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**Velindre the Hospital of Hope is Wales' premier Cancer Centre, providing care, support and treatment to cancer patients and their families for over 60 years.**

We want to lead in the delivery and development of compassionate, individualised and effective cancer care to achieve outcomes comparable with the best in the world. Donations to Velindre fund things over and above what the NHS provide, so fundraising really does make a huge difference to our patients and their families.

**We aim to provide the best care, when people need us most.**

Velindre is the major provider of radiotherapy and other specialised anti-cancer treatments in Wales. We all know of family, friends and loved ones who have been touched by cancer.

The incidence of cancer is rising by 2% each year in Wales with nearly 20,000 people diagnosed with this illness each year.

However as Velindre staff strive every day to deliver the best cancer services through exceptional care, more people than ever are living with cancer – survival rates have doubled in the last 40 years through better treatments and earlier detection.



# Questions & Answers



Patron Shane Williams



Half way team shot



Group finish at Uhuru Peak



**"I joined the Kilimanjaro Trek in memory of my mum who had been treated so well by Velindre. It was one of the most amazing and challenging experiences of my life.**

**It was a life changing adventure that gave me the opportunity to meet 50 amazing new friends and give something back for the fantastic work that they do at Velindre."**

**Gareth Way, Velindre Kilimanjaro trekker**





# Kilimanjaro Trek 20-29 January 2023



## How fit do I need to be?

This is not just a walk, but a demanding trek with many long ascents and descents. You will need to train and prepare yourself thoroughly beforehand, as proper training is paramount to your enjoyment and completion of the challenge. We will supply you with a training and fitness guide. If you suffer from a medical condition you should seek advice from your GP. You will need to complete a High Altitude Medical Form, and it is essential that you make us aware of any medical conditions you have before the event departs.

## What's the terrain like?

The terrain varies from sub-tropical vegetation through cloud forest to bare rugged mountain slopes. The route has repeated ascents and descents and while most of the paths are wide, there are narrow sections, especially from Gilmans to Uruhu. Training is essential.

## Will altitude affect me?

The altitude problem is a shortage of oxygen. The higher we climb, the thinner the air gets. The effects of high altitude can be felt from around 2500 upwards. At 4600m atmospheric pressure is about 50% of that at sea level. Dealing with high altitude will be the biggest challenge on the trek. There are a variety of potential symptoms including headaches, tiredness, irritability, nausea and depression. Not everyone will be affected by altitude sickness and size, age or sex has nothing to do with how people may be affected.

## What's a typical day on trek like?

Whilst on the trek, we will be up at around 6.00am! After an early breakfast we will normally start walking around 7.30/8.00am. You will need to carry your own day bag each day. Typically, we walk for 3 or 4 hours in the morning and then stop for a packed lunch. In the afternoon we walk for 2 to 3 hours to our overnight camp. In the evenings we will have a drink and rest, dinner will be served in the dining tent and we will have a briefing about the next days trek.

## What sort of back up is provided?

There will be a UK Expedition Leader accompanying the group from The Ultimate Travel Company. There will also be a UK Doctor who carries a comprehensive medical kit, local guides, porters, cooks and kitchen staff, and a representative from Velindre. The Expedition Leader will carry a satellite phone for emergencies.

## Do I need any vaccinations?

Yes. Yellow fever, Typhoid and Hepatitis A vaccinations are advisable. Tetanus and Polio vaccinations should be up to date. You must seek professional medical advice from your GP or local travel clinic.

## Do I need any specialist kit?

A good pair of walking boots and socks plus a good supportive rucksack is a must. We also recommend a good wind and waterproof jacket and trousers, and grade 4/5 sleeping bag. A full kit list will be supplied.

## Will I be insured?

Everyone must take out their own travel insurance to take part in the event. We highly recommend you call them (and not take out the policy via the internet) and explain fully to the insurance companies what type of trip you are undertaking e.g. escorted altitude trek on Mount Kilimanjaro which includes evacuation and repatriation.

## What will the weather be like?

The best time of year is between December to early March, and late May to October. The two main rainy seasons are between late March to mid-May

and November. Equatorial and arctic conditions are present on Kilimanjaro. So expect the weather to change from hot and dry to misty and wet, to very cold.

## What will we eat and drink?

All the water provided on trek will be boiled or pumped and safe to drink, bottled water will be available to buy in the hotel. Meals will be substantial, but it's a good idea to bring energy bars, snacks, treats etc. Breakfast will consist of cereals, bread, with something hot such as porridge or pancakes, plus tea, coffee and chocolate. Typical lunch would be sandwiches, chicken plus a drink and chocolate bar. Evening meal will be soup followed by a main course of rice, potatoes, pasta and vegetables. Most people lose their appetites at altitude but it is vitally important to eat and ensure that you are fuelling your body.

## Where will we sleep and facilities on trek?

The room configuration in the hotel at the beginning and end of the trek will be twin share. While we are trekking we will be sleeping in two person tents, a good quality sleeping bag is essential.

## How much money will I need to take?

Approximately £250 spending money is enough for drinks, tips and some souvenirs. Our guides and porters work incredibly hard and we hope you will show your appreciation to them at the end of the trek with a donation of \$100.00.

## Can I stay on in Tanzania after the trek?

There is a possibility to stay on subject to availability and on a first come first served basis. There is an administration fee of £95, plus any additional costs over and above the group fare.

## Do I need a visa to enter Tanzania?

Yes, all nationalities require a visa to enter Tanzania before leaving the UK. The cost is around \$50, further details to follow.

## How much will I need to raise and what's included in the trip?

To book your place on the trip each participant will need to pay an entry fee of £193.40. Each participant will need to raise £7,000 in sponsorship - this is a lot of money, but we have experienced staff who will help and support you with your fundraising.

Included will be:

- International return flights to Kilimanjaro
- Twin hotel accommodation at beginning and end of trek
- Professional experienced trek guides
- Airport transfers upon arrivals and local transfers
- Expedition Doctor on trek (with a comprehensive medical kit)
- National Park entry and permit fees
- Full board throughout the trek

## Can I cover the cost of the trip myself?

Your initial non-refundable registration fee will meet some of the cost of travel, meals, equipment and general organisation. A percentage of these costs will also, however, must come out of the money you fundraise – with an event of this size, this is unavoidable. This means that each person that sponsors you must realise that a percentage of their sponsorship will be used to cover these costs. If you feel unhappy about this, you can talk to us about paying for the cost of the trek yourself (around £2,900 depending on numbers) and fundraise for the remainder.