



KILIMANJARO TREK

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A JOURNEY TO THE
ROOF OF AFRICA.



CHALLENGE INFO PACK.

CHALLENGE OVERVIEW.

GENERAL INFORMATION ABOUT YOUR TRIP.

SUMMARY.

Mount Kilimanjaro is one of the seven natural wonders of the world and for many people, standing on its summit is a life-long ambition. The snow-capped peak was first reached by German explorers in the late 19th century and you will follow in their footsteps as you attempt to scale this mighty mountain! The world's highest freestanding peak (Kilimanjaro is an extinct volcano and rises alone from the surrounding savannah) is situated in Tanzania and this challenge is an amazing opportunity to not only climb Kilimanjaro, but also to explore East Africa yourself and learn about the rich culture and varied landscapes of the region.

GRADING.

Very Tough! This is a multi day trek to significant altitude (5895 metres above sea level, to be precise!), there are several hours of trekking a day and you will need to be in good physical shape to complete this trekking challenge. You will have to deal with sub-zero temperatures and very thin air, not to mention the campsite's infamous 'long drop' toilets!

TRIP DURATION.

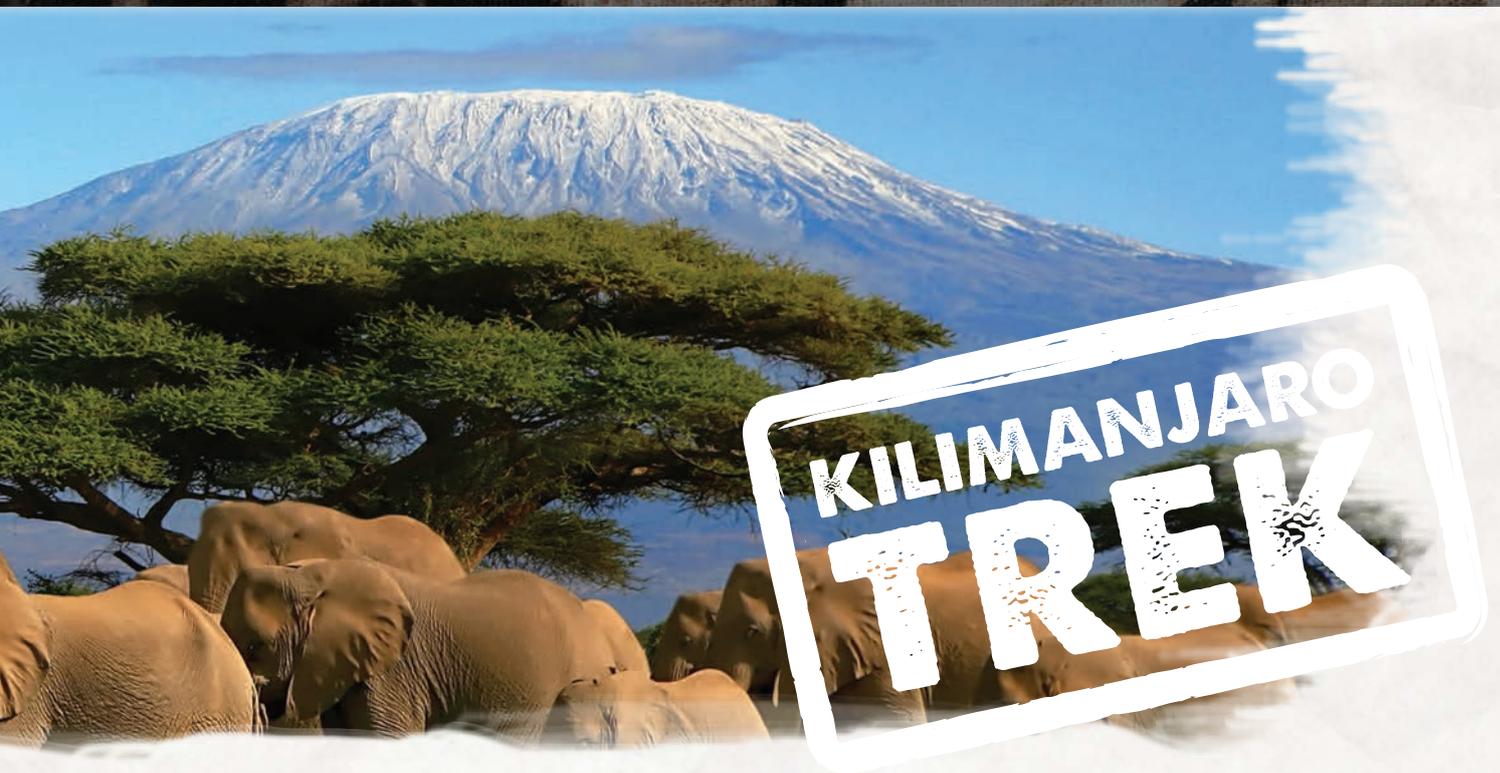
11 days in total, with 6 days of trekking (18 days if you opt for the Extended Return)

ACCOMMODATION.

You'll be accommodated in friendly, simple hotels and, of course, tents whilst on the mountain.

REGISTRATION FEE.
£325

MINIMUM SPONSORSHIP.
£2990



TRIP ITINERARY.

DAY 1: DEPARTURE

You will depart from London on a flight to Kilimanjaro International Airport. This flight will include at least one stopover.

DAY 2: ARRIVAL AND ORIENTATION

You will be met by a local Choose a Challenge representative and transferred to a comfortable hotel in Moshi - a 1hr journey via private bus.

A short challenge briefing will be held at the hotel and this will provide the opportunity to ask any questions that you may have. Overnight in multi-share rooms.

Dinner included

DAY 3: HOPE FOR CHILDREN PROJECT VISIT

You will be briefed from a Hope for Children representative in the morning before transferring to a local children's center for educational sessions and fun and games.

Breakfast and Dinner included

DAY 4: TREK DAY ONE

After breakfast, you will transfer to Machame Gate, set deep in the cloud forest that surrounds Mt. Kilimanjaro. After signing in at the National Park Gate, you will begin a slow and very steady walk from Machame Gate (1,800m) to Machame Hut (2,980m). This day takes 4-5 hours and is a gradual ascent through thick cloud forest. You will arrive in camp and relax, enjoying the incredible views of Kibo Peak in the distance. Dinner will be served before you will retire to your twin-share tented accommodation for the night.

Breakfast, lunch and dinner included





TRIP ITINERARY CONTINUED.

DAY 5: TREK DAY TWO

After breakfast at Machame Hut, a steep ascent takes you along the Machame ridge line, which gradually works its way up to the Shira Plateau. Spectacular views of Kibo Peak follow you along the way. Lunch will be taken en-route before arriving onto the Shira Plateau in the early afternoon and onwards to Shira Hut at 3,840m (5-6 hours). From here, the true vista of your surroundings becomes apparent, with spectacular views of both the Kibo Peak and out west towards Mt Meru and the Maasai Highlands. The afternoon gives you good resting opportunities with an optional short acclimatisation trek.

Breakfast, lunch and dinner included

DAY 6: TREK DAY THREE

After breakfast at Shira Hut, you will head east across the plateau on a gradual incline. The gradual ascent over the Shira Plateau takes you up to an altitude of 4,400m, providing valuable acclimatisation. With lunch en-route, you will descend in the afternoon down to the Baranco Campsite, set at the base of the Baranco Wall at 3,950m. The Baranco Campsite offers some of the most spectacular views of Kibo Peak and today's trekking will be 8-9hrs. After another hearty dinner, you will retire for the night.

Breakfast, lunch and dinner included

DAY 7: TREK DAY FOUR

After a very early breakfast, you will head east up the Baranco Wall, a height gain of 700ft. From here, you continue over the ridges and valleys to the Karanga Valley and an early lunch. From Karanga Valley, you will ascend up to Barafu Hut at 4,600m. Today will take 9-10 hours including a short lunch stop. Dinner is served around 17:00 and you will sleep as early as possible. This day will be a challenging one due to the altitude.

Breakfast, lunch and dinner included



TRIP ITINERARY.

DAY BY DAY PLAN CONTINUED.

DAY 8: TREK DAY FIVE

Beginning at midnight, snacks are served and you will begin an extremely slow ascent across the scree slopes towards Stella Point. First light comes up around 05:30AM and you will reach Stella Point around sun-rise. From Stella Point, it is a gentle ascent around to Uhuru Peak - The Roof of Africa. Once you have spent some time admiring the views, you will descend back to Stella Point and down to Barafu Camp. At Barafu Camp, you will rest up for one or two hours with lunch being served. From Barafu Camp, you will descend down to Mweka Hut, arriving late afternoon for dinner and a well-earned nights rest! Today's trekking is 16-18hrs approximately.

Breakfast, lunch and dinner included

DAY 9: TREK DAY SIX

After breakfast, you will descend down to Mweka Gate, a gradual decline through the heath and cloud forest. At Mweka Gate, you will sign-out and transfer back to your hotel in Moshi where you will enjoy a very welcome shower and celebratory meal before receiving your Uhuru Peak Certificates! Overnight stay in shared rooms at a standard hotel in Moshi.

Breakfast and dinner included



TRIP ITINERARY.

**DAY BY DAY PLAN
CONTINUED.**

TRIP ITINERARY CONTINUED.

DAY 10 - DAY 18: Depends on your Travel Option

If you have chosen to return home immediately, you will transfer back to the airport and back to the UK, arriving on DAY 11.

If you are extending your stay, you will depart on your extension trip today, please see your extension trip itinerary.

Ground arrangements only participants are free to continue on to their itinerary after breakfast.

Our itineraries are planned well in advance and occasionally we may need to make minor alterations to them due to local circumstances. If there are any significant itinerary changes you will be informed directly, however minor alternations and tweaks can be common and we ask you to bring a degree of flexibility with you.





KILIMANJARO TREK

WHAT'S INCLUDED

- International flights
- All meals mentioned above and three meals a day during the hike
- All relevant transfers
- All relevant accommodation
- All national park fees, entrance fees, taxes, permits and vehicle entrance fees to all national parks as applicable to the above itinerary
- Services of professional English speaking guides at all times
- Safe drinking water during the hike
- 24/7 support and emergency line available throughout the itinerary
- Equipment Hire Facilities
- All camping equipment required on the trek (exc. sleeping bags/mattresses)
- Porter Service – you will only need to carry day-packs whilst on the trek

WHAT'S NOT INCLUDED

- Evacuation - in event of serious medical injury, we will coordinate with your travel insurance company to arrange evacuation
- Meals and drinks other than those mentioned
- Tips and gratuities
- Optional excursions
- Items of a personal nature such as souvenirs and telephone calls
- Country visa (if applicable)
- Travel insurance
- Vaccinations
- Personal camping equipment such as sleeping bag and mattress





TRIP FAQs.

HOW MUCH MONEY DO I HAVE TO RAISE?

You are expected to raise £2990 for the charity.

HOW MUCH OF THIS MONEY GOES TO THE CHARITY?

Our challenges are always run on a 50:50 minimum ratio. This means that of the money you raise, at least half goes to furthering the vital work of the charity and the remaining money is used to cover the cost of your trip.

IS THIS CHALLENGE SAFE?

All of our challenge events involve an element of risk (that's part of what makes them challenges!) but we work closely with our partners in Tanzania to ensure that your trip is memorable for all the right reasons! We risk assess all our trips and we comply with BS8848 British Standard.

WHO WILL I BE TRAVELLING WITH?

You'll be travelling with your best friends (it's just that you haven't met some of them yet!). Group sizes vary, but typically there will be 12-30 fellow students on your trip.

WHO WILL BE LOOKING AFTER US IN TANZANIA?

We use only the best English-speaking guides who have years of experience of guiding students from UK universities. They will not only be there to ensure that you are healthy, safe and well looked-after – they'll also be more than happy to give you a real insight to the culture and traditions of Tanzania!

WILL I GET SUPPORT FROM THE CHARITY FOR MY FUNDRAISING?

Absolutely! Whilst it is of course your responsibility to reach your fundraising target, all our partner charities have staff dedicated to supporting students taking part in Choose a Challenge events like these. Please see over for more details.

TRIP FAQs.

QUESTIONS ABOUT YOUR TRIP.

TREK

CAN I EXTEND MY STAY IN TANZANIA?

Yes, many of our departure dates allow participants to stay on as a group after the trek has finished and explore the highlights of Tanzania.

WHAT WILL THE WEATHER BE LIKE?

Weather on Kilimanjaro can be unpredictable, as in any mountain environment. Generally though, the weather in Tanzania during June through to September is hot and dry, with temperatures typically around 30 degrees Celsius during the day!

DO I HAVE TO SPEAK SWAHILI TO ENJOY THIS TRIP?

No! All our staff in Tanzania speak fluent English and you'll find that whilst leaning a bit of Swahili is greatly appreciated and very useful (Jambo means hello!), English is widely spoken and understood.





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