



Travel Program

**The Machame Route on Kilimanjaro –
spectacular landscapes on one of the most beautiful
routes to the roof of Africa** Itinerary for



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TRAVEL OVERVIEW

The Machame Route, also known as the "Whiskey Route," is one of the most beautiful and popular routes for climbing Kilimanjaro, the highest free-standing mountain in the world at 5,895 meters. This varied trekking route offers impressive landscapes, good acclimatization, and great views of the different vegetation zones of the mountain.

The tour begins at the Machame Gate on the southern side of the Kilimanjaro massif. From there, the path initially leads through dense tropical rainforest, where you may be lucky enough to spot Colobus monkeys and numerous bird species. As you gain altitude, the landscape changes and transitions into heath and moorland before you finally reach the alpine desert zone.

Along the way, you can expect spectacular highlights such as the Shira Plateau, the Lava Tower, the Barranco Valley, and the famous Barranco Wall. The Machame Route follows the principle of "climb high – deep sleep, which allows for good adaptation to the altitude and increases the chances of a successful summit success. The highlight of the journey is the night ascent to Uhuru Peak (5,895 m). Just before sunrise, you will reach the highest point in Africa and experience an unforgettable moment with breathtaking views of the glaciers and the vast plains of Tanzania.

This 7-day trekking tour combines adventure, nature experience, and athletic challenge, offering a unique experience on the roof of Africa.

Hakuna Matata!

HIGHLIGHTS

- ❖ 7 days Kilimanjaro trekking via the spectacular Machame route.
- ❖ One of the most beautiful and popular routes to the summit of Kilimanjaro.
- ❖ Good acclimatization through the principle of “climb high –sleep low”.
- ❖ Breathtaking landscapes from rainforest to alpine desert.
- ❖ Highlights such as Shira Plateau, Lava Tower, Barranco Wall, Stella Point, and Uhuru Peak (summit).
- ❖ Unforgettable sunrise at Uhuru Peak (5,895 m) the highest point in Africa.
- ❖ Panoramic views of the vast plains of Tanzania and the surrounding mountain landscape.
- ❖ Professional mountain guides and an experienced trekking team throughout the tour.

Day 1 | Karibu – Welcome to Tanzania

Your journey to Tanzania begins with your arrival at Kilimanjaro Airport.

After you have received your visa and collected your luggage, your driver will be waiting for you in front of the airport building. From there, you will drive in an off-road vehicle for about 50 minutes to Moshi.

The lovingly designed lodge with a pool is beautifully located at the foot of Kilimanjaro. With a bit of luck, the majestic mountain may already reveal itself. Upon your arrival, you will check into the lodge and can first relax and enjoy the African atmosphere.

Overnight: Moivaro Coffee Lodge



Day 2 | Machame Gate – Machame Camp (3,000 m)

After breakfast, you will drive to Machame Gate, the starting point of your Kilimanjaro ascent. After registering at the national park, the trekking begins through the dense tropical rainforest. The path steadily ascends past giant trees, ferns, and with a bit of luck, you may spot Colobus monkeys and various bird species.

After several hours of hiking, you will reach Machame Camp, where you will spend your first night on the mountain.

Walking time: approximately 5–7 hours

Accommodation: Kilimanjaro Tent Camp

Meals: Breakfast / Lunch / Dinner



Day 3 | Machame Camp – Shira Camp (3,840 m)

After breakfast, you continue your hike and slowly leave the tropical rainforest. The landscape changes into heathland and

Moorland landscape with impressive views of the Kilimanjaro massif. The path steadily ascends and leads over rocky trails to the Shira Plateau, one of the highest plateaus on Earth.

In the afternoon, you will reach the Shira Camp, where you can rest and enjoy the magnificent mountain scenery. Walking time: approx. 4–6 hours

Accommodation: Kilimanjaro Tent Camp

Meals: Breakfast / Lunch / Dinner



Day 4 | Shira Camp – Lava Tower – Barranco Camp (3,960 m)

Today is an important acclimatization day on the agenda. You will first hike towards the impressive Lava Tower (4,630 m), a prominent volcanic rock formation.

After a break at this altitude, you descend again to Barranco Camp, which is located in a beautiful valley below the famous Barranco Wall. This strategy "climb high – sleep low" supports the body's adaptation to altitude.

Walking time: approximately 6–7 hours

Accommodation: Kilimanjaro Tent Camp

Meals: Breakfast / Lunch / Dinner



Day 5 | Barranco Camp – Karanga Camp (4,035 m)

The day begins with the ascent of the famous Barranco Wall. With the support of your guides, you will conquer this impressive rock face and enjoy spectacular views of Kilimanjaro from the top.

The path then continues through valleys and over ridges to the Karanga Camp, where you can rest and further acclimatize to the altitude.

Walking time: approx. 4–5 hours

Accommodation: Kilimanjaro Tent Camp

Meals: Breakfast / Lunch / Dinner



Day 6 | Karanga Camp – Barafu Camp (4,673 m)

Today, the hike takes you to Barafu Camp, the base camp for the summit ascent.

The landscape becomes increasingly barren and resembles an alpine stone desert.

After your arrival at the camp, you will rest and prepare for the nighttime summit ascent. After an early dinner, there will be a briefing by your guide before you take a few hours of sleep. Walking time: approx. 4–5 hours

Accommodation: Kilimanjaro Tent Camp

Meals: Breakfast / Lunch / Dinner



Day 7 | Summit Ascent – Uhuru Peak (5,895 m) – Mweka Camp (3,100 m) Shortly after midnight, the summit ascent begins. With headlamps, you slowly ascend to the crater rim. After several hours, you reach Stella Point, from where you can experience the sunrise.

The final section leads along the crater rim to Uhuru Peak (5,895 m) – the highest point in Africa. After an unforgettable moment at the summit, the descent back to Barafu Camp begins, followed by a further descent to Mweka Camp, where you will spend the night.

Walking time: approx. 10–14 hours

Overnight: Tent camp Kilimanjaro



Day 8 | Descent to Mweka Gate – Return to Arusha (1,640 m)

After the intense and unforgettable days on Kilimanjaro, you will enjoy today the last section of your hike. After a hearty breakfast, the descent through the tropical rainforest towards Mweka Gate begins. During the hike, you will take one last look back at the mighty summit of Kilimanjaro – hard to believe that you just reached it yesterday. After about 3–4 hours, you will reach the park gate.

Here, you will say goodbye to your mountain team – guides and porters who have accompanied you throughout the ascent. Afterwards, you will drive back to Arusha, where you can enjoy a well-deserved shower and relaxation at your lodge.

Hiking time: approx. 3–4 hours

Distance: approx. 11 km

Descent: approx. 1,400 meters in elevation

Accommodation: Lodge in Arusha Meals:
Breakfast / Lunch



Included services

All transfers

Hotel before and after the hike

Camping equipment

Meals on the hike

Professional guides and porters

Oxygen tanks

GPS Trackers

Medical check-ups, fully-loaded medical kits, and in-company doctor

Fully-loaded medical kits

Satellite phone

All park fees and taxes

Dedicated support team

Innovative and user-friendly travel planning portal

Safe room and storage room

Leave No Trace adventure

Excluded services

International flights
Tips to the climbing crew
Visa fee
Personal gear rentals
Lunch and dinner in the hotel
Single supplement
Portable toilet
Travel insurance

Country Information – African Landscape Adventures

Important Travel Information

At African Landscape Adventures, we operate in dynamic natural environments where conditions such as weather, terrain, or park regulations may occasionally require changes to routes, schedules, or daily programs. Flexibility, patience, and a positive spirit are essential parts of any safari or Kilimanjaro experience.

Guests should be prepared for varying levels of comfort depending on location and conditions, and may occasionally be asked to adapt to changes in logistics or camp arrangements.

African Landscape Adventures cannot be held responsible for the performance, loss, or damage of personal equipment, including rented or borrowed gear used during the expedition.

In the event of increased government-imposed fees (such as park, conservation, or wildlife fees), we reserve the right to adjust prices accordingly, even after confirmation of booking.

If a guest chooses to end the trip early for personal, medical, or other reasons, or if the lead guide makes a safety decision to modify or terminate part of the itinerary, no refunds will be issued for unused services. Any additional costs arising from such decisions remain the responsibility of the traveler.

Travel Insurance

We strongly recommend comprehensive travel insurance covering:

- Trip cancellation
- Medical emergencies
- Emergency evacuation
- Trip interruption

Ensure your policy is suitable for high-altitude trekking and safari travel. We can guide you in selecting reliable providers upon request.

Climate & Best Travel Time (Kilimanjaro)

Due to its equatorial location, Tanzania does not experience traditional summer and winter seasons. Instead, the country has dry and rainy periods.

Kilimanjaro can be climbed year-round; however, two main trekking seasons are considered ideal:

June to October (Dry Season)

- Most popular climbing period
- Stable weather and excellent visibility above the cloud line
- Cool, dry conditions ideal for trekking

December to March (Warmer Season)

- Warmer daytime temperatures
- Clear mountain views and fewer crowds
- Slightly higher chance of snow at higher altitudes

April to May

- Long rainy season
- Fewer climbers and lush green landscapes
- Recommended only for experienced trekkers seeking solitude

Temperature Zones on Kilimanjaro

- **2,000 – 3,000m (Rainforest Zone):** 12°C – 20°C (day), 5°C – 10°C (night)
- **3,000 – 4,000m (Moorland Zone):** 8°C – 18°C (day), 0°C – 5°C (night)
- **4,000 – 5,000m (Alpine Desert):** 2°C – 10°C (day), -5°C – 0°C (night)
- **Above 5,000m (Arctic Zone):** -5°C – 5°C (day), -12°C – -3°C (night)

Strong winds are common above 5,000 meters.

Language

The official language is Swahili. English is widely spoken in tourism areas, hotels, and by guides, making communication easy throughout your journey.

Time Difference

Tanzania operates on East Africa Time (EAT):

- +2 hours ahead of Central European Time
- +1 hour during European summer time

Entry Requirements (Visa)

Visitors from most countries require an electronic visa (e-Visa) for Tanzania.

- Apply online before arrival: <https://visa.immigration.go.tz/>
- Approximate fee: 50 USD
- Passport must be valid for at least 6 months

We are happy to assist with the application process.

Transport

In Tanzania, driving is on the **left-hand side**. Road conditions vary, especially in rural and safari areas. All transfers are arranged using professional drivers and safari vehicles.

Luggage

- International airline allowance applies (check with your carrier)
 - Domestic flights: maximum 20 kg per person
 - Soft duffel bags are required (no hard suitcases for trekking)
 - Carry-on bag recommended for essentials and camera gear
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Currency

The official currency is the Tanzanian Shilling (TZS). US Dollars are widely accepted in tourism areas.

- ATMs are available in major cities
 - Credit cards accepted in hotels and lodges
 - Always check bank fees for international transactions
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Tipping Guidelines

Tipping is customary in Tanzania and is considered a gesture of appreciation, not an obligation. It is shared fairly among guides, cooks, and porters.

Electricity & Water

- Tanzania uses UK-style plugs (Type G)
 - Power outages may occur in remote areas
 - Lodges often use generators
 - Tap water is not safe for drinking—use bottled or filtered water only
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Internet & Communication

Most lodges offer Wi-Fi (often limited or slow). Mobile coverage is generally available in towns and many safari regions. We recommend using WhatsApp for communication.

Safety

Tanzania is generally safe for tourists when standard travel precautions are followed:

- Keep valuables secure
 - Avoid leaving belongings unattended
 - Follow guide instructions at all times
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Health & Vaccinations

No vaccinations are currently mandatory for most travelers entering Tanzania (unless coming from a yellow fever risk area).

Recommended:

- Hepatitis A & B
- Typhoid
- Yellow fever (where applicable)

Malaria prevention is advised in lowland and coastal regions, including Zanzibar.

Use insect repellent and wear long sleeves in the evenings.

Altitude Sickness (Kilimanjaro)

Altitude-related illness can occur above 4,000m due to reduced oxygen levels. Symptoms may include:

- Headache
- Fatigue
- Dizziness
- Loss of appetite

Prevention includes:

- Slow ascent (“pole pole”)
- Drinking 3–4 liters of water daily
- Following guide instructions strictly
- Proper acclimatization itinerary selection

In serious cases, descent is required immediately.

Meals

Meals are prepared using fresh local ingredients. Expect a mix of Tanzanian and international cuisine. Dietary requirements (vegetarian, vegan, gluten-free) can be accommodated with prior notice.

Final Note

Kilimanjaro is not a technical climb, but it requires determination, preparation, and respect for altitude. Success depends on pacing, mindset, and proper acclimatization. With the right preparation and support team, reaching Uhuru Peak is an achievable and life-changing experience.

Equipment Recommendation

Equipment & Packing List – Kilimanjaro & Safari

Bags & Luggage

- Large travel duffel bag (90–110 liters), preferably waterproof or water-resistant, with an optional protective rain cover
 - Daypack (20–30 liters) for daily essentials, ideally with side pockets for water bottles
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Footwear

- One pair of lightweight, ankle-support trekking boots (well broken-in, B–C category sole recommended)
 - One pair of trekking poles (telescopic; available on request)
 - Comfortable lightweight sports shoes for camp use
 - Sandals for travel days and relaxation at lodges or camps
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Clothing (Layering System)

- Waterproof and windproof Gore-Tex jacket
 - Fleece jacket and fleece pullover for insulation
 - Warm down jacket for cold summit conditions
 - Long trekking trousers (lightweight, unlined)
 - Rain protection gear (poncho and/or rain pants)
 - Shorts, T-shirts, and swimwear for lower altitudes or lodge stays
 - Functional base-layer underwear
 - Seamless trekking socks (well broken-in for comfort)
 - Warm wool hat
 - Insulated gloves (preferably mittens) plus inner thin gloves for layering
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Sleeping Gear

- Sleeping bag suitable for temperatures between -6°C and -10°C (comfort rating) *(available for rent upon request)*
- Sleeping mat for insulation
- Insulated seat pad for rest breaks

- Gaiters for protection against dust and mud
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Lighting & Hydration

- Headlamp with extra batteries
 - Two 1-liter thermos bottles or reusable water bottles
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Personal & Hygiene Items

- Minimal toiletries (travel-size recommended)
 - Small quick-dry towel
 - Toilet paper and hygiene essentials
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Health & Protection

- Sun hat for UV protection
 - Sunscreen (minimum SPF 30)
 - Lip balm with high SPF protection (SPF 50 recommended)
 - UV-protection glacier sunglasses with side shields
 - Basic medication for stomach and digestive support
 - Personal first aid kit
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Travel Documents & Essentials

- Electronic flight ticket
 - Valid passport and vaccination certificate
 - Printed travel itinerary
 - Emergency cash (USD and Euros recommended)
 - Credit/debit cards (VISA, Maestro, etc.)
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Electronics & Extras

- Camera with sufficient memory cards and batteries
- Power bank or optional solar charger
- Optional snacks (energy bars, chocolate, dried food, salami) for extra energy during trekking



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