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**RE : 7 DAY: POPULAR TECHNICAL ROCK CLIMBING - NORMAL, SOUTH EAST FACE ROUTE (DECEMBER - MARCH)**



**DAY 1: NAIROBI - MET STATION**

Depart Nairobi in the morning at 8.30am and drive to Naromoru, the base for climbing Mt. Kenya arriving in time for early lunch. Transfer to the Mt. Kenya Naromoru park gate and start hiking to Met Station (3,300m). Hiking takes about 3hours. Dinner and overnight at the Bandas.

**DAY 2: MET STATION - MACKINDERS CAMP**

After breakfast, proceed to Teleki valley with a picnic lunch en-route arriving at Mackinders Camp (4,300m) in the early evening. The distance is 14kms and takes 6 hours. Dinner and overnight at Teleki Lodge.

### **DAY 3: MACKINDERS - AUSTRIAN HUT**

Depart Mackinders after breakfast and walk along a steep scree and alpine desert to Austrian Hut (4,700m) taking about 3hrs. You will have a chance to view the Southern side of the this beautiful mountain. Dinner and overnight at the Austrian Hut.

### **DAY 4: SUMMIT DAY - BATIAN PEAK**

Wake up early to a hot cup of tea and then cross the Lewis glacier where you start your technical climbing for about 7hrs to the summit (Batian), then return to Austrian Hut for dinner and overnight.

### **DAY 5: EXTRA DAY**

If you would do both peaks, Nelion(5188m) and Batian (5,199m), please allow allow 5 hours for the ascent of Nelion and a further 3 hours for reaching Batian and returning to Nelion. It is advisable to spend a night to the Howell Hut on the summit of Nelion. Hence, this call for an extra day. However, depending on the experience of the climber and with the help of our technical guide, you can summit and be back by evening.

### **DAY 6: PT. LENANA, SHIPTONS AND DOWN TO OLD MOSES CAMP**

Wake up early (5.30am) and climb to Pt. Lenana which is approximately 1.5kms away for 1 hour and 15 minutes. After a photo session on Pt. Lenana, descend to Shipton's Camp for full breakfast then futher down along Mackinder Valley to Old Moses for late lunch. Dinner and overnight at Old Moses Camp.

### **DAY 7: OLD MOSES - NAIROBI**

After breakfast, descend for 9km to Sirimon Gate to get transport back to Nairobi, with a lunch stop at Nanyuki at you own cost.