



# Trek **Kilimanjaro**

## 2020 Challenge Brochure



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Middlesex

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*Action Challenge has been leading inspirational team adventures across the globe for individuals, private groups, charities and corporate clients since 1999. Our trips enable people to experience the world's most exhilarating locations, often in aid of charity. At the heart of every challenge is team spirit and fulfilment; together we take on once-in-a-lifetime adventures, achieve formidable goals and forge friendships for life.*

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# The Kilimanjaro Challenge

**KILIMANJARO  
CHALLENGE**



Climbing Kilimanjaro is more than just a mountain challenge. It's a once-in-a-lifetime experience, which will leave you with long lasting memories. You will get an insight into the lives and culture of the local community, whilst being immersed in some of the most breath-taking scenery in Africa. Ensure that the best people in the business get you there and don't be tempted by 'cut price agents' before you know all the facts.



- We have 16 years experience organising challenge events all over the world, taking over 4,000 trekkers safely to the summit of Kilimanjaro - including many charity and corporate clients.
- UK Leader and Doctor on every group challenge! Book and climb with Action Challenge - we directly manage all aspects of our trips, and offer pre-trip training weekends and face to face briefings.
- Our 'all-inclusive' challenges includes flights, transfers, accommodation, meals and National Park Fees, with a highly experienced local expedition team to get you to the summit safely. We have charity fundraising options, and offer pre-trip support and even a kit rental service to keep your costs down.
- 100% ATOL bonded meaning your all-inclusive package, including flights, is fully financially protected!

## About Action Challenge



Since 1999 Action Challenge has been operating unique group challenge events the world over. Our head office in London is staffed by a highly experienced, passionate team focused on developing and delivering inspirational adventures. We operate a host of varied itineraries across all seven continents, from rainforest to desert, mountain to jungle, snow to sea. Our adventures are fantastic group experiences, which can be enjoyed by anyone who is looking for a new challenge. We are proud of the lengths we go to, to bring you memories you will not find elsewhere! The majority of our head office have climbed Kilimanjaro and love nothing more than talking about their experience on the mountain! So please contact the Action Challenge team directly to ask any questions or discuss your challenge, by contacting us on the details below.



# Why Choose Us?

## KILIMANJARO CHALLENGE

### 1) 100% ATOL BONDED - DON'T RISK ANYTHING ELSE!

- We are 100% **ATOL** (Air Travel Organiser's Licence) bonded - **ATOL number 6296**
- Offers full financial protection by the **CAA** (Civil Aviation Authority) for clients who have booked package trips, including flights

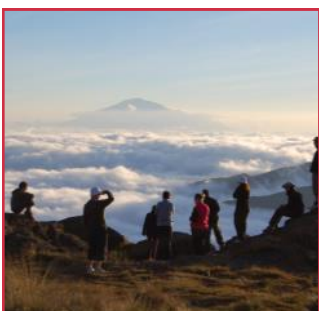


### 2) UK LEADERS OR MEDICS ON EVERY CHALLENGE

- Qualified UK Leaders - we employ great characters, with deep experience, who have a real passion for what they do - offer guidance, support and provide daily briefings and warm ups
- Leaders have great experience running our challenges
- Equipped with **Satellite Phones**
- Full medical kits provided by Nomad Travel Health Clinic

### 3) EXPERIENCED LOCAL TEAM

- Local team of English speaking guides and crew - extremely experienced with working with Action Challenge groups. Incredibly supportive and great fun!
- They know every route like the back of their hands!
- They ensure that everything runs like clockwork, from setting up camp, to cooking meals



### 4) 100% TRANSPARENT ON PRICE

- All-inclusive packages with flights or land only and connecting private transfers - we have built up a portfolio of reputable airlines and local ground operators
- Best value prices without compromising on quality, comfort, or safety
- All known flight taxes at time of booking included in package price
- All **National Park fees included**—these can be up to \$900!

### 5) RESPONSIBLE TOURISM

- We work very closely with our local team to ensure fair pay & treatment of all crew.
- We're members of **IMEC** (The International Mountain Explorer's Connection), which promotes sustainable tourism
- Partners with **KGSF** (Kilimanjaro Guide Scholarship Fund), providing guides with educational scholarships and better career prospects.



# Why Choose Us?

## KILIMANJARO CHALLENGE



### 6) BRIEFINGS AND TRAINING WEEKENDS

- **Challenge briefings** in central London - find out about life on the mountain and what to Expect, meet the team and ask us any burning questions you may have!
- Training weekends in Snowdonia, Brecon Beacons and the Peak District, plus join us on our special Snowdon Night Summit to replicate summit night Kilimanjaro
- **Training Walks** in London, North and South Downs
- Test out your kit and your fitness! You might also meet someone going on your challenge!



### 7) OUR CLIENTS AND REPUTATION

- Members of the Institute of Fundraising - a code of practice that all reputable companies organising charitable events should adhere to.
- 15 years experience organising challenge events worldwide, taking over 15,000 individuals on challenges across the globe, with over £50 million raised for over 300 UK charities.
- Working with and organising challenges for the UK's leading charities and major UK companies including Great Ormond Street Hospital Children's Charity, DHL, Knight Frank, Harrods, British Gas, Citi Group, Phones 4 U, BlackRock and many more.

### 8) DISCOUNTS ON KIT, VACCINATIONS & INSURANCE

- Save money by hiring your kit from our partner Kit Hire Company Outdoor Hire
- Receive up to 15% discount on kit and equipment purchases at leading outdoor retailers.
- Discounts on Vaccinations and Insurance.



### 9) COMFORT

- Private airport transfers to your hotel.
- Accommodation: Hotels either side of climb - 3\* with swimming pool /
- Camp in comfort—large 3-man tents, camping mats, mess tent with chairs, plus 2 -3 private toilets per group.

### 10) FOOD & DRINK

- 3 fresh and well-cooked meals every day - lots of surprise home comforts and great menus!
- Celebration dinner at end of climb!
- Minimum of 3 litres of purified / clean water a day.
- We can cater for all dietary requirements.





# The Northern Circuit

## KILIMANJARO CHALLENGE



The Northern Circuit is one of the quieter Kilimanjaro routes, including the rarely visited northern slopes of the mountain that overlook Kenya. It approaches Kilimanjaro from the west and offers 360 degrees of beautiful scenery. With 8 days on the mountain it provides excellent acclimatisation and a high chance of success!

It's the perfect route if you want to experience a lesser-seen side of Kilimanjaro, with amazing views every day.



### DAY 1 DEPARTURE FROM THE UK

### DAY 2 MOSHI

On arrival we transfer to our hotel near the town of Moshi, where we enjoy a welcome meal and a briefing on the challenge ahead.

### DAY 3 SHIRA 1 CAMP

3,720m

1-2 HRS TREKKING

We start from Londorossi Gate to the West of Mount Kilimanjaro, taking a vehicle to the Lemosho Glades for lunch. Afterwards we begin our trek passing through heather and moorland which leads to your first camp on Mt. Kilimanjaro.

### DAY 4 SHIRA 2 CAMP

3,900m

3-4 HRS TREKKING

Today is a light trek to Shira 2 Camp, ensuring you are fully adjusted to the mountain environment. After arriving at camp for lunch, we take a short 2 hour acclimatisation hike along the path towards Lava Tower Camp, before returning to camp for a hearty dinner.

### DAY 5 MOIR HUT

4,200m

7-9 HRS TREKKING

Better acclimatised, today we will walk for longer and go higher. Trekking to Lava Tower at 4,600m, we stop for lunch before continuing onwards and descending down to Moir Hut at 4,200m.

### DAY 6 BUFFALO CAMP

4,020m

5-7 HRS TREKKING

After yesterday's altitude gain and descent from Lava Tower, today will be much simpler. We climb out of the Moir Valley, and skirt the northern slopes of Kilimanjaro close to the border with Kenya. Arriving in to Buffalo Camp, we will settle in for dinner before bed.

### DAY 7 THIRD CAVE CAMP

3,870m

4-6 HRS TREKKING

Today we will continue our traverse of Kilimanjaro's Northern slopes. Here the route we are on converges with Rongai trail, so expect to see more trekkers along the way. Overall, this is a shorter day of trekking, allowing your body to fully adjust to the 4000m+ altitude.

### DAY 8 SCHOOL HUT

4,750m

4-5 HRS TREKKING

Today we will trek to the School Hut at 4,750m—highest point of the trek so far. This is also our last stop before the summit push. Arriving at camp, dinner will be served. After, it will be time to get some sleep in our tents before tackling Kilimanjaro's summit tonight.

### DAY 9 SUMMIT DAY

5,895m

12-15 HRS TREKKING

Our final push to the summit starts at midnight. The slope is steep and each pair of trekkers will be assigned a personal guide for this part of the trek. We should reach the crater rim for sunrise, and a further 2 hours takes us to Uhuru Peak! After a short time at the summit of Kilimanjaro to take it all in. We descend a different route down to Millennium Camp for dinner & well earned sleep!

### DAY 10 FINAL TREK & CELEBRATION

5-6 HRS TREKKING

After breakfast we continue our descent to Mweka Gate. A short bus transfer takes us to our hotel in Moshi, where we rest before celebrating our fantastic achievements!

### DAY 11 MOSHI

We enjoy a free morning by the pool or exploring the local area before transferring to the airport for our overnight flight back to the UK.

### DAY 12 ARRIVE HOME

# Payment options

## KILIMANJARO CHALLENGE



### STEP ONE: Registering for your challenge

First pay a **REGISTRATION DEPOSIT**. This secures your place, and is non-refundable if you cancel. You can pay in 2 ways:

- **Pay the deposit in full, by payment card, when you register**
- **Split the deposit over 2 payments. A minimum of £195 when you register, and the rest within 2 months. A £10 supplement applies.**



### STEP TWO: Choosing your funding option

Once you have registered, there are **3 FUNDING OPTIONS** for the balance of the trip cost:

- **Self Funded:** You pay the registration deposit, then the full final balance
- **Charity Minimum Sponsorship:** You pay the registration deposit, and fundraise double the final balance
- **Charity Mixed Funding:** A bit of both. You pay 50% of the trip cost (including the registration deposit), and fundraise to cover the other 50%



### STEP THREE: Paying your final balance

If you choose the self-funded or mixed-funded, you will have a final balance payment due. You can either:

- **Pay in full no later than 10 weeks before departure date; Or**
- **Set up a standing order to pay instalments, full balance due no later than 10 weeks before departure**

**Please note:** for all options on our 'flights included' packages, you will also be invoiced for any airline fuel surcharges 12 weeks before departure. See the [Fuel Surcharges](#) page on [www.kilimanjarochallenge.com](http://www.kilimanjarochallenge.com) for more information.

**For a full price list of all of our trips, please visit**  
**[www.kilimanjarochallenge.com](http://www.kilimanjarochallenge.com)**



# Your questions answered

## KILIMANJARO CHALLENGE



### Are Flights Included?

Yes! **All our group climbs include return flights** from London. If you are travelling from overseas, take advantage of our **land only packages**, enabling you to book on to one of our group climbs without inclusive flights; you will be required to arrange all flights to and from Tanzania and all transfers in order to meet your group at the hotel on day 2 of the itinerary.

### What Else Is Included?

Transfers, National Park fees, and a UK leader and doctor on every climb. A private camp with modern equipment, including spacious three-man tents, on a twin-share basis and private toilets. Three freshly cooked meals and a minimum of three litres of purified water a day, with a celebration meal at the end of the challenge. Local guides and porters to look after you, whatever your pace. 3\* hotels with swimming pool, either side of the climb.

### Can I Fundraise For Any Charity?

Yes! We have worked with over 300 UK charities and welcome partnerships with new ones all the time! As long as they are UK registered and agree to you doing so, we are more than happy for you to fundraise for whichever charity is close to your heart.

### Can I Travel On My Own?

Yes! Our 'Open Challenge' group climbs are available to anyone who wants to join either as a group of friends, family, colleagues or as an individual.

### How Big Are The 'Open' Groups?

The average group size is typically 20 - 25 participants – the perfect size to get to know everyone! You will also be accompanied by a UK leader and doctor, a local English-speaking head guide and assistant guides, along with a team of up to 70 porters, looking after all the logistics, catering and camping set-up on the mountain.

### What Is A Typical Day Like?

You will be woken between 6 - 7 am most mornings and will be fuelled for the day by a hot, hearty breakfast in our private mess tents! These tents will be a welcome sight at lunch time after a morning's trekking, where you will be served a hot lunch and have a chance to rest your legs! After an afternoon's trekking, you will be handed a hot drink and snack on arrival into camp, and after some time to rest, a hot dinner will be served before a daily briefing, and then you retire for an early night and some rest!

### Can I Stay On In Tanzania?

Yes – and you will probably deserve some relaxation time! Get close to some of the world's wildest beasts on the spectacular plains, on our 2.5 or 5 day Safari, or perhaps relax on the white beaches of Zanzibar for a few days!





# Your questions answered

## KILIMANJARO CHALLENGE



### When Should I Go?

The two main trekking seasons and the optimum times to climb Kilimanjaro are from the end of December to March and June to October. It should be about 25-30°C at the foot of the mountain and the temperature will decrease by approximately 1°C every 200m we climb. Mountainous weather is always unpredictable, so ensure that you are fully prepared for all eventualities.

### How Fit Do I Need To Be?

Climbing Kilimanjaro is a tough challenge, but one that is very achievable with the correct training. It requires a reasonable level of strength, stamina and determination. Your training should incorporate aerobic (endurance building) and anaerobic (strength building) exercises. Most importantly, you should get in some good hill walking, in the boots you are going to be wearing on the challenge.

### Will The Altitude Affect Me?

Our bodies are required to adapt to the decreasing levels of oxygen through a process called acclimatisation. As we climb higher, the air gets thinner, and at the summit of Kilimanjaro there is half the amount of oxygen than there is at sea-level. Therefore, altitude is likely to affect everyone slightly, but this isn't something to worry about! Our UK doctor will be carrying out daily health checks, and food, hydration, rest and a good pace set by our leaders will help you get to the summit safely. However, measures are in place, in the unlikely case of a serious reaction to altitude.

### What Kit Do I Need?

You need to be prepared for intense sun, extreme cold, rain, wind and even snow! Upon registration, you will be sent a full kit list, written by our Mountain Leaders. You will be able to hire much of your kit if that suits, and we can offer you great discounts on both hire and purchase!

### Do I Need A Visa?

Yes - all UK Nationals require a Visa and the cost is £40. Once you have registered, Action Challenge will send you the visa application form and necessary details to fill it in. You can apply by post or in person. To find out more about visa applications or if you are of a different nationality, please check the Tanzania High Commission's website for visa requirements.

### What Vaccinations Do I Need?

Advised vaccinations include Hepatitis A, Tetanus, Typhoid, - some of which you may have already had. Please ensure that you seek medical advice from a travel clinic before you depart, as they will have up to date information on what is required. Whilst the risk of contracting malaria on your Kilimanjaro climb is very low, Tanzania is a high risk malaria zone. Therefore, you will need to take anti-malarial tablets, to ensure that you are covered for times when you are at lower altitudes. Action Challenge can offer you discounts at Masta Travel Health Clinic and Nomad Travel.

