



**6 Days
5 Nights**

Mount Kenya

Mt Kenya — Chogoria — Naromoru

<http://www.travelforchangeafrica.org>
info@travelforchangeafrica.org
+254 71 035 1604

**Day 1: Nairobi- Mt Kenya Bandas
(2,900m) 3hrs, 10km walk, 950m ascent**

Depart from Nairobi at 0800hrs, driving through agricultural country up to Chogoria town for lunch. After lunch, we take 4x4 and drive up to the edge of the bamboo forest where we start our trekking through the dense bamboo forest for distance of 10 km up to the Mt Kenya Bandas. Dinner and overnight at the Mount Kenya Bandas.

**Day 2: Mt Kenya Bandas –
Lake Ellis Campsite (3,600m)
3hrs, 9km, 700m ascent.**

After breakfast and sorting of porter loads we set off up the mountain at a nice and easy pace, this will be a slightly longer walk via Lake Ellis which gives scenic views of Mugi, Ithanguni and the Giants Billiards table. whilst if we follow the river near road head, upstream for about 3 km, the foreground scenery and flora is particularly beautiful. Lunch is served on the banks of a stream, then it's time to cut up the left hand hillside to our camp at about 3,600m.

**Day 3: Lake Ellis- Minto's Camp.
(4,200m) 4 hrs, 12km, 600m ascent.**

After breakfast we set off the beaten track to follow a ridge up the mountain for about 3 hours to eventually join the tourist track on the normal Chogoria route at an altitude of about 4,100m. Breath taking views over the Gorges Valley and back over towards Ithanguni and the Northern Moorlands.

Lunch is served at a small stream crossing, before continuing for a further hour to the Mintos Hut area at 4200m and our night's rest.

Afternoon is spent relaxing at camp, though a 10 minute walk to the "Temple" is well worth the effort. This is a 150 meters' vertical cliff that gets its name from the position visitors often adopt when peering over the edge – they look as if they are praying.

**Day 4: Minto's – Austrian hut 4,700m
(top hut) 4 hrs, 7km, 500m ascent.**

Today we begin our trek ascending up along the foot of huge rock walls. From the top we'll have an excellent view of Mt. Kenya. After ascending for a couple of hours you reach Tooth Col. From here you traverse until you reach the Austrian Hut for dinner and overnight.



**Day 5: Austrian camp – Pt Lenana
– met station 7hrs, 20km, 285m
ascent – 1,400m descent.**

Leave at 5.00am for predawn 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 African sunrise.

Descend to mackinders camp for breakfast and a short rest. After breakfast we begin a 5 hour descent via tereki's valley to the met station camp (3,300m). The descent is gentle and it offers ample time to enjoy fascinating scenery which includes the Moorland and the vertical bogs arriving in time for lunch. Dinner and overnight at the Met Station camp.

**Day 6: met station camp – Nairobi.
2 hrs, 9km, 680m descent.**

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 evening.





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.