



## INFORMATION PACK

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### ABOUT CAMP QUALITY "TREK 4 KIDS .... MT KILIMANJARO"

Camp Quality challenge events have seen supporters from all around Australia walk the Kokoda Track and crawl through the Jungles of Borneo all in an effort to raise awareness and funds for our brave children living with cancer and their families.

Have you ever stood on the top floor of a skyscraper and thought 'Bah, this ain't so tall'? Then Kilimanjaro is for you. Walk in the boot prints of famed explorers and mountaineers on the way to the top of Africa's tallest peak, hiking through lush rainforests and alpine deserts, across glaciers by day and sleeping closer to the stars than you ever dreamed possible by night.

Should you decide to take on this awesome adventure, you will be one of up to 24 Camp Quality Champions participating in both a very personal discovery experience and an amazing adventure with a group of like-minded people walking to make a difference in the lives of kids living with cancer.

### ABOUT MT KILIMANJARO:

Mount Kilimanjaro, with its three volcanic cones, "Kibo", "Mawenzi", and "Shira", is a dormant volcano in Tanzania. It is located just south of the equator and is Africa's highest mountain, and rises approximately 4,900 m from its base to 5,895 metres above sea level

For the moderately fit person, the trek up Mt. Kilimanjaro is an attainable and not very technical climb. You will marvel at the stunning scenery from Africa's highest mountain, camp along the trail and summit to Uhuru Peak at sunrise.

### ABOUT THE LEMOSHO ROUTE:

The Lemosho Route is widely considered to be the best route on Mount Kilimanjaro. Not too long ago, there were only two main routes used to climb Kilimanjaro - the Marangu (Coca Cola) route and the Machame (Whiskey) route. But as Tanzania's tourism industry flourished, the Kilimanjaro park authority created more trails to African's highest peak.

Lemosho, a relatively new route, is preferred by reputable operators due to its beauty, remoteness and success rate. In short, it maximizes the chances that a climber will reach the summit, and enjoy the experience overall.

The Lemosho route can be done in as little as six days (five nights) on the mountain. However, it is ideally tackled over eight days (seven nights) for a better altitude acclimatization schedule. The trek begins at Londorossi Gate, located in the western base of mountain, within its lush, fertile rainforest. The route heads across the Shira Plateau, before circling along the southern circuit halfway around the mountain, exposing the climber to great views from all angles. The approach to the summit is made from the east, and the descent follows the Mweka trail. With eight days (seven nights) on the mountain, your chances of reaching the "Roof of Africa" are very high, around 90%.

## DETAILED ITINERARY:

### Day 1 Moshi

Arrive at any time.

### Day 2 Moshi/Mti Mkubwa Camp

Begin the Lemosho trail of Mt Kilimanjaro ending for the day at the Mti Mkubwa Campsite.

**Londorossi Gate – Mti Mkubwa Camp** **3h-4h** **6km**

Register at the gate office, and start the hike with a gradual ascent and a slight descent into the Lemosho Glades. Enter the lush rainforest and listen to the sounds of many exotic birds. Spot monkeys such as the black and white colobus - these monkeys are black with a long 'cape' of white hair and a flowing white tail. Spend the day in the gorgeous and fascinating forested slopes of Mt Kilimanjaro, most of which is considered to be a rainforest zone. End the day at the Mti Mkubwa (Big Tree) Campsite, within the upper reaches of the montane forest zone.

### Day 3 Mti Mkubwa Camp/Shira 1 Camp

Climb into the moorland over the Shira ridge and down to the plateau and the Shira 1 Camp.

**Mti Mkubwa Camp – Shira 1 Camp** **5h-6h** **9km**

Rise early and tackle a steep climb to head out of the montane forest zone and into the moorland zone. Admire trees such as the Giant Heather and Erica. Embark on a challenging hiking day with a trek over the Shira ridge at 3,500m (11,483 ft), where, on a clear day, have direct views of Kibo, the peak and ultimate goal of the adventure. From there, descend to the Shira plateau and set up at Shira 1 Camp, located next to a stream.

### Day 4 Shira 1 Camp/Shira 2 Camp

Travel across the Shira plateau, with time for short acclimatization walks.

Because the hiking time is only about 3 hours today, use the free time to take a number of short acclimatization walks around and above the Shira 2 Camp. This camp is more exposed than the previous night's camp. It may be windier and colder, with temperatures dropping to below freezing.

**Shira 1 Camp – Shira 2 Camp** **3h-4h** **5km**

Traverse the Shira plateau. Ascend gently through the lower alpine moorland, which is notable for beautiful wild alpine flowers and the unique giant lobelia and giant groundsel (senecio kilimanjari) plants.

## Day 5 Shira 2 Camp/Barranco Camp

Climb through rocky scree to the Lava Tower. Descend into the Great Barranco Valley to acclimatize and camp.

**Shira 2 Camp – Lava Tower** 3h-4h 7km

Climb slowly through the rocky terrain to the Lava Tower (4600m, 15,092 ft) from the Shira 2 Camp. The route becomes increasingly challenging and steep. Some hikers might start to feel weak or short of breath from the altitude so go slowly— “pole pole” as they say in Swahili—to avoid exasperating the symptoms.

**Lava Tower – Barranco Camp** 1h30m-2h 3km

Descend from the Lava Tower 650m (2133 ft) to the Great Barranco Valley. Hike about 2 hours to reach the valley, acclimate to the elevation and take in the view of the Western Breach and Breach Wall along the way. Reach the Barranco Camp and enjoy the beautiful landscape as a reward for the day’s difficult hike. The Breach Wall surrounds the Camp on three sides and the area has an amazing view of hanging glaciers and the Kibo massif.

## Day 6 Barranco Camp/Karanga Camp

Tackle the Great Barranco Wall up into the alpine desert of the Karanga Valley.

**Barranco Camp – Karanga Camp** 4h-5h 5km

Start the steady hike up the eastern side of the Great Barranco Wall. On the way to the Karanga Camp (4100m, 13,451 ft), pass below the Heim Glacier and through the alpine desert of the Karanga Valley. Depending on the weather, enjoy the fantastic view of Mt. Kilimanjaro from the Heim Glacier.

## Day 7 Karanga Camp/Barafu Camp

Trek through the alpine desert up to Barafu Camp. Prepare for the midnight start of the summit attempt.

In preparation for the final ascent the same night, you will familiarize yourself with the terrain before dark, and prepare your equipment and thermal clothing for the summit attempt. Sleep may be difficult, but lie down after dinner to try and rest for the 1295m final ascent.

**Karanga Camp – Barafu Camp** 3h-4h 4km

Trek through the Karanga Valley to the Barafu Camp at 4600m (15,092ft). The trail through the alpine desert is dry, barren, and temperatures will get colder after leaving the valley camp. The Barafu Camp is on a narrow ridge with no barriers from the wind, but with a beautiful view of the Kibo and Mawenzi peaks. Take some time before dark to get familiar with the camp area to avoid any accidents later.

## Day 8 Barafu Camp/Mweka Camp

At midnight, begin the summit trek. Conquer the rim of the main crater, then cross the scree and snow to Uhuru Peak. Descend to Mweka Hut.

This stretch is the longest, and the most mentally and physically challenging of the trek. But the feeling of conquering Kilimanjaro will stay with you forever.

**Barafu Camp – Stella Point** 6h 4km

Wake up call today is at 11pm in order to reach Stella Point (5756m, 18,885 ft) in time for the spectacular view of the sunrise (depending on weather). Enjoy a snack and warm drink and get ready for the ascent in the dark up the northwest scree. Go slowly as the terrain is rocky and difficult, pass between the Rebmann and Ratzel glaciers before arriving at Stella Point.

**Stella Point – Uhuru****1h-1h30m 1km**

Start the 1 hour, gradual ascent to Uhuru peak (5895m, 19341 ft) along the snow-covered trail. Temperatures near the summit can range from -23° C (-9°f) in the morning to just below freezing overnight. Arrive at the summit at last! Take a deep breath and celebrate a successful climb.

**Uhuru – Mweka Camp****4h-6h 12km**

Begin the descent from the summit towards the Barafu camp, where the group will pack up and enjoy a quick rest. The route down will use the same rock and scree path as the ascent and will pass back through moorland and forest terrain. Reach Mweka hut in the late afternoon.

**Day 9 Mweka Camp/Moshi**

Descend the slopes to Mweka Gate and receive a summit certificate. Continue to Mweka Gate, then Moshi.

Upon arrival to Moshi in the afternoon, relax, or opt to have that much-deserved shower and congratulatory beverage.

**Mweka Camp – Mweka Gate****4h-5h 10km**

Hike downhill to the Mweka Gate. Enjoy the lower altitude and the view of the forested slopes of Mt Kilimanjaro. The route can be muddy underfoot so take care. From the Mweka Gate you will continue down into the Mweka village for lunch, normally a muddy 1 hour hike. Upon arrival to Moshi in the afternoon, relax, or opt to have that much-deserved shower and congratulatory beverage.

**Mweka Gate – Mweka****1h**

Walk back to the Mweka village for lunch. The route is typically muddy but doesn't take long.

**Day 10 Moshi**

Depart at any time.

**Accommodation:****Catering:****LEVEL OF FITNESS NEEDED: Medium**

Although Kilimanjaro is not a technical mountain climb, it is a major challenge and the rigors of altitude should not be underestimated. Remember the Uhuru peak is 500m higher than Everest Base Camp. The pace of your ascent coupled with good acclimatization will help you on the climb but it is essential to be mentally and physically prepared before your start. Regular hikes are one of the best ways to prepare, increasing frequency and length as you get closer to the trek. All aerobic exercises such as cycling, running, swimming and funnily enough aerobics are good for strengthening the cardiovascular system. Generally, any exercise that increases the heart rate for 10 minutes is helpful but don't overdo it just before the climb.

During the trek, it is likely that all climbers will experience at least some form of mild altitude sickness, it is caused by the failure of the body to adapt quickly enough to the reduced level of oxygen in the air at an increased altitude. There are many different symptoms but the most common are headaches, light-headedness, nausea, loss of appetite, tingling in the extremities and a mild swell of ankles and fingers.

## COSTING:

Flight Cost	\$1700 approx
Trek Cost	\$3749
Insurances and Vaccinations	\$430
<b>Approximately</b>	<b>\$6000</b>

*This \$6000 cost is to be covered by the trekker, it cannot include sponsorship money or donations made to Camp Quality.*

### Trek Cost includes:

Guided climb up Mt Kilimanjaro with local guides, cooks and porters. Additional 'acclimatization day' during ascent. All permits and fees. All transport between destinations and to/from included activities.

### Fundraising:

Each Trekker must commit to raise \$4,000.00 to take part in the Challenge. Camp Quality has numerous fundraising options available to help all participants reach this goal – all you need to do is ask for help.

### Sponsorships:

Each Trekker will have a Jumper they will wear on the Trek which provides sponsorship opportunities for businesses. Further information regarding sponsorship opportunities will become available when final numbers are confirmed.