



## Mt Kenya and Kilimanjaro

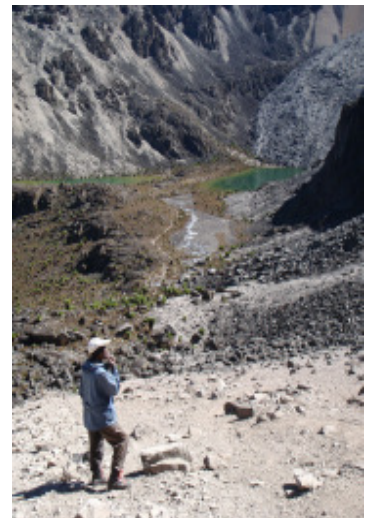
**Our trip takes us first to ascend the beautiful Mt Kenya. As well as being spectacular this will provide good acclimatisation for our second mountain ascent, Kilimanjaro, which is the highest mountain in east Africa.**

Both mountains are free standing but the ascents do not start at sea level. To relax between the two ascents we will enjoy an exciting morning's rafting and we will spend 2 nights at a camp on the Sagana River near Mt Kenya. Mt Kenya an ancient volcano lying astride the equator and rising to a height of 5199m. Its ascent is one of the most magnificent mountaineering expeditions in East Africa.

Extensive rain forests, rich in game, cover the lower slopes. Above this there is a narrow bamboo belt. Then we enter parklands with large stands of giant heathers that merge into the Afro-Alpine moorland zones. Finally out of the screes rise the rocky summits of Mt Kenya. Below the rugged cliffs and glaciers lie tarns of clear water, set amongst meadows and giant Groundsel. The two main summits, Batian and Nelion, are accessible to skilled mountaineers only. The third highest top, Point Lenana 4985m, can be reached by walkers and provides a superb viewpoint.

The "Round the Peaks" walk takes in some of the most beautiful spots in the peak area and involves walking on rough, steep paths and a few small areas of scree and boulders.

On account of the high altitudes it is not wise to rush.



We will ascend Mt Kenya by the Chogoria Route; it is the most spectacular route to Point Lenana and the main peaks—allowing time for good acclimatisation in beautiful locations before some tough days walking to the peak area. From Chogoria village a 22km track leads through beautiful rain forest, bamboo then parklands to the Meru Mt. Kenya Bandas (3017m). The bandas are set in beautiful parkland ideal for acclimatising walks. After the bandas nights are spent camping. The first being at the Nithi Gates with near superb waterfalls. Then a dry ridge with superb views over the Gorges Valley leads down into the gorge to camp on the shores of Lake Michaelson (4000m), a magical spot below Hall Tarns. From here we ascend to Lenana, (4983). The summit of Lenana is not technical but care must be taken especially on the descent; the glacier which lead to the summit has receded and the ascent is now over rocks. After Lenana we camp at the bleaker camp by Kami Hut (4439m) for the start of the around the peaks walk.

From Mt Kenya we have a short drive to "Savage Camp" on the Tana River at Sagana. Comfortable tents with bedding and showers are available at the camp and the half day rafting followed by some relaxation is a highlight of the trip for many. The camp and operator have been checked and cleared by the British Armed Forces.

An early transfer takes us to Nairobi to catch the shuttle bus to Moshi. The journey is long but with several stops on the way including stops on both sides of the border at Namanga.

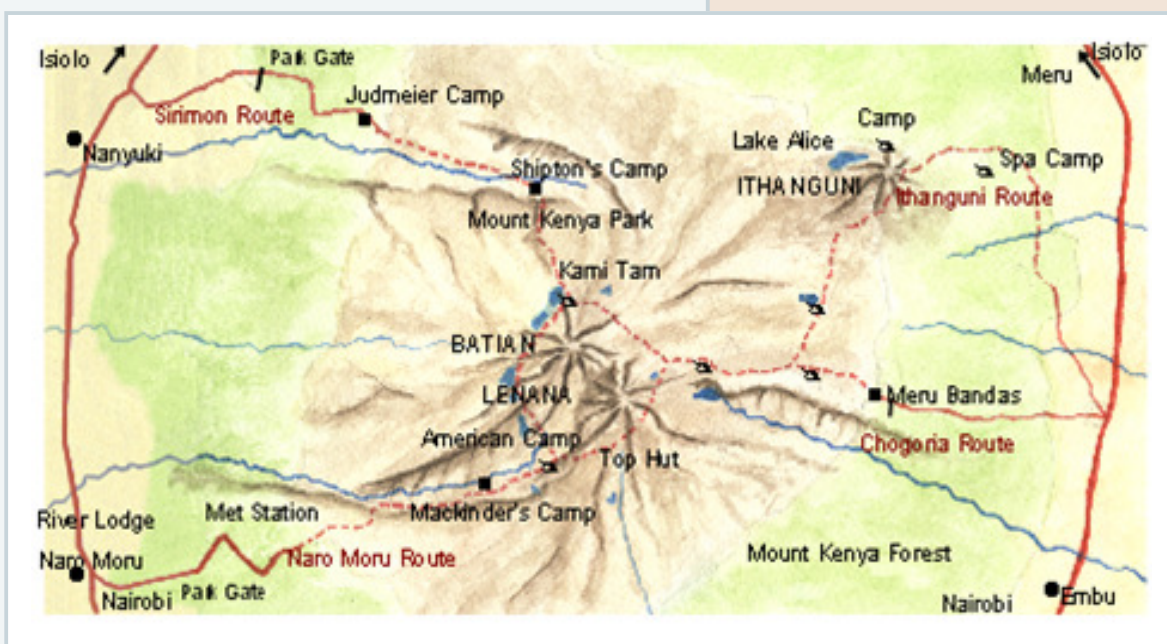
In Moshi we stay in Springlands hotel and prepare for the ascent of Kili. Kilimanjaro, the highest mountain in Africa has

two main summits, craggy Mawenzi, 5149m, and 'flat-topped', Kibo, 5896m. The Saddle, a 5 km wide, high-altitude semi-desert separates the two. From the summit glaciers, screes, cliffs, afro-alpine moorland then forests lead down to the cultivated foothills. Several main routes lead up to Uhuru Peak; we will ascend by the Umbwe Route.

The Umbwe Route has a steep start but, being acclimatised after having already ascended Mt Kenya makes this ascent easier. Steep forest paths, easy scrambling and airy ridges lead to the final screes and hence the crater and Uhuru Peak. Nights are spent in tents. The Mweka Route is the descent route.

It is a Park Authority requirement that a minimum of 6 days is taken for this route.

The extra night can be spent at Barranco to explore the surrounding area or to relax and acclimatise. Otherwise you can walk onto the camp located in the Karanga Valley.



## Program

- Day 1** Depart LHR for an overnight flight
- Day 2** Arrive Nairobi and meet our mountain guide to drive to Chogoria at the base of Mt Kenya. After lunch ascend to the bandas to overnight
- Day 3** An early pre-dawn walk followed by breakfast. Walk Nithi gates to camp. Afternoon visiting the waterfalls and caves
- Day 4** Ascend the Ridge overlooking the Gorges Valley to camp at Lake Michaelson for 2 nights.
- Day 5** Acclimatisation day
- Day 6** Ascend Lenana and descend to camp Kami Hut
- Day 7** Walk around the peaks to American camp
- Day 8** Descend the Naro Moru route to the park gates. Drive to Savage Camp.
- Day 9** Morning rafting, afternoon relaxing swimming
- Day 10** Early drive to arrive Nairobi for the 0800hrs shuttle bus to Springlands Hotel Moshi. Arrive at the hotel. Overnight.
- Day 11** Drive to Umbwe road head at 1800m. The route follows a track through natural rain forest then a steep path up a forested ridge. The first campsite is in the forest by some rock overhangs at 2940m, (5-6 hours walking).
- Day 12** Shortly after leaving the camp, the forest ends and the path continues along a narrow spectacular ridge. From the Umbwe ridge the route descends slightly to the Barranco Hut and the camp in the valley floor at 3900m, (5-6 hours walking).
- Day 13** A short scramble to the top of the Great Barranco to a traverse over scree and ridges, leading to the Karanga River Valley (4000m, 3 hours), beneath the icefalls of the Heim, Kersten and Decken Glaciers.
- Day 14** Ascend a ridge to the Barafu Hut at 4600m, 3 hours walking.
- Day 15** An early start for the ascent to the rim of the Kibo Crater between the Rebmann and Ratzel Glaciers, (4 hours); the last section before the rim may be snow-covered. A further hour leads to Uhuru Peak. Descend to the Barafu Hut for lunch; continue down to camp at Mweka Hut in the giant heather zone on the forest edge.
- Day 16** Leave the mountain and return to Springlands Hotel for a cold beer & Warm shower.
- Day 17** Fly Back to the UK



## WEATHER

Weather in high mountains is never totally predictable; bad weather and snow higher up are possible at any time of year. However, the best seasons in East Africa are December to mid March and June to mid October. The two rainy seasons are mid-March to late April and November to early December.

## GENERAL

These are tough walking trips, but within the limits of a fit individual used to walking in mountain areas. All programmes are fully porter supported and all-inclusive, except for evening meals and lunches at the hotel. Accommodation on all routes is in tents except for the Marangu route, where accommodation is in huts. Foam mattresses are provided. The porters generally pitch the tents but welcome your assistance.

## EQUIPMENT & CLOTHES:

Sleeping bag (suitable for 3-4-season use), waterproof jacket, mitts and hat, well-fitting mountain walking boots and warm socks, sunglasses. When you stop walking you will need warm, dry clothes; a duvet jacket is useful if you have one, otherwise a good fleece and extra layers are suitable. Walking poles or ski sticks are recommended. A list of recommended clothing and equipment will be sent on receipt of your booking form and deposit with the pre-departure information.

## HEALTH MATTERS

Climbing above 5000m requires good physical fitness and health. No special inoculations for entry are required. You should consult your doctor about recommended health matters and especially about Malaria prophylaxis. We recommend that each person carries a small personal kit and has adequate medical insurance.

Park fees include mountain rescue to the park gates by vehicle or stretcher. If you wish you can organise mountain rescue by helicopter on your personal insurance.

**This challenge is suitable for everyone who has the drive and determination to succeed, so why wait...?**

Register your interest at  
[info@executivestretch.co.uk](mailto:info@executivestretch.co.uk)