

NMR – 8 DAY KILIMANJARO TREK – RONGAI ROUTE

Activity Package

This is a compulsory payment that covers what we consider to be an 'essential activity' on our tour. This payment is 100% transparent and is listed below. **As the activity package on this tour is compulsory; we recommend that you pre-pay this to your agent prior to your arrival.**

Activity	Price
National Park Fees	R4800
	R4800

Countries Visited

Tanzania

Malaria

Malaria prophylactics are required.

Departure Point

09:00am from The Keys Hotel, Uru Road, Moshi, Tanzania.

Tel: +255 (27) 2752250 / 275 1875. www.keys-hotel-tours.com/keys-hotels.html

End Point

The Keys Hotel, Uru Road, Moshi, Tanzania.

Tel: +255 27 2752250 / 275 1875.

www.keys-hotel-tours.com/keys-hotels.html

What's included

Meals as per itinerary, accommodation, registered guides and transport as per itinerary.

What's excluded

All items of a personal nature, alcohol, snacks, souvenirs, tips and optional activities (see list for an indication of prices.)

Health

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disability that you may have.

Insurance

All clients require adequate Travel Insurance. Medical Insurance is not sufficient. Activity providers can refuse participation of activities, if the correct valid Travel Insurance is not provided. Travel insurance can be purchased via the Nomad website http://www.nomadtours.co.za/travel_insurance.html (Nomad World travel insurance is in no way affiliated with Nomad Tours)

Visas

Please note that these are your responsibility. Most nationalities require visas for East African countries. Although most nationalities can obtain their visa on the border we prefer that you obtain it before arrival to save time at immigration when crossing from one country to another. See Pre Departure Booklet for more information.

Climate

The African sun is very strong. Please use a factor 30 sunscreen and wear a hat. You should drink at least 3 litres of water per day to avoid dehydration. It can also get very cold during winter months on this route. Please see Pre Departure Booklet for detailed information.

Currency and Banking

USD (United States Dollars) is the best currency for East Africa. Travellers Cheques can take a long time to change into cash and often incur unreasonable charges. Credit Cards cannot always be processed – especially in remote areas. USD Notes printed before 2004 (i.e. the old style notes) will not be accepted and many places will not accept USD100 notes, so make sure to bring lots of \$1, \$5 and \$10 notes for tips and craft markets. USD20 and USD50 notes are good to change in to local currency. Please see Pre Departure Booklet for detailed information on each country.

Vaccinations

A Yellow Fever Certificate is required for this tour. Please see the Pre Departure Information booklet for detailed information on vaccinations in Africa.

Onward Travel

This tour can link to the Serengeti Explorer, Masai Mara Explorer or Zanzibar Excursion.

Pre and Post Tour Accommodation

If you require accommodation before or after your tour we can arrange this for you. We can also arrange airport transfers – contact your travel agent to make these bookings.

Arrival

Please be sure to arrive 1 day before your transfer is due to depart. This will avoid any unforeseen problems.

Departure

Please book your flight to depart the day after the tour officially ends. This is to account for any delays that we may experience due to unpredictable road conditions.

Note: All information is subject to change without prior notice. Travel times and campsites can change depending on road or weather conditions, etc. These are used as a guideline only.

Did you receive your Pre Departure Information Booklet?

If not please contact us at nomad@nomadtours.co.za and we will e-mail you the document; alternatively visit us at 1st Floor, Leadership House, 40 Shortmarket St, Greenmarket Square, Cape Town to collect one. You can also download from our website at www.nomadtours.co.za. After hours contact number: +27 (0) 82 578 2199.

OPTIONAL ACTIVITIES ON THIS ROUTE

Country	Area	Activity	Price Range		
Tanzania	Kilimanjaro	Additional Porter Fees (1 per 15kg) - Per Day	\$17	to	\$20
Tanzania	Kilimanjaro	Guide and Porter Tips - Per Person / Per Day	\$8	to	\$18
Tanzania	Kilimanjaro	Additional Excursions	\$50	to	\$100

EQUIPMENT RENTAL LIST GUIDELINE

Sleeping bag	\$15.00	Pair of walking sticks	\$15.00
Sleeping pads	\$10.00	Sunglasses	\$5.00
Warm Jackets	\$15.00	Hat	\$5.00
Rain Jackets	\$15.00	Sweater	\$10.00
Rain Trousers	\$15.00	Liner	\$10.00
Raincoat (poncho)	\$15.00	Rucksack	\$20.00
Warm Trousers	\$15.00	Day pack	\$10.00
T-shirt	\$5.00	Day pack cover	\$5.00
Pair of Socks	\$5.00	Pair of Gaitors	\$10.00
Pair of warm gloves	\$10.00	Trousers	\$15.00
Climbing boots	\$20.00	Shirts	\$10.00
Thermo underwear one piece	\$5.00	Fleece top or trousers	\$10.00
Balaclava	\$5.00		

SOME USEFUL SWAHILI WORDS TO KNOW

Hello - Jambo	Yes - Ndiyo	Tea – Chai
How do you do - Habari gani	No – Hapana	Milk – Maziwa
Thank you - Ahsante	Bring here - Lete hapa	Water - Maji
Mister - Bwana	To eat – Kula	Sugar - Sukari
Go away - Enda	Today – Leo	Food - Chakula
Slowly - Pole pole	Tomorrow – Kesho	Goodbye – Kwaheri
Coffee - Kahawa	To sleep - Kulala	How much - Ngapi
Come here - Njoo hapa	Welcome again - Karibu tena	See you - Tutaonana

Kilimanjaro

Location: 3.07 S, 37.35 E

Elevation: 5,895metres

Total Distance of Rongai Route 6-day Hike: 70 km

Kilimanjaro, meaning 'Shining Mountain' in Swahili, is a giant stratovolcano reaching an elevation of 5 895 m. Other names for this volcano are *Kilima Dscharo* or *Oldoinyo Oibor* ('White Mountain' in Masai). It is a triple volcano, with the highest and youngest cone named Kibo. Kibo has not been active in modern times, but steam and sulfur are still emitted. At the top of the summit is a 2 ¼ km wide crater. Shira (3 962 m), 12-14 km to the west of Kibo, and Mawenzi (5 149 s) in the east, are older cones that make up Kilimanjaro.

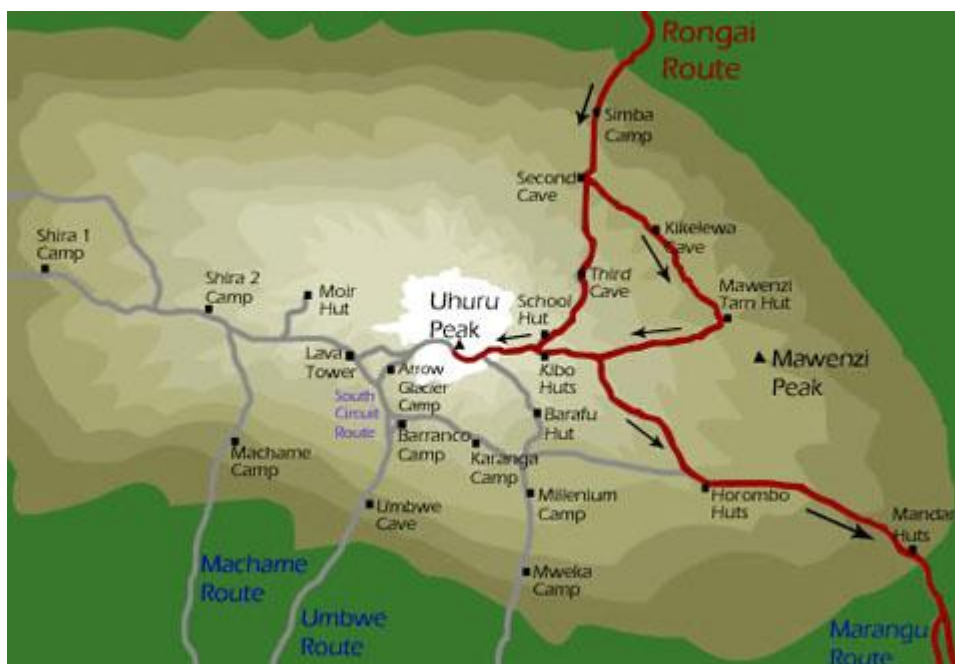
The highest point on Kibo is Uhuru Peak, one of the Seven Summits, and the highest point in Africa. The summit was first reached by the Marangu army scout, Johannes Kinyala Lauwo, who climbed it nine times before realising there was a crater. Lauwo served as a guide for the first ascent by non-indigenous climbers - German Hans Meyer and Austrian Ludwig Purtscheller, on October 6, 1889. Johannes' Notch is named after Lauwo. In 1989 Lauwo was presented with a house at Ashira Marangu by the West German government, in recognition of his role on the Meyer expedition. His relative, Trilas Lauwo (1952-) was the first Tanzanian woman to reach the summit via the Mweka route in 1972.

An ascent of Mawenzi requires rock climbing and/or snow/ice climbing skills. The climb to Uhuru Peak is considered to be a relatively straightforward endeavour; however ample time must be allowed for proper acclimatization to prevent altitude sickness. The three easiest routes, Marangu, Rongai and Machame can be climbed by anyone in good health, and require no mountaineering experience. Many who climb use altitude-sickness medication, helpful in preventing the pounding headaches that plague many travellers.

The Rongai Route is more scenic than the Marangu Route, easier than the Machame Route, and the success rate on the Rongai is very high. Unlike the Marangu Route where you sleep in huts, on the Rongai you sleep in tents (tents are included), and the porters will pitch your tent for you. Meals are served in a dinner tent or on a table with blanket outside. The Rongai Route starts on the north side of the mountain just a few kilometers south of the Kenyan border, and is one of the least travelled routes. The Rongai joins the Marangu for the summit climb, then you descend the Marangu Route on the mountain's southeast side, so you see Kilimanjaro from many view points.

Due to the equatorial location as well as immense height, climbers can experience almost every climate type on earth during the trek to the top. Kilimanjaro is also the highest point in the world to be covered by a GSM mobile phone network. The best service is provided by Vodacom.

Mount Kilimanjaro has inspired many artists, musicians and writers. It was the inspiration and backdrop for Ernest Hemingway's classic short story *The Snows of Kilimanjaro* (1936). He also wrote a non-fiction account of his safari experiences in the 1950's, posthumously published as *Under Kilimanjaro* (2005). Mount Kilimanjaro is mentioned in Toto's 1982 hit, *Africa* ("I know that I must do what's right, sure as Kilimanjaro rises like Olympus above the Serengeti").



Day 1 Tanzania – Moshi

Moshi is the gateway to Mount Kilimanjaro and the meeting place for trekking expeditions. Today we meet and are briefed about the climb and if the weather is favourable, catch a glimpse of the world's tallest freestanding mountain (5 895 m). The Rongai Route is one of the less well-known routes of Mount Kilimanjaro. If you are making your own way to Moshi, please advise us of your estimated arrival time to organize the briefing.

Meals:	Dinner
Accommodation:	Two per room: The Keys Hotel www.keys-hotel-tours.com/keys-hotels.html
Facilities:	En-suite, hot showers, swimming pool.
Route:	No travel
Travel time:	None

Your local payment is only handed to the representative at the briefing. If you are going on any of our other tours it is possible to end in Arusha and take a shuttle from Arusha to Moshi – this would reduce the hours spent travelling.

Should you need assistance in Moshi, please contact: Achim Wiebe (Operations Manager Trekking),

Moshi

Moshi is a Tanzanian city with a population of about 160 000, home to the Chagga and Maasai tribes. The city is comprised of two major roads, based around the central reference point of clock tower, the north-south road to Tanga and Dar es Salaam and an east-west road to Arusha. Many residents have banana groves (*migombani*) and coffee small-holdings (*vihamba*) on the fertile slopes of Mount Kilimanjaro. Moshi was where the Arabica coffee seeds that Catholic missionaries introduced at the end of the 19th century were cultivated. Thanks to the Kilimanjaro Native Cooperative Union (KNCU), started in the 1920s by the district commissioner Charles Dundas, coffee is Moshi's main export and Chagga coffee growers compete on equal terms on world markets with the European growers. Moshi also has the highest literacy rate in the vicinity, due to the efforts of government, local authorities, and Catholic and Lutheran missions.

Moshi is often overlooked as a tourist destination, with many visitors to northern Tanzania choosing to stay in nearby Arusha. However the town is now host to the Kilimanjaro Marathon which is rapidly growing in popularity and there are several cultural tourism programmes operating on the lower slopes of Kilimanjaro.

Day 2 Kilimanjaro National Park – Simba Camp (2625m)

It is a 4-5 hour transfer from Moshi to the National Park Gate near the village of Rongai at 1990m. After signing in and preparing the porters, we begin the hike on a wide path, which winds through fields of maize and potatoes, before entering pine forest. The path climbs 9km consistently through the attractive forest that shelters a variety of wildlife.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Simba Camp (no website available)
Facilities:	Basic Camping
Route:	Rongai Gate to Sekimba Camp. ±9 km
Travel time:	±4hrs

Day 3 Kilimanjaro National Park – Kikelewa Camp (3630m)

On the second stage we will pass the heather and moorland zones until you reach Second Cave Camp (3450m). Here you will stop over for lunch and admire the superb views of Kibo Crater and the eastern ice fields on the crater rim. From the Second Cave we turn left towards the jagged peaks of Mawenzi, covering 10 km as we cross the moorland towards Kikelewa Camp, located at 3 630 m in a sheltered valley.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kikelewa Cave (no website available)
Facilities:	Basic Camp
Route:	Sekimba Camp to Kikelewa Cave. ±10 km
Travel time:	±6-7 hrs

Day 4 Kilimanjaro National Park – Mawenzi Tarn (4310m)

A short but steep climb up grassy slopes is rewarded by superb all-round views and a tangible sense of wilderness. We leave the vegetation behind shortly before reaching the next camp at Mawenzi Tarn, spectacularly situated in a cirque directly beneath the towering spires of Mawenzi. The afternoon is free to rest or explore the surrounding area whilst we acclimatise to the altitude.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Mawenzi Tarn Camp (no website available)
Facilities:	Basic Camp
Route:	Kikelewa Cave to Mawenzi Tarn Camp. ±5 km
Travel time:	±3-4 hrs

Day 5 Kilimanjaro National Park - Kibo Hut (4700m)

It is a 7km hike through the lunar desert of the 'Saddle' between Mawenzi and Kibo. The Kibo campsite is at 4700m, at the bottom of the Kibo Crater wall. The remainder of the day is spent resting in preparation for the final ascent; it is advisable to have a very early night! The guide will wake us up again at 11:30 pm for the climb after midnight (day 6).

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kibo Hut (no website available)
Facilities:	Shared ablutions, basic

Route: Mawenzi Tarn Camp to School Hut. ± 8 km
 Travel time: $\pm 4-5$ hrs

Day 6 Uhuru Peak (Summit 5895m) – Horombo Camp (3700m)

At around 00.30 a.m. we start the climb to the Uhuru peak, climbing by torchlight for the first part of the journey. We travel very slowly in the darkness as we are on a switchback trail over loose volcanic scree. When we reach the crater rim at Gillman's Point, 5681m, we enjoy the spectacular sunrise over Mawenzi. Those who are still feeling strong can make the 3 hour round trip to Uhuru Peak, passing close to spectacular glaciers, and ice cliffs, that still occupy most of the summit area. The 14km descent to the campsite at Horombo (3700m) is surprisingly fast.

Meals: Breakfast, Lunch, Dinner
 Accommodation: Camp: Horombo Camp (no website available)
 Facilities: Shared Ablutions, basic camping
 Route: Kibo Hut to Uhuru Peak ± 6 km ascent; Uhuru Peak to Kibo Hut ± 6 km descent;
 Kibo Hut to Horombo Camp ± 12 km descent.
 Travel time: ± 8 hrs to reach Uhuru and ± 6 hrs to descent to Horombo

Day 7 Moshi

It is a steady descent down through moorland to Mandara Hut (2700m) where a hot lunch is prepared for us. We continue down through lush forest, on a good path to the National Park gate at Marangu. At lower elevations it can be wet and muddy, gaitors and trekking poles will help. If you conquered the summit you can collect your summit certificate at the gate. Green for Gilman's Point and gold for those that reached Uhuru Peak. Then we head back to Moshi for a hot shower and a well-deserved rest.

Meals: Breakfast, Lunch, Dinner
 Accommodation: Two per Room: The Keys Hotel www.keys-hotel-tours.com/keys-hotels.html
 Facilities: En-suites, hot showers, swimming pool.
 Route: Horombo Camp to Marangu Gate. ± 18 km
 Travel time: $\pm 5-6$ hrs

Day 8 – Tour Ends

After breakfast the tour ends, please let us know if you require any further transport/accommodation.

Meals: Breakfast
 Accommodation: Own Arrangement / Post Accommodation can be booked through Nomad.

Tour Ends

Your tour ends after breakfast at The Keys Hotel www.keys-hotel-tours.com/keys-hotels.html, we can book additional nights accommodation here for you, or an airport transfer to Kilimanjaro International Airport, about 1-2 hours drive away.

TIPPING ON TOUR

After the climb, it is customary to give tips to all the members of the mountaineering crew. Below are guidelines based upon a group (not per person).

Guide: \$12 - \$18 per day
 Assistant Guide: \$8 - \$12 per day
 Cook: \$8 - \$10 per day
 Waiter: \$7 – \$9 per day
 Porter: \$6 - \$7 per day

Tips make up a large proportion of the income of the mountaineering crew. If you are happy with the work that they have done, naturally you can give a little more.

Below, you can find an outline of a possible way for giving the tips. Ask your guide for a list consisting of all the names of the team that also indicates the number of guides, porters, assistants etc. Amongst yourselves, decide how much they should receive and collect the total amount.

During the leaving ceremony, read out aloud what each member of the team receives. This way, everyone knows his or her dues and no arguments can arise. You can give the entire amount to the chief guide who will then divide the monies accordingly. This

method has been proven reliable and saves you and other team member's long debates with the guides or porters as to how much each should receive. Used items or equipment is also gratefully received.

Example for calculating tips:

6 days / 5 nights: Climbers 5

		Daily Rate	Days	Total
Head Guide	3	15	6	270,00 USD
Assistant	1	10	6	60,00 USD
Cook	1	9	6	54,00 USD
Waiter	1	8	6	48,00 USD
Porter	12-14	6	6	432,00 USD 504,00 USD
Total	18-20			864,00 USD 936,00 USD
		Per climber ca.		180,00 USD

THE NOMAD AFRICAN TRUST www.nomadafricantrust.co.za

At Nomad we are passionate about the people, places and wildlife of Africa that make our tours so special. In order to give back we have set up the Nomad African Trust.

By the end of your tour you may have left-over local currency that you will not be able to change outside of its country of origin. Any assistance you could provide to the trust by donating this left over currency will be appreciated. Thank you for your help and please join our newsletter at the website above to receive regular updates on what we are doing to support our beneficiaries.



GREEN SEATS - TRAVEL RESPONSIBLY IN AFRICA

Nomad gives you the opportunity to offset your carbon foot print by purchasing a "Green Seat". If you would like to help Nomad making Africa Greener, simply choose the tick box on your booking form and we will take care of the rest. The Nomad African Trust will plant trees that are ecologically viable and that have very high carbon absorption.



Green Seats can be purchased at departure or on tour with your guide. For more information on our "Green Seats", please visit www.nomadtours.co.za/nomad_greenSeats.html

THANK YOU FOR TRAVELLING WITH NOMAD

At the end of your tour you will be provided with feedback forms. These forms are confidential and should be given to your crew in a sealed envelope. If you are not sure of the confidentiality of the feedback form please feel free to email us as well on ops@nomadtours.co.za. Please make sure to also complete the feedback form as we use the answers on these forms to improve and maintain our service levels.

Accommodation providers are subject to change without notice, the accommodation listed in this dossier is our preferred supplier, but sometimes due to availability, we are unable to make use of the property listed in this dossier. If we cannot use the accommodation provider as listed we will substitute another property of similar standards, however, en-suite facilities are not always guaranteed.