

THE CHALLENGE OF A LIFETIME,  
FOR THE CHILDREN'S HOSPITAL  
CHARITY...

# KILIMANJARO TREK

19 - 29 SEPTEMBER 2019



The  
Children's  
Hospital  
Charity\*

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# KEY INFO

Duration: 11 days

Distance: Approx. 69.5km

Challenge Grade: Extreme 3

Location: Tanzania

# CHALLENGE HIGHLIGHTS

- Summit the world's highest free-standing mountain
- Trek along the beautiful Machame Route
- Discover diverse landscapes, changing as you climb to the peak
- Stunning mountain and valley views
- See the sunrise over Mawenzi Peaks
- Gaze in awe at a mountain on the equator capped with snow

## THE CHALLENGE

Grab your boots and join us on an exhilarating trekking adventure to the top of Africa as we summit Mount Kilimanjaro, Africa's highest mountain standing tall at 5,895m, a magnet for trekkers and climbers. Our trek takes us along the beautiful Machame route, which allows us to gradually acclimatise to the altitude as we climb to the summit. We'll trek through dense tropical rainforest all the way up to the snow-capped peak to witness awe-inspiring views. This is a tough but spectacularly rewarding challenge, so join us and conquer the mighty Mount Kilimanjaro!

### Day 1

We depart the UK for our overnight flight to Kilimanjaro International Airport.

### Day 2

Upon arrival we will be met by our ground handler representative and then we transfer to our lodge in Moshi. Later in the day, we will have a climb briefing and equipment check and the local Head Guide will answer any questions we have about the challenge.

### Day 3

**Machame Gate to Machame Camp - 3,010m**

After breakfast, we transfer to Machame Gate where we register and complete the National Park formalities. We then start trekking, steadily ascending through stunning rainforest which can be quite muddy and wet underfoot, but it's a magnificent way to start our challenge!

**Trekking distance - approx. 9km/5-7 hours**

### Day 4

**Machame Camp to Shira Camp - 3,840m**

Following breakfast at camp, we push on with our ascent. Today is a short day but rather steep and rocky in places. It's a slow hike with plenty of rests and enough time to acclimatise. We push on trekking until we reach the Shira Plateau, where we will be rewarded with great views of the mountain and if we look back, magnificent views of Mount Meru rising above Arusha Town.

**Trekking distance - approx. 7km/5-6 hours**

### Day 5

**Shira Camp to Barranco Camp - 3,950m**

Our day starts with trekking over high moorland with the scenery now changing the whole character of our challenge. We trek steadily uphill to the Lava Tower, where we stop for lunch around noon.

From the Lava Tower we start our descent for about 2 hours to our camp at Barranco. Today is good for acclimatisation, as we climb up to 4,600m and sleep at 3,950m – the golden altitude rule is, “walk high, sleep low”.

**Trekking distance - approx. 10km/6-7 hours**

### Day 6

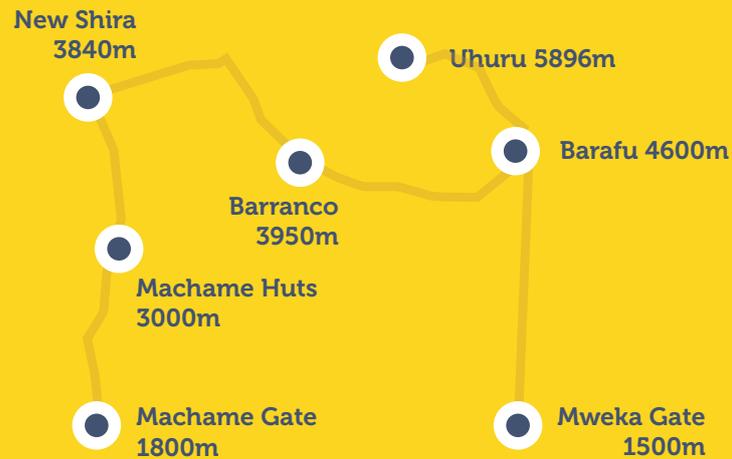
**Barranco Camp to Karanga Camp - 4,100m**

Following breakfast, we set off to conquer what the locals know as ‘breakfast wall’ – the Great Barranco Wall! It is a scramble using our hands and feet, (not technical like rock climbing) but certainly adds to our adventure. Once we take in our achievements at the top, we will be able to witness stunning views across the mountain towards the Karanga Valley and will be able to spot our previous night's campsite. We continue undulating through the green valley until we reach our camp at Karanga Valley.

**Trekking distance - approx. 6km/4-5 hours**



# Kilimanjaro Machame Trail



## HIKE TO THE SKY ON THIS EXHILARATING TREKKING CHALLENGE!

### Day 7

#### **Karanga Camp to Barafu Camp - 4,600m**

We push on with our challenge and start with a short, but steep ascent across the barren landscape but will be rewarded with breathtaking views of the Decken Glaciers.

We will be keeping our pace to a slow rhythm as we need to conserve as much energy as we can for the summit attempt later this evening. We reach our camp then it's an early dinner before getting our heads down, as we will be woken at 11pm for our summit attempt!

**Trekking distance - approx. 6km/4-5 hours**

### Day 8

#### **Barafu Camp to Uhuru Peak - 5,895m then descend to Millennium Camp - 3,730m**

We aim to leave camp at 12am using our head torches to light the way. The next 4 hours are spent trekking to Stella Point (5,750m) over scree and rock, where we will be rewarded with magnificent and spectacular views of the ice cliffs which surround us, and the majestic views to the Mawenzi Peaks - trekking just does not get any better than this!

We now make regular rest stops every 15 minutes or so, to aid our chances of reaching Uhuru Peak. We push on to the summit with the sun rising over the stunning Mawenzi Peaks and aim to reach the summit by about 6 or 7 am.

We start our long descent via Stella Point and back to Barafu Camp, where we will enjoy some lunch and a good rest. Our descent then continues down to Millennium Camp (3,730m) - today is a very long, emotional day, but at the same time, so memorable and exhilarating.

**Trekking distance - approx 6.5 km/7-8 hours to Uhuru Peak and approx 13km/6-7 hours to Millennium Camp**

### Day 9

#### **Millennium Camp to Mweka Gate - 1,660m then transfer to Moshi**

Continuing with our descent, we continue trekking for around 5 hours to make the 1,300m descent to the main park gate.

Following lunch, we take the transfer back to our lodge through very beautiful coffee plantations and the traditional small villages of the Chagga people. Upon reaching our lodge, it's time to relax with a nice hot shower or cool dip in the swimming pool! This evening, we meet as a group and mark our achievements at our celebratory dinner.

**Trekking distance - approx. 12km/5-6 hours**

### Day 10

After breakfast there may be some free time to relax at the lodge or go shopping in Moshi before transferring to the airport for our flight back to the UK.

### Day 11

Arrive UK.

(Please note this is a complex itinerary and subject to change, including the timings and distances detailed. Mountain weather conditions, the group's ability and any other factors outside our control can impact on the schedule set out in this brochure).



# YOUR QUESTIONS ANSWERED....

## Is this trip for me?

Absolutely! The trek is suitable for all abilities with the correct training. The minimum age for this trek is 18 years old (if you are aged between 14-17 years old you must be accompanied by a parent or guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help The Children's Hospital Charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

## How fit do I need to be?

This challenge has been graded as Extreme (3) on our challenge grading scheme, meaning the trek has been designed to be challenging but achievable as long as you train beforehand. You will be trekking for 7 consecutive days, and at high altitude and in varied temperatures, a good cardiovascular fitness is required – the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register, this is also available to download via our website. Why not join one of our challenge training weekends – it's a great opportunity for you to meet our team and other challengers, and train together prior to the event.

## What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

## Where will we stay?

While in Moshi we will stay in a lodge; twin share with en-suite washing facilities. Whilst on the trek we will be camping – all tents and camping equipment will be provided but participants are expected to bring their own sleeping bags. Thick foam sleeping mats will also be provided.

## Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from broken in trekking boots, some trekking poles and a good quality sleeping bag you do not need any specialist kit.

## Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sun-screen, water, camera, sun hat etc.) and kit bag will be carried from camp to camp by our porters. You will be able to leave your main piece of luggage at the lodge in Moshi whilst we are on the trek.

## Food matters...

All meals will be provided whilst on the trek as well as breakfast while staying in Moshi. Water will be readily available and supplied free of charge. We cater for most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form. African food is very varied and nutritious with plenty of vegetables.

## What's included?

- Return flights from a London Airport to Kilimanjaro International Airport
- All accommodation and transfers
- Airport taxes and fuel surcharge
- All meals on the trek and celebratory dinner
- Porters, cooks and professional English speaking local guides who are experienced in Kilimanjaro summit climbs
- Global Adventure Challenges Leader from the UK
- Local Doctor, oxygen cylinders, oxi-pulse meter, Gamow bag and medical kit to assist with monitoring participants' wellbeing on the climb
- Tents and other camping equipment including cooking and toilet facilities
- Thin sleeping mats
- Trekking permits and National Park fees
- Water for trekking
- Small kit bag for trek

## What's not included?

- Personal Travel Insurance – this can be obtained through Global Adventure Challenges
- Sleeping bags, air mats
- Tips and gratuities
- Alcoholic drinks
- Visa for Tanzania

## Can I stay in Africa after the challenge?

Yes, but all extensions are strictly limited, subject to availability and are given on a first-come, first-served basis. You will need to complete an extension request form, available from Global Adventure Challenges by emailing [enquiries@globaladventurechallenges.com](mailto:enquiries@globaladventurechallenges.com). There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

## What support is there on the trek?

This is a fully supported trek. There will be a strong support team with a professional Global Adventure Challenges leader from the UK as well as local guides and porters. A charity representative will also be on the trek. Full comprehensive medical kits will be taken with the group and all guides are trained in first aid. Satellite / mobile telephones and ICOM radios will be used to ensure your safety and security at all times. A local English speaking medic will also be joining the trek.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no one is left alone. Remember this is not a race! The main physical problem you may encounter is altitude sickness, which can occur over 2,500m – the maximum altitude on this challenge is approx. 5,895m.

## Will the altitude affect me?

Your physical fitness will not affect your ability to cope with the altitude, however the fitter you are the better you will cope in general whilst on the mountain. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at high altitude. All individuals are affected differently, but symptoms can include breathlessness, nausea and headaches. Please be assured that this trek has been designed to maximise your chances for sufficient acclimatisation i.e. the speed at which we trek, the route taken, acclimatisation days taken and the number of highly trained experts in the support team.

## How much will it cost?

**Payment Option A – Minimum Sponsorship**  
Registration Fee £475  
+ Minimum Sponsorship £4,500

## Payment Option B – Self-funding

Registration Fee £475  
+ Self Funding £2,724

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from The Children's Hospital Charity in order to make your fundraising as easy as possible. The Children's Hospital Charity will be on hand to support you with anything you need for your fundraising, you'll have a dedicated charity contact throughout your fundraising. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

## I'm interested, how do I sign up?

You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com), payment of the registration fee is due at time of booking. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! The Children's Hospital Charity will also be in contact to discuss your fundraising.

If you have any further questions about registering or fundraising for the challenge please contact Cheryl at The Children's Hospital Charity on [Cheryl@tchc.org.uk](mailto:Cheryl@tchc.org.uk).

# REGISTER ONLINE TODAY!

[CHERYL@TCHC.ORG.UK](mailto:CHERYL@TCHC.ORG.UK)

0114 271 7203

[WWW.TCHC.ORG.UK/EVENTS/](http://WWW.TCHC.ORG.UK/EVENTS/)

**The Children's Hospital Charity.**



**GLOBAL ADVENTURE CHALLENGES**