



Mount Kilimanjaro Trek 2026

Able Child & Child Support Tanzania



Mount Kilimanjaro Trek



Duration: 8 days – October 4th – 11th 2026

Tour: Machame Route

Destinations: Mount Kilimanjaro & Uhuru Peak – Mt Kilimanjaro

Experience the “Roof of Africa” on Mount Kilimanjaro, where each step reveals vast, dramatic landscapes and a growing sense of achievement.

At **19,341 ft**, it is the highest point on the continent, and the demanding climb culminates at Uhuru Peak, where reaching the summit at sunrise above the clouds makes every step worthwhile.



Itinerary:

Day 1: October 4th

Arrive at Kilimanjaro International Airport; transfer Springlands Hotel in Moshi

At the airport you will be met by our representative, and transferred to your hotel, for an overnight stay on a full board basis in preparation for the climb the following day.



Day 2: October 5th

Transfer to Machame Gate and hike to Machame Hut

Your day begins with an early morning briefing, followed by breakfast and a 45 minute drive from Moshi to Machame Village. Here, guides and porters organise and pack supplies and equipment.

Depending on road conditions, you may drive to Machame Gate; otherwise, a 3 km walk (approximately 1 hour) is required. After registration, you begin your ascent through the rainforest.

Moshi (910m) To Machame Camp (3010m)

Distance: 11 km / 7 miles

Hiking Time: 5–7 hours

Habitat: Rainforest

Day 3: October 6th

Machame Camp to Shira Camp

After breakfast, you climb for about an hour to leave the forest zone, then continue for approximately two hours through moorland at a gentler gradient. After lunch, you ascend a rocky ridge onto the Shira Plateau.

From here, you can view the Western Breach and its glaciers to the east. You will reach Shira Camp at 3,840m. Temperatures at this exposed camp can drop well below freezing.

Machame Camp (3000m) To Shira Camp (3840m)

Distance: 5 km / 3 miles

Hiking Time: 4–6 hours

Habitat: Moorland



Day 4: October 7th

Shira Camp to Baranco Camp

Today you traverse a semi desert, rocky landscape toward lava tower, reaching an altitude of 4,630m after about five hours of hiking. After lunch, you ascend to lava tower before descending approximately 680m to Barranco camp.

This is a demanding but important acclimatization day. Some climbers may begin to experience altitude symptoms such as headaches or shortness of breath. The descent offers spectacular views of the western breach and Barranco wall. Camp is set in a valley beneath the great Barranco wall, with beautiful sunset views.



Shira Cave (3840m) To Barranco Camp (3960m)

Distance: 11 km / 7 miles

Hiking Time: 7–8 hours

Habitat: Semi-desert / Alpine



Day 5: October 8th

Barranco/Karanga Valley to Barafu Camp

You begin by climbing the Barranco Wall before continuing to Barafu Camp. The campsite is exposed, situated on a narrow and rocky ridge with strong winds. Take time to familiarise yourself with the terrain before dark.

Prepare your equipment for the summit attempt, including checking your headlamp and spare batteries. Carry water in a thermal flask to prevent freezing. After an early dinner, rest for a few hours before the midnight ascent.

Barranco camp (3960m) to Karanga camp (3963m)

Distance: 9 km / 5.6 miles

Hiking Time: 7–9 hours

Habitat: Alpine desert





Day 6: October 9th

Summit attempt and descent to Mweka Camp

You will wake around 23:30 and begin your summit attempt after a light snack. The ascent follows a steep, rocky path toward Stella Point on the crater rim, taking approximately six hours.

This is the most physically and mentally challenging part of the climb. At Stella Point (5,685m), you will rest briefly and, weather permitting, witness a spectacular sunrise. From here, continue for about two hours to Uhuru Peak (5,895m), the summit.

Karanga Camp (3963) To Barafu Camp (4640m)

Distance: 16 km / 10 miles

Hiking Time: 10–14 hours

Habitat: Arctic → Moorland

Day 7: October 10th

Mweka Camp to Mweka Gate

After breakfast, descend through the rainforest to Mweka Gate. From there, continue to Mweka Village and transfer back to Springlands Hotel in Moshi for a hot shower and lunch.

Tips for guides and porters are appreciated and can be given at the hotel. Successful climbers receive certificates: those who reach Stella Point receive green certificates, while those who reach Uhuru Peak receive gold certificates.

Mweka Camp (4,640m) to Mweka Gate (3,090m)

Distance: 10 km / 6 miles

Hiking Time: 3–5 hours

Habitat: Rainforest



Day 8: October 11th

Depart from Kilimanjaro International Airport to home destination

Transfer from the hotel to the airport.

Included in Your Experience

What's Included

- Park fees and activities outlined in the itinerary
- Medical evacuation cover
- Professional English speaking guide
- Porters and cook
- Group camping equipment
- All meals throughout the trip, including breakfast, lunch, and dinner

What's Excluded

- Entry visas
- Travel insurance
- Tips and gratuities
- Additional sightseeing not listed in the itinerary
- Laundry services
- Optional activities
- Personal expenses
- International flights
- Any items not explicitly mentioned above



How to fund your challenge

Self Funding

Pay a non-refundable registration fee of £200 (\$270) when you book.

Then a balance of £3,000 (\$4,000) (10 weeks before your challenge).

Raise as much as you can for Able Child and Child Support Tanzania.

Minimum Sponsorship

Pay a non-refundable registration fee of £200 (\$270) when you book.

Then raise a minimum of £4,000 (\$5400) for Able Child and Child Support Tanzania.

Thanks to the generosity of supporters like you we are able to continue our work to ensure that children with disabilities in Africa are able to thrive.

We support a network of organisations in Africa to protect, educate and amplify the voices of children and young people with disabilities, so they are able to thrive.

Your fundraising will help to make tangible change in the lives of children with disabilities through various child safeguarding and protection, education and advocacy programmes. It also helps us build the capacity of the Able Child Africa Network, so our work is sustainable into the future.





Mount Kilimanjaro Climbing Checklist

Documents

- Passport
- Yellow fever certificate
- Entrance visa
- Medical insurance

Footwear

- Hiking/trekking boots
- Light shoes/sandals
- Gaiters
- Hiking socks

Food & snacks

- Dried fruit
- Energy bars
- Nuts
- Electrolytes

Photographic

- Camera
- Spare batteries
- Binoculars

Personal items

- Tooth brush & paste
- Soap
- Matches
- Notebook & pens
- Waterproof bags
- Cash (USD, small bills)

Clothing

- Waterproof jacket and pants
- Warm jacket
- Thermal underwear
- T-shirts and shorts
- Jeans
- Gloves and balaclava
- Cap/hat & sunglasses
- Woolen socks & underwear
- Towel

Equipment

- Sleeping bag
- Day pack
- Water bottle
- Torch & batteries
- Pocket knife
- Toilet paper
- Walking sticks

First aid & medical

- Paracetamol & plasters
- Sunscreen & lip balm
- Anti-malaria tablets
- Insect repellent
- Water purification tablets
- Bandages & antiseptic



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