

RE: 5 DAY MT. KENYA TREK (SIRIMON-CHOGORIA ROUTE)



HIGHLIGHTS

- Traverse the Mt. from North to East via the Sirimon routes and Scenic Chogoria routes.
- Climb Point Lenana, the highest trekking peak on Mount Kenya.
- Descend via the quieter and most dramatic Chogoria route

SIRIMON ROUTE OUT CHOGORIA ROUTE WITH PEAK CIRCUIT

The Sirimon and Chogoria route Combination is arguably the most magnificent ascent route to the summit area. It is the driest route up the mountain and the walk down beside the Gorges Valley is truly spectacular.

DAY 1: NAIROBI (1,795M) TO OLD MOSES (3,300M)

Pick up Nairobi at 06.30am by private transport to reach Nanyuki around 10.00am. You will link up with the Guide, cook and the porters in Nanyuki. Later we will leave Nanyuki at 10.30am and drive to Sirimon Gate 2650m. Check in and start hiking through the rain forest to Old Moses Camp at 3300m. Picnic Lunch will be served at some point along the way. If you are Lucky you will see big Game Like The buffalo, Elephant, water bucks and other Game. The distance is 9kms and it takes 3hrs. While at the Old Moses camp at 1600hrs you may take a short 1 hr. walk just to acclimatize.

Dinner and overnight at the camp Old Moses Bandas

Driving Time: 4.5hrs; 3 hrs. walking time.

Meals: Lunch and Dinner

Accommodation: Old Moses Bandas {Inside the Park}

DAY 2: OLD MOSES (3,300M) TO SHIPTON'S CAMP (4,200M)

After breakfast we start the relatively easy hike of the moorland vegetation on the track crossing Ontulilli River before turning right contouring through the Moorland and crossing Liki North River and continue uphill to Mackinders Valley from where there are panoramic views up the valleys. Walking through the picturesque views of the Sirimon and the Mackinders valleys arriving to Shipton's Camp at 4200m. Lunch is served on the way. This is a relatively long Day, the distance to Shipton's Camp from Old Moses camp is 16kms and it takes 6 hours.

Shipton's Camp. This camp is a surreal setting below the towering peaks and glacier with amazing views of the Northern side of the Mountain.

Dinner and overnight at the Shipton's Bandas

6 hrs. walking time.

Meals: Breakfast, Lunch and Dinner

Accommodation: Shipton's Bandas {Inside the Park}

DAY 3: PEAK CIRCUIT, ACCLIMATIZATION DAY / SHIPTON'S TO AUSTRIAN HUT (4,790 METERS (15,715 FT))

Breakfast is served at 0800am and later at 0900am start the peak circuit, from Shipton's camp the trail leads to kami Camp below the north face of Batian. Continuing southwest the trails climbs up to the ridge 4600 mts above sea level, Hike through the Scree before reaching Hausberg col at 4590m. We will later descend into the upper Hausberg valley and rest at the aptly named oblong and Hausberg tarns. Ascending to the crest of a ridge known as Arthur's seat we see the trail winding along a beautiful series of rock ledges. We will be able to see Mackinders Teleki Lodge, Two Tarn, Nanyuki Tarn and American Camp. We proceed to Austrian camp thus we shall have seen Point Peter, Daton and other Beautiful Scenes. Picnic Lunch will be served on the way.

Dinner and overnight at the Austrian Hut. 4,790m

6 hrs. walking time.

Meals: Breakfast, Lunch and Dinner

Accommodation: Austrian Hut {Inside the Park}

DAY 4: AUSTRIAN HUT/ PT. LENANA 4,985M/ CHOGORIA MERU BANDAS (2,800M)

8 HRS. 24KMS, 195M ASCENT, 2,085M DESCENT.

The highlight of our trip! At 0430hrs, wake up and have tea & biscuits. Start the attempt of the summit peak (Point Lenana, alt 4985 meters), take photos with the African sunrise, it's possible to see Mt Kilimanjaro Kibo and Mawenzi peaks from the Summit of Pt. Lenana if the weather is clear especially at dawn, and the views are spectacular. Descend down to Mintos Hut for full breakfast. After breakfast descend to Mt. Kenya Chogoria Bandas as you see Lake Ellis, Mugi hills, Vivien Falls and the Giant Billiards table at a distance. Picnic Lunch at the road head and you arrive at the Bandas early evening for a long deserved hot shower, dinner and overnight at the Bandas

8 hrs. walking time.

Meals: Breakfast, Lunch and Dinner

Accommodation: Chogoria Meru Bandas {Inside the Park}

DAY 5: CHOGORIA BANDAS TO NAIROBI

After breakfast descend for a 10kms walk through the bamboo forest, you are picked up by Private transport to Chogoria, Later from Chogoria you bid farewell to the porters and drive to Nairobi, we drive through agricultural country to reach Nairobi at 3pm.

Meals: Breakfast (Lunch and Dinner not included)

Sunup Adventures