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Company: Mohakin Travel
Comfort Street
Postal Code 10400
Nanyuki – Kenya

7 Days — Chogoria - Sirimon Traverse

| | |
|---|--|
|  People | Min. 1 – max. 12 |
|  Fitness level | Able to hike 10 km / 6,2 miles a time |
|  Level of difficulty | Level 3 of 6 - moderate |
|  Meeting point | We'll pick you up at Jomo Kenyatta International Airport it will depend if you spend the night at the hotel in Nairobi or in Nanyuki. Where trekking begins the following day. NOTE depending with time arrived at the Jomo Kenyatta International Airport, this is when we can transfer to Nanyuki or spend the night at the hotel in Nairobi. |
|  Availability | <ul style="list-style-type: none">○ Januar through mid-March○ Mid-June through October○ December○ look at our Tour Calendar on Website - mohakintravel.com |
|  Duration | 7 days inclusive 2 days at hotel |
|  Trek From - To | <ul style="list-style-type: none">○ Trek begins: Chogoria forest○ Trek ends: Sirimon Park Gate |
|  Max. Altitude | 5.199m/17.057ft |
|  Tour Start & End | Nairobi Airport or Hotel |
|  Drive Times | Drive times are estimated times. Because of the traffic, location of the accommodations, and several other factors, actual drive times may vary. Driving distances are approximate and do not account for exact places. |
|  About your guide | All of our guides have extensive experience and training, certification, and knowledge of the area and all of the routes. You'll be in great hands from top to bottom and by the end of the trip, you'll be sad to say goodbye! Depending on the number of hikers, there will be generally 1 guide for every 2 people and 3 porters per person. |
|  Meals | On all of our tours, all of our meals are freshly prepared on the mountain by our talented chef, so when we arrive to camp after a long day of hiking, we have a delicious hot meal waiting for us. Please note: we can accommodate any dietary needs, so please let us know what your meal requirements are and we will be sure to have our chef whip you up something yummy! |



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Tour Description

Climbing Mount Kenya in 5 days, following the Chogoria Sirimon Route, the most scenic and spectacular route to the summit area.

The Chigoria Sirimon trek combines the two most scenic routes to the summit of Mt Kenya. We will hike up through the dry side of the mountain, climbing up through forests until we get to a wide ridge, approaching the summit the summits.

The best time to climb Mount Kenya is during the dry months of January, February, late August, September and October.

This combined itinerary offers stunning nature and magnificent views of the Gorges Valley, Lake Michaelson and Lake Ellis.

Day 1 - Pickup at Kenyatta Airport – Nairobi Hotel

- ⇒ **Elevation:** 1.700 m / 5.577 ft
- ⇒ **Distance:** 16.1 km / 10 miles
- ⇒ **Drive Time:** 1 hour
- ⇒ **Habitat:** Town/ Municipality / County

You will be picked up at the airport.

You will be transferred to Hotel in Nairobi where you will check-in in one of the best hotels in Nairobi Town.

Have lunch, after be ready to sort out your hiking gears to reduce chances of inconvenience.

Dinner and breakfast at the hotel.

Day 2 - Nairobi – Chogoria forest – Mt Kenya Bandas

- ⇒ **Elevation:** 1.700m/5.577ft – 2.200m/7.217ft – 2.900m/9.514ft
- ⇒ **Distance:** 200km/124miles with vehicle from Nairobi, 10km/6,2miles hiking
- ⇒ **Hiking Time:** 3 – 4 1/2 hours
- ⇒ **Habitat:** Tropical rainforest

Depart from Nairobi at 08:00hrs, driving through agricultural country up to Chogoria town for lunch. After lunch, we drive up to the edge of the bamboo forest where we start our trekking through the dense bamboo forest for a distance of 10 km to the Mt. Kenya Camp. Dinner and overnight at the Meru Mount Kenya Camp site.



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Day 3 - Mt Kenya Bandas – Lake Ellis Campsite

- ⇒ **Elevation:** 2.900m/9.514ft – 3.600m/11.811ft
- ⇒ **Distance:** 9,5km/5,9miles
- ⇒ **Hiking Time:** 3 – 4 1/2 hours
- ⇒ **Habitat:** Moorland vegetation

After breakfast and sorting of porter loads, we set off up the mountain at a nice and easy pace. A slightly longer walk via Lake Ellis 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 on the banks of a stream, then it's time to cut up the left-hand hillside to our camp at about 3,600m, well away from any of the more "touristy" areas.

Day 4 - Lake Ellis – Minto's Camp

- ⇒ **Elevation:** 3.600m/11.811ft – 4.200m/13.779ft
- ⇒ **Distance:** 7 km / 4,3 miles
- ⇒ **Trekking Time:** 5 – 6 1/2 hours
- ⇒ **Habitat:** Moorland vegetation

Similar early start. Again well 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. The 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. An early night is recommended as you are attempting the summit the next day.

Day 5 - Minto's – Pt Lenana – Old Moses Camp

- ⇒ **Elevation:** 4.200m/13.779ft – 4.985m/16.354ft – 3.300m/10.826ft
- ⇒ **Distance:** 11km/6,8miles
- ⇒ **Trekking Time:** 11 hours
- ⇒ **Habitat:** Alpine vegetation

Predawn attempt of the summit starts at 03:00 am. We hike for about three hours up to Point Lenana (4985m), the hiker's summit, arriving there in time to watch the African sunrise. Descend to Shipton camp for breakfast. After breakfast, begin a 5 hour descent via Mackinder's valley to the Old Moses camp (3.300m/10.826ft). The descent is gentle and it offers ample time to enjoy fascinating scenery which includes the moorlands before reaching the camp.



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Day 6 - Old Moses Camp – Sirimon Gate – Nairobi

- ⇒ **Elevation:** 3.300m/10.826ft – 2.600m/8.530ft – 1.700m/5.577ft
- ⇒ **Distance:** Trek 9km/5,6miles / by car to Nairobi 220km/136miles
- ⇒ **Trekking Time:** 2 – 3 hours
- ⇒ **Habitat:** Tropical rainforest

After early morning breakfast, descend for 2-3 hours to the Sirimon Park Gate to catch a vehicle for transfer to Nairobi arriving late afternoon.

Day 7 - Exiting Nairobi hotel to Kenyatta Airport or for further safari

- ⇒ **Elevation:** 1.700 m / 5.577 ft
- ⇒ **Distance:** 16.1 km / 10 miles
- ⇒ **Trekking Time:** 1 hour
- ⇒ **Habitat:** Town/ Municipality / County

After Break First Check and make sure as you leave the hotel that everything is in good condition and intact. Get ready to be driven back to the Airport or embark on other safari, in Kenya with an unforgettable safari experience with us.

Important Details

Gear list

Bags

- 65-75 litre rucksack (for a porter to carry your main gear) with cover
- 35-45 litre day sack (for you to carry each day)
- Dry bags of different sizes for clothes, sleeping bag and so on.

Shell

- Waterproof jacket and trousers
- Waterproof gaiters
- Umbrella (optional)

Warmth

- Warm jacket – could be fleece or down jacket, potentially ski jacket. Make sure you can put the waterproof jacket over the top.
- 2 or 3 Fleece tops or hiking shirts/sweatshirts
- 2 or 3 base layers or T-shirts
- Pair of trekking trousers and shorts
- Leggings or thermal bottoms or running tights
- Several sets of underwear – cotton best avoided. Sports bras and cycling shorts are good.

Extremities

- Warm hat and a buff or scarf
- Sun hat
- Warm gloves or mitts, and thin liner gloves are also useful

Feet

- Several pairs of good quality trekking socks



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- Waterproof trekking boots
- Trainers or flip flops/sandals

Sleeping

- 3-4 season sleeping bag (comfort -5degC or lower)
- Sleeping bag liner cotton/fleece/silk (optional)
- Stuff sack for sleeping bag
- Thick foam mat or self-inflating mat (like a Therm-A-Rest)

Personal

- Sunglasses
- Walking Poles
- Some favourite snack bars
- Headtorch
- Power pack for charging phones etc
- Wash kit – no showers on the mountain but you can have a bucket wash
- Papers – passport, money, insurance
- 2 water bottles
- Flask for hot drinks – useful on summit night
- Earplugs
- Wet wipes, tissues
- Anti-bacterial hand gel

First AID suggestions

- Paracetamol – temperature, colds
- Painkiller – headaches, very good for altitude related symptoms
- Antiseptic wipes and a few plasters and tape, antiseptic cream
- Blister Plasters
- Oral rehydration Sachets
- Sunblock and lipsalve
- Knee/Ankle Support
- Personal Medications eg anti-malaria tablets, inhalers, anti-histamine



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Included in the price

- ✓ Full organization of Mohakin Travel from/to Nairobi Airport
- ✓ Airport pick-up and drop-off
- ✓ All transfers, excursions and sightseeing according to the program
- ✓ Full board during the trekking tour / climbing tour / safari
- ✓ Boiled water, black tea, coffee and powdered milk for the ascents
- ✓ Transportation to and from the hotel and trailhead
- ✓ Accommodation in Mountain Tents (2-man tent, 4-season tent, mess tent, kitchen tent, chairs and tables)
- ✓ Sleeping mat
- ✓ Support team (certified guides, porters, and cooks)
- ✓ Guides, cook and porters and their payment
- ✓ experienced english speaking kenyan guide
- ✓ All park and camp fees for the tour
- ✓ Preparatory talk on the phone (WhatsApp)

NOT Included in the price

- ✗ International flights
- ✗ Visa
- ✗ Tips for the support team
- ✗ Sleeping bags and other personal gear
- ✗ Rental gear
- ✗ Lunch and dinner at the hotel
- ✗ Single supplement in Hotel
- ✗ Drinks and snacks
- ✗ You must have your own Personal insurance - also in the case of emergency, we can organize for the airlifting
- ✗ Climbing Guide (only for Batian & Nelion Peak) which is 500 \$ for whole climbing process
- ✗ Climbing equipment (only for Batian & Nelion Peak), which is 50 \$ per person



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Terms and Conditions

Reservations: A deposit of 35% is required at the time of booking and the balance at least before the tour begins or full payment/part payment before treks or safaris arranged on short notice. Although special payment can be made direct with the office.

Cancellation: Any monies paid will be refunded less 35% of the cost and any cost levied by hotels or any additional food expenses. Rates: Includes all expenses in respect of vehicles or drives as per itinerary/general information. Also includes meals on safari and entrance fees to National parks/Game reserves.

Transportation: Cars, minibuses, 4WD's, coaches or trucks will be provided according to the route and number of clients. The right is reserved to employ the services of sub-contractors as appropriate. English speaking driver/guide are provided.

Accommodation: Where possible rooms with a private shower are provided. Single rooms are available at an additional cost but cannot be guaranteed. Hotels/lodges are named as an indication of category and room may be reserved at similar hotels and lodges. Accommodation is specific to client's requirements as budget class, middle class and luxury class is available as per accommodation information.

Alteration to Tours/treks: We reserve the right to alter arrangement or cancel the operation of scheduled trek/safari should the circumstance necessitate. We also reserve the right to decline or accept or retain any person as a member of any tour at any time, in which case an equitable amount will be refunded. Prices are based on tariffs and other costs prevailing at the time of printing and are subject to change without notice, but a full explanation will be given.

Liability: We do not accept responsibility for personal injury, accident, loss whilst clients are on treks/safari and advise all clients to take out separate insurance cover. Mohakin Travel act only as agents when employing the use of sub contractors and act as only agents of the passenger/client in all matters relating to Hotel/Lodge Accommodation, tours, transport, etc. and shall not be liable for injury, delay, loss or damage in any manner. The company's liability to passengers carried in its own vehicle is governed by the laws of the country in which the tour takes place and no other country. All claims are subject to jurisdiction of the courts of the country in which the action arises. The company reserves the rights to employ sub-contractors for all parts services.

NOTE: All expeditions involve an element of personal risk and times can be hazardous nature, Expedition members must accept this risk, we are not liable for any loss, damage, Injury, expense, delay or inconvenience caused to your baggage as a result, whether directly or indirectly, or any matter or whatever nature which is outside our control. All participants are advised to take out an insurance policy to cover personal accidents and medical expenses. We can arrange this at low cost. The guide reserves the right to withdraw participants from treks, safari due to inclement weather, irresponsible behaviors, poor health or any other sound reason the guide gives.

Quality Guarantee

Mohakin Travel clients can expect the following guarantees to ensure proper service:

- Your guide will introduce himself and your driver, and cover the laid out tour/safari itinerary in advance.
- We will double-check that all gear and supplies are prepared for your custom tour/safari.
- During the tour/safari, we will ensure that your needs are met and you are well cared for.
- We will address any issues that arise out of our control, to give our clients the smoothest and most enjoyable adventure possible.
- We will ensure the drivers/sub contractors are on time and presentable.
- We will give information about surrounding areas and points of interest.
- Each day, we set time aside to let our clients know what is happening for that day.
- At the end of your tour/safari, we will ask for your feedback to ensure the quality of our service.



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Health and Safety

Mountains in the world can sometimes be dangerous and hazardous – especially in high altitude. It is therefore important to:

1. Be well equipped
2. Let your expedition leader know your health history
3. Have good communication system
4. Have good basic first aid kit and know how to use it
5. Be able to identify mountain illnesses.

HOW TO RECOGNISE ALTITUDE RELATED ILLNESS

At high altitudes the amount of oxygen decreases dramatically. This can result in medical urgency that must be a concern to every hiker.

AMS (Acute Mountain Sickness)

Signs include: Headache, nausea, fatigue, malaise, loss of appetite and difficulty in sleeping.

Treatment

Slow down, stay in camps, drink water and rest while the body adjusts to the altitude. If symptoms persist after 48 hours descend.

HAPE (High Altitude Pulmonary Aedema)

Symptoms include: Shortened breath during exercise progressing to shortened breath while resting, a dry cough deteriorating to a frothy sputum, audible gurgling (rales) from the chest area, increased heart and breathing rate.

Treatment

Descend immediately and seek medical attention. Descending is the treatment. It can progress quickly to a point where the patient cannot walk. It doesn't improve with rest at the same altitude.

HACE (High Altitude Cerebral Aedema)

Symptoms include:- Ams that progress to severe headaches, loss of co-ordination, slurred speech, irrational behaviour, coma and death.

Treatment

Descend immediately, Hace can quickly progress to lethal stage.

Prevention of AMS, HAPE and HACE

Allow 2 nights at 10,000ft or at higher nuts at around 14,000ft Before proceeding higher, increase fluid intake to 4-6 liters per day. Avoid extreme physical exertion and eat a light diet rich in carbohydrates. Take symptoms seriously. Rest and acclimatize if Ams is suspected. Report to ranger rescues station and descend immediately if Hape or Hace is suspected.

However it is important to drink plenty of water slowly to allow your body get used to the altitude.