



KILIMANJARO CHALLENGE

CHALLENGE BROCHURE

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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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.

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 Medic 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.

Travelling from Ireland?

We welcome participants from Ireland, and deal with many Irish charities. We'll meet and greet you at London Heathrow, where you will join the rest of the group before flying on to Tanzania together. Please note that you are still 100% protected by the ATOL scheme with your onward travel from London.

How does it work?

The most popular way to join a Kilimanjaro climb is to sign up for one of our open departures. These are scheduled dates throughout the year that anyone can join. They cover 5 main routes, including some exclusive itineraries only available with Action Challenge!

All of our routes are run as a Group Challenge, which means the group will be accompanied by one of our experienced UK Expedition Leaders and a Team Medic. There's a full Local Tanzanian team of guides, porters and camp crew who will handle all the logistics on the mountain—meaning you can focus on your climb. This is our most popular way of climbing Kilimanjaro!

We offer a Local Climb format on two routes—the Lemosho & Rongai trails. These are small and light, with group sizes of approx 12 people. This format is perfect for anyone who has previous experience of trekking at altitude. The Tanzanian Head Guide will be supported by their team of assistant guides, porters and camp crew. This crew will meet you at the airport when you land, and will handle all the logistics while you are in Tanzania, including on the mountain.

There are also a selected number of dates for Women Only Climbs, Student Climbs, and our Climb Kili for Cancer dates in support of a number of cancer charities. See www.kilimanjarochallenge.com/join-a-group for more details

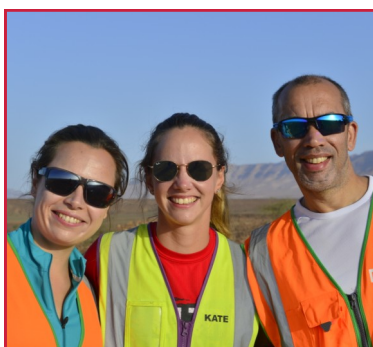
If you're a charity, corporate or private group with a minimum of 12 people, contact us to organise your own Private Kilimanjaro Challenge!

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/lodges either side of climb - 3*
- 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.

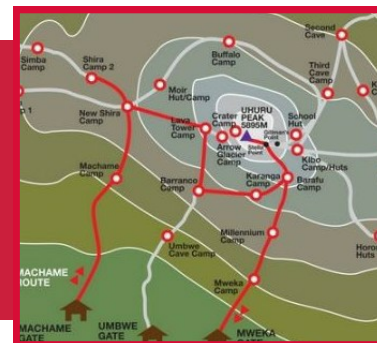


THE MACHAME ROUTE (6 days trekking)

KILIMANJARO CHALLENGE



The beautiful Machame Route approaches Kilimanjaro from the south, and the 6 day trek starts in dense tropical rainforest, and passes through some of the mountains best features – the Shira Plateau, Barranco Wall, and Karanga Valley on the way to the summit. This is a tough, but spectacularly rewarding route with stunning views and a good acclimatisation feature on day 5.



DAY 1 DEPARTURE FROM THE UK

DAY 2 MOSHI

On arrival we are transferred to our hotel near the town of Moshi, where there is a welcome meal and a briefing on the challenge ahead.

DAY 3 MACHAME CAMP

3,000m

5-6 HRS TREKKING

After a good breakfast we make the ½ hour road transfer to the Machame Gate and start trekking through the lush vegetation of the rainforest. In the afternoon we reach the camp, enjoy dinner and settle down to our first night under canvas.

DAY 4 SHIRA CAMP

3,840m

6-7 HRS TREKKING

Our route takes us through ever changing scenery as there is a steep ascent up through heather and moorland to the Shira Plateau. We continue across the plateau to our camp for the evening to relax and enjoy the fabulous views.

DAY 5 BARRANCO CAMP

3,950m

6-7 HRS TREKKING

Trekking east across beautiful landscape, reaching the Lava Tower, with a stop for lunch, then descend through the surrounding ravines to our camp by late afternoon. The descent aids the acclimatisation process and allows our bodies to adjust to the ever changing altitude.

DAY 6 BARAFU CAMP

4,600m

6-7HRS TREKKING

Leaving camp early for a short climb and scramble over the volcanic rock to the Barranco Wall. From here we have fantastic views over to Barafu. For the rest of the day we make the steady climb to our camp positioned on a ridge overlooking the south east valley.

DAY 7 SUMMIT DAY

5,895m

12-14 HRS TREKKING

Awaking just before midnight, we climb for about 6 hours, with the steepest and most demanding part of the route by torchlight, to reach Stella Point at the crater rim. Then, our final traverse to Uhuru Peak, the highest point on the African Continent, at 5895m. The morning sunlight gives us spectacular views across the plains below and of Mount Meru in the distance. After a tough descent to Barafu camp, we stop for a well-earned breakfast, before continuing on to Millennium Camp.

DAY 8 MOSHI

5-6 HRS TREKKING

After breakfast we continue the descent back through the rainforest to the Mweka Gate. A short transfer by bus takes us to Moshi, where we have the afternoon free before celebrating our fantastic achievement with a celebratory dinner.

DAY 9 A FREE MORNING IN MOSHI

Today you have some free time to explore the local area before boarding our flight back to the UK.

DAY 10 ARRIVE HOME IN THE UK

THE LEMOSHO ROUTE (7 days trekking)

KILIMANJARO CHALLENGE



The Lemosho Route has only recently opened up to trekkers wishing to tackle Kilimanjaro from the western Lemosho glades. Following in the footsteps of the celebrity Comic Relief group, the route starts in the pristine rainforest before crossing the vast Shira plateau, and merging into the Machame Route. However, this itinerary includes a shorter days trek prior to the summit day, which ensures you more rest, and allows for more time to acclimatise – giving you the best chance of making it to the top!



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 MTI MKUBWA

2,780m

3-5 HRS TREKKING

After breakfast we transfer to the west of the park at 1,981m and begin trekking along a pristine route through the Lemosho Glades. Eventually we reach our camp at Mti Mkubwa (Big Tree Camp).

DAY 4 SHIRA CAMP

3,505m

7-9 HRS TREKKING

This morning we begin our first full day trekking, where we will gain over 700m in height. A slow and steady ascent allows for our bodies to acclimatise to the higher altitude as we cross the Shira plateau. Tonight we camp at Shira 1.

DAY 5 BARRANCO CAMP

3,972m

6-7 HRS TREKKING

Trekking east across beautiful barren moonlike landscape we reach Lava Tower for lunch. We then descend through the surrounding ravines to reach our camp late in the afternoon. This descent aids our acclimatisation to the ever changing altitude.

DAY 6 KARANGA VALLEY

4,002m

5-6 HRS TREKKING

Today we climb the Barranco Wall, where at the top we are rewarded with fantastic views of Mount Meru and the surrounding valleys below. We then head onwards to Karanga Camp where we enjoy an afternoon walk followed by an early night!

DAY 7 BARAFU CAMP

4,600m

5-6 HRS TREKKING

We have a tough ascent to Barafu Camp and after arriving, we continue with an acclimatisation walk to get our bodies used to the altitude. After an early dinner we rest as much as possible before waking just before midnight to begin the ascent to the summit.

DAY 8 SUMMIT DAY

5,895m

12-14 HRS TREKKING

By torchlight we have a tough climb for about 6 hours to reach Stella Point before our final traverse to Uhuru Peak, the highest point on the African Continent, at 5895m. The morning sunlight provides spectacular views across the plains below and to Mt Meru in the distance. We have a tough descent back down to Barafu camp where we stop for breakfast before continuing on to Millennium Camp.

DAY 9 MOSHI

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 we celebrate our fantastic achievements!

DAY 10 A FREE MORNING IN MOSHI

Today we have some free time to explore the local area before boarding our flight back to the UK.

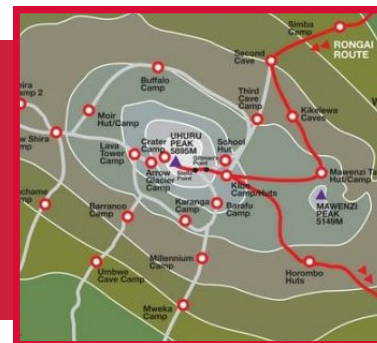
DAY 11 ARRIVE HOME IN THE UK

THE RONGAI ROUTE (7 days trekking)

KILIMANJARO CHALLENGE



This route approaches from the North, starting close to the Kenyan border. It is a quieter route than most and perhaps the most manageable, as the 7 day trek has a full acclimatisation day built in. It's scenic and there's a good chance of seeing a wide variety of wildlife on the lower slopes. It's ideal for those who want to make things just a little bit easier on the way to the summit! Summit night itself however, is longer and steeper than the routes approaching from the South.



DAY 1 DEPARTURE FROM THE UK

DAY 2 MOSHI

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

DAY 3 SIMBA CAMP

2,668m

4 HRS TREKKING

After breakfast we transfer to Nalemoru Gate and start our trek at 1950m, through farm land and forest where we should spot some wildlife before eventually reaching camp just under 2700m. After dinner we settle for our first night under canvas.

DAY 4 KIKELEWA CAMP

3,679m

6-7 HRS TREKKING

The route ascends through heather and moorland to the jagged peak of Mawenzi. We stop for lunch at Second Cave Camp, before turning South East for fantastic views of the Kibo. Camp tonight is just below the Mawenzi Saddle.

DAY 5 MAWENZI TARN CAMP

4,330m

4-5 HRS TREKKING

We start early towards Mawenzi Tarn which sits in a bowl, next to a lake, protected by the ridges and spires of Mawenzi. An afternoon walk allows time to explore and get used to the altitude, before an early dinner.

DAY 6 ACCLIMITISATION DAY

4,440m

3-4 HRS TREKKING

After a later than usual breakfast we have a more relaxed day of walking to acclimatise and trek up to Mawenzi ridge at 4440m. After lunch, the afternoon is spent in camp relaxing with stunning views over the Kenyan plains in the distance.

DAY 7 KIBO CAMP

4,700m

5-6 HRS TREKKING

We head across the desert style landscape between Mwenzi and Kibo, and reach our campsite at the base of the mighty Kibo. In the afternoon it's time to rest and eat before the final push to the summit later tonight!

DAY 8 SUMMIT DAY

5,895m

12-14 HRS TREKKING

From around midnight, we have a tough climb by torchlight to Gilman's Point at the crater rim before making our final traverse to Uhuru Peak, the highest point on the African Continent, at 5895m. After admiring the views and taking photos, we descend stopping at our camp for breakfast, and then continuing down to Horombo at 3700m.

DAY 9 MOSHI

5-6 HRS TREKKING

After a good night's sleep we continue our descent off the mountain to the Marangu Gate. A short transfer by bus takes us to Moshi, where we have a free afternoon, before celebrating our fantastic achievement with a celebratory dinner.

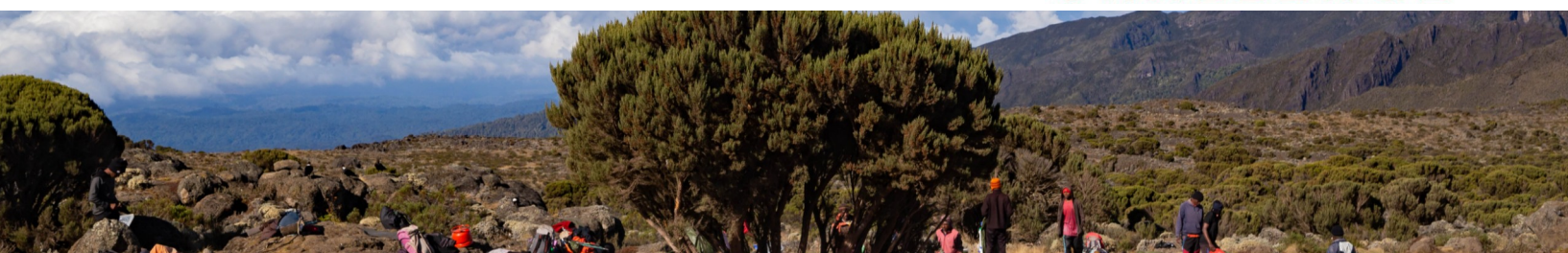
DAY 10 A FREE MORNING IN MOSHI

Today we enjoy some free time before boarding our flight back to the UK.

DAY 11 ARRIVE HOME IN UK

THE NORTHERN CIRCUIT (8 days trekking)

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 this route 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 MT MKUBWA CAMP

2,785m

3-4 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 1 CAMP

3,504m

5-6 HRS TREKKING

Today is a light trek to Shira 1 Camp, ensuring you are fully adjusted to the mountain environment. We'll spend the first hour trekking through the end of the rainforest path before entering the low alpine moreland zone. A gentle and gradual day will end with dinner overlooking the spectacular views of Kibo across the plateau.

DAY 5 MOIR HUT

4,161m

5-7 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 4,161m.

DAY 6 BUFFALO CAMP

4,033m

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

3,936m

5-7 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 we celebrate 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 IN UK

DELUXE KILIMANJARO (8 days trekking)

KILIMANJARO CHALLENGE



Our Deluxe Kilimanjaro Climb brings together the stunning Northern Circuit Route with a few welcome home comforts & extras to give you an exclusive and memorable experience – so you can summit in style!

This is one of the quieter Kilimanjaro routes, over the rarely visited northern slopes that overlook Kenya. It approaches 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!



DAY 1 DEPARTURE FROM THE UK

DAY 2 MOSHI

On arrival there is a transfer to the hotel near the town of Moshi, where we enjoy a welcome meal and a briefing.

DAY 3 MT MKUBWA CAMP 2,785m 3-4 HRS TREKKING

After signing into the National Park, you will continue up by vehicle to Morum Barrier Gate, on the Lemosho Glades. Upon arriving, we eat lunch, then begin our trek passing through heather and moorland which leads to your first camp on Mt. Kilimanjaro.

DAY 4 SHIRA 1 CAMP 3,504m 5-6 HRS TREKKING

Today is a light trek to Shira 1 Camp, ensuring you are fully adjusted to the mountain environment. We'll spend the first hour trekking through the last section of the rainforest path before entering the low alpine moreland zone. A gentle and gradual day will end with dinner overlooking the spectacular views of Kibo across the plateau.

DAY 5 MOIR HUT 4,161m 5-7 HRS TREKKING

Safely acclimatised, today we will walk for longer and go higher. Trekking out from Shira 2 Camp, we make our way to one of Kilimanjaro's iconic spots – Lava Tower. This ancient volcanic plug sits at 4,600m, and is where we will take lunch, before a descent to Moir Hut at 4,161m.

DAY 6 BUFFALO CAMP 4,033m 5-7 HRS TREKKING

Today is much simpler. We climb out of the Moir Valley, and skirt the northern slopes. There will be altitude gains and descents, but no steep changes in altitude. We come close to the border with Kenya, with unique views across the Tsavo & Amboselli Valleys.

DAY 7 THIRD CAVE CAMP 3,936m 5-7 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 trek to the School Hut. At 4750m, this is the highest point of the trek so far., and our last stop before the summit push. Arriving at camp, dinner will be served, and our guides will encourage you to get plenty of rest and drink plenty of water. After taking on some food, it will be time to get some sleep in our tents, resting up to gain strength before tackling the summit tonight.

DAY 9 SUMMIT DAY 5,895m 1 2-15 HRS TREKKING

a midnight wake-up call for 'breakfast', before we take a long trek up the winding path to crater rim. This is a tough climb in the dark, but we should reach Gilman's Point on the crater edge for sunrise. From there, it's a short trek to the summit where we will savour the moment before descending, via Barafu Hut, to Millennium Camp, for a delicious dinner, refreshing shower, a glorious night of rest!

DAY 10 RETURN TO MOSHI 12-14 HRS TREKKING

There will be singing and dancing with your team of guides and porters, as you make a final descent to Mweka Gate. After signing out at the gate, we transfer to the hotel for lunch, showers and cold drinks. In the evening there will be a memorable celebration dinner.

DAY 11 MOSHI

We can enjoy a free morning either 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 IN UK

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KILIMANJARO EXPEDITION (11 days trekking)

KILIMANJARO CHALLENGE



This climb is for those looking for something longer, tougher and a remote expedition experience. We tackle Mt Meru over 4 days to acclimatise to the altitude prior to tackling Kilimanjaro's most direct ascent route - the Umbwe Route. Before heading across the Western Breach, a route very few have ever attempted. We spend a night sleeping at Crater Camp at 5,790m before our summit attempt. This expedition climb is perfect to aspiring mountaineers with some scrambling experience or for those who really want to push themselves.



DAY 1 DEPARTURE FROM THE UK

DAY 2 ARUSHA

On arrival there is a transfer to the hotel near the town of Arusha, where we enjoy a welcome meal and a briefing.

DAY 3 MT MERU: MIRIKAMBA HUT

2,500m

3 HRS TREKKING

Enter Arusha National Park, and trek through lush forest teeming with wildlife to reach Mirikamba Hut.

DAY 4 MT MERU: SADDLE HUT

3,566m

4-5 HRS TREKKING

Trek up & out of the forest to reach Saddle Hut. Take a short acclimatisation hike to the summit of Little Meru (3,820m), before dinner.

DAY 5 MT MERU: SUMMIT

4,556m

10-12 HRS TREKKING

We begin our climb before dawn, reaching the summit in 6-8 where we take in views across to Kilimanjaro. Descend to Mirikamba Hut.

DAY 6 MT MERU: DESCEND TO MOSHI

3 HRS TREKKING

Descend to the park gates, spotting wildlife along the way. Transfer to a hotel in Moshi town for a well deserved shower and dinner.

DAY 7 KILIMANJARO: UMBWE CAVES

2,850m

5 HRS TREKKING

Transfer to Umbwe Gate to begin the climb of Africa's highest peak. Trek through dense jungle to reach Umbwe Forest Cave camp.

DAY 8 KILIMANJARO: BARRANCO CAMP

3,900m

5 HRS TREKKING

A steep ascent through the rainforest takes us into the high moorland zone. Barranco Camp offers stunning views of the Southern Face.

DAY 9 KILIMANJARO: ARROW GLACIER CAMP

4,860m

4-5 HRS TREKKING

Trek up to our camp positioned beneath the impressive Western Breach. We camp near the ruins of Arrow Glacier Hut.

DAY 10 KILIMANJARO: ACCLIMITISATION DAY

4,860m

Today is all about getting ourselves ready for the tough ascent to come. That means lots of rest, good food and hot drinks!

DAY 11 KILIMANJARO: CRATER CAMP

5,730m

7-9 HRS TREKKING

We climb the steep scree & rock, that leads up the Western Breach, past the remains of the Furtwangler Glacier to our crater camp.

DAY 12 KILIMANJARO: SUMMIT

5,730m

7-9 HRS TREKKING

A short but steep one-hour ascent to Uhuru Peak, we arrive for sunrise. The morning sunlight provides spectacular views across the plains below and to Mt Meru in the distance; it will be an unforgettable morning! A tough descent down to Barafu camp, then on to Mweka Camp.

DAY 13 KILIMANJARO: DESCEND TO MOSHI

3 HRS TREKKING

We descend to Mweka Gate, and transfer to our hotel. Here you can take a shower, before a celebration dinner to remember!

DAY 14 MOSHI

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 15 ARRIVE HOME IN UK

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 will be able to pay this upon completion of your registration form.



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 for more information.

For a full price list of all of our trips, please visit
www.kilimanjarochallenge.com

YOUR QUESTIONS ANSWERED

KILIMANJARO CHALLENGE



Are Flights Included?

Yes! **All our challenge groups include flights** to and 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. Our **local groups** do not include flights, however we will co-ordinate with you, the details that you'll need to meet your team at the hotel in-country.

What Else Is Included?

Transfers, National Park fees, and a UK leader and medic 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 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?

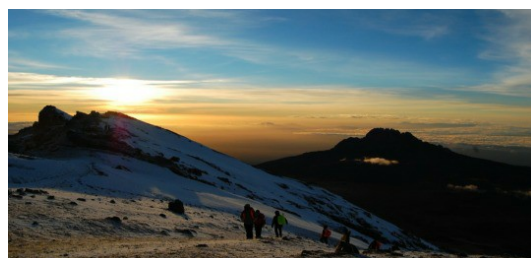
The average group size is typically 20 - 25 participants – the perfect size to get to know everyone! You will also be accompanied by a UK leader and medic, a local English-speaking head guide and assistant guides, along with a team of up to 70 porters, looking after the all the logistics, catering and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

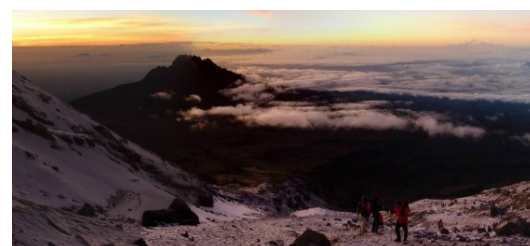
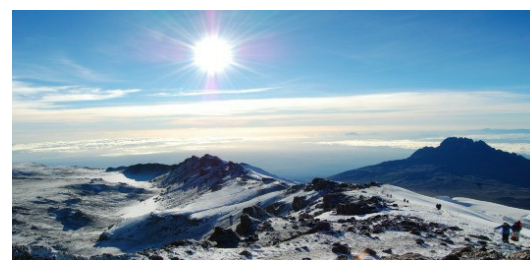
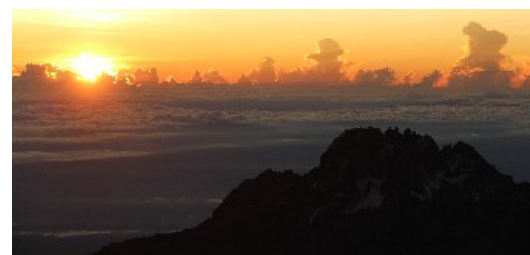
You need to be prepared for intense sun, extreme cold, rain, wind and even snow! Upon registration, you will be sent a full kit list, written by our Mountain Leaders. You will be able to hire much of your kit if that suits, and we can offer you great discounts on both hire and purchase!

Do I Need A Visa?

Yes - all UK Nationals require a Visa. Once you have registered, Action Challenge will supply you with a visa help-sheet to assist with your application. Tanzania now operates an e-visa system which means you don't have to send off your passport! 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.



GET IN TOUCH!

KILIMANJARO CHALLENGE

FIND US:

Make sure you're following us for all of the latest information, special offers and exciting news stories!

Website: kilimanjarochallenge.com

Facebook: facebook.com/kilimanjarochallenge

Instagram: instagram.com/kilimanjaro_challenge/

Twitter: twitter.com/kili_challenge



CONTACT US:

Of course, get in touch if you have any other enquiries, a lot of our office team have taken on the challenge themselves, so you're in good hands of our knowledgeable team!

Email: kili@actionchallenge.com

Call: 0207 609 6695



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