















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

6 Days — Naru - Moru Route Classic

 People	Min. 1 – max. 12
 Fitness level	Able to hike 10 km / 6,2 miles a time
 Level of difficulty	Level 3 of 6 - medium
 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">○ January through mid-March○ Mid-June through October○ December○ look at our Tour Calendar on Website - mohakintravel.com
 Duration	6 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	5.199 m / 17.057 ft
 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

The most popular route although not the most scenic. It is also the fastest route to point Lenana. Take this classic route up Mount Kenya through the notoriously treacherous vertical bog and into the wide Teleki Valley beneath the Tryndall, The Lewis Glacier. Though the summit can be reached in 4 days as per the below itinerary, we strongly recommend an overnight acclimatization at the base, Naromoru River Lodge or similar. This can be arranged for at an extra fee.

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 – Namoru Gate – Naromoru Met station

- ⇒ **Elevation:** 1.700m/5.577ft – 2.600m/8.530ft – 3.300m/10.826ft
- ⇒ **Distance:** 9km/5,6miles
- ⇒ **Hiking Time:** 3 hours
- ⇒ **Habitat:** Tropical rain forest

Transfer to Naromoru Park Gate for registration and where the hike starts, 2600m from the gate, keep to the park track, which follows the crest of a board ridge between the Northern and Southern Naromoru valleys. The going is easy and it's a pleasant walking through the forest. About two thirds of the way up after the bridge there are good views to the left north down into the Northern Naromoru valley. The trek ends at Met station 3,000m where dinner and overnight rest will be served.



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Day 3 - Met Station to Mackinders Camp

- ⇒ **Elevation:** 3.300m/10.826ft – 4.200m/13.779ft
- ⇒ **Distance:** 10km/6,2miles
- ⇒ **Hiking Time:** 5 – 6 hours
- ⇒ **Habitat:** Alpine moorland

Head uphill on the track to pass the radio mast on your right after about half an hour. The trek runs into a path and after another 30 minutes, you will reach the end of the forest belt and enter the moorland. This is the vertical bog conditions range from damp to glutinous depending on when it last rained. Continue through until the going improves and you reach a fork overlooking Teleki Valley to reach Mackinders Camp, 4.200m/13.779ft. Dinner and overnight at Mackinders Camp.

Day 4 - Mackinders Camp to Point Lenana to Met Station

- ⇒ **Elevation:** 4.200m/13.779ft – 4.985m/16.354ft – 3.300m/10.826ft
- ⇒ **Distance:** 11km/6,8miles
- ⇒ **Trekking Time:** 8 – 10 hours
- ⇒ **Habitat:** Scree

The normal approach is to start at 2 am in order to reach point Lenana taking about 4 hr walk by sunrise at 6:30am. After sunrise, descend down to Mackinders Camp for breakfast, 2hrs and walk further 4hrs, way back to Met Station for dinner and overnight.

Day 5 - Met Station – Naromoru Park Gate – Nairobi

- ⇒ **Elevation:** 3.300m/10.826ft – 2.600m/8.530ft – 1.700m/5.577ft
- ⇒ **Distance:** Trek for 9km/5,6miles / back to Nairobi by car 200km/124miles
- ⇒ **Trekking Time:** 3 – 4 hours
- ⇒ **Habitat:** Tropical rainforest

After breakfast, descend through the rainforest which is 9km to Naromoru Park Gate at 2,600m where you will connect with your transport back to Nairobi



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Day 9 - 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
- 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



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- 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

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

Mohakine 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 is Hape or Hace is suspected.

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