



Kilimanjaro "Rongai" route

[5963 M]

The shortest route to the roof of Africa



From north to south

Another alternative route to climb the roof of Africa. An approach from the northern Rongai route, at the feet of the Mawenzi, across the high altitude desert and back down following the south-eastern Marangu route. A short but more physically challenging route.

Acclimatisation

This quick climb, could be quite challenging for those that are not familiar with high altitude climbs. We recommend a 3 day acclimatisation trek on Mt Meru before the Kilimanjaro ascent. You can choose this option when booking on line.

DAILY PROGRAM SCHEDULE**Day 1 : Departure**

Flight to Kilimanjaro.

Day 2 : Marangu

Meet and greet at the airport and transfer to your hotel at Marangu at the feet of Mt Kilimanjaro. Dinner and overnight at your hotel.

Day 3 : Rongai (1 550m) - Cave 1 (2 830m)

Transfer to park's "Rongai" gate. Meet with support team. Start of our 4 to 5h trek on the cultivated plateaus then through the forest. Night at camp.

Day 4 : Cave 1 (2 830m) - Kilelewa cave (3 600m)

A few meters in the dense forest before stepping into the altitude moorlands. You can start to feel the effects of altitude on your body and your breath. After 5h to 6h trek, we reach Kilelewa cave. Night at camp.

Day 5 : Kilelewa cave (3 600m) - Mawenzi hut (4 315m)

A long 6 to 7h trek through a misty and mineral environment. View on the Kibo. Night at camp.

Day 6 : Mawenzi hut (4 315m) - School hut (4 750m)

Last day of approach before the summit climb. We cross an Alpine desert landscape. The afternoon will be dedicated to rest and preparation for summit day at School hut. Night at camp.

Day 7 : Kilimanjaro summit (5 963 m) - Horombo huts (3 720m)

A long day ahead of us. Early start of a 6h to 8h climb. We reach the summit when the first sun rays start to illuminate the African landscape. Descent through the Marangu route. Overnight at Horombo camp.

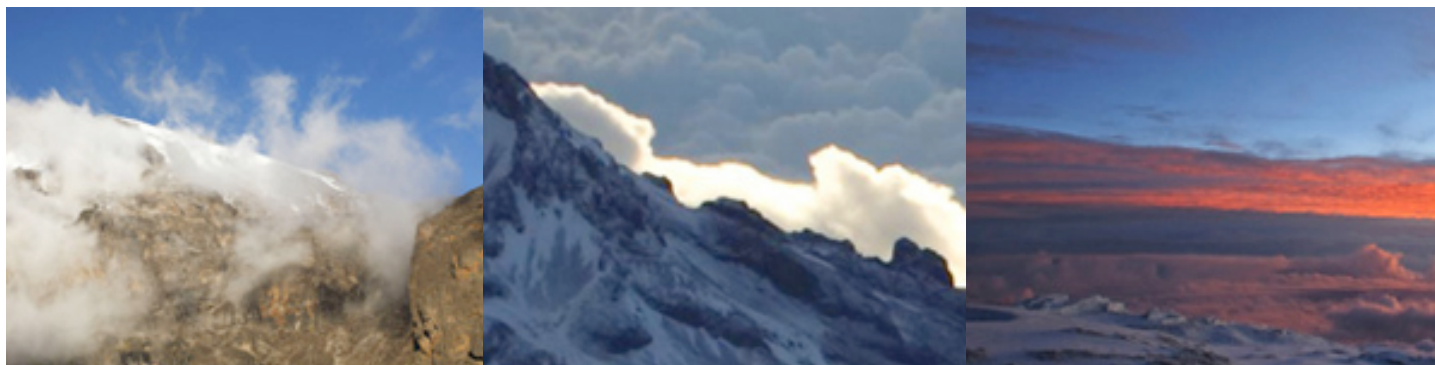
Day 8 : Marangu gate (1 550m) - Return flight

Descent to the Marangu park gate. Picnic lunch en route at Mandara huts. Airport transfer to catch return flight.

Day 9 : Home**TECHNICAL LEVEL 3**

MODERATE

Trek for all people who want to discover a country in authentic and sporty conditions: walks of 3 to 6 hours per day, night in tents, moderate altitude difference, low altitude. Those trips are intended to people with a good physical condition and which practice sport regularly sport without having a competition level ... A good physical endurance with a sporty spirit!



Dates and Prices

For dates and prices, please go online at www.trekonline.com or contact our customer service department

☎ by phone : +33 (0)1 43 25 27 74 ☎ by fax : +33 (0)1 46 33 24 77

✉ or by mail : contact@trekonline.com

SERVICES INCLUDED

Accommodation	On double room basis, taxes and breakfast included. Standard category hotels in cities and during excursions. Tents, lodges (tea houses), during treks and expeditions. If you wish a single room, please advise upon booking (extra charge).
Air transport	Price includes international flight and domestic flights.
Guides	Local English speaking guides.
Meals	Full board basis during expeditions.
Service team Tanzania	Cook, porters and all camping equipment. average of 2 porters per participant. Max load: 18kgs on the Kilimanjaro and 15kgs on the Meru. Porters carry some of your personal effects and expedition equipment.
Transfers	Our staff will pick you up at the airport and drive you to your hotel. After the program, we will ensure your transfer back to the airport.

SERVICES NOT INCLUDED

Beverages & other personal expenses	Alcoholic drinks, soft drinks and all other personal expenses are not included.
Insurance	Insurance coverage is not included. Make sure you are properly covered when booking your program.
Mini group Tanzania	Guaranteed departure starting from two participants. Extra charge of 140€ per person for groups under 4 participants.
Park fees Kilimanjaro	Following fees are applied and billed separately by our agency: Machame route: \$ 730 / person Shira route: \$ 860 / person Rongai route: \$ 670 / person
Sleeping bag & personal equipment	Nor the technical equipment, nor the sleeping bag or high mountain gear are included. You may rent some of the equipment locally.
Tax Tanzania	A tax of US 20 \$ to be paid upon leaving the country.
Visa Tanzania	Could be delivered directly at the airport upon arrival. Fee of 50€ in cash. Kindly check with your local Tanzanian consular representation.

CHECKLIST PHARMACY

- Antibiotics
- Antiseptic - Mercurochrome, dry spray, antibiotic powder
- Aspirin or Panadol - for pain or fever
- Bandages and plasters - for minor injuries and wounds as well as special plasters for blisters.
- Disinfectant Spray - (e.g. Dettol)
- Eyedrops and antibiotic cream for eyes
- Hydroclonazone, Micropur - water purifier
- Imodium or Lomotil - for diarrhea, stomach aches, dehydration
- Intestinal Antiseptic (e.g. Ganidan)
- Moisturizing lotion

- Mosquito repellent
- Rehydration mixture - for treatment of severe diarrhea and dehydration
- Your usual medicine

CHECKLIST GEARS

Clothes

- Bottle neck jumper
- Down jacket (quilted) with hood
- Fleece jacket (Polartec 300, full zip)
- Gore-Tex jacket (with hood)
- Gore-Tex trousers
- Rain gear
- T-shirt long sleeves "polartec"
- Trekking wear

Head

- Balaclava, scarf
- Sun hat
- Sunglasses uv protection

Hands

- Gloves (inner thin gloves)

Foot

- Lightweight trekking socks
- Socks (heavy woolen & thin nylon ou polypropyleen)
- Tennis shoes
- Trekking boots

At camp

- Headlamp (spare bulbs & batteries)
- Rucksack 65-70L
- Sleeping bag (-20°C comfort zone)

Travelling

- Camera & binoculars
- Sponge bag

Hiking

- Rucksack 35-40L
- Sunscreen and lipbalm
- Water bottle 1L



Geographic Information

Tanzania

Capital : Dodoma

Highest peak : Mt Kilimanjaro (5 895m) highest peak of Africa

Location : East African country, on the shore of the Indian ocean

Population : approx. 42,2 millions

Administrative Requirements

A valid passport (6 months validity after return) and a visa.

You will need two ID photos, your passport, a certificate from your travel agency specifying travel dates and a visa application form. Visa fee costs approximately 50€. You may have your visa delivered at the border or airport upon arrival, please check with your local Tanzanian consular representation.

Travelling hints

The vaccination against the yellow fever is compulsory. Nevertheless we recommend to update following vaccinations : DTP (diphtheria, tetanus, polio), meningitis A/C, typhoid, hepatitis A/B, tuberculosis. In any case, for your safety, we advise you to refer back to your doctor and local sanitary authorities.

In order to avoid any food poisoning, you are advised to drink bottled mineral water, cooked food, avoid fresh fruits and salads.

Center for disease control and prevention :

www.cdc.gov/travel/destinationList.aspx

Useful Information

Gastronomy :

Depending on the région you are visiting, you will find a variety of dishes, mainly fish and sea food based along the coast, beef, lamb and goat meat in other areas. Dishes are spicy and often garnished with mashed corn, bananas « plantain ».

National drinks are beer, tea, coffee and « Konyagi » (liqueur).

Crafts :

You will find Masai handcrafts, wooden objects, basket work, carpets, jewellery of gold and precious stones. (Les The Maasai are the nomadic shepherders of eastern Africa, living in both Kenya and Tanzania).

Language :

Swahili and English are the two official languages of Tanzania.

Currency :

The national currency is the « Tanzanian Shilling TZS» (1 euro for 1729.53 shillings - 2008). You can make payments in dollars, the second currency of the country. We advise you to bring US\$ in Small banknotes. Some hotels and businesses accept payments in euro.

Credit cards :

Are not widely used in Tanzania. Credit cards are accepted in grand hotels, lodges, big souvenir shops. The most popular cards are : Visa, American Express, Mastercard and Diners Club. You will find a few ATM machines in big cities.

Climate:

Tanzania has two climates : a temperate tropical climate in the inland high plateaus and a moist equatorial climate along the coast. Hot along the southern coast and cooler up north.

Altitude sickness:

During your visit to Tanzania you might be faced with the high altitude factor over 3 000m. Difficulty to breathe, to sleep, headaches, loss of appetite, and sometimes nausea are apparent symptoms of altitude sickness.

We suggest to acclimatize progressively. Refrain from physical effort and rest first day in altitude.

Time difference:

A time difference of + 2h in summer and + 3h in winter between Tanzania and the UK.

Electricity :

In Tanzania the voltage is 220 to 230 volts. UK type sockets. Have a flashlight handy in case of electricity cuts.

Clothes :

Safari style light clothes for day time. Warm clothes and coat for chilly evenings in altitude. Balaclava, scarf gloves for your treks at High altitude. Sun protection, sun glasses and lip balm.

Telephone :

From the UK: 00 + 255 + city code without the « 0 » + n°

From Tanzania : 00 + 44 + n° without the « 0 »

In big towns and cities, you find a lot of cybercafés for internet access.

Working hours:

Banks : Monday to Friday from 9h to 14h.

Businesses: Monday to Friday from 9h to 17h30 and Saturday from 9h to 13h.

Post office: Monday to Friday from 8h to 16h30 and Saturday from 8h to 12h00.

Insurance:

Make sure you are properly covered, médical assistance and repatriation.

Key addresses

U.K

Tanzania High Commission

3 Stratford place

W1C 1AS

London

Tel : 44 (0) 207 569 1470

www.Tanzania.embassyhomepage.com

Tanzania:

British High Commission

Umoja house

Garden avenue

POB 9200

Dar Es Salaam

Tél : 255 22 211 0101

Fax : 255 22 211 0102

Mon-Thur: 04:30-13:30 GMT

Fri: 04:30-11:30 GMT

Mon-Thur: 07:30-15:30 Local Time

Fri: 07:30-13:30 Local Time

Center for disease control and prevention :

wwwn.cdc.gov/travel/destinationList.aspx