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CLIMBING

MT. KILIMANJARO, MT. MERU & MT. KENYA

INTRODUCTION

Kilimanjaro is **the** fourth most topographically prominent peak on Earth. It is part of **Kilimanjaro**

National Park and is a major hiking and **climbing** destination.



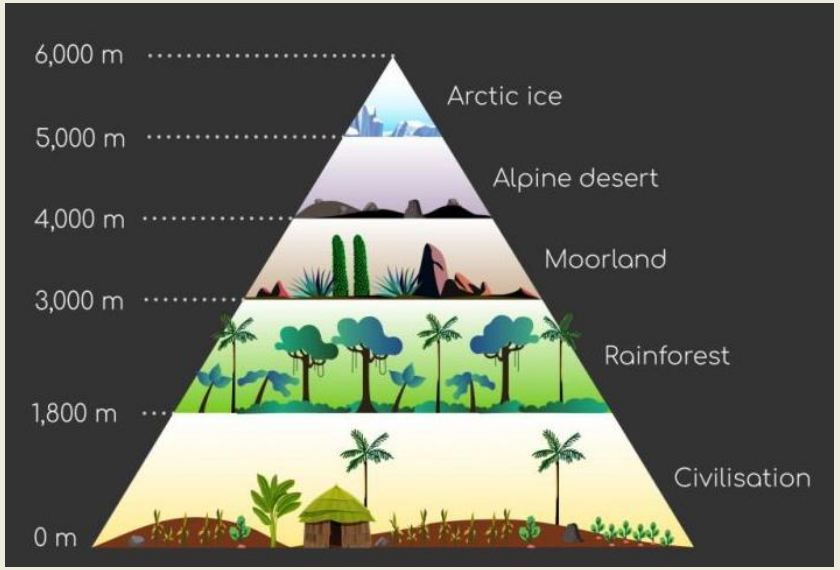
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SHORT HISTORY OF MT KILIMANJARO

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- The Name
- The three summits of Kilimanjaro
- Weather and climate
- Kilimanjaro flora and Fauna





LOCATION AND GEOPRAPHIC FEATURES

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Location: Mount Kilimanjaro is located in Tanzania, East Africa, near the border with Kenya.

Geographical Features:

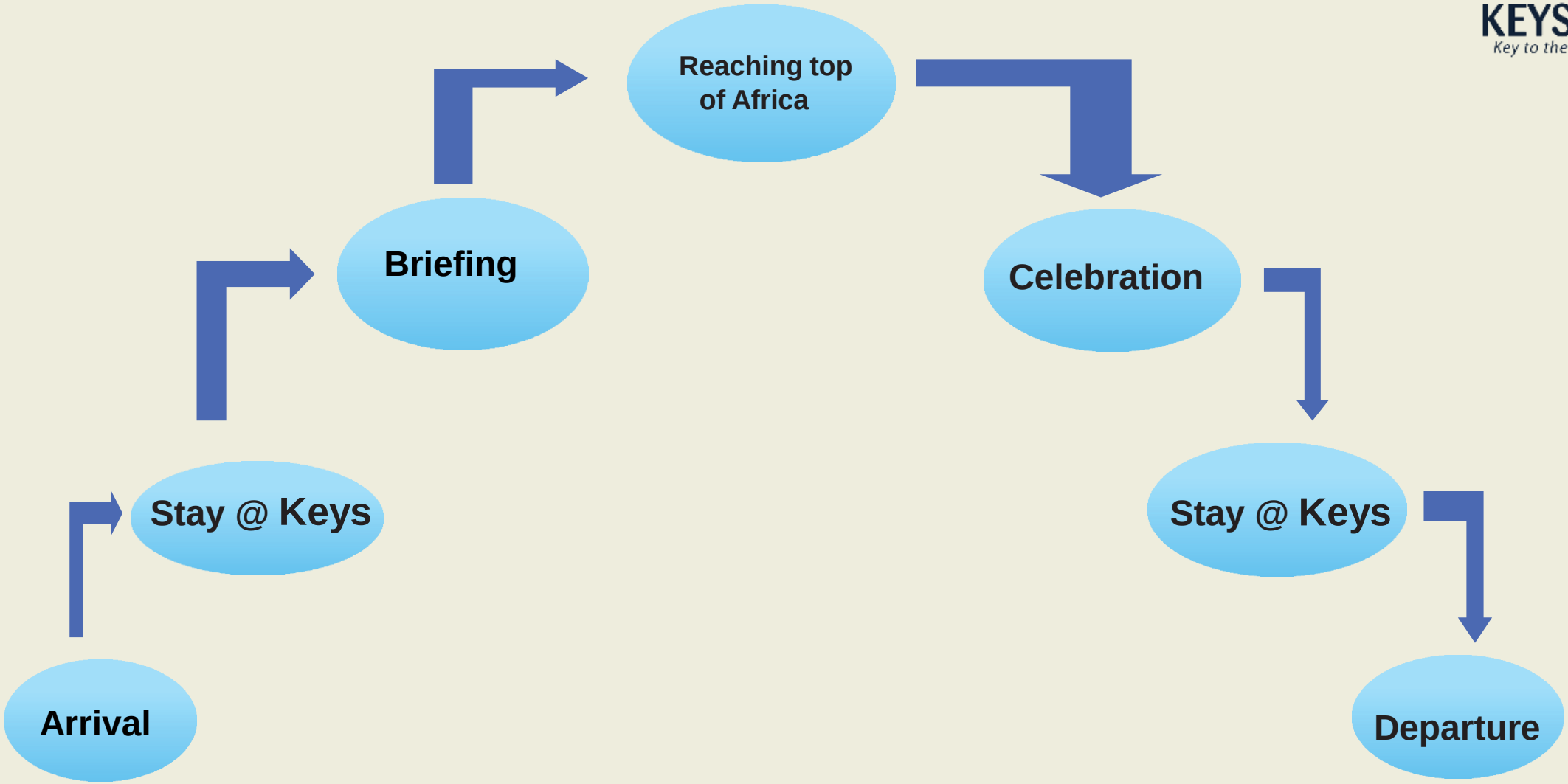
Elevation: Standing at 5,895 meters (19,341 feet) above sea level, Kilimanjaro is the highest peak in Africa and the tallest freestanding mountain in the world.

Ecological Diversity: Kilimanjaro is renowned for its diverse ecosystems, which range from lush rainforests at the base to alpine deserts and glaciers near the summit.

Glacial Formations: Despite its proximity to the equator, Kilimanjaro boasts permanent glaciers, although they have been shrinking due to climate change.

CLIMBING CYCLE

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MT. KILIMANJARO SUMMIT

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DURING CLIMB

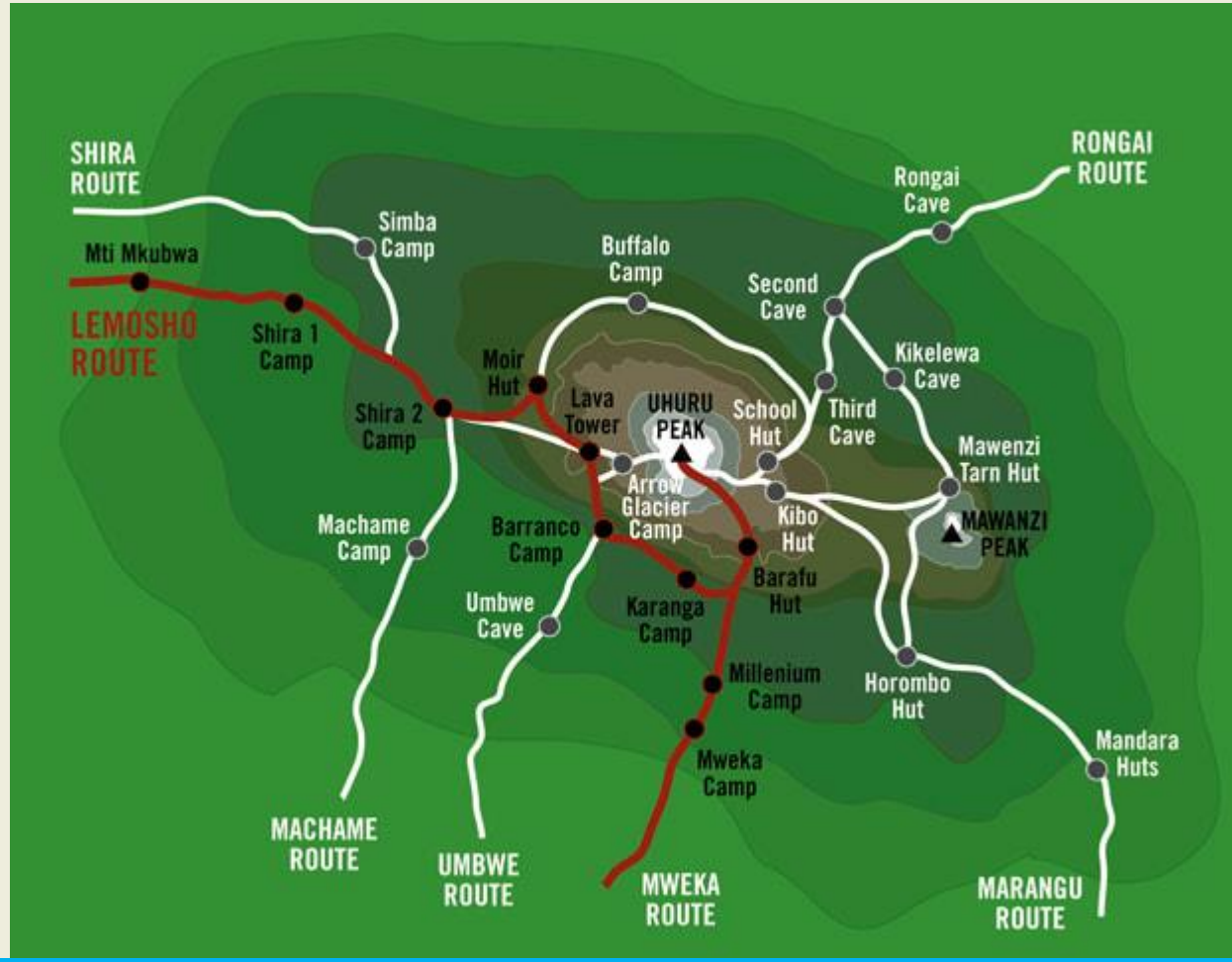


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LEMOSHO ROUTE

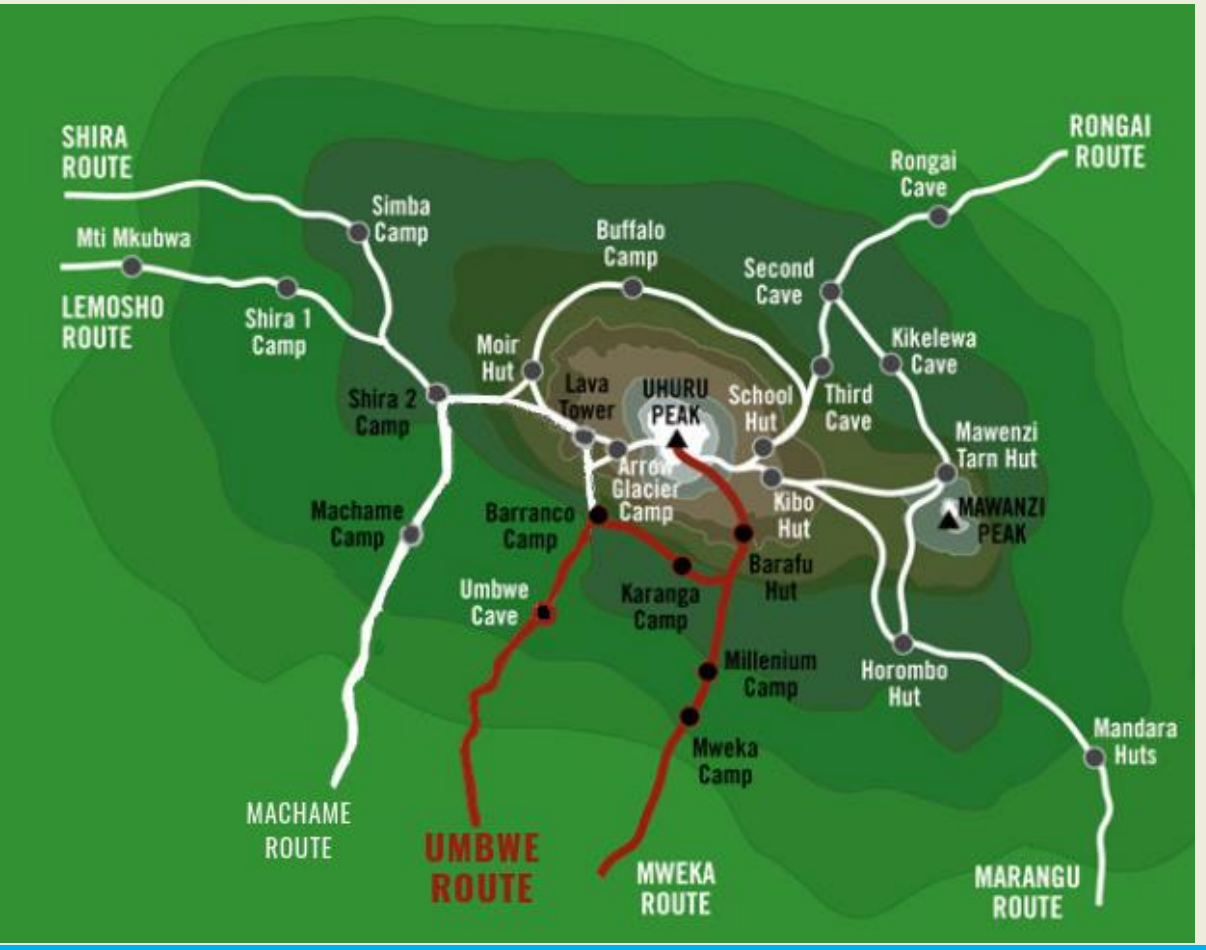
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UMBWE ROUTE

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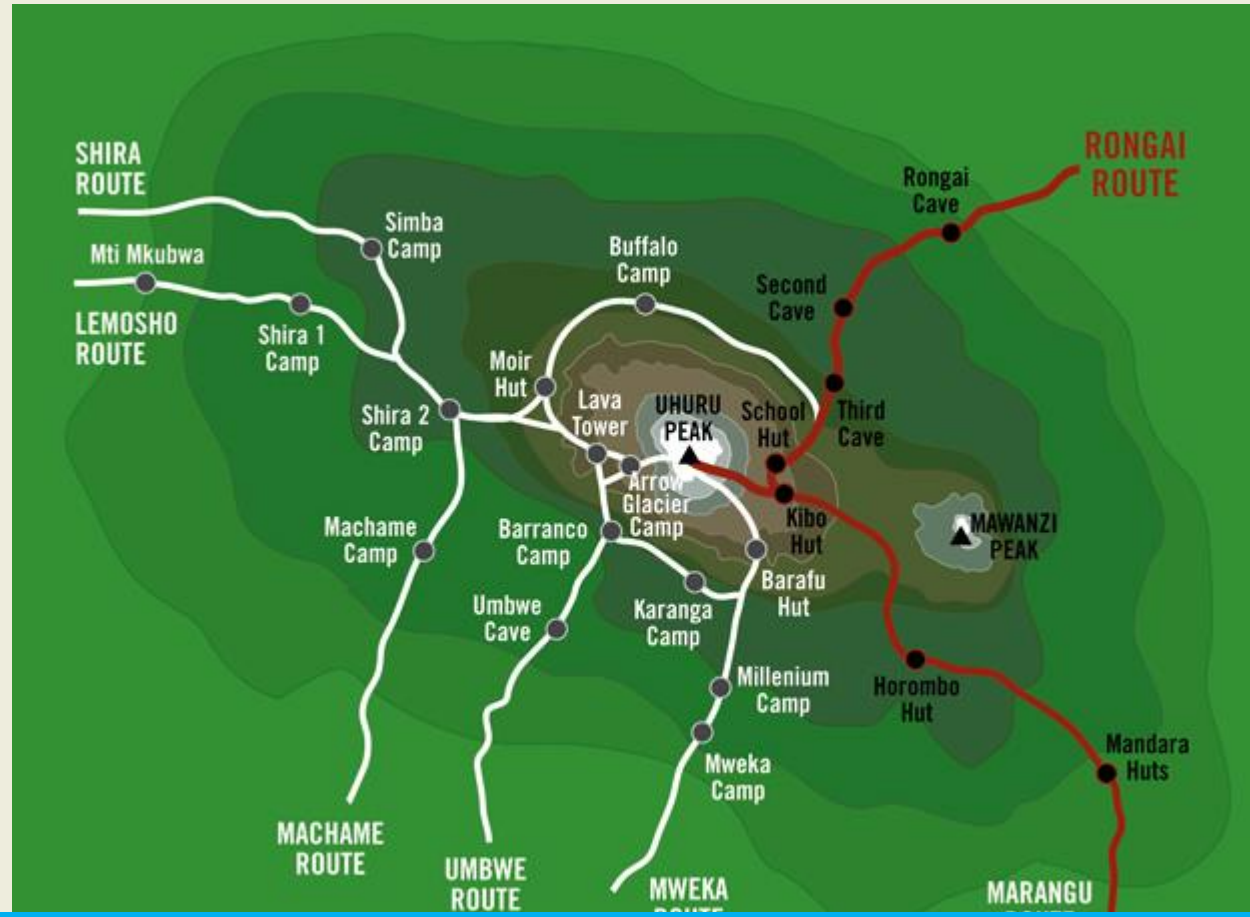




RONGAI ROUTE

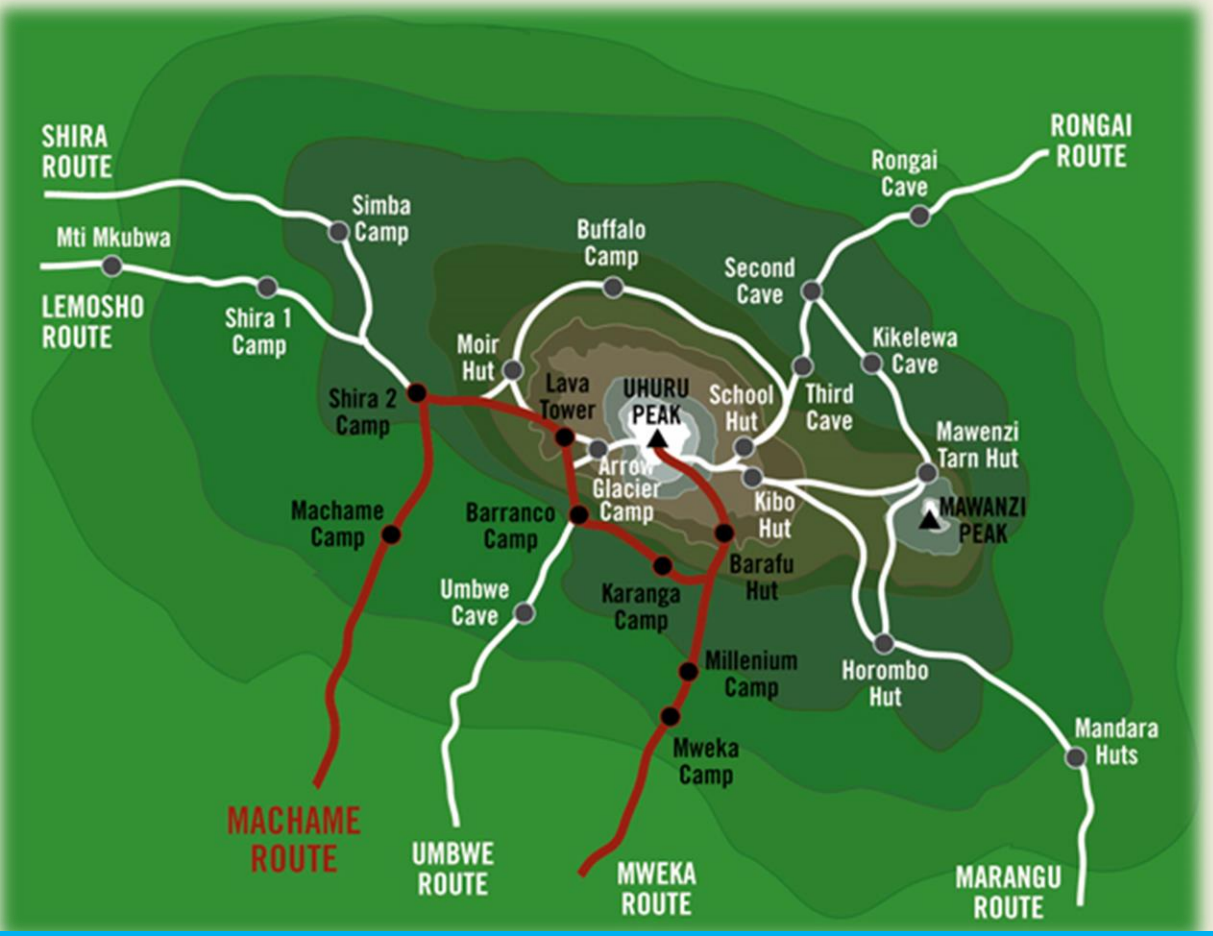
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MACHAME ROUTE

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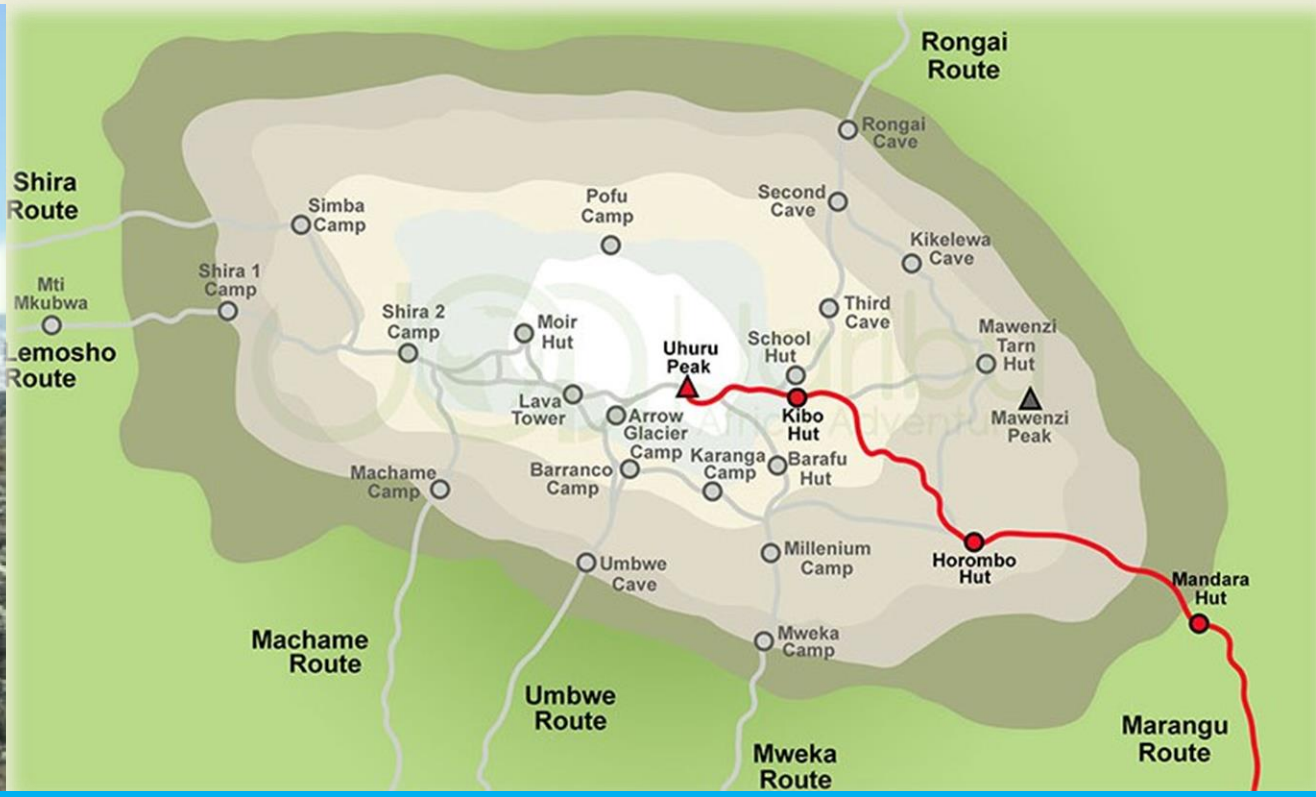




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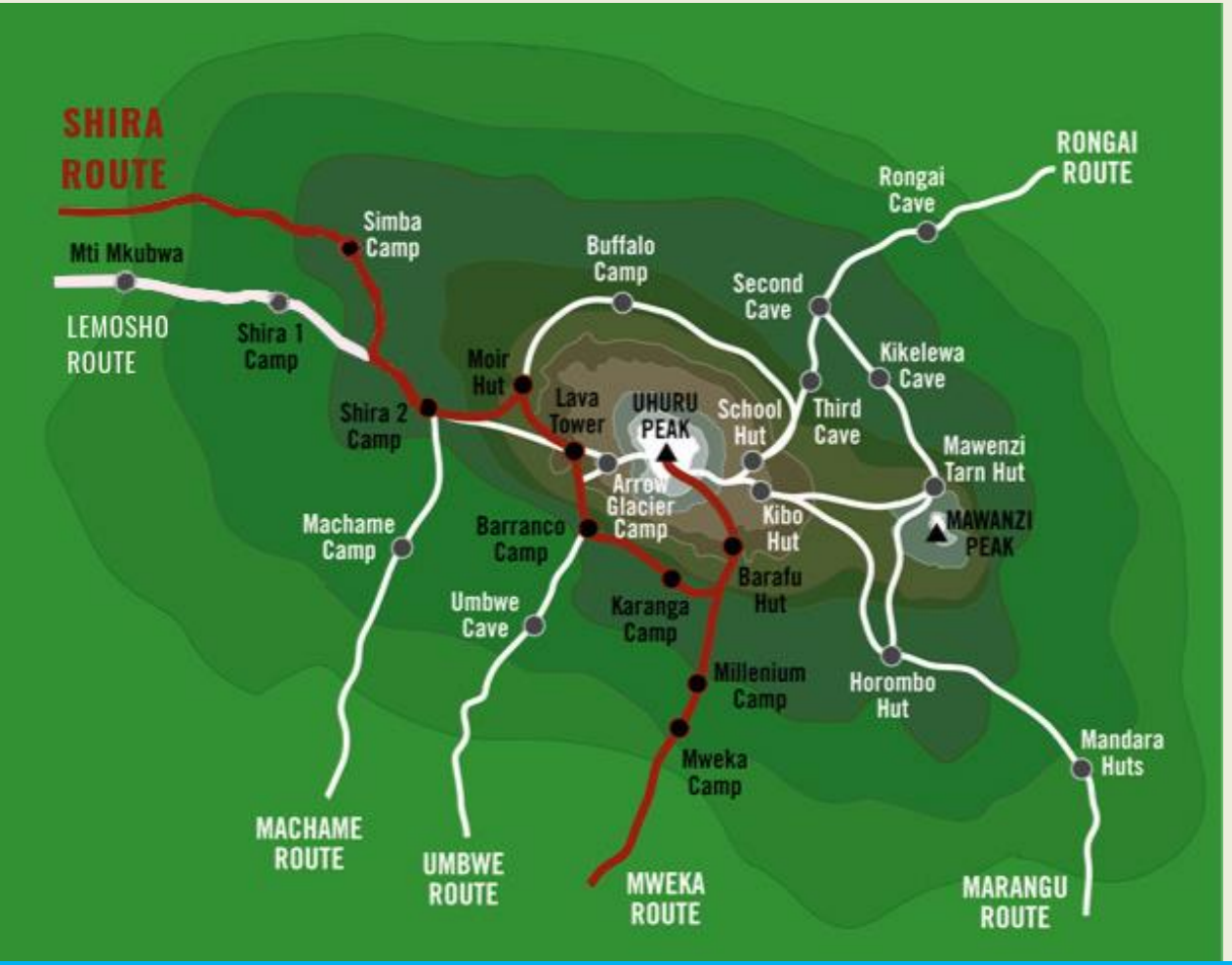
MARANGU ROUTE





SHIRA (LONDOROSI) ROUTE

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FAUNA AND FLORA ON MOUNT KILIMANJARO

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Colobus Monkey



FAUNA

Kilimanjaro boasts five ecological zones, each spanning approximately 1000m. From 800m to 1800m, bushland dominates, alongside villages and grasslands.

Ascending, a lush rainforest thrives from 1800m to 2800m, abundant with towering tree ferns, sycamores, and unique mosses.

Moving higher, the semi-alpine zone, 2800m to 4000m, showcases giant groundsel and vibrant red hot pokers amidst misty conditions.

Beyond 4000m lies the stark alpine desert, sparsely populated by everlastings and yellow daisies. Above, the arctic zone at 5000m offers a barren moonscape, where only lichens endure the extreme cold and harsh sunlight.

FLORA

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Kilimanjaro boasts five distinct ecological zones, each around 1000m in altitude. From 800m to 1800m, bushland prevails, with villages and grasslands. Ascending, a dense rainforest thrives from 1800m to 2800m, rich in biodiversity and lush foliage.

The semi-alpine heath and moorland zone, 2800m to 4000m, feature giant groundsel and vibrant red hot pokers amidst misty conditions.

Beyond 4000m, an alpine desert emerges with sparse vegetation, leading to the barren moonscape of the arctic zone at 5000m, where only lichens survive the harsh environment.



TOURISM ATTRACTION IN MT. KILIMANJARO

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Cultural Immersion: Travelers can engage with local communities and learn about the cultural heritage of the Chaga, Maasai, and Pare peoples who live around Kilimanjaro. Visiting villages, interacting with locals, and experiencing traditional customs and rituals add depth to the journey.

Wildlife Viewing: While Kilimanjaro is not primarily known for wildlife, the lower slopes are home to diverse flora and fauna. Travelers may encounter elephants, buffaloes, monkeys, and various bird species during their trek through the montane forests and heathlands.

ACTIVITIES THAT WE OFFER ON CLIMB

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1.Climbing/Trekking
(**Summiting Kilimanjaro is the main attraction.**)
2. Nature Photography
3. Cultural Immersion
4. Wildlife Watching
5. Nature Walks
6. Camping
7. Adventure Activities
8. Educational Tours
9. Relaxation and Reflection.



PERSONAL EQUIPMENT LIST FOR MOUNT KILIMANJARO

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- Cotton shorts or cycling type shorts
- T-shirts
- Spare kit bag (small one)
- Shade Hat
- Warm wool hat or balaclava
- Dark sunglasses (wraparound)
- Sunscreen
- Hiking Boots
- Lightweight shoes
- Sleeping Bag & Inner sheet
- Thermarest mattress
- Water Bottle
- Purifying tablets



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- Warm gloves / mitts
- Day pack
- Kit bag for the porter
- Water proof pants
- Scarf
- Thermal underwear
- Pants
- Waterproof Jacket
- Light weight Poncho
- Cash (USD)
- Contact lens ?
- Glasses
- Jerseys / Fleece etc
- Small mirror
- Personal toiletries
- Socks thin & thick pairs



- Rain Coat (instead of Poncho)
- Warm Hat
- Towel
- Face cloth & soap
- Wet Ones
- Dublin or Waterproofing
- Torch
- Spare Batteries
- Pocket Knife
- Walking Stick
- Gaiters (to the Knee)
- Lip Ice or Zinc cream
- Toilet paper & Matches
- Trail munchies
- Garbage bags
- Thermos Flask
- Small First Aid kit
- Book / Diary / Game / Cards / Pen
- Camera & plenty of Film







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ACCOMMODATION

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Keys Hotel
more than just a hotel

Keys Hotel
more than just a hotel
Mbokomu branch




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BARRANCO CAMP

PREPARATION FOR CLIMBING TO Mt-KILIMANJARO

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FOOD MENU FOR CLIMBERS

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BREAKFAST MENU

Seasonal fruits, Toast, Egg, Sausages, Oats, Pancake Tea/Coffee/Hot Chocolate

LUNCH

Soups, Salads, Sandwich, Beef Chicken/Veg served with Rice Chips. Fruits, Juice

DINNER

Soup, Chicken/Beef/served with Rice or Mashed potato, Spaghetti/ Fruits,Tea, Coffee, Hot Chocolate







MEAL TIME AT THE MOUNTAIN

CELEBRATION AFTER CLIMBING

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IN CASE OF EMERGENCY

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Altitude Sickness

- Regular health check up by the guide
- Head Guide will take decision depending on the client's condition.
- If so needed , we provide First Aid and then rush to the hospital with the help of Rescue Team in closest Camp.
- All descending clients due to sickness will be accompanied by a GUIDE.



MT. MERU



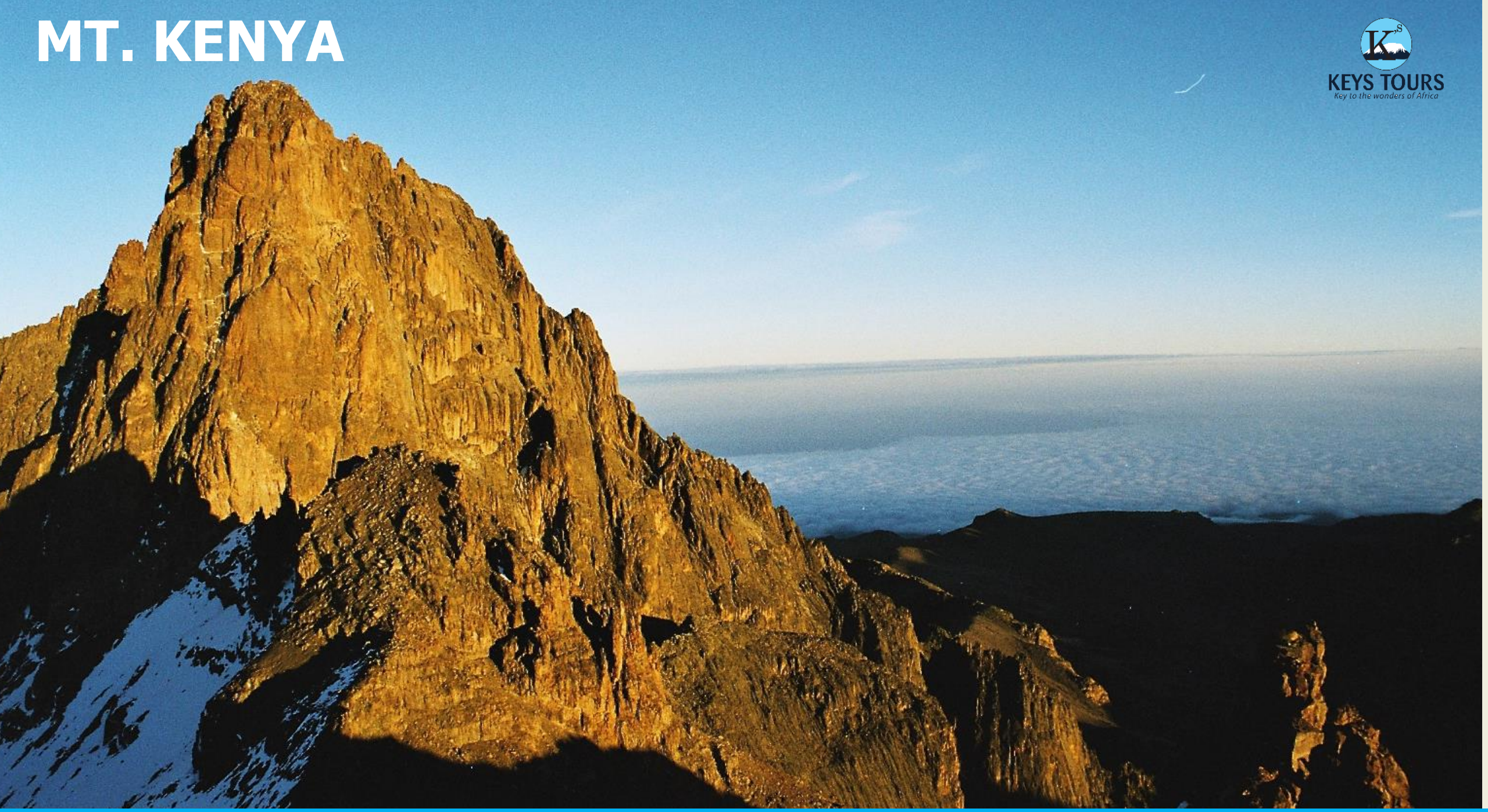
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Mount Meru is Tanzania's second-highest peak and one of the best trekking routes in Africa. The hike is steep in some places and passes through forests, bird life, and volcanic lava ash. Summiting involves a steep climb to Rhino Point at 3,800 meters, then following a ridge of ash and rock. A climb typically takes four days, but can be completed in three days.





MT. KENYA

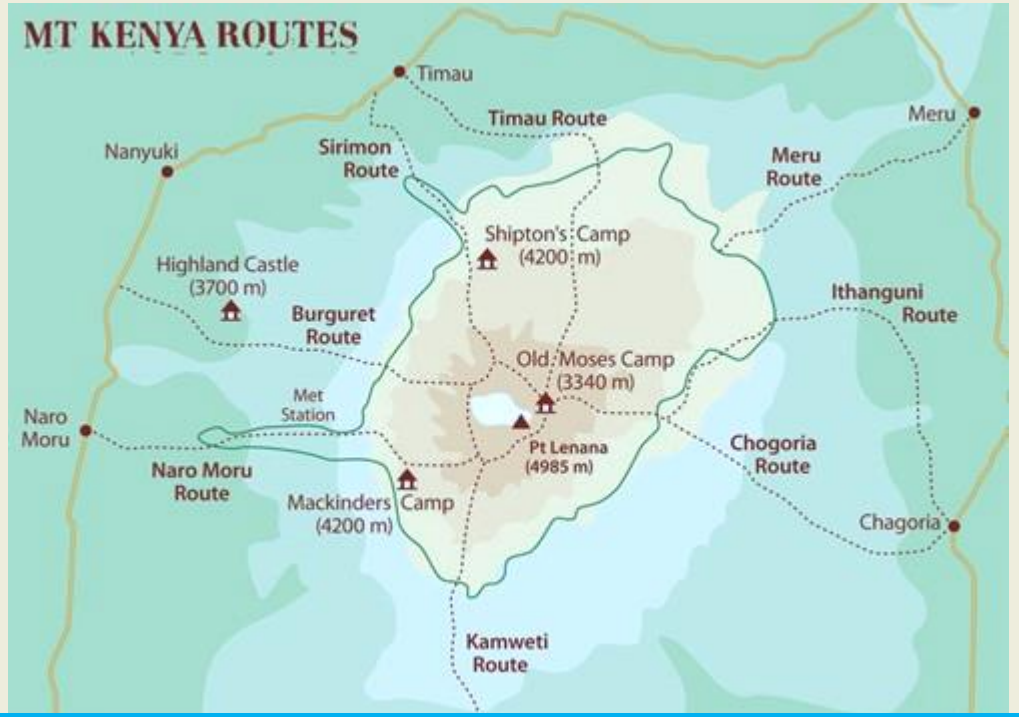


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Mount Kenya is an extinct volcano in Kenya and the second-highest peak in Africa, after Kilimanjaro.

Mount Kenya straddles the equator about 193 km north-east of Nairobi and about 480 km from the Kenyan coast. At 5,199 m,







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