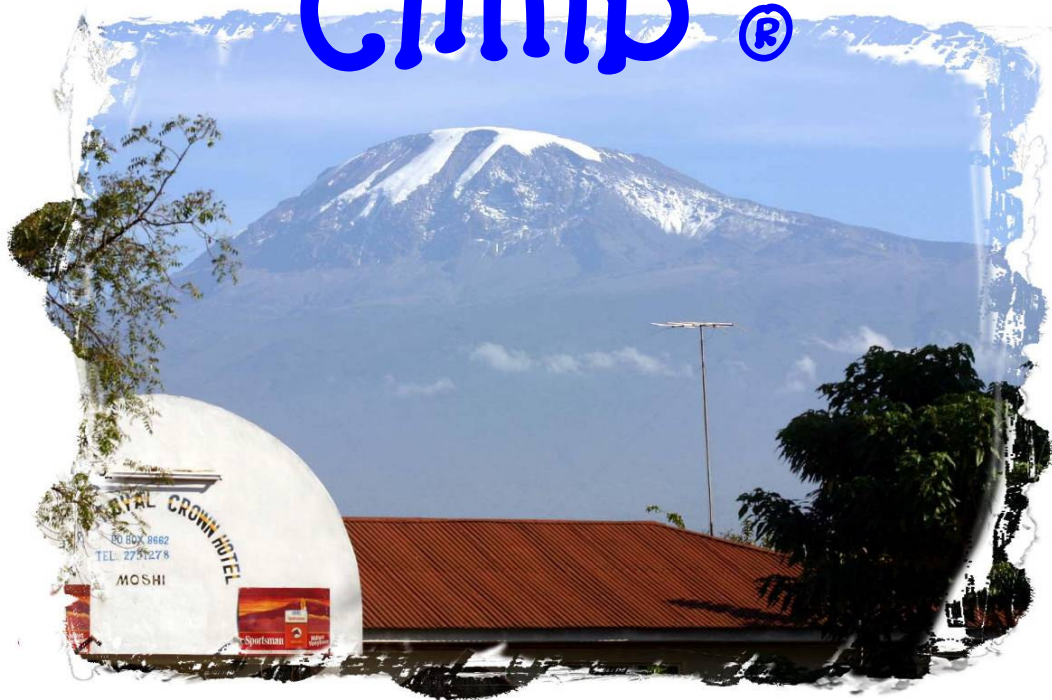


Education for Life



Meeting the Challenge

The Virtual Mt. Kilimanjaro Climb[®]



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Education for Life – Reaching Higher Heights!

Has anyone ever told you to **AIM HIGHER?**

Education for Life is offering you the opportunity to climb Mt. Kilimanjaro, the highest peak in Africa, VIRTUALLY!

PLEASE, don't let the words, Mountain, Highest Peak or Africa put you off – you can do this in your School, University, Leisure Centre, Youth Club, Church, Outdoor Event or even your own home.



INTRIGUED??????? Read on!!!!!!

The Task



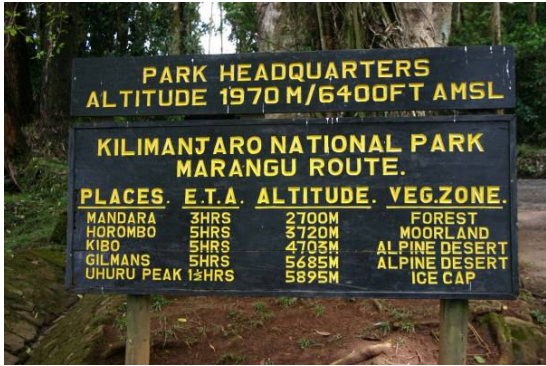
To step up and down, on a step (25cm in height) beginning (VIRTUALLY) at either Sea Level, or the climber's usual starting point, Marangu Gate (1,970 metres above sea level) until reaching the Highest Peak (5,895 metres above sea level).

If you have excellent stamina, you can take on this challenge yourself, or in pairs. Alone, you will climb either the whole 5,895 m, taking 13 hours to reach the summit or (from Marangu Gate) 3,925 m, taking 9 hours to complete the challenge. In pairs, these times are halved.

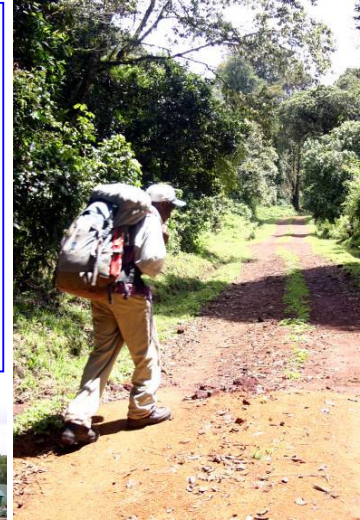
The task has been calculated using a step 25cm in height and at a climber's rate of 30 steps per minute, without an allowance for breaks or resting periods.

We have provided a Climber's Calculator, (an excel spreadsheet) to help you personalise this challenge. Eg. If the height of your step is 15cm, type it into the Climber's Calculator to find out the number of steps you need to take to complete this challenge. Similarly, if you are doing 20 steps per minute, it will work out for you how many hours you will take to reach the summit. To provide the opportunity for many people to take part in this challenge, you may "climb the mountain" in teams, if you wish. Eg. A team of 10 climbers can climb for 79 minutes each, using a 25cm step at 30 steps per minute to complete the challenge from Sea Level to the Highest Peak in Africa, Uhuru Peak 5,895 m.

Education for Life – Reaching Higher Heights!



We are about to begin a journey as if from the Amazon Rainforest to Antarctica. Mt. Kilimanjaro has huge slopes, host to five distinct climate zones and ecosystems. We'll go from equatorial to arctic conditions. **Day 1**, we begin in the rainforest.....



Cultivation Zone is the base of Kilimanjaro, from 800m - 1800m, used by local farmers to graze livestock and cultivate farmland. There are no large animals here, but you may see galagos, tree hyrax, genet cat, bronze sunbird or tropical boubou.

Mandara Huts - Home at the end of Day 1



In the forest, during Day 1, you may see Blue Monkeys or Black and White Colobus Monkeys; antelope such as Duiker, Suni, Bushbuck or Klipspringer and if you are very fortunate even leopard, civet or genet cat. It is through this forest zone, 1800m - 2800m that 96% of the mountain's water originates.

Day 2 brings us to Heath and Moorland Zone, 2800m - 4000m, characterised by heather and heath-like scrubs. A Giant Heather can be seen from Mandara Hut. When entering the moorland you can see clusters of Giant Lobelia and Senecios. The vegetation is eerie but fascinating, unlike anything you've ever seen. You're not likely to come across any wildlife due to the cold temperatures and altitude. Exhausted from your climb, have an early night at Horombo Huts.



Day 3 brings you to the Highlands Desert Zone, 4000m - 5000m, a land of extremes making it difficult for any plant life to exist. Only about 55 species of plants live above 4000m, lichens are one of the most successful having the ability to live on the lava rocks. There's intense radiation, high rates of evaporation and huge fluctuations in temperature with nights being well below 0°C and days in excess of 40°C. Water at this altitude is very scarce so soil maintains little moisture. The desert itself is not very spectacular, but the views are amazing, especially the views of the two mountain peaks. Breathing becomes difficult! Turn in early at Kibo Huts, ready for a long, hard hike to reach the summit tomorrow!

Day 4 starts at midnight, followed by a 6 hour trek in the dark so that we get to the crater rim to watch the sun rise at Gilman's Point.





**a huge achievement, and stunning views
CONGRATULATIONS!**

temperatures are well below freezing with intense burning
there isn't much life. Human beings cannot handle these
your blood has great difficulty absorbing oxygen at this
s. The only plants to be found are lichens; they grow no more
grey ones which can be seen are very old! There is virtually
ately enters the porous rock and the rest is locked into the

man's Point, but that is not the highest point; there's still
e. Keep walking and you reach Uhuru Peak, the "real" summit
the depths of the Reusch Crater. Not many people go into
perienced climbers. The views from Kibo are spectacular!
you encounter a huge icecap. Sadly, experts say that global
and they think that in a few years there'll be very little ice



Education for Life – Reaching Higher Heights!

Warning sign at Mandara Hut



Climber's Tips

“Some climbers suggest an hour's walk, then a 10 minute break. Steady rhythm is the key!”

“Keep your mind on the rhythm, deep breathing and keep it steady.”

Children under 10 years of age may participate in the Education for Life Virtual Mt. Kilimanjaro Climb, with adult supervision.

Education for Life – Reaching Higher Heights!

Virtual Mt. Kilimanjaro Climb

By raising sponsorship and completing the Virtual Kilimanjaro Climb, you will be helping some of the world's poorest people.

Education for Life and its partners are working in Mombasa, Kenya to:

- bring **Hope** to the poor through education and opportunity,
- be a **Voice of Truth** to challenge injustice, and
- **Feed** the hungry and help them towards self-sufficiency.

Education for Life and its partners:

- built **Tumaini**, from where we run a Nursery and Primary school, helping over 400 under privileged children and a Children's Home for orphaned children. Our centre is called Tumaini because it is the Kiswahili word meaning '**Hope, Trust and Confidence.**'
- established **Tumaini High School** to provide an opportunity for secondary education to young people whose parents can't afford it.
- run a daily feeding programme to provide a nutritious meal each day for children who might otherwise go hungry.



Completing the Virtual Kilimanjaro Climb and raising sponsorship will help many needy children in Africa!

Ask your friends and family to sponsor you and then after you've reached the summit of Kilimanjaro, impress them with your certificate and collect in all the money.



Please either post a cheque, payable to **Education for Life** to our UK address or pay the money into our bank account, details shown below.

Please complete the sponsor form and post it to our UK address, together with your "Kili Climb" story and photographs, if possible.

UK Contact: Education for Life
5 King Street
Carnforth
Lancashire
LA5 9DU

Bank: Barclays Bank, PO Box 13, Doncaster, DN4 5HJ
Account name: Education for Life
Sort Code: 20-26-55
Account number: 80062227

Telephone: 0870 879 1524

www.educationforlife.net

www.ed4lifemombasa.blogspot.com

Thank you for your support and for participating in our
Virtual Mt. Kilimanjaro Climb.

