

TRACKS SAFARIS

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5-DAY MOUNT KENYA TREK – Sirimon Route to Point Lenana

MOUNT KENYA: 17,058'/5199m

Main Summits: Batian – 5,200m Nelion – 5,188m

Trekking Summit: Point Lenana – 4985m

Location: Mount Kenya National Park



Mount Kenya is a 'twin-peaked' volcanic spike. Reaching the highest of the three peaks on Mount Kenya requires technical expertise, but the third highest peak of Point Lenana offers the finest five-day trek on the continent. Our hike will take our trekkers through dense rain forest, which encircle the lower slopes of the mountain, which is home to Elephant, Cape buffalo, Leopard and primates. We then traverse the vast moorlands, past undulating grassy valleys and deep rocky gorges, through some of the most fabulous vegetation on our planet. We arrive at the summit of Lenana early enough to be rewarded by

views of the new day dawning across East Africa. The whole experience is only heightened by the fact that there will be few other trekkers we must share the mountain with.

We recommend at least one night at Ol Pejeta Camp before and after this climb.



Day One - Park gate to Old Moses campsite (altitude: 3300m)

We start out trekking at the Sirimon Gate and walk up to Old Moses Camp Site. The zone is in a lush mountain rainforest with Hagenia rose wood, St. Johns Wort, giant Camphor trees, Yellow Wood trees, ferns, orchids and other epiphytes. Here is a good chance of seeing various species of monkey, antelopes and birds. Buffalo, zebra and elephant can often be seen in forest glades and well as warthog. As we gain altitude the forest merges into bamboo that can reach over ten metres in height. This first day is approximately 4 hours walking.

Overnight in a heather bush campsite.

Day Two - Old Moses to Liki North campsite (altitude: 3900m)

From Old Moses campsite we trek through heather with an undergrowth of flowering shrubs and herbs. As we pass the meteorological station this gives way to moorland. Here there are bizarre-looking giant senecios, often referred to as giant groundsels, and lobelias. We may see Scarlet-tufted sunbirds and other unusual mountain birds, flitting between the lobelias for nectar.

The valley floor becomes divided up into small mountain streams with grassy and mossy banks. The most common animal here is the rock hyrax, which some say is the closest living relative to the elephant.

Approximately 5 hours walking.

Overnight in the valley.

Day Three - Liki North to Kami Tarn (altitude: 4440m)

We backtrack a little up to a ridge and drier ground. Now we have the feeling of approaching the high peaks. As the moorland valley opens up there is often a profusion of white and yellow alpine flowers. If we are lucky we may see Verreaux eagle and maybe an Auger buzzard. The last hour and a half to Kami Tarn we gain altitude passing many giant senecios and lobelias.

Approximately 6 hours walking.

Overnight at Kami Tarn.

Day Four - Kami Tarn to Point Lenana (altitude: 4970m)

We start our trek to Point Lenana in the early hours of the morning so that we can enjoy the early morning sun on the summit of Lenana and view the spectacular main peaks. Most early mornings are very clear in the high mountain area but you can expect the clouds to roll in by mid-morning. Before that happens we

want to be back at camp after enjoying our summit time to the full, to pack and have a good breakfast before we descend back to Liki North camp.

Approximately 6 hours walking from Kami Tarn campsite to Liki North campsite.

Overnight Liki North campsite.

Day Five - Liki North to the Park Gate

We trek out to gate early morning down through the bamboo and upper forest.

This is the time that we could even see a leopard... Buffalo could be moving up from the lower forest area along the road and as most animals are more active in the morning it could be very exciting. So keep your eyes open! This final day is approximately 6 hours walking from camp to the park gate, where we meet our vehicles and bid the crew farewell.



Includes:

Transport to/from the mountain; services of guides and porters; all meals on the mountain; park and camping fees; camp equipment and tents.

Excludes:

Comprehensive travel insurance including trip cancellation and medical evacuation – this is mandatory. Sleeping bag, karrimat and personal clothing as listed below. Staff tips for the crew. (Please enquire about the amount upon booking.)

Clothing requirements:

The temperature range on the Mountain is +20C to -10C. So from warm to very cold. The UV at altitude on the Equator is some of the highest on earth.

You will need to bring:

4 season sleeping bag with cotton or silk liner; Karrimat/Thermarest; down jacket, gloves, woolly hat; thermal inners; a waterproof /windproof jacket; a fleece/jumper; 2 shirts; 2 trousers; shorts; 3/4 pairs socks (i.e. 1 dry change of clothes and the other for walking); shoes/trainers, and walking boots. Boots should be worn in before coming and be comfortable. Sunhat; high factor sunscreen and lipsalve; good sunglasses/glacier glasses. Each person should have a 2-3 litre water bottle(s), if a camelback you need insulation on the mouth tube. A small towel; toiletries, and mini pillow if required. A head torch and spare batteries. A day pack for your own water, fleece, raincoat, camera etc.

A soft holdall bag for the rest of your gear, packed in bin liners to weatherproof dry gear – your gear bag shouldn't weigh more than **14 KG**. A few extra nibbles, and a basic first aid kit (e.g. plasters, aspirins, tampons, hand wash etc.)

Safety

Our clients' well-being and safety are our paramount concern; we use 2 excellent local guides, experienced local porters, and carry a GPS, Wilderness First Aid Kits with Diamox, mobile phone and VHF radios linked into the local security network. Safety equipment is of the highest quality at international approved standards and regularly serviced and checked.

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A dark green paw print logo is positioned to the right of the text. It consists of five distinct, rounded shapes representing the pads of a paw, arranged in a fan-like pattern. The color is a solid, dark green.