

KILIMANJARO SUMMIT CHALLENGE



At 5896m Mount Kilimanjaro is the highest mountain in Africa; this mighty dormant volcano is the tallest freestanding mountain on earth and one of the fabled 'Seven Summits'. Kilimanjaro is made up of 3 separate peaks: Shira to the west is the original volcano, Mawenzi to the east formed by a later volcanic eruption, and towering between these is Kibo, which is the youngest and tallest peak, and the ultimate destination of our Summit Challenge. For 6 days our group will follow the stunning Machame Route through tropical rainforest of the lower slopes, to the mighty snow capped summit. This is a tough but spectacularly rewarding trek that requires fitness, determination, resilience and adaptability as we climb to higher altitudes and acclimatise to lower oxygen levels and temperatures. This is a journey of personal discovery and on reaching the summit you will feel an overwhelming sense of achievement.

DAY 1 DEPARTURE

19 JUNE or 2 OCTOBER 2009

We depart from London bound for Kilimanjaro International Airport on an overnight flight.

DAY 2 MACHAME

A morning arrival and a short transfer to the hotel close to the Machame Gate. After lunch YSC will run a Peak Performance workshop, and in the evening there will be a welcome dinner, introductions to the local guides, and a full briefing ahead of the challenge.

DAY 3 MACHAME CAMP 3000m

5-6HRS TREKKING

A short transfer to the Machame Gate, where the trek begins. We meet the rest of the support team; porters and cooks who will be taking care of the group on the mountain. The trek starts at an altitude of around 1800m and the route takes us up through the lush vegetation of the humid rainforest with its fascinating range of bird life, wild flowers, endemic trees and insects. This is a good warm up for what lies ahead and we reach camp in the afternoon, pitch our tents and boil water for hot drinks whilst the cooks prepare our evening meal. If the weather is clear, we will have views of our ultimate destination-Kibo Peak. Participants will be asked to reflect on the first day by recording a video diary entry in the camera tent, and some of the group will have a one to one coaching session with YSC. After dinner we spend our first night under canvas.

DAY 4 SHIRA CAMP - 3840m

6-7 HRS TREKKING

If the sky is clear today we should experience some warm temperatures. The trek continues through the ever changing vegetation as high altitude plants, heather and moorland replace the rainforest. A steep ascent brings us up to the Shira Plateau, and in the afternoon we continue across to camp with

views over to Mount Meru to the east and Kibo to the west. There will be plenty of opportunity throughout the day to have informal discussion with the YSC team, which can be developed in the evening for those who have their scheduled one-one coaching session. The diary tent will also provide some respite for those looking for a few minutes of solitude to document on tape how they are feeling two days in to the challenge.

DAY 5 **BARRANCO CAMP - 3950m** **6-7 HRS TREKKING**

The trek today is crucial in terms of allowing the group to acclimatise to the increasing altitude. Our route takes us east across the barren moon like landscape of the plateau in the shadow of mighty Kibo, to Lava Tower where we break. By the afternoon we will have gained 690 metres in elevation before beginning the descent back through the surrounding ravines. Eventually the group will reach camp in the late in the afternoon. In the evening YSC will facilitate an offbeat entertainment session for participants to relax from the mental and physical requirements of the challenge.

DAY 6 **BARAFU CAMP - 4600m** **6-7HRS TREKKING**

This morning we have an early start and begin with a tough and steep scramble over volcanic rock up to the Barranco Wall. From the top there is a short descent into the Karanga Valley, followed by a steady climb throughout the afternoon alongside Kilimanjaro's Heim, Kersten and Decken glaciers. On reaching camp, positioned on a ridge overlooking the south east valley, we can enjoy stunning views of Kibo and Mawenzi peaks and the Rebmann Glacier. Now higher we are far more exposed to the elements and also feeling the effect of higher altitudes. Hot food and extra layers keep the body warm, and it is early to bed in preparation for the summit bid.

DAY 7 **SUMMIT DAY - 5896m** **10HRS TREKKING**

The biggest challenge yet. At around midnight and by torch light we trek the most physically and mentally demanding part of the route for about 6 hours to reach Stella Point, at the crater rim. This is a long and arduous climb, which requires focus, determination and collective support. On reaching Stella Point there is a final traverse to Uhuru Peak, the highest point on the African continent, at 5896m. As the sun rises there are spectacular views over to Mount Meru, the Southern ice fields and across the plains below. After celebrating for a few moments at the summit, a quick video, then we turn around to make the tough decent back down to Barafu Camp. We stop at camp for a rest and some well deserved breakfast before continuing on to Mweka Camp, arriving mid afternoon. After a long but exhilarating day each participant will record their thoughts on video before heading to bed.

DAY 8 **ARUSHA** **3-4HRS TREKKING**

After breakfast we descend back through the rainforest to Mweka Gate. A transfer by bus takes us to our hotel in Arusha and the luxuries of a hot shower and comfortable bed. There is the chance or relax before celebrating the group's fantastic achievement with a gala meal, local entertainment and prize giving.

DAY 9 **RETURN UK**

Today is free to relax, or for those who have the energy, explore Arusha, or join a one day safari. In the evening we make our way to Kilimanjaro airport and board our overnight flight back to UK.

DAY 10 **ARRIVE LONDON** **28 JUNE or 11 OCTOBER 2009**