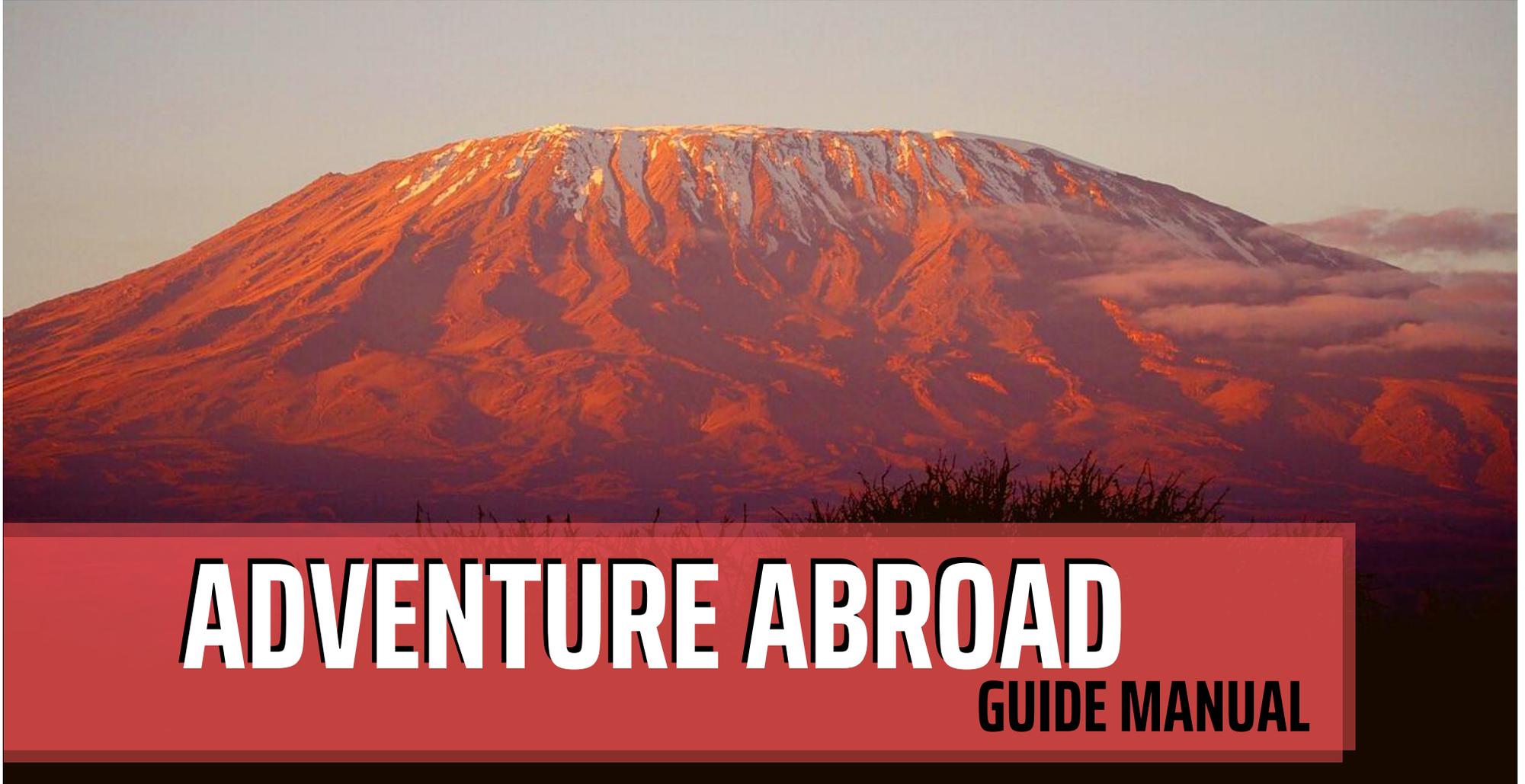




ADVENTUREABROAD



# ADVENTURE ABROAD

GUIDE MANUAL

Ultimate Guide To  
**Mt. Kilimanjaro**



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# Adventure Abroad

We challenge the status quo in everything we do. We believe in thinking differently. The way we do this is to provide exclusive services, uncompromising luxury and premium adventure experiences.

I founded Adventure Abroad because I wanted to offer the most inspirational adventure experiences to the world. I wanted exclusive benefits, VIP experiences and a little bit of luxury, something that I could not find but so desperately wanted. I did not want to be another man on another trek.

With exclusive insider access, Adventure Abroad can provide experiences money simply cannot buy. From helicopters out of Everest Base Camp landing at our Himalayan day spa to beds inside your heated tents on Mt Kilimanjaro. The combination of expertise and luxury creates our truly memorable travel experiences.

We believe in providing value in everything we do.

Tom Allwright  
Founder and CEO



# Why Adventure Abroad?

Adventure Abroad have come to specialize in hiking Kilimanjaro. Our established relationships allow us to provide our clients with lasting memories and richer experiences that other companies are unable to. Our innovative thinking brings our clients away from mainstream options, consistently providing authentic and all-encompassing experiences.

In the tropical African heat, we help people achieve success and tailor itineraries to suit their needs. Summiting Kilimanjaro is absolutely within reach, and the only thing left to do is get up and go!

Providing value to our clients is one of our key motivations, and turning the unexpected into an experience is our pleasure. Together, let's find your **WHY** and leave it to us to work out your **WHAT** and **HOW** to curate a transformational and meaningful experience.

Speak to our team first about Luxury Kilimanjaro - [info@adventureabroad.com.au](mailto:info@adventureabroad.com.au)

## **OUR ADVANTAGES:**

- We arrange everything for you
- Luxury camping accommodation
- VIP experiences
- Full guide crew (porters, cooks, camp crew)
- Experienced and licensed guides
- First hand knowledge and experience

## **BESPOKE AND PRIVATE GROUPS:**

- Knowledgeable advice
- Itinerary and timeline changes
- Inclusions and exclusions
- Pick your own dates

# Mt. Kilimanjaro

## CLIMATE AND HIKING SEASON

- Trekking season: December - March; late June - October
- Our pick: mid December - mid January. Beautiful clear, warm days to hike the trail.
- Maximum temperatures: mid 30 degrees celsius
- Minimum temperatures: 16 degrees celsius

Tips: Avoid scheduling a trip in March and June, when there is a higher chance of rain showers.

Slow and steady wins the race, and this is especially true for ascending Kilimanjaro. Most people who fail to summit Kilimanjaro due to altitude sickness, by trying to ascend too quickly.

## ROUTE AND TERRAIN

- Distance: 62km
- Ascent/Descent:
- Maximum Altitude: 5,895 m (19,340 ft)
- Grading:

Our favorite route is the Machame route, for its beautiful scenery and challenging hike. Machame also has the highest summitting rate of the Kilimanjaro routes, due to the route having varied altitudes that help with acclimitization.



# Packing List

## TRAVEL DOCUMENTS:

- Travel insurance details and reference
- Air ticket
- Credit Card and spending money

## Clothing:

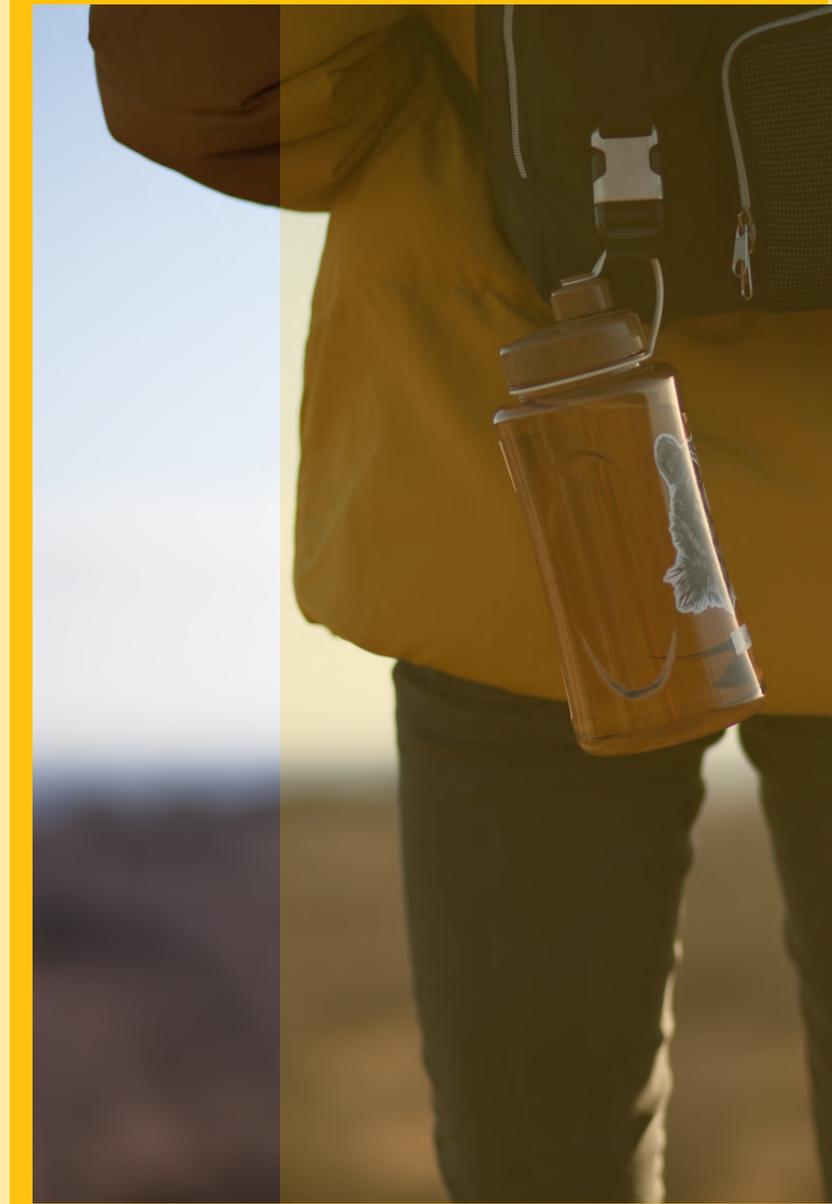
- Scarf
- Waterproof Jacket
- Fleece (2)
- Shirts (2)
- Thermal underwear
- Lightweight trousers (2)
- Waterproof trousers
- Socks (6 pairs)
- Waterproof hiking boots (worn in)
- Spare shoes for in camp
  - Gaiters
  - Thermal Gloves
- Waterproof outer gloves / mitten

## Personal:

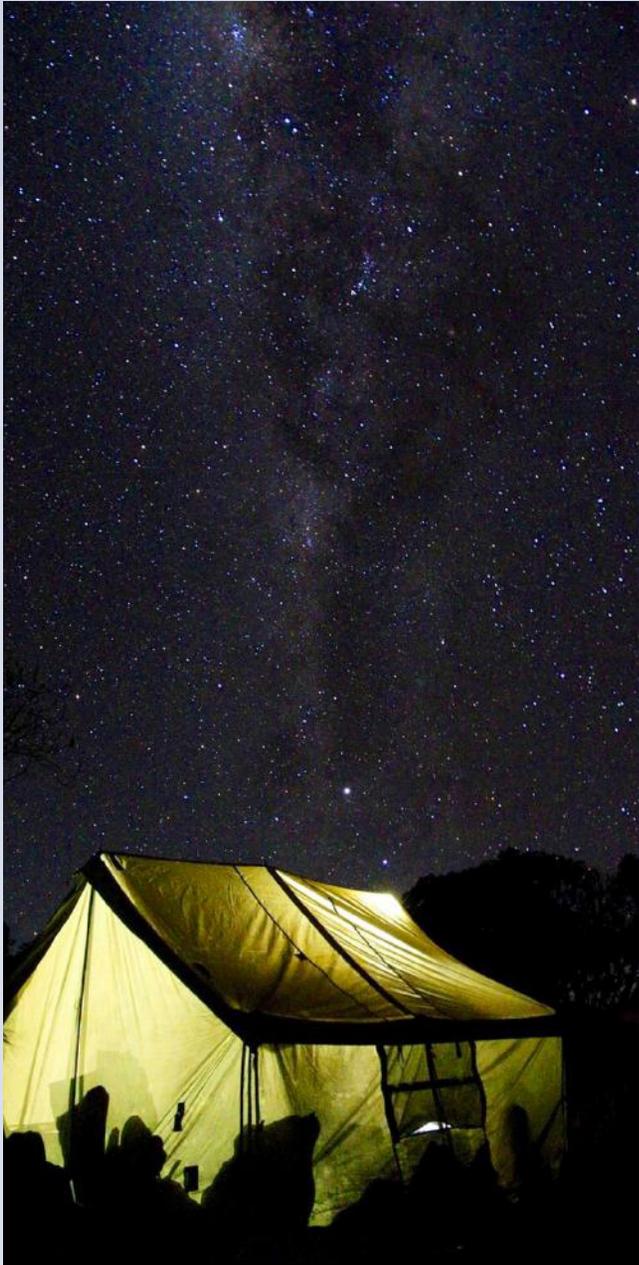
- Water bottle
- Medication
- Day rucksack
- Kit bag
- Sunscreen
- Walking Poles (2)
- Small towel
- Sunglasses

## Extras:

- Headlamp + spare batteries
- Thermal Hat
- Wide brimmed hat
- Towel
- Camera
- Reading material
- Writing material
- Hand sanitiser
- Snacks



# Accommodation



At Adventure Abroad, our priority is to make your experience as comfortable and luxurious as possible, even while in the middle of the African wilderness. Our luxury camping accommodations include walk-in tents equipped with full-size sleeping cots, complete with mattresses and pillows.

As part of our premium services, our base camp facilities include a fully furnished mess tent with tables and backed chairs, as well as toilet and shower/wash tents.

# Local Knowledge

## GETTING TO MOSHI:

### WITH US:

Private transportation included from Kilimanjaro International Airport to Moshi.

### NOT WITH US:

#### FLY

Flying via Kilimanjaro International Airport is the fastest and most direct route, but you can also travel via Dar Es Salaam or Zanzibar in Tanzania, or via Nairobi in Kenya.

Domestic flights are available from each major airport to Moshi.



## BUS

There are buses available from Dar Es Salaam and Nairobi.

Dar Express or Scandinavia Express in Dar Es Salaam in Tanzania, and The Riverside shuttle in Nairobi, are all bus lines with routes heading to Moshi.

# Our Favorite Itinerary



- Day 1 - Arrival/Briefing
- Day 2 - Begin at Machame gate
- Day 3 - Hike to Shira
- Day 4 - Hike to Barranco
- Day 5 - Hike to Karanga
- Day 6 - Relax at Barafu
- Day 7 - Summit to Uhuru Peak
- Day 7 - Descend to Arusha

Grade: 6/10  
Comfort: 5/5

We can create and change itineraries to suit your hiking abilities and mountain endeavors.

[CLICK HERE](#) and ask us how!

## LICENCED GUIDES:

### WITH US:

We work with only the best guides! All of our guides are fluent in English, and are extensively educated in local history, flora and fauna. Our guides are registered with the Kilimanjaro National Park and other appropriate authorities.

### NOT WITH US:

It is illegal to hike Kilimanjaro without a guide. Trekkers are required to be accompanied by registered and licensed guides. The park has many regulations in place that necessitate the presence of licensed guides and porters.

It's for these reasons that any hike in the Kilimanjaro region requires much prior planning and cannot be improvised on the go.

# Food and Beverages

Tanzanian cuisine is traditionally composed of vegetables and various starchy produce like rice, maize, plantains, and cassava. Fish and meat are also a staple in traditional dishes.

Each of the 126 tribes each have their own preferred cuisine and drinks, so there is no one dish that is able to capture the cultural diversity of Tanzanians.

## FOOD:

The food you will be eating is tailored for the Kilimanjaro trail. Among regular healthy trekking food like boiled eggs, fruits, and meat stews, you also have the opportunity to taste traditional foods like *nyama choma* (grilled meat) and *ugali* (porridge made of maize or cassava). Dietary requirements can be adhered to on booking.

## DRINKS:

Tanzania grows some of the best coffee in the world! The country is also a known producer of tea, being the third largest tea producer in Africa.



In the months leading up to your hike, you should be doing 45min - 1hr fitness sessions, multiple times per week. Try to incorporate a long 2+ hour walk into your fitness regime at least twice a week.

NOTE: Our itinerary is designed for all levels of fitness to be able to successfully hike Mt. Kilimanjaro. We can change itineraries based on varying levels in group fitness and other concerns.

If you're unsure start by **CLICKING HERE** so you can speak to an expert.

# Fitness



# HOW DO YOU BOOK WITH ADVENTURE ABROAD?

Call: 1300 218 323

Email: [info@adventureabroad.com.au](mailto:info@adventureabroad.com.au)

## BOOKING ADVICE:

We suggest booking as far as 1 year (12-months) in advance due to the popularity of this experience.

Final bookings for private groups can be received from 3 months in advance of your departure date (minimum of 4 people per private group).