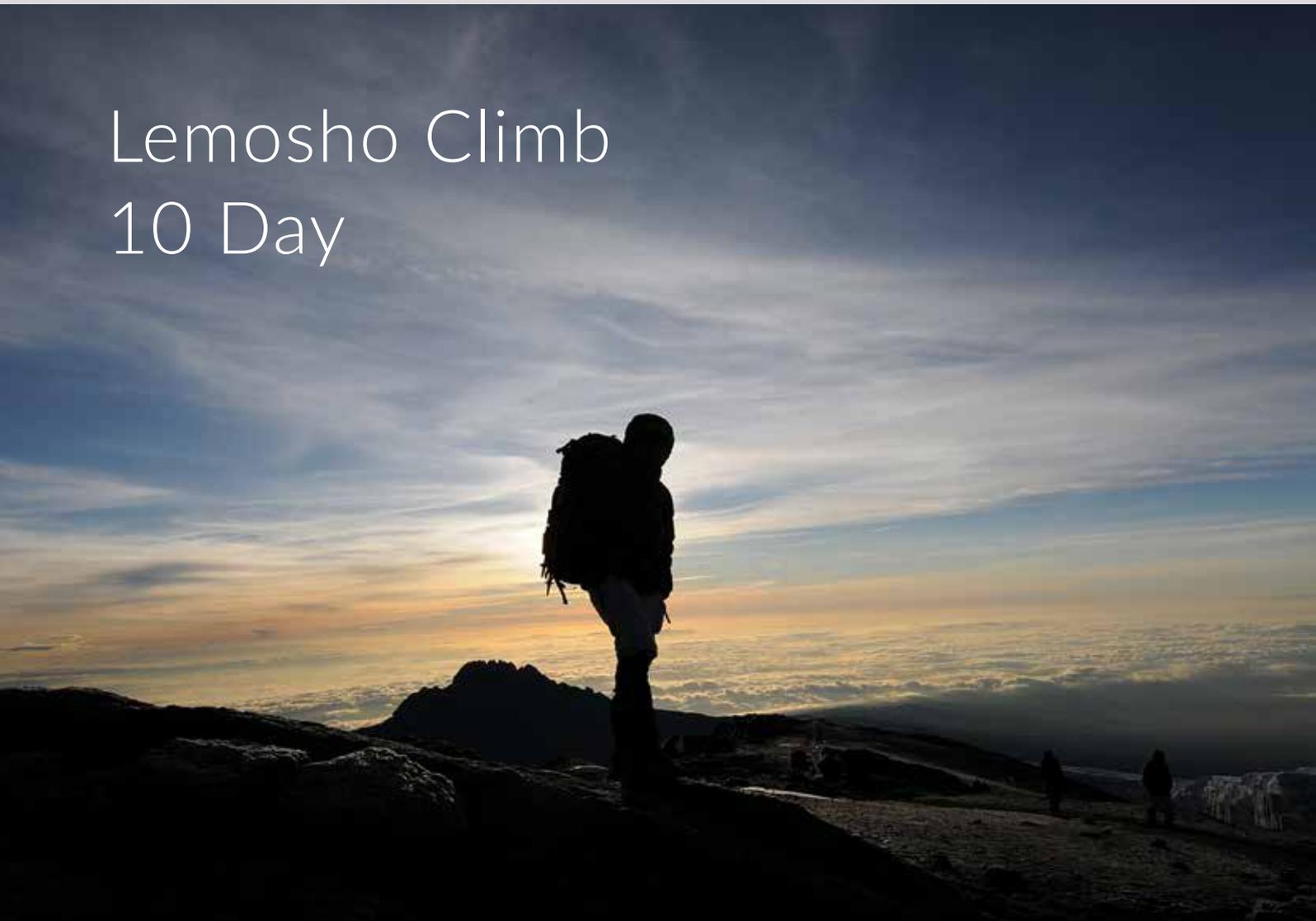


Lemosho Climb 10 Day



The complete Kilimanjaro experience:
spectacular scenery, great success rate,
and superb guides.



TANZANIA | LEMOSHO CLIMB 10 DAY

An eight day climb (with a night in Arusha pre and post climb), ascent to the roof of Africa - starting at Lemosho on the mountain's western side and traversing some of its most spectacular landscapes - is the ultimate Kilimanjaro trip. The expedition is fully supported with spacious guest tents, mattress and pillow, as well as a mess tent with lightweight tables and chairs and cutlery. Our trips also include a toilet tent in camp and most importantly knowledgeable professional guides who go through bi-annual training. The logistics team at our base monitors your trip from start to finish.

- Scaling the heights of the world's tallest free standing mountain - Mount Kilimanjaro
- Hike through the dense Afro-montane forest
- Marvel at the Alpine flowers on the Shira plateau
- Unforgettable views of glacial valleys
- Witness the stark beauty of the Alpine desert
- Lava Tower - a great vantage point to look back at the route you've climbed.
- Ascent of Kibo and possible views of Kibo caldera and ash pit
- Hear the glaciers creaking as they carve their way into the ancient rocks of the mountain
- See the glaciers on the mountain
- Seven nights on the mountain in tented accommodation
- Two nights in a lodge in Arusha before and after your climb
- Professional guides to help give you the best chances possible to reach the summit
- Full support team looking after your every step - "pole pole"
- Maximum group size of ten guests on set departure trips for a highly personal experience

Please contact us for more information.



TANZANIA | LEMOSHO CLIMB 10 DAY

Day 1 - Ngare Sero Mountain Lodge

Today, you arrive in Tanzania. You will be met outside the arrivals hall at Kilimanjaro International Airport, and transferred to Ngare Sero Mountain Lodge, which takes about an hour.

This afternoon, you will be met by the general manager of Summits Africa, along with the head guide for your climb. You will be given a detailed pre-climb briefing, and your guide will inspect your kit, to make sure it is all suitable for the forthcoming climb.

Ngare Sero Mountain Lodge is one of the oldest family-owned lodges in East Africa located only 30 minutes away from Kilimanjaro International Airport and Arusha town. This small and friendly lodge is situated in a small forest reserve on the slopes of Mt. Meru at an altitude of 4,000 feet and offers spectacular views of the snowcapped peak of Mt. Kilimanjaro, framed by the forest and coffee trees.

The lodge, which aims to set an example for environmentally friendly and socially responsible tourism, has just 10 garden rooms and three suites. Each one has an ensuite bathroom and is decorated in simple style using local materials and crafts. Delicious meals are home cooked using organic vegetables and salads from the onsite vegetable garden. Guests have a number of options for where to eat, which include the dining room, spacious verandahs, and shady private spaces elsewhere in the grounds.

Ngare Sero, which means "Sweet Water" in Swahili, was originally a German colonial farmhouse built in 1905, and is a beautiful and very relaxing place to relax and unwind before or after a safari or Kilimanjaro climb. Guests may enjoy walks in the surrounding forest which is home to a huge number of birds as well as Colobus and Sykes' monkeys, swim in the pool, go boating on the lake and fish for trout. Horse riding for experienced riders, guided mountain bike tours, visits to the nearby Arusha National Park, coffee farm tours, and cultural tours can also be arranged, or guests could enjoy a relaxing massage in the Garden Spa.

Day 2 - Forest Camp

This morning you will be driven to Londorossi Gate, which is the entrance of the Kilimanjaro National Park. The drive takes about three hours, and when you arrive you will be assisted with registering with the National Park authorities, and will be required to show your passport at the national park headquarters. Lunch will be prepared and served while the porters' loads are being checked, and the paperwork completed.



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Once everyone is ready you'll be driven to the Lemosho Gate into the park, where the climb itself starts.

You will be climbing Mount Kilimanjaro via the Lemosho Route, taking seven nights to do so. All meals, snacks, hot drinks, water, and a completely private camp and staff are included in your climb.

You begin to climb through Afro-montane forest which laces the foot of the mountain. This beautiful forest has hagenia, cedar, African holly and juniper trees, and plenty of colobus and blue monkeys. The camp is pitched amongst the trees at around 2,860m, and you will reach Forest Camp by mid-afternoon. Hot water will be ready by the time you arrive, for a cup of tea or a shower.

Camp altitude: 2,860m (9,383ft). Maximum altitude: 2,860m (9,383ft). Hike time: 3 to 4 hours. Hike distance: 5km (3 miles).

Please note that the distances and times given for each day are guidelines only and can vary according to conditions, numbers of other people and how the climbers are progressing. The exact camps used may also be different to the ones named, dependent on how busy the mountain is, and the progress of the group.

Day 3 - Shira One Camp

Today you trek slowly up the edge of the Shira volcano, climbing out of the hagenia, podocarpus and juniper forest as you gain height. The vegetation becomes visibly sparser, with high altitude plants taking over, and you enter the giant heather moorland zone later in the morning.

The gradient is relatively steep this morning, but levels out considerably towards the end of the day, allowing you to enjoy fantastic views of Kilimanjaro's Western Breach if the weather is clear. You stop on the way for a picnic lunch, and arrive at Shira One Camp by mid-afternoon.

Camp altitude: 3,560m (11,680ft). Maximum altitude: 3,560m (11,680ft). Hike time: 6 to 7 hours. Hike distance: 7 km (4 miles).



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Day 4 - Moir Camp

Today, you will be crossing the Shira plateau, which can be one of the most scenic parts of the trip. This morning you will take three to four hours to walk to the lunch stop. After lunch you ascend to Moir Camp, arriving in mid- afternoon. For anyone who would like to do so, a hike further up the mountain is a good idea and is possible in the late afternoon.

Camp altitude: 4,100m (13,451ft). Max altitude: 4,100m (13,451ft). Hike time 5 to 6 hours. Hike distance 9km (5.5 miles).

Day 5 - Barranco Camp

You will be trekking for between seven and eight hours today, ascending to the alpine desert through typical Kilimanjaro mountain vegetation such as lobelia and senecios.

An acclimatisation trek up to Lava Tower, where you may have lunch, will give you an opportunity to experience altitude and the effects on your body. You may have an hour or so here before descending towards the Barranco Valley.

Although quite steep, the descent to Barranco Valley is particularly rewarding and very beautiful, with some wonderful vegetation and scenery. It also makes a nice change to be going downhill after climbing for two days, and this is also good for strengthening your legs.

The camp will be ready for you at Barranco when you arrive.

Camp altitude: 3,900m (12,800ft). Maximum altitude: 4,600m (15,092ft) at Lava Tower. Hike time: 7 to 8 hours. Hike distance: 10 km (4.34 miles).

Day 6 - Karanga Camp

This morning you will have an early start, with the aim of leaving camp before anyone else. This allows you to ascend the Barranco Wall, which takes about two hours, without being disturbed or impeded by other climbers. Although daunting, most find it much easier to scale than expected, with well-placed foot holds and guides on hand to aid your ascent.

As a reward for starting your day so early, you may also be able to have breakfast at the top of the Wall. After another two to three hours crossing glacial valleys, you will arrive at Karanga Camp in time for lunch.

You stay here for the night, and this afternoon you'll have a briefing about the final ascent and a final check



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of your planned clothing and equipment for it. You'll also have a practice in the dark, walking uphill at the pace required for the final summit ascent while wearing all of the clothing you intend to use for it.

Sunsets here are particularly spectacular with views of the southern glacial valleys and ice fields towering 1,000m (over 3,000ft) above you.

Camp altitude: 4,100m (13,451ft). Maximum altitude: 4,100m (13,451ft). Hike time: 4 hours. Hike distance: 5 km (3 miles).

Day 7 - Barafu Camp

This morning, it takes about two hours of walking uphill to join the Barafu path, which is part of the Mweka Trail. A further two to three hours on the Barafu path (the last section of which is quite steep) will take you to Barafu Camp.

Ideally, and depending on the conditions and how well each person is feeling, you'll continue for an hour or so beyond Barafu Camp, climbing another 300 meters to Kosovo Camp. However, this is a windy part of the mountain, and the final destination today is subject to the prevailing conditions.

Arriving a little after midday, you can enjoy lunch at the camp before either taking an acclimatisation trek or relaxing and enjoying the scenery. The scenery here is superb, and the views of Mawenzi and Kibo are excellent.

Camp altitude: 4,602m (15,100ft). Maximum altitude: 4,600m (15,092ft). Hike time: 3 to 4 hours. Hike distance: 2.5 miles (4km).

Day 8 - Millenium Camp

You'll begin your final ascent to the summit very early in the morning, setting off at about 1.00 AM, with the aim of arriving at Stella Point for sunrise.

Each climber is assigned a summit guide and a porter to ensure that everyone makes it to the top, or returns in complete safety if need be. The going is slow, and often quite frustrating on the scree, but persistence and patience ensure steady progress. Near the summit you pass through the gap between the Ratzel and Rebmann Glaciers.

At Stella Point you can choose to return - you are after all already higher than any other point in Africa other than Uhuru Peak. If you are feeling good, have a cup of tea and something to eat, and then continue to Uhuru Peak. Despite the distance being relatively



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short, progress is slow - there is less than half the oxygen than at sea level. Reaching Uhuru Peak is incredibly satisfying and is an emotional high point. If progress is good you can watch the sunrise from the rooftop of Africa.

Most people start the downward climb soon after arriving, as lingering at such altitude is not recommended, and the return journey is a long one. Once photos have been taken and you have celebrated your achievement, a rapid descent down the scree slopes to Kosovo Camp is a great relief after a week of climbing. You'll stop at last night's camp for a hot brunch and a rest, and then continue descending past Barafu. You should arrive at Millennium Camp in the middle of the afternoon, in good time for a hot shower and some rest. You'll spend the night here, with the chance for beautiful views of the summit of Kilimanjaro in the distance.

Camp altitude: 3,100m (10,170ft). Maximum altitude: 5,896m (19,341ft). Hike time and distance from Barafu Camp to the summit: 7 hours and 5km (3.2 miles). Hike time and distance from the summit to Millennium Camp: 5 hours and 12km (7.5 miles).

Day 9 - Ngare Sero Mountain Lodge

This morning, after taking pictures with the crew you'll set off down the mountain to Mweka Gate, where the climb finishes. It's a downhill walk through beautiful forest which takes about five hours. Your vehicle will be waiting for you at Mweka, and once you have distributed tips to the porters, camp crew and guides, and the team have said goodbye in a suitable manner, you will be driven back to Arusha.

Final altitude: 1,828m (6,000ft) Trek time: 5 hours. Trek distance: 8 miles (13km).

Day 10

Road transfer Ngare Sero Mountain Lodge to Kilimanjaro Airport.



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**LUXURY SPECIFICATION CLIMB** – on a private departure basis only

This is the most popular climb specification we sell, offering clients larger dome style tents with thick mattresses and sleeping bags, pillows and a thermal liner for a comfortable night's sleep. It is a great compromise between cost and comfort.

During your climb your tents will be set up for you every day and are ready for when you arrive into camp in the afternoon. A separate, shared, portable chemical loo tent is also set up for climbers. Meals are prepared daily by the crew and are eaten in the mess tent.

This climb is offered as a set departure with a small group of fellow climbers, or as a private trip.

VIP SPECIFICATION CLIMB – on a set departure or private basis

For guests wanting to climb the Lemosho Route on a private basis it is also possible to upgrade to the VIP specification climb. The VIP climb includes a walk-in tent, a proper bed to sleep on, sleeping bag, mattress, pillow and a thermal liner, as well as a wash tent, and a chemical loo tent.

SAFETY EQUIPMENT INCLUDED ON ALL
SPECIFICATIONS OF CLIMBS

- Pulse oximeter
- Altitude sickness checklists
- Stocked first aid kit
- Custom evacuation stretcher
- Oxygen**

** Each oxygen cylinder gives +/- 7 hours of constant flow supply and a minimum of two tanks per group is provided.

TANZANIA | LEMOSHO CLIMB 10 DAY

**2019 TRAVEL DATES**

Every Sunday, year round

2019 SCHEDULED DEPARTURE COSTS (USD \$)

The scheduled departure operates on a VIP specification basis. This includes Arusha accommodation before and after the climb together with return road transfers.

Per person sharing a tent is \$4,890

Single room supplement is \$350 per person

2019 PRIVATE DEPARTURE COSTS (USD \$)

Private departures do not include accommodation in Arusha before and after the climb. However, this can easily be arranged for a supplement. Private departures can be operated on a luxury or VIP basis.

PRIVATE LUXURY SPECIFICATION

Per person sharing a tent:

1 person \$8,740

2 people \$6,029

3 people \$5,291

4 – 8 people \$4,878

9 – 10 people \$4,691

11+ \$4,367

Single room supplement is \$285 per person

PRIVATE VIP SPECIFICATION

Per person sharing a tent:

1 person \$9,269

2 people \$6,925

3 people \$5,596

4 – 8 people \$5,182

9 – 10 people \$4,723

11+ \$4,691

Single room supplement is \$285 per person

**Please note that mobile safari operators in Africa generally price in US dollars. We've therefore presented the cost in dollars to avoid disparities due to currency fluctuations. The cost in sterling is dependent on the day's exchange rate. For an accurate quote in GB pounds, please contact us*

THE ITINERARY INCLUDES

Airport and other transfers

Accommodation and meals as stated

Drinks as stated

Laundry as stated

Shared activities as stated

VIP SPEC CLIMB

Senior mountain guide (Wilderness First Responder and CMBFA Instructor Level)

Assistant guides (Red Cross certified), cook/s, porters and camp crew

Full walk in tent

Full size cot bed, 3 inch mattress,

-18c sleeping bag with thermal liner and pillow

Portable toilet tent and shower/wash tent

Walk in mess tent with table and chairs

All relevant Kilimanjaro park fees and rescue fees

Emergency medical evacuation

First aid kit, oxygen and stretcher for emergencies

Satellite phone

THE ITINERARY EXCLUDES

Flights

Passenger and airport taxes

Visas for British Citizens; Tanzania and Zanzibar US\$50pp (exact US\$ cash needed)

Drinks at Ngare Sero Mountain Lodge

Travel insurance

Tips and gratuities

Other personal spending

Please ask your GP for guidance about malaria and yellow fever.

AARDVARK HOLIDAY PRICES

Unlike many other companies, we forward buy the foreign currency needed to pay for a booking at the time a trip is confirmed. We will not therefore surcharge you because of exchange rate fluctuations after receipt of your deposit.

Q: What is the maximum number of people in each group climbing Kilimanjaro?

A: The maximum number on a scheduled departure climb on Kilimanjaro is ten climbers. Private trips can be any number within reason.

Q: What is your success rate for reaching the summit of Kilimanjaro?

A: Our success rate for climbing Kilimanjaro is currently 98% due to the careful planning that we have in place, the choice of routes, and the experienced and skilled guides.

Q: Which routes do you use to climb Kilimanjaro and can you briefly tell us why you recommend the routes which you use?

A: We recommend three Kilimanjaro routes, namely: Machame, Lemosho and Rongai. This is for several main reasons; they are the most scenically varied and beautiful, and offer the greatest chance of success due to the length of time spent gaining altitude slowly. Lemosho and Machame also have a shorter final ascent route via Stella Point to Uhuru Peak, and we like Rongai because it is very quiet, little used, and very scenic. The main point though is the time taken to climb – the longer and slower you go the better your chance of success, and having plenty of beautiful and varied scenery helps you to go slowly.

Q: Could we start to climb the day after arriving at Kilimanjaro International Airport or do you recommend that we spend a day locally before setting off on the trek?

A: In most cases, clients arriving in Tanzania on an overnight flight on day one spend the afternoon getting to know their Kilimanjaro guides and crew, and receive a full briefing. This gives them enough time to settle in, get over the long flight, and get ready for the climb. They spend the night in Arusha, and then proceed to the mountain the following morning.

It may sound like a waste of time at this stage, but preparation and familiarisation is crucially important to maximise your safety and chances of success. Climbing Kilimanjaro is a big task even with plenty of time, and it is simply not wise or worthwhile to rush it. We have seen several people who were fit, young and determined fail because they tried to rush the mountain.

Q: What extra costs can we expect to incur before, during or after the climb e.g. tipping of porters; mountain tax; and additional transport?

A: Tipping is discretionary but very much appreciated by the crew. The recommended amount would be around \$450 to \$550 depending on group size and specification per person for your group. Transfers to and from Kilimanjaro Airport and one night in a hotel before and after the climb are included in the cost of luxury climbs. The only additional costs you should expect to incur would be tipping, unless you wish to purchase any curios or drinks before and after your climb.

Q: Can children climb Kilimanjaro?

A: The minimum climbing age is 12 years, but anyone between the ages of 12 to 16 needs to take extra care and be monitored very closely as altitude sickness can creep up on undeveloped bodies, and can be much more severe than in adults.

Q: What washing facilities do you provide on Kilimanjaro?

A: On the standard specification climbs hot water is always available for washing in a bowl. The luxury and VIP specs include a wash tent in which you can stand up in privacy. You may use as much as you wish within reason, as the water is sourced from streams on Kilimanjaro. A chemical loo in its own tent is provided for your group of climbers.

Q: What is the food like during a climb?

A: All meals on Kilimanjaro are prepared with as many fresh ingredients as possible. Breakfast during the climb would consist of a selection of fresh fruits, cereal, porridge, and something cooked such as eggs, sausage, tomato, along with tea, coffee or hot chocolate. Lunch during the climb is often eaten en-route in the form of a picnic. Your cook sets this up in advance and it would usually include: fresh vegetables, fruit juice, hot soup, sandwiches with cheese or ham, a chocolate bar, and tea, coffee or hot chocolate. Dinner on Kilimanjaro is always three courses, and usually follows these lines; starter of soup with bread, main course of a carbohydrate like rice or pasta with a meat dish such as bolognese, a pudding which will be banana fritters or something like it, tea, coffee or hot chocolate.

On the mountain it is essential to try and eat as much as possible and to keep very well hydrated during the climb. Your body uses up to three times as much water as normally whilst at altitude, so keeping hydrated is essential. Take in as much liquid as you can during meals - hot drinks, cold drinks and soups are all there to keep you well hydrated. Keep drinking during the day - you should be drinking at every opportunity and at no point on Kilimanjaro should you be in need of a drink.

Special diets can be accommodated with prior notice.

Q: What procedures are in place if one of the team is taken ill or injured during the climb and needs to be rescued from Kilimanjaro - and in particular what system you follow to deal with altitude sickness.

A: All climbers and our Kilimanjaro crew are monitored with oximeters twice daily to assess their physical condition and their response to the increasing altitude. The information is relayed to the operations base, where there will be a duty manager dedicated to each climb. If the guide or the manager at base camp is unhappy with the situation for any client or crew member they are urged to either stop where they are, or to leave the mountain before an emergency situation arises. Every effort is made to allow climbers

or crew to walk off the mountain, but if all goes wrong, we have special stretchers to carry people off.

Q: Do you supply oxygen?

A: Oxygen is carried on Kilimanjaro for emergency use, to assist with getting a sick person off the mountain.

Q: What emergency medical equipment and expertise do you provide on Kilimanjaro?

A: All Kilimanjaro climbs are accompanied by fully qualified and regularly updated first aiders, including CPR training, and we have special stretchers to carry people off, as well as oxygen.

Q: Do you require your clients to wear helmets?

A: No.

Q: What are your safety procedures on Kilimanjaro?

A: We believe that Kilimanjaro safety starts well before a climb with training our guides and crew to ensure that they know how look after our clients and themselves properly, including avoiding situations that could lead to risk, and watching for anyone who is struggling, not eating or drinking, or unresponsive. The next stage is to brief our clients well, to make sure that they do not put themselves in danger when on the mountain.

This is followed up with twice daily scheduled communications with base while on Kilimanjaro, and all trips carry a two way radio and a satellite phone for use at any time. Our climbs are always guided by highly experienced people who know the mountain and its characteristics well, and thus know how to deal with any situation such as a rapid change in weather. Every trip carries a pulse oximeter, supplementary oxygen, first aid kits, two way communications and a stretcher.

Q: What procedures do you follow for altitude acclimatisation and at what heights are the overnight camp sites?

A: The procedure for acclimatisation on Kilimanjaro

is to ascend very slowly, and to camp slightly lower than the greatest altitude reached each day. It also helps to ensure that you eat and drink far more than you feel you need to, and to snack and drink as often as possible during the ascent. The camps on the Machame Route are at 3,000, 3,850, 3,910, 4,100, and 4,600 meters and then back down to 3,100 meters.

Q: What level of comfort we can expect in the tents and mess tent ie mattresses, sleeping bags, towels, mess tent facilities, lavatories etc.

A: We operate two main climb specifications on Kilimanjaro, luxury and VIP. The luxury climb offers large dome tents designed for three people but used for two, a walk in mess tent, tables and chairs, and a loo tent. The VIP climbs include larger walk-in tents, cot beds, and a stand-up wash tent.

In addition to these frequently asked questions, we occasionally get more detailed questions, or questions relating to people's particular wishes for a climb. We've added some of these below as we feel they show how well our teams on the mountain in Tanzania work to get everyone to the summit:

Q: Do you have a sample menu? Can you tell us more about the types of fruits and vegetables served? Our health provider informs us of food items that we can/can't eat on trips and we would like to find out if there are items that we are advised not to eat. Do they use safe food preparations?

A: All of our food on Kilimanjaro is freshly prepared. East Africa has wonderful vegetables and fruits, and we even have porters who come mid-climb to do a fresh re-supply. Some cans are used, for example beans and mushrooms, but even the soups are not packaged but freshly prepared. We have chicken and beef as proteins – we do not use fish as it is very perishable. Should you need vegetarian options, our cooks are well versed.

Q: Regarding the water preparation, if we would like to use another product instead of iodine (aqua mira) after the water is filtered, can we ask that this be used

(if we provide it)?

A: Water comes from the streams on the mountain and is then purified by filters not iodine tablets. If there is another method you prefer that's fine, but please note that the water is drinkable and safe.

Q: Is toilet paper supplied during the climb?

A: Yes, and our Kilimanjaro luxury and VIP specification include a portable toilet with a tent in camp.

Q: What happens if someone needs to make a "pit stop" prior to a scheduled stop? I understand that they want people to use safe practices, but they can't always pop up the toilet tent, correct?

A: The guides will make arrangements. The toilet tent can't be popped up a moment's notice as it will be up in camp.

Q: We would like to bring our own sleeping bags, if that isn't a problem. Can you provide more information on the sleeping mattress pad?

A: The mattresses we use on Kilimanjaro climbs are custom made from foam and sealed with a canvas cover. They are about three inches thick and much more comfortable than a typical foam pad mattress. Our sleeping bags are –30f rated Mountain Hardware and dry cleaned after every climb, but you are more than welcome to bring your own, but note that they are included as well as thermal liners for extra warmth.

Q: I see that the tips are given all to the head guide. Other sites recommend that we distribute the tip. Is that acceptable?

A: A sheet is given to clients to fill out how they would like tips distributed – we are very open about tips, so in essence guides cannot keep all tips.

If you have any other questions, please feel free to contact us and you can chat to one of our Kilimanjaro experts.