



Lemosho 8-day trek

Preparation Day

Location: Arusha

Accommodation: Hotel not included

Meal: none

Activity: Arrival

On this day before the beginning of your Kilimanjaro experience, your guide will do a briefing and a gear check. These essential steps will ensure security for all and significantly increase your chance of success. The guide will also review your previously completed and submitted medical form with you. Do not hesitate to inquire for further information. You will also be introduced to your trekking mates during the briefing.

Day 1

Londorosi Gate (2,100m/6,890') → Mti Mkubwa (2,791m/9,160')

Distance: 10 km/6 miles

Time: 6 hours

Habitat: Tropical Forest

Altitude gain: + 691m/2,270'

Accommodation: Forest Camp

After breakfast, you drive to the western side of Mount Kilimanjaro to the Londorosi Gate. You will drive to the Shira-Lemosho trail where you find your climbing crew ready and waiting to start the climb. The Trip Leader will tell you exactly what to expect each day for weather, the nature of the trail, and the wildlife you will encounter. Please ask any question about any special features that might interest you.

Overnight at Forest Camp: Forest camp is located in a dense forest zone. After the sun fades, the cold sets in and it's time to dress warmly and prepare the headlamps.

Day 2

Mti Mkubwa (2,791m/9,160') → Shira (3,650m/11,975')

Distance: 9 km/5 miles

Time: 6 hours

Habitat: Moorland, Heath

Altitude gain: + 859m/2,815'

Accommodation: Shira Camp

Day 5

Barranco (3,870m/12,700') → Karanga (3,995m/13,107')

Distance:	5 km/3 miles	Time:	4 hours
Habitat:	Alpine desert	Altitude gain:	+ 400m/1,312'
Accommodation:	Karanga Camp	Altitude loss:	- 355m/1,165'

As the slope is steep, you gain altitude rapidly, giving a wonderful view of the area. Once at the top of the trail, Heim glacier is overhanging. After a quick break, you start to descend in a desert landscape as far as Karanga Valley. Then the vegetation is back again, offering a stunning contrast. You rapidly reach the bottom of the valley where runs what will be our last source of water until Kibo, the top of Kilimanjaro. Here lies the difficult part of the day, a steep rocky wall that you climb in laces. Twenty minutes later we reach Karanga camp... in the clouds.

Overnight at Karanga Camp: Karanga camp is located below Heim, Kersten & Decken glaciers.

Day 6

Karanga (3,995m/13,107') → Barafu (4,605m/15,109')

Distance:	5 km/3 miles	Time:	4 hours
Habitat:	Alpine desert	Altitude gain:	+ 610m/2,002'
Accommodation:	Barafu Camp		

Today you will climb a rock wall, not too steep, but challenging for some people. Our trip leader makes this safe and accessible for everyone. You will be able to see the breathtaking Hiem Glacier. You continue hiking through rolling hills as we gradually approach Barafu. We are going to climb slowly and slowly and slowly, like snails. Drink plenty of water, tea and small snacks. Keep breathing and keep moving. After an early dinner, you will rest. We overnight at Barafu Camp.

Overnight at Barafu Camp: We will spend the night at Barafu camp, after a dinner cooked by our chef on site.

Day 7 – Summit Day

Barafu (4,605m/15,109') → Uhuru Peak (5,895m/19,341') → Mweka (3,068m/10,066')

Distance:	20 km/12 miles	Time:	14 hours
Habitat:	Moon desert, Alpine desert & tropical forest	Altitude gain:	+ 1,290m/4,232'
Accommodation:	Mweka Camp	Altitude loss:	- 2,827m/9,275'

