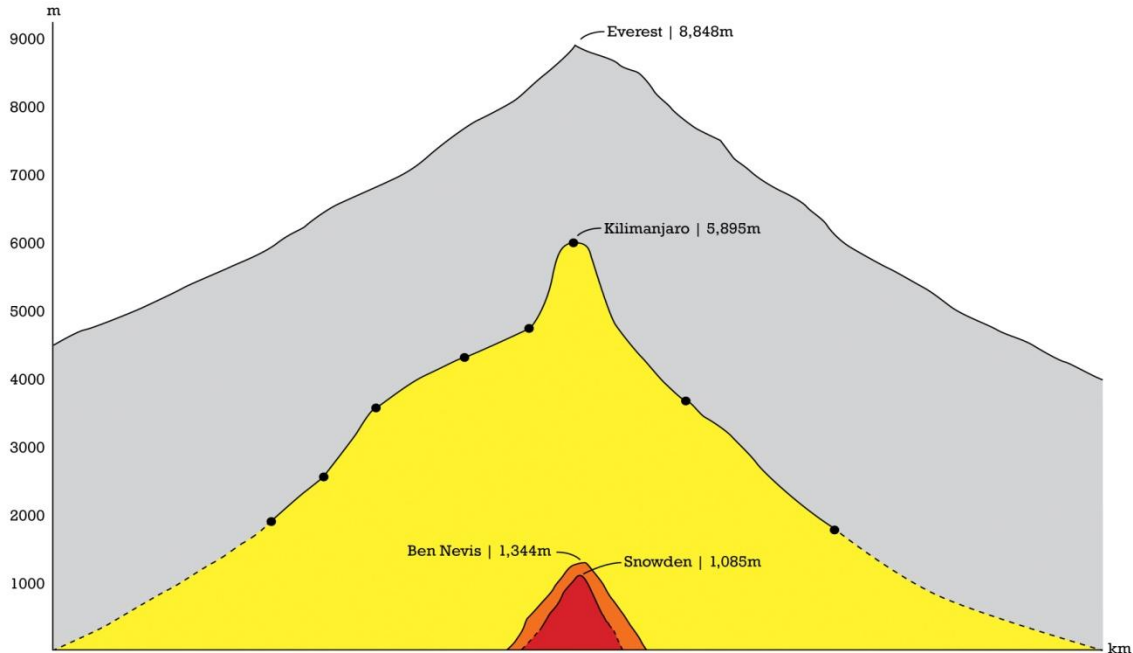


# My Kilimanjaro Expedition – August 2015 (by Olivia Maiden)

## What?

### • Big:

- 19,341 feet (5,895 metres)
- Highest freestanding mountain in the world (i.e. not part of a mountain range).
- Highest mountain in Africa (the Masai call the mountain the “House of God”).
- Largest volcano in the world (it’s 50 miles wide and can be seen from 120 miles away).



### • Cold:

- The temperature will change from +25c at the bottom to -25c by the summit.
- It’s like travelling from the equator to the pole in four days.
- I’ll pass through four climatic zones in four days: forest, moorland/heathland, alpine desert and arctic/polar conditions at the summit.
- Global Warming – 85% of the huge glacier at the top of Kilimanjaro has melted in the last 100 years; over 25% in the last 10 years alone. It’s expected to disappear entirely by 2050.

### • Little Oxygen:

- There’s only 49% of sea level oxygen at the summit.

### • Difficult:

- This is a hard and potentially very dangerous undertaking.
- Success rate – 75% reach the summit with the other 25% suffering symptoms of Acute Mountain Sickness (AMS) severe enough to warrant the immediate removal to lower altitudes.

### • Rongai Route:

- Our route starts from other side of the mountain at the Kenyan border and returns via the normal Marangu route.
- Total walking distance of 76 km (about 50 miles).
- Typical Day – 5-6 hrs walking/day, 12 km horizontally, 1000m vertically..... similar to doing Ben Nevis every day but with limited oxygen.



## Who?

### • Olivia Maiden:

- I'm 12 years old but will be 13 before the expedition...the minimum age that Kili operators will allow.
- I'm not a natural at sport but I like climbing mountains and I'm just a bit determined!
- I climbed Snowdon with my family in 2011 and Ben Nevis last summer with my Dad.

### • Dan Maiden:

- My Dad's also not a natural athlete which is why training together will be fun!
- He likes a challenge – he cycled Lands End to John O'Groats in 2010 for charity and climbed Kilimanjaro in 2011.

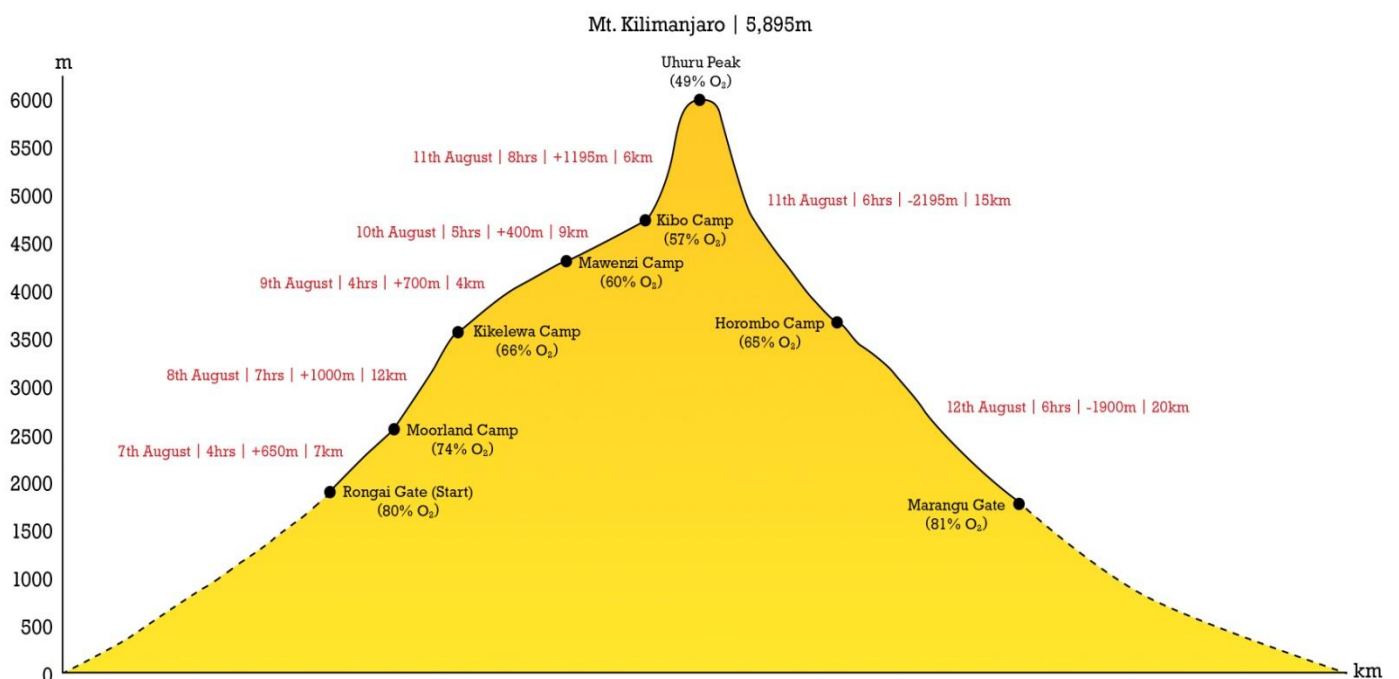
### • Support:

- Luckily for us, it's Tanzanian law that you must use a guide and support team (supports the local economy!).
- Because I'm young, they recommended that we organised a private expedition which will include a support team of 13 or more including two guides, a cook and 10+ porters.



## When?

- Fri 7th Aug – a fairly straightforward start through forest and heathland to our Moorland Camp (2,600m).
- Sat 8th Aug – a long, tough day climbing 1,000m to the Kikelewa Caves Camp (3,600m).
- Sun 9th Aug - climbing steeply 730m to the Mawenzi Tarn Camp (4,330m) above the clouds.
- Mon 10th Aug – climbing 520m across the alpine desert of “the saddle” to Kibo Camp (4,700m).
- Tue 11th Aug – the big one! A hugely challenging 15 hour day starting out just after midnight, climbing for 8 hrs in the dark (1,000m climb in just 3.5 km - 1:3 gradient) up volcanic scree on this extremely exposed wind-battered final climb. After reaching the top at dawn, we'll have a long 6 hr walk (16km) back down half the mountain to Horombo Camp (3,720m) arriving late afternoon.
- Wed 12th Aug – the last 20km walk off the mountain to a welcome shower and bed! (and a beer for my Dad!).



## Training?

- I'm already training hard with my Dad in the gym because I need to build strength in my legs and gain stamina and overall fitness (particularly for the 15-hour summit night).
- I also have four mountain-training weekends in the diary starting in late March with climbing Snowdon three times on consecutive days (one at night with a guide). I'm climbing again Snowdon on a school trip in June and we have few days in the Brecon Beacons in July.



Snowdon Summit, 2011



Ben Nevis Summit, 2014



First day training in gym - 2015

## Charity Fundraising

- **I'm trying to raise a very ambitious £5,895 for charity (£1 for every metre of height!).**
- We're funding our own expedition costs so all donations will go to the charity.
- I've chosen two charities to equally split the funds across:
  - **Ace Africa** ([www.ace-africa.org](http://www.ace-africa.org)) is a children-focused charity that helps rural communities to help themselves out of intense poverty; it's based near Kilimanjaro and was founded, and run, by a friend of ours.
  - Their approach is proactive and is founded upon a robust understanding of local needs and issues. They take a long-term view, focusing on delivering effective, sustainable development programmes in four key areas: child development, health, farming, economic empowerment.



- **Helen & Douglas House** ([www.helenanddouglas.org.uk](http://www.helenanddouglas.org.uk)) was the world's first children's hospice when it opened in 1982. It provides end of life care for children with life-shortening conditions, as well as support for the whole family. It's personal to me because they helped our family a lot in the last few months of Florence's life (Florence was my little sister who sadly died – see photos below).

Looking after a very ill child every day and night can be exhausting and stressful for families. Helen House provide occasional respite care modelled on that provided in the family home - personalised and tailored to individual needs whilst still affording sensitivity and dignity. The emphasis is on making the most of life, whatever the circumstances.

Helen & Douglas House costs £5,000,000 a year to run with over 85% of all funding coming from individual voluntary donations from the public.



- **How can you help?** I know that we're all approached regularly for charity donations. If I promise not to ask again for a long time, please dig deep and donate whatever you can afford now in the following ways:
  - Via my fundraising website page at [www.virginmoneygiving.com/oliviamaiden](http://www.virginmoneygiving.com/oliviamaiden) and donate online.
  - By sending me a cheque in the name of "Ace Africa" and/or "Helen & Douglas House" and I'll forward it to the charity (Send to: Olivia Maiden, "The Gables", Cricklade Street, Poulton, Cirencester GL7 5HS).
  - By pledging a figure to me by email at [olivia@maiden.org](mailto:olivia@maiden.org) (home) and [maidoi@dragonschool.org](mailto:maidoi@dragonschool.org) (term time - until end June only) and I'll ask you for payment after the event.

**Thank you, thank you, thank you!**