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## Hekima Safaris Tour Itinerary

### LEMOSHO 7 DAY TREKKING

**Stunning sceneries and excellent acclimatization. The least frequented route. Ideal for the beginners.**

#### Day 1 Arrival

Arrival at Kilimanjaro International Airport (JRO), where you will meet a Hekima Safari representative, and transfer to your accommodation area. In the evening, an orientation session with our tour coordinators will ensure that you are ready to begin the spectacular trek to Kilimanjaro on the Lemosho Route for 7 days.

#### Day 2 Trekking from Londorossi Gate to Mti Mkubwa Camp

A guide and a mountain support crew will arrive at the hotel in the morning in order to meet you and hold another briefing, after which you will travel by vehicle (roughly 3-4 hours) to Kilimanjaro National Park's western entrance: Londorossi Gate (2,200 m). After the quick formality of acquiring climbing permits and registering with the search and rescue service, the group will start trekking towards the first camp of the route: Mti Mkubwa Camp (2,780 m). Raincoats are necessary on this day in particular, as you will be walking through rainforest. By the time you reach the camp, our professional mountain crew will prepare everything necessary, put tents and cook lunch for you. After lunch the group will depart on an acclimatization hike towards Shira 1 Camp that features a 300-meter gain in altitude, after which you will hike back down to Mti Mkubwa Camp, where a hot dinner will be waiting.

**Note:** *The acclimatization hike is an easy trek with a slight gain in altitude done in order to speed up the acclimatization process. You should take the acclimatization hikes very seriously. They help increase your chances of successful climbing Kilimanjaro and save you from the consequences of altitude sickness.*

**This will be your first day at this altitude, so it is strongly recommended you heed the following instructions from this point on:**

- Abstain from consuming alcohol and caffeine
- Drink over 4 liters of bottled water daily (little by little, frequently)

- Take a Diamox pill to help alleviate symptoms of altitude sickness. Most mountain climbers take Diamox in the morning, before they start their ascent, in order to reduce discomfort associated with altitude sickness. We recommend you consult your doctor prior to the trip in case of potential allergies.

At night you may experience discomfort associated with acclimatization to the high altitude: because of a reduction in your waking breathing pattern, your body gets less oxygen than during the day. Taking altitude into account, you may therefore start feeling sick and have a headache. Pay attention to your own body and tell your guide if you start feeling any symptoms of altitude sickness.

**Change in Elevation:** Londorossi Gate (2,200 m) — Mti Mkubwa Camp (2,780 m)

**Hiking distance:** 6 km

**Hiking time:** 3–4 hours

**Acclimatization hike:**

**Change in Elevation:** Mti Mkubwa Camp (2,780 m) — Destination point en route to Shira 1 Camp (3,095 m)

**Hiking distance:** 2 km

**Hiking time:** 1 hour

### Day 3 Trekking from Mti Mkubwa Camp to Shira 2 Camp

An early wake up, breakfast, and a gradual trek upwards until 3,500 meters; at that point for the first time you will be able to see stunning views of Shira Plateau and Kibo Volcano.

On the whole, the passage from Mti Mkubwa Camp to the second high-altitude Shira 1 Camp (3,505 m) is rather easy and takes about 5–6 hours. Later you will after having your lunch in Shira 1 camp, you will continue your trek to Shira 2 camp. When you reach the camp, you will have the chance to rest in your tent or walk around. Your team of specialists will cook you dinner and you be able to rest for the night.

**Change in Elevation:** Mti Mkubwa Camp (2,780 m) — Shira 1 Camp (3,505 m)

**Hiking distance:** 5 km

**Hiking time:** 5–6 hours

**Change in Elevation:** Shira 1 Camp (3,505 m) — Shira 2 Camp (3,900 m)

**Hiking distance:** 7 km

**Hiking time:** 3–4 hours

### Day 4 Trekking from Shira 2 Camp to The Lava Tower and Descent to Barranco Camp

After breakfast you will leave Shira 2 Camp (3,900 m) and start your way to the key point of the route: Lava Tower (4,630 m). This section of the route has a lot of ascents and descents that end in a camp at over 4,600 meters. It might be difficult, and you may feel some discomfort, but in order to successfully acclimate to the altitude you have to spend at least 1–2 hours here, so this is where lunch will be.

Then you will descend to Barranco Camp (3,960 m). Here you can see the famous Barranco Wall, impressive in both its massive size and steepness! Next day you will be climbing it, but don't worry: it features a very simple hiking trail.

*Note: If one or more participants feel sick, the group may refrain from passing the Lava Tower and adjust the route, following instead the road for porters. In this case you will not reach an altitude of 4,630 meters, getting up only to a maximum of 4,400 meters.*

**Change in Elevation:** Shira 2 Camp (3,900 m) — Lava Tower (4,630 m) — Barranco Camp (3,960 m)

**Hiking distance:** 12 km

**Hiking time:** 6–8 hours

### **Day 5 Trekking from Barranco Camp to Karanga Camp**

Early wakeup, breakfast and the start of summiting Barranco Wall (we recommend you leave the camp as early as possible to avoid crowds of the other groups). Hiking up the gorge wall is not difficult and only takes around an hour. After the climb you can have a rest and take photos in front of the Kibo volcano.

Then you start a more difficult hike to Karanga Camp, which features numerous ascents and descents during the route, but don't worry: our guides are experts at choosing an optimal pace for the group. After reaching the camp you will be offered warm lunch. After a couple of hours, you will have to complete an acclimatization hike in the direction of Barafu Camp with a 200-meter gain in altitude, and then descent back down to the camp.

**Change in Elevation:** Barranco Camp (3,960 m) — Karanga Camp (4,035 m)

**Hiking distance:** 5 km

**Hiking time:** 4–5 hours

**Acclimatization hike:**

**Change in Elevation:** Karanga Camp (4,035 m) — Destination point en route to Barafu Camp (4,270 m)

**Hiking distance:** 2.5 km

**Hiking time:** 1–2 hours

### **Day 6 Trekking from Karanga Camp to Barafu Camp**

In the morning after breakfast you begin your way to Barafu Summit Camp (4,640 m), the starting point for a night summiting Uhuru Peak (5,895 m). Our team will set up a camp for you ahead of time, including tents and sleeping bags, so you can relax. After regaining strength, you have to complete an acclimatization hike towards the intermediate Kosovo Summit Camp (4,800 m) and then back to Barafu Camp, where you will be served a hot dinner. It is better to spend the remainder of the day resting and sleeping before night summiting.

**Change in Elevation:** Karanga Camp (4,035 m) — Barafu Camp (4,640 m)

**Hiking distance:** 6 km

**Hiking time:** 4–5 hours

**Acclimatization hike:**

**Change in Elevation:** Barafu Camp (4,640 m) — Kosovo Camp (4,800 m)

**Hiking distance:** 2 km

**Hiking time:** 1–2 hours

### Day 7 Ascent to Uhuru Peak and Descent to Mweka Camp

Departure from Barafu Camp (4,640 m) at night and the start of summiting Kilimanjaro: Uhuru Peak (5,895 m). Technically the climb is relatively simple; however, the most challenging part is the high altitude. Each pair of climbers will get a personal guide for the entire ascent to monitor your physical and mental conditions. After your successful ascent to Uhuru Peak - the top of Mount Kilimanjaro and the last point of the climb on the Lemosho Route, you can descend to the nearest glacier if desired. Then you will return to Barafu Camp and after a 2-hour rest continue your descent to Mweka Camp (3,110 m).

*Note: Don't forget that 90% of all accidents occur during the descent, including all broken arms and legs. Please pay attention to your feet, as there is a high risk of damaging your toenails.*

**Change in Elevation:** Barafu Camp (4,640 m) — Uhuru Peak (5,895 m) — Mweka Camp (3,110 m)

**Hiking distance:** 19 km

**Hiking time:** 10–14 hours

### Day 8 Descent from Mweka Camp to Mweka Gate

The camp is situated in a tropical rainforest. When you wake up, you will feel relief from the reduction of the height and the satisfaction of reaching the summit. After a warm breakfast, you will head for the park's exit: Mweka Gate (1,650 m). After your descent the whole group will gather to congratulate you, followed by offering you a chance to share your opinions on the climb in the guestbook. Lastly, we will present you with your commemorative certificates in our office and provide you a transfer back to the hotel.

**Change in Elevation:** Mweka Camp (3,110 m) — Mweka Gate (1,650 m)

**Hiking distance:** 8 km

**Hiking time:** 2–4 hours

### Day 9 Departure

Rest and recuperation at the hotel before your transfer to the airport.

*Note: Hotel check-out is at 11:00 AM. In case you need a late check-out because of an evening flight, there is the option to extend your hotel stay for an extra fee.*

**Price is 2380 USD per person**

#### PRICE INCLUDE:

- Accommodation after the trekking
- Transfer to and from the base of the mountain
- Lemosho route trek as itinerary depicts 7 Days
- Full board accommodation whilst on the trek
- Meal plan as detailed: B=Breakfast, L=Lunch and D=Dinner
- All entrance fees to include government taxes

- Service of an English-speaking professional Mountain guide on the mountain, porters and skilled cook
- Treated water on the trek
- Fair salary of porters, cooker and guides

**EXCLUDED:**

- Tips for guides, cooker and porters
- Medical evacuation,
- International flights and taxes
- Visas (50 US \$ for Tanzania)
- Items of a personal nature and any other extras not detailed in the above itinerary.