



**WELCOME TO OUTWARD BOUND CANADA'S  
Reach Beyond Expedition – Mount Kilimanjaro**

Course Code: KIL18

January 14 – 26, 2018



### **About the Trek**

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Mount Kilimanjaro is often referred to as “every person’s Everest,” and at 19, 340 feet, is the world’s highest freestanding mountain. Kilimanjaro, with no technical climbing, is a mountain that anyone fit and able can climb simply by walking. Walking, that is, with both a respect for the mountain and knowledge of altitude.

Our climb up Kilimanjaro is an 8-day, 65 km walk on the Lemosho-Mweka route. This scenic route takes us through five different ecosystems; rainforest, heather, moorland, alpine desert and glacial terrain. The route we have chosen is longer, the extra nights/days aid acclimatization and allow our climbers more time to recover and prepare for the final push to the top.

On our arrival to Tanzania and on our return from the mountain, we stay at the [Kilemakyaro Mountain Lodge](#) – a picturesque lodge situated amidst a coffee plantation on the lower slopes of Kilimanjaro.

**The beauty of Tanzania awaits you!**



## Itinerary

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Depart Toronto Pearson Airport/or other city centre airport late afternoon **on KLM flight** to Kilimanjaro International Airport, (Moshi) Tanzania via Amsterdam. We highly recommend climbers fly directly into Tanzania as those transiting through Nairobi, Kenya have been delayed in the past.

### **MONDAY JANUARY 15<sup>TH</sup>**

Arrive at Kilimanjaro International Airport, Tanzania in the evening. Transport to [Kilemakyaro Mountain Lodge](#), Moshi.

### **TUESDAY JANUARY 16<sup>TH</sup>**

Day of preparation at Kilemakyaro Lodge – overview of route, practice hike, final preparations.

### OVERALL DESCRIPTION OF THE LEMOSHO ROUTE

The Lemosho Route is a 65 km trek, and is considered the most beautiful route up Kilimanjaro. The best part of this route is that you have extra days to acclimatize. Most climbers attempt Kili in 6 or 7 days, doing it in 8 days allows you to enjoy being on the climb more. Another great advantage to using the Lemosho Route is the fact that the first three days see a substantial gain in elevation that eases the altitude stress over the days following. There are no mountain huts on this route. Climbers sleep in mountain tents.

### **JANUARY 17<sup>TH</sup> – DAY 1: LONDOROSI GATE TO BIG TREE CAMP**

We have a 2 ½ hour drive to the gate. After registering with the park authority at the Park Gate, we'll begin our climb through the lush forest. We start at an altitude of 7,893ft. and climb for 2 hours to a height of 9,137 ft. We'll hear the many exotic birds in the canopy above, and may even see black & white colobus monkeys as we hike among the knotted roots and mud of the forest floor. We arrive at camp in the late afternoon as the drive and gate registration process always takes longer than expected!

We spend the night at Big Tree Camp in the rainforest.

### **JANUARY 18<sup>TH</sup> - DAY 2: BIG TREE TO SHIRA I CAMPSITE (9,937 FT TO 11,496 FT) 4 – 6 HOURS OF WALKING**

Today's segment of the ascent continues through the forest until we finally break out onto the moorlands and have our first views of Kibo (the summit of Kilimanjaro!) The night is likely to be colder - probably a little below freezing. We will overnight at Shira I Camp.

### **JANUARY 19<sup>TH</sup> – DAY 3: SHIRA I CAMPSITE TO MOIR HUT (11,496 FT - 13,695 FT) 5 TO 6 HOURS**

Day 3 on Kilimanjaro is all about acclimatization. We start the day at 11,496ft and finish at the well-situated Moir Hut. The campsite is framed by a cliff band called the Lent Group, and we have fine views of Kibo to the east.

### **JANUARY 20<sup>TH</sup> - DAY 4: MOIR HUT TO BARRANCO WALL CAMP (13,695 FT – 13,077 FT) 5 TO 6 HOURS**

We spend the morning trekking east until we meet the path from the Machame Route coming in from the right. In the afternoon we descend the steep track into the Great Barranco Valley. Our campsite is set on a flat area enclosed on three sides with steep valley walls. Hanging glaciers glint in the sunshine above, amidst the eerie landscape of plants such as the giant groundsels (Senecio Kilimanjaro) and the uniquely endemic



Giant Lobelia. We spend the night at Barranco Camp staring at a 1000 foot rock face that we'll be scrambling up the next morning.

## **JANUARY 21<sup>ST</sup> - DAY 5: BARRANCO CAMP TO KARANGA VALLEY CAMP (13,077FT TO 13,235FT) 5 TO 6 HOURS**

Today is a second day of acclimatization where we finish the day at a similar elevation to which we started. The day starts with an exciting scramble up the Great Barranco Wall and ends just above the Karanga Valley at 13,235ft. The Barranco Wall is an enormous cliff wall with a switch back trail and very steep inclines. We will walk very slowly, or as the porters say in Swahili: "POLE, POLE". Once on top, the view of the valley down below is absolutely magnificent. The hike for the rest of the day is up and down and the trail crosses many small streams, the last one being the Karanga River. We camp just above the Karanga Valley.

## **JANUARY 22<sup>ND</sup> - DAY 6 - KARANGA VALLEY CAMP TO BARAFU (13,235FT TO 15,295FT) 3 TO 4 HOURS**

Today's hike will take us from 13,235ft to 15,295ft. It will take approximately 3 to 4 hours with the temperature growing colder and the landscape sparser as we approach our final campsite. We'll be paying full attention to our fluid and food intake making sure that we're drinking our 4 liters of water a day, eating our snacks, and walking slowly. This will help to mitigate the effects of altitude and keep our headaches and nausea under control. Barafu Camp is set on a small, exposed flat area on a ridge that acts as a base camp from which we will begin our summit attempt at midnight. We will go to sleep for only a few hours waking up at 11:30pm to don our 5 layers of clothing and commence our summit climb to the top.

## **JANUARY 23<sup>RD</sup> - DAY 7 - BARAFU CAMP TO SUMMIT TO MILLENNIUM CAMP (15,295FT TO 19,341FT TO 12,556FT) 7 - 8 HOURS UP, 4 DOWN TO BARAFU, ANOTHER 3 - 4 HOURS DOWN TO OUR CAMPSITE (14 TO 16 HOURS TOTAL!)**

Today kicks off at midnight with by far the most challenging and rewarding 14-16 hour section of the entire trek! It will take about 8 hours to climb to the top of Africa, then 6 – 8 hours to climb all the way down to our final campsite, Millennium Camp. The climb begins at 11:00pm on January 22<sup>nd</sup>. We walk in single file on a switchback trail that goes steadily uphill for a good 6+ hours. The trail snakes beside a glacier and ends at Stella Point, the rim of the Kibo crater. If we time it right, the sun will be rising just as we crest the top of the mountain. Although arriving at Stella Point is exhilarating, we are only at 18,848ft and still have another 45+ minutes of walking to get to the highest point in Africa, Uhuru Peak, at 19,341ft. The temperatures can range from below -10C degrees to 0C on the peak. The wind chill can make it much colder (as cold as -20C.) After enjoying the moment, we begin our descent back to Barafu Camp and then onto Millennium camp - a long 6 to 8 hour trek that is hard on the knees and joints. We end the day at 12,556ft feeling very tired but elated.

## **JANUARY 24<sup>TH</sup> - DAY 8 - MILLENNIUM CAMP TO PARK GATE, TRANSFER TO MOSHI (12,556FT TO 5,358FT) 5 TO 6 HOURS**

We wake up in the morning knowing that a shower will greet us by the end of the day. The walk will take 5 to 6 hours. We walk our way down a winding path that takes us back into the rainforest and finally to the park gate. This is our last day to enjoy the beauty of the mountains' flora and fauna. After bidding farewell to our guides and porters, we'll drive to Moshi, where we will shower and celebrate with a team dinner at the Kilemakyaró Lodge.

## **JANUARY 25<sup>TH</sup> - OPTIONAL VISIT TO THE LOCAL TOWN OF MOSHI**



Today we have a number of options – rest and relax, a tour of the town of Moshi and shopping. We depart for Amsterdam in the evening on our KLM flight to arrive in Toronto/other city centre, mid-afternoon on January 26<sup>th</sup>.

\* If interested, some individuals may decide to stay on in Tanzania or Kenya to take part in a Safari or other activity. Outward Bound will provide information on options available and reputable providers to contact.

## **JANUARY 26<sup>TH</sup>**

Arrive at Toronto Pearson (or other city) airport mid-afternoon.

**EMERGENCY CALLS FOR A PARTICIPANT ON COURSE SHOULD GO DIRECTLY TO:  
1.888.OUTWARD, (688.9273) ext. 209**

You and your family should be aware that while on course you will be in a remote area without direct telephone contact. If you need to receive an emergency message, a person may have to travel some distance to deliver the message, at your expense.

## **Course Fees**

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### **1. DEPOSIT**

In order to secure your spot on the team, we ask that you confirm your participation with a \$500CAD deposit. The first payment is due August 1, 2017.

### **2. EXPEDITION COSTS**

#### **COST INCLUDES:**

The cost of your course includes:

- In-country transportation costs (shuttle to and from airport and to base of mountain)
- All activity/trekking and park fees
- Group camping equipment
- Accommodation in Moshi immediately before and after climb
- Food on trek, and at Kilemakaryo Lodge pre and post trek
- 2 Outward Bound Canada instructors
- Tanzanian guides and porters on trek
- Tips for Tanzanian guides and porters

Your course fee does NOT include:

- International flights to and from Moshi, Tanzania
- Travel and Medical Insurance
- Vaccinations & Medications
- Tourist visa
- Meals/snacks while in transit
- Souvenirs
- Bottled water at hotel in Moshi
- Alcoholic beverages



### 3. PAYMENT SCHEDULE

PAYMENT	DEADLINE	AMOUNT
Initial Deposit	Upon acceptance	\$500.00 CDN
First Payment	August 1 <sup>st</sup> , 2017	\$2,000.00 USD*
Final Payment	September 30 <sup>th</sup> , 2017	\$2,200.00 USD*

\* We require funds in USD as we need to pay in-country providers, accommodation and all park/trekking fees with US dollars.

### 4. FUNDRAISING COMMITMENT

In addition to your course fees, you are required to fundraise a minimum of \$4000.00 CAD in support of Outward Bound Canada’s Charitable Programs for Youth and Adults.

We will provide you with tools and resources, as well as the support of our Director of Individual Giving, to help you achieve this fundraising commitment – one which has proven very achievable for Reach Beyond participants in the past. In the unlikely event that a participant’s fundraising falls short of this \$4000.00 commitment, the participant will be invoiced for the outstanding balance.

#### TOTAL COMMITMENT

\$4700 expedition cost + \$4000 fundraising commitment  
All cheques should be made payable to “Outward Bound Canada”

**Disclaimer:** As a not-for-profit charity we have tried to develop a fee structure for fundraising expeditions that is based on direct known costs at the time of announcing and promoting the expedition. The fee for our Mt. Kilimanjaro expedition is based on direct costs incurred to run the expedition, including staffing, equipment, food, travel, accommodation, local taxes, tips and park fees. Many of these costs are out of our direct control as we rely on in-country suppliers / subcontractors to deliver food, accommodation, etc. We reserve the right to add a surcharge, even after confirmation of your participation, should any travel, accommodation, food, park fees or other related costs be increased by any of the suppliers / subcontractors.

### 4. CANCELLATION POLICY

In case of cancellation, the participant is required to pay:

- 120 days prior to departure or before.....\$1,000.00
- 90 days prior to departure..... 50% of total cost
- 60 days prior to departure..... expedition is non-refundable



## Course Details

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### FITNESS TRAINING

Once the team has been finalized, we will provide you with a suggested fitness plan to prepare you for the climb. This will be based on your completed fitness assessment, which will be part of your registration package. It is quite simple: the more physically fit you are, the more you'll enjoy your mountain experience. The goal of the fitness program is to ensure that you are physically and mentally ready to climb up a mountain, prepared for the discomforts of "thin" air, and are strong enough to walk 6-8 hours a day.

### IMMUNIZATIONS

It has been recommended that you have the following shots for travel in Tanzania: *DtPolio, Hep A, Typhoid, & Meningitis*. Some Doctors will also recommend that you get *Yellow Fever* vaccination. Please check with your Doctor to see which of these immunizations you need to get (if you have travelled a lot, you may be up to date in some of these). If you need to get immunization shots, please contact the travel clinic nearest you and set up an appointment. Your Doctor will also be able to advise you as to where the nearest travel clinic is.

### MEDICATIONS

- **MALARONE:** for malaria. It is recommended that we take precautions for malaria, as we will sleep several nights at a lower elevation at Kilemakyar Lodge (suburbs of Moshi.) Malarone, while one of the more expensive anti malaria drugs, has fewer side effects.
- **DIAMOX:** The Himalayan Rescue Association (the HRA), the world authority on high altitude trekking, recommends that high altitude climbers take 125 mg of Diamox twice a day (250 mg/day). To be taken the day before going to altitude, and every day at altitude thereafter. To quote their literature, "Trials with thousands of trekkers (in the Khumbu Region of Nepal) show that Diamox benefits most climbers adjusting to the increased altitude. A small minority of climbers experience no benefit." If you have a sulpha allergy, you should consult your doctor about taking Diamox.

### TEAM GATHERINGS

We will endeavor to have a few team gatherings in the late summer and in the fall. The first gathering will be a "meet and greet" and discussion about fundraising, fitness training, visa and immunization requirements. The second gathering will be to review the equipment list, finalize trip logistics, and check in to see how fundraising is going. We may also arrange a few training dates when team members can get together for a hike on the weekend or in the evening.

Please ensure **now** that you have a valid passport. Passport's validity should extend at least 6 months beyond date of departure from Tanzania.

## Outward Bound Canada's Charitable Programs

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*Our mission is to cultivate resilience, leadership, connections and compassion through inspiring and challenging journeys of self-discovery in the natural world.*

At Outward Bound Canada, we believe that a truly meaningful experience is created when you reach beyond yourself and make a difference in the world around you. Our Reach Beyond Expeditions offer participants an incredibly rewarding opportunity to give back, by committing to raise funds for Outward Bound Canada's charitable programs for vulnerable youth and adults.



While almost anyone is a good fit for an Outward Bound course, our programs have the greatest impact for those who are facing significant life challenges and transitions. Our specialized charitable programs are funded by Reach Beyond Expeditions and through private donations. We strive to make life-changing Outward Bound experiences possible for the following vulnerable populations:

**Women of Courage Program** – for women survivors of violence or abuse. Women may be at various stages of their healing journey at the time of their participation.

**Veterans' Program** – for military men and women struggling with the transition back to civilian life.

**Youth Programs** – for low-income and under-served youth experiencing barriers to opportunity and achievement, as well as for Indigenous and newcomer youth who are caught between cultures, dealing with challenges to their self-identity and sense of belonging.

These programs provide participants with the appropriate challenges and supports to build resiliency and to discover the confidence, skills, energy and inspiration to transform their lives in the most fundamental of ways. Since 2011, Reach Beyond Expeditions have raised close to \$600,000 for these life-transforming programs and, in doing so, have helped to ensure that those who stand to benefit most from an Outward Bound experience have the opportunity to do so.

For tools and tips to support your Reach Beyond fundraising efforts, please check out the **Fundraising Toolkit** included in this package. Visit this link for more information on [Outward Bound's charitable programs](#).

## Contact Us

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