

THE ITINERARY

Hell's Gate NP, Mt Longonot and Mt Kenya 7 days

The programme offers you our most popular Mt. Kenya departure. It packs in Hells Gate and Longonot overlooking the Rift Valley Lakes, but still leaves time for acclimatisation and a chance to scramble to the remote outposts of Terere and Sendeo before trekking to Point Lenana on magnificent Mt. Kenya.

Day 1 Fly London Heathrow Four to Nairobi

On arrival in Nairobi you will be met and transferred to the hotel of your choice. For day time arrivals we recommend transferring to Mountain Rock Lodge within easy reach of the Sirimon Gate climb start. For late arrivals a Nairobi hotel will be the best choice. *NB Hotel and airport transfers not included in the price. Please contact our office for quotations.*

Day 2 Hell's Gate National Park

Your driver/guide will meet you, with private car for your safari to the Great Rift Valley, stopping en route at a vantage point. With its steep escarpments, volcanic mountains and lakes, the Rift Valley is arguably the most spectacular aftermath of the powerful forces of tension that rocked the earth's crust millions of years ago. Descend into the Great Rift Valley and drive to Hells Gate National Park and set a camp on top of the cliff on arrival. Afternoon talk a game walk in the gorges where you may have close encounters with zebra, giraffe, and a spectrum of other animals and birds. There are also fascinating sights of volcanic formations, geysers and hot springs. Dinner and overnight at the camp. This is a simple light camp using mountain style tents.

Day 3 Mt. Longonot



Depart after breakfast and drive on to Longonot where you take a ranger. The hike to the crater rim and down will take 4 hrs. After lunch drive on to Mountain Rock Lodge arriving in the late afternoon.

Dinner and overnight at the Lodge.

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Day 4 Start of the Sirimon Route up Mt. Kenya. Old Moses Camp.

EITHER Depart from Nairobi 0880hrs for the three hours drive to the gate OR Depart Mountain Rock Lodge at 1000hrs for a short drive on which you cross the equator, to the Sirimon Park gate (2600m). From here, hike for 3hrs through montane forest, Giant bamboo, Hagenia Hypericum and Giant Heather zones to Old Moses Camp (3,300m) for dinner and overnight. During the trek you may see elephant, zebra, bushbuck, buffalo and an array of birds.

Trek span: 10Kms. / 2-3hrs.

Height Gain +700m.



Day 5 Via Liki North and Mackinder Valleys to Shiptons Camp

Today you walk through the moorlands which are habitat for the Giant Lobelia and Senecio plants, tussock grasses and the mountain hyrax. Up the spectacular Likii and Mackinder Valleys an area of sprawling moorlands and beautiful high altitude plants, such as giant groundsel and lobelia and arrive at the Shipton's Camp at 4,200m after a 7- 8 hour hike and gradual ascent of 900m. This is a dreamlike setting below the towering peaks and glaciers, with its resident populations of bizarre rock hyrax and beautiful sunbirds.

Trek span: 14Kms. / 7-8hrs. **Height Gain** +900m.

Day 6 Acclimatisation trek: Shiptons – Hausberg Col (4700) & back



For better acclimatisation we have an extra night at Shipton's doing short walks on the summit circuit from here. The usual trek today ascend to Hausberg col (4700m) then descend steeply to Hausberg valley and Oblong tarns before returning for lunch at Shipton's.

Hiking high and returning to sleep low offers a good boost to acclimatisation

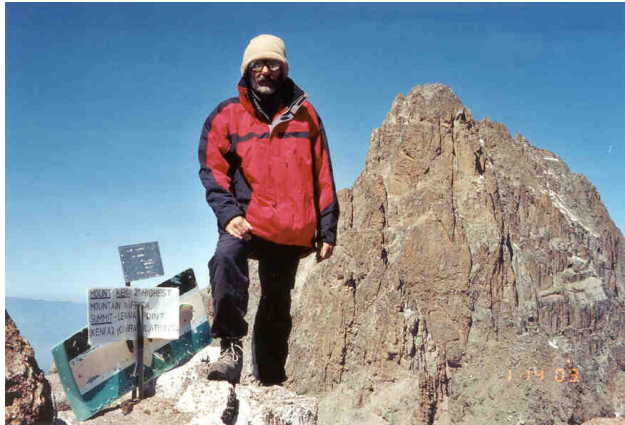
Trek span: 5Kms. / 4 hrs.

Height Gain +500m.

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Day 7 To Lenana summit (4985m) and down to Kenya Bandas.



Early to rise (3am) for the summit attempt. Up steep scree and a bare rocky track to reach the hikers summit, Pt Lenana at 4,985m the third of Mt.Kenya's summits, and the only one accessible to trekkers without special mountaineering skills.

We shall reach Lenana in time for sunrise - Kilimanjaro is usually visible 340kms to the south. Then 2-3 hours descent to Hall Tarns/Mintos (4,300m) for a hefty breakfast enjoying magnificent scenes of a

sheer 300m cliff overlooking the Gorges Valley. After breakfast is a gentle hike down a broad ridge enjoying magnificent views back up the valley to the snowy peaks, and down to waterfalls, tarns and lava flows in the Gorges Valley. A longish day rewarded with an overnight in the Meru Mt. Kenya Bandas where for the first time in 4 days you have a log fire and hot shower. Wildlife viewing possibilities in evening with elephant and buffalo often grazing outside our cabins and a large numbers of forest and moorland birds

Trek span: 20 Kms. / 12 hrs. **Height Gain** +785m. / -1985m

Day 8 End trek and to onward activities

Descent on a broad track through Chogoria Forest - bamboo and rain forest to meet the vehicle for the drive to Nairobi, usually arriving in the afternoon. **Trek span:** 10Kms./2-3hrs.

Your return is scheduled to be in good time to check-in for your homeward overnight flight.

Alternatively spend an extra night in Nairobi and continue with a safari or beach extension which can be booked through our office.

