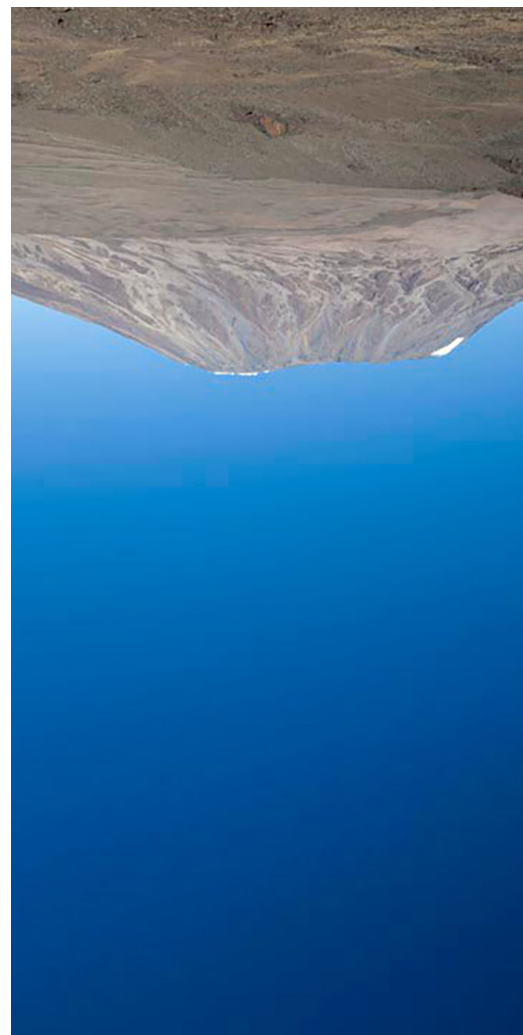




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# Velindre the Hospital of Hope is Wales' premier Cancer Centre, providing care, support and treatment to cancer patients and their families for over 60 years.

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.

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.



## Itinerary



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 9-18 June 2022



Typical camp



A Maasai warrior



Kilimanjaro in the distance



Mawenzi Tarn

Kilimanjaro is one of Africa's most magnificent sights, and at 5,894m 19,340ft it is her highest peak. It is the tallest freestanding volcano in the World and Kibo, which is the central crater, rests on its two sisters Mawenzi and Shira.

We will be ascending by the Rongai route, which approaches Kilimanjaro from the north and retains a sense of untouched wilderness lost on the crowded Marangu and Machame trails. The most straight forward of all the walking routes up Kilimanjaro, it has a relatively gentle gradient and short daily stages as it winds its way from the starting point just south of the Kenya-Tanzania border. It passes through attractive farmland and delightful forest to several other climatic zones, adding considerably to the interest of the trek. There are magnificent views over the Amboseli Plains and genuine possibilities for wildlife viewing.

**Day 1: Thursday 9 June**  
**Depart London**

**Day 2: Friday 10 June**  
**Onward flight to Kilimanjaro**

Arrive early morning and join connecting flight to Kilimanjaro airport. Upon arrival transfer to hotel where we will meet our guides, have our trek briefing and prepare for the challenge ahead.

**Day 3: Saturday 11 June**  
**Naremoru Gate to Simba Camp, 2,600m**  
**3-4hrs trekking**

Early start for our transfer to the park gates. Upon arrival we will meet our guides and porters and complete the park formalities. Our ascent begins from Naremoru Gate (1950m), and we trek through farmers' fields and the forest zone. There is a good chance to see the colourful Colobus monkeys on route; and if the weather is clear, we should get good late afternoon views across Tsavo in Kenya. Our camp is just outside of the forest.

**Day 4: Sunday 12 June**  
**Simba Camp to Kikelewa Camp, 3,678m**  
**7-9hrs trekking**

We leave Simba Camp and climb through the moorland. As we climb, the trees become sparser and later disappear; even the heather starts to shrink at higher altitudes. We break at a lava tube for lunch before traversing to our campsite at Kikelewa Cave.

**Day 5: Monday 13 June**  
**Kikelewa Camp to Mawenzi Tarn, 4,295m**  
**4-5hrs trekking**

A steeper trek to Mawenzi Tarn Hut at 4,295m, arriving for lunch. Set in moraines in a glaciated valley our camp has good views of the jagged peaks of Mawenzi above us. In the afternoon we will have a short circular acclimatisation walk to a higher altitude.

**Day 6: Tuesday 14 June**  
**Mawenzi Tarn to Kibo, 4,700m**  
**5-6hrs trekking**

A slow trek across "the Saddle" – an alpine desert between the volcanic peaks of Mawenzi and Kibo. Upon arrival at 4,700m, we will rest and prepare for the summit day.

**Day 7: Wednesday 15 June**  
**Kibo to Gilman's Point, 5,680m to Uhuru Peak, 5,894m to Horombo, 3,700m**  
**12-16hrs trekking**

This is an extremely long and challenging day, walking up to 16hrs. We get up shortly after midnight and climb from our camp at Kibo to Gilman's Point (5,680m) on the rim of the volcanic crater for sunrise. If the day is clear there are spectacular views over the savannah plains with the possibility of seeing Mount Kenya some 360km away. We then continue across the snow around the rim for a further 2hrs for the final push to Uhuru Peak (5,894m) – Africa's highest point. It is a very hard hike but is well worth it to see the glaciers and have your photo taken with a sign confirming your achievement.

We descend to Gilman's Point and then onto Kibo where there will be the opportunity to have a short rest and refuel before our trek to Horombo camp where we stay overnight.

**Day 8: Thursday 16 June**  
**Horombo to Marangu Gate**

We retrace our steps and stop at Mandara for lunch. Transport will then be waiting at Marangu gate for the journey back to our hotel in Moshi. Gala Dinner and overnight.

**Day 9: Friday 17 June**  
**Depart Kilimanjaro for London**

Transfer to Kilimanjaro airport for afternoon flight to London.

**Day 10: Saturday 18 June**  
**Arrive London, UK**

**Ascending Kilimanjaro is a tough challenge incorporating a high element of risk. We are working with a very experienced tour operator.**

**Our itinerary is based on the safety of our groups and ground staff. We take a fully trained UK Doctor and Expedition Leader together with a knowledgeable and trained local team who have climbed the mountain hundreds of times. We carry a portable altitude chamber, bottled oxygen and satellite phone.**

**This is a tough trek at altitude. The route is well marked. The terrain on summit night is on scree and is very rocky in places, especially as you approach Gilman's Point. This mountain climb involves long climbs and descents so trekkers have to take your training seriously and be prepared for a demanding trek.**