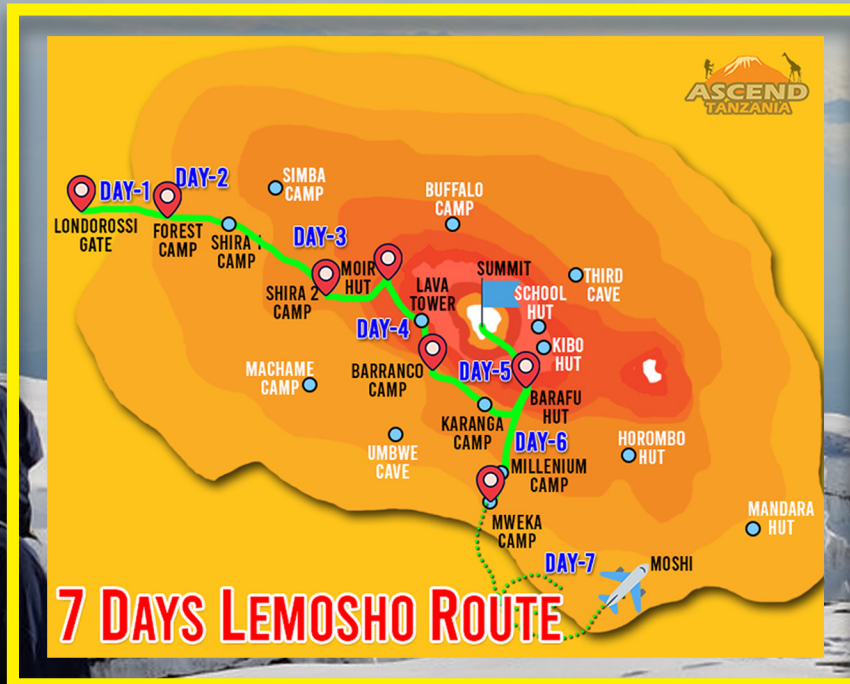


7 DAYS LEMOSHO ROUTE



The seven day Lemosho variation is preferred over the six day option because it breaks up day two into two days, providing better acclimatization and a more gradual ascent.



Ratings ★★★★★

90% Success Rate

LEMOSHO ROUTE

- 📅 DURATION: 7-8 DAYS
- 📍 ASCENT DISTANCE: 46.26 KM
- 📍 DESCENT DISTANCE: 20.6 KM (MWEKA ROUTE)
- 🏔️ TREK DIFFICULTY: MODERATE
- 📍 TOTAL DISTANCE: 66.86 KM
- 🏠 HIGHLIGHT: EXPENSIVE

7 DAYS LEMOSHO ROUTE

- 👤 SUMMIT SUCCESS CHANCE - GOOD
- 🏔️ ALTITUDE PROFILE - EXCELLENT
- 🏔️ DIFFICULTY - CHALLENGING
- 🌄 SCENERY - EXCELLENT
- 🦌 WILDERNESS - GOOD
- 🎥 360° VIEWS - WEST/ SOUTH/ EAST
- ♿️ ACCESSIBILITY - GOOD
- 💰 AFFORDABILITY - GOOD

No Of People Climbing Per Year: 9927



Day 1

Day 2



Difficulty Level –
Low



Environment –
Rain Forest



Temperature –
Normal



Difficulty Level –
Medium



Environment –
Moorland



Temperature –
Moderate



LONDOROSI GATE TO FOREST CAMP



ELEVATION (FT): 7,800FT TO 9,500FT



DISTANCE: 6 KM



HIKING TIME: 3-4 HOURS



HABITAT: RAIN FOREST



FOREST CAMP TO SHIRA CAMP 1



ELEVATION (FT): 9,500FT TO 11,500FT



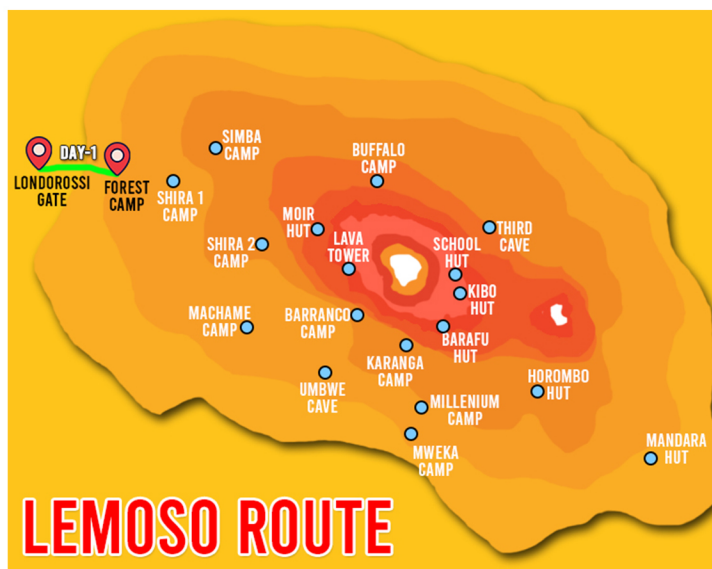
DISTANCE: 8 KM



HIKING TIME 5-6 HOURS



HABITAT: MOORLAN



We depart Moshi for Londorossi Gate, which takes about 4 hours, where you will complete entry formalities. Then drive to the Lemosho trailhead (another hour to reach the trailhead). Upon arrival at trailhead, we eat lunch, then commence through undisturbed forest which winds to the first camp site.

We continue on the trail leading out of the forest and into a savannah of tall grasses, heather, and volcanic rock draped with lichen beards. As we ascend through the lush rolling hills and cross several streams, we reach the Shira Ridge before dropping gently down to Shira 1 camp. The view of Kibo from across the plateau is amazing.



Day 3

Day 4



Difficulty Level -
High



Environment -
Moorland



Temperature -
Moderate



Difficulty Level -
High



Environment -
Semi Desert



Temperature -
Cold



SHIRA CAMP 1 TO SHIRA 2 TO MOIR HUT



ELEVATION (FT): 11,500FT TO 13,800 FT



DISTANCE: 14 KM



HIKING TIME: 5-7 HOURS



HABITAT: MOORLAND



MOIR HUT TO LAVA TOWER TO



BARRANCO CAMP



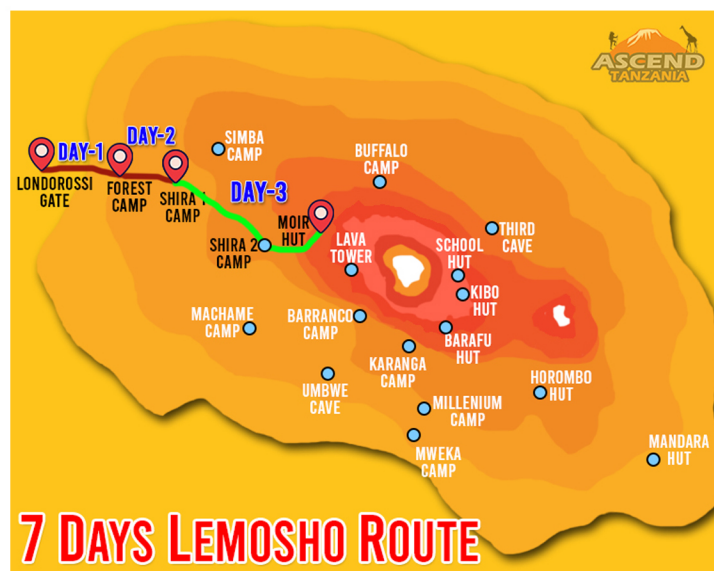
ELEVATION (FT): 13,800FT TO 13,000FT



DISTANCE: 7 KM

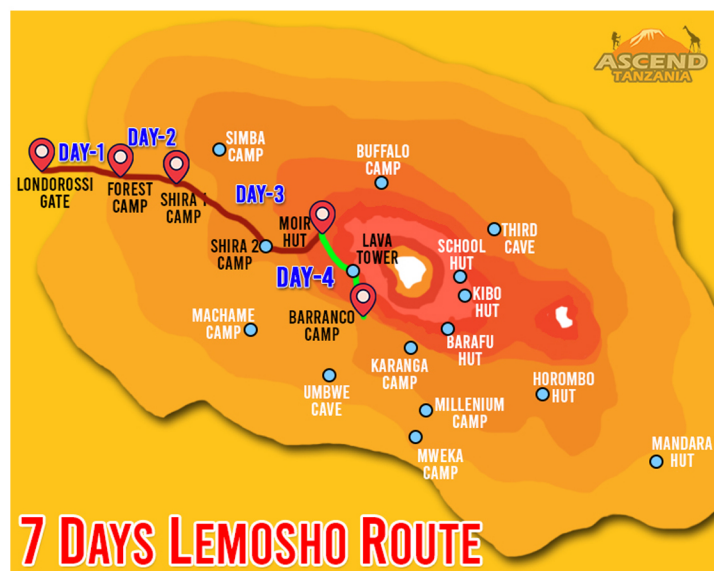


HIKING TIME: 4-6 HOURS



7 DAYS LEMOSHO ROUTE

We explore the Shira plateau for a full day. It is a gentle walk east toward Kibos glaciered peak, across the plateau which leads to Shira 2 camp on moorland meadows by a stream. Then we continue to Moir Hut, a little used site on the base of Lent Hills. A variety of walks are available on Lent Hills making this an excellent acclimatization opportunity. Shira is one of the highest plateaus on earth.



7 DAYS LEMOSHO ROUTE

From the Shira Plateau, we continue to the east up a ridge, passing the junction towards the peak of Kibo. As we continue, our direction changes to the South East towards the Lava Tower, called the "Shark's Tooth." Shortly after the tower, we come to the second junction which brings us up to the Arrow Glacier at an altitude of 16,000ft.



Day 5

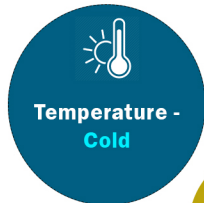
Day 6



Difficulty Level -
High



Environment -
Alpine Desert



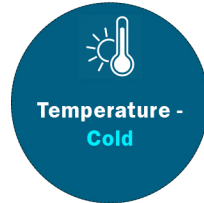
Temperature -
Cold




Difficulty Level -
High



Environment -
Arctic



Temperature -
Cold

 **BARRANCO CAMP TO KARANGA CAMP TO BARAFU CAMP**

 **ELEVATION (FT): 13,000FT TO 15,000FT**

 **DISTANCE: 9KM**

 **HIKING TIME: 8-10 HOURS**

 **HABITAT: ALPINE DESERT**

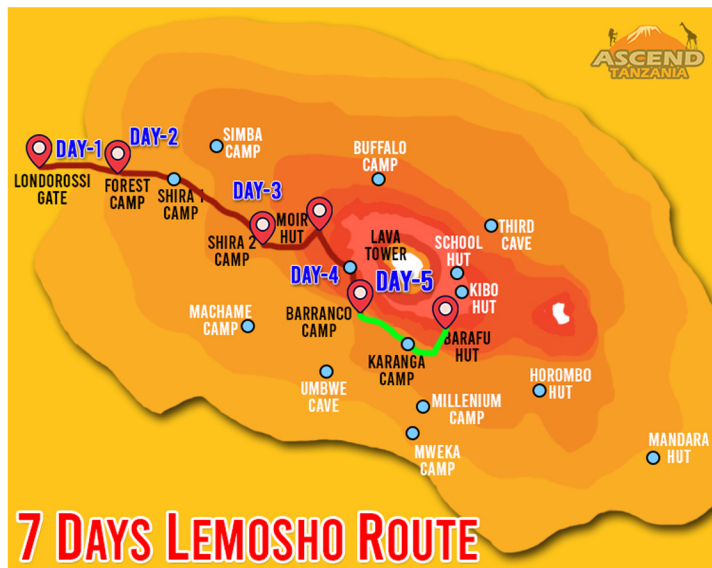
 **BARAFU CAMP TO SUMMIT TO MWEKA HUT**

 **ELEVATION (FT): 15,300FT TO 19,345FT
(AND DOWN TO 10,000FT)**

 **DISTANCE: 5 KM ASCENT / 12 KM DESCENT**

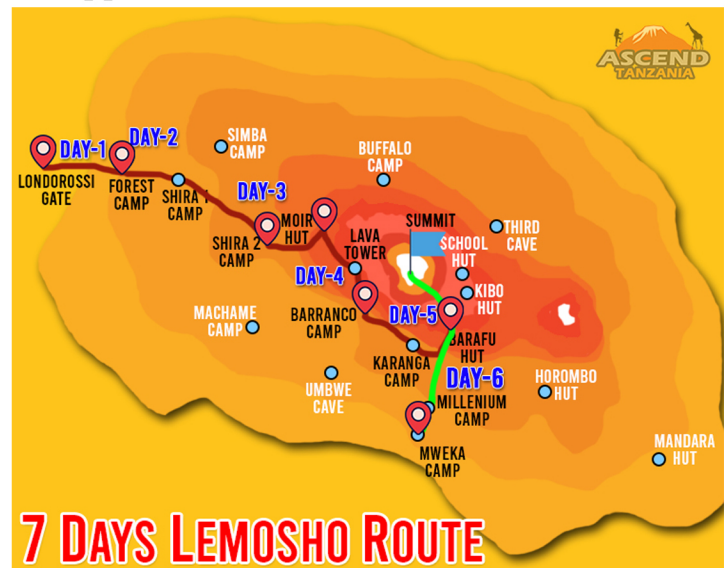
 **HIKING TIME: 7-8 HOURS ASCENT / 4-6 HOURS**

 **DESCENT HABITAT: ARCTIC**



7 DAYS LEMOSHO ROUTE

After breakfast, we leave Barranco and continue on a steep ridge passing the Barranco Wall, to the Karanga Valley campsite. Then, we leave Karanga and hit the junction which connects with the Mweka Trail. We continue up to the Barafu Hut. At this point, you have completed the South Circuit, which offers views of the summit from many different angles.



7 DAYS LEMOSHO ROUTE

Very early in the morning (midnight to 2am), we continue 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.



Day 7



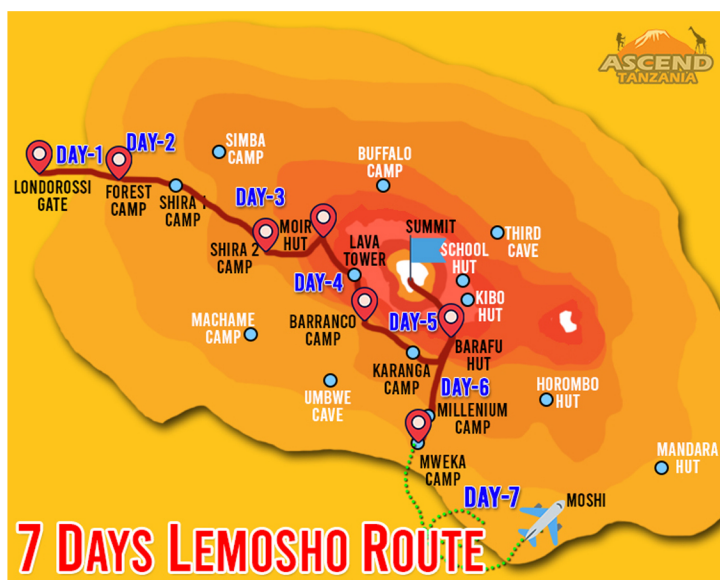
MWEKA CAMP TO MOSHI

ELEVATION (FT): 10,000FT TO 5,400FT

DISTANCE: 10 KM

HIKING TIME: 3-4 HOURS

HABITAT: RAIN FOREST

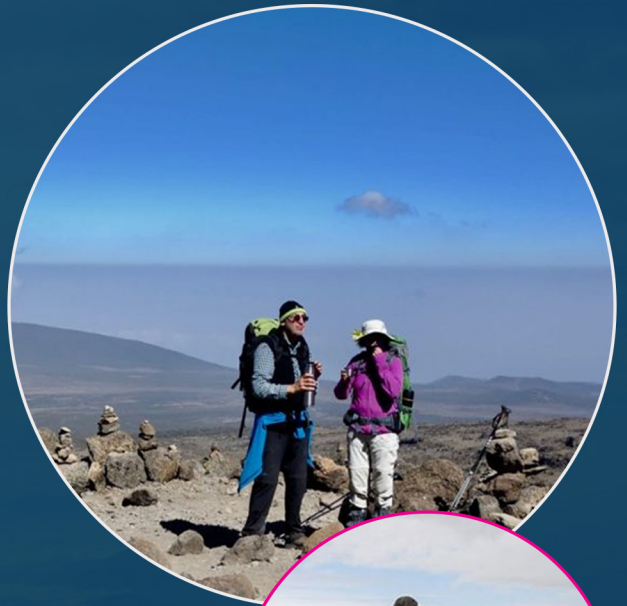


7 DAYS LEMOSHO ROUTE

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. Gaiters and trekking poles will help. 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.

INCLUDE

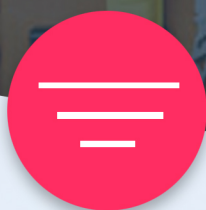
- ✓ All park entry fees
- ✓ All camping and hut fees
- ✓ Airport transfer (round trip)
- ✓ All camping gears
- ✓ Rescue fees
- ✓ Oxygen cylinder
- ✓ Ox miter machine
- ✓ Transport to/from the mountain gates
- ✓ Guide, chef and porters salaries
- ✓ Meals(3 times per day)
- ✓ Cook and kitchen utensils
- ✓ VAT
- ✓ Daily briefing
- ✓ Boiled/Purified drinking water
- ✓ Sleeping pads
- ✓ English speaking guide (certified as a Wilderness First Responder & Emergency Medicine Adult and Child CPR)
- ✓ Special Language Guide (for \$20 per guide,per day)
- ✓ Free WiFi at the hotel
- ✓ Mobile Communications (for emergency only)
- ✓ First Aid & Injury prevention kits
- ✓ 2 night hotel stay, before and after the climb at a Budget hotel.
- ✓ 10% discount on gear rental (the discount applies for online shopping only)
- ✓ Personal Summit Certificate stamped and signed by the National Park and your Guide
- ✓ Dinner (local dish) + 2 Beers or Sodas After the climb to celebrate with the team



EXCLUDE

- ✗ International and local flight from to back home
- ✗ Tips (Gratuity) to guide and porters
- ✗ Personal mountain gear (We offer high quality Gear Rental, see below for more info)

GET FREE KILIMANJARO PACKING LIST TO MAKE SURE THAT YOU DON'T FORGET ANYTHING



Travel Documents



Travel Clothing



Climbing Clothing



First Aid Kit



Toiletries



Travel Equipment



Climbing Equipment



Personal Items



Camping Equipment



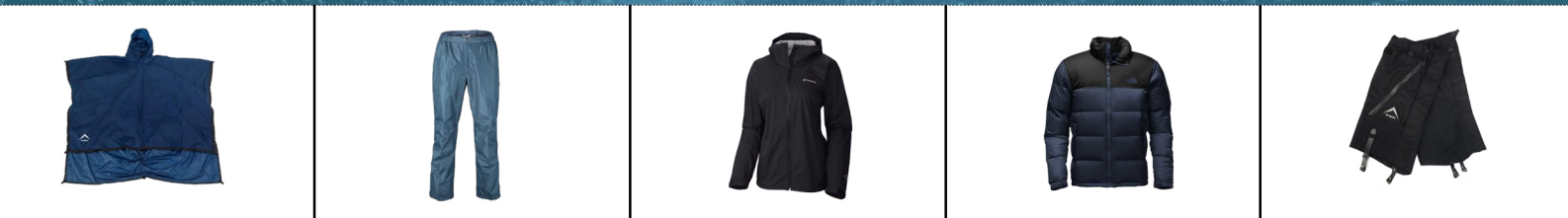
Food



CAMPING GEAR



CLOTHES



HIKING GEAR



Lemosho 8 day route

Review of Ascend Tanzania



Reviewed 17 February 2019 via mobile



Paul M
1

Had a great trip with Tino and his team. Every aspect of our trip was well planned and well communicated. Tino is a great guide and his team makes sure your every need is taken care of. I was so surprised how good the food was too - Freddy is an amazing cook! I had planned on losing weight but couldn't do it with the quality of meals we had. Summit day is definitely intimidating but the entire staff prepared you and gave every assurance that we'd make it. I really don't think I could have made it without the support and professionalism of Tino's crew. What a spectacular bucket list event!

Date of experience: February 2019



Lomosh Route 8 days

Review of Ascend Tanzania



Reviewed 16 November 2018 via mobile



cross-country95
London, United Kingdom
3

All I can say is George & Hussain and their faithful crew got us to the top when it seemed we were too weak. It takes a good guide to know when to assist and descend if needed, and we felt great comfort in the extreme experience of George. Choosing the right company and team are important, we witnessed other groups who climbed to fast for their ability and failed. George and Hussain correctly assessed our capabilities and got us through each day so that we could stop and enjoy the scenery! It's not all about the summit, take time to learn and enjoy every landscape and plant along the way. Ask Ascend for George and Hussain and they will select an excellent crew!

Date of experience: October 2018



9 day Lemosho Crater Route

Review of Ascend Tanzania



Reviewed 15 February 2019



Dom L
2

These guys at Ascend Tanzania are the best! A crew of 11 led by Mussa made my old dream come true: summit Kili. My friend and I picked the scenic Lemosho 9-day route that includes camping at crater camp. The service provided by Ascend was exceptional: from fast response to email inquiries while booking the tour, to punctuality, friendliness and amazing support during the trek. If you want the real experience, I highly recommend booking your Kili tour with a local company, and with those guys in particular. Dominique "Geek#2" Lempereur

Date of experience: February 2019



We're Here For You 24/7 Everyday! Let Us Help With Your Kilimanjaro Climb...

Please get in touch if you have questions about climbing Kilimanjaro or just want to find out more about our adventure trips..



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