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# Climb Kilimanjaro

## for Wales Air Ambulance

THE  
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COMPANY



**Come and join our charity challenge on Kilimanjaro in June 2011. This is a challenging walk to the summit of Kilimanjaro the highest mountain in Africa following the Lemosho route.**

**The trip will be led by Alan Ward - International Mountain Leader.**

This trail starts from the west side of the mountain and traverses eastwards across the Shira Plateau and then continues underneath the impressive southern ice-fields to Barafu Camp.

This route has a gentler gradient up to the highest camp compared to the other approaches on the mountain. However on summit day there is a steep walk up to Stella Point (5,735m) then along the crater rim up to the highest point on Mount Kilimanjaro at Uhuru Peak (5,895m).

**Our Lemosho trek is graded as strenuous with several tough days including a long summit day taking at least fourteen hours. Being aerobically fit does not in itself help acclimatisation however it is worth training hard before departure, you will definitely not regret this on the summit day.**



- **Departure Date:** June 24th, 2011
- **Trek Grade:** Strenuous
- **Duration:** 9 days from Kilimanjaro Intl. Airport
- **Cost:** Free - If you can raise £2,950 through fundraising/sponsorship (£1,950 + £1,000 minimum contribution to Wales Air Ambulance) then the trip is FREE!!!

**For further details or to book the trip of lifetime! contact:**

**alan@bigfootservices.co.uk or roland@themountaincompany.co.uk**