

# The Lemosho Route

Lemosho Ascent

Profile: [1] Mti

Mikubwa 2700m

[2] Shira Camp I

3350m [3] Shira

Camp II 3750m

[4] Barranco

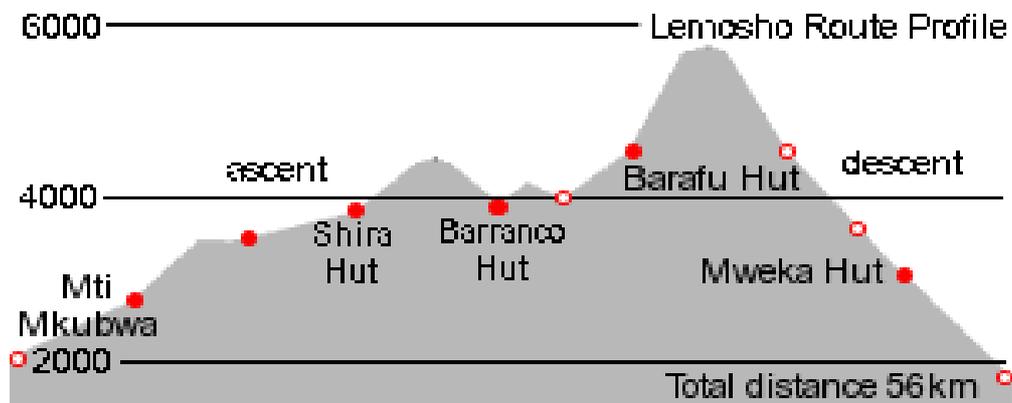
Camp 3950m [5]

Karanga Camp

3950m [6] Barafu

Camp 4600m

[7] Uhuru Peak 5895m



WHAT A WAY TO START THE DAY.

## The Lemosho Route

### Narrative Descriptive

- Day 1** We Drive to Londorossi Park Gate then on to the Lemosho Glades (2100m, 3h.). We walk along forest trails to Mt Mkiubwa (big tree) campsite, (2750m, and 3h.). We leave lunchtime arriving just before darkness after 4pm.
- Day 2** The trail steepens and crosses several streams in the giant heather zone. The Shira Ridge is crossed (3600m) to the Shira Plateau, camp by stream. (3500m, 5 h.). NB it can be very cold at night in exposed plains and the silk liner is so important here in the sleeping bag.

3. **Day 3** A gentle walk across the plateau leads to Shira Hut camp on moorland meadows by a stream (3840m, 1h30min.). A variety of walks are available on the Plateau making this an excellent acclimatization day.
4. **Day 4** A rocky path leads east up towards the Lava Tower. Shortly beyond this, you descend to Barranco campsite (3950m, 4-5h.). NB **this is the key day in the mind of Kilimanjaro Achievers.** It's this day that symptoms most likely will present. But this day is so important for 2 reasons. **A** it represents the 1<sup>st</sup> trip above 4,000 meters, but we climb high and sleep low so the groggy feeling dissipates largely by the next morning as the kidneys work harder to produce more red blood cells (see appendix on nutrition) **B** the body's physiology doesn't actually change again until 6,500 Meters approx. so in other words once you come through this test then you can rest assured in the knowledge that you have every chance of summiting at 5,900 meters. It becomes a mental test thereafter but the team leaders need to show positive encouragement for this point on and focus on the glass half full for the possibilities that lie ahead.
5. **Day 5** Scramble easily to the top of the Great Barranco and then a traverse over scree and ridges to the Karanga Valley campsite (4.5-5h, 4000m.), beneath the icefalls of the Southern Glaciers.... The scramble is 30-40% easier than the one they will have done prior on the likes of the Devils Ladder on Carratuohill for example and the views are truly spectacular. On this route there will be traffic from other route parties and all groups must take their time as the scramble begins. A really great day for filming...
6. **Day 6** The trail ascends a ridge to a campsite by the Barafu Hut, an airy location with little vegetation, very rocky and under the sun's influence (3.5h, 4600m.); this is the pre-summit camp. It will be warm and the sun will be out all afternoon. After we eat lunch the team will sleep for approximately 6-7 hours and reawaken at 11pm for their pre-summit supper (see appendix on food)
7. **Day 7** Start just after midnight for the ascent of the scree leading to Stella Point (7.5 -8h, 5725m.).  
From here a further 40mins Lead's the 2 groups to Uhuru Peak. We will have 2 ascending groups those that are going more slowly will set off at 11.45pm and those that are traveling more quickly will leave 30 minutes later. The 2 groups then descend to the Barafu Hut spending

no more than 10 minutes on the actual summit for a rest and brunch before continuing down to camp at Mweka Hut at 3100m, (11-14h total walking time).

8. **Day 8** A 3-4 hour descent through beautiful forest brings us to the Park Gate and by lunchtime the feel of a cool clean shower and the inviting sun loungers back at the lodge!!.

