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Kilimanjaro Shira Climb Day by Day Itinerary

DATE	ACCOMMODATIONS	ACTIVITIES
Day 1	Travel day	International flight For many people acclimatization begins on the airplane - the cabin pressure of a commercial plane is equivalent to 6,000 feet above sea level.
Day 2	Kia Lodge Near Kilimanjaro Airport Approximately 4,500 feet Approximately 1,371 meters	After a days journey by air, you arrive in Tanzania at Kilimanjaro Airport. (If you feel like you have landed in another world, you have.) At Kilimanjaro, your mountain guide will greet you upon arrival. You will drive out from the airport to Kia Lodge. Dinner will be served shortly after we arrive. Overnight at Kia Lodge.
Day 3	Overnight at Forest Camp Approximately 9,126 feet Approximately 2,781 meters Hiking Time: 3 to 5 hours Distance: 4 miles	Breakfast at Kia Lodge. You will start driving out of the city early. Before you arrived we checked and rechecked our mountain gear. The radios are operative. The oxygen tanks are full and functioning. The hyperbaric bag is tested and functioning and the oxymeter has been checked and packed. The food, shelter, cookware, water filter, and dishes are all packed and ready to go. Now it's your turn. Before you head for the mountain you and your guide will check your gear just to make sure you have left nothing behind: warm clothes, water bottles, sunscreen, eye protection, and your hat. You'll make sure you have all the essentials for your comfort and protection before you go. Did you forget something? We'll find one before we start. Our porters will carry all but your water bottle, jacket and camera. Today you will hike through a thriving and beautiful forest. Keep an eye out for monkeys and tropical birds. Lunch on the way. Dinner at camp.
Day 4	Overnight at Shira I Camp Approximately 11,484 feet Approximately 3,500 meters Hiking Time: 4 to 6 hours Distance: 5.3 miles	You'll enjoy a 4 to 6 hour walking safari that takes you through the shrubby heather zone. Shira Camp is at a confluence of trails. Other parties may be camping here. Breakfast, lunch, and dinner.
Day 5	Overnight at Moir Camp Approximately 13,646 feet Approximately 4159 meters Hiking Time: 4 to 6 hours Distance: 3.5 miles	Arise early enough to enjoy a mountain sunrise. After breakfast you will trek across the Shira Plateau. The Shira Plateau is the base of a collapsed volcano. It is a high plain dotted with "sage brush" and lava formations. Elands and dik dik graze across this plain. The animals have plenty of cover here. You may not see them, but tracks and signs will be evident. We hope you'll begin to notice that your guide is more than just a guide. He is an outdoor philosopher, a mentor, and a gifted coach. The area is open, the views expansive. After about four hours of walking you will approach the Moir Hut area and your camp. Breakfast, lunch, and dinner.
Day 6	Overnight at Lava Tower Camp Approximately 15,100 feet Approximately 4,600 meters Hiking Time: 4 to 6 hours	The day hike from Moir Camp to Lava Tower is mostly a gradual uphill traverse gaining only about 1,450 feet in elevation. The hike begins with an ascent out of the Moir Camp river valley until it gains the ridge where you get good views of Lava Tower. The trail loses elevation into a broad low valley before regaining

	Distance: 2.5 miles	the elevation and joining up with the trail ascending the Machame Route. From this point you have stunning views of the Western Breach and the Breach Wall. A low angle upward traverse on a trail through large boulders brings you to the first camping option just below Lava Tower called Sheffield Camp. You may camp here or you may ascend another 30 minutes to the base of Lava Tower. Either camp is so close to the Western Breach and the Breach Wall that you can spend hours just looking up at this ice chocked mountain face.
		Breakfast, lunch, and dinner.
Day 7	Lava Tower Camp Approximately 15,100 feet Approximately 4,600 meters Hiking Time: As you choose	One of the secrets to our summit success rate is acclimatization. Today is a day to allow your body to adjust to the altitude as you day hike out from the Lava Tower Camp. You can scramble up Lava Tower for a bird's eye view of camp and the wide angle view of Kilimanjaro's western slopes.
		Breakfast, lunch, and dinner.
Day 8	Overnight at Arrow Glacier Approximately 16,000 feet Approximately 4,877 meters Hiking Time: 2 to 4 hours Distance: 1 mile	A short, but steep hike, takes you to Arrow Glacier leaving time for scouting before our exhilarating ascent of the Western Breach. The rarefied elevation is where experience pays off. It is assuring to know that Msemu has scaled this peak over 100 times. Now you'll begin learning from an expert the mountaineering secrets that lead to safety and summit success. Remember how the safety gear was packed before you arrived? Now is the time for Msemu to break it out and show you how it works. We demonstrate every aspect of mountain safety here. Msemu, a certified mountain medic, will brief you on every detail of how to keep your journey safe.
		By taking an afternoon hike to a higher altitude, then descending to rest in our camp, you will adjust inner altimeters and ready yourself for tomorrow's hike to the crater. Arrow Glacier is famous for magnificent sunsets. Great potential for exploration here.
		Breakfast, lunch, and dinner.
Day 9	Overnight at Summit Crater Camp Approximately 18,786 feet Approximately 5,725 meters Hiking Time: 6 to 8 hours Distance: 3.5 miles	Now you are ready. Once inside the Crater rim you can explore the ice walls and, if time and energy permits, the fumaroles of the inner crater. However, don't expect to have a lot of energy at this altitude. Most people simply rest for tomorrow's ascent. Your high camp is situated next to a spectacular glacier and the summit is just a short hike away. But you can sleep tonight knowing that your guide is awake. He and your assistant guide take turns monitoring the camp all night long so that everyone is safe, comfortable, and well rested. Weather permitting, the sunset should be stunning.
		Breakfast, lunch, and dinner.
Day 10	Summit at 19,340 feet Summit at 5,887 meters Overnight at the oxygen rich Mweka Hut at 10,077 feet Mweka Hut at 3,071 meters Hiking Time: 7 to 10 hours Distance: 8 miles	Arise early. After breakfast, you'll be pleased to know that you only have 800 feet to go before the summit of 19,340 feet. You made it—and you can pity the folks on any other route who will have a 3,000 foot final slog that began at 2:00 a.m. You will celebrate at the summit with a snack and photographs.
		After the summit, a welcome, but long, downhill hike to the camp near Mweka Hut on the southern slopes of the mountain.
		Breakfast, lunch, and dinner.
Day 11	Overnight at Moivaro Coffee Lodge Hiking Time: 3 to 4 hours Distance: 5.75 miles	Today you walk downhill to the park gate and the welcome sight of our Toyota Land Cruisers.
		Here you will have your lunch and bid farewell to your mountain staff before heading back the Moivaro Coffee Lodge for a hot shower, a rest, and a celebratory dinner. Evening transport to Kilimanjaro Airport for your international flight.

Breakfast, lunch, and dinner.

Day 12 Travel day

International flight

CUSTOM SAFARI EXTENSIONS AVAILABLE

INCLUDED IN YOUR SHIRA CLIMB

- Experienced mountain guide with Wilderness Medicine Certification (over 75 summits)
- Mountain climbing orientation before your climb
- Transportation to and from Kilimanjaro Airport
- All meals
- All park and entrance fees
- Unlimited filtered water throughout your climb
- All trip staff and group equipment
- Enrollment with Flying Doctors Evacuation Service or Knight Support Evacuation Service
- Contribution to Kilimanjaro Porters Assistance Project, the only charitable foundation advocating for the rights and proper treatment of porters working on Kilimanjaro
- All in-country transportation
- Extensive pre-departure program including training and conditioning program, reading list, health information, and map
- Training tips prior to your climb

EXCLUDED FROM YOUR SHIRA CLIMB

- Alcohol and beverages at lodges
- Gratuities

2008 AND 2009 CUSTOM DEPARTURE DATES

Schedule as you wish January through March and May through December.

2008 AND 2009 CUSTOM DEPARTURE PRICING

- 2 or more persons \$6,399 each
- Call us for pricing for groups of 5 or more.
- Single Supplement \$350

Arrivals and departures out of Kilimanjaro International Airport. Prices do not include international air travel.