

LEMOSHO ROUTE ON KILIMANJARO



Descending from Stella Point (5,735m) on Lemosho route



HIGHLIGHTS

- This is an open Charity Challenge event led by Alan Ward, for more experience on Alan's background and experience please see <http://www.themountaincompany.co.uk/about-the-mountain-company/our-leaders/alan-ward/>
- This event is a chance for you to raise sponsorship for a charity of your choice. At The Mountain Company we feel the most transparent and fair way for Challenge sponsorship is by the following the self funder method. In this way the Challenger pays for trek costs directly to us and all sponsorship raised goes to the charity.
- Alan will organise a weekend walking in Brecon Beacons so that you can meet the rest of the group as well as ask any questions about the Challenge.
- An opportunity to climb to the highest point in Africa, one of the seven summits and the highest free standing mountain in the world.
- Our Lemosho route trek on Kilimanjaro has 8 trekking days, this longer itinerary helps your body to acclimatise and greatly improves your chances of summiting.
- Stunning scenery as the route passes through tropical rainforest, alpine meadows, moor land, desert uplands to snow and ice.
- We work closely with the Kilimanjaro Porters Assistance Project ("KPAP") and are recognised as a Responsible Travel Partner through International Mountain Explorers Connection ("IMEC"). For further information please take a look at <http://www.hec.org/club/partners.htm>
- After the climb there are possible trip extensions including going on a safari or relaxing on a beach in Zanzibar or Mombasa. Please contact TMC Office for further information.



LEMOSHO ROUTE ON KILIMANJARO

Total number of days	9 days
Grade & days trekking	Strenuous, 8 trekking days
Accommodation	1 night hotel, 7 nights camping
2010 price ex Tanzania	£1,950 (US\$3,195) including National Park Permit
Minimum group size	10
Dates	Friday June 24 th to Saturday July 2 nd 2011

THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Kilimanjaro National Park fees of US\$855 (£570 at exchange rate 1.5).
- All transfers including private airport collections.
- Twin share room at hotel in Marangu including breakfast and evening meals.
- Twin share tents while on trek.
- All trekking arrangements including western leader, Tanzanian guide, porters and cook.
- Financial protection insurance with International Passenger Protection.
- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive "Nepal Trek Information" notes.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	GBP£POA
Single tent supplement	GBP£POA



Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Kilimanjaro International (London from £600).
- Travel & trekking insurance (eg. Snowcard from £43).
- Tanzania visa (US\$50 on arrival or £38 in UK).
- Personal clothing & equipment please see the Appendix for suggested kit list.
- Tips (guidance on amounts included in Kilimanjaro pre departure information).

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.



For further information about our financial protection insurance with International Passenger Protection please see Appendix 2.



PARTICIPATION STATEMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.

The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, evacuation could take up to several days and may impede your ensuing recovery.

INTRODUCTION

Come join our Open Charity Challenge on Kilimanjaro in June 2011 led by Alan Ward. This is a challenging walk to the summit of Kilimanjaro the highest mountain in Africa following the Lemosho route. This trail starts from the west side of the mountain and traverses eastwards across the Shira Plateau and then continues underneath the impressive southern icefields to Barafu camp.

This route has a gentler gradient up to the highest camp compared to the other approaches on the mountain. However on summit day there is a steep walk up to Stella Point (5,735m) then along the crater rim up to the highest point on Mount Kilimanjaro at Uhuru Peak (5,895m).

Our Lemosho trek is graded as a strenuous with several tough days including a long summit day taking at least fourteen hours. Being aerobically fit does not in itself help acclimatisation however it is worth training hard before departure, you will definitely not regret this on the summit day.



DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

Day 1. Arrival to Kilimanjaro International airport, transfer to hotel - 1 hours driving.

A driver will be sent to collect you on arrival at Kilimanjaro International Airport. Please provide travel plans on booking and we will arrange your transfer to the hotel.

Day 2. Drive to Londorossi (2,250m) then trek to Lemosho Forest camp (2,660m)- 3 hours driving then 2 to 3 hours walking.

In the morning after the trip briefing, we drive to along a muddy and rough road to Londorossi on the western side of the mountain, after registering at the Park Gate we start the trek. The walk to our first night at Lemosho Forest camp is through lush vegetation. There is much wildlife and you are likely to see troops of Colobus monkeys and possibly buffaloes.

Day 3. Trek to Shira One camp (3,555m)- 6 to 7 hours walking.

The trail continues up the mountain through the forest into the heather of the moorland zone. After lunch we cross the Shira plateau located in the high altitude desert zone of the mountain where we camp at Shira One.

Day 4. Trek to Shira Two camp (3,800m)- 4 to 5 hours walking.

Today is an easier day, the trail heads east across the Shira Plateau where we will also climb to the summit of Shira Cathedral before arriving to Shira Two camp.

Day 5. Trek to Barranco camp (3,900m)- 6 to 7 hours walking.

The trail traverses east below the Western Breach and then at the Lava Tower junction we descend to the Barranco valley. The view from this camp is superb up to the southern icefields of Kibo peak and over to the Barranco Wall.

Day 6. Trek to Karanga camp (4,000m)- 4 to 5 hours walking.

There is a steep ascent up the Barranco wall following a narrow zig zag path, and at the top there is a great view of the Heim, Kersten and Decken glaciers. Once up



the Barranco wall the path traverses east along the base of Kibo until arriving at the Karanga valley at 4,100m.

Day 7. Trek to Barafu camp (4,600m)- 4 to 5 hours walking.

From the Karanga valley the trail continues eastwards and after about 2 hours you reach the crossroads with the Mweka route. We take the left hand trail and start the climb to Barafu Camp. The Barafu Camp is on a ridge close to the southern edge of the Saddle and has a great view of Mawenzi peak. On arrival to Barafu Camp you should rest and eat/hydrate in preparation for the summit day later in the evening.

Day 8. Climb to the summit of Mount Kilimanjaro at Uhuru Peak (5,895m) then descend to Millenium camp (3,800m).

Today will be a long and strenuous day as we climb to the summit of Mount Kilimanjaro at 5,895m. You will be woken before midnight for a light breakfast and then set off with your head torch illuminating the way.

The trail follows a switchback path along frozen scree to Stella Point (5,735m) where it is likely that you will see sunrise about now, this is a beautiful moment and very good for morale. From Stella's the trail is less steep as it follows the crater rim up to the true summit at Uhuru Peak at 5,895m.

On reaching the summit you can sign the summit log and take the obligatory photos with the battered yellow sign in the background. When you are ready to descend, we will head back down to the Barafu camp and after a short break you continue on the long descent down the Mweka route to Millenium camp.

Day 9. Walk to Mweka park gate (1,650m) then drive back to the hotel – 4 to 6 hours walking. Evening transfer to Kilimanjaro International airport for your flight back home.

On the last day of the trek we descend down the Mweka route and continue down to the Mweka park gate. After signing the register and completing the formalities you are driven back to the hotel.

If you are not staying on for a safari or a few days relaxing on a beach in Zanzibar or Mombasa, you will be driven to the airport for your flight home. End of trip.



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the Kilimanjaro Porters Assistance Project (KPAP) and are recognised as a Responsible Travel Partner through the International Mountain Explorers Connection (IMEC). For further information please take a look at <http://www.hec.org/club/partners.htm>

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.

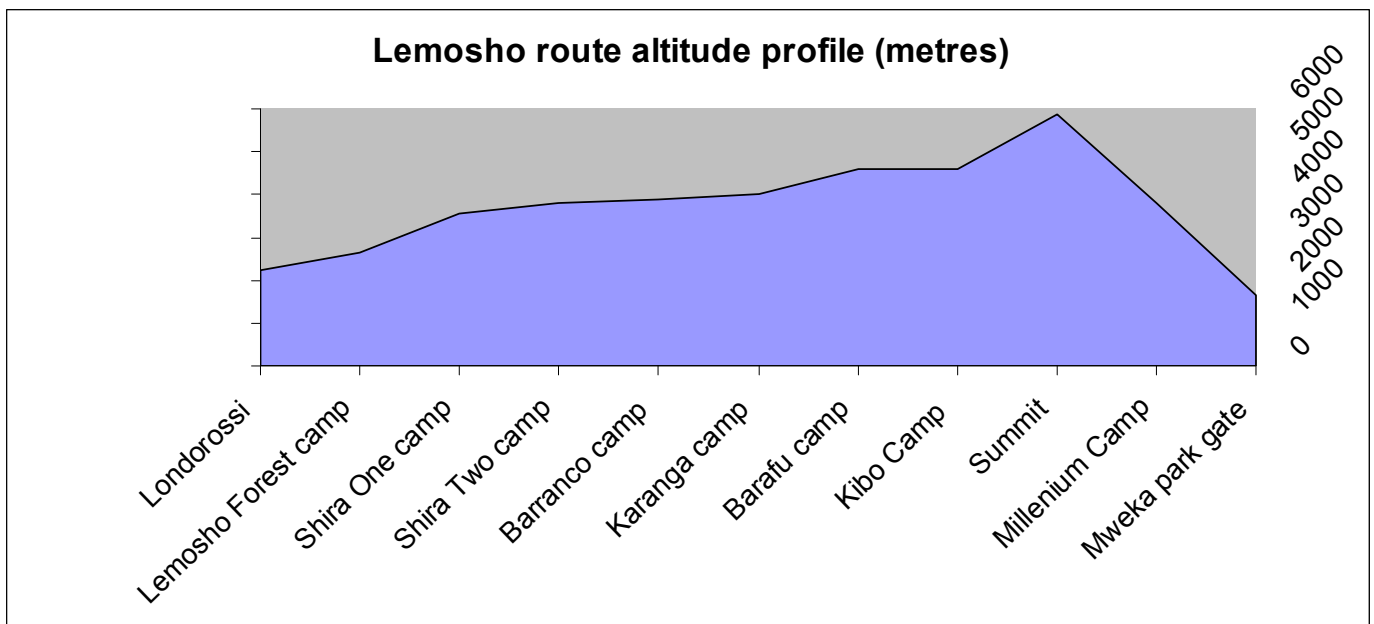




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Please take a look at the altitude profile for the Lemosho route below:



There are ways of helping the acclimatisation process, as described below:

- **Walk slowly:** there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views.
- **Drinks lots of water:** it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
- **Consider taking diamox (acetazolamide):** before using this drug consult your doctor. Our recommendation is to take two diamox (250mg) tablets per day in order to help you acclimatise to the high altitude reached on this trek.



The most common altitude related problem is acute mountain sickness (“AMS”) and, like all other altitude illnesses, is caused by ascending too quickly for the body to adjust. Symptoms include headache, breathlessness, nausea, vomiting, dizziness, insomnia and loss of appetite.

Most people climbing Kilimanjaro will experience mild AMS to some degree however if the symptoms persist and worsen then descent is the only option. It is important to openly discuss your condition with your guide.

The national park operates a rescue service and the huts on the Marangu route are linked to each other and to the park headquarters by radio. In the vast majority of emergency cases, the problem is altitude related and the solution is immediate descent to a lower altitude. Our mountain crew are all experienced at dealing with such cases and can bring climbers down to safe altitudes very quickly if park assistance it is not immediately available.

For further information we suggest you take a look at the following websites:

Base Camp MD website:

<http://www.BaseCampmd.com/expguide/highalt.shtml>

High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

ACCOMMODATION IN MARANGU

Our base is in a hotel on the slopes of Kilimanjaro, the main building was originally a farm house built in the early 1900s and is surrounded by beautiful gardens with a variety of exotic trees and flowering shrubs. The guest accommodation is provided in cottages around the grounds with all rooms having a private bathroom with bath or shower. The hotel has a swimming pool, a comfortable bar and lounge and a restaurant with a well prepared menu.

Telephone and fax: 0207 4980953 / International callers: +44 207498 0953

Skype ID: RoIandh1 / Email: info@themountaincompany.co.uk / www.themountaincompany.co.uk

Postal address: Flat 3, 190 Cedars Rd, Clapham, London SW40PP, UK



WHEN TO GO?

There are two dry seasons when the conditions are good to climb Mount Kilimanjaro. The dry seasons run from January through to mid March and from June to October. However it is possible to climb Kilimanjaro at any time of the year although it can be very wet and muddy in the rainforest especially during April, May and November.

A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers; this will be followed by a bowl of washing water. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your main bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast probably around 8.30am we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery and take photos. For most days you will be given a pack lunch however for shorter walking days we will have hot lunch on arrival to Camp.

We will stop at a convenient place near the trail to eat the pack lunch and to have a rest. After lunch there is more walking and usually get into camp around mid afternoon hopefully with the tents already put up by the crew. In the evening a three course meal is served in the mess tent around 6.30pm and afterwards your guide will come over to discuss the plan for the next day. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Kilimanjaro Machame trek has been included in the Appendix below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what



has worked in the past. It is worth pointing out that you will need a sleeping bag for this trip.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>

Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

TANZANIAN VISA

All foreigners require a visa for entry into Tanzania. It is your responsibility to obtain the entry visa. You can get your visa either from a Tanzanian embassy overseas or on arrival in Tanzania. In order to apply for a visa your passport must have validity of not less than six months.

On arrival:

A single entry visa can be obtained on arrival at Kilimanjaro International Airport. The cost of the three month entry visa is USD\$50 or 50 Euros, however please note that they do not currently accept Pounds Sterling for the visa fee. You do not need any passport photos in order to get your Tanzanian visa at the airport.

The Tanzanian authorities have reintroduced checks for Yellow Fever certificates, so please insure you carry this when entering the country.



For the latest information, please see the Tanzania Department of Immigration website at http://tanzaniatouristboard.com/plan_your_trip/travel_information/visas

Before departure:

You can obtain your visa by postal application or by visiting the Tanzanian Embassy in your country. We will provide you with further information on getting your visa in our Kilimanjaro pre departure notes provided on booking.

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about the current vaccinations required for travelling in Tanzania. Please note that Yellow Fever is required and the Tanzanian authorities have reintroduced checks for Yellow Fever certificates, so please insure you carry this when entering the country. You should also take malaria tablets in Tanzania.

A dental check-up is a good idea as there will be no dental facilities while on the trek.

FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:

Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>

Traveljungle: *another good flight cost comparison website*
<http://www.traveljungle.co.uk/>

Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>



Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC

Snowcard activity level for the Lemosho Route on Kilimanjaro is 3 and prices start from £53.



Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.

OTHER USEFUL INFORMATION

- Kilimanjaro international airport is 80 kilometres from Marangu which is served by KLM, Ethiopian Airlines and Air Tanzania. Nairobi airport in Kenya has better and more frequent connections and many people choose to fly there and then travel on to Tanzania. There are daily shuttle bus services connecting Nairobi with Moshe and daily flights from Nairobi to Kilimanjaro.



- The water at the Marangu Hotel comes from a spring and is safe to drink untreated. On Kilimanjaro, the naturally occurring water is generally considered safe to drink untreated although we recommend treating the water just to be on the safe side.
- Tanzania still has a mainly cash-based economy, with prices generally quoted in US dollars, so you will find that credit cards are not yet widely accepted. You should bring sufficient cash or traveller's cheques to pay for any additional expenses.

SUGGESTED MAPS

Please take a look at The Mountain Company's bookstore for a wide selection of books and maps to Nepal, the link is at: <http://astore.amazon.co.uk/themountainco-21>

Kilimanjaro by ITMB Publishing Scale: 1:62,500

Tanzania by New Holland Scale: 1:1,900,000



APPENDIX 1

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots.
- Trail shoes. To be used in camp in the evenings or for lighter walking days.
- Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
- Wool and liner socks.

Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers.
- Long sleeve synthetic shirt (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece pants.
- Medium weight down jacket (eg. Nuptse jacket by The North Face).

Handwear:

- Fleece gloves.
- Warm mittens and/or gloves.

**Headwear:**

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf.
- Head torch. Bring extra batteries.
- Sunglasses.

Personal Equipment:

- Sleeping bag.
- Sleeping matt (eg. Thermarest).
- Day pack large enough to carry water bottles, camera, lunch and extra clothing.
- Stuff sacks for keeping your gear dry and organised.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional).

**Travelling:**

- Duffel bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Marangu.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a Life Systems Mountain Leader Pro first aid kit but please bring your own personal medications and other items you might use regularly such as:

- Blister treatment (Compeed patches are the best).
- Malaria prophylactic tablets.
- Rehydration powder eg Dioralyte.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (recommended: helps with acclimatisation).



APPENDIX 2

INTERNATIONAL PASSENGER PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passengers who book and pay directly with/to The Mountain Company. If you have booked and/ or paid direct to a Travel Agent for a holiday with The Mountain Company please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

Claim procedures: download claim form from www.ipplondon.co.uk, any occurrence which may give rise to a claim should be advised within 14 days to: International Passenger Protection Limited, Claims Office, IPP House, 22-26 Station Road, West Wickham, Kent BR4 0PR, United Kingdom. Telephone: +44 (0) 208 7763752. Fax: +44 (0) 208 7763751.

In order to deal promptly with any claims hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements. Claims forms must be submitted to IPP within six months of date of insolvency they cannot consider or pay claims received after this date.