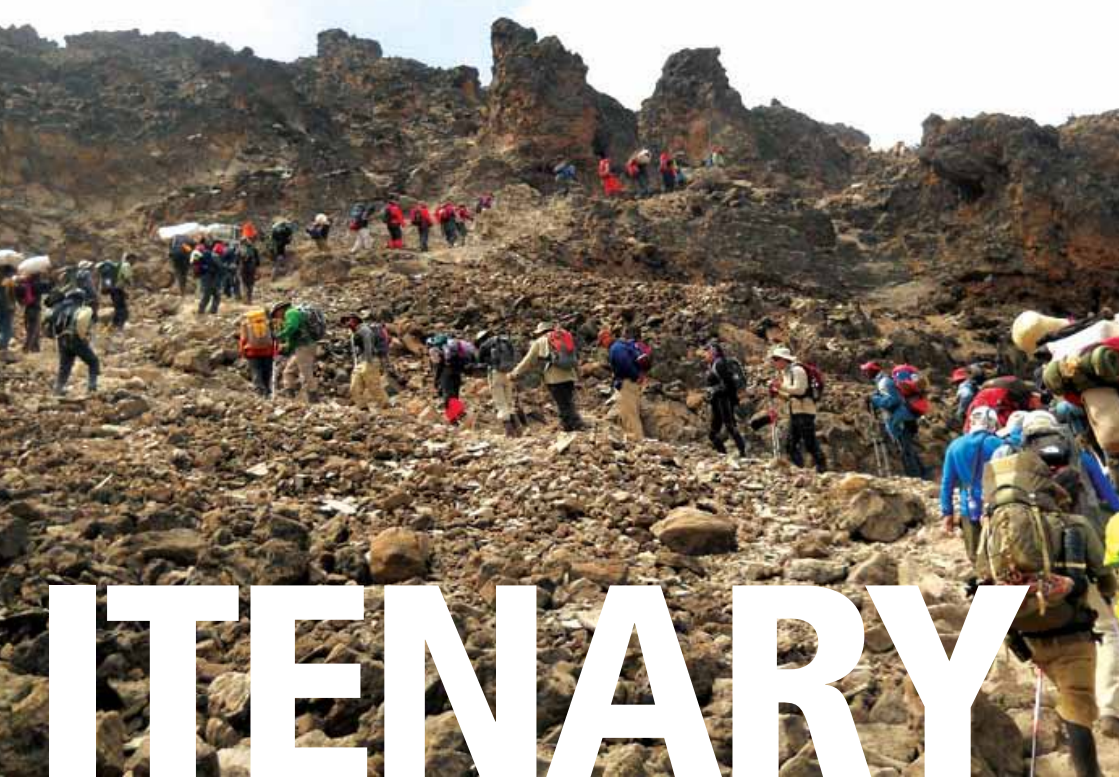


KEEPING THE GIRL CHILD IN SCHOOL

KILI MAN JARO CHALLENGE 2015



TREK4MANDELA
CLIMBERS GUIDE



ITENARY

DAY 1: 14th July 2015

Marangu Gate (1860m) - Mandara hut (2715m)

Hiking time: 5h Distance: Approximately 8.1 km

Habitat: Montane forest

The drive from Marangu Kilimanjaro Mountain Resort to the Kilimanjaro National Park gate, takes about 10 minutes. The journey passes through the village of Marangu, which is located on the lower slopes of the mountain. Once you reach the park gate, all hikers are requested to sign in at the Park office and make their final preparations for the climb. Porters will be seen arranging and loading their packs, containing the food, water, cooking gas as well as most of your equipment. Make sure that you have all your daypack items (containing at least drinking water, your lunch pack and extra clothing) with you, as the porters ascend a lot quicker than the hikers. Our guides will be available to assist with any additional information or needs you might have. You now leave the Park gate and ascend on a cleared ridge trail through the rain forest. The forest, suffused with mist and dripping with beards of moss,

is also where most of Kilimanjaro's animals are found. An alternative and more scenic parallel forest trail branches off to the left a few minutes after the gate.

This trail follows the edge of a stream through the undergrowth and offers you the option to re-join the main trail either after 1.5 hours hiking, or 1 hour before Mandara hut. Your first night stop, Mandara hut, consisting of a group of wooden A-framed huts in a forest clearing. Each hut features 6-8 sleeping bunks with solar generated lighting. The total capacity of the camp is 60 climbers. Water is piped into the camp from springs above and there are flush toilets behind the main hut. Dinner is prepared by our cook and served in a communal dining area.

DAY 2: 15th July 2015

Mandara hut (2715m) - Horombo hut (3705m)
Hiking time: 6h Distance: Approximately 11.6 km
Habitat: Moorland

From Mandara hut the trail passes through a short stretch of forest, skirts the base of the Maundi Crater and then emerges into the transition from rain forest to moorland. It is well worth a short detour to scramble up the rim of the Maundi Crater for your first really impressive view of the Kibo Crater. On a clear day, Kibo will glimmer in the distance, showing off her majestic glaciers in the morning. Once you are in the open moorland you will get the chance to see some of Kilimanjaro's most spectacular plants - the endemic giant lobelia which grows up to 3 m in height and the giant groundsel (*Senecia Kilimanjaro*), which can reach heights of 5m! After about 6 hours trek from here, you reach the Horombo hut, where you will have a hot bowl of washing water, rest; an evening meal and overnight.

DAY 3: 16th July 2015

Acclimatization Day

Horombo hut is a village of huts perched on a small plateau, with buildings similar to Mandara, but with a total capacity of 120 climbers! Horombo is normally bustling with hikers, guides and porters, with an atmosphere of adventure and excitement. You will meet both ascending and descending hikers. This extra day and night at Horombo is for additional acclimatization. A hike towards the Mawenzi hut, passing the Zebra Rocks on the way (about 3 hours up and 1,5 hours down), is strongly recommended. This hike will further assist with the process of acclimatization. Remember to drink enough water and move slowly! All meals for the day are provided at the hut. Retire to bed early and get a last good night's rest.

DAY 4: 17th July 2015

Horombo – Kibo Hut
Hiking time: 6h
Distance: Approximately 9.6 km
Habitat: Alpine desert

After breakfast you now continue your ascent into the Alpine desert habitat. From Horombo there are two trails to the "Saddle" (which refers to the area located between the peaks of Mawenzi and Kibo). There is an upper route (right hand fork) and lower route (left hand fork) to choose from.

The upper route (right hand fork) should be very familiar, as you will have climbed most of it the previous day (on your acclimatization hike) towards Mawenzi hut. This section is very stony and eroded. The recommended lower route (left hand fork) is much easier and nearly an hour shorter, and it also passes the last watering point at 4130m.

You will have to fill your water bottles with all the water you will need until your return to Horombo hut in two night's time (unless you are willing to buy Mineral water at Kibo hut). Once again remember to slow down and drink enough water!

Situated in the barren Alpine desert is Kibo hut, a stone build block house which has bunk beds for 60 climbers, but no streams with water nearby. It is however possible to buy mineral water and soft drinks at the camp office. There are platform toilets behind the hut.

The summit is now a further 1195m up and you will make your final ascent the same night. Prepare your equipment, ski-stick and thermal clothing for your summit bid. This should include the replacement of your headlamp and camera batteries and make sure you have a spare set available as well.

To prevent freezing it will be wise to carry your water in a thermal flask. Go to bed at round about 19h00 and try to get as much rest and sleep as possible.

Day 5: 17th/ 18th July 2015

Kibo hut (4730m) - Uhuru Peak (5895m) and back to Horombo hut (3705m) via Kibo Hut for lunch
Hiking time: 7 to 8 hours to reach Uhuru Peak and 6 to 8 hours to descend to Horombo
Distance: Approximately 5.4km ascent and 15 km descent
Habitat: Stone scree and ice-capped summit

You will rise around 23h30, and after some tea and biscuits you shuffle off into the night, and this is where the going really gets tough. The first section of the trail consists of a rocky path to the Hans Meyer Cave (5150m), also a good resting spot.

The path then zigzags up to Gillman's point (5681m), which is located on the crater rim. This section is very steep with a lot of stone scree, requiring a great physical and mental effort. This is probably the most demanding section of the entire route. Do the Kili shuffle and move slowly.

From Gillman's Point you will normally encounter snow all the way up to Uhuru peak (5895m), the highest point in Africa. Total exhilaration and satisfaction - you made it. Weather conditions on the summit will determine how long you will be able to spend, taking photographs, before the 3 hour descent back to Kibo hut.

After a short rest you gather all your gear you left behind for the ascent and head down to Horombo hut (3705m) for your overnight. The return to Horombo hut will seem surprisingly fast compared to the ascent.

The total time spent walking on this day is around 14 hours, so be prepared for a very tough day. Later in the evening you enjoy your last dinner (with soft drinks and beer for sale at the camp office) on the mountain and a well-earned sleep, filled with memories and stirring emotions.

DAY 6: 19th July 2015

Horombo hut (3705MASL) - Marangu Gate (1860MASL)
Hiking time: 6h Distance: Approximately 19.7 km and back to the hotel

After breakfast you continue your descent (6 hours), passing the Mandara hut. Here you'll have hot lunch and heading down to the Marangu gate. At Marangu gate you sign your name and details in a register.

This is also where successful climbers receive their summit certificates. Those climbers who reached Gillman's Point (5685m) are issued with green certificates and those who reached Uhuru Peak (5895m), receive gold certificates.

You now drive back to hotel for a long overdue hot shower, dinner and celebrations!!!

“

I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can rest only for a moment, for with freedom comes responsibilities, and I dare not linger, for my long walk is not yet ended.”

- Nelson Mandela

TREK4MANDELA 2015

Your R60 000 fee will cover the following:

1. Return flights from OR Tambo International to Kilimanjaro International Airports.
2. Summit jacket, summit pants, flees jacket and 4 X Long sleeve Trek4Mandela/ Mandela Day branded t-shirts.
3. Two nights' hotel accommodation at the Kilimanjaro National Resort (website link to view the hotel: <http://www.kilimountresort.com/>)

This is a basic/ or standard 3 Star accommodation. The dates for accommodation at the hotel are: 13th July 2015 (before the climb) and 19th July 2015 (after the summit).

THE MEALS

- a. 13th July 2015 – lunch and dinner in Moshi town and the hotel.
- b. 14th July 2015 – breakfast, lunch and dinner in the park.
- c. 15th July 2015 – breakfast, lunch and dinner in the park.
- d. 26th July 2015 – breakfast, lunch and dinner in the park.
- e. 17th July 2015 – breakfast, lunch and dinner in the park.
- f. 18th July 2015 – breakfast, lunch and dinner in the park.
- g. 19th July 2015 – breakfast, lunch and dinner in the park and then hotel.
- h. 20th July 2015 – breakfast at the hotel.

FEES ON THE TRIP

5. Kilimanjaro National Park fees.
6. Guiding fees.
7. Porters' fees.
8. Compulsory tips for porters.
9. Caring4Girls programme for a minimum of 1200 impoverished girls from Winnie Mandela Secondary School in Tembisa.

IMPORTANT NOTES TO REMEMBER

Climbers are advised to bring their own snacks (biltong, energy bars, etc.) to munch on between the lunch breaks.

IMPORTANT TIMES TO NOTE DURING THE CLIMB:

- 06:00am / 06:30am – wake-up call (morning tea or coffee)
- 06:30am – warm water for wash
- 07:00am – 08:00am – breakfast
- 8:15am – 8:30am – trekking/ hiking starts
- 12:30pm – 13:30pm lunch will be served at the next picnic/ lunch spot
- 13:30pm – 14:00pm trekking/ hiking to the next camp starts
- 15:30pm – 16:30pm – arrive at the next camp where afternoon tea/ coffee will be served with some popcorn
- 16:30pm – 18:30pm relax and freshen up
- 19:00pm – dinner will be served
- 20:30pm – 21:30pm – lights out and time to sleep



GEAR CHECKLIST

Water proof summit jacket will be provided as part of the 60K	Men's Kilimanjaro Jacket Women's Shira jacket
Soft shell summit jacket will be provided as part of the 60K	Men's Kano soft shell Women's Jada soft shell
Fleece Jacket	Men's Gallant fleece Jacket Women's Lola fleece jacket
Moisture manager Top	Men's I/s Side hill Women's I/s Dahlia
Waterproof summit trousers will be provided as part of the 60K	Men's vertical trousers Women's Axis Trousers
Trousers	Men's Explorer Icarus Trousers Women's phoebe trousers
Fleece Trousers	Men's Boulder Track Trousers Women's Nemesis
Thermal Underwear	Men's Ski Thermal vest Women's Thermal Long johns
Gloves	Latok Twin shell gloves
Beanie	Thermalator Beanie
Headwear	Alta balaclava Polartec bandanna
Trekking Boots (men) preferably one or two size bigger that to be able to put 3 layers of socks.	Hi-Tec Altitude Ultra WPI Boots Merrell Outbound mid light leather Gore-Tex
Trekking boots (Woman's) preferably one or two size bigger that to be able to put 3 layers of socks.	Hi-Tec Altitude ultra WPI Boots Merrell Outbound mid light leather Gore-Tex Boots
Active Shoes (men)	Merrel col shoes Salomon XA PRO 3D Ultra shoes
Active Shoes (woman's)	Adidas AX1 W shoes Salomon XA Pro 3D Ultra Shoes
Heavy weight Outer Socks	Falke TK4 Socks Bridgedale Endurance Summit Socks
Middle weight Outer Socks	Falke TK2 Socks Bridgedale Endurance Summit Socks (men's)
Inner Socks	Falke dynamix Liner Socks
Gaiters	Mountain Gaiters
Sleeping Bag	Kilimanjaro Sleeping Bag First Ascent Ice Breaker Sleeping Bag First Ascent Woman's Ice Nino Sleeping Bag
Sleeping Bag Inner	Microfiber Inner First Ascent Quickwik inner sheet
Day Pack	Kilimanjaro II Daypack Deuter Futura 32 Day Pack
Trekking poles	Kilimanjaro trekking poles Black diamond synchro trekking poles
Headlamp	Petzl Tikka plus 2 Headlamp LED Lenser H7
Gear Bag	Large Gear bag Expedition or Duffel Bag
Water Bottle X 2	Nalgene Kilimanjaro Bottle Laken Kilimanjaro 1L Bottle
Bottle Insulator	Laken Futura Insulator New Nalgene 1L Insulator
Hydration Bladder	Nalgene CXC 2L Rapid Fill Bladder