

August 7-16, 2019

A late start recruiting for a Feb 2019 trek did not give most climbers enough lead time to plan and prepare for such an ambitious adventure. So VK2 has been rescheduled for August 2019 as detailed below.

Vegan Kilimanjaro 2

Plant-Based Nutrition Challenge!



Supporting the life-saving mission of **PCRM's Barnard Medical Center!**

UltimateKilimanjaro
THE #1 GUIDE SERVICE ON KILIMANJARO

PhysiciansCommittee
for Responsible Medicine

Team Page: www.facebook.com/vegankili

Advisor Mike Weinberg: mike.weinberg1952@gmail.com

Email for questions or to join the team!

COSTS & LOGISTICS

BASICS

- * Commit to be in shape to walk (slowly) 6-8 hours/day for 6 days and 11-14 hours on summit day.
- * High-altitude hiking preparation/experience a plus but not mandatory
- * Need rain gear and cold weather jacket, hood, gloves, boots, etc. (can be -20F/-30C on summit)
- * Bring only 100% animal-free gear (no leather, wool, down, silk, etc.)
- * Total cost around \$4750
 - ~ \$2750 for guide service (16 persons, airport transfers, extra hotel night)
 - ~ \$1200 for international roundtrip airfare (cost will vary)
 - ~ \$ 800 for insurance, visa, tips, gear, extras (cost will vary)

ITINERARY

Summit August 14, 2019 (one day before official full moon—bright light, fewer crowds)

www.ultimatekilimanjaro.com/routes.htm#machame [maw-CHAWW-may]

Vegan Kilimanjaro 2 Itinerary 2019											
Date	Activity										
7-Aug	Pick up at Kilimanjaro Airport (JRO). Transfer to Moshi. Overnight at hotel.										
8-Aug	Rest, orientation, gear check/acquisition. Overnight at hotel.										
MACHAME ROUTE: 7 DAYS											
Date / Day	Start	Altitude		Finish	Altitude		Time	Distance		Gain/Loss	
		feet	meters		feet	meters		hours	miles	km	feet
9-Aug 1	Machame Gate	5,380	1,640	Machame Camp	9,350	2,850	5 - 7	6.8	11	3,970	1,210
10-Aug 2	Machame Camp	9,350	2,850	Shira 2 Camp	12,500	3,810	4 - 6	3.1	5	3,150	960
11-Aug 3	Shira 2 Camp	12,500	3,810	Lava Tower	15,190	4,630	4 - 5	4.3	7	2,690	820
	Lava Tower	15,190	4,630	Barranco Camp	13,044	3,976	2 - 3	1.9	3	-2,146	-654
12-Aug 4	Barranco Camp	13,044	3,976	Karanga Camp	13,106	3,995	4 - 5	3.1	5	62	19
13-Aug 5	Karanga Camp	13,106	3,995	Barafu Camp	15,331	4,673	4 - 5	2.5	4	2,225	678
14-Aug 6	Barafu Camp	15,331	4,673	Uhuru Peak	19,341	5,895	7 - 8	3.1	5	4,010	1,222
	Uhuru Peak	19,341	5,895	Mweka Camp	10,065	3,068	4 - 6	7.5	12	-9,276	-2,827
15-Aug 7	Mweka Camp	10,065	3,068	Mweka Gate	5,380	1,640	3 - 4	6.2	10	-4,685	-1,428
	Transfer to Moshi. Overnight at hotel.						37 - 49	38.5	62		
16-Aug	Transfer to JRO. End of services.										

GUIDE COMPANY

Ultimate Kilimanjaro: www.ultimatekilimanjaro.com.

Chicago based firm with Tanzanian staff in Moshi. Prices mid-range: more expensive than budget firms; less expensive than luxury firms. Member of KPAP (Kilimanjaro Porter Assistance Project). Guides are WFR (Wilderness First Responder) certified. Extensive website leaves few questions unanswered.

Truth About Prices & Costs: www.ultimatekilimanjaro.com/cost.htm

Persons	Discount	Net cost
4	----	\$2795
6	\$50	\$2745
11	\$50	\$2695
16	\$50	\$2645 (maximum participants & discount)

Single supplement: \$250 for private hotel room/tent.

(VeganKili volunteer advisors/organizers seek nor receive perks or compensation from Ultimate Kilimanjaro.)

INCLUDED IN COST

- * 2 hotel nights, vegan breakfasts, secure luggage storage (double occupancy)
Stella Maris Lodge www.stellamarislodge.com 6 miles west of Moshi (non-profit hotel, all proceeds benefit orphanage/school), or Parkview Inn www.pvim.com central Moshi, or equivalent.
- * Transport to/from trailheads
- * Park permit, camp fees, rescue fees, value added tax
- * Guide, assistant guides, cook, porters (~3:1 ratio; e.g., 48 crew for 16 climbers!)
- * Twice daily medical checks (pulse oximeter + Q&A survey)
- * Bottled oxygen for emergency rescue
- * Private tented toilet/s
- * Purified stream water
Use www.aquatabs.com because filtration alone will not remove viruses. No unpleasant aftertaste.
- * Mountain Hardware Trango 3-person, 4-season tents
Double occupancy unless request/pay single supplement
- * Sleeping pad (1.5" thick foam) inside a washable cover
- * Meals on mountain (breakfast, lunch, dinner)
- * Hiker mess tent (tables, chairs, lanterns, etc.)
- * Up to 15 kg (33 pounds) of personal gear carried by porters
Includes any personal food; cook will prepare if requested

ADDITIONAL COSTS

- * Airport Transfers: \$50/person
Transport service from Kilimanjaro Airport (JRO) to hotel and back (~30-45 minutes each way)
- * Extra Pre-trek Hotel Night: \$45/person (double occupancy)
To allow for late arrivals / lost luggage recovery / missing gear acquisition / rest & recovery

GUIDE COMPANY RENTAL OPTIONS

Payable on site in US Dollars or Tanzanian Shillings only. No need to reserve.

- * Sleeping Bag: \$50
Mountain Hardware Lamina -30F/-34C degree synthetic sleeping bag, fits 6'6" tall hiker
Washed after every trip; used on 10 trips max
- * Two trekking poles: \$20

OTHER RENTAL OPTIONS

Rain/cold-weather gear, gaiters, etc. can be rented from local shops in Moshi.
Guide company staff will accompany hikers to rental shops if desired.

INSURANCE / PASSPORT-VISA / VACCINATIONS / TIPPING STAFF

* Trip/high-altitude climbing insurance (mandatory)

www.ultimatekilimanjaro.com/preparation.htm#insurance

Apply soon after booking trip to avoid denial of coverage by some companies

If using *World Nomads*, their “Explorer” Plan covers high-altitude climbing

* Tanzanian Visa: acquire upon arrival at airport (\$100 *cash*/per U.S. citizen; other nationalities vary)

www.ultimatekilimanjaro.com/preparation.htm#entry

* Recommended Vaccinations

www.ultimatekilimanjaro.com/preparation.htm#vaccination

A yellow fever vaccination card is required if arriving from **countries where yellow fever is present**.

Mike Weinberg note: To my surprise upon arrival, Kilimanjaro airport staff were checking everyone’s Vaccination Cards before allowing entry to the terminal. I hadn’t thought I needed to bring mine. Fortunately, I was waved through when I said I was from the United States, which is *not* on the Yellow Fever list. I suggest you bring your vax card, regardless.

* Recommended tips on 7-day route for entire staff: USD \$190-\$225 *cash* per climber

www.ultimatekilimanjaro.com/tips.htm

100% VEGAN MENU

Served family style – take some and pass it on!

* Breakfast: Oats porridge, granola, toast, peanut butter, jam, cassava, baked beans, sweet potatoes, red yam, chapati, fried banana, fresh fruits....

* Lunch/Dinner: Soups (zucchini, leek, carrot, onion, vegetable...), fresh fruits/vegetables, pasta, rice, spaghetti, chips, mashed potatoes, fried potatoes, various vegetable sauces....

* Drinks: Tea, coffee, juices, soya milk...

SAFARI OPTION

You can add a private pre- or post-trek safari (1 to 7 days) to your climb package:

www.ultimatekilimanjaro.com/prices.htm#safariprices

CHARITY CLIMB

All climbers fund their own treks but are encouraged to donate, or ask family and friends to donate, to the Physicians Committee via this link:

www.maxlearning.net/VeganKiliPCRM.htm. The goal is to

raise funds for the Barnard Medical Center in Washington, D.C., a non-profit facility dedicated to the research, prevention, and treatment of lifestyle diseases through plant-based nutrition. The capstone of the trek will be the 2nd unfurling of the Vegan Kilimanjaro banner beneath the famous Uhuru Peak summit sign.



PUBLICITY / TEAM TABLE

To promote veganism and what’s achievable on a plant-based diet, publicity will be sought for the second all-vegan Kilimanjaro climb. Your photo, city/state/country, age, and years of veganism will appear in a Team Table. Your name and volunteered comments may appear in news releases sent to various publications.

 Mike Weinberg San Diego, California Age 41 17 year vegan	 Janet E. Kallen California Age 41 20 year vegan	 John Mott Houston, Texas Age 41 8 year vegan	 Janet Mott Houston, Texas Age 41 8 year vegan	 Sarah Alexander New York Age 34 15 year vegan	 Nina Heyning Newark, New Jersey Age 41 1 year vegan
 Sharon Warner Silver Spring, Maryland Age 41 7 year vegan	 Christopher A. Warner, MD Silver Spring, Maryland Age 41 2 year vegan	 Alexandra Warner Silver Spring, Maryland Age 41 8 year vegan	 Madison Warner Silver Spring, Maryland Age 18 8 year vegan	 Jordan Warner San Francisco, California Age 24 7 year vegan	 Deborah Jefferson Silver Spring, Maryland Age 41 1 year vegan
 Charles Jefferson Silver Spring, Maryland Age 71 1 year vegan	 Warren Wilson Dallas, South Africa Age 33 8 year vegan	 Tara Wilson Dallas, South Africa Age 31 5 year vegan	 Amy Garcia Tucson, Arizona Age 28 2 year vegan	 David O'Connell Tucson, Arizona Age 30 1 year vegan	 Vegan Kilimanjaro Plant-Based Nutrition Challenge Team Summit Day: March 1, 2018

ULTIMATE KILIMANJARO TERMS

v062018

Deposit and Balance Payment: The deposit amount should be made to Ultimate Kilimanjaro at the time of booking. Final balance payment is due 60 days prior to arrival date. If booking date is within 60 days of arrival date, the total trip price is due. Failure to make full balance payment by the due date may result in forfeiture of the trip deposit and any partial balance payments. Ultimate Kilimanjaro reserves the right to cancel any reservation should timely final payment not be received. It is the client's responsibility to ensure payment is made by the due date. Ultimate Kilimanjaro reserves the right to increase prices after bookings are made to cover increases in park fees or taxes not in effect at the time of booking. Payment may be made by credit card (Visa and Mastercard). Payment may be split among separate credit cards or charged entirely to one credit card. Final balance will be automatically charged 60 days prior to arrival date to the credit card on file.

Refund, Cancellation and No Shows: A full refund of the deposit will be made if Ultimate Kilimanjaro cannot confirm your booking. Otherwise, the deposit is non-refundable. If you decide to cancel your trip, Ultimate Kilimanjaro must be notified in writing via fax. Your trip will be cancelled from the date written notice is received. If written notice is received 61 or more days from trip departure, 70% of the total trip cost will be refunded. If written notice is received between 31 and 60 days from trip departure, 20% of the safari cost will be refunded and 50% of all other trip costs will be refunded. If written notice is received less than 30 days from trip departure, the total trip cost is nonrefundable. There will be no refund if a client cancels a trip, or leaves a trip for any reason either voluntarily or involuntarily after the trip has begun. No refund will be made for any services not utilized.

Travel Insurance: Valid travel and medical insurance is required to participate in the trip. Insurance should cover high altitude trekking, medical and repatriation costs, trip cancellation and emergency evacuation. Client must be able to provide proof of insurance to staff upon request.

Changes to Itinerary: Trip dates are firm and cannot be changed. Any other amendments, such as rental gear, hotel accommodations, airport transfers, etc. made to the itinerary within 60 days prior to the arrival date are at Ultimate Kilimanjaro's discretion and subject to a service fee of \$100 per person.

Good Luck to Vegan Kilimanjaro 2!



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