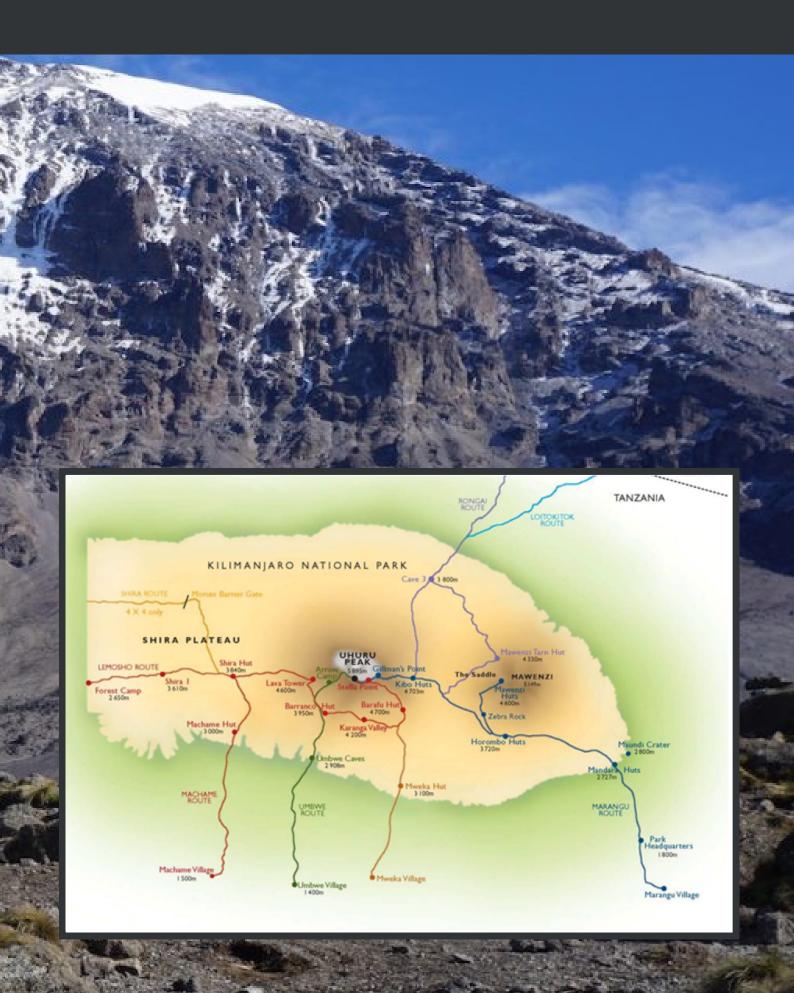


ADVENTURE FACTS





HIGHLIGHTS

- Very small groups (5 min, max 12) be aware that some operators take up to 30 participants.
- \(\sqrt{\text{\ti}}}}}}} \ext{\texi}\titt{\text
- Trek from the tropics to the tundra of Kilimanjaro with our expert guides and crew.
- Led by some of Australia's best guides with a wealth of Himalayan mountaineering experience.
- Medical wilderness trained leader with 24hr phone access to Peak Learning Doctor's advice.
- A Fully catered, delicious fresh meals.
- A Relaxing before and after the trek at the charming Meru View Lodge.
- Optional extras include acclimatization and preparation on Meru Peak, Safari and Zanzibar visit.





OVERVIEW

There are six main routes on Kilimanjaro and these are shown on the map earlier in the booklet. In a clockwise direction they are; the Lemosho (western route), Rongai, Marangu, Umbwe and Machame. There is also the challenging Western Breach route via the Arrow Glacier. We are happy to discuss any of these route options for private groups and customised treks. The lesser-known Lemosho route begins on the western side of Kilimanjaro.

The first two days of the trek cross the thick forest belt which then changes into Heath and Moorland with many ferns and senecia along the way. The small trail sometimes has very steep passages and goes through diverse landscapes. On the third day, the trail joins the Machame route. Compared to the Marangu and the Rongai route, the Lemosho route is more challenging.

WHEN TO GO

Although Kilimanjaro can be climbed at any time, there are two popular periods to climb. This is during the warmer months between December and February or between the end of June to mid-October when the temperatures are a little cooler and the rainfall light. The period mid-March to mid-June as well as November is considered the wet season.

Our preferred climb is in the shoulder period at the end of November mini-wet season as it is uncrowded with almost empty campsites.

MEET YOUR GUIDES

We have on our team, Australia's most experience high-altitude climbers and guides. Between them, they have reached the summit of all 8,000 metre peaks on Earth, with a combined total of 29 summits (including six of Mt Everest). We are experts at managing risk and supporting expeditions to remote areas. We ensure that our trips provide a wonderful culinary experience and relatively comfortable accommodation, as our clientele appreciate being looked after.



Peak Learning's Senior Guide Matt Rogerson

As a career Army Officer and outdoor professional, Matt has a wide skillset and experience in planning, hands on leadership and risk management of complex activities in remote and wilderness locations.

As an enthusiastic mountaineer, Matt has participated in and led several significant mountaineering expeditions including making the first Australian ascent of Dhaulagiri and the third ascent of the remote sub-Antarctic Mawson's Peak on Heard Island. Matt has led three geologic survey expeditions to remote Greenland fjords.

He has worked extensively in a wide variety of outdoor guiding roles, including Himalayan trekking and mountaineering, battlefield study tours in PNG, corporate experiential learning events, academic field surveys and work with veterans affected by their service. For Army he designed and led a noteworthy alpine resilience exercise for veterans suffering PTSD.



Peak Learning's Head Guide Zac Zaharias, CSM

Zac is the founder & head guide at Peak Learning Adventures. He has been climbing, walking and skiing for over 40 years. Zac's greatest passion is mountaineering, with 21 expeditions to the Himalya and Karakoram ranges covering Nepal, Tibet, Pakistan and India along with 11 seasons in New Zealand.

Zac is one of Australia's most experienced high altitude mountaineers with ascents of 6 of the 14 world's highest mountains above 8000 metres in elevation. He has been on three expeditions to Mt Everest and reached the summit in 2010. Zac was the last person to carry an SLR film camera to the summit.

Zac was a career soldier for 31 years and is currently serving as a Lieutenant Colonel in the Army Reserves. Along with his love of military history, Zac brings his wealth of military experience to the PNG battlefield treks and tours, which he has been guiding for 15 years.



FITNESS REQUIRED

The trekking/climb sections of this expedition are over 6 nights and 7 days. As such, you will need a reasonable level of

fitness in order to best enjoy your experience of Africa, and to have a good chance of success. You will need to be able to walk for up to 6-8 hours a day with a daypack (around 5kg, depending on your camera equipment!). The trekking days involve walking on tracks that range from wide and smooth to muddy, rocky and rough or slippery. For this reason, you should be well practiced at walking on uneven ground before you leave. We will usually begin trekking after a good breakfast, and stop for a couple of breaks to drink and refuel during the morning. At lunch, we stop to enjoy a hot lunch and rest, before heading off for an afternoon of trekking, again resting every hour or so. As a general rule, we walk very, very slowly (pole-pole in Swahili) in order to enjoy the scenery, take photos and give our bodies time to acclimatise. This slow walking speed can be frustrating, but it is crucial to success. An extra-special effort will required on summit day to take you above the glaciers to Uhuru Peak. The climb involves nearly 1300m of height gain into quite rarefied air, and the mental challenge is really quite tough (please ask if you require an explanation). Additionally, the 2795m descent from the summit to Mweka Camp makes Day 8 a long 15 to 17 hour day. We suggest that because people have a wide variety of lifestyles, you will benefit from a training program to prepare for your trek.



PERSONAL PORTERS

Trip price includes your personal porter, enabling you to trek each day carrying only a daypack. Your daypack may

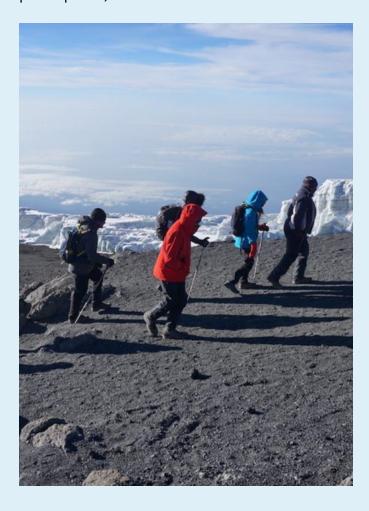
contain water, snacks, camera and maybe a spare layer of clothing, would generally weigh around 4-6kgs. Note that other porters on your trek carry all group equipment such as cooking equipment and food for the trekking party.



EXPERIENCE REQUIRED

The level of support provided on this adventure means that even those with little prior experience can enjoy walking

with only a daypack, sitting down to good meals prepared by the local staff and settling down in your tent to relax and regain your strength after each days walk. The walking on Kilimanjaro is technically straightforward with some rock scrambling above Barranco camp. The main challenge on Mt Kilimanjaro is the considerable elevation gained in six days from 2250m to just under 6000m. This poses a significant acclimatisation issue that results in 10-20 deaths per year and an overall 60% success rate. However, Peak Learning prides itself on a well-managed acclimatisation plan and health monitoring regime, along with the enormous experience that comes with having some of Australia's best guides and expedition medicine experts. Our proven formula has so far led to a 100% success rate (based on trekkers who attempted the climb from high camp and an 87% success rate of total participants).





DAY 01 & 02 Kilimanjaro Airport to Arusha. Upon your arrival at Kilimanjaro Airport, you will be greeted by our transfer driver and taken to the Meru View Lodge on the outskirts of Arusha. After settling in, there will be an opportunity to meet the group and have a welcome drink. The following morning there will be a trek brief including a demonstration on packing your gear into your Duffel bag. The rest of the day will be at leisure and you may choose to relax at the hotel or perhaps explore the town of Arusha (taxi required). Due to time zone differences between Australia and Tanzania (8 hrs), the preparation and packing day is appreciated by all trekkers (B, D).

Arusha to Londorossi Gate (2250m) and Big Tree Camp (2880 m). In the morning, you will be picked up at the Meru View Lodge and take the 3-hour drive to the Londorossi Gate (2,250 m). Here you will be register with the national park authorities. Then you will drive 15 km on a bumpy track that will take you into the dense rainforest to the drop-off point where your trek begins. You will follow a moderately steep track, which leads you through an amazing and unspoilt natural forest to the Big Tree Camp (2,800 m). This camp is about 2½ hours away and it's your destination for today. 4.9 km, 2 hrs 45 min (BLD).



04

Big Tree Camp (2085 m) to Shira Camp (3880 m). Today's long trek starts on a small trail that passes through the rainforest. As we climb, the forest gradually thins out and the landscape changes into heath and moorland where plants like ericas and lobelia start to dominate the landscape. You will cross the Shira Ridge and after 4 to 5 hours of trekking, you will reach the Shira Camp 1. Here we will stop for lunch, relax a bit and enjoy the fantastic views of Mt Meru and the Rift Valley. For the last part of the climb (approximately 3 hours), you will climb another 250 m in altitude. The landscape will change again, and you will walk on ground that once was a lava flow. Just before reaching Shira Camp 2, you will pass the giant senecia that can grow to almost 9 metres in height. At Shira Camp 2, you will camp for the night and with a little luck, enjoy the wonderful view of the Kibo summit at sunset. 16.9 km, 9 hrs 30 min (BLD).

YOUR JOURNEY

Shira Camp 3850m) to Barranco Camp (3950m) via Lava Tower (4640m).

Today you will climb approximately 700 metres, but you will spend the night at an elevation only slightly higher than the previous night. This will allow your body to acclimatise, as a height of over 4,500 m will be reached before descending again. In doing so, you will be able to see how your body reacts to such an altitude. The trek begins with a long ascent above the Shira Plateau in the direction of the Lava Tower (4,600 m). The vegetation becomes sparser as the landscape changes to alpine desert. The climb passes through the wide Barranco Valley with its lobelia and giant senecia plants. After 6 to 7 hours' walking, you will arrive at the Barranco Camp – perhaps the most beautiful camp on Kilimanjaro. 11 km, 7 hrs 30 min (BLD).

05

06

Barranco Camp (3950 m) to Karanga Camp (4250m). Today's trekking leg has many ascents and descents and shortly after the start, you will tackle the steepest part of the entire route – the Barranco Wall. Every now and then you may need your hands to hold on as you scramble up this steep section of the track. The narrowest section is called "Kissing Point" (you need to hug the rock for this section)! Safety is paramount and your guides will assist you whenever necessary. After reaching the top of Barranco Wall you will walk along the rocky ridge. From here you will have fantastic views of the southern glacier of Kibo as well as Kibo summit. You will get to Karanga Camp around lunchtime. 5.8 km, 4 hrs (BLD).





Karanga Camp (4250m) to Barafu Camp (4650m). After breakfast you will walk along a trail that passes through an alpine desert area until you reach today's destination – the Barafu Camp. This camp is situated at an altitude of 4,650 m and will be reached in about 3 hours. In the afternoon you can relax and stretch your legs in preparation of the upcoming summit night. You will have dinner early in order to catch a few hours' sleep, before you will be woken up at around 11 pm. 3.7 km, 3 hrs (BLD).

DAY 07

08

Barafu Camp (4640m) to Uhuru Peak (5895m) to Mweka Camp (3100m).

We wake up at 11 pm and enjoy warm tea and biscuits before commencing the climb at midnight. Under head torch you will start walking on the lava ash that is still frozen. After 6 to 7 hours you will arrive at Stella Point, the crater rim of Mt Kilimanjaro. Another 1 hours climb along the crater ridge will lead you to the summit of Uhuru Peak (5,895 m). From "Africa's Roof", you will be able to see the surrounding landscape being lit up by the rising sun – a truly liberating experience. After a short break and taking photos, you will return to Barafu Camp just before midday where the rest of the crew will be waiting for you. You will have a warm lunch and rest for about one to two hours before you make our way down to the Mweka Camp (3,100 m) about 3 hrs 30 min away. 20 km, 15 hr 30 min (BLD).

Mweka Camp (3100m) to Mweka Gate (1800m) to Arusha. The final leg of your amazing adventure begins after breakfast with a gentle 3 hours' descent through the rainforest onto Mweka Gate. After being awarded with your certificate, your local mountain guides and crew will say goodbye with a traditional farewell ceremony. You will be collected from the foot of Kilimanjaro by your driver and taken to Moshi, where we will enjoy lunch at the Union Café. After lunch we will return to the Meru View Lodge. Once there, you can take a warm and relaxing shower and celebrate your success in reaching the summit of Kilimanjaro. 9.2 km, 3 hrs 40 min (BLD).

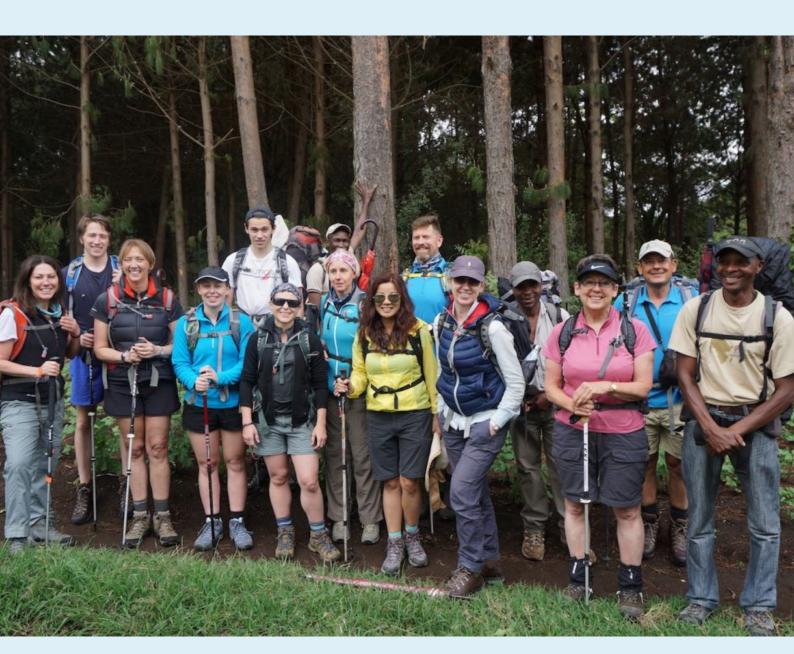
DAY **09**



Arusha to Kilimanjaro Airport. After breakfast, you will be transferred to Kilimanjaro Airport or alternatively you can extend your trip in Tanzania and go on safari (B)

Day 10-14: Safari/Zanzibar (optional). For those wishing to take time out after the trek to explore Tanzania, optional extras include a Safari to the Serengeti and/or Ngorongoro Crater, the world's largest unbroken caldera (19.2 km in diameter). This is surrounded by steep walls (610 m deep) and 30,000 animals including the rare black Rhino. Other options include exploring the old stone city in Zanzibar, relaxing on a coastal resort or diving in the Indian Ocean.





INCLUSIONS

Your trek cost includes the following:

- Professional, experienced Australian leader (2 leaders with a large group) with a depth of experience trekking at high altitude.
- The leader carries a comprehensive medical kit as well as equipment for emergency communications.
- Three nights hotel accommodation on twin share basis (2 at the start of the trip and 1 at the end).
- Meals and accommodation other than those specified.
- All airport, hotel and track transfers in Tanzania.
- All road transport including; airport transfer, travel to and from the trail head and travel into Arusha.
- Local guides and cook(s).
- Group porters to carry food, cooking equipment and personal gear.
- Group equipment such as tents, kitchen/dining equipment. Basically, you'll need to bring clothes, trekking boots and personal items, and money for discretionary spending & tips.
- A shared tent on trek with a foam sleeping mat (single supplements available as an extra at AUD 126).
- Water purification system i.e. hand pump filtered water.
- Training guidance and support (special programs for private groups).
- A complete photographic record of your journey.
- All trekking permits and National Park entry fees.
- Summit Certificate.
- The Peak Learning Adventures Kilimanjaro survival pack, which is yours to keep includes; A trek shirt, a Macpac polar-fleece top, an 80 litre duffel bag, antibacterial hand wash gel, a Nalgene water bottle and a trek map.
- We will send you the Kilimanjaro survival kit for your personal use on the track prior to departure.

THIS PACKAGE IS DESIGNED TO MINIMISE THE PURCHASE OF THE MORE EXPENSIVE ITEMS OF PERSONAL & GROUP EQUIPMENT & ORGANISATION REQUIRED FOR PARTICIPANTS. BRING YOUR SHORTS & BOOTS & WE'LL LOOK AFTER THE REST (WELL ALOMST)



EXCLUSIONS

- International and Australian domestic airfares (unless otherwise arranged).
- Excess baggage.
- Personal travel insurance (REQUIRED).
- Visa (REQUIRED), transfer fees en route, departure taxes, excess baggage charges.
- Personal expenses such as gifts, phone calls, laundry, soft drinks and all alcoholic drinks.
- Lunches while staying or transiting in Arusha/Moshi.
- Personal clothing and some personal equipment (see list in the Dossier).
- Tips for local crew not included in trip cost & is an extra expense between USD 200-250 per person
- Medical evacuation costs, extra accommodation or any other fees associated with early departure, change of itinerary, or breaking from the group due to illness or otherwise. The cost may need to be paid by you at the time and may be able to be claimed back from your travel insurance company.
- Personal vaccinations or medications.
- Lunch in towns or hotels on Day 2 and 9.
- Early departure from the group.
- Optional extras such as a Safari, trek on Meru Peak and Zanzibar tour.

ADDITIONAL INFORMATION

Extensions to your trek

There are a number of extras that can be added to the core program of climbing Mt Kilimanjaro. Please contact us for more information. The extensions include:

- Wild Life Safari, 4-5 days. USD 1735-1965 (2,500AUD)
- Zanzibar, 4 days. USD 900-1040 (1,350AUD)
- Climb Mt Meru, 4 days 2,000AUD

Hotel

In Arusha we stay at the Meru View Lodge (If Meru View Lodge is unavailable, we will stay at alternative accommodation of similar standard). The hotel is located 50 minutes drive from Kilimanjaro Airport, 10 minutes from the Arusha National Park and 45 minutes drive from Arusha. All hotel accommodation is twin share. A single supplement is available for USD 80 per night.

Travel Insurance

You are required to have Travel Insurance as it protects you in case of medical issues requiring attention in Africa as well as covering you in the event of an evacuation. We also recommend cancellation insurance. All Travel Agencies offer competitive Travel Insurance which costs as little as \$150 but worth gold in the event of a mishap. When purchasing Travel Insurance, check that it covers Adventure activities such as trekking to elevations up to 6000 metres. Some policies do not provide cover under their basic plan.



