

## Kilimanjaro IAPWA Challenge – 23rd February 2019

### The highest peak in Africa

Dominating the landscape like no other mountain, both iconic and instantly recognisable, Kilimanjaro in Tanzania is the highest peak in Africa and the highest free-standing mountain in the world.

At 5,895 metres, to climb Kilimanjaro is a great challenge, not to be underestimated, but entirely feasible for the hill walker looking to combine a high mountain adventure with going to Africa.

Founded in 2009, IAPWA is passionate about creating a better future for all animals. Through our projects and partnerships, we provide veterinary care and support to thousands of dogs, cats and other animals every year.

The Kilimanjaro IAPWA Challenge is a fundraising programme meant to build engagement for IAPWA projects, while at the same time giving you a truly one of a kind experience. Raising money for IAPWA comes with amazing perks – read on and you'll see!

Here's how it works:

- You will need to raise money for the Elephant Orphanage Project in Zambia being supported by IAPWA
- Part of the money you raise will cover your costs for the trip to Kilimanjaro
- Once you raise all the necessary funds, all you have to do is pack your bags - IAPWA and Adventure Alternatives will ensure an amazing experience for you in Kilimanjaro

## Kilimanjaro IAPWA Challenge 2019

The Kilimanjaro IAPWA Challenge is raising funds for the Elephant Orphanage Project in Zambia, which supports wildlife conservation through projects focused within three main work streams: Wildlife Rescue (Animal Welfare, Veterinary and Research), Resource Protection (Law Enforcement: Anti-poaching and Anti-trafficking) and Community Outreach & Education.

At the sanctuary, a lifeline is provided for defenceless abandoned elephant calves, often the tragic victims of poaching and human conflict. Under the age of two, young elephants are incredibly vulnerable and dependent. Many do not survive without intricate care and nutrient rich milk from their mothers. At the Elephant Nursery these fragile elephants are cared for around the clock – a milk dependent orphan requires special milk formula every three hours!

A team of locally employed, highly trained Keepers care for them and watch over them constantly – whether out during their daily walks, or sitting close by their stables at night. Together with their new siblings and Keepers, these young elephants learn to overcome the tragic loss of their natal family, as they browse, play and bath together in a natural environment.

As soon as the calves can be weaned from milk they will be moved to the Kafue National Park, to join other older orphaned elephants at the Kafue Release Facility, where they are more independent of human support and spend most of their time browsing freely in the National Park. The Facility backs onto the ancient Ngoma Teak Forest where there is a 1,000 strong local elephant population, which maximises the opportunity for the orphans to eventually reintegrate with fellow elephants back in the wild.

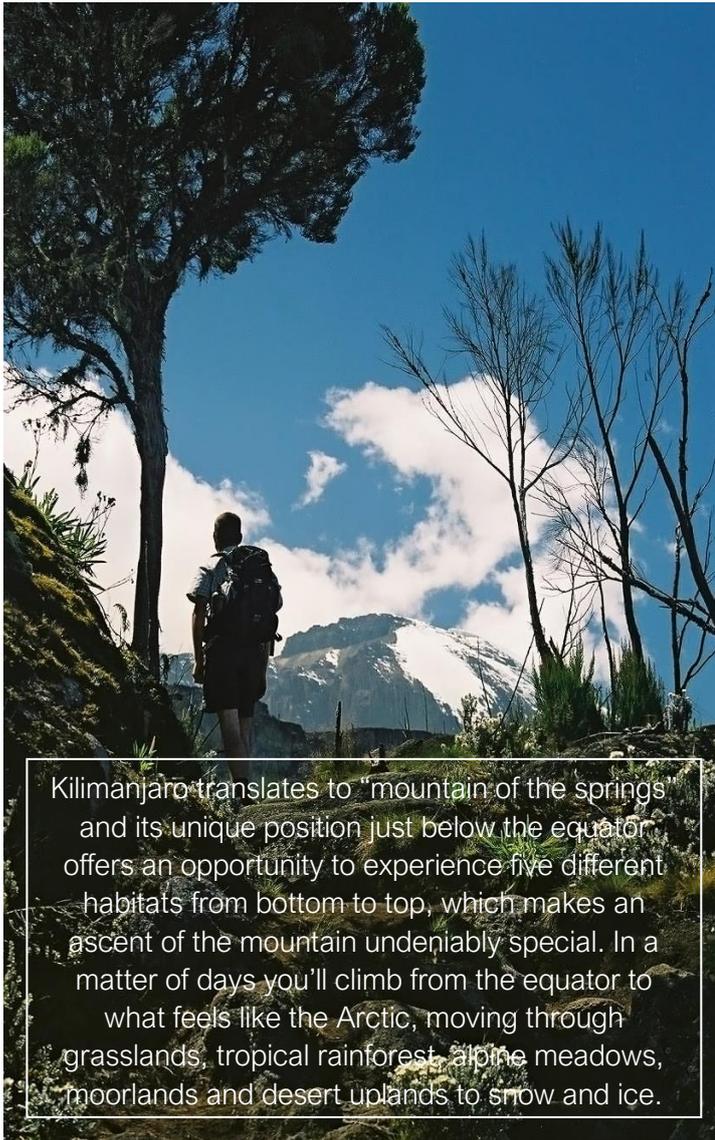
IAPWA have teamed up with Adventure Alternatives, who have been running treks on Kilimanjaro since 1996, and with their own company in Moshi, and have a reputation for integrity and safe successful trips. They have their own license to operate tours on Mount Kilimanjaro and are a member of the local Tanzanian Association of Tour Operators, as well as Association of Independent Tour Operators in the UK. All our guides are personally trained by Gavin Bate, Company Director, Mountaineer and UIMLA guide, plus they are also trained and qualified by the Kilimanjaro Park authorities and all hold First Aid qualifications.

Adventure Alternatives are passionate about responsible tourism and every aspect of your trip, from transport and accommodation to staff policies, and how we behave on the climb will reflect this. Adventure Alternative has won multiple awards for Responsible Tourism and has been independently audited and accredited with the British Standard for safety on overseas expeditions: BS 8848

IAPWA and Adventure Alternatives will give a team briefing upon your arrival in Tanzania and be on hand all the time, and you will also be introduced to the guides who all speak good English and understand that this is a personal dream to summit the roof of Africa.

**“Kilimanjaro is an amazing adventure, a chance to create the memory of a lifetime and fundraise towards the rescue, rehabilitation and release of orphaned elephants back to the wild”**

## Mount Kilimanjaro



Kilimanjaro translates to "mountain of the springs" and its unique position just below the equator offers an opportunity to experience five different habitats from bottom to top, which makes an ascent of the mountain undeniably special. In a matter of days you'll climb from the equator to what feels like the Arctic, moving through grasslands, tropical rainforest, alpine meadows, moorlands and desert uplands to snow and ice.

The terrain on Kilimanjaro varies throughout; in a period of seven days, traversing the mountain, ascending from 2000m to 5895m and back down, you will pass through cultivated farmland, equatorial forest and alpine heath, across a lunar-like volcanic desert and up to a glaciated summit. Climbing Kilimanjaro is not a technical climb and there are no precipitous drops along the way, no rock climbing or specialist equipment needed.

The paths are in good condition and well trodden; some are steeper than others (in particular the Great Barranco Wall is an exciting scramble) and you will most likely meet people all along the way. On summit day the path is mostly scree, which can be loose and unrelenting, especially on the descent when your knees will probably suffer.

The entire climb and descent covers just over 120km and the routes traverse the mountain, except for the Marangu which requires ascent and descent on the same path. Generally speaking each day will take about 5 hours of walking, and the distance reduces as you go higher.

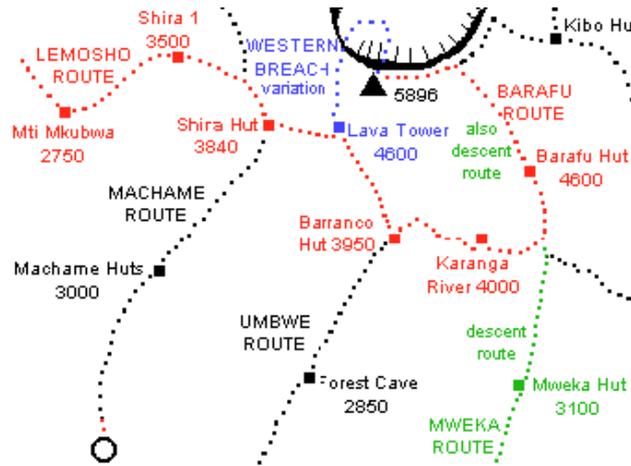
To put the summit day into context, it is the same as climbing Ben Nevis in one day from a starting altitude of 4200 metres.

### Route

We will be climbing the Machame Route to the summit of Kilimanjaro, the climb will be 7 days, to give you a chance to acclimatise to changing conditions. When booking time off work and thinking about flights, allow yourself 10 days, so your journey is comfortable and you have a bit of recovery time.

Seven days and camping only, this route is regarded as a challenging wilderness route but allows for excellent acclimatization. Five days ascending through the forest from Machame Gate on the southwest side of the mountain, circling the massif, and summiting from Barafu Camp on day 6. Exit through Mweka Gate on day 7. Great opportunity to see diverse vegetation and wide-eyed views.

## Mount Kilimanjaro



### Itinerary

- Day 1** Machame Gate to Machame Camp (3000m), 4 hours through forest
- Day 2** To Shira Plateau (3850m), 5 hours through forest and open heath
- Day 3** To Barranco Hut (3950m), 6 hours on open heath and over two valleys
- Day 4** To Karanga Valley (3930m), 3 hours on open heath and rock across one valley
- Day 5** To Barafu Hut (4600m), 3 hours ascent on open ground
- Day 6** To Summit (5895m) and down to Millennium Camp (3300m), 6-8 hours to crater rim at night, 45 minutes from rim to Uhuru Peak, 3 or 4 hours back to Barafu Hut, 1-2 hours down to Millennium Camp
- Day 7** To Mweka Gate (1500m) and Moshi, 4 hours in forest. Arrive hotel 3.00pm

### Height Gain

Day	Start Level	Daily High Point	Sleep Level
Day One	1830m	3000m	3000m
Day Two	3000m	3850m	3850m
Day Three	3850m	4560m	3950m
Day Four	3950m	4600m	3950m
Day Five	3950m	4600m	4600m
Day Six	4600m	5895m	3800m
Day Seven	3800m	3800m	1830m



### Trip Cost

The price for the above tour as a fundraising challenge is £3795\*, with IAPWA receiving the funds once the tour costs have been paid, meaning the above tour will be at no cost to the individual doing the challenge. Please note that flights are not included in this package, including internal flights. These should be paid for and arranged individually by the person taking the challenge.

*\*A deposit of £100 is payable at the time of registration, with £2945 payable 6 weeks prior to departure, with the minimum balance of sponsorship of £750 due 2 weeks prior to departure.*

Spaces are limited, to reserve your space please contact [elephants@iapwa.org](mailto:elephants@iapwa.org)

### Price Includes

- ✓ Accommodation in Moshi for 3 nights in the Keys Annexe Hotel (twin, B&B)
- ✓ Jeep or coach transport to the mountain gate from and to Moshi
- ✓ Park fees, camping fees and park rescue fees
- ✓ Park certified guides (ratio of 1:4) and assistant guides/company reps
- ✓ Porters and cooks, plus equipment and tents for them
- ✓ All camping equipment including sleeping tents with mattresses
- ✓ Expedition administrator, translator and Manager (Castro Capelo)
- ✓ Meals on the mountain - fresh food, 3 meals per day
- ✓ UK administration and organisation of your trip

### Price Excludes

- ✗ International airfare to Kilimanjaro Airport
- ✗ Airport transfers - £10/€15 per person one way
- ✗ Tanzanian Visa - \$50 for UK, \$100 for Irish citizens, purchased on arrival
- ✗ Vaccinations and malaria tablets
- ✗ Personal expenses
- ✗ Travel insurance
- ✗ Lunch and dinners in Moshi
- ✗ Tips ~ £80 paid in local currency only to Castro for distribution at exit gate

### Additional trips

Mt Meru is a great climb in its own right, as well as a great acclimatisation peak, while the classic safari after the climb is a very popular way to end your holiday in Tanzania. We can also help you with trips to Zanzibar. Ask us for information packs about any of the options mentioned.

- Climb of Mount Meru, 5 days - £925 pp all inclusive
- Ngorongoro Crater & the Southern Serengeti Lakes Safari, 4 days/3 nights
  - Camping at the 3\* Twiga - £695 pp all inclusive
  - Rooms at the 3\* Twiga - £795 pp all inclusive
  - 5\* Lake Manyara Lodge - £995 pp all inclusive

### USEFUL INFORMATION



**Trek organiser:** The trek is organised by Adventure Alternative and our company in Moshi called Adventure Alternative Tanzania, which is run by Castro (left). We run trips every month and we have a summit success rate of 95%, a 100% safety track record and a ratio of one guide to four climbers. Our trips use quality mountain tents, and experienced guides who work with us full time, porters who carry the bags and equipment, and cooks who provide fresh tasty food every day. We give the full recommended wage and are a Responsible Partner for the International Mountain Explorers Connection. We provide clothing, food and tents for all of our staff and have proven policies for payment and tipping.



Climbing Kilimanjaro is a non-technical trek but it does offer a full mountaineering experience. Experience in hill walking is a benefit but not absolutely necessary, since this is a supported climb. You will however be outdoors constantly and living in tents so experience of camping will be useful. It is not necessary to have any experience of high altitude to climb Kilimanjaro, but the important factor will be to go slowly and allow your metabolism to adapt to the lower air pressure and the thinner air. This is the secret to success on Kilimanjaro.



**Staff:** All of the guides have been employed for over ten years by Adventures Alternatives, and they have been trained to high standards, they know how to deal with medical emergencies and speak good English.

Kamanda and Lipman – guides and Adventure Alternative representatives

The staff will carry your main bag up to a maximum weight of 15 kgs plus all the tents, kitchen equipment, food, fuel, tables and chairs. They will cater for all the group needs, providing excellent meals and putting up the tents. The guides will also brief you daily on the climb.

## Accommodation & Food

Climbing Kilimanjaro involves camping and eating outdoors, but this is not a reason to avoid the great experience of being looked after on the mountain and getting back to nature.

**Camping:** Generally we camp on Mt Kilimanjaro in tents. Camping is liberating and really makes you feel as if you are on an expedition! Nothing to worry about, it is enjoyable and hygienic and there is enough privacy and comfort. If you haven't camped since childhood the word should not be associated with hardship or discomfort. Most worries are dispelled on the first day. The tents are two-person mountain tents, which are spacious and dry, and we provide comfortable foam mattresses with waterproof covers. A 'porch' is there for storing luggage.

**Toilets:** All the campsites have newly built toilets in 2015, which are very different from the old toilets you may hear about online, as they are proper brick structures, which are tiled and cleaned. It is important to take a torch with you at night. Going to the toilet behind a bush is strictly forbidden but in an emergency or going for a quick wee is not a problem.

**Rubbish:** All rubbish is collected by the staff and carried down the mountain. Do not throw rubbish down the long drop (toilet paper is fine) and make a habit of picking up litter that you see on the trail. The responsibility for keeping Kilimanjaro clean is on the shoulders of every visitor.

**Food:** All our food is fresh and the meals are tasty and well prepared and served in comfortable mess tents with tables and chairs. We provide a high quality menu, and can cater for vegetarians or specialist diets. Three course meals with vegetables, fruit, salads, desserts, soups, popcorn, biscuits and a complete range of beverages including herbal teas. We want you to enjoy your holiday on Kilimanjaro and that means good food! Our cooks are all well experienced in Western tastes so expect a lovely soup starter with bread, tomato and avocado side salad followed by casserole with boiled potatoes, julienne carrots and a fresh fruit medley to finish with, then coffee and chocolate for supper.

If you have dietary preferences then do let us know. The cooks can easily cater for most preferences. Sweets and chocolate are all available in the shops in Moshi, as are things like batteries, but you may want to bring your own supply from home.

**Water:** we do not bring bottled water on the mountain; we boil and treat all water which comes from the rivers and glacial streams. The staff will fill your water bottles every evening. Feel free to bring some water purification tablets for yourself if you would like the extra reassurance (iodine is fine).



## Camps Used

Machame, Londorossi, Rongai and Millennium Camp are all on the tree line and have a number of campsites set in small clearings in the forest. You will see a central ranger station and a number of drop-hole latrines. Mobile coverage here and it is quite easy to descend back to the gate if necessary.

Mandara is a busy camp on the edge of the forest with lots of huts which can accommodate up to 10 people, in an open grassy area where local traders often sell drinks. Kikelewa Camp on the Rongai side, meanwhile, is a very quiet and remote spot on the tree line near some caves. Shira Camps 1 and 2 are situated on the vast Shira plateau which is a volcanic spill-off from the last explosion some 100,000 years ago. Open and exposed and often dusty with smaller, more fragile plants amongst the rocks. Latrines and Ranger huts are around and the area is so huge it is easy to have some privacy. Meanwhile the Horombo Huts are busy with people and Mawenzi Tarn is very quiet and remote.

Barranco Camp is in a big clearing at the head of the steep valley which drops down into the Umbwe route, with dramatic cliffs around and right below the ice fields of Kibo, a stunning location for a camp. Kibo Hut is a busy place with more huts on an open expanse of dusty ground with the dramatic massif ahead. The Kibo Camp spot nearby is much quieter. Karanga Camp is a very open camp on the side of a hillside with great views of the summit massif and the expanse of land beyond the mountain. Many people go direct from Barranco to Barafu, so Karanga is traditionally a bit of half-way stop, but there are still latrines and a Ranger hut here. Barafu, meaning 'ice', is now no longer covered in permanent snow but it is cold and rocky and exposed. People definitely feel the altitude here and you can expect snow and sometimes high wind. The camp sites are dotted amongst nooks and crannies in the rocks, perched on a sort of ridge.



"I make many decisions based on recommendation, and I cannot give AA anything other than my highest praise and would highly recommend them to anyone who asked.

Thank you guys for everything. Not only do you talk the talk but you walk the walk."

*Kevin Laye*