



Lemosho Northern Circuit Route. 9 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 unusual 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 take your **well-being seriously**, and carry 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 8

Kilimanjaro Bliss: 9 days hiking

Recommended days on trek: 9 days

Minimum trekking days required: 9 days

Difficulty: Intermediate

Scenery: Superb

Traffic: Medium

Stating point: West, Londorrosi gate



Distance: 86km

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 to acclimatise 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: Londorosi 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 Londorosi 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 hour's drive, along a rough road, passing local farmers tending banana and potato crops. At the starting point, we begin our **hike "pole, pole"** through the tropical rainforest, to the **Big tree camp** where we spend our first night. It is common to see blue monkeys 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 – Shira 2, Elevation: 3500m - 3810m, Distance: 7km, Time: 3- 4 hours

Habitat: Moorland

Today we explore the **Shira Plateau** for a full day, as we walk the gentle trail Eastward toward Kibo, which takes us to the Shira Two camp. On route we are surrounded by an abundance of Senecio trees and wildflowers.

Day 4: Shira 2 – Lava Tower – Moir hut, Elevation: 3810m – 4629m - 4023m, Distance: 14km, Time: 5 -6 hours.

Habitat: Alpine desert

From Shira 2 we continue **via Lava Tower** to the **Moir hut**. Our journey up to Lava tower and then down a little used trail to the camp at Moir hut campsite provides excellent acclimatization. This secluded campsite is at the **base of Lent hills**, from which a variety of walks are available on the Lent hills making this an **excellent opportunity for acclimatization**.



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Day 5: Moir hut - Buffalo camp (4023m), Elevation: 3900 - 4023m, Distance: 12km, Time: 5-7 hours

Habitat: Alpine desert

From **Moir hut** we continue out of the Moir Valley with a moderately steep climb to the **summit of Lent Hills**. From here we return to the main trail. This section of the trail provides **excellent views** of the plains to the north and the Kenyan/ Tanzanian boarder.

Day 6: Buffalo camp - Third cave, Elevation: 4023m -3871m, Distance: 8km, Time: 5-7 hours

Habitat: Heath

After breakfast, we **leave Buffalo ridge** the terrain becomes increasingly sparse. This route sees few hikers. We will enjoy a sense of wilderness as we hike through **remote valleys** on to the northern slopes of Kilimanjaro until we arrive at **Third Cave**.

We stop here for lunch on-route. Our overnight camp is at a lower elevation than the previous night which provides an added **aid to acclimatization**.

Day 7: Third Cave – School Hut Elevation: 3871m - 4755m, Distance: 5km, Time: 4 - 5 hours

Habitat: Alpine desert

After breakfast we **leave Third Cave** We climb steadily up and over the “Saddle,” which sits **between Kibo and Mawenzi**. We journey on to our camp, **School Hut**. Once here we rest and enjoy an early lunch and dinner, rest and **prepare for beginning the summit ascent at midnight**.

Day 8: School Hut - Uhuru summit and descend to Millenium camp, (or Mweka camp), Elevation: 4755m – 5895m and down to 3790m (or 3100m), Distance: 17km, Time: 6 -8 hours up and 4 – 6 hours down
Total: 10 -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)** We ascend in the darkness for several hours while taking frequent, but short, breaks. At Gilman’s point (5669m) you will be rewarded by a magnificent sunrise. From here we push on to Uhuru Peak, the summit of Kilimanjaro. 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. 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 9: 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



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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.

Day 10: 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.