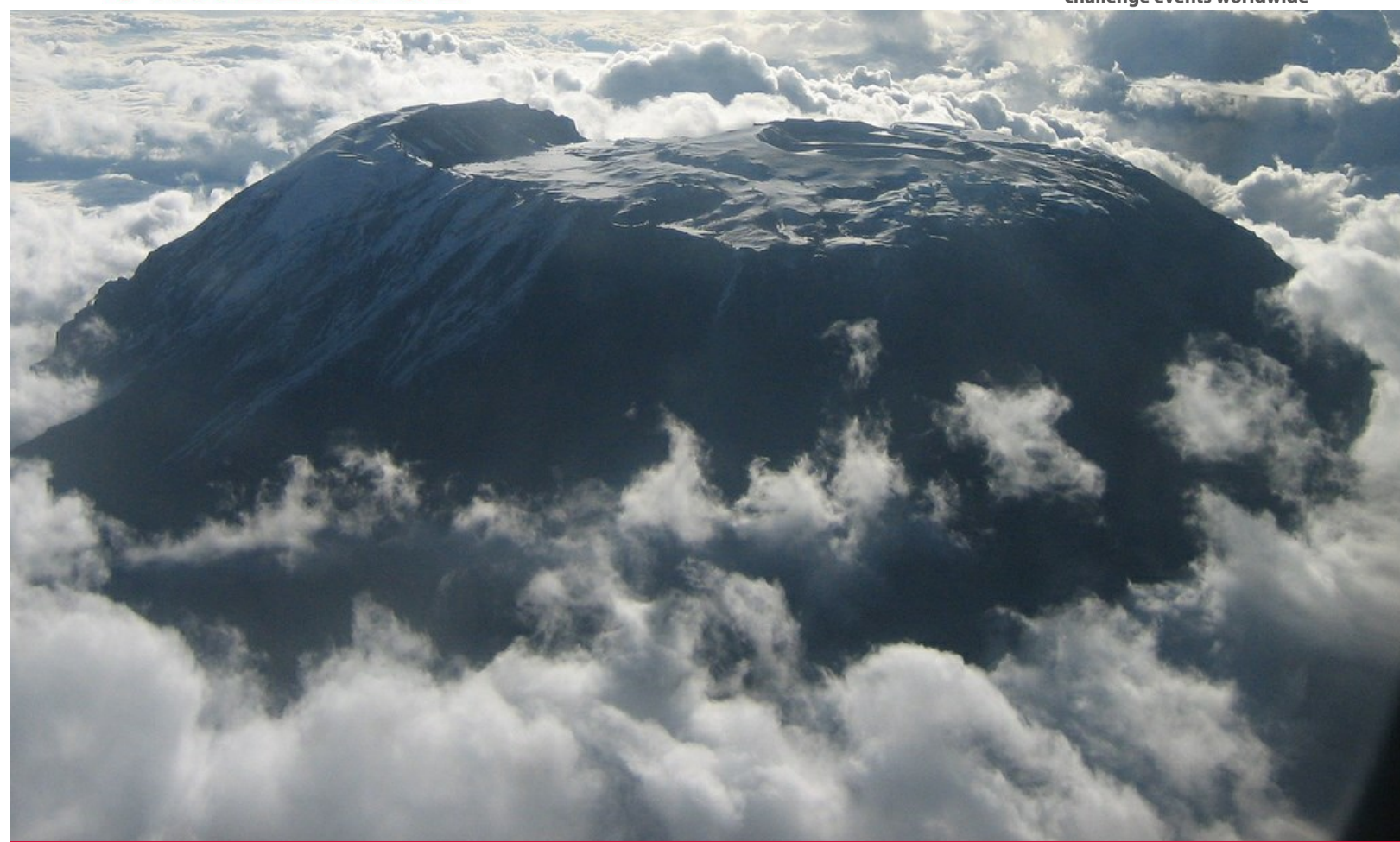


**KILIMANJARO  
CHALLENGE**

 **actionchallenge**  
challenge events worldwide



# Trek **Kilimanjaro**

**18th—27th Feb 2021**



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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.*

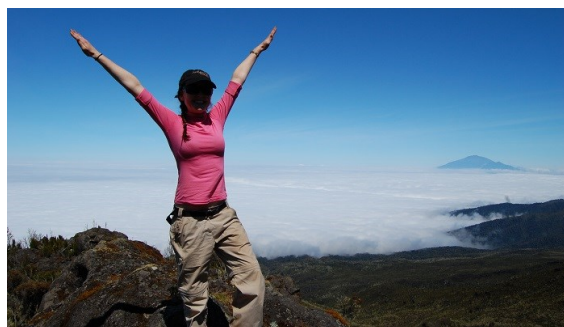
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# The Kilimanjaro Challenge

# 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!

## 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 7 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 mountain 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 no more than 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](http://www.kilimanjarochallenge.com/join-a-group) for more details

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

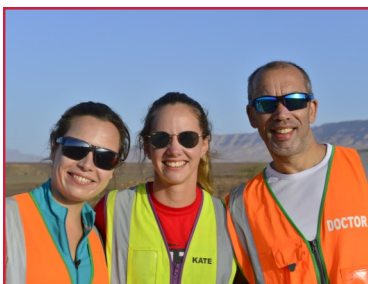


# Why Choose Us?

## 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 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.



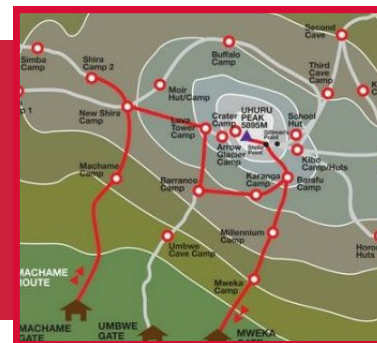


# The 6 Day Machame Route

# 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

3000m

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

3840m

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

3950m

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

4600m

6-7 HRS 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

5895m

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 Mwera 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

**Note: Some departures may transfer from Nairobi by road depending on flight availability and hotels may be in Arusha.**

## Payment options

## KILIMANJARO CHALLENGE



### STEP ONE: Registering for your challenge

First pay a **£399 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, you can then begin fundraising for the Aspinall Foundation. This model is very simple—**You pay the registration deposit, and then fundraise £4,245.**
- The funds you raise go directly to Aspinall Foundation, and may be eligible for gift aid.



### STEP THREE: Paying your final balance

- You must raise the full target no later than 10 weeks before departure, on the 3rd December 2020.
- Aspinall Foundation will pay Action Challenge the trip balance, and the rest of your fundraising will be kept as a donation to fund their work.

**Please note:** the package price includes flights, fuel surcharges, accommodation, permits, support crew, meals and all local taxes.

**Land-only bookings** are available if you would like to book your own flight. Please let us know if you would like to know more about this option.

**To register, please go to**  
**<https://eur.cvent.me/nZQv>**



# 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 Travel On My Own?

Yes! The trek is open to anyone who wants to take on a challenge and support an amazing cause.

### How Big Will the Group Be?

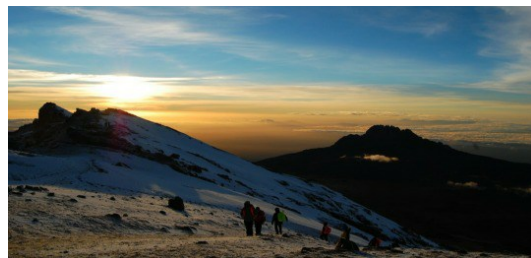
The average group size is typically 15 - 25 participants – the perfect size to get to know everyone! You will also be accompanied by a UK leader and doctor, a local English-speaking head guide and assistant guides, along with a team of up to 70 porters, looking after the all the logistics, catering and 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

### 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.

