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RE: 5 DAY CHOGORIA ROUTE UP - SIRIMON ROUTE DOWN



Traverse the mountain from East to North via the Sirimon and scenic Chogoria routes. Climb Pt. Lenana, the highest trekking peak on Mt. Kenya. Descend via the Sirimon route. Chogoria route is arguably the most magnificent ascent route to the summit area. It is the driest route up the mountain and the walk beside the Gorges Valley truly spectacular. Accommodation on this hike is 2 nights in mountain huts and 2 nights camping. Nonetheless, if you prefer to camp you can do so on all nights on the mountain.

DAY 1: NAIROBI- MT KENYA BANDAS (2,900m) 3hrs, 10km, 650m ASCENT

Depart from Nairobi at 6.30am arriving at Chogoria for lunch. Thereafter use 4x4 vehicle and drive up to the edge of the dense bamboo forest where you start trekking through the forest for a distance of 10 km to the Mt. Kenya Bandas. Dinner and overnight at the Meru Mt. Kenya Bandas.

DAY 2: MT KENYA BANDAS - LAKE ELLIS CAMPSITE (3,600m) 3hrs, 9km, 700m ASCENT

After breakfast, set off up the mountain at an easy pace. Visit the Nithi waterfalls and get back on the trail for a slightly longer walk via Lake Ellis giving way to scenic views of Mugi, Ithanguni and the Giants Billiards Table. If you follow the river near roadhead and upstream for about 3 km, the foreground scenery and flora is particularly beautiful. Have lunch on the banks of a stream, then cut up the left hand hillside to the camp at about 3,600m.

DAY 3: LAKE ELLIS - MINTO'S CAMP (4,200m) 4hrs, 12km, 600m ASCENT

Start early on a well beaten track to follow a ridge up the mountain for about 3 hours to eventually join the tourist track on the normal Chogoria route at an altitude of about 4,100m. See breathtaking views over the Gorges Valley and back over towards Ithanguni and the Northern Moorlands. Lunch is served at a small stream crossing, before continuing for a further hour to the Mintos Hut at 4,200m for a night's rest. Afternoon is spent relaxing at camp, though a 10 minute walk to the "Temple" is well worth the effort. This is a 150 meters vertical cliff that gets its name from the position visitors often adopt when peering over the edge - they look as if they are praying. An early night is recommended as you will attempt to summit next day.

DAY 4: MINTO'S – PT. LENANA (4,985m)- OLD MOSES CAMP, 11-12hrs, 785m ASCENT, 1,685m DESCENT, 24km

Pre-dawn attempt of the summit starts at 3.00am and you 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 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 5: 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 afternoon.