

**MOUNT KENYA
SIRIMON – CHOGORIA ROUTE
6 days on Mt Kenya with peak circumnavigation**

- Day 1** - Drive to Nanyuki Sirimon Park Gate, picnic lunch, acclimatization hike, 1 o/n Old Moses Camp (3200m)
- Day 2** - Breakfast, start hike of the moorland vegetation, 1 o/n Likii North Camp (3990m)
- Day 3** - Continue ascent towards Shipton's Camp, 1 o/n Shipton's Camp (4200m)
- Day 4** - Make peak-circuit navigation to Austrian Hut, 1 o/n Austrian Hut Camp (4790m)
- Day 5** - 0430hrs wake up & tea, attempt summit peak (Point Lenana, 4985m)
- Descend to Mintos Camp, breakfast, lunch on trail
- Day 6** - Descend further to Meru Mt Kenya Lodge, 1 o/n Meru Mt Kenya Lodge (2700m)
- Depart after breakfast, drive to Chogoria town and on to Nairobi

Day 1 – Mount Kenya / Old Moses

Day 1

- Drive Nairobi to Nanyuki, Sirimon Park Gate (2700m)
- Briefing & park formalities
- Picnic lunch
- Acclimatizing hike to Old Moses Camp (3200m)
- Overnight: Old Moses Camp
- Meal Plan: Full board



Depart from your hotel after breakfast and drive to Nanyuki at the foothills of Mt Kenya. From here it is around 15km to the Sirimon Park Gate (2700m). Picnic lunch will be served at the gate. After signing in with the park officials you will start an acclimatization hike, which will see you walking in the tropical forest, occasionally enjoying the sightings of a monkey, a buffalo or even an elephant, arriving at the Old Moses (Judmaier) Camp (3200m) late evening for dinner and overnight.



The mountain is located 175 kilometres north of Nairobi and it can often be seen from high-rise buildings in Nairobi and from Thika. It is an extinct volcano, which formed a couple of million years ago. The mountain is located within Mount Kenya National Park, which is a designated protected area around the mountain above 3200m in altitude. The Kenya Wildlife Service manages the park.

Kenya enjoys an equatorial climate with average annual temperatures of about 26°C and diurnal temperatures of about 30°C. There are two rainy seasons on the mountain from April-June and October-December. The mountain is an important water catchment area and many rivers such as the Naro Moru emerge from the melting glaciers.

The first documented ascent of the mountain was by Halford Mackinders. At the moment the mountain attracts several thousand climbers both local and international annually.

Mt. Kenya is an imposing extinct volcano dominating the landscape of the Kenyan Highlands, East of the Rift. Valley Mt. Kenya lies North-East of Nairobi with its Northern flanks across the Equator. The mountain has two main peaks: Batian (5200m) and Nelion (5188m).



The mountain slopes are cloaked in forest, bamboo, scrub and moorland giving way on the high central peaks to rock, ice and snow. Mt. Kenya is an important water catchment area, supplying the Tana and Northern Ewaso Ngiro systems.

Kenya's highest mountain dominates the area and has huge cultural significance for many tribes. Its soaring peaks, often covered in snow, are the principal home of *ngai* (God) for the Kikuyu, Meru and Kamba tribes. It is said that the original Bantu name for the mountain "*Ki-Nya*" literally describes the black and white plumed Ostrich, *ngai's* sacred symbol, which the Mountain is said to resemble. It is also the origin of the country's name: Kenya.

When Swiss-German explorer and Missionary Ludwig Krapf first reported citing Mt Kenya's snowy peaks almost on the equator in 1848 he was ridiculed back in Britain: "Chalk," they scoffed, "or white stones!"

Today, these important glaciers are receding at an alarming rate. Mt Kenya's glacier-fed rivers, some of them stocked with trout, feed the surrounding lowlands, while its flanks are richly forested. Various organisations battle to protect these forests, which are continually threatened by human encroachment.

The park established in 1949 includes a variety of habitats ranging from higher forest, bamboo, alpine moorlands, glaciers, tarns and glacial moraines.

The park, which was inscribed by UNESCO as a World Heritage Site in 1997 is also a Biosphere Reserve covering 715 sq km. It includes the Peaks consisting of all the ground above 3200m with two small salients extending lower down to 2450m along the Sirimon and Naro Moru tracks. Surrounding the park is Mount Kenya National Reserve with an area of approximately 2095 sq km.

Day 2 – Mount Kenya / Likii North

Day 2

- **Wake-up & breakfast**
- **Start hike of the moorland vegetation**
- **Lunch at camp**
- **PM acclimatization walk around the camp**
- **Overnight: Likii North Camp (3990m)**
- **Meal Plan: Full board**



After breakfast, we start the hike of the moorland vegetation, walking through the picturesque views of the Sirimon and Mackinders valleys arriving at Likii North Hut in the early afternoon for lunch at camp. Later in the afternoon we will take an acclimatization walk around the camp.



This spectacular afro-alpine moorland is famous for its endemic plants such as Lobelia, Groundsel and Senecio, fascinating giant heathers and everlasting flowers all perfectly adapted for these unique climatic conditions, experiencing both summertime and wintertime temperatures in a single 24 hour period.

Moorland hiking takes you across spectacular afro-alpine moorland famous for its endemic plants such as Lobelia, Groundsel and Senecio, fascinating giant heathers and everlasting flowers all perfectly adapted for these unique climatic conditions, experiencing both summertime and wintertime temperatures in a single 24 hour period.

Mount Kenya/Aberdare eco-system: Kenya's highest mountains, snow-covered peaks, fantastic views and

montane forest eco-system with lush bamboo forest leading into montane forest. The lower slopes are covered with dry upland forest leading to true montane forest at 2,000 metres. On the upper shoulders of the Mountain the forest gives way to alpine moorlands with giant lobelia and other endemic alpine flora.

Day 3 – Mount Kenya / Shipton's

Day 3

- **Wake up & breakfast**
- **Continue ascent to Shipton's Camp (4200m)**
- **Lunch at camp**
- **Afternoon walk to Kami Hut**
- **Dinner at camp**
- **Overnight: Shipton's Camp**

Today we start the hike to the steep slope towards Shipton's Camp (4200m) arriving at the camp in time for lunch. The giant groundsels occurring along this route are some of the spectacular views on Mt Kenya.



After lunch we will take an afternoon walk to Kami Hut in the fresh, clean air of Mount Kenya, possibly the purest air in Africa.... Returning to camp for dinner late in the evening.

Day 4 – Mount Kenya / Austrian Hut



Day 4

- **Wake up & breakfast**
- **Peak-circuit navigation to Austrian Hut (4790m)**
- **Enjoy views of Simba col & the Lewis glacier**
- **Hot lunch at the Top Hut**
- **Afternoon at leisure**
- **Dinner at camp**
- **Overnight: Austrian Hut Camp**

We depart Shipton's Camp after breakfast and make the peak-circuit navigation to Austrian Hut (4790m). On our way we enjoy the views of the Simba col and the Lewis glacier arriving at the Top Hut in time for a hot lunch. The afternoon will be spent at leisure allowing time to relax before the summit attempt.

Day 5 – Mount Kenya / Meru Mt Kenya Lodge

Day 5

- **0430hrs wake up, tea & biscuits**
- **Summit attempt (Point Lenana, alt 4985m)**
- **Photo shoot with the African sunrise**
- **Views of Mt Kilimanjaro (weather permitting)**
- **Descend to Mintos Camp (4100m)**
- **Breakfast at camp**
- **Descend further to Meru Mt Kenya Lodge (2700m)**
- **Picnic lunch on trail**
- **Dinner & Overnight: Meru Mt Kenya Lodge**

Today is the highlight of our trip! Early wake up at 0430hrs for tea and some biscuits before we start the attempt of the summit peak (Point Lenana, alt 4985m). On arrival at the summit take a few minutes of photography with the African sunrise and also possibly view Mt Kilimanjaro to the West and the coastline if the weather is clear. From the summit of Point Lenana, especially at dawn, the views are spectacular.



After enjoying the views descent down to Mintos Camp (4100m) for breakfast. Our final descent - with picnic lunch on trail takes us to the Meru Mt Kenya Lodge (2700m) for a well-deserved rest, dinner and overnight.



Meru Mount Kenya Lodge is located within Mount Kenya National Park on the eastern slopes of Mount Kenya above Chogoria town at an altitude of 3,000 meters where dense forests and bamboo end and the moorlands begin. The drive to the bandas is along a track leading through the magnificent forest belt. 4-wheel drive vehicles are recommended at all times and, if very wet, the road up to the Lodge can be impassable even for 4-wheel drives.

A great variety of wild life may be seen in the vicinity of the bandas - especially in the early morning or evening, especially buffalo, bucks, antelopes and monkeys. If you are lucky you may see some elephant. Each banda provides beds with clean

sheets, blankets and towels. Hot water showers and a roaring fire are easily organised - at night the temperature outside drops to about 5°C.

Day 5 – Mount Kenya / Nairobi

Day 6

- **Leisurely breakfast**
- **Walk through forest to connect with your 4x4 vehicle**
- **Drive to Chogoria town & on to Nairobi**
- **Safari ends**

Depart the Meru Mt Kenya Lodge after breakfast and walk through the spectacular bamboo forest to connect with your 4x4 vehicle to Chogoria town and drive on to Nairobi.

