



7 DAY MOUNT KENYA CLIMB – SIRIMON NARO MORU ROUTE

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Trip Duration: 7 days

Trip Difficulty: 

Destination: Kenya

Begins in: Nairobi

Activities: 

INCLUDED

- Airport transfers
- Accommodations
- Ground 4x4 transportation
- Mount Kenya Park permits
- Expert guides, assistant guides, cook & porters
- Bottled oxygen
- Four season, 3-person double occupancy tents
- Fresh, nutritious meals on the mountain

EXCLUDED

- Airfare
- Accommodations before/after trek
- Personal gear & equipment
- Sleeping bags & mattresses
- Tips



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Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

We Know Travel. Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

Why Ultimate Expeditions®? We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

Ultimate Expeditions®

500 N. Michigan Ave., Suite #600
Chicago, IL 60611

PH: (312) 809-7007

FAX: (312) 348-7223

Info@UltimateExpeditions.com

www.UltimateExpeditions.com

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Itinerary

DAY 1 Arrival in Nairobi

Our representative will meet you at the airport and drive you to your hotel in bustling Nairobi. During this meet and greet your guide will discuss the daily activities of your trip.

DAY 2 Nairobi (5,889 ft) to Old Moses Hut (10,826 ft)

We leave Nairobi and travel north through diverse agricultural lands to the central highlands and finally to the slopes of Mount Kenya. Sirimon Gate sits at 8,727 feet above elevation and is the starting point of our trek. Today's hike is short, taking no more than 3-hours to reach the first hut. The winding trail passes through dense forest, bamboo and giant heather before opening up to a high moorland. The thick vegetation provides shelter to buffalo, elephants and is packed with a variety of birdlife. Overnight at Old Moses Hut (10,826 ft). (Lunch and Dinner)

DAY 3 Old Moses Camp (10,826 ft) to Shiptons Camp (13,779 ft) to Liki North Camp (13,090 ft)

Today we hike up the sprawling moorland, crossing the Ontulili and Liki rivers and into the Mackinder Valley. We pass our camp for the night at Liki North and proceed to Shiptons camp before descending back to Liki North Camp. This acclimation hike helps prepare our bodies for the thinning air. Overnight at Liki North Camp (13,090 ft). (Breakfast, Lunch and Dinner)

DAY 4 Liki North Camp (13,090 ft) to - Shiptons Camp (13,779 ft)

After breakfast we will tackle a challenging but short hike before dropping into the Liki Valley, from here the trail is relatively flat until reaching a short steep climb just past Mackinders Caves. Shiptons Camp offers a surreal setting nestled below towering peaks and glaciers with panoramic views up the valley. Once at camp, after a rest it is recommended to take a short ascending acclimatization walk. Overnight at Shiptons Camp (13,779 ft). (Breakfast, Lunch and Dinner)

DAY 5 Shiptons Camp (13,779 ft) to Summit (16,354 ft) to Mackinder's Camp (14,107 ft)

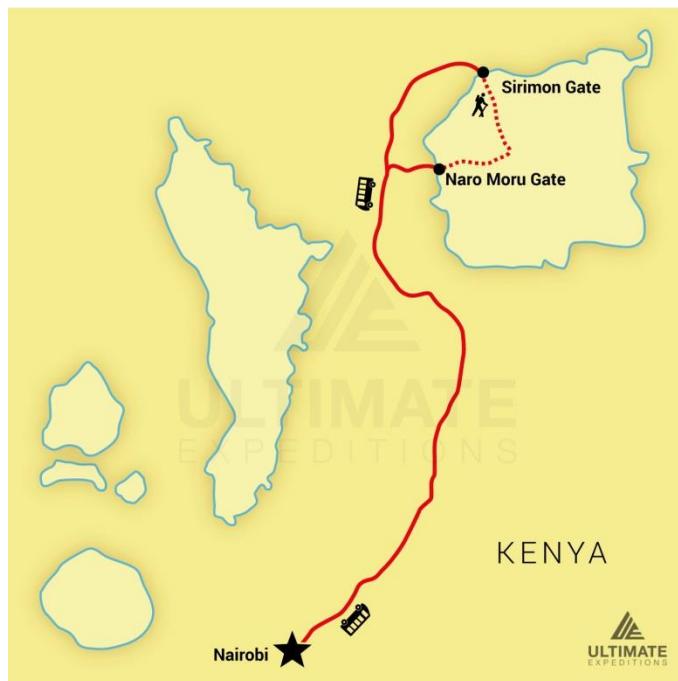
Leaving very early in the morning (around 3am), we continue our way to the summit to catch the sunrise. The trail is a steady ascent up scree and rock with a scramble up the last 100 feet. Once at the top we will have time to take photos from Point Lenana and enjoy the plains of Africa, on a clear day it is possible to see Mount Kilimanjaro. We will then descend to Mackinder's Camp for a hearty breakfast and if you are feeling up to it, you can head down the mountain another 5 miles to Met Station. Otherwise camp for the night will be at Mackinder's. Overnight at Mackinder's Camp or Met Station. (Breakfast, Lunch and Dinner)

DAY 6 Mackinder's Camp (14,107 ft) to Naro Moru Gate (8,530 ft) - Transfer to Nairobi

With boosted spirits from the previous day's accomplishments we descend through beautiful vegetation on the windward side of the mountain, passing through the infamous vertical bog, dense bamboo and virgin rainforest. Once at Naro Moru Gate we head back to Nairobi about a 4-5 hour drive. Overnight at Nairobi. (Breakfast and lunch)

DAY 7 Transfer to Nairobi Airport

Our representative will drive you to the airport in Nairobi for your return flight home.



KENYA

Best Time to Visit

Kenya sits on the equator and enjoys a temperate climate, making it a year-round destination. However, the best time to view wildlife in Kenya is during the dry season from late June to October. In July the great migration reaches the Masai Mara and then in October the animals migrate back to the Serengeti in Tanzania.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	77	80	80	76	74	73
Average Low (F)	58	58	60	61	59	56

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	71	72	76	72	78	75
Average Low (F)	54	54	55	58	60	59

Entry Requirements

A visa is required for entry into Kenya. Travelers are strongly encouraged to apply online through the e-visa process. The fees are \$50 for a single-entry visa. A passport valid for six months after date of entry and a minimum of two blank (unstamped) pages in the passport are required to enter. Proof of yellow fever immunization is also required.

Vaccinations

Yellow Fever vaccination is required for all travelers. Hepatitis A and B, Typhoid immunizations are recommended. You should also make sure your polio and tetanus vaccinations and boosters are up to date. Speak with your medical caregiver about Malaria, and you may also consider Meningitis and Rabies vaccinations.

Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's website.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Africa. This will eliminate any credit card holds for fraudulent activity..



Currency

Carrying cash, an ATM or traveler's check card and also a credit card that can be used for cash advances in case of emergency is advisable. To obtain local currency it is best to use your debit card and withdraw from the ATM, alternatively you can also exchange money at the banks. Local currency is Kenyan shilling (KES), and it is advised to carry some hard notes of USD. Most establishments accept credit cards; however it is advised to withdraw cash when visiting remote areas and villages.

Government

Kenya's government is structured as a republic. There are no hereditary political positions and representatives are chosen by the people.

Religion

The people of Kenya identify themselves as Protestant 45%, Roman Catholic 33%, indigenous beliefs 10%, Muslim 11%, other 1%.