



## Tanzania: Trek to the Roof of Africa

**DURATION** | 10 Days

**TRIP LEVEL** | Challenging

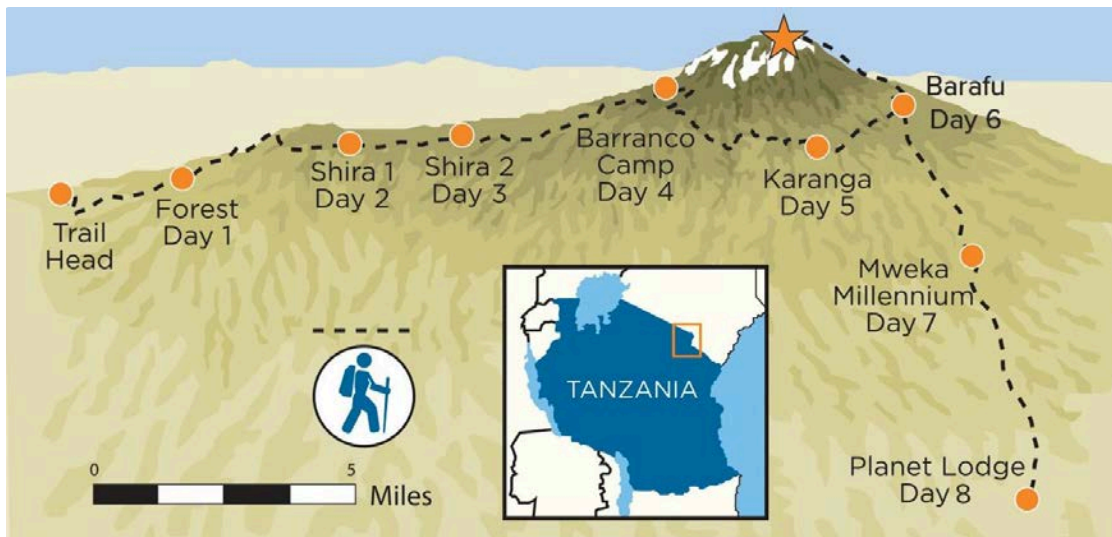
# Trip Overview

Embark on a transformative adventure with AdventureWomen as you conquer the summit of Mount Kilimanjaro, the tallest freestanding mountain in the world. This physically demanding trek promises a lifetime of achievement, as you and a group of like-minded women tackle the Lemosho Route, renowned for its gradual acclimatization and impressive 98% summit success rate. Your journey begins with a warm camaraderie among trekkers and a wildlife-rich stroll across the lowlands. The trek progresses through lush rainforests, alien landscapes of heather and volcanic rock, and the alpine desert, with each day presenting unique challenges and breathtaking vistas. Supported by a dedicated team of porters and experienced guides, you'll reach base camp and prepare for the midnight ascent to Uhuru Peak. As dawn breaks and you stand atop the "Roof of Africa," share in the triumph and profound sense of accomplishment with your fellow adventurers.

## Trip Highlights

- Eight days on the Lemosho Route offer optimal acclimatization and a 98% summit success rate.
- Summit Mount Kilimanjaro, the highest freestanding mountain in the world.
- From the "Roof of Africa," enjoy sweeping views of African landscapes below the clouds, all while working together with AdventureWomen to achieve this challenging goal.

## Map View



adventurewomen



# Trip Itinerary

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## Day 1

### Welcome to Tanzania!

Upon arrival at Kilimanjaro International Airport (JRO), enjoy a group transfer to your comfortable lodge, with private transfers available for other arrivals at an additional fee.



### Rivertrees Country Inn

Set beside the rushing waters of the Usa River on the outskirts of Arusha, Rivertrees Country Inn has colonial charm and simple but elegant style with modern-day amenities and fantastic cuisine. Besides its delightful farmhouse guestrooms, the inn also has two spacious luxury cottages and a lovely, open-air, thatched-roof kitchen and dining area, with décor reminiscent of its country heritage as a former German colonial farm and coffee estate. The inn has a pool, internet services, and a small gift shop.

Amenities: complimentary toiletries, bathrobes, hair dryer, safe, limited Wi-Fi



# Trip Itinerary

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## Day 2

### Gear Up and Discover Arusha National Park

Start your adventure with a trek briefing where you'll receive and inspect your rental gear, ensuring it's comfortable and functional. This is your last opportunity to make any adjustments before the trek. Weigh your duffle bag, keeping it under 33lbs for the porter team to carry, and consider hiring a personal porter if needed. Then, immerse yourself in Arusha National Park, where the diverse landscapes and abundant wildlife rival Tanzania's larger parks. Explore the foothills of Mount Meru, Tanzania's second tallest mountain, and visit the Ngurdoto Crater, home to buffalo, elephant, and giraffe. Enjoy a scenic hike to Tulutulusia Waterfall with stunning views and a boxed lunch amidst nature's splendor.

Meals: breakfast, lunch, dinner | Overnight: Rivertrees Country Inn



# Trip Itinerary

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## Day 3

### Arusha to Forest Ridge

Awaken to the chorus of birds and prepare for your adventure with a briefing and gear check. Then, journey through the expansive plains towards Kilimanjaro, passing coffee farms and mountainside villages, before reaching the dense rainforest where your trek begins. After registering at the Kilimanjaro National Park gate, embark on a challenging climb through lush rainforest, navigating steep roots and rocks to arrive at a forested campsite near caves. Enjoy a hot dinner in your mess tent after a rewarding 3–4-hour trek.

Meals: breakfast, lunch, dinner | Overnight: Forest Camp (9,281')



# Trip Itinerary

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## Day 4

### Forest Ridge to Heath

After a nutritious breakfast at camp, lace up your boots, put on your gaiters, and make your way out of the forest this morning. The high trees will give way to scrubland thick with heather that is draped in bearded lichen. Climbing rolling hills, you will enjoy spectacular views of the forest canopy and plains below. As the air thins and the clouds part, you might just have a stunning view of the snow-streaked Uhuru Peak above. Arrive at your camp in the heath zone this afternoon. (Trekking time 5-6 hours)

Meals: breakfast, lunch, dinner | Overnight: Shira 1 Camp (11,499')



# Trip Itinerary

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## Day 5

### Heath to Moorland

Move up the mountain steadily and gradually, heeding your guides' advice to go "pole, pole," or slowly, slowly, and eventually arrive at your camp in the moorlands. Laugh along the trail with your fellow trekkers. (Trekking time 3-4 hours)

Meals: breakfast, lunch, dinner | Overnight: Shira 2 Camp (12,795')



# Trip Itinerary

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## Day 6

### Moorland: The Great Barranco Valley

Proceed steadily upward over expansive ridgelines of high desert to Lava Tower. In the afternoon, descend the steep track into the Great Barranco Valley. Barranco Camp is set in a valley enclosed on three sides with the massive valley walls and the Kibo massif itself. Hanging glaciers glint in the sunshine above, amidst the eerie landscape of plants such as the giant groundsels (Senecio Kilimanjari), and the uniquely endemic Giant Lobelia. (Trekking time 6-7 hours)

Meals: breakfast, lunch, dinner | Overnight: Barranco Camp (13,004')





# Trip Itinerary

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## Day 7

### Moorland: The Karanga Valley

This short trekking day is taken to reach Karanga Valley Camp, between Barranco and Barafu Camps. Today is important for acclimatization. The day begins with a scramble up the steep Barranco Wall, then traversing up and down the slopes of valleys which have carved their way into the mountain's southern face. Kibo's glaciers loom above to your left and the jagged peaks of Mawenzi jut into the African sky at just under 17,000 feet straight ahead. Reach the Karanga Valley for a hot lunch served at camp. The afternoon can be taken to relax with your new friends or take excursions from camp. (Trekking time 4-5 hours)

Meals: breakfast, lunch, dinner | Overnight: Karanga Camp (13,231')



# Trip Itinerary

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## Day 8

### Moorland to Alpine Desert

Proceed steadily upward over expansive ridgelines in the high alpine desert where the air thins and cools. Enjoy the extraordinary views as you pass massive volcanic formations scattered throughout the fields of scree. Barafu Camp is set on a small, exposed flat area on a ridge, acting as a base camp from which you will make your summit attempt at midnight tonight. Eat and drink as much as possible before retiring early to your tent for rest and sleep. (Trekking time 4-5 hours) .

Meals: breakfast, lunch, dinner | Overnight: Barafu Camp (15,331')



# Trip Itinerary

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## Day 9

### Summit Day: From Alpine Desert to Uhuru Peak

Rise early with a steaming hot drink on your summit day and begin your trek at 1:00 am under the light of your headlamp. Facing freezing temperatures and a challenging climb, you'll navigate winding switchbacks beneath the Ratzel and Rebman glaciers, with the spires of Mawenzi silhouetted against the dawn sky. After about six hours, reach Stella Point at 19,000 feet on the crater rim, then make the final hour-long push to Uhuru Peak at 19,341 feet, the Roof of Africa. Celebrate your achievement with photos before descending the steep scree trail to Barafu Camp for a rest, then continue to Mweka Camp for the night. Expect a total trekking time of 12-17 hours for this epic journey.

Meals: breakfast, lunch, dinner | Overnight: Mweka Millennium Camp (12,500')



# Trip Itinerary

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## Day 10

### Mweka Descent and Farewell

Conclude your adventure with a descent through the rainforest back to the park gate, taking 3-6 hours. Celebrate your achievement with a farewell lunch, a perfect time to thank your crew and bid farewell to fellow trekkers. Relax in a day room in Arusha, and enjoy a nutritious snack of nuts, fruit, and vegetables before your departure. Say goodbye to your new AdventureWomen friends as you transfer to Kilimanjaro International Airport (JRO) for your evening flight. One group transfer is included for Delta/KLM flights, with private transfers available for other departures at an additional fee.

Meals: breakfast, lunch, snack | Overnight: Airport Planet Lodge



### Airport Planet Lodge

You will be enchanted by this gorgeous oasis that is conveniently located near Kilimanjaro Airport. The lodge offers a unique, resort-like feel with rooms nestled amidst the beautifully planted landscape and accessible by winding garden paths. Relax in the open-air bar, enjoy the breeze as you lounge on the open veranda, or take a swim in the stunning pool.



# What's Included

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## What's Included

- All Kilimanjaro Park fees
- Accommodations as per itinerary based on double occupancy
- Four-season mountaineering tents with ground sheets and foam-core ground pads
- All meals as listed in the itinerary
- Bottled drinking water before and after your trek, provided in large jugs to refill personal bottles
- Purified drinking water during your trek
- Services of licensed Kilimanjaro guides
- Services of Kilimanjaro staff including porters, chef, and waitstaff
- Safety equipment: oxygen, first aid kit, stretcher, Gamow Bag, heart defibrillator, radio communication, safety protocols, etc.
- Activities as indicated in the itinerary
- Airport transfers for Delta/KLM flights on scheduled arrival/departure days
- All ground transportation
- Baggage handling

## Not Included

- International airfare to and from Tanzania
- Optional activities
- Meals not specified in the itinerary
- Alcoholic beverages (unless otherwise specified)
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Sleeping bag, sleeping pad, hiking gear, and other items of a personal nature
- Gratuities for guides, porters, and camp staff

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

