Kilimanjaro Climb & Safari
Kilimanjaro Climb & Safari with Mountain Madness

Join Mountain Madness on this once-in-a-lifetime adventure! With more than 30 years’ experience on the mountain, you’ll be sure to enjoy the knowledge and excellence that has earned Mountain Madness world-wide acclaim. Your ascent of the highest mountain in Africa will be in first-class style the entire way!

Our route takes you up the Western Breach via the Shira Plateau, a route pioneered by Mountain Madness founders Scott Fischer and Wesley Krause in the early 1980s. We consider this remote, seldom-traveled route, the best non-technical route on the mountain. The summit day is only a 1-2 hour hike from your last camp and gains only 800 feet, a welcome alternative to midnight ascents and climbs of over 4,000 feet. To succeed, participants need only be in great physical shape and have the desire to stand on the roof of Africa.

Mountain Madness takes pride in providing fine mountain dining and comfortable camps. Your personal porter carries your equipment, sets up your tent, and assures your comfort. All these factors combine to maintain our high success rate.

The safari portion allows you to experience the beautiful landscape and wildlife of Tanzania with our highly knowledgeable Tanzanian guides. Our driver-guides’ expertise on safari will make your journey enjoyable and educational. We stay in private deluxe camps far away from lodge crowds and enjoy exquisite food throughout the journey.

"On a scale of 1 to 5, this trip was a 500! It was the trip of a lifetime. A religious experience. Thank you!"
—Norm and Judy F.

Award winning Africa Trips

RECOMMENDED BY:
Travel + Leisure, The New York Times and 1000 Things to See Before You Die
Our Route
Lomosho Shira Plateau—Western Breach Route
Since 1984

This route was pioneered by Mountain Madness founders Wes Krause and Scott Fischer in 1984, and is the most remote and scenic trail on the mountain. With Kilimanjaro being one of the most overcrowded mountains in the world, this route provides beautiful mountain landscapes without the need to share it with hundreds of people on the infamous “Coca-Cola” route or the Machame route. Starting in the Montane Forests of the Lomosho route, our 8-day itinerary on the mountain allows for the optimum chance of successful acclimatization and adjustment to mountain life. This system has proven itself time and again with full groups reaching the summit together, healthy, energized, and happy to be on the roof of Africa.

“Fantastic! Seriously wouldn’t change anything! You made our dream of climbing Kili come true!”
—Cheryl & Michael M.

Mountain Madness Style

The Perks:
• 90%+ success rate on climbs
• 30+ years on the mountain
• Climb only itinerary includes game viewing
• 8-day itinerary ensures proper acclimatization
• Private luxury safari camps
• Private toilet on the climb
• Travel with a company that values social responsibility and environmentally sustainable travel.

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
Why go with Mountain Madness?

Arusha National Park Camp
After we meet you at the airport, we transfer to a private camp in the park. Here, at about 6,500 feet, you begin to acclimate. With only your climbing team here, you are able to ease your way into your African adventure, and enjoy some game viewing, relax from your travels, and prepare for your climb. Our private camp is a welcome change from the standard lodge-based stays.

Crater Camp
Adding this camp just before our summit day is perhaps the number one reason we have such a high success rate. Sleeping at the crater means an easy summit day with only 800 feet of elevation gain and daytime climbing. Most outfitters have you ascend 4,000 feet and climb at night. Instead, we wake up at a reasonable hour of 7:00 a.m. and enjoy the sunrise from the roof of Africa. As an added bonus, we have the opportunity to explore the crater and marvel at the last glacier remains.

Food
With more than thirty years of trial and error, we have been able to perfect our menu to provide the optimum amount of nourishment to keep you energized during the climb, without compromising quality and taste. Your camp will be equipped with a full dining tent, and food available any time of day or night. You’ll wake up with fresh, hot coffee in the morning and wind down with a hot meal and socializing at night. You may even forget that you are on a mountain!

Sample Menu

Breakfast
• Sliced fresh fruit
• Potato-leek pancakes
• Porridge and granola
• Toast
• Coffee and tea

Lunch
• Fresh fruit
• Soup
• Avocado-tomato salad
• Cream cheese & chutney sandwiches
• Tuna fish sandwiches
• Peanut butter cookies

Dinner
• Cucumber salad
• Home-made soup and crackers
• Spaghetti bolognese
• Garlic bread
• Dessert

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**Risk Management**

In case of emergencies, we carry oxygen, a gamow bag, and a pulse oximeter. All of our trip leaders have been certified as Wilderness First Responders, the U.S. standard for professional mountain guides. Our cooks take every precaution while cooking and washing, to minimize food-borne illness. In addition, all water is filtered or boiled for your use. Best of all, we have a private toilet tent for each group, eliminating exposure to the unsanitary conditions found with the commonly shared public toilets.

**Porter Support**

Having full porter support while climbing Kilimanjaro means that you carry a 10-15 pound pack containing only water, snack food, a warm layer, and your camera. A porter will be assigned to your duffel and will carry your gear throughout the entire climb. At the end of each day your porter will have your tent set up and sleeping bag rolled out and ready to go!

**Rental Program**

Meeting the demands of your trip will be made easier with proper equipment. To help you with this, we’ve established a rental program to lessen your load traveling and minimize the need to buy extensive amounts of new gear.

**Environmental and Social Practices**

You may notice a slight difference between Mountain Madness’ prices and those of other outfitters. This difference reflects our commitment to, and investment in, our host country. Mountain Madness believes in ethically responsible tourism by ensuring that the environment and the Tanzanian people are respected. We are always involved in training, conservation, and social development programs that ensure the net impact of our company in Tanzania is positive. Please read more about our commitment to Tanzania and our social, cultural, environmental practices at: Why Go With Mountain Madness.

**Sheets and Eats**

Our decades long relationship with the Tanzanian park authorities has allowed us access to private camps in areas void of the masses. Chase wild animals by day and recount your adventures by night while sipping cocktails under a star-studded sky.

Before your climb in Arusha National Park and while on safari, our exclusive camps provide a chef and culinary delights that will satisfy even the most discriminating epicurean. All tents come with private toilets, shower, comfortable beds, and his and her bathroom sinks. Enjoy the wilds of Africa by day and creature comforts by night.
No Hidden Costs

We eliminate “hidden costs.” We pay for virtually everything from the moment we pick you up at the airport to the end of your trip and everything in between. If something is not included we let you know so you can accurately plan your budget. Keep your wallet in your pocket!

Included in Kilimanjaro cost:
- All park fees
- Experienced Tanzanian guides and camp staff
- Two nights in a private luxury camp in Arusha National Park before the climb; includes game viewing and hiking
- Knight Support evacuation insurance (This insurance covers the cost of getting you off the mountain ONLY.)
- Porters
- Scheduled accommodations before the trek at our exclusive Itikoni Camp, dayroom lodge accommodation at the Moivaro Lodge after the climb, quality expedition camps on the mountain
- All meals in camps or lodges (including wine and beer)
- All group camping and cooking equipment
- All scheduled land transportation
- Airport transfers (based on evening arrival/departure)

Included in Safari cost:
- All park fees
- Experienced driver guide and camp staff
- All transportation during safari
- All accommodations
- All meals and drinks (including wine and beer) while on safari
- All group camping and cooking equipment

Not included in cost:
- Airport transfers for “off-itinerary” arrival or departure
- Personal equipment
- Airport departure taxes
- Visas
- Immunizations
- Comprehensive travel insurance
- Pre- and post-trip hotels if arriving or departing outside of scheduled itinerary
- Laundry or staff gratuities, alcohol or bottled drinks outside of scheduled meals and at the Moivaro Lodge

“Totally incredible! Would highly recommend the trip to others. A trip of a lifetime! The people, the climb, the safari, the scenery, and the overall experience was phenomenal. A top notch, extremely well run expedition! Thanks to all of your great staff for a wonderful time”
—Jennifer L.
Who are the guides?

All our guides are Tanzanian and work throughout the year as Mountain Madness guides. All have completed training courses on subjects such as natural history, varied conservation and wildlife biology. They speak Swahili and English fluently, as well as a native tribal language depending on which of the 140 tribes they are from. We’ve found that nothing beats local knowledge, which allows our guests unsurpassed insight into local culture. Our Kilimanjaro Trip Leaders have also been trained as Wilderness First Responders, the same as our U.S. based guides. Mountain Madness guides have a passion for Kilimanjaro and all of Tanzania. They truly love helping others experience the amazing beauty of their country.

Are you ready?

A climb of Kilimanjaro, though not a technical ascent, requires some preparation. Our longer itinerary benefits all and allows for more to reach the summit than would with a more aggressive itinerary. However, you still need to be in good condition and have all the proper equipment. The trail up Kilimanjaro can be rough in places, with rocks, sand and occasionally some snow near the summit. Most days you will hike from 4 - 7 hours, with an elevation gain of 1,500 - 2,000 feet (450 - 600 meters). The most difficult day up to the crater has an elevation gain of 3,200 feet (1,000 meters).

To be ready for an ascent of Kilimanjaro you should be able to walk at a moderate pace over varied terrain, uphill and downhill, for most of the day. Almost anyone in reasonable shape and maintaining a regular fitness regimen emphasizing endurance should be ready to go on this expedition. See the training section for more ideas and details.

Absolutely loved the trip! The quality of the guides and services can’t be beat. Everything worked like clockwork and allowed us to enjoy the sights and exhilarating hike.
—Barbara L.
Getting There

**Flights**

A number of international airlines offer flights to Tanzania, including KLM, Delta, and Turkish. There are no direct flights from the U.S.

The total number of days for this trip includes all travel from the U.S., based on a typical flight schedule. You will need to arrive at Kilimanjaro International Airport on day 2 of the trip. You will be met at the airport in the evening by a Mountain Madness representative and transferred to our private Itikoni Camp in Arusha National Park. The scheduled pick-up time at the airport is based on the evening arrival of the KLM flights from Europe. Airport transfers can be arranged for other arrival times at an additional cost.

**In-country Transportation**

All your scheduled transfers to and from the airport, to and from the mountain and back to Arusha, and all scheduled safari days are included in the cost of your trip.

**Passport**

You will need a passport valid for at least six months from the date you plan to travel. It can take from four to six weeks from the time you file your paperwork to receive your passport. Plan accordingly if you need a passport or a renewal.

**Visa**

Most of our clients obtain a Visa upon arrival at Kilimanjaro International Airport (JRO) in Arusha, Tanzania. At this time, this is the preferred method for travelers from North America. The Visa application can be obtained at the desk in the passport control area of the JRO airport. The fee for a Visa is currently $100 USD. If you prefer to obtain a Visa ahead of time, a Visa application for Tanzania can be found at [www.traveldocs.com](http://www.traveldocs.com).

**Immunizations**

At this time there are no vaccinations required for entering Tanzania; however, please consult your medical provider or travel clinic for updates. Yellow fever vaccination is required only if you are arriving from a country that has had a recent outbreak.

“I was impressed by the excellent organization, professionalism, & attention to safety of the guides. The trip was excellent and Mountain Madness exceeded what I expected from this trip.”

—Valerie P.

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit [mountainmadness.com](http://mountainmadness.com)
Don’t just take our word for it!
...Hear what our past Kilimanjaro adventurers have to say!

One of my best vacations ever! Every day was a new and exciting experience. Everyone did an outstanding job.
—Peter R.

Mountain Madness really deserves to be nominated for an award for such a flawless trip to Mt. Kilimanjaro. We will rave about this trip to everybody for decades to come. Ben Mality is truly the best guide on the mountain - everyone knew Ben and showed respect - even other trip leaders and porters. Thank you!
—Patricia E.

What an amazing adventure!! I appreciate everything the Seattle end of the staff did in assisting me upon this endeavor! This was the best overseas excursion I have embarked upon yet!
—JT.

Our guides, Ben and Lawrence, were the best of the best. I can’t recommend this trip and the Mountain Madness approach enough! We talked with several other groups and so many of them struggled to the summit, while we all (12 of us) made it in great style.
—Clif S.

Fantastic trip, I will recommend to anyone considering a Kilimanjaro climb.
—Mike N.

I had heard so many wonderful things about this trip before I went that I was certain there was no way it could exceed my expectations because my expectations were almost impossibly high. Wow! Was I wrong. My expectations were blown away. It truly was the adventure of a lifetime.
—Jacqueline C.

It was a fabulous trip - totally worth the year of planning, saving, and training. The porters were amazing and all the guides were great. I always felt safe - like they always knew how I was doing. I enjoyed getting to know the guides/drivers. I love that they ate with us and we had a chance to get to know them; it made the experience so much more real.
—Kirsten D.

Our Kilimanjaro trip was very enjoyable and could not have been better. Everyone, the trip leader, guides, cooks, and porters were all very friendly and helpful. The equipment was first rate and the food was excellent.
—Danny P.

It was great! I was really impressed by our guides on the mountain and on the safari. This was the best trip I have ever been on! Thank you Shane, Ben and Lawrence!
—Chase M.

I had a fantastic experience. The trek was a great experience made even better by the friendly, professional staff in Tanzania. The trip leader made us all feel safe and comfortable throughout the trip. The food was great, too! Best of all, Mountain Madness attracted a terrific group of hikers that made the trip tons of fun.
—Karen K.

The trip was great and far exceeded my expectations. I can’t imagine how you could improve things on the mountain.
—Mark O.

You made us fall in love with Tanzania.
—Bruce H.

Even better than I expected or hoped for!
—Dan L.
Classic Shira Plateau Climb

12-Day Itinerary

Day 1
DEPART
Travel from home to Arusha, Tanzania.

Day 2
ITIKONI PRIVATE DELUXE CAMP
6,500 feet / 1981 meters
Mountain Madness transfers you to Itikoni, our private deluxe camp in Arusha National Park.

Day 3
ITIKONI PRIVATE DELUXE CAMP
Today is spent relaxing and recovering from your travels. Your guide will have a trip briefing and review your equipment. There will be time for a walk or drive to the grasslands for views of Mount Kilimanjaro and African game, such as giraffe, buffalo, and antelope.

Day 4
BEGIN CLIMB/ MONTANE FOREST
9,000 feet / 2743 meters; Hiking Time: 3-6 hours (3.2 miles)
Today we walk through undisturbed jungle to our camp for the night. The group may encounter Colobus monkeys and see signs of elephants on the walk to camp. Upon arriving at camp, your tent will be set up and hot tea and snacks waiting for you in the dining tent.

Day 5
SHIRA PLATEAU 11,400 feet / 2743 meters; Hiking Time: 6-8 hrs (4.8 miles)
Upon waking, your Tanzanian guides will greet you at your tent with tea and hot water to wash up before enjoying breakfast. Today’s hike is in Montane Forest and the Hagenia Zone.

Day 6
MOIR CAMP 13,500 feet / 4115 meters; Hiking Time: 3-6 hours (4 miles)
Hike across the Shira Plateau and then one hour up the western slope of the Kibo Massif. We pass the Fischer Camp, which has a plaque dedicated to Scott Fischer, co-founder of Mountain Madness.

"Would absolutely use Mountain Madness for any future mountain climbing adventures."
-Chris B.
Day 7
LAVA TOWER 14,850 feet / 4572 meters; Hiking Time: 5-7 hours (3.6 miles)
After breakfast, the group slowly hikes to 14,850 feet, just under the “Lava Tower.” This will be our first introduction to the Alpine Zone where the only plant life is the hardiest of grasses and lichens. There is an exciting optional rock scramble to the top of the lava tower.

Day 8
ARROW GLACIER 15,700 feet / 4877 meters; Hiking Time: 2-3 hours (1 mile)
We spend a few hours hiking and make camp near the Arrow Glacier at 15,700 feet. This camp is famous for the absolutely magnificent sunsets, which illuminate the African sky.

Day 9
SUMMIT CRATER CAMP 18,700 feet / 5700 meters; Hiking Time: 7-10 hours (1.6 miles)
Today we ascend the Western Breach for about seven hours to the edge of the crater floor. There will be time to explore the inner crater from our high camp.

Days 10
SUMMIT DAY! 19,340 feet / 5895 meters; Hiking Time: 1-2 hours to summit
DESCEND TO MWEKA CAMP 10,500 feet / 3200 meters; Hiking Time: 8-10 hours to camp (6.8 miles)
We leave camp and hike to the crater rim. From there it is just a ten-minute hike to Uhuru Summit, the highest point in Africa at 19,340 feet! We bask in the glory of our accomplishment, grab a bite to eat, enjoy the views, and take lots of photographs. After summit celebrations we descend to Mweka Hut, where a special celebratory feast awaits.

Day 11
MOIVARO LODGE/ FLY HOME
Hiking Time: 4-7 hours (5.2 miles)
We descend 4,500 feet to the roadhead where we have our lunch and say good-bye to our mountain staff. At the Moivaro Lodge you can relax, swim in the pool and enjoy the serene setting overlooking a Tanzanian Coffee plantation. Climb only members will spend their day at the Moivaro Lodge and then transfer to the airport for their evening flight.

Day 12
ARRIVE HOME

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
Safari Itinerary

3 & 5 Day Options After Climb

After your climb you can enjoy the wilds of Africa, Mountain Madness-style. Friends and family, who didn’t climb, can now join you for the safari. We keep our safari schedules flexible in order to move depending on the wildlife, weather, seasonal conditions and interests of the group. Unlike itineraries that compress all this into a short amount of time, we’ve slowed it down so you can thoroughly enjoy these world treasures.

Option 1
Lake Manyara National Park & Ngorongoro Crater

Day 12 & 13
NGORONGORO PRIVATE CAMP
We continue our journey with a visit to Lake Manyara National Park, a park Ernest Hemmingway described as “the loveliest I had ever seen.” Amid the variety of animals is an abundance of birdlife, including pink flamingos that enjoy the water-based microcosm of the lake and its environs. After our visit we drive to the highlands of Ngorongoro Crater. The twelve-mile wide crater left by this massive volcano contains incredible wildlife viewing. We stay for two nights at the deluxe private camp at Ngorongoro, near the home of our Maasai friend and walking safari guide, Ole Dorop.

Day 14
GAME VIEWING / ARUSHA / DEPARTING FLIGHT
Today we visit the crater and get in one final drive to view game before returning to Arusha where you will have a dayroom at the Moivaro Lodge to freshen up before your late evening flight home.

Day 15
ARRIVE HOME

Option 2
Serengeti National Park

Day 14
SERENGETI PRIVATE CAMP
We continue from the Ngorongoro Crater to the Serengeti. Once in the Serengeti, you’ll enjoy a diversity of scenery—plains, rivers, lakes, hills and rock outcrops, each with their own appeal and range of wildlife. We will spend the night in our Serengeti Private Camp.

Day 15
SERENGETI PRIVATE CAMP
Our options allow flexibility to go where the game is most concentrated. As we journey out in search of wildlife, we can visit the many rock outcrops, where it is possible to view predators that climb up the low angle rock to scan the endless plains.

Day 16
DEPART FOR HOME OR OTHER ADVENTURES
Travel back to Arusha, stopping for lunch on the way. At the Moivaro Lodge you will have a dayroom where you can relax and enjoy the serene Tanzanian landscape before dinner.

Day 17
ARRIVE HOME
Elbrus-Kilimanjaro Combo Climb

19-day Itinerary

Join Mountain Madness for a journey to Russia and Africa—two very exciting and dynamic places. Climbing Mount Elbrus, the highest peak in Europe, and Mount Kilimanjaro, another of the Seven Summits, is an admirable feat and one interesting way to experience

2017 Elbrus and Kilimanjaro Combo Climb (19 days total):

Dates: July 16 - August 27
Cost: $11,175

Day 1-9
Mount Elbrus climb

Day 10
Flight to Moscow from Mineralnye Vody and continue on late flight to Amsterdam. This flight is not included in the cost of the trip, you will need to make your own arrangements. You will take the KLM direct flight from Amsterdam to Arusha, Tanzania.

Day 11
Arrive in Arusha, Tanzania. Mountain Madness Land Cruisers transport you from Kilimanjaro International Airport to an Itikoni, our private tented camp nestled in beautiful Arusha National Park.

Day 12
Today is spent relaxing and recovering from your travels. There may be time for a walk or drive into the grasslands for views of game and Mount Kilimanjaro.

Day 13
Lomosho approach on Kili starts today. After a drive through the beautiful grasslands and scattered Maasai villages we arrive at the trailhead. From here we will walk through the undisturbed lush jungle to our camp for the night.

Day 14
Hike to Shira Plateau Camp. Upon waking, your Tanzanian guides will greet you at your tent with tea and hot water to wash up before enjoying breakfast. Today’s hike will take us through the Montane Forest and the Hagenia Zone.

Day 15
Moir Camp today. Hike across the Shira Plateau and up the western slope of the Kibo Massif. We pass the Fischer Camp, which has a plaque dedicated to Scott Fischer, co-founder of Mountain Madness.

Day 16
We make camp near the Arrow Glacier at 15,300 feet. This camp is famous for the magnificent sunsets, which illuminate the African sky.

Day 17
After breakfast, we leave camp for our summit push. We climb up the Western Breach to the summit crater and hike to the top of the crater rim. From there it is just a ten-minute hike to Uhuru Summit, the highest point in Africa at 19,340 feet! We then descend to Mweka Camp.

Day 18
We descend 4,500 feet to the road head where we say good-bye to our mountain staff before heading to the Moivaro Lodge. There you can relax, swim in the pool and enjoy a celebratory dinner! Transfer to the airport for a night flight home.

Day 19
ARRIVE HOME

Other options available.
Call our office for details and prices
Extensions

**Zanzibar**
This tropical island getaway is a great way to unwind and relax after a Kilimanjaro climb and safari. You’ll spend your days on white sand beaches, explore coral reefs, and the unique culture of Stone Town. Visitors can enjoy many activities, from sunset sailing trips on local dhows, to more adrenaline-charged wake boarding, parasailing, or scuba diving.

[Learn more about Zanzibar.](#)

**Mount Meru**
A spectacular way to acclimatize before your Kilimanjaro climb or an alternative for those on a shorter vacation. Mount Meru, Kilimanjaro’s smaller cousin, offers great views of the largest peak in Africa. Just an extra four days takes you through the Arusha National Park and to the summit of the 14,980 foot (4566 meter) African peak.

[Learn more about Mount Meru.](#)

**Gorilla Tracking**
With our Gorilla Tracking Extension, you will enjoy four luxurious days in the Volcanoes Safari lodges in either Rwanda or Uganda, taking in the exotic surroundings and tracking various gorilla groups. The organic, ‘bush-chic’ design of the lodges reflects the local building style and offers eco-luxury comforts to all guests. After you get up close and personal with the gorillas, visit various community projects, the hospital, and local schools to complete your African adventure!

[Learn more about the Gorilla Tracking.](#)
Training

Your climb in East Africa will be physically demanding.

We suggest you begin your training program at least four to six months prior to departure depending on your current conditioning. Hiking Kilimanjaro involves slowly hiking uphill over long periods of time while carrying a moderate amount of weight. You cannot over-train for this! And remember, this climb is as much about endurance as it is strength—you will be on the move for eight days, active each day at high altitude.

Walking up hills and stair climbing are both excellent ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Remember, the porter staff will carry most of your personal and all group gear. It will be important to take long hikes or walks (4 - 6 hours) with a weighted pack at least one or two times a week. The best training is to carry a weighted pack (20 - 30 lbs) up and down hills, stairs, or small mountains. Hike uphill without breaks for at least an hour at a time when possible. Break 10 - 15 minutes, then continue hiking uphill for at least another hour. Do this as much and as often as you can, culminating with 5 - 7 hours of walking for consecutive days to build up your endurance. This is certainly not the only way to train, but is among the best for hiking Kilimanjaro.

If you don't live near hills or mountains you will need to find another activity that will increase your endurance. Large sets of stairs are a good substitute. Supplement this with running, cycling, swimming, and some weight training for a complete conditioning program.

Also, don't underestimate the descent. Many people find descending Kilimanjaro one of the most difficult parts of the trip, especially after the long hike to the top. For those with weak knees or past injuries, make sure to use trekking poles or consider bringing an athletic knee brace. They will help take part of the weight off your knees. Training for the descent is hard to simulate and is a skill that is acquired over time with practice.

Please call Mountain Madness to discuss the creation of a personal training program to help you prepare for your climb, or if you have any other questions about your fitness or training.
Climb Questions & Answers

**How hard is it to climb Kilimanjaro?**
Kilimanjaro is certainly more of a trek than a climb in the mountaineering sense of the word. As we pass through the Western Breach, which is steeper than the rest of the route, there is a bit of easy scrambling and sometimes you might use your hands to help you ascend. No technical mountaineering gear is used. We rate the trek as moderate. That said, you need to be in good shape for walking and have built up your endurance, so train accordingly.

**How physically fit do I need to be to climb Kilimanjaro?**
A climb of Kilimanjaro can be physically challenging but within the capabilities of almost any fit individual. You should feel comfortable hiking about six hours up and down hill at a moderate pace with a daypack for consecutive days.

**When is the best time of year to go?**
The two best seasons for climbing Kilimanjaro are June through October and December through March. Mountain Madness only schedules climbs during these dry seasons.

**What is the success rate?**
Over 90% of Mountain Madness climbers reach the summit. Our route and longer schedule allow for better acclimatization. We have highly qualified guides, nutritious and delicious food, filtered drinking water, and comfortable camps that contribute to this high success rate.

**How much will I have to carry?**
Porters carry all group gear and food as well as most of your personal gear. Usually you will have a day pack with your water, camera, jacket, sunscreen, snacks, etc. that amounts to 10 - 20 pounds, or less than 10 kilos.

**How will the altitude affect me?**
Altitude affects everyone differently but some symptoms are nearly universal. It is typical as you ascend to have some shortness of breath and be a bit more tired than usual. We ascend slowly to limit the possibility of more serious complications. We utilize modest altitude gains, great food, proper hydration, comfortable camps, and plenty of rest to give trekkers the best opportunity to let their body adjust. All of our guides are trained in wilderness first aid and we pay close attention to how everyone is doing. We also carry oxygen and a Gamow (hyperbaric) bag for emergencies.

**How is the food on the trek?**
In a word, amazing! We offer a surprisingly varied menu of skillfully prepared courses at each meal. Our kitchen staff takes great pride in providing the best food on the mountain. Fresh fruit and vegetables are featured daily. In addition to breakfast and dinner at camp, we set up a table and chairs along the trail for a relaxing lunch. Popcorn, biscuits, and tea are ready for you when you arrive at camp in the afternoon. When you wake in the morning you are served tea in your tent. What a great way to start the day! Meals are served in our comfortable dining tent allowing you to sit at a table out of the elements. Food is prepared in a separate kitchen tent.

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
What if I have special dietary restrictions?
We have experience working with a variety of dietary situations and will create menu options to help you get the most out of your experience on Kilimanjaro. Whether you are vegetarian, vegan, or have food allergies, we are experienced in providing great meals for you!

How is the water treated for drinking?
Mountain Madness filters all drinking water on the trek with the top-of-the-line Katadyn Expedition filter. This filter is superior to other filtration systems, and its ability to filter large amounts of water quickly makes sure you have all the healthy water you can drink!

What about the toilets?
Mountain Madness brings its own chemical toilet and toilet tent for exclusive use by our clients on every trip – complete with toilet seat! This allows you a clean and private toilet experience. Additionally, all waste is carried off the mountain for disposal.

Is Kilimanjaro a good trip for my family to do together?
An expedition on Kilimanjaro is a great vacation for an active family. Mountain Madness has helped a great many families share this adventure and we cannot recommend it highly enough. Mark Gunlogson, President of Mountain Madness, took his family to Tanzania for a climb of Kilimanjaro and a safari. Check out his 12-year-old daughter’s blog about her experience on our website here or give Mark a call.

Do you rent gear for the trek?
Most trekking gear, except boots, is available to rent from Mountain Madness. (Please refer to page 20 for information on our rental gear program.)

Who are your operators in Tanzania?
Scott Fischer and Wes Krause, co-founders of Mountain Madness, pioneered the route we use on Kilimanjaro more than 30 years ago. Wes fell under the spell of Africa and moved to Tanzania to provide logistical planning and support for our Kilimanjaro and safari programs. He created training programs for guides in first aid and rescue, leadership, culinary skills, and others, based on his experience as the Director of National Outdoor Leadership School in Kenya. The gear is the best available and is cleaned and inspected after every trip. The food planning, preparation, taste, and service is exceptional. In short, Wes provides the best-trained, experienced and motivated staff, premium equipment and the most nutritious and tasty food. With all this, you can expect the highest quality service available.
Safari Questions & Answers

Where do we travel while on safari?
While on safari you will spend your time in the Lake Manyara National Park, Ngorongoro Crater Conservation Area, and the Serengeti National Park.

Should I bring bug spray and be worried about malaria?
Many people think that using DEET and having their clothes washed in DEET is a must for any African Safari, but this is not the case. Most days on Safari are bug free, and a basic bug spray from your local outfitter will ward off any nuisances. Anti-malarial pills are recommended for Africa, but your chances of contracting malaria in Tanzania are considered minimal. However, we ask that you call your local county health department for extended and current information regarding malaria and your health in Tanzania.

Can I expect crowds on my safari?
Our drivers try to avoid the more popular roads by introducing you to their “secret” spots. However, a herd of elephants is easily spotted and members of other safaris may come to see these magnificent creatures as well. The Ngorongoro Crater is a much smaller area than the Serengeti and thus it can be more difficult to avoid crowds. As an alternative to classic safaris, our walking safaris are off the beaten track and avoid crowds.

Will we be able to get out of the car and walk around while on safari?
There are strict rules and regulations about passenger vehicles on safari. However, there are designated areas where you can get out, stretch, walk around, take lunch, etc. Our vehicles are designed to optimize your ability to see the surroundings and remain safe.

Can my friends and family meet me on Safari after the climb?
Definitely. They would meet you at the Moivaro Lodge after you get off the mountain. The safari begins the next day.

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
Safari Questions & Answers

**Are we camping while on safari?**
Staying in our Private Luxury Safari Camps is not camping in the ordinary sense. Each A-frame styled canvas tent is equipped with two wooden framed beds with mattresses, pillows and sheets, a dresser and nightstand, and a front porch with a canopy and lounging chairs for your relaxation.

**Will there be other people with us?**
No, we take great pride in our camps and they are available to only those in our group. Our camps avoid the hustle and bustle of lodge-based safaris and offer a greater sense of solitude and connection to wild Africa; not to mention offering an environmentally sustainable approach to being on safari.

**Can we shower while on safari?**
Each of our tents is equipped with an attached bathroom and shower facility—so morning or night, hot water is available for you. We utilize solar power whenever possible.

**Will there be other activities besides game viewing?**
Yes, while game viewing for many is the highlight of the safari, others find the time spent with Maasai people equally intriguing. We will visit our long-time friend Ole Dorop and his family and learn about their culture and traditional lifestyle.

**What kind of vehicles do you use while on Safari?**
Mountain Madness uses reliable Toyota Land Cruisers. Our vehicle arrangement allows each person a window seat to optimize game viewing. Our detachable roofs allow you to stand up and provide an excellent viewpoint for both photography and a more natural game viewing experience.

**What animals will I see on safari?**
The real question to ask yourself is what animals won’t you see! The plains of the Serengeti are lush with greenery and animals from December through March. Wildebeest are out during this time and are calving from mid-February through the beginning of March. From June through November, the Serengeti is drier—a time during which animals tend to congregate around the Seronera River, where predator and prey live together in unique circumstances that you won’t find anywhere else in the world.

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A sample of the animals you may view on safari:

<table>
<thead>
<tr>
<th>Zebra</th>
<th>Gazelle</th>
<th>Hyena</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wildebeest</td>
<td>Lion</td>
<td>Warthog</td>
</tr>
<tr>
<td>Waterbuck</td>
<td>Elephant</td>
<td>Crocodile</td>
</tr>
<tr>
<td>Hartebeest</td>
<td>Cheetah</td>
<td>Ostrich</td>
</tr>
<tr>
<td>Topi</td>
<td>Giraffe</td>
<td>Vulture</td>
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<tr>
<td>Dik dik</td>
<td>Baboon</td>
<td>Rhino</td>
</tr>
<tr>
<td>Bushbuck</td>
<td>Monkey</td>
<td>Jackal</td>
</tr>
<tr>
<td>Eland</td>
<td>Hippopotamus</td>
<td>Cape Buffalo</td>
</tr>
<tr>
<td>Impala</td>
<td></td>
<td>Leopard</td>
</tr>
</tbody>
</table>

(...not to mention countless bird species!)
Proper equipment is extremely important to the success, enjoyment, comfort, and safety of your trip. **Porters will carry up to 22 lbs (10kg) of your personal gear, no more!** If you wish to have full porter support, we are happy to accommodate you. The cost for an extra porter is about $200 - $250 for the trip. If you have any questions, or would like the extra support, please call us.

Mountain Madness believes that all mountain travel equipment should follow two simple tenets: Lightweight and Functional. Your equipment determines how warm, dry, and safe you will be, so always choose equipment that is of good quality, dependable, and adaptable to a variety of extreme conditions. Clothing impacts not only your comfort, but also your safety. Always be critical of the quality and the proper fit of your clothing. Cotton clothing must be avoided because it dries very slowly and is a poor insulator when wet. Instead, choose wool or synthetic fabrics that “wick” the sweat and moisture away from your skin.

**Our recommended clothing system has four layers.**

- **Base layer:** manages moisture and wicks perspiration away from your skin. (Polypro, Capilene and Driclime)

- **Softshell:** should be a durable, comfortable, insulating and wind/water resistant layer that breathes well. The main Softshell fabrics are Polartec Wind Pro, Gore Windstopper N2S, Schoeller; each clothing manufacturer has their own. 200 weight fleece can be substituted for our Softshell recommendations but is not as versatile with how it may be used when layering.

- **Hardshell:** windproof, waterproof and breathable. (e.g. Gore-Tex, or similar)

- **Insulating layer:** should be down-fill or synthetic-fill and fit over all layers. (e.g. down, Primaloft or Polarguard)

These four layers are usually sufficient for most people, but if you tend to be colder, bring one extra medium layer that would be ideal for extra warmth around camp, such as a vest. When deciding what to pack, remember to bring enough clothes and accessories to ensure your safety and comfort, while not overburdening yourself.

For new, used or rental equipment we recommend two Seattle-based retailers — Second Ascent and Feathered Friends. Second Ascent is a new and used gear store. If you are trying to save some money, this is the place to call. They are great at answering equipment questions and also ship anywhere in the US. They can be reached at (206) 545-8810 or visit [www.secondascent.com](http://www.secondascent.com).

We also work closely with Feathered Friends, a retailer in Seattle which also rents gear, and offers a 10% discount on purchases if you are signed up for a Mountain Madness trip. Please feel free to call them at (206) 292-2210 or visit [www.featheredfriends.com](http://www.featheredfriends.com).

Mountain Madness also has the following rental program in Africa to help meet your needs. To order online, go to [Kilimanjaro rentals](http://www.secondascent.com).

<table>
<thead>
<tr>
<th>Equipment &amp; Rentals</th>
<th>Single item rental charges</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outerwear</strong></td>
<td></td>
</tr>
<tr>
<td>Annapurna Gore-Tex Jacket</td>
<td>$50.00</td>
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<tr>
<td>Thunderlight Gore-Tex Pant</td>
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<tr>
<td><strong>Warm upper body layers</strong></td>
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<tr>
<td>Men’s Lightweight Crew</td>
<td>$15.00</td>
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<tr>
<td>Men’s Midweight Zip</td>
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<tr>
<td>Fleece Climbing Sweater</td>
<td>$30.00</td>
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<tr>
<td><strong>Warm lower body layers</strong></td>
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</tr>
<tr>
<td>Men’s Midweight Bottom</td>
<td>$18.00</td>
</tr>
<tr>
<td>Fleece Sweat Pant</td>
<td>$16.00</td>
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<tr>
<td><strong>Accessories</strong></td>
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<tr>
<td>Mountain Glove Shells</td>
<td>$18.00</td>
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<tr>
<td>Dryclime Glove Liners</td>
<td>$6.00</td>
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<tr>
<td>Balacalava Scrap Cap</td>
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<tr>
<td>Gaitors</td>
<td>$10.00</td>
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<tr>
<td>Backpack</td>
<td>$25.00</td>
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<tr>
<td>Water bottle</td>
<td>$15.00</td>
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<tr>
<td>Trekking Poles</td>
<td>$30.00</td>
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<tr>
<td><strong>Sleeping Gear</strong></td>
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<tr>
<td>Sleeping Bag</td>
<td>$30.00</td>
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<tr>
<td>Thermarest Sleeping Pad</td>
<td>$30.00</td>
</tr>
<tr>
<td><strong>TOTAL (if rented as individual items)</strong></td>
<td>$355.00</td>
</tr>
<tr>
<td><strong>TOTAL PACKAGE RENTAL PRICE</strong></td>
<td>$325.00</td>
</tr>
</tbody>
</table>
Kilimanjaro Climb & Safari

Dates and Prices

Treat yourself to a Trip of a lifetime...

One of the best things I have ever done for myself. Loved it. Loved the gentle people. I would be happy if every human being could experience what I did.”

- John F.

So many options, what to do?
A lot of decision-making goes into booking a trip as big and expensive as traveling to Africa—a trip of a lifetime! We would like to offer a few basic guidelines to help you begin this process. As we all know, the devil is in the details not only in regard to hidden costs, but also the quality of service and whether your company of choice is committed to responsible travel.

Here are some basic questions to ask:

- Does your outfitter have more than 30 years experience in Tanzania?
- Are your park fees included? (this is a significant part of your trip cost)
- Does your outfitter offer a rental program?
- Is transportation to and from the airport included?
- Is evacuation insurance included? (This insurance covers the cost of getting you off the mountain only.)
- Are all meals and drinks (including alcohol) included in towns, on the mountain, and on safari?
- Does your outfitter have referrals?
- Does your outfitter ensure fair wages and treatment of staff and porters?
- Do you stay in private camps to avoid crowded lodges?
- Do you have private toilets while on Kilimanjaro?
- Does your outfitter practice Leave No Trace environmental guidelines?

With Mountain Madness the answer to all the above is yes.
We want you to spend your time in Africa embracing the experience and not worrying whether you’ll have to spend more money just to be comfortable! Keep your money in your pocket and let Mountain Madness take care of the details.

Climb only Trip Dates

<table>
<thead>
<tr>
<th>2019</th>
<th>2020</th>
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</thead>
<tbody>
<tr>
<td>January 19-30</td>
<td>January 18-29</td>
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<tr>
<td>February 9-20</td>
<td>February 8-19</td>
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<td>June 6-17</td>
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<td>July 6-17</td>
<td>July 4-15</td>
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<td>August 3-14</td>
<td>August 1-12</td>
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<td>September 7-18</td>
<td>September 5-16</td>
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<tr>
<td>December 17-28</td>
<td>December 15-26</td>
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</tbody>
</table>

(Please call to consult with our office before booking your flights)

Refer to website for dates for:

- Climb & Safari
- Climb & Safari with Serengeti extension

Trip Prices

Climb only: $7,425 ($1,400 park fees included)

Safari extension prices:

- 3-day Safari: $1,950 ($435 park fees included)
- 5-day Safari: $3,250 ($765 park fees included)

Custom Kilimanjaro and Safari dates and itineraries can be arranged

*all prices subject to change

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com