



10 DAY KILIMANJARO CLIMB – LEMOSHO ROUTE

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Trip Duration: 10 days
Trip Difficulty: 
Destination: Tanzania
Begins in: Moshi
Activities: 

INCLUDED

- 2 nights hotel before/after climb
- Ground transportation
- National Park permits, camping/hut fees, rescue fees & Value Added Tax (VAT)
- Expert guide, assistant guides, cook & porters
- Bottled oxygen
- Private toilet
- Four season, 3 person double occupancy tent
- 1.5" sleeping pad
- All meals on the mountain
- Breakfast at hotel

EXCLUDED

- Airfare
- Lunch/dinner at hotel
- Beverages at hotel
- Personal gear & equipment
- Tips



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Itinerary

DAY 1 Londorossi Gate to Mti Mkubwa

Elevation: 7,742 ft to 9,498 ft

Distance: 6 km

Hiking Time: 3-4 hours

Habitat: Rain Forest

We depart Moshi for Londorossi Gate, which takes about 4 hours, where you will complete entry formalities. Then drive to the Lemosho trailhead. Upon arrival at trailhead, we begin hiking through undisturbed forest which winds to the first camp site.

DAY 2 Mti Mkubwa to Shira 1 Camp

Elevation: 9,498 ft to 11,500 ft

Distance: 8 km

Hiking Time 5-6 hours

Habitat: Heath

We continue on the trail leading out of the rain forest and into a savannah of tall grasses, heather and volcanic rock draped with lichen beards. As we ascend through the lush rolling hills and cross several streams, we reach the Shira Ridge before dropping gently down to Shira 1 Camp. Here we catch our first glimpse of Kibo across the plateau.

DAY 3 Shira 1 Camp to Moir Hut

Elevation: 11,500 ft to 13,800 ft

Distance: 11 km

Hiking Time: 5-7 hours

Habitat: Heath

We explore the Shira Plateau for a full day. It is a gentle walk east on moorland meadows towards Shira 2 Camp. Then we divert from the main trail to Moir Hut, a little used site on the base of Lent Hills. A variety of walks are available on Lent Hills making this an excellent acclimatization opportunity. Shira Plateau is one of the highest plateaus on earth.

DAY 4 Moir Hut to Lava Tower

Elevation: 13,800 ft to 15,190 ft

Distance: 7 km

Hiking Time: 4-5 hours

Habitat: Alpine Desert

Lava Tower to Barranco Camp

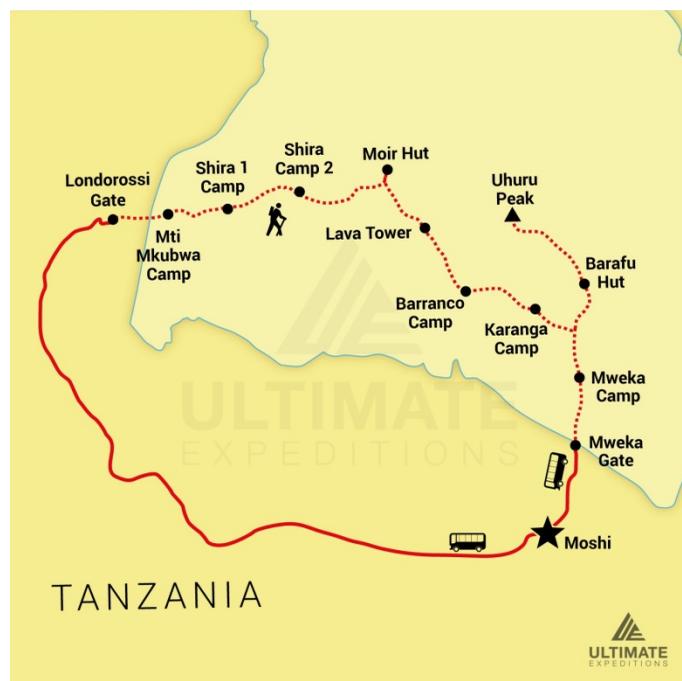
Elevation: 15,190 ft to 13,044 ft

Distance: 3 km

Hiking Time: 2-3 hours

Habitat: Alpine Desert

We begin the day climbing up a ridge and then head southeast towards the Lava Tower – a 300 ft tall volcanic rock formation. We descend down to Barranco Camp through the strange but beautiful Senecio Forest to an altitude of 13,000 ft. Although you begin and end the day at the same elevation, the time spent at higher altitude is very beneficial for acclimatization.



DAY 5 Barranco Camp to Karanga Camp

Elevation: 13,044 ft to 13,106 ft

Distance: 5 km

Hiking Time: 4-5 hours

Habitat: Alpine Desert

We begin the day by descending into a ravine to the base of the Great Barranco Wall. Then we climb the non-technical but steep, nearly 900 ft cliff. From the top of the Barranco Wall we cross a series of hills and valleys until we descend sharply into Karanga Valley. One more steep climb up leads us to Karanga Camp. This is a shorter day meant for acclimatization.

DAY 6 Karanga Camp to Barafu Camp

Elevation: 13,106 ft to 15,331 ft

Distance: 4 km

Hiking Time: 4-5 hours

Habitat: Alpine Desert

We leave Karanga and hit the junction which connects with the Mweka Trail. We continue up to the rocky section to Barafu Hut. At this point, you have completed the Southern Circuit, which offers views of the summit from many different angles. Here we make camp, rest and enjoy an early dinner to prepare for the summit day. The two peaks of Mawenzi and Kibo are viewable from this position.

DAY 7 Barafu Camp to Uhuru Peak

Elevation: 15,331 ft to 19,341 ft

Distance: 5 km

Hiking Time: 7-8 hours

Habitat: Arctic

Uhuru Peak to Mweka Camp

Elevation: 19,341 ft to 10,065 ft

Distance: 12 km

Hiking Time: 4-6 hours

Habitat: Rain Forest

Very early in the morning (around midnight), we begin our push to the summit. This is the most mentally and physically challenging portion of the trek. The wind and cold at this elevation and time of day can be extreme. We ascend in the darkness for several hours while taking frequent, but short, breaks. Near Stella Point (18,900 ft), you will be rewarded with the most magnificent sunrise you are ever likely to see coming over Mawenzi Peak. Finally, we arrive at Uhuru Peak- the highest point on Mount Kilimanjaro and the continent of Africa.

From the summit, we now make our descent continuing straight down to the Mweka Hut camp site, stopping at Barafu for lunch. The trail is very rocky and can be quite hard on the knees; trekking poles are helpful. Mweka Camp is situated in the upper forest and mist or rain can be expected in the late afternoon. Later in the evening, we enjoy our last dinner on the mountain and a well-earned sleep.

DAY 8 Mweka Camp to Mweka Gate

Elevation: 10,065 ft to 5,380 ft

Distance: 10 km

Hiking Time: 3-4 hours

Habitat: Rain Forest

On our last day, we continue the descent to Mweka Gate and collect the summit certificates. At lower elevations, it can be wet and muddy. From the gate, we continue another hour to Mweka Village. A vehicle will meet us at Mweka Village to drive us back to the hotel in Moshi.

TANZANIA

Best Time to Visit

Tanzania enjoys a temperate climate and is a year-round destination. However, temperatures on the rim of Ngorongoro Crater and Mount Kilimanjaro drop dramatically at night, particularly June - August. If you are planning to climb Kilimanjaro, it is best during the warm dry months of January and February. April and May tend to be the wettest months, June and July are the coolest, and August and September are the driest. The best time for safari is from May – October, however, December to February the wildebeest gather in the Serengeti region and the great migration begins to moves north.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	92	92	90	85	79	78
Average Low (F)	64	64	66	67	65	62

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	78	80	83	88	89	90
Average Low (F)	60	60	60	62	64	64

Entry Requirements

All visitors must obtain a visa, except nationals of the East African Community, Hong Kong, Macao, Rwanda, Romania and Commonwealth countries (**excluding** Australia, Bangladesh, Canada, India, New Zealand, Nigeria, Pakistan, Sierra Leone, South Africa and United Kingdom). You also need a valid passport with at least six months prior to expiration, an onward or return ticket and proof of sufficient funds to support yourself while in the country. It is recommended that US citizens obtain their visas upon arrival, at Kilimanjaro International Airport.

Vaccinations

Hepatitis A or immune globulin (IG), Hepatitis B, and Typhoid are recommended for all travelers. Tetanus-diphtheria and measles as needed boosters. Rabies - pre-exposure vaccination if you will have extended unprotected outdoor exposure.

Yellow fever is not recommended for most travelers. The government requires proof of yellow fever vaccination upon arrival if you are traveling from a country with risk of yellow fever ([Countries with risk of yellow fever virus.](#))

Talk to your health-care provider about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria.



Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Africa. This will eliminate any credit card holds for fraudulent activity.

Currency

Carrying cash, an ATM or credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are at bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is Tanzania Shillings (TSh), however national parks entry fees must be paid in US dollars by non-residents. Better hotels, lodges, and camps will accept credit cards; however it is advised to withdraw cash when visiting remote areas and villages. Note that US dollars older than 2001 will not be accepted by most places in East Africa. Traveler's Checks have become nearly impossible to cash in most all banks in Tanzania. Only hotels will accept checks from their guests, but at a far lesser rate than hard currency.

Government

The government framework of Tanzania is that of a unitary presidential democratic republic, whereby the President of Tanzania is both head of state and head of government, and of a multi-party system.

Religion

30% of Mainland Tanzania's population is Christian, 35% Muslim and 35% indigenous; Zanzibar is 99% Muslim.