



Africa

Twin Peaks of Africa



trip highlights

The ultimate double summit challenge - Point Lenana (4985m/16,355ft) and Uhuru Peak (5895m/19,341ft) in one supported expedition

Train as you climb, summit Mount Kenya first to build altitude experience and fitness for your Kilimanjaro ascent

Traverse Mount Kenya east to west via the spectacular Chogoria and Sirimon routes, through alpine lakes and rocky ridgelines

Trek Kilimanjaro via the Lemosho Route with fewer crowds, excellent acclimatisation and one of Africa's most scenic trails



Trip Duration	17 days	Trip Code: TWP
Grade	Challenging	
Activities	Trekking	
Summary	17 day trip, 13 day trek, 4 nights hotel, 12 nights camping/ mountain hut	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Twin Peaks of Africa, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

When planning travel to remote and challenging destinations, many factors need to be considered. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in Africa. We take every precaution to ensure smooth logistics. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. You will be accompanied by a guide whose knowledge and passion for wilderness trekking will add a unique dimension to your trip. Their experience and enthusiasm ensures that we maintain the leading edge in adventure travel and therefore providing excellent value for money. Given our local knowledge, experience and excellent leadership, we are quite sure that this tour will be a trip of a lifetime.



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Ascend the highest mountains in Kenya and Tanzania



World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

Inclusions Valued at USD\$:

Park & Entry Fees: USD\$1464

the trip

Climbing East Africa's twin giants - Mt Kenya and Mt Kilimanjaro - in one epic journey is a rare and exhilarating achievement for experienced trekkers. This challenging itinerary takes you deep into two contrasting mountain environments, offering a complete immersion in alpine East Africa, from forest trails to windswept summits.

Your expedition begins with a traverse of Mount Kenya, ascending via the remote Chogoria Route and descending via Sirimon, reaching the summit of Point Lenana (4985m/16,355ft) a dramatic, non-technical peak.

Crossing into Tanzania, you then take on Mt Kilimanjaro (5895m/19,341ft) via the scenic and challenging Lemosho Route, chosen for its excellent acclimatisation profile and sweeping views. You'll tackle the final summit push to Uhuru Peak, reaching the roof of Africa at sunrise.

This is a fully guided and supported trek, designed for fit and determined adventurers who want to test their limits, and come away with two summits, not just one.

at a glance

DAY 1	JOIN NAIROBI
DAY 2	DRIVE TO MT KENYA NATIONAL PARK
DAY 3	ASCEND MT KENYA TO LAKE ELLIS (3500M)
DAY 4	TREK TO LAKE MICHAELSON (4000M)
DAY 5	TREK TO SIMBA TARN (4560M)
DAY 6	ASCEND POINT LENANA (4985M), DESCEND VIA MACKINDERS VALLEY TO OLD MOSES CAMP (3400M)
DAY 7	DESCEND SIRIMON VALLEY TO BASE AND TRANSFER TO NAIROBI
DAY 8	FLY TO KILIMANJARO AIRPORT TANZANIA (JRO)
DAY 9	DRIVE TO LEMOSHO GATE, COMMENCE CLIMB TO LEMOSHO BIG TREE CAMP (2650M)
DAY 10	TO SHIRA ONE CAMP (3550M)
DAY 11	TO SHIRA HUT CAMP (3840M)
DAY 12	TREK NEAR LAVA TOWER JUNCTION (4550M)
DAY 13	TO KARANGA (4000M)
DAY 14	TO BARAFU CAMPSITE (4600M)
DAY 15	SUMMIT UHURU PEAK (5895M), THEN DESCEND TO MILLENIUM CAMP (3800M)
DAY 16	DESCEND TO MWEKA, TRANSFER TO ARUSHA
DAY 17	IN ARUSHA, TRIP CONCLUDES

what's included

- Park entrance fees (valued at US\$1,464)
- 16 breakfasts, 14 lunches and 14 dinners
- 4 nights in 3 star hotels in Nairobi and Arusha on a twin share basis
- 12 nights fully supported camping on a twin share tent basis
- Private transfers
- Airport transfers in Nairobi (Day 1 and Day 8) and Arusha (Day 8 and Day 17)
- Group camping equipment including tent (sleeping bag and mat not included - available for hire locally)
- Porters to carry personal and group equipment
- Experienced local guides
- Cook and camp crew
- Portable altitude chamber and group medical kit (Mt Kenya)
- Emergency group oxygen and group medical kit (Mt Kilimanjaro)

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trip dates

2026 15 Aug - 31 Aug
25 Aug - 10 Sep
13 Sep - 29 Sep
02 Oct - 18 Oct
13 Oct - 29 Oct
12 Dec - 28 Dec
18 Dec - 03 Jan
29 Dec - 14 Jan **HS**

2027 09 Jan - 25 Jan
26 Jan - 11 Feb
16 Feb - 04 Mar
09 Mar - 25 Mar
06 Jun - 22 Jun **1**
15 Jun - 01 Jul
05 Jul - 21 Jul **1**
13 Jul - 29 Jul
27 Jul - 12 Aug
04 Aug - 20 Aug **1**
17 Aug - 02 Sep
24 Aug - 09 Sep
03 Sep - 19 Sep **1**
14 Sep - 30 Sep
02 Oct - 18 Oct **1**
12 Oct - 28 Oct
30 Nov - 16 Dec **1**
12 Dec - 28 Dec
19 Dec - 04 Jan
30 Dec - 15 Jan **HS,1**

2028 18 Jan - 03 Feb
28 Jan - 13 Feb **1**
08 Feb - 24 Feb
15 Feb - 02 Mar

important notes

IT2 - Please note - 27/07/26 Departure is 18 days, with an extra night and free day in Arusha, at Moivaro Coffee Plantation

1 - Full Moon Summit on Mt Kilimanjaro on specified dates

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. World Expeditions goes to great lengths to avoid such payments where possible and as such only a handful of our trips are affected by this practice in Africa. When it is not possible to avoid such payments, be assured that we have thoroughly investigated the reasons for the payments to ensure we continue to uphold our responsible travel practices. We also ensure that where these payments arise, that their amount is kept to a minimum and any cash is handed over at the commencement of the trip to reduce any risk to our travellers associated with carrying cash. If you have any questions or concerns, please do contact us.

what's not included

- International flights
- Airport and departure taxes
- Visa fees
- Travel insurance (compulsory)
- Flight from Nairobi (NBO) to Kilimanjaro (JRO)
- Meals not listed as included
- Personal expenses such as phone calls and laundry
- Bottled water, aerated and alcoholic drinks
- Tips and gratuities
- Sleeping bags and mats
- Any items not listed as included

detailed itinerary

DAY 1 Join Nairobi

Upon arrival at Jomo Kenyatta International Airport (NBO) in Nairobi, you will be collected and transferred to the group hotel for overnight accommodation. The rest of the day is at leisure in Nairobi.

Overnight: Best Western Nairobi Upper Hill Hotel
meals: NIL

DAY 2 Drive to Mt Kenya National Park

This morning we head to Chogoria Village (approx 4-5 hours drive). In the afternoon you will ascend the steep and rutted track to the Bandas (cottages) in woodland near the Chogoria gate (3,017m) of the Mt Kenya National Park. We will stay here overnight. Our gear will be transported by Land Rovers while we acclimatise with our first walk at altitude (approx. 1 hour).

meals: B,L,D

DAY 3 Ascend Mt Kenya to Lake Ellis (3500m)

The flora and fauna surrounding the Bandas is prolific, with the possibility of seeing game in the surrounding forest (Elephant, Buffalo, Antelope, Colobus Monkey, Augur Buzzard & Verreaux's Eagle). As we walk, the forest gradually drops away and we enter a high moorland zone. En route we ascend nearby Mugi Hill (3600m) to help with acclimatisation before arriving to camp. Lake Ellis (3500m), where we camp tonight, is a peaceful spot with good views of the main peaks and we arrive in time for lunch. (approx. 6 hrs)

meals: B,L,D

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fast facts

Countries Visited:

Kenya, Tanzania

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader in each country

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

DAY 4 Trek to Lake Michaelson (4000m)

The initial trek away from the lake ascends gentle moorland to attain a ridge that eventually joins the main Chogoria route at its best viewpoint. After enjoying views of Vivienne Falls and the Gorges Valley we descend to the little visited Lake Michaelson (3,830m) and possibly the most beautiful campsite on the walk. Overhead tower the cliffs of the Temple while Tacazze Sunbirds flit amongst the giant Groundsel and Lobelia and Hyraxes hop around in the rocks.

(approx. 6 - 8 hrs)

meals: B,L,D

DAY 5 Trek to Simba Tarn (4560m)

The trek now enters the Alpine Zone - after quite a boggy start to the walk the walking surface soon becomes scree. You will soon reach Simba Tarn at 4560m, in time for a late lunch. An afternoon walk will assist with acclimatisation.

(approx. 4-6 hrs)

meals: B,L,D

DAY 6 Ascend Point Lenana (4985m), descend via Mackinders Valley to Old Moses Camp (3400m)

After a hot drink you will leave at 3:30 am for the steep ascent (2 - 2.5 hrs) of Point Lenana (4,985m) in time for sunrise. Although the climb is straightforward, the final section is hard work at this altitude. From the summit it is often possible to see Mt Kilimanjaro 320km away as well as the nearby climbing peaks of Mt Kenya; Nelion and Batian which should be bathed in golden sunlight at this time of the morning. We descend back to Simba Tarn for a well-earned cooked breakfast, and continue our descent via the Mackinder Valley to Shipton's Camp before joining the Sirimon Route to Old Moses Camp. The walk today is long and exhausting and will challenge even the fittest of walkers. However the thrill of standing on the roof of Kenya, will be sure to make the effort worthwhile. (approx 11-12 hours walking)

meals: B,L,D

DAY 7 Descend Sirimon Valley to base and transfer to Nairobi

After breakfast we head through the Sirimon Valley and down through the lush forest belt to the Park Gate where our transport will be waiting to take us back to Nairobi at around 10:00am (approx. 2 hours walking). We drive on to Nairobi where we farewell our Kenyan crew. Arrival at the hotel in Nairobi is around 16:00hrs. The remainder of the day is at leisure for showers, laundry and relaxing.

Overnight: Best Western Nairobi Upper Hill Hotel

meals: B,L

DAY 8 Fly to Kilimanjaro Airport Tanzania (JRO)

This morning we are transferred to Jomo Kenyatta International Airport (NBO) for your flight to Kilimanjaro Airport Tanzania (JRO). You will be collected upon arrival and transferred to our Lodge in Arusha. We stay at the Moivaro Coffee Plantation which has spacious rooms, a pool, and restaurant. This afternoon at 16:30 you will meet the rest of the group and your guide for a trip briefing.

NOTE- the flight from Nairobi (NBO) to Arusha (JRO) is NOT included in the tour price.

meals: B,D

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thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

trip grading Challenging

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the walking terrain, the altitude, and the length of the trek. Twin Peaks is graded challenging and is considered to be one of the most difficult treks in Africa, suitable for experienced walkers only. Undoubtedly the altitude is the main factor in determining the challenging grade of the trip, however, the terrain you will be required to ascend and descend through is difficult to negotiate at times, with some rock scrambling and long ascents. This trip has been designed to achieve the best possible acclimatisation in the time frame.

As with all our Challenging programs, we expect people to be regular outdoors people, enjoying aerobic sport around four or five times a week over some period of time. Preferably this has been a long term interest but if not, you have set a program of fitness preparation with at least three months lead in time to your trip. The fitter you are for your trip, the more of a holiday it will be. Activities

DAY 9 Drive to Lemosho Gate, commence climb to Lemosho Big Tree Camp (2650m)

After completing the necessary registration formalities, we drive through varied farmland with open views over the plains to reach the Lemosho Gate roadhead. The last section of the road is of poor quality and difficult to drive after rain, and the drive there should be considered as part of the adventure, sometimes we start walking a kilometre or two below the roadhead. We often have our lunch at the roadhead before starting to walk. It is an easy day of walking up a small path through beautiful and lush forest. We camp at Lemosho Big Tree Camp (2650m); [2-3 hours walking]

meals: B,L,D

DAY 10 To Shira One camp (3550m)

We soon leave the forest behind and enter the moorland zone of giant heather. The trail climbs steadily with wide views to reach the rim of the Shira Plateau. There is a tangible sense of wilderness, especially if afternoon mists come in! We camp in the centre of the plateau at "Shira One" (3550m). [6-7 hours walking]

meals: B,L,D

DAY 11 To Shira Hut camp (3840m)

An easy day to help acclimatisation, and to explore the volcanic rock formations of Shira Plateau. We walk to the summit of Shira Cathedral before reaching the next camp at Shira Hut (3840m). This campsite has stunning views, close to the glaciated dome of Kibo and the jagged rim of Shira Plateau. The views from here of Mt. Meru floating on the clouds are simply unforgettable. [4-5 hours walking]

meals: B,L,D

DAY 12 Trek near Lava Tower junction (4550m)

A morning of gentle ascent and panoramic views, leaving the moorland plateau behind to walk on lava ridges beneath the glaciers of the Western Breach. After lunch near the Lava Tower junction (4550m) we descend to the bottom of the Great Barranco valley (3900 m), sheltered by towering cliffs and with extensive views of the plains far below. [5-7 hours walking]

meals: B,L,D

DAY 13 To Karanga (4000m)

A steep climb up the Barranco Wall leads us to an undulating trail on the southeastern flank of Kibo, with superb vistas of the Southern Icefields. The terrain changes to scree, with pockets of lush vegetation in sheltered hollows, and there is only a short distance to our camp at Karanga (4000m), the last water point on the way to the summit. [4-5 hours walking]

meals: B,L,D

DAY 14 To Barafu campsite (4600m)

We follow an easy path on compacted scree with wide views that gains altitude unrelentingly to reach the Barafu campsite (4600m) for lunch. There is a short acclimatisation walk to the plateau at the bottom of the South-East valley (4800m). The remainder of the day is spent resting in preparation for the final ascent before a very early night. [3-5 hours walking]

meals: B,L,D

DAY 15 Summit Uhuru Peak (5895m), then descend to Millenium Camp (3800m)

We will start our ascent by torchlight at about 1 a.m. so that we can be up on the Crater rim by sunrise. The steep climb over loose volcanic scree has some wellgraded

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as close to the actual activity on your trip are the best training; in this instance walking and climbing, with and without a pack. This builds leg strength, aerobic capacity and confidence in your ability to travel comfortably with a pack for extended periods.

Whilst the ascents of both Mt Kenya & Mt Kilimanjaro are not a technical climb, it is nevertheless a short and steep trek at altitude in possibly adverse weather conditions, and for many people it will be the hardest physical trek of their life. In order to get the most out of the trip, people should join in Nairobi with a maximum state of fitness. There is not time to 'get fit on the trek' as with some of our other longer trekker programs elsewhere.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

zig-zags and a slow but steady pace will take us to Stella Point (5735m), in about five or six hours. We will rest there for a short time to enjoy the sunrise over Mawenzi. Those who are still feeling strong can make the two hour round trip from here along the crater rim to Uhuru Peak (5895m), passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. The descent to Barafu is surprisingly fast, and after some refreshment, we continue to descend to reach our final campsite Millenium (3800m). [11-15 hours walking]

meals: B,L,D

DAY 16 Descend to Mweka, transfer to Arusha

A sustained descent on a well constructed path through lovely tropical forest alive with birdsong and boasting lush undergrowth with considerable botanical interest. Our route winds down to the National Park gate at Mweka (1650m). Here we sign out from the National Park before walking on for a further 15 minutes through coffee and banana farms to Mweka village where our vehicle awaits. The shower, the beer, and the swimming pool are tantalisingly close! Overnight at Moivaro Coffee Plantation. [4-6 hours walking]

meals: B,L,D

DAY 17 In Arusha, trip concludes

After breakfast at your hotel, you will be transferred to Kilimanjaro Airport Tanzania (JRO) where the trip arrangements end.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

itinerary at a glance – July 18 Day Departure Itinerary (2)

DAY 1	JOIN NAIROBI
DAY 2	DRIVE TO MT KENYA NATIONAL PARK
DAY 3	ASCEND MT KENYA TO LAKE ELLIS (3500M)
DAY 4	TREK TO LAKE MICHAELSON (4000M)
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DAY 6	ASCEND POINT LENANA (4985M), DESCEND VIA MACKINDERS VALLEY TO OLD MOSES CAMP (3400M)
DAY 7	DESCEND SIRIMON VALLEY TO BASE AND TRANSFER TO NAIROBI
DAY 8	FLY TO KILIMANJARO AIRPORT TANZANIA (JRO)
DAY 9	FREE DAY AT LODGE IN ARUSHA
DAY 10	DRIVE TO LEMOSHO GATE, COMMENCE CLIMB TO LEMOSHO BIG TREE CAMP (2650M)
DAY 11	TO SHIRA ONE CAMP (3550M)
DAY 12	TO SHIRA HUT CAMP (3840M)
DAY 13	TREK NEAR LAVA TOWER JUNCTION (4550M)
DAY 14	TO KARANGA (4000M)
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DAY 18	IN ARUSHA, TRIP CONCLUDES

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Overnight: Best Western Nairobi Upper Hill Hotel

meals: NIL

DAY 2 Drive to Mt Kenya National Park

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meals: B,L,D

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(approx. 6 - 8 hrs)

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(approx. 4-6 hrs)

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After a hot drink you will leave at 3:30 am for the steep ascent (2 - 2.5 hrs) of Point Lenana (4,985m) in time for sunrise. Although the climb is straightforward, the final section is hard work at this altitude. From the summit it is often possible to see Mt Kilimanjaro 320km away as well as the nearby climbing peaks of Mt Kenya; Nelion and Batian which should be bathed in golden sunlight at this time of the morning.

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Overnight: Best Western Nairobi Upper Hill Hotel

meals: B,L

DAY 8 Fly to Kilimanjaro Airport Tanzania (JRO)

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Overnight: Moivaro Coffee Plantation or similar

NOTE- the flight from Nairobi (NBO) to Arusha (JRO) is NOT included in the tour price.

meals: B,D

DAY 9 Free day at lodge in Arusha

Today is an open day for you recharge and rest ahead of Killimanjaro. Enjoy your stay at the Moivaro Coffee Plantation which has spacious rooms, with some relaxing by the pool, and enjoy the nice restaurant.

This afternoon at 16:30 you will meet the rest of the group and your guide for a trip briefing.

Overnight: Moivaro Coffee Plantation or similar

meals: B

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from the National Park before walking on for a further 15 minutes through coffee and banana farms to Mweka village where our vehicle awaits. The shower, the beer, and the swimming pool are tantalisingly close! Overnight at Moivaro Coffee

Plantation. [4-6 hours walking]

meals: B,L,D

DAY 18 In Arusha, trip concludes

After breakfast at your hotel, you will be transferred to Kilimanjaro Airport Tanzania (JRO) where the trip arrangements end.

meals: B

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suggested extensions

- Tanzania Wildlife Safari Extensions - 3 or 4 days
- Zanzibar Retreat - 4 or 5 days

country information

KENYA

Although lying on the Equator, Kenya is blessed with a varied landscape. These range from vast desert in the north, through the forest and snow-capped central regions of Mount Kenya, to the grassy plains and savannah in the south and the humid coastline. Similar to Tanzania, the Great Rift Valley runs the length of the country and is home to an amazing selection of animals. Kenya's economy is largely agricultural and its main exports are tea and coffee, though tourism is a large provider of foreign currency. Kenya's population is over 37 million and is increasing rapidly. Most Kenyan people are from either the Bantu (originating in West Africa) or Nilotic (originating in Nile Valley) language groups, being divided further into about 70 tribal groups. The Kikuyu and Luo are the largest groups. There are also a distinct number of Somalis in the north-east and Swahili people on the coast along with Indians, British and Europeans found in the cities.

TANZANIA

Tanzania is the largest country of East Africa, being almost 950,000 sq. kms and made up mainly of a dry highland plateau, with a narrow strip of low-lying coast and the off-shore islands of Zanzibar, Pemba and Mafia. The Rift Valley, containing some of the world's most magnificent and famous game reserves, sweeps down into Tanzania from Kenya and is covered by many inland lakes; Tanzania's highest mountains - Meru and, Africa's highest, Mt Kilimanjaro - lie on or close to the Kenyan border in the north of the country. With a heritage of British and German colonialism - and the strong influence of the Portuguese and Arab traders felt along the coast - Tanganyika gained its independence in 1961 and merged with the islands of Zanzibar and Pemba to become Tanzania. Being guided very much by its president for 20 years, Nyerere, it launched into a radical socialist experiment in self-reliance but with little western aid and as one of the world's poorest countries, its experiment had little chance of success. Today Tanzania is still largely agricultural and depends very much on its tourism for economic survival.

With a population of more than 34 million, including over 100 different tribal groups, the majority of people are Bantu, while Arabic features and cultural traits show up throughout the coastal and island communities. The Masai are in evidence in the north of the country, although they no longer hold the large areas they once did, and are found across the larger national parks and games reserves.

climate

Kenya

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The wet seasons in Kenya are generally March to May (long rains) and October to November (short rains). Downpours occur mostly in the late afternoons, the earlier part of the day being warm and sunny. Temperatures in Nairobi range from 11DegreesC to 23DegreesC in July and 13DegreesC to 28DegreesC in February. Nairobi and the highlands can get cold, especially in the evenings during July and August.

Tanzania

Generally April and May are the months of the long rains. November brings the short rains but it seldom rains all day. As a general rule, Tanzania is usually warm by day and cool by night. Temperatures rarely rise above 27C during the day or fall below 10C at night. These conditions are guidelines only and obviously vary with altitude and topography. On the coast, for example, the temperature can rise to around 30C during the day and fall to about 20C at night.

Kilimanjaro & Mt Kenya

Climbing these peaks takes us to high altitudes, and although close to the equator, temperatures can plummet near the summit. It is possible you will experience temperatures between -10°C /14°F and -20°C /-4°F on the higher slopes. Snow is possible on the upper slopes at any time and climbers need to be fully prepared for the conditions of high altitude. Rain is common on the middle slopes and it can be quite cool. When preparing for your climb, remember there is nothing tropical about climbing above 3000m. Above 5000m conditions can be more like polar!!

Note: you will need a waterproof jacket with hood for all departures.

a typical day

A bowl of washing water and a hot drink will be available after your wake up call. You will pack your things then after a wholesome breakfast we are usually on the trail before 8:00am. We walk for around 3-4 hours then stop for lunch which is usually a 45 minute break. The afternoon walk is generally a little shorter and camp is usually reached by late afternoon. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared (tea, coffee, hot chocolate and biscuits) and from then until dinner there is time to rest, explore the surrounding area or sit and chat with staff and fellow group members. This period of your trekking day is a nice time to relax and enjoy your surroundings, the wilderness, mountains, group members, crew and people you have met along the way. Much of the enjoyment of an expedition is in the journey itself. On summit days a different schedule is followed and you should refer to the day to day itinerary for further details.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

accommodation on the trip

We generally use various hotels of a good standard (3 star approx). All accommodation is on a twin share basis, unless single rooms are requested and paid for in advance.

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what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rain jacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip balm etc. Porters carry all group gear and your main luggage in your own trek pack/ duffle bag.

equipment required

Specialist gear required include walking boots and day pack. You will also need a hiking pack or soft duffle bag for your main luggage (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

porter initiatives

Porter Welfare in Tanzania and Kenya: Kilimanjaro, Mount Meru and Mount Kenya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Tanzanian and Kenyan porters receive the following:

*Since 2012 World Expeditions has sponsored a guide every year to complete a scholarship course through the Kilimanjaro Guide Scholarship Foundation, which will train them in Tour Operations, Tourism Geography, Wildlife Knowledge and Basic Computer Application.

*Porters are paid a rate in excess of the Kilimanjaro Porter Assistant Project (KPAP) recommended minimum wage for porters.

*Porters receive at least two meals a day; the third meal is sometimes a snack/tea as this can work best with the itinerary and water supplies etc. We make sure there are more than adequate amounts of food and have a system to check on the mountain that all porters get well fed.

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*Porters are not to carry more than 20kgs.

*The minimum age for a Porter is 18 and there is no maximum age, we assess based on health and willingness to work.

*Porters access the same medical kit and evacuation processes as the travellers. Off Mount Kilimanjaro any costs for treatment to injuries that are sustained during work are also covered.

*Porters are expected to come to a climb with the correct personal equipment. We regularly provide them with equipment such as sleeping bags and mats, waterproof jackets, gloves, warm hats and walking boots.

*We are at the forefront of the process of changing local perceptions of sexual inequality by employing female crew on Mount Kilimanjaro. We have 2 highly successful female guides, a female cook and around 30 female porters.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

non exclusive trips

Please note that the Mt Kilimanjaro portion of this trip is not exclusive to World Expeditions clients and is operated by our partners in East Africa. You will be joining a group of 2– 15 adventurers from around the world.

wildlife

The wilderness areas of Africa are populated by large numbers of wild and potentially dangerous animals. The trip aims to view these animals in their natural habitat, uncontrolled by fences. Your experienced guides will make every effort to ensure the safety of the group at all times. Please be aware that all safari travel, including vehicle safaris in the proximity of wild animals is never entirely without risk. By travelling into wild areas in search of wild animals, all participants accept that they are choosing an adventure that includes an element of risk and this is an inherent aspect of the enjoyment of this style of travel.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

Kenya

Kenya became a visa-free country in January 2024. However, all visitors to Kenya will need to apply online and pay for an Electronic Travel Authorisation (eTA) (Kenya Electronic System for Travel Authorisation (eTA) (etakenya.go.ke) at least 2 weeks before the start of their journey.

The following documents are required for your eTA application:-

Valid passport for at least six (6) months after your planned date of arrival into Kenya, with at least one blank page.

Upload a photograph or passport-type photo of yourself.

Contact information, email address and phone number.

Details of your arrival and departure itinerary.

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Copy of your itinerary or accommodation booking confirmation(s).

Credit card, debit card or other means of payment.

Processing time is minimum (3) working days, however it is recommended applications be submitted at least 2 weeks prior to travel to ensure adequate time for processing. Travellers can submit their applications up to 3 months prior to travel. It is highly recommended that travellers apply as soon as they have booked their accommodations and transport tickets.

You will need to print out the eTA approval and present it to an Immigration Official upon arrival in Kenya.

Tanzania

Visas are required for passport holders from the following countries:-

Australia

New Zealand

Canada

United States

United Kingdom

Travellers can now apply online for the Tanzania visa <https://visa.immigration.go.tz/>

A single entry visa costs USD\$50 and is valid for a stay of up to 90 days.

A multiple entry visa costs USD\$100 and is valid for 12 months. No one stay can be longer than 3 months in duration.

NB: American nationals who wish to visit Tanzania for tourism or holiday purposes MUST select a MULTIPLE entry visa while applying online. American nationals are not entitled to a single entry visa.

All other nationalities should check with your nearest embassy or consulate.

Multiple entry visas are not issued, however, those who travel between Tanzania and Kenya, Uganda, Rwanda and Burundi will not need a new visa to re-enter Tanzania provided they re-enter Tanzania while the visa is still valid. Those who go from Tanzania to countries other than Kenya, Uganda, Rwanda and Burundi, will need to obtain a new visa at the entry point to Tanzania.

TRAVEL VIA KENYA

Kenya became a visa-free country in January 2024. However, all visitors to Kenya will need to apply online and pay for an Electronic Travel Authorisation (eTA) (Kenya Electronic System for Travel Authorisation (eTA) (etakenya.go.ke) at least 2 weeks before the start of their journey.

The following documents are required for your eTA application:-

Valid passport for at least six (6) months after your planned date of arrival into Kenya, with at least one blank page.

Upload a photograph or passport-type photo of yourself.

Contact information, email address and phone number.

Details of your arrival and departure itinerary.

Copy of your itinerary or accommodation booking confirmation(s).

Credit card, debit card or other means of payment.

Processing time is minimum (3) working days, however it is recommended applications be submitted at least 2 weeks prior to travel to ensure adequate time for processing. Travellers can submit their applications up to 3 months prior to travel. It is highly recommended that travellers apply as soon as they have booked their accommodations and transport tickets.

You will need to print out the eTA approval and present it to an Immigration Official upon arrival in Kenya.

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Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.

private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

subscribe to our e-newsletter

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social networking

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Follow us at instagram.com/worldexpeditions

YOUTUBE: World Expeditions

Subscribe to our channel at youtube.com/worldexpeditions

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.

Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.

how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.