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TRIP NOTES

# BELIEVE ACHIEVE INSPIRE

## KILIMANJARO SUMMIT CLIMB - RONGAI ROUTE TANZANIA

Wed 10 Jul - Sat 20 Jul 2019

## In aid of your choice of charity

*10 Jul - 20 Jul 2019*

**11 DAYS | TANZANIA | EXTREME**

At 5,895m, Mt. Kilimanjaro is one of the largest volcanoes ever to break through the Earth's crust. Your mission: to summit the roof of Africa!

This challenge takes you up the beautiful Rongai route ascending through a variety of farmland and forest with the opportunity for wildlife spotting. At night the temperatures drop considerably offering clear skies and star studded skies.

While Charity Challenge groups have excellent summit success rates, it is important not to underestimate the enormity of this challenge, as summit day alone sees you ascend more than 1,000m. The reward at the end is the stunning views and the immense sense of pride you'll inevitably feel.

- Summit the world's highest freestanding mountain
- Avoid the crowds on this alternative route to the top
- Trek through unspoilt wilderness
- Walk above an endless sea of clouds
- Fall asleep counting shooting stars

## YOUR CHALLENGE DAY BY DAY

**DAY 1** *Wed 10 Jul*

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**International departure from London**

The day that you've trained so long and hard for has finally arrived. As you meet the rest of the team at the airport, it's time to say goodbye to family and friends before heading off for Tanzania.

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**DAY 2** *Thu 11 Jul*

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**Flight to Kilimanjaro then transfer to hotel**

At Kilimanjaro Airport you'll meet your local Charity Challenge representative who will transfer you to your hotel. Spend the rest of the day relaxing and getting to know your group. The evening will be spent enjoying your first team dinner, while checking your kit and running through a full briefing.

Accommodation: Hotel

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**DAY 3** *Fri 12 Jul*

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**Rongai National Park, forest trek, 2,600m (approximately 3-4 hours)**

The day starts with a short drive to the Rongai National Park gate for registration. Here you'll begin your climb at the traditional village of Nale Moru at 1,950m. The track climbs through fields, pine forest and rainforest which shelter a variety of wildlife, including Colobus monkeys.

After gaining 650m in altitude, the first camp site at Rongai One, is on the edge of the moorland zone (2,600m).

Accommodation: Camping

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**DAY 4** *Sat 13 Jul*

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**Kikelewa Caves, 3,600m (approximately 7-8 hours)**

Ahead lays a tough climb of 1,000m, so after a hearty breakfast the trail heads across moorland to the jagged peaks of Mawenzi. After lunch, the route up passes through the picturesque valley and past many caves.

Tonight's campsite is situated in a sheltered valley surrounded by giant Senecio plants near Kikelewa Caves at 3,600m.

Accommodation: Camping

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**DAY 5** *Sun 14 Jul*

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**Mawenzi Tarn, 4,330m (approximately 4-5 hours)**

Prepare for an early rise this morning in preparation to tackle a steep climb ahead. Leaving the vegetation behind,

you arrive at the next camp, Mawenzi Tarn, at 4,330m, which lies in the shadows of Mawenzi.

In order to continue acclimatising to the high altitude, the afternoon is free to explore the surrounding area.

Accommodation: Camping

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**DAY 6** *Mon 15 Jul*

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**Mawenzi Tarn, 4,330m (approximately 4 hours)**

The day will start with an unexpected – but much needed – sleep in! After breakfast, there's a short acclimatisation walk up the scree slopes of Mawenzi, before returning back to your base for lunch and free time.

Although you have gained 250m of altitude practise, you'll will return for dinner and sleep at Mawenzi Tarn camp at 4,300m to help prepare for summit day.

Accommodation: Camping

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**DAY 7** *Tue 16 Jul*

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**Kibo crater, 4,700m (approximately 5-6 hours)**

It's one day before summit and the nerves are likely to be kicking in. Today you'll venture across the lunar desert that creates the 'saddle' between Mawenzi and Kibo.

A five-six hour walk, the aim is for the campsite at the bottom of the Kibo-crater wall.
You will now be 420m closer to your goal, so the rest of the day will be spent resting in preparation for the summit trek.

Accommodation: Camping

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**DAY 8** *Wed 17 Jul*

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**Summit day, 5,895m (approximately 11-16 hours)**

You'll be woken at midnight for the final push up the scree slopes to Gilman's Point. Hopefully a spectacular sunrise will push you towards the summit –Uhuru Point (5,895m).

Enjoy the amazing views and sense of achievement as you summit the 'roof of Africa'. There's plenty of time for those all-important victory shots, before the descent to Horombo. The campsite is at 2,700m and where the final night camping is spent.

Accommodation: Camping

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**DAY 9** *Thu 18 Jul*

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**Descend to Marangu Gate, 1,800m (approximately 5-7 hours)**

After a wonderful night's sleep, descends towards the Moorland to Mandara Hut at 2,700m before returning to the Marangu Gate at 1,800m. This is a long and gently sloping walk from the lower heath and into the rainforest.

Vehicles will await the group at the finishing point for the drive back to your hotel. Finally, it's time to relax and celebrate with a final team dinner and celebratory drink.

Accommodation: Hotel

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**DAY 10** *Fri 19 Jul*

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**Depart Tanzania to UK**

Emotions are likely to be mixed as you say goodbye to Kilimanjaro and head back home. Take the time during the flight to sit back and reflect on your once-in-a-lifetime experience, while also swapping contact details with new-found friends and trekking partners.

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**DAY 11** *Sat 20 Jul*

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**Arrive home**

Head home to share your special memories with friends and family.

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**NB**

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary, however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

*Should you suffer from vertigo, it is worth considering that on most mountain treks there will be occasional exposure to sheer drops. You should therefore discuss the particular itinerary of your choice with a member of our team.*

## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

| SELF FUNDER | MINIMUM SPONSORSHIP | FLEXI |
|---|---|---|
| - | - | - |
| *Pay a registration fee of £625.00 when you book*<br>*Then a balance of £2448.00 (8 weeks before your challenge)*<br>*Raise as much as you can for your charity.* | *Registration fee of £625.00 when you book*<br>*Raise a minimum of £4995.00 for your charity.* | *Registration fee of £625.00 when you book*<br>*Then £625.00 towards challenge costs (8 weeks before your challenge)*<br>*Raise a minimum of £3720.00 for your charity.* |

## WHAT'S INCLUDED

**Before you go**

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Access to your own password protected account including support materials and training schedules

**On your challenge**

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- A Charity Challenge T-Shirt
- All internal transfers
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- Full back-up support including first-aid qualified staff and first-aid supplies
- All ground staff including English speaking guide, drivers, cooks, and porters
- Entrance fees to national parks or other places of interest visited on the itinerary
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)

## WHAT'S NOT INCLUDED

**Before you go**

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own

**On your challenge**

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- Tips
- Departure Tax (if applicable)

policy details)

## THE DETAILS

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| Fundraising deadlines | You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 01/05/2019), and the remaining 20% within 4 weeks of completing the challenge (by 17/08/2019). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise. |
| Prices include all known air taxes | We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't. |
| Typical group size | The typical group size is 20 - 30 participants |
| Small group supplement | The costs and sponsorship levels on our website are based on a minimum of 20 participants. We can run this trip with 16-19 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary. |
| Optional extras | Extensions at end of trip*<br>Single room supplements*<br>Business class upgrades*<br>(*subject to availability) |

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| Travel insurance | Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at http://www.campbellirvinedirect.com/charitychallenge. |

### Level of Difficulty

The Kilimanjaro challenge is graded as “extreme”. Summit night in particular is a gruelling experience that will test you both mentally and physically. You should not undertake this challenge without significant training.

You can tell your supporters that on your Kilimanjaro trek you will be:

- Trekking for around 6-8 hours per day.
- Battling the altitude on the mountain up to the summit of 5895m.
- Arising before dawn and trekking through the night on summit day.
- Experiencing nightly temperatures of down to -15 degrees.
- Sleeping in a tent for 6 nights

### Typical day

During the trek you will be walking for 6-8 hours. Depending on the weather and the day, rest/water stops will be set up regularly, where you can regroup, rest and relax while drinking water and eating your snacks. Lunch will be a packed lunch stopping in a reasonable spot. You will get to your campsite in the afternoon where you can relax, have a hot drink and eat your dinner in the mess tent.

### Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Kilimanjaro Summit Climb, there are a couple of important points that you should be aware of:

- You will be trekking to an altitude of 5895, and altitude trekking carries it's own risks.
- Emergency evacuation to a hospital may take upwards of 8 hours, depending on your location on the mountain
- You will be sleeping in temperatures of down to -15 degrees.

### Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should

consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

### Should I take gifts or clothes for the locals?

It is extremely beneficial for the local porters and guides if you are able to donate any leftover outdoor clothing or equipment after the challenge as this is hard to come by and expensive for them in Tanzania. At the end of the challenge you will be given the opportunity to leave any kit to the team which will be greatly received.

### Flights

You will be flying overnight from London to Kilimanjaro airport on the group flights. Your flight tickets will be e-mailed to you before departure. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance). Please note that we are unable to arrange transfers between the hours of 21:00 and 06:00 due to safety issues, so please avoid flights that arrive during this period.

### Visa

Your full ten-year passport must have at least six months left to run from the end of the challenge. You will need a Single Entry Tourist Visa to enter Tanzania. 3 months prior to departure we will provide you with the necessary application form and details to apply.

**By Post**

Allow two weeks to get the visa by post (it is strongly suggested that you also enclose a pre-paid special delivery envelope for the safe return of your passport with the visa).

**In person**

Alternatively you can obtain it, in person, at the Embassy. The visa is valid for three months and becomes valid from the date of issue so make sure you do not apply too early otherwise it will run out before you arrive in Tanzania.

**E-Visa Application**

Visa applications can now be completed online. If choosing to complete the application online, there is no need to visit the High Commission for applications to be completed and processed. Applicants will only be called to the High Commission if contacted and requested to do so.

### Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main FAQs page.

### Vaccinations, Medicines & Altitude

For up to date vaccination information please check the Travel pro health page:
https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting, and as such it may be useful to take a copy of your itinerary with you.

**Medication:**

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check. You can find further information at
https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

**Altitude:**

For advice on altitude sickness, please see https://travelhealthpro.org.uk/factsheet/26/altitude-illness

### Climate & Terrain

**Climate**

Temperatures on Kilimanjaro can vary dramatically, from 35°C in the plains below the mountain to -20°C at the summit (if you include the wind chill). Early mornings will immediately warm-up as soon as the sun rises and the days should be warm and bright. As soon as the sun sets, however, the temperature drops radically and it is often

well below zero degrees. On the mountain, you will need strong UV protection as there is minimal shade as you start your ascent. Normally January and February are the driest and clearest months to climb. However, June through to late October and December are also good but you should expect a little more cloud around the rainforest zone. Whenever you climb, expect convection to send warm air from the hot plains below across the rainforest to precipitate at higher altitudes as rain, sleet, and snow. This happens on some, but not all, afternoons. Nights are usually clear and frosty, and mornings clear and sunny.

**Terrain**

The terrain on Kilimanjaro varies. Where the lower altitude trekking takes place through plenty of forestry, the middle is like a moorland with the top like a desert! You will be trekking up on dirt tracks, across boulders and scrambling across rough walls and trails.

## Training

A good level of fitness is definitely required, as this challenge is graded 'Extreme', due to the basic facilities, high altitude, long days and rough terrain. Don't forget the impact of temperature extremes and high altitude; and remember that you will be trekking for a number of days. Anyone who leads a fairly active and moderately healthy lifestyle should be OK, but the more you exercise before the challenge, the more you will get out of it.

Training tips for the Kilimanjaro challenge:

- Endurance training should be your primary focus.
- Ensure that you get some training walks done in the mountains of the UK to familiarise yourself with walking on rugged terrain.
- Carry a full daypack while training, and steadily add more weight
- Join one of our training weekends! Read more about our training weekends by clicking here.

## Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more here

## Luggage allowance & valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details of what to pack are provided in your Kit List. You will need to carry a daypack during the day while the porters carry your main rucksack. Your day sack should have a capacity of 30-35 litres. NB: You should take a soft-sided bag or rucksack for the porters to carry as they often carry luggage on their heads and hard suitcases are too unwieldy, please do not bring a bag with hard sides or wheels. Your main pack should be 70-90 litres capacity. The maximum weight each porter will carry is 15kgs and your luggage will be weighed at the gate before commencing the climb. If you have more than 15kg an extra porter will need to be hired and could cost up to an extra $100. If you are on our extension you can leave clothes at the lodge and collect them on your return (please ensure you have a locked bag to leave them in). On your outward journey, please wear your trekking gear, hiking boots, and carry a spare change of clothing in your hand luggage.

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport
and money should be kept on you at all times. Your main luggage should not contain valuables and items not required on the mountain. You can leave non valuables at the lodge, to be returned to you once you have climbed the mountain, however we advise you not to leave any valuable items in your bag at the lodge or in your main bag these should be kept on you at all times.

### Leadership

We employ a number of first aid qualified challenge guides, all of whom speak fluent English. When the guides first qualify they gain the Kili National Parks (KINAPA) award in first aid, which is basic but tough. All guides are also trained in incident management and challenge leadership. They will be ultimately responsible for the running of the itinerary and the safety of your group. The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group and so on. We will do our very best to keep to the set itinerary. However, we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your challenge leader will have the final say.

### Group Size

Each group is intended to be a minimum of 13 people in order to run and a maximum of 30 people. We will be able to run this challenge for 8 to 12 people, by charging a small group supplement of £75, which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

### Clothing & equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night. A full kit list for this challenge can be found here, and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

### Do we need to take our own sleeping bags and mats?

Yes, it would certainly help your chances of a comfortable night's sleep if you bring a good thermarest-sleeping mat, you are not provided with one in Tanzania. You will also need to bring a warm sleeping bag (four seasons with fleece liner) as temperatures do drop at night time. Also see Kit List.

### Accommodation & Toilets

**Accommodation**

You will be camping on the mountain in two person tents, which will be supplied and erected by the ground team. Before and after your climb, you will be staying in more comfortable accommodation at a lodge in Arusha, Moshi or Marangu. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

**Toilets**

In the camps you will have toilet tents set up by your ground team, these contain chemical toilets. You can also use the long drops provided by the National Parks agency, which are very basic and not monitored regularly. Your camp team will provide washing bowls of warm water as you arrive at camp at the end of the days trekking, you will need bio-degradable soap for washing with. You should take plenty of toilet paper and wet wipes with you as well as anti-bacterial hand gel. Please note there are no showers whilst you are on the trek.

### Food & Drink

There will be a hot breakfast (eg: porridge, eggs, toast, tea and coffee) to start the day, a packed lunch on the mountain or at your camp and a filling hot meal in the evening (eg: soup, followed by rice, potato or pasta and sauce, and usually fruit for dessert.) There will be ample drinking water, as we will be filling up from local water sources. All the water is boiled so iodine drops or tablets are optional whilst trekking. If you do happen to use water from the stream or from hotels it may be best to purify it first. The porters will collect water each morning and evening for drinking and cooking. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

### Money

**Currency:** The Tanzania shilling is a soft currency and you cannot obtain shillings before leaving the UK. US dollars are accepted in most places and should be used in country. Tanzanian Shillings cannot be exported, therefore should be reconverted against your currency declaration form.

**Exchange:** The Bank of Tanzania performs all currency transfers; all other offers of currency exchange are illegal. There are also foreign exchange bureaus in most towns and cities where you can change cash at the prevailing free market exchange rate. The best currency is the dollar (US). For up to date currency exchange, go to: http://www.xe.com/

**Credit cards:** Major credit cards are sometimes accepted at larger hotels. Other than that their use is limited and are not generally accepted in restaurants, shops etc. Bring enough money and do not carry all your cash on you. ATMs, which allow the use of Visa & MasterCard etc with a PIN, can be found in Arusha and Marangu, but are rare in smaller towns.

**Spending money:** You will not need a large amount of money during this trip. Somewhere in the region of £250 in US dollars should be sufficient to cover presents, tips, drinks, and so on. Keep in mind that other than at the start and end of the challenge, you will be in the mountains away from any foreign exchanges or banks. We recommend that you carry cash. Credit cards should be accepted in the airports.

**Tips:** We recommend in the region of $160US for the Kili team, and this should be given to the challenge leader at the end of the challenge, who will distribute it among the support team. If you do want to give one member of staff an extra tip, please also leave this until the end and allocate over and above the recommended tipping amount. Make sure you have plenty of smaller dollar bills for tipping at lodges and for drinks/meals. If you are going on the safari we recommend $25 per person for your guide/driver and then a small amount for lodge staff.

### Phone & WiFi

There is wi-fi at the hotel at the beginning and end, but not on the mountain. Phone signal is available in town, but virtually non-existent on the mountain.

There is no opportunity to recharge any electrical equipment during the trek, but if you want to bring a solar charger these can work well to charge phones. There are charge points in your rooms at the hotel.

### Emergencies

There will be a trained leader who has remote first aid training with you on this trek. If you are unable to continue the climb, you will be sent down with a porter where you can seek additional medical attention at the local hospital if needed.

### What happens if I fall ill, can't keep up or there is an emergency?

The event is not run as a race and there is always a large discrepancy in people's walking ability. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. If you are unable to continue on foot, you will be carried off the mountain. If you are climbing via our western approach routes, then we are able to get a 4x4 up to the Shira Plateau (3,800m) to take you down. There is a hospital at Marangu and Moshi, which is situated at the beginning of the popular routes.

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**Any more questions?**

Contact us:

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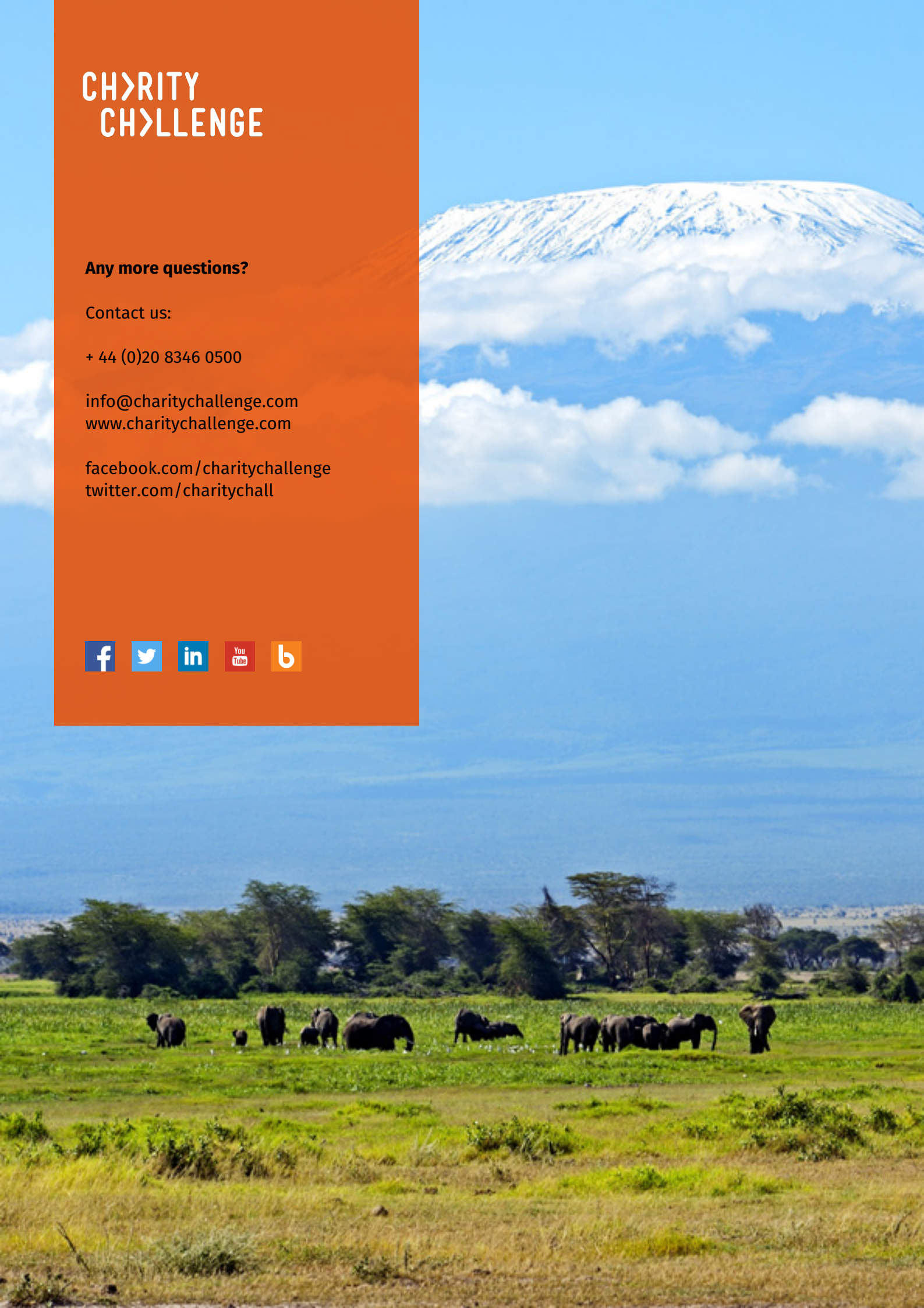
www.charitychallenge.com

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