

Mt. Kenya's Summits



TREK OVERVIEW

This expedition provides the opportunity to visit one of Africa's most beautiful countries, Kenya and to ascend Africa's second highest peak, Mt Kenya. A stunning and adventurous expedition to a unique land of contrasts and natural wonders.

Mt Kenya (5199m) is Africa's second highest mountain and consists of three summits: Point Lenana (4985m) is accessible to any strong hill walker. Batian (5199m) and Nelion (5188m) are both a challenge for the rock climber (approx Hard Severe). We offer the opportunity for clients to ascend all three summits. Everyone treks in together, but on the summit days each group can head for their separate summit with their own guide/leader. Our choice of approach 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.

Participation Statement

Adventure Peaks 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.

PREVIOUS EXPERIENCE/FITNESS

The ascent to Pt Lenana is non-technical involving enjoyable walking over a variety of terrain. The ascents of Bation and/or Nelion involve technical severe grade rock-climbing at altitude and can only be attempted by experienced rock climbers who are comfortable at this grade. Competent and confident climbers may be allowed to lead climb.

GROUP AND LEADERS

We provide a fully qualified UK guide who will work alongside the Kenyan guides. The climber to guide ratio will be 2:1 (1:1 guiding ratio available on request).



WEATHER

The temperature varies little throughout the year, and it will be around 20°C at lower levels. In the high mountain it will be very cold, well below freezing at night. February is the driest month. In June and October rain is common, but the wettest months are April, May and November.

WHAT TO CARRY

The trek is fully supported by a team of porters. You will only need to carry a light daypack at the very most, but more on the climbs to the summits. A 45-50l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, sun cream, wet-weather gear and extra layers and gear for the ascent.

CATERING ARRANGEMENTS

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 – pasta, rice, chips. Fresh fruit tends to be served for dessert. You should not be hungry! Vegetarian food is improving rapidly.

We suggest having a few favourite chocolate/cereal bars from home for the summit day climb.

ACCOMMODATION

In Nairobi you will stay in a 3* hotel in a quiet part of town. Twin, double or single rooms are available. On the

treks it is mostly camping in 3-person tents or we may use the mountain huts if it is quiet. There is a possibility of a bivvy in the tiny hut on top of Nelion. Toilet tents are provided at camps. Warm washing water will be supplied.

LANGUAGE AND TIME

Language: Kiswahili (or Swahili) is the main national language of Kenya but English is the commercial language and is widely understood and spoken. There are over 40 regional ethnic languages spoken as well!

Time: GMT+3 hours. No daylight saving time at present.

HEALTH

All our UK 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. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the [National Travel Health Network and Centre](#), and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from [NHS Choices](#). Tap or stream water should never be drunk without first treating it with chlorine dioxide. We recommend Aquaprove water treatment which is available at the Adventure Peaks shop.

INSURANCE

Insurance which covers technical climbing, mountain rescue, medical expenses and helicopter rescue is **essential**. We will require a copy of your insurance prior to departure.



ALTITUDE

If you are new to altitude you may have concerns about the effects. Don't worry because our itineraries allow sufficient time to acclimatise, and altitude rarely causes anyone any problems on this trip. The best way to avoid such symptoms is to 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 cannot. Pack important items in strong plastic bags.

EQUIPMENT

A detailed equipment list is provided on booking but normal winter walking and climbing equipment is all that is required, together with a good sleeping bag which can be hired from us. Ropes are provided. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 23kg, but on long haul flights it is often higher. On trek the weight for porters should be kept to 15kg - you will be wearing or carrying the rest! Some items can be left at the hotel in Nairobi for your return.

VISAS AND PERMITS

All British Passport holders require a visa to go to Kenya. Kenyan entry visas are exclusively issued electronically, with passengers required to obtain their e-visas before departure. A Single Entry Tourist Visa currently costs approximately 50 USD. **If you are not a British Citizen, please contact your nearest Kenyan Embassy to check visa requirements.**



LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs are generally drinks or snacks outside of mealtimes and tips for local staff

CURRENCY

The currency in Kenya is the Kenya Shilling (KES) and may be obtainable in advance. ATMs and change bureaux are available in the arrivals hall at the airport and in the main cities. Credit/debit cards are widely accepted.

TIPS / STAFF BONUSES

Our guides and porters work hard to support our expeditions and there is a strong tradition for tipping. We would suggest allowing US\$150 for Mt Kenya, in small notes, depending on the group size. Tipping at meals and in hotels is normal practice.

ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any expeditions outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send you a lightweight AP branded fleece.

FLIGHTS AND JOINING ARRANGEMENTS

Within the published 'With UK flight' price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the 'Land Only' and the 'With UK flights' prices. This element is for a changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change.

All clients will be met on arrival and transferred to the first hotel.

The rendezvous for this trip is the ARRIVALS HALL AT NAIROBI AIRPORT when your flight comes in.

Return flights can be booked to depart on Day 11, or later if you wish to extend your stay.

PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.



MOUNT KENYA'S SUMMITS ITINERARY

No	Day	Today we...	We stay at...	Accommodation...	Meals...
1	Fri	Fly	Plane	Plane	
2	Sat	Arrive	Nairobi	Hotel Comfort or similar	D
3	Sun	To Mt Kenya and start trek	Old Moses (3300m)	Camp	BLD
4	Mon	Trek	Liki North Hut (3990m)	Camp	BLD
5	Tue	Trek	Shiptons (4200m)	Camp	BLD
6	Wed	Trek	Austrian Hut (4790m)	Camp	BLD
7	Thu	Climb Pt Lenana	Austrian Hut (4790m)	Camp	BLD
8	Fri	Climb Batian / Nelion	Austrian Hut (4790m)	Camp	BLD
9	Sat	Spare Day	Mackinder's (4200m)	Camp	BLD
10	Sun	Trek, transfer to Nairobi	Nairobi	Hotel Comfort or similar	BL
11	Mon	Depart	Plane	Plane	B
12	Tue	Home	Home	Own bed!	B

Day 1 Depart UK

Day 2 Arrive Nairobi and transfer to hotel. There will be a briefing with your Kenyan guide in the hotel in Nairobi in the evening once everyone has arrived where he will go through the plan for the next few days.

Day 3 Transfer to Sirimon Park gate (2600m), approx. 3 hour drive. After completion of park entry formalities, you begin a 3-4 hour hike through montane forest, with bamboo, rosewood and heather zones to Old Moses camp (3300m). *4 hours walking.*

Day 4 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. *4-5 hours walking.*

Day 5 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. *5 hours walking.*

Day 6 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 the climb ahead. If everyone is feeling good, we may even go via Pt. Lenana today. *5 to 6 hours walking.*

Day 7 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 4985m, 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 climbers on Nelion, who will have set off in the very early hours! The descent to the Austrian Hut is far quicker than the climb up. The rest of the day will be spent resting and preparing for the next two days of climbing. *3 to 4 hours walking.*

Day 8 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 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. It may be possible to bivvy in the tiny hut on top of Nelion - either out of choice or necessity!

Day 9 A second day is set aside for another summit attempt. We descend to MacKinder's Camp at the end of the day.

Day 10 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 would take 2-3 hours and is now a tarmacked road so we may avoid this with a short drive. We board our transport for the journey back to our hotel in Nairobi. *8 hours walking*

Day 11 Depart Nairobi.

Day 12 Arrive home.