

Machame route

7 Days hiking



The **Machame** route is a **popular route choice** for those looking for a shorter hike than Lemosho, who do not mind the higher volume of hikers, but still want a **very scenic** experience. This route provides hikers with **excellent acclimatisation**, by as the short **7- day hike**, this popular route called the whiskey route.

Our guides will monitor you daily for signs of altitude related sickness, **using a pulse oximeter** to assess your level of blood oxygen saturation, and using a **stethoscope** to listen for any unusually lung sounds. **Of the many hikers** that journey up Kilimanjaro each year **a few experience potentially serious altitude issues**. **Our guides are trained to identify** these, and **will transport you down** if necessary. Our team take your **well-being seriously**, and carry an **emergency Oxygen** canister, and **2 – way communication systems**. Many hikers assist their acclimatization **by taking Diamox**, obtained from their **travel clinic** before travelling to Tanzania.

Accommodations: Hotel 2, Tent 6

Kilimanjaro Bliss: 7 days

Recommended days on trek: 7

Minimum days on trek: 6

Difficulty: Intermediate

Scenery: Superb

Traffic: High

Starting point: South West

Distance: 62km

Acclimatization: Excellent

DAY 0: You will be **met at Kilimanjaro International Airport**, if flying direct, and **transported to your hotel**. We recommended that you try to arrange your flight so you arrive 1.5 - 2 days before your hike. This is to allow your body time to rest and begin to acclimatisation to the new time zone and altitude. It also allows for any flight delays and baggage issues (always wear or carry your hiking boots in flight with



you, and let us know as soon as possible if your luggage does not arrive with you). We recognise that some people have limited vacation time and may arrive as late as the afternoon prior to starting their hike.

Your guide will arrange to meet with you during the afternoon / evening for a **pre - trip briefing**. Please make sure you bring your **passport and insurance details**, as well as your return flight details.

Day 1: Machame gate - Machame hut, Elevation: 1800m- 3000m, Distance:12 km, Time: 6 hours

Habitat: Rain forest

We pick you up from your hotel at **08:30 am** and depart Arusha for the **Drive from Arusha to Machame gate**, crossing the Machame village where the local grow banana and coffee. Register at the gate. Here hikers register at the office (you will need your **passport number** for this) and eat **lunch** while the porter's loads are weighed. Once this is complete we **begin our hike** "pole, pole" as we ascend to our first camp at **Machame hut** (camping), through the rain forest.

Day 2: Machame hut - Shira cave, Elevation: 3000m- 3700m, Distance: 9km, Time: 6-7 hours

Habitat: Moorland

After breakfast we start **hiking through the short shrub**, crossing several ridges to our lunch spot. Our trail climbs anti-clockwise, crossing the **Shira Ridge** to the camp. Here we are treated to **views of Mount Meru**, which lies to the East, and **Kibo** to the West.

Day 3: Shira cave - Barranco, Elevation: 3700 m- 3900m, Distance: 12km, Time: 8 hours

Habitat: Moorland

This is an **acclimatization day**, on which we hike East of the **Shira plateau through the alpine desert**. Here our trail merges with the Lemosho trail as we reach the ridge. From here we continue up to the **Lava tower (4600m)**. We eat lunch at this high point to assist acclimatization. Our journey now continues **down** past the tower in to the **Barranco valley**, and on to the Barranco camp for night.

Day 4: Barranco camp - Karanga camp, Elevation: 3900m -3930m, Distance: 5km, Time: 4-5 hours

Habitat: Alpine desert

After breakfast, we leave Barranco and slowly make our way **up and along the steep ridge** passing the great **Barranco wall**. From here the trail is undulating, with **superb views** of the south-eastern **ice-fields**, as we hike to the **Karanga Valley camp**. We stop here for lunch and our overnight camp, making this a **short day** designed to **aid acclimatization**.

Day 5: Karanga - Barafu camp (base camp), Elevation: 3930m - 4600m, Distance: 4km, Time: 3 - 4 hours

Habitat: Alpine desert

After breakfast we leave Karanga camp and reach the Junction which **connects with the Mweka trail**. We continue up to the **Barafu camp**. At this point you have completed the south circuit which offers **views of the peak from many different angles**. In addition to Uhuru peak, the Mawenzi peak can also be seen from this location. Barafu camp is the **base camp** from which we will hike to the summit. We enjoy an **early lunch and dinner**, rest and **prepare for beginning the summit ascent at midnight**.

Day 6: Barafu - Uhuru summit and descend to Millenium camp, (or Mweka camp)

Elevation: 4600m – 5895m and down to 3790m (or 3100m), Distance: 15 - 17km, Time: 12 - 14 hours

Habitat: Arctic

The guide will **wake you at eleven at night** for a light breakfast. We begin our **assent to the summit at**



Kilimanjaro Bliss

(midnight) making our way up between the Rebmann and Ratzel glaciers heading in a North-Westerly direction and ascending steep switchbacks through volcanic scree, **towards Stella point** on the crater rim. This is the most **mentally and physically challenging** section of the hike, as you experience the **fatigue related to low oxygen** levels at the increasing altitude, on the seemingly endless ascent. At Stella point (5732m) we have reached the crater rim, and will be **rewarded with the most magnificent sunrise** (weather permitting). From Stella point to Uhuru peak it is now just 45 – 60 minutes around the rim. Finally, you reach **Uhuru summit** and you are at the highest point in Africa (**5894m**), with **magnificent views of Kilimanjaro' famous glacier and ice cliffs**. We spend a maximum of **15 minutes at the Summit**, due to the effects of high altitude. This gives us time to congratulate each other, enjoy the **euphoria of our achievement**, photograph and breath-in the **magnificence of our surroundings**. We must then **begin our descent** for which you will now want your **hiking poles**, first back down to **Barafu camp for Brunch**, and then we continue **down to Millenium (3800m), or Mweka (3100m) camp** for the night. These camps are situated between the end of moorland and the rain forest. Your guide will decide which camp will be used for the last night based on the needs of the group.

Day 7: Millenium or Mweka camp - Mweka gate, Elevation:3800 /3100m - 1800m, Distance: 9 - 11 km, Time: 4 - 6 hours

Habitat: Rain forest

After breakfast the whole team (clients, guides, cooks and porters) **celebrate their journey**, and share their thanks with each other. The clients personally give **tips to porters, cook, and guides**, before making the final descent to Mweke gate (1800m). From Millenium camp the trail descends first to the Mweka camp, then on a well-maintained trail, through the **lush rain forest**, with **colourful flowers** such as '*Impatiens kilimanjari*', native only to Kilimanjaro, tuneful song birds, and sightings of **Colobus monkeys**.

You **sign out** of the Park, and receive certificate of Summiting, board our vehicle, which will be waiting at the Mweke gate and are **transported** past the local villages with their coffee and banana farms, first to **Moshi**, for **lunch** and a celebratory **drink** for those who wish. Later we return you to your **hotel in Arusha**, where you can enjoy a **shower and soft mattress**.

Next Day: Depart for the **airport or other destinations** in Tanzania or Kenya. A trip to the beaches at **Zanzibar** is a good way to recuperate. **We can arrange** many reasonably priced **trips and safaris** around Arusha and the Kilimanjaro region.

If you are taking a day or two to rest up and see Arusha, we can arrange a visit to the **Paradiso Children's Home** we support, and /or to other **local attractions** that interest you. **Ask Us** for list of recommended attractions.