to the valley below, continue down to the gate, the transfer to your team hotel for well-deserved showers and we sleep well overnight.

Altitude 850m >> 4-6 hrs >> Breakfast, Lunch, Dinner

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

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!

Altitude 850m >> Breakfast



>> Trip Summary

DAY ONE >> 21 FEB >> Arrival at Kilimanjaro Airport
DAY TWO >> 22 FEB >> Depart for Machame camp
DAY THREE >> 23 FEB >> Machame camp to Shira camp
DAY FOUR >> 24 FEB >> Shira camp to Baranco camp
DAY FIVE >> 25 FEB >> Baranco camp to Karanga camp
DAY SIX >> 26 FEB >> Karanga camp to Barafu camp
DAY SEVEN >> 27 FEB >> Barafu camp to summit and back
DAY EIGHT >> 28 FEB >> Barafu camp to Mweka camp
DAY NINE >> 29 FEB >> Mweka camp to Mweka gate, to Moshi
DAY TEN >> 1 MAR >> Depart for home, or Wildlife Safari

The beautiful Machame Route is highly rated as the most scenic route of all those up Kilimanjaro, with diverse vegetation and spectacular views of the summit. The route is steeper than the Rongai route and physically more demanding, but very good for acclimatization.

>> machame 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 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 >> 20 FEBRUARY 2016
1 MARCH 2016

>> Cost

2 DAY / 1 NIGHT SAFARI >> AU\$995

>> 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

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

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.

"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 >> 20 FEBRUARY 2016
01 MARCH 2016

>> Cost

3 DAY / 2 NIGHT SAFARI >> AU\$1350

>> 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

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

Yes Sign Me Up!

NAME:
ADDRESS:
PHONE:
EMAIL:
TRIP SELECTED:
12 FEB 2016 20 FEB 2016
OPTIONAL WILDLIFE SAFARI:
2 DAY / 1 NIGHT 3 DAY / 2 NIGHT
SINGLE SUPPLEMENT: YES NO
PAYMENT DETAILS:
A \$500 deposit is required to secure your booking

Questions? Contact Us!

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Disclaimer: Every effort has been made to ensure the accuracy of the information in this brochure. All information is provided in good faith. EverestOne reserves the right to make any changes if it becomes aware of any inaccuracy.







Everest One

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