

MOUNT KILIMANJARO

**26 July-4 August OR 2-11 August, 2025
(exact date yet to be finalised)**

Note: Footsteps will not lead this trip. We will engage an experienced company (Ultimate Kilimanjaro) to do so on our behalf. We simply offer to facilitate the trip as a group experience. We will act as a coordinating body, gathering expressions of interest, negotiating with the preferred provider, completing arrangements, and ensuring that we can approach the whole journey together as a party from New Zealand.



Kilimanjaro is not only Africa's tallest peak, but also the world's tallest free-standing mountain. The summit, named Uhuru Point, is 5,895 metres above sea level. It is on the equator. Three volcanic cones created it. It is not extinct, but dormant. It's summit icecap is fast disappearing.

It takes five to nine days in order to reach the Mount Kilimanjaro Summit and then descend to the finishing point. The more days spent on Mount Kilimanjaro the more likely you will successfully summit, as you will become more acclimatised to the altitude and will be less fatigued.



There are eight established Kilimanjaro routes: Marangu, Machame, Lemosho, Shira, Rongai, Northern Circuit, Umbwe and The Western Breach. The Lemosho is our preferred route because it offers a balance of low traffic, spectacular views and high summit success rate.

It's possible to trek the Lemosho route in six days, however we recommend a longer itinerary of eight days in total, including the summit day and descent. The longer ascent allows additional time to get accustomed to high altitudes, increasing your chance of reaching the summit.

The most common factor that prevents many climbers from reaching the summit at Uhuru Peak is not the trekking, but altitude sickness (the inability to acclimatise to the high altitude). Altitude sickness is caused by reduced air pressure and lower oxygen levels at high altitudes. The faster you climb, the more likely you will get acute mountain sickness (AMS). It is not only the height that causes AMS, it is also the rate of ascent. Therefore, the best safety precaution you can take for your Kilimanjaro climb is to allow plenty of time to become properly acclimatised to high altitude.

One of the reasons why we prefer the eight-day trek via the Lemosho route is that it includes strategic acclimatisation days, which will help your body to acclimatise to the high altitude.



8 DAY LEMOSHO ITINERARY

DAY 1 – Londorossi Gate to Mti Mkubwa

Elevation: 7,742 ft to 9,498 ft

Hiking Time: 3-4 hours

Distance: 6 km | 4 miles

Habitat: Rain Forest

We depart Moshi for Londorossi Gate, which takes about 4 hours, where you will complete entry formalities. Then drive to the Lemosho trailhead. Upon arrival at trailhead, we begin hiking through undisturbed forest which winds to the first camp site.

DAY 2 – Mti Mkubwa to Shira 1 Camp

Elevation: 9,498 ft to 11,500 ft

Hiking Time: 5-6 hours

Distance: 8 km | 5 miles

Habitat: Heath

We continue on the trail leading out of the rain forest and into a savannah of tall grasses, heather and volcanic rock draped with lichen beards. As we ascend through the lush rolling hills and cross several streams, we reach the Shira Ridge before dropping gently down to Shira 1 Camp. Here we catch our first glimpse of Kibo across the plateau.

DAY 3 – Shira 1 Camp to Moir Hut

Elevation: 11,500 ft to 13,800 ft

Hiking Time: 5-7 hours

Distance: 11 km | 7 miles

Habitat: Heath

We explore the Shira Plateau for a full day. It is a gentle walk east on moorland meadows towards Shira 2 Camp. Then we divert from the main trail to Moir Hut, a little used site on the base of Lent Hills. A variety of walks are available on Lent Hills making this an excellent acclimatization opportunity. Shira Plateau is one of the highest plateaus on earth.

DAY 4 – Moir Hut to Lava Tower to Barranco Camp

Moir Hut to Lava Tower

Elevation: 13,800 ft to 15,190 ft

Hiking Time: 4-5 hours

Lava Tower to Barranco Camp

Elevation: 15,190 ft to 13,044 ft

Hiking Time: 2-3 hours

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Distance: 7 km | 4 miles

Habitat: Alpine Desert

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Distance: 3 km | 2 miles

Habitat: Alpine Desert

We begin the day climbing up a ridge and then head southeast towards the Lava Tower – a 300 ft tall volcanic rock formation. We descend down to Barranco Camp through the strange but beautiful Senecio Forest to an altitude of 13,000 ft. Although you begin and end the day at the same elevation, the time spent at higher altitude is very beneficial for acclimatization.

DAY 5 – Barranco Camp to Karanga Camp

Elevation: 13,044 ft to 13,106 ft

Hiking Time: 4-5 hours

Distance: 5 km | 3 miles

Habitat: Alpine Desert

We begin the day by descending into a ravine to the base of the Great Barranco Wall. Then we climb the non-technical but steep, nearly 900 ft cliff. From the top of the Barranco Wall we cross a series of hills and valleys until we descend sharply into Karanga Valley. One more steep climb up leads us to Karanga Camp. This is a shorter day meant for acclimatization.

DAY 6 – Karanga Camp to Barafu Camp

Elevation: 13,106 ft to 15,331 ft

Hiking Time: 4-5 hours

Distance: 4 km | 2 miles

Habitat: Alpine Desert

We leave Karanga and hit the junction which connects with the Mweka Trail. We continue up to the rocky section to Barafu Hut. At this point, you have completed the Southern Circuit, which offers views of the summit from many different angles. Here we make camp, rest and enjoy an early dinner to prepare for the summit day. The two peaks of Mawenzi and Kibo are viewable from this position.

DAY 7 – Barafu Camp to Uhuru Peak to Mweka Camp

Barafu Camp to Uhuru Peak

Elevation: 15,331 ft to 19,341 ft

Hiking Time: 7-8 hours

Distance: 5 km | 3 miles

Habitat: Arctic

Uhuru Peak to Mweka Camp

Elevation: 19,341 ft to 10,065 ft

Hiking Time: 4-6 hours

Distance: 12 km | 7 miles

Habitat: Rain Forest

Very early in the morning (around midnight), we begin our push to the summit. This is the most mentally and physically challenging portion of the trek. The wind and cold at this elevation and time of day can be extreme. We ascend in the darkness for several hours while taking frequent, but short, breaks. Near Stella Point (18,900 ft), you will be rewarded with the most magnificent sunrise you are ever likely to see coming over Mawenzi Peak. Finally, we arrive at Uhuru Peak– the highest point on Mount Kilimanjaro and the continent of Africa.

From the summit, we now make our descent continuing straight down to the Mweka Hut camp site, stopping at Barafu for lunch. The trail is very rocky and can be quite hard on the knees; trekking poles are helpful. Mweka Camp is situated in the upper forest and mist or rain can be expected in the late afternoon. Later in the evening, we enjoy our last dinner on the mountain and a well-earned sleep.

DAY 8 – Mweka Camp to Mweka Gate

Elevation: 10,065 ft to 5,380 ft

Hiking Time: 3-4 hours

Distance: 10 km | 6 miles

Habitat: Rain Forest

On our last day, we continue the descent to Mweka Gate and collect the summit certificates. At lower elevations, it can be wet and muddy. From the gate, we continue another hour to Mweka Village. A vehicle will meet us at Mweka Village to drive us back to the hotel in Moshi.

How difficult is the Lemosho Route?

The Lemosho route is considered one of the easiest routes on Kilimanjaro as it's longer itinerary allows for better acclimatization. However, hikers will still need to ascend the Barranco Wall and climb steeply on summit night. No technical climbing is required but a good level of fitness is highly recommended. You can read more on training to climb Kilimanjaro and our Kilimanjaro training program page to help you prepare accordingly.

What is the distance of the Lemosho Route and how many days does it take?

The exact trekking distance for the Lemosho Route is 71km or 43 miles. The shortest number of days required for Lemosho Route is 7 days, but by the time you have added on arrival and departure days it is 10. However, as it is a much longer approach route it is actually best done over 8 or 9 days to increase your chances of success.

8 DAY LEMOSHO ITINERARY



Day	Start	Altitude (m)	Altitude (ft)	Finish	Altitude (m)	Altitude (ft)	Time (hrs)	Distance (km)	Distance (miles)
1	Londerossi Gate	2,360	7,742	Mti Mkubwa	2,895	9,498	3-4	6	4
2	Mti Mkubwa	2,895	9,498	Shira 1 Camp	3,505	11,500	5-6	8	5
3	Shira 1 Camp	3,505	11,500	Moir Hut	4,200	13,800	5-7	11	7
4	Moir Hut	4,200	13,800	Lava Tower	4,630	15,190	4-5	7	4
	Lava Tower	4,630	15,190	Barranco Camp	3,976	13,044	2-3	3	2
5	Barranco Camp	3,976	13,044	Karanga Camp	3,995	13,106	4-5	5	3
6	Karanga Camp	3,995	13,106	Barafu Camp	4,673	15,331	4-5	4	2
7	Barafu Camp	4,673	15,331	Uhuru Peak	5,895	19,341	7-8	5	3
	Uhuru Peak	5,895	19,341	Mweka Camp	3,068	10,065	4-6	12	7
8	Mweka Camp	3,068	10,065	Mweka Gate	1,640	5,380	3-4	10	6
Total								71	43

COST

The estimated cost is \$NZ5500.

Trip Inclusions/Exclusions

This price includes:

- 2 nights hotel accommodation in Moshi (before & after climb)
- Group transport to and from Moshi to the trail head
- Kilimanjaro National Park permits, camping/hut fees, rescue fees and Value Added Tax (VAT)
- Expert guide, assistant guides, cook and porters
- Bottled oxygen, for emergency rescue only
- Private toilet
- Four season, 3 person mountain tents, double occupancy
- Sleeping pad, foam, 1.5 inches thick
- Mess tents, tables, chairs, lanterns
- Fresh, nutritious meals on the mountain
- Breakfast at hotel

Not included in price:

- Airfares
- Lunch or dinner at hotel

- Beverages at hotel
- Personal gear and equipment
- Tips (approximately \$NZ400)

Costs of additional services:

- Pick up and drop off at Kilimanjaro Airport, per person, per way \$NZ40
Booked within 60 days of trip start date, per person, per way \$NZ60
- Single supplement, for single tent/room, per trip \$NZ430
Booked within 60 days of trip start date, per trip \$NZ500
- Extra porter, for excess gear, per day \$NZ50
- Extra hotel night in Moshi, check in 2PM, check out 10AM, per double room \$NZ170
Booked within 60 days of trip start date, per double room \$NZ200
- Sleeping bag rental, Mountain Hardwear Lamina, synthetic -30F, per trip \$NZ85
No rental reservations necessary, payable in Tanzania, USD only
- Trekking poles rental, telescopic, per trip \$NZ35
No rental reservations necessary, payable in Tanzania, USD only

WHAT TO DO NOW

1. Contact Footsteps to indicate your definite commitment by 1 July 2024.

footstepsanz@gmail.com, 021 172 3244, 07 544 9509.

They will then send you a form to complete in order to obtain all the necessary information needed to make arrangements on your behalf.

2. Pay \$250 into the Footsteps a/c.

This covers the time and effort spent putting the trip together, such as negotiating with the trek provider, completing arrangements, receiving and transferring monies internationally, providing full advice and information, etc.

Our preferred method of payment is internet banking to Footsteps, Kiwibank 38-9002-0435674-03. Please write your surname and the name of the trip (“Kilimanjaro”) in the reference box.

