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KILIMANJARO SCHEDULED GROUP TREK

"GRAND TRAVERSE ROUTE" – Lemosho Route via the Northern Circuit Wilderness
8 nights including hotels, 8 DAYS / 7 NIGHTS on the mountain



ROUTE DISCRIPTION

Take the challenging and less-travelled Lemosho route up to the highest peak in Africa, considered by many to be the most beautiful path up the western breach of the mountain to the Shira Plateau. This adventure starts off with a few long days as you gain altitude, and has several days built in to help you acclimatize, improving your chances of making the summit. Enjoy the climb through magnificent forests and moorland, and emerge into high alpine deserts as you enjoy spectacular views along the way to the summit.

Day 1: Arrival Kilimanjaro and Transfer to Arusha

On arrival at Kilimanjaro Airport, **Enroute Viaggi guide/driver** will meet you and assist with your baggage then transfer to Mount Meru Hotel/Outpost Lodge or similar for an overnight rest on bed and breakfast

Day 2: Arusha to Londorossi Gate onward to Mti Mkubwa camp

After breakfast you driver will a brief you regarding your day by day trekking, followed by breakfast and a 2-hour drive from Arusha to Londorossi Park Gate (2100m). The guides and porters prepare and pack the supplies and your equipment in the village. You will receive a lunch pack and you can also buy mineral water in the village. From here a forest track requiring a 4WD vehicle



leads to Lemosho Glades (2100m, 11km, 45 minutes). You will have a lunch stop about half way and will reach the Machame camping area in the late afternoon. Walk along forest trails to Mti Mkubwa campsite, (2750m).



Day 3: Mti Mkubwa camp to Shira 2 camp

Today wake up early in the morning at Mti Mkubwa camp and, after breakfast you trek for an hour or so to the top of the forest and then the trail gradually steepens and enters the giant heather moorland zone. Several streams are crossed. A gentle walk across the plateau leads to Shira 2-camp on moorland meadows next to a stream

(3840m). By now you will be able to see, in an easterly direction, the Western Breach with its stunning glaciers. The porters will boil drinking and washing water, before serving dinner. The night at this bare camp will even be colder than the previous night, with temperatures dropping to well below freezing. Enjoy dinner and overnight. (B-L-D) at the height of (3840m) - Shira 2 camp, trekking time is approximately 6.5 hours and the habitat is Moorland

Day 4: Shira to Lava Tower then to Barranco camp

The route now turns east into a semi desert and rocky landscape surrounding Lava Tower, where you reach an altitude of 4630m after about a 5 hours walk. Lunch is served in a designated area before ascending the rocky scree path to Lava Tower (4630m). Today is a definitely, the toughest day. It is normally around this point, where for the first time, some climbers will start to feel symptoms of breathlessness, irritability and headaches. After lunch you descent again by almost 680m to the Barranco camping area and after reaching the high altitude of 4600m at Lava Tower, the true acclimatization benefit of this day becomes clear.

Day 5: Barranco camp to Barafu camp



After spending a night at the Great Barranco Wall (a very imposing sight at first), you make your way up this awesome looking obstacle, which in the end normally turns out easier than what you anticipated. Topping out just below the Heim Glacier, you now appreciate just how beautiful Kilimanjaro really is. The route then heads down through the Karanga Valley over intervening ridges and valleys, and then joins up with the Mweka route. This is the preferred route down from the summit, so remember it. Turn left up the ridge and after another hour or so, you reach Barafu Hut.

Day 6: Barafu camp to Uhuru Peak

You will rise around 23h30, and after some tea and biscuits you shuffle off into the night. You will head in a northwesterly direction and ascend through heavy scree towards Stella Point on the crater rim. This 6-hour walk to Stella point is for many climbers, mentally and physically the most challenging on the route. At Stella Point (5685m) you will stop for a short rest and will be rewarded with the most magnificent sunrise you are ever likely to see (weather permitting). From Stella Point you will normally encounter snow all the way on your 2-hour ascent to Uhuru Peak.

The time you will spend on the summit will depend on the weather conditions. Do not stop here for too long, as it will be extremely difficult to start again due to cold and fatigue. Enjoy your accomplishment and a day to remember for the rest of your life. The walk back to Barafu from the summit, takes about 3 hours.

Day 7: Mweka camp to Mweka Gate

After an early and well-deserved breakfast, it is a short 3-hour and scenic hike back to the Park gate. At Mweka gate you sign your name and details in a register. This is also where successful climbers receive their summit certificates. Those climbers who reached Stella Point (5685m) are issued with green certificates and those who reached Uhuru Peak (5895m) receive gold certificates. Height (1980m) - Mweka Gate, trekking time is approximately 3 hours and the distance is about 15 km's while Habitats are Forest.



Day 8: Arusha to Kilimanjaro International Airport for your departure

Today after breakfast we provide a private transfer to Ameg Lodge or similar for late Lunch, shower, dinner and cold Kilimanjaro Bear

Option: Day 9 - SAFARI & ZANZIBAR ISLAND

This trekking is suitable and recommended for extension safari to Serengeti, Ngorongoro, and Manyara and Beach holidays to the Spice Island of Zanzibar.

We highly recommend after your Mount Kilimanjaro trekking, an adventure not to be missed to explore the Tanzanian wilderness safari (Serengeti, Lake Manyara and Ngoronoro) and [Zanzibar](#) beach holiday to the spice Island.

Included services & equipment on Kilimanjaro

Superior Option

Safety Equipment & Training:



- * **Oxygen** for emergency use - For groups of 5+, two kits (400L medical oxygen bottles, each with a regulator & 2 nasal canula masks) are provided.

- * **Hyperbaric Chamber** - a portable altitude chamber, for emergency use

- * **Automated External Defibrillator (optional on most treks)** - Included on treks with a night in Crater Camp

- * **Stretcher** - Converts into a rigid steel-framed litter
- * **First-aid / trauma & medicine kit** - fully stocked as per Wilderness First Responder guidelines, with medicine instructions.

- * **Pulse-oximeter** - The head guide checks and charts these numbers daily at dinner time, for each climber.



- * **Climbing helmets** – for all climbers and staff (on Western Breach only)
- * **Ice axes** - carried by all guides, for cutting steps in snow (on Western Breach only)
- * **Mobile phones** - carried by all guides, for daily communications with our base in Arusha.

communications with

- * **Medical equipment porter** stays with the group that the safety gear is always employ
- * A **safety briefing** is performed by the head guide at the second camp on the safety gear, and its' use, to ensure the best possible safety response.

at all times, to ensure nearby and ready to

performed by the head guide at each trek, exhibiting all safety gear to ensure the best possible



Mountain Staff:

trained by an expert on mountaineering techniques setting handlines with reliable anchors, route safety training, rockfall protocol training, and use of ice axe for cutting steps and self-arrest.

* **Ratio of one guide for every two guests** (on average), to ensure personalized attention.

* **Professional cook** – trained to the highest standards on a set menu plan accompanied by a detailed recipe book.

* **Waiter** - and assistant waiter on each trek are trained to expedite the meal service and ensure our climbers' nourishment is their top priority

* **Campsite Manager** – ensures not only the best camp location, but also proper setup and breakdown of each camp.

A few of the notable elements of our Kilimanjaro fair porter treatment system:



- We (**Enrote Viaggi Tanzania**) ensure that **no bribes are ever paid by porters** to get work. We choose them by means of a database which tracks all their work and their performance, and which chooses them in a way that fairly distributes the work.

- We go to excessive lengths to **uphold weight limits** for porter loads (20kg per porter). We carry scales on each trek to ensure that daily, loads are not exceeded, ever.

- We have **porter welfare officers** staffed at the start gates of every trek, to inspect porters and ensure

adequate footwear, warm clothing and sleeping gear, plus eye protection, and ensuring that our system of fair porter treatment is truly being practiced.

- On the mountain, we have **independent 'monitoring porters'** to give us constant feedback on our fair practice systems.

- We give our porters **medical treatment** due to injury, equal to that for paying trekkers



- We pay porters for **removing waste left on the mountain by other companies** (185 kg of other companies' waste removed from the Crater Camp by our staff, from June 2012 to March 2013)

- **Hearty meals** provided. A well-fed porter is stronger!
 - **Private vehicle transport** for all porters & return transport home at the end of each trek. Most hire porters who are gate.



companies only 'available' at the



- We provide annually **professional wilderness first-aid training and language courses** for our porters, including all costs (transport, accommodation and meals) during the course duration for all porters.

Furthermore, **Enroute Viaggi Tanzania** are committed to these fair practices, and have an experienced, professional, and passionate team of managers, guides and porter welfare officers to ensure that we are 'on it'.

Camping equipment:



- * **Mountain Hardwear Trango 3.1 sleeping tents** (a triple tent used as a double tent or single tent (with supplement))
- * All sleeping tents have **custom-made ground sheets** covering the both vestibules, to allow clean & dry storage of gear, and keeping water, mud or dust from entering the tent.
- * **Cold-weather sleeping mats (closed cell foam)** which cover the entire floor of the sleeping tent, ensuring that you (and all your gear) stays dry throughout the climb.
- * Large custom-designed and fabricated weatherproof **dining tents** with fly sheet, four doors, windows and ventilation, and full floors with storm skirt and ropes.
- * **Wash stands** provided for washing hands before each meal, with **fresh hand-towels** provided for each climber, before each meal
- * **Wash basins** provided for each trekker.



We adhere strictly to 'Leave No Trace' principles, as we are a current official outfitting partner of LEAVE NO TRACE.

- * **Hot water** prepared for climber's bottles at night
- * **We purify all our climbers' and staff** the PUR packet. Please visit the following website demonstrates) the product we are providing for drinking water for all our Kilimanjaro clients and http://www.csdw.com/csdw/pur_packet.shtml

* We offer **high quality** clothing like synthetic sleeping bags, Gore-Tex outer wear, warm layers, trekking poles, etc...

* **Luxury sleeping tent (optional)** features a 'walk-in' tent with aluminum frame beds & soft foam mattresses, allowing trekkers to sleep off the ground. At night, powerful solar LED lights light the tent. This 12'x 9' tent features four entrances, ventilation ports, a fly sheet and storm skirt & storm ropes.

* **Hot showers (optional)** Complete with a spacious rectangular framed tent, with a 15-liter solar shower bag perched on the top, shower mat and plenty of clothes hooks, plus bath towels.

* **Mess tent heater (optional)** Small propane space heaters are provided for warming up the mess-tent before and during dinner-time, which we burn for 2-3 hours per evening.



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rental gear/ trekking



Mountain Cuisine

* **Three hearty meals a day** + snacks upon arrival in the huts. Our menus have been developed by a professional Italian cook who has trained staff in up-market safari bush camps where equipment and resources are minimal. We produce and prepare a majority of our food in

our base kitchen, for delicious and energizing meals necessary for high altitude mountain trekking.

* **Trail snacks** – including dried fruit, energy bars, and chocolates

* **Menu training is constant**, and each climb travels with a set recipe book written in kiswahili, laminated with photos of each dish of each meal. These measures ensure that standards stay high, and we always are constantly monitoring for quality and consistency of produce as we are the Best.

Inclusive as stated below,

- ✓ **Comprehensive passenger insurance**
- ✓ clean, high quality tents with working zippers
- ✓ 2 days before and after climb
- ✓ Private transfer to and from Airport, no shared
- ✓ large mess tent;
- ✓ short wave radios for summit day (summit guides); or satellite mobile

phone

- ✓ Large portions of fresh, healthy, nutritious food
- ✓ 1 toilet for 2 climbers / pax
- ✓ 1 Shower Tent for 2 climber / pax
- ✓ All Kilimanjaro National Park gate fees, camping fees and climbing permits.
- ✓ Kilimanjaro National Park rescue fees (Kilimanjaro Rescue Team)
- ✓ Basic first aid kit (for use in emergencies only) / full medical backup,
- ✓ Qualified mountain guide, assistant guides, porters and cook,
- ✓ Camping equipment (tents, camp chairs, tables, toilet & sleeping mattress
- ✓ Water for washing up daily
- ✓ Porter to carry your duffel bag (max weight 15kg / 32 lbs) from one camp to the next camp.
- ✓ Kilimanjaro National Park certificate for your successful summit attempt

Not included: Optional items*, emergency transport costs, tips, personal expenses, personal medical kit, travel insurance, sleeping bags*, or other personal trekking gear*

*available at a supplement

