

KILIMNAJARO MARATHON PROGRAM 2019

DAY 1: FRIDAY AUGUST 9TH- ARRIVE TO MOSHI

Today you arrive to Kilimanjaro intl airport on your self booked flight and transfer to the hotel in Moshi. Airport transfer included. (if already in TZ on your own, make your own way to the hotel for check in).

Those coming in from our pre-marathon tours will arrive this evening to Moshi, well acclimated for elevation, from the Machame hike and/or rested and refreshed from the safari and ready to go!
Welcome briefing.

Overnight in Moshi. Dinner at hotel included.

DAY 2 SAT AUG 10TH- RACE PREPARATION DAY. Breakfast at hotel. We can head out on a shakeout run and visit some nearby rice fields and local areas. Later we will pack and prep for race and have our mandatory race meeting and packet distribution. Optional tours are available in the afternoon. The evening is free time. Included dinner at hotel. Overnight in Moshi.

DAY 3 SUN AUG 11TH- DEPART FOR KILIMANJARO AND CAMP ON THE MOUNTAIN. Breakfast at hotel. Then we take our gear and drive to the National Park Gate where we take care of some formalities to enter the park. Lunch will be served at the trailhead and then we have about a 4 mile walk (a little over 6km) to our first campsite.

Everything will be set up when we arrive and all you have to do is hike with a day pack, we take care of everything at the camp from setting up tents, carrying gear, cooking meals, etc.

The rest of the afternoon is for you to relax, prepare your gear for the race, eat a hearty dinner that will be served, and get to bed early for the start of the marathon the next morning. Dinner and Overnight Camping in the National Park.

DAY 4 MONDAY AUG 12TH- THE KILIMANJARO TRAIL MARATHON TO THE ROOFTOP OF AFRICA! Today is the day! We will have a very early wakeup, a complete hot breakfast with drinks- (coffee, tea, hot chocolate, water) will be served and then it is time to gear up.

Later we will make our way to the start line and at 0500 AM, the Race begins! (See race details section for all race information)

When you complete your race you will be on the other side of the mountain on the way down. You will be greeted by our staff and other runners celebrating your accomplishment. Then you will have a very hearty dinner and access to your gear. Your tent and sleeping bag will be waiting for you as you will get some well deserved sleep. We will camp at the Horombo hut.

DAY 5 TUESDAY AUG 13TH- SLEEP IN! WALK DOWN TO THE PARK EXIT. Sleep in and then we have breakfast. In the late morning we will walk downhill through sections of Rainforest and make our way to the park exit. This is a gentle downhill walk and very scenic. We are not rushed so we will arrive in the afternoon. There our private transport will take us back to Moshi and our hotel where it is time for celebration. Included dinner and awards ceremony tonight. Overnight in Moshi





DAY 6 WEDNESDAY AUG 15TH- DEPARTURE. Breakfast at hotel. Turn in Gear. If flying out today, free time until your included transfer to the airport for your flight

"End of trip"

-OPTION : Spectator packages:

-OPTION 1: Spend the night of Day 3 and 4 in Moshi and opt for optional tours during that time to Masai Villages, Waterfall hikes, Coffee Plantations, etc. Then wait for runners to return to the Moshi hotel and celebrate with them there.

-OPTION 2: Spectators can head out on the morning of Day 3 for a guided hike on the Marangu route and hike up to the 1st camp on Day 3 (2700m) and spend the night. Then hike up to the second camp on Day 4 (3720m) which is the finish line of the race. There they can greet runners arriving to the finish line, spend the night of day 4 at the same camp and return of the mountain on Day 5 with the runners as per the above Day 5 itinerary.

PRICES: SEE WEBSITE FOR CURRENT RATES:

<http://www.eriksadventures.com/kilimanjaro-marathon-mountain-trail-race/>

DETAILS ON OUR OPTIONAL SAFARI AND MACHAME HIKE PROGRAMS ARE AT THE BOTTOM OF THIS DOCUMENT. PLS SEE WEBSITE ABOVE FOR PRICING ON THESE OPTIONAL ADD ON PROGRAMS





INSURANCE:

We recommend a separate contract with The flying doctor services: <http://www.flydoc.org/services/air-ambulance.php>

AMREF Flying Doctors provides medical evacuations for patients in serious medical conditions, using both air and ground ambulances. AMREF Flying Doctors' air ambulances are fitted with life-saving equipment to respond to medical emergencies, including intensive care cases. One free air ambulance transfer from Tanzanian wilderness areas to a Nairobi hospital.

It is typically only about \$20 per person for 14 days (minimum time you can choose). I can help set this up with you to get coverage vouchers with this company.

Please note: your contract would be direct with them, so it's best to check out their site (above) for terms and conditions, etc. Hospital costs, treatments, etc are not covered by this, only the transport.

Health:

Yellow fever info: The government of Tanzania requires proof of yellow fever vaccination upon arrival **only if** you are traveling from a country with risk of yellow fever to Tanzania.

<http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-diseases-related-to-travel/travel-vaccines-and-malaria-information-by-country/tanzania#seldyfm533>

CDC Health info for Tanzania and suggested vaccines, etc:

http://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania?s_cid=ncezid-dgmg-travel-single-001

**It's best to show a doctor or travel clinic your full trip itinerary so they can give you specific suggestions

Here are the vaccine requirements for entry as per the US State Department:

Yellow fever vaccinations are required for all travelers from yellow fever endemic countries/regions. All individuals in transit for twelve (12) hours or more, and/or who leave the immediate airport vicinity, in a yellow fever endemic area are required to show proof of vaccination upon arrival in any port of debarkation in Tanzania. However, direct arrivals from non-endemic countries in Europe and North America are not required to show the certificate.





We recommend you have yellow fever immunization and carry your WHO immunization card with you in case you have emergency travel to a country that requires proof of immunization, such as South Africa. Please refer to the CDC [website](#) for a list of yellow fever endemic countries.

VISAS INFO (for USA) :

NOTE: For other countries, please contact your Tanzania consulate in your home country for details on any needed entry visas

Entry/Visa Requirement:

<http://travel.state.gov/content/passports/english/country/tanzania.html>

Getting a visa ahead of time from the Embassy:

http://tanzaniaembassy-us.org/?page_id=76#visaDescription

If you get it ahead of time (you can also get one on arrival but its recommended to have it in advance to avoid lines, etc) then you will be filling out paperwork and sending the embassy a payment and your original passport, (and often times a return envelope with tracking), and they will put a visa in your passport and send it back to you.



KILIMANJARO TREKKING SOME SUGGESTED PACKING

Climber's Packing List

Baggage

- * Day pack, for you to carry
- * Large duffel bag or backpack, for porters to carry - The weight per porter is limited to 15 kg (35lb). If you bring overweight luggage, every 15 kg will be charged extra at 100 US\$ for an extra porter for the whole climb. Your backpack/duffel bag will be brought from campsite to campsite - before you arrive it will already be there.
- * Plastic bags

Clothing

You will need clothes for hiking during the day, lounging in the evening, and for sleeping. Layers are important as temperatures vary greatly. Kilimanjaro may be near the equator, but it gets cold up there! You want your inner layer to be wicking – no cotton. Your next layer should be insulating and warm, and your top layer should be water proof but breathable.

- * Shorts, for first and last day only
- * Pants, for hiking and for lounging in the evenings
- * Short-sleeved or t-shirts
- * Long-sleeved shirts, for hiking and for lounging in the evenings
- * Long underwear
- * Fleece jacket or wool sweater
- * Fleece pants
- * Down jacket or ski parka (for temperatures well below freezing plus wind)
- * Rain jacket, needed in hot rainforest and cold snow
- * Rain pants, needed in hot rainforest and cold snow
- * Underwear
- * For Women- Sport bras

Cold Weather Accessories

- * Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered)
- * Wool or pile hat
- * Balaclava or neck gaitor
- * Hand and foot warmers (chemical activated)

Footwear

- * Be sure to break in your shoes before the hike!



- * Trekking shoes for hiking during the day, preferably warm (for cold temps on summit day or bring a second pair for this day), waterproof, and with ankle-support – not too light and not too heavy
- * Tennis shoes or sandals for lounging in the evening
- * Gaiters
- * Hiking socks for warmer conditions
- * Wool, thermal socks for colder conditions
- * Sock liners to wick away moisture

Sleeping

- * Sleeping bag (Rated -25 degrees C/-10 degrees F or colder is recommended)
- * Foam sleeping pads are provided by outfitter at no charge (A Thermarest is highly recommended, however)

Other

- * Water bottles and Camelback (2-3 liters)
- * Get 3 liters of bottled water before the trip (available at the host Hotel) for the 1st day's hike.
- * Your guides will boil water for you along the route. To prevent water from freezing on summit day, keep your water source inside your jacket. For Camelbacks, blow air back into the bladder after each sip, and drink often.
- * Gatorade or other drink mix helps with taste and minerals.
- * Water filter or iodine purification tablets
- * Sun hat with brim
- * Sunglasses
- * Bandana
- * Money (\$400 or more in cash, including some small U.S. or Tanzanian bills)
- * trekking poles (if you like hiking with these)
- * Headlamp and flashlight
- * Camera, film,
- * Batteries - Bring extra sets for headlamp/flashlight and camera as cold weather shortens their life
- * Binoculars
- * Notebook, journal, pencil, and pen
- * Pocket knife
- * Electricity adapter (for hotel)
- * Energy bars, hard candy, snacks, personal nutrition (ie electrolyte powders, sports gels, etc)
- * Playing cards, games.
- * Chocolate or pens for village children, mementos for guides, porters, and other climbers
- * Plastic bags and zip-lock bags for waterproofing
- * Sewing kit
- * Alarm clock
- * Calculator (for currency conversion)
- * Swim suit for hotel swimming pool



Toiletries

- * Toilet paper (and baggie to carry used paper while on trail)
- * Small towel
- * Soap
- * Toothbrush and toothpaste
- * Handi-wipes (wet wipes or moist towelettes for cleaning)
- * Hand sanitizer
- * Lotion
- * Glasses, contacts, solution (take contacts out each night to prevent blurred vision)

Documents

- * Passport
- * Yellow fever certificate (if needed)
- * Tanzania Visa
- * Medical insurance
- * Address book
- * Vaccination records
- * Airline tickets
- * Cash, ATM cards, credit cards
- * Maps, guidebooks
- * Make copies of passport, TZ visa, airline tickets/schedule. Leave a copy with someone at home and put a copy in a separate place in your luggage.

First Aid

- * Ibuprofen, Acetaminophen, or Paracetamol
- * Throat lozenges
- * Band aids
- * Moleskin
- * Sunscreen (SPF 15+)
- * Lip balm with sunscreen
- * Insect repellent
- * Disinfectant, Antiseptic cream
- * Bandages and tape
- * Diarrhea medicine
- * Antihistamines
- * Ace bandage
- * sleep aid?
- * Malaria pills? (talk to your doctor)
- * Antibiotics? (talk to your doctor)
- * Prescription drugs? (talk to your doctor)
 - Altitude Pills? (talk to your doctor)
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Gifts for Guides, Porters, Locals

- * Shoes
- * Any warm clothing
- * T-shirts
- * Hats
- * Candy
- * Pens

Packing for your flight to Africa

- * TSA travel locks, Books/magazines
- * Toiletries
- * Snacks
- * MP3 player and music
- * Eye shades, ear plugs
- * sleep aid (talk to your doctor)
- * Critical climbing gear in carry on (in case baggage is delayed)

Other Notes

- * The pack that the porters carry is limited to 15 kg (35 pounds). Overweight or extra luggage will require an extra porter at 100 US\$ per trek
- * Store electronics in sealed water-proof bags (double sealed if possible)
- * Wrap clothing in plastic bags
- * In the day pack, take along water, sunglasses, camera, binoculars, rain pants, and jacket at a minimum. Add any other items you might need during the day, since you may not see your porters until the end of the day.
- * You may want to bring some older items of warm clothing as gifts for your guides and porters or donations to the Mount Kilimanjaro Porters Society.
- * You can leave extra luggage in a locked storage room at the host Hotel for no charge.
- * You can leave valuables in a safe deposit box at the host Hotel for \$1/day.

ON THE TREK/RACE:

What is the accommodation like at the trek?

You will sleep in 3-person dome-style mountain tents, two people each. The tents are modern and have an outer flysheet and large vestibules keep equipment from the elements. They are set up, broken down and carried - along with everything else - by our porters. A toilet tent is set up at every campsite and if possible hot water is provided for each person every morning (no showers). There will be dining tents with chairs and tables where all meals will be served. Before the meals, we will provide soap and hot water for washing your hands.





Who will be my guide?

All guides all extremely knowledgeable about climbing the mountain. Further, we regularly train them in zoological and geological topics, first aid, customer relationship, English language, and environmental conservation. They are fully licensed by the National Park authorities.

What luggage should I pack?

It is important to keep luggage to the barest minimum when on trek, as this will ease the burden of the drivers, vehicles and porters. Baggage should be of the round squashy type rather than hard suitcases that are difficult to fit into jeeps. Try to use something that is both lockable and water proof as luggage can often end up sitting on the roof of the vehicle. It is a good idea to bring another smaller bag so that unwanted clothes can be kept in it at the hotel when you go on trek. You should also bring a small day pack which can be carried while hiking or riding or can be readily accessible when you are traveling in the vehicles on long drives. On your inbound flight, don't check in items that you absolutely need (such as medicines) in case your checked-in luggage gets misdirected and arrives in Tanzania a couple of days after you. It is better to have such items in your carry on luggage.

What is the coldest it is expected to be at the summit of Kilimanjaro?

Temperatures vary considerably with altitude and time of day. On the plains surrounding Kilimanjaro the average temperature is about 30°C. At 3000m frosts can be encountered at night while daytime temperatures range from 5 to 15°C. Nighttime temperatures on the summit can be well below freezing especially with the strong winds at times. August is one of the driest months on the mountain.

Will the effects of the sun be stronger on the mountain?

Absolutely, so precautions are required. About 55% of the earth's protective atmosphere is below an altitude of 5000m. Far less ultraviolet light is being filtered out, making the sun's rays much more powerful, which could result in severe sun burning of the skin. It is strongly recommended to use a 20+ sun protection cream at lower altitudes, and a total block cream above an altitude of 3000m. It is also important to wear dark sun glasses preferably with side panels above 4000m in daytime and essential when walking through snow or ice. Snow blindness can be very painful.

What is hypothermia?

FOOD:

Is drinking water provided during the trek?

On the first day you are responsible to bring your own water but beyond that, water is provided on all other days. Water is taken from the mountain streams, and boiled to make safe to drink. You can also bring treatment pills, SteriPEN, or similar for an additional purification system.



Typical Menu Sample Menu for Kilimanjaro Climbers * _Day 1:_ Lunch Packet: * * BUN WITH SALAMI AND CUCUMBER * GREEN PEPPER, CARROTS, AND FRUITS * Dinner: * * SOUP OF THE DAY WITH BREAD * FRIED BEEF WITH ROAST POTATOES, RICE, CARROTS, CABBAGE * FRUITS * TEA OR COFFEE * _Day 2:_ Breakfast: * * OATS WITH MILK * BOILED EGG. SPANISH OMELETTE OR FRIED EGG WITH BACON * BREAD WITH TEA OR COFFEE * Dinner: * * SPAGHETTI WITH MEAT SAUCE, OR FISH WITH RICE * TEA OR COFFEE * FRUITS * _Day 3:_ Breakfast: * * BOILED EGG, SPANISH OMELETTE, OR FRIED EGG WITH BACON

* BREAD WITH TEA OR COFFEE * FRUITS * Lunch: * * BOILED EGG SALAMI SANDWICH, CHEES, FRUITS * Dinner: * * BEEF GOULASCH WITH BEANS * BREAD WITH TEA OR COFFEE * FRUITS * _Day 4:_ On the way to the summit: * * TEA OR COFFEE AND BISCUITS, ORANGE SQUASH OR SOUP * Lunch: * * FRENCH TOAST * MACARONI WITH MEAT SAUCE * BREAD WITH TEA OR COFFEE * Dinner: * * ROAST CHICKEN WITH VEGETABLE FRIED RICE, GREEN PEPPER, CARROTS * PANCAKE WITH HONEY * TEA OR COFFEE * _Day 5:_ Breakfast: * * OATS WITH MILK * BOILED EGG, SPANISH OMELETTE, FRIED EGG WITH BACON * BREAD WITH TEA OR COFFEE

Supplementary Nutrition:

I like EFS powder to mix with water

I also like EFS Gel. Others I like- GU with caffeine, Hammer gel.

Pick one or more that work for you and try them out prior to the trip to make sure they agree with you.

Cliff Bars, Power Bars, etc. Other powders for water (ie lemonade mix, etc) to improve taste

*Bring these nutrition items from home, not available for purchase in TZ.

ALTITUDE:

*1. PHYSICAL FITNESS ** *Although Kilimanjaro is not at all a technical mountain climb, it is a challenge because you should not underestimate the rigors of altitude

Altitude Sickness: Different people under similar conditions will respond quite differently to altitude. There are no specific factors such as age, sex, or physical condition that correlate with susceptibility to altitude sickness. Please visit your physician for any preventative medications. The effects can be mild or severe, and are caused by a lack of oxygen to the muscles and brain.

How can I prevent altitude sickness?

STAY HYDRATED- urine output should be copious and clear. Try to drink at least 4-6 liters per day. * AVOID tobacco, alcohol, and other depressant drugs including barbiturates, tranquilizers, and sleeping pills. They further decrease the respiratory drive during sleep resulting in a worsening of symptoms. In addition, avoid diuretics such as coffee and tea. * DONT GO UP UNTIL SYMPTOMS GO DOWN- people acclimatize at different rates, so make sure that your entire party is properly acclimatized before going higher. Rest at the same altitude is efficient for mild symptoms, but if they do not go away within a day or two it is essential that you descend immediately.



* EAT high-carbohydrate foods while avoiding fatty foods. * BEFORE your trip, maintain a good work/rest cycle, avoid excessive work hours, and last minute packing. * LISTEN to your body. Do not over-do things the first day or two. *Take your time. Pace is a critical factor on all routes. "Pole pole" (go slowly) is the phrase of the day. *Walk high sleep low: If you have enough energy, take an afternoon stroll further up the mountain before descending to sleep. (not if you have any symptoms of altitude sickness!)

EMERGENCY EVACUATION * In the event of an emergency on the mountain the rescue team plus one of the assistant guides will descend with the casualty to the park gate. At the gate the casualty will be taken care and the necessary arrangements will be made

GENERAL INFO:

What about medical supplies and emergencies during my stay in Tanzania?

If you have any particular medical problem please consult with your doctor before you come to Tanzania as to the medication that you should bring on your trip. This also applies to your own personal first aid kit. All trips will have a basic first-aid kit but it will not contain any prescription drugs. There are limited medical supplies in Tanzania and they are mostly found in the capital Dar es Salaam only. You will not be able to purchase them in the countryside when on the trip.

Make sure that you have health care insurance coverage while in TZ. It should at least cover: * Costs for doctors, hospital and medicines * Emergency medical transportation. Travel Insurance can also include features such as: * Trip cancellation and interruption (due to sickness/etc, family member, or travel companion) * Trip and baggage delay * Lost or stolen baggage * Travel accident insurance

What currency should I carry with me?

The official currency of Tanzania is the Shilling. Smaller amounts of money are usually paid in Shilling, whereas larger amounts of money are paid in US\$. In Aug 2015 1 US\$ was worth approximately 2,125 Shillings. Money can be exchanged at the Bureaux de Change which can be found at any larger town and in the airports. Make sure that they change your money at the rate which is written in front of the bureau. Travelers from the US are advised to bring US\$ in currency; make sure that the bills are the newly issued series and in very good condition without rips and tears. You will get a better exchange rate for 50 and 100 dollar bills than for smaller bills. There are several banks where you can use ATMs. Visa card is the most widely accepted credit card. You can use international credit cards, preferably VISA card, at the ATMs of most banks. At Barclay's bank (Moshi, Arusha, Zanzibar, Dar es Salam) it is even possible to use your EC debit card. Only hotels, restaurants and tourist shops of higher category accept international credit cards; when paying small amounts in US\$ rather than Shilling, in most cases you get a worse exchange rate. Local shops accept Shillings only.



Can I send emails/make phone calls/send postcards from Tanzania?

Internet cafes have hit Tanzania and especially in the central area of the cities. Prices are cheap, but the connection speed is sometimes disappointing. The host Hotel has an Internet cafe. There are post offices where you can buy stamps, envelopes and postcards. The post is reasonably reliable although it may take some time to reach its destination, however courier services such as DHL are available. Telecommunications in Tanzania is generally good. The host Hotel has international fax and telephone services. You can even use your standard GSM mobile phone in Tanzania. If you plan to use it a lot, you might consider purchasing a local SIM card.

Will I be able to speak to people in English in Tanzania?

The official and spoken languages of the country are Swahili and English. Many people have English as their second language as they were taught this at school. All Tanzanians working in the tourism field can communicate in English. In the countryside, or when communicating with children, local women or individuals of lower school education, it might however be difficult to speak in English. It is appreciated by locals if travelers can speak some words in Swahili. A few words are surprisingly easy to master. It is a good idea to spend a few dollars to purchase a Swahili phrase book.

TIPS:

How much do you recommend we tip the porters and/or local guides?

Tipping is an expected and highly appreciated component of your Mt. Kilimanjaro hike. It should be an expression of satisfaction with those who have assisted you throughout the expedition. Tipping is one of the most direct ways that you can have a positive economic impact within the East African community. Although it may not be customary for you, it is of considerable significance to your guides, assistants, cooks, and porters, as an important source of, and supplement to, their income.

Giving a tip should be seen as a formal 'thank you', and the action should in no way be awkward. The best method of tipping your crew is to plan in advance.

We recommend that you gather with your fellow hikers to discuss and compile this tip. What has been found to work well is for each group member to contribute anonymously by putting his or her tip into an envelope. An average amount of what previous hikers have felt to be an appropriate amount of tip ranges between US\$200-300 per hiker to the whole team (guides, assistant, cook, porters, etc). Guides get more than porters.



About the Country

What plugs and power voltage is used in Tanzania?

Tanzania uses 220v, but you will need adapters if you are using 110v equipment. Most hotels have adapters available. But it is wise to bring your own, just in case. While on safari, most of the lodges have electrical wall units for those who don't bring enough batteries, as batteries are quite expensive in Tanzania.

What are the weights and measures in Tanzania?

Tanzania and Zanzibar make use of Metric measurements.

What is the Country Dialing Code of Tanzania?

The international country dialing code for Tanzania is +255. Each city or region has a 2 digit area code. Can I use my Cell/mobile phone in Tanzania?

Mobile or Cellular phones work in the main urban areas of Tanzania. Travelers should contact their service provider to ensure they have international roaming.

What are the Bank Opening Hours?

The banks in Tanzania are open from 8:30am to 12:30pm Monday to Friday. Some of the banks are open from 8:30am to 13:00pm on a Saturday

What type of Government does Tanzania have?

Tanzania was formed out of the union of two sovereign states namely Tanganyika and Zanzibar. Tanganyika became a sovereign state on 9th December, 1961 and became a Republic the following year. Zanzibar became independent on 10th December, 1963 and the People's Republic of Zanzibar was established after the revolution of 12th January, 1964. The two sovereign republics formed the United Republic of Tanzania on 26th April, 1964. However, the Government of the United Republic of Tanzania is a unitary republic consisting of the Union Government and the Zanzibar Revolutionary Government.

How big is the area of Tanzania?

Tanzania is 945 087 sq. Kms in size.

How big is the Population?

Tanzania has a population of more than 28,000 000 people. Up to 99% of the population is Black African people divided into five ethnic groups. The rest of the population is made up of Asians, Arabs and Europeans.

What is the time zone of Tanzania?

The standard time zone in Tanzania is 3 hours ahead of Greenwich Mean Time (GMT +3).



RACE SPECIFIC INFORMATION

Kilimanjaro Trail Marathon Race dates and start times

The 2019 Race will be on Monday Aug 12th, 2019 at 5:00 AM. This start time maximizes the time you have to complete the race while minimizing the amount of time you must run before it is light out for safety reasons, and of course to better enjoy the amazing scenery.

Kilimanjaro Trail Marathon finish times

We will have the course open for 20+ hours. We expect the range of finish times to be between 9-18 hours. The entire course and the mountain Summit are open during the day and at night. In fact most hikers go up to the Summit at night.

Can I complete such a tough race?

We think so! Our staff will be out there to support, but it depends on you. Things that will help you: If you are a good endurance athlete, a strong and/or experienced runner, avid marathoner, someone with good trail running knowledge, experience running ultras, other long course (ie Iron distance tri) background, a strong mountain hiking background. Having some of these traits will be helpful. If you train hard, safe and smart for this event, considering some of our training suggestions, then we feel you will accomplish this feat!

IN ADDITION- We feel that each person should do something just prior to the race to acclimate to the high elevations found for the summit portion of the event. This is why we suggest to join our pre marathon tour which takes you up to the summit on separate trails on a hiking trip several days prior to the marathon and then allows you to rest from that effort (you can also rest on an optional safari we offer) before tackling Kilimanjaro.

What about Elevation? How can I prepare for that?

THIS IS IMPORTANT- We feel VERY STRONGLY that each person should do something just prior to the race (ie somewhere between two weeks to a few days ahead of the race) to acclimate to the high elevations found for the summit portion of the event!

NOTE: You don't need to do all your training in the weeks and months before at elevation, most people can train normally where they live (even at Sea Level).

*****You do need to spend some quality time at HIGH elevation just ahead of the race to get your body used to elevations found in the race.** This is why we suggest to join our pre-marathon hike tour

If you are lucky enough to live in the Rockies or Alps,

then you can train there at or above 4000 meters just prior to coming to Tanzania.





Everyone should VERY strongly consider doing something at high elevation prior to this event for your best chance at success.

The best acclimation we suggest is to do a traditional trek on Kilimanjaro ahead of the race (ie our pre Marathon trek program)

***** With some good acclimation at high altitude prior to the race, your chance of completing this course will be HIGH.**

******Without some sort of good acclimation prior to the race, your chance of success in completing the course will be LOW.**

Kilimanjaro Marathon Rules

Your safety is our 1st concern for this event, please follow our guide and RD instructions. It is not possible to participate in the race without camping out the night before near to the start line.

Start line: Faster runners should seed themselves to the front.

Official times will be recorded to gun time.

All runners will wear a numbered bib at all times (for tracking, splits, and safety reasons).

Packet pickup and a mandatory pre-race meeting will take place in Moshi before the race. This is required! It is not permitted to litter while in Kilimanjaro national Park. Please keep the trail clean and throw garbage away at aid stations.

Aid Stations

A total of at least 4 aid stations will be available for the race. Purified water, and some snack foods such as dried fruit, mixed nuts, pretzels, small sandwiches, cookies, chocolates, coca, in some cases hot soup, etc will be provided at these checkpoints. You must pack your own nutrition and carry it with you the whole time if you want anything different than these types of items.

*Please note: Due to the distance (in some cases a couple of hours depending on your pace) between aid stations, you will be required to carry your own fluids and nutrition, and some emergency gear (i.e. in a day-pack) for your personal safety. You will have the opportunity to refill water/fluids at aid stations as needed.



Goodie Bag

All participants receive a custom tech Kilimanjaro Trail Marathon race shirt, goodie bag, other items, and race medal. You will also be given a custom logo Kilimanjaro Trail Marathon drop bag by us to pack for this race. You may keep this after the event.

Race Timing and Results

Official times will be recorded to gun time. Detailed race splits are provided in the race results.

Post Race and Awards

Runners will finish at the Horombo Camp. Other runners and staff will be there to welcome you to the finish line! You will have access to a drop bag of your gear. You will be able to clean up, change clothes, eat a very hearty meal, and relax and rest at the camp. We will overnight at this camp. Everything will be set up for you when you arrive.

The next day we will go off the mountain and back to Moshi. In the evening, all race participants will be together at dinner in Moshi on our last night of the program. Results and awards will be presented at this dinner

Weather

Although you should be prepared for a variety of weather conditions (i.e. wind, rain, heat, cold, fog, snow, hail, possible rapid changing conditions in the mountains), the typical weather conditions for August on Kilimanjaro are dry - Average rainfall is only about 3 days/month. Temperatures vary substantially with elevation changes. In the evenings at the higher elevations the temperature can go well below freezing. The summit at night can be VERY COLD. During the day the summit temperatures can be pleasant

*There will be an aid station at the start of the out and back to the summit where you will have access to a drop bag with all the proper gear (cold weather clothes) required to go up to the summit and back.

Please plan accordingly and be properly prepared for any type of weather!





Safety- Race Gear and Clothing

Your safety is our first priority. Before the race you will be contacted to go over the required and recommended gear that will be needed for this race.

Some of this gear will be carried with you at all times for safety (ie headlamp, rain jacket). Other gear will be put into drop bags so that you can access it later in the race and at the finish.

More on Safety

As we mentioned your safety is the most important thing.

1. The entire trail is non technical (you can walk right to the summit, no climbing or mountaineering is involved)!
2. There are lots of people and guides in the other groups as well, so you are never far from someone who could help you

OUR SAFETY FEATURES:

The course will be well marked and supported by our professional mountain guides and staff.

We will have long range radios for emergency use.

There will be a plenty of guides and staff to be right with you if you need- on the out and back summit portion of the event.

Our staff is trained to look for any symptoms of sickness due to elevation in our participants

First aid will be available at our aid stations

The National Park has some good measures in place to take people off the mountain in case of emergency (ie the finish line camp can be reached by car).

With the trails being well indicated, in such good shape and not very technical, perhaps the biggest obstacle or risk factor will be elevation.

Elevation does affect some people who come to Kilimanjaro. We will cover this topic in detail prior to departure and in our race briefing so that you are knowledgeable on this topic and well prepared (ie altitude sickness prevention, knowing the symptoms, etc)

If the elevation does affect you negatively- You must do your part and tell us if you are not feeling well. We can then help to treat you, and if needed- make arrangements to get you safely off the mountain or at least down to a lower altitude.





Trail Conditions

The Trails on Kilimanjaro are generally in excellent shape and footing should be good. The trails in this race are generally wide, well marked and not too technical. Most of our race is on the dry part of the mountain. The steepest part is the out and back section to the summit with the section to the crater rim being the steepest. Fortunately, on the way down in this section- you can go fast as this is mainly scree and its possible to run or scree ski down. Many runners will find the downhill sections of this race runnable and fast. The ascents get tougher with the elevation increasing.

Kilimanjaro Course

Please view the course map (at VERY bottom of this document or online) and elevation profile for the best representation of what this course is like.

In summary, the race starts at 2650 meters with a downhill section of about 3km and then turns to begin the long 18 km ascent up the mountain until the Kibu camp (4700 meters). It is at the Kibu camp where you will check in and access your drop bag for the 12km round trip out and back to the summit of Kilimanjaro (5985 meters). This 6km section going up will be the toughest part of the race. From the summit to the finish it is all downhill! You will retrace your steps 6km to the Kibu Camp again where you will once again check in and can access your drop bag again (and change/leave your summit clothes etc). From the Kibu camp it is a little over 9km downhill running on a great trail (wide, not technical, not steep) to the finish line (3750 meters)!

Race Photos

All photos we get of you during the race from our race directors, photographer, and course officials will be available to you free





WHATS INCLUDED:

- Airport transfers: on arrival and departure (if flying in on tour dates)
- Hotels include: All Taxes, Buffet breakfast (with beverages: coffee, tea, and fresh juices). Extra Luggage storage in Moshi hotel
- Camping equipment is provided: two-person tent, tent for toilet, tent for kitchen, dining tents, cooking gear, pre-race meals (dinner and breakfast), post race meals, First Aid Kits, 2-way long range radios, Satellite phone (for emergency only)
- Professional English-speaking local tour guides while on all the tours
- Meals and special dinners as indicated in the itinerary
- Marathon Race- supported course, race goodie bag, tech shirt, medal
- Entry fees to all historical sites/national parks/etc visited on the tours, Kilimanjaro National Park and Mountain Permits. Special Marathon Event Permit with the Tanzania Government.
- US based hosts for entire trip
- Forum to communicate with other runners and weekly training tips

Not Included:

- Tips and Gratuities
- Extra personal expenses
- Meals not mentioned on the program.
- All Extra drinks during included lunches and dinners and otherwise (alcohol drinks, sodas, bottled water, etc)
- Sleeping bag rental \$ 45.00- Separate rental for each trip (or you may bring your own)

DISCLAIMER for Tour

Please note- All times for tours, transfers, daily arrival/departure times, etc. are approximate and subject to modification at the guide and/or host's recommendations. Erik's Adventures reserves the right to alter the itinerary if necessary due to safety concerns, circumstances outside its control (i.e. worker strikes, weather, government, etc.). During the portion of the trip on Kilimanjaro trail (including the race), which is controlled by the Tanzanian government and national park system, we reserve the right to make changes if needed for passenger safety, changing or new government regulations, and other concerns. Hotels mentioned are subject to availability. We may use hotels similar to the ones mentioned in the itinerary.



Custom Machame Route Pre marathon hike

DAY 1 SUNDAY JULY 28TH, 2019- Arrive to Moshi. You will be transferred to the hotel in Moshi following the arrival of your intl flight into JRO airport. Meet and Greet with your guide upon arrival at the hotel. You will organize your trekking gear for our departure for the hike tomorrow. Rest of day free to relax and settle in. **Dinner at hotel included.** Overnight in Moshi Hotel.

DAY 2: Depart Moshi and start Machame Route. After breakfast, depart to the Machame gate on Mt Kilimanjaro. Your day starts with a briefing, followed by breakfast and a 45-minute drive from Moshi (910m) to the Machame village (1490m). The guides and porters prepare and pack the supplies and your equipment in the village. We will start walking through montane rainforest for several hours. Machame Gate (1490 m) - Machame camp (2980 m). Distance about 13 km
Breakfast, Lunch, and Dinner are Included today.

DAY 3: Machame camp (2980m) - Shira camp (3840m) Distance: About 7 km – Habitat: Moorland. You rise early at Machame camp and after breakfast you climb an hour to the top of the forest and then at a gentler gradient through the moorland zone. After a short lunch and rest, you continue up a rocky ridge onto the Shira plateau. By now you will be able to see in an easterly direction, the Western Breach with its stunning glaciers. You are now due west of Kibo and after a short hike you will reach the Shira campsite at 3840m. The porters will boil drinking and washing water, before serving dinner. Breakfast, Lunch, and Dinner are Included today.

DAY 4: Shira (3840m)-Lava Tower (4630m) to Karanga Camp. Distance: About 14 km Habitat: Semi desert. The route now turns east into a semi desert and rocky landscape surrounding Lava Tower, where you reach an altitude of 4630m. Lunch is served in a designated area before ascending the rocky scree path to Lava Tower (4630m). Definitely the toughest day so far. After lunch you descend again by almost 680m to the Barranco camping area and after reaching the high altitude of 4630m at Lava Tower, the true acclimatization benefit of this day becomes clear. This descent to Barranco camp offers great opportunities to take some beautiful photographs of the Western Breach and Breach Wall. The camp is situated in a valley below the Breach and Great Barranco Wall. Breakfast, Lunch, and Dinner are Included today

DAY 5: Barranco camp (3950m) to Karanga Valley camp (4020m). Distance 6km. Today is an easy day, ahead of the summit day! Climb the Barranco wall en route to the Karanga valley camp. Rest of day to relax before the summit day. Breakfast, Lunch, and Dinner are Included today

DAY 6: Karanga Valley camp (4020m) - Barafu camp for lunch (4550m), to the Summit (5895m) for a *daytime summit experience*, then down to Barafu camp. Distance: About 15 km's - Habitat: Alpine desert. You will head in a northwesterly direction and ascend through heavy scree towards Stella Point on the crater rim. This walk to Stella point is for many climbers, mentally and physically the most challenging on the route. From Stella Point you will normally encounter snow all the way on your ascent to Uhuru Peak. The time you will spend on the summit will depend on the weather conditions. . Enjoy your accomplishment. Then walk back to Barafu from the summit. Here you will have a well earned rest. Breakfast, Lunch, and Dinner are Included today.



DAY 7 SATURDAY AUG 3RD, 2019: Barafu camp (4550m) to Mweka Gate (1980 meters). Distance 15 km.

Habitat: Alpine desert. Today after early breakfast we descend off the mountain passing through a variety of terrain and vegetation zones. Upon arrival to Mweka gate, climbers will receive their summit certificates.

Afterwards we will transfer off the mountain and back to Moshi where we can have a group dinner and relax.

Dinner at Hotel Included. Overnight in Moshi.

Trip Includes:

Airport transfers: on arrival and departure (if flying in on tour dates) -Hotels include: All Taxes, Buffet breakfast (with beverages: coffee, tea, and fresh juices). Extra Luggage storage in Moshi hotel -Camping equipment is provided for Mt Kilimanaro: two-person tent, tent for toilet, tent for kitchen, dining tents, cooking gear, all meals while on mountain, Porters to carry gear and prepare camps and meals, First Aid Kits, 2-way long range radios, Satellite phone (for emergency only) -Professional English speaking licensed mountain guides, Entry fees and Kilimanjaro National Park Permits, Private Transport to and from Moshi to the Mountain

Not included:

-Tips and Gratuities -Extra personal expenses -Meals not mentioned on the program. -All Extra drinks during included lunches and dinners and otherwise (alcohol drinks, sodas, bottled water, etc) – Sleeping bag rental \$ 45.00- Separate rental for each trip (or you may bring your own)



LUXURY SERENGETI SAFARI TOUR 2019

Day 1 SATURDAY AUG 3RD 2019: ARRIVAL TO MOSHI, TZ. Transfer to hotel in Moshi (if arriving at airport transfer is included. **(If coming in from Machame trek you will arrive in the afternoon)**). Dinner included at hotel. Overnight in Moshi.

Day 2 SUNDAY AUG 4TH: DEPART FOR LUXURY SAFARI. The drive from the hotel in Moshi to Tarangire national Park takes about 3 hours. This park is spectacular in the dry season when many of the migratory wildlife species come back to the permanent waters of the Tarangire River. Huge herds of wildebeest, zebras, elephants, elands and Oryx gather to stay in Tarangire until the onset of the rain when they migrate again to good grazing areas. Overnight at the [Lake Manyara Serena Hotel](#). Breakfast, Lunch, and Dinner are Included today.

Day 3: LAKE MANYARA TO NGORONGORO. After breakfast, drive to Ngorongoro Crater for a spectacular game drive inside the crater. This is the best place in Tanzania to see black rhino as well as prides of lion that include the magnificent black-manned males. There are lots of colorful flamingoes and a variety of water birds. Other game that you can see includes leopard, cheetah, hyena, other members of the antelope family, and small mammals. In the late afternoon drive to [Ngorongoro Serena Hotel](#). Breakfast, Lunch, and Dinner are Included today.

Day 4. NGORONGORO TO SERENGETI. After breakfast at the resort, drive to the famous Serengeti plains! Game drives en route to your resort. Overnight at [Serengeti Serena Lodge](#).

Day 5: FULL DAY SERENGETI. After breakfast, venture into the Serengeti's wilderness corners for a full day of game viewing in the park. With a picnic lunch beside you, take your time while exploring this world heritage site, where earth's largest concentration of plain game still roams free! In the evening return to the Serengeti Serena Lodge. Breakfast, Lunch, and Dinner are Included today.

Day 6: SERENGETI TO LAKE MANYARA. After breakfast, depart on an am game drive in Serengeti and head back to Lake Manyara Serena resort for dinner and overnight. Breakfast, lunch, and dinner included today.

Day 7: FRIDAY AUG 9TH: LAKE MANYARA NATIONAL PARK TO MOSHI. The drive from the Lake Manyara Serena to the game park takes about 30 minutes. Game drive in the morning, which is the best time to view animals in this park. When you approach it from the east, the Rift Valley escarpment looms on the horizon forming an impressive backdrop to the lake. In the tall trees of the ground water forest, monkeys leap from branch to branch, and on the escarpment, elephants stand in the shade. Other animals frequently seen are zebras, impalas, monkeys, giraffes, buffaloes, hippos, and others. In the early afternoon, drive back to the hotel in Moshi for your overnight at Springlands. Breakfast, lunch, and **dinner included today at the hotel.**

Continue to Marathon portion of tour: Meet with host for Kili marathon briefing in the evening.

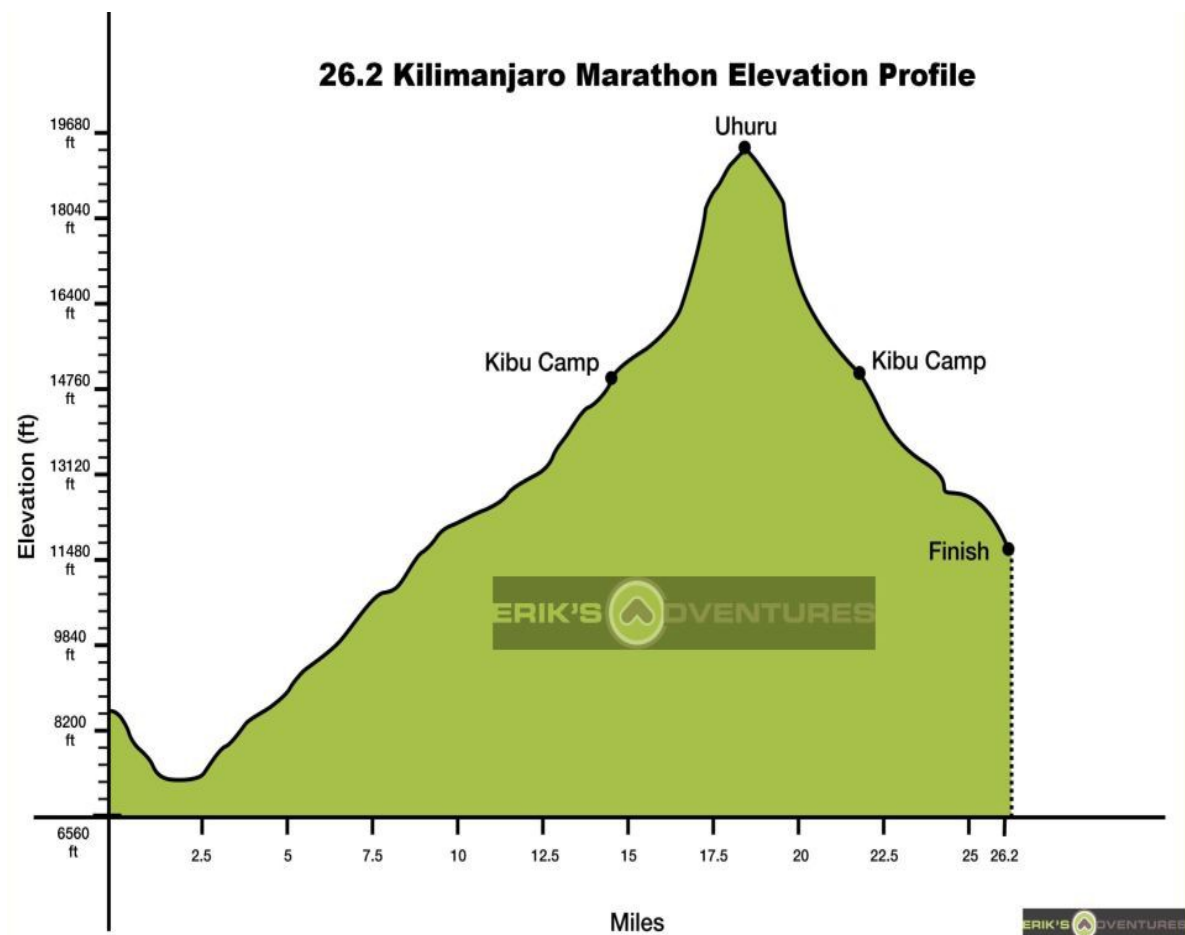


Included:

Airport transfers: on arrival and departure (if flying in on tour dates) -Hotels include: All Taxes, Buffet breakfast (with beverages: coffee, tea, and fresh juices). Serena Lodges on the Safari! Extra Luggage storage in Moshi hotel -Professional English-speaking local tour guides while on all the tours. Safari driver guide for the safari portion with guaranteed window seat. -All Meals and special dinners as indicated in the itinerary -Entry fees to all national parks/game reserves visited on the tours

Not Included:

-Tips and Gratuities -Extra personal expenses -Meals not mentioned on the program. -All Extra drinks during included lunches and dinners and otherwise (alcohol drinks, sodas, bottled water, etc)



Kilimanjaro Trail Marathon Racecourse

