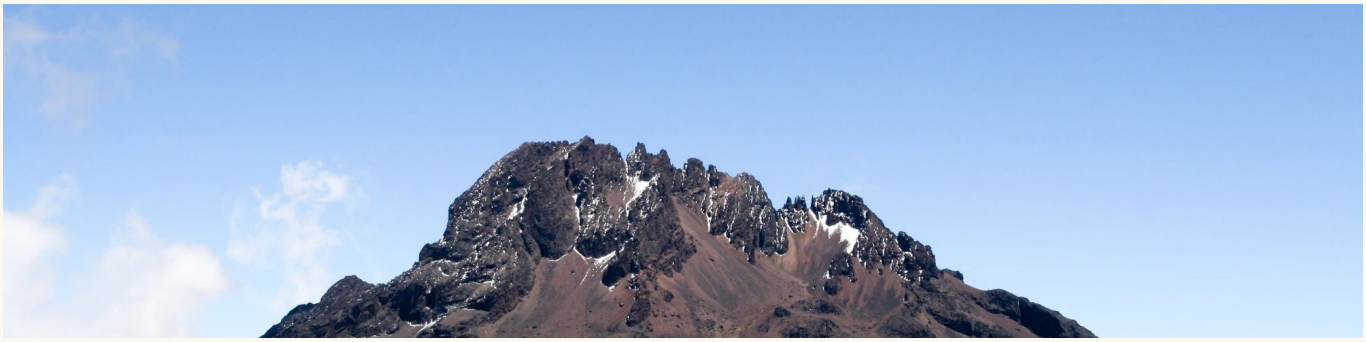
Rongai
North-to-South Trail Notes

7 mountain days / 6 tent nights / 9 total trip days



Mawenzi above the alpine saddle. Christoph Strässler / CC BY-SA 2.0, 2009. Resized; cropped display. Photo source. An archive destination image; conditions vary.

Day	Walking stage	Night
1	Northern transfer; Rongai Gate to Rongai Cave Around 3-4 hours walking, plus road/formalities	Rongai Cave Camp about 2,830 m
2	Via Second Cave to Kikelewa Heath and moorland | around 6-8 hours	Kikelewa Camp about 3,600 m
3	Kikelewa to Mawenzi Tarn Steeper ascent | around 3-4 hours	Mawenzi Tarn about 4,300 m
4	Dedicated acclimatisation day; guided walk Around 2-4 hours, adjusted by your guide	Mawenzi Tarn second night
5	Cross the alpine saddle to Kibo Around 5-7 hours	Kibo Camp about 4,700 m
6	Summit attempt via Gilman’s Point; descend 5,895 m objective | around 12-16+ hours	Horombo Camp about 3,720 m
7	Via Mandara to Marangu Gate; return to Moshi Around 5-7 hours	Moshi hotel

Two nights at Mawenzi. Tents throughout.

Day 4 returns to the same Mawenzi Tarn campsite. The extra day does not guarantee acclimatisation. All six mountain nights are in tents, including Kibo and Horombo. The northern approach and the entire trek remain in Tanzania; no Kenya border crossing is included.

Included hotel plan: Moshi before and after the climb. Arrival is trip day 1; departure is trip day 9 after breakfast. Airport transfers and extra recovery nights are separate.

Times and elevations are approximate. Weather, altitude response and the guide’s decisions can change the plan. A summit is never guaranteed. Use the final written itinerary and briefing for your actual departure.

Before the first step

Travel dates: _____ Briefing time: _____

Bring these questions to your briefing

- Who is our lead guide, and what are our tent-sharing and northern-transfer plans?
- How will the Mawenzi Tarn day and summit turnaround decisions be managed?
- Which daily checks, emergency equipment and evacuation arrangements are agreed?
- Which personal kit, transfers and other extras remain outside the written quote?

Personal kit to check with your guide

- ☐ Broken-in boots and walking socks
- ☐ Warm layers, hat and gloves
- ☐ Suitable sleeping bag
- ☐ Sun protection and sunglasses
- ☐ Waterproof jacket and trousers
- ☐ Headlamp and spare power
- ☐ Water bottles and daypack
- ☐ Personal essentials / insurance

My mountain observations

Use safe rest stops for photographs and notes. The day's pace and your guide's decisions take priority over completing this page.

Northern forest / the first trail

Mawenzi Tarn / a change over two nights

Alpine saddle / scale, light and weather

Summit attempt / a moment or decision

Marangu descent / the return of the forest

Useful words: pole pole = slowly; asante = thank you; maji = water. Tell your guide promptly if you feel unwell. These notes support the briefing and do not replace the guide's directions or your final itinerary.