



The sign on the roof of Africa (Uhuru) that greets successful summiters.

Below, the spacious and comfortable Lodge for pre and post trek.



A nifty little addition to the advertising campaign! Anyone guess the mountain profile?



Anyone for Kilimanjaro?

Travel and Trek enters the Kili market

Price includes TIPS (unusual but true!), transfers from Kili airport, Park fees, Park Rescue fee, full board, all accommodation, all trek staff.....not much missing.

Last month I highlighted the issues surrounding why Travel and Trek had not entered the market for treks to Kilimanjaro.

Having produced an itinerary that I am happy with from a safe acclimatization point of view, I am delighted to be able to offer treks this year, beginning in August.

This 8 day trekking itinerary (on the Lemosho route) hovers around the 3500m - 4000m zone for 4 nights allowing excellent acclimatization before ascending further. Your chances of summiting (and enjoying yourself!) are much higher using an itinerary of this length as opposed to a shorter trek.

The price of £1480 is very competitive even when you compare it to the 6 day itineraries that have 2 days less National Park fees to pay AND our price includes airport transfers **and TIPS!!** There are no local payments. Other companies are quoting to budget between US\$100 - \$150 for tips (on top of their advertised prices).

Why not join me on the first trek in August?

Full details are on the new webpage www.travelandtrek.com/kilimanjaro.shtml

- A virtually all inclusive trip inside Tanzania
- Excellent acclimatization itinerary; much higher chance of summiting
- 8 day trek price matches many 6 day treks
- Wonderful Lodge pre and post trek; it has a pool and a view of Kili!

Help for Heroes (H4H) Charity

EBC and Sahara

Travel and Trek has an EBC trek already registered with the Help for Heroes charity and is planning on doing the same for the Sahara Desert.

Clients booking on these treks will be expected to pay for their own trips and raise any money for charity separately. Travel and Trek will help you with any paperwork if required.

There is no horrendous pre-set fund-raising target that you need to reach, any money raised, however small, will be gratefully received by the charity.

EBC Trek: 14 Sep— 2 Oct 2010

Sahara Trek: 11—20 Feb 2011

Both of these treks are a perfect opportunity to gather your friends and get on and do one of these treks (remember the one you have been meaning to do for ages!!) for an excellent cause.



ADVANCED PLANNING PAYS

For those looking towards the autumn of 2010 or even into early 2011, take a look at these

- **EBC**, in support of **Help for Heroes**, 14 Sep—2 Oct, web price is £820, your for £720 if you book before the end of Jan.
- An **Island Peak/EBC** trip is already guaranteed to depart 25 Sep (returning 16 Oct) so if you're looking to join a group, this is the one to target. **2009 prices held for 2010.**
- The **Sahara Desert** trek in support for **Help for Heroes** departs 11 Feb 2011 (returns 20th Feb). The chance to join what could well be a good sized group. If you are interested, register your interest with Travel and Trek and you will be kept informed by e-mail.
- The **Snowman Trek** in Bhutan (departs UK 14 Sep); the deadline is 19th march to establish the min number (6).
- **Morocco, Dades - Mgoun Traverse** (departing 8th May), group of 10 already formed, others are welcome to join.
- **Bhutan's Thimphu Festival** is spectacular, 14—25 Sep, book early to secure flights into Bhutan.

HIGH ALTITUDE IS NOT ALL ABOUT HEADACHES!

This article is written from Terry Crosby's own personal experiences and numerous discussions with professional doctors who specialise in high altitude medicine over a long period of time.

If you are thinking of embarking on any trek that includes high altitude (anything above 4000m, including EBC, Island Peak, Kilimanjaro, etc...), you should be considering what the effects of altitude will have on you. This short article will hopefully help you understand that it's not all about headaches. Acclimatise properly and there should be no reason why you should suffer unnecessarily at the hands of Acute Mountain Sickness (AMS).

It is a clinical fact that unless you have a headache, you do not have AMS. You may be experiencing other symptoms such as a loss of appetite, insomnia, the vivid dreams, fatigue, etc... but these are the associated effects of being at altitude, not because you are suffering from AMS. There is a big difference.

The process of acclimatization is allowing your body to adjust to the reduced amount of oxygen, nothing else. The other effects will come anyway, it is just a matter of how many!

Through experience, I know that problems associated with being at altitude begin to surface at approx 4000m. From then onwards, it is a matter of how well you can cope with those effects.

Let us assume that you are heading for EBC, have trekked above 4000m and do not have a headache. The longer you remain at altitude, the more acute some of the effects mentioned above are likely to become. We can all cope with a lack of sleep and the odd tummy upset for a period of time but potentially the most damaging (not including AMS) is the loss of appetite. After 5 or 6 days of this, it could leave you seriously depleted of energy.

The challenge of Island Peak (6189m) is a classic example. By the time you get to its Base Camp (having been to EBC first), you will have been above 4000m for 6 or 7 days. The ability to maintain your health, keep eating and be strong enough to summit when the time comes is not as easy as it sounds. Whilst you may be surprised how deep your energy reserves will go when it really matters (or you have no choice!), there is a limit. Whilst statistics never tell the full story it is interesting to note that integral to my three Island Peak trips (2007, 08 and 09), 24 people began the treks, 18 actually began the summit attempt and 13 successfully summited.

The televised Children in Need programme about the celebrities trekking up Kilimanjaro highlighted Chris Moyles's successful summit due to his less than fitness orientated lifestyle! His slow plodding and a few ample fat reserves stood him in good stead proving that you don't have to be a super fit racing snake to reach these challenging goals.

A headache is the most significant single warning signal of AMS. Trek slowly, drink lots of water, acclimatize properly and you can avoid this. What you cannot avoid and indeed should expect regardless is a little discomfort from the other effects as your body adjusts.



Trekking to high altitude brings huge rewards such as views like this in Ladakh.



AIRLINE/AIRPORT ROUND UP

Fly Dubai is a low cost airline, which not surprisingly has its hub in Dubai! It has just opened up another route from Dubai to Kathmandu; excellent news as it keeps fares competitive to Nepal's capital. The airline has ordered 54 of the new 737-800 aircraft, doesn't issue tickets (it issues boarding passes as soon as you book with your seat No on it!) and has a generous 10kg hand baggage allowance.

Like Delhi, Dubai is served by many airlines making Kathmandu so much more accessible than it was 2 years ago. A sample return fare in Feb was £198 as opposed to a scheduled airline fare of £300.
<http://www.flydubai.com/>

Dubai's new airport (Maktoum Airport), a new facility under construction in the desert south-east of the city, is projected to become the world's busiest when it is completed in 2017, with a capacity of 160m passengers.

Fears that Maktoum would be abandoned after the tightening of credit caused a sharp downturn in Dubai's construction sector last autumn were brushed aside when Dubai Airports says the first terminal at the site, with a capacity of 7m-9m passengers, is on schedule to open next June.

TREKKING POLES—WORTH IT OR NOT?

I think that I have had more discussions about trekking poles than any other single item.

What are they, what exactly are they used for and are they worth it?

Trekking poles look like ski sticks, only they are designed specifically for trekking and are adjustable (they usually expand/collapse from 3 sections). The more expensive ones will have an element of spring in them to soften any load on the arms.

The pro trekking pole brigade will point to medical evidence that suggests that using trekking poles lessens the load on your knees and indeed I would not argue with that evidence although how much it lessens the load is debatable (and extremely difficult to measure). There are also downsides to using them.

For them to be effective, you do need to learn how to walk correctly with them although to most it does come naturally. I have seen so many people walking along with them in such a fashion that they are providing no effective assistance whatsoever. I would also go so far as to say that they are positively dangerous to everyone else around them! A swinging pole with an unprotected metal tip can be pretty lethal!

In my opinion, poles are most effective when descending and especially on loose ground such as scree. They provide balance and confidence to the user. I can see negligible gain to the user when ascending, in fact they may even be a hindrance. Even if you do not like poles or prefer not to use them in 99% of cases, they can be worth carrying. They are extremely useful for water crossings (depth testing and aiding balance on an uneven and unstable surface that you can't see), retrieving items that may have fallen, a carrying device for medical emergencies and even fending off unwanted dogs, yaks or other beasts!

I have however seen some terrible accidents associated with the use of trekking poles. Using the wrist loops when walking on flat ground or ascending is fine. When used correctly (insert the wrist upwards through the loop) this provides the 'power' for your arms to push down on. When descending however, my advice is to take your wrists OUT of the loops. Why? If you fall and your wrists are in the loops (and I have seen this many times), you may not be able to get your hands down to the ground in time to help break your fall (natural reaction) because the pole (if the tip of it is in the ground) will not allow it. The result is a crashing fall with the potential for a serious head injury. You don't need any power when descending, just balance so there is no need to put your wrists through the loops.

My Verdict.....don't buy poles just for the sake of it or because you have seen others use them and think that it is the right thing to do. Try someone else's first and see how you get on with them. If you do like them and feel more balanced or comfortable having them with you, by all means buy a pair. If you intend doing a lot of trekking, it may be worth investing in a pair and carrying them even if you don't always use them. You just never know when they might come in handy!



Poles are very useful for balance and stability when crossing strong flowing river (this was just a practice!) and below, not so necessary when ascending.



ADVENTURE TREKKING

The Bungalow
42 Hough Road
Barkston
GRANTHAM NG32 2NS

Phone/Fax: 01400 250770

Mobile: 07725 943108

e-mail:
terrycrosby@travelandtrek.com

www.travelandtrek.com