

FOCUS Ireland

Kilimanjaro Trek – Frequently Asked Questions

When are the open expeditions taking place?

Places available for 2019:

<i>04/02/2019 – 15/02/2019</i>	<i>Spaces Left: none</i>
<i>03/06/2019 - 14/06/2019</i>	<i>Spaces Left: limited</i>
<i>08/07/2019 - 19/07/2019</i>	<i>Spaces Left: none</i>
<i>10/07/2019 - 21/07/2019</i>	<i>Spaces Left: available</i>
<i>15/07/2019 - 26/07/2019</i>	<i>Spaces Left: limited</i>
<i>31/07/2019 – 11/08/2019</i>	<i>Spaces Left: available</i>
<i>12/08/2019 – 23/08/2019</i>	<i>Spaces Left: available</i>
<i>02/09/2019 – 13/09/2019</i>	<i>Spaces Left: limited</i>
<i>04/09/2019 – 15/09/2019</i>	<i>Spaces Left: available</i>
<i>16/09/2019 – 13/10/2019</i>	<i>Spaces Left: available</i>
<i>21/10/2019 – 01/11/2019</i>	<i>Spaces Left: available</i>

Places available for 2020:

<i>13/01/2020 – 24/01/2020</i>	<i>Spaces Left: available</i>
<i>03/02/2020 – 14/02/2020</i>	<i>Spaces Left: available</i>
<i>08/06/2020 – 19/06/2020</i>	<i>Spaces Left: available</i>
<i>08/07/2020 – 19/07/2020</i>	<i>Spaces Left: available</i>
<i>31/07/2020 – 11/08/2020</i>	<i>Spaces Left: available</i>
<i>09/09/2020 – 20/09/2020</i>	<i>Spaces Left: available</i>
<i>07/10/2020 – 18/10/2020</i>	<i>Spaces Left: available</i>

Do I need to be fit in order to climb Kilimanjaro?

The answer is yes! However anyone can train in order to complete this challenge. There is no set minimum fitness level required to participate in this expedition. The fitter you are the more you will enjoy the expedition. Kilimanjaro is a demanding trek with an average of 6 hours of walking per day except on the summit day which involves roughly 15 hours of walking. The group moves at the pace of the slowest person and nobody is ever left behind.

However any questions you have on training or fitness we are on hand to help you on your way to achieving your goal!

How much do I have to raise?

Focus Ireland are asking you to raise €5,999 to climb Kilimanjaro. The cost of this expedition is €3,999. In total the amount that goes to help people who are homeless is €2,000.

What deposit is required to hold my place?

€399 is required to guarantee your place.

What is included in the cost?

- 1) International return flights from Dublin to Kilimanjaro, economy class.
- 2) All transport in Tanzania.
- 3) All accommodation in hotels and camping for the duration of the itinerary based on two people sharing.
- 4) All meals and drinking water for the duration of the itinerary except in Arusha where accommodation is based on B&B.
- 5) Earth's Edge Expedition Leader.
- 6) Expedition Doctor.
- 7) All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- 8) An expedition t-shirt.
- 9) A celebratory dinner at the end of the expedition.

What is not included in cost?

- 1) Transfers to and from Dublin airport.
- 2) Expenses of a personal nature like laundry, phone calls, tips and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.
- 3) Personal equipment such as sleeping bags, medical vaccinations, travel insurance and a tourist visa.

When is the fundraising deadline required?

Your fundraising total is required to be completed 6 weeks before departure.

How do I register & learn more by?

Please contact Elizabeth on 01 881 5900 or by email events@focusireland.ie