7 Days Machame Route

THE CLASSIC KILIMANJARO ADVENTURE

Kilimanjaro’s celebrated southern approach combines dramatic terrain with an effective acclimatization pattern. Our seven-day version adds the time serious climbers need to move conservatively and arrive at summit night better prepared.

Trip facts

DURATION	7 days
HIGHEST POINT	5,895 m (19,341 ft)
ROUTE	Machame Route
DIFFICULTY	Challenging
ACCOMMODATION	camping
DISTANCE	62 km
STARTS	Machame Gate
ENDS	Mweka Gate
BEST MONTHS	Jan · Feb · Mar · Jun · Jul · Aug · Sep · Oct
INDICATIVE PRICE	US$2,450

Day by day

DAY 01

Machame Gate to Machame Camp

1,800 m → 3,000 m · 11 km · 5–7 hrs · Rainforest · +1,200 m

Enter dense montane forest on a steady ascent. Guides establish the expedition rhythm from the first hour: pole pole, efficient movement and regular hydration.

DAY 02

Machame Camp to Shira Camp

3,000 m → 3,840 m · 5 km · 4–6 hrs · Heath and moorland · +840 m

Climb onto the Shira Plateau as vegetation becomes lower and views expand toward Kibo and Mount Meru.

DAY 03

Shira via Lava Tower to Barranco Camp

3,840 m → 3,900 m · 10 km · 6–8 hrs · Alpine desert · +60 m

Ascend toward Lava Tower at roughly 4,600 m, then descend to Barranco. The altitude exposure is strategically valuable for acclimatization.

DAY 04

Barranco to Karanga Camp

3,900 m → 3,995 m · 5 km · 4–5 hrs · Alpine desert · +95 m

Negotiate the famous Barranco Wall under guide supervision, then traverse ridges and valleys to Karanga.

DAY 05

Karanga to Barafu Camp

3,995 m → 4,673 m · 4 km · 3–4 hrs · High alpine desert · +678 m

Reach summit base camp early enough to rest, eat and prepare equipment. The guide conducts the final summit and health briefing.

DAY 06

Barafu to Uhuru Peak to Mweka Camp

4,673 m → 3,100 m · 17 km · 12–16 hrs · Arctic summit to rainforest · +1,222 m · −2,795 m

A midnight ascent leads via Stella Point to Uhuru Peak. After photographs and a controlled descent, continue down to Mweka Camp.

DAY 07

Mweka Camp to Mweka Gate

3,100 m → 1,640 m · 10 km · 3–4 hrs · Rainforest

Descend through the forest, complete park formalities and celebrate with the mountain team before returning to Moshi.

What is and is not included

Included

- Airport pick-up and drop-off - Kilimanjaro International Airport (JRO) to/from your hotel
- Pre & post-climb accommodation - 2 nights in Moshi (1 night before and 1 night after the climb) on Bed & Breakfast basis
- Private transfers to/from the mountain gate - Hotel to Kilimanjaro trailhead and exit gate to hotel
- Kilimanjaro National Park entrance fees
- Camping fees
- Kilimanjaro National Park rescue fees
- All applicable government taxes & VAT
- Professional, licensed English-speaking Kilimanjaro mountain guide
- Assistant mountain guides - according to group size
- Professional mountain chef/cook
- Porters - to carry group equipment, food and clients permitted duffel luggage
- All mountain crew wages and salaries
- Three freshly prepared meals per day on the mountain - breakfast, lunch and dinner
- Nutritious snacks during the trek
- Clean, purified drinking water throughout the climb
- Hot water for washing each morning and evening where practical
- Quality four-season mountain tents
- Comfortable sleeping mattresses
- Dining/mess tent with tables and chairs
- Cooking tent and complete camp equipment
- Private portable flush/chemical toilet with dedicated toilet tent and porter - throughout the trek
- Emergency supplemental oxygen
- Pulse oximeter for monitoring blood oxygen saturation and pulse during the climb
- First-aid kit and mountain emergency

Not included

- International and domestic flights
- Tanzania entry visa
- Travel and medical insurance - clients should have appropriate coverage for high-altitude trekking up to at least 6,000 metres
- Helicopter/air evacuation or specialist medical evacuation unless specifically included by the client insurance policy
- Personal trekking equipment and clothing, including hiking boots, sleeping bag, down jacket, trekking poles, daypack and other personal gear
- Equipment rental, unless specifically included in the quotation
- Tips/gratuities for mountain guides, assistant guides, cook and porters
- Lunch and dinner at the hotel before or after the climb unless specified
- Soft drinks, alcoholic beverages and bottled drinks outside those specifically included
- Personal snacks and energy bars brought by the client
- Laundry services
- Telephone calls, SIM cards, internet/data charges and other communication expenses
- Additional hotel nights or transfers caused by flight changes, early arrival or late departure
- Single-room or single-tent supplement, where applicable
- Extra porter required for luggage exceeding the permitted mountain weight
- Personal expenses such as souvenirs and shopping
- Any activities, accommodation, meals, transfers or services not specifically stated in the itinerary
- Costs arising from itinerary changes requested by the client or circumstances

Before you travel

Bring boots you have already walked at least fifty kilometres in, layers rather than one thick garment, and travel insurance whose altitude clause covers 5,895 m. The full packing list is at trekupkilimanjaro.com/kilimanjaro-guide/packing-list/.

Talk to us

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Prepared 20 November 2026. Prices and dates are indicative and subject to confirmation.