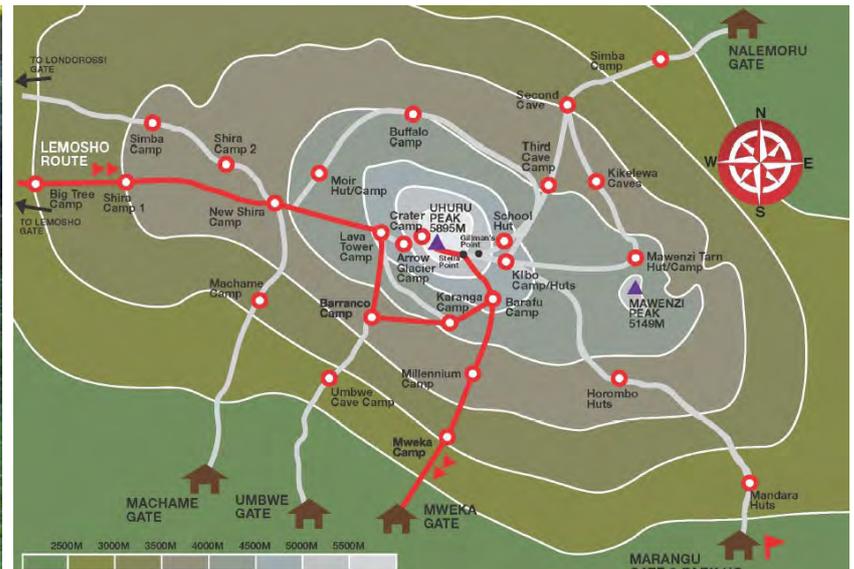


Lemosho Route Itinerary

KILIMANJARO
CHALLENGE



D1 DEPARTURE DAY

Your flight departure will be from London (exact details to be confirmed). 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. You will receive departure details with times and a meeting location a month before your challenge.

D2 MOSHI / ARUSHA

On arrival we transfer approximately one hour to our hotel. After freshening up we have a welcome lunch and meet our guides who will be leading the climb. In the afternoon there is the chance to relax by the pool before the welcome briefing and kit check. This evening we enjoy an evening meal together.

D3 MT MKUBWA

2780M

4 HRS TREKKING

After a good breakfast we transfer by road to the West of the Kilimanjaro National Park and the Lendorossi Gate. On arrival we meet the rest of our team, including our guides, cooks and porters. We register for the trek and our bags are weighed to ensure each is within the 15 kg limit. Finally it is here – the moment we have all been waiting for! We carry out some last minute checks before we are driven to the trail head, to begin trekking along a pristine route through the Lemosho Glades. We begin our trek through lush vegetation of the humid rainforest, the ascent is steady along a path which can get somewhat overgrown in places and it is often wet and muddy underfoot. We have some short breaks en route, with a picnic lunch before reaching our camp in the afternoon. Eventually we reach our camp at Mti Mkubwa (Big Tree Camp).

D4 SHIRA CAMP

3505M

9-11 HRS TREKKING

This morning we begin our first full day trekking, where we will gain over 700m in height. A slow and steady ascent allows for our bodies to acclimatise to the higher altitude as we cross the Shira plateau. Tonight we will sleep at Shira Camp.

D5 BARRANCO CAMP

3972M

6-7 HRS TREKKING

Today we trek east across beautiful barren moon like landscape and around craters that scar the earth. We trek in the shadow of mighty Kibo until reaching the Lava Tower where we stop for some lunch, the highest point of the day at 4630m. This afternoon we descend through the surrounding ravines, with their wonderful micro climates and beautiful birdlife. We eventually reach our camp late in the afternoon. This descent aids the acclimatisation process and allows our bodies to adjust to the ever changing altitude.

D6 KARANGA CAMP**4002M****5-6 HRS TREKKING**

Our first challenge today is a climb and scramble over the volcanic rock of the Barranco Wall. On reaching the top, we have a well-earned snack break and enjoy fantastic views over to Barafu and Mount Meru. We then head onwards to Karanga Camp, through the Karanga Valley, where we enjoy an afternoon acclimatisation walk followed by an early night!

D7 BARAFU CAMP**4600M****5-6 HRS TREKKING**

Today we make the steady climb to our camp positioned on a ridge overlooking the south east valley. We reach camp in the afternoon and after a good meal, we put on some extra layers to keep warm and try to relax and get some sleep in preparation for our early morning summit bid.

D8 SUMMIT DAY**5895M****12-15 HRS TREKKING**

And so to summit day and our toughest challenge yet. We awake just before midnight and after a hot drink and snack we begin our climb. For the next 6 hours we 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 make our final traverse to Uhuru Peak, the highest point on the African continent at 5895m. The rising morning sunlight gives us spectacular views across the plains below and of Mount Meru in the distance and we feel on top of the world! After some photos we have a tough decent to Barafu camp where we 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.

D9 MOSHI / ARUSHA**5-6 HRS TREKKING**

After breakfast we continue our descent back through the rainforest to Mweka Gate. A short transfer by bus takes us to our hotel. Here we can finally take off our walking boots and enjoy our first hot shower in almost a week! We have the afternoon to relax by the pool with a drink and this evening we enjoy a fantastic gala dinner to celebrate our remarkable achievements and for those who have the energy we can party in to the night!

D10 MOSHI / ARUSHA

We can enjoy a free morning either by the pool or exploring the local area before transferring to the airport for our overnight flight back to the UK.

D11 ARRIVE HOME IN THE UK

All timings are approximate and may be subject to change and you will be advised of your flight times 1 month prior to departure.

