

## Mount Kenya & Kilimanjaro

- Visit two of Africa's beautiful countries and ascend its two highest peaks
- Enjoyable trekking through a huge variety of terrain
- Optional safari to experience the magic of Africa's animals



### TREK OVERVIEW

This expedition provides the opportunity to combine a visit to two of Africa's most beautiful countries; Kenya and Tanzania. You will be able to ascend Africa's two highest peaks; Mt Kenya and Kilimanjaro, cross the

equator and take in an optional Safari to three of Africa's best game parks. A stunning and adventurous expedition to a unique land of contrasts and natural wonders.

### Participation Statement

Adventure Peaks/Walks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

### Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

## OUTLINE ITINERARY

**KEY to inclusions (H-hotel, C-Camping, B-breakfast, L-lunch, D-dinner/evening meal)**

**Day 1** – International flight.

**Day 2** ó Arrival in Nairobi and transfer to your hotel. (H,B).

### Ascent of Mt Kenya

**Mt Kenya** At 5199m, Africa's second highest mountain and consists of three summits:

Point Lenana 4985m (Grade 1B) is accessible for the strong hill walker, Batian 5199m and Nelion 5188m are a challenge for the rock climber (approx Hard Severe). We offer the opportunity for clients to do any combination of these summits. Everyone treks in together, but on summit day each group will head for their separate summit with their own guide/leader, a great combination for couples or friends, where one is also a climber. It adds an exciting dimension for walkers to pick out the distant dots of the climbers on the massive face of Nelion from Point Lenana. Our choice of trekking route provides excellent acclimatisation; traversing Mt Kenya and linking two of its most famous trails: the Sirimon and Naru Moru. These trails offer spectacular, ever-changing scenery; vast plains bordering the Great Rift Valley, dense forest, deep gorges, waterfalls, moorland, glaciers and mountain tarns.



**Day 3** – Mt Kenya, Sirimon Gate 2650m - Old Moses Camp 3,350m. Ascent 700m, Time 5.00 hrs

An early departure from Nairobi for the 200km drive north across the equator to the Mount Kenya National Park. We will meet our team of guides and porters at the Sirimon Gate and have a leisurely lunch while the loads are sorted and weighed. The trail climbs through a magnificent forest with evidence of elephants and giraffe to the Judmeier Camp. Old Moses camp is a little further on as the trees thin out and we enter the alpine moorland zone. (C,B,L,D)

**Day 4** – Mt Kenya, Old Moses Camp 3,350m - Liki North Hut 3,990m. Ascent 850m, Time 5.00hrs

Today we cross the desolate savannah with its colourful grasses and impressive groundsel. The path is always fairly well marked and there are breathtaking views of Nelion and Batian,. We drop into an isolated valley to make camp next to the small Liki North Hut. (C,B,L,D)

**Day 5** - Mt Kenya, Liki North Hut 3,990m - Shipton's Camp 4,240m. Ascent 450m, Time 5.00hrs We are now gaining altitude and today may feel quite tiring. We climb out over a ridge and descend into the spectacular Mackinder

Valley. Tonight's campsite is comfortable with a stream and a large population of the comical Rock Hyrax. It's dominated by the twin spires of Nelion and Batian but Point Lenana will also now be in view. (C,B,L,D)

**Day 6** – Mt Kenya, Shipton's Camp 4,240m - Austrian Hut 4490m. Ascent 450m, Time 5.00hrs

A long but magnificent day initially climbing steeply up from Shipton's camp past two turquoise lakes. The terrain is barren, like a mountainous moonscape, but always with spectacular views of the rocky snow covered summits of Batian and Nelion. You pass the Gorges Valley, a deep cut chasm out of character with the rest of the mountain, but a welcome respite to the long traverse up to the Austrian hut. It is likely you will be feeling the extra burden of altitude in your legs and lungs but this is the perfect preparation for Kilimanjaro. (C,B,L,D)

**Day 7** – Mt Kenya, Austrian Hut 4490m - Point Lenana 4985m - Mackinder's Camp 4,200m. Ascent 500m, Time 6.00 hrs

Leaving the hut at around five in the morning, the ascent of Point Lenana from the Austrian Hut is quite straightforward, although there may be some snow and ice. At 4,985m, it is the third-highest summit on Mount Kenya. The ascent follows a rocky ridge to the right of the Lewis glacier. A last steeper section takes you to the summit which offers extraordinary views over the eastern face of Nelion, the surrounding valleys and distant Kilimanjaro. We aim to reach the summit in time to watch the sun rise, and then pick out our climbers on Nelion, who will have set off in the very early hours!

The descent to the Austrian Hut for brunch and a nap is far quicker than the climb up. We continue down the western side of Mt Kenya to Mackinder's Hut which provides the classic view of the spires of Nelion & Batian. (C,B,L,D)

### Climbing Nelion & Batian – Grade 5B

The Normal Route on Nelion consists of an easy glacial approach in the dark, 20 pitches of solid volcanic rock at about Hard Severe and 5000m and a multi pitch abseil descent. The extension to Batian involves an abseil into the 'Gates of the Mist' with ice or mixed climbing up to Scottish grade II. This is a long alpine mountaineering expedition and you should be relatively experienced and comfortable on steep and exposed ground. You will be climbing with a pack and the rocks may be icy. A stunning route with good climbing and an excellent intermediate objective.

**Day 8** ó Mt Kenya, Mackinder's Camp 4,200m - Naro Moru Gate 2450m. Descent: 1820 metres, Time 8.00 hrs

The path descends through moorland until the final highlight of Mount Kenya, the Vertical Bog. The path falls more steeply through a section of waterlogged moorland. Soon the path enters a deep forest leading to the Met. Station and the road head. The final walk down to the Mount Kenya National Park headquarters takes a couple of hours giving plenty of time to reflect on what you've achieved! We board our transport for the journey back to our hotel in Nairobi. (H,B,L)

**Day 9** – Transfer to Moshi, Tanzania by shuttle bus. This journey across the plains of Africa has opportunities to spot giraffe & zebra and experience the confusion of the border crossing! We arrive at the Keys Hotel mid afternoon with plenty of time for laundry, drinks or a swim before dinner. Situated in the foothills of Kilimanjaro this is a pleasant and friendly hotel. (H,B)

## Ascent of Kilimanjaro

**Mt Kilimanjaro, via the Machame Route** Standing at 5895m, Mt Kilimanjaro offers a diverse choice of ascent routes, from easy angled snow slopes to the infamous technical climbs at Breach Wall. Our choice of trek follows the Machame Route, a beautiful way to climb Kilimanjaro. Fewer people will be encountered on this approach. The gradual ascent offers a variety of scenery and vegetation from rainforest and alpine moorland to crags and glaciers. We will catch gorgeous views out to the Southern Icefields. Porters will carry our personal and group equipment, leaving us with the freedom to enjoy the views and take photographs. The final ascent commences in darkness, a very exciting time. The reward for our efforts is a spectacular dawn view across the East African plains; and hopefully an amazing sunrise across a wide open sky.

**Day 10 – Kilimanjaro, Machame Gate 1950m - Machame Camp 3300m. Ascent 1350m, Time: 5.00 hrs** Following a good breakfast we meet our guide and prepare for Kilimanjaro. We make the short drive to the Machame Gate. There is usually a delay while the paperwork and porters loads are organised with plenty of space to relax. From the gate the path climbs steadily along a broad ridge in a forest full of flowers. The campsite is situated at the edge of the forest with good views of the route across heather and moorland. (C,B,L,D)

**Day 11 – Kilimanjaro, Machame Camp 3300m - Shira Camp 3700m. Ascent 500m, Time 4.00 hrs**  
A rather short day although the altitude begins to make itself felt. The path rises with a charming route along a lava ridge that offers splendid views of Kibo and Meru peaks before crossing a number of clearings surrounded by very high, tree-like heathers. A stony stretch with the odd zigzag leads to the edge of the remarkable lava plateau of Shira. We cross this to our camp near which there is a large cave. (C,B,L,D)

**Day 12 – Kilimanjaro, Shira Hut 3700m - Barranco Hut 3900m. Ascent 700m, Time 5.00 hrs**  
This stage explains why walkers on the Machame route suffer from the altitude less on the final push to the summit. Climbing high and sleeping low is traditionally the best form of acclimatisation. Today takes us behind the Lava Tower at 4600m before descending all the way back to 3900m. The campsite is dominated by the Breach Wall and the Heim & Decken glaciers. (C,B,L,D)

**Day 13 – Kilimanjaro, Barranco Hut 3900m - Barafu Hut 4600m. Ascent 750m, Time 7.00 hrs**  
A long and spectacular day preceding the ascent to the summit. Start by crossing the Barranco Valley and climbing beyond it via a number of easy rock passages. Reaching the broad, rocky ridge that offers a wonderful view of the Heim glacier, you descend rapidly into the Karanga Valley, stopping beside a huge cave to stock up on water. The last stretch of the climb follows a rocky wind-beaten ridge and leads to our camp for an early night. (C,B,L,D)

**Day 14 – Kilimanjaro, Barafu Hut 4600m - Uhuru Peak 5895m - Mweka Hut 3100m. Ascent 1295m, Descent 2800m, Time 14.00hrs**  
A very memorable day. Leaving our camp just after midnight we climb rocky slopes to the right of the Rebmann Glacier heading for Stella Point (5750m) on the crater rim. The infamous scree slopes are usually well frozen giving

good footing up innumerable switchbacks. We aim to reach the crater rim around sunrise giving us amazing views over Mawenzi and the African plains. The final part of the climb to Uhuru Peak is a gradual climb around the crater rim leading to the distinctive sign and the roof of Africa.

**Descent** to our high camp is relatively quick, especially if the sun has melted the frozen scree. There's time for brunch and a quick nap before packing up and resuming our descent down to Mweka Camp situated in the forest. (C,B,L,D)

**Day 15 – Kilimanjaro, Mweka Hut 3100m to the Mweka Gate 1800m. Descent 1300m, Time: 4.00 hrs**

The final descent takes you down a wonderful forest track to the park gate and your transfer back to the Keys Hotel for beers, certificates and showers! (H,B)

**Day 16-17** ó Return flight is usually from Kilimanjaro airport.

## PREVIOUS EXPERIENCE/FITNESS

The ascents are non-technical involving enjoyable walking over a variety of terrain. Mount Kenya's summit is fairly rocky and there may be some snow cover to deal with but nothing technical. Kilimanjaro has a couple of awkward steps on the impressive Barranco Wall but the route is always obvious.

Overall both mountains consist of rugged trekking on well defined paths. Most days are relatively short but both summits involve long days starting around midnight. Despite the challenge of altitude both mountains are well within the reach of the majority of regular hill walkers.

## THE TREKKING DAY

Starts around 7.00 am (not usually a problem as it's usual to go to bed very early and get an early start whilst it's fairly cool). As you get up it's easy enough to pack all your overnight gear into a kit bag before enjoying a hearty breakfast. Your tents will be packed away for you by the local staff and the porters will arrange their loads and get a head start. The pace on the trek will be leisurely with plenty of time to enjoy the scenery, take photos, chat to the locals and keep hydrated.

## FOOD

Food on the trek is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast can include porridge followed by sausage & eggs (fried or omelette) and either bread or chapattis with jam, honey, peanut butter etc. A sample lunch may consist of sandwiches, boiled eggs, chicken legs, biscuits, fruit etc. You usually arrive at the camp around lunchtime or mid afternoon for tea, and biscuits. The evening meal always starts with soup followed by a variety of main courses ó pasta, rice, chips. Fresh fruit tends to be served for dessert. You should not be hungry! Vegetarian food is improving rapidly.

## BAGGAGE

For your own comfort, travel light. Please pack carefully as we have to comply with a number of weight restrictions. Our flights usually have a 22kg allowance for checked baggage. Please be advised that you will have to pay any excess baggage costs incurred. On Kilimanjaro our porters are only allowed to carry 15kg plus their own equipment. This is strictly enforced by the National Park. Any spare clothing or kit may be stored securely at the Keys Hotel. A suitable kit

bag is provided but important items should also be packed in plastic bags.

### WHAT TO CARRY

This trek is fully supported by a team of porters. You will only need to carry a light daypack at the very most. A 27-30L rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, sun cream, wet-weather gear and extra layers.

### ACCOMMODATION

A mixture of hotels, mountain huts and camping. In Nairobi we use a 3/4 star. We use the Keyø Hotel in Moshi, Tanzania who also provide all our services on the mountains. This is a popular base for attempting Kili. Facilities include a restaurant, bar, swimming pool and laundry services. On Mount Kenya we usually camp. For the Machame Route on Kilimanjaro we camp at recognised sites for 5 nights. Facilities are basic with wooden long drop toilets but due to the efforts of the National Park the rubbish that once blighted these sites is nearly gone. Tent accommodation is based on two people to a 3 man dome tent providing plenty of room for your equipment. We also provide a large communal mess tent with table and chairs.

### HEALTH

All our leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (compeed), paracetamol etc. and any medication you are taking. Consult your GP or a vaccine specialist for professional advice or visit the website [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk) Non spring bottled water should never be drunk without first sterilizing with iodine, chlorine tablets or by boiling.

### INSURANCE

You do not have to take insurance through Adventure Peaks/Walks but alternative insurance which covers mountain rescue, medical expenses and helicopter rescue is **essential**. We will require a copy of your insurance prior to departure.

### ALTITUDE

If this is your first trip to altitude you may have concerns about the effects. Don't worry, our itineraries allow sufficient time to acclimatize. At worst you may experience a headache or a little breathlessness, the best way to avoid such symptoms is to do everything slowly, walk at a gentle steady pace and drink plenty of fluid.

### USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots are more difficult to replace.

### EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and down jackets can be hired or purchased with 15% discount from our shop.

### BAGGAGE

For your own comfort, travel light. Normally airlines restrict baggage to 20kg, but you will be wearing boots and one set of trekking clothes. Some items can be left at the hotel for your return. A suitable kit bag is provided but important items should also be packed in plastic bags.

### TIME

Tanzania is 3 hours ahead of GMT, with no daylight saving.

### VISAS AND PERMITS

A single entry tourist visa costs around £40/US\$80 which needs to be submitted to the Tanzanian High Commission. More information is included on our Background Travel Details information once you have booked your course.

### CURRENCY

The currency in Tanzania is the Shilling. Travellers cheques and credit cards can be used in a small number of banks and money changers but can be expensive. The US\$ is widely accepted and is probably the easiest way to carry your money.

### TIPPING

Our guides and porters work hard to support our expeditions and there is a strong tradition for tipping. We would normally suggest allowing £35 (US\$70) for Mt Kenya and £45 (US\$90) for Kilimanjaro.

### RECOMMENDED READING

Burns, Cameron M. *Kilimanjaro & Mount Kenya – A Climbing and Trekking Guide*. Cordee, Leicester, Great Britain. 1998

Lonely Planetø and Trailblazerø do excellent guides on Kilimanjaro and Africa in general.

### EXTENSIONS

#### 3 day lodge safari (no camping)

**Lake Manyara Park** is a freshwater lake in the Rift Valley part of Tanzania. Animals you may see include hippos, elephants, flamingos, wildebeest, giraffes, baboons and lions.

**Ngorongoro Crater** one of the world's largest, is packed with just about every species of wildlife to be found in East Africa. A favoured place for massi tribes people.

**Tarangire Park** on the course of the Tarangire river the park fills with zebra, leopards, lions, eland, buffalo, giraffes and elephants.

