

**RE: 4 DAY SIRIMON ROUTE UP AND DOWN**



This is a spectacular climb that is gentle and much more scenic than through Naro Moru route and is on the drier side of the mountain which offers some of the finest walking. The route starts from the northwest side of the mountain near Nanyuki, climbing up through forest into a wide ridge approaching to the summit area.

**DAY 1: NAIROBI - SIRIMON GATE - OLD MOSES CAMP (3,300m), 3-4hrs, 9km, 680m ASCENT**

After pick up in Nairobi, drive to Nanyuki town for lunch crossing the equator en route to the Sirimon Park gate (2,660m). From the gate, trek through magnificent montane forest, bamboo and giant heather zone before reaching the high altitude moorland and our first hut (Old Moses camp 3,300m) for dinner and overnight. This is a gentle trek that takes 3 - 4hrs gaining an elevation of 680m.

**DAY 2: OLD MOSES - SHIPTON'S CAMP (4,200m), 7hrs, 14km, 900m ASCENT**

After breakfast, follow the track uphill, forking right at the junction. After a water break, continue on the track crossing Ontulili River before turning right contouring through the moorland and crossing Liki North River. Continue uphill to Mackinder Valley from where there are panoramic views up the valley towards the SHIPTON'S CAMP. This camp is a surreal setting below the towering peaks and glacier. Residents are rock hyrax and sun birds.

**DAY 3: SHIPTON'S- PT. LENANA (4,985M) - OLD MOSES CAMP (3,300M), 11-12HRS, 23KM, 785M ASCENT, 1,585M DESCENT**

Kick off early (2.30am) and get served with tea and biscuits. Leave at 3.00am to reach Pt. Lenana in time for the African sunrise. The climb starts on frozen scree and continues on a rocky track with some very minor scrambling. Hike for about three hours up to Pt. Lenana (4,985m), the hiker's summit, arriving there in time to watch the African sunrise. Descend to Shipton's camp for breakfast. After breakfast, begin a 5 hour descent via Mackinder Valley to the Old Moses camp (3,300m). The descent is gentle and it offers ample time to enjoy fascinating scenery which includes the moorlands before reaching the camp. Dinner and overnight at Old Moses camp.

**DAY 4: OLD MOSES CAMP - SIRIMON PARK GATE - NAIROBI, 2hrs, 650m DESCENT**

After early morning breakfast, descend for 3 hours to the Sirimon Park gate to get a vehicle for transfer to Nairobi, arriving late in the afternoon.