

Mount Kenya Trek

Conquer Kenya's highest mountain



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Mount Kenya Trek

Trek to the summit of Africa's most beautiful mountain

12-20 September 2024

Mount Kenya, the highest of all Kenya mountains is a 'twin-peaked' volcanic spike and Africa's second highest mountain at 5199m. The main summits are separated by a col - the 'gate of the mists' - and can only be reached by technical climbers. The subsidiary summit and our goal on this challenge is to summit Point Lenana at 4985m, offering magnificent views across to Mount Kilimanjaro at dawn.

It's a heavyweight duel between the two tallest mountains in Africa. Kilimanjaro just across the border in Tanzania, narrowly wins the height contest at 5,896m. But for hiking, Mt Kenya is the undisputed champion, with quiet trails and beautiful, untouched wilderness.

We ascend Mt Kenya from the north along the remote Timau route, famous for its spectacular and varied scenery, we pass through forest that is home to elephant and buffalo, en-route to our idyllic camps. We make our final ascent of Lenana, 4895m from Icy Mikes Camp, on our snow-covered trail. We then have a 2-day ascent via the Sirimon route which offers a beautiful conclusion to our Mount Kenya traverse.



Detailed itinerary

Day 1: Depart London to Nairobi

Day 2: Nairobi to Nanyuki

Arrive Nairobi early morning and transfer north from Nairobi to Nanyuki town at the foot of Mount Kenya (at 1950m). The afternoon will be spent preparing for the trek with a short acclimatisation walk. After dinner we will have a full trek briefing about the adventure ahead. Overnight hotel.

Day 3: Wangu gate (2300m) – West Marania camp (3000m)

4-5hrs – 10km / 700m ascent

After breakfast we transfer to Wangu. After meeting our guides and porters our slow climb begins!

The route is through open heathland, and we have the chance of seeing some unique mountain wildlife such as zebra, buffalo and even the occasional elephant! We set up camp beside a mountain stream and relax in the awesome mountain beauty.

Day 4: West Marania camp (3000m) - Majors camp (3900m)

10hrs – 13km / 900m ascent

A beautiful day's hike exploring the pristine mountain area. We enter the moorland zone walking towards the peaks ahead that make up the Mount Kenya Massif. We reach Major's Camp late afternoon, which is located at the base of the valley near some very dramatic rock faces. There is some great birdlife in this area and even sightings of the rare Serval cat! Overnight camp.

Day 5: Majors camp (3900m) – Icy Mikes camp (4500m)

5-6hrs – 8km/800m ascent

After another hearty camp breakfast, we have a stunning days hike, which sees us finish at the base of the old volcanic plug that makes up the rocky peaks of Batian, Nelion and Pt. Lenana. On the trek up, the vegetation changes to moorland grass with small flowering plants and Sunbirds flitting among the bizarre giant Groundsel and Lolbelias plants. Once at camp we will have an earlier dinner and prepare for tomorrow early summit attempt!

Day 6: Icy Mikes camp (4500m) - Point Lenana (4985m) to Old Moses camp (3300m)

16hrs -18km/ 485m ascent/ 1685m descent

An early 3am start sees us on the Summit Circuit Path. Stunning views, tarns, glaciers, ice carved rock formations and precipitous valleys and the views! Although the climb is straightforward, the final section is hard work at this altitude. In the distance it is easy to mistake Kilimanjaro for a high cloud - until you look closer and realise it is the snow-capped summit 320 kms away! After watching the spectacular sunrise over Africa, we start our descent back down to on the Sirimon route and have a long descent down to Old Moses camp (3300m) to our overnight camp. A hugely challenging but rewarding day!

Detailed itinerary

**Day 7: Old Moses camp (3300m) –
Sirimon park gate (2660m)**
2-3hrs - 9km /485m

Depart in the post-dawn chill for our short trek down to the park gates. From here we will be met by our vehicles and transfer to our hotel in Nanyuki town. After a well-earned shower we will celebrate our achievements with a special celebration dinner.

Day 8: Departure day

Free morning before departure from Nairobi.

Or option to stay on for Safari for 2 extra nights at Sweetwater's Serena Lodge.

Day 9: Arrive London 6am.

Challenge grade

Tough

Best time of year

Dec-March, July-October

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This itinerary is complex and subject to change



Mt Kenya Trek – what is / isn't included

What is included:

- London – Nairobi return flights
- Hotel/lodge accommodation on a half board basis, twin share basis, 2 nights
- 4 nights camping, including all camping equipment (ex sleeping bags)
- All transfers
- National Park fees
- English speaking high altitude mountain guides
- Porters, cook and camp crew
- All food on trek
- Drinking water
- *UK High Altitude Expedition Doctor
- *UK Trek Leader

What is not included

- Kenya Visa (approx. \$50)
- Single supplements
- Gratuities
- Personal expenses
- Lunches on day 2 & 8
- Personal travel insurance
- 2 Night Safari option at Sweetwater's Serena Lodge (approx. £925 pp based on twin share)

*based on a minimum number of trekkers

How much does the trek cost?

Registration fee (non refundable): £395 (this can be paid in instalments)

Minimum fundraising target: £4200

Airport taxes: £420 (approx.)

Fundraising deadline: 5 July 2024

Note: The minimum age to take part in this event is 18 years old.

All participants are required to complete a medical form which will need to be signed by their GP.

This trek is tough and will require a good level of physical fitness. We will provide a detailed training plan once you have registered.