

## **Lemosho Route 8 Days hiking**



The **Lemosho** route is considered to be the **most scenic** route on Mount Kilimanjaro. It is the newest route and has **fewer hikers** than many of the other routes. It is situated on the West side of the mountain, near the Kenyan border, so requires a longer journey to reach the gate. It has the unique feature of showing **Kilimanjaro from different angles** as you make your gradual ascent. This route provides **better hiker acclimatization** than other routes, due to the gradual terrain and the “hike high, sleep low” route travelled. This provides hikers with a **higher rate of success** in reaching the **summit**. This route is the **favourite among many guides**, and is well worth the extra time and money spent.

**Our guides will monitor you daily** for signs of altitude related sickness, **using a pulse oximeter** to assess your level of blood oxygen saturation, and using a **stethoscope** to listen for any unusually lung sounds. **Of the many hikers** that journey up Kilimanjaro each year **a few experience potentially serious altitude issues**. **Our guides are trained to identify** these, and **will transport you down** if necessary. Our team takes your **well-being seriously**, and carries an **emergency Oxygen** canister, and **2 – way communication systems**. Many hikers assist their acclimatization **by taking Diamox**, obtained from their **travel clinic** before travelling to Tanzania.

**Nights:** Hotel 2, Tents 7

**Kilimanjaro Bliss:** 8 days hiking

**Recommended days on trek:** 8 days

**Minimum trekking days required:** 7days

**Difficulty:** Intermediate

**Scenery:** Superb

**Traffic:** Medium

**Stating point:** West, Londorrosi gate

**Distance:** 70km

**Acclimatization:** Excellent



**DAY 0:** You will be **met at Kilimanjaro International Airport**, if flying direct, and **transported to your hotel**. We recommended that you try to arrange your flight so you arrive 1.5 - 2 days before your hike. This is to allow your body time to rest and begin the acclimatisation to the new time zone and altitude. It also allows for any flight delays and baggage issues (always wear or carry your hiking boots in flight with you, and let us know as soon as possible if your luggage does not arrive with you). We recognise that some people have limited vacation time and may arrive as late as the afternoon prior to starting their hike.

Your guide will arrange to meet with you during the afternoon / evening for a **pre-trip briefing**. Please make sure you bring your **passport and insurance details**, as well as your return flight details.

**Day 1:** Londorrosi gate - Mti Mkubwa (Big tree camp), Elevation: 2385m – 2780m, Distance: 6km, Time: 3-4 hours,

**Habitat:** Rain forest

**We pick you up from your hotel at 08:30 am** and depart Arusha for the Londorrosi gate, which is a **4-hour drive**. Here we will obtain our permits and hikers register at the office (you will need your **passport number** for this), and eat lunch while the porter's loads are weighed. The drive to the Lemosho starting point is another hours' drive, along a rough road, passing local farmers tending banana and potato crops. At the starting point, we begin our **hike "polé, polé"** (slowly, slowly) through the tropical rainforest, to the **Big tree camp** where we spend our first night. It is common to see blue moneys as you hike up along this tropical rainforest trail.

**Day 2:** Mti Mkubwa (Big tree camp) - Shira One camp, Elevation: 2780m – 3500m, Distance: 8km, Time: 5-6 hours,

**Habitat:** Moorland.

We continue on up the trail leading out of the forest and into a savannah of tall grass, heather and volcanic rock, draped with lichen beards. We reach **Shira Ridge** where we are rewarded with an **amazing view of Kibo** across the plateau, before **descending** gently down to the **Shira One camp**.

**Day 3:** Shira One - Moir hut, Elevation: 3500m - 3900m, Distance: 12km, Time: 5-7 hours

**Habitat:** Moorland

Today we explore the **Shira Plateau** for a full day, as we walk the gentle trail Eastward toward Kibo, which passes through the Shira Two camp and continues on to the **Moir hut**. This is a little used site at the **base of Lent hills**. A variety of walks are available on the Lent hills making this an **excellent opportunity for acclimatization**.

**Day 4:** Moir hut - Barranco camp, via Lava tower (4600m), Elevation: 3900 - 3960m, Distance: 7km, Time: 5-7 hours

**Habitat:** Alpine desert

From **Moir hut** we continue to the East up the ridge now meeting hikers on the Machame Route as we pass the **Machame Junction** as we journey towards the Kibo peak. As we continue our direction shifts to the **southeast and up to the Lava tower** (4600m). We eat lunch at this **high point to assist acclimatization**. Our journey now continues **down past the tower** in to the Barranco valley, and on to the **Barranco camp** for night.

**Day 5:** Barranco camp - Karanga camp, Elevation: 3900m -3930m, Distance: 5km, Time: 4-5 hours

**Habitat:** Alpine desert



## Kilimanjaro Bliss

After breakfast, we **leave Barranco** and slowly make our way **up** and along the steep ridge passing the great **Barranco wall**. From here the trail is undulating, with **superb views of the South-Eastern Ice-fields**, as we hike to the **Karanga Valley camp**. We stop here for lunch and our overnight camp, making this a **short day** designed to **aid acclimatization**.

**Day 6:** Karanga - Barafu camp (base camp), Elevation: 3930m - 4600m, Distance: 4km, Time: 3 - 4 hours  
**Habitat:** Alpine desert

After breakfast we **leave Karanga camp** and reach the Junction which connects with the **Mweka trail**. We continue up to the **Barafu camp**. At this point you have completed the South circuit which offers **views of the peak from many different angles**. In addition to Uhuru peak, the Mawenzi peak can also be seen from this location. Barafu camp is the **base camp** from which we will hike to the summit. We enjoy an early lunch and dinner, rest and **prepare for beginning the summit ascent at midnight**.

**Day 7:** Barafu- Uhuru summit and descend to Millenium camp, (or Mweka camp), Elevation: 4600m – 5895m and down to 3790m (or 3100m), Distance: 17km, Time: 14 hours

**Habitat:** Arctic – back down to Rain Forest

Your guide will **wake you at eleven** at night for a light breakfast. We begin our **assent to the summit at (midnight)** making our way up between the Rebmann and Ratzel glaciers heading in a North-Westerly direction and ascending steep switchbacks through volcanic scree, towards Stella point on the crater rim. This is the **most mentally and physically challenging section** of the hike, as you experience the **fatigue related to low oxygen** levels at the increasing altitude, on this seemingly endless ascent. At **Stella point (5732m)** we have reached the **crater rim** and will be rewarded with the most **magnificent sunrise**. From Stella point to Uhuru peak it is now just 45 – 60 minutes around the rim. Finally, you reach **Uhuru summit** and you are at the highest **point in Africa (5894m)**, with magnificent views of **Kilimanjaro' famous glacier and ice cliffs**. We spend a maximum of 15 minutes at the Summit, due to the effects of high altitude. This gives us time to **congratulate** each other, enjoy the **euphoria** of our achievement, photograph and **breath-in the magnificence** of our surroundings. We must now begin our descent for which you will want your **hiking poles**, first back down to Barafu camp for Brunch, and then we continue down to **Millenium or Mweka camp** for the night. These camps are situated between the end of moorland and the rain forest. Your guide will decide which camp will be used for the last night based on the needs of the group.

**Day 8:** Millenium or Mweka camp - Mweka gate, Elevation:3100m - 1800m, Distance: 9km,Time: 4 - 6 hours

**Habitat:** Rain forest

After breakfast the **whole team** (clients, guides, cooks and porters) **celebrate the journey**, and share their **THANKS** with each other **The clients personally give tips to porters, cook, and guides**, before making the **final descent to Mweke gate**. From Millenium camp the trail descends first to the Mweka camp, then through the lush rain forest, with **colourful flowers**, tuneful **bird song**, and sightings of **Colobus monkeys**.

You sign out of the Park, board our vehicle, which will be waiting at the Mweke gate, and are transported past the local villages with their coffee and banana farms, first to **Moshi, for lunch**, and a well-deserved **beer** for those who wish. Later we **return you to your hotel in Arusha**, where you can enjoy a shower and soft mattress.



## **Kilimanjaro Bliss**

**Next Day:** Depart for the airport or other destinations in Tanzania or Kenya. A trip to the beaches at Zanzibar is a good way to recuperate. We can arrange many reasonably priced trips and safaris around Arusha and the Kilimanjaro region.

If you are taking **extra days to rest up and see Arusha**, we can arrange a visit to the **Paradiso Children`s Home** we support, and /or to **other local attractions** that interest you. **Ask us** for list of recommended attractions.

**Note:** Access to the Lemosho route during the rainy season in November is often closed due to impassible roads.