A Fundraising
Ascent of Kilimanjaro
14th to 23rd February 2014
The Laila Milly Foundation was set up in June 2010 by Maya and Steven McCormack after their daughter Laila was born with a rare neurological condition called Aicardi Syndrome. Looking after a child like Laila is a 24 hour job, one that is exhausting and relentless, parents can often feel at their wits end if they don’t get a break. Sadly Laila passed away on the 2nd March 2011, a day before her first birthday. She was a brave little girl who
inspired her parents to continue raising money in her name to open a day respite centre for children with severe and complex health needs and life limiting conditions.

We aim to do this by:

- Providing a safe and secure environment for children with severe and complex health needs to play and learn.
- Providing a stimulating environment – i.e. a sensory room to help stimulate the senses of children who may have visual or auditory impairments.
- Tailoring care needs to each individual child by drawing up care plans with the families.
- Providing a support network for parents/carers of children with severe and complex health needs.
- Providing regular day respite for families to allow parents/carers a break or to spend quality time with their other children.

The money you raise from this trek will help us to continue supporting these families.

If you’d like to donate or find out more about the Laila Milly Foundation please visit our website: www.lailamillyfoundation.org.uk

or email us at: lailamilly@hotmail.co.uk

or phone: 01977 615078
Introduction

Kilimanjaro is the highest mountain in Africa, one of the Seven Continental Summits and the World’s Highest Free-Standing Mountain. It is the least difficult of the Continental Summits and is a superb challenge for determined walkers. We climb the Lemosho Glades route, for better acclimatisation.

The Lemosho Glades is a longer walk to the mountain than most, approaching through forests from the west before traversing the extinct caldera of the Shira Plateau. After visiting the Lava Tower, we swing to the south of the mountain to reach the Great Baranco. Here we have great views of the glaciers above us that cling to the southern flank. We walk below these as we make our way to the south eastern aspect of the summit cone. Now, we turn directly towards the mountain, and take the Barafu Route up to the crater rim, at Stella Point. Looking down now to the crater floor ahead of us, we walk west to arrive at Uhuru Peak, the highest point on the crater rim, and the highest point in Africa 5895-m (19340-ft).

Since 1994, Jagged Globe has organised over 100 expeditions to Kilimanjaro. Our aim is to get every team member to the summit - by following an itinerary that we have created to give good acclimatisation.

To join the trip you need to send a non-refundable deposit of £450, as soon as you know you want to climb the mountain in support of the Laila Milly Foundation. You then raise no less than £3,500 and pay 80% (£2800) of this to the Laila Milly Foundation no later than 60 days
before the trip. The foundation then pays Jagged Globe, the tour operator, £2,295\(^1\) for your place on the trip. The remainder of the money from your sponsors should be collected within 4 months of returning from the expedition.

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**Trek Itinerary**

**Day 1: Fly London to Kilimanjaro International Airport**
We fly from UK regional airports to Kilimanjaro International via Amsterdam, using KLM. Flights depart the UK very early in the morning. We arrive in Tanzania in the late evening, and then take a 50-minute transfer to the hotel in Moshi. The hotel is locally owned and run. The hotel provides the basic facilities needed for the few nights and hours we spend on the "ground" during this trip to Africa. We can grab a quick buffet dinner before and then do a bit of re-packing before bed, to be ready for a quick start in the morning.

**Day 2: Londorossi Gate to Mti Mkubwa (9,170ft / 2,800m)**
After breakfast at the hotel, we meet our local guide, our cook and camp assistants who will come with us on the mountain. They arrive at about 0800, and we should aim to leave the hotel by 0930. Before we go, we will need to collect our tents from those that are kept by Jagged Globe at the hotel, but our guides will help with this. A three-hour drive from Moshi takes us to the Londorossi Park Gate, located on the western side of Kilimanjaro, where we arrive by midday. We register at the gate to enter the Kilimanjaro Park. In places the vegetation is so untouched that it grows right across

\(^1\) Subject to alteration depending on total number of people taking part.

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the narrow track. The flora and fauna are richer here for the simply reason we are on one of the least trodden routes, compared to the "standard" lines of ascent such as Machame and Marangu Routes. Our trek today will be along a little used track known as Chamber's Route. In 3 to 5 hours, we will reach our camp in the forest at Mti Mkubwa (Big Tree). The height here is 2,800 metres.

Day 3: Mti Mkubwa to Shira One Camp (11,480 ft / 3,500 m)
After breakfast, we start the climb through the rainforest towards the giant moorland zone. Today is a full day's trek with a significant gain in height. So it will be tough, even at a relatively low altitude. We take a great lunch stop on a spur just outside the Shira Crater at around 3,305m. After lunch, we cross into the Shira Caldera, a high altitude desert plateau, which is rarely visited. Shira is the third of Kilimanjaro's volcanic cones, and is filled with lava flow from Kibo Peak. The crater rim has been massively eroded over time by weather and volcanic action. Today we'll get our first close views of Kibo - the central volcanic cone and literally "the Roof of Africa". The second of the 3 volcanic spouts that make up Kilimanjaro is Mawenzi, but this lies hidden for the time being to the east of Kibo – we will see it on summit day, as the sun rises.

Day 4: Shira One Camp to Shira Two Camp (12,470 ft / 3,800 m) via the Cathedral
After breakfast, we continue to hike east across the Shira Plateau. We will make a detour towards the plateau's southern lip to ascend Shira Cathedral (12,470 ft / 3,880 m) and take in the spectacular views south across the plains and towards Mount Meru. It takes about an additional hour to do this, but it makes for a more interesting day, before we eventually amble to Shira Two Camp for lunch.

Day 5: Shira Two Camp to Baranco Camp (12,675 ft / 3,900 m)
Today is a 7-hour hike in superb country. We pass the Lava Tower first, then traverse the southwestern flank of Kibo, and slowly descend to Baranco, our most spectacular campsite, at the foot of Kibo Peak, looming high above. As we travel, we will look up to the hanging cliff of the Breach Wall, which has given the likes of Messner some extremely hard climbing - he took a new route up a hanging icicle draped from the top of the wall. As we descend to Baranco, the southern ice-fields will come more clearly into view. Our camp is only 100 metres or so higher than where we were last night, but our walk will have taken us to as high as 4,640 metres, which is great for
acclimatisation.

Day 6: Baranco Camp to Karanga Camp (13,300ft / 4,050m)
After breakfast, our first challenge is to overcome the Baranco Wall, which is 600 ft high and takes us to an altitude of 4,244m. Don't worry, it is easier than it looks, which is good as it will have looked impregnable in the fading light of our first evening’s inspection from Baranco Camp. Of course, it is steep overall, but the path that wends it's way up the wall isn't, and is more akin to a staircase, so the ascent of the wall is "comfortable" and never feels exposed, nor precipitous. There are short sections of easy scrambling, but these are quickly overcome. From the top, the receding Heim Glacier on Kilimanjaro's south face is clearly visible. The route then continues eastwards underneath the Decken and Rebman Glaciers to Karanga Camp (4050m), which is situated above the Karanga Valley (4 to 5 hours).

Day 7: Karanga Camp to Barafu Camp (15,090ft / 4,650m)
From Karanga camp a 3-hour steady walk takes us to Barafu Camp (4650m) from where we will make our summit attempt. This is a short day, but included to give some essential pre-summit acclimatisation, without being physically exhausting. This day's walk from Karanga could have been added to the previous day, coming all the way from Baranco. But this would mean tackling the summit with one less day's acclimatisation, and being tired when starting out on the most important day of the trip. The air is noticeably thin now, and you will be running short of breath as you climb out of the Karanga Valley. It is a slow tough hike up to the Barafu Camp and you'll be glad you stayed at Karanga for the night. Barafu means "ice" in Swahili, and it is cold at this altitude. On arrival, we get ourselves ready for going to the Summit. This means looking after ourselves and getting as much to eat and drink as possible, filling water bottles and going to bed as early as possible. The ascent starts soon after a mid-night wake-up call!
Day 8: Barafu Hut to Uhuru Peak (19,340 ft / 5,896m) to Millennium Camp

Dress warmly, because we start climbing in the dark well before dawn, on the steepest and most demanding part of the mountain. The moon may provide some light, but we'll be using head-torches for several hours. We'll aim to reach Stella Point on the Crater Rim by sunrise after about 6 hours of constant up-hill walking. At dawn, from the Crater Rim, rugged Mwenzi is a thrilling sight, with the Kibo saddle still in darkness beneath you, and the crater's ice-walls looming ahead. From Stella Point, we turn left, and continue along a good path, cresting the top of the crater, until we reach Uhuru, the summit, after another hour. The crater wall stands steeply over the crater floor about 200 feet below us to our right. As the sun rises, light floods the crater floor, illuminating the Furtwangler Glacier. The warmth of the day will be heralded by orange glows and long cast shadows sprawling below our feet. This will be the toughest day that most people have ever experienced, but it's not over yet. After spending about 30 minutes on the top, watching the sun gain its hold on the day, and taking photographs to remember the stunning dawn and your ascent to this remarkable place, we go down, by the same route we came up. As we return to Stella Point, we will pass others trudging heavily and wearily toward us - so spare some breath for some cheery words of encouragement. After only a few hours, we will be back at Barafu, in time for brunch, and tea (then more tea, and perhaps a cup of tea after that - but the beer has to wait!) 4 hours after leaving Barafu, our weary bodies and tired legs carry us finally to our end goal - a beer, in Millennium Camp. Having started out as early as mid-night, and having finished the day as the sun sets, you can imagine this is a very long day, even without the physical exertion of going to the highest point in Africa.

Day 9: Mweka Hut to Mweka Gate to Moshi, leave Africa.

In the morning, we walk down to Mweka Gate. After a welcome lunch it's time to say "kwaheri" to the porters. We then get a lift back to the hotel and a well-deserved shower and a celebratory drink. But not too many, as we'll be leaving this evening for the airport! In the early evening, we will arrive for the transfer back to Kilimanjaro International Airport. The flight takes off at about 22:00, to head back north through the night.

Day 10: Arrive UK

We arrive back in the UK in the morning at around 10 am depending on the regional airport being used, having touched down in Schiphol, Amsterdam, at dawn.
Frequently Asked Questions

- **How fit do I need to be?**

  You should be able to walk for 6 hours a day along country paths in Britain, through rolling countryside. If you can walk up Snowdon and back down, you will be OK to have a go at Kilimanjaro.

- **How far will I walk each day?**

  On average, you will walk for less than 7 Km, and for less than 7 hours each day. Summit day is tougher, because it is the highest you will go. This might take as long as 9 hours to reach the top, but you will be used to it by then and determined to finish the job!

- **What will the food be like?**

  The food is cooked in a tent over camping gas burners. Generally, people are surprised by what can be produced from such a rudimentary kitchen. The diet is western in style and balanced, with fruit, meat, bread, cheese and vegetables.

- **I need a special diet, is that OK?**

  Yes, let us know and we make sure your diet is catered for.

- **Do I need a visa?**

  Yes, if you have a British Passport. Visas can be obtained before travel from the Tanzanian Consulate for £38 or at the airport when you get to Tanzania for US$50. Check on the Tanzanian Embassy website for up-to-date information and the requirement if you are not a British Passport Holder.

- **What support and back up will there be?**

  A Jagged Globe Leader will accompany the team from the UK. Our leaders are first-aid trained, with experience of leading teams to high altitude. Teams have a comprehensive medical kit, oxygen and a portable hyperbaric chamber.

  Local mountain guides, qualified by the Kilimanjaro National Park Authority, go with the team from bottom to top. A cook and kitchen staff, as well as camp helpers and porters make sure the trip runs smoothly.
Will I need vaccinations?

Please see your GP or Practice Nurse to get the very latest advice. You will need anti-malaria tablets, for certain.

Will I need any special clothing or equipment?

You will need clothing and equipment as though you were walking in Britain, but with a few extra layers of for more warmth, including thermal underwear, and some very warm gloves. You will need a robust pair of walking boots and a rucksack of about 35-litres. We will send you a kit list when you book, and you can hire a warm down jacket and 4-season down sleeping bag from us if you don’t want the expense of buying these for one trip.

Will there be anything else to pay?

Yes, you will need a tip for the local staff (guides, cooks, camp helpers and porters) who will work for you when you’re on the mountain. Unlike some operators, we include all park fees payable to the Kilimanjaro National Park for the ascent.

If I want to stay in Africa, can I extend my trip?

Yes, we regularly arrange safaris for people, or visits to Zanzibar. Please ask us for details.

Or you can go off by yourself and delay your return flight, if you like.

Where will I fly from?

KLM fly from regional UK airports to Kilimanjaro International Airport via Schiphol, Amsterdam. Just tells us when you book, and we will book your ticket to go from the nearest airport used by KLM.

Will I have to carry my own kit on the mountain?

We will give you a kit bag, for travelling and spare clothing and equipment, not being used each day on the mountain. It will weigh no more than 15Kg and a porter will carry it. You will have your rucksack of about 5-6 Kg with stuff like a water-bottle, camera, spare fleece, gloves, waterproof, sun-cream, lip-salve, hat and sunglasses.

Will the money that is paid for the trip be protected against the failure of the tour operator?

Yes. Jagged Globe is a licensed and bonded tour operator with an Air Travel Operators Licence (ATOL 10241) regulated by the Civil Aviation Authority.

How do I find out more about the trekking and the mountain?

Please contact Jagged Globe.

Jagged Globe: T 0845 345 8848 E trek@jagged-globe.co.uk
How do I find out more about the charity and fundraising?

Please contact the Laila Milly Foundation.

Key Points

- Jagged Globe are experts at high altitude. We acclimatise slowly to increase summit success. We regularly get everyone to the top, with an overall success rate of 96.4%. Every year, we climb to the top of Everest, and you can always speak to someone in our office who has climbed Kilimanjaro for first-hand advice.

- Our acclimatisation profile is used by the UIAA (International Mountaineering and Climbing Federation) as the model for climbing the mountain. A careful ascent reduces the incidence of altitude illness: [http://www.theuiaa.org/kilimanjaro.html](http://www.theuiaa.org/kilimanjaro.html)

- A Jagged Globe Leader will accompany you. The Leader will make sure the services and arrangements we have made for your trip are delivered correctly. He/she will have overall responsibility for the safety and welfare of all team members during the ascent. Local guides will help the Leader.

- Jagged Globe has been organising expeditions to Kilimanjaro for teams of novice hill-walkers, and accomplished mountaineers alike, for twenty years.

- We equip our Kilimanjaro teams with robust, high-quality mountain tents made by leading manufacturers, supplied from the UK.

- We will provide a training day for your team. This will ensure you have the right equipment and will know what to expect in Africa and on the mountain.

- You will have access to discounted clothing and equipment from recommended suppliers.

- You can hire specialist down sleeping bags and down jackets directly from us.

- You will have access to the specialist advice of our company doctor (currently Chairman of the UIAA Medical Commission). His aim will be to ensure any pre-existing conditions are managed so as to allow successful participation.

What is included?

- Economy, return airfares from the UK.
- UK airport taxes.
- National Park fees and Peak Permits.
- All internal hotel/airport transfers.
- Good hotel accommodation in Moshi.
- Breakfast and Evening meals in Moshi.
- All road transport by private vehicles.

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- All camping facilities and meals during the trek (British supplied tents used throughout).
- All porterage costs.
- All costs for Jagged Globe accredited leader, local Tanzanian guides and helpers.
- Jagged Globe kitbag.

What is not included?

- Visa fees ($50).
- Overseas airports taxes not paid in advance through the international airline ticket.
- Lunch in Moshi.
- Bar bills and laundry.
- Travel insurance (£66).
- Optional trips (e.g. a Safari Extension) and sightseeing tours.
- Tips.