



ACE Africa presents

Kilimanjaro 2010

3rd -13th December

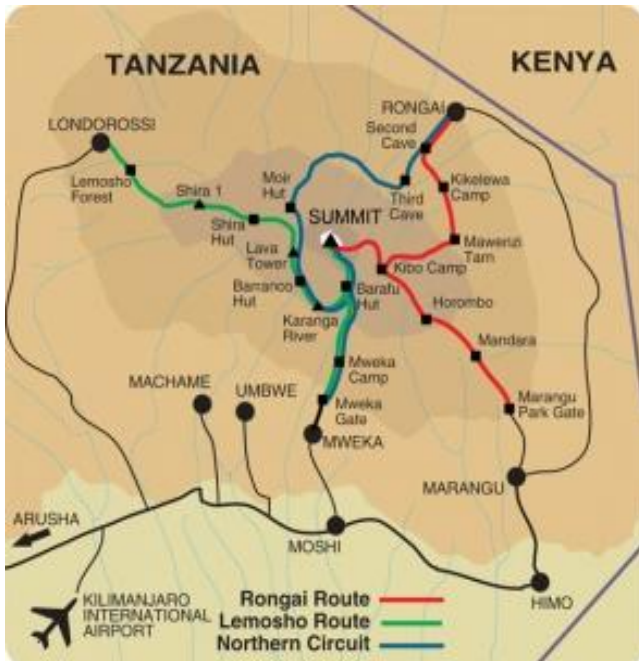
Or 3rd to 18th December
including beach trip to Pangani

Kilimanjaro 2010 – 3rd to 13th December

Standing at 5,896m, Kilimanjaro is one of the largest volcanoes to ever break through the earth's crust and is among the highest freestanding mountains in the world. This is your chance to reach new heights whilst raising money to help children living with HIV/AIDS in local communities in Tanzania and Kenya.

The climb takes you from the base of this huge dormant volcano, over cultivated farmlands, lush rainforests, alpine meadows, and above the clouds to the barren lunar landscape of the upper mountain, before your final push to its snow-capped summit, Uhuru Peak. Kilimanjaro is the highest mountain that regular tourists can climb, although it remains a considerable feat of human endurance! The breathable oxygen at the top is less than half the amount than is common at sea level, and climbers cover at least eighty kilometres on nothing but their own two feet over the seven days it will take to reach the top and return.

Lead by the expert local team that directed the recent celebrity Comic Relief climb, Charity Challenge (www.charitychallenge.com) your expedition will be in excellent hands for an exciting and successful trek.



WHICH ROUTE WILL WE TAKE?

The Rongai route (in red on the map, left) is a relatively tough 7 days of beautiful scenic variety, less busy than the well known Machame route.

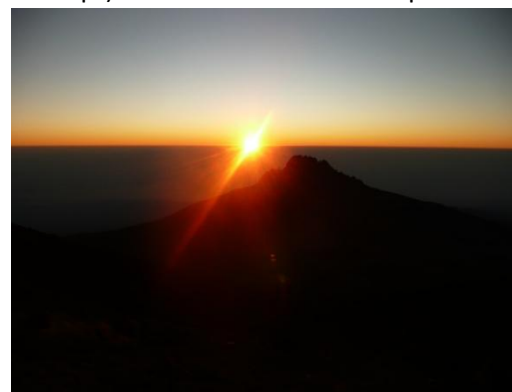
OUR CHALLENGE ITINERARY

- **Fri 3rd** - Depart London on an evening flight to Nairobi
- **Sat 4th** - Connect to Kilimanjaro airport, arriving at 8.50am. Transfer to hotel for breakfast and relax at Kia Lodge, with stunning views of Kilimanjaro (the view across the swimming pool towards Kilimanjaro is pictured, right). Visit to ACE Africa projects in the afternoon, before equipment check dinner and rest.
- **Sun 5th** – Start 7 day Rongai climb. Forest trek (2,600m) - 3-4hrs. After completing the necessary registration formalities at Marangu National Park gate, you transfer by Landrover to Rongai. The climb begins from the attractive traditional village of Nale Moru (1,950m) on a small path that winds through fields of maize and potatoes before entering a pine forest. The track then starts to climb consistently but gently, through attractive forest that shelters a



variety of wildlife, including the beautiful Kilimanjaro Colobus monkey (pictured). The forest begins to thin and the first camp is at the edge of the moorland zone (2,600m) with extensive views over the Kenyan plains. Dinner and overnight camping.

- **Mon 6th** - Trek to Kikelewa Caves (3,600m) - 3-4hrs trek. The walk today is steady uphill with superb views of Kibo and the Eastern ice-fields on the crater rim. You can spend the afternoon enjoying the view over the Kenyan plains or taking a short acclimatisation walk up towards Third Cave. Dinner and overnight camping.
- **Tues 7th** - Towards Mawenzi (4330m) - 3-4hrs trek. After breakfast you will head off and leave the main trail striking out across the moorland on a smaller path, towards the jagged peaks of Mawenzi. After a hot lunch there is time to wander in the valleys and see the special vegetation. Your campsite is in a sheltered valley with giant senecios near Kikelewa Caves (3,600m).
- **Wed 8th** - Mawenzi Tarn (4,330m) - 4-5hrs trek. After breakfast there is short but steep climb up some grassy slopes which is rewarded by superb all round views and a tangible sense of wilderness. You will leave the vegetation behind shortly before reaching the next camp at Mawenzi Tarn (4,330m), spectacularly situated directly beneath the towering spires of Mawenzi. The afternoon will be free to rest or explore the surrounding area as an aid to acclimatisation. Dinner and overnight at campsite.
- **Thurs 9th** - Kibo Crater (4,700m) - 4-5hrs trek. After breakfast you will trek across the lunar desert of the 'Saddle' between Mawenzi and Kibo to reach School Campsite (4,700m) at the bottom of the Kibo crater-wall. The remainder of the day is spent resting in preparation for the final ascent before a very early night! Dinner and overnight at campsite.
- **Fri 10th** - Summit Day (5,895m) - 11-15hrs trek. You will need to rise at around midnight (if you've managed to get some to sleep!) to commence the trek up the scree slopes to Stella Point, continuing around the rim to the highest point Uhuru Point. Be sure to wear all your layers of thermal clothing. It can seem mild at first; but as you reach the exposed ridges, wind chill causes the temperature to plummet. First light is around 0530hrs and this really gives you hope to push on upwards. You should reach Gillman's Point (5,685m, on the crater rim) just after dawn; then after a short rest continue for another hour or so round to Uhuru Point. After reaching Kilimanjaro's summit (5,895m) and having enjoyed the amazing views, you will then return via Kibo (4,700m). This is to be the toughest day that most trekkers have ever experienced, involving 1,295m of ascent, 2,145m of descent, and 11-15 hrs walking. It is however VICTORY DAY! You will have a final camp meal and overnight at Horombo (3720).
- **Sat 11th** - Descend to Mweka Gate – 4-6hrs. Today you will set off early and walk down through the moorland to Mandara Hut (2,700m). This is a long walk-off on a pretty gently sloping track that takes you from the lower heath into the rainforest and finally down to the National Park gate at Marangu (1,830m). After lunch you will be driven to your hotel (approx 2hrs) in Arusha for a well-appreciated shower and a celebratory dinner.
- **Sun 12th** – Private bus to Pangani for beach-goers (6 hours), or to Kilimanjaro Airport for connecting flight to Nairobi and then back to London (arriving next day).



WHAT WILL A TYPICAL DAY BE LIKE ON THE KILIMANJARO TREK?



We will be camping the while way on the trek, with a full support team of porters – who will carry our camping gear, the majority of our personal items, and who will set-up camp and cook for us – as well as guides and assistant guides. On trekking days we will wake early for a hot breakfast, when you'll have a chance to re-fill your waterbottles whilst camp is packed up. You will prepare a day pack weighing no more than 7-10kg, and walk a slow pace, taking regular breaks to fuel-up on snacks and fluids. Lunches are usually packed and eaten a long the way. Our porters walk ahead of us to set up camp, so that when

we arrive, usually in the early afternoon, we can rest, freshen up and take in the scenery. On some days you'll have the option of taking a short acclimatisation walk from camp. Every day your guides will brief you on the plans for the following day, with information such as appropriate clothing, the topography and any 'hot-spots' to look out for. Our guides are very knowledgeable on local flora and fauna and will point our features along the way.

OPTIONAL POST-CLIMB TRIP TO MAGIC REEF, PANGANI

Beautiful, bare foot luxury, 3 self catering bandas in Pangani on the Tanzania coast, six hours drive from Arusha into splendid Swahili paradise. Perfect post climb! The bandas are 60 metres from the seafront, on unspoilt coastline that written up in the Times as one of the top ten 'unknown beach paradise spots in the world!' The three bandas have three double and one twin room (with an additional extra four to six extra beds available), four bathrooms and a large communal kitchen and open-air living room. A cook is available to look after your every need.

If you are staying for the beach extension, your journey will continue as follows:

- **Sun 12th** – arrive to Pangani in time for sunset drinks at your beach banda.
- **Mon 13th to Thurs 16th** – free rest time. Swim, sunbathe, snorkel, dive, enjoy fresh fish, and even a boat trip to Zanzibar.
- **Fri 17th** – After breakfast, private transfer to Dar airport, to catch a connecting flight Nairobi and on to London. Arrive UK next day.



WHAT WILL IT COST TO JOIN?

The cost of this Kilimanjaro Climb £2050, which includes the following:

- Park entry fees
- Accommodation in Kia Lodge pre and post climb
- Camping equipment, including tents
- All meals, snacks and water
- Celebratory Dinner
- Pre-trip event briefing
- Full support team including guides, assistant guides, etc.
- Team medic
- International and local flights and transfers. *Flights are subject to availability and a supplement fee may be payable if prices rise. For participants joining from other countries, ground-only costs can be given.*

NOT INCLUDED:

- Personal camping items , ie. sleeping bag, mat, trekking gear
- **Beach extension: (£tbc)**
- Insurance: £72

HOW CAN I PAY?

There are three different options for payment:

- 1. Self-funder option:** Pay a £595 non-refundable deposit upon sign up, then pay the full remaining cost (£1455) yourself 10 weeks prior to departure, and fundraise whatever you can for the charity. We ask that you aim for £1500.
- 2. Full sponsorship option:** Pay your £595 non-refundable deposit upon sign up and raise through sponsorship a minimum of £3230, which will cover all costs of the trip and donations for ACE Africa.
- 3. Flexible option:** Pay your £595 non-refundable deposit, pay another £595 10 weeks before departure and raise through sponsorship £2360 to cover the remainder of costs and donations to the charity.

HOW DO I SIGN UP?

The sooner the better as places are limited! You will need to fill in a sign-up form (please request from Juliet on ukdirector@ace-africa.org). Once you have signed up you will be sent fundraising information, training guidelines, a preparation pack for the trip and various other bits of helpful information to get you started.

WHAT'S THE BEST WAY TO FUNDRAISE?

Once signed up, we advise all participants to set up a justgiving page (www.justgiving.com) to advertise their event as soon as possible. This facility will allow you to take donations online, and you can email the link to friends, post the site to your facebook page, create a donate button at the bottom of your emails and more!

The key is to start early, be organised, tell everyone you know about your climb and keep reminding them! ACE Africa UK will be happy to advise you on how to fundraising to ensure you reach your target.



ABOUT ACE AFRICA

ACE Africa is a Comic Relief supported charity working in Kenya and Tanzania to better the lives of thousands of at-risk children living in poor communities affected by AIDS.

In the areas in which ACE Africa works, 60% of the people live on less than \$1 a day, and 40% are showing the signs and symptoms of AIDS. There are thousands of orphans and vulnerable children who need immediate and long term help.

ACE Africa trains communities to support the full range of child needs, including nutrition, shelter, education and basic health. ACE Africa also addresses longer term community needs, including organic farming skills and income generation, HIV prevention and awareness and child and women's rights. ACE Africa supports linkages between communities, available services and local government to ensure local people have the knowledge and ability to tackle problems themselves - now and in the future.

In just 6 short years ACE Africa is recognised as the leading NGO of its kind in Western Kenya, and is involved in cutting-edge international research. On a budget of just £600,000, ACE Africa works with 3500 volunteers to provide food, shelter, healthcare, education and protection for 90,000 children and 100,000 community members affected by AIDS.

By joining this challenge you will be helping us to make a real difference to entire communities, and will have a unique opportunity to witness the work we do, meet ACE Africa's Tanzania staff, and spend time with the communities with whom we work. Thank you for taking part!



"THANK YOU TO YOU ALL FOR YOUR SUPPORT.
THIS IS GOING TO BE A GREAT, GREAT
TRIP IN AID OF ACE! WE LOOK FORWARD TO
CHEERING YOU ON AT THE FINISH LINE"

Joe Waddington, Founder of ACE Africa