



Mount Kilimanjaro Trek Itinerary Lemosho Route – 7 Days

This trek takes the less-trodden Lemosho route allowing you to camp and fully appreciate the splendor of your surroundings and the clear night skies. The terrain changes as you ascend the mountain, passing through thick forest, moorland and scree en route to the highest point of the crater, Uhuru Peak. This is a challenging trek at altitude, climbing one of the most impressive and well-known mountains in the world.

Day 1: Lemosho Glades - Big Tree Camp

The day begins with a long drive to Londrossi Park Gate (2100 m) for registration. Pass through village communities to the trailhead to start hiking on the route along a narrow forest path to reach Mti Mkubwa (Big Tree) campsite (2800 m).

Trekking Time: 2-3 hours | **Distance:** 5 km | **Altitude Gain:** 411 m

Day 2: Big Tree Camp - Shira Hut 2

Leaving the forest, the trail gets steeper as it enters the moorland zone towards the valley. A gentle grade walk takes you across the high altitude Shira Caldera past Shira Cave (views of Arrow glacier) at 3500 m and on to Shira Hut 2. Hiking eastwards, the route crosses Shira Plateau and Shira Cathedral within the moorland meadow to reach Shira Hut 2 for dinner and overnight.

Trekking Time: 8 hours | **Distance:** 16 km | **Altitude Gain:** 1040 m

Day 3: Shira Hut 2 - Barranco Camp

Walking now on high moorland, the landscape changes the entire character of the trek. Traverse the southwest side of Kilimanjaro, passing underneath the Lava Tower and the final section of the Western Breach to reach Barranco camp (3900 m). The day has been spent at altitude (up to 4600 m), but you will have followed the mountaineering code of 'walk high, sleep low' to avoid altitude sickness by aiding your bodies in acclimatization.

Trekking Time: 6-7 hours | **Distance:** 10 km | **Altitude Gain:** 60 m

Day 4: Barranco Camp - Karanga Valley

Start the day by descending into the start of the Great Barranco, a huge ravine. Then exit steeply, up what has been termed the Breakfast Wall, which divides you from the southeastern slopes of Kibo. It is a climb over rocks, although not technical. Passing underneath the Heim and Kersten glaciers, head towards the Karanga Valley (4000 m) for overnight.

Trekking Time: 4-6 hours | **Distance:** 5 km | **Altitude Gain:** 100 m

Day 5: Karanga Valley - Barafu Camp

The day is characterized by a short hike on terrain formed by scree. Walk through arid land towards Barafu Camp (4600 m) where you have the entire afternoon to rest before ascending towards the summit.

Trekking Time: 2-4 hours | **Distance:** 4 km | **Altitude Gain:** 600 m

Day 6: Barafu Camp - Uhuru Peak - Millennium Camp

We avoid walking too long in the heat of the sun today by starting around midnight, walking steeply upwards to the summit glaciers. You will be climbing scree for 5 to 6 hours but you gain incredible height over a short distance. The views are spectacular. You should be on the crater rim at Stella Point (5750 m) as the first rays of the sun emerge. Spectacular ice cliffs within the crater surround you and the views to Mawenzi peak and beyond are breathtaking. Another hour's walk takes you to your goal, the summit of Uhuru (5896 m), the highest point; Uhuru means freedom in Swahili.

Trekking Time: 6-8 hours | **Distance:** 7 km | **Altitude Gain:** 1296 m

After a quick celebration and photos at the top, you will begin the descent by returning to Stella Point and then descending on scree slope back to Barafu Camp for breakfast and a short rest before finally heading down to Millennium Camp (3000 m) for a well-earned rest. On the descent, you will have fabulous views of the plains and Mawenzi peak.

Trekking Time: 6-8 hours | **Distance:** 12 km | **Altitude Loss:** 2896 m

Day 7: Millennium Camp - Moshi

A gentle trek takes you down through the rainforest to the Mweka Gate (1640 m), where park formalities will be completed, you will be met by our vehicles, and receive your certificate of ascent courtesy of the *Kilimanjaro National Park Authority*. Thereafter, drive back to Moshi where you can treat yourself to a well-earned shower and a cold beer or two.

Trekking Time: 4-5 hours | **Distance:** 10 km | **Altitude Loss:** 1360 m

LEMOSHO 7 DAY ITINERARY SUMMARY

Day	From	To	Distance / Time	Altitude Change
DAY 1	LEMOSHO GLADES 2389 m	BIG TREE CAMP 2800 m	5 km / 2-3 hours	+ 411 m
DAY 2	BIG TREE CAMP 2800 m	SHIRA CAMP 2 3840 m	16 km / 8 hours	+ 1040 m
DAY 3	SHIRA CAMP 2 3840 m	BARRANCO CAMP 3900 m	10 km / 6-7 hours	+ 760 m - 700 m
DAY 4	BARRANCO CAMP 3900 m	KARANGA VALLEY 4000 m	5 km / 4-6 hours	+ 100 m
DAY 5	KARANGA VALLEY 4000 m	BARAFU HUT 4600 m	4 km / 2-4 hours	+ 600 m
DAY 6	BARAFU HUT 4600 m UHURU PEAK 5895 m	UHURU PEAK 5895 m MILLENNIUM HUT 3000 m	19 km / 12-16 hours	+ 1296 m - 2896 m
DAY 7	MILLENNIUM HUT 3000 m	MWEKA GATE 1640 m	10 km / 4-5 hours	- 1360 m

PRICE INFORMATION

Lemosho Route 7-Day Trek | Per Person Prices USD

# Climbers	1	2	3	4	5	6	7+
Standard Package							
7 Days	\$2,735	\$2,358	\$2,232	\$2,202	\$2,129	\$2,085	\$2,063
Luxury Package							
7 Days	\$2,935	\$2,558	\$2,432	\$2,402	\$2,329	\$2,285	\$2,263
Exclusive Package							
7 Days	\$3,135	\$2,758	\$2,632	\$2,602	\$2,529	\$2,485	\$2,463

Price includes:

- All that is quoted per package category on following page

Price DOES NOT include:

- Gratuities
- Personal trekking gear such as sleeping bag and clothing
- Favored beverages
- Visas
- Travel insurance
- Flights

RECOMMENDED TIPS

Worker	Per Worker Per Group Per Day
Lead Guide	20 USD
Assistant Guide	15 USD
Chef	15 USD
Porters	8 USD

For a 7-day trek, the following are *minimum* tip recommendations:

Lead Guide: \$140 each guide

Assistant Guide: \$105 each guide

Chef: \$105

Porters: \$56 each porter

MT. KILIMANJARO HIKING PACKAGES

Category	Item	Exclusive	Luxury	Standard
CREW	Mountain Guide	*	*	*
	Assistant Guide	*	*	*
	Camp Crew(s)	*	*	*
	Cook(s)	*	*	*
	Porters	*	*	*
EQUIPMENT	Walk-in client tent	*		
	3 person tent for 2 people		*	*
	Full size sleeping cot	*		
	Mattress	*	*	*
	Pillow	*	*	
	Walk-in mess tent	*	*	*
	Lightweight tables	*	*	*
	Backed chairs	*	*	*
SAFETY DEVICES	Pulse oximeter	*	*	
	Altitude sickness checklists	*	*	*
	First aid kit	*	*	*
	Custom evacuation stretcher	*	*	
	Oxygen	*	*	
	Portable altitude chamber	*		
OTHER	Toilet tent	*	*	
	Kilimanjaro National Park fees	*	*	*
	Shower/wash tent	*		
	Full trip briefing	*	*	*
	Evaluation reports	*	*	*
	Complimentary hotel stay in Moshi pre- and post- climb	*	*	*
	Complimentary airport transfer from Kilimanjaro Airport (JRO) upon arrival and departure	*	*	*

SAMPLE MEALS ON THE MOUNTAIN

Breakfast

Toast (with honey, jam and/or butter); French toast; pancakes; sausage; bacon; eggs (scrambled, fried, omelet); cooked vegetables; fruits (oranges, mangos, bananas), cereals; hot cereal; tea; coffee; cocoa; juice.

Lunch

Cold meat sandwiches; tuna or chicken salad sandwiches; grilled cheese sandwiches; fruits (oranges, mangos, bananas); eggs; French fries, otherwise known as chips; tea; coffee; cocoa; juice.

Dinner

Soups (carrot, cucumber, pumpkin); pasta; rice; vegetables (stewed, boiled, steamed, curried); beef, chicken (roasted, stewed, curried); potatoes (mashed, boiled, fried); corned beef + cabbage; rice; ugali (corn meal porridge); fruits (oranges, watermelons, apples, pineapples, mangos, bananas); tea; coffee; cocoa, juice.

Our meals are flexible and our cook can cater to different dietary preferences as required.