

Hell's Gate NP, Mt. Longonot & Mt. Kenya (7 days)

The programme is our lengthiest Mt. Kenya climb. It packs in Hell's Gate National Park and Mt 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 the magnificent Mt. Kenya.



Day 1 Arrive Nairobi

You will be met on arrival in Nairobi and transferred to your hotel. For day-time arrivals, we recommend transferring to Mountain Rock Lodge, located at the foot of Mt Kenya and within easy reach of the Sirimon Gate climb start. For late arrivals, a more centrally-located Nairobi hotel will be the best choice. There are a range of options available.

(NB. Hotel and airport transfers are not included in the trek price. Please contact our office for quotations.)

Day 2 Hell's Gate National Park

Meet with your driver & guide after breakfast and begin your journey into the Great Rift Valley, stopping en route at various vantage points. With its steep escarpments, volcanic mountains and lakes, the Rift Valley is a scenically beautiful region.

Your Financial Protection

All monies paid by you for the air holiday package shown [or flights if appropriate] are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 3145.

For more information see our booking terms and conditions.

Journey through the Great Rift Valley and to Hell's Gate National Park, where we set up camp on top of a cliff with a wonderful view of the valley below. This afternoon, embark on a game walk in the gorges, where you can hope to see zebra, giraffe, and a spectrum of other animals and birds. The walk is also an opportunity to explore the fascinating volcanic formations, geysers and hot springs that define this region, and give the park its name.

Return to camp in time for an early supper. The camp we set up will be a simple light mobile camp using mountain-style tents.

Day 3 Mt. Longonot



We pack up camp after breakfast and drive to Mt. Longonot.

The hike to the crater rim on Mt Longonot's summit will take around 4 hours (up and down), and serves a great taster for the bigger challenge to come – Mt Kenya! You'll be accompanied by a park ranger and an experienced walking guide.

After a picnic lunch, drive on to Mountain Rock Lodge, in the foothills of Mt Kenya. Dinner and overnight at the Lodge.

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

Depart Mountain Rock Lodge after an early breakfast and drive to the Sirimon Park Gate (2,600m), crossing the equator en route. From the park gate, hike for 3 hours through the forested foothills of Mt Kenya and into the alpine heath to reach Old Moses Camp (3,300m), where we pitch camp for the night. During this initial trek through Mt Kenya's forested lowlands you can hope to see a mix of wildlife, such as forest elephant and zebra.

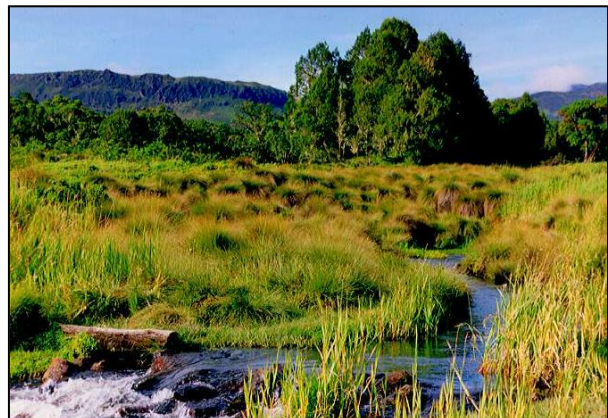
Trek span: 10km. / 3 hours.

Height Gain +700m.

Day 5 Via Liki North and Mackinder Valleys to Shipton's Camp

Continue up the spectacular Liki and Mackinder Valleys. This is an area of sprawling moorlands and beautiful high altitude plants, such as giant groundsel and lobelias.

Arrive at Shipton's Camp (4,200m) after a 7-8 hour hike and a gradual ascent of 900m. Shipton's enjoys a wonderfully scenic setting below the towering peaks and glaciers of Mt Kenya.



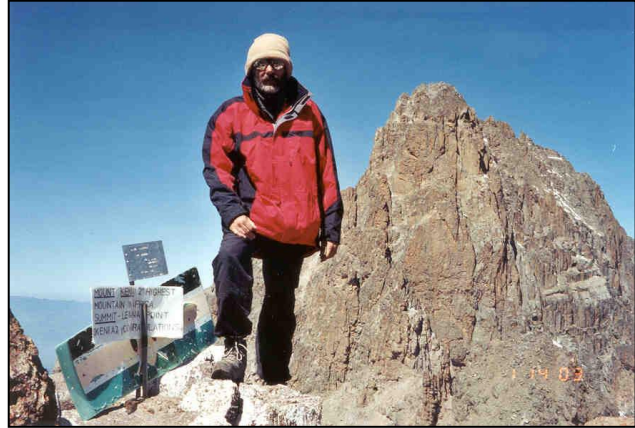
Trek span: 14km. / 6-7 hours.
Height Gain +900m.

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

In order to aid our acclimatisation, we have an extra night at Shipton's, from where it is possible to complete a series of short walks on the summit circuit.

Today's trek will see us ascend to Hausberg col (4700m), then descend steeply to Hausberg Valley and Oblong tarns before returning to Shipton's in time for lunch.

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



Trek span: 5km. / 4 hours.
Height Gain +500m.

Day 7 To Lenana summit (4,985m) and down to Kenya Bandas.



We rise early (approx. 3am) for the summit attempt. The trek to Point Lenana is up steep scree and a bare rocky track. At 4,985m, Lenana is the third highest of Mt. Kenya's summits, and the only one accessible to trekkers without mountaineering skills.

We shall reach Lenana in time for sunrise, when the views are wonderful, with Kilimanjaro often visible 340km to the south. We then descend 2-3 hours to Hall Tarns/Mintos (4,300m) for a plentiful breakfast.

After breakfast, it's a gentle hike down a broad ridge, enjoying magnificent views back up the valley to the snowy peaks.

A long, tough day is rewarded with a good night's rest in the Meru Mt. Kenya Bandas, where you can enjoy a log fire and hot shower.

Trek span: 20km. / 12 hours.
Height Gain +785m. / -1985m

Day 8 End of trek

Descend on a broad track through Chogoria Forest to meet the vehicle for the drive to Nairobi, usually arriving in the afternoon. **Trek span:** 10km/2-3 hours.

Your return is scheduled to be in good time to check-in for your international flight home.

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

Booking Information

For rates, please see our [Mount Kenya Price Guide](#). Alternatively, contact us directly at info@ganeandmarshall.com. We offer competitive rates for individual and group bookings.

Trade and Safety Profile

- ❖ Gane and Marshall, founded in 1991, are licensed under ATOL number 3145
- ❖ Gane and Marshall are members of the Ethical Tour Operators Group under Tourism Concern.
- ❖ Gane and Marshall are members of the Institute of Mountain Medicine.
- ❖ Gane and Marshall are approved partners of IMEC (International Mountain Explorers Connection) – working for fair pay and conditions for Kilimanjaro porters and guides.
- ❖ Gane and Marshall actively support the UK registered charity Community Projects Africa funding and managing educational & health projects in East Africa.
- ❖ Gane and Marshall have Travel and General tour operator liability insurance and Cork Bays Fisher Catastrophe insurance