

KILIMANJARO

LEMOSHO ROUTE · 03°04'S 37°21'E



KILIMANJARO

Two Counties. One Summit. One life-changing challenge.

5,895m
UHURU PEAK

9 Days
TREK DURATION

2 Charities
BENEFICIARIES

IN PARTNERSHIP WITH Sky Blue Adventures & 360
360 Expeditions

The Mountain

5,895m

Africa's Highest Peak

One of the Seven Summits. A free-standing standing volcanic massif that dominates the horizon for hundreds of miles.

Lemosho

The Finest Approach

From lush lowland rainforest up through through moorland and the Shira Plateau, Plateau, with the best acclimatisation profile on the mountain.

4 Zones

Jungle to Arctic

Giant Groundsels, the Lava Tower, the Barranco Wall and a summit glacier: four four climate zones in nine days.

Free-standing volcano

UNESCO World Heritage

Glaciated summit

Tanzania, East Africa

MOSHI · BEFORE THE CLIMB

The Team Assembles

Boots laced, packs shouldered, nerves
nerves and excitement in equal measure.
measure. The journey to the roof of Africa
Africa begins here.



Day by Day

DAY 1

Depart UK

Evening flight from the UK.

DAY 2

Arrive Moshi

Met by guides on arrival, transferred to hotel. Comprehensive trek briefing before dinner.

DAY 3

Londorossi Gate → Shira 1 (3,500m)

Park formalities at the gate, then a then a gentle 2-hour intro trek through moorland.

DAY 4

Shira 1 → Shira 2 (3,900m) (3,900m)

Half-day walk past the Cathedral Cathedral pinnacles. 400m altitude altitude gain over 3–4 hours.

DAY 5

Into the Alpine Desert → → Barranco (3,960m)

Lava Tower scramble possible. Camp Camp at the foot of the Great Barranco Wall.

DAY 6

The Barranco Wall → Karanga (4,035m)

Easy scramble over the famous wall, wall, then on through valleys to Karanga Camp.

DAY 7

Barafu High Camp (4,640m) (4,640m)

Gradual ascent to base camp on the the Barafu ridge. Rest and prepare prepare for summit night.

DAY 8

Summit Attempt — Uhuru Uhuru Peak (5,895m)

Early hours departure up Kibo. Sunrise at the summit, then descend descend to Millennium Hut.

DAY 9

Mweka Gate (1,630m)

Down through lush rainforest to the the gate, then transfer to hotel for a for a well-earned celebration.

DAY 10

Moshi & Evening Flight

A free day to explore Moshi and pick pick up souvenirs before the evening evening flight to Heathrow.

DAY 11

Arrive UK

Touch down back home.

Four Climatic Zones

04

Arctic Summit Zone

5,000 – 5,895m

Sub-zero temperatures, glaciers and biting wind. Uhuru Peak sits at the very top, the frozen rooftop of Africa.

03

Alpine Desert Zone

4,000 – 5,000m

Stark, arid volcanic terrain. The Lava Tower and the Barranco Wall are the signature landmarks here.

02

Moorland & Heath Zone

2,800 – 4,000m

Open heathland of heather, Giant Lobelias and Giant Groundsels found nowhere else on Earth.

01

Rainforest Zone

1,800 – 2,800m

Dense tropical forest, mossy trees, birds and wildlife. Warm, humid and the start of the trek.



PARK GATE · SIGN-IN

At the Gate

The whole team at the national park sign, sign, packs on and permits stamped. From here, every step is upward.

THE ROUTE

The Lemosho Route



"Pole pole", meaning slowly, slowly, is the Swahili mantra for summit success. Lemosho's climb-high, climb-high, sleep-low profile gives the best acclimatisation of any approach.

LATE SEPTEMBER · EARLY OCTOBER

Weather on the Mountain

OVERALL CONDITIONS

Generally clear and dry - part of the prime climbing window (July–October).
Visibility tends to be excellent with good summit views.

PRECIPITATION

Minimal rainfall in September. By early October, occasional afternoon clouds
afternoon clouds at lower elevations - nothing that should impact the trek.
the trek.

ZONE	ELEVATION	DAYTIME	NIGHT
Rainforest Gate	1,800m	20–30°C	Cool
Moorland & Heath	3,000–4,000m	5–15°C	Below 0°C
Alpine Desert	4,000–5,000m	0–10°C	–5 to –15°C
Summit	5,895m	–10 to –20°C	Wind chill lower

SUMMIT NIGHT NIGHT

Typically an 11pm–midnight departure. Expect –15 to –20°C with wind chill at Uhuru Peak, regardless of season. Warm layers, good gloves and a quality sleeping bag are non-negotiable.

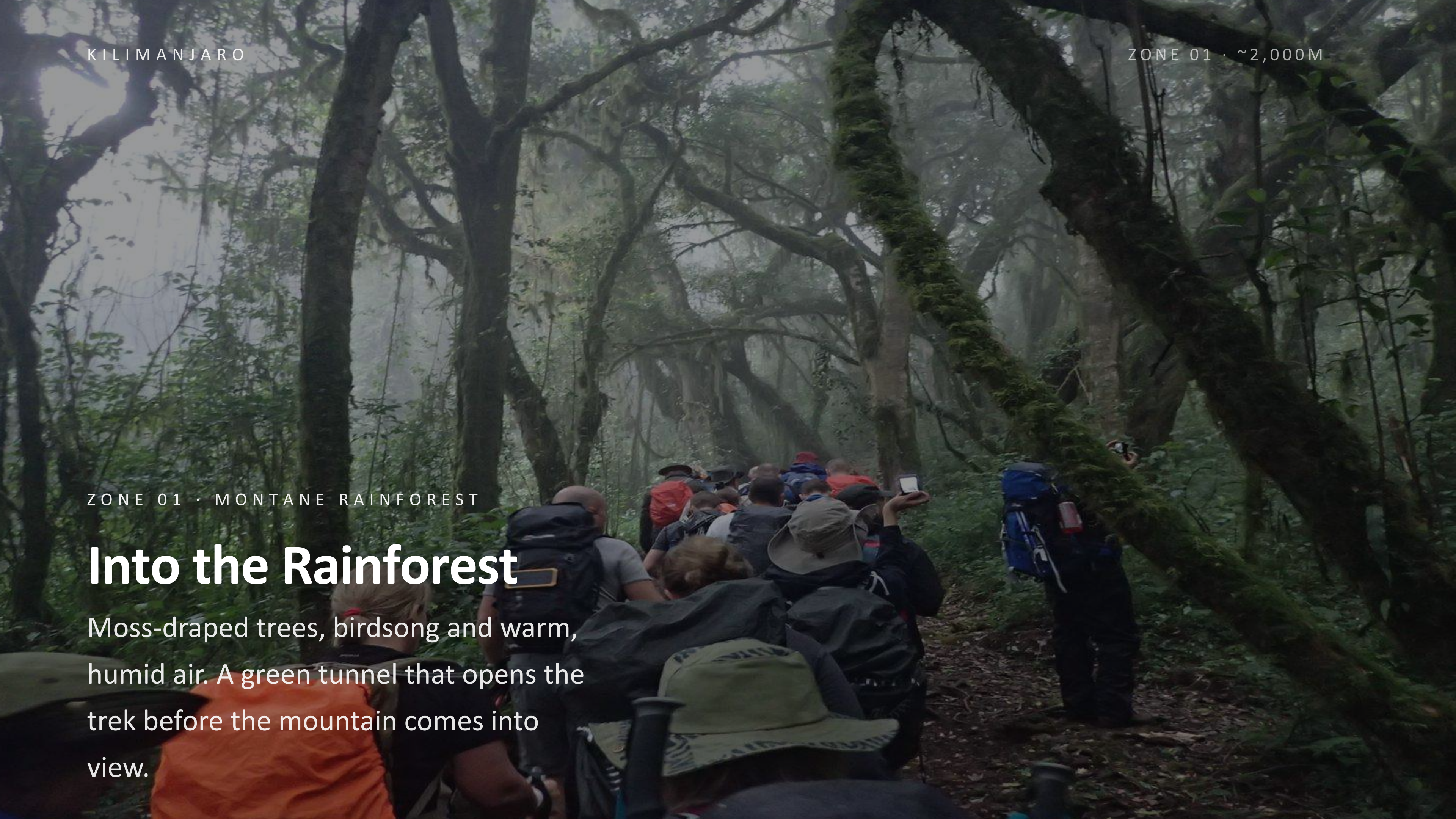
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ZONE 01 · ~2,000M

ZONE 01 · MONTANE RAINFOREST

Into the Rainforest

Moss-draped trees, birdsong and warm, humid air. A green tunnel that opens the trek before the mountain comes into view.



ZONE 02 · MOORLAND & HEATH

Onto the Moorland

The forest falls away to open heath of
of heather and Giant Groundsels. Camp
Camp delivers the first clear view of the
the summit.

SHIRA · FIRST HIGH CAMP

Camp Beneath the Peak Peak

Orange tents pitched on the moorland moorland with Kibo's snowfields catching catching the evening light. The summit summit finally feels close.

Life on the Mountain

- 6:00** **Wake up**
Hot tea or coffee brought to your tent
-
- 6:30** **Breakfast**
A hot meal in the mess tent
-
- 7:30** **Start walking**
Trekking poles out. Pole pole! pole!
-
- 13:00** **Arrive in camp**
Set up, rest and recover
-
- 15:00** **Acclimatisation walk**
A short climb to adjust to altitude
-
- 18:30** **Dinner**
A three-course hot meal
-
- 20:00** **Bed**
Early night to conserve your energy

FOOD & HOSPITALITY

Three hot meals a day

Nutritious cooking from a dedicated mountain chef.

Hot drinks on demand

Tea, coffee and Milo delivered to your tent.

Hydration support

Water purified throughout, vital at altitude.

The mess tent

Your communal space to eat, rest, laugh and bond.

CAMP LIFE · THE MESS TENT

Inside the Mess Tent

Hot drinks, full plates and the whole team
team around one table. The warm heart
heart of every evening on the mountain.
mountain.



Food on the Mountain

Porters carry fresh supplies up to camp every day, so meals are far better than most people expect — our post-summit lunch was an incredible avocado and tuna salad.

BREAKFAST

Porridge
Eggs
Toast
Sausages

LUNCH

Soup
Fresh fruit
Sandwiches

AT CAMP

Popcorn
Nuts
Biscuits
*A warm welcome on arrival
arrival*

DINNER

Rice & pasta
Hearty stews
Meat & vegetables

BRING SAVOURY

Trail mix, nuts, pretzels or Pringles — you'll often crave salt after losing it through sweat.

BRING SWEET

Chocolate, dried fruit, M&M's or jelly babies — a great morale boost as a midday or after-dinner treat.

Pack whatever you genuinely enjoy at home. We'd skip sports gels, energy gels and protein bars unless you already train with them — the aim is simply to keep yourself fuelled.



ZONE 03 · ALPINE DESERT

The Barranco Wall

A hands-and-feet scramble up the mountain's most famous face. Exhilarating, and entirely non-technical.

Barranco wall



Altitude Awareness

50%

Oxygen at the summit

Roughly half the oxygen available at sea level. Your body
Your body has to adapt as you climb.

Anyone

Fitness is no guarantee

Altitude sickness can affect the fittest in the group.
Acclimatisation is what counts.

5,895m

From 2,360m at the gate

We climb into genuinely thin air over eight days — the
— the route is built around it.

Watch For

The Signs of AMS

Acute Mountain Sickness usually starts above 3,000m. Most symptoms feel like
symptoms feel like a hangover.

Headache — the key warning sign

Nausea or loss of appetite

Dizziness, fatigue and weakness

Trouble sleeping

Tell your guide early — never hide symptoms

Golden Rules

How We Acclimatise

Lemosho's longer, climb-high / sleep-low profile gives the best chance of
summit success.

Pole pole - slowly, slowly. Always.

Climb high, sleep low

Stay hydrated and keep eating

Descent is the cure - and you can try again

CAMP LIFE

Breakfast With a View

A hot breakfast beneath the Barranco Barranco Wall, laid out by a crew who who make the mountain feel like home.
home.



Health Tips

ON THE MOUNTAIN

Pace yourself — if in doubt, doubt, go slower

Tell your guide every symptom

Watch your breathing & headache

Stay warm, dry, and use trekking poles

Poor sleep above 4,000m is normal

HYDRATION & FUEL

3–4 litres of water every day

Eat plenty, even without appetite

Favour carbs over fatty foods

No alcohol during the ascent

Keep the meal light before summit night

DIAMOX (ACETAZOLAMIDE)

125 mg twice daily, morning & afternoon

Start 1–2 days before ascending

Continue on ascent; stop on descent

Trial it for 2–4 days, weeks ahead

May cause tingling & more urination

VACCINATIONS

Hepatitis A

Typhoid

Diphtheria, Tetanus & Polio

Rabies — worth considering

Check Travel Health Pro for the latest advice

PLEASE NOTE

Diamox is prescription-only in the UK — consult your GP first. Avoid if you have a sulfa-drug allergy, kidney disease, or are pregnant or breastfeeding.

YELLOW FEVER

Advice for Tanzania changes frequently. Check with your GP or Travel Clinic for the latest guidance before you travel.

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SUNSET · ~4,600M

HIGH CAMP · SUNSET

Sunset Above the Clouds Clouds

Camp settles as the sun drops below the
the cloud sea, with Mount Meru floating
floating on the horizon.

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DUSK · ABOVE THE CLOUDS

HIGH CAMP · LAST LIGHT

A Sea of Cloud

The cloud layer stretches unbroken to the horizon as the last colour drains from the sky.

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NIGHT · ~3,900M

AFTER DARK · THE MILKY WAY

Under the Stars

The lights of Moshi glitter far below while the Milky Way wheels overhead. Night skies you only get this high up.

DAY 07 · FIRST LIGHT

Summit Sunrise

Dawn breaks behind Mawenzi as the team pushes on across the rim. The hardest hours are already behind you.
you.



DAY 07 · THE CRATER RIM

Onto the Roof of Africa

Above the clouds at last, Mawenzi glowing behind. Uhuru Peak is the final final stretch along the rim.



SUMMIT REACHED · UHURU PEAK

You made it.

5,895m
UHURU PEAK

The roof of the continent and the highest free-standing standing mountain on Earth. And you stood on top of it. of it.

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DESCENT · MOSHI

AFTER THE DESCENT · MOSHI

Karibu Tanzania

A cold beer, and the company of the people who made it to the top with you.
you. Cheers.

THE THREE-LAYER SYSTEM

What to Pack

BASE LAYER

Merino or synthetic top & leggings
2–3 base-layer tops, always a dry one
Never cotton — it chills you

MID LAYER

Fleece jacket (200–300 weight)
Fleece or softshell trousers
Worn at camp from day 2 on

INSULATED JACKET

Down or synthetic, 600-fill+
Your main warmth at altitude

OUTER / SHELL

Waterproof, windproof jacket + hood
Waterproof over-trousers
Gore-Tex or equivalent

FOOTWEAR

Waterproof ankle boots — broken in!
Camp sandals or shoes
Gaiters
Merino / synthetic socks ×3–4
Crampon-compatible sole ideal

HANDS, HEAD & NECK

Liner gloves + insulated mitts
Warm fleece or wool hat
Balaclava or neck gaiter
Sun hat + glacier sunglasses
Buff / neck tube ×2

Camping Kit

Porters carry your main duffel between camps; you carry a day sack on the trail. These are the camp and pack items you'll rely on every evening — and every step.

SLEEPING BAG

Rated to at least $-15\text{ }^{\circ}\text{C}$ (extreme)

4-season or mountaineering bag

Down packs smaller; synthetic copes if damp

Non-negotiable — most UK 3-season bags fall short

SLEEP WARM

Liner adds $5\text{--}8\text{ }^{\circ}\text{C}$ of warmth

Merino or silk; keeps your bag cleaner

Sleeping mat is normally provided

Confirm the mat with your trip organiser

CAMP ESSENTIALS

Head torch + spare batteries

Power bank, 10,000–20,000 mAh

Thermos flask for hot water

Keep the power bank in your bag overnight

STAYING HYDRATED

2 × 1-litre bottles, or a bladder

Insulate bottles and bladder hoses

Tube hoses can freeze at altitude

DAY SACK

25–35-litre rucksack for daily use

Rain cover fitted

Water, snacks, sunscreen, meds, layers

Not your main duffel

MAIN DUFFEL

Operator-provided; 15 kg weight limit

Heavier kit: sleeping bag, spare clothes

Dry bags or compression sacks inside

Essentials stay in your day sack

Training Plan

You don't need to be an athlete. You need hill-fit legs, steady cardio and plenty of time on your feet with a loaded pack. Build it over six months.

01

MONTHS 6-5
5

Build the Base

Cardio 3-4x a week
Regular walks, any terrain
Get consistent first

02

MONTHS 4-3

Build Endurance

Longer hikes each weekend
Add hills and a loaded pack
Leg & core strength work

03

MONTHS 2-1

Go Long & High

Back-to-back hill days
Full kit and summit boots
Stairs & incline repeats

04

FINAL 2 WEEKS

Taper & Rest

Ease right off the training
Sleep well, hydrate, eat
Arrive fresh and ready

Train in your kit

Wear the boots and pack you'll carry on the mountain.

Hills beat flat miles

Ascents and descents build the muscles Kili demands.

Consistency over intensity

Little and often, every week, beats the occasional epic.

Costs & Fundraising

£800

Non-refundable deposit

Paid to 360 Expeditions at sign-up. Can split over 2 months.

£3,295

Total trip cost

Flights & all land costs included

£2,495

Remaining balance

Due 2 to 4 months before departure. Payment plans available.

Option A Self-funded

You pay for the trip; your fundraising is pure charity.

Pay the £800 deposit at sign-up

Pay the remaining £2,495 before departure

Raise a **minimum of £1,000** in sponsorship

None of your fundraising covers trip costs

Option B Sponsorship-funded

Your fundraising covers the trip, and gives more.

Pay the £800 non-refundable deposit

Commit to raising a **minimum of £5,000**

The charity pays your £2,495 trip cost

£2,505 goes directly to the charity

Any shortfall must be topped up 2 months before departure, or the place is forfeited.

* The deposit is deducted from the total Flight & Land cost.

YOUR MOVE

Ready to take it on?

Two counties. One summit. One life-changing challenge.

01

Sign Up

Pay your £800 deposit to secure your place.

02

Train

Build fitness over 6+ months of hills, hiking and cardio.

03

Fundraise

Raise funds for your chosen hospital charity.

04

Summit!

Stand on the roof of Africa at Uhuru Peak, 5,895m.

Speak to your charity representative today to sign up.

LEMOSHO ROUTE · 9 DAYS · UHURU PEAK 5,895M · SKY BLUE ADVENTURES & 360 EXPEDITIONS



Making Hospital Life Better



The lifeline connecting our communities to exceptional hospital care