

Climb Kilimanjaro

10th - 20th
October 2019

Take on the
ultimate challenge
for Helen & Douglas House
and spend seven days
trekking to the summit of
Africa's highest
peak,
Mount Kilimanjaro.

Information Pack



*"Once in a lifetime
experience."*

*"The toughest trek
I've ever done but
by far the best!"*


Helen & Douglas House
hospice care for children

This trip is operated by The Different Travel Company (ATOL 6706) for Helen & Douglas House (Registered Charity no.1085951). All the flights in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate.



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Tanzania

Officially named the United Republic of Tanzania, this friendly and welcoming African country is 4 ½ times the size of Britain and will leave a delightful long-lasting impression. Situated on the coast and also bordered by Kenya, Uganda, Burundi, Rwanda, Zambia, Malawi, the Democratic Republic of Congo and Mozambique, this must-visit country offers a huge range of delights. From its flawless coastline to massive volcanic peaks, including the highest peak in Africa: Mt Kilimanjaro, and its stunning variety of flora and fauna, Tanzania is arguably one of the best nature and wildlife-watching destinations on the planet.

Our Dedication to Porter Welfare

Anyone who has trekked Kilimanjaro will tell you that the hard-working porters are vital to your success in reaching the summit.

We are proud to be one of a small number of UK tour operators who are official partners of the International Mountain Explorers Connection (IMEC) which works closely with the Kilimanjaro Porters Assistance Project (KPAP) to improve conditions for porters and mountain crew on Kilimanjaro.

Being a partner of IMEC means that when you trek Kilimanjaro with Different Travel, you can rest assured that the staff will be provided with good meals throughout the trek, are paid well, sleep in high quality tents and have mountain-appropriate clothing and footwear to ensure their safety on the mountain, and much more, just as we would expect for our participants. You are encouraged to learn about the importance of porter protection: <http://www.kiliporters.org>.

Mount Kilimanjaro

Kilimanjaro is located in north east Tanzania on the border with Kenya. Kilimanjaro is actually an extinct volcano, associated with the creation of the Great Rift Valley 100km to the west. It is the highest mountain in Africa and thus one of the Seven Summits (highest peak on each continent). There are three volcanic cones on Kilimanjaro; Shira, Mawenzi and the highest cone, Kibo, which you will climb to the summit. You will enjoy superb views of Mawenzi during the trek. The first European to summit Kilimanjaro was Hans Meyer in 1889. Since then this breathtakingly beautiful mountain has become a popular destination for those wishing to experience one of the biggest challenges of their life.

Trek Overview

You will take the Machame Route to the summit of Kilimanjaro, which is considered the most scenic route on the mountain but also one of the best for acclimatisation, and therefore success of reaching the summit. Subject to weather conditions you will be treated to dominating views of Kibo, the main summit cone, for most of your trek.



Who will accompany us?

This trek is accompanied by English-speaking local guides who have summited Kilimanjaro hundreds of times on various routes around the mountain, and a Different Travel Company UK tour manager. They are first aid trained and will support you throughout your journey. You will also be supported by a huge team of assistant guides, cooks and porters who together make your journey possible.



What are the ecological zones of Kilimanjaro?

There are five main ecological zones on Kilimanjaro:

Lower slopes (1800m): Grazing land, cultivation, farming settlements; generally fertile and lush with small mammals.

Forest zone (1800-2800m): Forest belt completely encircles the mountain and provides water to the lower slopes. It supports a variety of wildlife including elephant, buffalo, Colobus monkeys and bush pig. It is generally damp and cloudy with cooler nights.

Heath and Moorland zone (2800-4000m): This is a semi-alpine area with heath like vegetation and abundant wild flowers. Jackal, buffalo and possibly small wildcats live at this level.

Alpine desert zone (4000m-5000m): A semi desert zone with sub-zero temperatures at night and up to 25°C during the day. Water is scarce and there are only 55 recorded species of plants who survive at this height and few mammals and birds.

Summit (5000m): This is the arctic zone with freezing cold nights and lower levels of oxygen. Kilimanjaro was once completely covered by an ice cap but at present only a small fraction of the glacier remains. There are serious concerns that the ice may completely disappear.

What is the climate like?

Temperatures will depend on the altitude, the weather and wind chill. For the days between 1800-3500m you can expect day time temperatures to range between 5-25°C, and night time temperatures to drop to -10°C.

From 4000-5000m day time temperatures will range from 0-10°C during the day and sub-zero night time temperatures (down to -15°C on average). Wind chill may make these temperatures feel colder.

The summit night will be extremely cold, with cold high winds having an enormous impact on the temperature. Temperatures can range from a relatively balmy -5°C to an Arctic -30°C with wind chill.

Weather conditions will vary as the mountain has its own unpredictable weather system. Conditions include bright sunny days with clear skies, overcast days with high humidity, cold dry windy days, rain, snow etc. It's important to be prepared for all weather conditions and temperatures by packing technical non-cotton layers and waterproofs.



What are the camping conditions like?

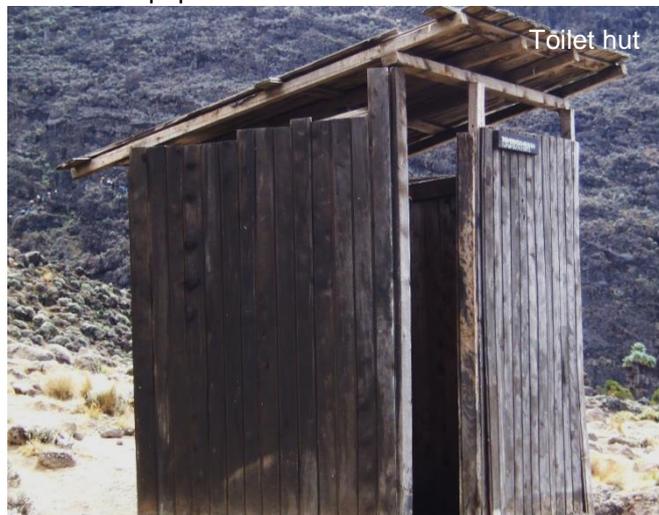
At camp you will stay in 3-man tents (two to a tent). You will need to bring your own sleeping bag and sleeping mat, or these can be hired locally if you prefer. Meals will be taken in a mess tent where a table, chairs, plates, mugs, cutlery and other equipment is provided for you. Meals are cooked by your own dedicated trek chef who will prepare hearty, delicious Tanzanian and Western meals.



What about toilet facilities?

Each morning you will be provided with a bowl of hot water and soap to freshen up for the day ahead. There are no showers so please bring a pack of baby wipes to keep as clean as possible. Toilet facilities at camp will be long drop toilet huts which are often extremely smelly; it may be possible for the group to hire a private use portable toilet (at extra cost).

Toilet paper is not provided so you will need to bring your own. During the trek you will need to pack up any toilet paper you use to dispose of properly at camp. NEVER leave toilet paper or other litter on the trail.



What is the terrain like?

The terrain will vary each day but in general you will experience undulating terrain with an uphill gradient as you approach the summit, and a downhill gradient on the way down from the summit. It is essential that your training includes hill walking to include trekking up and down gradients; training on flat terrain will not adequately prepare you. Underfoot the terrain will vary from muddy forests, rocky and dry trails, barren gravelly tracks, scree and possibly even snow. See the feature on page 2 for information.

Half way through the trek you reach the Barranco wall which is a vertical rock wall with a narrow winding path with a drop on your right hand side. No technical climbing skills are required but scrambling over large rocks is necessary. Your guides and support staff will help you every step of the way and most people say that this is a highlight of the trek.



Barranco Wall

What about altitude?

This is a high altitude trek. The highest altitude on the trek is 5895m, the summit of Kilimanjaro. For the majority of the trek you will 'trek high, sleep low' which means you trek to high elevations each day to expose your body to a higher altitude environment, then descend to a lower altitude to rest allowing your body time to recover and acclimatise. The first four nights of the trek are spent at campsites no higher than 3963m. That said the effects of high altitude exposure should not be underestimated. It is generally considered that altitudes above 3000m are 'high altitude' and from this point it is possible for individuals to experience altitude related symptoms. The susceptibility of an individual to experience altitude related symptoms is not clear-cut and can happen to those who have visited areas of high altitude many times before. Your local guides are very experienced in spotting

the signs of altitude sickness but you must also take responsibility for reading up on the effects of altitude exposure so you can recognise the signs. Information can be found at <http://www.nhs.uk/conditions/Altitude-sickness/Pages/Introduction.aspx> or <http://www.traveldoctor.co.uk/altitude.htm>.

When you visit your GP for details about vaccinations, antimalaria medication and general travel health, your doctor may discuss a medication called Acetazolamide (Diamox) which is sometimes considered to aid acclimatisation. This medication is not licensed for use to aid acclimatisation as the evidence about its efficacy is unclear. Diamox is a prescription-only medication in the UK, and has a number of side effects. You must speak to your GP for full details, but note that as an unlicensed medication they may not wish to prescribe it to you.

Common mild symptoms of altitude exposure include headaches, nausea, a loss of appetite, disturbed sleep and fatigue. These generally subside after a few days once your body acclimatises to the altitude. It is vital that you make your guides and tour manager aware of any symptoms immediately so you can be monitored. Experiencing symptoms of altitude exposure does not automatically mean you will not be permitted to continue the trek.

Important info about altitude:

- ☑☑ If you begin to show symptoms of altitude exposure, let your tour manager and guide know so they can monitor your health.
- ☑☑ If symptoms get worse, you may be asked to descend immediately. Your tour guide and tour manager's decision for you to descend must be respected.
- ☑☑ Different people acclimatise at different rates. You must keep aware of your own symptoms.
- ☑☑ Stay well hydrated. You need to drink lots of fluids to remain properly hydrated (at least three litres per day from water, soup, tea, juices etc.). Urine output should be copious and clear to pale yellow.
- ☑☑ Take it easy and don't overexert yourself when you first arrive at altitude.
- ☑☑ Avoid tobacco, alcohol and other depressant drugs including tranquillisers, sleeping pills and opiates such as codeine. These decrease the respiratory drive during sleep resulting in a worsening of symptoms.
- ☑☑ Eat a high calorie diet while at altitude, snacking constantly throughout the day.
- ☑☑ Acclimatisation is inhibited by overexertion, dehydration and alcohol.



How tough is it?

This is a very tough trek which we grade *challenging to extreme*. You will be trekking on challenging terrain which is steep at times, you will be exposed to altitudes up to 5895m and will camp in basic campsites. Each day you will trek up to 8 hours per day.

Summit night is the most challenging part of the trek because it starts at 11pm or 12am after only a few hours' sleep. You trek through the cold and dark of the night up to the summit on a loose scree path until you reach the top of the crater at Stella Point, around 6-7 hours later. You then take around an hour to trek around the crater rim to the true summit, Uhuru Peak. It is an incredibly arduous night. You need to stay positive, remember your goal, and keep a very slow, steady pace. The hard work pays off after you reach the summit and have taken your photos as the famous signpost! You then take an almost immediate descent of 5-6 hours to a much lower altitude campsite where you will have a well-deserved rest. It could be a 14-hour trek day.





Who can take part?

The minimum age is 18 (or 16-17 if accompanied by an adult) and there is no upper age limit. Each participant should arrive in Tanzania with a good level of fitness having engaged in suitable fitness training; they should be healthy, have a determined attitude and be willing to be pushed out of their comfort zone.

How fit do I need to be?

Commitment to physical preparation is crucial for this challenge, to ensure your best chance of success and enjoyment during the trek. Your training should replicate the trek as closely as possible so plenty of walking on hilly terrain is the optimal training ground.

Walks should be supplemented with strength training and cardiovascular exercises such as gym workouts, running, swimming, cycling, team sports, boot camps etc. You can download a number of free apps which help you train and track your progress. E.g. MyFitnessPal, MapMyWalk, C25K (couch to 5k run) etc.

Attempting to complete the trek without training will make each day more challenging than necessary, and to adequately prepare may prevent you from reaching the summit, and may hinder the experience of your teammates.

The ascent does not require technical climbing skills but it is a vast mountain at high altitude so it is important to take your training seriously and not to underestimate the scale of the challenge.

View of sunrise over Mawenzi peak during summit night



Medical Declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues **must** be noted and (if relevant) signed by your GP. Any conditions that develop must be declared and a new medical form completed and signed.



What is included?

Trip cost: £395 registration fee + fundraise at least £4000 for Helen & Douglas House. A self-funded option is also available upon request.

Trip Includes:

Return flights from London (inc. airport taxes), all transfers and transport in Tanzania, accommodation in 3 star hotel in Moshi, tents on trek, all meals, local English speaking guides, porters and cooks, *current* Kilimanjaro National Park entrance fees and trek permits, a UK Different Travel tour manager.

Trip Does Not Include:

Tanzania visa (current cost US\$50), travel insurance, tips (approx. US\$250 per person depending on group size), personal expenses (drinks, souvenirs, etc.), any vaccinations required, malaria prophylaxis, personal trekking kit, any increases in Kilimanjaro National Park fees between the time of writing (Aug 2018) and time of departure.





How will I fundraise the amount required?

Most people find that this is far easier than they imagined, and we will give you as much support as you need to reach, and even exceed your target!

Each participant will be allocated a Helen & Douglas House fundraising staff member who will meet with you and help you to create your fundraising plan. Materials such as collection buckets and tins, sponsorship forms, email banners, balloons and banners can also be provided to help you achieve your target.

Here are some suggestions for how you could meet your fundraising target:

- Non-uniform day at local school: **£300**
- Four supermarket bag packs: **£500**
- Car boot sale/ eBay auction: **£250**
- Two quiz nights: **£250**
- Sponsorship: **£300**
- Host a party charge £10 entry: **£400**
- Ask five friends or family to raise £100 each: **£500**
- Dress down day at work/lunch money donation: **£300**
- Donate your skills - babysitting, gardening, DIY: **£250**
- Karaoke night: **£350**
- Sponsored beard-shave/ leg wax: **£200**
- Five cake sales: **£500**

Total £4,100 (target exceeded!)

**A self-funded option is also available upon request*

Is the trip ATOL protected?

Helen & Douglas House is acting as agent for The Different Travel Company, ATOL 6706. The flight-inclusive trip in this brochure is financially protected by the ATOL scheme. When you pay your registration fee you will be supplied with an ATOL Certificate and ATOL Confirmation Invoice. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to:
www.atol.org.uk/ATOLCertificate.

How do I sign up?

Complete the booking form and email it to info@different-travel.com with a photo of your passport data page. You will receive an invoice by email with details of how to pay your registration fee.

Please add @different-travel.com to your safe sender list and check your junk mail folder regularly to avoid missing important correspondence and updates.

Alternatively you can post your registration form with a cheque for £395 (made payable to The Different Travel Company) to:

**The Different Travel Company,
4 Downs Park Crescent,
Totton, Southampton,
Hampshire,
SO40 9GH.**

Once your place is confirmed you will receive a confirmation email with a full trip dossier and kit list, discount vouchers, fitness training guide, a fundraising pack and much more!



Itinerary

Day 1 (Thursday 10th October 2019): London - Kilimanjaro
Depart London for Kilimanjaro International Airport on an indirect flight.



Day 2 (Friday 11th October 2019): Moshi
On arrival you will be met by your local guide and transfer to your hotel in Moshi where you have free time to freshen up before a briefing and welcome dinner tonight. *Meals: Dinner.*

Day 3 (Saturday 12th October 2019): Machame Gate - Machame Huts (3,000m)
After a hearty breakfast we set off for the 45 minute drive to Machame Gate where we will be officially registered for the trek and meet your assistant guides, cooks and porters. After registration is complete and your porters have been allocated their loads, you will start the trek at a slow and gentle pace on a gentle uphill incline trail through the beautiful rainforest. Keep your eyes peeled for monkeys who make this area their home, and see if you can spot the beautiful seahorse-shaped red flower *impatiens kilimanjari* which only grows on the mountain. The trek day typically takes 7–8 hours, ending at a clearing in the forest and the welcome sight of your tents, hot tea and dinner.
Meals: Breakfast, Lunch, Dinner.



Day 4 (Sunday 13th October 2019): Machame Huts - Shira Plateau (3,840m)

After a hearty breakfast you will start the trek through the remaining rainforest towards the giant moorland zone. The trek today is shorter but steeper and the environment changes rapidly as you leave the rainforest. Depending on the group pace, it is a 5-6 hour trek, during which you gain approximately 800 metres in altitude. You will arrive at Shira Camp at around lunchtime and enjoy the stunning view over the Shira Plateau. Weather permitting you should also get your first close views of Kibo, the highest peak of Kilimanjaro. *Meals: Breakfast, Lunch, Dinner.*



Day 5 (Monday 14th October 2019): Shira Plateau - Barranco Camp (3,950m)

Today isn't as steep as yesterday but it is a challenging trek which sees us gradually gain 660m of altitude as we leave the moorland zone and enter the dry, rocky alpine desert to the Lava Tower, a volcanic plug at an altitude of 4,500 metres. Although it's a challenging day, reaching the Lava Tower it is very important for acclimatisation and will give you a better chance of reaching the summit. After lunch and a rest at the Lava Tower, we descend to Barranco Camp (3950m) for a hot meal and a good rest.
Meals: Breakfast, Lunch, Dinner.



Lava Tower

Day 6 (Tuesday 15th October 2019): Barranco Camp - Karanga Camp (3,963m)

The first obstacle today is to breach the Barranco Wall, a 200m rock face with a winding trail to the top. To ascend the wall will take around two hours, using your hands and feet to help you clamber up some of the large boulders. No technical skill or rock climbing experience is required - it is still classified as a trek. This section is often the part people enjoy the most! Once over the wall you find yourself on a large flat plateau with breath-taking views. As you trek down towards the Karanga Valley you will enjoy dramatic views of the jagged crags and see some of the giant lobelias dotting the landscape. As you reach camp you will be treated to magnificent views of Kibo (clouds permitting) and a hearty meal. This is a long day but highly rewarding.

Meals: Breakfast, Lunch, Dinner.



Day 7 (Wednesday 16th October 2019): Karanga Camp - Barafu Camp (4,700m)

Today's trek is slow and steady as you ascend to Barafu camp, with the splendid summit peak of Kibo dominating the horizon all morning. As you progress the terrain becomes drier and almost moon-like with very little flora or fauna to be seen. The trail is steep in places so it is important to follow the gentle pace of the guide, one step at a time. Today will feel much colder than previous days as the area is quite exposed and can experience high winds. You will arrive into Barafu camp this afternoon where you will rest and relax before an early dinner and early night to bed. At 11pm you will start the final ascent to the summit, Uhuru Peak.

Meals: Breakfast, Lunch, Dinner.



Day 8 (Thursday 17th October 2019): Barafu Camp - Uhuru Peak (5,895m) to Millennium Camp

After snacks and hot drinks, we start the most demanding part of the trek. Light is provided by your head torches and the moon on a clear night. As you ascend on zigzagging trails, keeping a steady pace, you will gradually wind your way up the mountain. As you approach Stella Point, the rim of the volcano, the sun will climb spectacularly behind you, staining the horizon with vibrant reds, pinks and oranges. After a short rest at Stella Point you will continue around the crater rim for an hour until you reach the summit of Kilimanjaro, Uhuru Peak; the highest point in Africa and the world's highest solitary peak (5895m/19,340ft).

After taking your summit photos you will descend to Barafu Camp for lunch, pack away your kit and continue trekking for 5-6 hours down to Millennium Camp (2800m) where you will have a well-deserved rest. This could be the toughest day that you have ever experienced. You will have ascended 1295m and descended 3095m in 14-18 hours. Although exhausting, you will have just achieved something extraordinary.

Meals: Breakfast, Lunch, Dinner.

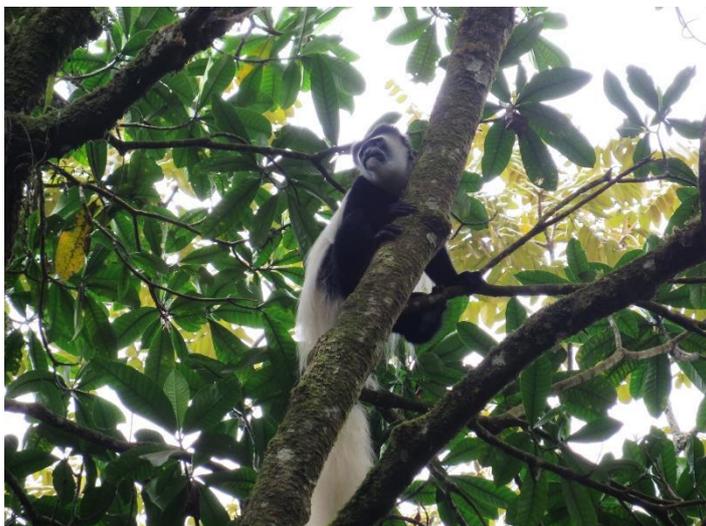




Day 9 (Friday 18th October 2019): Millennium Camp - Mweka Gate - Moshi

This morning you will say thank you and farewell to your team of porters in a joyful Kilimanjaro-style celebration. From camp you will trek to Mweka Gate through the rainforest (approx. 6 hours), looking out for wildlife in the trees as you go, before signing out from the national park and transferring back to the hotel (approx. 1 hour) for a rest and a well-earned hot shower. Tonight you will enjoy a farewell dinner together at your hotel and can celebrate your achievements.

Meals: Breakfast, Lunch, Dinner.



Day 10 (Saturday 19th October 2019): Moshi - Kilimanjaro - London

Today we will transfer to the airport for your indirect flight back to London, possibly arriving the next morning depending on flight schedules.

Meals: Breakfast.



Day 11 (Sunday 20th October 2019): London

Depending on flight schedules you may arrive into London early this morning.



N.B. This itinerary may change due to unusual weather patterns, wildlife movements, the ability of the group and so on. We will do our best to keep to the set itinerary however we cannot be held responsible for changes that might occur outside of our control. In all such circumstances your guide and tour leader will have the final say in the interest of the health and safety of the group.