

# Vegan Kilimanjaro 2

## Plant-Based Nutrition Challenge!

Feb 11-20, 2019



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](http://www.facebook.com/vegankili)

Organizer: Beverly Melton [danielles\\_heart@yahoo.com](mailto:danielles_heart@yahoo.com)

Advisor: Mike Weinberg [mike.weinberg1952@gmail.com](mailto:mike.weinberg1952@gmail.com)

For questions  
or to join the  
team, email  
Beverly!

### 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% synthetic 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 February 18, 2019 (one day before official full moon—bright light, fewer crowds)

[www.ultimatekilimanjaro.com/routes.htm#machame](http://www.ultimatekilimanjaro.com/routes.htm#machame) [maw-CHAWW-may]

Vegan Kilimanjaro 2 Itinerary 2019											
Date	Activity										
11-Feb	Pick up at Kilimanjaro Airport (JRO). Transfer to Moshi. Overnight at hotel.										
12-Feb	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
13-Feb 1	Machame Gate	5,380	1,640	Machame Camp	9,350	2,850	5 - 7	6.8	11	3,970	1,210
14-Feb 2	Machame Camp	9,350	2,850	Shira 2 Camp	12,500	3,810	4 - 6	3.1	5	3,150	960
15-Feb 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
16-Feb 4	Barranco Camp	13,044	3,976	Karanga Camp	13,106	3,995	4 - 5	3.1	5	62	19
17-Feb 5	Karanga Camp	13,106	3,995	Barafu Camp	15,331	4,673	4 - 5	2.5	4	2,225	678
18-Feb 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
19-Feb 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		
20-Feb	Transfer to JRO. End of services.										

## GUIDE COMPANY

Ultimate Kilimanjaro: [www.ultimatekilimanjaro.com](http://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](http://www.ultimatekilimanjaro.com/cost.htm)

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

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

(VeganKili volunteer 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](http://www.stellamarislodge.com) 6 miles west of Moshi (non-profit hotel, all proceeds benefit orphanage/school), or Parkview Inn [www.pvim.com](http://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
- \* Twice daily medical checks (pulse oximeter)
- \* Bottled oxygen for emergency rescue
- \* Private tented toilet/s
- \* Purified stream water  
Use [www.aquatabs.com](http://www.aquatabs.com), no unpleasant aftertaste (filtration alone does not remove viruses)
- \* 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, lantern, 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](http://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)  
[www.ultimatekilimanjaro.com/preparation.htm#entry](http://www.ultimatekilimanjaro.com/preparation.htm#entry)
- \* Recommended Vaccinations  
[www.ultimatekilimanjaro.com/preparation.htm#vaccination](http://www.ultimatekilimanjaro.com/preparation.htm#vaccination)  
 Upon arrival, airport staff may check vaccination cards for proof of Yellow Fever vaccination
- \* Recommended tips on 7-day route for entire staff: USD \$190-\$225 *cash* per climber  
[www.ultimatekilimanjaro.com/tips.htm](http://www.ultimatekilimanjaro.com/tips.htm)

## 100% VEGAN SAMPLE 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](http://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](http://www.maxlearning.net/VeganKiliPCRM.htm). The goal is to raise funds in support of their non-profit Barnard Medical Center in Washington, D.C., which is dedicated to the research, prevention, and treatment of lifestyle diseases through plant-based nutrition. The capstone of the trek will be the unfurling of the Vegan Kilimanjaro banner beneath the famous Uhuru Peak summit sign promoting the Barnard Medical Center.

## PUBLICITY / TEAM TABLE

To promote veganism and what’s achievable on a plant-based diet, we’ll be seeking publicity 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.

## FACEBOOK

Our team/support group page is [www.facebook.com/vegankili](http://www.facebook.com/vegankili).

Vegan Kilimanjaro 2						
Plant-Based Nutrition Challenge Team	Beverly Melton City: State: Age: xx xx-year vegan	First Lastname City: State: Age: xx xx-year vegan	First Lastname City: State: Age: xx xx-year vegan	First Lastname City: State: Age: xx xx-year vegan	First Lastname City: State: Age: xx xx-year vegan	
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						Summit Day Monday February 18, 2019
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## ULTIMATE KILIMANJARO TERMS

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**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.

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