

ADVENTURE | TANZANIA

7 Days Hike Umbwe Route

DURATION	FROM (PER PERSON)	TRIP STYLE	TRIP CODE
7 days / 6 nights	£2,318.40	Adventure	WTE-3765

Overview

The Umbwe Route is the steepest and most direct way up Mount Kilimanjaro. It climbs sharply through dense rainforest and along narrow ridges before joining the southern circuit near Barranco Camp, offering raw, dramatic scenery and far fewer climbers than the popular routes.

Because it gains altitude quickly, Umbwe is best suited to experienced trekkers who have climbed at altitude before. Our guides set a careful pace and monitor your acclimatisation throughout the seven days.

Highlights

- A wild, quiet trail through rainforest home to colobus monkeys
- Ridge walking with views over valleys and glaciers
- The Barranco Wall scramble and the Karanga Valley
- A midnight summit push to Stella Point at sunrise and on to Uhuru Peak (5,895m)
- Descent through the rainforest via Mweka

Who it suits

Experienced, fit trekkers looking for a challenge and a quieter mountain. If this is your first high-altitude climb, we recommend the Lemosho or Machame routes instead.

Day-by-Day Itinerary

DAY 01

Arrival in Arusha / Moshi

Upon arrival at Kilimanjaro International Airport, you'll be met by our AML Travel & Safaris representative and transferred to your hotel in Moshi or Arusha. After check-in, meet your mountain guide for a briefing, gear check, and last-minute preparations for your climb.

Accommodation: Hotel in Moshi/Arusha

DAY 02

Umbwe Gate (1,800m) – Umbwe Cave Camp (2,850m)

After breakfast, drive to Umbwe Gate, complete registration, and start your hike through a dense rainforest filled with rich flora and occasional Colobus monkeys. The trail is steep and narrow but filled with the sound of nature. Arrive at Umbwe Cave Camp for dinner and overnight.

Hiking Time: 5–6 hours

Distance: 11 km

Meals: Breakfast, Lunch & Dinner

Accommodation: Umbwe Cave Camp

DAY 03

Umbwe Cave Camp – Barranco Camp (3,950m)

Today's trek leads you out of the forest and onto a rocky ridge with stunning views of valleys and glaciers. The trail becomes less steep as you approach Barranco Valley. Camp at Barranco Camp, surrounded by giant groundsels and the impressive Barranco Wall.

Hiking Time: 5–6 hours

Distance: 6 km

Meals: Breakfast, Lunch & Dinner

Accommodation: Barranco Camp

DAY 04

Barranco Camp – Karanga Camp (3,995m)

After breakfast, climb the famous Barranco Wall, a thrilling but non-technical scramble offering panoramic views. Descend into Karanga Valley and continue to Karanga Camp, a crucial acclimatization point.

Hiking Time: 4–5 hours

Distance: 5 km

Meals: Breakfast, Lunch & Dinner

Accommodation: Karanga Camp

DAY 05

Karanga Camp – Barafu Camp (4,673m)

Continue your ascent toward Barafu Camp, the base camp for your summit attempt. Rest, hydrate, and enjoy early dinner before preparing for the midnight climb to the summit.

Hiking Time: 4–5 hours

Distance: 4 km

Meals: Breakfast, Lunch & Dinner
Accommodation: Barafu Camp

DAY 06

Barafu Camp – Uhuru Peak (5,895m) – Mweka Camp (3,100m)

Around midnight, begin your summit push through icy switchbacks under the stars. Reach Stella Point (5,739m) at sunrise, then continue to Uhuru Peak, the highest point in Africa. Celebrate your success, take photos, and descend carefully to Mweka Camp for a well-earned rest.

Hiking Time: 10–14 hours total
Distance: 17 km
Meals: Breakfast, Lunch & Dinner
Accommodation: Mweka Camp

DAY 07

Mweka Camp – Mweka Gate (1,640m) – Arusha / Moshi

Descend through lush rainforest to Mweka Gate, where you'll receive your summit certificate. Our team will be waiting to transfer you back to your hotel for a hot shower and celebration dinner.

Hiking Time: 3–4 hours
Distance: 10 km
Meals: Breakfast & Lunch
Accommodation: Hotel in Moshi/Arusha

Ready to book this trip?

From £2,318.40 per person. Dates and private departures available on request.

Book online: amltravelandtours.com/trip/7-days-hike-umbwe-route

Call (UK): +44 7400 885755
WhatsApp (UK): +44 7400 885755
Email: sales@amltravelandtours.com
Tanzania office: Josam House, 4th Floor, Coca-Cola Industrial Area, P.O. Box 11817, Mikocheni, Dar es Salaam, Tanzania

Prices are per person in GBP and subject to availability at the time of booking. Itineraries may be adjusted for weather, park conditions or safety. Updated 26 October 2026.