

**Trek Kilimanjaro** has been organised through the specialised outdoor activities tour operator, Classic Tours. Here are some initial details:

### **WELCOME TO TANZANIA!**

The United Republic of Tanzania is situated on the Indian Ocean and is surrounded by Kenya, Uganda, Burundi, Rwanda, the Democratic Republic of Congo, Zambia, Malawi and Mozambique. Near Mount Kilimanjaro is Dar es Salaam, the capital city of Tanzania and a major port.

Mount Kilimanjaro, at 5895m (19,340ft) is Africa's highest mountain; it is a major attraction for mountaineers. Very warm clothes are required for the last section of the climb. The ascent takes about six days, allowing for time to acclimatise before tackling the final trek to the summit.

Within Tanzania's national parks, which extend over some 33,660 sq km (13,000 sq miles), can be found one of the largest, wildest animal populations in the world. The parks play host to wildebeest, monkey, antelope, lion, cheetah, crocodile, gazelle and flamingo to name but a few. It offers some of the best wildlife spotting opportunities on the continent. The Selous Game Reserve is larger than Switzerland and covers one sixth of Tanzania's land surface.

Quote from a Classic Tours Tour Manager:

*"This is one of the world's great challenges. It really brings out things in people they did not know existed. People have to dig deep to find the strength and resolve to reach the top. I thoroughly recommend it to anyone."* Henk Blanckenberg

### A few facts and figures

Full country name:	United Republic of Tanzania
Area:	945,090 sq km (364,879 sq mi)
Population:	39.3 million (UN estimate 2007).
Capital city:	Dar Es Salaam (Dodoma – administrative capital)
People:	99% native African (100+ tribes), 1% Asian, European & Arabic
Languages:	Swahili, English, indigenous.
Religion:	40% Christian, 33% Muslim, 20% indigenous beliefs
Government:	Federal Republic (multi-party state)
President:	Jakaya Mrisho Kikwete
Major industries:	Tobacco, sugar, sisal, diamond and gold mining, oil refining,
Dialling to the UK:	Telephone numbers should be prefixed with 0044, omit first '0'
Dialling Tanzania:	00255 when dialling from the UK
Time:	3 hours ahead of UK (last Monday in October to last Sunday in March) 2 hours ahead of UK (last Monday in March to last Sunday in October)
Electricity:	220/240 volts AC, 50Hz. Plugs are round 2-pin or flat 3-pin.

### **THE CHALLENGE IN DETAIL**

#### **Weather**

- The weather in Tanzania is greatly influenced by its geographical location, but the best time to visit Tanzania is from January to early March & late June to October. Heavy rain, snow and thunderstorms can affect mountains at any time.
- Precipitation on the summit of Kilimanjaro is about 100mm per year; this coupled with the very porous ash soils results in the 'Saddle' being considered a high altitude desert. Rain and, higher up, snow, can however be encountered at any time of year – even in the driest periods.

- Temperatures vary considerably with height and time of day. On the plains surrounding Kilimanjaro the average temperature is about 30°C. At 3000m frosts can be encountered at night while day time temperatures range from 5°C to 15°C. Night time temperatures on the summit can be well below freezing e.g. -25°C / -30°C.

### Typical Trekking Day

- Wake up call usually 6 - 6.30am. Breakfast from 7 - 7.30am. The lead guide or Tour Manager will advise timings the night before.
- By 8am everyone will have warmed up, been briefed by the guides and be ready to go.
- The group will stop every 30 minutes for water and breaks, depending on temperature and the ability / standard of the group.
- Participants will carry lunch and water and there will also be 1-2 porters per person to carry their luggage, camp and food supplies.
- The lunch break will last for 1 – 1½ hours approximately.
- Each evening everyone will eat together followed by a group briefing on the next day's trek.
- The acclimatisation days (days 5 and 7 of the event) are designed to allow people the chance to get used to the altitude and to rest to prepare for the next days climbing. Participants should be advised to bring cards, a book, ipod or something to entertain themselves for the afternoons spent in the huts resting.

**The summit day** will be a tough day. The group will **set off just after midnight**. The day will begin with a 5hr ascent up the steepest and most difficult part of the challenge to Gilman's Point at an altitude of 5685m. At this point participants have officially reached the point to receive a certificate for their climb. From here participants may choose to return to Kibo Hut with a guide or continue the climb for a further 2hrs to Uhuru Peak, 5895m to reach the highest point in Africa!

The guides will separate the groups into fast / medium / slow trekkers if necessary. The guides will always be in mobile phone contact with each other. If possible the group will all trek together.

After starting the day just after midnight, do not under-estimate the descent. It is gradual at first, then loose scree, which takes the group down to a rough path. Classic Tours recommends that participants bring a walking pole or two but advise them to practice with these poles during training sessions, if they decide to bring them.

### Support

- A member of the Classic Tours team will meet the group at the designated London airport to distribute flight tickets and ensure that the check in procedure runs smoothly.
- Classic Tours will provide the services of a Tour Manager throughout the trek.
- A UK doctor will accompany the trek.
- Guides will trek with the group and be knowledgeable about the country and route.
- There are radio posts on the mountain, which are used in an emergency.
- A satellite phone is sent with the group for emergencies.
- There will be approx. 2 porters per person – 1 for luggage and 1 for food. Participant should bear

this in mind when packing as there is a weight restriction of 12kg for the porter to carry luggage.  
For a group of 30: 2 guides, 2 assistant guides, approx 50 porters.

### Terrain

- **Day 3** – today the terrain is gentle to moderate. We take the path up a gentle ascent on a rainforest dirt trail. This can be muddy and slippery if it has rained. The trekking today will take around 4 ½ hours.
- **Day 4** – today the terrain is moderate. We trek through more rugged terrain and will take it steady as the gradient climbs. The trekking today will take around 8 hours.
- **Day 5** – today the terrain is moderate to difficult. This acclimatisation trek will involve some steep gradients and we will ascend to 4,400 metres. The trek today will take approximately 5 hours.
- **Day 6** – today the terrain is difficult. From Horombo Hut to Kibo Hut the path crosses into the desert zone and becomes harder going because of the altitude. The path is good but the last ascent of the day is tough going.
- **Day 7** – today the terrain is moderate. This acclimatisation day will involve 5 hours of hiking to 5000m to ensure everyone is ready for the ascent to the summit.
- **Day 8** – today the terrain is difficult with a steep ascent and loose scree. It is strenuous due to altitude, an early start and cold temperatures. Descent is gradual with difficult scree sections – training is vital! We will be on the go for 15-17 hours.
- **Day 9** – today the terrain will be moderate. Care must be taken as we descend off the mountain. It will take about 6 hours to trek down to the town of Marangu where we began this adventure.

### Food

- The most popular food in Tanzania is *ugali*, which is made by boiling maize meal until it forms a dough-like substance. It is often eaten as a side dish with stew, vegetables or meat. Tanzanians also like goat, chicken and mutton. Another popular dish is *Pilau*, a rice dish made with curry, cumin, hot peppers and cinnamon. The Maasai diet is interesting because it consists of five things: meat, milk, blood, tree bark and honey. Tea is a very popular beverage.
- The food provided on the trek will be wholesome and tasty to provide energy whilst trekking. Here is an example of what may be provided at meal times;

**Breakfast:** Fruit, porridge, toast, jam, eggs, juice, tea, coffee

**Lunch Boxes:** Bread, egg, biscuits, soup, tea, fruit

**Hot Lunch at Mandara Hut:** Soup, chips, chicken or spaghetti bolognaise  
Vegetables and fruit

**Snack breaks:** Hot drink, peanuts, biscuits

**Hot Dinner:** Soup and bread or chapatti  
Rice or macaroni or spaghetti with cheese  
Beef or fish or chicken  
Vegetables, fresh fruit, tea, coffee, hot chocolate

### Flight Details

- There are no direct flights to Kilimanjaro. Flights will be booked Kenyan Airways departing from London Heathrow on an overnight flight to Nairobi which takes approx 8 hours 30 mins. From Nairobi to Kilimanjaro flights are approx 1 hour flying time.

Friday 1 October 2010

London Heathrow Nairobi 20.00 - 06.30 (arrive next day)

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Nairobi Kilimanjaro	10.20 11.20
Sunday 10 October 2010	
Kilimanjaro Nairobi	15.30 16.30
Nairobi London Heathrow	23.45 06.45 (arrive next day)

### **Accommodation**

- The rooming configuration will be advised nearer the time (likely to be twin or triple share before and after the trek, single sex whilst on the trek). Lists of people in these formats should be sent to Classic Tours 6 weeks prior to departure including details of the male / female split.
- Huts on the mountain will be 8-12 per room. Hotel details will be provided nearer to the time.
- Accommodation will be single sex. Married couples/partners must be made aware that it will not be automatically possible to share.
- Mosquito nets are not required on the Kilimanjaro trek and at each hut a thin mattress will be provided. In the hotels Mosquito nets will be provided where there are not mosquito proof windows.

### **Health**

- Those with heart conditions or lung conditions and / or low / high blood pressure need to be checked fully – it may not be advisable / permitted for them to take part in the event. Regardless of their medical condition, all participants require their doctor's signature on their medical form to be able to take part in the Kilimanjaro event.
- This is a very challenging event and those who are unfit or who have no experience of trekking should be monitored closely and may not be permitted to take part if they do not take the preparation for the challenge seriously.
- Advice will be given on vaccinations required which will be a guideline only. It will be necessary for you to check with your own GP. Participants should allow two months for a full set of vaccinations.

### **Altitude Sickness**

- Most people will start to feel the effects of altitude sickness on the second day of the trek where the altitude is over 3,000m. It's worse for some than others but generally people gradually acclimatise and forget about the symptoms because they start to recede and / or they get used to them. Symptoms include shortness of breath, accelerated pulse, mild to thumping headaches, nausea and a general feeling of "woolly-headedness".
- The majority of participants will feel ok as they embark on the actual trekking but the symptoms will recur over the next 3-4 days of trekking on the way to the summit of Uhuru. In general it's a case of discomfort rather than being incapacitated. People shouldn't be paranoid about it or allow it to ruin their enjoyment of the trek.
- Altitude sickness can be fatal but is entirely preventable. The key to avoiding problems is to acclimatise. The Classic Tours itinerary includes 2 acclimatization days. The group will spend 2 days below 3000m. Overnight on the first day of the trek will be at 2744m.
- Participants should be aware of the possible ill effects of high altitude before they go and people with heart and lung problems and / or low/high blood pressure should get advice from their doctor before participating.

- The lack of oxygen at high altitudes affects most people to some extent. A number of measures can be taken to help prevent altitude sickness:
  - Ascend slowly - observe how the guides and porters move.
  - Drink extra fluids. The air will be dry and cold and moisture is lost as you breathe.
  - Avoid alcohol as it may increase the risk of dehydration.
  - Eat light, high-carbohydrate meals for more energy.
  - Avoid sedatives.
  - Take Diamox (prescribed tablet)
  - Breathe deep
- Mild altitude sickness will generally abate after a day or so but if the symptoms persist (or become worse) the only treatment is to descend – even 500 metres can help.
- If anyone experiences very bad altitude sickness at the Mandara Hut and the guides, Tour Manager and doctor feel that they are not able to continue the participant would be given a couple of days to acclimatise. If they then showed no signs of improvement, the local agents would arrange for them to descend and return to the accommodation at Marangu, Kilimanjaro. The local agent can arrange accommodation here for the week as well as organise local excursions (all additional costs are to be met by the individual and paid for locally).
- Fit climbers are 17% likely to suffer from some form of altitude sickness whereas unfit climbers are 43% likely to suffer.
- Information on training for ‘Trekking at Altitude’ will be sent out with your initial information pack.

### **Passports & Visas**

- Participants must have at least 6 months validity on their passport from the date of return to the UK following this event (so the expiration date should be 6 months after the date of return or later). If not participants **must** obtain a new one before the charity start to collate the information for the permits. We cannot buy a permit without full passport details. NB Permits are non-transferable to different passport details.
- Participants will require a visa for their visit to Tanzania (anyone intending to extend their stay and spend any time in Kenya will also need to organise a visa for that country. Those just connecting through Nairobi airport do not require a visa).