

THE LEMOSHO ROUTE

OVERVIEW AND FEATURES

The Lemosho Route is one of the scenic and less crowded routes for trekking Mount Kilimanjaro in Tanzania. Here are some highlights of the Lemosho Route:

Scenic Beauty: The Lemosho Route is known for its stunning and diverse scenery, offering breathtaking views of the Shira Plateau, the Lava Tower, and the Western Breach. The route provides trekkers with the opportunity to experience a variety of landscapes, including lush rainforests, heath, and alpine desert.

Wildlife and Flora: The route passes through the pristine and less-traveled western side of Mount Kilimanjaro, allowing trekkers to encounter a rich array of flora and fauna. The lower elevations feature dense rainforests where you may spot various species of monkeys, birds, and unique plant life.

Low Crowds: Compared to some other routes like the Machame or Marangu, the Lemosho Route tends to be less crowded, offering a more peaceful and solitary trekking experience.

Acclimatization: The Lemosho Route is designed to optimize acclimatization with a longer itinerary, increasing the chances of successful summit attempts. The slower ascent helps trekkers adjust to the altitude, reducing the risk of altitude-related issues.

Variety in Terrain: trekkers experience a variety of terrains, from the dense rainforest at the beginning to the alpine desert closer to the summit. The trek crosses the Shira Plateau, providing panoramic views of the Kibo Peak and the surrounding landscapes.

Remote and Untouched Feel: The western approach to Kilimanjaro via Lemosho offers a feeling of remoteness and untouched wilderness, making the trek a more authentic and off-the-beaten-path experience.

Summit Approach: The Lemosho Route merges with the Machame Route at the Shira Plateau, and both routes share the same path to the summit.

The summit attempt usually begins from Barafu Camp, with trekkers ascending via Stella Point before reaching Uhuru Peak, the highest point on Mount Kilimanjaro.

Remember that trekking Kilimanjaro is a challenging adventure, and proper preparation, including physical conditioning and acclimatization, is essential. Additionally, it's crucial to choose a reputable guide and trekking company for a safe and enjoyable experience on the Lemosho Route.

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LEMOSHO ROUTE ITINERARY

The Lemosho Route is known for its longer itinerary, which allows for better acclimatization and increases the chances of a successful summit. Here's a sample 8-day Lemosho Route itinerary:

Day 1: Londorossi Gate to Mti Mkubwa (Big Tree Camp)

Elevation: 2,360m to 2,780m

Habitat: Rainforest

The day begins at Londorossi Gate, where you complete registration and meet the trekking team. The trek starts through the lush rainforest, and you'll likely encounter various wildlife. The first camp is Mti Mkubwa (Big Tree Camp).

Day 2: Mti Mkubwa to Shira 1 Camp

Elevation: 2,780m to 3,500m

Habitat: Heath

The trek continues through the rainforest, and as you gain altitude, the vegetation changes to heath. You'll reach the Shira Plateau and camp at Shira 1.

Day 3: Shira 1 Camp to Shira 2 Camp

Elevation: 3,500m to 3,900m

Habitat: Heath

Today involves a relatively short trek as you move to Shira 2 Camp. The terrain is rocky, and you'll get your first views of Kibo, the summit of Kilimanjaro.

Day 4: Shira 2 Camp to Lava Tower to Barranco Camp

Elevation: 3,900m to 4,630m (Lava Tower) to 3,960m (Barranco)

Habitat: Alpine Desert

You trek to Lava Tower for acclimatization and then descend to Barranco Camp. This day helps your body adjust to the altitude changes.

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Day 5: Barranco Camp to Karanga Camp

Elevation: 3,960m to 4,035m

Habitat: Alpine Desert

The day involves the famous Barranco Wall climb, and then you trek through the Karanga Valley to Karanga Camp.

Day 6: Karanga Camp to Barafu Camp

Elevation: 4,035m to 4,640m

Habitat: Alpine Desert

The trek takes you to Barafu Camp, the last stop before the summit. Rest and prepare for the summit attempt.

Day 7: Barafu Camp to Uhuru Peak (Summit) to Mweka Camp

Elevation: 4,640m to 5,895m (Uhuru Peak) to 3,100m (Mweka)

Habitat: Arctic Desert (summit), Rainforest

Start the summit attempt in the early hours. Reach Stella Point and then continue to Uhuru Peak. Descend to Barafu Camp for a short rest and continue to Mweka Camp for the night.

8: Mweka Camp to Mweka Gate

Elevation: 3,100m to 1,640m

Habitat: Rainforest

Descend through the rainforest to Mweka Gate, where you receive your summit certificates. This marks the end of the trek.

It's important to note that this itinerary can be subject to change due to various factors such as weather conditions and the pace of the trekking group. Additionally, some operators may offer variations in the number of days or camps. Always choose a reputable trekking company that prioritizes safety and proper acclimatization, successful summit with Women Guide Kilimanjaro and Safaris