

Kilimanjaro 737 Challenge Trek

Altitude 5,895m/19,340ft » Duration 10 Days

Saturday 8th to Monday 17th September 2012

Climb Kilimanjaro in support of Marie Curie Cancer Care with Richard Parks. This 737 Challenge trek follows a superb rising traverse on the most attractive side of Kilimanjaro, designed with maximum acclimatisation and summit success in mind.



Richard says:

"I was blown away by Kilimanjaro during my record breaking 737 Challenge. It's such a beautiful mountain, with some of the best sunrises and sunsets I've seen. The Lemosho Glades route is awesome and takes us away from the traffic of the more climbed routes, which I believe does the mountain justice. Everyone on last years 737 Kilimanjaro climb reached the summit together which made that particular leg of my challenge really special. Thank you so much for your support and I hope to see you soon. I hope you're as excited as I am!"

Marie Curie Cancer Care

Marie Curie Cancer Care is one of the UK's largest charities. Employing more than 2,700 nurses, doctors and other healthcare professionals, it expects to provide care to around 29,000 terminally ill patients in the community and in its hospices this year and is the largest provider of hospice beds outside the NHS.

The charity is best known for its network of Marie Curie Nurses working in the community to provide end-of-life care, totally free for patients in their own homes.

The Challenge – trekking to the summit of Africa’s highest mountain

Kilimanjaro, in Tanzania, is an amazing challenge for fit trekkers and walkers. However, the mountain is frequently underestimated and each year, many people attempt a five-day dash up the Marangu Route and fail to reach the top, due to altitude sickness. Jagged Globe has a long history of running expeditions to Kilimanjaro, since 1994. Including private expeditions, we have now organised over 120 expeditions to the mountain. Our itineraries are carefully designed with the aim of getting every team member to the summit - something that we achieve on the vast majority of our trips.

Our itinerary is designed to provide gradual acclimatisation, with a total of eight days spent making a rising traverse of the mountain. We think the views of the western and southern aspects of Kilimanjaro are superior to those on the northern routes, and the route is less travelled than either the Marangu or Rongai Routes (the latter of which has become increasingly popular in the last couple of years).

Having flown to Kilimanjaro International Airport via Amsterdam, we begin the trek from the Londorossi Park Gate, located on the western side of Kilimanjaro. From the trailhead at Lemosho Glades, we trek through the rainforest on trails that are overgrown in places with rich flora and fauna. This quiet route leads us up into the moorland zone of the Shira Plateau. The views from the plateau, across the mountain and to the plains below, are nothing short of spectacular. Then, we traverse the southwestern flank of Kilimanjaro, climbing as high as 4,500m, before contouring below the spectacular Western Breach, and descending to Baranco Camp to spend the night at 3,900m. From here, the southern icefields come into view as we climb the Baranco Wall, a steep 300m climb which wends its way up a trail, without being exposed, nor precipitous, to eventually level off and give views of the Heim Glacier on the mountain's south face. The route continues eastwards underneath the Decken and Rebman Glaciers to Karanga

Camp, from where we consolidate our acclimatisation with a short day to Barafu Camp, our springboard for the summit.

The dawn ascent of Uhuru Peak - the highest point in Africa - will be the toughest day that most people have ever experienced. On our final day of trekking, we descend to Mweka Gate, before hot showers and a flight home that evening.



Route Choice

Historically, Jagged Globe's Kilimanjaro expedition culminated with an ascent of the Western Breach - a huge gash in the southern side of the mountain, which involves scrambling on rock, to reach the crater rim. This trip was suitable for those with mountaineering experience. We have chosen the Lemosho Glades Trek for the 737 Challenge as it is the best route for walkers without scrambling or mountaineering experience, or for those with limited time, who still want a realistic acclimatisation schedule. On some of our recent treks via this route, all members of the team have reached the top.

Cost

The cost of the trek is £2,845 including flights from the UK to Kilimanjaro International Airport, or £1,930 joining in Moshi (Tanzania).

Suitable travel and trekking insurance is required and is available from Jagged Globe (£65.50). Please read the Inclusions and Exclusions on page 19.

Whether you book with or without flights, it is worth considering that 56% of the in country cost of our Kilimanjaro trips are National Park and Peak fees, which are based on the number of days spent in the National Park. Some companies even leave the National Park fees out of their headline prices. More than any other mountain, there is an overwhelming choice of companies offering Kilimanjaro treks. By definition, the less expensive trips spend less time on the mountain and thereby provide less time to acclimatise - an essential ingredient for summit success. When considering your Kilimanjaro trek, it makes sense to compare the 'per day' cost of the trip.

Minimum donation

We want to be completely transparent about how much you pay for your trek and what money goes towards Richard's quest for Marie Curie Cancer Care. We ask that you attempt to raise a minimum of £1,000 for Richard Parks' 737 Challenge Trust, which is raising fund in aid of Marie Curie Cancer Care.

Kilimanjaro with Jagged Globe

Jagged Globe is Britain's foremost specialist mountaineering company, who are organising all of the logistics for the 737 Challenge. As such we are experts in designing itineraries with an emphasis on careful acclimatisation to high altitude. If you want to increase your chances of summiting Kilimanjaro, you need to spend more than the standard five days on the mountain. Not only do we attach great importance to this, but also to the quality of leadership we provide. Our leaders are the best in the business and are dedicated to looking after your welfare and the welfare of our local staff in Tanzania.

We believe that we provide the best possible level of service and support for Kilimanjaro. If you want the ultimate East Africa experience, join us on this fantastic adventure. We have:

- Unparalleled experience of organising over 50 expeditions to Kilimanjaro.



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- An emphasis on gradual acclimatisation with a steady eight days on Kilimanjaro, thereby increasing your chances of reaching the top (see notes on Cost above).
- The quietest trekking route up the mountain. We no longer do the Rongai route as it has become very busy in the last couple of years.
- A professional Jagged Globe mountain leader and local guides with an intimate knowledge of the mountain.
- Regional departures from UK airports at no extra charge and a connection to Kilimanjaro International Airport - the most convenient airstrip for the mountain.
- The highest quality group mountain equipment from the UK (including British geodesic tents).
- A Pre-Trip training day with Richard Parks
- Advice on hand from experienced mountaineers in our UK office who have climbed Kilimanjaro recently.
- The opportunity to combine the trek with a Safari or Zanzibar Extension - great ways to wind down and see more of East Africa.

Trek Itinerary

Day 1: Fly London to Kilimanjaro International Airport

We fly from UK regional airports to Kilimanjaro International via Amsterdam, using KLM. Flights depart the UK very early in the morning. We arrive in Tanzania in the late evening, and then take a 50-minute transfer to the hotel in Moshi. The hotel is locally owned and run. The hotel provides the basic facilities needed for the few nights and hours we spend on the "ground" during this trip to Africa. We can grab a quick buffet dinner before and then do a bit of re-packing before bed, to be ready for a quick start in the morning.

Day 2: Londorossi Gate to Mti Mkubwa (9,170ft / 2,800m)

After breakfast at the hotel, we meet our local guide, our cook and camp assistants who will come with us on the mountain. They usually arrive at about 08.00, and we should aim to leave the hotel by about 09.00. Before we go, we will need to collect our tents from those that are kept by Jagged Globe at the hotel, but our guides will help with this. A three-hour drive from Moshi takes us to the Londorossi Park Gate, located on the western side of Kilimanjaro, where we should arrive by midday. We register at the gate to enter the Kilimanjaro Park. In places the vegetation is so untouched that it grows right across the narrow track. The flora and fauna are richer here for the



simply reason we are on one of the least trodden routes, compared to the "standard" lines of ascent such as Machame and Marangu. Our trek today will be along a little used track known as Chamber's Route. In 3 to 5 hours, we will reach our camp in the forest at Mti Mkubwa (Big Tree). The height here is 2,800 metres.



Day 3: Mti Mkubwa to Shire One Camp (11,480ft / 3,500m)

After breakfast, we start the climb through the rainforest towards the giant moorland zone. Today is a full day's trek with a significant gain in height. So it will be tough, even at a relatively low altitude. We take a great lunch stop at a beautiful valley just outside the Shira Crater at around 3,305m. After lunch, we cross into the Shira Caldera, a high altitude desert plateau, which is rarely visited. Shira is the third of Kilimanjaro's volcanic cones, and is filled with lava flow from Kibo Peak. The crater rim has been massively eroded over time by weather and volcanic action. Today we'll get our first close views of Kibo - the central volcanic cone and literally "the Roof of Africa". The second of the 3 volcanic spouts that make up Kilimanjaro is Mawenzi, but this lies hidden for the time being to the east of Kibo.



Day 4: Shira One Camp to Shira Two Camp (12,470 ft / 3,800m)

After breakfast, we continue to hike east across the Shira Plateau past the Shira Cathedral (12,470ft / 3,880 m) and towards Shira Two camp. The views of the plateau, across the mountain and to the plains below are nothing less than spectacular.

Day 5: Shira Two Camp to Baranco Camp (12,675 ft / 3,900 m)

Today is a 7-hour hike in superb country. We pass the Lava Tower first, then traverse the southwestern flank of Kibo, and slowly descend to Baranco, our most spectacular campsite, at the foot of Kibo Peak, looming high above. As we travel, we will look up to the hanging cliff of the Breach Wall, which has given the likes of Messner some extremely hard climbing - he took a new route up a hanging icicle draped from the top of the wall. As we descend to Baranco, the southern ice-fields will come more clearly into view. Our camp is only 100 metres or so higher than where we were last night, but our walk will have taken us to as high as 4,640 metres, which is great for acclimatisation.



Day 6: Baranco Camp to Karanga Camp (13,300ft / 4,050m)

After breakfast, our first challenge is to overcome the Baranco Wall, which is 600 ft high and takes us to an altitude of 4,244m. Don't worry, it is easier than it looks, which is good as it will have looked impregnable in the fading light of our first evening's inspection from Baranco Camp. Of course, it is steep overall, but the path that wends it's way up the wall isn't, and is more akin to a staircase, so the ascent of the wall is "comfortable" and never feels exposed, nor precipitous. There are short sections of easy scrambling, but these are quickly overcome. From the top, the receding Heim Glacier on Kilimanjaro's south face is clearly visible. The route then continues eastwards underneath the Decken and Rebman Glaciers to the Karanga Camp (4050m), which is situated above the Karanga Valley (4 to 5 hours).

Day 7: Karanga Camp to Barafu Camp (15,090ft / 4,650m)

From Karanga camp a 3-hour steady walk takes us to Barafu Camp (4650m) from where we will make our summit attempt. This is a short

day, but included to give some essential pre-summit acclimatisation, without being physically exhausting. This day's walk from Karanga could have been added to the previous day, coming all the way from Baranco. But this would mean tackling the summit with one less day's acclimatisation, and being tired when starting out on the most important day of the trip. The air is noticeably thin now, and you will be running short of breath as you climb out of the Karanga Valley. It is a slow tough hike up to the Barafu Camp and you'll be glad you stayed at Karanga for the night. Barafu means "ice" in Swahili, and it is extremely cold at this altitude. On arrival, we get ourselves ready for going to the Summit. This means looking after ourselves and getting as much to eat and drink as possible, filling water bottles and going to bed as early as possible. The ascent starts soon after a mid-night wake-up call!

Day 8: Barafu Hut to Uhuru Peak (19,340 ft / 5,896m) to Millennium Camp



Dress warmly, because we start climbing in the dark well before dawn, on the steepest and most demanding part of the mountain. The moon may provide some light, but we'll be using head-torches for several hours. We'll aim to reach Stella Point on the Crater Rim by sunrise after about 6 hours of constant up-hill walking. At dawn, from the Crater rim, rugged Mawenzi is a thrilling sight, with the Kibo saddle still in darkness beneath you, and the crater's ice-walls looming ahead. From Stella Point, we turn left, and continue along a good path,

cresting the top of the crater, until we reach Uhuru, the summit, after another hour. The crater wall stands steeply over the crater floor about 200 feet below us to our right. As the sun rises, light floods the crater floor, illuminating the Furtwangler Glacier. The warmth of the day will be heralded by orange glows and long cast shadows sprawling below our feet. This will be the toughest day that most people have ever experienced, but it's not over yet. After spending about 30 minutes on the top, watching the sun gain its hold on the day, and taking photographs to remember the stunning dawn and your ascent to this remarkable place, we go down, by the same route we came up. As we return to Stella Point, we will pass others trudging heavily and wearily toward us - so spare some breath for some cheery words of encouragement. After only a few hours, we will be back at Barafu, in time for brunch, and tea (then more tea, and perhaps a cup of tea after that - but the beer has to wait!) 4 hours after leaving Barafu, our weary bodies and tired legs carry us finally to our end goal - a beer, in Millennium Camp. Having started out as early as mid-night, and having finished the day as the sun sets, you can imagine this is a very long day, even without the physical exertion of going to the highest point in Africa.



Day 9: Mweka Hut to Mweka Gate to Moshi, leave Africa.

In the morning, we walk down to Mweka Gate. After a welcome lunch it's time to say "kwaheri" to the porters. We then get a lift back to the hotel and a well-deserved shower and a celebratory drink. But not too many, as we'll be leaving this evening for the airport! In the early evening, we will arrive for the transfer back to Kilimanjaro International Airport. The flight takes off at about 22:00, to head back north through the night.



Day 10: Arrive UK

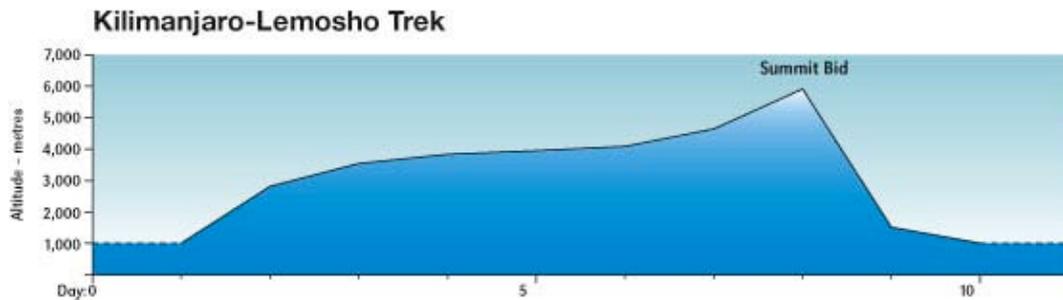
We arrive back in the UK in the morning at around 10 am, depending on the regional airport being used.

IMPORTANT NOTE:

Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of participants can all contribute to changes. The Trek Leader and our local agent will try to ensure that the trip runs according to plan, but an easy going nature will be an asset!

Acclimatisation

Approximate altitude profile of Kilimanjaro - Lemosho Glades:



Please note: This profile does not represent the gradient of the mountain!

Kilimanjaro Extensions

We can easily arrange for you to go on a safari or beach holiday after the trek, and delay the return flight to London accordingly. If you would like to spend more time in Tanzania, we recommend these two itinerary extensions; a 4-day Safari Extension or the 7-day Zanzibar extension.

Safari Extension

Day 9: The day remains as per the current itinerary.

Overnight hotel.

Day 10: Lake Manyara

Leave Keys Hotel at 08:30 hrs. Drive to Lake Manyara with picnic lunch and game drive. Drive to Ngorongoro Wildlife Lodge. Dinner and overnight at lodge.

Day 11: Ngorongoro crater and Tarangire game drive

In the morning, tour of the Ngorongoro crater before picnic lunch. Travel to Tarangire for evening game drive. Dinner and overnight in the Tarangire Safari Lodge.

Day 12: Tarangire to Arusha

Breakfast followed by early morning game drive. Return for lunch at the lodge. Drive back to Arusha and the Meserani Snake Park and return to the Keys Hotel. Dinner and overnight at the hotel.

Day 13: Rest day at the hotel.

Leave hotel at about 5 p.m. for departure from Kilimanjaro International at 21.20 hrs.

Day 14: Arrive London via Amsterdam.

This is a good itinerary extension as it visits the major parks of the area; namely Ngorongoro and Tarangire. The cost of this itinerary is:

£760 per person*

*Please note that a supplement may be payable for singles.

Zanzibar Extension

Zanzibar Island is a superb destination to wind down after the rigours of climbing Kilimanjaro. This tropical Indian Ocean island has a fascinating combination of Arabic and African cultures. If you are still feeling energetic, you could do some snorkelling or diving! The following represents the standard itinerary that we currently recommend.

Day 9: Complete trek itinerary. Overnight hotel.

Day 10: Fly to Zanzibar

Fly from Kilimanjaro International to Dar Es Saleem and onwards to Zanzibar. Overnight Hotel in Stone Town.

Day 11: Stone Town

Overnight Hotel.

Day 12: Travel to Nungwi on the northern pinnacle of Zanzibar Island.

The hotel commands wide views over sparkling turquoise waters of the Indian Ocean. Overnight Beach Hotel.

Day 13-15: Activities at Beach Hotel.



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Relax on the fabulous beaches or take a diving lesson (cost not included). You have three whole days in paradise! Overnight Beach Hotel.

Day 16: Transfer to Airport.

Depart Zanzibar to Dar Es Saleem to connect with homeward international flight to UK via Amsterdam.

Day 17: Arrive UK, mid morning.

£1,095 per person*

*Please note that a supplement may be payable for singles.

Please note: The hotels, as named, cannot be guaranteed, as this will depend upon availability. If these hotels are not available then we will endeavor to book hotels of at least the same standard, wherever possible.

Leadership

The Kilimanjaro 737 Challenge trek will be led by Richard Parks. In selecting suitable leaders, we not only look to ensure that they have the relevant qualifications but we also ensure that they have a good track record of trekking at high altitudes. Whilst qualifications and experience are essential requirements, we also make sure that our leaders have the right temperament to lead a team comprised of individuals who have a range of previous experience and expectations. To that end, we aim to provide a leader who will make the trek both successful and enjoyable throughout.



All of our leaders are personally known to us, having normally led several expeditions or treks for us previously. They are familiar with what we expect from them and how we like them to run trip on our behalf. Their main aim will be to ensure that you derive optimum benefit from taking part in the trip and to maximise every individual's chances of reaching the summit of Kilimanjaro. However, as experienced mountaineers, they will always operate with safety as the prime consideration. In the past, the careful selection of our leaders has proved to be a major asset in the continuing success of our



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expeditions and treks and the overall enjoyment of the team members taking part.

Our leaders also hold a current mountain first aid certificate and have experience of dealing with the symptoms of acute mountain sickness and other altitude related illness.

Team Composition

The Jagged Globe leader is supported by English speaking Tanzanian guides and local porters, who have climbed Kilimanjaro many times before. Porters are provided throughout the trip so that team members only need to carry the items they need for each day.

Experience Required

The ascent of Kilimanjaro is suitable for enthusiastic walkers who want to extend themselves or wish to be introduced to higher altitudes. No previous experience of high altitudes is necessary, as every caution is taken to ensure a gradual and thorough period of acclimatisation.

To join the Kilimanjaro 737 Challenge Trek and have a good chance of reaching the summit, you need:

- A clean bill of health
- A good basic level of fitness
- Experience of mountain walking

Porter Protection

Any trek or expedition to Kilimanjaro relies on the hard work of local porters. It is their carrying of our supplies and baggage that makes the journey into the mountains possible. Jagged Globe is therefore careful to ensure that they are well treated, not exploited and have good protection from the elements. Our expeditions and treks to Kilimanjaro abide by the rules and regulations of the National Park with porters carrying no more than 15Kgs on Kilimanjaro. We make sure that our porters never go any higher on Kilimanjaro than the top camps (Arrow Hut camp, Barafu Camp or Kibo Hut), or the paths that connect them. We also ensure that all porters going on the mountain have access to shelter such as tents or huts, as appropriate to the route. We make sure that porters on Kilimanjaro have fleeces and

waterproofs. All team members are asked to provide feedback on porters' working conditions in post-trip questionnaires.

Pre-Trip Meeting

Prior to all our treks, we host a Pre-Trip training day, usually in North Wales. The primary purpose of the day is to provide an opportunity for individuals to ask questions about the forthcoming trek and to introduce them to other team members. We will cover topics such as personal equipment and acclimatisation, and will include a mountain walk. As Richard is proudly sponsored by Rab, Scarpa and Grivel. At this weekend, there will be a one off opportunity to purchase gear at reduced rate.

The date and venue of the training day is to be confirmed.

Equipment

To join the Kilimanjaro 737 Challenge Trek, you will need the following specialist equipment:

- A good walking boots such as Scarpa Super-Trek, Scarpa SL/SL Lady or Scarpa Cristallo.
- 3/4-season sleeping bag such as Rab Andes 800 or Alpine 600.
- Medium weight Down Jacket such as Rab Infinity or Rab Endurance.
- Sleeping mat (Therm-A-Rest or Karrimat).

A complete equipment and clothing list is included in the Trek Dossier, which is sent to you on booking, along with details of our comprehensive Equipment Hire Service.

What the price includes

- Economy class return airfares from the UK with KLM (unless Land Only).
- UK and Tanzanian airport taxes.
- National Park fees and Peak Permits.
- Regional departures from UK airports at no extra charge (unless Land Only).
- All internal hotel/airport transfers.
- The best available hotel accommodation in Moshi.
- Evening meals in Moshi.
- All road transport by private vehicles.
- All camping facilities and meals during the trek (British tents used throughout).
- All portage costs.



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- All costs for Jagged Globe accredited leader, local Tanzanian guides and local helpers detailed under 'Team Composition'.
- Jagged Globe kitbag.
- Bespoke 737 Challenge Rab jacket.

What the price does not include

- Donation to Marie Curie Cancer Care
- Visa fees.
- Lunch in Moshi*.
- Bar bills and laundry.
- Travel insurance.
- Optional trips (e.g. a Safari Extension) and sightseeing tours.
- Tips.

*We return from the mountain and have a late lunch in the hotel in Moshi, which team members pay for. It is usual for the team to host the lunch and to invite the mountain staff (but not the porters, who we say goodbye to at the park gates) to say thank you for their help on the climb. For those flying home the same day, we have to find time to pack and to shower, for which some rooms are made available.

For everyone, on the day we fly home, we leave the hotel before dinner (no later than 6 p.m.) for the journey to the airport. We recommend you have a big lunch, and that you buy food again in the airport before boarding, as dinner is not served on the flight until departure from Dar es Salaam much later that evening.

Regional Flights and Departures from UK Airports

For flights to Kilimanjaro International Airport from the UK, we use KLM via Amsterdam. Using Amsterdam as the hub, KLM offers flights to Kilimanjaro from some regional airports in the UK. So, if you would prefer to fly from your local airport, rather than from Heathrow, we can arrange this for you. Please indicate when you book the airport you would like to fly from, either by giving us a call or on your booking form. We will do the rest. You will be scheduled to fly from the UK to Amsterdam to catch the same onward flight to Tanzania as everyone else in your team. So you will not be travelling to Africa alone as the team members will all be united on arrival in Amsterdam.

Insurance

Special travel insurance is available from Jagged Globe, which provides a wide range of cover. The premium for this trek is £65.50 and is available to EU residents only. A full explanation of the Jagged Globe Insurance Scheme is available on our website:

<http://www.jagged-globe.co.uk/jg/insurance.html>

Booking

If you would like to book a place on this trek, you can do so by returning our Booking Form, with a deposit of £300 payable to 'Jagged Globe'.

Alternatively, you can book over the telephone and pay your deposit. Please call us on 0845 345 8848.

We will process your booking within 3 working days from receipt and you will receive a written confirmation of your booking, along with the trek dossier, which contains more information about the trip, including an equipment list, and details on how to apply for your Tanzanian visa.

On booking, we will also send you a walking experience questionnaire, medical declaration and an equipment hire request form. We ask you to complete these forms and return them to us as soon as possible after receiving your confirmation of booking.

Additional Information

If you wish to discuss any aspect of the trek or your suitability for it, please contact us by telephone.

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or email us at

climb@jagged-globe.co.uk