POINTS TO REMEMBER

1. Hikers attempting to reach the summit should be physically fit.
2. If you have a sore throat, cold or breathing problems do not go beyond 3000 metres a.s.l.
3. Children under 10 yrs of age are not allowed above 3000 metres a.s.l.
4. If you have heart or lung problems do not attempt the mountain at all without consulting your doctor.
5. Allow plenty of time for the body to acclimatize by ascending slowly.

Accepted Here

Machame gate parking area

Mt Kilimanjaro
Accepted Here

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4. If you have heart or lung problems do not attempt the mountain at all without consulting your doctor.
5. Allow plenty of time for the body to acclimatise by ascending slowly.
6. Do not push yourself if your body is exhausted or you have extreme sickness.
7. Drink 4-5 litres of water each day, with fruit juices as a supplement.
8. If symptoms of sickness or disease occur, descend immediately. Local treatment may be ineffective. Do not take any medicines or painkillers.

Mt Kilimanjaro
Machame Gate - Machame Hut 4.5 hrs
Machame Hut - Shira Cave 3.5 hrs
Shira Cave - Shira Hut 30 min.
Shira Hut - Lava Tower 3 hrs
Lava Tower - Arrow Glacier 1.5 hrs
Arrow Glacier - Summit 5 hrs
Shira Cave - Barranco 6 hrs
Barranco - Karanga 3 hrs
Karanga - Barafu 3 hrs
Barafu - Summit 6 hrs

Mt Kilimanjaro
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