

## **K&B food and drink you'll enjoy on your climb**

As Kilimanjaro end beyond already mentioned, staying hydrated and well-fed on your climb is absolutely vital especially when conditions are such that you might not want to eat or drink as much as you can.

Because so many climber experiences to loss of appetite at altitude, Kilimanjaro end beyond head chef has developed special menu plans that are appealing, healthy, and filled with all the energy you need to make it to the summit (Uhuru pick). By default, Kilimanjaro end beyond meals include fresh fruit and vegetables every day. You will have fresh meat for the first part of the trek and on the southern routes where it is feasible we resupply the group at Karanga Camp.

As a special reward after your summit ascent, we'll have an All Day recommended Breakfast ready and waiting for you when you arrive back at Base Camp just let our cook know how you like your eggs done! And before you leave the mountain, you also get to sample some of the local Tanzanian cuisine such as Machalari, Njegere, Pilau and Ugali.

If you have special dietary requirements or are a vegetarian then just let Kilimanjaro end beyond knows when you book so that we can be sure to have a suitable menu planned.

### **A typical K&B day's meals are as follows**

***Breakfast:*** is usually fairly hearty, and includes porridge, sausage, eggs and toast with jam. In supposed, you'll also have hot drinks, generally a choice of tea, coffee or hot chocolate. Let your waiter know if you are still hungry, or even if you think you could 'pack in a few more bites'. Our cooks always try to provide more food than necessary to ensure everyone gets a good meal.

***Lunch:*** is either packed for you, to carry in your rucksack or we stop for a hot cooked lunch depending on your itinerary. A typical packed lunch is a boiled egg, sandwiches, a portion of chicken, crisps, snack bar, fresh fruit and a drink.

***Afternoon Tea:*** K&B is served at the end of the day's walking, once you get to camp. In addition to tea and other hot drinks, there are plenty of peanuts, popcorn, biscuits and snacks to help restore some of the energy you've just burned off.

***Dinners:*** are quite filling. They usually begin with a nice hearty soup, and then a main course such as chicken spice, spaghetti bolognese, fresh vegetables, and plenty of rice, pasta or potatoes, followed by a yummy dessert such as pancakes or banana fritters with maple syrup or nutella!

We understand how much comfort there is to be had in a little taste of home. We make an effort to stock many brands that will be familiar to our US and others climbers, including Heinz, Nestlé and Nescafé ( your welcome to climb with Kilimanjaro end beyond to see what they provide)