

7 Days The Best of Mount Kenya

DESCRIPTION

This trek offers some of the best views of the main peaks with a gradual ascent which can be done at a leisurely pace. You traverse the mountain by ascending the Sirimon track, join the best of Timau, then enjoy the best of the Chogoria route before descending via the Naro Moru track.

ITINERARY



Day 1:

Depart Nairobi in the morning and drive to the Mount Kenya Region. Arrive and check-in at the Naro Moru River Lodge. The rest of the morning will be spent sorting and organizing equipment for the mountain trek. After lunch at the Lodge, you'll be driven to the Sirimon gate and then on to the road head at 3,300m. The afternoon walk is relatively easy, giving you a chance to acclimatize. Overnight at Judmaier's Camp (3,300m) in the high altitude mountain tents.

Day 2:

After breakfast, trek up the moorland and break away from Sirimon track at altitude of 3,940m, contouring into the Sirimon Valley. This is a rarely visited area with a tremendous amount of wildlife. Overnight in Sirimon Valley at an altitude 3,940m.

Day 3:

An early start out of the Sirimon Valley, you hike into the Hinde Valley and then proceed across the Nithi and Gorges Valleys. This is undoubtedly one of the most scenic areas of the mountain with its 1,000 - vertical cliffs, its virgin valleys and cascading water-fall. It is without a doubt one of the most spectacular trekking areas in Kenya. The night camp is at Hall Tarns(4,300m).

Day 4:

Descend to Lake Michaelson, in the depth of the Gorges Valley. See the incredible cave formation known as the Temple. Walk down the valley to Vivienne falls (named after the famous author of Speak to the Earth). Return to camp in the afternoon. Overnight at Hall Tarns (4,300m.).

Day 5:

Today's hike takes you on an Alpine ascent up the third highest peak of Pt.Lenana (4,985m via north face which is seldom used by tourists. It takes approximately 4 hours of stiff walking to reach the summit. Descend to Teleki Valley and spend the night at Mackinders Camp (4,150m).

Day 6:

After and early breakfast, descend the mountain via the Naro Moru route completing a fine circuit of Mt. Kenya. Transfer back to the Naro Moru River Lodge for a well-earned rest. Dinner and overnight stay at the Lodge.

Day 7:

After breakfast, check out of the Lodge and transfer to Nairobi for your flight home or continue with onward arrangements.

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