

LESOTHO NATIONAL CONVENTION CENTRE (LNCC), MASERU. LESOTHO. 9TH SEPTEMBER 2025

The 3 RANGES TRAIL a 14-day, 288.3km long trail from Lesotho's lowest point in Morifi, Mohale's Hoek to the highest point, Thabana- Ntlenyane, in Mokhotlong. The name of the Trail, "3 Ranges Trail," is derived from the three mountain ranges through which the trail traverses. These are Thaba-Putsoa, Takalatsa (Central) and Drakensberg mountain ranges. This year, which is the third year of implementation, the hike is scheduled for 4th to 17th October 2025.

The 3 Ranges Trail enjoys strong backing from the Lesotho Tourism Development Corporation (LTDC), recognizing its impactful potential to promote tourism in the country as the route traverses some of Lesotho's most renowned natural attractions such as 'Maletsunyane Falls, Maphutšeng dinosaur footprints, and it showcases the best of the Mountain Kingdom's picturesque beauty and cultural heritage. The LTDC views this endeavor as invaluable opportunity to improve destination visibility, encourage community-based tourism, and position Lesotho as a premier adventure tourism destination in Southern Africa.

The 3 RANGES TRAIL is the most challenging of all hiking in Southern Africa. Thapoha Hiking Club that is known for extreme adventure hiking excursions first implemented the hike in 2023. Thus, the 2025 edition is the third one. The trail is a demanding long-distance trek, which is not for the faint-hearted, as it pushes hikers to their limits. However, the route is divided into manageable sections to accommodate varying levels of strength and endurance. It is divided into three sections: a 4-day section from the trailhead, Morifi, to Semonkong; a 6-day section from Semonkong to Mashai; and a 4-day section from Mashai to the end. In addition, the first and the last days can be done as day hikes. The purpose is to accommodate hikers with different fitness levels as well as commitments.

The trailhead, where the 3 Ranges Trail starts, the lowest point, is at the confluence of Senqu and Makhaleng Rivers. At 1389 meters above sea level (m.a.s.l.), Lesotho's lowest point is the Highest Lowest Point in a country in the World and its highest point at 3482 m.a.s.l., the trail destination, is the highest point in Africa south of Kilimajaro. At Morifi, Senqu leaves the territory of Lesotho and enters the Republic of South Africa on its way to the Atlantic Ocean.

In addition to the lowest and the highest points, 3 Ranges Trail has some of the most majestic landscape and places of interest in Lesotho and in the region in the likes of dinosaur footprints, Boritsa-Tsoene Falls, Qhoasing Falls, Ketane Falls, Matekane Airstrip which is counted among the most dangerous airports/airstrips in the world, and Lesobeng rock arch. It passes through rivers sources such as Tlaling, Qaqatu, Lesobeng and Ketane. It also passes through all four ecological zones of Lesotho; the Lowlands, Senqu Valley, Foothills and

Highlands and five districts (Mohale's Hoek, Mafeteng, Maseru, Thaba Tseka and Mokhotlong).

Hikers are going to enjoy the best Lesotho has to offer in abundant sunshine, fresh air and clear water from the streams. They are going to enjoy the hospitality of Basotho in the villages, which is still pure Basotho

Culture and not influenced nor diluted by urbanization. Arrangements are made that communities render services to hikers along the trail. This will be in the form of equine hire, campsites, homestays, meals in selected places, etc. This is to ensure that hiking and hikers leave a positive impact in the lives of people who reside along the trail and to build lasting relationships with the communities. Furthermore, 3 Ranges Trail offers a unique opportunity to truly Experience Elevation by walking from the country's lowest point to the highest and hiking above the altitude of 2000m.

As part of the excursion, a Community Engagement Day is organized. It is going to be in Ha Ramajalle, Lesobeng, Thaba Tseka. This is organized with a view to strengthen the connection between visiting hikers and local communities, and to promote responsible tourism. This day will create a platform for cultural exchange, environmental learning, and mutual benefit between visitors and the host community as the hikers and local residents meet, learn from one another, and hopefully, in the future work together on some community projects. The initiative is envisaged to promote inclusive, respectful, and sustainable tourism. "Community Engagement Day" will be spent in different village each year.

The maiden "Community Engagement Day" is planned to coincide with Thapoha Hiking Club's (THC) Crystal Anniversary celebration. THC was founded in October 2010 in the mountains of Lesotho, in the Drakensburg, following completion of its first hike from Thamathu, Sehlabathebe to Sani, "High Altitude Endurance." THC's key objective is to promote healthy lifestyles, encourage social networks, and build team work.

Finally, we would like to thank the Lesotho Tourism Development Corporation, Standard Lesotho Bank, Metropolitan and other sponsors for their unwavering support to 3 Ranges Trail.

To learn more about 3 Ranges and THC visit our Instagram [3_ranges_trail/Thapoha_Hiking_Club2010](#) and Facebook page [3 Ranges Trail / Thapoha_Hiking_Club](#) and join our FB group Thapoha Hiking Club. And for further information please contact: +266 5884 0517 / 6392 2587; 3rangestrail@gmail.com

