



SAFARI BOYZ

Do more than just exist.

5 DAYS MT KENYA
Hike-up Chogoria Route
Down Sirimon Route



DAY 1

NAIROBI CHOGORIA BANDA'S (2,900 M)

LAKE ELLIS (3,600 M)



ALIGUL

Elevation to gain - 1800 m

Walking distance - 9 km

Walking hours - 4 hrs

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
(1800 m)



Hiking Distance
(9km)



Lake Ellis Campsite



DAY 2 LAKE ELLIS

TO MICHAELSON CAMP (4,100 M)



Elevation ascent - 500 m

Walking distance - 12 km

Walking hours - 8 hrs

After breakfast, we will follow the trail as it leads up through glades of montane forest climbing away from Lake Ellis on its west side, across moorland to a ridge which eventually joins the main Chogoria trail. Later in the day, Lake Michelson will come into view and we will enjoy packed lunch overlooking the lake with a spectacular view. From there a steep descent to Lake Michaelson camp. Dinner and overnight stay at lake michaelson.



Duration
(8 hours)



Elevation gain
(500 m)



Hiking Distance
(12 km)



Michaelson Campsite

DAY 3

LAKE MICHAELSON (4,100 M)

SIMBA TARN (4,630 m)



ALIGUL

Elevation ascent - 530 m

Walking distance - 5.5 km

Walking hours - 4 hrs

We begin our trek ascending up along the foot of huge rock walls alongside the soothing sound of a river feeding Lake Michelson.

After a few hours we'll have an excellent view of the peaks of Mt Kenya up close.

After ascending for a couple of hours we will reach Simba Tarn, another mountain lake at MT. Kenya, where we will setup camp. The point Lenana towers over us and beneath us is the moorland and tropical alpine forest. We will get enough rest to prepare for tomorrow's peak attack. Temperatures at night can drop to as low as -5 degrees Celsius.



Duration
(4 hours)



Elevation gain
(530 m)



Hiking Distance
(7 km)



Simba Tarn

DAY 4

SIMBA TARN (4,630 M) TO POINT LENANA (4,985 M) TO SHIPTONS CAMP (4,200 M)



Elevation ascent - 285 m

Elevation descent - 785 m

Walking distance - 6 km

Walking hours - 4-5 hours

Wake up at 4:30 am and have a cup of tea and biscuits. Leave at 5:00 am for pre-dawn attempt, climbing for 1 hour across bare rock and scree slopes characteristic of the alpine region up to Pt Lenana - the hiker's summit, arriving in time to catch the stunning African sunrise.

After the sunrise and few pictures with happy spirits, we descend down to Shipton's Camp (4,200m asl) for breakfast, enjoy the day relaxing, overnight stay at Shipton's camp with Dinner.



Duration
(4-5hours)



Elevation gain
(285 m)



Elevation Descent
(785 m)



Hiking Distance
(6 km)



Shipton Camp

DAY 5 SHIPTON CAMP (4,200 M)

TO OLD MOSES (3,300 M)

TO NAIROBI



Elevation descent - 900 m

Walking distance - 17 km

Walking hours - 6-8 hours

After breakfast in Shipton camp, descent down to Old Moses camp in time for motorized transport back to Nairobi. End of trip.



Duration
(6-8 hours)



Elevation Descent
(900 m)



Hiking Distance
(17 km)



Nairobi

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

- Minji
- Vegetable sause
- Chapo
- Bananas
- Juice

DINNER AT LAKE ELLIS

- Butternuts & Garlic Soup
- Pilau & Kachumbari
- Mala
- Vegetable sauce
- Fruit

DAY 2

BREAKFAST AT LAKE ELLIS

- Beverages
- Bread
- Sweet Potatoes
- Cornflakes
- Eggs
- Milk
- Honey
- Butter, Jam & Nutella

PACKED LUNCH

- Juice
- Apple
- Snadwich (beef brawn & cheese)
- Crisps

DINNER AT LAKE MICHAELSON

- Leak & Onion soup
- Vegetables sauce
- Spagetti
- Mince meat

DAY 3

BREAKFAST AT LAKE MICHAELSON

- Beverages
- Bread
- Sweet Potatoes
- Eggs
- Cornflakes
- Milk
- Butter, jam, & nutella

LUNCH AT SIMBA TARN

- Packet soup
- Githeri & Kachumbari
- Lemons
- Juice
- Fruit

DINNER AT SIMBA TARN

- Tomatoe soup
- Rice
- Beef stew
- Vegetable sauce
- Chapo

DAY 4

BREAKFAST AT SIMBA TARN

- Beverages
- Bread
- Sweet Potatoes
- Spanish omlettes
- Sausages
- Baked Beans
- Cornflakes
- Milk
- Honey
- Butter, jam & nutella

PACKED LUNCH

- Juice
- Fruit
- Noodles
- Cowpeas

DINNER AT SHIPTON

- Butternut garlic soup
- Rice
- Vegetable sauce
- Chicken stew
- Juice

DAY 5

BREAKFAST AT SHIPTONS

- Beverages
- Bread
- Sweet Potatoes
- Spanish Omelletes
- Sausages
- Baked beans
- Cornflakes
- Milk
- Honey
- Butter, Jam & Nutella

PACKED LUNCH ENROUTE OLD MOSES

- Juice
- Fruit
- Sandwich (beef brawn & cheese)
- Crisps

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/innners (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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