

8 Days Lemosho Route

Lemosho route approaches Mount Kilimanjaro from the west. It offers a chance to visit Shira Plateau (Cathedral peak) and Shira Caldera. Lemosho route crosses from Shira Ridge to Shira 2 camp, in a pleasant hike. Climbers encounter low traffic until the route joins the Machame route. Afterwards, Lemosho follows the same route as Machame route through Lava Tower, Barranco and Barafu, known as the southern circuit. The minimum days required for this route is 7 days, but 8 days is recommended as it will give more chance to acclimatize and achieve the summit.

Scenically, Lemosho is measured the most varied and most beautiful because it begins in the rainforest, crosses the spectacular Shira Plateau and then combines with the Machame route to share its viewpoints around the southern circuit. Lemosho has low crowds until it combines with Machame. Lemosho is highly recommended and it has an abundance of wildlife such as elephant, buffalo, eland and lion which come over to forage during the dry season from Longido game-controlled area.

TOUR ITINERARY

Day 0: Welcome to Tanzania

When you arrive, you will be met at the airport by our driver- with a sign bearing your name, then you will drive to **Gold crest / Kibo palace Hotel** in Arusha for dinner and overnight. In the afternoon or evening your GMExpeditions Mountain Guide will meet you for a Kilimanjaro climb briefing and an equipment check

Dinner on your own, overnight at Hotel

Day 1: Lemosho Gate (2100m) – Forest camp (2650m)

After breakfast we will start to drive to Lemosho gate for registration (about 2-3 hours), we will drive through varied farmland with open views over the plains to reach the Lemosho trailhead. We often have our lunch at the gate before starting to walk. It is an easy day of walking up a small path through the beautiful forest.

This area has a variety of game, and you are likely to see monkeys and may even see elephants. When you arrive in camp you will see your tents set up and dinner being prepared for you. You will have warm water to wash up.



Dinner and overnight at Mti Mkuuwa camp (Big Tree) (2650m). Trekking time: 2-3 hours walking, depending on the weather and the fitness of the climbers, though we encourage “pole pole” climbing from the start.

Day 2: Forest Camp (2650m) – Shira 1 Camp (3610m)

After breakfast, while the porters pack up out camp, we start walking for about an hour and half, then we soon leave the forest behind and enter the moorland zone. As we continue walking the trail climbs steadily with wide views as we reach the rim of the Shira Plateau. Along the trail it is easy to view the Shira Plateau, especially in afternoon if there is no rain or fog.

Dinner and overnight at Shira One camp (3540m).

Trekking time: 6-7 hours walking, with a packed lunch on the way.

Day 3: Shira 1 (3610m) – Moir Hut (4200m)

After breakfast you will start your trek to Moir hut camp. Just after Shira 2 Camp the Lemosho Route joins the Machame Route, and we will follow it for a short time. Expect to see other trekkers there. We'll diverge from the main trail and get to Moir Hut Camp which is located beneath the scenic Lent Hills. Arrive at the Moir camp for dinner and overnight.

Dinner and overnight at Moir Hut (4200m).

Trekking time: 6 – 8 hours.

Distance: 14km

Habitat: Semi desert



Day 4: Moir Hut (4200m)- Lava Tower (4600m) - Barranco Camp (3900m)

We will enjoy a morning of gentle ascent and panoramic views, leaving the moir hut behind to walk on lava ridges beneath the glaciers of the Western Breach. After lunch at Lava Tower, we will descend to the bottom of the Barranco Valley to camp. Lava Tower takes us up to (4600m),



promoting acclimatization, as we then descend to sleep at 3900m.

Dinner and overnight at Barranco Camp (3900).

Trekking time: 6 – 8 hours walking

Distance: 10km

Habitat: Semi-desert

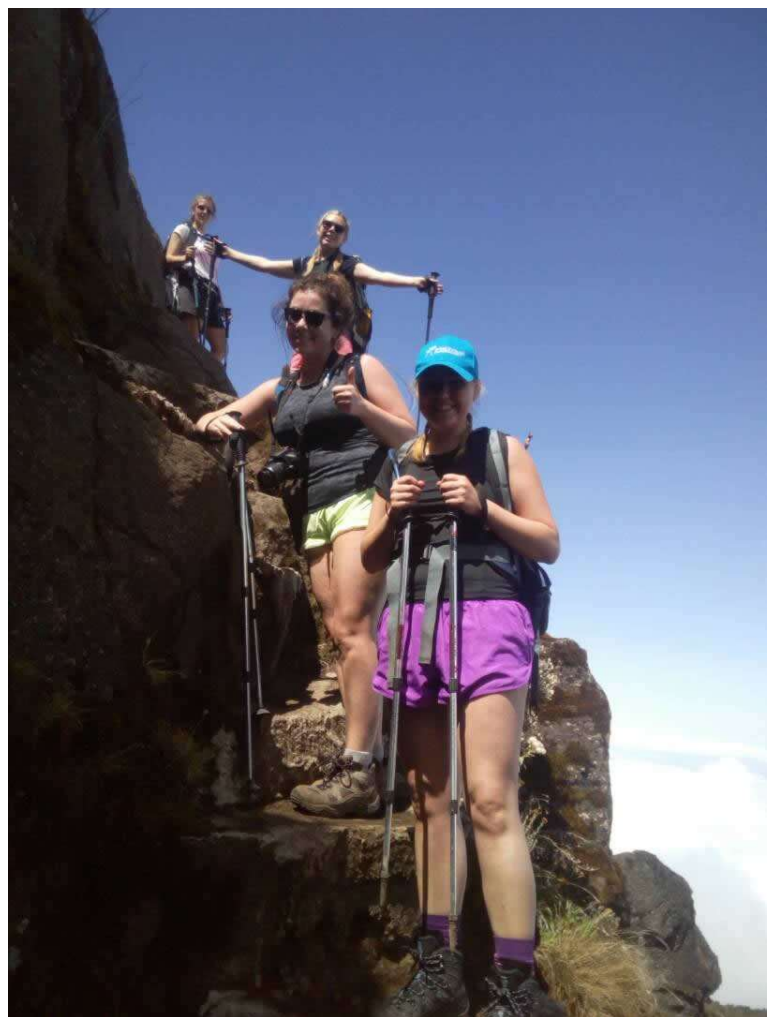
Day 5: Barranco Camp (3900m) – Karanga Camp (3995m)

A steep climb up the Barranco Wall leads to the trail on the south-eastern side of Kibo, along the southern ice fields. You will enjoy the unique vegetation as you transition from the moorlands to the high alpine desert. The Barranco Wall does involve a fair bit of scrambling up the rock face, while not a technical climb, many see this as some of the most challenging terrain. From the top of the wall, there is only a short distance to our camp at Karanga.

Dinner and overnight at Karanga Camp (3995m), the last water point on

the way to the summit.

Trekking time: 4-5 hours walking



Day 6: Karanga Camp (3995m) – Barafu Hut (4673m)

After breakfast we follow an easy path on compacted earth, with wide views, as we gain altitude to reach the Barafu Hut for lunch. Then following a full briefing of what we need for summit (how to dress and how to pack) and a health and safety briefing, we have an early supper and try to get some sleep.



Dinner and overnight at Barafu (4673m)

Trekking time: 3 – 5 hours walking

Day 7: Summit attempt Barafu Camp (4673m) – Uhuru Peak (5895m) – Mweka (3100m)

We start our ascent at about midnight to 1 am, depending on the fitness and speed of the climbers, so that we can be up on the crater rim by sunrise. The steep climb over loose volcanic scree and nice graded zig-zags and a slow but steady pace will take us to Stella Point (5756m), in about five or six hours. We will rest there for a short time to enjoy the sunrise over Mawenzi. For those are still feeling strong



we will continue with the two-hour round trip from here along the crater rim to Uhuru Peak (5895m), passing close to glaciers and ice cliffs that still occupy most of the summit area. Following ample time for pictures at the summit, we begin the descent back to Barafu for lunch, and after some refreshments, we continue to descend to reach our final campsite at Mweka Camp.

Dinner and overnight at Mweka Camp (3100m)

Trekking time: 11-15 hours walking (it is a very long day!)

Day 8: Mweka Camp (3100m) – Mweka Gate (1640m)

A sustained descent on a well-constructed path takes us through a lovely tropical forest alive with bird-song, Our route winds down to Mweka gate at 1640m. We will have lunch at the Gate, a ceremony with the porters congratulating you as you receive your certificate, issued at the gate. We will then drive back to the Hotel for a well-deserved shower.

Dinner on your own, overnight at the **Hotel**. Trekking time: 2-3 hours, Drive: 2-3 hour.

Departure Day

After breakfast, for those who plan to join us on safari, we will be there for your safari departure, or transfer to the airport for your trip back home or to your next destination.

Price included:

- National Park permits
- Camping / hut fees
- Rescue service
- All meals while on the mountain
- Guides and Porters wages

Price Exclude:

- International or Local flights
- Rental gears
- Tips for guides, porters and other staff

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| <ul style="list-style-type: none">• Round trip airport transfers between Arusha and JRO• Round trip transfers between Arusha and mountain gates• Hotel stays in Arusha for pre and post trek (2 nights in total) on bed and breakfast• Sleeping mats 2-inch form• Private portable toilet• Wash basins with hot water each morning and evening• Treated drinking water 3L or more everyday | <ul style="list-style-type: none">• Meals and drinks at the hotel in Arusha• Travel Insurance, Visa and Medical Insurance |
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What Gear Do I Need to Bring?

Below is the equipment that you need to bring as your personal kit for the climb.

Technical Clothing

- 1 – Waterproof Jacket, breathable with hood
- 1 – Insulated Jacket, synthetic or down
- 1 – Soft Jacket, fleece or soft-shell
- 2 – Long Sleeve Shirt, light-weight, moisture-wicking fabric
- 1 – Short Sleeve Shirt, light-weight, moisture-wicking fabric
- 1 – Waterproof Pants, breathable (side-zipper recommended)
- 2 – Hiking Pants (convertible to shorts recommended)
- 1 – Fleece Pants
- 1 – Shorts (optional)
- 1 – Long Underwear (moisture-wicking fabric recommended)

Footwear

- 1 – Hiking Boots, warm, waterproof, broken-in, with spare laces
- 1 – Gym Shoes, to wear at camp (optional)
- 3 – Socks, thick, wool or synthetic
- 3 – Sock Liners, tight, thin, synthetic, worn under socks to prevent blisters (optional)
- 1 – Gaiters, waterproof (optional)

Accessories

- 1 – Sunglasses or Goggles
- 1 – Backpack Cover, waterproof (optional)
- 1 – Poncho, during rainy season (optional)
- 1 – Water Bottle (Nalgene, 32 oz. recommended)
- 1 – Water Bladder, Camelback type

3 – Underwear, briefs (moisture-wicking fabric recommended)
2 – Sport Bra (women) Headwear
1 – Brimmed Hat, for sun protection
1 – Knit Hat, for warmth
1 – Balaclava, for face coverage (optional)
1 – Bandana (optional) Hand wear
1 – Gloves, warm (waterproof recommended)
1 – Glove Liners, thin, synthetic, worn under gloves for added warmth (optional)

Other

Toiletries
Prescriptions
Sunscreen
Lip Balm
Insect Repellent, containing DEET
First Aid Kit
Hand Sanitizer
Toilet Paper
Wet Wipes (recommended)
Snacks, light-weight, high calorie, high energy (optional)
Pencil and Notebook, miniature, for trip log (optional)
Camera, with extra batteries (optional)

(recommended)
1 – Towel, lightweight, quick-dry (optional)
Stuff Sacks or Plastic Bags, various sizes, to keep gear dry and separate

Equipment

1 – Sleeping Bag, warm, four seasons
1 – Sleeping Bag Liner, for added warmth (optional)
1 – Trekking Poles (recommended)
1 – Head lamp, with extra batteries
1 – Duffel bag, for porters to carry your equipment
1 – Daypack, for you to carry your personal gear

Paperwork

Trip Receipt
Passport
Visa (available at JRO)
Immunization Papers
Insurance Documents

NOTE: If you do not have any among the gears/equipment mentioned in the list above then you can hire them from us or Hiring stores in Arusha-Tanzania under our assistant to avoid inapplicable higher charges.

What are the Gear that will be provided with Us?

- All tents for clients and crew on the mountain
- Mess tents

- Camping tables and chairs
- Cooking and eating gears
- Kitchen tents
- Oxygen cylinders
- Oximeters for pulse and oxygen checks
- Form mats/mattresses