

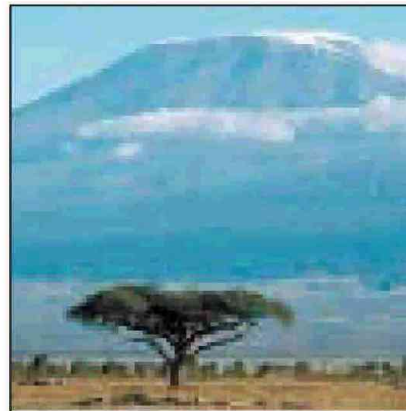
★ Star break: MOUNT KILIMANJARO ★

A TEAM of nine celebrities including Denise Van Outen, Cheryl Cole, *below*, and Gary Barlow have last week been scaling the heights of Mount Kilimanjaro in aid of Comic Relief. Kilimanjaro, in northern Tanzania, is made up of three volcanic centres: Kibo, Mawenzi, and Shira. The highest point is Uhuru Peak which stands at 19,340ft above sea level.

Each year, more than a thousand climbers attempt to tackle Kilimanjaro, which is the tallest mountain in Africa and the highest free-standing mountain in the world. The easiest and most popular route to the top is the Marangu route, commonly referred to as the "Coca-Cola route", which starts in the village.

Along the way, there are comfortable huts to spend the night in and campsites selling food and drink. A slightly quieter path to the summit is the Shira route which approaches Kilimanjaro from the west taking in the Shira volcano and the southern ice fields of Kibo.

Adventurous travellers opting for this route will get to enjoy the sunrise over Mawenzi



and the ruins of the old hut at Arrow Glacier. For those with the stamina, and who don't suffer too much from altitude sickness, Kilimanjaro is a once in a lifetime experience.

CATHERINE BOYLE

● **GETTING THERE:** *Exodus* (0845 863 9601/www.exodus.co.uk) offers a 12 day trip to Kilimanjaro from £1,549pp (two sharing), including an eight day trek on the Shira route, return flights from Heathrow, activities and meals. Departs June 29.

