



# KILIMANJARO CLIMB

AVENTURAS PATAGONICAS - MOUNTAIN GUIDES

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## **KILIMANJARO EXPEDITION OVERVIEW**

Overview of your trip from start to finish

At 19,340' (5896 Mts.), Kilimanjaro, or Uhuru Peak, is the highest point in Africa, located in Tanzania. This extinct volcano rises over large game reserves and is certainly one of the world's most impressive mountain adventures we offer, taking place in one of the more diverse and fascinating regions of our planet.

Kilimanjaro is a non-technical climb, however many who attempt the mountain also underestimate it. Its altitude needs to be taken seriously. It is the easiest of the seven summits and a great stepping-stone for higher peaks. It is the perfect climb to prepare you for an expedition on Aconcagua, which is our specialty and a mountain we have guided on for over 20 years.

We will climb the Machame, or Umbwe, Route of Kilimanjaro. This is the finest route, and as part of our longtime philosophy we will encounter less crowds than in the overused Normal Route. We will descend via the Mweka Route. This is the descent route required by Kilimanjaro National Park, making a traverse of the mountain. This is another trademark of Aventuras Patagonicas, using more aesthetically beautiful routes and traversing the mountain, giving you more scenery and the entire spectrum of the mountain.

Our community gear, and most of our personal equipment, will be carried by our porters so you can enjoy light packs throughout the climb. We will also have a cook with us during the expedition, and although we use high quality local resources on this trip, the Lead Guide will always be an Aventuras Patagonicas, U.S.-based, Certified professional mountain guide trained with, and experienced in, the highest standards of guiding.

**CLIMBING SKILLS:** No previous climbing experience or technical climbing skills are required. The hiking is easy to moderate, but strenuous, especially on Summit Day. You must be in good to excellent physical condition. A small amount of snow will be encountered below the Summit, which does not need the use of crampons or ice ax. Trekking or ski poles are highly recommended.



## KILIMANJARO CLIMB & Optional SAFARI

### DATES OF TRIP 2009 / 2010

AUGUST	SEPTEMBER	DECEMBER	JANUARY
Aug 1 - 14	Sept 5 - 18	Dec 16 - 29	Jan 16 - 29

**DURATION:** 9-Day Climb plus 5-Day optional Safari=14 DAYS

**COST OF TRIP:** \$3500, or \$4700 with Safari included (highly recommended)

**DEPOSIT DUE TO RESERVE A POSITION:** \$700

**BALANCE AMOUNT:** \$2800, or \$4000 with Safari option

#### **COST INCLUDES:**

Professional Mountain Guides, all hotel accommodations during the trip (including all hotels before and after the climb, plus deluxe Safari Lodges during safari (double occupancy/single supplement available (an additional \$350), all land transportation, charter flight from Serengeti, Porters, all expedition food, and all community gear; kitchen, tents, stoves, cooking gear, medical kits, satellite phone, radios, gamow bag, pulse-oximeters, etc., and Kilimanjaro National Park fee and Game Parks fees.

#### **YOU ARE RESPONSIBLE FOR:**

Round Trip Flights to and from Kilimanjaro International Airport, visa fees for Tanzania (about \$50), personal equipment, passport, personal items and services such as tips, alcoholic beverages, drinks, etc, and all expenses incurred in the case of a rescue.

## ITINERARY

**Day 1:** Fly from point of origination to Kilimanjaro International Airport, Tanzania. (JRO)

**Day 2:** Arrive in Tanzania. Airport pick-up and transfer to Mt. Village Lodge in Arusha, Tanzania.

**Day 3:** Free morning to rest, relax, take a walk, explore a little. Afternoon meeting, gear check and delicious group dinner. Overnight at the Lodge.

**Day 4:** After breakfast we travel by 4-WD vehicles to the Machame trailhead, where our climb begins. Park registration will follow, and we meet our porters. A very pleasant climb through the rain forest will take us to the Machame Hut, or first Umbwe Camp at 10,000'.

**Day 5:** We leave camp and climb out of the rain forest to the Shira Plateau (12,000'), or go to the Barranco Hut (13,000') on the Umbwe route. Great day and some of the most exotic vegetation on the planet!

**Day 6:** Today we climb to 14,500', and then drop back to 13,000', on the Machame route. This works well for our acclimatization process and it will pay off on Summit Day. We camp at Barranco Hut (13,000').

**Day 7:** After 4 days of spectacular high altitude trekking, we will have accomplished superb acclimatization for our next objective, our High Camp, located at the Barafu Hut (15,000'). A 5-6 hour hike takes us to this magnificent campsite.

**Day 8:** Possible rest day and summit preparation. If conditions are excellent, and team is doing great, we may go for the Summit today.

**Day 9:** Summit Day! Early start by headlamps for several hours until we meet the sun rising over Africa, and Mount Kenya (17,056') to the North, the second highest summit on the African continent. We head for the Summit Ridge, arrive at the rim of the crater, and then traverse northwest along the rim to the main summit, Uhuru Peak (19,340'). Here we will have amazing vistas of Tanzania, the entire African plateau, and surrounding peaks. After summiting, and enjoying this surreal view, we descend directly to Mweka Hut, in the forest.

**Day 10:** We continue our descent via the Mweka Route to the Mweka Gate. 4-WD vehicle pickup and transfer to our Hotel. Celebration Dinner.

### OPTIONAL SAFARI ALTERNATIVE (Highly Recommended)

**Day 11:** (subject to slight changes) We begin at Tarangire National Park which is in a fantastic valley overlooking the African grassland, rich with Baobab trees and a variety of large mammals. Spend the night in a deluxe safari lodge.

**Day 12:** We drive on to Lake Manyara National Park where we will be delighted by antelopes, baboons, gazelles, and more, as they may be chased by lions, cheetahs and hyenas. Lake Manyara is world renowned for its ornithology and large game reserves. We will also have the chance later in the day to observe a Masai village engaged in tribal dance and other local customs. In the evening we will have a fine dinner and overnight at a comfortable deluxe safari lodge.

**Day 13:** Morning in Ngorongoro Crater, one of the world's most incredible natural wonders. We will view more wildlife such as elephants, zebras, antelopes, rhinos, cheetahs, hippos and waterbuffalos. We will have an abundant lunch, after which we continue our drive through Serengeti National Park, observing more wildlife and having amazing vistas en route to our next deluxe safari lodge and dinner.

**Day 14:** A final morning Game Drive in the Serengeti. There is an option for a sensational sunrise balloon ride, upon request. After lunch, we fly back to Arusha, where we will connect with our overnight flight home that same night.

## KILIMANJARO TRAVEL & VISA INFO

### 1. IMMUNIZATIONS

**None are required, but we do recommend the following:**

- Tetanus-Diphtheria, Polio, MMR: You should already have these.
- Meningitis
- Hepatitis A and B
- Yellow Fever: Not required, but a good idea if you want to cover all the bases.
- Rabies and Typhoid: Good to be on the safe side, the new vaccines are easy.
- Malaria: If you plan on traveling at lower elevations in Africa, especially near the coast, then malaria chemoprophylaxis is highly recommended.

**For further information consult your physician, travel clinic, or the Center for Disease Control at [www.cdc.gov](http://www.cdc.gov).**

### 2. VISAS:

Your passport must be valid for 6 months after the trip, and have empty pages. Advanced visas are not required for entry into Tanzania or Kenya. We take care of the necessary paperwork together with you upon your arrival at the airport in Tanzania. Bring 2 extra passport photos with you for this purpose. You will be charged approx. \$50 for the Tanzanian visa.

### 3. TRAVEL INFO:

We will send you detailed information on this when you sign up for this trip. We try to have the entire team on the same flight and do all the arrangements through the same travel agency.

## KILIMANJARO EQUIPMENT LIST

### FEET

- Socks, thick wool or polypropylene - 2-3 pair (outer socks) thin silk or polypropylene.
- 1 pair Cotton socks - 2 pair.
- Medium-weight hiking boots (NOT double plastic boots please), waterproofed and ideally broken-in.
- Lightweight hiking boots or sturdy tennis shoes.
- Booties, down or polar guard (Optional).
- Gaitors

### UPPER BODY

- Lightweight polypropylene or capilene turtleneck-2.
- Expedition weight polypropylene or capilene shirt-1.
- Fleece or Pile Jacket.
- Breathable windproof outer jacket, such as Gore-Tex, with hood.
- Lightweight Down or Polar guard parka with hood.
- Cotton T-shirts - 2.

### LOWER BODY

- Polypropylene or nylon briefs or underpants -2 pair.
- Lightweight polypropylene or capilene long underwear bottoms - 1 pair.
- Expedition weight polypropylene or capilene long underwear bottoms- 1 pair.
- Fleece or Pile pants (optional).
- Breathable windproof pants or bibs such as Gore-Tex (full length side zippers recommended).
- Shorts - 1 pair.
- Lightweight cotton pants (hike in, base camp - optional).

### HANDS

- Mittens, wool Dachstein or pile - 2 pair.
- Gloves, polypropylene or capilene - 1 pair.
- Gore-Tex wind shells - 1 pair.

### HEAD

- Ski hat, wool or pile.
- Balaclava, wool, polypropylene or capilene.
- Baseball cap.

### SLEEPING GEAR

- Down or polar guard sleeping bag comfortable to 0 °F (synthetic recommended in case of rain in lower Mt).
- 1foam pad or 1 thermarest pad (full length recommended).

### PACK

- Large Day pack or mid size light pack

### PERSONALS

- Travel wallet. Photocopy of first two pages of your passport (carry separately).
- Two passport photos and pen for completing entry visa forms.
- Ski poles - adjustable preferred (optional)
- Headlamp and extra batteries
- Sunglasses
- Ski goggles
- Sun screen lotion SPF 29 - 1 tube
- Sun screen lip protection - 1 stick
- Skin moisturizer - 3 oz.
- Moleskin, bandaids, tape, throat lozenges
- Pocketknife
- Plastic bowl, large cup, spoon
- Water bottles (2 )nalgene 1 quart capacity wide mouth
- Tooth brush and tooth paste
- Toilet paper- 1 roll
- Antibiotics - 1 cycle broad spectrum
- Aspirin or Ibuprofen - 20
- Malaria Chemoprophylaxis, if needed depending on your travel plans
- Disposable lighter
- Stuff sacks 2-3, assorted sizes
- Iodine pills -1-2 new small bottle (for water purification)
- 4-5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.

### OPTIONALS

- Comfortable cotton Safari clothes Casual, loose, cool and comfortable clothes are great, plus some nicer casual clothes for dining in Lodges if you are doing the Safari
- Camera and film
- Journal, pencil, book, games, Walkman
- Small towel and soap, baby wipes, foot powder
- Swimsuit
- Cotton bandana
- Pee bottle - 1 qt. capacity, wide mouth
- 2 lbs. of your favorite lunch treat (we do provide full lunches)

## SEVEN SUMMIT PACKAGES SAVE \$1000s!

### Package 1 - (42,174 ft):

KILIMANJARO/ACONCAGUA \$6500, No fixed dates. You can change at any time (if availability) SAVE: \$1600

### Package 3 - (62,494 ft):

KILIMANJARO/ACONCAGUA/DENALI \$10,800, No fixed dates. You can change at any time (if availability, except Denali) SAVE: \$1800

### Package 2 - (60,684 ft):

KILIMANJARO/ELBRUS/ACONCAGUA \$10,000, No fixed dates. You can change at any time (if availability) SAVE: \$2100

### Package 4 - (97,027 ft):

KILIMANJARO/ELBRUS/ACONCAGUA/DENALI/CARSTENZ \$22,300, No fixed dates. You can change at any time (if availability, except Denali) SAVE: \$3500



### Package 5 - (113,094 ft):

KILIMANJARO/ELBRUS/ACONCAGUA/DENALI/CARSTENZ/VINSON \$47,800, No fixed

## REFERENCES

Please feel free to contact any of these previous Aventuras Patagonicas clients:

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## AVENTURAS PATAGONICAS CLIENT COMMENTS

To contact past AP clients directly refer to:  
<http://www.patagonicas.com/clientcontacts.html>  
We hope that the experiences and comments of our past clients will help you better to understand the dedication of Aventuras Patagonicas.

Spokane, WA 99224  
(509) 838-1543

**Peter Lewis**  
Executive Director  
American Mountain Guides Association  
710 Tenth Street, Suite 101  
Golden, Colorado 80401

**Re: Aventuras Patagonicas**

Gentlemen,

For the past five years have I known Mr. Mujica and Bonnie Schwahn as Guides both on Denali and Aconcagua. I personally have been twice on expeditions with his company, Aventuras Patagonicas, on Aconcagua. I also feel I have a fair assessment of guide companies and their quality of guides. I am very pleased to inform you that Aventuras Patagonicas scores a solid A+ in virtually all areas:

-The cost of the Aconcagua expedition is less than others I was aware of.

-Their information and communication before the climb are thorough, helpful and geared toward your individual needs. Someone is always available.

-Once in South America you find yourself in the top hotels available. You feel safe, looked after and entertained in a tasteful first class manner. Everyone goes out of their way to show you the interesting parts of the Chilean culture, which of course as locals only they can do.

-The arrangements for the hike-in and climb are flawless and professional. Nothing is left to chance. You begin to feel in competent and safe hands. The equipment is state of the art. On both of my expeditions the tents were brand new, a trademark of the Company.

-Once on the mountain you begin to realize what a superb guide Rodrigo Mujica really is. He is very sensitive to his clients, anticipates their strengths, their weaknesses and uniquenesses. The food is good and plenty as I have ever had on a mountain. Most important he is a safe topnotch climber and knows Aconcagua better than any person I know, to the point that guides of other companies rely on his input, decisions and judgment, especially in tight spots. Truly, cowboys, rangers, guides, and climbers alike consider Rodrigo as Mr. Aconcagua. You feel he owns the mountain. His summit success ratio speaks by itself and you know if anyone can get you to the summit, Rodrigo will.

-On the way down, you get surprised with all kind of niceties. While other companies camp at Plaza de Mulas, we stayed at the hotel, showered, ate quasi restaurant food and slept in beds. What a treat, and all part of the package fee. At the trailhead watermelon and beer was waiting for us, followed by an incredible feast of a meal, followed by another first class hotel in Santiago, which again is part of the fee. An evening of dinner and top entertainment are followed by a sad good bye.

If you don't already know by now, in my opinion Aventuras Patagonicas is a first class act. I recommend them highly and you are welcome to give out my name for future references. As busy as our lives are, one does not want to go wrong and expose oneself to three weeks of misery or possibly danger. Both of my trips with this company were marvelous, safe and extremely enjoyable.

Sincerely,

**-Hubertus Guenther, Spokane, WA (509) 838-1543**  
**hpguenther@aol.com**

Dear Rodrigo

Thanks for your kind note on the recent Aconcagua climb. I also hope we can climb together again. I have filled out the evaluation sheet, and you'll see that I've given you and your Aventuras Patagonicas colleagues top marks in every category. However, I would like to briefly record my assessment in words.

In all respects, your management and leadership of the Aconcagua climb was outstanding. I say this not merely because your support enable me to reach the summit, although that was certainly a key goal of mine.

Your concern for the health and safety of all the group was exemplary. The well-paced itinerary gave us the conditioning and acclimatizing to altitude that we all needed to give us the best opportunity to summit. You showed great skill and organizational ability in managing the difficult job of assuring that all the necessary gear for the climb was where it needed to be, when it needed to be there. In the Andean world, this is no small feat!

Third, the food and equipment were all first class. Nobody expected a gourmet experience on the mountain, but we had excellent food, which fueled our effort. Also, your professionalism and friendliness brought a group of strangers together into a real team, which not only succeeded in the climb, but enjoyed this demanding experience. I know that i will be keeping up whit these new friends in the future. All the information you provided on equipment, conditioning, preparation and travel was concise, accurate and helpful. Our accommodations in Santiago and Penitentes were quite well chosen. And finally, the cost of the trip was reasonable and fair, considering everything included in the package.

In short, I would enthusiastically recommend that anyone wanting to climb Aconcagua (or any other mountain, for that matter) strongly consider doing so with you.

Best regards, and keep in touch

**Carlton Stoiber**  
**Washington, DC.**

## TRAINING

**Designed for Aconcagua Expedition, some points may not apply for these climbs where Expedition Style are not part of the climbs.**

It is imperative that everyone joining a mountaineering expedition be in a high standard of physical fitness when the expedition begins. The amount of time needed for training is completely dependent on the general level of fitness a person is in prior to the expedition.

For the person that has spent the last ten years behind a desk with no emphasis on keeping in shape, it may take two years to regain top physical ability. The person that has always prioritized conditioning and a rigorous workout as a part of their daily routine may only take a few months to fine tune for the demands of mountaineering.

Consider, when setting up your program, that you will need to develop the endurance to carry a 15 lb. pack, wearing climbing boots, for 6-8 hours per day. Though it is impossible to “train” for altitude you can put yourself on a conditioning program that will best prepare you for this type of physical stress. How to do this? It is impossible to be specific and say if you do this and that you will be ready for a physically demanding expedition. Each person is different and everyone has different terrain and time at their disposal. After many years of observing climbers there are some reoccurring training schemes that seem to help some people be better prepared than others.

**1- Train for developing stamina.** Run, bike, ski, fast walk. Vary your routine to prevent overuse injuries and push yourself without injuring yourself. Do warm up and cool down stretches.

**2- Progressive resistance weight training.** This type of training improves anaerobic metabolism that feeds much of muscular work. This type of human energy production is fed by stored carbohydrates that require no additional oxygen to metabolize.

**3- Train on hills or stairs with a pack on.** You must be prepared for several thousand feet uphill and downhill, ideally wearing a 15lb pack. Never run with a pack on.

**4- Wear 2 lb. ankle weights to help condition for the extra weight of climbing boots, soft snow and loose scree.** (Don't wear these while running).

**5- Train as often as possible by skiing or hiking for all day, weekend or longer trips.** Train for what you are going to do! If you want to be good at climbing big mountains with a big pack on, start on little mountains with a small pack on and work your way up. Conditioning by climbing is the best thing you can do. Get comfortable moving in mountainous terrain all day long!! Heavy packs tend to tire climbers the most. Be prepared by training ahead of time and you will do fine. Don't expect to get used to wearing a pack while you are on the expedition.

**6 - A good diet cannot be underestimated.** Research out a diet that will help develop stamina and strength and that you can live with. There are lots of books and articles that will get you started or consult a professional nutritionist that has worked with athletes.

**7 - Be mentally prepared for the expedition.** Know before you start the climb and accept the fact that at times you will be uncomfortable and that your body is going to be uncooperative. You are going to have to push yourself (unless you are superhuman). If you don't have the ability to do this you won't be successful. You may be in a cramped tent for many storm days. You are leaving the comforts of home in order to experience a unique challenge and a remarkable mountain. It is worth it! You must also be well enough "in tune" with yourself to know the difference between pushing yourself and acute mountain sickness, pulmonary or cerebral edema. These are all serious altitude related problems, which must be acknowledged. It is possible to "push yourself" too far. For the safety of the team, the chief guide will make a final decision on who needs a rest day, who continues to ascend, or who descends.

We hope this gives you ideas on which to base your training schedule. We recommend talking to a professional exercise trainer and setting up a conditioning program that you can incorporate into your daily routine, which will meet these goals. This type of training can easily take two hours per day, 5 days a week. Be committed to it and be consistent. It will pay off many times over! Start today with your training and keep it up. Good luck and please call or email us, if you have any questions.

