



## The Mount Kenya Challenge

### ITINERARY

#### **DAY 1 Depart from London Heathrow Airport**

We fly London to Nairobi departing in the evening from London Heathrow Airport.

#### **DAY 2 Nanyuki - day hike to the Mau Mau Caves**

From the airport we drive to the town of Nanyuki and our lodge accommodation. After lunch we make a hike to the Mau Mau Caves. These are the caves which were used as hideouts by the local tribal fighters who fought against the British for Kenyan independence during the colonial period. The forests boast a wealth of birdlife. We return to the Lodge before the local elephants start their evening search for food.

#### **DAY 3 Trek to Old Moses Camp**

After breakfast we drive north across the Equator to Mount Kenya National Park. There is a monument of sorts on the Equator and we can have our photographs taken standing with one leg in the northern hemisphere and one leg in the southern. At Sirimon park gates we register with the Rangers and meet our crew of porters who will accompany us for the next few days. The initial part of the trail follows a good track through dense forests alive with birdsong and the sounds of noisy Colubus monkeys. Elephants also inhabit these parts, but in this valley they are rare these days and we will be lucky to see one. We emerge on the edge of the forest where it joins the moorland zone, and reach our campsite at Judmeier, also known as Old Moses Camp (3340m).

#### **DAY 4 Trek to Liki North Hut**

The route begins to climb quite steadily now so although today's walk is relatively short, we will be gaining altitude more rapidly now and it is important not to proceed too quickly. We trek across gentle moorland slopes passing under 'the Barrow' to reach our overnight stop at Liki North Hut (3900m). We should be at the camp by mid afternoon, allowing for an exploratory hike into the surrounding wilderness area.

#### **DAY 5 Trek to Shipton's Hut**

In the morning we complete our trek up to Shiptons hut. Although not far in distance we are now at an altitude of 4200 metres. We stop here and our staff will put up the camp. Meanwhile we will take a packed lunch and go for a long acclimatisation hike. Our objective will be Mintos Hut and tarn (4200m). Although at the same height as Shiptons Hut, there is much ascent and descent between the two, making this ideal territory for an acclimatisation hike. In addition from Mintos we get great views down into the deep corrie of Lake Michaelson. In the afternoon we return to our camp at Shiptons hut.

### **DAY 6      Trek to the American Camp**

In the morning we complete our trek up to Shiptons hut. Although not far in distance we are now at an altitude of 4200 metres. We stop here and our staff will put up the camp. Meanwhile we will take a packed lunch and go for a long acclimatisation hike. Our objective will be Mintos Hut and tarn (4200m). Although at the same height as Shiptons Hut, there is much ascent and descent between the two, making this ideal territory for an acclimatisation hike. In addition from Mintos we get great views down into the deep corrie of Lake Michaelson. In the afternoon we return to our camp at Shiptons hut.

### **DAY 7      Summit Mount Kenya (Point Lenana) – Trek to the Met Station Camp**

We leave camp at 3am, maybe earlier, for the hike and scramble to the summit of this third highest point on Mount Kenya. Walking with head torches and hopefully by moonlight we take about three hours to reach the summit of Point Lenana (4,985m). Although the climb is straightforward the final section is hard work at this high altitude. We should have timed it right to reach the summit as dawn breaks over the great Rift Valley, a sight you will never forget. After enjoying the views and taking our summit photographs, we descend down to the Austrian Hut (4700m) where we can pause to take in the views. We then have an easy descent down the Teleki valley towards Mackinders Camp, where we can take lunch. The afternoon is free at leisure. From Mackinders the path continues easily down the broad valley until we begin a long descent through a section known as the Vertical Bog. If it is dry this section is no problem. If it is wet, the vertical bog can live up to its name. Finally we reach the Met Station (3,050m - there is a Meteorological station here).

### **DAY 8      Return to Mountain Rock Lodge**

The Met Station camp is by the trail head and our vehicle will meet us here. We drive out through the Mount Kenya Park Gates and onwards to the Mountain Rock Lodge. The afternoon will be at leisure.

### **DAY 9      Depart Nairobi**

The morning will be free. In the afternoon we travel to Nairobi for final souvenir shopping and a meal before we continue to the airport for our late evening flight back to London.

### **DAY 10      Arrive London**

Arrive London Heathrow Airport in the morning.