



Mt Kilimanjaro Detailed itinerary/Route: 8 DAYS LEMOSHO ROUTE

DAY ZERO

Arrival in Tanzania

Your plane will arrive at Kilimanjaro airport upon finishing custom formalities you will proceed to collect your luggage then continue to arrival exit where Wilderness First Travel representative will welcome you. You will have about 1 hour drive to Arusha for overnight at African Tulip Hotel.

DAY ONE

TIME
2-3Hours

Start Point	Altitude
Londrosi Gate	7742ft
Finish Point	Altitude
Mti Mkubwa Camp	9498 ft

Arusha to Mti Mkubwa Camp via Londrosi gate

After breakfast at the hotel we will pick you up at 8am to drive to the starting place in western Kilimanjaro at Londrosi gate. We will enjoy beautiful scenery on the way since we will be driving between Mt Kilimanjaro and Mt Meru. Upon arrival we will finish park formalities and drive up to starting point, to Mti Mkubwa Camp; Lunch Box provided on this day.

DAY TWO

TIME
5-6 Hours

Start Point	Altitude
Mti Mkubwa	9498ft
Finish Point	Altitude
Shira 1 Camp	11,500ft

Mti Mkubwa Camp to Shira 1

After breakfast, we continue as the trail's steepness gradually increases and enters the giant heather moorland zone. After several streams are crossed we continue over the Shira Ridge then gently downwards to Shira 1 camp located by a stream on the Shira Plateau, we will enjoy hot lunch and overnight at Shira 1 camp.

DAY THREE

TIME
4-5Hours

Start Point	Altitude
Shira 1 camp	11,500ft
Finish Point	Altitude
Shira 2 camp	12,630ft

Shira 1 Camp to Shira 2 Camp

After breakfast, a gentle hike across the plateau leads to Shira 2 camp on moorland meadows by a stream. A variety of hikes are available on the Plateau, making this an excellent acclimatization day. We will enjoy hot lunch at the camp, if weather permit we will have acclimatization hike late afternoon.

DAY FOUR

TIME
4-5Hours

Start Point	Altitude
Shira 2 camp	12,630ft
Finish Point	Altitude
Lava Tower	15190ft

Shira 2 Camp to Barranco Hut

From the Shira Plateau we continue to the east, passing the junction near 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. We now continue down to the Barranco Camp this day is very important for acclimatization.

Start Point	Altitude	Finish Point	Altitude	TIME
Lava Tower	15190ft	Barranco	13,044ft	2-3 Hours

DAY	TIME
FIVE	4-5 Hours
Start Point	Altitude
Barranco Camp	13,044 Ft
Finish Point	Altitude
Karanga Camp	13,106 Ft

Barranco Hut to Karanga Hut

After breakfast, we leave Barranco and continue on a steep ridge passing the Barranco Wall to the Karanga Valley campsite. The route will begin with a scramble up Barranco Wall (which is easier than it looks) to top out just below the Heim Glacier. The route then heads to the Karanga Valley for overnight at Karanga Campsite.

DAY	TIME
SIX	4-5 Hours
Start Point	Altitude
Karanga Camp	13,106 Ft
Finish Point	Altitude
Barafu Camp	15,331 Ft

Karanga Camp to Barafu Camp

After breakfast, we leave Barranco and continue on a steep ridge passing the Barranco Wall to the Karanga Valley campsite. The route will begin with a scramble up Barranco Wall (which is easier than it looks) to top out just below the Heim Glacier. The route then heads to the Karanga Valley for overnight at Karanga Campsite.

DAY	TIME
SEVEN	4-5 Hours
Start Point	Altitude
Barafu Camp	15,331 Ft
Finish Point	Altitude
Uhuru Peak	19,341 Ft
Start Point	Altitude
Uhuru Peak	19,341 Ft
Finish Point	Altitude
Mweka Camp	10,065 Ft

Barafu Camp to Summit then Mweka Camp

Waking up very early (midnight to 12 am) we continue our way to the summit of Uhuru Peak. This part of the climb takes about 8 hours. It can be very cold at night at these elevations, but it will be quite warm by the end of the hiking day. You will want clothing for both extremes with you.

At Uhuru Peak, we have reached the highest point on Mount Kilimanjaro and the continent of Africa. Faster hikers may be able to see the sunrise from the summit. From the summit, we make our descent, continuing straight down to the Mweka campsite this part of the descent takes about 4-6 hours. You will want gaiters and trekking poles for the loose gravel going down. Later in the evening, we enjoy our last dinner on the mountain and a well-earned rest.

TIME
4-6 Hours

DAY	TIME
EIGHT	3-4 Hours
Start Point	Altitude
Mweka Camp	10,065 Ft
Finish Point	Altitude
Mweka Gate	5300 Ft

Mweka Camp to Mweka Gate to Arusha

After breakfast, we continue the descent down to the Mweka Park Gate. At lower elevations, trekking poles will help. Shorts and t-shirts will probably be good to wear (keep rain gear and warmer clothing handy). At the gate we will have a celebration for our successful summit and make toasts with a crew and handling tips for all the crew.

Thereafter we drive back to Arusha for a good warm shower and rest at African Tulip Hotel.

PROGRAM INCLUDES:

- All Park fees
- All Meals in Kilimanjaro
- Duffel bags
- Camping Equipment's during the trek (Sleeping tents (4person tents sleeping 2), eating tents, table & chairs, private toilet, crew tents and kitchen tents)
- Crew; English speaking guides, chef, and porters
- Transport to and from the mountain
- Helicopter Rescue
- Oxygen cylinder for emergency
- 2 nights in Arusha

PROGRAM DOES NOT INCLUDE:

- Gratuities/Tip for the Mt Kilimanjaro crew
- Visas
- Travel Insurance
- Any other thing that is not mentioned in the itinerary

HIKING EQUIPMENT

- WALKING BOOTS – well worn in & waterproofed!
- Walking socks x 4 pairs
- Several T-shirts/wicking trekking tops
- Shorts x 2
- Trekking trousers x 1 (zip-off trousers ideal)
- Loose long-sleeved shirt x 1
- Warm jumper/good quality fleece
- Waterproof trousers
- Gaiters
- Waterproof windproof jacket
- Tracksuit bottoms – good for sleeping
- Thermals or something warm to sleep in
- Thermals or down jacket for cold evenings & summit
- Warm hat & gloves (hand-warmers also useful)
- Head torch with spare batteries
- iPod and ear plugs recommended for summit
- Large plastic bags to keep things dry inside the duffel bag
- Comfortable 35+ liter daypack – to carry your waterproofs/water bottle/fleece/camera/first aid kit etc. as you will not be able to access your main pack until camp each day
- Sun block (min factor 30) & chap stick
- After sun/skin moisturizer
- Hat/cap for sun protection
- Sunglasses
- Small towel
- Swimming costume-for the pool at hotel
- Underwear & socks
- Spare set of clothes for some days in town
- Spare footwear or crocs are very useful for evening
- Camelback or nelgene Water bottle – 3-4 liters per day
- Sleeping bag (-21° C)
- Rubber-tipped trekking poles – optional; useful if you are unsteady on uneven ground
- Wash kit, including wet-wipes very useful
- Snacks/energy bars are very useful
- Camera /spare batteries/memory cards etc.
- Insect repellent & Liquid hand wash

CLIMBING MEALS MENU

Breakfast

Tea/Coffee/Hot Chocolate/ Porridge
Toast with Margarine/Fruits Jam/Peanut Butter/Honey.
Eggs/Sausage/Pancakes
Fresh Fruits: Mango/Orange/Pineapple/Banana/Avocado/Watermelon.

Lunch

Vegetable Soup/Tea/Coffee/Hot Chocolate
Bread/ Margarine/Fruits Jam/Peanut Butter/Honey.
Fresh Salads: Tomato/Cucumber/Onion/Carrots
Sandwich/Chicken/Rice/Green Beans/French Fries
Fruits Juice.

Dinner

Soup-Pumpkin, Butternuts, Cucumber, Mixed vegetable, Leaks, etc.

Bread

Beef/Chicken/Potatoes/pasta/Rice/
Cooked Banana

Fresh Fruits/fresh salads/vegetables



Snacks

Peanuts/Pop Corn/Queen Cakes/Biscuit



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