

Doug Scott ranked Mt. Kenya as one of the world's great treks, having made the first winter ascent and third overall ascent of the mountain's challenging Diamond Couloir.

The trek starts with an acclimatisation trek on Mt. Kenya. Africa's second highest mountain offers spectacular and incredibly varied trekking. Its quiet and very scenic trails progress through the deep rainforested 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 scree 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.

- **Land-only prices:**

The flight costs are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost, and quote separately for the cheapest flights we can find at the time of your booking. We will, however, require full payment for the flights prior to booking them. If you prefer to search for alternative flights yourself, we can sell you the trek at the land-only price.

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

Important Note: 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.



Mount Kenya: (Photo EARVS)

• **Important note – minimum numbers:**

Before booking flights, please note that this trip requires a minimum of 2 trekkers before we can guarantee the departure at the advertised price. Please note that should you decide to book your own flights, it is essential that you check with the Community Action Treks office to ensure that the departure is guaranteed before committing financially to any flights or travel arrangements.

The Price Includes:

- 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
- All National Park Fees – we collect this payment at the time of the balance payment, but they are not part of the basic land-only price, and the exact price will depend on the exchange rate at the time of the final balance as we have to pay the park fees in US Dollars. You pay us for them in sterling.
- 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

Optional extras

Please refer to our dates and prices list for single hotel room and single tent supplements.



Tarengire Watering hole (Photo: Ann Foulkes)



Masaai warrior (Photo: Ann Foulkes)

Safari extensions

A safari extension can be added to these itineraries upon request. Please refer to our East African extensions itinerary for details.