

# THOMSON TREKS

## KILIMANJARO



**MOUNT KILIMANJARO TREKS**

A DIVISION OF WINELAND-THOMSON ADVENTURES, LLC



# OUR STORY

*We fell in love with Tanzania over four decades ago, before travelers really knew about its beautiful plains, incredible wildlife, or the majesty of Kilimanjaro.*

Hailing from the U.S. and New Zealand, our paths crossed in East Africa over forty years ago and the rest is history. Devoted to Tanzania and only Tanzania, we founded Thomson in 1981 to explore the country's wondrous wilderness, from the plains of the Serengeti to the peaks of Mount Kilimanjaro.

As a small, family-founded company, we are dedicated to each and every one of our Kilimanjaro trekkers as if they were members of our own family. We, along with our two daughters, have reached the mountain's peak a number of times – in fact, our daughter Nicole was the youngest person to ever summit Kilimanjaro at the time of her climb! So, you could say that Africa's tallest mountain holds a very special place in our hearts.

With firsthand experience and a deep love for Tanzania guiding the way, Thomson has rigorously tested all mountain routes, with safety always top of mind. Join Thomson to experience what it's really like to be on the "Roof of Africa" – it's a journey you'll never forget. We're with you every step of the way.

Rick Thomson and Judi Wineland  
Co-founders, Thomson Safaris & Thomson Treks



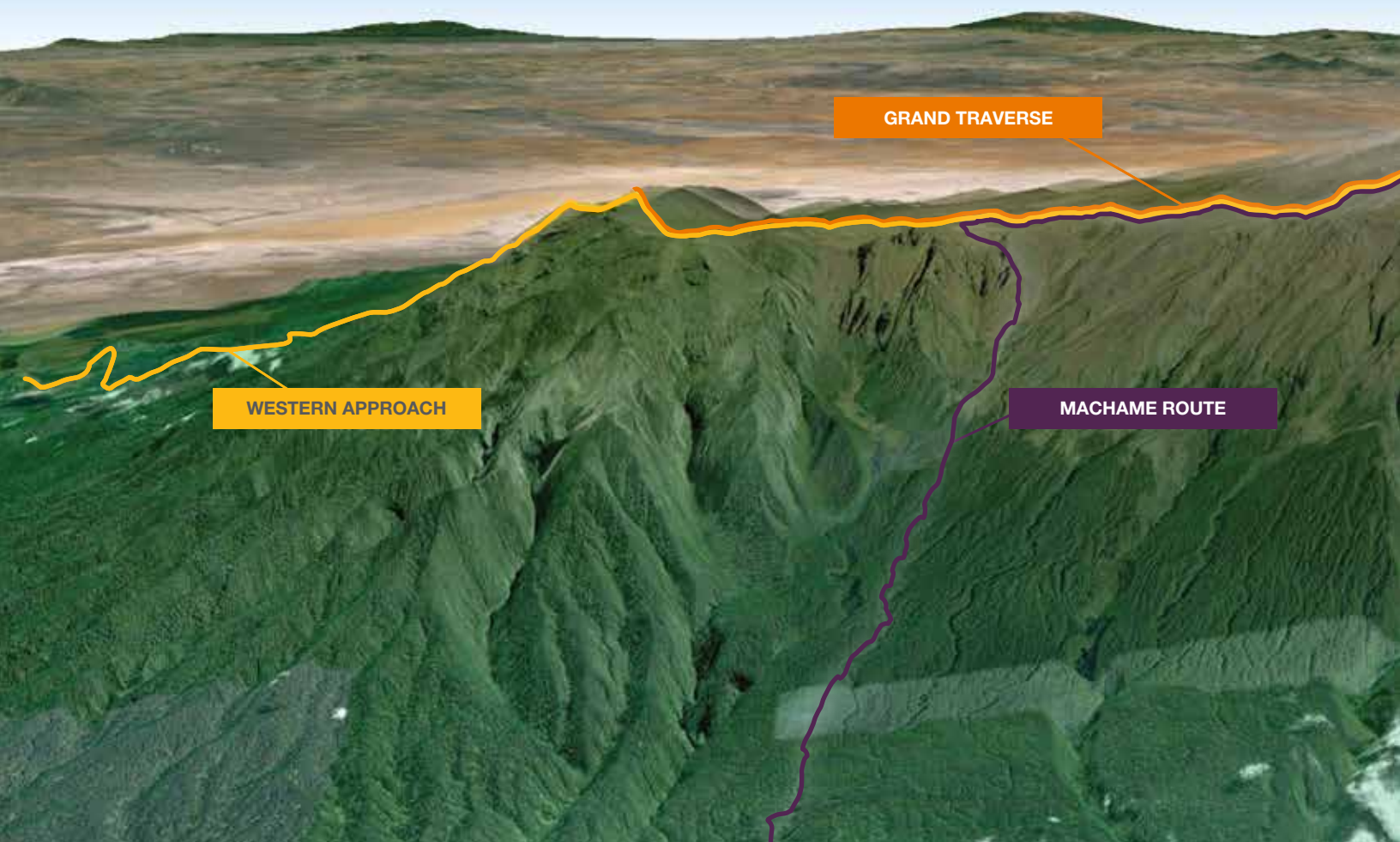


*YOUR ADVENTURE*  
***AWAITS***



# WHAT IS THE MOUNTAIN LIKE?

One mountain, five climate zones – Kilimanjaro is like no place you have experienced before. From the rainforest through the moorland to the arctic summit, the scenery is awe-inspiring every day.



## WHEN TO CLIMB

### ■ WHICH MONTH IS BEST?

You can climb Kilimanjaro any time of year, but June to October and December to March are the best times.

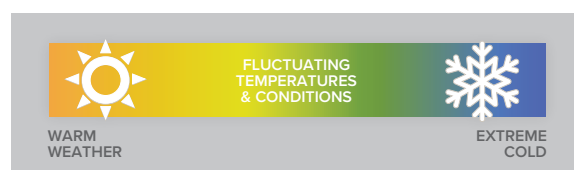
✓ **JUNE – OCTOBER**  
Cooler and drier

✓ **DECEMBER – MARCH**  
Warmer with a higher chance of rain or snow

Kilimanjaro tends to see heavy rains in April, early May, and November, so we don't offer scheduled departures at those times.

### ■ WHAT IS THE WEATHER LIKE?

Any time of year, prepare for freezing arctic temperatures, balmy rainforest weather and everything in between.



Bring clothing for temperatures from -20 to 80 degrees Fahrenheit. Layers and rain gear are critical. During any given day of your trek, conditions can change dramatically.



# ROUTE COMPARISON

WESTERN APPROACH TRIED & TRUE	GRAND TRAVERSE LUXURIOUS	UMBWE ROUTE CHALLENGING	MACHAME ROUTE BUDGET-FRIENDLY
TREK DAYS	TREK DAYS	TREK DAYS	TREK DAYS
9	10	6	7
IN-COUNTRY DAYS	IN-COUNTRY DAYS	IN-COUNTRY DAYS	IN-COUNTRY DAYS
11	12	8	9
SUMMIT SUCCESS	SUMMIT SUCCESS	SUMMIT SUCCESS	SUMMIT SUCCESS
98%	98%	96%	95%
ACCLIMATIZATION	ACCLIMATIZATION	ACCLIMATIZATION	ACCLIMATIZATION
Very Good	Excellent/Maximum	Adequate	Adequate
WHY CHOOSE THIS ROUTE	WHY CHOOSE THIS ROUTE	WHY CHOOSE THIS ROUTE	WHY CHOOSE THIS ROUTE
Ample acclimatization time on a scenic, less-traveled route	Maximum acclimatization, added amenities, Kili's most remote route	The most physically challenging route with a quick, scenic ascent	Budget-friendly option on one of the mountain's most popular trails

# ALTITUDE & ACCLIMATIZATION

Altitude affects almost every climber on Kilimanjaro. There is no way to train for this. Instead, we use a time-tested strategy to ensure our guests reach the summit.

Longer routes give you more time to acclimatize.

Trained guides can help spot signs of altitude sickness.

Nutritionist-designed meals provide energy and nutrients for optimal stamina.

Unlimited purified water helps mitigate altitude symptoms.

Pre-trip consultants share pro tips to prepare you for the challenge.

# WHO CAN CLIMB?

People of all ages and levels of experience can make it to the summit – from children (12 and over) to great grandparents, novices to professionals.

## MEET OUR GUESTS:



### THE MARSHALLS

*Multi-Generational Family*

**AGES:** 23-70

**LEVEL OF EXPERIENCE:** Varied

"Three generations of my family – my son, brother, and nearly 70-year-old father – had a lifelong dream to climb Kili together. With the help of our first-class guides and porters, we all safely summited!"



### VANESSA O'BRIEN

*Record-Setting Mountaineer*

**AGE:** 48

**LEVEL OF EXPERIENCE:** Advanced

"No matter how much climbing you've done, you have to respect a mountain that's 19,341 feet tall. The altitude makes it a challenge, even for the most experienced trekker."



### NICOLE CICOGNA

*Self-Proclaimed City Girl*

**AGE:** 41

**LEVEL OF EXPERIENCE:** Beginner

"Before Kilimanjaro, the highest I'd ever climbed was to the top of the Empire State Building – in heels! Climbing Kili was the most difficult thing I've ever done, but also the most rewarding."



### TOM ROHRER

*Avid Thrill-Seeker*

**AGE:** 52

**LEVEL OF EXPERIENCE:** Intermediate

"I love physical challenges and outdoor activities, climbing Kili is a perfect combination of the two. You don't have to be a world-class climber to get to the top, but it does require patience and perseverance."

## HOW DO YOU TRAIN FOR KILI?

Twelve weeks of consistent cardio training and hiking usually prepares our guests for Kilimanjaro. Speak with your doctor before training.

### Your average daily hike will be:

5 miles long

5 hours in duration

2,100' of elevation gain

Summit day includes a 4,000-foot, 3-mile trek for 7 to 10 hours, depending on the route and other factors.

## TRAINING PACKAGES

Thomson trekkers receive 25% off all training packages through our partner Fit For Trips, which offers route-specific, personalized training programs.







*A HIGHER QUALITY  
**EXPERIENCE***

# EXPERT GUIDES

Providing the highest-quality,  
safest experience on the mountain.





Emergency evacuation training

## THE HIGHEST STANDARD OF SAFETY



Pulse oximeter checks



*I did a lot of research and in all of the lists for 'best this or that,' Thomson kept showing up.*

*The safety of our 11-person trek team was a visible primary concern. I cannot imagine a better firm to work with, especially in Tanzania. They set the standard very high."*

**BRAD SINGER**  
THOMSON GUEST

Head guides have achieved over 100 professional summits each, many over 250. They are the best of the best on Kilimanjaro. Every guide on your trek is certified by internationally-recognized Sentinel Outdoor Institute (SOI) as Wilderness First Responders. This certification is recognized as the gold standard for wilderness safety.

- » One guide for every two to three trekkers
- » Wilderness First Responders (WFR)
- » Fluent in both English and Swahili
- » Trained in the use of all emergency equipment
- » Trained to identify symptoms of acute mountain sickness (AMS)
- » Experienced, confident leaders who put your safety first

You do not need technical climbing skills or special equipment; you do need a qualified, prepared team who is there for you in all conditions, ready to respond to any situation safely. Because all Thomson guides are Wilderness First Responders (WFR), you will be protected; should you need to descend for any reason, a WFR-trained guide and team of trained staff will get you down the mountain safely.

- » Thomson uses more high-altitude safety equipment than any other institution in Tanzania: Gamow bags, AEDs, oxygen kits, pulse oximeters, evacuation stretchers, trauma and emergency kits
- » Guides carry three different types of mobile communication
- » Private toilet tents, handwashing stations, and chefs trained in hygienic food preparation help protect your health
- » Thomson provides unlimited purified water

# OUR COMMITMENT TO **PORTERS**

As founding members of the Kilimanjaro Porters Assistance Project (KPAP), Thomson set the standard for ethical treatment of porters on Kilimanjaro.





## THE THOMSON PORTER PROMISE



*Previously, I worked as a head guide with another company. I wanted to work with Thomson because of their reputation for fair treatment of porters, the honest working environment, and the very good pay. With Thomson, I also receive training and a lot of support from management, which allows me to do the best job I can."*

**GABRIEL RASSY**  
THOMSON HEAD GUIDE

The safety of our guests and the staff is always our number one priority. Many trek operators say they treat porters fairly; Thomson proves it. Once you're on Kilimanjaro, the Thomson difference becomes clear.

### ALL PORTERS ARE:

- » Offered one of the best compensation packages on the mountain
- » Supplied all-weather, full-body uniforms and camping gear for free
- » Provided mountaineering tents with closed-cell sleeping pads
- » Guaranteed a full wage and medical care, even if they descend early due to illness
- » Given individual, secure bank accounts, eliminating graft
- » Protected from carrying more than 33 pounds
- » Ensured an equal percentage of tips thanks to a transparent tipping procedure
- » Joined by independent, KPAP-supervised 'monitoring porters' who critique fair practices
- » Provided transportation to and from Kilimanjaro

### KILIMANJARO PORTERS ASSISTANCE PROJECT:



Thomson is a founding KPAP member and set some of the highest porter standards on the mountain. We encourage ALL climbers to research which operators are certified by KPAP at: [www.kiliporters.org](http://www.kiliporters.org)

### PORTER APPRECIATION WEEK:



Every year, we dedicate a week to the Kilimanjaro porters by telling their stories, raising money for KPAP and sharing our trekkers' heartfelt thanks for all they do. Find videos and reviews from our guests at: [kilimanjaro.thomsontreks.com/porter-appreciation-week](http://kilimanjaro.thomsontreks.com/porter-appreciation-week)

# ***CUSTOMIZED CAMPS***

When your goal is as lofty as Uhuru Peak,  
every detail matters.





## THE THOMSON CAMPING EXPERIENCE

### NUTRITIONIST- PLANNED MEALS

Your body needs the right fuel to conquer Africa's tallest mountain.



Meals are prepared with fresh ingredients throughout the trek.

All meals are served with unlimited purified water.

Hot coffee or tea is delivered to your tent when you wake up.

Delicious, nutritious trail snacks are provided after breakfast.

Most dietary needs — vegetarian, vegan, gluten-free, allergies, etc. — are accommodated with advanced notice.

### SLEEPING TENTS

Your tent is spacious and has an ironclad reputation at Everest Base Camp. Here is how we make it even better:

- » Room for four but we never sleep more than two per tent
- » Closed-cell foam, full-ground pads keep you warm and dry
- » Custom zippers keep out the elements
- » Covered vestibules provide additional space for bags and gear
- » Grand Traverse trekkers enjoy even more comfort in upgraded tents with cots and mattresses

### PRIVATE TOILET TENTS

Enjoy clean, private toilet tents and avoid the crowded public mountain toilets.

- » Walk-in height
- » Outfitted with eco-friendly, portable, pump-flush toilets
- » Equipped with ample hand sanitizer
- » Exclusive to Thomson trekkers
- » Use strict hygiene standards to protect your health

### GEAR RENTAL

Not sure what you need to trek? We have you covered. Call us for a list of gear and options for renting.

# TREKKING THE THOMSON WAY

## ONE GUIDE FOR EVERY 2-3 TREKKERS

Enjoy personalized assistance thanks to Thomson's guide-to-trekker ratio.

## 24-HOUR ARUSHA SUPPORT TEAM

When you choose Thomson, you receive support from an office in the U.S. and Tanzania. Help is never far away.

## EVERYTHING IS INCLUDED

Leave the logistics to us. Everything on the ground is covered in your trek price except tips and rental gear.

## YOUR KILIMANJARO PLANNER

Prepare for your adventure with a Kilimanjaro expert – available by phone and email.

## KILIMANJARO PREP GUIDE

What to pack, how to train, tips, tricks, and more – our prep guide is an indispensable tool for trekkers.





## WE TREK RESPONSIBLY



*"I was drawn to Thomson for their stance on fair wages and good treatment of their porters in Tanzania. I could see for myself that this was not just a brochure statement but something they actually did in practice. Everyone on the mountain sincerely sung their praises. Thomson was uniformly well-regarded in Tanzania as both fair and ethical."*

**KARL PROTIL, JR.**  
THOMSON GUEST

### TREATING PEOPLE FAIRLY

- » Your trek provides health benefits and educational opportunities to porters and guides
- » Your team earns one of the best compensation packages on the mountain
- » Thomson is a founding member of KPAP and one of Kilimanjaro's strongest porter advocates
- » Proceeds from our online store go to KPAP

### PROTECTING THE ENVIRONMENT

- » Guides and porters rigorously follow Leave No Trace ethics
- » Camps use only solar power
- » Meals use organic food harvested from gardens in Arusha

### SUPPORTING LOCAL COMMUNITIES

Tourism can and should be a force for good. That was Judi Wineland's philosophy when she founded Focus on Tanzanian Communities (FOTZC), our partner philanthropic organization.

#### FOTZC has:

- » Helped build and support over 60 classrooms with teachers' housing
- » Constructed a health center that treated over 19,000 Tanzanians last year
- » Funded solar-powered fresh water boreholes in areas where 40% of illnesses are water-related
- » Dedicated over \$3 million to supporting Tanzanian communities

When you support us, you help support the work FOTZC does.





*THOMSON'S TREKKING*  
**ROUTES**

A man with short brown hair, wearing sunglasses, a dark brown jacket, and tan pants, stands on a snowy surface. He is holding two trekking poles. Behind him is a towering, jagged glacier wall under a clear blue sky.

# WESTERN APPROACH

9-DAY ROUTE / 11 IN-COUNTRY DAYS  
STARTING AT \$6,590 PER PERSON

VINCE GREECE  
VETERAN

Exploring the glaciers  
after his successful  
summit

## WHAT TO EXPECT ON THIS ROUTE

Our most popular trek follows the less-traveled trails of Kilimanjaro's Lemoshoro route on the western side of the mountain. Ample acclimatization time gives you the best foundation for summiting. A steady ascent turns every day into an unforgettable experience.

Begin in the lush rainforest, keeping watch for black-and-white colobus monkeys. Emerge on the sweeping, shrub-filled terrain of the Shira Plateau. Trek in the shadow of Kili's 300-foot Lava Tower. Scramble up the Barranco Wall, a rocky cliff with steep switchbacks. Enjoy a daytime summit bid, giving you a full night's sleep before the hardest day of the trek. Celebrate your hard work and accomplishments on the Roof of Africa.

## WHY YOU SHOULD CHOOSE THIS ROUTE

- » Scenic, less-traveled trails
- » Warm up for your hike on a nature walk in a private conservation area
- » Choice campsites in more remote locations
- » Full night's sleep before a day-time summit bid



TRAIL  
HEAD

ELEVATION  
6,890'

DAY  
1

## FOREST CAMP

Begin your journey under the beautiful canopies of Kilimanjaro's rainforest

ELEVATION  
8,694'

TREK HOURS  
3-4

DAY  
2

## SHIRA 1 CAMP

Experience Kilimanjaro's famous range of climate zones as you emerge from the rainforest onto the sparse Shira Plateau

ELEVATION  
11,844'

TREK HOURS  
5-6

DAY  
3

## MOIR CAMP

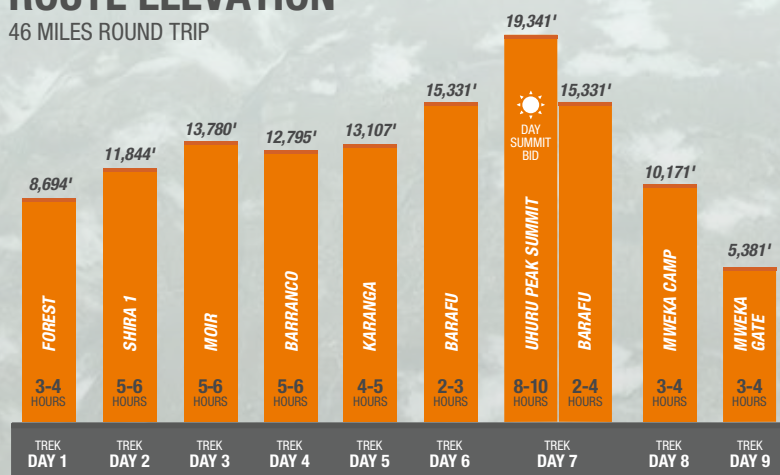
An extra day on the plateau will help your body acclimatize

ELEVATION  
13,780'

TREK HOURS  
5-6

## ROUTE ELEVATION

46 MILES ROUND TRIP



# UHURU PEAK

ELEVATION  
19,341'

TREK HOURS  
8-10



## DAY 4 BARRANCO CAMP

Camp in the shadow of Barranco Wall, one of the most thrilling parts of trekking Kili

ELEVATION  
12,795' | TREK HOURS  
5-6

## DAY 5 KARANGA CAMP

Sleeping at lower altitude will further help your body acclimatize

ELEVATION  
13,107' | TREK HOURS  
4-5

## DAY 6/7 BARAFU CAMP

Rest up tonight for your daytime summit bid tomorrow

ELEVATION  
15,331' | TREK HOURS  
2-3

## DAY 8 MWEKA CAMP

Enjoy the rapidly shifting ecosystems as you descend the mountain

ELEVATION  
10,171' | TREK HOURS  
3-4

## DAY 9 MWEKA GATE

Finish your trek in the lushly beautiful rainforests, then enjoy a celebratory meal with your fellow trekkers

ELEVATION  
5,381' | TREK HOURS  
3-4

Transfer off the mountain to a day room where you can shower and relax before your evening flight home



# ***THE GRAND TRAVERSE***

10-DAY ROUTE / 12 IN-COUNTRY DAYS  
STARTING AT \$8,990 PER PERSON

**JOEL GROS**  
RETIRED SKI SHOP OWNER

Celebrating his summit at  
Mweka Camp

## WHAT TO EXPECT ON THIS ROUTE

Thomson's most luxurious trek follows the remote trails of the Northern Circuit. Deluxe amenities and maximum acclimatization time provide extra comfort and the best chance of summit success. Smaller group sizes give you a more intimate experience on this seldom-trodden side of Kili.

Begin your journey just above 11,000 feet on Shira Plateau. Savor solitude and incredible views of Kenya as the trail diverges north toward the Rongai and Kikelewa Caves. Camp beneath the extraordinary spires of Mawenzi, Kili's second-highest peak. Take in some of the best views of the mountain from the saddle between Mawenzi and Uhuru and enjoy the exclusivity of an afternoon summit, when few other people are on the peak. Kili is Africa's tallest volcano, and camping in its crater will be an experience you relive with friends and family for years to come.

## WHY YOU SHOULD CHOOSE THIS ROUTE

- » Most acclimatization time
- » Upgraded accommodations: larger tents and cot beds with foam mattresses
- » Warm up for your hike on a nature walk in a private conservation area
- » The least-traveled route
- » Exclusive campsites
- » A more private summit experience thanks to an exclusive afternoon summit bid



TRAIL  
HEAD

ELEVATION  
11,385'

DAY  
1

## SHIRA 1 CAMP

Ease into your Kilimanjaro journey with a short trek along the Shira Plateau

ELEVATION  
11,844'

TREK HOURS  
2-3

DAY  
2

## MOIR CAMP

The stark beauty of the Shira Plateau is a perfect backdrop to your first full day of trekking

ELEVATION  
13,780'

TREK HOURS  
5-6

DAY  
3

## POFU CAMP

Experience spectacular views into Kenya that few trekkers ever see

ELEVATION  
13,205'

TREK HOURS  
5-7

DAY  
8

## CRATER CAMP

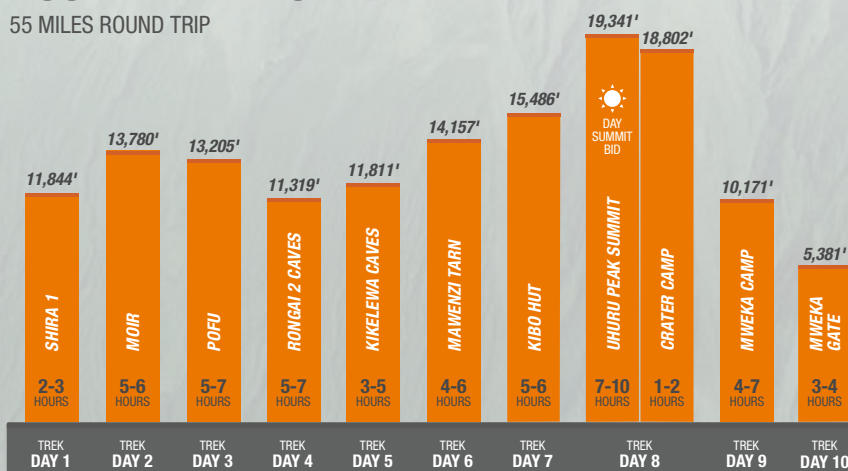
Avoid crowds at Uhuru Peak during an exclusive afternoon summit bid

ELEVATION  
18,802'

TREK HOURS  
1-2

## ROUTE ELEVATION

55 MILES ROUND TRIP



DAY  
4**RONGAI 2  
CAVES CAMP**

Savor the solitude as you strike out along the remote trails on Kili's northern side

ELEVATION	TREK HOURS
11,319'	5-7

DAY  
5**KIKELEWA  
CAVES CAMP**

Staying at lower altitudes today will help your body acclimatize even better

ELEVATION	TREK HOURS
11,811'	3-5

**UHURU PEAK**

ELEVATION	TREK HOURS
19,341'	7-10

DAY  
7**KIBO HUT CAMP**

As you cross the saddle, you'll get some of the best views of Uhuru Peak on the mountain

ELEVATION	TREK HOURS
15,486'	5-6

DAY  
6**MAWENZI  
TARN CAMP**

Camp beneath the cathedral-like spires of Mwenzi, Kili's second-highest peak

ELEVATION	TREK HOURS
14,157'	4-6

DAY  
9**MWEKA CAMP**

Celebrate with your fellow trekkers at your last mountain camp

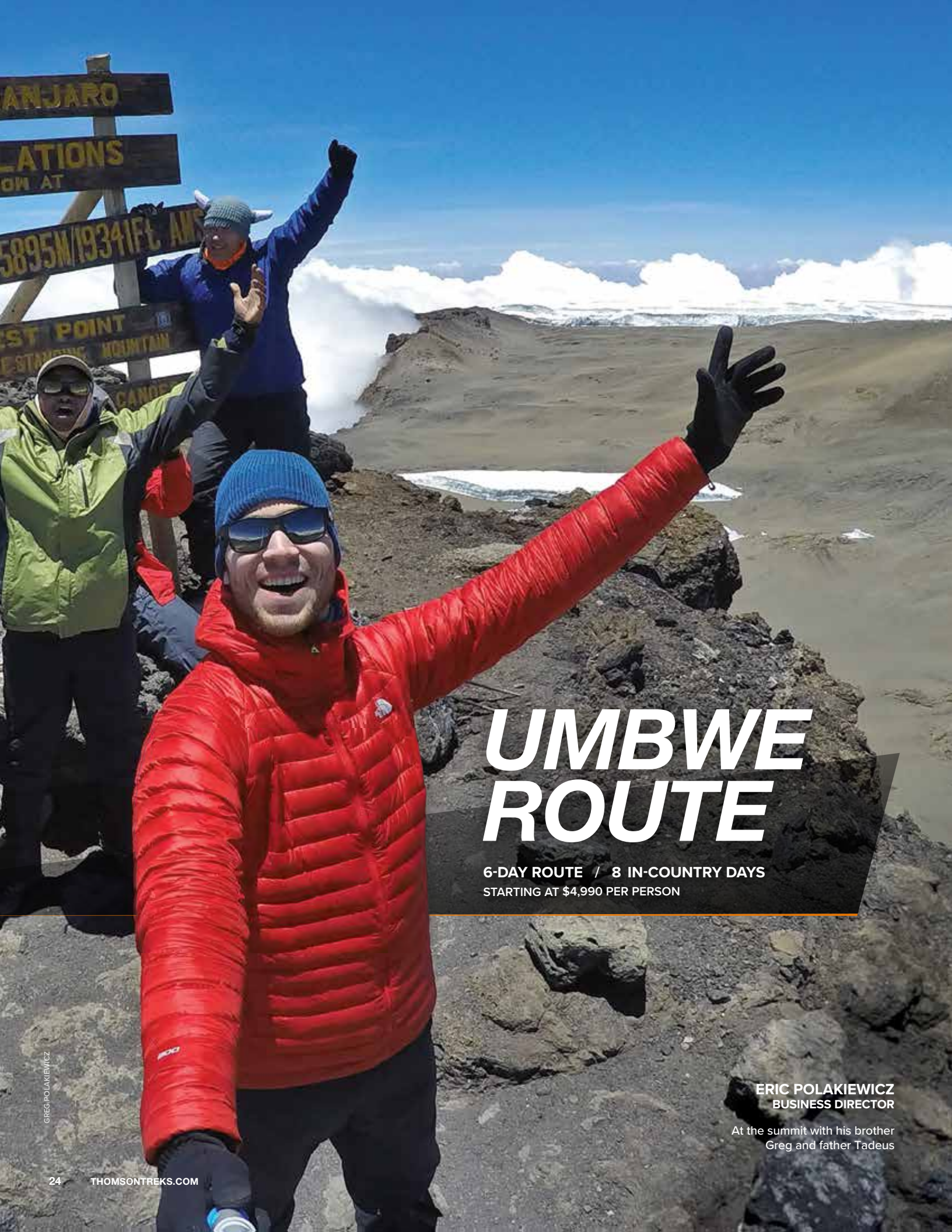
ELEVATION	TREK HOURS
10,171'	4-7

DAY  
10**MWEKA GATE**

Finish your trek in the lushly beautiful rainforests, then enjoy a celebratory meal with your fellow trekkers

ELEVATION	TREK HOURS
5,381'	3-4

Transfer off the mountain to a day room where you can shower and relax before your evening flight home



# UMBWE ROUTE

6-DAY ROUTE / 8 IN-COUNTRY DAYS  
STARTING AT \$4,990 PER PERSON

**ERIC POLAKIEWICZ**  
BUSINESS DIRECTOR

At the summit with his brother  
Greg and father Tadeus

## WHAT TO EXPECT ON THIS ROUTE

If you are short on time and you like a physical and mental challenge, this is the trek for you. Steep trails, switchbacks, and long hiking days abound on our most direct route to the summit – best suited for experienced trekkers willing to take on Kili's hardest route.

Hit the ground running with two full days of trekking on steep trails through the rainforest, past the Umbwe Caves, and up to the Barranco Valley. Two more days ascending and descending through valleys and scrambling up the Barranco Wall will bring you to Barafu Camp, your launching pad to the summit. You will wake at midnight on summit day for a 10- to 15-hour trek up to the summit and then back down past Barafu to Mweka Gate, where you will celebrate an achievement well-earned.

## WHY YOU SHOULD CHOOSE THIS ROUTE

- » Shortest trekking route
- » Overnight summit bid to see the sun rise
- » The most challenging route to test your grit
- » Wildlife viewing and pre-trek acclimatization hike in Arusha National Park



**DAY 1**  
**UMBWE CAVES CAMP**

Start your trek with a steep ascent through the lush rainforest

ELEVATION  
9,350'

TREK HOURS  
6-7

TRAIL HEAD  
ELEVATION  
5,906'

**DAY 2**  
**BARRANCO CAMP**

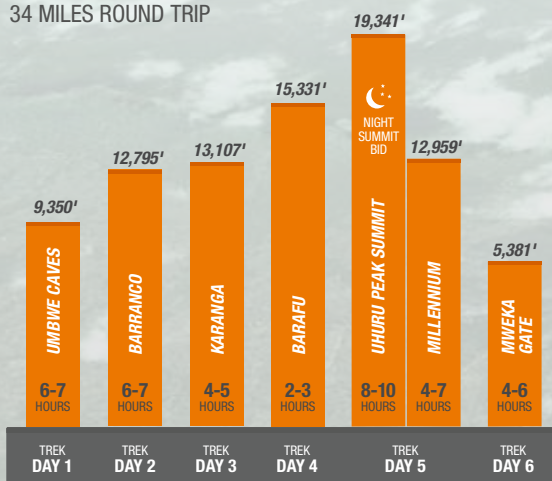
You'll pass the tree line as you make your way through the Barranco Valley

ELEVATION  
12,795'

TREK HOURS  
6-7

**ROUTE ELEVATION**

34 MILES ROUND TRIP



# UHURU PEAK

ELEVATION  
19,341'

TREK HOURS  
8-10

A trail of headlamps will shine through the dark during your final overnight push to the summit on day 5. Celebrate your summit success before descending to Millennium Camp.

## CAMP

ine as  
up to

DAY  
3

## KARANGA CAMP

Start your day with a challenging scramble up the steep Barranco Wall

ELEVATION  
13,107'

TREK HOURS  
4-5

DAY  
4

## BARAFU CAMP

The terrain will become barren, rocky, and chilly as you get nearer to the summit

ELEVATION  
15,331'

TREK HOURS  
2-3

DAY  
5

## MILLENNIUM CAMP

After a long day on the trail, relax with your fellow trekkers before your final descent

ELEVATION  
12,959'

TREK HOURS  
4-7

DAY  
6

## MWEKA GATE

Finish your descent through the rainforest and enjoy a farewell lunch with your group at Mweka Gate before heading for home

ELEVATION  
5,381'

TREK HOURS  
4-6

Transfer off the mountain to a day room where you can shower and relax before your evening flight home



# MACHAME ROUTE

7-DAY ROUTE / 9 IN-COUNTRY DAYS  
STARTING AT \$4,790 PER PERSON

**ANNIFREED SINJOUR**  
TRAVEL ADVISOR

Enjoying the view  
at Karanga Camp

## WHAT TO EXPECT ON THIS ROUTE

A budget-friendly trek with slightly more basic amenities on Kilimanjaro's most popular route. Embrace your inner adventurer during this more rugged experience while still receiving the same safety, reliability, and peace of mind provided by Thomson.

Set off into the lush rainforest, surrounded by fellow adventurers, as you trek single-file up to the Shira Plateau. Ascend above the clouds, passing through the Barranco Valley and making camp at the base of the Barranco Wall. Two more solid days trekking high and sleeping low will bring you to Barafu. At midnight, you will set out for a 10- to 15-hour trek to the highest point on the mountain to see the sunrise at the "Roof of Africa". Descend 7,000 feet to recuperate and celebrate in the moorland.

## WHY YOU SHOULD CHOOSE THIS ROUTE

- » Our most affordable trek
- » One of the shorter options for those with time constraints
- » Overnight summit bid to see the sunrise
- » The mountain's most popular route



DAY 1

## MACHAME CAMP

Start your trek with hundreds of other excited trekkers on a journey through narrow rainforest trails

ELEVATION  
9,301' | TREK HOURS  
5-7

DAY 2

## SHIRA CAVE CAMP

Vegetation becomes more sparse as you ascend into the heath

ELEVATION  
12,303' | TREK HOURS  
5-6

TRAIL HEAD

ELEVATION  
5,906'

## ROUTE ELEVATION

43 MILES ROUND TRIP



# UHURU PEAK

ELEVATION  
19,341'

TREK HOURS  
8-10

A trail of headlamps will shine through the dark during your final overnight push to the summit on day 6. Celebrate your summit success before descending to Millennium Camp.



## DAY 3 BARRANCO CAMP

Enjoy expansive views of the Barranco Valley from your camp at the base of the Barranco Wall

ELEVATION  
12,795'

TREK HOURS  
6-7

## DAY 4 KARANGA CAMP

Start your day with a challenging scramble up a series of steep switchbacks on the Barranco Wall

ELEVATION  
13,107'

TREK HOURS  
4-5

## DAY 5 BARAFU CAMP

As you near the summit, the landscape starts to resemble the surface of the moon

ELEVATION  
15,331'

TREK HOURS  
2-3

## DAY 6 MILLENNIUM CAMP

After a hard push to the summit, resting at lower elevations will help you recuperate

ELEVATION  
12,959'

TREK HOURS  
4-7

## DAY 7 MWEKA GATE

Descend back through the rainforest and enjoy a farewell lunch with your group at Mweka Gate before heading for home

ELEVATION  
5,381'

TREK HOURS  
4-6

Transfer off the mountain to a day room where you can shower and relax before your evening flight home

# PRIVATE TREKS

- » Choose your route
- » Pick your dates
- » Select your level of luxury
- » Find your price range
- » Add on extensions
- » Perfect for families, friends,  
and special interest groups

Our Kilimanjaro Consultants will  
guide you through the process.



## EVENTS, GUESTS & PARTNERSHIPS



### JIMMY CHIN

*Academy Award winner for documentary Free Solo, professional climber, photographer, and film director*

"I was really impressed with how Thomson managed all of the logistics in a highly professional manner. Everything was always working, everything was on time, and the food was great. I would recommend Thomson in a heartbeat."



### DAVID BREASHEARS

*5-time Everest summiteer, and filmmaker of IMAX Kilimanjaro, and Everest*

"For an unrivaled adventure to the roof of Africa, I recommend Thomson."



### VANESSA O'BRIEN

*Seven Summits summiteer, Guinness World Record holder, and first American woman to summit K2*

"The reason I'm such a big fan of Thomson is they take care of the communities they visit. They have a great track record among the guides and porters."

### CHARITY TREKS

#### MTV's Summit on the Summit

Jessica Biel and a team of 200 celebrities, activists, and crew members trekked Kilimanjaro with Thomson to raise awareness for East Africa's clean water issues. MTV produced a 60-minute documentary of the trek.

#### WATERAID Climb for Life

Canada's leading clean water charity partnered with Thomson for a fundraising trek, which raised over \$100,000.

### PARTNERSHIPS

African Wildlife Foundation

Alumnae Association of  
Smith College

The Commonwealth Club  
of California

Cornell Adult University

Dartmouth Alumni Travel

Iowa State Traveling  
Cyclones

Museum of Science, Boston

Princeton Journeys

Penn State Alumni  
Association

UC Berkeley,  
Cal Discoveries Travel

University of Portland

Williams College

World Affairs Council of  
Philadelphia

*And many others*



# SAFARIS & *EXTENSIONS*

Continue your exploration of Tanzania with the following safaris designed specifically for Kilimanjaro trekkers, or call us to create a customized itinerary for you.



AVAILABLE AFTER YOUR TREK

# CRATER & PLAINS SAFARI

You've traveled halfway around the globe to climb Kili,  
don't go home without seeing Africa's legendary wildlife.





DAY 1:

### NGORONGORO HIGHLANDS

Celebrate your Kilimanjaro summit in Africa's best safari lodge.

Overnight: Gibb's Farm

DAY 2:

### NGORONGORO CRATER

Visit the floor of the world's largest volcanic caldera, hosting 30,000 mammals.

Overnight: Gibb's Farm

DAY 3:

### SERENGETI NATIONAL PARK

Continue to the endless plains, with the world's greatest population of lions and the world's biggest migration of large mammals.

Overnight: Thomson Serengeti Nyumba

DAY 4:

### SERENGETI NATIONAL PARK

Enjoy an optional pre-dawn, hot air balloon flight and champagne breakfast. Then get back to wildlife viewing.

Overnight: Thomson Serengeti Nyumba

DAY 5:

### SERENGETI NATIONAL PARK

Fly back to Arusha, where you will depart in the evening.



### WHY YOU SHOULD CHOOSE THIS SAFARI

- » Visit the Serengeti, home of the legendary Great Migration
- » Explore the Ngorongoro Crater, where guests regularly find all the Big Five
- » Get a \$300 trekker discount\*
- » Overnight at Gibb's Farm, voted one of Travel + Leisure's "Top Safari Lodges in Africa"

5-DAY SAFARI

STARTING AT \$4,990 PER TREKKER\*  
STARTING AT \$5,290 PER NON-TREKKER

# HIGHLIGHTS SAFARI

More time, exciting bush walks, and a dash of culture.



DAYS 1 & 2:

### **EASTERN SERENGETI NATURE REFUGE**

Fly to an exclusive nature refuge open only to our guests. Walk to see wildebeest, gazelle, and giraffe. See nocturnal wildlife. Meet the people of Tanzania.

**Overnight: Thomson Eastern Serengeti Nyumba**

DAYS 3 & 4:

### **SERENGETI NATIONAL PARK**

Elephants, rhinos, hippos, massive herds, and big cats await on the endless plains.

**Overnight: Thomson Serengeti Nyumba**

DAYS 5 & 6:

### **NGORONGORO CRATER**

Enter Ngorongoro Crater before anyone else thanks to nearby access from your crater rim camp. This is the surest way to see the entire Big Five in one day.

**Overnight: Thomson Ngorongoro Nyumba**

DAY 7:

### **ARUSHA**

Journey back to Arusha, where you will enjoy a dayroom, and depart in the evening.



### **WHY YOU SHOULD CHOOSE THIS SAFARI**

- » Visit the Serengeti, home of the legendary Great Migration
- » Get early morning access to the Ngorongoro Crater for a chance to see the Big Five
- » Get a \$300 trekker discount\*
- » Visit local Maasai communities
- » Venture out on walking safaris and night drives in an exclusive nature refuge

**7-DAY SAFARI**

STARTING AT \$6,890 PER TREKKER\*  
STARTING AT \$7,190 PER NON-TREKKER

# GORILLA TRACKING RWANDA

Venture into the forests of Rwanda to find one of the world's rarest creatures – the mountain gorilla.



## TRACK GORILLAS

- » Find one of the legendary, rarely-seen icons of the wildlife viewing world
- » Support conservation efforts directly
- » Match your Kilimanjaro adventure with an active forest trek

## ITINERARY

Custom itineraries upon request.

Just let us know your schedule and desired number of treks.

ITINERARIES INCLUDE  
ONE, TWO, OR THREE TREKS | STARTING AT \$6,000 PER PERSON



## BEACH & CULTURE ZANZIBAR

Trade your parka for a bathing suit as you arrive on this exotic island paradise.



### VISIT ZANZIBAR

- » Sands soft as silk with turquoise waters stretching into the distance
- » Exciting activities, including snorkeling, scuba diving, boating, and more
- » Stone Town, where Middle-Eastern, Indian, European, and African cultures blend in centuries-old harmony
- » Unforgettable food – Zanzibar is a spice capital specializing in fresh delicacies

### ITINERARY

Beach or culture? Basic or luxury? Tell us what you like. We will prepare something just for you.

3-5 DAYS RECOMMENDED | STARTING AT \$2,000 PER PERSON





# THE FINE PRINT

## ■ INCLUDED BEFORE YOU GO

- » Expert consultation to select the right climb for you
- » A carefully crafted itinerary
- » Friendly, timely replies to all your questions
- » Help arranging your flights
- » A Kilimanjaro Trip Manager, available five days a week via phone or email from the time you book to the time you return
- » A comprehensive packing list with staff recommendations
- » The Thomson Kilimanjaro Preparation Guide – complete with weather details, trekking tips, training recommendations, gear and packing instructions, and more
- » Personalized reminders for visas, passports, packing, training, and more
- » Access to our Kilimanjaro Store – proceeds go to charity

## ■ INCLUDED IN TANZANIA

- » Two nights at a comfortable lodge per your itinerary
- » A full pre-trek warm-up day (wildlife viewing opportunities on select trips)
- » Park fees and conservation fees
- » Group transfers to and from Kilimanjaro International Airport for scheduled Delta/KLM flights
- » All meals per your itinerary, including restaurant tips
- » Baggage handling
- » A day room to shower and rest post-trek per your itinerary

## ■ INCLUDED ON THE MOUNTAIN

- » WMA-certified Wilderness First Responder guides and services
- » Daily climb briefings
- » Frequent, nutritious mountain meals and snacks
- » Unlimited purified water
- » Customized, Everest-tested mountaineering tents
- » Customized dining tents with solar lighting
- » Private toilet tent
- » Safety equipment: oxygen, first aid kits, Gamow bag, pulse oximeter, AED, stretcher, 3 forms of mobile communication, etc.
- » All Kilimanjaro National Park permits
- » Farewell lunch

## ■ NOT INCLUDED

- » Round-trip international airfare
- » Personal hiking gear
- » Tanzania entry visa
- » Laundry, specialty beverages, phone and internet charges, other personal services
- » Extra services for those not arriving or departing on scheduled Delta/KLM flight
- » Tips for guides, porters, and camp staff

Please visit [Thomsontreks.com](https://Thomsontreks.com) for complete booking conditions.



## EXPLORE THE **THOMSON WAY**

Explore the world the Thomson way – in Tanzania and beyond – with local experts, socially responsible practices, and engaging, off-the-beaten-path adventures.



### **WILDLIFE SAFARIS IN TANZANIA**

Founded on the belief that tourism should be a force for good, Thomson Safaris is the original in our family of companies. Exceptional experiences, personal care, and social responsibility have been our hallmarks for over 40 years.

[ThomsonSafaris.com](http://ThomsonSafaris.com) | 800.235.0289



### **MOUNT KILIMANJARO TREKS**

With a 98% summit success rate, Thomson sets the standard for Kilimanjaro treks. By pioneering a porter ethics project, leading in eco-friendly protocols, developing the highest safety standards on Kili, and insisting on fair employment practices, you can feel good about your trek to the “Roof of Africa” with Thomson.

[ThomsonTreks.com](http://ThomsonTreks.com) | 800.235.0289



### **WORLDWIDE TRAVEL FOR FAMILIES**

For over 20 years, Thomson Family Adventures has offered small group journeys exclusively to families — engaging, entertaining, and educating travelers of all ages. Travel with charismatic local guides, share an adventure as a family, and savor a worry-free experience.

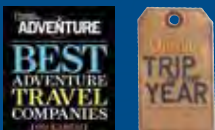
[FamilyAdventures.com](http://FamilyAdventures.com) | 800.262.6255



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for the adventure of a lifetime.

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