



KILIMANJARO NORTH FACE CLIMB

Gane & Marshall

THE
LEWIS MOODY
FOUNDATION
TOGETHER WE CAN TACKLE BRAIN TUMOURS

ABOUT THE LEWIS MOODY FOUNDATION

- **Brain tumours are the biggest cancer killer of children and adults under 40**
- **Treatment options have not changed in over 40 years**



Lewis with Joss, the inspiration behind The Foundation

The Lewis Moody Foundation is dedicated to changing the story around brain tumours.

But we need your help. We inspire people to take on bold challenges, like the Kilimanjaro North Face route, to raise vital funds, as we know the challenges taken on every day by those living with a brain tumour.

By joining the Kilimanjaro team, you can raise money to help fund support to improve lives, fund pioneering research to change lives and raise awareness to save lives.

Together we can tackle brain tumours.

#wecanyoucan

THE CHALLENGE



The Kilimanjaro North Face Climb is a unique challenge where 8-12 team members will climb the tough new North Face route. This climb has only been taken on by 3 other groups and The Lewis Moody Foundation is working solely with Gane and Marshall to offer this route to our supporters.

This unique wilderness 8 day route offers a rare daylight summit climb. The route starts from the Lemosho trailhead from where you cross Shira Plateau. You then follow the western and northern sectors of the high-altitude circuit trail before contouring onto the northern face of the mountain from where you will follow a completely new trail into the famous crater.

As you cross the crater, you will be rewarded with spectacular vistas and chance to capture the incredible glaciers from a unique perspective. The challenge will culminate in the climb up to the southern rim to reach the summit at Uhuru Point – the Roof of Africa.

Please join the team to help raise £30,000 through this unique challenge to help #tacklebraintumours.

CHALLENGE HIGHLIGHTS

Reach the top of Africa's highest and most famous mountain at 5,895m /19,340ft!

8 day climb to ensure altitude acclimatisation and increase the likelihood of the entire team summiting.

Unique new North Face route – tough, demanding but spectacular.

Camp the first night in the beautiful heart of the rain forest.

Experience breath-taking scenery, magnificent sunsets and live above the clouds.

Incredible porters and support team to set up your mountain camps, prepare meals and enable you to reach the summit.

“ONE OF THE MOST INCREDIBLE EXPERIENCES THAT PUSHED US TO OUR ABSOLUTE LIMITS BUT A TRIP FULL OF LAUGHTER, TEARS, SONGS, EMOTION & FRIENDSHIPS FOR LIFE.”

SOPHIE SPOORS, 2019 KILI TEAM MEMBER



'I'LL NEVER FORGET THE BREATH TAKING SUNRISES AND SUNSETS AND BEING ABOVE THE CLOUDS. MEMORIES I'LL TREASURE FOREVER.'
SALLY HAWKINS, 2019 KILI TEAM MEMBER

THE COSTS

- Challenge cost £2,814 per person (excluding flights)
- There is the option of Single Supplement for mountain and hotels of £294
- A deposit of £300 will be required to reserve your place on the team

What's included:

- Return airport group transfers
- Accommodation as outlined in the full itinerary
- Meals as outlined in the full itinerary
- Mountain transfers
- Fully-supported private group climb of Kilimanjaro (North Face route)
- Kilimanjaro National Park entry, camping & rescue Fees
- Additional £16 surcharge for optional carbon offset of your flight
- Branded The Lewis Moody Foundation performance top and hoody
- Team meet up in the lead up to the challenge
- Full support from organisers Gane and Marshall and one to one support from experienced climber, Jeremy Gane

What's not included:

- International flights
- Single supplement
- Visas
- Tips
- Personal expenses and laundry
- Drinks and extras throughout the challenge and meals on the days of travel to and from the challenge

This is a self-funded trip which means that by covering the costs of the trip yourselves, every penny you raise through sponsorship can go directly to the work of The Foundation.



THE FUNDRAISING

With your help, we aim to raise over £30,000 through this challenge to help tackle brain tumours.

We ask that each participant raises a minimum of **£3,000 in sponsorship** and we hope that many of you will be able to smash this target!



Brain tumours have a huge impact on relationships, often causing personality changes and leaving people isolated.

2 in 3 have seen a negative impact on relationships with their partner and that's why The Foundation are funding vital support to help couples like Dafydd and Lyn, through the relationship changes which occur once diagnosed with a brain tumour.

With your fundraising, The Foundation can help to fund relationship support for couples going through a difficult time and also provide training to healthcare professionals.

Research has shown that people with a glioblastoma brain tumour live longer if they are in a strong relationship.

"The brain tumour and its after-effects have impacted me and Lyn in different ways. We have been through so many emotions together in the last 18 months: fear, shock, despair, sorrow and grief, but also love. Our relationship is totally different from what it used to be. I was always a very loving person.

I used to give Lyn hugs all the time, but I just can't do that anymore. I can't look after her; instead she has to look after me."

Dafydd, 62 North Wales

HELPING THE LEWIS MOODY FOUNDATION MAKE A DIFFERENCE

1 FUNDING SUPPORT TO IMPROVE LIVES

We fund a series of Family Days each year, in partnership with The Brain Tumour Charity, to reduce isolation and create happy memories.



2 FUNDING RESEARCH TO CHANGE LIVES

As only through new treatments and options will the dire survival rates for those with a brain tumour change.



3 RAISING AWARENESS TO SAVE LIVES

We help fund the lifesaving and award-winning HeadSmart campaign, to drive down diagnosis times. Earlier diagnosis can save lives.

[Headsmart.org.uk](https://headsmart.org.uk)





“ TO SAY THIS TRIP PUSHED US OUT OF OUR COMFORT ZONE IS AN UNDER STATEMENT. BUT WE DID IT!”

ALEX FELLOWS, 2019 KILI TEAM MEMBER

**WE HOPE YOU CAN JOIN THE TEAM!
TO SECURE YOUR PLACE PLEASE CONTACT**

Tai Bishop or Claire Wormley
01252 749990
info@thelewismoodyfoundation.org

**WE CAN
YOU CAN**

Find us on

Twitter and Instagram @lewismoodymdn

Facebook @thelewismoodyfoundation

THE
**LEWIS MOODY
FOUNDATION**
TOGETHER WE CAN TACKLE BRAIN TUMOURS

