Climb Mount Kilimanjaro

If you are in need of a challenge, why not attempt to climb Mount Kilimanjaro? Not only will you be raising money for Bridge2Aid, it might just change your life.

Climbing Kilimanjaro is one of life’s true achievements. Soaring above the vast plains below, the ‘Roof of Africa’ rises to a giddy 5,895m (19,335ft).

The climb at altitude, as well as the lunar landscape and stunning views makes it one of the mountains every trekker and mountaineer in the world wants to conquer.

From August 20 to 30 2009, Bridge2Aid is running a bespoke trip for up to 20 intrepid supporters. Half these places have already been filled by individuals wanting to undertake the challenge of a lifetime. Will you be joining them, and watching dawn break over the Rift Valley?

As you conquer Mount Kilimanjaro, the highest mountain in Africa, you will marvel at the diverse ecosystem – from cultivated farmlands on the lower levels, through lush rainforest and alpine meadow to a barren lunar landscape at the top. Catching the sunrise from the summit is a breath-taking moment. Intrepid individuals only need apply – this is our most challenging event and is not for the faint hearted.

The trip comprises

**DAY 1:** Fly London – Nairobi.

**DAY 2:** Fly Nairobi – Kilimanjaro.

**DAY 3:** Start ascent from Ma-rangu Gate to Mandara Hut. 4.5 hrs

**DAY 4:** Long trek uphill through the cloud level to Horombo Hut. 7-8 hrs

**DAY 5:** Acclimatisation day. Trek to Mawenzi Pass and back. 5 hrs

**DAY 6:** Follow lower route to Kibo Hut through spec-tacular flora and fauna. 7-8hrs

**DAY 7:** Trek halfway to summit to acclimatise. 5 hrs

**DAY 8:** Trek to the summit for sunrise. Return to Horombo Hut. 15-17 hrs

**DAY 9:** Descend to Marangu Park Gate. Celebratory meal.

**DAY 10:** Fly Kilimanjaro – Nairobi – London (option to extend trip in Tanzania is available).

**DAY 11:** Arrive London…

Why do supporters climb Mount Kilimanjaro for Bridge2Aid?

• Because we rely on the generosity and commitment of our supporters to carry on our work.
• Because with every step you take on Kili, the funds you raise will be changing lives in Tanzania.
• Who knows? Tanzania may even repay the compliment, and change your life too...

To be a part of this amazing challenge, you will need to register and send a deposit for £250. Participants agree to fundraise £2,950. Please contact kerry@bridge2aid.org, call her on 07881 912060 or visit our website www.bridge2aid.org.

The Clearstep System

The Clearstep System is a fully comprehensive, invisible orthodontic system, able to treat patients as young as 7. Based around 5 key elements, including expansion, space closure/creation, alignment, final detailing and extra treatment options such as function jaw correction. The Clearstep System is designed to treat any malocclusion efficiently and invisibly, no matter how severe.

GDP friendly, with our specialist orthodontic faculty providing full diagnostic input and treatment planning, no orthodontic experience is necessary. As your complete orthodontic toolbox, Clearstep empowers the General Practitioner to step into the world of orthodontics and benefit not only their patients, but their practice too.

**Accreditation Seminar**

This accreditation seminar is aimed at General Practitioners, providing you with all the knowledge and skills required to begin using The Clearstep System right away.

**Introductory Course dates for 2009**

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**Personal Accreditation**

Receive a visit from a Clearstep Account Manager, providing a personal accreditation in your practice at a time convenient to you.

Further Courses

Once accredited, further your orthodontic expertise with our hands on course, where you will learn sectional fixed skills and other methods to reduce your costs and treatment times.

**Clearstep Advanced Techniques Hands On Course dates for 2009**

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<td>1st - 3rd December</td>
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To find out what Clearstep can do for you contact us today.

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info@clearstep.co.uk
www.clearstep.co.uk

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