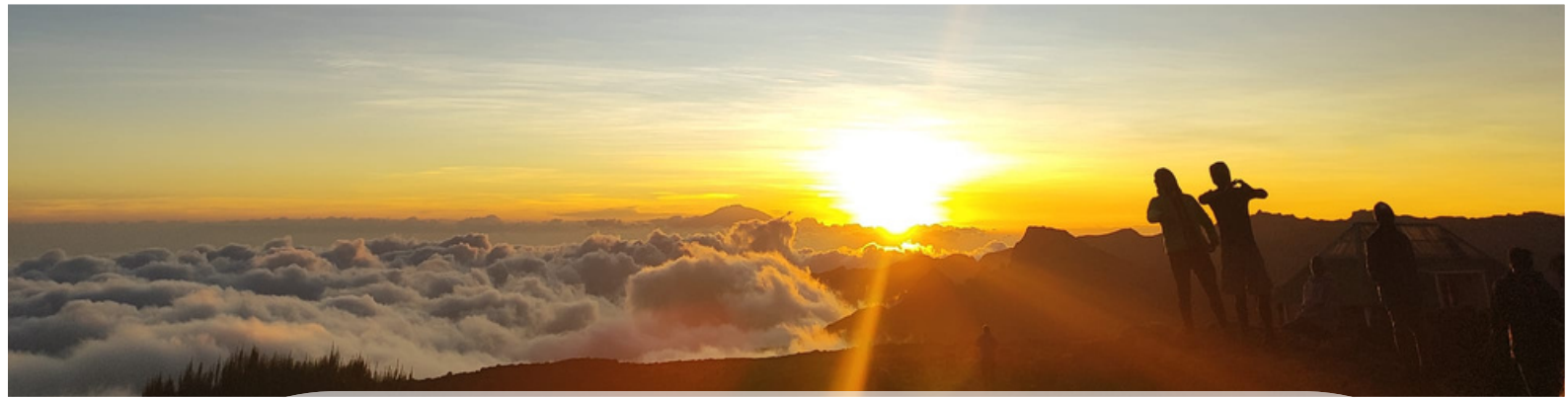




SOUL SEARCH EXPERIENCES



HIKE MOUNT KILIMANJARO

Machame Route

ARE YOU READY FOR IT?
SOUL SEARCH EXPERIENCES AND MACHOHURU TOURS & SAFARI
JOIN FORCES FOR A LIFETIME EXPERIENCE

June 26th - July 3rd 2024



Machohuru Tours
and Safari's

Embark on the Journey of a Lifetime

Climb Mount Kilimanjaro with Soul Search Experiences and Machohuru Tours & Safaris

Join us from June 26th to July 3rd, 2024, for an unparalleled adventure that goes beyond the physical ascent.

Soul Search Experiences, in partnership with Machohuru Tours & Safaris, invites you to climb Mount Kilimanjaro, Africa's highest peak, and highest-free standing mountain in the world through the scenic Machame Route.



The Machame route is one of the most scenic and recommended routes to climb mount Kilimanjaro. While hiking this route, we will pass through magnificent forests to gain a ridge leading through the moorland zones to the Shira Plateau. It then traverses beneath the glaciated precipices of the Southern Ice fields, to join the Barafu Route to the summit. The hike is spread over a long period and with a manageable incline, therefore the success rate to reach the summit is quite high.

- Duration: 7 days
- Difficulty: Medium
- Traffic: High
- Scenery: Excellent
- Elevation: 5895m above sea level
- Accommodation camping

Dive Into Your Unparalleled Expedition

What is included in your package

- Soul Search Experience Workshops
- Meals and Fruits (cooked with love by our chefs)
- Beverages
- Transport (pick up and drop off)
- Guides, porters and crew allowance
- 1 hotel night in Kilimanjaro
- Camping gear (Tents, Mattress, Sleeping Bag)
- Bed (additional extra fee of 100\$)
- Portable Toilets
- Rescue fees
- All park fees
- Photography & Videography content
- All government tax (VAT)

What is not included:

- Flights
- Insurance
- Hiking gear
- Snacks
- Oxygen Tank



Elevate your mind, body and soul wellness

Our unique experience

This unique collaboration between Soul Search Experiences and Machohuru Tours & Safaris offers more than a climb; it's an opportunity to embark on a personal journey of discovery, surrounded by the breathtaking beauty of Mount Kilimanjaro.



Soul Search Touch

Your adventure will be complemented and enriched with the Soul Search Signature Routines that will be incorporated throughout the entire journey, as well as to be taken home for daily implementation.

- Morning and evening routines including goal setting and reflection
- Guided meditation
- Breath-work
- Stretching
- Basics on health, wellness and nutrition

Commence your unforgettable quest

Our day by day - Chapter 1

Journey Plans

D0: ARRIVAL -- 26th June

- Arrive at least one day before the Kilimanjaro ascent begins to ensure a restful night's sleep, recovery from any potential jet lag, and start acclimatizing to the altitude difference.

D1: MACHAME GATE – MACHAME CAMP: 10.75KM/7MI | 5-6 HRS | Rainforest

Elevation: 1811 m à 3021 m (5942 ft à 9911 ft)

Altitude gained: 1210m

- Depart from Moshi for a 45-minute drive through the Village of Machame to the Kilimanjaro National Park Gate.
- Issue the permits for the journey.
- Enjoy the beautiful rainforest scenery and windy trails while the guide tells you about the local flora and fauna and natural wildlife.
- At these lower elevations, the trail can be muddy and quite slippery, so we highly recommend gaiters and trekking poles.

D2: MACHAME CAMP – SHIRA CAMP: 5.3KM/3MI | 4-5HRS | MOORLAND

Elevation: 3021 m à 3839 m (9911 ft à 12 595 ft)

Altitude gained: 818 m

- Emerge from the rain forest and continue on an ascending path, crossing the valley along a steep rocky ridge.
- The route turns west onto a river gorge until we arrive at the Shira campsite.
- Temperatures begin to drop.

D3: SHIRA CAMP – LAVA TOWER – BARRANCO CAMP: 10.75KM/6MI | 5-6HRS | SEMI-DESERT

Elevation: 3839 m à 3986 m (12 595 ft à 13 077 ft)

Altitude gained: 147 m

- Important day for acclimatisation (notice that although you end the day around the same elevation as when you began)
- Continue east from Shira Plateau up a ridge, passing the junction towards the Kibo peak before we then continue, South East towards the Lava Tower, called the “Shark’s Tooth” (elev. 4650m/15,250ft).
- Arrive at a second junction shortly after the tower, which leads to the Arrow Glacier, where we then continue to descend to overnight at Barranco Camp.

Commence your unforgettable quest

Our day by day - Chapter 2

Journey Plans

D4: BARRANCO CAMP – KARANGA CAMP: 5.2KM/3MI | 3-4HRS | ALPINE DESERT

Elevation: 3986 m à 4034m (13 077 ft à 13 235)

Altitude gained: 48 m

- Continue on a steep ridge up to the adventurous Barranco Wall to the Karanga Valley and the junction, which connects, with the Mweka Trail.
- This is one of the most impressive days, as you will get to see the power, agility, and the strength of your crew as they zip over this wall, which appears to be easy.
- Follow the route to enjoy our overnight camping at Karanga Camp.

D5: HIKE KARANGA CAMP – BARAFU CAMP: 3.3KM /2 MI | 3-4HRS | ALPINE DESERT

Elevation: 4034 m à 4662 m (13 235 ft à 15 295 ft)

Altitude gained: 628 m

- Continue up towards Barafu Camp.
- Once reached the camp, the Southern Circuit is complete!
- This location offers a variety of breath-taking views of the summit from many different angles.
- Stay overnight at Barafu Camp and prepare for the summit.

D6: BARAFU CAMP – SUMMIT: 4.86KM /3MI UP | 5-7HRS | – MWEKA CAMP: 11.5KM /7.2MI DOWN | 5-6HRS | GLACIERS, SNOW CAPPED SUMMIT

Elevation: 4662 m à 5895 m (15 295 ft à 19,341 ft)

Altitude gained: 1233 m

Descent to 3106 m / 10,190 ft

Altitude lost: 2789 m

- Early start between midnight and 2a.m.
- This is the most mentally and physically challenging portion of the trek.
- Continue our way to the summit between the Rebmann and Ratzel glaciers, trying to stay warm and focusing on the amazing sense of accomplishment that lies ahead.
- With a switchback motion in a north-westerly direction and ascend through heavy scree towards Stella Point on the crater rim.

continue on next pg

Commence your unforgettable quest

Our day by day - Chapter 3

Journey Plans

***continue* D6: BARAFU CAMP – SUMMIT: 4.86KM /3MI UP | 5-7HRS | – MWEKA CAMP: 11.5KM /7.2MI DOWN | 5-6HRS | GLACIERS, SNOW CAPPED SUMMIT**

Elevation: 4662 m à 5895 m (15 295 ft à 19,341 ft)

Altitude gained: 1233 m

Descent to 3106 m / 10,190 ft

Altitude lost: 2789 m

- You will be rewarded with the most magnificent sunrise during your short rest here.
- Faster hikers may view the sunrise from the summit.
- From here on your remaining 1 hour ascent to Uhuru Peak, you are likely to encounter snow all the way.
- Congratulations, one step at a time you have now reached Uhuru Peak the highest point on Mount Kilimanjaro and the entire continent of Africa!
- After photos, celebrations and maybe a few tears of joy we take a few moments to enjoy this incredible accomplishment.
- We begin our steep descent down to Mweka Camp, stopping at Barafu for lunch and a very brief rest.
- We strongly recommend gaiters and trekking poles for uncooperative loose gravel and volcano ash terrain.
- Well-deserved rest awaits you to enjoy your last evening overnight on the mountain in Mweka Camp.

D7: MWEKA CAMP – MWEKA GATE – MOSHI: 9.1KM/6MI |3-4HRS | RAINFOREST

Elevation: 3106m/10,190ft to 1633m/5358ft

Altitude lost: 1473m

- Continue the descent down to the Mweka Park Gate to receive summit certificates.
- As the weather is drastically warmer, the terrain is wet, muddy and steep, we highly recommend Gaiters and trekking poles.
- From the gate, a vehicle will pick you up at Mweka village to drive you back to your hotel in Moshi (about 30 minutes).
- Enjoy a long overdue hot shower, dinner and celebrations!!

Give Back

Make a difference with a kind gesture

Volunteer & Donate

As part of our experiences and our responsibility on this planet, we always aim to give back to our fellow community and our world.

On this trip, for those interested, we will be arriving a day earlier in Tanzania to volunteer and donate to THE FREE EYES ORGANISATION.



If you are unable to make and wish to donate, you could also request for us to take care of it on your behalf.

Treat yourself with a few days off

Add to your experience with reset days in Zanzibar

Enjoy, celebrate and reset in magical Zanzibar

We can arrange for you bookings with our partner hotels in the serene island of Zanzibar as per your request (both before and after the trip).

Note: this is not inclusive of your Kilimanjaro Experience package price - it is additional upon request.



Contact us for further details

How to prepare

Ensure to prepare appropriately for the adventure

Preparing for a hike up Mount Kilimanjaro involves physical, mental, and logistical planning to ensure a successful and enjoyable experience. We got your covered with the all key steps and considerations you need to take:

1. Complete the Pre-read

-Read: Read all the documentation shared to ensure complete awareness and knowledge of prerequisite requirements and expectations.

2. Physical Preparation

-Start Training Early: Begin your physical preparation at least 4 months in advance. Include cardiovascular exercises (like running, cycling, or swimming), strength training (focusing on legs, core, and back).

-Acclimatize: If possible, train at high altitudes to acclimate your body. If you can't train at altitude, consider using an altitude training mask or spending some time at high-altitude locations before your trip.

-Simulate Conditions: Engage in long day hikes or multi-day treks in varying weather conditions to test your gear, build endurance, and practice pacing.

-Altitude Experience: If possible, include hikes that reach higher altitudes to help your body adapt to reduced oxygen levels.

3. Nutrition and Hydration

-Nutrition: Focus on a balanced diet leading up to your hike, with an emphasis on carbohydrates, proteins, and healthy fats.

-Hydration: Practice staying hydrated during your training, as maintaining hydration is crucial to avoiding altitude sickness.

4. Health and Vaccinations

-Visit Your Doctor: Get a physical check-up to ensure you're fit for the hike. Discuss high altitude sickness prevention and treatment options.

-Vaccinations and Medications: Make sure your vaccinations are up to date, and consider malaria prophylaxis and other recommended vaccinations for Tanzania. This is a personal responsibility and decision.

How to prepare

Ensure to prepare appropriately for the adventure

5. Emergency Preparedness

-Know the Signs: Educate yourself on the symptoms of altitude sickness and the importance of descending if they occur.

6. Mental Preparation

-Understand the Challenge: Familiarize yourself with the daily hiking routines, altitude effects, and potential challenges you might face.

-Mindset: Prepare mentally for the physical and emotional highs and lows, but don't worry too much about this as we got your back.

7. Gear and Equipment

-Gear: Read our thorough list of required and recommended gear.

-Essential Gear: Invest in high-quality hiking boots, a comfortable and fitted backpack, trekking poles, and appropriate clothing for varying weather conditions (layering is key).

-Rent or Buy: Determine what gear you can prefer to rent in Tanzania and what you wish to bring from home. Essential personal items like boots should be bought and broken in well before the hike.

8. Logistical Planning

-Visa and Documents: Ensure your passport is valid for at least 6 months after your trip, and check visa requirements for your nationality.

-Insurance: Obtain travel insurance that covers high-altitude trekking and potential evacuation.

-Pack Wisely: Pack light but ensure you have all essentials, including medications, sun protection, snacks, and hydration solutions.

By thoroughly preparing in these areas, you'll increase your chances of a successful and memorable climb of Mount Kilimanjaro.

Invest on yourself first

Experience Price

Secure your spot on this life-changing adventure and reach new heights, both physically and spiritually.

Package Price

\$3555

Additional (optional)

100\$ bed

Safety and Rescue

Your health and safety are paramount.

We conduct daily health checks in the morning before commencing the hike and provide oxygen and rescue services as needed.

Helicopter rescue is available upon request as well.