



# Kilimanjaro Stage Run

- Not your ordinary trail run!
- Explore the sights and sounds of natural Africa
- Majestic waterfalls
- Cultural immersion
- Maasai trading outposts
- Lush monkey-filled forests
- Mountain views at every step
- Remote villages of coffee and banana farms
- Savanna where elephant, giraffe and zebra roam



Tanzania 17 – 27 October 2015

Join Simon Mtuy, Tanzania's foremost trail runner, expert mountain guide, and world-record holder as he shares with you the paths he knows and loves in this trail runner's paradise. The route circumnavigates the lower slopes of Mount Kilimanjaro. The Kilimanjaro Stage Run is organized by Summit Expeditions & Nomadic Experience, a Tanzanian adventure travel company founded by Simon in 1998.

**Requirements:** This is a **physically demanding event** requiring **adventurers with a high level of fitness and endurance**, and the dream of discovery. Number of participants is limited. To apply, please contact us or complete our online [Adventure Registration](#). All applications are reviewed by Simon Mtuy. **Evidence of a completed ultra or multi-day trail run is required.** Submitted application is not a guarantee of acceptance.

## Run Details & Inclusions

- Eight stages (8 days running)
- 11 Day / 10 Night total package
- Total distance running 260 kilometers
- Running on mountain paths & dirt roads at 1500 – 2000 m.
- Support vehicles with bottled or filtered water and snacks
- Prepared camp and full board meals cooked by experienced safari chefs
- Two nights before and one night after at SENE's private Mbahe Village guest cottages
- Participate in tree-planting initiative led by Simon Mtuy
- Post-run celebration party with runners and crew
- T-shirt, hat, and run certificate
- Airport transfers

## Cost

### US \$2,125 per person

US \$225 single supplement  
includes donation for 10 indigenous tree seedlings for reforestation

## Does Not Include

Tips and gratuities to crew and staff; additional accommodations and meals made necessary by airline schedule changes, inability to complete the run, or other factors; pre-trip expenses such as immunizations, travel insurance, passports, and visas; international airfare; and any expenses of a personal nature such as laundry.

**See the SENE adventure registration form for terms & conditions, payment schedule, and cancellation policy.**



## Schedule & Itinerary

Date	Location	Description & Activities	Meals & Accommodations
Sat 17 Oct	Mbahe Village Kilimanjaro	Arrive at the Kilimanjaro International Airport. You will be met by a SENE driver and transferred to Mbahe Village on the slopes of Kilimanjaro. Mbahe will be your base for run preparation and orientation. Accommodations are in SENE's private cottages on Simon Mtuy's family farm.	Mbahe Cottages
Sun 18 Oct	Mbahe Village Kilimanjaro	Breakfast welcome and orientation meeting, followed by a farm tour. Light run to explore the village and mountain trails. Lunch and afternoon rest. Free time to explore the farm, swim in the Moonjo River waterfall, relax with a good book, or just admire the sweeping mountain views with a cup of "homebrew" coffee (grown and roasted on the farm). Dinner and additional run details and logistics.	B,L,D Mbahe Cottages
Mon 19 Oct	Mbahe to Rombo	<b>Run Day 1:</b> From the official start at Kilimanjaro National Park's Marangu entrance gate, we cross dozens of streams and rivers, many with deep and steep gorges to descend and ascend, while keeping Mawenzi, Kilimanjaro's second peak, on our left and Kenya's Tsavo National Park to our right. You will be completely spent at the end of this day.  <i>Approx. distance: 31km</i> <a href="#">[Map Stage 1]</a>	B,L,D Rombo Camp
Tue 20 Oct	Rombo to Rongai	<b>Run Day 2:</b> As we approach Kilimanjaro's drier northeast flank, the number and depth of the gorges lessen, as do the number of settlements. We may encounter colobus and blue monkeys in the forests. The route runs along a paved road along the Kenyan border for a few kilometers.  <i>Approx. distance: 31km</i> <a href="#">[Map Stage 2a]</a> <a href="#">[Map Stage 2b]</a>	B,L,D Rongai Camp
Wed 21 Oct	Rongai to Kitendeni	<b>Run Day 3:</b> The forest thins as we run through a dry and rocky landscape, passing Maasai settlements and with the chance to see wildlife migrating from the plains below to mountainside above. Our campsite at a primary school overlooks Amboseli National Park in Kenya, where the only light comes from the stars above and the few safari lodges within the park.  <i>Approx. distance: 33km</i> <a href="#">[Map Stage 3]</a>	B,L,D Kitendeni Camp

Thu 22 Oct	Kitendeni to West Kilimanjaro	<p><b>Run Day 4:</b> Exiting the sparse landscape, we skirt Legumishera Hill, which contains a small lake at the summit and is the source of much local superstition. We then run several hilly kilometers along the forest edge between Kilimanjaro National Park and cultivated land. We'll finish the day at Simba Farm, one of the original European farms in Tanganyika Territory. The farm grows wheat and barley for local breweries and market produce for Arusha Town. From the dining area we have spectacular sunset views of Mount Meru.</p> <p><i>Approx. distance: 39km</i> <a href="#">[Map Stage 4]</a></p>	B,L,D Simba Farm
Fri 23 Oct	West Kilimanjaro to Masama	<p><b>Run Day 5:</b> Today is the longest stage. We begin with a long ascent into the forest reserve where active timber harvesting continues, then exit to a hot and dry lowland stretch, and finally return to the verdant southern slopes of Kilimanjaro.</p> <p><i>Approx. distance: 46km</i> <a href="#">[Map Stage 5]</a></p>	B,L,D Masama Camp
Sat 24 Oct	Masama to Mweka	<p><b>Run Day 6:</b> Today we encounter our steepest valleys and ridges above a densely settled area of smallholder Arabica coffee farms that use centuries-old irrigation canals dug along the mountainside. Each village has its own primary school, each with its own distinctive uniform color for the students.</p> <p><i>Approx. distance: 35km</i> <a href="#">[Map Stage 6a]</a> <a href="#">[Map Stage 6b]</a></p>	B,L,D Mweka Camp
Sun 25 Oct	Mweka to Kidia	<p><b>Run Day 7:</b> Kidia was the site of the first European settlement in the Kilimanjaro region. The original church and mission station are still intact. Each mountain ridge in this area is either predominantly Lutheran or Catholic, depending on the original missionary group operating there. Another day of extreme elevation changes.</p> <p><i>Approx. distance: 24km</i> <a href="#">[Map Stage 7]</a></p>	B,L,D Kidia Camp
Mon 26 Oct	Kidia to Mbahe	<p><b>Run Day 8:</b> Running high above the villages and just outside the national park boundary, our final day brings even more spectacular views and a joyous return to Mbahe Village, where we started 7 days ago. Congratulations, you ran around the Roof of Africa! Celebrate with a leap into the river, hot shower, or cold beer . . . or all three!</p> <p><i>Approx. distance: 21km</i> <a href="#">[Map Stage 8]</a></p>	B,L,D Mbahe Cottages
Tue 27 Oct	Mbahe Village Kilimanjaro	<p>Rest, recovery, and relaxation day at the farm. For those returning home you will be transferred to the Kilimanjaro International Airport to catch your flight. Those staying in Tanzania may start your safari, depart for Zanzibar, or spend an extra night at Mbahe.</p>	B,L

Photos credits: Andrew King – D4 Productions, Simon Mtuy, Nathalie Pigache, Jake Zmrhal

