

South Col Expeditions



TREK MOUNT KILIMANJARO

LEMOSHO NORTHERN ROUTE 8 DAYS

11 DAYS ARUSHA TO ARUSHA

- **Mount Kilimanjaro** makes up one of the Seven Summits (i.e. highest mountains on each of the seven continents). There are seven routes to the summit and the climb can be done in as little as five days (with major altitude issues) upto 9 days. We are planning to do a conservative **eight day** climb on the remote **Lemosho Northern route** with few other trekkers. The most popular routes are the Marangu and the Machame route which are very crowded and we will avoid them.

The Lemosho Northern route is a variation of the standard Lemosho route and is a longer route on Kilimanjaro and allows for optimum acclimatisation time for the summit itself. The additional time on the mountain means that success rates for the Lemosho northern route trekkers are relatively high.

Approx. 35,000 people attempt to climb Kilimanjaro every year. The chances of reaching the summit of Kilimanjaro is highly dependent on the **number of days taken to trek the mountain**. The more days, the higher the probability of success as your body has more time to adapt and acclimatize. Here are the success rate figures as published by the Kilimanjaro National Park. These numbers are admittedly quite old and success rates are most likely higher as route configurations have improved and the number of people taking 5 day treks has almost ended.

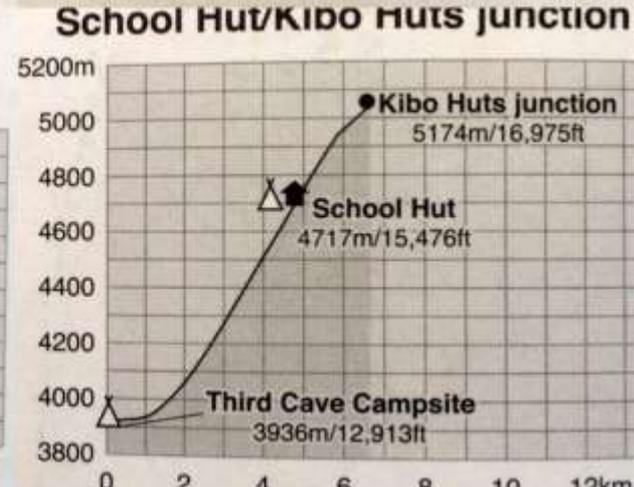
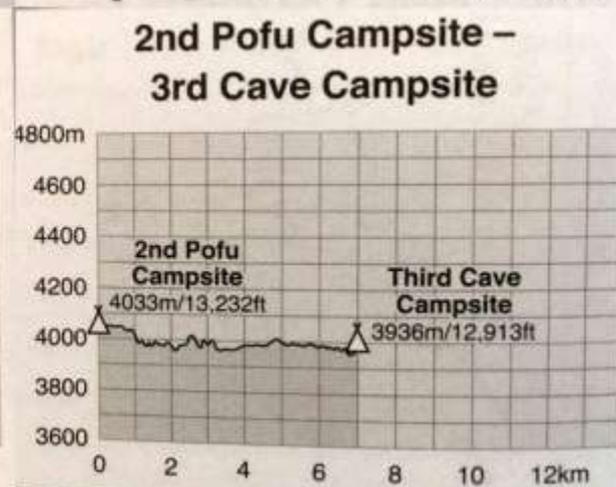
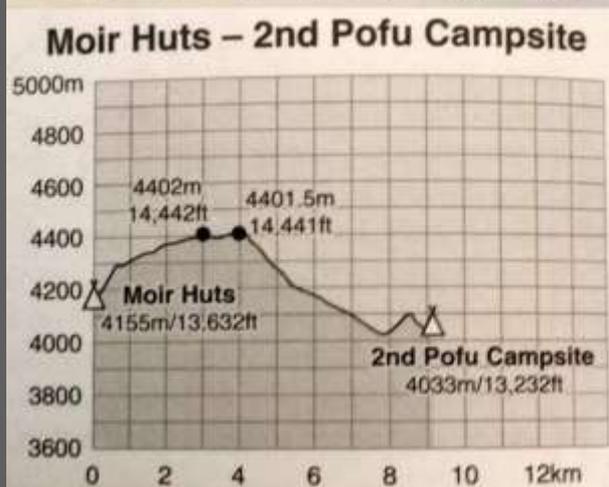
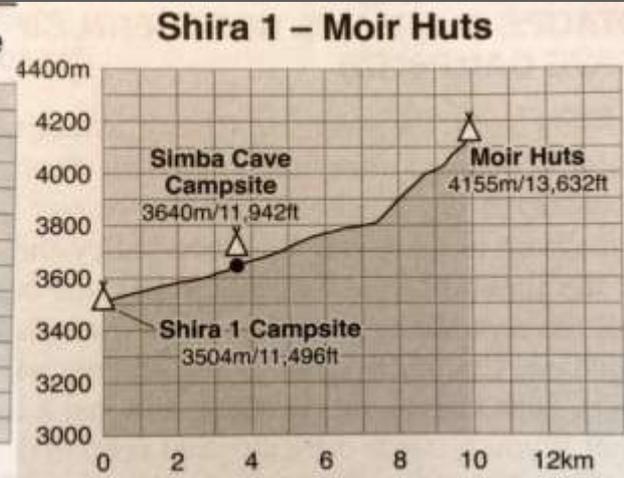
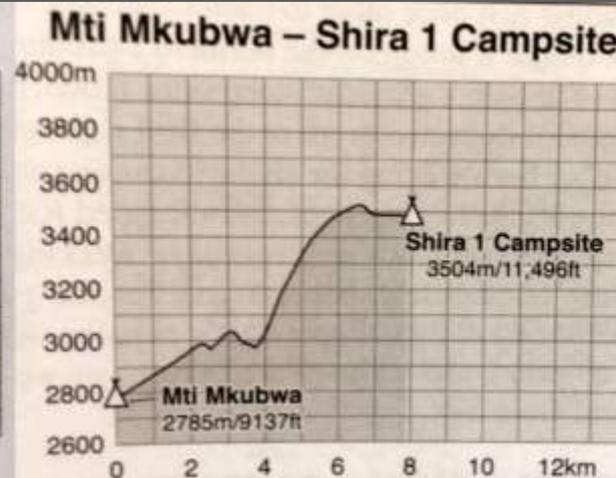
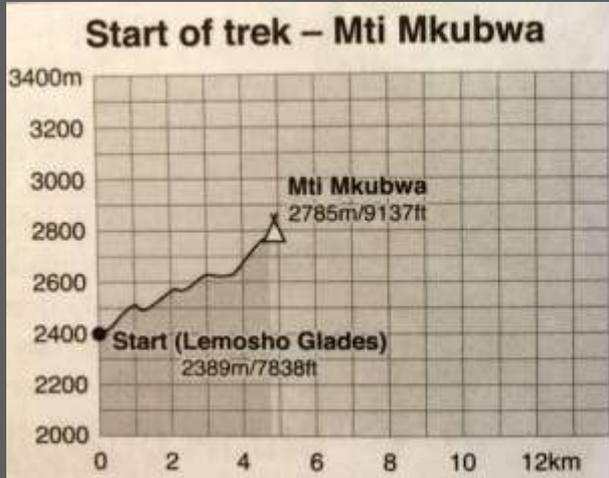
- All climbers, all routes 45% (we estimate this figure is closer to 65% today)
- All climbers, all 5 day routes 27%
- All climbers, all 6 day routes 44%
- All climbers, all 7 days routes 64%
- **All climbers, all 8 day routes 85-90%**

SUITABILITY FOR THIS TREK



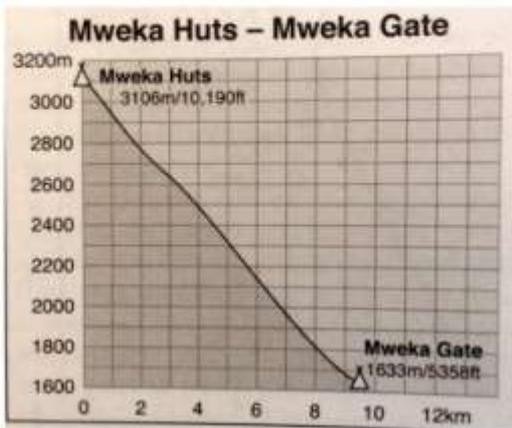
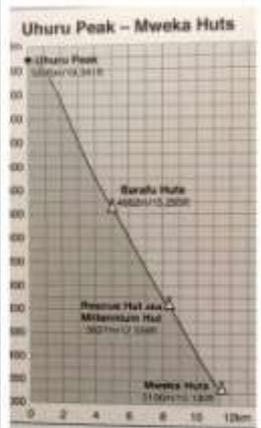
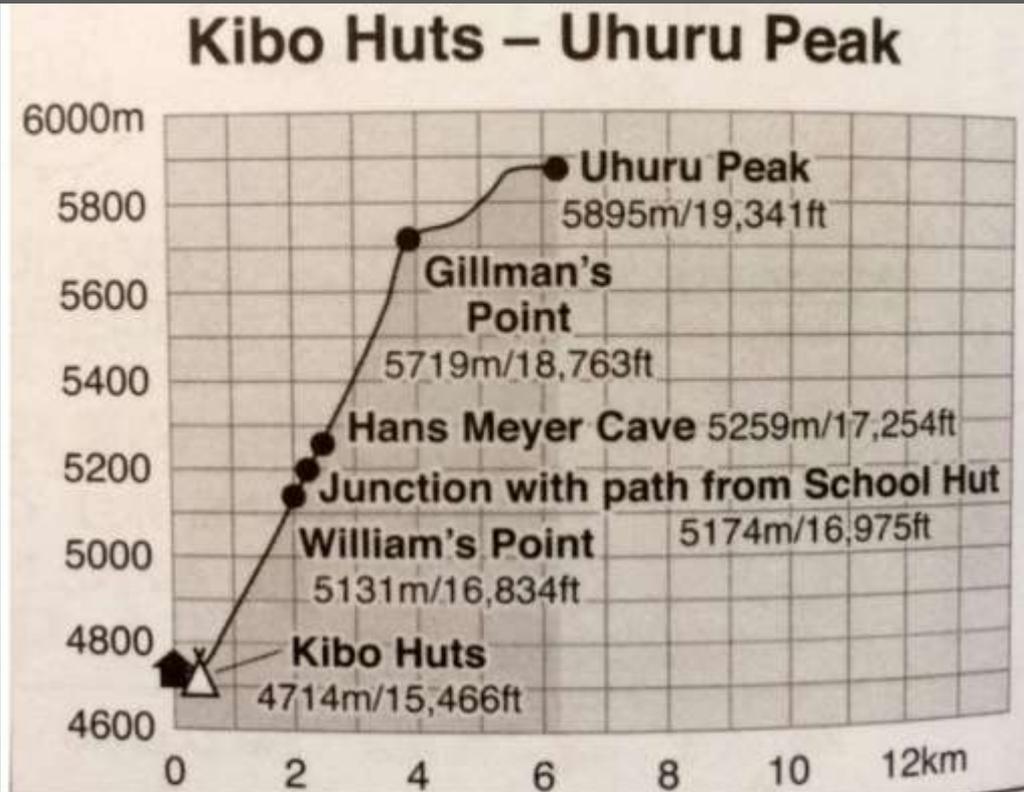
- A good choice for experienced hill walkers, high level of fitness required. **Prior experience on treks above 5000 metres desirable.**
 - 1) Walking times: average 5-6 hours walking per day (with one very long summit day 14-15 hours and a midnight start)
 - 2) Altitude: up to 5,895 metres on the summit of Kilimanjaro.
 - 3) Terrain: for some of the time following well-travelled trails although also likely to encounter rough and rocky conditions. There is a steep ascent to the summit on the last day which could be rocky scree slopes and can be snow covered.
 - 4) Remoteness: the trek is in a remote mountain area and a long distance from the roadhead and the nearest cities. However mobile phones may work on some days depending on location of the camp.
 - 5) High altitude insurance including **emergency evacuation insurance by helicopter** is recommended for this trek.

KILIMAJARO LEMOSHO NORTHERN ROUTE TREK PROFILE AND DISTANCE - I



Days 1 to 6 of the trek

KILIMAJARO LEMOSHO NORTHERN ROUTE TREK PROFILE AND DISTANCE - II



Day 7 and 8 of the trek

LEMOSHO NORTHERN ROUTE ITINERARY I

- **Day 1 - ARRIVE KILIMANJARO INTERNATIONAL AIRPORT – TRANSFER TO AND OVERNIGHT** at Planet Lodge https://planet-lodges.com/arusha_planet_lodge/
- **Day 2 - Rest day at Planet Lodge** BD
- **Day 3: LEMOSHO GLADES 2389m – FOREST (BIG TREE CAMP) 2785m 5.1 km**
- From Arusha we set out in vehicles to the starting point of the Lemosho trail. Here you meet the rest of your crew and set off at a leisurely pace into afro-montane forest. Lunch is taken on trail and camp is reached mid afternoon. Overnight Forest Camp BLD
- **Day 4: FOREST (BIG TREE CAMP) – SHIRA 1 3504m 8 km**
- From the forested slopes of Lemosho you ascend through Podocarpus and Juniper forest and break out of the forest on to the heath zone and the Shira Plateau. Lunch is taken on trail and you arrive in camp mid afternoon. Overnight Shira 1 Camp BLD
- **Day 5: SHIRA 1 CAMP – MOIR HUTS 4161m 9.5 km**
- The trek from Shira 1 Camp to Moir Huts takes you across the moorland and desert of the Shira Plateau before rising along the flank of a re-entrant. On the way you pass Fischer Camp – an abandoned campsite named after a renowned mountaineer. The scenery is fairly uniform though the views ahead to Kibo keep you reaching for your camera. You should arrive for a late lunch at Moir Huts. You can then rest and relax in this chilly campsite before, if you're feeling OK, heading off for a sunset acclimatization trip to the top of the nearby 4305m ridgeline before dinner. Overnight Moir Huts BLD
- **Day 6: MOIR HUTS – 2ND POFU CAMP 4033m 9.3 km**
- The route today diverges from the traditional western routes and head north and then east around the Kibo Massif. Here, for the time being at least, there are relatively few other groups. In terms of acclimatization, you actually achieve the lofty altitude of 4402m today before falling to the Second Pofu Camp at 4033m. 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. 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. Most groups arrive for lunch and then take an afternoon acclimatization hike. Overnight Pofu camp BLD

LEMOSHO NORTHERN ROUTE ITINERARY II

- **Day 7: 2ND POFU CAMP – 3RD CAVE 7 km 3936m**

- From Pofu you hike a ridge and continue around the Kibo massif to Cave 3 skirting the edge of the heath zone. 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, favoured 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 puffed out 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. Overnight 3rd Cave Campsite BLD

- **Day 8: 3rd CAVE CAMPSITE – SCHOOL HUT 4717m 5.5 km**

- After gently traversing the northern slopes of Kilimanjaro for the past two days, today you start the trek upwards from Third Cave Campsite to School Hut. But while the distance may be shorter than previous two days, the height gain ensures it won't be an easy walk. After an early dinner you retire for some sleep. Dinner and overnight School Hut BLD

- **Day 9: SCHOOL HUT TO KIBO HUT JUNCTION 5174m – GILMANS POINT 5719m – SUMMIT 5895m –TO MILLENIUM CAMP 3827m OR MWEKA CAMP 3106m** - School Hut to Summit via Gillman's Point: 5.9km Summit to Mweka Camp: 11.5km Total = 17.5 km

- Rising early normally before midnight you start out from School hut towards the peak. At night time the scree sections are normally much firmer and the night time start enables the best chance of a clear summits attempt. It is a hard climb primarily due to the lower oxygen levels. It takes around 6 hours or so to reach Gilman's point and then a further 11/2 to 2 hours to reach Uhuru Peak, the highest free standing point in the world and the highest point in Africa. From the summit it is a steady downhill which is taxing on the knees all the way past Barafu Camp 4662m and then down to Millennium Camp. From Barafu you will usually descend to Mweka Camp 3106m for overnight. If your guide judges that a shorter day will benefit you and preserve sore knees and ankles, he may decide to stop short at Millennium Camp 3827m instead. Overnight Millennium Camp or Mweka Camp BLD

LEMOSHO NORTHERN ROUTE ITINERARY III



**Day 10: MILLENIUM CAMP 3827m
OR MWEKA CAMP to MWEKA GATE
1635m – END Mweka Camp to
Mweka Gate 9.1 km**

The final descent takes you back through the heath zone and forest to the Marangu gate. Here you are met by drivers and transferred back to your hotel for a well deserved shower and celebratory dinner.

https://planet-lodges.com/arusha_planet_lodge/
BLD

Day 11- Departure Day: Transfer to Kilimanjaro International Airport for those returning home.

TREK COSTS

- **USD 3050 plus 5% TCS (to be credited to you income tax account)**
- The cost is per person Kilimanjaro airport to Kilimanjaro airport 11 days as per the itinerary given
- Costs given above are at current rates of 2020 and may change without notice in case park fees, other costs go up.
- Costs include:
- All transport including airport pick up, drop, to the start and from the finish of the trek.
- Three nights hotel with breakfast in Arusha at Planet Lodge one of the loveliest garden hotels in Arusha on twin sharing basis. Tents on the trek on twin sharing basis.
- All meals on trek.
- Cost of guides and porters for your duffle bag on the trek. Please keep the duffle bag within 11-12 kgs as possible.
- Kilimanjaro per day park fees, porter and guide fees, flying doctor fees and other permit costs to climb the mountain are included.



TREK COSTS NOT INCLUDED



Furtwangler Glacier near the summit of Kilimanjaro

Costs not included:

- Lunch and Dinner in Planet Lodge Arusha
- Alcohol, cold drinks (coca cola, sprite, beer), juices, ice cream, bottled water etc not included.
- Client travel and medical insurance of any kind. Emergency evacuation insurance and costs if needed.
- Personal clothing and equipment; sleeping bag; down/ goretex jacket, medicines for personal use etc.
- Air fare from residence country to Arusha and back
- Tips to porters and guide at the end of trek - amount will be advised to you nearer the time.

Terms and Conditions # 1

- **CANCELLATION POLICY**

- The cancellation policy and refunds available are given below:
- 0-7 days before the start of the trek =100%
- 8 -15 days before the start of the trek = 50%
- 16-30 days before the start of the trek = 35%
- 31-45 days before the start of the trek = 25%
- 46 days and above = 15%



- **IN CASE OF LEAVING THE GROUP**

- If due to illness or any other reason a client has to leave the group and go down or wait at a lodge for the group to pick him/her up on the way back or return to Kathmandu, all expenses including lodging, fooding, transport and any porter/guide related expenses if any are to be borne by the individual client over and above the trek fees paid for the trek. There are also no refunds for leaving a trek before completion.

- **EVACUATION BY HELICOPTER**

- In the eventuality of not being covered by emergency helicopter evacuation insurance and an evacuation is considered necessary, the cost of the evacuation will be paid by the client in advance to the helicopter company/travel agent etc as deemed necessary.

Terms and Conditions # 2

- **DELAYS DUE TO BANDHS, STRIKES AND OTHER FORCE MAJEURE EVENTS**

- In the event of a delay in starting or ending the trek due to issues beyond the control of South Col, additional costs if any arising out of the same would have to be borne by the clients.

- **LODGES ON THE TREK /CAMPING**

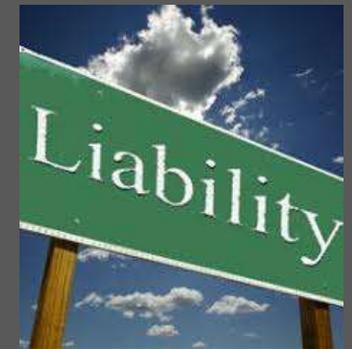
- The choice of lodges to be used on the trek will be decided by South Col and clients will have to stay at these designated lodges. Clients are not permitted to choose their own lodges on the route. In case of camping treks, two person tents will be provided. Designated camp spots as selected by South Col will be used for camping treks.

- **TREK ROUTE**

- The trek route and day wise schedule will be fixed by South Col and will have to be followed by the client. This may be discussed with the group prior to starting the trek.

- **RISKS AND LIABILITY**

- The trek is in a remote mountain area and has certain additional dangers and risks, some of which include: physical exertion for which the client should be prepared; weather extremes subject to sudden and unexpected changes; remoteness from normal medical services; evacuation difficulties.
- In the event of injury or illness South Col Expeditions (Sujoy Das) or its Staff can, at the clients cost arrange any medical treatment and emergency evacuation service as it or they deem necessary for the health and safety of the client. . Waiver of liability form as per link attached to be signed by the client. <http://www.southcol.com/waiver-of-liability-release/>



Why trek with South Col?



- South Col is a small, personalized firm specializing in treks in the Himalayan region.
- Our team for Kilimanjaro includes experienced guides, many of whom have summited Kilimanjaro multiple times, Our porters are similarly experienced.
- We are keenly aware of the fragility of environment and cultures in which we trek and recognize our responsibility in maintaining them. "Take pictures, leave only foot prints" is our motto.
- Trekkers get personalized attention both in the planning stage as well as during the trek itself.
- Support team of guides and porters as needed are personally selected by Sujoy to ensure that the clients are comfortable and well looked after.
- Sujoy has intimate knowledge of the trekking trails so can advise on the best stops for photographs and local culture etc.
- Lodges for night stops and camping sites if needed are selected to ensure the best views, food and comfort.

EMERGENCY EVACUATION INSURANCE

- It is advisable to take emergency evacuation insurance for this trek. In the event of illness , accident etc a helicopter will be able to take you out of the trek and back to civilisation. Some of the companies who provide this insurance are given below:

- World Nomads
- www.worldnomads.com

- Global Rescue
- www.globalrescue.com

- IM Global
- www.imglobal.com

- For more information do visit
- <http://www.southcol.com/resources/mountain-rescue/>



Allied



ADVENTURE TOUR OPERATORS
ASSOCIATION OF INDIA

This is to certify that

South Col Expeditions

is an Allied member of the association.

Membership No. ATOAI/MEM/ALLIED/719

This certificate is valid till 31st March, 2020

Capt. Swadesh Kumar
President



Vinayak Koul
Hony. Secretary

SOUTH COL FOUNDER PROFILE

Sujoy Das has been trekking and photographing in the Himalayas for more than thirty years.

His notable treks include: Winter ascent of Kala Pattar peak (Everest region) Dec 2003; Everest Base Camp 18,500 feet (2001); Thorung-la pass/Annapurna Circuit 17,746 feet (2000); Annapurna Base Camp 14,300 feet (1999); Gokyo Ri peak Everest region 18,275 feet (1998); Rupkund Lake, Garhwal 16,200 feet (1996); Kangchendzonga Base Camp North and Green Lakes 16,875 feet (1987); Dorji La peak North Sikkim 18,644 feet (1986); crossing of Lhonak-la pass North Sikkim (1987).

He has visited the Annapurna region six times including two visits to the Base Camp and the entire circuit of Annapurna. He has trekked in the Everest region more than fifteen times including the winter of 2003-04. In the Eastern Himalaya he has trekked the Singalila ridge of Sandakphu and Phalut six times and made four visits to the alp of Dzongri in West Sikkim. In September 2009 he trekked across seven passes in Ladakh from the monastery of Lamayuru to Padum in Zaskar.

He has been an invited speaker at the Mussoorie Mountain Festival 2017 and Mountain Echoes – the Bhutan Literary Festival 2019.

He is the joint author and photographer of a number of books like Sikkim- A Travellers Guide, Nepal Himalaya – A Journey Through Time, Everest Reflections on the Solukhumbu, Lonely Planet – Nepal for the Indian Traveller. His essays and photographs have been published in books and magazines worldwide. To view his photographs of the Himalaya please visit www.sujoydas.com. He can be contacted at

sujoyrdas@gmail.com

