



Confraternity of Our Lady of Fatima

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Traditional Catholic Kilimanjaro Climb

The Eight-Day Alternative Lemosho Route

July 13th - July 23rd 2024

Pre-climb - 07/13/2024

Arrive at the Kilimanjaro Airport in the evening. Kilimanjaro Experts will take you to the hotel.

Pre-climb - 07/14/2024

Rest and prepare or go shopping and tour the city of Arusha, or make a day safari in Arusha National Park. Local transportation not included, but we can recommend an excellent driver to assist you

Day 1 - 07/15/2024: Transfer to Lemosho Glades; trek from Lemosho Glades to Mti Mkubwa ('Big Tree') Camp

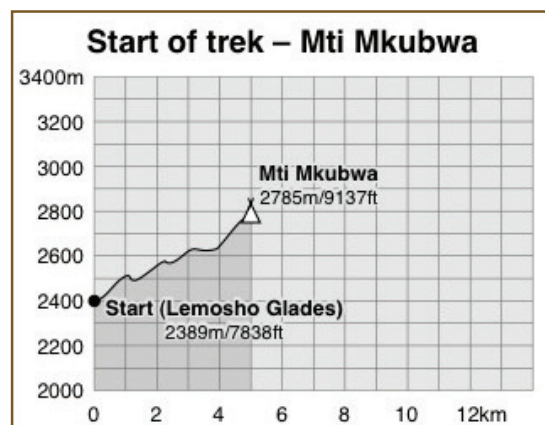
Breakfast at your hotel is served from 7am. Please ensure that you have packed your bags before breakfast, have signed over your extra luggage that will not be required on the mountain to reception, and have deposited your valuables into the hotel's safe.

Transfer and Registration: You will normally be collected at 7.30 am 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 8am.

Your driver will transfer you for around 120 km and 3 hours to Lemosho Glades where we complete registration formalities. (Note that you no longer need to drive to Londorossi Gate, before Lemosho Glades, though you'll still see that written on older itineraries.) The final drive up the lower slopes of Kili can be treacherous depending on weather and road conditions, and there is a small 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 US\$5-\$10 per group is usual.

Climbers should have their passport numbers for their registry entries (unless under 16 years of age or East African citizens, in which case you need to bring your passport with you), and are advised to have kept their passports and valuables in the hotel safe (excluding the amount they will budget for tipping their crew).



Trek: From Lemosho Start Point (2389m) to Big Tree Camp (2785m) the distance is just 5km, and just under 400m of elevation gain. The whole of the first day's trek is spent in some of the most pristine and beautiful to be found anywhere on the mountain. Given the rather isolated nature of this route, which sees relatively few tourists, encounters with wildlife on this trail are slightly greater than on most other routes. 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 and Rongai Routes. We will also see some of Kilimanjaro's more unusual flora, including the beautiful red impatiens Kilimanjarii, one of the great emblems of the mountain.

Our first day ends at Mti Mkubwa, the Big Tree Camp (2785m), where, as with every night on the trek, you will arrive to find your tent already erected and a snack awaiting. A full dinner follows before we settle down to sleep to the sounds of the forest, with monkeys calling and the noisy turaco bird in this most blissful of locations, underneath the spreading branches of a beautiful old podocarpus tree.

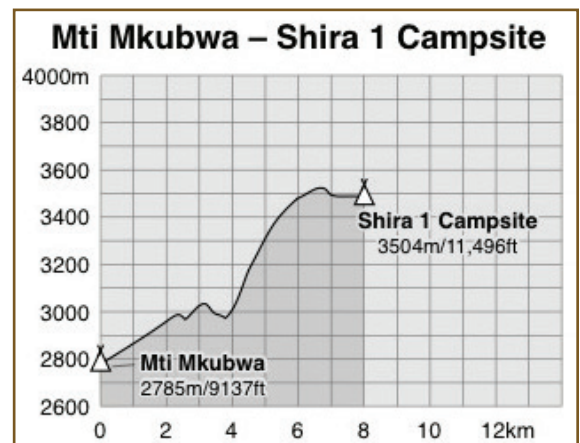
Day 2 - 07/16/2024: Trek from Big Tree Camp to Shira 1 Camp on the edge of the Shira Plateau

This second day, the most varied on the trek, starts off with a continuation of yesterday's march through the forest. Before long, however, we leave the trees behind to enter the grasses and wildflowers of the Heath and moorland zone. Note how, already, your guide has started to set a deliberately slow pace, in order to help you acclimatize to the lack of air pressure at this altitude.

Still climbing, we eventually round the northern slopes of the Shira Ridge – Kili's little-known third summit – and pause to admire our glimpse of our destination, the magnificent snow-covered Kibo summit.

Descending a short distance, we arrive at our second campsite, the Shira One Campsite (3504m), on the western edge of the Shira Plateau, with views across the plateau to Kibo. It is normal to experience mild headaches on this day which should be alleviated with paracetamol. Those choosing to take Diamox prophylactically 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 7.9km.

There's an optional afternoon acclimatisation ascent of Shira Ridge 3959m (Kilimanjaro's 3rd volcanic summit) for which you get arguably the best views of Kibo (clear weather permitting). From there you descend to sleep lower at Shira One (3504m) for overnight. The excursion distance is 7.6km.



Day 3 - 07/17/2024: Trek from Shira 1 Camp to Moir Hut across Shira Plateau

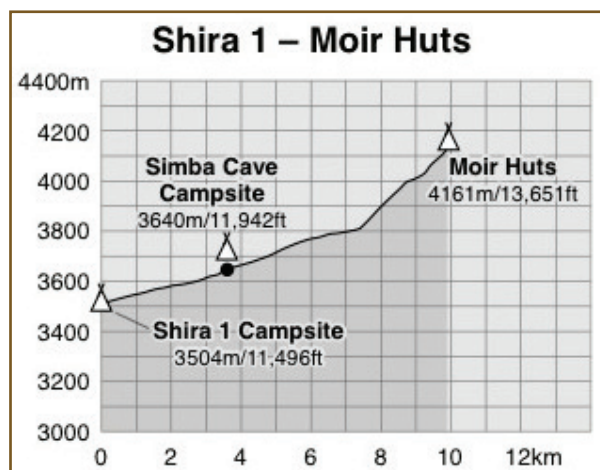
Leaving the campsite, it's less than an hour before you meet Simba Camp and a junction with the 4WD emergency track running from Shira 2 back down the mountain. From the junction with the main trail, a 135-minute path picks its way between boulders, around or over petrified lava flows, and through grassy swards. The main landmark is the disused Fischer Campsite, named after Scott Fischer who did much to pioneer this route with his company Mountain Madness and who perished on the slopes of Everest. Hunt around for (or get your guide to show you) the small plaque that commemorates his life and admire the resplendent giant groundsels that thrive in this chilly location.



Just over an hour's schlep afterward the path curves in the shadow of some low cliffs past an impressive dripping cave just before the Moir Huts (4161m). Today you've managed to gain 657m in total over the total distance of 9.7km. You can walk some more, too, before dinner, with a sunset acclimatisation climb to 4300m to the ridge-line, a total excursion distance of 1.9km, and a 139m gain in height.

As for Moir, set in a lovely sheer-sided valley that sees few visitors, the campsite is more peaceful than almost any other on the mountain; alas, it also means the cleaning crews seldom drop by, so there's sometimes rubbish around and lots of shattered animal bones. Furthermore, apart from the three toilets, the only other building is a ruined pyramid-shaped hut, built as a sleeping shelter but now sadly in a parlous state. The silence can be positively deafening.

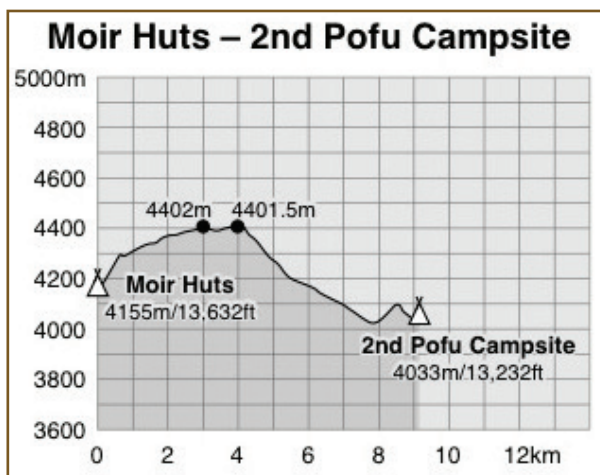
A rare touch of warmth and pleasure, however, is provided by the seedeaters which, lacking the social graces of their brethren at lower altitudes, happily hop into your tent in search of crumbs. There's also a great deal of pleasure to be had of views that take in both the Shira Ridge – where you have just come from – and snow-laden Kibo where, all being well, you hope to be going...



Day 4 - 07/18/2024: Moir Huts to 2nd Pofu Campsite traversing the northern slopes of Kibo

As mentioned before, peace and solitude are the main characteristics of this path. In terms of acclimatisation, you actually achieve the lofty altitude of 4402m today before falling to the Second Pofu Camp at 4033m. It won't be unusual, therefore, for people to feel some symptoms of altitude sickness (often a headache) by the time they arrive at one of the Pofu Campsites. So do try to go pole pole and to drink lots to avoid this; and furthermore, don't set off from Moir Huts if you're feeling any symptoms of the altitude as you are going to even more remote places.

The walk begins with perhaps the steepest climb of the day, a relentless slog up a barren slope to exactly 4300m. Cairns both mark the top of the ascent and the way forward, as you spend your day making your way around Kibo's northern face, dropping down into the many north-south valleys before clambering back out of them. Though this can get a little monotonous, note how the character of each valley is different to its neighbors with some decorated with everlastings, others blanketed in heathers, and still others virtually pure, lifeless desert. Eventually, after three hours, you'll come to the first of the Pofu Camps, followed in short order by some boulders that you need to scramble over to reach the second (45 mins) and most popular of the three possible Pofu campsites.



It has to be said that the three Pofu Camps are all fairly uncharismatic places, perched on chilly ridges between the valleys and with not a toilet between them (hopefully your agency will have packed one for you to use). There's little to do here except sit and watch the mist roll in and, on occasion, clear again, giving you the chance to spot the eland that are said to hang about in these parts and after which the campsites are named. If the skies are clear enough you

should get a full frontal view of Kibo, while Mawenzi peers coyly over your shoulder and the lights of Kenya twinkle in the far distance below.

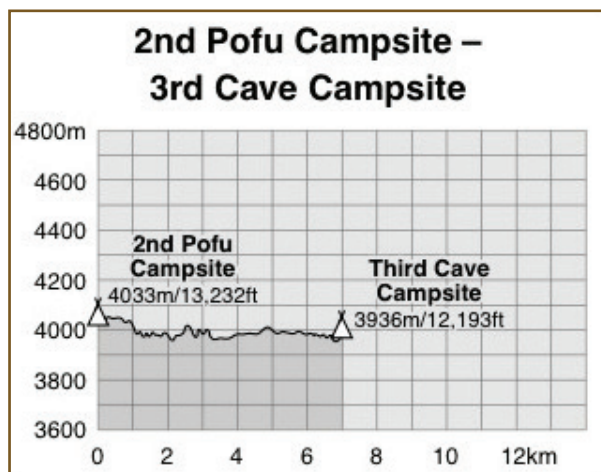
You can also sit with some satisfaction at how much you've covered today, with the total walking distance of 9.2km - though you've actually lost 122m in altitude over the course of the day, with the gain up to the stage's high point bring 247m being swiftly followed by a 369m descent to Pofu.

Day 5 - 07/19/2024: 2nd Pofu Camp to Third Cave Campsite round the northern slopes of Kibo

Unsurprisingly this 6.8km stage continues in pretty much the same vein as the previous one as the path continues on its merrytraverse around the northern slopes. Once again the trekker is asked to negotiate numerous valleys, mostly dry, one or two slightly more fecund, and one at the very start of the day that is, so it is said, favored by buffalos in search of water during the dry season.

The gradients aren't quite as dramatic on this stage and the day slightly shorter though you'll still find yourself pretty puffedout by the time you reach Third Cave Campsite. The reason for this is clear when you look at the gradient profile and see how much ascending and descending you have to do on this stage. The views, however, provide ample compensation, with Kibo to your right and Mawenzi gradually looming larger and larger ahead of you, though you won't see much of the glorious Saddle that separates them until the next stage.

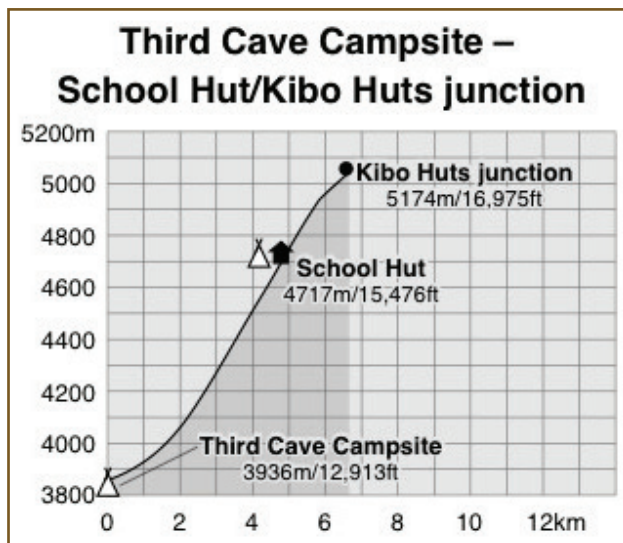
Once again, it may disappoint you to find out that you've once again lost altitude over the course of the day, from 4033m to 3936m - a total loss of 97m.



Day 6 - 07/20/2024: Third Caves Campsite to School Huts

After gently traversing the eastern slopes of Kilimanjaro yesterday, today we start the trek upwards from Third Caves Campsite (3936m) to School Hut (4717m). It's a shorter distance than yesterday, but still involves 781m of height gain. Do not underestimate today and the valuable preparation you have completed prior to arriving here. The distance is 4.9km and you should arrive early to mid-afternoon.

Once at camp, aim to get to sleep as soon as possible as you will be woken at around 11 pm to midnight to begin your assault. Don't worry about waking yourself for meals - your staff will wake you for these. You probably won't feel like eating but please endeavor 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 awoken for the assault.



Day 7 - 07/21/2024: The summit assault; Uhuru Peak to Mweka Huts via Barafu Campsite

Around midnight of Day 6 (your guide will judge the time that is optimal for you based on your pace thus far) you quit camp for the assault via Gillman's Point (5708m) to the summit. Tonight is difficult - particularly the final 550m - and you'll need to commit to fight for the summit. 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 or she 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 at or near Gillman's Point. 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 or her and frequently update him/her on how you are feeling.

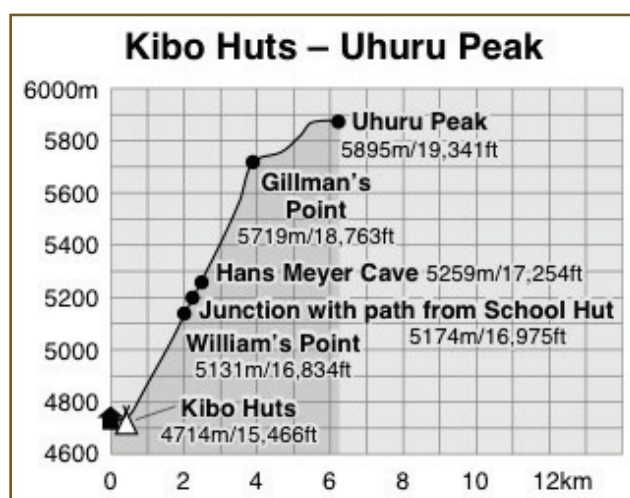
Avoiding loose scree slopes above Kibo Hut, we ascend from School Hut (4717m) via Hans Meyer Cave (5259m) and Gillman's Point (5719m), to Uhuru Peak (5895m). When you reach Gillman's Point you will sit and rest. At this point the body often thinks you have finished your uphill fight and will be trying 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 176 vertical metres short of the summit (via Stella Point), 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 Gillman's Point please proceed towards the summit 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.

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.

After a rest at the top, you continue 4.86km back down to Barafu Camp - a walk that is considerably quicker than it was on the way up! At Barafu you take breakfast and relax for an hour, before continuing your march a further 6.6km down the mountain, this time on the Mweka Trail.

Today's walk takes us back down through the alpine desert, heath and moorland zones until you once more enter the forest zone. There, amongst the trees, you find the Mweka Huts (3106m), your final stop on the trek. You should arrive there at about 4 pm - and you have been walking for around 16 hours, less breaks! Exhausting but, if you made it to the top, you'll think it was worth it!



Day 8 - 07/22/2024: Mweka Huts to Mweka Gate

It's just a few hours and 9.1km further now from the campsite to Mweka Gate (1633m), where those who made it to the summit or Stella Point will collect their certificates.

A car will be waiting to take you back to your hotel, and a land of warm showers and cold beers. Your trek is at an end.

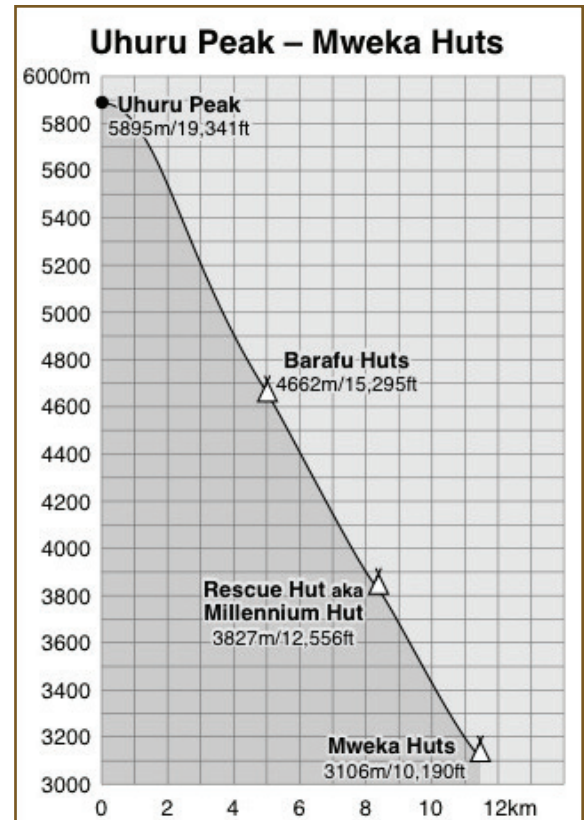
Please do not hesitate to contact me if you have any further questions about this itinerary.

Henry Stedman

(Altitudes are based on those in the fourth edition of the Kilimanjaro guidebook.)

A note on mobile reception on the Alternative Lemosho Route

Mobile reception on the the Alternative Lemosho Route is not great, though as always, it depends a lot on which network you are with. I've never managed to get reception in the forest on this route, though on thesecond day at Shira 1 Camp I do get reception – intermittently – then. The ridge above Moir Huts is our nextbet, and around 30% of the time I get reception at Pofu too. It's better - though not reliably so - at Third Caveand School Huts.



On the descent, it's usually OK at Millennium Camp but declines after that until you leave the forest.

Post-climb - 07/23/2024

If you plan to return immediately home after the climb, you depart for the Kilimanjaro Airport midday. Kilimanjaro Experts will take you to the airport and it is included. Also all mid-range hotel accommodations are included for before and after the Climb.

Package A: Optional Safari - 07/23-24/2024

If you would like to stay an extra day to make a safari (and you did not make it before the Climb), then we can help arrange a safari with a contact we have there.

The additional costs (which you pay directly) are as follows:

Hotel - \$100 for hotel/per night - <https://mvulihotels.co.tz>

Safari - A day trip to Tarangire National Park.

1 person - \$ 483

2 people in the car - \$293 per person.

3 people in the car - \$ 253 per person.

4 people in the car - \$ 228 per person.



The price includes:

- Park entry fees.
- VAT
- Drinking water.
- Packed lunch.
- Transport in 4WD safari car with pop up roof.
- Service of English speaking Guide.

Price doesn't Include:

- Tips
- Sodas and alcoholic drinks.

July 24 - You depart for the Kilimanjaro Airport midday. Kilimanjaro Experts will take you to the airport and it is included

Package B: Optional Trip to Singida to visit the Missionaries of the Holy Cross and the St. Benedict House of Studies - 07/23-26/2024

If you would like to meet the Missionaries of the Holy Cross and tour where the St. Benedict House of Studies will be built, you can do this at no additional cost.

Here is the tentative plan:

July 23 - Drive to Singida from Arusha - (6 hours) - transportation is included.

July 24 - Visit the Missionaries of the Holy Cross (simple accommodations included)

July 25 - Visit the Missionaries of the Holy Cross (simple accommodations included)

July 26 - Drive to Arusha (6 hours). Then drive to the Kilimanjaro Airport, (1 hour), arrive midday then fly home - transportation is included.

