

Guildford Town Centre Chaplaincy Mt Kilimanjaro Charity Challenge 2011

Information Pack:

*All you need to know**

All that is on offer

A must read for all participants!



* Route Description ○ Kit List ○ Altitude Sickness and Health ○ Porter Service ○ The Really Wild Travel Company Values Tipping Guidance ○ Terms & Conditions

Mount Kilimanjaro: 5,895m. The Roof of Africa: An Introduction

Mount Kilimanjaro rises majestically from a rolling plain close to the Indian Ocean from hot savanna to a barren and frigid 5,895m high peak. It's the highest mountain in Africa and the largest freestanding mountain in the world. Climbing Kilimanjaro is one of the most rewarding challenges for any one with a sense of adventure!

Kilimanjaro National Park takes in the area above 8,850 feet, or 2,700 meters, on the mountain. It includes the moorland and highland zones, Shira Plateau, Kibo and Mawenzi peaks. In addition the park has six corridors or rights of way through the Kilimanjaro Forest Reserve. The Forest Reserve which is also a Game Reserve, was established in 1921. The Park was established in 1973 and officially opened in 1977.

Kilimanjaro stands just 205 miles south of the equator on the northern boundary of Tanzania. Its location on an open plain close to the Indian Ocean and its great size and height strongly influence the climate, vegetation, animal life and the climbing conditions. It is made up of three extinct volcanoes: Kibo 19,340 feet (5,895 meters), Mawenzi 16,896 feet (5,149 meters); and Shira 13,000 feet (3,962 meters).



Machame Route: Our route of choice, and your route of ascent. The route provides a unique blend of scenery, acclimatization time and low impact camping upon the conservation area within which Mt Kilimanjaro is set. Starting off at Machame Gate, the route ascends up the Machame ridge to the Shira Plateau, offering spectacular views of both Mt Kilimanjaro's snow capped summit, and the western views over to Mt Meru and the Maasailand highlands. After crossing the Shira Plateau the route descends towards Barranco Camp, before rising towards Barafu: your final stop before the summit attempt is made. A truly rewarding and spectacular route, taken over six days to the Roof of Africa!

About Guildford Town Centre Chaplaincy

Guildford Town Centre Chaplaincy (GTCC) is a Christian Charity set up by churches from across denominations to show care and love to anyone in need in Guildford town centre, whatever their circumstances. It has grown from Christian beliefs and a long Christian heritage of service and has as its core values: selflessness and being non-judgmental, integrity, honesty, professionalism, collaboration and excellence.

GTCC runs Guildford Street Angels: volunteers show Christ's love, through simple acts of service and kindness, to people who find themselves vulnerable late on a Friday or Saturday night in Guildford town centre. Since January 2010 GTCC has also employed a Town Centre Chaplain to deepen the engagement of Guildford's Christian Community in town centre life and provide pastoral care for people who work in, live in or visit Guildford town centre.



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Departing: 25 June 2011

Day 1: Into Africa.

Having left the UK on Saturday evening you arrive into Nairobi International airport on Sunday (day 1) where Really Wild Travel Company staff will meet you and transfer you overland into Tanzania (4-5hrs). Your first night will be in Moshi, a town situated directly at the base of Mt Kilimanjaro. There will be lunch on arrival, before Kilimanjaro briefing and kit check. You'll spend the afternoon relaxing around the hotel, preparing for the challenge that awaits you the following morning!



Day 2: Onto Kilimanjaro.

After breakfast you will be transferred to Machame Gate (1hr), set deep in the cloud forest that surrounds Mt Kilimanjaro. After signing in at the National Park Gate you begin a slow and very steady walk from Machame Gate at 1800m Above Sea Level (ASL) to Machame Hut at 2980m ASL. This day takes 4-5 hours, a gradual ascent through thick cloud forest. Arrive in camp and relax, enjoying the incredible views of Kibo Peak. A candlelit dinner will be served before retiring to your tented accommodation for the night.

Day 3: The Shira Plateau.

After breakfast at Machame Hut a steep ascent takes you along the Machame ridge line, gradually working its way up to the Shira Plateau. Spectacular views of Kibo Peak follow you the whole way. Lunch will be taken en-route, before arriving onto the Shira Plateau at early afternoon, and Shira Hut at 3,840m ASL (5-6 hrs). From here the true vista of your surroundings become apparent, with spectacular views both of Kibo Peak, and out west towards Mt Meru and the Maasai Highlands. The afternoon gives you good resting opportunities, combined with a full and hearty dinner. You'll then retire to your tented accommodation for the night.



Day 4: Acclimatization.

After breakfast at Shira Hut you 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 ASL (7 hrs), providing valuable acclimatization. With lunch en-route you will descend in the afternoon down to Barranco Campsite, set at the base of the Barranco Wall at 3,950m ASL. Barranco Campsite offers some of the most spectacular views of Kibo Peak. After another hearty dinner you'll retire to your tented accommodation for the night.



Day 5: The Barranco Wall and Karanga Valley.

After a very early breakfast you head east up the Barranco 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 ascend up to Barafu Hut at 4,600m. The days walk will take 7-8hrs including the short lunch stop. Dinner is served around 16:00, and you're encouraged to retire to your tent around 17:00. This day will be tough due to the altitude.



Making a difference in Tanzania: short term mission taster

Day 6: The Roof of Africa.

Beginning at midnight breakfast is served and you begin an extremely slow ascent across the scree slopes towards Stella Point. First light comes up around 05:30AM, and you should reach Stella Point for around sun-rise. From Stella Point it is a gentle ascent around to Uhuru Peak: The Roof of Africa. After admiring some of the views, you descend back to Stella Point and down to Barranco Camp. At Barranco Camp you can rest up for one or two hours with lunch being served. From Barranco Camp you descend down to Mweka Hut, arriving late afternoon (after 13-14 hrs walking) for dinner and a well earned nights rest!



Day 7: Off Kilimanjaro.

After breakfast you descend down to Mweka Gate, a gradual decline through the heath and cloud forest (3-4 hrs). At Mweka Gate you'll be collected and transferred to your hotel in Moshi, a half hour drive. Enjoy the very welcoming shower and hot lunch before receiving your Uhuru Peak Certificates! The afternoon can be spent as free time. In the evening you travel into Moshi town for a celebratory meal!

Day 8: Glorious Rest and Relaxation.

This day will start off with a leisurely morning at the hotel or at one of the two local English speaking churches (one Anglican and one Roman Catholic). Those undertaking a community volunteer placement (see separate sheet) will leave for the local development project after lunch and set up camp there. For others, the afternoon will be free time (possibly meeting a representative from Mkombozi with whom you will undertake your placement) followed by dinner and overnight at your hotel in Moshi.



Day 9-13: Mission/volunteer placement

Today you'll start your volunteer placement with a local partner Charity around the Moshi area. The placement will give you a real opportunity to experience day-to-day life in Tanzania and some of the difficulties and the challenges charities face in their vital work. Your contribution, whilst small, will be encouraging and have a lasting effect on disadvantaged children and adults around the Moshi area. GTCC will share with our partner charities a proportion of the funds you raise through this challenge. This is a vital part of your experience in Tanzania and will provide a truly off-the-beaten-track experience. Further details are available on a separate information sheet.

Day 14: Goodbyes

Today you'll transfer directly to Nairobi International Airport for your return flight to the UK arriving home the next day (Sunday).



Please note. The above itinerary is a guideline itinerary. Group fitness, weather patterns, flight delays and other factors outside of our control may result in a change of itinerary. We can not be held responsible for such factors. Please ensure you read the guidelines below regarding your personal preparation for this challenge of a lifetime!



Porter Service, Food and Altitude Sickness: Some Information.

Porter Service

Included in our service are porters who will be able to carry all food and camping equipment for your trek. They will also be able to carry any of your personal items such as spare clothing, sleeping bag and sleeping mat. So you only need to carry a small day pack, containing your lunch box provided at camp, drinking water for the day and any other small personal items you need during the day. This service is provided free of charge.

Food

Food on the mountain is wholesome, of high carbohydrate content, and has been specially designed for the rigours of attempting such a trek. Energy supplements are provided for strenuous days. We can cater for vegetarians, or those with any allergies. Be sure to indicate this on your booking form.



Altitude Sickness

Altitude sickness is a serious concern on Kilimanjaro, and most people experience altitude sickness to a small degree, with minor symptoms. You should be aware that altitude sickness is a potential highly dangerous side-effect of walking above 3000m ASL and Really Wild Travel takes this very seriously. Your trek will carry an Oximeter and your blood oxygen level will be taken daily to reveal any early indications of altitude sickness before any visible symptoms may show. Our guides are trained to quickly diagnose altitude sickness and are very experienced in dealing with the symptoms if they occur. Due to this, and due to the nature of the Machame Route which allows good acclimatisation time, all our clients can be assured that the risks associated with altitude sickness are minimal. Please be sure however to talk to your doctor before travelling to ensure you are in good health.



Equipment List – Some Information

Personal Clothing

Good, sturdy, water-resistant well worn-in walking boots.

Thermal Thick Socks

3 Pairs Normal Socks

Thermal long-johns or skin tight thick tights

Walking Trousers

Waterproof, windproof outer trousers

Underwear

Thermal long sleeved top

3-4 additional torso layers

Thick, thermal fleece

Waterproof, windproof mountain jacket

Thermal gloves

Waterproof, windproof outer gloves

Balaclava

Additional Warm Hat

Comfortable trainers for walking around camp.

Warm clothing is essential for quality sleep, and for a comfortable climb to the top. Temperatures can drop below -15°C.

Extras

Sun Hat

Sun-Glasses (essential against snow blindness)

Water Bottles

Water purification tablets

Bright Head Lamp – With spare batteries and bulbs.

Ski-pole or walking sticks (personal preference)

Sleeping bag: 3/4+ season

Sleeping mat / roll mat

Duffel bag to be carried by porters

Day backpack – 35ltrs

Toilet Kit

Sun Block – v. high factor.

Optional Extras

Camera

Binoculars

Isotonic Drinks

Notebook & Pencil for diary keeping

Plastic bags for waterproofing

Energy snacks and sweets

Equipment hire

Specialist equipment and clothing (other than boots) will be available for hire from Really Wild Travel on arrival in Tanzania (likely cost up to US\$50).

Travel Items and Documents.

Valid Passport and Tanzanian “B3” Visa (cost ca \$100) – please contact your local Tanzanian Embassy.

Airline Ticket

Health Card with immunizations (yellow fever)

Travel Insurance

Medical Insurance

US\$ Cash / Travellers Cheques

Medical and First Aid Supplies

Please contact your GP regarding advice for vaccinations and carrying a personal medical kit. We would recommend however that you carry the following items:

Headache Pills

Imodium

Anti-Malarial

Painkillers

Plasters and Bandages for small cuts and sprains

Insect Repellent

Money

The Tanzanian Shilling (Tsh) is the local currency in Tanzania. US Dollars are also a widely accepted form of payment. You can change USD travellers cheques, or USD cash into Tsh at local bureaux de changes, or banks. There are numerous ATM machines available, however please note that ATMs in Moshi only accept VISA, Plus or Cirrus cards. You should bring enough money to cover any personal shopping, drinks or other activities not covered within your package.

Tipping

Tipping is common for guides and porters on Kilimanjaro. Please note that The Really Wild Travel Company, as part of its ethical policy, pays porters and guides higher than the recommended daily amount stipulated by the Tanzanian Tourist Board. If however you feel the service has been exceptional you should consider tipping. You should allow in the region of \$75-\$100 for tipping if you feel it is appropriate.



Fundraising and paying for your challenge:

When you sign up for this challenge you will need to pay a £250 non-refundable deposit. You will then have a fundraising target of a further £2399 with intermediate fundraising deadlines. We will help by setting up on-line fundraising through Just Giving.

The first £1399 raised pays for the costs of the challenge (flights, accommodation, porters etc) and the remaining £1000 (or more) goes to Guildford Town Centre Chaplaincy who will share a proportion of it with our partner charities in Tanzania. Of course you can choose to pay for the costs of the challenge yourself if you prefer.

The Really Wild Travel Company: Values

The Really Wild Travel Company is a company that prides itself on ensuring all our packages and tours are ethically and environmentally sound. The Really Wild Travel Company is a registered UK Company and also a fully registered Tanzanian Tour Operator fully licensed and permitted to carry out Mt Kilimanjaro trekking. All our guides are accredited guides, registered and licensed under the Tanzanian Tourist Board all boasting many years of experience in summiting Mt Kilimanjaro.

The guides and porters that accompany you on your trek are employees of The Really Wild Travel Company and are paid higher than recommended rates for both guides and porters by the Tanzanian Tourism Board. If you would like more information on our porters or guides please do get in touch!

You are Warmly Welcome

