



MOUNT KENYA



ITINERARY

Push yourself by ascending to Point Lenana (4985m) while trekking the full traverse and full summit circuit of Mount Kenya- a unique and exclusive route that shows you the best of this incredible region!

This 9 day trip has it all - tough trekking, spectacular scenery, unique and exclusive route, lakes, glaciers, peaks, wildlife and a taste of Kenyan culture and hospitality- all whilst being supported by your AC mountain leader and UK medic. An unforgettable Kenyan adventure with altitude!

Day 1 Fly London to Nairobi

Meals included, dependant of flight times

Night in comfortable hotel

Day 2 Transfer to Mount Kenya National Park

Breakfast at hotel

4 hour transfer to the National Park

Short walk along last stretch of rough road

Camping

Day 3 Trek to Lake Ellis (3400m), 5 hours

Breakfast, lunch and dinner prepared by our local team

Incredible day of trekking

Optional acclimatisation walk to viewpoint

Camping

Day 4 Trek to Lake Michaelson (4000m), 7 hours

Breakfast, lunch and dinner prepared by our local team

Incredible day of trekking

Camping at perhaps the most scenic campsite on the mountain

Day 5 Trek the Southern Summit Circuit (4200m), 8 hours

Breakfast, lunch and dinner prepared by our local team
Incredible day of trekking, following in the footsteps of the pioneers
Reach a high point of 4790m!
Camping

Day 6 Trek the Northern Summit Circuit (4640m), 8 hours

Breakfast, lunch and dinner prepared by our local team
Unique & exclusive route completing the full summit circuit!
Camping at the quieter and higher Simba Tarn

Day 7 Summit Day to Point Lenana (4985m), 10 hours

Early start
Short but tough ascent to the summit for sunrise
Descend different route, full traverse of the mountain!
Transfer to comfortable Lodge accommodation
Celebration meal Kenyan style!

Day 8 Day in Nairobi

Transfer to Nairobi
Free time
Night in a comfortable hotel
Optional dinner at 'Carnivore Restaurant'

Day 9 Return to UK

Breakfast at the hotel
Transfer to the airport
Flight to the UK

COSTS OF CHALLENGE

£2395

CHALLENGE COST INCLUSIONS

International flights
Action Challenge trek leader & Medic
Full support team, including local guides
All accommodation
All Meals, except in free time
Airport / Air travel taxes
All transfers in local vehicles
Celebration dinner
Fitness and training guide
Discounts from UK retailers
Reduced rates at Nomad Travel Clinics and Masta Health

NOT INCLUDED

Insurance
Vaccinations - up-to-date on boosters
Tips for local staff
Alcoholic drinks
Personal kit / equipment
Airline fuel surcharge

EQUIPMENT

An equipment list will be forwarded at a later stage.

RATING & FITNESS

There is no doubt about it, our Mount Kenya trek is a tough challenge and requires a good level of fitness, physical and emotional strength, and stamina. We don't prescribe a particular training plan, but it is important that you are prepared. The terrain is undulating and there will be some long up and down hill stretches.

We will trek in and out of gorges and at times some scrambling will be involved.

Your training for Mount Kenya should incorporate aerobic, anaerobic, strength and flexibility exercises. Most importantly, you should get in some good hill walking (both uphill & downhill), in the boots you are going to be wearing on the trek.

ACCOMMODATION

When we are trekking, our life on a Mount Kenya is spent mainly under canvas. We even go to the toilet in our specially designed toilet tents! For the majority of our Mount Kenya challenge we supply a 3 man expedition tent between 2 people, which means enough room for both people and their luggage.

At the start and end of our challenge we are accommodated in comfortable 2/3* hotels, perfect for that well deserved rest and relaxation! All accommodation is on a twin/triple-share, single-sex basis and we will pair you with someone of a similar age, where possible. Single supplement - If you decide that you would like to have your own room / tent on the challenge, we can accommodate this in the majority of places for an additional charge.

FOOD

We are real foodies at Action Challenge and whilst we cannot promise a gastronomic feast on a Mount Kenya climb, we do ensure there is plenty of food which is varied and wholesome. Breakfast is usually a hot drink with bread/ toast and spreads, porridge, eggs and sausage. Lunches are often sizeable and balanced packed lunches prepared by our head cook that we'll eat en-route during our day's trek.