



KILIMANJARO TREK MARCH 2018

I would like to take part in the Kilimanjaro Trek March 2018 for Camphill and attach my deposit of €300 made payable by cheque / draft to "Camphill Fundraising"

We highly recommend that you set up your own fundraising page at <https://camphill-kilimanjaro-2018.everydayhero.com/ie/get-started> to support your fundraising efforts making collection of money raised easier through secure online payments.

My details are as follows:

Mr/Mrs/Ms/Other:

Name:

Address:

Phone :

Mobile:

Email:

- Please tick if you would like to receive our Camphill Newsletter

Please Return to:

Camphill Communities of Ireland, National Office,
Dunshane Community,
Brannockstown, Naas, Co. Kildare W91 XV5T

MARANGU ROUTE

Day 1 To Mandara 8km, 900m, 5 Hrs

Minibus from your hotel in Moshi to Marangu gate (1800m) to start climbing. You carry a day bag and porters carry the rest. The trail climbs through tropical rain forest and you reach the first camp at Mandara (2700m) in a fairly leisurely 4 to 5 hrs where comfortable huts will be your overnight shelter.

HOROMBO

Day 2: Horombo 11.5km, 1000m, 6 Hrs

This ascent takes you through the edge of the rain forest and onto Alpine landscape where the plains of Africa can be seen. The open walk is one of the finest on the trek. There are a number of very beautiful views along the way with Kilimanjaro rising up before you.

Day 3 : Rest Day at Horombo at 3700m

Here we take a rest day and the second night will help you acclimatise to altitude.

KIBO

Day 4: To Kibo, 10km, 1000m, 6 Hrs

Your ascent will take you on a looping route that passes underneath the Mawenzi peak on your way to the Kibo peak. This offers some fantastic views of Mawenzi as you pass by. Hike through rugged and rocky landscape which changes to open desert across The Saddle to Kibo, a very small camp of wooden huts.

Day 5: To The Summit 5.5km, 1200m, 7 Hrs and Descent

Summit Day: To stand atop the 'Roof of Africa' requires a long and strenuous day. To reach the crater rim of Kilimanjaro for sunrise departure from camp is between midnight and 1.00am. The head guide leads the steep zigzag climb through the night. Dawn breaks to expose a snow covered mountain. Reaching the summit at Gilman's Point, on the rim of the volcano crater at 5, 680m, gives a great sense of achievement and euphoria. You have climbed Mount Kilimanjaro, the highest peak on the African continent, one of the world's 'Seven Summits' and earned your certificate. From here you can look down into the snow filled crater, back to The Saddle and Mawenzi, and view the spectacular cliffs of the Easter Icefields. But there is more to tempt you, Uhuru Peak at 5,895m is 2km further around the crater rim. As the sunrise unfolds, you'll walk around the crater rim overlooking the Serengetti and Masai plains far below, another hour and well worth the effort.

THE SUMMIT

After a short rest and snacks on Kilimanjaro summit you start the descent to Kibo Hut for breakfast and another rest before returning to Horombo Huts for a well deserved full night's sleep.

Day 6: Back to Base and Hotel

After a leisurely descent by the same route back to Marangu Gate, you will receive your certificate. The minibus will return you to your hotel for the best shower you have ever had!



CAMPHILL
COMMUNITIES OF IRELAND

KEEN ON

CONQUERING
THE SNOW-CAPPED PEAKS OF
KILIMANJARO?

JOIN CAMPHILL COMMUNITIES OF IRELAND'S
KILIMANJARO TREK MARCH 2018

www.camphill.ie

WE ASK EACH TREKKER TO RAISE €3,900

- 10 day adventure in Africa
- Visit Irish projects in Nairobi, Kenya
- 5 Day climb along the Marangu route (see overleaf)
- 35km each way through rain forest, alpine and rugged landscapes with the final ascent to the “Roof of Africa”, a staggering height of 5895m
- Birdseye view of the Serengeti and Masai plains
- Experience an African sunrise on top of the highest mountain in Africa and one of the “Seven Summits” in the world
- Fundraising target of €3,900 to include deposit of €300, transport and luggage transport, accommodation, transfers, food and National Park fees. It excludes medical and travel insurance
- Proposed departure date 24th March 2018 pending receipt of 12 confirmed trekkers. Please forward complete application form with deposit of €300 to secure a place on trek

WHY KILIMANJARO?

Climbing Africa’s highest mountain, Kilimanjaro, ranks high on many people’s list of things they hope to achieve during their lifetime. The towering snow-capped volcano is one of the most awe-inspiring sights in the world which at 5895m high makes it the highest mountain in Africa and one of the ‘Seven Summits’, the highest peaks on the seven continents.

Mount Kilimanjaro (Swahili for Shining Mountain), the highest free standing mountain in the world has several non-technical routes to its summit, making it possible for any reasonably fit trekker to reach the top. Our Kilimanjaro climb follows the breathtaking Marangu route totalling 35 kilometres in each direction with purpose-built hut accommodation available at all the stops.

ABOUT CAMPHILL

Camphill is a unique charity which aims to create lives of accomplishment, celebration and meaning. Our Communities can be found in seventeen locations around Ireland, with a strong presence in Kilkenny. We offer homes and work opportunities to young people and adults with learning disabilities, mental health problems and other support needs.



Our Communities have a variety of opportunities that range from agriculture and horticulture through to craftwork and domestic tasks. Within our Communities, participation in meaningful activities, such as work and training, boosts self-esteem and provides a common focus, as well as generating a healthy interdependence. We recognise that every person in a Camphill Community can contribute, and that we all contribute differently.



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Camphill Communities of Ireland is a registered company in the Republic of Ireland, company number 35672 and is registered as a charity with the Irish Revenue Commissioners and the Charities Regulatory Authority —Revenue CHY5861; CRA 20009489

WHERE WE NEED TO INVEST

Camphill Communities have suffered cutbacks in state funding over the past few years. Your raised funds will ensure the repair and maintenance of a large number of houses, farms, schools, therapeutic facilities and workshops across a number of specific Camphill Communities’ projects including:

- Creating social farming projects
- Completing housing improvements
- Creating independent and support living opportunities
- Providing specialised disability vehicles



“ Fulfilling Lives
for people with
Special Needs ”