

Kilimanjaro Virtual Challenge 2026

life

Virtual Challenge Pack

Walking together, supporting women and families

Who are we?

Life is here for anyone facing pregnancy-related challenges. Whether someone is planning for a baby, currently pregnant, adjusting to life after pregnancy, or coping with pregnancy loss or an abortion, we offer emotional and practical support every step of the way.

We support women and families through free counselling, housing services, baby essentials, and a compassionate listening ear. Our National Helpline provides a safe space for anyone who needs to talk, without judgement.

Whatever someone is facing, we are here to listen without judgement and provide practical and emotional help every step of the way.

Why it matters

Pregnancy can be a time of joy, but it can also bring uncertainty and challenge. Some women feel isolated or unsure where to turn for support. At Life, we believe that no one should have to face pregnancy or pregnancy loss alone.

With your help, we can spread the word about the support we offer to more women who feel alone or unable to share their thoughts and feelings with those close to them.

By joining Step by Step to Kilimanjaro, you're helping us reach more people, offer more support, and bring hope to those who need it most.



Take a Step With Us!

Every step you take in this challenge helps Life walk beside women and families who need us.

Learn more:
www.lifecharity.org.uk



Follow us on social media

 [facebook/lifecharity](https://www.facebook.com/lifecharity)  [@lifecharityuk](https://www.instagram.com/lifecharityuk)

Together, we can create a world where no one faces pregnancy or pregnancy loss alone. Thank you for stepping up with us!





Kilimanjaro

Mile Tracker



Who is taking part?

Start date :

End date :

You can walk, run, cycle, swim - whatever works for you!
Roughly calculate how many miles you have completed and colour 1 circle for every mile

Check out your challenge pack for fun activities and interesting facts about Kilimanjaro

You've reached the Barranco Wall!

You've reached Lava Tower!



You've reached Stella Point!

37

**You did it!
You have reached the summit!**



LAVA TOWER!

You've completed 9 miles of the challenge!
Have some fun learning about Lava Tower with our fact sheet and activities

What is high altitude?



High altitude means being very high above sea level, where the **air is thinner** and there is **less oxygen**. **Lava Tower** is **4,600m above sea level**. It's more than half the height of Mount Everest!

At this height, the air has about **half as much oxygen** as at sea level, which makes it harder to breathe.

What is altitude sickness?

When people go to high places too quickly, they might feel **dizzy, tired**, or have a **headache**. This is called **altitude sickness**. Climbers need to walk slowly and drink plenty of water to help their bodies get used to the thin air. Altitude sickness can be **dangerous** if people don't listen to their bodies.



What is Lava Tower?

Lava Tower is a huge rock structure on Mount Kilimanjaro. It is a **volcanic plug** that was formed when Kilimanjaro was an **active volcano**. An active volcano is a volcano that can erupt or has erupted recently. You are not allowed to climb up Lava Tower.

Alpine Desert is the term to describe the environment around **Lava Tower**. It means that the land is **barren** - very little or no plants grow there - and it is **very dry** - it has little or no rainfall.

Alpine Desert



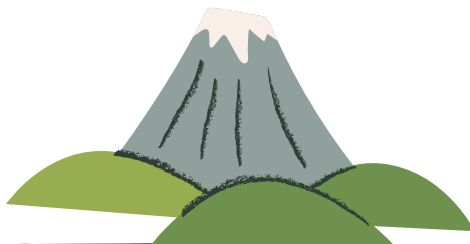
What is a volcanic plug?

A **volcanic plug** is a big chunk of hardened lava that **blocks** the opening of a volcano. When a volcano erupts, hot lava flows out. Sometimes, lava inside the volcano cools down and hardens before it can come out. This **hardened rock** forms a **plug** that sits in the volcano's vent like a cork in a bottle.

Over a **long time**, wind and rain wear away the softer rock around the volcano, but the hard volcanic plug stays behind — like **Lava Tower** on Kilimanjaro!

Mount Kilimanjaro is a **dormant volcano**, which means it hasn't erupted for a very long time, but it could erupt again one day. Scientists believe the last eruption happened over **360,000 years ago**.

Even though Kilimanjaro is a volcano, **it's safe to climb!**



Is Mount Kilimanjaro an active volcano?

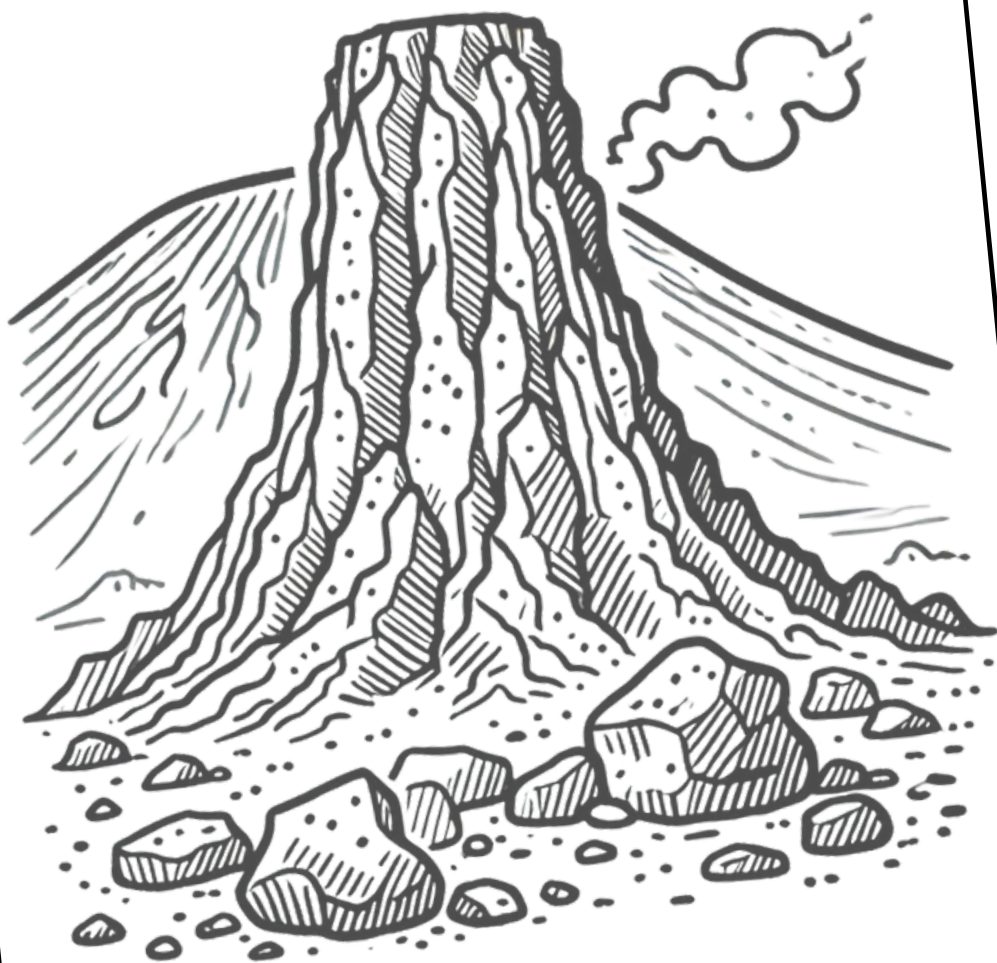
There is a **campsite** at Lava Tower. Climbers often comment on the **breathtaking views** of the surrounding area. At night **ice piles** form on the Lava Tower from the moisture. It's **very windy** around the area because of the open spaces.

More interesting facts!

LAVA TOWER!

Get busy with one of the Lava Tower Activities! Share what you get up to on social media or email us at communications@life.org.uk

Lava Tower



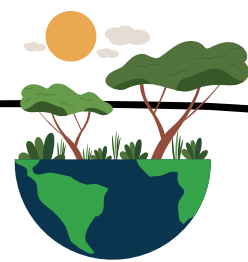
Toddlers and Pre-schoolers

Build a Lava Tower! Create your own **Lava Tower** using anything you like, **building blocks, magnetic tiles, or cardboard boxes** and **tubs** from your recycling. Build it as high as you can before it topples over! Take a photo and share it on social media! Don't forget to tag Life!



Ages 9+

Research and Draw **Kilimanjaro's Ecosystem**



Use books or the internet to find out which **plants** and **animals** can be found at **high altitudes** on **Kilimanjaro** in the **Alpine Desert Zone** of the mountain.

Create a **drawing** or **collage** using printed pictures showing the landscape with some of the **unique plants** and **animals** thrive on the mountain.

If you are up for a challenge, research **all the zones of Kilimanjaro** and find out about the different types of animals and plants at each level.

Forest Zone **Moorland Zone** **Alpine Desert Zone** **Summit Zone**

We can't wait to see what you create!

Ages 5-8

Science Experiment **Make a Mini Volcano!**

You Need:

- a plastic cup
- baking soda
- vinegar
- red food colouring



See the Science Experiment sheet for instructions on how to create a fun, bubbly eruption! **You can only complete this activity with an adult!**

Remember to take a photo, or better yet, a video, of your volcano eruptions! Share them on social media tagging Life or send them to communications@life.org.uk

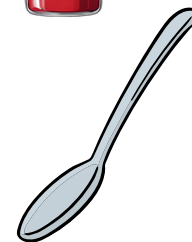
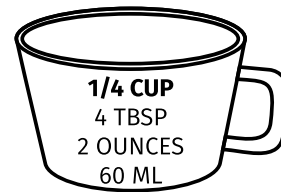
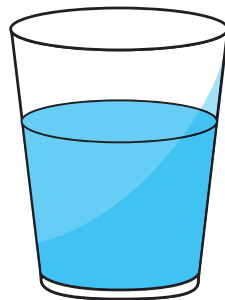


LAVA TOWER SCIENCE EXPERIMENT!



You will need:

- a plastic cup
- 3 tablespoons of baking soda
- 2 tablespoons of washing up liquid
- vinegar
- red or orange food colouring
- A spoon and 1/4 cup measuring cup



Make sure you conduct this experiment in the kitchen or outside as it can be VERY messy!

1. Fill the cup just over half way with water, add the baking soda and stir well.

2. Add in three drops of the food colouring and stir to mix.

3. Add a squirt of washing up liquid into the cup and stir it.

4. Quickly pour in 1/4 of a cup of vinegar and watch your volcanic eruption!

What made the eruption happen?
Mixing an acid (the vinegar) with an alkali (baking soda), bubbles of CO₂ (carbon dioxide) were released which move very fast!

IMPORTANT!

This activity could be hazardous if not conducted properly with an adult. Some ingredients could cause allergic reactions. Children **must only take part** in this activity **with an adult** present.

BARRANCO WALL

You've completed 16 miles of the challenge!
Have some fun learning more about the Barranco Wall with our fact sheet and activities!

What is the Barranco Wall?



The **Barranco Wall** isn't actually a wall but a **steep, rocky ridge**. It is about half way up the mountain at around **2,573 meters above sea level**. When you know London is only 11 meters above sea level you can imagine how high the Barranco Wall is!

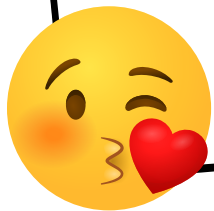
Is it difficult to climb?

While mountain climbing is **dangerous** and requires a **lot of training** and **specific skills**, the Barranco Wall section does **not involve** technical skills. Climbers say you have to **scramble up** the steep and narrow paths rather than 'climb'. You don't need to be an expert climber to conquer the Barranco wall but you do need to be a **smart climber** and **very agile**.



The Kissing Rock

There is one part of the trail that is called the **kissing** or **hugging wall**. This section is so narrow that when climbing in this area you need to **flatten against the wall** to stop you falling off!



The **Barranco Wall** was formed by **volcanic activity** as well as **landslides** in the area around **150,000** and **200,000 years ago** when Kilimanjaro went **dormant**! It is **257 meters high** and is on the southern base of Kibo, which is part of Kilimanjaro.



How was it formed?

Monkey Business!

The Barranco Wall isn't just for humans - it's part of the territory of the **Colobus Monkeys**, those fluffy black and white guys with long capes and tails. If you're lucky you might spot them **chilling in the trees** below or showing off their **acrobatic jumps**!

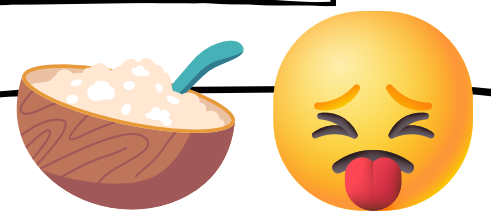
They are basically the **original Kilimanjaro climbers** - and they don't need walking poles!



Despite its scary reputation, the top of the **Barranco Wall** is the ideal spot for incredible **panoramic views** of the Karanga Valley and the snowy summit of Kibo. It is probably one of the **best photo spots** on the mountain - definitely not one to miss!



Breathtaking Views



The Barranco Wall is nicknamed the '**Breakfast Wall**' because most climbers tackle it **right after breakfast**! Which is either the **best** or **worst idea** ever, depending on how much you ate! Imagine climbing a near-vertical scramble with a belly full of porridge!

The 'Breakfast Wall'!

BARRANCO WALL

Get busy with one of the Barranco Wall activities! Share what you get up to on social media or email us at communications@life.org.uk

Barranco Wall



Toddlers and Pre-schoolers

Ready, Set, Climb!

Set up a **mini obstacle course** using pillows, chairs, or cushions. Encourage the children to climb over and crawl under obstacles like they are tackling the **Barranco Wall!**

Children must be supervised while climbing. Send us photos of your obstacle course!

Ages 9+

Map Making!

Draw your **own map** of the **Barranco Wall**.

Include the following points:

Barranco Camp, the starting point

The **steep zig zag path** up the wall

Add **rocky parts** and **boulders** to climb

Flat areas where climbers can rest

The finish point at the top!

Add **symbols** for resting points, danger areas, Good views, plants and animals.

We'd love to see your finished maps! Send them to us, we'd love to share some on social media!

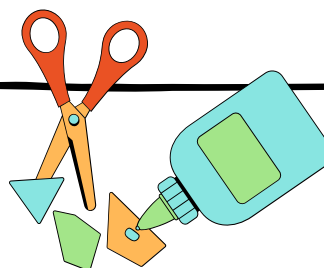
A Breakfast before Barranco Wall!

Ages 5-8

Before climbing the **Barranco Wall**, climbers need a **healthy, energy boosting breakfast** to keep them going on the journey. Create the perfect breakfast for the climb! Design your own recipe card or use the template provided.

How to create your recipe:

1. **Pick your ingredients**; choose 3-5 healthy foods to go in your power breakfast.
2. **Invent your recipe**; ask a grown up to help if you aren't sure of something.
3. **Decorate your recipe card**; make it bright and eye-catching, include all your ingredients and the method
4. **Take a photo and share** with us by email, we may even try some out!



Barranco Wall Breakfast!

Ingredients

draw a picture of your breakfast

Method

STELLA POINT

You've completed 31 miles of the challenge!
Have fun learning more about Stella Point with our fact sheet and activities



Almost at the Top!

Reaching **Stella Point** is no small feat! The path leading up to this section is known for its **steep incline** and loose scree (small, slippery volcanic rocks), which can make every step feel like **two steps forward, one step back**. Some trekkers feel so accomplished at Stella Point that they choose to stop here and celebrate, rather than continuing to the very top.

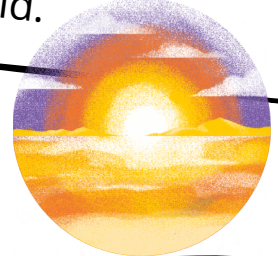


Named after Stella?

The **exact origin** of the name **Stella Point** is unclear, but it is widely believed that it was named after a climber named **Stella**, who was part of an early expedition to **Kilimanjaro**. Some say it was named in honour of a strong female climber, but there is no official record of the full story.

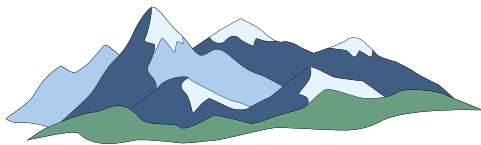
Many climbers begin their summit attempt in the **middle of the night** to reach Stella Point at sunrise. This is a breathtaking moment, as the first golden light spills across the glaciers and the vast plains of Tanzania far below. The contrast of the **bright sun** against the **icy landscape** makes for one of the most spectacular sunrise views in the world.

Sunrise Spectacular!



At Stella Point the conditions are extreme with freezing temperatures, strong winds, and very little oxygen, making it difficult for many animals to live.

A Barren Place



Ice and Snow

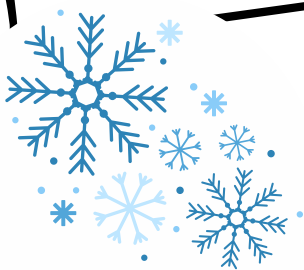


Despite being near the equator, Mount Kilimanjaro's upper slopes, including Stella Point, are often covered in snow and ice. Temperatures here can drop well below -10°C (14°F), especially at night. Climbers need to wear thermal layers, insulated gloves, and windproof jackets to stay warm in these freezing conditions!

Although it is not the highest point on Kilimanjaro, Stella Point is still recognized by Kilimanjaro National Park (KINAPA) as an official summit. This means that climbers who reach Stella Point but do not continue to Uhuru Peak can still receive a summit certificate for their achievement. However, those who go all the way to Uhuru Peak earn a different certificate to mark their final success.

At Stella Point, climbers are greeted by a wooden sign marking the location and elevation. This is a popular spot for taking victory photos to celebrate the achievement. Many climbers hold up their trekking poles, raise their hands in triumph, or take group photos with their fellow adventurers.

Famous Sign



An Official Summit Point

STELLA POINT

Get busy with one of the Stella Point activities! Share what you get up to on social media or email us at communications@life.org.uk

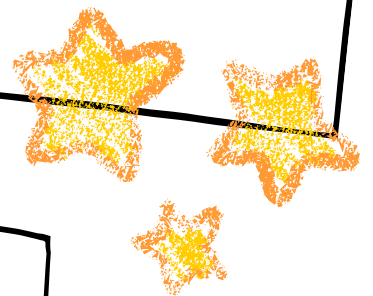
Stella Point



Toddlers and Pre-schoolers

Star Spotting

Using star stickers or drawing stars on paper, create a night sky picture. Explain that Stella Point is close to the summit and often reached as the sun rises.



Ages 9+

Starry Skies Over Kilimanjaro

Mount Kilimanjaro, being near the equator, offers a unique opportunity to see both northern and southern hemisphere constellations. Some famous ones you might see include:

- Orion (The Hunter) – Easy to spot with its three bright stars forming Orion's Belt.
- The Southern Cross – A key constellation in the Southern Hemisphere used for navigation.
- Leo – A constellation named after a lion, a fitting sight in Tanzania!
- Scorpius – Resembling a scorpion, this constellation is bright and easy to recognize.

Research the constellations

Use the squared paper included in the pack and plot the stars of one or more of the constellations, challenge a friend or family member to guess which constellation(s) you have created!

Ages 5-8

Create Your Own Star Map

- Print or draw a large black circle on a piece of paper to represent the night sky.
- Use a white crayon, chalk, or glow-in-the-dark stickers to add stars where you think the constellations should go.
- Connect the dots with a thin pencil line to recreate real constellations or make up your own!
- Name your constellation and write a short story about it. What does it represent? How did it get its name?
- Compare your constellation map with a real Kilimanjaro night sky map (look one up online for accuracy!).

Plot the Stars!

Word Search

Kilimanjaro Challenge

Find the following words in the puzzle.

K	R	H	B	A	R	R	A	N	C	O	Y
Z	E	Q	D	D	S	O	K	E	N	Y	A
V	F	L	S	O	T	H	E	D	R	K	J
O	G	A	I	R	R	O	L	U	O	D	M
L	A	V	U	M	Y	U	S	T	L	P	O
C	L	A	W	A	A	Q	P	I	M	E	U
A	L	T	Y	N	P	N	Q	T	B	I	N
N	E	O	E	T	I	W	J	L	U	N	T
O	T	W	A	C	I	R	F	A	K	P	A
A	S	E	L	I	M	G	K	C	R	F	I
X	B	R	S	T	P	O	R	E	P	O	N
T	A	N	Z	A	N	I	A	P	X	Q	F

KILIMANJARO

TANZANIA

ASH

ALTITUDE

DORMANT

BARRANCO

AFRICA

MOUNTAIN

MILES

LAVA TOWER

VOLCANO

STELLA

Thank you!

for walking
together to
support
women and
families.



Scan to find
out more.

Your journey to the top of Kilimanjaro isn't just about the miles—
it's about the people you're helping along the way.

Thanks to you, a woman in need will find a **safe haven** to bring her child **home** to.

Thanks to you someone facing a difficult pregnancy will have a safe space to be heard and **won't feel alone.**

Thanks to you, a mother in need will **have the essential supplies** for her baby.

Thank you for being part of our mission!
You are making a difference!



life