

7 Days Kilimanjaro Trek via Machame Route

📍 Mount Kilimanjaro



The **Machame Route**, also known as the “Whiskey Route,” is one of the most scenic paths to **Uhuru Peak**. This 7-day trek offers a mix of challenge, natural beauty, and a high chance of summit success.

Your adventure starts at [Machame Gate](#), where you meet your guides, porters, and support team. The trail first passes through **dense rainforest**. Here, you can spot colobus monkeys, tropical birds, and diverse plant life. The fresh air, misty canopy, and streams make the first day refreshing and enjoyable.

Next, the trail ascends into **heath and moorland zones**. Giant heathers and lobelias dominate the landscape. The path becomes steeper, helping your body acclimatize for higher altitudes. Along the way, you will enjoy stunning views of **Mawenzi and Kibo peaks**, perfect for photography.

By the fourth day, you reach the **alpine desert**, a barren, dramatic landscape. This zone prepares you for the **midnight summit climb**. Starting around midnight, you ascend slowly under the stars toward **Uhuru Peak (5,895m)**. Watching the sunrise from the summit is unforgettable, with views of glaciers, craters, and endless plains.

The descent follows the **Mweka Route**, passing through all ecological zones in reverse. From alpine desert to rainforest, the journey showcases Kilimanjaro’s diverse landscapes. The trek concludes at **Mweka Gate**, where your achievement is celebrated.

The **7-day Machame Route** is ideal for trekkers who want a challenging but rewarding climb. With professional guides, gradual acclimatization, and breathtaking scenery, it ensures a memorable and safe journey to Africa’s highest peak.

Tour Facts

Group Size:
2-10

Language:
English, France, Germany, Spain

Duration:
7

Tour Type:
continuous

Tour Itinerary

Day 1 : Machame Gate (1,800m) – Machame Camp (3,000m)



Your Kilimanjaro adventure begins at the **Machame Gate**, where you will meet your guides, porters, and support team. After completing registration and a brief orientation, you'll begin your trek through the lush **Montane rainforest**. The trail winds through giant ferns, moss-covered trees, and tropical vegetation, offering a peaceful and scenic introduction to the mountain.

Along the way, you may spot **colobus monkeys, tropical birds, and unique plant species**. The path gradually ascends, allowing your body to adjust to the increasing altitude. Trekking poles are recommended to provide stability on the uneven trail.

After approximately **5–6 hours of hiking**, you will arrive at **Machame Camp (3,000m)**, nestled among the forested slopes. Here, your tents will be ready, and you can enjoy a warm meal prepared by your cook team. Take time to rest, hydrate, and enjoy the fresh mountain air.

This first day sets the pace for the trek, providing a gentle but steady climb while allowing your body to **acclimatize**. The surrounding forest and dramatic views of **Mawenzi and Kibo peaks** provide plenty of opportunities for photography and short breaks.

Elevation Gain: 1,200m (1,800m → 3,000m)

Hiking Time: 5–6 hours

Accommodation: Machame Camp (tented)

Meals: Breakfast, Lunch, Dinner

Meals Included

LUNCH, DINNER, BREAKFAST,

Duration

8 Hours

Day 2 : Machame Camp (3,000m) – Shira Camp (3,840m)



After breakfast at **Machame Camp**, you will continue your ascent toward **Shira Camp**. Today, the trail gradually climbs out of the rainforest and enters the **heath and moorland zone**, marked by giant heathers, lobelias, and open landscapes. The scenery changes dramatically, offering stunning views of **Mawenzi Peak** on one side and the distant Kenyan plains on the other.

The hike takes approximately **5–6 hours**, with short breaks to rest, hydrate, and enjoy the surroundings. The trail is moderately steep in sections, helping your body acclimatize to higher altitudes. Along the way, your guides will monitor your pace, ensuring a steady and safe climb.

Upon arrival at **Shira Camp (3,840m)**, your tents will be set up, and a warm meal will be ready. Take

time to relax, explore the area, and enjoy the panoramic views of Kilimanjaro's northern slopes. This camp provides an excellent opportunity to adjust to the altitude before the trek becomes more challenging in the higher zones.

Elevation Gain: 840m (3,000m → 3,840m)

Hiking Time: 5-6 hours

Accommodation: Shira Camp (tented)

Meals: Breakfast, Lunch, Dinner

Meals Included

LUNCH, DINNER, BREAKFAST,

Duration

7 Hours

Day 3 : Shira Camp (3,840m) - Barranco Camp (3,960m)



After breakfast at **Shira Camp**, you'll continue trekking across the **Shira Plateau**, a high-altitude expanse of rolling hills, volcanic rock formations, and sparse vegetation. This relatively gentle day allows your body to **acclimatize** while providing breathtaking views of **Kibo and Mawenzi Peaks**.

The trail gradually climbs, and you may encounter unique flora such as **giant lobelias and heath plants**. Along the way, your guide will point out geological features and share insights about the mountain's ecology. The hike is moderately paced, covering **5-6 hours** before reaching **Barranco Camp (3,960m)**, located at the base of the impressive **Barranco Wall**.

Barranco Camp offers spectacular vistas of surrounding valleys and ridges. Here, you can rest, hydrate, and enjoy a warm meal. Some trekkers may take a short **acclimatization walk** to nearby viewpoints, preparing for the more challenging climb up the Barranco Wall the following day.

Elevation Gain: 120m (3,840m → 3,960m)

Hiking Time: 5-6 hours

Accommodation: Barranco Camp (tented)

Meals: Breakfast, Lunch, Dinner

Meals Included

LUNCH, DINNER, BREAKFAST,

Duration

8 Hours

Day 4 : Barranco Camp (3,960m) - Karanga Camp (4,035m)



After breakfast at **Barranco Camp**, you'll begin the climb up the famous **Barranco Wall**, a steep but manageable rock face that provides a thrilling challenge. Your guides will assist you with careful handholds and step-by-step guidance. This climb is exciting and rewarding, offering **panoramic views of the valleys below**.

After summiting the Barranco Wall, the trail descends slightly into the **Karanga Valley**, where you will enjoy a short break and lunch. This section helps your body adjust to higher altitudes while offering

scenic views of **Kibo Peak** and surrounding ridges.

The final ascent for the day is a gentle climb to **Karanga Camp (4,035m)**. This camp is smaller and more intimate, surrounded by rocky outcrops and alpine vegetation. It provides a peaceful spot to rest, enjoy a warm meal, and prepare mentally and physically for the **critical summit climb** in the following days.

Elevation Gain: 75m (3,960m → 4,035m)

Hiking Time: 4-5 hours

Accommodation: Karanga Camp (tented)

Meals: Breakfast, Lunch, Dinner

Meals Included

LUNCH, DINNER, BREAKFAST,

Duration

7 Hours

Day 5 : Karanga Camp (4,035m) – Barafu Camp (4,640m)



After breakfast at **Karanga Camp**, you will begin the trek to **Barafu Camp**, the base for the **summit attempt**. The trail ascends gradually through **alpine desert terrain**, with sparse vegetation, rocky slopes, and panoramic views of **Kibo Peak** looming ahead.

This section is moderately challenging due to the increasing altitude. Your guides will maintain a **steady “pole pole” (slowly, slowly) pace** to ensure proper acclimatization and conserve energy for the summit night. Along the way, you’ll witness the stark beauty of Kilimanjaro’s upper slopes and enjoy photo opportunities of glaciers and ridges.

After approximately **4-5 hours of trekking**, you will reach **Barafu Camp (4,640m)**. Here, your tents will be ready, and a hot meal will be served. The afternoon is spent resting, hydrating, and preparing gear for the **midnight summit climb**. Your guide will review the route, timing, and safety measures to ensure you are fully ready.

Dinner will be served early, followed by rest, as you will rise around midnight for the **summit push to Uhuru Peak**.

Elevation Gain: 605m (4,035m → 4,640m)

Hiking Time: 4-5 hours

Accommodation: Barafu Camp (tented)

Meals: Breakfast, Lunch, Dinner

Meals Included

LUNCH, DINNER, BREAKFAST,

Duration

8 Hours

Day 6 : Summit Day – Barafu Camp (4,640m) – Uhuru Peak (5,895m) – Mweka Camp (3,100m)



Summit day is the most challenging and rewarding part of the trek. Around **midnight**, your guides will wake you with hot tea and a light snack. You'll gear up with **warm layers, trekking poles, and headlamps** before starting the slow, steady ascent toward **Uhuru Peak**, Africa's highest point.

The trail begins with a steep climb over scree and rocky paths, winding through switchbacks under a star-filled sky. Your guides will maintain a **"pole pole" (slowly, slowly) pace** to conserve energy. After **5-7 hours**, you'll reach **Stella Point (5,756m)** on the crater rim, just in time for sunrise. From here, it's another **45-60 minutes** along the rim to **Uhuru Peak (5,895m)**. Standing at the summit, you'll be rewarded with breathtaking views of glaciers, the crater, and vast African plains.

After spending time at the peak and taking photos, you will **descend back to Barafu Camp** for a short rest and meal. The descent continues through alpine desert, moorland, and forest zones, eventually reaching **Mweka Camp (3,100m)** in the late afternoon. The lower altitude and warmer air provide a welcome relief after the strenuous climb.

- Elevation Gain:** 1,255m (4,640m → 5,895m)
- Elevation Loss:** 2,795m (5,895m → 3,100m)
- Hiking Time:** 11-14 hours total (7-8 hours up, 4-6 hours down)
- Accommodation:** Mweka Camp (tented)
- Meals:** Breakfast (early), Lunch at Barafu, Dinner at Mweka Camp

Meals Included
LUNCH, DINNER, BREAKFAST,

Duration
8 Hours

Day 7 : Mweka Camp (3,100m) - Mweka Gate (1,640m) - Moshi/Arusha



After breakfast at **Mweka Camp**, you will begin the final descent through the **lush montane forest** toward **Mweka Gate**. The trail is downhill, winding through moss-covered trees, ferns, and tropical vegetation. This section provides a refreshing contrast to the barren alpine zones you crossed during the summit climb.

The descent takes approximately **4-5 hours**. Trekking poles are recommended for stability on the forested trails. Along the way, you can enjoy the vibrant **birdlife and surrounding scenery** while reflecting on your achievement.

Upon reaching **Mweka Gate (1,640m)**, you will complete your registration with Kilimanjaro National Park authorities. Here, you will receive your **official summit certificate**, recognizing your accomplishment. Take a moment to celebrate with your guides and team.

From the gate, a vehicle will transfer you back to **Moshi or Arusha**, where a hot shower, comfortable bed, and celebratory meal await. This marks the end of your Kilimanjaro adventure, leaving you with **unforgettable memories** of Africa's highest peak.

- Elevation Loss:** 1,460m (3,100m → 1,640m)
- Hiking Time:** 4-5 hours

Accommodation: Hotel in Moshi or Arusha

Meals: Breakfast, Lunch

Meals Included

LUNCH, BREAKFAST,

Duration

7 Hours