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# PUMBA ADVENTURES AND SAFARI

IN PROUD PARTNERSHIP WITH THE MAARIFA PROJECT SCOTLAND

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## LEMOSHO ROUTE ITINERY

**Day 1 – Londorossi Gate (2,100 meters) – start point 2,360 meters to Mti Mkubwa**

**Camp (2,820 meters)**

*Distance: ~5.5km / 3 miles*

*Trekking time: 3-4 hours*

*Zone: Rainforest*

The Lemosho Route departs from the far West side of Mount Kilimanjaro.

Getting to Londorossi Gate (2,100 meters) takes approximately 2 hours from Moshi or 3.5 hours from Arusha.

You will arrive at Machame Gate to register with the Kilimanjaro National Park authorities before getting back into your vehicle to be transported to the start point or the Lemosho route which is a further 12km from Londorossi. Please note that during the wet season the track can be very rough and inaccessible to vehicles so you may need to walk the last few miles to your start point and the short trek to Mti Mkubwa Camp (2,820 meters).

If you are fortunate you may see elephant and buffalo on this stretch of the mountain so you will be accompanied by an armed guide in case any wildlife comes a little too close for comfort!

**Day 2 – Mti Mkubwa Camp (2,820 meters) to Shira Camp 2 (3,850 meters)**

*Distance: ~16km / 8.5 miles*

*Trekking time: 6-8 hours*

*Zone: Rainforest / Low Alpine Zone*

Day two starts with a gentle hike through the final stretch of the rainforest zone and becomes steeper as you approach the low alpine moorland zone. The day 2 trek is a long one that stops briefly for lunch at Shira Camp 1 which is on the western edge of the Shira Plateau; just over 8km from your starting point. You then continue on your hike across and up the Shira plateau to Shira Camp 2 at 3,850 meters. Here you will join trekkers from the Machame Route whilst enjoying stunning view across the valley below and Western Breach of Kilimanjaro above you. The plateau is exposed so be prepared for a cold night with temperatures falling below zero.

**Day 3 – Shira Camp (3,850 meters) to Lava Tower (4,600 meters) and then Barranco Camp (3,900 meters)**

*Distance: ~11km / 7 miles*

*Trekking time: 5-7 hours*

*Zone: Low alpine zone / High alpine zone*

On day 3 you trek due east, passing through the ‘Garden of the Senecios’ which features many stunning giant lobelias. The landscape rapidly changes to become desert-like as you approach Lava Tower and the Shark’s Tooth formation at 4,600 meters. From Lava Towers you will descend through spectacular landscape to Barranco Camp at 3,900 meters, to spend the night at a very similar elevation as your previous night. Climbing high and sleeping low maximises the chance of your body acclimatising to altitude.

**Day 4 – Barranco Camp (3,900 meters) to Karanga Camp (3,960 meters) (and then Barafu Camp – 4,680 meters)**

*Distance: ~9.5km / 6 miles*

*Trekking time: 8-10 hours*

*Zone: High alpine zone*

On day 4 you will be presented with the relatively steep Barranco ‘Breakfast’ climb, a 257 meter scramble up the Barranco Wall. Be prepared to use all four limbs as you slowly traverse the wall to the top of the Karanga Valley and are rewarded by stunning views above the clouds.

For those on an eight day hike, this will be your camp for the night.

From here you follow a path that meanders through many inclines and declines to Karanga Camp (3,960 meters). For those on an eight day hike, this will be your camp for the night. Six and seven day trekkers will stop here for a brief lunch before continuing on through the barren desert landscape that leads to the Mweka trail and up to Barafu Camp (4,680 meters). Barafu is your final ascent camp. On arrival you will be guided to rest in the shade of your tent before dinner then sleep as much as possible prior to being awoken around 11pm for a hot drink and light snack before beginning your summit attempt at midnight.

It is always a good plan to be organised with all your clothing to hand and your head-torch and camera and spare batteries kept warm.

**Day 5 – Barafu Camp (4,680 meters) to Uhuru Peak (5,895 meters) and then Mweka Camp (3,100 meters)**

*Distance: ~4.5km / 3 miles ascent and then 11km / 7 mile descent*

*Trekking time: 6-8 hours to the summit and then 5-8 hours to Mweka*

*Zone: Glacial zone and the all preceding zones*

Day 5 starts at midnight with a long zigzagging hike with the stars above you and the heavy scree of Kibo under your feet. The going is slow, rough and tough. You will need to dig deep and ensure you maintain a consistent pace to push yourself up to the crater rim. Pole pole (slowly slowly) is the mantra!

After around 4-6 hours you will reach Stella Point (5,739 meters) where you will rest, have some drinks and snacks as you watch the dawn light the sky and the sun rise over the spectacular mountain landscape. We recommend you have your camera ready at this point to record the sun rising on your achievement so far. From Stella Point it is another 1-2 hours of a steady climb onto the crater rim and along to Uhuru Peak (5,895 meters).

**NOTE:** Over 60% of climbers stop at Stella Point but most can make it to the summit if they are able to find the mental strength to push through. Your guides are looking after you every step of the way and want you to reach the summit as much as you do – however, if you are experiencing severe AMS symptoms you should descend immediately.

Due to the altitude your stay at Uhuru Peak will be short, but long enough for you to celebrate, savour and record the moment. You will then start heading back via Stella Point to Barafu where you will rest for a short time before beginning the descent to Mweka Camp (3,100 meters).

In total you will be trekking between 12-16 hours on day 5.

### **Day 6 – Mweka Camp (3,100 meters) to Mweka Gate (1,640 meters)**

*Distance: ~9km / 6 miles*

*Trekking time: 3-5 hours*

*Zone: Rainforest*

The final day on the mountain is a short one, but nonetheless tiring as your body will be exhausted. You will walk slowly down through the wonderful rainforest scenery towards your finish point at Mweka Gate (1,640 meters).

At the gate you will need to sign-out with the authorities and will also receive your certificate, either for Stella Point or for Uhuru Peak.

**NOTE:** It is customary to pay your tips to the trekking team in the morning at either Mweka Camp or at Mweka Gate before you depart back to Moshi or Arusha.

Should you wish advice on the tipping system please ask.

### **LEMOSHO ROUTE – ALTITUDE AND DISTANCE PROFILE**

**NOTE:** The most common number of days for the Lemosho route is 7.

Six days is very fast and therefore has a higher incidence of people not acclimatising well enough and developing Acute Mountain (Altitude) Sickness. If choosing a 6 day trek we advise you to be aware of this and to be as prepared as possible.

