



SWS Mountain Guides
110 Alpine St.
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Kilimanjaro Climb 19,341 / Safari Rongai Route / Marange Route



Our professionally trained American senior staff guides SWS Mountain Guides Kilimanjaro Expeditions; 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, it does require a relatively high level of commitment and conditioning due to the nature of the weather and the 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 than the other routes. Each trip is a 14-day itinerary which includes: 2 travel days, one 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 Zanzibar can be arranged at an additional cost. Just let us know.

What to Expect: We will climb high elevations (over 19,000 ft.). Therefore, your physical conditioning, mental attitude, and flexibility will all be factors in making an exciting, fun, and successful trip. Also, we are traveling and climbing in a foreign country. While SWS Mountain Guides makes the best possible plans and tries to account for all possibilities, this is adventure travel. Part of the adventure is being flexible and changing the itinerary as needed to account for local conditions. If you remember this, you will have an exciting and fun-filled African adventure!

Route: Ascent via Rongai Route/ Descent via Maranga Route

Dates & Pricing: Check online: www.swsmountainguides.com

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

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



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Travel Insurance: SWS Mountain Guides strongly recommends that all participants purchase travel insurance to protect themselves from unforeseen circumstances. In addition, travel insurance can protect your investment in a trip if you must cancel at the last minute. SWS Mountain Guides recommends **Travel Insurance Highly Recommended: [Global Rescue & Travel Insurance](#)** for your adventure travel & rescue insurance choice; they have many options & work with you to get you the best coverage.

Airline Tickets: Airfare from the U.S. 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 will be realized through proper training and conditioning.

Climbers - Expedition Training; Level IV training required five times per week for at least three days at 40-60 minutes each session, two 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 flexibility training three times a week (stretching for at least 15 minutes). In addition, plan weekend training hikes and climbs with your loaded pack for overall conditioning. Other activities which will improve your workouts 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 we 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. You must 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: Your complete information package includes a complete package of Health Information for travel in Africa. Following the guidelines will increase the likelihood of keeping you healthy and happy while traveling. Maintaining your health while trekking, climbing, and on safari is extremely important. Check our Travel tips links below: [Traveler's Health - Food & Water](#) [Adventure Travel Tips](#)

Immunizations & General Precautions for International Travel: Following the guidelines will the likelihood of keeping you healthy and happy while traveling? It is paramount to maintain your health while trekking and climbing. You can get up-to-date information and inexpensive immunizations at your local Public Health Department or the link below for travel advice. If you need immunizations, contact them as soon as possible; some vaccinations must be given over a while. For your health and safety, it is critical to have your immunizations up to date. [CDC Travel Advice: Immunizations, Covid](#)



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Passports, Visa, and other Documentation:

You must have a passport six months before expiration with at least two blank pages for Visa / Exit & Entry stamps for travel in Tanzania and entrance back into the United States. **Tanzania Visa Cost for a U.S. citizen is \$50.00 in U.S. funds**, Not included in the cost of the trip. **Here is the link to an online visa for [Tanzania Visa](#).** Airport Exit Taxes are not included, usually included in your airline ticket. But depending on your flights, it can be between - \$10.00 - \$30.00.

Please check for current information: [Tanzania Travel Requirements, Visa, Covid requirements](#)

Baggage Restrictions:

Please check with your airline and point of departure for baggage restrictions and fees. Airlines are not charging baggage fees for the 1st and 2nd bags on international flights. Generally, you can check two bags not exceeding 50 lbs. with one additional carry-on not exceeding 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 contact you at least 14 days before your departure with all the last-minute information about airport pickups, 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 local partners will pick you up and provide transportation to our hotel.

Includes:

Information support and professional guides. Ground transportation, having 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 may be 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 trekking, climbing, or on safari includes beer, soda, bottled water, designer water, and alcohol.



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Itinerary for Kilimanjaro Climb & 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 \$70.00 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)
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)



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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.



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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.

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 Stone town

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

Day 17: Flight to Dar Salaam International Airport, catch flights back to U.S. Kilimanjaro