

TRACKS SAFARIS

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6-DAY MOUNT KENYA TREK - Chogoria 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 six-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 a night before and after the climb at Ol Pejeta Tented Camp.



Day One - Camp to Chogoria bandas (altitude: 3000m)

Meet guides and porters at a little local hotel transit at around midday.

Whilst we have lunch, the crew load up the Land Rover. We have a 22 km drive up a rough and muddy track through the bamboo zone to our overnight destination on the boundary of the park. Is a good idea to walk the last 5-8 kms to acclimatize. We overnight at the Chogoria bandas (a small bunkhouse) set near the edge of the forest line.

Approximately 2 hours walking.

Overnight in Bunk house.

Day Two - Chogoria bandas to Lake Ellis (altitude: 3400m)

After breakfast, we will follow the track as it leads up through glades of montaine forest, with plenty of wildlife around, to our camp on the shores of Lake Ellis. We will arrive at our camp after about three hours walk in time for lunch. After a short rest period in the late afternoon we will hike to the top of nearby Mugi hill (250m) before returning to camp at dusk.

Approximately 3 Hours walking in the morning and 2 hours in the afternoon.

Camping near Lake Ellis.

Day 3. Lake Ellis to Lake Michaelson (altitude: 4000m) Early Morning we set off, climbing away from Lake Ellis on its west side, across moorland up to a ridge which eventually joins the main Chogoria trail. We have views of Vivienne Falls and the Gorges Valley as we descend to the most picturesque campsite in the range, at Lake Michaelson. Above the camp are the impressive cliffs of the 'Temple'. Exotic-looking bird species, including the Tacazze sunbird, can be seen close to the camp amongst the bizarre giant plants – principally cabbage groundsel and lobelia. This day is about 6-7 hours walking. We arrive at the most impressive campsite on the mountain with the Nithi gorge plunging down nearly 400m into Lake Michaelson.

Approximately 7 hours walking

Camping near Lake Michaelson.

Day Four - Lake Michaelson to Simba Tarn (altitude: 4600m)

Climbing away from the beautiful Lake Michaelson, we ascend into the alpine zone – a world of rock and ice as we go up towards the main peaks, leaving behind the giant lobelias and groundsel and onto glacial moraine. A last short, sharp scree slope takes us to Simba Tarn (4620m), where we overnight.

Approximately 4-5 Hours walking

Camping near Simba tarn.

Day Five - Simba Tarn via Point Lenana to Liki North (altitude: 4000m)

An early start (at around 5 a.m.) for a cup of tea and a relatively easy 2-hour climb up to Point Lenana the trekking summit (4,985m).

As dawn breaks over Africa, we are treated to a remarkable spectacle; the nearby peaks of Nelion and Batian glinting in the morning sun. In the far distance, if clear, is possible to see summit of Kilimanjaro 400kms away.

After spending some time basking in the morning sunlight absorbing the panorama, we return to Simba tarn for a celebratory cooked breakfast.

We descend down the pleasant Mackinder Valley in the shadow of the true summit of Batian; near the end of the days trek we fork right from the main trail and drop into the Liki North valley(4000m) and our camp near the little hut there. The descent takes about 5-6 hours.

Approximately 2 hours ascent and 5-6 hours descent.

Camping next to Like North Hut.

Day Six - Liki North to Park gate.

Descending off the mountain is around 2-3 hours walking which can be boggy underfoot, to Old Moses camp at the treeline and the roadhead.

It is a further 2-3 hours walk down the road in good podocarpus and cedar forest. We arrive at the park gate around lunchtime. This is where we meet our awaiting vehicles, and bid goodbye to our guides and porters.

Approximately 5-6 hours walking to the park gate.

**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:

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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