



TREK MOUNT KENYA

Trekking Mount Kenya is one of the most interesting and well-known activities in Africa. If well organised and properly planned, it can be an enjoyable lifelong memory. Allow Wild Side Africa's experienced guides to take you on this awesome trek.

There are three main routes to the peaks of Mount Kenya — Sirimon, Naro Moru and Chogoria.



SIRIMON/CHOGORIA ROUTE - "THE GUIDES SPECIAL"

This route is the most popular route we use on your expedition. This route—a five day trek—allows you to visit some of the most breathtaking scenery, diverse ecological vegetation and a plethora of African wildlife. This trek incorporates two different routes to maximize your experience; we will travel up Mt Kenya on the Sirimon Route and returning to the Timau River Lodge via the Chogoria Route.

DAY ONE - The first day of the trek is the started by jeep transport from Timau to Sirimon Park Gate. From the gate we trek to Old Moses Camp through the equatorial rainforest the trek on the first day is about three to three and a half hours. The wildlife that inhabit this rainforest range from Black and White Columbus monkeys, buffaloes, elephants as well as a massive variety of bird species.

DAY TWO - The second day, walking for about seven hours, is spent mostly travelling through the undisturbed moor land. This days hike travels thought the habitat of the Rock Hyrax, the only high altitude surviving animal, which interestingly scientist believe to be related to elephants. The days hike ends at Shiptons Camp.

DAY THREE - The third day we climb for about four to five hours, always walking with the peak views in front of you. The day finishes at a height of 4790 metres above sea level at the Austrian Hut for tea.

DAY FOUR - The fourth day or Summit day as we like to call it is an early day. This allows us to reach Point Lenana at 4985 metres, in time to watch the sun rise and see Mt Kilimanjaro in the distance by six am. After pictures we return to the Austrian Hut and prepare to descend down Georges Valley on the Chogoria route, the most beautiful valley around Mt Kenya. We stay the night at the Chogoria Gate, a total of 16 kilometres from Point Lenana





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DAY FIVE - The Fifth day is a leisure walk towards Chogoria Township; the trail travels through 15 kilometres of bamboo forest, towards our rendezvous point with transport back to Timau River Lodge. At Timau a soft bed, a great meal and a hot shower awaits your return.

OTHER ROUTES



NARO MORU ROUTE

This is the fastest route to Point Lenana. It has easy access from the main road and there are adequate bunkhouse and camping facilities. This route is easy to follow, but can be steep and boggy in various places.

CHOGORIA ROUTE

This route is the longest but also the most beautiful and spectacular way by which to ascend the mountain. Wonderful views for most of the climb, particularly in the upper sections with its glacial lakes, giant groundsel, lobelia and weird and wonderful volcanic formations inhabited by rock hyrax.





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MOUNT KENYA – OTHER OPTIONS

1 DAY TREKS TO THE VIEW POINT

The day starts at six am with a hearty breakfast followed by 4WD jeep transportation to Sirimon gate at an altitude of 2635 metres. Then we proceed on foot walking through ancient equatorial rain forest to Old Moses Camp at an altitude of 3300 metres.

The nine-kilometre walk will give you a wonderful look at a great diversity of plant life with chances to see Cape buffalo, elephants, and many different bird species. We stop and make camp for a snack break and a cup of tea before proceeding to the view point at 3500 metres. Then it is back to Old Moses Camp for a late lunch.

After lunch we descend to the park gate for transport to pick us up and return us the Timau River Lodge.

2 DAY TREK TO THE VIEW POINT

Day 1 1950-3500 metres

Transport by 4WD jeep from the Timau River Lodge to Sirimon Park Gate at an altitude of 2635 metres. A quick stop to register at the park office for permit clearance and lunch before the three and three and a half hour walk to Old Moses Camp, the walk takes us through the equatorial rain forest, with plenty to see including Buffalo, elephants and a variety of bird species.



Day 2 3500-4000 metres

An early breakfast and then depart Old Moses Camp for a short climb to a view point. This is through the fragile moor land zone with some extremely rare plants that only grow above 3500 metres.

The view point lies at about 4000 metres on the Sirimon Track, with spectacular views of both mountain and African plains below. After a breather and photos, it's a careful decent back to Old Moses Camp for lunch and then a further descent for transport awaiting us at the gate for the return to Timau River Lodge.

KENYA FROM ABOVE AND BELOW
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