



## KILIMANJARO CLIMB

# LEMOSHO

## ITINERARY AND ROUTE

11 Days / 10 Nights • 8 Days on the Mountain

### Summary

Lemosho is a beautiful route with gentle ascents approaching the mountain from the west. We pass through the Lemosho Glades and traverse the Shira Plateau, providing stunning views of Kibo, Kilimanjaro's main peak. Proceeding in a counter-clockwise direction below the southern face of the mountain, the route takes you to Lava Tower for magnificent 360 degree vistas; the Great Barranco Wall, a challenging and exhilarating rock scramble; and approaches Uhuru Summit from Barafu and the ridge that abuts the Southeast Valley. The climb from Barafu offers incredible views of Mawenzi Peak, Kilimanjaro's remnant volcanic cone.

### Day 1: Arrival/Mbahe Village Farm Cottages

Your trip leader will pick you up upon arrival at the Kilimanjaro International Airport and bring you to Mbahe Village, located in the foothills of Mount Kilimanjaro, approximately 2 hours from the airport. Accommodations are in SENE's private cottages at Simon Mtuy's Mbahe Village Farm.

### Day 2: Mbahe Village Farm Cottages (6,000')

You have the morning to rest and relax. Enjoy delicious "homebrew" coffee, grown and roasted on the farm, and meals made with fruits and vegetables from the garden. Your trip leader will provide a climb orientation and equipment check. This is also a day to take a guided tour around Mbahe Village, the Mtuy family farm, and to swim in the river and waterfall running through Simon's land. We all gather together for dinner to discuss final details and anticipate the start of the climb tomorrow. B.L.D.

### Day 3: Londorossi Gate (6,890') to Big Tree Camp (8,700'), 3.8 miles

After breakfast we drive to Londorossi Gate, where you will meet your other guides and mountain crew and enter the Kilimanjaro National Park. From the trailhead we walk for a few hours uphill through the thick and undisturbed montane forest to our camp for the night. Many beautiful flowers are seen en route and with luck we will observe colobus monkeys and possibly signs of elephant. In the evening you may hear the unforgettable shrieking call of the tree hyrax. B.L.D.

### Day 4: Big Tree Camp (8,700') to Shira 1 Camp (11,420'), 4.7 miles

Today we reach the west side of the Shira Plateau in a hiking time of 6 hours. Taking our time walking through the forest allows us to observe its animal and bird life. The day's hike takes us from the montane forest, through a transition zone, and into the heath zone, where old lava flows are visible. Your guides will point out unique environmental differences that characterize each zone. After a picnic lunch we reach the edge of the Plateau and eventually our camp that offers a dramatic view of Kilimanjaro and its permanent glaciers. B.L.D.

### Day 5: Shira 1 Camp (11,420') to Shira 2 Camp (12,750'), 5.3 miles

Today is an easy paced acclimatization day of 4 to 5 hours hiking. Camp is set higher on the Shira Plateau with more expansive views of Kilimanjaro. There is a conditioning hike in the afternoon where you can examine the clusters of giant lobelias and senecios that grow at this elevation. B.L.D.

### Day 6: Shira 2 Camp (12,750') to Lava Tower Camp (15,230'), 4.3 miles

Today is another important day for acclimatization as we hike for 5 hours to an elevation above 15,000 feet. We will pass through the alpine moorland zone where plants are extremely hardy and consist of lichens, grasses, and heather, to reach Kilimanjaro's alpine desert zone. You will have a spectacular view of the steep Western Breach (which we will not be doing on this route). After an early afternoon rest we have a special 2 hour SENE adventure climb up the Lava Tower. This rock scramble will prepare you for the climb tomorrow. B.L.D.

### Summit Expeditions and Nomadic Experience

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**Day 7: Lava Tower Camp (15,230') to Karanga Valley Camp (13,250'), 5.9 miles**

After an initial descent from Lava Tower camp we climb the Great Barranco Wall - not too steep but still an exhilarating challenge – which our guides make safe and accessible for everyone by ascending *pole pole* (meaning “slowly” in Kiswahili). You will be able to see the breathtaking Heim Glacier from the top of the Wall. Descend into the Karanga Valley and then climb again to our camp on a ridge above the Valley, where you will enjoy a well-deserved rest and your daily afternoon tea and snacks. B.L.D.

**Day 8: Karanga Valley Camp (13,250') to Barafu Camp (15,360'), 2.4 miles**

As we begin hiking today the trail turns steadily uphill. Temperatures are noticeably colder and the landscape more sparse as we work our way to Barafu camp. *Barafu* means “ice” in Kiswahili. Hiking time is 4 to 5 hours. The camp is set on an exposed ridge and is the staging point for our push to the summit. After an early dinner we have a summit briefing and prepare our equipment before resting. At midnight, ideally under the stars and a brightly shining moon, we begin the final ascent to Uhuru Peak. B.L.D.

**Day 9: Barafu Camp (15,360') to Uhuru Peak (19,340') to Millennium Camp (12,530'), 8.3 miles**

We ascend *pole pole* on the steep switchback trail, drinking plenty of water and tea, refueling with small snacks, and enjoying this trek to Uhuru, the summit of Kilimanjaro, which we will reach around 8 a.m. At this early hour, before the clouds close in, you will have spectacular views of Africa in all directions. After a stay of 20 to 30 minutes with tea, snacks, and plenty of photos, we descend 2 to 3 hours to Barafu Camp for lunch, rest, and to pick up belongings. Continuing downhill 3 to 4 hours to the edge of the Mweka Forest, we reach the final night's camp - 7,000 feet below the summit! Eat, share your experiences of the climb, and sleep soundly. Congratulations, you touched the Roof of Africa! B.L.D.

**Day 10: Millennium Camp (12,530') to Mweka Gate (5,380'), 8.5 miles; Mbahe Village Farm Cottages**

Our last day is another descent of 7,000 feet with 4 to 5 hours of hiking to the trailhead at Mweka Gate. The trail is steep in places and within the forest may be slippery if wet. At the gate we will temporarily say goodbye to our mountain crew and enjoy a hearty picnic lunch. The trip leaders will take you back to SENE's Mbahe Village Farm for a hot shower and a celebration dinner with the whole team. B.L.D.

**Day 11: Mbahe Village Farm Cottages/Departure**

Rest and relaxation day at the farm. Optional activities include light hiking, swimming, exploring the village and local school, visiting with the neighbors, drumming, tasting homemade banana beer, or shopping in Moshi Town. For those returning home you will be transferred to the Kilimanjaro International Airport to catch your flight. Those heading out on safari or to Zanzibar will continue your exciting African adventure. B.L.

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**Lemosho Route** (per person, double occupancy)

**2011 - 2012: U.S.\$3,625**

(single supplement U.S.\$425)

**Includes:**

- All accommodations
- All meals as indicated (B.L.D.)
- Bottled water at Mbahe; filtered water (by Katadyn Expedition system®) on climb; coffee, teas, cocoa, milk, juices
- Services of trip leader, climbing guides, and mountain crew
- Kilimanjaro National Park entrance, camping, and rescue fees
- All camping and dining equipment (excluding sleeping bag and pad)
- Portable private toilet with bio-degradable waste system (Cleanwaste®) at all camps
- Gamow bag (portable hyperbaric chamber) and supplemental oxygen on all climbs
- Transfers to/from Kilimanjaro International Airport and to/from park entrance/exit gates
- Guided Mbahe Village walking tour

**Does not include:**

Tips and gratuities to leaders, guides, crew, or other staff; additional accommodations and meals made necessary by airline schedule changes, inability to complete the climb, or other factors; pre-trip expenses such as immunizations, travel insurance, passports, and visas; international airfare; airport departure taxes; and any expenses of a personal nature such as souvenirs and laundry. (rev. Apr-11)

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