

Guided Colorado Training Hikes: Mount Kilimanjaro – 3 Day Training Hike

Overview

3 Days of Guided Hiking – 2 Days of Travel – 4 Nights of Lodging

This is a challenging 3-day hiking adventure through the stunning mountains of Rocky Mountain National Park designed to prepare you for the rigors of climbing Mount Kilimanjaro. You will explore mountain meadows and dense pine forests to reach high alpine cirques and lakes offering unrivaled views of the craggy peaks of the Continental Divide. As you hike our professional guides will give you coaching on efficient mountain travel techniques. This is the perfect opportunity to test out your gear and get expert advice. Each night you will rest in comfort in one of Estes Park's comfortable mountain lodges from which you have quick access to restaurants and the vibrant mountain culture downtown Estes. If you can handle these hikes you will be in good shape to take on Kili.

Dates and Pricing:

Pricing (Per Person)	Open Group Dates (2026)	Trip Deposit (Per Person)
\$2,235	June 17 - 21 August 5 - 9	\$500 Deposits are non-refundable.

Prices based off double occupancy. Single supplement price for a private room is an additional \$800. Trip requires at least 3 participants to run.

Difficulty Level

Moderate - Hard

Participants should be in good physical shape, exercising regularly. Hiking distances will range from 8 – 10 miles and include up to 3,300 ft in elevation gain.

Exposure Rating

Low - Moderate

Hiking up mountain valleys to high alpine lakes. You are shielded from the worst of the elements most of the time. Hiking above tree line on summit days presents extra exposure to elements.

Trail Type

**Rough & Rocky Trail,
Alpine Scree & Tundra**

Trails are all well maintained but still rough and rocky by most standards. Expect loose rocks and regular step ups above knee height. Summit Day includes off trail travel.



Day 0: Travel to Estes Park

You will make your way to the town of Estes Park, Colorado. Upon arrival you will check into your hotel and settle in. In the evening your guides will meet you at your hotel to for a trip meeting and orientation where they will introduce themselves, review the trip itinerary and answer any questions. They will also do a gear check to make sure everyone has their essential gear.

Day Itinerary:

3:00 PM: Hotel Check-in Time

8:00 PM: Gear Checks

7:00 PM: Trip Orientation and Meeting

Day 1: Hike to Gem Lake and Balanced Rock on Lumpy Ridge

(RT Hiking Distance: 7 miles) (Hiking Elevation Gain: 1,696 ft)

On our second day of hiking, we will explore an entirely different type of terrain — the tumultuous granite domes of Lumpy ridge. Our trail will take us through a labyrinth of cliffs and gullies to reach the incredibly beautiful Gem Lake near the top of the ridge. Our adventure does not end here though, as we will continue onward to see the improbable “Balanced Rock” before continuing to our end point at the Cow Creek Trail Head.

Day Itinerary:

8:00 AM: Meet at hotel & depart for trailhead

12:45 PM: Begin return hike

9:00 AM: Start hiking

3:30 PM: Arrive back to vehicles

12:00 PM: Lunch at Balanced Rock

****Start times may vary due to weather and other circumstances**



Day 2: Hike up to Chasm Lake (11,800 ft) at the foot of Longs Peak

(RT Hiking Distance: 8.8 miles) (Hiking Elevation Gain: 2,542 ft)

We are stepping up the challenge for this day. We will start a little earlier as our hike takes us far above tree line and we need to get up and down before afternoon thunderstorms. The goal for the day is Chasm Lake; an incredible destination nestled at 11,800 ft of elevation beneath the towering east face of Longs Peak. You cannot help but feel small before this mighty mountain. Listen close when you arrive, if the weather is good you may just hear the calls of intrepid mountain climbers seeking to scale the great face. We will enjoy lunch together at this high lake before heading back down to the safety of tree line and then the vehicles.

Day Itinerary:

7:00 AM: Meet at hotel & depart for trailhead

11:45 AM Begin return hike

8:00 AM: Start Hiking

2:30 PM Arrive back to vehicles

11:00 AM Arrive at Chasm Lake, Lunch

Day 3: Hallett Peak (12,713 ft) with optional Otis Peak (12,484 ft) extension

(RT Hiking Distance: 10 miles) (Hiking Elevation Gain: 3,293 ft)

This is our final day of hiking! You will wake up early to eat breakfast and pack up your gear so we can hit the trail as the sun begins to rise. Our hike will start from the Bear Lake trailhead and ascend via the east ridge of Flattop Mountain to the Continental Divide. Once reaching the summit of Flattop Mountain we will continue along the divide ridge, skirting the top of Tyndall Gorge to the lofty Hallett Peak. From the top of Hallett you will be greeted with stunning views in every direction. This is a worthy crowning achievement for 3 days of epic hiking! We will take some time eat our lunch and then it will be time to begin the return hike. If time and interest permit, we can hike an extra 2 miles and summit Otis Peak and bag two high peaks in one day!

Day Itinerary:

6:00 AM: Meet at hotel & depart for trailhead

11:00 AM: Begin return hike

7:00 AM: Start Hiking

2:00 PM: Arrive back to vehicles

10:30 AM: Arrive summit of Hallett Peak



Day 4: Head on to your next adventure

This is your final day in the Colorado Rockies. Wake up a little later and enjoy breakfast before you head on to whatever adventure awaits you next!

Day Itinerary:

11:00 AM: Hotel Checkout Time

Lodging Information:

You will be staying at the Silver Moon Inn (or similar); a quaint three-star hotel that sits on the back of the gentle Fall River at the West end of downtown Estes Park. With riverside lounging, fire pits and a hot tub the Silver Moon Inn is the perfect place to relax between hikes. Also, only a 5-minute walk from the heart of main street Estes this is the perfect base camp for easy access to dining, shopping, and other evening activities!



Included:

- 3 days of guided hiking
- 4 nights of lodging
- Transportation to and from trail heads
- Trail lunches
- Trail snacks
- Trekking poles
- National Parks pass

Not included:

- Airfare
- Transportation to and from Estes Park
- Breakfasts* or dinners
- Lunch day 0 & 4
- Personal hiking gear
- Travel Insurance

*Complimentary continental breakfast available at some lodgings

Required Gear List

Clothing

Hiking Boots or Shoes	_____	Puffy Jacket	_____
Hiking Socks (4+)	_____	Rain Jacket	_____
Underwear (4+)	_____	Rain Pants	_____
Long Underwear	_____	Gloves (wind/water resistant)	_____
Shorts	_____	Sunglasses	_____
Hiking/Soft Shell Pants	_____	Hat	_____
Hiking T - Shirts (3)	_____	Buff	_____
Light Fleece	_____	Beanie	_____

Gear

50+ Liter Backpack/ Duffle (For Travel)	_____	Water Bottle(s)/ Hydration Bladder (2-3 Liters)	_____
Day Pack (at least 20 liters)	_____	Personal Hygiene Items/ Medications	_____
Pack Rain Cover	_____	Personal 1 st Aid Kit	_____
Headlamp	_____	Trekking Poles	Provided by SMG

