

KILIMANJARO



AbleChildAfrica Climb in November 2010



AbleChildAfrica

Working with disabled children and young people in Africa

At AbleChildAfrica we want to see a world in which all disabled children are able to achieve their full potential and fully participate in the world around them. In order to achieve this we support partner organisations to carry out life changing work with disabled children and young people.

We do this in partnership with local organisations in Kenya, Uganda and Tanzania and as well as supporting their day-2-day project we also work with them to use their experiences and learning to campaign for more widespread change in attitudes and Practice in the region.

This November we are inviting you to join us and take part in a charity Kilimanjaro climb with a difference. On this extraordinary journey our climbers will be joined by young disabled people from our projects who will be sponsored to take part. Climbing with them you will have the opportunity to find out more about their lives, what we do and how we do it.

The climb will end the day before International Disability Day on 3rd December 2010 and we plan to do some publicity work locally to raise awareness on that day. We also plan to make a documentary during the climb documenting something of the lives of the young disabled people who take part. It which will be shown in the region with the aim of changing attitudes.

In addition to raising much needed funds for our work, our aim, will be to show that Disability is not Inability and that young disabled people have both rights and potential just like anyone else.

After your climb we will also be inviting you to visit two of our projects which are based in Nairobi. There you will be able to see more of the children and young people we work with and find out about what the money you have raised can achieve there.

Worried about raising the money?

AbleChildAfrica will be helping you every step of the way with a Fundraising Plan and useful tips and ideas. If you sign up in February your target amounts to just £340 per month till November – that's a commitment to raise just £85 a week to change the lives of disabled Children and stand on the highest point in Africa.

The money you raise could pay for

- * 20 Disabled Children to go to school for a whole year
- * 25 Disabled Children to receive life changing surgery
- * Training for 10 young disabled people which will greatly improve their chances of getting long term employment



Africa's highest peak, Mt Kilimanjaro is a magnet for trekkers and climbers the world over. The AbleChildAfrica Climb Kilimanjaro in November '10 will head to the summit - Uhuru Peak at 5895m- via the Machame Route, which approaches Kilimanjaro from the south and is a spectacularly rewarding trek with 6 days trekking on the mountain and 5 days camping. The group will be supported all the way by experienced UK guides from the event organiser, Action Challenge, and a team of local porters and cooks. It will be tough, fun, and a trip to remember!

ITINERARY

DAY 1 25 NOV DEPARTURE FROM THE UK

Overnight flight on Thursday with Kenya Airways to Kilimanjaro via Nairobi.

DAY 2 26 NOV MOSHI

On arrival we are transferred to our hotel near the town of Moshi, where we enjoy a welcome meal and a briefing on the challenge ahead.

DAY 3 27 NOV MACHAME CAMP 3000m 5-6 HRS TREKKING

After breakfast we make a short transfer to Machame Gate and start our trek through the lush vegetation of the humid rainforest. In the afternoon we reach our camp, where we enjoy dinner and settle down to our first night under canvas.

DAY 4 28 NOV SHIRA CAMP 3840m 6-7 HRS TREKKING

This morning our route takes us through ever changing scenery as we make the steep ascent up through heather and moorland to the Shira Plateau. Then, across the plateau to camp and this evening we can relax and enjoy the fabulous views.

DAY 5 29 NOV BARRANCO CAMP 3950m 6-7 HRS TREKKING

Today we trek east across beautiful barren moonlike landscape, reaching the Lava Tower, where we stop for lunch. We descend through the surrounding ravines to our camp by late afternoon. The descent aids the acclimatisation process and allows our bodies to adjust to the ever changing altitude.

DAY 6 30 NOV BARAFU CAMP 4600m 6-7 HRS TREKKING

We leave camp early for a short climb and scramble over the volcanic rock to the Barranco Wall. From here we have fantastic views over to Barafu. For the rest of the day we make the steady climb to our camp positioned on a ridge overlooking the south east valley.

DAY 7 01 DEC SUMMIT DAY 5895m 12-13 HRS TREKKING

We awake before midnight, climbing for about 6 hours, the steepest and most demanding part of the route by torchlight, to reach Stella Point at the crater rim. We then make our final traverse to Uhuru Peak, the highest point on the African Continent, at 5895m. The morning sunlight gives us spectacular views across the plains below and of Mt Meru in the distance. We have a tough descent to Barafu camp, where we stop for breakfast, before continuing on to Millennium Camp.

DAY 8 02 DEC MOSHI 5-6 HRS TREKKING

After breakfast we continue our descent back through the rainforest to the Mweka Gate. A short transfer takes us to Moshi, where we have the afternoon free before celebrating our fantastic achievement with a celebratory dinner

DAY 9 03 DEC MOSHI - NAIROBI

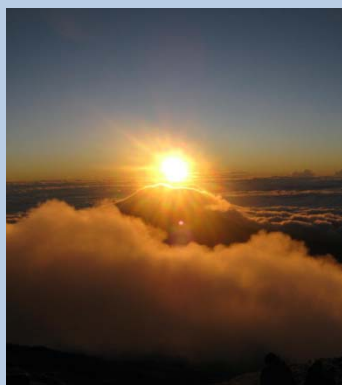
Today we enjoy a free morning to explore Moshi, or to relax at the hotel, before boarding our afternoon flight to Nairobi to enjoy dinner in the evening.

DAY 10 04 DEC PROJECT VISIT

This morning we transfer to the slums of Kibera to learn more about AbleChildAfrica's valuable work in East Africa. We enjoy lunch at the project before heading back into Nairobi to visit the markets and transferring to the airport to board our overnight flight back to the UK.

DAY 11 05 DEC ARRIVE HOME IN UK

Arrive in London early on the Sunday morning. Plenty of time to recover before work the next week!



FAQ's



WHEN CAN I CLIMB KILI?

25 Nov – 05 Dec 2010. We will leave London Heathrow on 25 Nov on the evening flight to East Africa and return to the UK on the morning of 05 Dec 2010.

HOW MUCH DO I HAVE TO PAY?

1. Secure your place for only £399 registration fee.
2. Fundraise a minimum of £3400 for AbleChildAfrica

HOW DOES MINIMUM SPONSORSHIP WORK?

Your minimum sponsorship target of £3400 covers:

1. £1696 which is the cost of your place on the event.
2. £1704 as a donation to AbleChildAfrica.

The registration fee and all the money that you fundraise should be sent directly to AbleChildAfrica They will require at least 80% of the minimum sponsorship 10 weeks prior to departure and the remaining 20% should be sent within 4 weeks of returning.

WHAT IS INCLUDED IN THE COST?

All flights, transfers, accommodation, full medical support, experienced guides, porters for personal equipment, camping gear and all National Park entrance fees. An Action Challenge representative will be on hand to support you every step of the way. All your food is included apart from during free time. Nutritious meals will be provided for you in the hotel and at camp, with a packed lunch on trekking days and 3 litres of drinking water each day.

It also includes a one night stopover in Kenya, with hotel accommodation, evening dinner and a project visit in Nairobi.

WHAT IS NOT INCLUDED?

You are responsible for obtaining your own visa and personal travel insurance. Local departure tax (n/a currently), meals and drinks in free time, tips for Tanzanian local support staff/guides, spending money and items of a personal nature.

DO I NEED TO BE FIT?

Yes! This is a tough challenge and requires a good level of fitness to be able to complete the route. Altitude can affect anyone and you will be accompanied by an event medic throughout the trek. We will provide you with full altitude and training tips upon registration.

WHERE WILL I SLEEP?

Accommodation will be in good quality tents whilst trekking on the mountain and in hotels near Moshi, and are on a twin share basis.

WHAT WILL THE WEATHER BE LIKE?

Weather on the mountain can change at any time. Temperatures can range from 30°C on the plains dropping to as low as minus 25°C at the summit.

DO I NEED SPECIAL EQUIPMENT?

A comfortable pair of walking boots! You will also need to bring a 4 season sleeping bag (can be hired) and appropriate clothing. We will send you a full kit and equipment list upon registration so you are well prepared.

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities over the world. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of the lengths we go to, to bring our clients experiences they would be unable to find anywhere else.

But beyond the places that we go to, what makes our trips truly unique is the way we encourage our groups to bond together as a team. As the saying goes, it's through adversity that people come together; and in addition to the natural camaraderie that comes with passing round the Compeed and the muscle rub, we actively involve people in the way the adventure unfolds. We believe that through great organisation and a good relationship with our clients, the more we are out of the limelight, the more members of the group get to shine.

We're also rather keen on our work-hard, play-hard ethic. Many of the people who come on our trips literally have a mountain to climb in terms of the scale of the challenge they are taking on. We believe that with effort should come reward, and make sure that all our participants get the opportunity to celebrate their accomplishments in a truly befitting style.

And finally, we know that there's something special that happens to people when they are out on a mountain pass or cycling through some totally foreign environment. You can see their faces loosen and their bodies lighten as they look around and put life into perspective. It's seeing that transformation that gets us out of bed in the morning and it's why our motto is....

'Of all the paths you choose in life, make sure some of them are dirt'

Action Challenge UK Ltd is fully bonded under ATOL number 6296.

3a Aberdeen Studios, 22-24 Highbury Grove, London, N5 2EA



www.actionchallenge.com

events@actionchallenge.com Tel: 0207 354 1465