

TANZANIA

Mount Kilimanjaro Trek

Duration: 10 days / 9 nights

Trip Grade: Extreme

Dates:

12 – 21 Mar 2010	4 – 13 Feb 2011
20 – 29 Aug 2010	11 – 20 Mar 2011
27 Aug – 5 Sep 2010	19 – 28 Aug 2011
24 Sep – 3 Oct 2010	23 Sep – 2 Oct
1 - 10 Oct 2010	30 Sep – 9 Oct
29 Oct – 7 Nov 2010	

Date run as a Volunteer Challenge (see over)

*August departures subject to flight surcharge approx £100

Payment Options:	2010	2011
Self Payment	£499	£549
Registration Fee	£499	£549
Trip Cost	£1500	£1550
Fundraising	£499	£549
Registration Fee	£499	£549
Min. Fundraising	£3750	£3875
Target		

The highest freestanding mountain in the world,



Kilimanjaro is also the highest mountain on the African continent at 5896m. Its snow-capped summit rises high above the dusty African plains; huge permanent glaciers flow down from the summit, spectacular views and beautiful ice formations are the reward for pushing your limits both physically and mentally.

Our trek takes the less-trodden Machame route, allowing us to camp and fully appreciate the splendour of our surroundings and the clear night skies. The terrain changes as you ascend the mountain, passing

through thick forest, moorland and scree en route to the highest point of the crater, Uhuru Peak. This is a challenging trek at altitude, climbing one of the most impressive and well-known mountains in the world.

ITINERARY

Day 1: Leave London Heathrow for Kilimanjaro International airport.



Day 2: Arrive Kilimanjaro International

Transfer to Moshi town, where you can admire the views of Kibo, the youngest of Kilimanjaro's cones. We check in and relax, with time to sort out our kit for tomorrow. Night hotel.

Day 3: Machame Gate – Machame Camp

A one-hour drive from Moshi lies the gate to the Machame route, where we complete park formalities, meet our crew of porters and start to climb! The first section of the route climbs steadily and involves real jungle bashing through magnificent forest. This path is less well trodden so it can get somewhat overgrown in places and it is often wet and muddy underfoot. Night camp: Machame Camp, 3100m.

Trek approx 5-7 hours, approx 18km

Day 4: Machame Camp – Shira Caves

The route continues on up through the forest until we are at the steep ascent on to the Shira Plateau, where there are rewarding views of the mountain. Looking back, you will be able to see Mt Meru rising high above Arusha town. Night

camp: Shira Caves, 3840m. **Trek approx 4-6 hours, approx 9 km**

Day 5: Shira Caves – Barranco Hut

Walking now on high moorland, the landscape changes the entire character of the trek. We traverse the southwest side of Kilimanjaro, passing underneath the Lava Tower and the final section of the Western Breach and finally reach camp at the Barranco Hut (3900m), a tin shack where we pitch our tents. The day has been spent at altitude (up to 4600m), but we have followed the mountaineering code of 'walk high, sleep low' to avoid altitude sickness by aiding our bodies acclimatisation. Night camp: Barranco Hut, 3900m. **Trek approx 6-7 hours, approx 15km**

Day 6: Barranco Hut – Barafu Camp

Our day starts by descending into the Great Barranco, a huge ravine. We then exit steeply, up the Great Barranco Wall, which divides us from the southeastern slopes of Kibo. It's a climb over rock, not technical but long and tiring. Passing underneath the Heim and Kersten glaciers, we head towards the



Karanga valley, which is our last water stop before the summit. Scree now forms the terrain as we walk through arid and desolate land towards camp. Night camp: Barafu Camp, 4600m. **Trek approx 7-9 hours, approx 18km**

Day 7: Barafu Camp – Summit – Millennium Camp

We avoid walking too long in the heat of the sun today by starting early, and walk steeply upwards to the summit glaciers. We will be climbing scree for 4 to 5 hours but gain incredible height over a short distance. The views are spectacular. We should be on the crater rim at Stella Point (5750m) as the first rays of the sun hit us. Spectacular ice cliffs within the crater surround us and the views to Mawenzi and beyond are breathtaking. Another hour's walking takes us to the summit Uhuru (5896m), the highest point; Uhuru means freedom in Swahili.

We begin the descent by returning to Stella Point (5750m) and then descending on scree slope and track back to Barafu Camp for breakfast before finally heading down to camp for a long well-earned rest. On our descent we have fabulous views of the plains and Mawenzi, Kilimanjaro's secondary but more technical peak. Night camp: Millennium Camp (3000m). **Trek approx 10 – 12 hours, approx 20km; 7km climb**

Day 8: Millennium Camp – Mweka Gate – Moshi

A gentle trek takes us down through the rainforest to Mweka Gate, where we complete park formalities and receive certificates which you can hang up with pride! We are then met by vehicles and return to the hotel in Moshi where you can treat yourself to a welcome shower (and a cold beer or two!) before our big celebration. Night hotel. (*Dinner not included*). **Trek approx 5 hours, approx 10km**

Day 9: Free time Moshi – Flight

Free day, allowing you to explore Moshi, where there are some good markets, and relax with your fellow achievers. You can also opt to visit a Community Project we support on a long-term basis – an orphanage on the outskirts of Moshi. We return to the hotel mid-afternoon in time to transfer to the airport for our international flight home. (*Lunch not included*.)

Day 10: Arrive UK

For details of our amazing Safari wildlife extension (adds 3 extra days) please contact us.

WHAT'S INCLUDED

All accommodation is included as well as all transport, camping gear (other than sleeping bag and mat), National Park entry fees, use of local porters, guides and cooks and all meals except two as specified in the itinerary.

It also includes return scheduled flights from UK to Moshi. Inbound airport tax, Tanzanian entry visa (currently \$100 if purchased on arrival at airport) and travel insurance are not included.

Approx £120.00 is recommended for personal expenses. Most people will not spend this much. There is plenty of opportunity to buy souvenirs; this sum will not cover extreme souvenir shopping! We strongly recommend you carry a credit card in case of personal emergency.

FLIGHT INFORMATION

Group flights leave from London Heathrow (or occasionally London Gatwick) and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Our itineraries are always based on current flight schedules and are therefore subject to change by the airline.



Connecting Flights

If you book flights to Heathrow or Gatwick, it is your responsibility to allow plenty of time to connect to the group flight and to cope with any flight schedule changes. Please be aware that the best deals allow little flexibility if you need to change them. We regret that we are unable to book connecting flights for you.

Transit Stops

When booking group flights we endeavour to find the best flights that match our itinerary. There are often no direct flights to our destination, so do be prepared for transit stops: bring a good book or chat to your fellow trekkers! Airlines that do offer direct flights rarely offer competitive rates for groups. Please remember that the main purpose of our trips is to raise money for charity!

Flying Separately

If you prefer to book your own flights please ask us for a land-only cost. You will be responsible for making your own arrangements for meeting the rest of the group, though we can advise you. We need to know if you do not require our group flight as early as possible; please complete the form in the information pack you'll be sent with your booking confirmation.

ACCOMMODATION

We camp for 5 nights during the trek in two-man tents. Camp includes tables, chairs and dining-tents.

The hotel in Moshi is a comfortable, clean hotel with private facilities. Please do not expect the same standards as you would in the UK!

CULTURAL DIFFERENCES

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for!

We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow trekkers and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

FOOD

All food is included when camping. The food is great and there is plenty of it. 2 meals as detailed are not included.

Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we will be in rural areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.



Other Meals

Any meals not included are listed in the itinerary and are generally when we are in towns or cities and you are free to

explore and try other culinary experiences! There is always something to suit every budget.

PASSPORT & VISA

A valid ten-year passport with at least 6 months to run is essential. Entry into Tanzania requires a visa for most nationalities, including UK citizens. At the current time this costs £38.00 in advance; it can also be purchased on arrival at the airport for \$50; you must have two passport photos with you.

VACCINATIONS

We recommend the following vaccinations:

- Tetanus (essential)
- Hepatitis A
- Typhoid
- Polio
- Yellow Fever (you must carry the certificate with you at all times)

Protection against malaria is also recommended although while you are above 1000m it is unlikely that you will encounter any mosquitoes. Contact your GP or travel clinic for the latest information.

You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

TREKKING INFORMATION

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

Clothing & Equipment

We are travelling through remote mountains where we could be exposed to bad weather at any time. The table below gives you an idea of the climate, but be prepared for all weathers and temperatures. Weather conditions can change quickly in the mountains. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Weather

Late March to June and November are Tanzania's rainy seasons. For the rest of the year the weather is equatorial and very pleasant, with often a cool breeze on the mountains. Although warm by day, and hot on the valley floor, altitude has a great effect on temperatures and it will get cooler as you climb higher. It will also be cold at night, sometimes below freezing, and extremely cold at the summit.

The figures below show min and max average temperatures and average level of rain in mm for Moshi:

January	18 - 34°C	30mm
February	18 - 34°C	50mm
March	19 - 32°C	110mm
September	16 - 28°C	10mm
October	17 - 31°C	20mm

Terrain

This trek is challenging in itself, but the main challenge lies in the altitude. The Machame route that we take up Kilimanjaro allows better acclimatisation to the altitude than other routes. Symptoms of being at altitude include tiredness, shortness of breath, headaches and nausea. Altitude affects people differently and being super fit is no guarantee of being less likely to feel the effects.



Terrain is varied with trekking through overgrown forest paths, moorland, rocky trail and scree. Much of the walking is rough underfoot.

TRAINING WEEKENDS: £99 SPECIAL OFFER!

Only when you book at the same time as registering for your main challenge

Discover Adventure Training Weekends in Snowdonia National Park are designed help you prepare for your challenge. Whether you use the weekend to gauge your fitness, get your training back on track, boost your confidence, get advice or meet other trekkers, you're bound to find it incredibly useful!

Trekking Distances

You will trek approximately 100km on this trip overall. Because of the varied terrain and lack of accurate maps, it's impossible to give accurate daily distances. It's also much more useful when training to think about the hours you need to walk for, and the terrain!

TRIP SUPPORT

Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader.

All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

Although our leaders are trained in expedition first-aid, they are accompanied by an expedition doctor or medic, who is there to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly and encourage you when things get tough.

The number of crew looking after you will depend on the final size of your group, but an average-sized group in Tanzania would be led by two leaders and a doctor. At Discover Adventure we pride ourselves on our high leader: trekker ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Local Support Crew

Our local support crew is made up of local guides, drivers, cooks and porters. Your local guide knows the local area well, and is a great source of knowledge about local customs and lifestyles. Drivers, cooks and porters do not always speak English but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Tips for Local Crew

Your leader will arrange a collection of tips for the local support crew at the end of your trek.

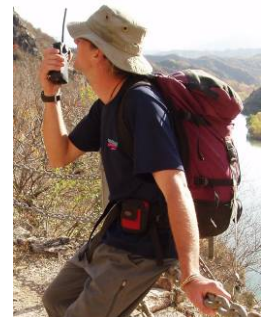
Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! Your leader will give you an idea of appropriate guidelines. All our local crew are paid wages, but bear in mind that the average wage in this country is far below what you would spend on a normal night out.

Luggage

Vehicles take the group to the start of the trek and pick us up at the end. Porters carry all luggage, food, water and camping equipment.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.



TRIP SAFETY

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

RESPONSIBLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association has recognised the work we do in this area and has awarded us 4 stars as a Responsible Tour Operator.

Community Project: Visit

In Tanzania we support a community project on a long-term basis. At the end of your trip you will have the opportunity to visit the orphanage near Moshi, which many people list as a highlight of their trip. You are welcome to take gifts such as unwanted clothing, books or stationery with you; some people simply donate their left-over spending money.

Community Project: Volunteer Challenge

To give something back in a more practical way, you have the chance to extend your stay for an extra 3 days and help out in community project work. The work is likely to involve a mix of building/renovation work and helping with the children at the orphanage. Because we want to ensure our Volunteer Challenges achieve the most worthwhile work possible for the project, we cannot guarantee exactly what you will be doing far in advance, as the needs of the project change. We will be able to give you firm project details nearer departure. You do not need any special skills, but you should be fit, healthy and flexible in your expectations.

Cost for 2010: £470 Cost for 2011: £495

The price includes hotel accommodation in Moshi with breakfast and dinner; lunch each day; transport to and from

the project site; a local English-speaking guide; basic materials for project work. It also includes £75 donation to the project on your behalf.

CARBON OFFSETTING

We actively encourage all our customers to offset any emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them. Alternatively, if you wish to take more practical action you can volunteer for a day with BTCV and work on an environmental project near to where you live. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Make your volunteer pledge by going to www.btcv.org/dapledge



Please contact the Discover Adventure office with any queries using the contact details below.

Copyright Discover Adventure 2009