



**Mt Kilimanjaro is an adventure that will change you. Reaching Uhuru Peak at 5,895m is considered an adventure challenge where comfort zones are broken, but the rewards are ultimately life-changing. Your adventure starts as soon as you land in Tanzania.**

## **DEPARTURE DATES AND PRICE**

Please refer to website:  
[www.peakpotential.net.au](http://www.peakpotential.net.au)

Places are limited



# **MT KILIMANJARO**



**Climb  
The Highest  
Freestanding  
Mountain in The  
World and a 7 Summit**



## ADVENTURE OVERVIEW

Join us on our 7-day climb of Mt Kilimanjaro, where you'll be professionally guided and supported by some of the most experienced guides in the business. All the finer details will be taken care of, so you can focus on climbing and taking in the unique adventure experience. Your tents will be ready at the end of each day, and your cook will prepare all your meals. We have an impeccable track record of successful summits due to our extensive high-altitude experience. At the end of your climb, take the opportunity and go on a safari and explore the fantastic and beautiful wildlife that calls the Serengeti home.

### HIGHLIGHTS

- Climb the highest freestanding mountain in the world
- Carry a light daypack only for a comfortable adventure
- Immerse yourself in the local Tanzanian culture
- Complete one of the famed '7 Summits' mountains
- Go on a safari post-climb & explore the beautiful Serengeti
- Explore rainforests, heather moors, lava formations, & glaciers
- Climb to the summit via the beautiful Machame Route
- Climb with some of the most experienced mountain guides
- Enjoy the company of like-minded trekkers and adventurers
- Celebrate with your fellow climbers in Moshi post the climb.

### INCLUSIONS

- Professional and experienced Australian & local guides
- Transportation from the airport to the hotel
- Transportation from the hotel to the airport
- 3x nights twin share accommodation in Moshi
- All meals as indicated in the travel itinerary
- Tanzania National Park-approved guides & porters
- Double-skinned mountain tents - twin share
- Dining stools, mess tent and hot water each day
- Certificate of your summit completion
- Emergency remote communications and UHF radios
- Group first aid kit carried by the guides
- All official national park trekking permits
- Pre-training and ongoing fitness advice, if required
- Personalised equipment advice and selection.

### EXCLUSIONS

- International flights to Tanzania and return home
- Personal expenses like phone calls and alcoholic drinks
- Meals in Moshi before and after the climb
- Passport and visa costs
- Tips to guides and porters (allow USD\$350)
- Hiring any equipment in Moshi for the climb
- Travel insurance - compulsory
- Boots and other essential adventure clothing
- Medical check-up costs and personal medication.

### WHY CLIMB WITH US

Peak Potential Adventures operates small group adventures both in Australia and overseas and was founded by a group of experienced adventurers who have built a solid and well-regarded reputation. Our experience outdoors has been built from the ground up over many years. Adaptability, planning, logistics, transparency and professionalism are our strengths and qualities. Our priorities are meeting your expectations, servicing your needs, keeping you safe, and delivering value-for-money adventure experiences. Taking on an adventure can sometimes seem a bit daunting, so one of our most important qualities is that we are approachable and always available to answer any questions or provide advice - with us, you'll always get a personalised level of service.

### PRE-ADVENTURE TRAINING

The Peak Potential Adventures team are qualified personal trainers who are available to guide and assist you in getting adventure fit to meet the physical demands of climbing Mt Kilimanjaro. Having completed many challenging expeditions throughout the world, we will provide expert advice regarding pre-adventure fitness training.



## ADVENTURE ITINERARY

### DAYS 1 & 2

On arrival at Kilimanjaro airport, you will be greeted by our team and transferred to your hotel. The next morning, you will have a climb briefing after breakfast and organise your equipment for the climb. You can hire any additional equipment required for the climb at the hotel. Most of the day will be used to prepare your gear and get yourselves organised for the climb.

### DAY 3 - MACHAME GATE to MACHAME CAMP

Your day starts with another early briefing, breakfast, and a 50-minute drive from Moshi to the Machame Village (1,490m), where your guides and porters prepare and pack your equipment and supplies. You will receive a lunch pack, and you can also buy drinks in the village. If the road is very muddy, it may be impossible to drive from the village to the Machame Gate, and in this case, it will take us an extra hour to complete the muddy 3 km walk to the gate. After registering at the park office, you immediately start your ascent and enter the rainforest. Heavy rains on this mountainside often transform the trail into a soggy, slippery experience, so good footgear, trekking poles and gaiters are useful. You will enjoy a welcome lunch stop halfway up, and we will reach the Machame Camp in the late afternoon. Your porters will arrive at camp before you and will erect your tent before you arrive. The porters boil drinking and washing water in the evening while the cook prepares your dinner.

### DAY 4 - MACHAME CAMP to SHIRA CAMP

You rise early at Machame Camp and climb for an hour to the top of the forest after breakfast, then for two hours through gentle moorlands. After a short lunch and rest, you continue up a rocky ridge onto the Shira Plateau, where you can see Mt Kilimanjaro's great Western Breach with its stunning glaciers. Sometimes, the walls of the Western Breach are draped with extensive ice curtains. You are now west of Kibo on the opposite side of the mountain from the Marangu Route. After a short hike west, you reach the Shira Camp. The porters will boil drinking and washing water before serving dinner.

### DAY 5 - SHIRA CAMP to BARRANCO CAMP

After breakfast, you will hike east up a steepening path above the highest vegetation toward Mt Kilimanjaro's looming massif. After several hours, you walk through a rocky landscape to reach the landmark Lava Tower at 4,630m. This rugged remnant of Mt Kilimanjaro's earlier volcanic activity is several hundred feet high, and the trail passes below it. For extra credit, the sure-footed can scramble to the top of the tower. After a lunch stop near Lava Tower, you'll descend for two hours below the lower cliffs of the Western Breach and Breach Wall to Barranco Camp at 3,950m. This climb offers numerous photo opportunities, especially if the walls are garlanded with ice. Barranco Camp is in a valley below the Breach and Great Barranco Walls, which should provide you with a memorable sunset while you wait for your dinner. On this day, be careful to notice any signs of altitude sickness.

### DAY 6 - BARRANCO CAMP to KARANGA CAMP

After spending the night camped under the imposing Great Barranco Wall, you climb this awesome natural feature, which turns out to be easier than it looks. Topping out just below the Heim Glacier, you can now appreciate just how beautiful Mt Kilimanjaro is. Continue along Karanga Valley, and you have now completed the South Circuit, which offers views of the summit from many angles. For now, all eyes are still on the summit. We will spend the night at the Karanga Valley Camp to acclimate more before heading higher up the mountain to camp above 4,000m.

### HOW TO REGISTER AND JOIN OUR TEAM

If you would like to join us on our Mt Kilimanjaro climb or would like more information, please contact us directly using any of the contact details below, or fill out the below application and email it back to our office. For more information, visit our [Peak Potential Adventures website](#) and our [Mt Kilimanjaro information page](#)



## ADVENTURE ITINERARY

### **DAYS 7 & 8 - KARANGA VALLEY TO BARAFU HUT & BARAFU HUT TO UHURA PEAK & UHURA PEAK TO MWEKA CAMP**

When we wake in the morning, we will hike up the ridge for another couple of hours to Barafu Camp, where we will rest for the day and most of the night. There is no water at Barafu Camp, even though Barafu is the Swahili word for 'ice'. The famous mountain snows of Mt Kilimanjaro are far above Barafu Camp near the summit. Your tent will be pitched on a narrow, stony, wind-swept ridge, so make sure you familiarise yourself with the terrain before dark to avoid accidents. Prepare your equipment and warm clothing for your summit climb. This should include replacing your headlamp and camera batteries, and to prevent freezing, consider carrying your water in a thermal flask. Go to bed by 7:00 PM and get a few hours of precious sleep, as the next day will be the biggest day of the adventure. You will rise around 10:30 PM, and after some steaming tea and biscuits, you shuffle off into the night.

Your six-hour climb, northwest up through heavy scree between the Rebmann and Ratzel Glaciers to Stella Point on the crater rim, is the most challenging part of the route for most climbers. At Stella Point (5,685m), you stop for a short rest and a chance to see a supremely spectacular sunrise. At Stella Point, you join the top part of the Marangu Route; but do not stop here too long because it will be tough to start again due to the cold and fatigue. Depending on the season and recent storms, you may encounter snow on your remaining hike along the rim to Uhuru Peak. However, on the summit, you can enjoy your accomplishment and know that you are creating a day you will remember for the rest of your life. After your three-hour descent from the summit back to Barafu Camp, you will have a well-earned but short rest and collect your gear. You then walk down a rock and scree path into the moorland and eventually through the forest to Mweka Camp (3,100m). This camp is in the upper fore so you can expect mist or rain in the late afternoon.

### **DAY 9 - MWEKA CAMP TO MWEKA GATE**

After a well-deserved early breakfast, it is a short three-hour scenic hike back to the park gate. We strongly recommend that you not tip your porters until you and all your gear have reached the gate safely. At Mweka Gate, you sign your name and details in a register. This is also where successful climbers receive their Mt Kilimanjaro summit certificates. In addition, those climbers who reached Uhuru Peak (5,895m) receive gold certificates. From the Mweka Gate, you will continue into the Mweka Village, usually a muddy 3 km (one hour) hike. In the Mweka Village, there will be refreshments and hot food. You will now drive back to Moshi for a long overdue hot shower, dinner and celebrations. You will stay overnight at the hotel.

### **DAY 10 - DEPART TANZANIA, OR DEPART ON A SAFARI**

Today you will book out of your hotel in Moshi and be driven by shuttle to Kilimanjaro Airport for your return flight home. Given that you have come all this way to Tanzania, we highly recommend a safari and exploring the spectacular Serengeti wildlife reserve. Please let us know if you would like to do a safari so we can discuss the various options.

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ADVENTURE: \_\_\_\_\_ ADVENTURE DATE: \_\_\_\_\_

FULL NAME: \_\_\_\_\_ DATE OF BIRTH:    /    /

MOBILE NUMBER: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

**1. DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS OR ALLERGIES? (Please circle)    YES / NO**

If you have circled **YES**, please provide further information about your dietary requirements or allergies?

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**2. DO YOU HAVE ANY MEDICAL CONDITIONS WE SHOULD BE AWARE OF? (Please circle)    YES / NO**

If you have circled **YES**, please provide further information about your medical conditions.

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**3. DO YOU HAVE ANY INJURIES WE SHOULD BE AWARE OF? (Please circle)    YES / NO**

If you have circled **YES**, please provide further information about your injuries.

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**4. HOW WOULD YOU RATE YOUR CURRENT LEVEL OF FITNESS? (Please circle)**

**POOR            AVERAGE            GOOD            VERY GOOD            EXCELLENT**

**5. HAVE YOU HAD ANY PREVIOUS BUSH WALKING OR TREKKING EXPERIENCE? (Please circle)    YES / NO**

If you have circled **YES**, please provide further information about your experience.

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**6. WHO SHOULD WE CONTACT IN CASE OF AN EMERGENCY AND WHAT IS THEIR RELATIONSHIP TO YOU?**

FULL NAME: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

**7. WHAT IS THE BEST MOBILE NUMBER FOR YOUR EMERGENCY CONTACT?**

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