

THE ITINERARY Sirimon-Chogoria Traverse (5 days trek)

This is a classic trek to Mount Kenya. The itinerary combines two of the most splendid routes on the mountain. Using one of the gentlest ascent trail to the peaks and with an extra acclimatization day included at 4,200m it has a huge summit success record. The hike Passes through montane forest, bamboo, heather and Mooreland zones to the peaks, then down past spectacular jagged peaks, glaciated "U" shaped valleys, deep gorges and waterfalls. It's possible to use mountain huts or upgrade to private camping.

Day 1 Fly London Heathrow Four to Nairobi

Please check in at least three hours ahead of your flight time. 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 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 3 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.

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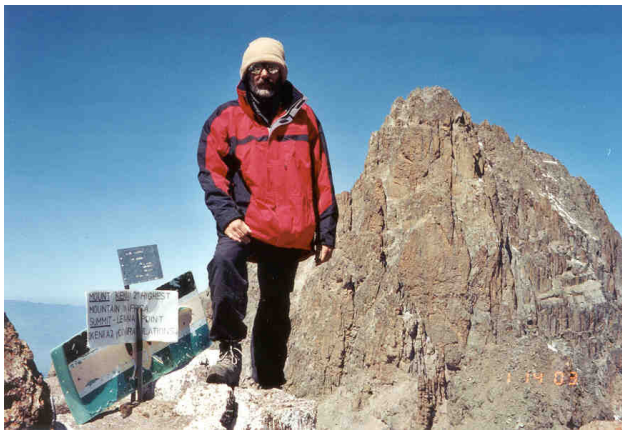
Day 4 Acclimatisation trek: Shiptons – Hausberg Col (4700) & back



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.

Day 5 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 6 To Shiptons

Descent on a broad track through Chogoria Forest - bamboo and virgin rain forest to meet the vehicle. **Trek span:** 10Kms./2-3hrs.

Return to Nairobi - usually arriving mid to late afternoon. 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.

