

CLIMB THE HIGHEST MOUNTAIN IN AFRICA! MT. KILIMANJARO 19,340 ft.



Join us for an unforgettable adventure to Tanzania for a climb of Mt Kilimanjaro, the “roof of Africa”, and one of the “seven summits!” We climb the mountain via the Machame, Lemosho or Rongai Routes. These are fantastic routes with incredible scenery. They are non-technical and give climbers a chance to climb at altitude amidst an amazing backdrop. We combine ascents of these routes with a descent of the normal route to complete a loop of the mountain. This is an amazing

way to see all that Kilimanjaro has to offer, and to miss the crowds.

Our itineraries are designed to give participants a positive high altitude experience, and all trips include an extra day for rest and acclimatization. We have found that this makes a big difference in being well acclimatized and feeling strong for summit day!

**We hope you can
join us in Africa!**



Climbing, trekking and skiing in the world's great ranges!

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KILIMANJARO INFORMATION

MOSHI: This is where our trip begins and ends. Moshi has plenty of great souvenirs for family and friends and is a great spot to relax before and after the trip.

AIRPORT: Most guests fly into Kilimanjaro International Airport. British Airways and KLM have direct flights from London via Nairobi. We will meet your flight and handle all the details from there.



TICKETS: Diane or Barb at Bay Travel can assist with airfare. We have used them for years and they always find the best routes at the best prices. Call them toll free at 800-964-6164 or email baytravel1@sbcglobal.net

MACHAME, RONGAI OR LEMOSHO ROUTES: All of these routes are non-technical, and much less traveled than the normal Marangu route. **The Machame** route is the most popular of the three. **The Rongai** is the least traveled while **the Lemosho** is

generally considered the easiest route. It adds an extra day for acclimatization and is the most gradual of all routes. All routes offer ideally spaced campsites, which helps everyone to acclimatize better. On all of these routes we schedule one extra day for rest and acclimatization.



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LOOP ROUTE: All our approach routes descend the Mweka Trail after the summit. This traverse allows us to see the whole mountain on one trip. It is not any longer, but saves us from repeating the route we just climbed.

PORTERS: Local Tanzanian porters carry all of the gear; we only carry a daypack with supplies such as water, camera and extra clothing for the day.



The tents are set up and hot tea and snacks are waiting for us at the end of each day!

SAFARI OPTIONS: Climbing on Kilimanjaro can easily be combined with safaris in several of Africa's finest wildlife viewing areas including: Tarangire, Lake Manyara, Ngorongoro Crater, and the Serengeti. The safari offers a nice bit of luxury after the climb. We stay in first class wilderness lodges and have private jeeps and drivers at our disposal. Our most popular safari is 5 days and spends time in all the major parks.



INCLUDED: Transfers, hotels in Moshi, local guides/porters, climbing and trekking permits, transportation, park fees, hut fees, camping fees, all food while climbing, all group climbing and camping equipment and U.S. guide.

NOT INCLUDED: Airfare to/from Africa, restaurant food in Moshi, bottled water, alcohol, gifts, tips, visas, and departure taxes.

ITINERARIES & ALTITUDE: Our itineraries include ample time for rest and acclimatization days. They are designed to provide participants with a positive high altitude experience!

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GUIDES: Our guides are professionals from the U.S. Their skill and experience help our guests to enjoy a good experience during their trip. They are also professional climbing instructors who genuinely enjoy sharing their knowledge. We also have an excellent team of local Tanzanian Guides. Abdi and Freddy have worked with us for 4 years and do a tremendous job of getting our guests to the top safely. Both are medically trained and certified by the Tanzanian Park Service. They have both summited over 200 times.

DIFFICULTY: Moderate to difficult trekking at altitude.

PULSE OXIMETERS: Pulse oximeters are small, precise, medical instruments that essentially give a digital readout of how you are acclimatizing. With this information we can make more informed decisions as to how we can best tailor the trip to meet your individual needs. We use them beginning to end, on every trip to altitude. In our opinion all high altitude guides should have one to further help assure your safety!



LENGTH: Machame and Rongai Routes:

10 days Kilimanjaro climb which includes 7 days on the mountain.

LENGTH: Lemosho Route: 11 days with 8 days on the mountain.

Detailed Trip Itineraries and Frequently Asked Questions sheets are also available.



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Members of the Quebec Heart and Stroke Foundation on top

In 2005 AMGI was chosen by the Canadian Heart Association to lead a fund raising trip for them. We got 21 people to the top and raised \$50K for charity!

Please contact us with any questions.

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