About the Kilimanjaro Trek
Climbing Kilimanjaro, the highest free standing mountain in the world, is a once in a lifetime experience. Kilimanjaro is situated in Tanzania on the continent of Africa. The mountain is actually a huge crater over 2km wide known as Kibo. The name Kilimanjaro means 'shining mountain'. Our team will be taking the Machame route of Kilimanjaro, which is surrounded by spectacular scenery and a wide variety of landscape to enjoy.

The eleven day trip is a remarkable experience not to be missed. The Charity Challenge Trek to Kilimanjaro is an open challenge with like-minded individuals making up the team. The trek is quite challenging and would be suited to people with a high level of fitness.

Why trek for the ISPCA
The Irish Society for the Prevention of Cruelty to Animals is Ireland’s national Animal Welfare Charity. Through education, advocacy and raising awareness of animal welfare we work to prevent cruelty to animals.

The ISPCA’s six inspectors rescue animals that have been abused, neglected or abandoned and they are rehabilitated and responsibly rehomed from our animal centres in Longford and Cork.

We need your help to prevent animal cruelty in Ireland. By joining our trek team you can play a big part in preventing cruelty to animals like Elmo and Oscar.

Elmo and Oscar were rescued by the ISPCA in 2013 after a report was made over concerns about their welfare. At the time of Elmo and Oscar’s rescue, the examining veterinary surgeon gave them a body score of just one out of five. They were both skin and bone and had been almost starved to death. With a lot of care and kindness at our National Animal Centre both dogs recovered fully and were rehomed with new families. Elmo and Oscar are really enjoying their new lives thanks to the committed staff at the ISPCA and all our supporters who make our work possible.

The ISPCA successfully prosecuted the previous owner for Animal Cruelty at the beginning of 2014 and they were banned from owning dogs for two years.
Your Kilimanjaro Itinerary

Day 1  Depart Dublin
Depart Dublin in the morning for Tanzania. Fly via Istanbul.

Day 2  Arrive Arusha
Arrive in Kilimanjaro International Airport in the morning. Transfer to the hotel in Arusha and then relax for the day. Have an expedition brief before dinner. Stay overnight at hotel.

Day 3 Trek to Machame Camp
Meet with local guides, drive to Machame gate. At the gate register with the National Park and meet our team of porters. We trek through the tropical rain forest, stop for lunch and then continue to Machame camp in the afternoon. Porters will already have set up tents and be preparing dinner by the time we reach the campsite. Overnight camp.

Day 4  Trek to Shira Camp
After an early breakfast we walk a steep trail out of Machame camp, then gentle trail to the Shira plateau. We stop for plenty of rests and to take photos of the great views of the western breach and its stunning glaciers. We set up camp early afternoon. Altitude 3840m.

Day 5  Trek to Barranco Camp
We walk east towards Lava Tower a huge rocky outcrop at an altitude of 4630m. After 5 hours on this rocky trail we will stop for lunch then after walking to Lava Tower we descend back down to Barranco Camp an altitude of 3950m. This helps us with acclimatisation and experience stunning views. Overnight camp.

Day 6  Trek to Karranga Camp
We start by walking over Barranco wall which is tiring work. Upon reaching the top there are great view of the Heim glacier and surrounding landscape to reward our efforts. Then we enter the Karanga Valley crossing many small streams. We set up camp at the Karanga River. Spend the afternoon relaxing. Overnight camp.

Day 7  Trek to Barafu Camp
After breakfast, we start along a ridge towards Barafu camp. We gain altitude as the landscape becomes completely barren. We reach Barafu camp in the early afternoon and set up camp. The elevation makes this campsite colder so we spend the afternoon relaxing, eating and preparing for tomorrow’s summit day. Lots of layers will be needed for the summit trip. Overnight camp. Altitude 4550m.

Day 8  Trek to Uhuru Peak –Trek to Mweka Camp
Early rise around 12:00am have some snacks and start walking. We walk on steep scree to reach Stella Point, 5685m at a steady pace. This six hour trek is the toughest section of the day. We stop and enjoy sunrise at Stella Point. From here it is another two hours on a frequently snow covered route to reach Mt. Kilimanjaro at 5896m. The feeling of being on
the roof of Africa is amazing and all the effort to make it here well worth it. We descend to Millennium Camp after a short stay at the summit. Three hours further on at Barafu camp we enjoy rest and some food. Then we walk four hours to reach Millennium Camp. Here beer is available at a nearby hut to celebrate this great day. Overnight camp.

**Day 9  Trek to Mweka Gate**
After breakfast we trek downhill for six hours and finish our trek at Mweka Gate. We drive back to Arusha and enjoy a hot shower. The rest of the day is spent relaxing by the pool. In the evening there will be a celebratory meal and drinks at the hotel. Overnight hotel.

**Day 10  Free Day in Arusha**
Spend the day relaxing by the pool or exploring in Arusha after a good night’s rest. There is the option to add on a one day safari today for an additional €170. Depart about 10pm to Kilimanjaro International Airport for overnight flight.

**Day 11  Depart Tanzania & Arrive Dublin**
Arrive back in Dublin in the afternoon.

**Frequently Asked Questions**

**How do I register?**
To register, please visit www.earths-edge.com Please make sure you have read the terms and conditions in this document before you register.

Once we receive notification from Earths Edge of your registration, we will send you out your fundraising pack, training guides other relevant information.

**How much do I have to raise?**
The amount to be raised for the Expedition is €4,800

Key payment amounts and dates:

- €300  Deposit
- €1,300  4th September 2014
- €1,300  8th October 2014
- €1,300  13th November 2014
- €600  10th December 2014

Total €4,800
What is included in the costs?
Included in the costs are, all flights, all transport in Tanzania, all accommodation and all meals. Guides, permits and porters. An expedition leader and an expedition doctor. All group gear mountaineering equipment, cooking equipment etc.. An expedition t-shirt. A celebratory dinner at the end of the expedition.

What is not included?
Transfers to and from Dublin Airport. Expenses of a personal nature like laundry, phone calls, alcohol, cigarettes etc. Any cost arising out of unforeseen circumstances like bad weather or circumstances beyond Earth’s Edge’s control. Personal equipment, vaccinations, travel insurance and a tourist visa

What back-up support will there be?
Along with the expedition leader, the use of local guides, cooks, drivers and porters is of the highest standard. Most of the local based staff that are employed are first aid trained too. The expedition leaders are familiar with the local medical services and hospitals. Expeditions are equipped with two-way radios and satellite phones where no mobile phones are available.

Do I need insurance?
It is compulsory for all participants to have personal travel insurance on the expedition. Policies must provide cover for a) medical injury or sickness b) trekking up to 5900 metres c) helicopter evacuation in an emergency situation, and d) repatriation to your country of residence. Earth’s Edge has teamed up with Get Cover to offer you travel insurance. Please contact them and quote Earth’s Edge to avail of a 10% discount. To contact Get Cover call +353 1 290 8833 or go to their website www.getcover.ie/earthsedge.

Where will I sleep?
While in Arusha you will stay in a locally run lodge. All rooms are clean and comfortable. While on Trek accommodation will be in a tent set up by porters on the campsite.

What will I eat?
Nutritious and tasty food will be prepared by a cook at campsite. All fresh produce is washed using clean water and all perishable items are kept cool. Meals are well balanced which keep participants energised throughout the expedition.

What will the weather be like?
The Itinerary has been designed taking into consideration all weather. In the event of bad weather, Earth’s Edge Expedition Leader will assess the situation and make an informative decision on what to do, making safety the first priority. There are alternative routes and contingency plans in case of bad weather.

Do I need special equipment?
Once you have registered, Earth’s Edge will send you a list of the equipment you will need for the trek.
**Tips for Fundraising**

**Start Early!**
The earlier you start fundraising the more manageable it is. If you need any help or advice please do not hesitate to contact the ISPCA fundraising team on 043 3325035 (ext. 3).

**Get good friends and family to help you**
Have family and friends take part to help you raise money e.g. bake sale, car boot sale, a raffle, collect sponsorship money.

**Online fundraising page- idonate and My Charity**
Create your own online fundraising web page by registering with idonate at [www.idonate.ie](http://www.idonate.ie) or My Charity at [www.mycharity.ie](http://www.mycharity.ie). This makes it easier for your family to make donations securely online.

**Will your company match your fundraising or support you?**
Ask the company you work for if they will match an amount of money that you raise for your trek, or part of it at least!

**Be informative and enthusiastic**
Obtain information about the trip and the ISPCA, and try to mention it in all fundraising materials. Contact us for any materials you need.

**Posters, promotions and pictures**
Make posters promoting your trek, add pictures of Kilimanjaro Trek, check on Earth’s Edge website at earths-edge.com

**Use the Web and Social Media**
Create or use an existing Facebook page to promote yourself and the event. Remember the more people who know the more funds you will raise.
**Conditions of Entry - Please Read Carefully**

**Registration and Sponsorship**

A registration fee, payable to Earth’s Edge, of €300 is required for each application. This deposit is non-refundable and non-transferable, unless Earth's Edge is forced to cancel.

You must raise a minimum of €4,800 sponsorship (inclusive of deposit). The minimum sponsorship must be paid in phased intervals as will be notified to you in writing by the ISPCA.

It must be clear to those sponsoring you that they are sponsoring you to participate in a trek.

Your tickets will not be issued until your fundraising target has been met and all your sponsorship money has been remitted to the ISPCA.

Monies collected from fundraising for the Trek must be remitted with details to the ISPCA as soon after the fundraising event as possible.

Monies collected in the name of a specific trekker can only be used towards the cost of a booking for that trekker and not towards the booking of another trekker.

Monies collected as part of public collections such as flag days cannot be used towards a booking on a trek and may not be associated with pre-existing events (such as the ISPCA Hay Drive).

If you do not reach your fundraising target all money raised will be the possession of the ISPCA.

If you are unable to meet the sponsorship requirements you may forfeit your place on the event unless you make up the balance yourself.

Should you not be able to take your place on the event, for any reason, all sponsorship forms and monies should be forwarded to the ISPCA.

You may cancel your place on the event at any time by sending written notification to the ISPCA. You accept that the ISPCA may incur cancellation costs and that these costs will be deducted from your sponsorship.

You must not use your participation in the event as a vehicle to raise funds for any other charity.

Participants must carry out all fundraising in accordance with ISPCA Fundraising Guidelines, as set out in the fundraising pack.

Fundraising events held by trekkers may not be covered by the ISPCA's insurance policy. Please contact the fundraising department for details.

All funds raised should be made payable to ISPCA.

**Schedule of fundraising:**

Once you have registered for this trek please be advised that you are required to meet the following schedule of fundraising:

<table>
<thead>
<tr>
<th>Amount</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>€300</td>
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Total €4,800

**Cancellations:**

We reserve the right to alter the itinerary, alter the trip dates or cancel the trip should climatic, insufficient participant numbers or any other unforeseen circumstances make this necessary.

Cancellations must be confirmed in writing to ISPCA and cancellation charges may be imposed depending on the date of cancellation. Cancellation charges are calculated from the day written notification is received, as a percentage of the total package price (excluding the fundraising target) and will include any surcharges applicable at that date, as follows:

- Deposits are non-refundable.
- 60 days before departure – 50% of the total package cost is due
- 45 days before departure – 70% of the total package cost is due
- 30 days before departure – 100% of the total package cost is due

All flights will be booked through Earth’s Edge, TA: 0711.

Where applicable, and unless stated, you must have a valid entrance visa for the country in which the challenge takes place prior to travelling. Your passport must be valid for at least 6 months from the date of your return to Ireland.

On receipt of your final payment, you will receive a departure pack, including all flight arrangements and a final statement of your fundraising.