



Marangu Route For Runners and Extremely Fit Hikers

This is the oldest and most traditional trekking route up Kilimanjaro. The Marangu route offers a relatively gentle, but still challenging, ascent and breathtaking scenery that amazes even the most jaded mountain climber. The route allows you to fully experience the complete range of eco-zones on Kilimanjaro - from the dense rainforest, where monkeys play and birds chatter, which opens up to the sparser heather and moorland zones, offering views south to the Pare Mountains and east over Tsavo National Park in Kenya, to the alpine desert saddle between Mawenzi and Kibo peaks (the latter being your goal). Marangu is the only route on Kilimanjaro in which you sleep in huts.

This is a good route for strong trekkers that can cover a lot of ground fast and for trail runners.

Overview

Day 1: Arrival/Mbahe Village Farm Cottages

Day 2: Mbahe Village Farm Cottages (5,905ft/1,800m)

Day 3: Marangu Gate (6,102ft/1,860m) to Horombo Huts (12,204ft/3,720m), 12.1m/19.5 km

Day 4: Horombo Huts (12,204ft/3,720m)

Day 5: Horombo Huts (12,204ft/3,720m)

Day 6: Horombo Huts (12,204ft/3,720m) to Uhuru Peak (19,340ft/5,895m) to Horombo Huts (12,204ft/3,720m), 19m/30.3 km

Day 7: Horombo Huts (12,204ft/3,720m) to Marangu Gate (6,102ft/1,860m) to Mbahe Farm House (5,905ft/1,800m), 22.2 km

Day 8: Mbahe Village Farm Cottages/Departure

Itinerary Detail

Day 1: Arrival/Mbahe Village Farm Cottages

We pick you up upon arrival at the Kilimanjaro International Airport and bring you to Mbahe Village, located in the foothills of Mount Kilimanjaro, approximately 2 hours from the airport. Accommodations are Mbahe Village Farm.

Day 2: Mbahe Village Farm Cottages

You have the morning to rest and relax. Enjoy delicious “homebrew” coffee, grown and roasted on the farm, and meals made with fruits and vegetables from the garden. Your trip leader will provide a climb orientation and equipment check. This is also a day to take a guided tour around Mbahe Village, the Mtuy family farm, and to swim in the river and waterfall running through the private land. We all gather together for dinner to discuss final details and anticipate the start of the climb tomorrow. B,L,D.

Day 3: Marangu Gate to Horombo Huts

After breakfast we walk the 15 minutes from Mbahe to the Marangu Gate. Here you will meet your other guides and mountain crew and enter Kilimanjaro National Park. We begin our climb by walking along a wide and well-maintained trail. Eventually the path narrows and the forest closes in and the unique flowering red-and-yellow impatiens first make their appearance. Along the way keep your eyes open for the ubiquitous blue monkeys along the path, a parallel stream that periodically comes into view, and points along the trail where you may spot tumbling waterfalls. Beyond this point the trail steepens and you will notice giant heathers and camphorwood draped in lichen. You will then enter the moorland zone – much drier, bleaker, and noticeably cooler. As we proceed through the heather you will see off to the right Kifunika Hill, the source of water for many of villages below. Once out of the forest, you may also get your first views of Kibo and Mawenzi if the weather is clear. The trail begins to bend westward and we encounter our first lobelias and senecios, two distinctive giant groundsels found only in the East African highlands. After crossing a bridge, several dry stream beds, and Kambi ya Taabu Valley (where we break for lunch), we will reach Horombo Huts. As this is also the overnight spot on the descent you will meet many climbers with their tales of summiting. Enjoy a hearty dinner prepared by our cooks and a well-deserved night's rest after the long day's hike. B,L,D.

Day 4: Horombo Huts

Today you can explore the base of Mawenzi by running/hiking to Mawenzi Turn Hut and return to Horombo Huts. B,L,D.

Day 5: Horombo Huts

Today you can run/hike toward the southwest of the mountain to Karanga Valley toward Barranco and return to Horombo Huts. B,L,D.

Day 6: Horombo Huts to Uhuru Peak to Horombo Huts

We start with a steep climb before crossing the great Maua River, which is just a small mountain stream at this elevation. The vegetation noticeably thins and we ascend to the saddle, the low flat area between Kibo Peak to the west, and Mawenzi Peak, a spiky remnant lava peak 16,893 feet / 5,149 meters in height to the east. The saddle is barren and windswept – a true alpine desert landscape. Despite the moderate incline, at this elevation the path can weary even the strongest trekkers. We soon arrive at the Kibo Huts. The summit ascent is a steep climb to Gillman's Point (18,635ft/5,680m) before the route flattens out along the crater rim. A further push takes us to our goal - Uhuru Peak, the summit of Kilimanjaro! After a brief stay for photos, we descend to Kibo for lunch and rest before continuing down to Horombo, more than 6,500 feet /2,000 meters below the summit. Eat, share your experiences of the climb, and sleep soundly. Congratulations, you touched the Roof of Africa! B,L,D.

Day 7: Horombo Huts to Marangu Gate to Mbahe Farm House

Enjoy the descent through the thick montane forest on Kilimanjaro's southern flank as we hike four hours and drop 6,234 feet /1,900 meters back to the Marangu exit, encountering legions of climbers beginning their ascent. We will collect our certificates of achievement at the gate and take the final short walk through Chagga farmland back to Mbahe Village Farm. Enjoy a hot shower and a celebration dinner in the evening with the whole team. B,L,D.

Day 8: Mbahe Village Farm Cottages/Departure

Rest and relaxation day at the farm. Optional activities include light hiking, swimming, exploring the village and local school, visiting with the neighbors, drumming, tasting homemade banana beer, or shopping in Moshi Town. For those returning home you will be transferred to the Kilimanjaro International Airport to catch your flight. Those heading out on safari or to Zanzibar will continue your exciting African adventure. B,L.