



Climb Kilimanjaro

1 - 10 October 2010 or 13 - 22 January 2011

Climb to the roof of Africa and conquer one of the world's highest mountains while helping families with terminally ill children.

- Registration fee: £299, Minimum sponsorship: £3500
- Self funded option: £2200 (raise as much sponsorship as possible)

About Rainbow Trust

Rainbow Trust Children's Charity provides practical and emotional support to families when their child has a life threatening or terminal illness. Immediate help is on hand through our eight teams of Family Support Workers operating from bases across the country.



For more information

Call 01372 220016 or email climb@rainbowtrust.org.uk
www.rainbowtrust.org.uk/climb

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Itinerary

Mount Kilimanjaro is Africa's highest mountain as well as one of the world's largest freestanding volcanos. Its peak stands at 5895m above sea level and as you climb towards its mighty snow capped summit, you will pass through every eco system known to man and have a chance to witness some breathtaking flora and fauna. Our trip takes you along the Machame route, which is widely regarded as the most beautiful and although longer, provides an excellent opportunity for you to acclimatise to the altitude. This is a tough but immensely rewarding challenge of a lifetime.

● DAY 1- DEPARTURE FROM UK

● DAY 2 - MOSHI

On arrival, we transfer to our hotel near the town of Moshi where we enjoy a welcome meal and a briefing on the challenge ahead.

● DAY 3 - MACHAME CAMP 3000M (5-6HRS TREKKING)

After a good breakfast, we make the one-hour road transfer to the Machame Gate and start our trek through the lush vegetation of the humid rainforest. In the afternoon, we reach our camp where we enjoy dinner and settle down to our first night under canvas.

● DAY 4 - SHIRA CAMP 3840M (6-7 HRS TREKKING)

This morning our route takes us through ever changing scenery, as we make the steep ascent up through heather and moorland to the Shira Plateau. We continue across the plateau to our camp and this evening we can relax and enjoy the fabulous views.

● DAY 5 - BARRANCO CAMP 3950M (6-7 HRS TREKKING)

Today we trek east across beautiful barren moonlike landscape reaching the Lava Tower where we stop for lunch. We descend through the surrounding ravines to our camp by late afternoon. This descent aids the acclimatisation process and allows our bodies to adjust to the ever-changing altitude.

● DAY 6 - BARAFU CAMP 4600M (6-7HRS TREKKING)

We leave camp early for a short climb and scramble over the volcanic rock of 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 southeast valley.

● DAY 7- SUMMIT DAY 5896M (12HRS TREKKING)

We awake just after midnight, climbing for about 6 hours, the steepest and most demanding part of the route by torch light to reach Stella Point at the crater rim. We then make our final traverse to Uhuru Peak, the highest point on the African continent at 5896m. The morning sunlight gives us spectacular views across the plains below and of Mount Meru in the distance. We have a tough descent to Barafu Camp, where we stop for a rest and some breakfast before continuing on to Mweka Camp.

● DAY 8 - MOSHI (3-4HRS TREKKING)

After breakfast, we continue our descent back through the rainforest to the Mweka Gate. A short transfer by bus takes us to Moshi where we have the afternoon free before celebrating our fantastic achievement with a gala dinner.

● DAY 9 - MOSHI

We can enjoy a free day before boarding our overnight flight back to the UK in the evening.

● DAY 10 - ARRIVE HOME



www.caroline-thomas.com



**This is a complicated itinerary and could be subject to change.
For more information and an application pack call 01372 220016 or email
climb@rainbowtrust.org.uk**