



## SWS Mountain Guides

210 East Lake St.

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mail@swsmtns.com

[www.swsmountainguides.com](http://www.swsmountainguides.com)

Phone: 888.797.6867 / Fax: 877.797.6867

### Kilimanjaro Climb 19,341 ft & Africian Safari



**SWS Mountain Guides** Kilimanjaro Expeditions are guided by our professionally trained American senior staff of course, the local Tanzania guide & porters will join the trip. The summit of Kilimanjaro (19,341 ft.) is the main objective of this 14-day/ 13 nights Expedition/Safari to the African continent. While not requiring technical expertise, does require a relatively high level of commitment and conditioning due to the nature of the weather and high altitude involved. It is strenuous and reaching the summit requires a sustained effort that can only be realized through proper training. We will be climbing the Rongai route and descending the Maranga Route. You get to view the North side of Kilimanjaro, sleep in tents and have a more gradual climb and less crowded then the other routes.

Each trip is 14 day itinerary which includes: 2 travel days, 1 full rest/recovery day, a 6-day summit ascent, and a 5-day wildlife safari to the Serengeti, Lake Manyara, Ngorongoro Crater & Tarangire National Park. Lodging before and after your climb is at our private hotel in Moshi, Tanzania, safari & climb is inclusive. All you pay for is your drinks and food in Moshi, as well as your airfare & any visa costs. Extension trips to Zanzabar can be arranged at additional cost, just let us know.

**What to Expect:** We will be climbing to high elevations (over 19,000 ft.). Your physical conditioning, mental attitude, and flexibility will all be factors in making an exciting, fun, and successful trip. We are traveling and climbing in a foreign country, and while SWS Mountain Guides makes the best possible plans and tries to account for all possibilities, this is adventure travel and part of the adventure is being flexible, and making changes to the itinerary as needed to account for local conditions. If you keep this in mind you will have an exciting and fun filled adventure!

**Route:** Ascent via Rongai Route/ Descent via Maranga Route

#### **Dates 2020 & 2021:**

November 16th-29th, 2020

*Thanksgiving in Africa*

December 1st-14th, 2020

November 14th-27th, 2021

*Thanksgiving in Africa*

November 29th - December 12th

*Additional Dates are available for groups of 4 or more - regular price or by private arrangement*

**Cost:** \$5,995.00\*

*\*Price subject to change until booking due to international exchange rates.*



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**Airfare from the US to Kilimanjaro International Airport (JRO):** Approx. Airline Cost: \$1,800.00 to \$2,250.00 depending on departure city and time of year.

**Level of Experience Needed:** Kilimanjaro while not requiring a high degree of technical expertise, it does require a relatively high level of commitment and conditioning due to the nature of the high altitude involved. It is strenuous and reaching the summit requires a sustained effort that can only be realized through proper training and conditioning.

**Climbers** - Expedition Training; Level IV training required 5 times per week for at least 3 days at 40-60 minutes each session, 2 days at 60 -120 minutes each session, in one of the following categories or mixture of each: running, bicycling, swimming, stair master, ski machines, or other aerobic activities. It is also a good idea to include in your workout some type of flexibility training 3 times a week (stretching for at least 15 minutes). Plan on including weekend training hikes and climbs with your loaded pack for over all conditioning, this is a very important part of your overall training. Other activities which will improve your conditioning for the expedition include; weight training for strength, versa climber, jogging with a light day pack, and running stairs or hills.

**Acclimatization:** Most climbers don't think they need as much time for acclimation as is scheduled during Kilimanjaro expeditions. We have found through experience that our schedule is optimum for climbing at high altitudes to keep you both healthy and give you the best chance to reach the summit. Please give us a call if you have any questions.

**Equipment:** Please follow the enclosed equipment list. It is very important you bring everything on the list. If you have any questions or would like to know about a possible substitution, please give our office a call.

**General Precautions for International Travel:** A complete package of Health Information for travel in Africa is included in your full information package. Following the guidelines will increase the likelihood of keeping you healthy and happy while you are traveling. It is extremely important to maintain your health while trekking, climbing and while on safari.

**Immunizations:** A recommended list of immunizations for Africa is included in your full course information. We will be contacting you with any up to date information on Africa if needed. You can get up to date information at your local Public Health Department along with inexpensive immunizations. If you need immunizations, please get them as soon as possible - some immunizations are given over a period of time. For your health and safety it is very important to have your immunizations up to date. Yellow Fever immunization is required for entry into Tanzania.

**Passports and other Documentation:** You are **required** to have a **passport with 6 months prior to expiration**, for travel in Tanzania and for entrance back into the United States. Tanzania **Visa Cost for US citizen is \$100.00 in US funds**, Not included in cost of trip. Please don't forget! Check the equipment list. Airport Exit Taxes are not included, usually included in your airline ticket. But can be between - \$10.00 - \$30.00 depending on your flights.

**Baggage Restrictions:** Please check with your airline and point of departure for baggage restrictions and baggage fee, currently airlines are not charging baggage fee for the 1<sup>st</sup> and 2<sup>nd</sup> bags on international flight. Generally you are able to check two bags not exceeding 50 lbs with one additional carry on not to exceed 35 lbs. The equipment on our list is under the weight and size restrictions for domestic airlines leaving from the U.S. However, please check with your airline or travel agent when making your airline reservations, to avoid excess baggage charges, which can be expensive.

**Meeting Location:** We will be contacting you at least **14 days** before your departure with all the last minute information about, airport pick ups, guides arrival, and rendezvous at the Springlands hotel in Moshi, Tanzania. Depending on the arrival times of your flights, we may meet you at the airport or our Supplier will be picking you up at the airport for transportation to the Springlands Hotel.



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**Deposits:** A 50% deposit is required for a reservation with the balance of payment due 90 days before departure. After receipt of your 50% deposit we will send you an Expedition Application Form, receipt of your deposit and your complete course information package. Either the Director of SWS Mountain Guides or the lead Guide on the expedition will contact you with any questions we may have and to help you coordinate your airline arrangements.

**Refunds:** A 50% deposit is required with each reservation and the balance is due 90 days prior to the course. In the event you must cancel your reservation, between 90 - 60 days before the course, a \$1,000.00 cancellation fee is required and the balance refunded. Between 60 - 45 days prior to the course a 50% cancellation fee is required with the balance refunded. We are sorry, but NO REFUNDS can be made within 45 days prior to the course starting date.

**Includes:** Information support, professional guides, ground transportation, including to and from the airport, all lodging, porters, all meals while climbing, trekking and on safari, entrance fees to parks, climbing permits, radios, safety equipment, group climbing equipment (if needed), and group camping equipment including tents, stoves, and fuel.

**Food & Beverages:** All meals are provided while climbing, trekking and on safari, Clients are responsible for \*extra beverages and meals while in cities. We will provide water filters for water, along with coffee, tea, and hot drinks. Most all dietary preferences can be accommodated, please make the office aware of any dietary restrictions in advance.

**Not included:** Airfare to and from Moshi, Tanzania, meals and drinks in cities (Moshi), airport exit tax (Approx. \$30.00-\$40.00 maybe included in your airline ticket), Climb & Safari tips for Drivers, Tanzanian Guides, cooks and porters, laundry, and personal climbing and trekking equipment.

\*Extra beverages while at trekking, climbing or on safari this includes: beer, soda, bottled water, designer water and alcohol.

**Group size:** Limited to 8 adventures/ climbing & safari members

**Trip cancellation Insurance:** It is recommended that you obtain trip cancellation insurance for your journey. You can obtain trip cancellation insurance by logging on to our website at: [www.swsmountainguides.com](http://www.swsmountainguides.com) under reservations and click on the link to trip cancellation insurance or contact our office for the application.

### Itinerary for Kilimanjaro Climb and Safari

- Travel Day:** Flight Departure from United States / remember you lose a day traveling to Tanzania - check with us prior to booking your flight.  
*Extra Hotel days are available for \$60.00 per person B&B – before and after the expedition & safari-*
- Day 1:** (Arrival Day) Arrival in Moshi Tanzania, rest and relax from long travel days in Springlands hotel.
- Day 2** (Full Rest Day) Rest and Recovery day from Travel, relax, explore the city of Moshi, do a jungle walk, awaken in different culture or just relax at the Springlands Hotel, Moshi Tanzania
- Day 3:** (Climb Day 1) Begin Rongai Route, the Rongai route is gaining in popularity. You get to view the North side of Kilimanjaro, sleep in tents and have a more gradual climb. Rongai Trail head (6,562 ft) to First Cave (9,449 ft) Elevation gain: 2,887 ft Distance: approx. 5 miles Time: 4-5 hours. Your first day's walk is a gradual ascent through the rain forest the main thing to watch out for is elephant scat covering portions of the trail. You'll camp in tents near the First Cave at the Simba Camp, and will be rewarded with great views of the plains, reminding you that you are indeed in Africa.
- Day 4:**(Climb Day 2) First Cave (9,449 ft) to Third Cave (12,713 ft)



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Elevation gain: 3,264 ft Distance: approx. 6 miles

Time: 7 hours As you cross the beautiful moorlands today, you will pass by Second Cave on your way to your campsite at Third Cave. Enjoy the view that very few visitors to Kilimanjaro ever get to see.

- Day 5:** (Climb Day 3) Third Cave (12,713 ft) to Mawenzi Tarn Hut (14,206 ft)  
Elevation gain: 1,493 ft Distance: approx. 7 miles Time: 4-5 hours the trail begins to get steeper as you head in an Easterly direction towards Mawenzi Tarn. Here you have an excellent view of Mawenzi (4958m)
- Day 6:** (Climb Day 4) Mawenzi Tarn Hut (14,206 ft) to Kibo Hut, (15,500 ft.) Elevation gain: 1,378 ft Distance: approx. 5 miles Time: 5 hours Today you will cross through what is known as "The Saddle", between Mawenzi and Kibo peaks. The area is devoid of vegetation, with many small rocks dotting the landscape. You will rest at your campsite before making your summit attempt the next day.
- Day 7:** (Climb Day 5) Summit Day! Kibo Hut (15,500 ft) to Uhuru Peak (19,340 ft) to Horombo Hut. Elevation gain: 3756 feet Distance: approximately 4 miles Time: 5 - 7 hours Uhuru Peak (19,340 ft) to Horombo Hut (12,205 ft) Elevation loss: 7135 ft Distance: approx. 14 miles Time: 6 - 8 hours. This is the longest day. At around 11:00 pm on day 8, you will begin your summit attempt. The path up to Gillman's Point zigzags back and forth along a gravel path. This portion takes about 6 hours. Then you scramble over a few rocks and continue up to Uhuru Peak. After a few victorious photos, it's time to head back down to Kibo Hut for a short rest before making your way down to Horombo Hut.
- Day 8:** (Climb Day 6) Horombo Hut (12,205 ft) to Marangu Gate (6,004 ft)  
Elevation loss: 6201 ft Distance: approx. 11 miles Time: 6 hours  
Enjoy your last views of the mountain as you descend through the moorland and rain forest zones on your way to Marangu Gate. The path will be muddy, especially if it rained recently. At the gate, you will receive your completion certificate if you made it to Gillman's Point or Uhuru Peak. Then it's back to the Springlands hotel for a hot shower and a dip in the swimming pool.
- Day 9:** (Safari Day 1) Begin Safari to the African Plains, drive to Lake Manyara, overnight in the Highview Lodge. Lake Manyara is a perfect place to start any safari, the gateway to the Serengeti and provides stunning views elephants, zebras, and African Buffalo.
- Day 10:** (Safari Day 2) Drive to Serengeti, overnight in the Serengeti Wild camp, very nice tent cabins with private bathrooms, and excellent local food served in the bush lodge, a fantastic experience. Explore the Serengeti on the way to the wild camp with its incredibly diverse number of animal, lions, elephants, zebras, monkeys, birds, and more.
- Day 11:** (Safari Day 3) Overnight in the Serengeti Wild Camp, spending the day exploring the Serengeti and environs searching for unusual animal sighting with your local driver and guide. Or take a walk to the local village and explore the culture.
- Day 12:** (Safari Day 4) Drive to the Ngorongoro Crater, overnight at the Ngorongoro Wild Camp located on the western slope of the Ngorongoro Crater World Heritage Site. Beautiful Tent Cabins with excellent food and fantastic views of the salt water Lake Eyasi with the lights of fishing boats glowing in the dark.
- Day 13:** (Safari Day 5) Explore the Ngorongoro Crater by vehicle expect to see lions, buffalo, wildebeests, elephants, hippos. Home to an abundance of wildlife including the rare black rhino! Return to the Springlands Hotel for the evening.



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**Day 14: (Rest & Travel)** Rest at Springlands Hotel with late afternoon or evening flights back to the United States.  
OR optional morning flights to the beaches of Zanzibar.

**Travel Day 2:** Return to the United States after a long flight.

### **Optional Zanzibar Addition:**

**Day 15:** Optional trip to Zanzibar - exploring Stonetown

**Day 16:** Optional trip to Zanzibar - snorkeling in the India Ocean & relaxing

**Day 17:** Flight to Dar Salaam International Airport, catch flights back to US

Kilimanjaro Expeditions and Safari photo gallery -- [Click Here](#)