

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.

Mt. Kenya is often overlooked by trekkers who frequently prefer to scale Kilimanjaro. However, Mt Kenya, Africa's second highest mountain, offers much more spectacular and varied trekking than its neighbour. Its quiet and very scenic trails pass 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.



Zebras – photo by Ann Foulkes

- **Land-only prices:**

The cost of flights 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.

- **Important note – minimum numbers:**

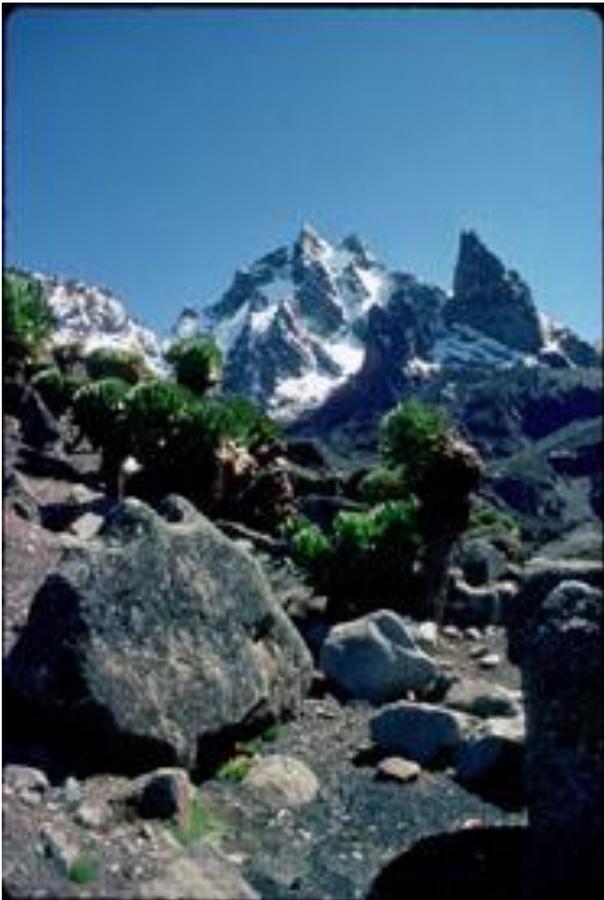
Before booking flights, please note that this trip requires a minimum of 2 trekkers before we can guarantee the departure at the advertised price. Please note that should you decide to book your own flights, it is essential that you check with the Community Action Treks office to ensure that the departure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

OUTLINE ITINERARY

Walking and journey times are approximate

Day 1 Arrive Nairobi

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 Drive to Mt Kenya

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 Trek to Lake Ellis

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 to Lake Michaelson

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 Trek to Simba Tarn

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 Summit Point Lenana, descend to Old Moses Camp

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 Descend to road, return to Nairobi

We continue our descent trekking down to the park gate and then drive to Nairobi. Depending on flight schedules we will have the use of a day room to refresh ourselves before the transfer to the airport for the flight home. 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.

The Price Includes:

- Airport transfers
- Accommodation, full board, half board or bed and breakfast as noted in the itinerary.
- Mount Kenya 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:

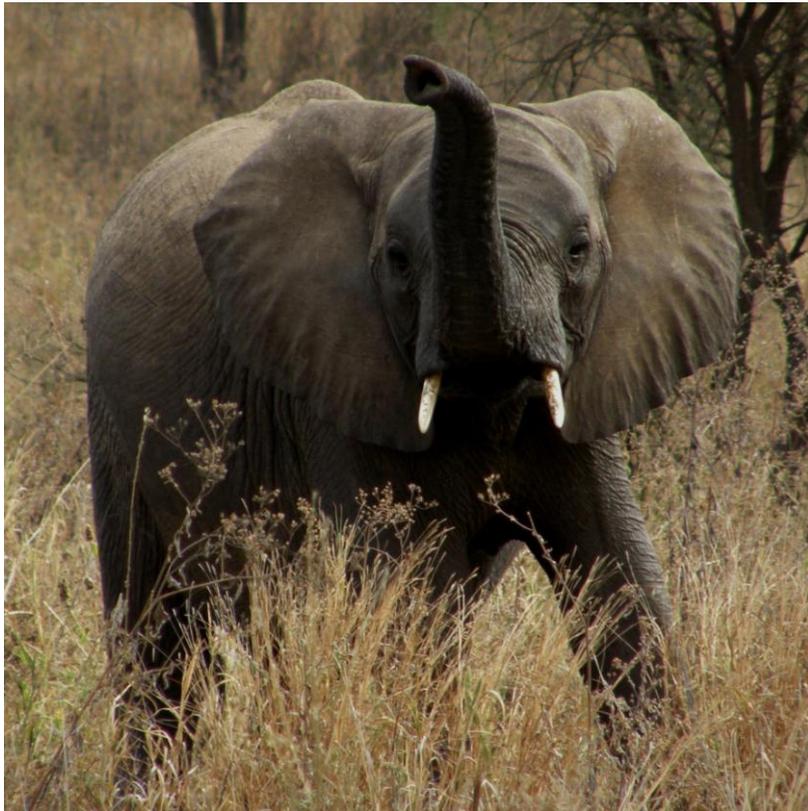
- Kenyan Visa - please see "Preparing for your trek E Africa" for latest prices
- National Park Fees – we collect this payment at the time of the balance payment, but they are not part of the basic land-only price, and the exact price will depend on the exchange rate at the time of the final balance as we have to pay the park fees in US Dollars. You pay us for them in sterling. Please see our dates & prices list for latest prices.
- Airport departure taxes
- Tips for local trekking crew
- Dinner at hotel on final day (may be eaten on the plane dependant on flight times).
- 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.

Safari extensions

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



Elephants, Tanzania (Ann Foulkes)