



## 7-Day Lemosho Route

The 7-day Lemosho route is one of the most popular routes because it provides enough time to acclimate to the altitude with a gradual ascent. On this route, you will go through the five climate zones and experience the best scenery on the mountain. The exposure to the altitude will help prepare the body for higher altitudes coming on the following days. This schedule is still very tough, though seven days on the mountain will help climbers deal with the exhausting itinerary better than those who opted for less days.

### DAY 1

- Lemosho Gate to Big Tree Camp
- Elevation : 2385m – 2780m
- Distance: 7 km
- Hiking: 4-5 hours
- Habitat: Rain Forest

We depart from your hotel for Lemosho Gate, where you will complete entry formalities. After registration, you start your trek steadily through the forests of the Lemosho glades until you reach the Big Tree Camp where you will spend the night.

### DAY 2

- Big Tree Camp to Shira Camp 2
- Elevation: 2780m – 3900m
- Distance: 16 km
- Hiking Time: 9-10 hours
- Habitat: Moorland

You will trek across a plateau of grassy moorland and heather scattered with volcanic rock. We will trek through Shira 1 Camp, where you will have great views of the Kibo Peak with floating clouds. It is a steady gain to Shira 2 and you will get a chance to see the Northern Ice fields from the western side of the mountain. The steady climb across the moorland will help you acclimate to the altitude and enjoy the majestic panoramic views.

### DAY 3

- Shira Camp 2 to Barranco Camp
- Elevation: 3900m – 3960m
- Distance: 10km
- Hiking Time: 7-8 hours
- Habitat: Moorland / Semi-Desert

The Trek will start with an ascent that will have great views. We will continue to the upland desert and the lava ridge, under the glaciers on the Western Breach. We will trek to Lava Tower (4640m), for lunch and then descend to Barranco Camp for the night. This camp is sheltered by towering cliffs that provide extensive views of the plains below.

### DAY 4

- Barranco Camp to Karanga Camp
- Elevation: 3960m – 3963m
- Distance: 5.5 km
- Hiking Time: 5-6 hours
- Habitat: Semi-Desert

The day will begin by descending into the Great Barranco, which is a large ravine. We then exit steeply, up the Great Barranco Wall, which divides us from the southeastern slopes of Kibo. This requires some scrambling but it is not very technical. Make sure to stop at Kiss Rock for a photo of your climb. You will pass underneath the Heim and Kersten Glaciers towards the Karanga Valley. This will be a steep climb up to the Karanga Camp (3963m). For those who are feeling strong we can opt for a mid-afternoon acclimation trek to 4200m before descending back to the camp for the night.

## **DAY 5**

- Karanga Camp to Barafu Camp
- Elevation: 3963m – 4640m
- Distance: 3km
- Hiking Time: 3-4 hours
- Habitat: Alpine Desert

We start the trek by heading to Barafu Hut (4640m). The trek will take us across desolated slopes with no vegetation. We will have many views of the summit from different angles. We will set up camp at Barafu, rest, enjoy dinner, and prepare for the summit day. The two peaks of Mawenzi and Kibo are to be seen from this position.

## **DAY 6**

- Barafu Camp to Summit to Mweka Hut
- Elevation: 3790m – 1630m
- Distance: 5 km ascend / 12 km descent
- Hiking Time: 12-15 hrs
- Habitat: Arctic

Very early in the morning (midnight to 2am) we start our way to the summit between the Rebmann and Ratzel glaciers. You head in a northwesterly direction and ascend through heavy scree towards Stella Point on the crater rim. This is the most mentally and physically challenging portion of the trek.

At Stella Point (5756m // 18,600 ft), you will stop for a short rest and will be rewarded with the most magnificent sunrise you are ever likely to see (weather permitting). From Stella Point, you may encounter snow all the way on your 1-hour ascent to the summit. At Uhuru Peak, you have reached the highest point on Mount Kilimanjaro and the continent of Africa. Faster hikers will see the sunrise from the summit.

From the summit, we now make our descent continuing straight down to the Mweka Hut camp site, stopping at Barafu for lunch. You will want gaiters and trekking poles for the loose gravel going down. 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 7**

- Mweka Camp to Hotel
- Elevation (ft): 10000 – 5400
- Distance: 10km
- Hiking Time: 3-4 hours
- Habitat: Rain Forest

After breakfast, we continue the descent down to the Mweka Park Gate to receive your summit certificates. At lower elevations, it can be wet and muddy we recommend gaiters and trekking poles. Shorts and t-shirts will probably be plenty to wear (keep rain gear and warmer clothing handy). From the gate, you continue another hour to Mweka Village. A vehicle will meet you at Mweka village to drive you back to the hotel for a hot shower and some relaxation time.