



SAFARI BOYZ

Do more than just exist.

4 DAYS MT KENYA
Hikeup Chogoria Route
Down Sirimon Route



DAY 1

NAIROBI CHOGORIA BANDAS

LAKE ELLIS (3,460 m)



ALIGUL

Elevation to gain - 1750m from Nairobi

Walking distance - 10km

Walking hours - 4hrs

Depart from Nairobi at 0600hrs, driving through agricultural country up to Chogoria town for 3hrs 30min.

After we proceed with a drive up to Chogoria bandas through bamboo forest where we shall have lunch.

Start our trekking for a distance of 10km with a beautiful view of ithanguni and Mugi Hill to Lake Ellis. Dinner and overnight at a private campsite.



Duration
(4 hours)



Elevation gain
(745 m)



Hiking Distance
(10km)



Lake Ellis Campsite



DAY 2 LAKE ELLIS TO MINTOS (4,200m)



Elevation ascent - 745 m

Walking distance - 6.6 km

Walking hours - 6-8 hours

This day is a beautiful walk which takes you up along the ridge overlooking the Gorges valley and later on in the day Lake Michelson comes in to view.

We will break for lunch over looking the Lake with a spectacular view, and then continue on a gentle traverse and descend to Mintos Camp.



Duration
(6 - 8 hours)



Elevation gain
(745 m)



Hiking Distance
(6.6 km)



Mintos Campsite



DAY 3 MINTOS CAMP

TO POINT LENANA (4,985m)

To SHIPTON (4,200m)



Elevation ascent - 702 m

Elevation descent - 785m

Walking distance - 8km

Walking hours - 6-8 hrs

You will depart at around 2 am for summit attack and hopefully reach in time for a beautiful African sunrise.

After a quick photo session on Lenana peak, embark on your descent to Shiptons camp.



Duration
(6 - 8 hours)



Elevation gain
(702 m)



Elevation Loss
(785 m)



Hiking Distance
(8 km)

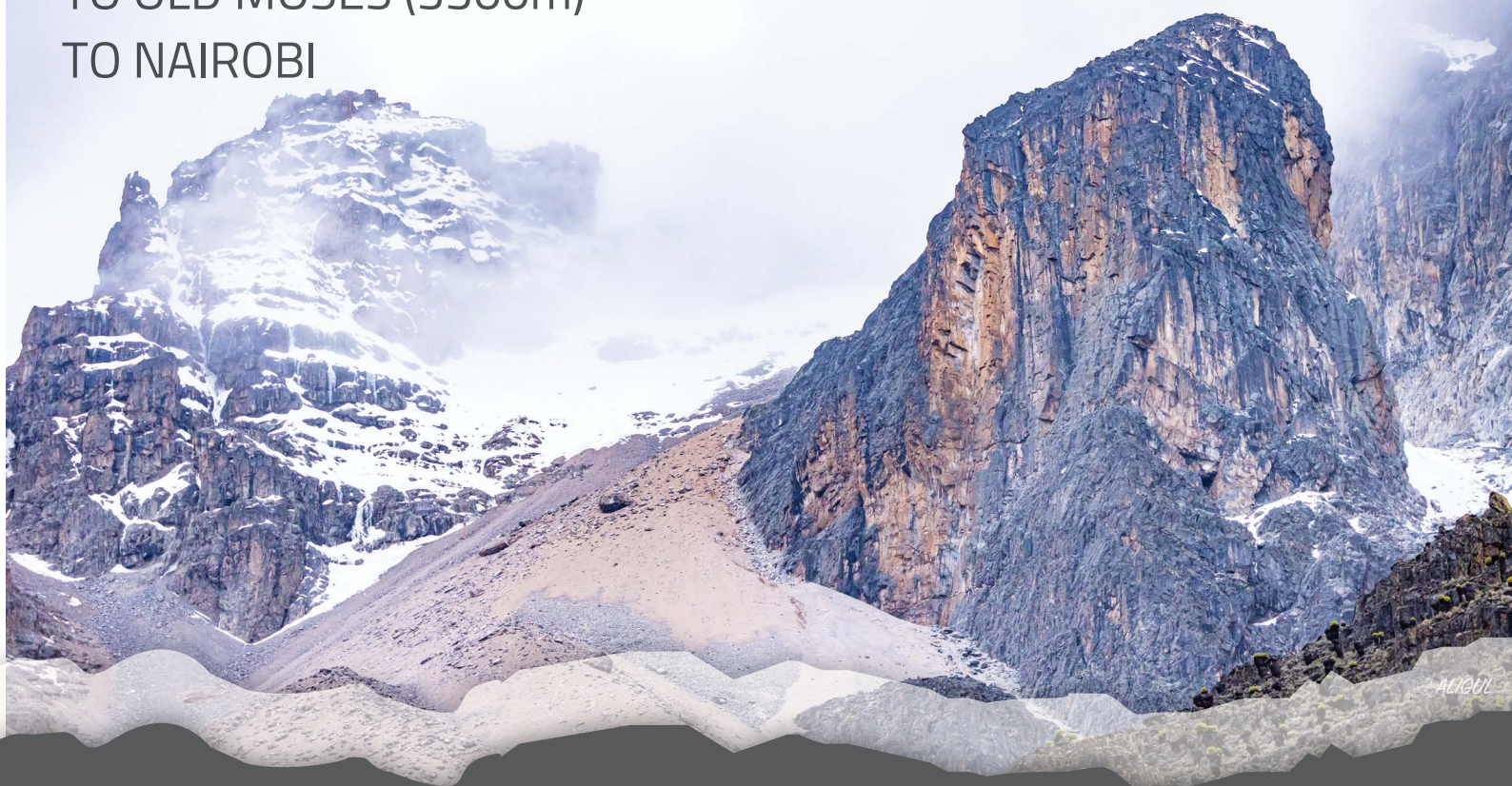


Shipton Campsite

DAY 4

SHIPTONS CAMP

TO OLD MOSES (3300m)
TO NAIROBI



Descent - 900m

Walking distance - 17km

Walking hours - 6-8 hrs

After early morning breakfast depart for old moses. Reach old moses in time for motorised transfer back to Nairobi.



Duration
(6 - 8 hours)



Elevation gain
(200 m)



Elevation Descent
(1685 m)



Hiking Distance
(20 km)



Mintos Campsite

Inclusives

The following items are included in prices:

- All transportation to/from the mountain (private).
- All park fees- All food while on the Mountain.
- Accommodation in mountain huts/ camping where applicable.
- All guiding services- Porter support for the climb.

Exclusives

Not included are:

- Personal clothing and equipment
- Tips and gratuities for guides and porters (recommended to be 20 - 30% of climb costs).
- Beverages while not on the mountain.
- Travel Insurance.





MENU

DAY 1

LUNCH AT MERU BANDAS

- Beef ham sandwiches
- Fruits
- Juice

DINNER AT LAKE ELLIS

- Butternuts & Garlic Soup
- Pilau & Kachumbari
- Mala
- Roasted Potatoes
- Fruits

DAY 2

BREAKFAST AT LAKE ELLIS

- Eggs
- Bread
- Sweet Potatoes
- Cornflakes
- Tea & Coffee
- Honey
- Fruits
- Butter, Jam & Nutella

PACKED LUNCH

- Sandwiches
- Fruit
- Juice & crisps

DINNER AT MINTOS CAMP

- Vegetable Corn Soup
- Spaghetti

DAY 3

BREAKFAST AT SHIPTONS

- French Toast
- Eggs
- Baked Beans
- Sausages
- Beverages
- Fruits

LUNCH AT SHIPTONS

- Leak & onion soup
- Githeri
- Kachumbari
- Fruits

DINNER AT SHIPTONS

- Rice & Vegetable Soup
- Beef Stew Chapati
- Vegetable Sauce
- Fruits

DAY 4

BREAKFAST AT SHIPTONS

- Eggs
- Sausage
- Beverages
- Cornflakes
- Bread
- Baked Beans
- Fruits

PACKED LUNCH

- Chicken Burger
- Crips
- Juice

Gear For Climbing MT. Kenya.

Equipment check list:

- Headlamp/torch
- Sleeping bag- 3 or 4 season plus fleece sleeping bag liner.
- Hiking boots: (This is the most important item on the list. You'll need a comfortable/waterproof pair of hiking boots which offer plenty of support. Make sure they are broken in before you get to MT.Kenya.)
- 2 pcs of 1 Litre water bottle or camel back (2litres)
- 2 set of thermal underwear/innerns (top & bottom)
- 1 warm jersey/sweater (wool)
- 2 pair of track suit top & bottom
- 1 Light towel
- 1 Waterproof summit jacket (with a hood) & pants
- 3 Long sleeves T-shirts cotton/wool
- 3 Trecking t-shirts
- 6 Pairs of thermal hiking socks
- 1 Cap / Sunhat

- 3 Track pants
- 1 Pair of warm gloves
- 1 Pair of waterproof gloves
- 1 Pair of sunglasses
- 1 Balaclava/ monkey cap
- 1 Warm scarf
- Rain poncho
- Sunscreen
- Personal toiletries
- Spare batteries & bulb
- 1 pocket swiss army knife (optional)
- 2-3 packets of moist towelettes.
- 1 Travel pillow (optional)
- Personal medications
- Snacks (chocolate, nuts, dates, glucose & dextrose ETC.)





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