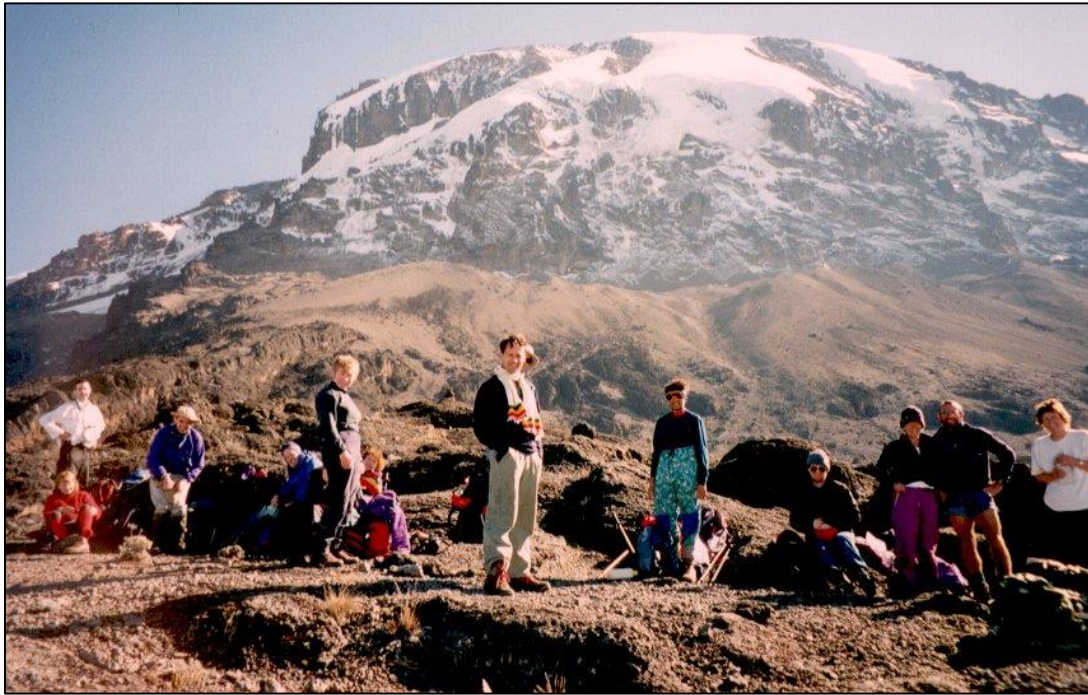


## The African Three Peaks

*Trek to Africa's three highest summits in this 22-day adventure*



*East Africa is home to the continent's three highest peaks: Kilimanjaro, Mt Kenya and Mt Stanley. Your challenge is to climb them all!*

Your African Three Peaks adventure begins in Nairobi, Kenya, from where you will travel direct to **Mount Kenya** National Park. The five-day climb to Point Lenana, Mt Kenya's trekking peak, will be via the scenically spectacular Sirimon trail. The altitude acclimatisation and training provided by this short but tough climb will be invaluable for the more challenging treks to come.

**Mt Stanley**, in the Ugandan Rwenzoris, follows. This arduous climb begins in Kilembe, an old mining town in the remote south-west of Uganda, close to the border with the Congo. Following the newly-developed Kilembe trail, you will complete a long approach route to the base of Mt Stanley followed by a rapid ascent to Margherita Peak, Mt Stanley's second summit. Ice axes, cramp-ons and fixed ropes will be required near the top.

**Kilimanjaro**, one of the seven summits, is your final challenge. Already well-acclimatised to the altitude, you will tackle Kilimanjaro via the remote Rongai route. This is a steep, rapid ascent, taking you through the Great Barranco Valley and over the Crater to Uhuru Point, the Roof of Africa.

### **Your Financial Protection**

All monies paid by you for the air holiday package shown [or flights if appropriate] are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 3145.

For more information see our booking terms and conditions.

## Outline itinerary

**Day 1** – Transfer from Nairobi to start of the Sirimon Route to Old Moses Camp (Mt Kenya climb)

**Day 2** – Trek to Shipton's Camp (Mt Kenya climb)

**Day 3** – Acclimatisation day with trek to Hausberg Col. (Mt Kenya climb)

**Day 4** – Summit climb to Point Lenana and descend part way Chogoria Route (Mt Kenya climb)

**Day 5** – Descend via Chogoria and return to Nairobi (Mt Kenya climb)

**Day 6** – Morning flight to Kampala, Uganda; full-day transfer to Kasese

**Day 7** – Start of the Kilembe Trail to Sine Hut (Mt Stanley climb)

**Day 8** – Trek to Mutinda Camp (Mt Stanley climb)

**Day 9** – Trek to Bugata Camp (Mt Stanley climb)

**Day 10** – Trek to Butawu Camp (Mt Stanley climb)

**Day 11** – Trek to Margherita Camp (Mt Stanley climb)

**Day 12** – Summit climb to Margherita Peak; return to Butawu Camp (Mt Stanley climb)

**Day 13** – Trek to Bugata Camp (Mt Stanley climb)

**Day 14** – Climb ends in Kasese (Mt Stanley climb)

**Day 15** – Transfer to Kampala for afternoon flight to Arusha, Tanzania

**Day 16** – Begin Kilimanjaro climb via the Rongai Route (Kilimanjaro climb)

**Day 17** – Trek to Kikelewa Camp (Kilimanjaro climb)

**Day 18** – Trek to Mawenzi Tarn (Kilimanjaro climb)

**Day 19** – Trek to Kibo Hut (Kilimanjaro climb)

**Day 20** – Trek to Summit and down to Horombo, (Kilimanjaro climb)

**Day 21** – Descend Kilimanjaro; transfer to lodge (Kilimanjaro climb)

**Day 22** – Transfer to airport for return flight home or onward transfers



\* For a more detailed overview of the routes, see our individual itineraries for [Mt Stanley](#), [Mt Kenya](#) and [Kilimanjaro Rongai Route](#).



## **FAQs**

### **How tough is this expedition?**

This is intended to be one of our toughest expeditions, but this does not mean that you need to be an experienced mountaineer in order to participate. The itinerary has been carefully planned to ensure that you have plenty of acclimatisation time, increasing your chances of making it to the summit of each peak. The cumulative effect of each climb will mean that you're well prepared for the rapid ascent to the summit of Kilimanjaro that marks the end of the challenge.

None of the peaks included in this itinerary, with the partial exception of Mt Stanley, are technical climbing peaks. All can be considered trekking peaks. Ice axes, cramp-ons and ropes will be required for the glacier crossing at the summit of Mt Stanley, where you will also encounter low-grade rock scrambles. We will provide all of the equipment and any necessary training on the mountain.



The greatest challenge will simply be the long walking days, as well as the possibility of encountering poor weather conditions, especially in the Rwenzoris. You will be required to trek for between 4 and 8 hours during the ascent days, and twice that during summit nights and descent.



## When should I travel?

December to February and June to August are the best months to attempt the African Three Peaks. During these months conditions are drier and you are less likely to encounter heavy rainfall. This is most important when planning a trek into the Rwenzori Mountains. Mt Stanley has a shorter climb window than either Mt Kenya or Kilimanjaro. Torrential rains can make the Rwenzoris a particularly difficult trekking environment, so it's essential to keep to the recommended climbing seasons.



## Is it necessary to complete the three climbs in the course of a single trip?

No, if preferred you can choose to tackle each individual climb on a separate trip. We will be offering a cumulative discount for each successive climb. This discount will be offered to any previous Gane and Marshall travellers who have completed a climb of Mt Kenya, Mt Stanley or Kilimanjaro with us in the last 25 years.

## Do I have to join a group?

No. You can book a private expedition for you and your friends at dates to suit you, or you can join one of our open groups (departure dates to be confirmed).





## What does it cost?

For all three summits in one programme allow £3,340 per person excluding flights and based on a group size of 4. Airport and other land transfers, full board accommodation, park fees for Mt Kenya and Kilimanjaro are included. Extras to consider are Mount Stanley park fees (these must be paid locally at the gate), flights, drinks and tips.

If you choose to climb the peaks individually, we will be offering a discount of £50 per climb for each successive mountain, as well as free maps and guides for all three peaks. This discount applies to past climbs, so if you've climbed Kilimanjaro, Mt Stanley or Mt Kenya with us in the last 25 years, you're eligible for the discount.

## Why climb with Gane and Marshall?

Gane and Marshall was founded in 1991 as a climb operator specialising in East Africa, with a particular focus on Kilimanjaro. We have since expanded our portfolio to include treks and climbs throughout East Africa, including Kenya, Ethiopia, the Tanzanian Rift Valley and Uganda. In the process we have acquired a knowledge of trekking and climbing in Africa that few other UK travel operators can offer. We one of the only UK operators to offer expeditions to remote environments such as the Rwenzoris.

Our risk management, safety and back-up are first rate. We are ATOL-bonded, insured as a tour operator with Travel and General, and we hold catastrophe insurance with Cork, Bays and Fisher.



## Who are the organisers?

**Alan Chambers** is an acclaimed polar explorer and adventurer. He has led many expeditions to extreme environments, including but not limited to the North and South Poles. Alan led the first successful winter crossing of Iceland, and in 2000 organised and led the first unsupported walk to the North Pole from Canada, for which he was awarded an MBE.

With Jeremy Gane, Alan organised the Extreme Classroom series of events which saw special needs students embark on life-changing expeditions into the Arctic, the Himalayas, and most recently, the Tanzanian bush. The events were broadcast in a series of documentaries by the BBC.

**Jeremy Gane** is a founding director of Gane and Marshall and Charity Challenge. He has organised countless treks and climbs in Africa over the last 25 years, including major events for Comic Relief, the BBC and the Elton John Aids Foundation, among others.

Jeremy is extremely knowledgeable about Kilimanjaro, having climbed the mountain over twenty times, operated his own Kilimanjaro climb company out of Arusha, and led a number of high-profile groups to its summit. He gives the same personal attention to all of his clients.