



travel
for
change

**5 Days
4 Nights**

Mt Sirimon

Sirimon — Naromoru

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Day 1: Nairobi - Old Moses camp (3,300m)

After pick up in Nairobi drive to the Sirimon Park gate (8,700 ft). From the gate, we trek up through magnificent montane forest, bamboo and giant heather zone before reaching the high altitude moorland and our first hut Old Moses camp) for dinner and overnight. This is a gentle trek that takes 3 - 4 hrs gaining an elevation of 680m.

Day 2: Old Moses - Shipton camp (4,200m)

After breakfast, follow the track uphill, forking right at the junction. After a water break, we continue on the track crossing Ontulili River before turning right contouring through the Moorland and crossing Liki North River and continue uphill to Mackinders Valley from where there are panoramic views up the valley towards the Shipton Camp. This camp is a surreal setting below towering peaks and glacier. Resident population is of Rock hyrax and sunbirds. Dinner and overnight at the camp.

Day 3: Full Day acclimatization.

For better acclimatization you can take a rest day at the Shipton camp. Short walks/day hikes are possible on the summit climb to Oblong and Hausberg tarns gaining an elevation of 370m before returning to the camp for lunch. Afternoon is at leisure.

N.B: Climbing high and sleeping low is excellent for acclimatization – but you can do that almost as well toughing in the sun watching the eagles!

Day 4: Shipton - Pt Lenana (4,985m)

Met Station Kick off at 3.am to reach pt Lenana in time for the African sunrise. The climb starts on frozen scree and continues on a rocky track with some very minor scrambling. With a good Moon you barely need a torch. Without a Moon, then the pollution- free sky bangs on the ground giving you as good view of the stars as almost anywhere on Earth.

The climb takes 3 -4 hrs and to add to the exhilaration, Mt. Kilimanjaro is also visible from the horizon. Descend to Mackinders camp for full breakfast. After a short rest descend further to Met Station via the Moorland and the vertical bogs arriving in time for lunch. Dinner and overnight at the Met Station cabins.

Day 5: Met station (3,000m) - Nairobi.

After early morning breakfast, descend for 3 hours through the rain forest to the Naru moru Park gate to catch a vehicle for the return journey to Nairobi arriving early at around 3 o'clock.





Travel - Safety and Security Information

Clothing

Aside of the normal clothes your probably already thought of, consider:
 Comfortable, loose fitting, lightweight clothes.
 Long trousers and long sleeves. To protect from mosquito's and the sun.
 1 warm sweater might be enough. To save space
 1 jacket for the light rains.
 Less expensive or new clothes is a less worried mind.

Equipment

Decide: a backpack or a suitcase?
 When using a backpack: buy a flightbag.
 Smartphone or a cheap simple phone with long lasting battery?
 When bringing a smartphone, look into the many travelling apps available.
 They are fun. Mobile internet is readily available in Kenya.
 Power bank for extra battery life
 Headlamp
 Small bottles for your liquids (sunscreen, lotion, shampoo, deo etc.)
 Small padlock (TSA)
 A rich, hip, colourful travel guide

Health

Vaccinations and advice from a doctor
 Diarrhoea blocking medicine. In case of emergency
 Malaria pills
 Mosquito repellent. Preferably 30% DEET or more.
 Mosquito net
 Sunscreen

Paperwork

Passport
 Copy of passport
 Visa (in passport)
 Extra passport photo's
 Vaccination document. Or at least: proof of yellow fever vaccine
 ICE document with important telephone numbers and personal information

Inclusions

Accommodation as stipulated on the itinerary
 Meals as stipulated on the itinerary
 Transportation in a 4 x 4 land cruiser with a pop up roof for game viewing & photography on shared basis
 Services of a professional driver-guide
 All game viewing drives
 All parks entrance fees as indicated in the itinerary
 All Government taxes and levies
 Complimentary 500 ml mineral water per person per day in the vehicle
 All meet and greet services
 24 hours stand-by contact number
 Meals as indicated in the itinerary
 Two-way long range high frequency radio communication in each vehicle
 On safari accessories in each vehicle:
 First-aid kit, wildlife books, a pair of binoculars, cool box and fire extinguisher

Exclusions

All items of personal nature e.g. telephone call bills, fax/email bills
 Insurances (Travel, Health)
 Tipping: Recommended Hotel staff @ USD 5 & Guides @ USD 10 per diem
 Alcoholic and non-alcoholic drinks
 International flight and departure taxes
 Laundry services
 Any other item(s) not included in our itinerary
 Visa fees
 Excursions while on safari



CORPORATE SOCIAL RESPONSIBILITY

Travel For Change as an organization believes that we have a moral duty of improving the living conditions of our communities. To this end we actively participate in the uplifting of the standards of women and children in the rural areas where our affiliate non profit NGO also named Travel For Change - Reg. No. OP.218/051/15-027/9879 operates.

Good health is important for the growth of children of all ages. Unfortunately in Africa it is shocking that six out of every ten children are fighting with health problems associated with food and nutrition. While many families can put food on their tables for less than US\$ 1 per day, this food is lacking the nutrients required for proper growth of children, leading to malnutrition which is very severe in some cases. As part of our Corporate Social Responsibility, Travel For Change is committed to ensuring that the children in the areas where our sister non profit NGO operates benefit from our activities. To this end, 5% of our profits go towards the feeding programs of the Community Based Organizations (CBOs) who are our associates. This program runs throughout the year, not only when school is in session, it ensures that for 365 days a year, the children under these programs have at least one wholesome and nutritious meal a day.