



MT KENYA & KILIMANJARO

Mt Kenya via Chogoria / Sirimon Traverse
Kilimanjaro via Umbwe Routes



Mt Kilimanjaro © C Dougherty

Grade:	Strenuous / Expedition 	Land-only duration:	15 days
Max altitude:	5895m	Trekking days:	12 days
Dates:	<p>We can run this on dates to suit you for a minimum group size of 2. There are 2 main trekking seasons in East Africa which are the drier seasons:</p> <ul style="list-style-type: none"> • mid-December to mid-March - typically dry and warm but there can be snow • June to early October – typically driest but a bit cooler <p>Contact us at info@trekmountains.com with your preferred dates</p>		
		Price:	Contact us

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The trek starts with an acclimatisation trek on Mt. Kenya, viewed by many renowned mountaineers as one of the world's greatest treks in its own right.. Africa's second highest mountain offers spectacular and incredibly varied trekking. Its quiet and very scenic trails progress through the deep rain-forested valleys and gorges of the lower slopes, to open moorland, where breathtaking views compete for trekkers' attention with a highly unusual flora, on the approach to the high alpine zone. Here in a stunning setting of sparkling tarns and shimmering glaciers, we ascend to 4985m Point Lenana. Its summit views are awesome.

Located on Tanzania's border with Kenya, 330km south of the equator, Kilimanjaro is the highest peak on the African continent. This colossal mountain is composed of three extinct volcanic cones – 3962m Shira and 5149m Mawenzi on its flanks, and 5895m Kibo, whose crater rim forms the summit. Trekkers have long been drawn to Kilimanjaro and it is not hard to see why. Nowhere else on earth are such extremes of climate and vegetation to be seen in a single location. Glaciers spill off its snowbound summit, leading to desert-like screes and open moorland, where giant lobelias and tree heathers thrive, while its lower slopes are clad in luxuriant rainforest, which is home to striking black and white colobus monkeys, antelopes, raucous hornbills and many other animals and birds.

Kilimanjaro is among the world's highest free-standing mountains, rising 4800m from the undulating plain that is the ancestral home of the Maasai people. There are several routes up the mountain, presenting different levels of challenge, from the popular 'tourist' trail starting at Marangu to the quieter and more scenic Machame, Umbwe and Mweka routes. The climb up Kilimanjaro is a long, but technically not difficult walk. What makes it challenging is the altitude, but by allowing 7 days (and not the 5 or 6 that some parties attempt), proper acclimatisation is possible and the summit can be safely achieved by most fit walkers.



Simba Tarn, Mt Kenya © C Dougherty

OUTLINE ITINERARY

Walking and journey times are approximate

Day 1 You will be met at Nairobi airport and taken to our comfortable group hotel in Nairobi. Depending on your flight time, you may have the afternoon to rest from your journey. Meals D

Day 2 **Start Mt Kenya Climb – 5 nights / 6 days** Drive to the Mount Kenya National Park and then transfer to 4WD vehicles for the final 25 km track up to the Chogoria Gate (2730m). Overnight in a 'banda' (cottage). Meals BLD

Day 3 Before breakfast we take an early game viewing walk. After breakfast we trek to our camp at Lake Ellis (3390m). An optional afternoon acclimatisation walk up Mugi Hill (3640m) is recommended. Meals BLD

Day 4 Trek across moorland to join the main Chogoria Trail. We should enjoy lovely views of the Vivienne Falls and the Gorges Valley. We descend to the most picturesque campsite in the range, at Lake Michaelson. Camp (4000m). Meals BLD

Day 5 We ascend into the alpine zone, above the treeline, and head towards the north side of Point Lenana. A short, sharp scree slope takes us to our camp at Simba Tarn (4620m). Meals BLD

Day 6 Early start for the relatively easy ascent to Point Lenana (4985m) for spectacular African sunrise summit photos on the trekkers summit of Mt. Kenya. We descend via the Sirimon Route to Old Moses Camp (3400m). Meals BLD

Day 7 We continue our descent trekking down to the park gate and then drive to Nairobi. Afternoon at leisure beside the swimming pool. Hotel. Meals BL

Day 8 Heading south we drive to the Namanga Gate border crossing into Tanzania. Continue to our group hotel in Arusha. Meals BLD

Day 9 **Kilimanjaro climb - 5 nights / 6 days.** We drive to the Machame Gate entrance into the Kilimanjaro National Park and trek to Machame (3000m) where we camp. Meals BLD

Day 10 Trek through forest and then across the open moorland of the Shira Plateau to our camping place at the Shira Caves. (3850m). Meals BLD

Day 11 Cross the south-west slopes of the mountain beneath the 'Lava Tower' to reach Barranco and the 'Western Breach'. The Breach Wall of Kibo rises spectacularly above our camp (3950m). Meals BLD

Day 12 Ascend the Great Barranco onto the southern slopes of Kibo. We pass beneath the Heim and Kersten glaciers as we head up the Karanga Valley to the Barafu Hut (Barafu means ice in Swahili). There is little vegetation here at 4,600m, and the tents are pitched between rocky outcrops, however there are magnificent views of the peak and of Mawenzi in the east. Bird life is restricted to the white necked ravens with their echoing croak as they wheel about scavenging for food. Camp (4600m). Meals BLD

Day 13 This is the toughest day of the whole trek with around 10-15 hours walking at high altitude over steep ground. Total ascent 1300m. We set off from Barafu hut at 1.00am with head torches to climb the steep scree slope to Stella Point on the crater rim – 5700m. We should reach the rim just in time to enjoy the incredible spectacle of sunrise. From Stella Point it is another one or one and a half hours along the rim to Uhuru Peak (5894m) to the highest point of all Africa. Trekking poles are recommended. We descend to Roule Camp (2950m). Meals BLD

Day 14 Trek through rainforest to the park gate and then drive to Arusha. Hotel. Meals BL

Day 15 Drive to Nairobi. Depending on flight schedules we will have use of a day room at the hotel and time to relax by the pool before a transfer to the airport. Depart Nairobi. Meals BL

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.

The Price Includes:

- National Park fees worth \$1,003 gross and Kenyan VAT at 16% are now included in the basic price.
- Airport transfers
- Accommodation, full board, half board or bed and breakfast as noted in the itinerary.
- Mount Kenya / Kilimanjaro climb with full board, local trek guide, cook & porters, camping equipment (not sleeping bags or karrimats), transportation to/from start & end of climb and back to Nairobi.

Not Included:

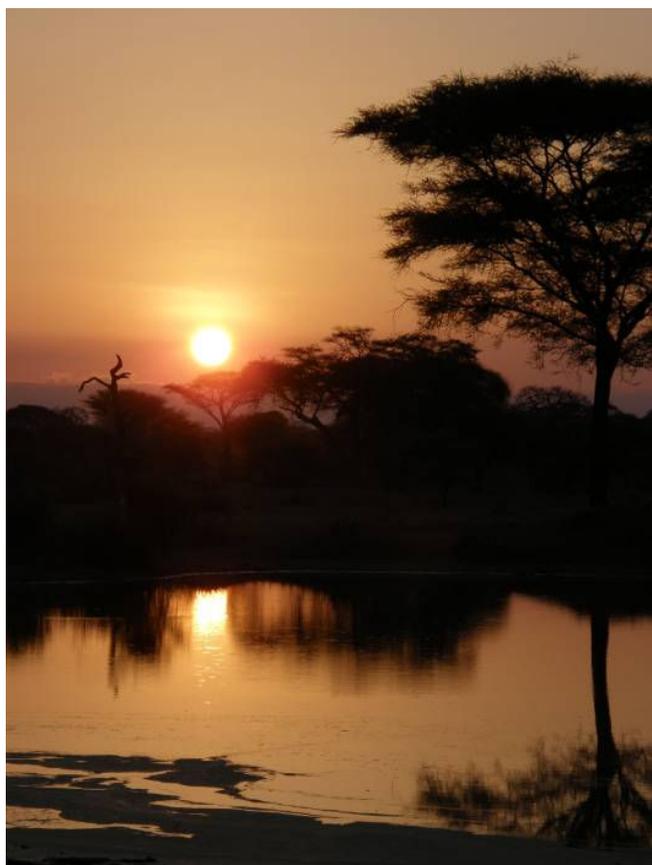
- Visas for Nairobi / Tanzania - please see "Preparing for your trek to East Africa" for latest prices
- Excursion on day 1. Approximately £10 payable locally, includes short jeep ride and guide. Please see our dates & prices list for latest prices.
- Airport departure taxes
- Tips
- 2 or 3 dinners at hotels (2 or 3 depending on flight times on final day).
- Items of a personal nature including drinks, laundry, telephone calls & souvenirs
- Sleeping bag & karrimat
- Insurance

Options: (contact us for details)

- **Extra nights** are available in our group hotel.
- **Accommodation** is usually in twin rooms and twin tents with another trekker of the same gender, or with a person you name on your booking form. **Single rooms and single tents** are available

Safari extensions:

- **Safari extension packages** can also be organized in East Africa. Please refer to our East African extensions dossier for more details. Extensions should be arranged to booking international flights.



Tarengire Watering hole
© Ann Foulkes trekMountains



Masaai warrior
© Ann Foulkes trekMountains

Flights:

You are welcome to book your own international flights to Nairobi for this trip.

If there is a group of you we may be able to book your international flights for you – please contact us.

No flights should be booked until you have received written confirmation from the trekMountains office that your departure is guaranteed to run.

Minimum numbers and our pricing policy:

This trip is advertised based on a 5 person price based on twin sharing rooms. It can, however, be run with just 2 people.

We can offer this trip as a trip just for your party on dates to suit you. If the 5 person twin share price is not relevant to your party, we will quote according to the number of participants and the number of single / shared rooms that you require.

Alternatively, you may prefer that we open up the trip to other bookings. In that case, if there are less than 5 of you in your party we will give you a price based on the number of participants so that the trip can be guaranteed immediately. The final price will reduce as more trekkers join the trip.



Mt Kenya © C Ward

Preparing for your trek:

Please see our document “Preparing for your trek to East Africa” at <http://trekmountains.com/pre-trek/> for all the advice you need about visas, insurance, money, equipment, and medical matters.