

Kilimanjaro

14TH-24TH AUGUST 2014

Climb
towards
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pain



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Kilimanjaro

The trip of a lifetime

Mount Kilimanjaro is the highest mountain on the African continent located in the north-east of Tanzania. Climbing Kilimanjaro is a challenge to say the least and is one of the mountains almost every trekker and mountaineer in the world wants to attempt. Kilimanjaro is 5895m (19,341ft) high, more or less 24 miles wide and 49 miles long; it is more ecosystem than mountain. It dwarfs other regional landmarks like Mt. Meru and Mt. Kenya and dominates the savannah of East Africa.

The mountain consists of three snow-capped peaks: Shira, Mawenzi, and Kibo (the highest point of which is Uhuru). We will be climbing Mount Kibo peak in this challenge on the Marangu Route.



Day 1: Overnight flight from London Heathrow to Kilimanjaro (via Amsterdam or Nairobi).

Day 2: Land in Tanzania

Transfer to the village of Marangu, 2km from the park entrance at Marangu Park Gate. This afternoon we have free time to relax and prepare for the challenge ahead.

Overnight: Hotel, Marangu
Sleep at Altitude: 1800m / 5,906 feet.

Day 3: Transfer to Marangu Gate

approx 10 minutes

Trek Marangu Gate-Mandara Huts approx 4 ½ hours Breakfast and briefing by the guides, tour manager and doctor on the challenge ahead and health and safety. Pack for the ascent and weigh the kit. Transfer approx 10-15 minutes to the Park entrance at Marangu Gate and after completing the necessary formalities we start the ascent. The trail weaves through dense forest filled with the noises of chattering of Colobus monkeys. We are surrounded by an incredible variety of towering trees, giant ferns and wild forest flowers – perhaps even the odd orchid. We picnic on the way. There will be a short trek to the Maundi crater from the hut, time permitting.

Day 4: Mandara Hut-Horombo Hut

approx 7 - 8 hours

An early start for the longer trek along an uphill trail to the Horombo Hut. The landscape takes on a more rugged and rocky terrain, in the distance we will see the magnificent peaks of Mawenzi and Kibo. We pass through the cloud level!

Day 5: Acclimatisation trek

Today is an acclimatisation trek of approximately 5 hours. At about 8.30am we head off on the upper Kibo trail which takes us through streams and rocky mountain vegetation to “Zebra Rock” at 4,000m. We continue to an observation point at 4200m for some spectacular views of Kibo Hut, the twin peaks and the trail to the summit. We return to Horombo Hut for a hot lunch and time to relax.

Overnight: Horombo Hut
Climb to altitude: 4200m / 13,780 ft
Sleep at Altitude: 3700m / 12,139 ft



Day 6: Horombo Hut - Kibo Hut

approx 7 - 8 hours

We collect our picnic lunches and follow the lower route to Kibo Hut through spectacular mountain flora and fauna - giant cacti, lobelia and other mountain flowers line our route. After trekking for 4 hours we stop for our picnic at the Kibo Saddle and although we can see the Kibo Hut it is another 2 –3 hours trek in the afternoon. This part of the trek is beyond the water point as we enter the 'desert' zone, it can be slow-going and cold due to the high altitude.

Overnight: Kibo Hut.

Climb to altitude: 4732m / 15,525 feet

Sleep at altitude: 4700m / 15,420 feet

Summary: Good path with final ascent at the end of the day, enter the desert zone

Day 7: Acclimatisation trek

approx 5 hours

We trek halfway to William's point at 5000m approx to acclimatise to the high altitude and rest sufficiently for tomorrow's ascent to the summit.

Overnight: Kibo Hut.

Sleep at altitude: 4700m / 15,420 feet



What's involved?

11 days - 14th to 24th August 2014

£250 non-refundable registration fee

£3,500 minimum sponsorship

You must provide your own kit - boots, waterproofs etc.

What's included?

Flights, transfers, accommodation, food.

English speaking guides

Full medical backup &

English speaking Doctor

Day 8: The Summit

approx 15-17 hours

After a warming cup of tea and a light snack of biscuits we set off in the small hours (just after midnight) to embark on a slow ascent up the steepest and most difficult part of the challenge to Gilman's Point at an altitude of 5685m, perched on the crater rim where we rest to watch the sun begin to rise. Everyone qualifies to have climbed Kilimanjaro at this point and can return to Kibo Hut if they choose. There is an option to continue on from here for a further 2 hours through snow and wind to Uhuru Peak, 5895m. It can be extremely cold to well below freezing temperatures. At the top we spend some time resting, taking photographs of the world below (clouds permitting). On a clear day you may see Mount Kenya. Descend to Kibo Hut for a warming snack. Continue the descent for a further 3 – 3 ½ hours to Horombo Hut to rest and overnight.

Overnight: Horombo Hut

Climb to altitude: Gilmans Point: 5685m / 18,652 feet

Uhuru Peak: 5895m / 19,341 feet

Sleep at altitude: 3700m / 12,139 feet

Summary: Steep ascent, loose scree; strenuous due to altitude, early start and cold temperatures. Descent is gradual with difficult scree sections.

Day 9: Horombo Hut – Marangu

approx 6-7 hours

We have breakfast and prepare to descend. Descent is rapid, in 3 ½ hours we reach Mandara Hut and then after another 3 hours we reach Marangu Park Gate. We stop briefly for a packed lunch on the way. Transfer to our hotel and relax for the afternoon to rebalance and rest aching limbs. Tonight we celebrate together and toast our achievement.

Overnight: Nakara Hotel, Marangu

Sleep at altitude: 1800m / 5,906 feet.

Day 10: Marangu

Free time or take part in an optional tour.

Lunch and dinner not included on this day.

Day 11: Arrive back in London.

This is a complex itinerary and may be subject to change.



Almost three quarters of the world's population have no access to the most simple dental pain relief, leaving billions to face a daily battle with pain in the toughest of life circumstances. We are working hard to address this terrifying problem, by providing access to dental pain relief for the millions of people suffering in the developing world.

In Tanzania, since 2002, Bridge2Aid has worked tirelessly to increase access to pain relief. Focussing on sustainability, and empowering local people to improve their own lives over the long term, Bridge2Aid has trained over 160* local health workers in emergency dentistry, and now train more than 50 health workers each year. This training has not only directly treated tens of thousands of people but has also extended access to emergency dentistry services to people living in the rural areas. An estimated 1.6 million people now live within reach of someone who can help them when they have dental pain.

Bridge2Aid has also established a long term development programme with the disabled and People Affected by Leprosy at Bukumbi Care Centre.

As a small and independent charity we rely on the generosity and commitment of our supporters to continue this work. Please help us to help more people out of dental pain by climbing Kilimanjaro for us. With every step you take on Kili, the funds you raise will be changing lives in East Africa.



We have appointed Classic Tours, a company with over 15 years experience organising charity challenges to arrange the tour (www.classictours.co.uk, ATOL Reg 3379).



We have a great deal of experience in helping supporters to not only reach their fundraising targets, but exceed them.

We will support you with tried and tested fundraising ideas and resources from start to finish.



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**For further information contact Kerry at Bridge2Aid:
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