



## **7 Days Machame Route – Kilimanjaro Climb**

### **Overview**

The seven day Machame variation is the ideal schedule for this route. On the 7 day Machame route, the trek from Barranco to Barafu is broken up into two days, allowing for a short day just prior to the summit attempt. This is important because summit day begins very early, around midnight, so climbers are sleep deprived going into the toughest day on the mountain. By having a short day beforehand, climbers can be better rested.

The 7 day Machame route is highly recommended and used by most prominent Kilimanjaro operators.

### **Day 1: Machame Gate to Machame Camp (2835m)**

The first part of the 11km trail from Machame gate at 1800m to Machame camp follows a gravel road and is very easy to walk. It is a gradual ascend and not very steep. You cross the rain forest and on the way you might see Black and White Colobus and Blue Monkeys. After a short lunch break the trail gets steeper and the forest gets thinner. If the weather conditions allow it, you will get a nice view of your ultimate destination, Kibo Peak, at the end of the day.

### **Day 2: Machame Camp to Shira Cave (3750m)**

The way from Machame camp to Shira camp is only 5km long, but quite steep at the beginning. It leads through the moorland zone of the mountain. There are several viewpoints with a nice view of mount Meru, the forest you walked through on day 1, Shira and Kibo peaks. After reaching the camp you can optionally take a short walk of about 45 minutes to 1 hour for acclimatization and a nice view of the sunset.



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### **Day 3: Shira Cave to Baranco Camp 3940m:**

The way from Shira Cave to Baranco camp is 10km long and will take 6-7 hours, including lunch. At the beginning it will be a gradual walk to the junction point where we meet people from the Western routes. Join them and walk straight to Lava Tower (4600m), a 150m high volcanic lava plug that juts out of the side of mountain. The lunch will be at lava tower rest for few minutes then descend down to Baranco camp.

### **Day 4: Baranco Camp to Karanga Camp 3995m:**

From Baranco camp to Karanga camp it takes 3 – 5 hours and distance is 6km and you will cross Breakfast or Baranco Wall, which is 300m high. The peak of the wall is at 4200m. This part is challenging because the trail is narrow and the number of hikers, porters and guides is large. In some parts you have to use your hands for climbing. You will cross the famous places called Kissing Rock. Shortly before Karanga Camp you will cross the Karanga Valley at 3930m which is the last point where porters can fetch water.

### **Day 5: Karanga Camp to Barafu Camp 4673m:**

It will only take 3 to 4 hours to the cover distance of 4km from Karanga to Barafu Camp. It is gradual steep walk and (pole pole) slow walking is recommended for acclimatization. You will be in the alpine desert and at the left side you can see the Kibo Peak and few meters before Barafu you will cross the section occupied with Sedimentary rocks. Barafu camp is the dry camp but our team will carry water from Karanga valley.

#### **Summit Night:**

You will wake up around 11:00pm, for some tea and snacks and dress up warm for the summit. At 12:00am you will start your summit with steep rocks for about 2 to 3 hours, and then you will start crossing the zigzag area and keep moving to the crater rim and finally Stella point, 5756m around 06:00am This is the most mentally and physically challenging portion of the trek.

At Stella Point 5756m, you will stop for a short rest and will be rewarded with the most magnificent sunrise you are ever likely to see (weather permitting). From Stella Point, you may encounter snow all the way on your 1-hour ascent to the summit. At Uhuru Peak 5895m, you have reached the highest point on Mount Kilimanjaro and the continent of Africa. Faster hikers will see the sunrise from the summit.



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From the summit, we now make our descent continuing straight down to the Mweka Hut camp site, stopping at Barafu for short rest and brunch.

### **Day 6: Barafu Camp to Mweka Camp 3100m:**

The descend via Mweka route starts at Barafu camp via Millennium Camp 3797m. The way is steep, and it just takes only 2-3 hours to cover the 4km to Millennium Camp. You will pass from the alpine desert to the moorland zone.

From Millennium Camp to Mweka camp 3100m is also a steep walk which takes 2 – 3 hours for 3.5km. You will cross the moorland to the forest zone and on the way you will see Protea Kilimandscharica and Red Hot Poker and various other species of flowers and plants.

### **Day 7: Mweka Camp to Mweka Gate (1640m) and Drive to Moshi:**

*Mweka Camp to Mweka Gate:* It is a long and steep downhill walk of about 10km which takes about 4-5 hour. The rain forest floor is wet and slippery, requiring careful and slow walking. You are again in the rain forest where you will see various species of flowers like Impatiens Kilimanjari and different trees species and also if you're lucky you might see Blue Monkey and Black and White Colobus Monkeys.

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### **What is included?**

- ✓ All transfers
- ✓ Professional experienced guide
- ✓ Guide, cook and porters salaries
- ✓ Park fees which includes conservation fees, camping fees, rescue & vat
- ✓ Two night's hotel accomodation
- ✓ All camping equipment such as camping chairs, table, sleeping tent
- ✓ Quality mess tent and table
- ✓ All meals while on the mountain
- ✓ Emergence Evacuation by AMREF flying doctors
- ✓ Clean purified water for drinking and cooking
- ✓ Fair ethical and treatment of porters.



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### **What is not included?**

- Tanzania visas
- Personal trekking such as sleeping bag boots etc but is available for rents.
- Tips and gratuities
- Travel insurance
- Meals not listed in the itinerary
- Beers and bottled beverages

