Mount Kilimanjaro Trek
2-13 September 2020

You KiliCANjaro with us and trek the world’s tallest free-standing mountain for the charity of your choice.

For more information and to register online:


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Mount Kilimanjaro Trek 2020

You KiliCANjaro with us and trek the world’s tallest free-standing mountain for a charity of your choice.

Join us for our next trek up Mount Kilimanjaro and reach “the roof of Africa” on this incredible and beautiful challenge. Taking the iconic Northern Circuit route, recently featured on TV, we’ll follow in the footsteps of celebrities and reach a whopping 5,895m/19,341ft above sea level for charity.

Mount Kilimanjaro, the world’s tallest free-standing mountain, is of course, famous for its stupendous height, but let’s not forget the range of beautiful, natural scenery we’ll pass through on the way to the summit!

Spotting some of Africa’s amazing wildlife as we go, we’ll trek through lush forests and bushland before wandering baron landscapes, rocky paths and mountain trails with spectacular panoramas.

Our Dream Challenges are renowned for their camaraderie and you’ll make fantastic new friendships and gain an unbeatable sense of achievement, as you push yourself to the peak for the cause closest to your heart.

If you’re afraid you won’t reach the summit, please be assured that we have a 100% summit success rate on our last five treks up the mountain and we also have two doctors accompanying us throughout the entire challenge.

Worried about fundraising? Don’t be...
The Mount Kilimanjaro Trek 2020 is an Open Challenge, which means you choose how you fund your adventure.

You can self-fund and pay the challenge costs yourself without the pressure of a minimum sponsorship target; or you can choose sponsorship and commit to raising a minimum amount for a charity of your choice. It’s your chance to do something amazing for the cause closest to your heart; whether you choose to support your local hospice, a small sanctuary or a national charity. It’s completely up to you.

Places for this phenomenally popular challenge are likely to go like hot cakes, so please register soon to avoid disappointment.

The easiest way to register is online. Simply go to the Mount Kilimanjaro Trek 2020 challenge page on our website: www.dream-challenges.com/challenges/mount-kilimanjaro-trek-2020/
The Itinerary

Days 1 & 2 | UK – Arusha
Our adventure starts at the airport in London, where we meet for the first time and catch our overnight flight to the amazing country of Tanzania in Africa, arriving in Arusha on Day 2. Our ground handler welcomes us at the airport and we transfer by coach to our hotel. Once settled and freshened up, you have some free time to relax before we meet back up for our first group dinner and challenge briefing. This is a fantastic opportunity to gather more details from our experienced challenge guides and ask any questions you may have about the challenge that lies ahead of us.

Day 3 | Arusha – Londrossi Gate – Big Tree Camp (Mti Mkubwa) | approx. 6km/ 4-5 hours (2,360m – 2,895m)
Ready and raring to go after our challenge briefing yesterday, we get ready to start our trek today. Waking up to breakfast at the hotel, we spend the morning transferring to the western side of Mount Kilimanjaro, first to the Londrossi Gate of the National Park for registration and then to our starting point at the Lemosho Trailhead. Here, we fuel up with a spot of lunch and meet our experienced mountain guides and support crew. Then we commence our trek up the tallest free-standing mountain in the world!

Don’t be daunted, you totally KiliCANjaro and as it’s our first day, we take it easy, hiking for about four to five hours, through the gorgeous and unspoiled rainforest, teeming with a wonderful range of the local wildlife, including blue monkeys. Tonight will be our first night camping on the mountain, in the comfortable and professional twin tents provided by the Dream Team. These will be set up for us by the time we arrive, so there’s no need to panic about pegging a tent down yourself! Instead, you can kick back and enjoy the amazing sounds and scenery of the forest.

Day 4 | Big Tree Camp – Shira 1 Camp (Shira Caldera) | approx. 8km/ 6 hours (2,895m – 3,505m)
We have a slightly more difficult trek today as we head into an altitude of 3,500m trekking across the Shira Plateau, with a height gain of around 2,000ft/ 610m. Our route takes us to a beautiful wilderness camp unvisited by the majority of trekkers just outside the Shira crater, where we overnight at around 11,500ft/ 3,500m. Here, we kick back, have dinner together and enjoy the amazing vistas of the nearby volcano cone, Kibo, which we can see from our camp.
Day 5 | Shira 1 Camp – Moir Hut | approx. 10km (3,560m – 4,100m)

After a good breakfast, we continue our trek over the fantastic Shira Plateau and the landscape once again changes, keeping our eyes constantly enthralled. We’ll pass loads of wild, yellow flowers, called Senecios that can grow to an astonishing height of about nine meters! When we reach Fischer Camp, we’ll enjoy our lunch, before hiking on to Moir Camp, where we’ll be staying the night, at 4,175m above sea level. We have a short rest here and then we have the option to take on a further hike up to the ridgeline (approx. 2km from our camp). As the ridge lies about 130m higher up than our camp, this walk will allow us to acclimatise better to the altitude. After arriving back at camp, dinner will be served.

Day 6 | Moir Hut – Pofu Camp | approx. 10km (4,100m – 4,025m)

Yesterday has prepped us for some tough trekking and changes in altitude, but you’ll be pleased to know that today is a little easier. We start the day with a steep hike out of the valley and then hike along Kilimanjaro’s Northern slopes and we even come close to Kenya! We’ll notice our proximity to the neighbouring country when the beautiful Tsavo and Amboselli Valleys come into view. As you can expect from being this high up on the planet, we’re treated to awesome panoramas and mountain scenery throughout the trek and arrive at last at Pofu Camp, where we stop for the night.

Day 7 | Pofu Camp – Cave Three Camp | approx. 6km (4,025m – 3,915m)

Continuing our exploration of the mountain’s Northern Slopes, we have the same length trek today, but the terrain means it’s likely to take us less time, so we can further adjust to the environment. We can also expect to see other courageous people today, as our route (the Northern Circuit) meets the Rongai Trail. Our day’s hiking ends when we reach the Cave Three Camp to settle down for the evening.

“Everyone had such a fantastic time and was a testament to the hard work that is put in by Dream Challenges. I have nothing but praise for the organisational staff, who were all generous, experienced, knowledgeable and kind.”

Hannah, Dream Challenges Past Participant
**Day 8 | Cave Three Camp - Kibo Hut | approx. 4.5km (3,915m – 4,750m)**

Day 8 marks our last day before the final summit stretch tomorrow! This means we take it a little slower so that we can allow for sufficient rest in preparation. As we’re coming closer to “the roof of Africa,” we hike higher than we have so far on this challenge and we’ll notice that vegetation grows sparser up here.

Reaching the Kibo Hut relatively early, we enjoy a hot lunch, rest as much as possible and drink plenty of water. We have dinner in the evening and go to bed early for a very early start. One of the best mottos in life is “hydration is key” and this is particularly important as we get ourselves ready for our push to the peak.

**Day 9 | Summit Day | Kibo Hut – Summit Bid – Horombo Hut | approx. 21km (4,750m - 5,895m summit – 3,915m)**

We rise at midnight for the toughest, but most rewarding day of our challenge and after breakfast, we follow a long and winding path up to the wonderful rim of the volcano’s crater. As we trek higher, the slope becomes steeper and rockier with boulders here and there, which signals that we’re drawing close to the Gilman’s Point, at a whopping 5,712m.

This is a check point of sorts and from here, our route gets a little gentler all the way to the summit. We have a bit of a break here to take in the staggering vistas, enjoy the mountainous sense of achievement of having reached 5,895 metres above sea level and get some great photos!

Then it’s back down we go, descending carefully to Kibo Hut for a rest and some hot lunch. This refreshes us sufficiently, so that we can finish off our day’s tough feat by trekking to our night’s camp, the Horombo Hut, which sits at 3,915m. By now, we’ve jolly well earned ourselves a big dinner, which we tuck into before retiring to bed.

**Day 10 | Horombo Hut – Marangu Gate – Impala Hotel, Arusha | approx. 20km (3,706m – 1,962m)**

We’re so ready for our final day of trekking and after our last breakfast at a campsite, we embark on a beautiful descent back down the mountain, stopping at Mandara for lunch. Our stunning route takes us through rainforests full of colourful plants and wildlife and we can enjoy the exotic birdsong as we walk, a wonderful soundtrack to spur us on to our finishing point at the gate of the National park. Triumphant and trekked out, we check out of the park and rest our legs on a coach transfer (approx. 3 hours) to our hotel for a freshen up, before we meet again for our delicious celebration dinner.

**Day 11 | Free Day - Arusha**

Our last day in Tanzania is free for you to spend as you like, relaxing at the comfortable hotel or wandering the local area. Arusha is a hugely popular, multicultural city, which lies on the Northern Safari Circuit, close to many of Africa’s greatest National Parks. Today gives us the fantastic opportunity to explore the city, getting a final dose of the amazing Tanzanian culture and doing some last-minute souvenir shopping. You also have the option to go on an excursion to either Ngorongoro crater or Tarangire or Arusha National park. Please note that optional excursions aren’t included in the challenge costs, so you’ll need to pay for it yourself if you decide to go on one.

**Day 12 | Arusha – UK**

We bid a fond farewell to Tanzania today and transfer to Arusha airport for our flight back to the UK. This is where we part ways for home, full of amazing memories and basking in the unbeatable sense of achievement of having climbed to one of the highest peaks in the world for the cause that means the most to you.

@dream_challenges @dreamchallenges @DreamChallenges
Your questions answered

When is it?
2 – 13 September 2020

How much does it cost?
Registration fee: £399
Self fund: £2,950
Minimum sponsorship target: £5,900

When’s the fundraising deadline?
24 June 2020

How do I sign up?
The best way to secure your place is on the Mount Kilimanjaro Trek 2020 challenge page on our website: https://www.dream-challenges.com/challenges/mount-kilimanjaro-trek-2020/

MORE DETAILS
How does it work?
To take part in the Mount Kilimanjaro Trek 2020, you need to pay a non-refundable registration fee of £399, which is used to administer the challenge, secure your seats with the airline and pay deposits for the trek in Tanzania. You then have two options to fund your challenge:

Option One – Minimum sponsorship: Select a charity, hospice or sanctuary of your choice and fundraise a minimum of £5,900 for them. Providing you have raised the funds by ten weeks before the challenge (24 June 2020), the charity you’re supporting will pay the challenge costs (£2,950) on your behalf. The challenge costs include your flights (not including airport and fuel tax, approx. £350), accommodation, food, transfers and challenge support, including experienced challenge and mountain guides, porters and two experienced and qualified doctors. The rest of the funds will go directly towards the charity’s invaluable work.

Option Two – Self funding with sponsorship: If you still want to help your favourite charity in a big way, but don’t want the pressure of a minimum fundraising target, this is the option for you. Pay the challenge costs yourself (£2,950) by 24 June 2020 and then fundraise as much as you can for the charity, hospice or sanctuary of your choice or make a donation.
Your questions answered continued

**How fit do I have to be?**
Climbing Mount Kilimanjaro is a high altitude trek that is a serious physical challenge, but nothing you can’t achieve without a bit of training. We provide all our participants with a realistic and achievable training plan once you register for the challenge, which we recommend you stick to.

The trek will test your physical fitness, powers of endurance and mental strength. Our mountain guides have an excellent track record both in safety and in reaching the summit with this type of group.

Much of the route is on well defined paths although the summit ascent will involve some scrambling on scree-covered slopes and boulders. Perhaps the biggest challenge is dealing with the altitude; but we have designed this itinerary to allow for sufficient acclimatisation to the conditions, which will help to improve the chances of reaching the summit. Two qualified doctors will be with the group at all times.

**I’m worried about signing up on my own…**
Please don’t be! The majority of people will sign up on their own and our Dream Challenges are renowned for the amazing camaraderie and life long friendships made as our groups take on these incredible feats together.

Once you’ve signed up for the challenge, we’ll send you a link to a private Facebook group for everyone registered for the Mount Kilimanjaro Trek 2020. Please feel free to use this space to swap questions, advice and updates with your fellow trekkers on your training and fundraising. You may also want to reach out to the fellow participants in this group to see if there’s anyone in your local area you can meet up to train and fundraise with.

**What’s the minimum/maximum age limit?**
Everyone who is over the age of eighteen by the departure date (2 September 2020) is more than welcome on this trek. One of the amazing things about the challenge is that adults of all ages will come together to do something very special. So long as your doctor deems you fit enough to take on this high-altitude challenge, so do we.

**Do I need special equipment?**
You will need a good pair of hiking boots; a 3-4 seasons sleeping bag; warm waterproof clothing and water bottles or a hydration bladder. Apart from that, no specialist equipment is required. We will supply a full kit list before you go.

**Will I have to carry my kit?**
Porters will carry your luggage, food and water, so you will only need to carry a small day pack containing essential accessories and equipment.

**Where will we sleep overnight?**
We will camp in two-person tents on the mountain and accommodation will be provided in comfortable three-star class hotels on our nights in Arusha on a twin sharing basis. All camping equipment, except for your sleeping bag, will be provided and our camps will be set up for you, so you won’t need to do it yourself. You will need to bring a three to four seasons sleeping bag with you, which our porters will carry with the rest of your luggage while we trek.
Your questions answered continued

Can I extend my stay at the end of the challenge?
Yes of course! If you wish to extend your stay in Tanzania, you will need to come out of our group flights (and of course, we would deduct the cost from your balance).

What other costs will I pay?
In addition to paying your registration fee, you will need to budget for your airport taxes and the fuel surcharge (approx. £350 but subject to change), personal travel insurance, visa, gratuities, optional tours and personal expenses.

What about insurance and visas?
You will need to take out your own personal travel insurance covering health, accident, loss and repatriation. Dream Challenges has a recommended policy, which we will send you the details of. You can however take out your own insurance providing it covers you for a charity trek in Tanzania. Each participant needs to organise their own tourist visa. Full details on how to apply will be provided much closer to the challenge departure date.

How will you support me?
The Dream Challenges team are here to help you achieve your challenge and will support you all the way. We’re on hand from the minute you sign up to answer any questions that you may have about your training or the challenge itself. Once you’ve registered, we will send you a realistic training programme to help you get fit for the trek. The programme builds up gradually as the challenge gets closer.

How will you support me during the trek?
We’ll have two qualified doctors accompanying the group from the get go and at all times throughout the challenge. We’ll also have three porters for every participant and for every ten participants, there will be three experienced local guides, along with a Dream Challenges event leader.

“Absolutely fantastic experience climbing Mount Kilimanjaro. I learnt so much and raised a ton of money for charity! Our trip leader was clearly experienced and a great motivator. I felt very well looked after by him.”

Neil, Dream Challenges
Mount Kilimanjaro Trek Past Participant
Why take part?

THE CAUSE
The Mount Kilimanjaro Trek 2020 is an Open Challenge, which means you can either self fund your adventure or you can raise money for a charity, hospice or animal sanctuary of your choice. It’s your chance to do something big for the cause closest to your heart.

Of course, popping a pound in a donation box is great; but fundraising and representing them with pride, while you achieve something incredible, is a massive step up. You’ll raise lots of awareness of the charity and encourage other people to support them too, who otherwise may not have even heard of them - and all the funds you raise will do wonders for their cause. So this trek to the roof of Africa won’t just be life-changing for you; it’ll be life-changing for everyone you’ll be helping too.

THE CAMARADERIE
Our Dream Challenges are renowned for the incomparable camaraderie, life-long friendships made and overwhelming sense of achievement our heroes get while conquering these amazing feats. There’s nothing like coming together with other inspiring people, who share your passion for reaching your goals, experiencing the world and helping to make it a better place.

THE CHALLENGE
The Mount Kilimanjaro Trek 2020 is the ultimate motivation for you to get fit. Hiking to the summit of the tallest free-standing mountain in the world is hardly a walk in the park and shaping up for it is a great goal to get you off your couch and into your boots. The training plan we provide for you is very achievable and you’ll even find it fun with your amazing adventure to get excited for! What’s more, our treks aren’t just physically challenging, they’re mentally challenging as well. Venturing for twelve days in unknown territory and pushing yourself out of your comfort zone is an incredible feat and the sense of achievement you’ll experience will be unforgettable!

“The organisation was seamless, the crew did an amazing job. The trek was a wonderful experience with lovely people, through spectacularly beautiful scenery.”
Rod, Dream Challenges
Past Participant
Conditions of entry

1. A non-refundable registration fee of £399 is required to participate in this challenge and should be paid direct to Dream Challenges.

2. If you have selected:  
   **Option One – Sponsorship:** You pay the non-refundable challenge registration fee direct to Dream Challenges when you register for the challenge. You must raise the agreed minimum amount of sponsorship as specified by your chosen charity, 100% of which must be sent to your charity at least ten weeks prior to the challenge departure date and will be used to cover your challenge costs, including air fare (not including airport taxes and the fuel surcharge – approximately £350), accommodation, most food, transfers, guides and challenge support.

   **Option Two – Self fund:** You pay the non-refundable challenge registration fee direct to Dream Challenges when you register for the challenge. You must pay the full challenge costs of £2,950, which will need to be paid to Dream Challenges at least ten weeks before the departure date to secure your place on the challenge. You agree to raise as much sponsorship as you can and/or make a personal donation for the charity of your choice.

3. Under Option One, if you are unable to raise the minimum sponsorship required, you will forfeit your right to a place on the challenge or you could make up the shortfall yourself.

4. If you do not take up your place for any reason, you must inform Dream Challenges and your charity immediately. You must contact all your sponsors to ask if they wish to make a donation or have their sponsorship returned. You must send all sponsorship forms and sponsorship money collected to your charity.

5. The good reputation of your charity is paramount. You must agree to act lawfully and to follow the fundraising guidelines laid out by the charity you are supporting.

6. All participants taking part do so at their own risk. Dream Challenges has organised flights, accommodation, food, guides etc and is fully bonded by the Civil Aviation Authority ATOL No. 10456. In making these arrangements, Dream Challenges is acting as your agent and is unable to accept liability for any loss or damage, however arising, or for cancellation of the challenge due to circumstances beyond their control.

7. Itineraries, schedules and accommodation may change and other alterations may occur, which are beyond the control of Dream Challenges.

8. If you are refused passage/entry/exit to or from Tanzania, any additional costs incurred are your responsibility.

9. You must not be dependent on alcohol or drugs or have any criminal convictions.

10. Your passport must be valid for at least six months from date of return to the UK. You are responsible for ensuring that you have a valid passport for the challenge. Passport control and other authorities will reserve the right to refuse entry.

11. Your travel insurance must cover health/accident/loss/repatriation during the challenge. You must supply proof of travel insurance ten weeks prior to departure or you may forfeit your place on the challenge.

12. For health and safety reasons, the tour operator, ground agents and/or medical staff reserve the right to stop any person from participating.

13. The tour operator and local staff should not be subject to inappropriate verbal or physical behaviour. In any such case we reserve the right to exclude any person from the challenge.

14. You must agree to be bound by Dream Challenges’ Booking Conditions. Click the link for these conditions and for details of your ABTOT cover: Booking Conditions.

15. You must be at least 18 years of age before the departure date of the challenge unless permission has been given by Dream Challenges.

This contract is governed by English Law and the exclusive jurisdiction of the English Courts. The challenge is operated by Dream Challenges. Flights and ground arrangements are ATOL bonded (10465) through Dream Challenges Ltd, Newcourt House, New Street, Lymington SO41 9BQ.