



Sarah and The Loughborough University Team.

Sarah's report to the Rotary Club of Farnborough.

31st August - Prior to our trip up Kilimanjaro, our Loughborough University group was given the opportunity to visit Amani children's Centre in Moshi. Here, homeless children are rescued and counselled, and given an education that supports them all the way through to University if this is the route their education takes them. Children are counselled and reunited with family members if it is safe to do so. Visiting this Centre and meeting the children was an amazing and eye opening experience, and it was particularly special seeing a project where money from Hope for Children supports. It was announced to us on this day that our group collectively raised £108,000 for Hope for Children that will be going to support a sister project of Amani in the neighbouring town of Arusha, which is home to even more extreme poverty and child homelessness. As of yet, I have no photos from this project visit as there were

phone limitations however some will be released by Hope for Children shortly which I hope to share in my presentation.

1st September - Today, we began our ascent up Mount Kilimanjaro, beginning at Machame Gate through a forest climate. An 11km walk took us to Machame Camp at an elevation of 2835m and the landscape changed to moorland. We saw a few monkeys and some interesting wildlife!



2nd September- Day 2 saw us climb to Shira Cave Camp at an elevation of 3750m, and this was when the headaches started to kick in! The guides and porters did an amazing job at keeping you motivated and ensuring you felt happy and healthy. We were lucky to see a beautiful sunset on the mountain over what looked like a sea of clouds.



Day 3 - Today was one of the toughest! Walking up to 4600m to Lava Tower, the altitude sickness really kicked in, and this level of the mountain was an alpine desert vegetation zone. Seeing the mountain change so much was fascinating.

After a lot of sickness, we settled at Baranco camp at a lower altitude of 3900m to acclimatise us before ascending higher the next day.



Day 4 - Today was physically challenging as we climbed, as pictured below, Baranco wall. This was the first part of the climb in which you really required your hands and feet! We stopped at Karanga Camp at 3995m and we got the all clear from on-site doctors to go ahead to base camp. Barafu Camp was a barren terrain, and we slept here at 4673m before our ascent in the early hours of the

morning at 2am to begin climbing to the summit. After dinner in the mess tent, we had a nervous few hours' sleep before we were woken to begin.





Day 5 - Summit day! Beginning in the very early hours of the morning, we started our walk in the darkness, only seeing the person's feet in front of you from the head torch! We were able to see our first proper glimpse of the summit, and it was incredible seeing the sunrise on our way up at around 5am. After reaching Stella Point at around 10am at 5756m, we continued for another painful hour to reach Uhuru Peak, the roof of Africa at 5895m. This final hour took us through vast areas of snow and ice by the glacier. This last walk was incredibly painful and it could not be accomplished without the motivation and positivity of the guides! After a brief time at the peak due to the incredibly low oxygen levels, we had to carry on and descend the mountain for another 4

hours to reach camp. The following day was our last, leaving the mountain after a 9 hour trek.



Kind Regards,
Sarah Gaylard