

## **2020 KILIMANJARO TRAIL RACES "TO THE SUMMIT"- THE HIGHEST ELEVATION MARATHON AND ULTRA RACES ON THE PLANET**

**Overview:** The Erik's Adventures Kilimanjaro Marathon Tour is an epic adventure on the mountain that culminates with a trail marathon and ultramarathon, both reaching the summit of Kili during the races!

Conquer the mountain in the world's highest elevation marathon or ultra. These races both reach 5895 meters, this is much higher than Everest Base Camp!

The 9-day program will maximize all runners' chances for a safe and successful race to the SUMMIT and back down! We achieve this by doing the following:

- *The chosen route up Kili has the highest success rate*
- *The specific campsites and sequence of camps chosen*
- *The rest day after arrival will leave you fresher for the start of the journey on the mnt*
- *An extra day added into the program above 4000 meters for further acclimatization time*
- *Group acclimation walks to higher elevations from the camps to further prepare for the summit*

### ***ACCLIMATE, ASCEND, ACHIEVE!***

**Day 1 Thursday Aug 6<sup>th</sup>, 2020:** You will arrive to Kilimanjaro airport and transfer to the hotel in Moshi. Rest after the journey and settle in. Meet and Greet with the host/race director. Dinner at hotel included. Overnight at Moshi.

**Day 2 Friday Aug 7<sup>th</sup>:** Breakfast at hotel. This morning there is an optional group acclimation run to nearby rice terraces. After we have a mandatory race meeting and gear distribution, packet pickup. Lunch on your own. PM- free for packing and preparing for the trek and race. (Optional excursions are also available- at extra charge such as a coffee plantation/waterfall tour, Masai Village tour, Moshi town tour, and more). Overnight in Moshi. Dinner at the hotel included.

**Day 3 Saturday Aug 8<sup>th</sup>:** After breakfast from the hotel, you will meet your guides and porters and prepare your equipment before departing to the Rongai trail head. Lunch at trail head. The climb begins from nearby the attractive wooden village of Nale Moru (2,150m) on a trail that winds through indigenous and pine forest, crossing streams. The track then starts to climb consistently, but gently through attractive forest that shelters a variety of wildlife, including the beautiful Kilimanjaro Colobus monkey. The forest begins to thin out and the first camp is at the edge of the moorland zone with extensive views over the Kenyan plains. Take a short walk higher from camp for a little acclimation and come back. Distance today about 9km. Dinner served. Overnight 1<sup>st</sup> Cave or Simba Campsite (2,600m).



**Day 4 Sunday Aug 9<sup>th</sup>:** The morning walk is a steady ascent up to the Second Cave (3,450m) with superb views of Kibo and the Eastern ice fields on the crater rim. After lunch, we leave the main trail and strike out across the moorland on a smaller path towards the jagged peaks of Mawenzi. Distance today about 14km. Dinner and overnight at our campsite in a sheltered valley near Kikelewa Caves (3,600m).

**Day 5 Monday Aug 10<sup>th</sup>:** A short but steep climb up grassy slopes is rewarded by superb all-round views and a tangible sense of wilderness. We leave vegetation behind shortly before reaching the next camp at Mawenzi Tarn, spectacularly situated in a cirque directly beneath the towering spires of Mawenzi. The afternoon will be free to rest or explore the surrounding area as an aid to acclimatization. Distance today about 6km. Lunch, Dinner and Overnight at Mawenzi Tarn Campsite (4,330m).

**Day 6 Tuesday Aug 11<sup>th</sup>: The day before the race!**

**Marathon Runners:** Today is an acclimatisation day. Morning at leisure, head out after for optional/easy walks to higher elevation for more acclimation and back to same camp. Distance today about 5km. Lunch. Dinner. **Overnight at Mawenzi Tarn Campsite (4,330m)**

*\*\* Marathoners: Your race includes a climb from 4,330 meters to the summit (5,900m) and then down the other side to 2,700 meters in one day. Race distance 42.2 km*

**Ultra Runners:** Today is an acclimatisation day. Morning at leisure, head out after for optional short/easy walks to higher elevation for more acclimation and back to camp. Lunch. Then head down the mnt back to the Simba Camp *via a different new set of trails!* On a more direct route. Distance today about 14 km. Dinner. **Overnight Simba Camp (2,600m)**

*\*\*Ultra runners: Your race includes the very large climb up the entire mountain from bottom (2,150m) to the summit (5,900m) and then down the other side to 2,700 meters in one day. Race distance 60km. Thus, you will need to locate back near the trail head tonight near the bottom to do the Ultra.*

**Day 7 Wednesday Aug 12<sup>th</sup>: Race day!**

**Marathon Runners:** Start from Mawenzi Tarn camp (4,330m)- Cross the lunar desert of the 'Saddle' between Mawenzi and Kibo to reach Kibo campsite and aid station (4,695 m) at the bottom of the Kibo crater wall, and up to the summit Uhuru (5,900m). Then the long descent begins- back to the Kibu Camp and aid station, then down to Hormobo camp aid station (3,800m), and finally to Mandara (2,700m) the finish line. **Distance 42.2 km today.**

**Ultra Runners:** Start from Simba Camp (2,600m)- Descend to the trail head and entry gate (2,150m), turn around and start the climb all the way up first passing the start line again (2,600m) and 1<sup>st</sup> aid station, later passing 3<sup>rd</sup> cave camp and aid station (3800m), then further up to Kibo campsite and aid station (4,695m) at the bottom of the Kibo crater wall, and finally to the summit Uhuru (5,900m). Then the long descent begins- back to the Kibu Camp and aid station, then down to Hormobo camp aid station (3,800m), and finally to Mandara (2,700m) the finish line. **Distance 60 km today.**





**Day 7 continued: All Runners**

After the races, you will have access to your things, your tent, snacks, a full-service dinner, time to relax and celebrate, and then camp again. Overnight at Mandara camp (2,700m)

**Day 8 Thursday Aug 13<sup>th</sup>: All Runners** Sleep in and have a hearty breakfast. Today we continue walking easy descending from Mandara (2,700m) for 7km through lovely lush forest on a good path to the National Park Gate at Marangu (1,960m). Lunch. A private vehicle will take us from there back to the hotel in Moshi, where it is definitely time for celebration! Dinner and RACE AWARDS included tonight. Overnight in Moshi.

**Day 9 Friday August 14<sup>th</sup>:** Breakfast at hotel. Free time until the included transfer to the airport for your departing flight.

**“End of program”**

**INCLUDED IN PROGRAM:**

ROUND TRIP AIRPORT TRANSFERS, THREE NIGHTS HOTEL ACCOMODATION IN MOSHI, TRANSPORTATION FROM MOSHI TO THE STARTING POINT ON THE MOUNTAIN AND RETURN TRANSFER TO MOSHI, NATIONAL PARK GATE FEES, HUT/CAMPING FEES, CAMPING EQUIPMENT AND GEAR (INCLUDING 4 SEASON TENTS AND SLEEPING MATRESS), PROFESSIONAL MOUNTAIN GUIDES, PORTERS, TOILET TENTS, OXYGEN CYLINDERS (FOR EMERGENCY), EXTRA DAY ON MNT FOR ACCLIMATIZING, ALL MEALS ON THE MOUNTAIN, PORTERS TO CARRY GEAR AND SET UP CAMPS, BREAKFAST EACH MORNING AT MOSHI HOTEL, DINNERS AT HOTEL IN MOSHI ON DAY 1, 2, AND DAY 9, USA BASED HOST FOR ENTIRE PROGRAM.

PROFESSIONALLY ORGANIZED MARATHON AND ULTRA RACE WITH NEEDED GOVERNMENT AND NATIONAL PARK SPECIAL USE PERMITS, MULTIPLE FULLY STOCKED AID STATIONS, COURSE MARSHALS, RACE PACKET/SHIRT, GOODIE BAG, FINISHER MEDALS, AWARDS, ONLINE RESULTS, SUMMIT CERTIFICATES.

**NOT INCLUDED IN PROGRAM:**

TIPS TO GUIDES AND PORTERS, EXTRA DRINKS (IE BEER, SODA, ETC) DURING MEALS AT HOTEL, VISA FEES, PERSONAL EXPENSES, TRAVEL INSURANCE, PERSONAL GEAR (IE SLEEPING BAG, HIKING SHOES, WALKING POLES, ETC), ANYTHING NOT MENTIONED AS INLCUDED IN ITINERARY.

**NOTE:** SOME PERSONAL GEAR (IE SLEEPING BAG \$45, DUFFEL BAGS \$10, HIKING POLES \$12, ETC) CAN BE RENTED ON SITE FOR AN EXTRA CHARGE.

