

The challenge of a lifetime...
...for the charity of your choice

Kilimanjaro Lemosho Trail

Trek



Don your boots and trek to the roof of Africa!



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Hike to the sky and summit the majestic Mount Kilimanjaro, 5,895m, the world's highest free-standing mountain...

Your trekking challenge...

...is to trek for eight days on the beautiful Lemosho Trail until you reach the summit of the mighty Mount Kilimanjaro! This trail is much less trodden and takes us through rainforest, over plateaus and along valleys until we reach the summit at Uhuru Peak. Although the trekking will be tough, acclimatisation is maximised and so too are the chances of conquering Kilimanjaro. The sense of achievement will be second to none, so join us on this ultimate trek of a lifetime!

Your itinerary...

Day 1

We depart the UK.

Day 2

Upon arrival, we meet our local guides then transfer to Arusha and check into our hotel. After dinner there will be a briefing about our challenge.

Day 3

Londorossi Gate to Mti Mkubwa 2,800m

Following breakfast we transfer to the Londorossi Gate on the western side of Mount Kilimanjaro for registration. We then continue driving to the Lemosho Glades; from there we start trekking through the rainforest to Mti Mkubwa (Big Tree) campsite (2,800m). Take it slowly and enjoy the day!

Trekking 3/5 hrs approx.

Day 4

Mti Mkubwa to Shira Cave 1 3,400m

After breakfast at camp, we continue ascending through the dense rainforest until we eventually hit the moorland zone which we follow until lunch. We continue on and hike across the high altitude desert plateau, Shira Caldera – a remote area that is rarely trekked. We can also expect to see our first views of Kibo, the summit cone of Kilimanjaro! After a challenging day, we reach our camp at Shira Cave.

Trekking 7/8 hrs approx.

Day 5

Shira Cave 1 to Shira Hut 2 3,900m

After breakfast at Shira Cave, we embark on a slightly shorter day's trek to our next camp at Shira Hut, gaining 500m in elevation. We proceed trekking gently east across the Shira plateau and the Shira Cathedral towards Shira Hut, on the moorland meadow. The views today are very special, particularly from the top of the ridge. This particular day is an excellent part of the route for acclimatisation while slowly gaining in altitude. It's not long before we reach our camp at Shira Hut 2.

Trekking 5 hrs approx.

Day 6

Shira Hut 2 to Barranco Hut/Camp 3,900m

Following a hearty breakfast, we leave Shira Hut turning eastward for what will be a challenging day. We push on ascending and cross a small desert and rocky landscape which surround the Lava Tower (4,600m). After taking in the stunning views of the Barranco Valley, we continue hiking and descend to our campsite (which is considered to be the most spectacular) at Barranco Hut/Camp, 3,900m. After reaching an altitude of 4,600m at the Lava Tower, the benefits of this acclimatisation day will soon become clear and should stand us in good stead for the summit in a few days time.

Trekking 7/10 hrs approx.





Day 7
Barranco Hut/Camp to
Karanga Valley 4,100m

The trekking today will be immediately challenging as we tackle the awesome volcanic rock barrier, the Great Barranco Wall - known locally as 'breakfast'! Upon reaching the top of the Wall, it is possible to appreciate exactly how beautiful Mount Kilimanjaro is, and also to admire the views of Mount Meru on the plains below. We continue trekking through the scree, ridges and valleys to our next campsite in the Karanaga Valley.

Trekking 5 hrs approx.

Day 8
Karanga Valley to Barafu Hut
4,600m

After breakfast, the climb continues. We trek northward and follow the trail up the broad ridge towards Barafu Hut. Today is another good day for acclimatisation. The day is tough and upon arrival in camp, we should try and get as much rest as possible as tomorrow is the most challenging day of our 'hike to the sky' - the summit trek!

Trekking 2/3 hrs approx.

Day 9
Barafu Hut to Uhuru Peak
5,895m

Summit Day! After a very early snack breakfast we prepare to tackle the summit. We trek up scree, taking regular stops for our guides to check on the group's progress. The views get better and better with each step taken. We arrive at Stella Point (5,750m) where we take a short rest and by now, the sun will be shining! From here, we hike on a relatively easy path to Uhuru Peak (5,895m) the summit of Kilimanjaro! After the ceremonial photographs, we descend to Barafu for a short rest and a bite to eat. We then descend to Millennium Camp.

Trekking 4/5 hrs approx.

Day 10
Millennium Camp to Mweka
Gate

Today will be our final day of trekking. After breakfast we descend to Mweka Gate to meet the waiting driver for the journey back to the hotel in Arusha for a hot shower and our celebratory dinner!

Trekking 5/6 hrs approx.

Day 11
 After breakfast, there will be some free time before transferring to the airport for our flight back to the UK.

Day 12
 Arrive in UK.

(Please note, this is a complex itinerary and subject to change)



Your questions answered...

Is this trip for me?

ABSOLUTELY! This trek is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This trek has been designed to be challenging but achievable by anyone as long as you train beforehand. Remember, you are trekking for eight consecutive days and in varied temperatures – the fitter you are the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to point you in the right direction.

Where will we stay?

While in Arusha we will stay in a hotel; twin share with en-suite washing facilities. Whilst on trek we will be camping – all tents will be provided but participants are expected to bring their own sleeping bags and sleeping mats.

Do I need specialist kit?

We will supply you with a suggested kit list of what to take once you register to take part. Apart from some broken in trekking boots, sleeping bag, sleeping mat and maybe some trekking poles, you do not need any specialist kit.

Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sun-screen, water, sun hat, camera, etc.) and your kit bag will be carried from camp to camp by our porters. You will be able to leave your main piece of luggage at the hotel in Arusha.

Food matters...

All meals will be provided whilst on trek as well as breakfast while staying in Arusha. We can cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed. African food is very varied and nutritious with plenty of vegetables.

What's included?

Return flights from London to Nairobi, all accommodation, transfers, tents and other camping equipment (participants must bring their own sleeping bags and sleeping mats), all meals on trek and celebratory dinner, porters, cooks, food, water and other supplies, permits and National Park fees, local English speaking guides, Global Adventure Challenges leader from the UK, a full, comprehensive first aid kit.

What's not included?

Airport taxes – these are approximately £200 per person, personal travel insurance - it is strongly advised to take this out through Global Adventure Challenges, tips and gratuities, sleeping bags and sleeping mats, visa (if applicable), alcoholic drinks and your personal kit.

Can I stay in Africa after the challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at enquiries@globaladventurechallenges.com as soon as possible. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What sort of back-up is there?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides and porters. Full, comprehensive first aid kits will be taken and satellite/mobile telephones will be used to ensure your safety and security at all times. A local English speaking medic will also be joining the trek.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race! The main physical problem you may encounter is altitude sickness.

Will the altitude affect me?

Your physical fitness will not affect your ability to cope with the altitude. However, the fitter you are the better you will cope whilst on the mountain. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at altitude. All individuals are affected differently, but symptoms can include breathlessness, nausea and headaches. Please be assured that this trek has been designed to maximise your chances for sufficient acclimatisation i.e. the speed at which we trek, the route taken up the mountain and the number of highly trained experts in the support team.

How do I go about raising sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I am interested... what do I do now?

Places are limited and go on a first come, first served basis so try to register as soon as you can! You will need to fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee - all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

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