

CLIMB KILIMANJARO 2011



Sign up for Trek Kilimanjaro in 2011 from £349!

www.maginternational.org/kilimanjaro

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THE MACHAME ROUTE

The beautiful Machame Route approaches Kilimanjaro from the south, and the 6 day trek starts through dense tropical rainforest, and passes through some of the mountains best features – the Shira Plateau, Barranco Wall, and Karanga Valley on the way to the summit. This is a tough but spectacularly rewarding route with stunning views with a good acclimatisation feature on day 5.

DAY 1 DEPARTURE FROM THE UK

DAY 2 MOSHI

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

DAY 3 MACHAME CAMP 3000m 5-6 HRS TREKKING

After a good breakfast we make the ½ hr road transfer to Machame Gate and start trekking through the lush vegetation of the rainforest. In the afternoon we reach the camp, enjoy dinner and settle down to our first night under canvas.

DAY 4 SHIRA CAMP 3840m 6-7 HRS TREKKING

This morning the route takes us through ever changing scenery as there is a steep ascent up through heather and moorland to the Shira Plateau. We continue across the plateau to our camp for the evening to relax and enjoy the fabulous views.

DAY 5 BARRANCO CAMP 3950m 6-7 HRS TREKKING

Trekking east across beautiful barren moonlike landscape, reaching the Lava Tower, with a stop for lunch, then 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 BARAFU CAMP 4600m 6-7 HRS TREKKING

Leaving 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 SUMMIT DAY 5895m 12-13 HRS TREKKING

Awaking just after 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. Then 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. A tough descent to Barafu camp, a stop for breakfast, before continuing on to Millennium Camp.

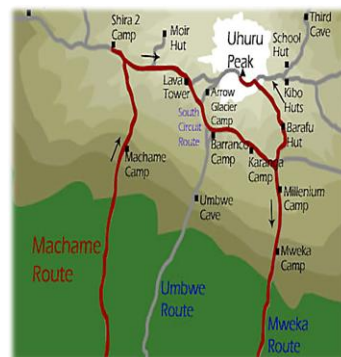
DAY 8 MOSHI 5-6 HRS TREKKING

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

DAY 9 A FREE DAY IN MOSHI

Today there is a free day before boarding the overnight flight back to the UK in the evening.

DAY 10 ARRIVE HOME IN UK



Note: some departures may transfer from Nairobi by road depending on flight availability and hotels may be in Arusha.

FAQs – MACHAME ROUTE

WHEN CAN I GO IN 2011?

| | |
|-----------------|--------------------------|
| 09 Jan - 18 Jan | PLACES AVAILABLE |
| 13 Jan - 22 Jan | PLACES AVAILABLE |
| 20 Jan - 29 Jan | PLACES AVAILABLE |
| 03 Feb - 12 Feb | PLACES AVAILABLE |
| 24 Feb - 05 Mar | PLACES AVAILABLE |
| 03 Mar - 12 Mar | PLACES AVAILABLE |
| 24 Mar - 02 Apr | PLACES AVAILABLE |
| 02 Jun - 11 Jun | PLACES AVAILABLE |
| 23 Jun - 02 Jul | PLACES AVAILABLE |
| 07 Jul - 16 Jul | PLACES AVAILABLE |
| 25 Aug - 03 Sep | PLACES AVAILABLE |
| 01 Sep - 10 Sep | PLACES AVAILABLE |
| 15 Sep - 24 Sep | PLACES AVAILABLE |
| 06 Oct - 15 Oct | PLACES AVAILABLE |
| 20 Oct - 29 Oct | PLACES AVAILABLE |
| 01 Dec - 10 Dec | PLACES AVAILABLE |
| 08 Dec - 17 Dec | PLACES AVAILABLE |
| 26 Dec - 4 Jan | NEW YEAR SPECIAL! |

HOW MUCH WILL IT COST ME?

- The initial registration fee is £349 which can be paid by cheque or bank transfer and should accompany your registration form. Alternatively you can pay by credit card online at www.maginternational.org/kilimanjaro

(Reg. fee is £599 for New Year Special)

- Choose from one of the following **three** payment options:

Option 1: Self Funding

Pay a further £1750 10 weeks before you go to cover all event costs (separate to the £349 already paid) - total cost is £2099. If you wish you can also fundraise for MAG and arrange this yourself.

Option 2: Minimum Sponsorship

Fundraise a minimum of £3500 MAG (separate to the £349 already paid).

Option 3: Mixed Funding

Pay a further £650 before you go (separate to the £349 already paid) to cover some of your event costs, and then fundraise a minimum of £2300 for MAG.

WHAT IS MINIMUM SPONSORSHIP?

You choose to raise money for MAG and we agree the formalities with them. They will help with your fundraising plans. Your minimum sponsorship target of £3500 covers:

- > £1750 (balance of the event cost for your place)
- > £1750 (minimum donation to your charity)

All fundraising must be sent directly to MAG - setting up a web donation page is the best way of doing this. They will require at least 80% of the minimum sponsorship 10 weeks prior to departure and the remaining 20% within 2 weeks of returning.

WHAT IS MIXED FUNDING?

You contribute a further £650 towards the cost of your place on the event (due 10 weeks prior to departure), and then also raise money for MAG. We agree the details with them, and they will help with your fundraising plans. Your minimum sponsorship target of £2300 covers:

- > £1100 (balance of the event cost for your place)
- > £1200 (minimum donation to MAG)

Payment of sponsorship monies to MAG is as described above within the 'Minimum Sponsorship'.

WHAT IS INCLUDED IN THE COST?

All flights, transfers, accommodation, National Park fees, full medical support, experienced guides and porters for personal equipment and camping gear. Our representative will be on hand to support, and all food will be provided, except on your free time at the end of the challenge. Nutritious meals will be provided for you in the hotels and at camp, with a hot cooked lunch on trekking days, and at least 3 litres of drinking water each day.

WHAT IS NOT INCLUDED?

You are responsible for obtaining your own visa and personal travel insurance (which should cover trekking up to 6000m, medical repatriation and curtailment). Drinks, personal items and tips for Tanzanian local support staff (guides and porters).

WHERE WILL I SLEEP?

Accommodation will be in good quality tents whilst you are trekking on the mountain, and in a 3 or 4 star hotel whilst you are in Moshi, on a twin share basis.

CAN I STAY ON AFTER MY CHALLENGE?

Yes of course! We have a number of exciting extension options available, including 5 day safaris to watch the mass migration in the Serengeti National Park, 3 day safaris to the Ngorogoro Crater and a relaxing beach break package in Zanzibar.

FITNESS AND WELLBEING

Climbing Mount Kilimanjaro is a challenge that you can't approach without prior physical training, but is also achievable for most people; it's a trek which involves no 'climbing'. We recommend that all of our participants are physically fit before attempting this challenge, because whilst on the mountain you will be walking at altitude for more than 6 hours most days, and the summit day itself is strenuous and should not be underestimated.

Everybody is different, so we cannot recommend a specific pre-challenge fitness programme, but we would be more than happy to speak to anybody about the fitness level that you should aim for in preparation for the trek.

We are also able to offer our participants expert advice from 'The Altitude Centre' in London, who can test your susceptibility to altitude, and give advice on how you can better prepare yourself for your challenge.

Having the right kit also plays an important role in successfully completing the challenge, and we will issue you with a full kit list after registration. You will need a good 4-5 season sleeping bag and a comfortable, well worn in, pair of walking boots.

HOW DO I SIGN UP?

- Use the attached booking form, choose which date you would like to go on, send us a cheque for the initial deposit, along with your completed form, to the address below. Alternatively register online at www.maginternational.org/kilimanjaro
- On receipt of your form and deposit, we will then confirm your place on your preferred departure and send you an Event Welcome Pack.
- If you are fundraising for MAG we will then contact them so that you can start your fundraising as soon as possible.
- We understand that fundraising for your trip can be a daunting prospect, but we have lots of ideas up our sleeves, and MAG will be more than happy to provide you with the necessary fundraising help and advice.
- If you have any questions, or would just like to run through this challenge in a bit more detail, please do not hesitate to drop us an email or give us a call, and we'll be more than happy to help.

ABOUT ACTION CHALLENGE

Action Challenge specialises in the creation of challenging, travel-based activities the world over. We know that there's something strange that happens to people when they are out on the mountain pass or cycling through some totally foreign environment. We 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

1. Your Challenge

(a) To enter this challenge you ("you"/"your") must complete the attached registration form and return it to Action Challenge ("us"/"we") at 3a Aberdeen Studios, 22-24 Highbury Grove, London, N6 2EA. On receipt of a completed registration form & registration fee we will send you confirmation of your place on the challenge and an information pack containing full details of the event. Together these form a binding contract between you and us which are subject to these terms and conditions.

(b) Your travel arrangements (for UK departures), including transport and accommodation that are booked through us and are described within the event brochure and the challenge Information Pack are fully protected under our ATOL license number 6298 regulated by the Civil Aviation Authority.

(c) We will try to accommodate your special requirements as detailed in your booking or personal details form (which will be sent to you) but we cannot guarantee that these will be provided and any failure in this respect will not constitute a breach of these terms and conditions by us.

(d) This challenge is strenuous and you need to be healthy, fit and be well trained. You should consult a doctor if you have any doubts about your suitability to participate in this challenge, and abide by any advice given. You will be required to complete a medical questionnaire which forms part of the personal details form, and we may request a medical certificate from your doctor. You must keep us advised of any medical conditions that develop after you have sent us your medical questionnaire that may be relevant for your safe participation on the challenge. If whilst on the challenge our doctor or medic or challenge leader gives you specific safety or medical advice aimed at protecting your own welfare you will abide by this advice.

(e) You must be at least 18 years old to participate, and hold a passport which is valid for at least 6 months from the date of your return to the UK. If you are under 18 please contact us to discuss parental consent.

2. Registration Fee

The Registration Fee is non-refundable, unless the Challenge is cancelled by us, or your completed medical questionnaire that forms part of the Information Pack precludes, in the opinion of our doctor, your participation in the Challenge and has been returned to us within 30 days of your initial (dated) registration form. You should have a suitable travel insurance policy with curtailment cover to protect yourself.

3. Information Pack

You will be sent an Information Pack & all information about this challenge is correct at the time of printing. Airlines reserve the right to change flight times and schedules and we cannot guarantee that flights will leave at the times that may be shown within the Information Pack or on your ticket. Any false information supplied by you on the personal details form or medical questionnaire or failure to comply with Clause 1(d) will make you fully liable for any costs incurred by us or our agents in relation to you in this respect.

4. Self-funding option

(a) To confirm your place on the event you must pay Action Challenge a non-refundable registration fee as detailed on the registration form (unless the challenge is cancelled by us or subject to clause 2).
 (b) If you have chosen the self-funding option you are responsible for personally funding the full cost of your place on the challenge. Your final balance, as detailed on the registration form, is due ten (10) weeks before the date of departure and we reserve the right to cancel your booking if your final balance is not received by this date and you will forfeit your Registration Fee.

(c) If having paid the final balance you cancel your place on the challenge a cancellation will only be accepted in writing by us from the person who signed the registration form. Cancellations will involve a cancellation charge as set out here: Ten (10) weeks or more prior to departure-loss of registration fee, 60-36days prior to departure date-50% of the final balance, 35-15 days prior to departure date-70% of the final balance, 14-8 days prior to departure date-90% of the final balance, 7-0 days prior to departure date-100% of the final balance. Please note that this excludes insurance premiums you may have purchased or non-refundable amendment charges. Your cancellation may be covered by your insurance policy and if so you should be able to reclaim cancellation charges, and you should have an appropriate policy in place.

(d) We have set out all those items included in your challenge cost and will guarantee the cost of all our suppliers in respect of your challenge once the final balance has been paid. If due to governmental action, fluctuations in foreign currency rates, fuel or transportation costs or for reasons beyond our reasonable control the cost of your challenge rises over 2%, then we reserve the right to increase the cost of your challenge. If there is an increase in the cost of your challenge of more than 9% you have the right to cancel your booking and receive a full refund. We will inform you of any surcharge in writing and if you wish to cancel your booking then you must do so within two (2) weeks of receiving our letter or we shall assume you have elected to accept any surcharge.

5. Minimum sponsorship option for a charity partner of your choice

(a) To confirm your place on the event you must pay Action Challenge a non-refundable registration fee as detailed on the registration form (unless the challenge is cancelled by us or subject to clause 2). You will nominate your chosen charity on the event booking form and we will communicate with that charity to seek their formal authorisation for you to raise sponsorship monies for the challenge.

(b) If you have committed to a minimum sponsorship option for a charity that you have chosen you are classed as a professional fundraiser and will be asked to sign an appropriate agreement with the charity that you are fundraising for; this agreement will be sent to you by the charity. In addition to your registration fee you are required to raise at least a further sum in sponsorship as detailed upon the registration form, which is payable in two instalments.

(c) The first fundraising instalment equal to at least 80% of the minimum sponsorship is due ten (10) weeks prior to departure. The second fundraising instalment which equates to the balance of the minimum sponsorship and any sums raised above the minimum sponsorship is due within two (2) weeks of completing the challenge. Both fundraising instalments will be payable to the charity. Any additional fundraising completed beyond the due date of the second instalment, should be passed to the charity as soon as is practicable.

(d) If you are unable to reach the minimum sponsorship or instalment due dates, you are liable to forfeit your challenge place and your Registration Fee, unless the charity agrees otherwise with you and us.

(e) You must make it clear to all your prospective sponsors that a part of your sponsorship money goes towards payment for you to take part in the event.

(f) All sponsorship monies should be paid as specified by the charity that you have chosen.

(g) Should you not be able to take up your place on the challenge for whatever reason, or chose not to for whatever reason, you will forfeit your Registration Fee and sponsorship donations made to the charity will not be refundable to you directly. Money will only be refunded by the charity directly to individual donors upon written request to the charity, unless agreed otherwise with the charity by you.

6. Mixed funding option – you pay a balance and also fundraise for a chosen charity

(a) To confirm your place on the event you must pay Action Challenge a non-refundable registration fee as detailed on the booking form (unless the challenge is cancelled by us). Your balance, as detailed on the booking form, is due ten (10) weeks before the date of departure and we reserve the right to cancel your booking if your final balance is not received by this date. This balance is subject to the same cancellation clauses as described in clause 4 (c) above and also the cost increase provision described in clause 4 (d) above. You will also nominate your chosen charity on the registration form and we will communicate with that charity to seek their formal authorisation for you to raise sponsorship monies for the challenge as detailed on the registration form.

(b) If you have committed to a mixed funding option for a charity that you have chosen you are classed as a professional fundraiser and will be asked to sign an appropriate agreement with the charity that you are fundraising for; this agreement will be sent to you by the charity. In addition to your registration fee and the balance that you owe to Action Challenge, you are required to raise at least the sum in sponsorship as detailed upon the registration form, which is payable in two instalments.

(c) The first fundraising instalment equating to at least 80% of the minimum sponsorship is due ten (10) weeks prior to departure. The second fundraising instalment which equates to the balance of the minimum agreed sponsorship and any sums raised above the minimum sponsorship is due within two (2) weeks of completing the challenge. Both fundraising instalments will be payable to the charity. Any additional fundraising completed beyond the due date of the second instalment, should be passed to the charity as soon as is practicable.

(d) If you are unable to reach the minimum sponsorship target or the instalment due dates, you are liable to forfeit your place on the challenge and your Registration Fee, unless the charity that you are fundraising for agrees otherwise with you and us.

(e) You must make it clear to all your prospective sponsors that a part of your sponsorship money goes towards payment for you to take part in the event.

(f) All sponsorship monies should be paid as specified by the charity that you have chosen.

(g) Should you not be able to take up your place on the challenge for whatever reason, or chose not to for whatever reason, you will forfeit your Registration Fee and sponsorship donations made to the charity will not be refundable to you directly. Money will only be refunded by the charity directly to individual donors upon written request to the charity, unless agreed otherwise with the charity by you.

7. Itinerary changes

All our challenges are complicated and may be subject to change. Our challenges are planned many months in advance and sometimes there may be minor changes to your itinerary. Should there be a material change prior to departure which is not a result of force majeure (a departure timing change of more than 48 hours for example) then we will inform you as soon as is practicable and in this case you may either agree to proceed with the new itinerary or cancel your participation in the challenge, in which case you will receive a full refund.

8. Changes made by you

Each change must be made in writing or email and is always subject to availability. Changes must be made by the person whose signature appears on the registration form. We will always try and accommodate any changes requested; however, changes that you request will incur an administration fee per person/change of £50. A change in Challenge date will automatically incur a fee of £100. If you wish to change the name of the participant then you may be liable to a further surcharge at the discretion of any supplier or airline. You should note that some suppliers may charge a 100% cancellation fee for a name change and the cost of a replacement ticket.

9. Cancellation by us

In the event we have to cancel the challenge whether as a result of force majeure or another reason that makes it impractical to proceed with the challenge, we will provide you with a prompt and full refund of all monies that have been paid by you to us. Unfortunately we do not make any payments compensating for losses or costs you incur in the case of a cancellation and we exclude and limit all such liability to the full extent permitted under law.

10. Delays and force majeure

We do not accept liability for any delays in your travel arrangements, or reasonable changes to your itinerary in the event of Force Majeure. Force Majeure means any unusual or unforeseen circumstances beyond our reasonable control including but not limited to an act of God, war, accident, failure of power supply, abnormal weather, fire, explosion, labour disturbance, flight delays, bad weather, or the issue of any travel advice by the Foreign and Commonwealth Office advising against travel to any destination included within your challenge.

11. Flights, Airlines & Suppliers

(a) You must check all information sent to you by us and make sure that you arrive at the airport in sufficient time. Airlines sometimes change aircraft and flight times without advance warning so you are asked to check carefully your departure and check in times on your documentation.

(b) All our flights are arranged through scheduled airlines and we are bound by their terms and conditions and regulations and we cannot be held responsible for any delays, cancellations or overbookings.

(c) Changes made by airlines and/or airport destinations will not constitute a material change to your challenge entitling you to cancel, subject to clause 7.

(d) Inappropriate behaviour, including but not limited to, drunkenness or rowdiness may lead to the transport carrier refusing carriage and alternative transportation may have to be arranged at your own cost.

(e) Liability in respect of all carriage by air, sea, rail and/or road is strictly limited to that under any relevant international convention or set of rules governing such carriage and where applicable subject to clause 12 below.

12. Other obligations to you

(a) We accept liability for negligent acts and/or omissions by us, our employees, agents, suppliers or sub contractors whilst acting within the scope of, or in the course of their employment in the provision of any part of your challenge arrangements as set out in the Information Pack and event brochure, that we are contractually obliged to provide. We will therefore pay such damages as may be awarded under English law.

(b) We exclude and limit all other liability to the extent permitted under law and damages are not payable where any failure to perform the contract is due neither to any fault on our part or a supplier of any part of your travel arrangements or is attributable to you or unforeseen or unavoidable actions of a third party unconnected with the provision of your travel arrangements or a force majeure event or other unusual and unforeseeable circumstances beyond our control or an event which could not have been foreseen even if all due care had been exercised.

13. Travel insurance

You must have adequate, valid, and appropriate travel insurance for this challenge, as detailed within the information pack, which must include emergency evacuation cover, repatriation cover, and curtailment cover. It is your responsibility to ensure that details of this insurance are forwarded to us at least ten (10) weeks prior to departure. If we do not receive a copy of your policy we reserve the right to include you in a group policy and charge you a supplement which must be paid before departure or we will assume that you have chosen to cancel your place on the Challenge. Any false or misleading information given by you regarding insurance details which results in your stated insurance company refusing to cover costs relating to a claim made by you or relating to you whilst on the Challenge, before the Challenge, or after the Challenge will make you fully liable for any medical costs, evacuation costs, repatriation costs or other costs incurred by us or our Agents in relation to you in this respect.

14. Visas and Other Requirements

We will send you details of visa requirements along with advice for all compulsory inoculations which are known about at that time. It is your responsibility to ensure these requirements are in place prior to departure, and we accept no liability if you are denied entry to any country, port or airport detailed on the itinerary or within the information pack on account of your failure.

15. Law and jurisdiction

These terms and conditions shall be governed by and construed in all respects in accordance with the laws of England and Wales. Any dispute which may arise between the parties concerning these terms and conditions shall be exclusively determined by the English Courts.