

KILIMANJARO | RONGAI | MBAHE VILLAGE



Kilimanjaro Marathon plus Kilimanjaro Climb

February 25 – March 8, 2011

Run in the Shadow of 19,340' Mount Kilimanjaro for an UNFORGETTABLE MARATHON EXPERIENCE!

Join world class East African runners and others from around the globe in this 9th annual road race held at the foot of majestic Mount Kilimanjaro. Enter the full marathon, half marathon, or 5K fun run for the race of a lifetime. Course is on paved roads past rural villages, through bucolic Moshi town and market, and up into a mountainside coffee plantation, all with inspiring views of Kilimanjaro. Along the route are boisterous crowds providing enthusiastic support.



Followed by a 7 Day Climb to the ROOF OF AFRICA

After running the foothills, hike to the summit of Kilimanjaro, the tallest free-standing mountain in the world. Our first class trekking team will guide you on a 7-day non-technical climb using the less-traveled Rongai Route starting from the drier north side of Kilimanjaro near the Kenyan border. This fully-supported climb allows you to more completely enjoy the beauty of the mountain and the climb experience as you carry only a small day pack.

Exclusive Package by SUMMIT EXPEDITIONS & NOMADIC EXPERIENCE

SENE is a high quality, safe, and comfortable Kilimanjaro trekking and wildlife safari company founded and owned by Tanzanian **Simon Mtuy, expert mountain guide and world class ultra-marathoner and double world record holder for the fastest ascent-descent of Mount Kilimanjaro**. Trip includes two days of relaxation and acclimatization prior to the race at 6,000 feet (higher than race elevation) with Simon at SENE's private guest cottages in Mbahe Village in the foothills of Kilimanjaro.



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TOUR PACKAGE HIGHLIGHTS

Race Details:

- Fully sponsored race with prize money 10 deep in the marathon and 5 deep in the half. Proceeds help support community development and education projects in the Kilimanjaro Region.
- Race logistics overseen by the Kilimanjaro Marathon Club, the Tanzania Amateur Athletics Association (TAAA), and the Kilimanjaro Amateur Athletics Association (KAAA): Traffic and crowd control; Medical assistance; Communications; Official timekeeping; Prizes: and Awards ceremony.
- Start and finish at 3,000 feet at the Moshi Cooperative College sports stadium; course elevation change of 1,500 feet and a fast downhill finish for the last 6 miles. Runner support includes twelve fluid stations with bottled water and multiple sponge stations, all manned by local organizations.
- Ideal race conditions in late February with cool mornings and daytime highs in the 70s.

Marathon Portion:

- Two days prior to the race in the foothills of Kilimanjaro at SENE's private guest cottages on the Mtuy family farm in Mbahe Village, offering an extraordinary cultural experience with village hikes, swimming below the Moonjo River waterfall, and home-cooked meals prepared with produce fresh from the farm's organic garden.
- Training, stretching, and race preparation led by SENE owner and senior guide Simon Mtuy, Tanzanian world class ultra-marathoner and holder of the fastest ascent-descent to the summit of Mount Kilimanjaro.
- Race registration and full use of SENE hospitality tent and services before and after race; exclusive post-race massage, food and beverages. Driving tour of the marathon route and Moshi Town and market.

Climb Portion:

- The Rongai route climb passes through lush farmland and pine and cypress forests, then into the rainforest and moorland zones with magnificent views of the Kenyan plains below. Final ascent passes the Hans Meyer Cave and reaches the crater rim at Gillman's Point before following the rim path to the summit at Uhuru Peak. Less traveled trail offers great vistas that most climbers never get to see and the possibility of observing wildlife at a safe distance.
- Supported with SENE's professional mountain guides and expert crew, greeting you with singing and dancing each evening at camp. Variety of nutritious and delicious meals and fresh soups prepared by our high altitude chefs; fresh re-supply of perishables; quality Mountain Hardware sleeping tents.
- Monitoring of climbers' health on the mountain by taking vital signs (heart rate, oxygen saturation, and respiration) every morning and evening. All climbs equipped with bottled oxygen and a hyperbaric (Gamow) bag should they be needed.
- SENE is a member of Leave No Trace, the Colorado-based center for outdoor ethics and strictly follows their guidelines on the mountain, including the use of portable toilets with a bio-degradable waste system. As a member of the Partnership for Responsible Travel and Kilimanjaro Porters Assistance Project SENE meets or exceeds all KPAP recommendations for the fair treatment of porters.

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PRICE and INCLUSIONS/EXCLUSIONS
(per person, double occupancy)

2011 Kilimanjaro Marathon and Rongai Climb: U.S.\$3,625

Single Supplement: U.S.\$425

Includes:

- All accommodations and meals.
- All transfers in Tanzania.
- Kilimanjaro Marathon (or Half Marathon or 5K) entry, goodie bag, t-shirt and medal (dependent upon race distance).
- SENE hospitality tent on race day, including fluids, snacks, and post-race massage.
- All activities as indicated.
- On climb, services of trip leader, climbing guides, and mountain crew; Kilimanjaro National Park entrance, camping, and rescue fees; all dining and camping equipment (excluding sleeping bag and pad); Gamow bag (portable hyperbaric chamber) and supplemental oxygen.

Does not include:

Tips and gratuities to leaders, guides, crew, or other staff; additional accommodations and meals made necessary by airline schedule changes, inability to complete the climb, or other factors; pre-trip expenses such as immunizations, travel insurance, passports, and visas; international airfare; airport departure taxes; and any expenses of a personal nature such as souvenirs and laundry.



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DETAILED ITINERARY

12 Day / 11 Night Adventure

MARATHON PORTION			
DATE	LOCATION	ACCOMMODATION	ACTIVITIES
Friday February 25	Arrival Kilimanjaro International Airport	Mbahe Farm House Cottages	On arrival at Kilimanjaro International Airport you will be picked up by a SENE representative and driven to Mbahe Village, nestled on the slopes of Mount Kilimanjaro. Mbahe will be your base for final training and preparations for the marathon.
Saturday February 26	Mbahe Village Moshi Town	Mbahe Farm House Cottages	<u>Morning:</u> Light run, welcome and introduction meeting. <u>Afternoon:</u> Marathon route driving tour; Moshi market and town tour. <u>Evening:</u> Kilimanjaro marathon race strategy, logistics, and inspirational talk.
Sunday February 27	Mbahe Village Moshi Town	Mbahe Farm House Cottages	Race Day! We will rise early and eat a light breakfast before heading to the start of the 2011 Kilimanjaro Marathon at the Moshi Cooperative College Stadium. Rest and prepare yourself mentally at the SENE hospitality tent, where you will have available plenty of pre- and post-race fluids and snacks, and a post-race massage. <u>Evening:</u> Celebration meal and sharing of race experiences.

CLIMB PORTION		
DATE	CLIMB	DESCRIPTION
Monday February 28	Mbahe Farm House Cottages (6,000')	Full day to relax and recover from the race. Enjoy delicious "homebrew" coffee, grown and roasted on the farm, and meals made with fruits and vegetables from the garden. Your climb leader will provide an orientation and equipment check. This is also a day to take a guided tour around Mbahe Village, the Mtuy family farm, and to swim in the river and waterfall running through Simon's land. We all gather together for dinner to discuss final details and anticipate the start of the climb tomorrow.
Tuesday March 1	Loitokitok Gate (6,560') to First Cave Camp (8,700') 3.9 miles	After a hearty breakfast we drive in a counterclockwise direction around the eastern flank of Kilimanjaro through Chagga villages that cling to the mountain slope, up to the border with Kenya before turning in to the Loitokitok Gate. Here you will meet your mountain crew and enter the Kilimanjaro National Park. We begin our climb by walking a few hours through cultivated land and timber farms before entering the cool and verdant montane forest, still teeming with wildlife, before soon reaching the moorland zone, where our first night's camp is located.
Wednesday March 2	First Cave Camp (8,700') to Kikelewa Caves (11,810') 5.5 miles	The 3 hour morning climb today takes us through open moorland to the second cave camp, where we will stop for lunch. On the way, you will have spectacular views of both Kibo and Mawenzi peaks as we hike in a southwesterly direction with a dry riverbed on our left and through lizard country of bare rocks and long grasses. We may see many signs of animal life – their tracks, trails, and droppings. Bird life is also abundant and we should be able to spot the white-necked raven, alpine chat, and streaky seed-eater. After lunch we turn directly toward the jagged peak of Mawenzi and into the Kikelewa Valley to our campsite near a set of small grottoes.
Thursday March 3	Kikelewa Caves (11,810') to Mawenzi Tarn (14,210') 3.7 miles	Today's hike starts gently before rising on a short but steep climb through a forest of senecios and into the highland desert zone. As we ascend we encounter huge boulders and the vegetation noticeably thins as low heathers, groundsel, and the helichrysum flower dominate. We will have the afternoon to explore the spectacular setting of our camp, replete with towers, barrancos (high bluffs), and the tarn (mountain lake) just below Mawenzi, by which our campsite sits.
Friday March 4	Mawenzi Tarn (14,210') to Mawenzi Hut (14,890') 2.5 miles	A switchback climb just above the tarn takes us alongside the North Corrie (glaciated valley) and up to the saddle on this moderate acclimatization hike. Crossing toward the south, we get a magnificent close-up view of the spiky and crag-ridden Mawenzi Peak. Once a popular and extremely technical rock climb, Mawenzi is now closed due to the danger of rock falls. Just beyond the high ridge of the saddle and after a short descent we reach camp at the spectacularly-sited Mawenzi Hut.

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Saturday March 5	Mawenzi Hut (14,890') to Kibo Camp (15,460') 4.9 miles	We have a steady down-and-up hike through an arid and bleak alpine desert across the saddle between Mawenzi and Kibo Peaks, with spectacular views in all directions. As we rise up to the camp at Kibo hut we will first encounter the trekkers using the Marangu route (our descent path). After an early dinner we have a summit briefing and prepare our equipment before resting. At midnight, ideally under the stars and a brightly shining moon, we begin the final ascent to Uhuru Peak.
Sunday March 6	Kibo Camp (15,460') to Uhuru Peak (19,340') to Horombo Camp (12,200') 13.1 miles	The summit ascent that began at midnight is a steep 5 to 6 hour climb to Gillman's Point (18,640 feet) before the route flattens out along the crater rim. We will climb pole pole (meaning "slowly" in Kiswahili) and drink plenty of water and tea, refueling with small snacks, and enjoying this hike. A further 1 to 2 hours takes us to our goal - Uhuru Peak, the summit of Kilimanjaro at 19,340 feet. After a stay of 20 to 30 minutes with tea, snacks, and plenty of photos, we descend to Kibo camp for lunch and rest before continuing on the Marangu route to the camp site at Horombo, more than 7,000 feet below the summit! Eat, share your experiences of the climb, and sleep soundly. Congratulations, you touched the Roof of Africa!
Monday March 7	Horombo Camp (12,200') to Marangu Gate (6,100') to Mbahe Farm House Cottages (6,000') 12.7 miles	Enjoy the descent through the thick montane forest on Kilimanjaro's southern flank as we hike 4 hours and drop more than 6,000 feet to the trailhead at Marangu Gate, encountering legions of climbers beginning their ascent. We will collect our certificates of achievement at the gate and take the final short walk through Chagga farmland back to SENE's Mbahe Village Farm. Enjoy a hot shower and a celebration dinner in the evening with the whole team.
Tuesday March 8	Departure	Today is a rest and relaxation day at the farm. Optional activities include light hiking, swimming, exploring the village and local school, visiting with the neighbors, drumming, tasting homemade banana beer, or shopping in Moshi Town. For those returning home you will be transferred to the Kilimanjaro International Airport to catch your flight. Those heading out on safari or to Zanzibar will prepare for the continuation of your exciting African adventure.



Photo credits: David, Van Grotenhuis, Doug Shaffer, Fran Vavrus.

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