

The Sandton SPCA and Adventure Dynamics International have teamed up once again for the 6th SPCA Kilimanjaro Challenge in 2020.

We will be a group of 25 climbers from around the world who want to climb Kilimanjaro and want to make a difference. Our climbers have come from Canada, Germany, India, Netherlands, South Africa, United Arab Emirates, United Kingdom and USA to be part of our team and to raise funds for the prevention of cruelty to animals in South Africa. Our 2020 goal is to raise ZAR 1 000 000 (approximately USD 70 000). For the experience of a lifetime, join our expedition from 18 July to 26 July 2020.

This is Kili 2.0-Next Level.
Are you ready?

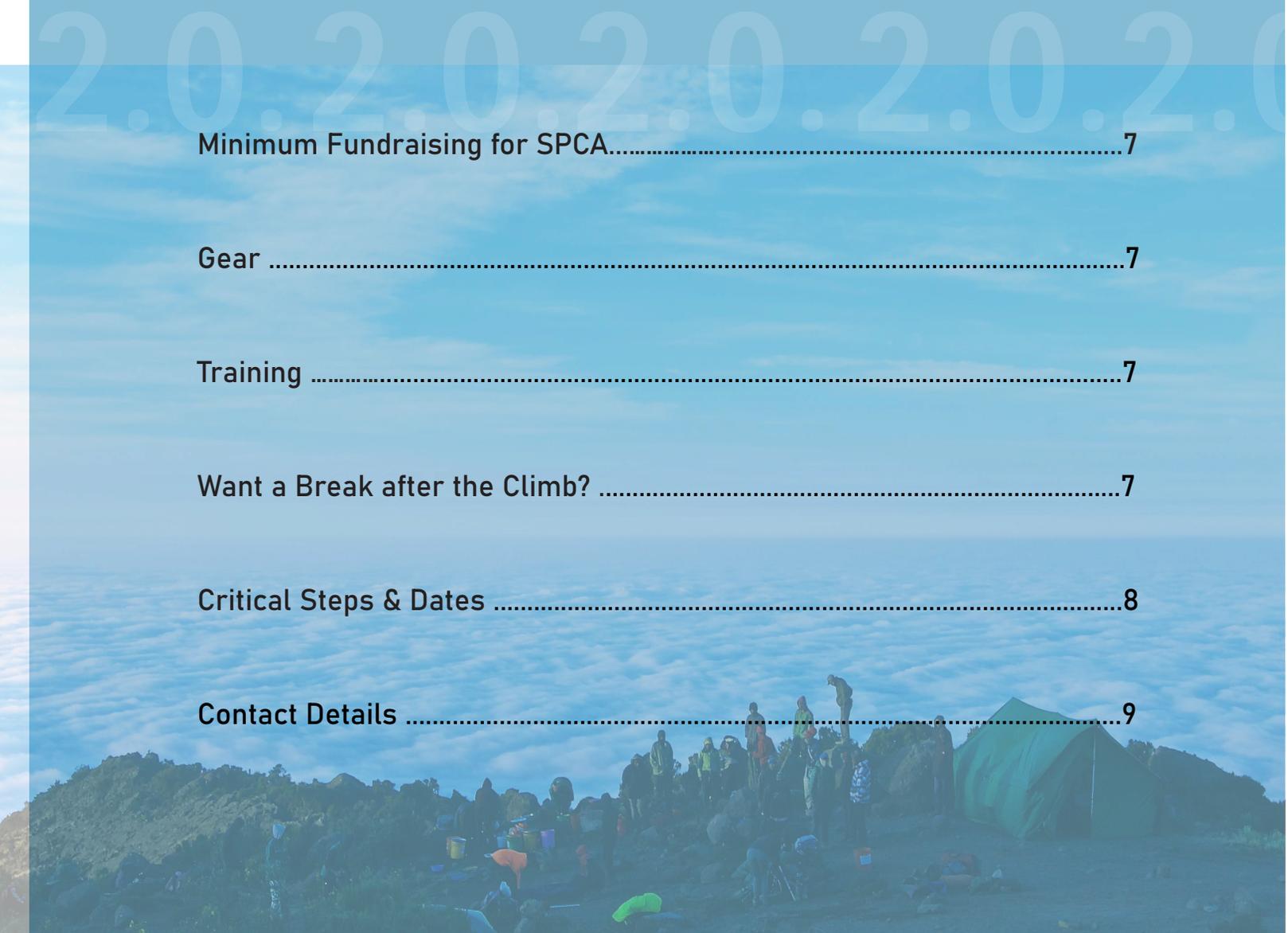
SPCA KILIMANJARO CHALLENGE



Table of Contents

Page

Why Choose Us?	3
About the SPCA in South Africa.....	3
About Adventure Dynamics International	3
About the Mountain	4
Itinerary – Rongai Route	5
Cost of Expedition	6
Minimum Fundraising for SPCA.....	7
Gear	7
Training	7
Want a Break after the Climb?	7
Critical Steps & Dates	8
Contact Details	9



1. Why Choose Us?

Our expedition brings together people who have a passion to do something really hard and really great, and to use this opportunity for good. We will train together, physically and virtually, sharing training photos and tips, and getting to know each other before we arrive in Arusha, Tanzania to take on this incredible personal challenge.

2. About the SPCA in South Africa- Our Purpose

Our objective is to serve and protect all animals, to uplift their welfare and to ensure that the protection they have under South African law is upheld and respected. The SPCAs in South Africa are not government funded and rely solely on donations from the public and our own fundraising. The Sandton SPCA is a registered non-profit organization in South Africa. We can provide section 18A tax certificates for all local donations.

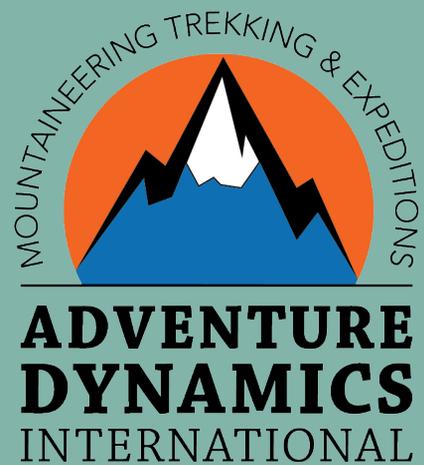


3. About Adventure Dynamics International- Our Support

Our chosen partner is Adventure Dynamics International (ADI), an operator that has been leading and guiding trips up Kilimanjaro for over 20 years. Sean Disney, the CEO of ADI, personally leads our expedition. Sean is supported by an experienced team of Tanzanian guides and porters who have climbed with him over many years to ensure a safe and enjoyable experience.

About Sean Disney

- 25+ years' experience of mountaineering & guiding
- 2 x Everest summiteer
- 2 x 7 Summits summiteer
- 25+ x Kilimanjaro summiteer (including 5 successful climbs with the SPCA)
- Multiple summits of mountains in 7 Summits
- First South African to complete GRAND SLAM with Vaughan de la Harpe (includes skiing to North and South Poles)
- Co-author of the book 'Poles Apart with Some Pointy Bits in Between' with Vaughan de la Harpe.



4. About the Mountain- OUR CHALLENGE

Mount Kilimanjaro in Tanzania is the highest freestanding mountain on earth. Its altitude is 5,895m, offering beauty and challenge to those who wish to climb her.

Kilimanjaro is situated 330kms south of the equator, close to the Indian Ocean. Her size and height strongly influence the climate and thus its vegetation, animal life and the climbing conditions. Her volcanic history has left igneous features like none other and her cone is a unique environment of great interest.

Although Kilimanjaro is an easily accessible mountain, it is at high altitude and no “walk in the park”. The way to make Kilimanjaro a truly special trip is to be physically and mentally prepared. Climbing Kilimanjaro can be one of the most rewarding, but also one of the most difficult things that you ever do, so please do not underestimate this beautiful mountain!

An aspiring climber, about to set off for the summit with ADI, pondered whether climbing Kilimanjaro was a big deal:

“Gillman’s Point is 960m above Kibo Hut. That is almost the equivalent of 3 Empire State Buildings standing one on top of the other. The horizontal distance between Kibo Hut and Gillman’s Point is roughly 3,000m so the gradient averages about 1:3.3 and the distance covered on the way up is about 3,300m, which is the equivalent of 9 Empire State Buildings laid end to end up the incline. The climb is not difficult in mountaineering terms; you could say it is equivalent to scrambling up a staircase more than 3 km long. Or you could say that it is equivalent to clambering up the side of 9 Empire State Buildings laid end to end at about sixteen degrees. But then at 4,710m, where the final ascent of Kilimanjaro begins, there is little more than half the density of oxygen that occurs on Manhattan or at the foot of most staircases. So, in effect, the aspiring climber attempts the equivalent of those feats with the equivalent of only one lung.

The result is agonizing, there is no other word for it”.

An ascent of Kilimanjaro will take you from equatorial forests to arctic conditions, and through all the zones in between, in seven days. The range begins with the warm, dry plains with average temperatures of 30°C where Moshi and Arusha are situated. The beginning of the hike starts in a wide belt of wet tropical forest with plenty of huge trees and Spanish moss. We then travel through zones with generally decreasing temperatures and rainfall to the summit, where there is permanent ice and temperatures are below freezing.

Weather on Kilimanjaro is a direct result of the season of the year and the altitude on the mountain. August to October are cool and can have completely clear days, but usually a dripping cloud belt girdles the mountain above the forest and moorland. We hope for a totally clear day for our final ascent and the successful climber looks down from the summit on a vast sea of cloud with distant mountain peaks poking through the clouds like islands. The shorter rainy period from October to December often has thunderstorms that pass over the mountain, dropping rain as they go. Typically, the clouds disappear in the evening, leaving the nights and mornings clear with excellent visibility.

5. Itinerary - Rongai Route - OUR PLAN

18 July (Day 0) – Arrive at Kilimanjaro International Airport, Arusha, Tanzania. Transfer to the hotel for dinner and overnight.

19 July (Day 1) – Rongai Gate – 1st Caves Camp. Altitude: 1950m to 2600m. Breakfast and transfer to start of route. Register at Park Gate and transfer (approximately 2 1/2 hours) to the Rongai trailhead. Begin hiking from the village of Nale Moru. The small winding path crosses maize fields before entering pine forest, then climbs gently through a forest sheltering a variety of wildlife, including the Kilimanjaro Colobus monkey. Our campsite is on the edge of the moorland zone with expansive views.

20 July (Day 2) – 1st Caves Camp – Kikelewa Caves. Altitude: 2600m to 3450m. Challenging ascent to the “Second Cave” where you will relax and have lunch with superb views of Kibo and the ice fields on the crater rim. After lunch, proceed towards the jagged peaks of Mawenzi, where we camp in a sheltered valley near Kikelewa Caves.

21 July (Day 3) – Kikelewa Cave – Mawenzi Tarn Camp. Altitude: 3450m to 4335m. A short, but steep, climb up grassy slopes offers superb views of this wilderness area. The vegetation zone ends shortly before we reach our next camp at Mawenzi Tarn, spectacularly situated beneath the towering spires of Mawenzi. Spend the afternoon acclimatising.

22 July (Day 4) – Acclimatisation day at Mawenzi Tarn. “Climb high and sleep low”, as the expression goes. For those who wish to do some climbing, we will do some short scenic hikes from the camp. Alternatively, you may stay at camp and relax in preparation for the final ascent.

23 July (Day 5) – Mawenzi Tarn Camp – Kibo Hut Altitude: 4335m to 4750m. We cross the saddle between Mawenzi and Kibo to reach Kibo Campsite. The remainder of the day is spent resting in preparation for the final ascent.

24 July (Day 6) – **FINAL ASCENT** – Crater Camp – Uhuru Peak – Horombo Hut. Altitude: 4335m to 5895m then down to 3720m. Prepare for a very early start (midnight) and the final challenge to reach Uhuru Peak (5895m). You will take in your day pack energy bars (biltong** is also very good) and munch along the way. You will hike slowly on a switchback trail through loose volcanic scree. You will stop to rest for a short time to enjoy the spectacular sunrise over Mawenzi and then continue to Uhuru Peak, passing close to spectacular glaciers and ice cliffs in the summit area. Descend to Kibo for a rest and then continue down the Marangu Route to Horombo Camp.

**For the non-South Africans on the climb, biltong is dried meat (beef or game). It's salty and tasty!

25 July (Day 7) – Altitude: 3720m to 1900m. Descend steadily through the moorland, past Mandara Hut and through a lush rain forest to the Marangu Park Gate where transport will be waiting to drive us back to Moshe. Overnight at the hotel, and it's time for a well-deserved hot shower, dinner and relaxation.

26 July – Return flight home or to your onward journey (Zanzibar or local safaris are great post-climb trips).

6. Cost of Expedition

Rongai Route 7 days / 6 nights + 2 travelling days

Package Cost Rongai Route = USD 2 400 excluding flights

Approximate Flight Cost from Johannesburg = ZAR 8 500 – 9 500

The total cost of the trip is determined by USD exchange rates and the flight costs, which cannot be confirmed until booked and paid. For those leaving from Johannesburg, flights will be arranged by ADI on payment in full of flight costs. For those joining us from outside of Johannesburg, flight arrangements can be made separately to meet up with the expedition in Kilimanjaro.

A deposit of USD 1 000 per person is required to secure your booking PLUS payment of confirmed airfare (if applicable), with final payment for the package due six weeks prior to departure. Invoices for the cost of the package are in USD. ADI will convert local currencies to USD at the bank-selling rate applicable on the day of invoicing). Out of country payments are to be made by your bank to Adventure Dynamics International in SA. Please refer to critical dates section for more information.

N.B. July is an extremely popular time of the year to climb Kilimanjaro and flights are subject to availability and price changes. We highly recommend that you decide quickly whether you want to be part of this expedition so that your flight can be secured.

PACKAGE includes:

- Fully guided premium expedition package led by internationally renowned mountaineer, Sean Disney
- 2 nights' accommodation at a "Tanzanian 4 star" mountain lodge on a dinner, B&B basis
- All porters fees, park fees, camping accommodation and meals on the mountain
- 2 airport transfers in Tanzania
- 1 embroidered 100 series expedition fleece and ADI buff
- Training program designed by ADI
- Free gear rental of certain items.

PACKAGE excludes:

- Lunches off the mountain, drinks, items of a personal nature.
- Hospitalisation, evacuation or medical costs.*
- Any costs outside the itinerary.
- Any aviation fuel tax surcharge (beyond our control and set by the airline).
- Any increase in park permit and entrance fees, camping fees or other associated park or government fees.
- Tips for Tanzanian guides (recommended minimum USD 150 per climber).
- Spending money for drinks, curios and extras.



N.B. Make sure your health care provider will provide medical and hospital cover for the climb. It is highly recommended that you get this confirmation in writing. This will not include evacuation cover. Should you wish, you can purchase insurance including evacuation cover through www.globalrescue.com. We also recommend travel insurance.

7. Minimum Fundraising for SPCA

Each climber must raise a minimum of ZAR 15 000 (approx. USD 1 000) for the SPCA. That is the equivalent of about ZAR 2.55 for each meter climbed on the mountain (5895m) or USD 17 cents per meter. The highest amount raised in 2019 was ZAR 50 000 and the highest amount ever raised by a single climber was ZAR 125 000 in the 2017 expedition! We will give you some fundraising ideas, but also encourage you to be creative.

Please note that you will not be allowed to join the expedition in Tanzania if you have not paid your minimum contribution in full to the Sandton SPCA before the climb and signed the required indemnities for ADI and the Sandton SPCA.

8. Gear

We will provide a full breakdown of the gear required upon payment of the deposit or go to www.spcakilichallenge.com. Certain gear rental is included free of charge in the expedition cost: day pack, sleeping bag rated -8 degrees, waterproof / windproof jacket, fleece jacket, 80 liter duffel bag, windproof gloves, head torch (excluding batteries), snow gaiters, sleeping mat. ADI may require a deposit for any gear that is damaged or not returned.

We recommend that you carry all important gear with you e.g. boots, cameras, medicines and any irreplaceable items.

9. Training Programme

On booking you will be sent a training programme designed for success on the mountain. This should be started at least 6 weeks before departure, but the earlier you start your training the more enjoyable you will find your climb. The training program maximizes your chances of success on Kilimanjaro, mentally and physically preparing you for the climb. Kilimanjaro does not require technical mountaineering skills, but requires physical and mental endurance. You don't need to be a top athlete, but you need to be physically and mentally prepared. You will walk up to 20km in one day. The high altitude and long summit day add additional physical and mental challenge.

For those based in Johannesburg, we encourage expedition members to participate in the organized SPCA training events – mainly hiking and stairs training. We encourage all expedition members to share their training and preparation via social media to motivate each other and build that team spirit that will carry us to the summit when the mountain gets cold and the air gets thin! This is what makes our SPCA expedition so popular.

10. Want a Break after the Climb?

We can offer suggestions for local safaris or Zanzibar, which are popular post-climb destinations. There is also an option to attend a local school in Tanzania which is attended by many of the children of our porters and guides. There will be a separate cost for this trip and suggested donation to assist the school, but well worth the experience.

11. Critical Steps & Dates

Critical Step	What you need to do	When
Contact Expedition Co-ordinator	Email Stephanie Brown on spcakili-manjaro@gmail.com	ASAP
Reserve your place on the expedition.	Pay USD 1 000 deposit to ADI & 50% of flight cost. N.B. Balance due on 7 days written notice from ADI.	ASAP
Check travel documents	Ensure that you have an up-to-date passport, health insurance, inoculations and visa (if applicable). Please note that required inoculations vary from country to country and are subject to change. Please also check the requirements in any countries where you will “stop over”.	31 May 2020
Pay minimum fundraising fee to Sandton SPCA	Provide confirmation of payment of ZAR 15 000 to Stephanie Brown at spcakilimanjaro@gmail.com	30 June 2020
Purchase USD	You need a <u>minimum</u> USD 150 for tips for mountain guides.* Extras are in USD so we recommend you bring additional cash for souvenirs, cold Kilimanjaro beer at the bottom of the mountain, etc. Most climbers wish to give more than USD 150 to the guides after they experience the support that they offer in ensuring their comfort and getting them to the summit (and back down)! *Stephanie recommends USD 250.	15 July 2020
Departure Date ex Johannesburg	Arrive at OR Tambo at least 3 hours before your flight. N.B. Although departure is early on Saturday, 25 July ex Johannesburg, please note that you need to be at the airport on the evening of Friday, 24 July!	25 July 2020
Return home forever changed.	Arrive at OR Tambo and the end of your incredible adventure!	2 August 2020

12. Contact Details

Expedition Operator and Leader: Adventure Dynamics International

Sean Disney

Tel / fax : +27 (0)828538769

Email: everest@adventuredynamics.co.za

Website: www.adventuredynamics.co.za

SPCA Co-ordinator

Stephanie Brown

Tel: +27 83 632 0390

Email: spcakilimanjaro@gmail.com

Website: www.spcakilichallenge.com

Follow us on Facebook <https://www.facebook.com/spcakilimanjaro>

Follow us on Instagram and Twitter. @spcakilimanjaro (both handles)

DO NOT UNDER ESTIMATE KILIMANJARO.
IT'S TOUGHER THAN YOU THINK DESPITE WHAT OTHERS MAY SAY!
PREPARE WELL AND TRAIN HARD!!



SPCA
KILIMANJARO
CHALLENGE

This is Kili 2.0- Next Level. Are you ready?