



MOUNT KENYA TREKKING

Mount Kenya is Africa's second highest mountain at 5199m and the highest of all Kenya Mountains. Mount Kenya is roughly circular, about 60km across at the 200m contour, where the steep foothills rise out of the gentler slopes of the centered highlands. At the centre of the massif, the main peaks rise sharply from around 4500m to the main summit of Batian 5199m, Nelion 5188m and point Lenana 4985m. Other major summits on the mountain include Point Piggott 4,957m, Point Dutton 4,885 and Point John 4,883m. Of the three main peaks (Batian, Lenana and Nelion), only point Lenana can be reached by trekkers, the other two being only for technical climbers.

MT KENYA NARO MORU ROUTE - 4 Days

Distance: 40 km

Difficulty: Demanding

The most popular route although not the most scenic. It is also the fastest route to point Lenana. Take this classic route up Mount Kenya through the notoriously treacherous vertical bog and into the wide Teleki Valley beneath the Tryndall, The Lewis Glacier.

Though the summit can be reached in 4 days as per the below itinerary, we strongly recommend an overnight acclimatization at the base, Naromoru River Lodge. This can be arranged for at an extra fee.

DAY	ITINERARY
Day 1	Nairobi/Meteorological Station 3-4 hrs, 10km, 400m ascent Transfer to Naromoru Park Gate for registration and where the hike starts, 2600m From the gate, keep to the park track, which follows the crest of a board ridge between the Northern and Southern Naromoru valleys. The going is easy and it's a pleasant walking through the forest. About two thirds of the way up after the bridge there are good views to the left north down into the Northern Naromoru valley. The trek ends at Met station 3,000m.
Day 2	Met Station/Mackinders Camp 5-6 hrs, 10km, 1200m ascent Head uphill on the track to pass the radio mast on your right after about half an hour. The trek runs into a path and after another 30 minutes, you will reach the end of the forest belt and enter the moorland. This is the vertical bog conditions range from damp to glutinous depending on when it last rained. Continue through until the going improves and you reach a fork overlooking Teleki Valley to reach Mackinders Camp, 4,200m. Dinner and overnight at Mackinders Camp.
Day 3	Mackinders Camp/Point Lenana/Met Station 8-10 hrs, 11km, 785m ascent The normal approach is to start at 2 am in order to reach point Lenana taking about 4 hr walk by sunrise at 6:30am. After sunrise, descend down to Mackinders Camp for breakfast, 2hrs and walk further 4hrs, way back to Met Station for dinner.
Day 4	Met Station/Naromoru/Nairobi 3hrs, 9km, 400m After breakfast, descend through the rainforest which is 9km to Naromoru Park Gate at 2,600m where you will connect with your transport back to Nairobi.



MT KENYA CHOGORIA ROUTE DOWN NARO MORU ROUTE - 6 Days

Distance: 92 km

Difficulty: Demanding

This is by far the most scenic and interesting route. It takes in both tropical forests and moor land.

DAY	ITINERARY
Day 1	Transfer from Nairobi to Chogoria to our base hotel. Rest and acclimatise for the remainder of the day.
Day 2	Transfer to park gate dinner and overnight at the gate.
Day 3	We ascend to Minto's hut at 4300m that is situated on a plateau overlooking Lake Michaelson 300m below. There are spectacular views of the summits from here.
Day 4	The trail continues to Austrian hut via tooth col which is situated between several rock towers. Overnight at Austrian hut.
Day 5	An early morning start to attempt the summit of point Lenana, which is only about one hour from Austrian hut. We will descend to Chogoria park gate for the night.
Day 6	An early morning (after breakfast) 15km walk through the rain forests and bamboo zones to our vehicle to transfer to Nairobi.

MT KENYA SIRIMON ROUTE - 4 Days

Distance: 53 km

Difficulty: Moderate

Much more scenic than Naromoru and it is on the drier side of the mountain which offers some of the finest walking. Climb up through forest into a wide ridge approach to the summit area. The route starts on the northwest side of the mountain near Nanyuki. Access is adequate and the bunk house facilities are the best on this side of the mountain.

DAY	ITINERARY
Day 1	Nairobi/Sirimon/Judmier Camp (Old Moses Camp) 3-4 hrs, 9km, 860m ascent Leave Nairobi at 8 am to Nanyuki town for lunch, taking about 4 hours. Proceed to Sirimon Gate, 1 hr, 2440m. From the gate follow the track as it winds uphill though the forest which becomes heath land after about 3 hrs. About 3½ hours from the gate the track veers right to Judmier Camp, 3300m.
Day 2	Judmier Camp/Shipton Camp 6-7hrs, 14km, 900m ascent After breakfast, follow the track uphill, forking left at the junction. After one hour from Old Moses Camp, the track crosses Ontulili River. Go right contouring through the Moorland and crossing Liki North and continue uphill to Mackinders Valley from where there are panoramic views up the valley towards the main peaks. Dinner and overnight at Shipton Camp.
Day 3	Shipton Camp/Point Lenana/Judmaier Camp (Old Moses Camp) 9-10hrs, 21km. Leave at 3am up a steep stony quarry that cuts through a cliff clearing visible part towards lower Hall Tarns arriving point Lenana at 6:30am, taking about 3hrs. After the sunrise, descend down to Shipton Camp, 2hrs, for breakfast and further, 4hrs, down to Old Moses Camp
Day 4	Judmaier Camp/Sirimon/Nairobi 2-3hrs, 9km After breakfast, walk down through the rainforest for 2 hours to connect with your transport vehicle back to Nairobi.



MOUNT KENYA NATURAL HISTORY

Mount Kenya is Africa's second highest mountain at 5,199m and the highest of all Kenya Mountains. Mount Kenya is roughly circular, about 60km across at the 2000m contour, where the steep foothills rise out of the gentler slopes of the centered highlands. At the centre of the massif, the main peaks rise sharply from around 4500m to the main summit of Batian 5199m, Nelion 5188m and point Lenana 4985m. Other major summits on the mountain include Point Piggott 4957m, Point Dutton 4885 and Point John 4883m. Of the three main peaks (Batian, Lenana and Nelion), only point Lenana can be reached by trekkers and the other two being only for technical climbers.

Mount Kenya is the second highest peak in Africa and stands somewhat unjustly in the shadow of its taller neighbour Kilimanjaro, which lies some 320km away in the south and is visible on a clear day. Kili may see much more traffic - due to the possibility of summiting via several non-technical trekking routes and due to the sometimes dubious honour of being one of the Seven Summits - but Mount Kenya offers a wealth of excellent and diverse climbing possibilities on rock, snow and ice.

Apart from the superb climbing potential on Mount Kenya, its tarns and alpine meadows; exotic, equatorial, high-altitude vegetation; sunbirds, hyrax and soaring eagles make the walk around the peaks one of the most beautiful expeditions in the East African mountains.

After the cultivated farmlands on the lower slopes the trails pass through the rain forest, rich in trees of many species but noticeably camphors, then onto a bamboo zone growing to heights of more than 12m or more up through open moor land before reaching the moonscape of higher slopes. The forests are rich in wildlife including elephant, buffalo and monkeys with even the moor lands offering a long list of mammals including the rock hyrax, the nearest living relative of the elephant.

Mt. Kenya is an ancient volcanic mountain much older than Mt. Kilimanjaro. It's believed to have once reached well above 6000m. What is left today is volcanic plug which erosion has fashioned into the complex jagged outline of the central peaks.



WHEN TO TREK MOUNT KENYA

Although, Mount Kenya can be climbed all year round, the highest rainfall occurs between late March and the middle of May, and slightly less between late October and mid December. Maximum rainfall occurs in the forest belt and on the south-east side of the mountain where it reaches 2500mm. per year at 3000m. Rain and, higher up, snow can however be encountered at any time of year - even in the driest periods (January and February). Normally the drier seasons are associated with clear, dry weather which can last for many days on end. The best weather is generally in the mornings, and convectional rainfall, if any, tends to come in the mid-afternoon.

Temperatures vary considerably with height and with time of day. At 3000m. frosts can be encountered at night while day temperatures range from 5 to 15°C. Night time temperatures on the summit are well below freezing. The south-facing side of Mount Kenya receives more sunshine in the December to March period. During this time rock climbs are "in-condition" and snow and ice climbs gradually deteriorate. In the June to October period the north-facing rock climbs and south-facing ice climbs are best.

It's safest to climb Mt. Kenya during the dry seasons: January - February and August to September off the most reliably fine weather. The main routes are likely to be more crowded at this time of the year. If you favor complete solitude over the sunny skies, try going slightly off the peak season. It's best to avoid the two rainy seasons from mid March until June and from late October to the end of December.



OTHER OPTIONS - WHITE WATER RAFTING

TANA RIVER RAFTING

A typical day trip starts with you being picked up from central Nairobi at 8am. A 1.5 hour drive see's you arriving at Sagana Camp. Here you can relax with tea/coffee and biscuits before receiving a comprehensive safety briefing. After signing a compulsory release and assumption of risk form (place link to release and assumption of risk form here), we will then drive up to the put in where you will receive some final practical training before heading down river. The trip is either 16km (high water season) or 8km (low water season) and lasts approximately 4 hours. This varies greatly due to the water levels and we often find ourselves rafting 8km one day, then 11km the next due to rain upstream. The trip takes out at Savage Camp, where you can enjoy a solar heated shower or relax in the pool before enjoying a three course barbeque lunch. Trips depart Savage Camp no later than 5pm for Nairobi to ensure you arrive back at your pick up point before dark.

Other options available on the Tana include scenic float trips from the camp downstream on completely flat water for those not wishing to experience any whitewater. This trip lasts 4hrs and takes in the abundant birdlife inhabiting the lush riverine forests along the river. To date our guides have recorded over 120 species of birds on this section. Trips are usually taken by a Kenya Professional Safari Guide.

1-2 DAYS MATHIOYA RIVER RAFTING

The Mathioya is one of the hardest rafting rivers in Kenya with over 450m of descent over its 22km length. This is a narrow, technical river. It is fairly low volume even during the rainy season but contains serious, sustained grade IV/V whitewater. Previous experience is required.

We offer a two day package which includes a day on the Tana then a second, action packed day on the Mathioya River. The river can only be run during certain water levels.



THE ATHI RIVER

If you like multi-day expedition style trips then the Athi is for you! Flowing through Tsavo National Park, we raft up to 80km's of Kenya's second longest river with three days and three nights on the river. The river gives an awesome mixture of relaxing calm water with game viewing (Lion, Elephant, Buffalo, crocodile and hippo have all been seen from our boats) and abundant birdlife interspersed with some great whitewater (up to grade IV). The trip usually goes out fully self supported with our guides providing breakfast (full cooked or cereals/fruit/toast), lunch (a selection of cold meats and cheeses with bread/salad and fruit) and dinner (three courses). If a more luxury trip is your style then vehicle support (at an extra cost) is available to bring those added necessities.

DAY	ITINERARY
Day 1	After a comprehensive safety briefing, you will set out in the afternoon to raft the short distance to our first camp, 'Bushwhacker's'. Set on a secluded sandbar mid river. The first night is spent round the campfire listening to the sounds of Africa and swapping stories with the guides about the days ahead.
Day 2	After breakfast and an early start you will soon reach our first major rapid followed by a few calm sections interspersed with smaller rapids down to our lunch spot. This is followed by more rapids and flat open plains where hopefully you will see some of the animals native to this area. Late afternoon see's us arrive at our second camp 'scorpion' on the relatively unpopulated left bank of the river.
Day 3	Has some of the best rapids with the legendary 'Vietnam' taking you through dense undergrowth and 'crocodile burn up' providing an awesome hit. After another fun packed day you will arrive at our final camp, 'Hippo', where you will spend a final night by the fire relaxing and re living the previous day's action.
Day 4	Return to Nairobi by around lunch time.

3 DAYS EWASO NGI'RO RIVER RAFTING

This is a similar trip to the Athi, with three days and nights on the river. The river runs through Samburu National Park, where both the animals and river are wilder. Trip length and nature are as for the Athi River with more serious and sustained water.

This river is very rainfall dependant so contact us for more information on water levels.