

## Kilimanjaro Summit Climb

*Lemosho Route*



### Introduction

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*The Lemosho route approaches Kilimanjaro through forest and moorland from the west, crossing the caldera of Shira Plateau as the route heads to the visually dramatic southern flank. The route goes under the Southern icefields of Kibo, with a final ascent via the Barafu route.*

*Lemosho is a less-trodden approach route, and the rainforest on this side of the mountain is particularly beautiful. Crossing the wilderness of Shira Plateau gives the climber a good chance to get used to the altitude before tackling the busy Barafu Route to the summit.*

*A diversion to the wild, forbidding and rarely-visited north flank overlooking Kenya may be taken with the nine days Lemosho climb – possibly the best itinerary on the mountain for giving the climber a great overview and maximum chance of reaching the summit.*

#### **Your Financial Protection**

All monies paid by you for the air holiday package shown [or flights if appropriate] are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 3145.

For more information see our booking terms and conditions.

## Itinerary

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### Day 1: Arrive Arusha (1 night, Moivaro Lodge)

On arrival at the airport, you will be met by our driver/guide and transferred to Moivaro Lodge for one night (half-board)

Moivaro Lodge is set on a working coffee plantation on the outskirts of Arusha. Removed from the busy city centre, it's a relaxed garden lodge offering accommodation in cosy cottage rooms. Facilities include a small swimming pool, gardens, and bar/lounge area.

This evening, the students will receive a climb briefing covering kit, camping arrangements, and what to expect on the mountain (climate, altitude etc), as well as tomorrow's transfer times. This is a good chance to ask any questions you may have about the coming climb, particularly any concerns regarding kit.

Following the briefing, a group dinner will be arranged at Moirvaro Lodge.

### Day 2: Start the 8-day Lemosho Route climb

*The itinerary below gives an eight day climb via Shira Plateau, the southern flank, Barranco Wall and Barafu route. The descent is via the new wilderness Mweka Route.*

After orientation and a thorough kit check, we will register at Londorossi Gate (please ensure that you send us your passport number and date of birth before the tour starts in order to ensure a quick registration.) Then, a short drive towards the trailhead at 2,350m, from where we begin our trek through the rainforest to camp 1 at Big Tree (2,785m).

Lemosho is an exciting wilderness route, which we use to avoid the overcrowding common on the more popular Machame and Marangu routes. Our trek today will take us along a little-used track, starting at the Lemosho Glades. In places the vegetation is so undisturbed that it grows right across the narrow track. Flora and fauna are richer here than on other, more trodden routes through the rainforest.

### Day 3: To Shira Caldera

The day begins with a tough trek involving a height gain of over 600m, taking us to a lunch stop in a beautiful valley just outside the Shira Crater at around 3,050m.

After lunch we head up a long ridge before dropping down into the Shira Caldera – a high altitude desert plateau rarely visited by man. Shira is the third of Kilimanjaro's volcanic cones. It is filled with lava flow from Kibo, its rim eroded and blasted away by weather and volcanic action.

Today you can expect to get your first close views of Kibo – the dramatic summit cone of Kilimanjaro.

Camp at Shira One (3,500m).

### Day 4: To Shira Hut

Depart camp early for a two to three hour trek east across Shira Plateau, via Simba Camp (3,720m), to our camp on the eastern slopes of Shira. Tonight's camp is located at Shira Huts (3,895m), about an hour's walk from Simba.

Optional and recommended early morning start for those wanting to try the acclimatizing trek to Shira Cathedral (3,860m). The views from the top of this ridge are very special (though those with vertigo should take care). If taking the Shira Cathedral detour, today's trek will be about 5 hours.

### Day 5: To Barranco Camp

A superb day's trek that takes us to the southern flank, then down the spectacularly scenic Barranco Valley to our camp at 3,900m, Barranco Huts. This is only slightly higher than our camp at Shira Huts, but our trek past Lava Tower and Arrow Glacier will have taken us over 4,500 metres, offering valuable altitude acclimatisation.



**Gane and Marshall**

Tel: +44 (0)1822-600-600

e-mail: [info@ganeandmarshall.com](mailto:info@ganeandmarshall.com) website: [www.ganeandmarshall.com](http://www.ganeandmarshall.com)



Today the Lemosho route merges with Machame route, so you can expect to see more groups in camp tonight.

The camp at Barranco is one of the most spectacular on Kilimanjaro, with dramatic views of Kibo.

Today's trek will take approximately 7 hours.

### **Day 6: To Karanga Valley Camp**

Early morning climb up Barranco Wall (4,270m), with 800ft. of steep climbing and 400ft. of easy ascent, to admire the views of Meru and the plains far below. We then continue on a steep ridge to Karanga Valley Camp (4,100m), where we have a relaxed afternoon and dinner.

This afternoon there will be an optional and highly useful acclimatization trek to just below the glaciers, which will allow you to try scree walking, for those members of the group with energy reserves to spare.

### **Day 7: To Barafu Ridge Camp**

Today we take the traverse route to reach Barafu Ridge Camp (4,680m), progressing at a slow but steady pace on account of the altitude. The trek up Barafu Ridge is tough and exposed to cross winds and the elements. Dinner will be served early and we encourage an afternoon bedtime in order to ensure you are well rested for tomorrow's attempt on the summit.

For those who with the extra stamina, there is an optional acclimatizing trek that will take you a few hundred feet higher, and which can be completed before dinner.

### **Day 8: Kilimanjaro Summit Climb**

Rise at midnight to commence the trek up the scree slopes between the Rebmann and Ratzel glaciers to Stella Point (5,735m), on the rim of the crater.

We expect to reach the crater around dawn, then continue around the rim to the highest point, Uhuru Point (5,895m) – the top of Africa! We take a moment to enjoy the amazing views from the summit, before returning to Stella point & then down the scree via Barafu Ridge to Mweka High Camp (3,820m).

This is likely to be the toughest trek that most in the group will have ever experienced, involving approx. 1,200m of ascent, nearly 2,500m descent, and 12 to 15 hours of walking. Good effort!



### **Day 9: To the Gate via Mweka. Overnight Moivaro Lodge**

Walk down across the Alpine moorland and through the forested foothills to Mweka Gate (1,650m) for a picnic lunch, presentation of certificates and group photo. This is a long walk-off lasting 5 to 6 hours, and perhaps even longer if there is rain on the route.

As the southern flank tends to receive more rain, it is quite likely that you will encounter wet and very muddy conditions in the rainforest section on this last day. Please be prepared for this and do not expect an easy jaunt back to the gate! Nevertheless, the route is very beautiful and well worth the effort.

After lunch, we drive approx. 2 hours to Moivaro Lodge for a well-earned hot shower, dinner & rest.

### **Day 10: Departure**

The morning is at leisure at Moivaro Lodge.

After lunch, you will be met by our driver for the transfer to Kilimanjaro Airport for your homeward flight.

## Key Points

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### Location

Mount Kilimanjaro is located 3 degrees south of the equator just inside Tanzania's northern border. The northern slopes face the Amboseli in Kenya. Kilimanjaro and the parks of north Tanzania are accessible after an eight to ten hours flight from Europe.

### Elevations

Arusha town, where we stay before and after the trek is located at an altitude of 1387ms/4551ft. The actual treks begin either at Lemosho Glades 2000ms/6560ft. and takes us to the highest point in Africa at Uhuru Point of 5895ms/19340ft.

### Geology

The development of high plateaux and mountains in East Africa began 30 to 40 million years ago in early Tertiary times. Profound geological activity led to rift valley formation, fissures in the earth's crust and the formation of volcanic cones. Kilimanjaro's main period of development was however during the last million years. Weaknesses in the earth's crust resulting from the Tertiary upheavals allowed outflows of lava that created the three domes of Shira, Mawenzi and Kibo.

Shira sank to become a caldera as Kibo's outflows released pressure below the collapsing volcano. Mawenzi is the most spectacular of the three volcanic centres with its sharp pinnacles and ridges and dramatic sheer eastern face. Mawenzi did not sink to become a caldera like Shira, rather it has been eroded by the elements with the harder volcanic rocks remaining as the dramatic, fairy tale pinnacles that we see today. Kibo, the object of most climbers' attentions, is the youngest and now the highest of Kilimanjaro's cones and we can assume that much of the activity that created Kibo occurred in the last 500,000 years. Fumaroles testify to the dormant status of Kilimanjaro.

### Climate & Geography

The climate of Tanzania may be divided into two main trekking seasons: June to October, and December to March. Expect early evening and night temperatures from -5 to -20c.; and day time temperatures from near freezing to 25c on sunny days out of the wind. Sunburn is a real risk. You must be prepared for the worst, as mountain weather conditions can be extremely unpredictable.

Although only three degrees south of the equator, glaciers and snow partly cover the peak of Kilimanjaro. Almost four miles high, it can be seen on a clear day from more than one hundred miles away. Within its one great ecosystem lies almost every kind of environment found on earth. In the space of a few days you will pass, as it were, from the equator to the Arctic: through tropical rain forest, Alpine meadows, moorland, desert uplands, to snow and ice.

Relative altitude governs the vegetation zones, and thus the fauna, found on Kilimanjaro. Various altitude zones or belts around the Kilimanjaro massif reveal an amazing variety of flora and fauna including some endemic species. The high "arctic" summits of Kibo and Mawenzi offer the climber little other than lichens, rock and ice. A few mammals stray high. Buffalo visit the caves of the deserted north flank, a rare breed of eland are resident on the remoter parts of the Shira Plateau and the north flank. Leopard and wild dog have climbed as far as the crater of Kibo, and lion pugmarks have been seen at nearly 16,000 feet.

Whereas the rain forest belt is rich in majestic trees, smaller plants including the endemic Kilimanjari Impatiens. Large and small mammals from elephant to colobus monkey to tree hyrax, and an amazing variety of birdlife including bulbul, hornbill and turaco make the journey through the montane forest fascinating.

In between these extremes we find lower and upper heath zones, with giant heathers and plants endemic to the east African highlands such as the giant lobelias and senecas. Everlastings and proteas add to the variety. We rarely see mammals at this altitude because they are so shy, but we will see the spoor of eland, buffalo, and occasionally lion and leopard. The birdlife is relatively rich especially with eagles, ravens and lammergier. Above the heath zone the high altitude desert offers a moonscape of dramatically austere terrain. Here we find lichens and a few groundsels and everlastings. This is after all a desert zone.

### Altitude Impact

Expeditions to Kilimanjaro take the trekkers to nearly 6000ms, so the "thinner" air will have a big impact on the way we feel and perform. The itineraries are scheduled to allow for acclimatization to altitude.



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## General Information

- **Language** – English and Swahili although there are over 100 tribal dialects
- **Time** – 3 hours ahead of GMT
- **Flight Time** – from UK approx. 10 hours
- **British Embassy in Tanzania** - Umoja House, Ground Floor, Garden Ave, PO Box 9200, Dar es Salaam (255 (0) 22 229 0000)
- **Electricity** - Square three pin plugs on 220 –240 volts 230v 50AC, but surges of up to 310v and troughs of 150v are common. In Arusha, though this can vary from 160v to 240v and surges are common.
- **Currency regulations** - The Tanzania shilling is a soft currency and you cannot obtain shillings before leaving the UK. US dollars are accepted in most places and should be used in country. Tanzanian Shillings cannot be exported, therefore should be reconverted against your currency declaration form.
- **Exchange** - The Bank of Tanzania performs all currency transfers; all other offers of currency exchange are illegal. There are also foreign exchange bureaus in most towns and cities where you can change cash or travellers' cheques at the prevailing free market exchange rate. The most widely accepted currency is the dollar (US). For up to date currency exchange, go to: <http://www.xe.com/>

## Contact

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Jeremy Gane, Gane and Marshall

Tel: 01822-600-600, email: [jeremy@ganeandmarshall.com](mailto:jeremy@ganeandmarshall.com)



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