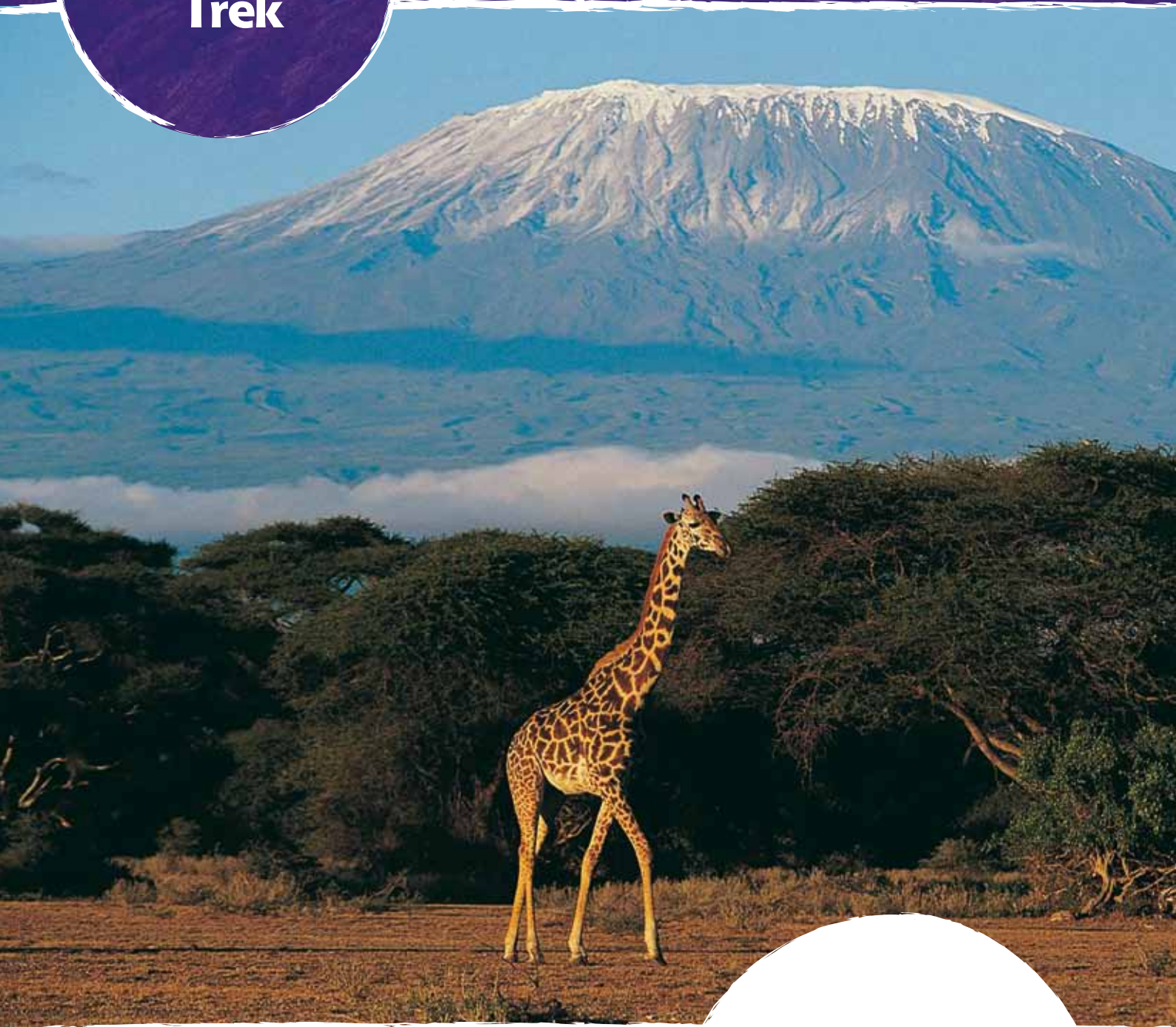


Kilimanjaro Trek



Towering over the sandy plains of Tanzania, stands Mount Kilimanjaro – the World's tallest free-standing mountain. This breathtaking trek will guide you up the tranquil Machame route where you will trek through deep forest, home to spectacular wildlife, stretching up to moorland and onwards towards glaciers before reaching the Uhuru Peak. This will be one of the most challenging and rewarding experiences of your life; be part of this truly magnificent journey.

Come trek with us...



Questions and answers

Is the trip for me?

Absolutely – Kilimanjaro welcomes all with a sense of adventure, so if you are up for a physical and mental challenge this is for you. Most of your fellow trekkers won't have done anything like this before and while some will travel with friends and family, many will come alone. However, you will go home having secured new friends for life!

How fit do I need to be?

You don't need to be an athlete to conquer Kilimanjaro; however this is a tough and challenging trek mainly due to the high altitude that you will be walking at so a good level of fitness is required to make the most of this fantastic opportunity. We will provide you with a comprehensive training guide to help get you to the summit of the highest freestanding mountain in the world and will of course be on hand every step of the way to help with any queries you may have.



Will you help me?

Yes! We have an event manager on hand from the second you sign up right through to the time you go on the trip. Once we receive your booking we will send out a comprehensive confirmation pack that includes everything you need to know. Our dedicated phone line ensures that we are just a call away to assist you with any queries you may have and we even arrange a get together before the trip departs, enabling you to meet fellow trekkers and swap both training and fundraising ideas.

What is the food like?

Fantastic! Being a tropical country fresh fruit and vegetables are plentiful and are often used in traditional dishes such as stews and rice dishes. Pasta and soups are also often found on the menu. Vegetarians can be catered for.



Will I be able to raise the sponsorship money?

Yes! As long as you allow plenty of time you'll find that you will reach your target in no time. We recommend that you start your fundraising as soon as possible and have put some tips on the brochure for you! In addition our overseas managers are full of new and exciting fundraising ideas should you need to seek inspiration.

Can I stay on in Tanzania longer?

Yes! For a nominal administration fee your flight can be extended (subject to availability) which will give you a fantastic opportunity to explore this amazing location at your own pace.

What do I need to bring?

You won't need any specialist kit, however you will need a pair of worn in walking boots and a good sleeping bag. A comprehensive kit list will be supplied upon registration

Will you carry my luggage whilst I'm trekking?

A team of porters will carry your main luggage along the route. You will just need to carry the essentials in a day pack such as fleece, waterproofs, sun cream and of course your camera.

When should I book my place on the trip?

As soon as you can – places are very limited so don't delay to avoid disappointment.

Facts and figures

Registration Fee:

All our fundraising trips require a non-refundable registration fee to be paid on booking – please see the enclosed Reservation form for details⁽¹⁾

Minimum sponsorship:

We ask you to raise a minimum amount of sponsorship to take part in this trip – please see the enclosed Reservation form for details⁽²⁾

Number of days:

10 Days (9 nights), 6 days trekking

Accommodation:

Hotels either side of the trek and tents during the trek

Temperature:

Will be around 25 – 30°C but as we climb higher the colder it will get, especially at night

What's included:

All your food on trekking days, flights and internal travel, accommodation, water, refreshments, guides, a doctor and medical support⁽⁴⁾

Notes:

1. The registration fee is non-refundable.
2. The first 80% of the sponsorship level is due 12 weeks before the event.
3. All fundraising incurs costs. The tour costs are approximately 50% of the minimum sponsorship level. Costs are confirmed 8 weeks before departure.
4. All participants are responsible for their own passports, visas, vaccinations and travel insurance which you must have. Once you have booked your place our experienced staff will help you make these arrangements.
5. Skyline Events and the charity act as agents for Skyline Tour Operations Ltd (ATOL protected 10069).



How to raise the money...



THINK BIG!

The average sponsorship level for the Kilimanjaro trek is £3600 so as promised here are some tried and tested ideas to get your fundraising off to a flying start.

Tell everyone you know what you are up to – the more people you approach the more sponsors you will get. Try and get them to pay you upfront and a good tip is to try and start each sponsor form with a generous donation, this will set a high standard for others to follow.

Approach your employer; many companies operate sponsorship schemes that match pound for pound!

Here are some ideas:

Arrange a £10 menu at a local restaurant on one of their quiet nights and charge 20 friends £20! (Do this twice as it's so easy)	£400
Hold a karaoke in your local pub for a percentage of the drinks sales	£200
Two car boot sales (get your family and friends to have a clear out!)	£200
Ask your local school to hold a non-uniform day	£120
Place collection boxes in 5 outlets	£80
Ask friends and family to take part in a local sponsored walk/fun run or maybe even organise your own	£200
Hold a quiz night with raffle	£250
Dinner party or barbecue for 15 friends who each pay £20	£300
Hold a skills auction where you rope in friends with certain skills (hairdressing / reflexology etc) to donate their skills for free	£300
Persuade a friend to shave their head/legs/sit in a bath of custard!	£200
Two Friday night Three-legged Pub Crawls	£300
Ask 10 close friends to write to everyone they know	£300
Collect at a local football ground/supermarket (get permission!)	£200
Ask 10 business clients or suppliers for £30	£300
Ask friends and family for sponsorship money instead of Birthday/Christmas presents	£250

TOTAL £3,600!

Tell the world!

You are doing something quite amazing – make sure you tell EVERYONE – and let your local newspaper/radio know, too!

With a bit of thought, planning and some help from your friends, you'll have reached the target before you know it – **GO FOR IT!!!**

The itinerary

Day 1

London to Kilimanjaro

Depart London for Tanzania,

Day 2

Moshi or Arusha

Upon our arrival at Kilimanjaro International Airport, where the African heat hits us immediately, we will make our way to our hotel for our overnight stay. Here we'll receive a briefing for the challenge ahead and have a chance to relax, take in the beautiful surroundings, and prepare for the day ahead

Day 3

Start of the trek to Machame Camp

We'll begin the day early with our 1 hour drive to Machame gate, the beginning of our route and the start of our challenge! We start trekking steadily through rainforest where the terrain can be wet and muddy in the lower areas and often overgrown. The pace is slow even at this altitude to prepare us for the days ahead. We'll continue trekking until we reach our camp for the night, Machame Camp at 3100m.

Trekking time approx 5-7 hours

Day 4

Machame Camp to Shira Caves

After our first night under canvas we wake early and in time for a good breakfast. Our trek today takes us on an ascending path, leaving the rainforest behind and opening up into moorland. We continue to walk along a rocky ridge which is covered in heather. When we take the time to look behind us we are rewarded with stunning views across the plains and Mount Meru and Kibo in the distance. Our camp tonight is by Shira Caves which sits at 3840m.

Trekking time approx 4-6 hours

Day 5

Shira Caves to Barranco Camp

We leave camp behind us and head east and our ascent to the Lava Tower at 4,600m. This is great acclimatization as we walk to a much higher altitude than we will be sleeping today letting our bodies slowly adjust. Just after reaching the tower we arrive at the junction leading to the arrow glacier. The scenery dramatically changes as we head into the Barranco Valley where we are met by huge senecio plants before we set sight upon our camp set at 3900m.

Trekking time approx 6-7 hours

Day 6

Barranco Camp to Barafu Camp

Our challenge this morning is the Barranco Wall which we can see from camp. The path to the top is steep with a few scrambles but we are rewarded with stunning views. From here we head down into the Karanga Valley and then up to our final ascent camp. Tonight we will camp at 4600m where we have time to get a quick rest and take in Kilimanjaro neighbouring peaks.

Trekking time approx 7-9 hours

Day 7

Barafu Camp to Uhuru Peak to Millennium Camp

Our trek this morning begins very early so the scree we tackle is still slightly frozen. We follow the trail of head torches in the distance and ascend slowly but surely and should be nearing Stella Point (5750m) by sunrise which lies on the crater rim. As our eyes adjust to the light we are treated to yet more breathtaking views of glaciers and ice-fields. We continue our trek to the Uhuru summit (5895m), the roof of Africa! After reaching the top we descend back to Barafu camp where we can rest for a short time, recharge our batteries before heading down to the Millennium camp (3000m) our final home on the mountain.

Trekking time approx 10-12 hours

Day 8

Millennium Camp to Hotel

Our final day trek through the rainforest leads down to the Mweka gate, which is our finishing point. Here we finalise park formalities and collect a certificate of ascent! We then head back to the hotel where a hot shower and a cold beer await! Tonight the celebrations commence and we can take time to party with our new trekking buddies and reflect on the challenge.

Trekking time approx 5 hours

Day 9

Free Day

Today is a free day for you to relax at the hotel or take a trip into town before we meet to commence our journey back to London.

Day 10

Arrive London

Due to the nature of the challenge, this complex itinerary is subject to change.

About our charity

Make a difference call **020 7424 5511**