

## *Sirimon-Chogoria Traverse (5 day trek)*

*This classic trek to the summit of Mount Kenya combines two of the most splendid routes on the mountain, Sirimon and Chogoria. The hike passes through montane forest, bamboo, heather and Moorland zones to Point Lenana, then down past spectacular jagged peaks, glaciated "U" shaped valleys, deep gorges and waterfalls.*



### **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 Start of the Sirimon Route up Mt. Kenya. Old Moses Camp.**

Depart Nairobi at approx. 8am and journey 3 hours to the Sirimon Park gate (2,600m).

Today's walk is short, serving as a gentle start to the climb. From the Sirimon trailhead, we hike for 3 hours, starting in the forested lowlands of Mt Kenya before ascending to the moorland zone, where we pitch our tents at Old Moses Camp (3,300m).

**Trek span:** 10Kms. / 2-3 hours.

**Height Gain** +700m.

#### *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.

## Day 3 Via Liki North and Mackinder Valleys to Shipton's Camp

Today will see us ascend to the Alpine region, as we trek 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 at 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.

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

## Day 4 Acclimatisation trek: Shipton's - Hausberg Col (4,700m) & back

Today is set aside as an acclimatisation day. From Shipton's Camp, it's possible to complete a series of short walks on the summit circuit taking you above 4,500m, greatly helping you to adjust to the altitude.

A tough, 5km uphill hike 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.

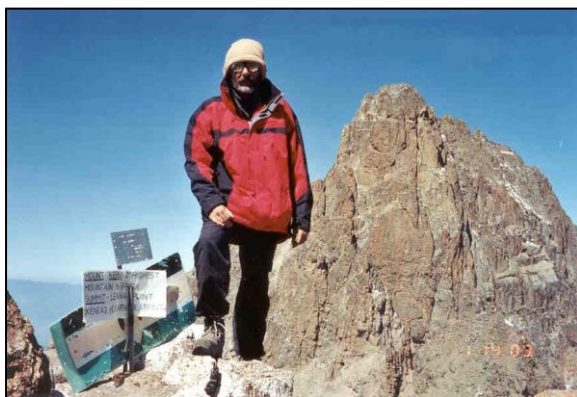
Hiking high and returning to sleep low offers a good boost to acclimatization



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

## Day 5 To Lenana summit (4,985m) and down to Kenya Bandas.

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 can expect to reach Lenana in time for sunrise – Kilimanjaro is usually visible 340km to the south. We then descend 2-3 hours to Hall Tarns/Mintos (4,300m) for a plentiful breakfast, stopping to admire the views into the Gorges Valley along the way. After breakfast, we continue our descent down to the foothills.

A long day is rewarded with a good night's rest at the Meru Mt. Kenya Bandas

**Trek span:** 20km. / 12 hours.

**Height Gain** +785m. / -1985m

**Day 6 To Nairobi**

Descend on a broad track through Chogoria Forest to meet our driver and vehicle for the return transfer to Nairobi, usually arriving in the afternoon.

The tour ends in Nairobi. An airport transfer is included if flying out today. Alternatively, we can arrange your accommodation in Nairobi if your flight schedule requires it.

**Trek span:** 10km/2-3 hours.

*For rates, see our [Mount Kenya Price Guide](#). Alternatively, contact us directly at [info@ganeandmarshall.com](mailto: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