

# Mount Kenya Trek

Conquer Kenya's highest mountain



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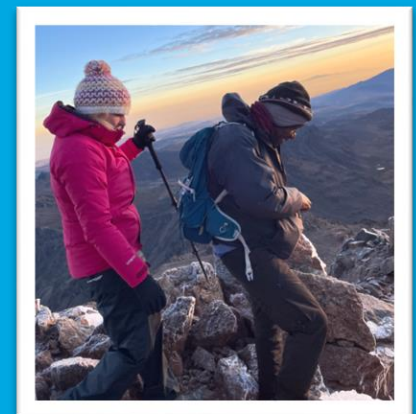
# Mount Kenya Trek

Trek to the summit of Africa's most beautiful mountain  
1-10 October

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 descend via the Sirimon route which offers a beautiful conclusion to our Mount Kenya traverse.





# Detailed itinerary

## Day 1 – 1 Oct: Depart London to Nairobi

Depart London Heathrow for overnight flight to Nairobi.

## Day 2 – 2 Oct: Nairobi to Nanyuki

Arrive Nairobi early morning. We will be met and transferred 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 lodge.

## Day 3 – 3 Oct: Adventure training & acclimatisation day

Today, we have the exciting opportunity to experience a British Army adventurous training camp in the heart of Ngare Ndare Forest. From rock climbing and canyoning to mountain biking, bushcraft, and rope skills, there's a challenge for everyone to test their bravery. We will also hear from an active member of BATUK, the permanent unit based in Nanyuki.



## Day 4 – 4 Oct: Rutunda (2300m) – Fly camp (2800m)

**3-4hrs – 7km / 500m ascent**

After breakfast we transfer to Rutunda. After meeting our guides and porters our slow climb begins through heathland and the forest. Once at camp, its time to rest and acclimatise.

## Day 5 -5 Oct:– Fly camp (2800m) - West Marania camp (3250m)

**4-5hrs – 10km / 450m ascent**

Today's 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 besides a mountain stream and relax in the awesome mountain beauty.

## Day 6 – 6 Oct: West Marania camp (3250m) - Majors camp (3900m)

**10hrs – 13km / 650m 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 7 – 7 Oct: Majors camp (3900m) – Icy Mikes camp/high camp (4500m)

**5-6hrs – 8km/800m ascent**

Another 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. 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 and sub-zero temperatures!



# Detailed itinerary

**Day 8 – 8 Oct: Icy Mikes camp (4500m) - Point Lenana (4985m) to Old Moses camp (3300m)**

**14hrs -18.5km/ 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 and involves some scrambling sections. 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 and celebrating our mighty achievement, we start our descent back down to on the Sirimon route and have a long hike down to Old Moses camp. A hugely challenging but rewarding day!

From here we met by vehicles and transferred back to our Forest camp lodge. After a well-earned shower we will celebrate our achievements with a special dinner and say goodbye to our incredible Kenyan team.

**Day 9 – 9 Oct: Transfer to Nairobi (or stay on for optional 2-day safari)**

Time this morning to enjoy our stunning African surroundings, before we are transferred back to Nairobi for our overnight flight.

**Day 10: Arrive London Heathrow**

**Challenge grade**

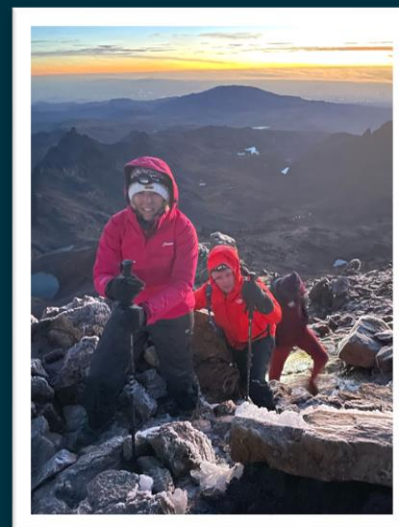
Tough

**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, 3 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
- Adventure training day – all guides/equipment

## **What is not included:**

- Kenya Visa (approx. \$50)
- Single supplements
- Gratuities
- Personal expenses
- Lunches on day 2 & 8
- Personal travel insurance
- Optional Safari

\*based on a minimum number of trekkers

## SSAFA – Mt Kenya Trek - Optional 2-day safari

### Sweetwaters Serena Safari camp, Ol Pejeta conservancy

Sweetwaters Serena boasts stunning views of Mount Kenya and fantastic game viewing in the private Ol Pejeta conservancy. Home to the largest black rhino conservancy in East Africa, Ol Pejeta is an exceptional place to embark on your safari adventure. The camp's bar and dining room, aptly named the Rhino Dining Room, has huge windows overlooking the local watering hole, so you can watch wildlife while enjoying your meals. Visit the Endangered Species Enclosure to learn about rhino conservation or meet the rescued animals at the Sweetwaters Chimpanzee Sanctuary – the only one in Kenya.

#### Itinerary

##### Day 9 – 9 Oct: Serena Sweetwaters lodge

After your final breakfast at Forest camp, you will transfer approx. 45min to Sweetwaters Serena camp. Lunch / dinner and 2 game drives included.

##### Day 10 – 10 Oct: Serena Sweetwaters lodge

Full day to enjoy 2 game drives. The camp also has a pool and spa facilities to enjoy. Lunch and dinner included.

##### Day 11 – 11 Oct: Departure day

After a leisurely breakfast and your final wildlife viewing across the watering hole you will be transferred back to Nairobi for your overnight flight back to London

##### Day 12 – arrive London

**Costs:** 2 nights full board, all park fees, and 4 game drives is £950 pp (based on twin share).

*Singles possible with a supplement.*

