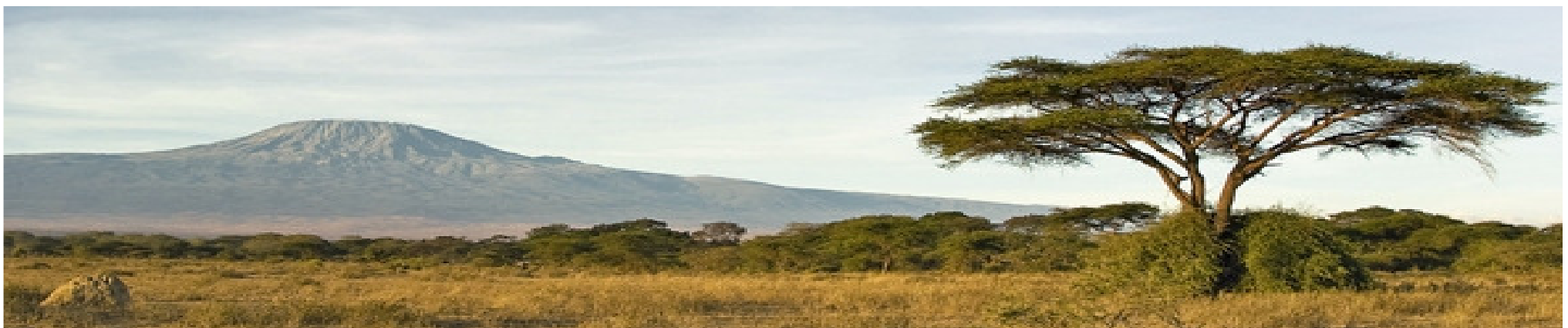


KUONI | Events

*Mt Kilimanjaro, Machame Route
Open Challenge*



The highest free standing mountain on earth and the highest in Africa, Mount Kilimanjaro stands at 5,895 metres above sea level and is composed of 3 distinct volcanic cones: Kibo 5,895m Mawenzi 5,149m and Shira 3,962m. Uhuru Peak is the highest summit on Kibo's crater rim. There are 6 alternative routes to climbing Kilimanjaro, however the Machame route has been named the most scenic allowing tented accommodation only – as a result, it is most suited to the adventurous hiker.



Quick facts

Trip Dates:	3 – 12 October 2013
Trip Grade:	Extreme
Accommodations:	Hotel accommodation in Moshi & camping during climb
Group Size:	This challenge requires a minimum of 20 participants to go ahead (you will be advised 61 days prior to departure if minimum numbers have not been reached)
Duration:	9 nts incl overnight flight (6 nts on mountain)
Flights:	Airlines may vary and will be confirmed closer to departure
Extension options:	Safari extension / Zanzibar beach extension – more information on request

Day 1 & 2 Depart London for Kilimanjaro Airport. Overnight flight in economy class

Arrival and transfer to your Moshi Hotel.

Welcome dinner and briefing.

Overnight San Salinero Hotel



Day 3

Breakfast in hotel

Early departure from Moshi for the Machame Gate (approx 1.5hrs drive). You will begin walking through the mist on a track for about an hour into the forest. As the track ends, and the trail continues up through the dripping, verdant forest, you will likely hear the many exotic birds in the canopy above, and may even see black & white colobus monkeys and sykes monkeys as you hike along the forest floor. Eventually, reach Machame Camp, just above the forest zone, in the heather zone. When it is clear, there are views of jagged Shira ridge and the summit itself. Lunch en route. Dinner, briefing and overnight at the Machame Camp.

*Trekking: 5-7hrs
Camp: 3000m*



Day 4

Wake early to a steaming cup of tea or coffee served in your tent! After breakfast, begin up the steep track through a savannah of tall grasses, and trees of giant Heather and Erica. The clouds should clear for a beautiful view of the Western Breach and the glaciers atop which mark the summit; Uhuru Peak. Scramble around large boulders as you enter the moorland zone, marked by the bizarre lobelia and senecio plants, and volcanic rocks draped with lichen beards which protect wild alpine flowers growing at their bases. You'll reach camp after descending a small valley and crossing a brook, then ascending up onto the Shira Ridge.

Dinner, briefing and overnight at the Shira Camp

*Trekking: 4-5hrs
Camp: 3840m*



Day 5

After breakfast, you will proceed steadily upward over long ridgelines of high desert for about 4 hrs before breaking for lunch at about 4,420m. After lunch, continue to Lava Tower, a 300 foot-tall volcanic plug which marks an exposed pass at 4,600m. In the afternoon, descend the steep track into the Great Barranco Valley. Barranco Camp is set on a cool (flat area) enclosed on three sides with steep valley walls and the Kibo massif itself. Hanging glaciers glint in the sunshine above, amidst the eerie landscape of plants such as the giant groundsels (Senecio Kilimanjaro), and the uniquely endemic Giant Lobelia.

Trekking: 6-7hrs
Camp: 3950m

Dinner, briefing and overnight at Barranco Camp



Day 6

Today we trek to Karanga Valley Camp, at 3,950 m, between Barranco and Barafu Camps. This day has proven to be very important for acclimatization. The day begins with a scramble up the steep 'Barranco Wall', then traversing up and down the slopes of valleys which have carved their way into the mountain's southern face. Kibo's glaciers loom above to your left and the jagged peaks of Mawenzi jut into the African sky at just under 17,000 feet straight ahead. We reach the Karanga Valley after 3-4 hours of trekking for a hot lunch. Afternoon to relax or to take excursions from camp.

Trekking: 3-4hrs
Camp: 3995m

Dinner, briefing and overnight at Karanga Camp



Day 7

Breakfast in camp. From here the trail turns steadily uphill. The temperature will grow colder and the landscape more sparse as we near Barafu Camp. Barafu Camp is set on a small, exposed flat area on a ridge, acting a base camp from which you will make your summit attempt at midnight tonight. Total trekking time is 4-5 hours, with a hot lunch upon reaching camp. The afternoon is yours to rest and prepare for the long night ahead. Eat and drink as much as possible before retiring early to your tent for rest and sleep.

Trekking: 4-5hrs
Camp: 4630m

Dinner, briefing and overnight at Barafu Camp



Day 8

The steaming hot drink will arrive very early on this momentous day. A midnight wake-up call is the start of your final push to the summit. You begin trekking at 12:30am. The temperatures range from just below freezing at midnight, to between -12°C to -23°C just before dawn at the summit. The winding path of endless switchbacks will take form and shape in the shadows of the Ratzel and Rebmann glaciers at early dawn, and behind you the spires of Mawenzi will be silhouetted against the red glow of the sun from beneath the clouds. After about 6 hours of walking, you will come to the edge of the crater, at Stella Point, at 5,790m, which is the end of the steep track. From here, there is a gentle slope upward about 1 hour to Uhuru Peak 5,895m. After a short time at the summit, descend the steep scree trail back to Barafu Camp for some rest, then again summon your strength for further descent to Mweka Camp for the night. Dinner, briefing and overnight at Mweka Camp

Trekking: 12-17hrs
Summit: 5895m
Camp: 3110m



Day 9

Breakfast in camp and then descend straight to the gate (2-3 hours) at 1,830 m), where you'll have lunch and will be awarded climbing certificates! Transfer to your Moshi Hotel for such much deserved rest and relaxation.

Trekking: 2-3hrs

Dinner and overnight in San Salinero Hotel



Day 10

Breakfast at leisure in the hotel.

Transfer to the airport for your return flight to London.

Please note that this complex itinerary may be subject to change. All timings contained in this itinerary are approximate and are for guidance only. Exact times will be given locally.



What will it cost...?

Included in the cost will be:-

- Return economy flights excl. tax
- All accommodation as per itinerary (based on single sex share) using hotel in Moshi and triple tents for twin occupancy during climb
- All transfers as per itinerary
- Energizing meals, snacks & water (during trek) as detailed in itinerary
- Safety & Camping Equipment
- Professional Mountain tour guide, Kuoni representative & medics (certified)
- Mountain Fees incl. park fees, campsite fees, emergency rescue fees
- Full itinerary packs with necessary information
- Full support of Kuoni Events Team

Costs quoted are subject to availability and reconfirmation at the time of booking. Airline taxes and surcharges are subject to change until confirmation.

Not included in the cost:-

- International airline tax
- Personal travel insurance
- Any additional food or beverages not stated in the itinerary
- Individual room incidentals
- Personal trekking gear & sleeping bag
- Personal medical kit
- Tips for services of local guides and drivers and airport / hotel porters
- Optional tours
- Visa fees
- Single supplement £80.00 per person



Self Payment Option	Minimum Sponsorship Option
<ul style="list-style-type: none"> ▪ £499.00 Non-refundable deposit payable on confirmation ▪ Balance payment of £1,536.00 due 10 weeks prior to departure ▪ All money fundraised by yourself will go direct to your charity. We suggest a minimum fundraising target of £500.00 	<ul style="list-style-type: none"> ▪ £499.00 Non refundable deposit payable on confirmation ▪ Pledge to raise minimum sponsorship target of £3,800.00 to be sent to the charity 10 weeks prior ▪ Your charity then fund your trip and retain approx 60% of the funds you raise

Time Difference ▪ GMT +3 hours.

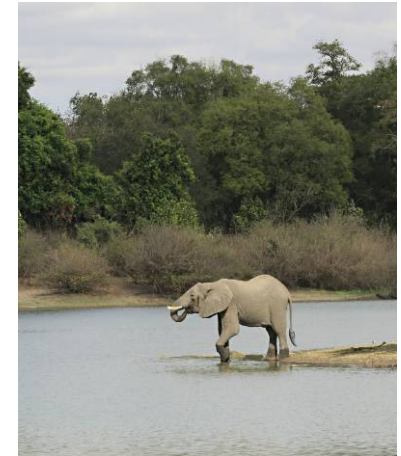
Currency ▪ The currency is the Tanzania shilling (TSh) which is divided into 100 cents. Coins range from 5 to 20 TSh, banknotes from 50 to 1,000 TSh.

Passports and Visas ▪ 10-year passport. The expiry date should be at least 6 months after your arrival back in the UK. British citizens do require a visa and this should be obtained directly from the embassy. **Kuoni Visa Service** offer a facility to check applications, take to the Embassy and post back via DHL – please contact for more information.

Health ▪ Recommended vaccinations – *Hepatitis A, Typhoid, Tetanus, Polio, Malaria, Meningitis*. We advise that you contact your GP or one of the specialist vaccination centres. Visitors from countries infected with yellow fever must produce a vaccination certificate when entering Tanzania.

Tipping ▪ Tipping is customary but not obligatory. Little and often is the best guideline, the equivalent of 20p in local currency per suitcase for a hotel porter or waiter. On local tours and excursions, tips of approximately 75p for a half-day tour per person or £1.50 per person for a full day tour. We recommend you allow for tips for your mountain crew of between \$150-200 per climber.

Climate ▪ Temperatures vary around Kilimanjaro according to the season, during May to August registering a low 15^oc during December to March registering a high 22^oC. For the whole country the hottest months are from October to February. Temperatures can dip dramatically at the summit.



"Our objective is to be a responsible corporate citizen and mitigate the existing or anticipated adverse impacts of our business and strengthen the positive ones. By integrating CR (corporate responsibility) into everything we do, we aim to achieve an optimum balance between our business activities and our social, economic and environmental responsibilities." Peter Rothwell, CEO of the Kuoni Group.



Kuoni's key Corporate Responsibility projects focus on raising employee awareness about **sustainable practices** and **integrating sustainability standards** into all that we do. Further focus lies on **mitigating the impacts of climate change** and **protecting natural resources** as well as **safeguarding human rights** – especially when it comes to the **protection of children against sexual exploitation** in destination countries.



Kuoni is making important progress toward its goal of a more responsible and sustainable tourism. For a copy of Kuoni's third CR Report, please visit www.kuoni-corporate-responsibility.com



Calculating your CO2 emissions

Varying contributions can be made and are welcome through Kuoni's collaboration with **myclimate** in order to calculate the CO2 emissions and cost for compensation of the flights. We encourage our participants to offset their carbon emissions by supporting a pioneering project on Bali in which large recycling facilities convert organic waste into valuable compost and also create work for 120 people. For more information, please visit <http://kuoni.myclimate.org/e>

An example of an individual compensating their challenge is calculated below.

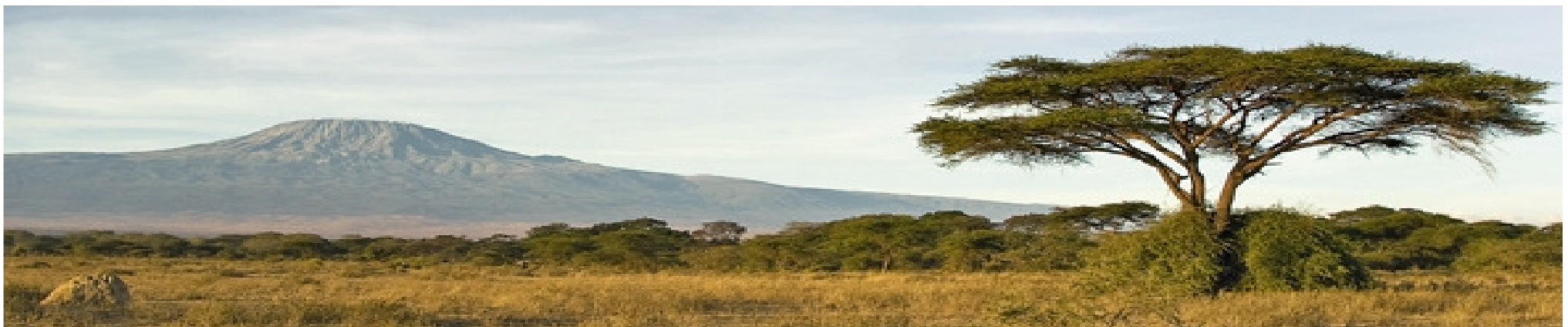
Example of calculated CO2 emissions	
From:	London LHR, UK
To:	Kilimanjaro
	Economy return
Distance:	14,264 km
No of passengers:	1
Total CO2 emissions:	2.942t
Total cost for compensation of flights:	£55.00



KUONI | Events

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