



BusinessChicks

Climb for Kids

CHALLENGE FEBRUARY 2011

“Each week over 9,000 kids try to get through to Kids Helpline. However, counsellors can only answer 5,500 of those calls and emails which are often regarding very serious issues.”



Gemma and children from the School of St Jude



www.inspiredadventures.com.au/kidshelpline

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Fast Facts

Fundraising Target: \$9,500

Registration Fee: \$700
(non-refundable)

Physical activity: 7-day trek

Project Visit: 2 days at the
School of St Jude

Accommodation: hotels and
comfortable camping

Grade: Very Challenging
(this trek is not to be taken
lightly, proper training for
this challenge is essential)

What's it all about?

Business Chicks invites you to take on the adventure of a lifetime! We are giving 20 people the opportunity to climb Mount Kilimanjaro, visit Gemma Sisia and the School of St Jude, all whilst raising vital funds for Kids Helpline, providing free and confidential counselling services to young Australians.

This trek is not to be taken lightly, the ascent alone involves one day of trekking approximately 11-15 hours made more strenuous by the effects of altitude and extreme cold. Proper training is essential but will be rewarded by the sheer exhilaration of having conquered the highest free standing mountain in the world!

Itinerary

Day 1: Depart Australia (Sydney, Brisbane, Melbourne)

Day 2: Marangu

On arrival at Kilimanjaro Airport, you will be met and transferred to Hotel Nakara in Marangu, approx 85km from Kilimanjaro airport. The rest of the day is at your leisure.

Please note this is an arrival day. In the evening there will be a briefing on the trek. You will be able to leave your normal travelling bag and any excess luggage at Hotel Nakara to be collected upon your return. Meals included: none.

Day 3: Simba Camp

After breakfast at your hotel you will meet up with your porters and guides and transfer to Rongai Gate where you will complete registration procedures. The climb begins from the village of Nale Moru at around 1950 metres. Today's walk is about three to four hours, beginning on a small path that winds its way through fields of maize and potatoes before entering pine forest. A gradual ascent through attractive forest brings us to the edge of the moorland zone at around 2600 metres. Extensive views over the Kenyan plains will be a highlight of today's camp. Note that it can be wet in the rainforest. The night is spent camping at Simba Camp. Meals included: 1 breakfast, 1 lunch, 1 dinner.

Day 4: Kikelewa Camp

After breakfast, you will set off at around 8am to head up to the Kikelewa Caves. Today your walking time will be about



six to seven hours. From your overnight campsite a steady ascent is made up to 'Second Cave' at 3450 metres. Here you are rewarded with superb views of Kibo and the Eastern icefields of the crater rim. Leaving the main trail after lunch we travel across the moorland on smaller paths towards the jagged Mawenzi peaks. Tonight we camp near Kikelewa Caves at 3800 metres. Meals included: 1 breakfast, 1 lunch, 1 dinner.

Day 5: Mawenzi Tarn

Today's walk is a shorter one at three to four hours but involves some steeper sections. After leaving camp a short but steep climb up grassy slopes is rewarded by a real sense of wilderness and stunning all round views. The vegetation zone is left behind shortly before we reach our next campsite at Mawenzi Tarn at around 4330 metres. Meals included: 1 breakfast, 1 lunch, 1 dinner.

Day 6: Mawenzi Tarn

Today will be spent acclimatising to maximise your summit success chances. Acclimatisation walks will be planned with plenty of rest. Meals included: 1 breakfast, 1 lunch, 1 dinner.

Day 7: Kibo Camp

Today we will walk for four to five hours as we cross the lunar desert of the 'Saddle' between Mawenzi and Kibo. Our camp tonight is at Kibo Camp at about 4730 metres. This campsite is spectacularly located at the bottom of the Kibo crater wall. The remainder of the day is spent resting in final preparation for the final summit ascent. Meals included: 1 breakfast, 1 lunch, 1 dinner.

Day 8: Summit and Horombo Camp

Today is the big day – 11-15 hours of walking! We will start the final and by far the steepest, most demanding, part

of the climb by torchlight at around 1 a.m. We walk very slowly in the darkness on a switchback trail through loose volcanic scree to reach the crater rim at Gillman's Point at 5685 metres. We will rest there for a short time to enjoy the spectacular sunrise over Mawenzi. Those who are still feeling strong can make the three hour round trip to Uhuru Peak at 5895 metres, passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. The descent to Kibo, at 4700 metres, is surprisingly fast and, after some rest, we continue the descent to reach our final campsite at Horombo at 3720 metres. Meals included: 1 breakfast, 1 lunch, 1 dinner.

Day 9: Nakara

A final day of five to seven hours walking precedes a well earned rest at Hotel Nakara in Marangu. A steady descent takes us down through the moorland to Mandara Hut at 2700 metres. The descent continues through lovely lush forest on a good path to the National Park gate at Marangu at 1700 metres where you will be met by the vehicle and transferred back to the hotel. Meals included: 1 breakfast, 1 lunch, 1 dinner.

Day 10: Arusha

Today you will be transferred by a private 25 seater coaster van from hotel Nakara to the the Arusha Hotel. The rest of the day will be a free day to rest and recover from the climb. Meals included: 1 breakfast and 1 dinner.

Day 11: School of St Jude Project Visit

Visit to the School of St Jude. Today we will meet with Gemma and the other staff of St Jude who will show us around the campus and introduce us to some of the students. Meals included: 1 breakfast and 1 dinner.

Day 12: School of St Jude Project Visit

Visit to the School of St Jude. We will be able to help out at today with activities like covering text books in the library and painting school benches. The exact details of our work here will be determined in the weeks leading up to our visit depending on the needs of the School of St Jude at the time. Meals included: 1 breakfast and 1 dinner.

Day 13: Departure Day

Today you will be transferred from the Arusha Hotel to Kilimanjaro airport by private coaster van for your flight to Australia. Meals included: 1 breakfast.

Day 14

Travelling via Nairobi and Bangkok back to Australia.

Day 15

Welcome home!

Business Chicks

Business Chicks is a national community for women in business. If you're ambitious, love to learn from the experiences of other women, and enjoy helping others, then Business Chicks is for you. You'll enjoy connecting with other Business Chicks Members through our breakfast and lunch events, speed networking nights, mentoring program, small business workshops, and international fundraising adventures.

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How does it work? Or the six easy steps to your Inspired Adventure!

- first** pay a registration fee to secure your place
- second** create your fundraising plan, our team will help you plan!
- third** start your fundraising activities and reach your goal - the minimum target is \$9,500
- fourth** get fit for your exciting trekking adventure
- fifth** Kids Helpline receives the money you have raised and the money makes a real difference to kids' lives!
- six** you have the most rewarding adventure of a lifetime in Africa!

How do I fundraise?

Inspired Adventures have supported over 500 people with their fundraising activities so you will be in very good hands. We will send you a comprehensive fundraising guide with your registration pack; more importantly you will also have regular support from our team for this adventure, plus the ongoing support of Kids Helpline. All of the money that Kids Helpline receives over \$2 is tax-deductible (providing your supporters received nothing in return for their donation). The portion of your target that goes towards the travel costs is not tax-deductible.

Please go to www.inspiredadventures.com.au/kidshelpline or call us on **1300 905 188** for more information.

What will the money do?

All of the money raised will help Kids Helpline answer more cries for help from children and young people in Australia. Each week, over 9,000 kids try to get through to Kids Helpline. However, counsellors answer only 5,500 calls and emails each week – often regarding very serious issues:

- Every day we refer a child to an emergency service to deal with a serious issue like child abuse or self-harm
- Four times each day our counsellors speak with children and young people having suicidal thoughts
- One in five counselling calls relate to mental health, self-injury or suicide

What's included?

- International airfare and taxes
- Guides and porters
- All transport and excursions as per itinerary
- All meals as included on itinerary
- Camping gear
- National Park and climbing permits

What's not included?

- Registration fee of \$700 (inc. GST) this can be paid in two installments of \$350 each (the registration fee is non-refundable and not part of your fundraising target)
- Personal travel insurance
- Food and drinks not mentioned on the itinerary
- Visas
- Expenses of a personal nature
- Tips and Gratuities for guides and porters (USD \$40-100 pp)
- Sleeping bags, personal day bag and mountain clothing

How fit do I need to be?

This is the one of the toughest trips that we organise at Inspired Adventures, however our expert team will be able to help you prepare physically and mentally for this challenge, however you must take seriously the personal responsibility of training for this event yourself.

How do I register?

Go to www.inspiredadventures.com.au/kidshelpline and download the information pack which contains the full FAQs, trip notes and booking form.

