



## **BALKAN MOUNTAINEERING EXPEDITION KILIMANJARO 5895m**

The highest mountain of African continent

### **TANZANIA**

### **December 2015 or January 2016**

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#### **Background**

Balkan Mountaineering Union organized first expedition **peak Lenin** (7134 m) in **Kyrgyzstan** 2011 year. This expedition was completed successfully by the Balkan mountaineers. BMU decided continue expeditions in Montenegro meeting 2011 year. In 2012 year was successfully realized BMU expedition **Kazbek** (5050m) in Georgia. In 2013 year was successfully realized BMU expedition **Damavand** 5671m in Iran. In 2014 year was successfully realized BMU expedition **Elbrus 5642m in Russian Federation**.

Because of bad weather in February this year was not successfully realized BMU expedition "Ararat winter" **Turkey**.

**For next period is planned expedition to Mount Kilimanjaro 5895m in Africa, Tanzania, October/December 2015 or Januar 2016.**

Each member of the BMU can participate with **3-5 members**.

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The organizer of this expedition is **MACEDONIAN MOUNTAIN SPORT FEDERATION (FPSM)**.

For Macedonian mountain sport federation responsible person is Zivko Temelkoski, mountain guide. E-mail [zivkotemelkovski@gmail.com](mailto:zivkotemelkovski@gmail.com) Cell phone +38970220166.

#### **Introduction**

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## **MOUNT KILIMANJARO**

Mount Kilimanjaro is the highest mountain in Africa, and one of the **Seven Summits** and the highest free-standing mountain (i.e., not part of a mountain range) in the world at 5,895 metres (19,341 ft) above sea level.

### **GEOLOGY**

It's located just in Tanzania. **Mount Kilimanjaro** with its three volcanic cones **Kibo**, **Mawenzi** and **Shira**, is a dormant volcanic mountain in Tanzania.

Kilimanjaro is a large stratovolcano and is composed of three distinct volcanic cones: Kibo, the highest; Mawenzi at 5,149 metres (16,893 ft); and Shira, the shortest at 4,005 metres (13,140 ft). Uhuru Peak is the highest summit on Kibo's crater rim. Uhuru Peak is 5,895 m (19,341 ft). That height is based on a British Ordnance Survey in 1952. Since then, the height has been measured as 5,892 metres (19,331 ft) in 1999, 5,891 metres (19,327 ft) in 2008, and 5,888 metres (19,318 ft) in 2014.

Mawenzi and Shira are extinct, while Kibo is dormant and could erupt again. The last major eruption has been dated to between 150,000 and 200,000 years ago. Kibo has gas-emitting fumaroles in its crater.

Shira is topped by a broad plateau, perhaps a filled caldera, and erosion has cut deeply into a remnant rim

Several collapses and landslides have occurred on Kibo before, one creating the area known as the Western Breach.

### **NAME**

The origin of the name "Kilimanjaro" is not precisely known, but a number of theories exist. European explorers had adopted the name by 1860 and reported that "Kilimanjaro" was the mountain's Kiswahili name. But according to the 1907 edition of *The Nuttall Encyclopædia*, the name of the mountain was "Kilima-Njaro".

Johann Ludwig Krapf wrote in 1860 that Swahilis along the coast called the mountain "Kilimanjaro". Although he did not support his claim, he claimed that "Kilimanjaro" meant either "mountain of greatness" or "mountain of caravans". Under the latter meaning, "Kilima" meant "mountain" and "Jaro" possibly meant "caravans".

### **Acclimatization**

Mount Kilimanjaro is a moderately high mountain, so acclimatization is very important, especially since most people will be arriving from Europe at a very low elevation. Altitude sickness is very common on Kilimanjaro. Preferably, at least a week should be spent at altitudes of 2500-4500 meters (8200-14,800 feet) to acclimatize before making the final ascent. Many people also make the climb up Mont Meru peak at about 4500 meters (11,815 feet), which is very helpful for acclimatization.



**Kilimanjaro**



**Kilimanjaro 5895 m and Mawenzi 5149 m**



**Crater of Kilimanjaro**



**Zivko Temelkoski on top of Kilimanjaro in 1990**



**Zivko Temelkoski on top of Mount Kilimanjaro in 1999**

### **What is the best time to climb Mount Kilimanjaro?**

For Kilimanjaro there are really no months that absolutely have to be avoided. For those who are not wanting to risk finding themselves in crowds at any point on the mountain, and who also wish to avoid the times of year when rain is a near certainty, the following months would usually be considered: January, March, June, October.

### **How difficult is to climbing Kilimanjaro?**

People who wish to trek to the summit of Kilimanjaro are advised to undertake appropriate research and ensure that they are both properly equipped and physically capable. Though the climb is technically not as challenging as when climbing the high peaks of the Himalayas or Andes, the high elevation, low temperature, and occasional high winds make this a difficult and dangerous trek. Acclimatisation is essential, and even the most experienced trekkers suffer some degree of altitude sickness. Kilimanjaro summit is well above the altitude at which high altitude pulmonary edema or high altitude cerebral edema can occur. Many trekkers will suffer considerable discomfort, typically shortage of breath, hypothermia, and headaches.

Trekkers fall on steep portions of the mountain, and rock slides have killed trekkers. For this reason, the route via the Arrow Glacier was closed for several years, reopening in December 2007.

Of about 20,000 people who attempt to climb Kilimanjaro each year, one third do not reach the summit, usually due to altitude sickness (a.k.a. acute mountain sickness (AMS)). Most suffer mild symptoms, but in its most severe forms, high - altitude cerebral edema or high - altitude pulmonary edema , it is life-threatening. Officially there are, on average, two or three deaths annually as a result of AMS on Kilimanjaro, although the total number of annual fatalities (due to a variety of causes), is put at between 10 and 15.

### **What is the best route to ascend Mt Kilimanjaro?**

There are seven official trekking routes by which to ascend and descend Mount Kilimanjaro: Lemosho, Machame, Marangu, Mweka, Rongai, Shira, and Umbwe. Of all the routes, Machame is considered the most scenic, albeit steeper, route. It can be done in six or seven days. The Rongai is the easiest and least scenic of all camping routes. The Marangu is also relatively easy, but this route tends to be very busy, the ascent and descent routes are the same, and accommodation is in shared huts with all other climbers. The Marangu route is the most popular among six routes up to mountain. The Marangu route is the oldest established route.

Even though standard route on the mountain is technically easy, do not underestimate Mount Kilimanjaro!

### **Client requirements:**

- Minimum age allowed: 10 years
- Each client must have a medical consultation about climbing Kilimanjaro no longer than 6 months prior to departure.
- Each client must have a personal accident and medical insurance.
- Before visiting Africa needed adequate vaccine and use of anti-malaria tablets.

### **Equipment list**

- Trekking shoes
- Jacket and pants (Gore –tex,rain/snow/wind
- Main backpack plus small attacking backpack
- Trekking sticks
- Gloves
- Hat, warm pile/wool hat
- Glacier/sun glasses with side covers 100%UV,IR
- Sunscreen cream SPF 40 or better
- Small personal first-aid kit
- Water bottles
- Head lamp
- Knife

- Travel clothes

## **Expedition itinerary**

### **Itinerary of 5-days Mt. Kilimanjaro climb from Marangu route**

#### **Day 1: Arrival and transfer to Arusha for overnight.**

Pick up from Kilimanjaro Airport after the arrival time of your flight and transfer to Hotel in Arusha for overnight. Proceed with early evening pre-trekking briefing at your lodge. Dinner and overnight stay at Hotel . Meal plan Bed & Breakfast

#### **Day 2: Arusha-Marangu:**

After morning breakfast drive to Marangu gate as from 08.00 hrs which is 1800 m above the sea level. After processing the permit start walking at this route through Mountain rain forest to Mandara Hut 2700m from the sea level for dinner and overnight stay. It covers a distance of 7 km which takes 3-4 hours. Overnight at MANDARA HUT.

#### **Day 3: Mandara-Horombo:**

After breakfast start walking through health and moorland to Horombo hut 3700m from the sea level with picnic lunch boxes on the way. Dinner and Overnight stay at Horombo hut (distance of 9 km which takes 5-6 hours of trekking). Overnight at HOROMBO HUT.

#### **Da 4 KIBO: Horombo-Kibo hut:**

After breakfast we start our walk to Kibo hut which is 4700m above the sea level at 8 am. On this day we walk through the saddle and in the apline climate. Dinner and overnight stay at Kibo hut. The walking takes 5-6 hours and covers a distance of 5-9kms.

#### **Day 5: Kibo-Horombo:**

At midnight after light preparation we start our final ascend to Gilman's point 5635metres from the sea level then proceed to Uhuru peak before we descend to Kibo camp for hot lunch and then proceed to Horombo hut for dinner and overnight stay. It takes 10-12hours walking which covers a distance of 7-8kms.

#### **Day6: Horombo-Marangu gate:**

After breakfast we descend to Marangu gate via Mandara hut for clearance and being given a certificate as a sign of conquering the highest peak of Africa. Drive back to Arusha for dinner and overnight stay at hotel in **Arusha..**

#### **Day 7: Departure:**

After breakfast leave the Arusha hotel or light shopping then transfer to the Kilimanjaro International Airport for departure/ Start our safari program depending on our arrangements.

End of **Mount Kilimanjaro Marangu Route 5 Day Itinerary**

## **Mount Kilimanjaro Trekking Prices**

## **Mount Kilimanjaro Marangu Route 5 Day Itinerary**

\$ 1200 per person in a group of 6-10 people

Booking for more than 10 person will attract a discount of 10%

2 Days Lake Manyara and Ngorongoro Crater Camping Safari \$ 160 per person per day

### **The tour includes:**

- **National Park fees.**
- **Transport from Arusha to starting point on the mountain and return to Arusha.**
- **Certified , experienced, English speaking guide for all routes**
- **Porters salaries,**
- **Rescue fees,**
- **All meals on the mountain**
- **Tents sleeping pads, cooking equipment and eating utensils**
- **Ox meters are available upon request**
- **Some equipments are available for rent**
- **Climbing certificate**

### **The cost of the tour does not include.**

- **Transfer to and from Kilimanjaro Airport 30 \$ per person**
- **Transfer to/from Arusha Tanzania per private car 100\$ one way**
- **Tips for guides and porters recommended**

Please, do not hesitate to contact me if you have any questions or any suggestions to the Mount Kilimanjaro.

Thank you very much in advance for your kind cooperation.

**BALKAN MOUNTAINERING UNION**

**President**

**Prof.D-r Jovica Ugrinovski**

