BLACK MOUNTAINEERING

KILIMANJARO EXPEDITION

Machame Route | Tanzania | 5,895m Summit

LOCATION TANZANIA	DURATION 10 DAYS	ROUTE MACHAME
GRADE MODERATE	ALTITUDE 5,895M	DAILY ACTIVITY 6-8 HOURS

EXPEDITION INTRODUCTION



Location	**Tanzania**
Duration	**10 Days**
Route	**Machame**
Grade	**Moderate**
Daily Activity	**Approx. 6–8 hours**
Altitude	**5,895m**

Climbing Kilimanjaro is a journey to the Roof of Africa, blending adventure, perseverance and breathtaking scenery. At 5,895m (19,341ft) it is the world's tallest freestanding mountain, and reaching Uhuru Peak is not just a physical triumph but a life-changing experience.

This is not just another Kilimanjaro trip. Before the climb you'll dive into authentic African life: a Maasai village visit with traditional song and dance, a swim in the crystal-clear waters of Chemka Hot Springs and a night camping privately under the stars.

The climb follows the Machame Route through five distinct ecosystems, from lush rainforest to Arctic-like summit landscapes, via Shira Camp, Lava Tower, Barranco and Karanga to Kosovo Camp, which offers privacy and positions you closer to the summit. Summit day to Uhuru Peak takes 12–15 hours.

No technical climbing skills or prior mountaineering experience are required. Our guides carry oxygen and medical kits and monitor climbers for altitude sickness. The expedition ends with Jason's personal magical day of coffee, waterfalls, local music and a rooftop celebration dinner.







TANZANIA & REQUIRED EXPERIENCE

Kilimanjaro is the Roof of Africa. At 5,895m (19,341ft) it is the world's tallest freestanding mountain, known as the "Mountain of Greatness", rising above the game parks and valleys of Tanzania.

The expedition begins at Kilimanjaro International Airport with a scenic drive to Moshi. Before the climb you'll connect with local communities, visit a Maasai village and swim at Chemka Hot Springs, a hidden oasis in the remote heart of Tanzania.

On the Machame Route the climb traverses five distinct ecosystems, from lush rainforest to Arctic-like summit landscapes, passing Shira, Lava Tower, Barranco and Karanga before the summit push from Kosovo Camp to Uhuru Peak.

It is this blend of adventure, cultural immersion and the triumph of standing on Africa's highest peak that makes this more than just a mountain.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **No Technical Experience Needed**
No technical climbing skills or prior mountaineering experience required. It is a non-technical trek.

02 **Endurance & Cardio Fitness**
Trek 5–15km a day. Summit day is 12–16 hours round trip, with 1,200m of ascent and 2,000m of descent.

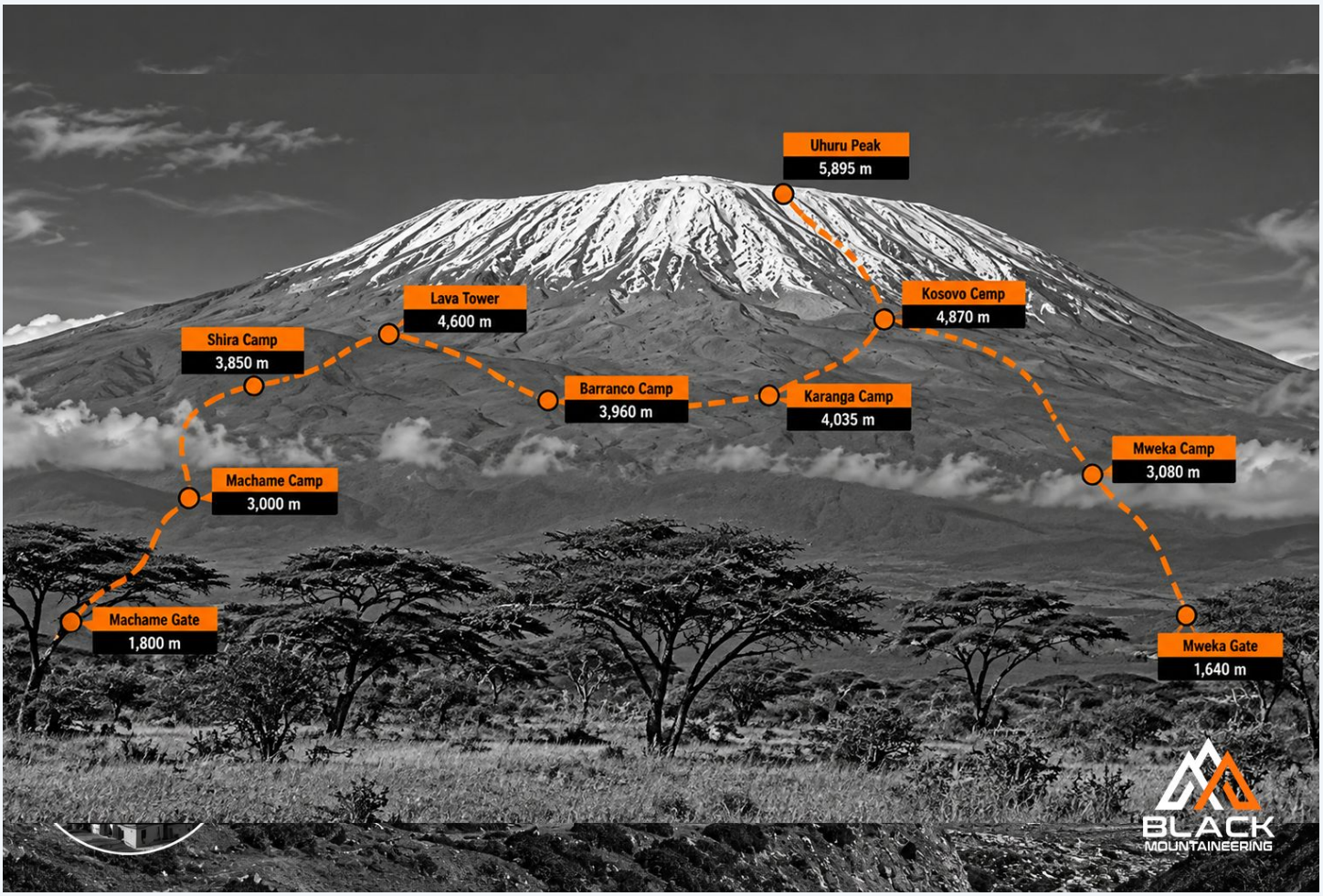
03 **Altitude Acclimatisation**
Altitude sickness is the biggest challenge. A slow ascent, hydration and good nutrition help significantly.

04 **Strength & Load Carrying**
Daily ascents of 600–1,200m with a 5–10kg daypack. Porters carry the bulk of the gear.

05 **Mental Toughness**
Summit night is climbed in the dark, in freezing temperatures and high winds.

✔ **Minimum Fitness Benchmarks**
Hike 1,000m+ gain with a 10kg pack (6–8 hrs), run 10km in under 60 min, stairs for 45 min with 5–10kg and hike 6–8 hrs on consecutive days.

MACHAME ROUTE



Peak Altitude	**5,895 meters**	Acclimatization	**Climb high via Lava Tower**
Total Duration	**10 days, arrival to departure**	Summit Day	**Uhuru Peak, 12–15 hrs**
Expedition Grade	**Moderate**	Route	**Machame Route**
Daily Activity	**Approx. 6–8 hours**	Support	**Guides with oxygen & medical kits**

MOSHI TO KARANGA CAMP

DAY 1

Arrive in Tanzania

Land at Kilimanjaro International Airport, where our representative greets you. After immigration and customs, a scenic 1-hour drive to our comfortable hotel in Moshi.

Location: Moshi

Activity: Arrival & Rest

Airport: JRO, 1-hr transfer

Overnight: Hotel, Moshi

DAY 2

Maasai Village & Chemka Hot Springs

Songs, dance and traditions with a local Maasai community, then the crystal-clear turquoise waters of Chemka Hot Springs, swimming with the locals.

Morning: Maasai Village

Afternoon: Chemka Hot Springs

Activity: Culture & Swimming

Overnight: Private Camp, Chemka

DAY 3

Machame Gate to Machame Camp

Morning drive to Machame Gate to register and start your Kilimanjaro climb.

Elevation: 1,800m → 3,000m

Distance: ~11 km

Time: 5–7 hours

Overnight: Machame Camp

DAY 4

Machame Camp to Shira Camp

A shorter day continuing the gradual ascent from Machame Camp to Shira Camp.

Elevation: 3,000m → 3,850m

Distance: ~5 km

Time: 4–6 hours

Overnight: Shira Camp

DAY 5

Lava Tower to Barranco Camp

Climb high to Lava Tower (4,600m / 15,092ft), then descend to sleep at Barranco Camp.

Elevation: 3,850m → 3,960m

Lava Tower: 4,600m / 15,092ft

Time: 7–8 hours (~10 km)

Overnight: Barranco Camp

DAY 6

Barranco Camp to Karanga Camp

From Barranco Camp to Karanga Camp, positioning the team for the final approach to the summit.

Elevation: 3,960m → 4,035m

Distance: ~6 km

Time: 4–5 hours

Overnight: Karanga Camp

SUMMIT & AFRICAN FINALE

DAY 7

Karanga Camp to Kosovo Camp

Kosovo Camp offers privacy and positions you closer to the summit.

Elevation: 4,035m → 4,870m

Distance: ~4 km

Time: 5–6 hours

Overnight: Kosovo Camp

MILESTONE | DAY 8

Summit Day – Uhuru Peak

From Kosovo Camp to Uhuru Peak (5,895m), the Roof of Africa, then the long descent to Mweka Camp.

Summit: 5,895m / 19,341ft

Distance: ~17 km

Time: 12–15 hours

Overnight: Mweka Camp (3,080m)

DAY 9

Mweka Camp to Mweka Gate

The final descent from Mweka Camp (3,080m) to Mweka Gate (1,640m).

Elevation: 3,080m → 1,640m

Distance: ~10 km

Time: 3–4 hours

DAY 10

Jason's Personal Magical Day

Coffee harvesting and roasting, banana beer, hidden waterfalls and a museum of early native settlements, ending with a rooftop dinner celebration.

Morning: Village Coffee Tour

Afternoon: Waterfalls & Museum

Evening: Rooftop Celebration

Music: Traditional Songs

DAY 11

Departure

Transfer to Kilimanjaro Airport for your flight home, or extend your adventure with a safari in nearby national parks.

Transfer: Hotel → JRO

Option: Safari Extension

Expedition: Complete

OPTIONAL EXTENSION

3-Day Safari

Arusha National Park, the Ngorongoro Crater and Tarangire National Park, with game drives in 4×4 safari vehicles and full-board lodges.

Day 1: Arusha NP

Day 2: Ngorongoro Crater

Day 3: Tarangire NP

WHAT'S INCLUDED

INCLUDED

- ✔ Pre-climb hotel accommodation, shared basis (B&B)
- ✔ All meals on the mountain
- ✔ Communal equipment: stoves, tents, toilets, first aid
- ✔ Oxygen bottles and masks
- ✔ All transport detailed in the programme
- ✔ All accommodation listed on the itinerary
- ✔ All group gear on the climb
- ✔ Porter service on the climb
- ✔ All cultural experiences
- ✔ 120L expedition duffle bag

NOT INCLUDED

- ✖ Meals while not on the mountain
- ✖ Tanzanian airport visa ($50 for most passports)
- ✖ Personal gear and clothing
- ✖ International flights to/from Kilimanjaro (JRO)
- ✖ Tips ($200 in total)

TRAVEL INSURANCE (MANDATORY)

Participants must have travel insurance with the following minimum cover.

Recommended:
True Traveller

Your policy must include all four of the following:

- ✔ Medical expenses: €10,000,000
- ✔ Trip cancellation: €9,000
- ✔ Personal liability: €2,000,000
- ✔ Trekking up to 6,000 metres

Traveller Plus · Ultimate Pack

Get True Traveller Insurance



⚠ **IMPORTANT:** Insurance is mandatory. We strongly recommend True Traveller. Baggage cover (€3,000) is optional. Bring your policy details on the expedition in the event they are required.

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Kilimanjaro is a non-technical trek, but high altitude, long trekking days and a freezing summit night make it a serious challenge. Climbers must be prepared for five ecosystems, from rainforest warmth to Arctic-like conditions at 5,895m.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | TRAVEL DOCUMENTS

- [ ] Passport (valid for 6 months)
- [ ] Debit / credit cards
- [ ] Insurance papers
- [ ] Photocopy of passport

02 | BASE LAYERS

- [ ] Merino wool underwear (2 pcs)
- [ ] Merino long-sleeve base layer (1 pc)
- [ ] Merino long pants base layer (1 pc)
- [ ] Short-sleeve T-shirt (2 pcs)

03 | MID LAYERS

- [ ] Fleece top (1 pc)
- [ ] Hiking shorts (1 pc)
- [ ] Heavyweight hiking pants (1 pc)
- [ ] Lightweight hiking pants (1 pc)

04 | WINDPROOF / RAIN LAYERS

- [ ] Hard shell jacket (1 pc)
- [ ] Hard shell pants (1 pc)

05 | INSULATION

- [ ] 800+ gram goose down jacket with hood
- [ ] Insulated pants

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | HEADWEAR

- [ ] Warm hat (1 pc)
- [ ] Balaclava (1 pc)
- [ ] Baseball cap (1 pc)
- [ ] Bandana or buff (1 pc)

07 | EYEWEAR

- [ ] Sunglasses

08 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Shell guide glove with insulated liner or expedition mitts

09 | FOOTWEAR

- [ ] Liner socks (2 pairs)
- [ ] Wool or synthetic socks (3 pairs)
- [ ] Sturdy hiking boots
- [ ] Trekking approach shoes
- [ ] **Camp shoes:** crocs or sandals

10 | SLEEPING EQUIPMENT

- [ ] Sleeping bag -20°C
- [ ] Earplugs
- [ ] Inflatable pillow (optional)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

11 | MOUNTAINEERING GEAR

- [ ] Large 120L duffel bag
- [ ] Trekking backpack 35L
- [ ] Trekking poles (optional)
- [ ] Headlight 500–700 lumens (2 pcs)

12 | TRAVEL ITEMS

- [ ] Travel clothes
- [ ] Cash
- [ ] Visa card
- [ ] ATM card

13 | ADDITIONAL FOOD ITEMS

- [ ] Snack food
- [ ] Salty-sweet bars
- [ ] Summit gels
- [ ] Nuts
- [ ] Beef jerky

14 | ADDITIONAL ITEMS

- [ ] Compression stuff sacks
- [ ] Water bottles 1 litre (2 pcs)
- [ ] Pee bottle 1 litre
- [ ] Female urination device (FUD)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

15 | MEDICAL

- [ ] Personal first-aid kit
- [ ] Compeed blister packs
- [ ] Sutures & steri strips
- [ ] Ibuprofen
- [ ] Paracetamol
- [ ] 250mg Diamox (10 days)
- [ ] Medicated throat lozenges
- [ ] Medicated throat spray
- [ ] Antibiotic Azithromycin 500mg
- [ ] Laxatives
- [ ] Imodium
- [ ] Mosquito repellent
- [ ] Menstrual products
- [ ] Electrolytes
- [ ] Nail cutter
- [ ] Duct tape – repair kit
- [ ] Hand & feet chemical warmers

16 | TOILETRIES (PERSONAL)

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2 pcs)
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun

MANDATORY EQUIPMENT & LAYERING CHECKLIST

17 | OPTIONAL ELECTRONICS

- [ ] Country-appropriate power adapters
- [ ] Adventure sports watch
- [ ] Sherpa 100AC power bank
- [ ] Phone camera
- [ ] Batteries
- [ ] Charging leads

16-WEEK INTERMEDIATE–ADVANCED PLAN

This 16-week intermediate–advanced programme is for athletes with an established fitness base. Expedition fitness is built through consistent work, not one huge training week. The plan develops the engine, leg strength, durability and recovery habits needed for long days in the mountains.

The Aim
"Move well. Recover well. Carry load. Climb steadily. Repeat the effort on consecutive days."

01 **Weeks 1–4 | Foundation**
Aerobic base + gym strength. Long hill day builds from 2 to 3.5 hr, 400–800m gain, 5–6kg pack.

02 **Weeks 5–8 | Build**
Strength + vertical volume. Long hill day 4 to 5.5 hr, 800–1,200m gain, 6–8kg. Heavier gym work.

03 **Weeks 9–12 | Specific**
Load carriage + tired legs. 6–7 hr mountain days up to 1,500m with 8–10kg and back-to-back weekends.

04 **Weeks 13–16 | Peak & Taper**
Simulation + freshness. Peak 7–8 hr day and 2-day simulation, then volume drops so you arrive fresh.

GETTING PREPARED | DO NOT UNDERESTIMATE WHAT YOU ARE SIGNING UP TO

Expeditions demand time on your feet, repeated climbing, load carrying and the ability to keep moving when tired.

FOUR PILLARS OF PREPARATION:
- **Endurance:** Build a strong aerobic base through regular walking and steady cardio.
- **Durability:** Condition feet, ankles, legs and back for repeated days of work.
- **Confidence:** Train in poor weather, on hills and with your expedition equipment.
- **Recovery:** Rest, sleep, mobility, nutrition and hydration are part of the plan.

THE FOUNDATION: Start from your current level. Build gradually. Use hills whenever possible. Train in the footwear and backpack you expect to use. Consistency is more valuable than chasing one heroic session.

THE PAY-OFF: Better fitness means more enjoyment, more confidence, improved recovery and greater capacity to deal with the unexpected.

TRAINING TERMS & MEASURING EFFORT

01 **Rest**
No structured training. Let the body absorb the work.

02 **Long Walks**
Build time on feet, endurance, kit confidence and fuelling habits.

03 **Hill Walking**
Develop climbing strength, descending control and mountain movement.

04 **Intervals**
Repeated work and recovery to improve cardiovascular capacity.

05 **Cross-Training**
Low-impact aerobic work such as cycling or swimming.

06 **Strength Training**
Gym-based full-body strength with emphasis on legs, posterior chain and load carrying.

MEASURING YOUR EFFORT | USE THE TALK TEST

ZONE	LEVEL	FEEL	TALK TEST
RECOVERY	**6–6.5**	Very easy	Full conversation. Cool down and recover.
EASY	**6.5–7**	Comfortable	Conversational pace. Builds aerobic base.
STEADY	**7–8**	Working	Short sentences. Sustainable effort.
THRESHOLD	**8–8.5**	Hard	Only a few words at a time. Controlled discomfort.

Heart-rate figures can be useful, but terrain, fatigue, heat, altitude and individual differences all affect the number. The talk test gives you a simple real-world check of effort.

TRAIN SMART: The goal is not to finish every session exhausted. The goal is to build a body that can work for hours, recover, and do it again the next day.

10 STEPS TO PREPARE

1 Start Walking Now
Build regular time on your feet. Start with manageable distances and progress gradually.

2 Make Leg-Based Cardio a Habit
Cycling, swimming, stair work and other aerobic sessions support your walking base.

3 Take the Stairs
Use everyday opportunities to strengthen glutes, quads and calves.

4 Analyse How You Move
Good posture, efficient stride and controlled descending reduce wasted energy.

5 Train on Different Terrain
Use hills, rough ground and varied surfaces to prepare feet and ankles.

6 Train in Bad Weather
Use wind and rain to test layers, waterproofs and your ability to stay organised.

7 Practise with Walking Poles
Develop a natural rhythm and learn to use poles effectively uphill and downhill.

8 Train with Your Expedition Kit
Use your boots and progressively load your pack on longer sessions.

9 Fuel & Hydration
Practise eating and drinking little and often during training so it becomes automatic.

10 Footwear
Train in the boots you intend to use. Test socks, lacing, blister prevention and foot care.

SIMPLE RULE: TEST EVERYTHING IN TRAINING

FUEL & HYDRATION ROUTINE:
- **Before:** Eat a familiar meal and start hydrated.
- **During:** Small regular snacks and frequent fluids.
- **After:** Refuel, rehydrate and recover.

EXPEDITION HABIT: Do not leave equipment testing until the final weeks. Long training walks are where you learn how your boots, socks, pack, poles, layers, food and hydration system actually perform.

REMEMBER: The expedition is not the place to discover that your boots rub, your pack does not fit, or your food strategy does not work.

WEEKS 1–4 | FOUNDATION

AEROBIC BASE + GYM STRENGTH

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	RECOVERY **Easy walk** 30 min 3 mi / 4.8 km	EASY **Aerobic** 45 min Conversational	STRENGTH **Strength A** 50 min Progress load	EASY **Aerobic** 45 min Easy
TUE	STRENGTH **Strength A** 45-50 min Technique first	STRENGTH **Strength B** 45-50 min Controlled load	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength B** 50 min Progress load
WED	EASY **Aerobic** 40 min Bike / incline walk	REST	REST	REST
THU	REST	HARD **Uphill intervals** 6 x 2 min Easy recovery	STEADY **Hill session** 75 min 400-500 m | 5-6 kg	HARD **Uphill intervals** 5 x 3 min Controlled hard
FRI	EASY **Hill walk** 75 min 300-400 m | 5 kg	RECOVERY **Recovery walk** 30 min Very easy	RECOVERY **Recovery** 30 min Walk / easy bike	RECOVERY **Recovery** 30 min Very easy
SAT	MOUNTAIN **Long hill day** 2 hr 5-6 mi / 8-10 km 400-500 m | 5 kg	MOUNTAIN **Long hill day** 2.5 hr 6-7 mi / 10-11 km 500-600 m | 5 kg	MOUNTAIN **Long hill day** 3 hr 7-8 mi / 11-13 km 600-700 m | 5-6 kg	MOUNTAIN **Long hill day** 3.5 hr 8-9 mi / 13-14.5 km 700-800 m | 6 kg
SUN	REST	EASY **Easy walk** 45 min Flat / gentle	REST	EASY **Easy walk** 60 min No pack

STRENGTH / EXPEDITION GUIDANCE

Strength A: squat or leg press, Romanian deadlift, step-up, row, calf raise, loaded carry. Strength B: split squat, hip hinge, step-up, pulldown, calf raise, carry. 2-3 sets each; finish with good form, not failure.

WEEKS 5–8 | BUILD

STRENGTH + VERTICAL VOLUME

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	STRENGTH **Strength A** 50-55 min Heavier, clean form	EASY **Aerobic** 60 min Easy	STRENGTH **Strength A** 55 min Final heavy block	EASY **Aerobic** 50 min Easy
TUE	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength B** 50-55 min Heavier, clean form	EASY **Aerobic** 60 min Conversational	STRENGTH **Strength B** 50 min Reduce load slightly
WED	REST	REST	REST	REST
THU	STEADY **Loaded hills** 90 min 500-600 m | 6-7 kg	HARD **Uphill intervals** 6 x 3 min Jog / hike recovery	STEADY **Loaded hills** 1 hr 45 min 600-700 m | 7-8 kg	HARD **Uphill intervals** 5 x 4 min Controlled hard
FRI	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 35 min Very easy	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 35 min Very easy
SAT	MOUNTAIN **Long hill day** 4 hr 9-10 mi / 14.5-16 km 800-900 m | 6-7 kg	MOUNTAIN **Long hill day** 4.5 hr 10-11 mi / 16-18 km 900-1000 m | 7 kg	MOUNTAIN **Long hill day** 5 hr 11-12 mi / 18-19 km 1000-1100 m | 7-8 kg	MOUNTAIN **Long hill day** 5.5 hr 12-13 mi / 19-21 km 1100-1200 m | 8 kg
SUN	REST	EASY **Easy hills** 75 min 300-400 m | light pack	EASY **Easy walk** 60 min Recovery pace	REST

STRENGTH / EXPEDITION GUIDANCE

Continue Strength A/B with progressive resistance. Keep most aerobic work conversational. Long hill days are for efficient movement, fuelling, footwear and pack practice – not racing.

WEEKS 9–12 | SPECIFIC

LOAD CARRIAGE + TIRED LEGS

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MON	STRENGTH **Muscular endurance** 45-50 min Step-ups + lunges	RECOVERY **Recovery** 35 min Very easy	STRENGTH **Muscular endurance** 45 min Moderate load	RECOVERY **Recovery** 35 min Very easy
TUE	EASY **Aerobic** 60 min Conversational	STRENGTH **Muscular endurance** 45 min Step-ups + carries	EASY **Aerobic** 60 min Conversational	STRENGTH **Muscular endurance** 40-45 min Do not chase fatigue
WED	REST	REST	REST	REST
THU	STEADY **Loaded climb** 2 hr 700-800 m | 8-9 kg	EASY **Aerobic** 60 min Easy	HARD **Uphill intervals** 6 x 4 min Strong but controlled	STEADY **Loaded climb** 90 min 500-600 m | 10 kg
FRI	RECOVERY **Recovery** 30 min Very easy	REST	RECOVERY **Recovery** 30 min Very easy	REST
SAT	MOUNTAIN **Long mountain day** 6 hr 12-14 mi / 19-22.5 km 1200-1300 m | 8-9 kg	MOUNTAIN **Back-to-back Day 1** 4 hr 8-10 mi / 13-16 km 650-750 m | 9 kg	MOUNTAIN **Long mountain day** 6-7 hr 14-16 mi / 22.5-26 km 1300-1500 m | 9-10 kg	MOUNTAIN **Back-to-back Day 1** 5 hr 10-12 mi / 16-19 km 850-950 m | 10 kg
SUN	EASY **Easy walk** 75 min Tired-leg recovery	MOUNTAIN **Back-to-back Day 2** 5 hr 10-12 mi / 16-19 km 750-850 m | 9 kg	EASY **Easy walk** 60 min Recovery pace	MOUNTAIN **Back-to-back Day 2** 6 hr 12-14 mi / 19-22.5 km 950-1050 m | 10 kg

STRENGTH / EXPEDITION GUIDANCE

Shift gym work toward muscular endurance: weighted step-ups, walking lunges, calf work and loaded carries. Back-to-back days teach you to recover and perform again on tired legs.

WEEKS 13–16 | PEAK & TAPER

SIMULATION + FRESHNESS

HARD | STEADY | STRENGTH | EASY | RECOVERY | MOUNTAIN

	WEEK 13	WEEK 14	WEEK 15	WEEK 16
MON	STRENGTH **Maintenance strength** 40 min Reduced volume	RECOVERY **Recovery** 35 min Very easy	REST	EASY **Easy walk** 40 min No fatigue
TUE	EASY **Aerobic** 50 min Easy	STRENGTH **Light strength** 35-40 min No max efforts	EASY **Aerobic** 45 min Conversational	MOBILITY **Mobility** 25-30 min Hips, calves, ankles
WED	REST	REST	STRENGTH **Light strength** 30-35 min Mobility + activation	REST
THU	STEADY **Loaded hills** 90 min 600-700 m | 10-12 kg	EASY **Aerobic** 45 min Easy	REST	EASY **Easy hills** 60-75 min 300-500 m | light pack
FRI	RECOVERY **Recovery** 30 min Very easy	REST	EASY **Easy hills** 60 min 250-350 m | 6-8 kg	REST
SAT	MOUNTAIN **Peak mountain day** 7-8 hr 16-18 mi / 26-29 km 1500-1800 m | 10-12 kg	MOUNTAIN **Simulation Day 1** 6 hr 12-14 mi / 19-22.5 km 950-1150 m | 10-12 kg	MOUNTAIN **Reduced hill day** 4-5 hr 9-11 mi / 14.5-18 km 700-900 m | 6-8 kg	EASY **Shake-out walk** 30 min Very easy
SUN	REST	MOUNTAIN **Simulation Day 2** 7 hr 14-16 mi / 22.5-26 km 1050-1350 m | 10-12 kg	REST	READY **Expedition ready** Arrive fresh

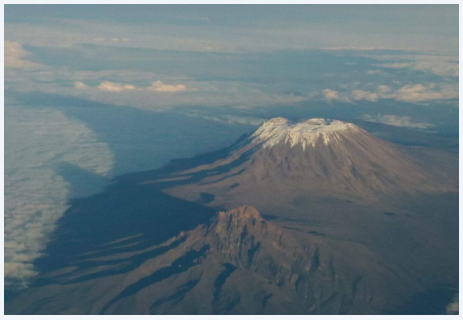
STRENGTH / EXPEDITION GUIDANCE

Weeks 13-14 are the peak specific block. Weeks 15-16 reduce volume so fitness is retained while fatigue falls. Do not add missed sessions or extra hard work during the taper.

LOGISTICS, VISAS & MOUNTAIN RULES







PASSPORT & VISA REQUIREMENTS

Passport Validity
- Must be valid 6+ months past return date.
- Bring a photocopy of your passport and your insurance papers.

Tanzania Visa
- Tanzanian airport visa: $50 for most passports.
- Not included in the trip fee.

Currency & Financials
- Local currency: Tanzanian Shilling (TZS).
- Bring cash, a Visa card and an ATM card for tips and personal expenses.

FLIGHTS & MEETING POINT

Destination Airport
- Kilimanjaro International Airport (JRO).

Flight Booking Advisory
- CRITICAL: Do NOT book flights until dates & schedule are confirmed by Jason Black.

Mandatory Meeting Point
- Day 1: met at JRO by our representative, then a scenic 1-hour drive to the hotel in Moshi.

GUIDE AUTHORITY & RULES

Lead Guide Command
- Guide decisions on weather, pacing, route & turn-around times are FINAL.
- Team safety is the ultimate priority.

Zero Tolerance Policy
- NO illegal drugs or illicit substances.
- Violations result in immediate removal.

HAZARDS & EXPEDITION PROTOCOL

Objective Mountain Hazards
- Altitude sickness, freezing temperatures and high winds on summit night, and a long 12–15 hour summit day.
- Immediate reporting of distress is mandatory.

Tips
- Tips are not included in the trip fee.
- Tips: $200 in total.

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

DIRECT CONTACT
info@blackmountaineering.com

OFFICIAL WEBSITE
blackmountaineering.com

EXPEDITION PAGE
View Kilimanjaro Expedition

CONNECT WITH US ON SOCIAL MEDIA

Facebook
Jason Black Mountaineering

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