



8 DAY TK LEMOSHO VIA WESTERN BREACH - EXCEL SERIES 1th to 22nd August 2022

14th August 2022 - Arrival

Arrive at Kilimanjaro International Airport (**JRO**) on flight (**TBA**). Met and transferred for an hour's journey to **Outpost Lodge** - Inclusive accommodation for overnight stay. When exiting Arrivals please look out for our driver wearing a black T-shirt and white TK logo, carrying a placard with your name on it.

15th August 2022 - Arusha to Forest Camp (2821m)

Breakfast at your hotel is served from 0700. Please ensure that you have packed your bags before breakfast, have signed over your extra luggage that will not be required on the mountain to reception, and have deposited your valuables into the hotel's safe.

Transfer and registration.

You will normally be collected at 0730 from your hotel. In the event that we have to collect climbers from other hotels before collecting you, we may need to amend this to around 0800. Should you wish to confirm this in advance please enquire via **WhatsApp: +255 76 777 5895**.

Your driver will transfer you 111 km and some 2 hours 10 minutes to Londorossi Gate where we complete registration formalities. Climbers should have their passport numbers for their registry entries (unless under 16 years of age or East African citizens), and are advised to have kept their passports and valuables in the hotel safe (excluding the amount they will budget for tipping their crew).

Following registration we continue a further 12km by vehicle to the route's start point. This final drive can take anywhere between 45 minutes and 1 hour 30, depending on road conditions. Please be very careful in wet weather or following a spell of recent rains as the road can become badly damaged and there is risk of being jolted inside the vehicle.

When the driver delivers you to the start point please also note that following any transfer it is customary to tip the driver - around \$5 - \$10 per group is usual. When the road is in poor condition it is sometimes not safe or even possible for the vehicle to reach all the way to the road head. In this event there will be some 180 additional metres of vertical ascent to trek and 1.9km required to reach the start point.

Beginning the trek

From Lemosho Start Point (**2424m**) to Forest Camp (**2821m**) the distance is **5.4km**, over 400m of elevation gain. You are advised to stop regularly today and to move quietly in the hope of sighting wildlife near to the trail. Sightings of small antelope are virtually unique to the Lemosho route.

16th August 2022 - Forest Camp to Shira 1 Camp (3508m)

Trek from Forest Camp (**2821m**) to Shira 1 Camp (**3508m**) on western edge of Shira Plateau. It is normal to experience mild headaches on this day which should be alleviated with paracetamol. Those choosing to take Diamox should begin their course this morning with half a tablet (125mg) in the morning and the other half with supper in the evening. The distance to Shira 1 is **7.7km**.

Optional afternoon acclimatisation across the Shira Plateau to Shira Peak **3872m** for some of the best views of Kibo (*clear weather permitting*).

Descend to sleep lower at Shira One **3508m** for overnight. Excursion distance = 7.6km.

17th August 2022 - Shira 1 Camp to Shira Cave Camp (3875m)

This morning we begin to continue directly across the gentle slope of the Shira Plateau towards Shira Cave Camp (**3875m**). However, after **2.5km** you are advised to request your guide to turn towards the south and enjoy an excursion via the dramatic Shira Cathedral, if you feel strong enough to add **3km** to your day's walk.

The Shira Cathedral is an impressive volcanic outcrop that marks the southern lip of the Shira Plateau. It is possible to obtain excellent views towards Kibo, to the South and to the West from this point. We continue to Shira Hut/Shira 2 or Shira Cave Camp (*at guides discretion*). If we trek via the Cathedral the day's journey will be **10.3km**.

18th August 2022 - Shira Hut/Shira 2 or Shira Cave Camp to Lava Tower (4642m)

We trek from Shira Hut/Shira 2 or Shira Cave Camp to Lava Tower (**4642m**). Shortly before the Lava Tower the Lemosho Route merges with the Machame Route. If the weather's good you can ask your guide to lead you to the summit of the Lava Tower (**4688m**) where the views are excellent. Lunch is normally taken at the foot of the tower. Distance from Shira Cave Camp to Lava Tower is **6.6km**. Afternoon acclimatisation excursions from Lava Tower to Arrow Glacier Camp before returning to Lava Tower Camp to overnight.

In the event that your guide feels spending tonight at **4642m** would not help your acclimatisation, he may choose for you to descend to Barranco Camp (**3965m**) to overnight. Distance from Lava Tower to Barranco is **3.7km**. The descent is tiring and should not be underestimated.

19th August 2022 - Lava Tower Camp / Barranco Camp to Arrow Glacier Campsite (4871m)

Trek from Lava Tower Camp (or Barranco Camp if used) to Arrow Glacier Campsite (**4871m**). Though only a short distance is covered today - **2.5km**, taking approximately 1.5 hours, the walk is still exhausting. Afternoon acclimatisation excursions on the Western Breach Assault route. You probably won't feel like eating but please endeavour to do so as you'll need the energy reserves. You are advised to get all your gear ready for the summit bid before you go to sleep as you may feel disoriented when woken for the assault at 0500.

20th August 2022 - Assault via the Western Breach / Crater rim (5725m) to the summit - Stella Point to Crater Camp (5729m)

Around 0530 (your guide will judge the time that is optimal for you based on your pace thus far) quit camp for the assault via the Western Breach / Crater rim (**5725m**) to the summit. The Western Breach assault route to the summit, while the shortest, time wise, is also the steepest. This morning is very difficult and you'll need to commit to fight for the crater rim. You will inevitably feel like giving up and going to sleep. This is normal and can be overcome with perseverance. When resting please ensure you only stand or sit and **do not lie down or close your eyes**. Please trust your guide; he is very adept at judging whether your condition will allow safe progress or whether you have succumbed to a potentially dangerous condition and to proceed will not be safe. Nausea and headaches are normal and around a quarter of climbers will vomit during this assault. While very uncomfortable, these are not symptoms that are indicative of being at risk, *per se*. The onset of cerebral and pulmonary oedema are marked by distinctive early warning symptoms that your guide is capable of identifying. Please maintain regular dialogue with him and frequently update him on how you are feeling.

When you reach the crater rim you will sit, rest and admire the views out to the west, and the Furtwangler Glacier to your immediate east. At this point the body often thinks you have finished your uphill fight and will be trying to coerce you into giving up and turning around. While you may genuinely believe that you have already exhausted your reserves in reaching this point, this is actually very unlikely to be so. Remember that you are only 170 vertical metres short of the summit, the journey from here is much less steep, and you have plenty of time for further pauses. If you do feel the need to give up at the crater rim please proceed towards Crater Camp (5729m) for just two minutes before making your final decision. In most cases this act of re-establishing momentum is enough to persuade the mind and body to cooperate with your intentions and you will ordinarily find hidden reserves for a final push, reserves that you were not aware you still had.

From Crater Camp, it is only a short climb (max 1 hour) via the zig-zag track to the summit, passing Furtwangler Point at **5894m**.

On the summit your guide will advise how much time you can spend there in consideration of your condition, your timings, and the weather. The brain does not function very intelligently at this altitude so please remember to take many photographs in all directions or you will probably regret not having done so at a later stage. From the summit you will continue to press eastwards towards Stella Point (5752m) with the massive Southern Icefield, including Rebmann and Decken Glaciers, 100m to your right. At Stella Point you may see climbers coming up the slope from their overnight camp at Barafu (4681m).

After admiring the views out to the south-east, you will turn west and descend the gentle slope to the crater floor before returning to Crater Camp. Having settled and enjoyed refreshments at Crater Camp you have the option of requesting that your guide accompany you to the top of the Breach Wall to watch the sunset over the Shira Plateau.

Distances on summit day:

Arrow Glacier Camp to Crater Camp: **3.5km**

Crater Camp to Summit: **0.7km**

Summit to Stella Point: **1.2km**

Stella Point to Crater Camp: **1.8km**

Total summit day's distance: **7.2km**

21st August 2022 - Crater Camp - Barafu to Mweka Camp (3090m)

This morning, provided climbers are feeling strong and motivated and are judged by the guide to be in good health, we rise up from Crater Camp towards the very centre of Kibo and the Reusch Ash Pit viewpoint at 5845m. From here views are enjoyed towards the summit and into the centre of the volcanic cone where fumaroles and sulphur emissions can often be seen. Strength permitting, we continue to circumnavigate the Ash Pit towards the Eastern Icefields and Stella Point, where we begin the descent to Barafu Camp, this time moving left of our ascent route into the Southeast Valley, descending via its loose scree slopes. There is clear logic in descending a loose scree slope; it is far easier on the knees and as the ground collapses underfoot, if you take short quick strides it's easy to maintain momentum. We do short bursts and take regular rests, pausing to photograph the Saddle beneath us and Kenya to our left. At Barafu Camp we have a short refreshment break before continuing to Mweka 3090m where we overnight again.

Crater Camp to Stella Point via Crater Excursion: **5.2km**

Stella Point to Barafu Camp: **3.3km**

Barafu to Mweka Camp: **6.3km**

Total day's distance: **14.8km**

22nd August 2022 - Mweka Camp to Mweka Gate (1641m)

This morning we descend from Mweka Camp to Mweka Gate (**1641m**) where we sign the summit register. After signing we descend a further 15 minutes on foot to Mweka Village to meet our transport, as the park authorities prefer groups' vehicles to avoid congesting the area immediately beside Mweka gate as this is an important thoroughfare for casualty evacuations and is served by a single track road.

Transfer from the gate back to Arusha. You should return back to Arusha sometime between 2 and 5pm, depending on your descent pace. **Distance** from Mweka Camp to Mweka Gate is **8.5km**.

Typical tips for mountain crew tend to average some 10-15% of climb cost. All climbers' contributions are usually added together and the total amount is presented to the chief guide at Mweka Gate. Our guides always divide these tips fairly amongst their crew according to a customary scale that is determined by the responsibilities and experience of each staff member.

23rd August 2022 - Departure for safari

You'll need to check-out of your hotel by late morning, however, if you wish to wander into town for the day, you may leave your bags with reception and may continue to use the hotel's facilities. Please let us know if you need a guide to accompany you or if you wish to organise any special activities today.

Please be ready to be collected for your airport transfer at least 3 hours before, to ensure sufficient time to check-in for your flight (TBA) departing JRO, for your safari departure.

To improve this itinerary please send your GPS tracks or suggestions to info@teamkilimanjaro.com

www.teamkilimanjaro.com