

Kilimanjaro Lemosho Trip Itinerary

2024 & 2025



Kilimanjaro Lemosho

Trip Itinerary



The Lemosho Route approaches Kilimanjaro from the West, and starts in pristine forest before crossing the vast Shira Plateau, and merging into the Machame Route after Shira Camp (on Day 3 of trekking). The route traverses around Kilimanjaro's southern side, providing a fantastic varied trek with a range of jaw-dropping scenic views. Kilimanjaro's Lemosho Route itinerary includes the famous Barranco Wall followed by an extra acclimatisation day at Karanga Camp. This means there is a shorter trekking day prior to the climb to the summit, which will be commencing at midnight, therefore providing more time to recuperate before the final push to the top! It's popular, and that's not surprising – as it has everything you would want and MORE!



DAY 1 DEPARTURE UK

FLIGHTS INCLUDED

The team will meet at the airport, at the check in zone, 3 hours before departure. Please look out for our trip Leader & Medic in a red 'Action Challenge' t-shirt. You don't need to worry about your tickets as the Action Challenge team will have these ready to give you at the airport. You will just need your passport to hand. **DON'T FORGET** to wear your trekking boots on the plane, or at least have them packed into your hand luggage. Just in case your bag does go astray, you will at least then have your boots until the rest of your belongings catch up with you.

Your flight departure details will be confirmed 4-3 months prior to your challenge. They will likely be flying from either London Heathrow or London Gatwick.

MEALS: DINNER ONBOARD FLIGHT
ACCOM: OVERNIGHT FLIGHT



DAY 2

ARRIVE MOSHI, TANZANIA

FLIGHTS INCLUDED

After collecting our luggage and exiting the Kilimanjaro International Airport, we will transfer approximately one hour to our comfortable hotel. We will then have the opportunity to freshen up before we enjoy a wholesome welcome lunch and meet our local guides. They will likely become the most important people to us over the next few days, as they will be leading the climb and supporting us on the mountain. In the afternoon, we will have the opportunity to relax by the pool before the welcome briefing and kit check. This will include essential tips and information before the trek commences.

This evening, we will enjoy a delicious meal together at our hotel, providing us the chance to get to know each other before starting our incredible adventure together.

LAND ONLY

You will meet us at the first night hotel in Moshi, where you can check into your room anytime from 3pm onwards. Our team will be there ready to meet you, as per the timings above. You can then meet the rest of the group, and join in with the evening meal and briefing.

MEALS: B, L, D
ACCOM: HOTEL



DAY 3

TREKKING DAY 1

**MT MKUBWA - 2780M - 4 HRS.
TREKKING, 7KM**

After breakfast, we will take a short transfer to the west of the Kilimanjaro National Park and the Londorossi Gate, where we will meet the rest of our Kilimanjaro support team – including guides, cooks and porters. Finally, our bags will be weighed to ensure they're within the 15 kg limit, and once they've been approved, our amazing trek can commence!

We will initially be driven to the Kilimanjaro trail head, and begin our trek through abundant forest vegetation; the ascent will be steady and the pace is always quite slow. We will have numerous short breaks along the route, providing time to snack and keep hydrated. We will also stop and take a break at a suitable time, to enjoy the views and recuperate over lunch, before continuing with our afternoon trek.

After a challenging yet rewarding couple of hours, we will reach our camp at Big Tree Camp (2,780m) positioned in the higher reaches of the rainforest. This is where we will be settling down for the evening and getting some well-deserved dinner and rest. Although make sure you keep an eye out, as there is a chance if you look carefully, you will spot some rare Colobus monkeys!

MEALS: B, L, D (IN CAMP)
ACCOM: CAMPING



DAY 4 TREKKING DAY 2

SHIRA CAMP - 3505M - 9-11 HRS. TREKKING, 17KM

After suitably fuelling with a hearty campsite breakfast, our first full day of trekking will commence-with an ascent over 1,200m! It's a long day, but an amazing way to kick start the process of acclimatisation. We will start by leaving the rainforest zone, and within 2 hours notice a major change of scenery, as we enter the Moorland zone – with shrub like trees and unique flora. A perfect opportunity to take some photos!

After a few breaks, to regain some energy, we will start the sustained ascent up to the Shira Plateau, along what the locals call 'the Elephants Spine' – a broad ridge with incredible views to the plains below Kilimanjaro. On the Shira Plateau we stop for a delicious cooked lunch – and then continue onwards towards our camp for the night. A slow and steady ascent allows our bodies to acclimatise to the higher altitude as we cross Kilimanjaro's Shira Plateau, and enter the High Alpine Desert zone.

It's a tough day but worth every second, as our local crew will have the camp and some welcome hot food ready for us upon arrival. We will then get some much needed sleep at Shira Camp, with great views of the imposing southern face of Kilimanjaro above – and the Shira Plateau below. An overwhelming location, you won't believe how proud you'll feel already!

MEALS: B, L, D (IN CAMP)

ACCOM: CAMPING KILIMANJARO LEMOSHO



DAY 5 TREKKING DAY 3

BARRANCO CAMP - 3972M - 6-7 HRS. TREKKING, 9KM

After another substantial breakfast in our campsite, we will begin our most scenic day of the trek. This is the day that will prepare our bodies for the strenuous summit climb in three days time. We will first head east across beautiful barren moon-like landscape and around craters that scar the earth.

We will then trek in the shadow of mighty Kibo, with it's southern ice field visible above us, until reaching the Lava Tower where we stop for some lunch at the highest point of the day – at 4,630m. As we go into the afternoon, we will descend through several ravines into a scenic valley with a wonderful micro climate and flora unique to Kilimanjaro. Another perfect opportunity for some photos, this is a view you will want to capture! After a couple more hours of trekking, we will reach our camp late afternoon. The day will conclude with some much needed dinner and sleep, in preparation for another momentous day of trekking tomorrow.

It is worth noting that this ascent up to Lava Tower, followed by the descent to a lower overnight camp will aid the acclimatisation process – and Baranco Camp is perhaps the most scenic on Kilimanjaro. Cliffs and glaciers tower above us, with views down into the forested Umbwe Valleys below. It is absolutely stunning!

MEALS: B, L, D (IN CAMP)

ACCOM: CAMPING KILIMANJARO LEMOSHO



DAY 6

TREKKING DAY 4

**KARANGA CAMP - 4002M - 5-6 HRS.
TREKKING, 6KM**

The day will commence with another wholesome group breakfast. We will then begin the challenge of climbing and scrambling over the volcanic rock of the Barranco Wall. This is a major highlight of the challenge, with breath-taking views and an immense sense of achievement!

Upon reaching the top, we will have a well-earned snack break and enjoy fantastic views over to Barafu and Mount Meru. This is a perfect spot for a Kilimanjaro group photo! We will then head onwards to Karanga Camp, first through undulating terrain and then across the steep-sided Karanga Valley, a challenging end to a short but hugely interesting day!

We'll be arriving at Karanga camp in time for a large cooked lunch, and spend the afternoon resting and re-building our energy for the Kilimanjaro summit push in the days to come. The evening will conclude with a group dinner and early night.

MEALS: B, L, D (IN CAMP)
ACCOM: CAMPING

DAY 7 TREKKING DAY 5

BARAFU CAMP - 4600M - 6-7 HRS. TREKKING, 5KM

Today is about arriving at high camp – and getting prepared for our Kilimanjaro summit push overnight. Hence, we will benefit from following the essential trekking habits- eating well, staying hydrated, walking slowly and generally looking after ourselves – and your leadership team will be on hand with useful advice. Following breakfast, we will make the steady climb to Barafu Camp at 4,600m – . We will stop at a suitable time of the day for a rest and lunch break, before we continue with our trek into the afternoon.

We will reach our camp in the afternoon, and after a good meal we will put on some extra layers and try to sleep in preparation for our early morning Kilimanjaro summit bid.

The positioning of our camp, at a higher altitude and quieter location, will give us a substantial advantage for our summit push, allowing us more rest and a shorter route to the summit.

MEALS: B, L, D (IN CAMP)
ACCOM: CAMPING





DAY 8

TREKKING DAY 6

SUMMIT DAY - 5895M - 12-15 HRS. TREKKING, 14KM

Summit Day! This will no doubt be the toughest, yet most rewarding day yet.

We will awake just before midnight and after a hot drink and snack, our climb will begin. For the next 6 hours we will trek the steepest and most demanding part of the route by torch light. This is a long and gruelling trek through scree to reach Stella Point (5730m) at the crater rim. After a short rest, we will make our final traverse to Uhuru Peak, the highest point on the African continent at 5895m.

The rising morning sunlight will provide spectacular views across the plains below and of Mount Meru in the distance. We will feel like we're on top of the world! It is an extremely rewarding and emotional moment. After taking some photos to ensure we document such a momentous moment, we have a tough decent to Barafu camp where we will stop for a rest and some breakfast before continuing on to Millennium Camp at 3112m.

After a long but exhilarating day we can finally rest our tired legs and get a good night's sleep.

MEALS: B, L, D (IN CAMP)
ACCOM: CAMPING



DAY 9

TREKKING DAY 7

MOSHI / ARUSHA - 5-6 HRS. TREKKING

After an early breakfast, we will continue our descent of Kilimanjaro back through the rainforest to Mweka Gate. The warm and oxygen rich air will be most welcome! The descent is long, but we will be sure to develop a spring in our step as the finish line is finally within reach. The gate will mark the end of our unforgettable time on Mount Kilimanjaro. A moment of pure euphoria! A final celebratory farewell to our local support team will include singing and dancing, followed by an emotional goodbye.

A short transfer will then take us to our hotel, where we can finally take off our walking boots and enjoy a well-deserved hot shower!

The day will conclude with an afternoon of relaxation, with the opportunity to relax by the pool with a drink. As we go into the evening, we will enjoy a fantastic dinner to celebrate our remarkable achievements – and for those who have the energy, there will be a celebratory party into the night!

MEALS: B, L (CAMP), DINNER (AT HOTEL)
ACCOM: HOTEL



DAY 10 DEPART TANZANIA

FLIGHTS INCLUDED

This is our final day waking up in Tanzania! The day will begin with a final hotel breakfast, followed by a free morning where you can either relax by the pool or utilise the opportunity to explore Moshi. We will then all check-out of the hotel and transfer to Kilimanjaro airport for our overnight flight back to the UK.

LAND ONLY OR EXTENDERS

If you are a 'land only' challenger you will have to check out of the hotel by 10am, and if you are booked onto one of our extension packages you will be picked up by our operators who will be taking you onto your booked package.

MEALS: BREAKFAST AT HOTEL
ACCOM: ON FLIGHT

DAY 11 LAND UK

Finally, we will land back in the UK, and you can tell your friends and family about your amazing accomplishment! Don't forget to show them all the incredible photos of your adventures!

Please note this itinerary is subject to change, depending upon the airline flight schedules. You will be notified of any changes, when your trip specific itinerary is published, 4-3 months prior to your challenge.



Contact **Us**

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**KILIMANJARO
CHALLENGE**

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