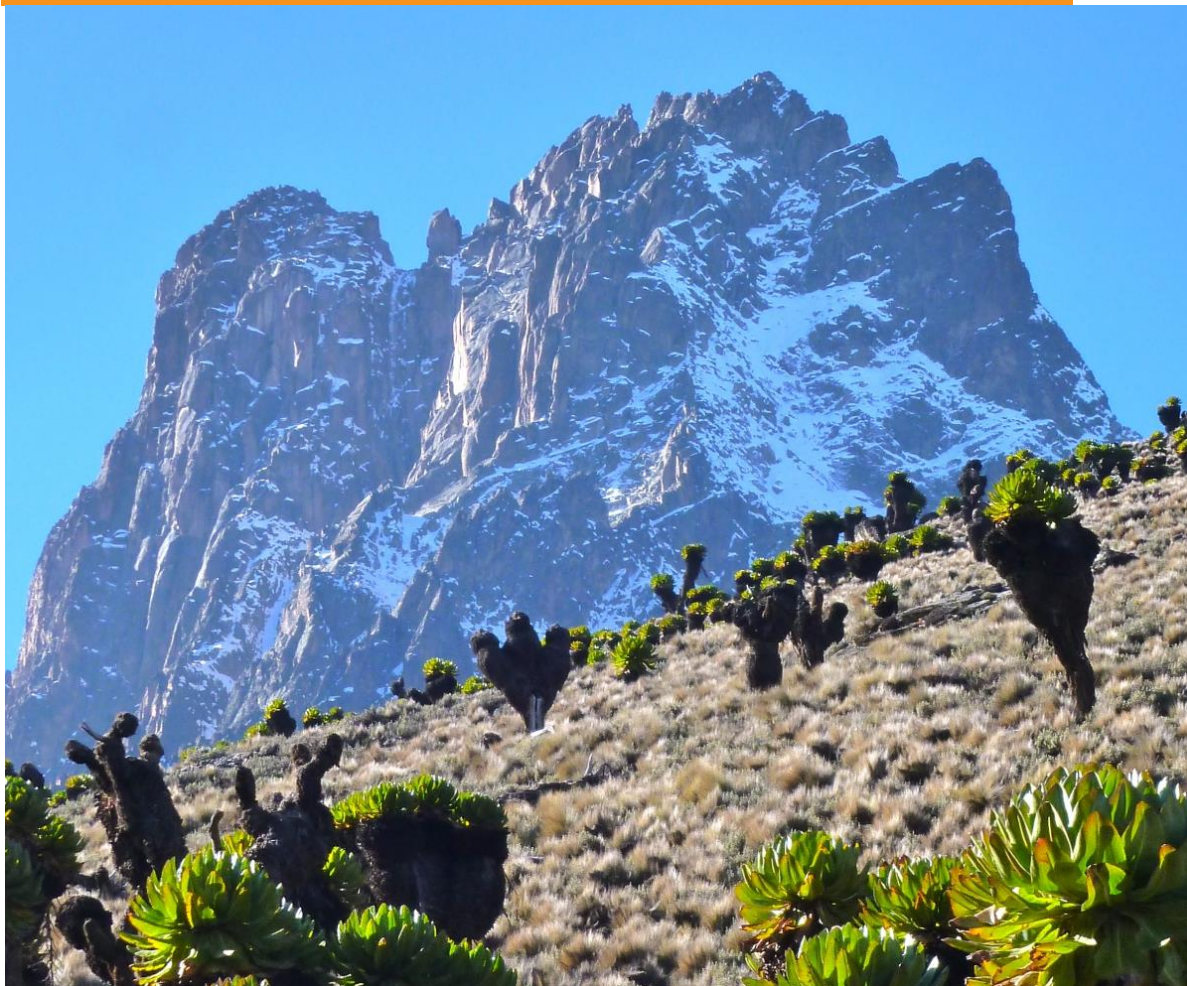


MOUNT KENYA – CHOGORIA ROUTE



Altitude 4,985m (16,350ft) / 9 Days / Grade T1



INTRODUCTION

Mount Kenya National Park is one of the most varied and impressive landscapes in East Africa. This trek to Point Lenana (4,985m), one of the volcano's three main summits, follows the Chogoria route, by far the most scenic and interesting route through the forests and moorland areas of Mount Kenya National Park. En route you'll spend two nights at the stunning location of Lake Michaelson (4,000m), ensuring you are well acclimatised. This campsite is surrounded by the dramatic rock scenery of the "Temple" cliffs and is home to exotic bird species, including the tacazze sunbird. Eventually you arrive at Simba Tarn (4,620m) below Point Lenana. The ascent to this trekking summit is best made at sunrise, when you'll enjoy superb views as dawn breaks across the steep, rocky summits and towards the Rift Valley and Kilimanjaro, 225 miles away. The final part of the trek descends down the west flank of the mountain via the Sirimon route.

INTRODUCTION

If you wish to discuss any aspect of the trek or your suitability for it, please contact us by telephone:

+44 (0) 114 276 3322

Alternatively, please email us via our website:

www.jagged-globe.co.uk



The trek provides a gentle acclimatisation profile and is suitable for keen walkers. If you would like to combine your trek with an ascent on nearby Kilimanjaro in Tanzania, you can extend your trip by a further six days.



ITINERARY

Day 1

Fly London to Nairobi

Arrive late evening. You'll be met at Nairobi airport and escorted to your hotel.

Day 2

Drive to the mountain, trek to campsite on edge of the forest

After breakfast at 9:30am you will be met by your driver who will transfer you to Mt Kenya and the start of the Chogoria route. The journey takes 3.5 hours to Chogoria town, where you will meet your guiding team. There is an opportunity to stop in the town for a quick break while the team transfer your kit bags into the 4x4. From Chogoria you head up into the forest to a clearing where you will have lunch before starting the 3 hours trek to the park gate. Once you have been signed in to the park there is a short trek to a lovely secluded campsite on the edge of the forest.

Day 3

Trek to Lake Ellis (3,400m)

After breakfast, you will follow the track as it leads up through glades of montane forest, with plenty of wildlife all around, to arrive at your camp on the shores of Lake Ellis (3hrs walking). After lunch, you'll hike to the top of nearby Mugi hill (3,650m), before returning to camp at dusk.

Day 4

Trek to Lake Michaelson (4,000m)

In the early morning you'll set off, gently climbing away from Lake Ellis on its west side, across moorland to a ridge which eventually joins the main Chogoria trail. There are superb views as you descend steeply to the most picturesque campsite in the range, at Lake Michaelson (6 hrs walking), situated at the head of the Gorges valley. Above the camp are the impressive cliffs of the "Temple." Exotic bird species, including the tacazze sunbird, can be seen close to the camp amongst the bizarre giant plants - principally groundsel and lobelia. This is the most impressive campsite on the mountain, with the Nithi gorge plunging nearly 400m into lake Michaelson.

Day 5

Acclimatisation at Lake Michaelson (4,000m)

A day for 'active pottering' and for enjoying the stunning surroundings. There is the opportunity to trek up the Temple to Halls Tarn.

Day 6

Ascend to Simba Tarn (4,560m)

Ascending from Lake Michaelson, you'll enter the alpine zone - a world of rock and ice as you climb towards the main peaks. You'll leave behind the bizarre giant lobelias and groundsels and arrive on glacial moraine. There's a final short, sharp scree slope that takes you to Simba Tarn (4,620m). *On some treks, you will be trekking together with a climbing team, whose aim will be to climb Nelion and Batian. This team will continue today to Austrian Hut.*

Day 7

Ascent of Point Lenana (4,985m), descend to Old Moses' Camp (3,300m)



You'll leave Simba Tarn camp at dawn for the 1.5 hour walk to Point Lenana. This is on rough ground and can be snow-covered. As the sun rises its rays spread slowly across the great Rift Valley, gradually illuminating Kilimanjaro's snow-capped summit in the far distance. After taking in the views, you'll then descend to Old Moses Hut on the Sirimon Route. 6 – 8 hours trekking. Overnight camp.

Day 8	Descend to Sirmion Gate (2,650m), return to Nairobi and fly home After breakfast you will descend and exit the park at Sirmion Gate, where your transport will collect you. Transfer to Nairobi. Airport transfer and late evening flight home.
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Day 9	Arrive home Those joining from the UK will arrive home in the early morning.
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PLEASE NOTE: Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of trekkers can all contribute to changes. The Trek Leader and our local agent will try to ensure that the trip runs according to plan, but an easy going nature will be an asset!

WHAT THE PRICE INCLUDES



- » Economy class return airfares from the UK (unless Land Only).
- » UK Air Passenger Duty (excluded if joining land-only and you make your own international flight arrangements).
- » National Park fees and Peak Permits.
- » 2 group road transfers between Airport and hotel, connecting with flights (excluded if joining land-only).
- » 1 nights' hotel accommodation in Nairobi on a twin sharing, bed and breakfast basis.
- » All road transport by private vehicles as described in the itinerary.
- » 6 nights' camping including all meals.
- » Porterage costs (Max 14Kg personal kit bag).
- » All costs for local Kenyan guide and helpers.
- » Jagged Globe kitbag or Fleece.

WHAT THE PRICE DOES NOT INCLUDE

- » Visa fees.
- » Overseas airports taxes not paid in advance through the international airline ticket.
- » Lunch in Nairobi and Nanyuki.
- » Evening meals in Nairobi and Nanyuki.
- » Bar bills and laundry.
- » Travel insurance.
- » Additional portorage costs.
- » Optional trips (e.g. a Safari Extension) and sightseeing tours.
- » Tips.

AM I FINANCIALLY PROTECTED?



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www.atol.org.uk/ATOLCertificate »



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insolvency, protection is provided for the following:

1. non-flight packages and
2. flight inclusive packages that commence outside of the EEA, which are sold to customers outside of the EEA.

ABTOT cover provides for a refund in the event you have not yet travelled or repatriation if you are abroad. Please note that bookings made outside the EEA are only protected by ABTOT when purchased directly with Jagged Globe (CLIMB TREK SKI) Ltd.

In the unlikely event that you require assistance whilst abroad due to our financial failure, please call our 24/7 helpline on 01702 811397 and advise you are a customer of an ABTOT protected travel company.

You can access The Package Travel and Linked Travel Arrangements Regulations 2018
<https://www.legislation.gov.uk/uksi/2018/634/contents/made>

Our membership of these organisations means that you can book with Jagged Globe (CLIMB TREK SKI) Ltd in complete confidence that all monies paid to us for trips (not for insurance premiums) are protected.



THE TREK TEAM

This trek is guaranteed to run with 3 people. The maximum team size is 8, plus English speaking Kenyan guides and local porters - you'll only need to carry what you need each day.

WHAT TO EXPECT

On average, you will walk for 4 to 5 hours each day, with the day you summit Point Lenana being an 8 - 9 hour day. You will have excellent support from our local guides.

No previous experience of high altitudes is necessary, as every caution is taken to ensure a gradual and thorough period of acclimatisation, notably by spending two nights at Lake Michaelson (4,000m).

To join the trek and have a good chance of reaching Point Lenana we advise that you have:

- » A clean bill of health.
- » A good basic level of fitness.
- » Experience of mountain walking (for example, in the English Lake District, Wales' Eryri National Park (Snowdonia) or the Scottish hills).

PRE-TRIP WEEKEND



Jagged Globe offers pre-trip weekends for all expeditions and treks. The pre-trip weekend is a key element of your trek or expedition. You do not have to be booked onto a trip to attend a weekend, so it's the perfect opportunity to meet us and find out more about Jagged Globe.

The pre-trip weekend provides team members with important information and skills that will enhance your experience of the trip. It is a chance to meet other team members, should they be attending, as well as giving you the opportunity to meet our office team, visit our specialist equipment shop and try on any hire equipment you may need. Normally a number of different teams meet over the weekend.

The Saturday is based in and around Sheffield with presentations on personal equipment, dealing with altitude, expedition safety and staying healthy. In the evening there will be a meal and social gathering to get to know others on your trip. On Sunday we will go outdoors to the nearby Peak District. The activity will be focused on your trip. This will be a walk, scramble or rock climbing sessions using fixed rope and abseiling, if appropriate, at a nearby crag.

The weekends are free to attend and are normally scheduled 6–8 weeks prior to your trip departure date. If you are booked onto a trip confirmed dates will be enclosed with your Booking Confirmation email. If you have yet to book a place on a trip, please email us to enquire about a suitable pre-trip weekend date. To book a place we will need to know at least 10 days beforehand. We look forward to meeting you at the weekend.

Programme

Day	Time	Activity
Saturday	9.30am	Meet at Jagged Globe (tea/coffee on arrival). After a quick introduction, we will cover: • Illustrated talk about your trip. • Clothing and Equipment. • Altitude Illness. • Health, hygiene and physical preparation.
	12.30pm	Lunch.
	1pm	Drive to the Peak District for a short walk and to socialise with other expedition team members.
	4pm	Return to Jagged Globe in Sheffield.
	7pm	Dinner.



Sunday	9am	Meet at a designated car park in the Peak District. This is mainly a social day to talk to your team members and expedition leaders.
	4pm	Practical session finishes.

Sunday is a practical day that will be focused on your trip. Depending on your expedition or trek, you will need normal UK hill-walking equipment including packed-lunch, boots, waterproofs and warm layers. Some options for the day may include:

Trekking Trips (Everest Base Camp, Huayhuash Circuit etc)

Hathersage to Higgarr Tor via Stanage Edge. 500m ascent and descent. 8km walk over heather moorland, stony footpaths and wooded trails.

Non-Technical Peak (Kilimanjaro, Aconcagua etc) Kinder Scout from Edale. 750m of ascent and descent. 10km walk over paths and rough moorland and rocky paths.

Technical Trekking Peak (Mera Peak, Island Peak etc) Either a hill walk taking in steep and rocky paths or a technical rope session including abseiling and using fixed lines.

Technical Expedition (Alpamayo, Ama Dablam, 8000m peaks etc) Rock-climbing, looking at movement skills, abseiling, using fixed lines and crevasse rescue.

GETTING HERE

Set S3 8EN into your GPS/phone.

Jagged Globe is located close to Sheffield city centre at: 45 Mowbray Street, Sheffield, S3 8EN. We are around 15 -20 mins walk from Sheffield train and coach stations. You can find us next to The Foundry Climbing Centre in the Kelham Island area of the city. There is free car parking within the Foundry Climbing Centre car park and nearby on-street parking.

ACCOMMODATION

Hotels within walking distance of Jagged Globe include:

- **Holiday Inn.** 4 Star, Victoria Station Rd, Sheffield, S4 7YE.
- **Hampton by Hilton.** 3 Star, West Bar Green, Sheffield, S1 2DA.
- **Easy Hotel.** 2 star, 71 High Street, Sheffield, S1 2GD.

OPTIONAL SAFARI EXTENSION



We can recommend a 2-day Safari Extension to our Mount Kenya trip, staying at Ol Pejeta Bush Camp in the 90,000-acre Ol Pejeta Conservancy. This luxury camp is set in the middle of the conservancy, on the edge of the Ewaso Ngiro river. Ol Pejeta is host to many species of animals, including the “Big Five” and is particularly famous for its large Black Rhino population.

Price per person – please contact us.

Day 8	Travel to Ol Pejeta conservancy, afternoon game drive Descend from Mount Kenya to the park gate, meet vehicles and drive to Ol Pejeta conservancy. Check into Ol Pejeta Bush Camp. After lunch you'll have a game drive through the conservancy.
Day 9	Game Drive Full day at Ol Pejeta with packed lunch, overnight at Ol Pejeta Bush Camp.
Day 10	Drive to Nairobi Overnight hotel.
Day 11	Fly home An early morning departure from Nairobi, arriving back into the UK in the early evening.

OPTIONAL KILIMANJARO EXTENSION



Why not extend your stay in Africa for a further week for an ascent of Kilimanjaro? You will already be well-acclimatised, meaning you can climb Kilimanjaro more quickly than you would do if travelling directly from the UK. Fly into Nairobi and home from Kilimanjaro International Airport.*

You will follow a combination of the Umbwe Route and the Barafu route. This is the optimum trekking route to the summit for those who are already acclimatised. The Umbwe Route is steeper than some other route, meaning that height is gained more quickly.

Price per person – see website.

**Please note, your flight price is more likely to be more than the standard Mount Kenya 'With Flights' price – please contact us for a quote.*

Day 9	Travel to Moshi, Tanzania You'll fly from Nairobi to Kilimanjaro International Airport and transfer to our hotel in Moshi. Our hotel at the base of Kilimanjaro is locally owned, so by staying there you benefit the local economy. After dinner and a briefing you can prepare for a quick start in the morning.
Day 10	Begin ascent of Kilimanjaro, climb to Forest Caves (3,000m) After a good night's sleep, you'll travel by either Jeep or private bus, depending on the size of the team, to the start of the Umbwe Route. Expect the journey to the foot of Kilimanjaro to be a dusty one - this is Africa! Being a more arduous trek than most routes on Kilimanjaro, the Umbwe has few visitors and is much more interesting than more popular trails. From the gate at 1,400m and with porters carrying our equipment, you'll set off up a good track. Eventually it narrows to become barely discernible, as you wind up through dense jungle. The rain forest is magnificent and the track a steady climb, finishing at the campsite at Forest Caves, at an altitude of 3,000m (approx 5 hours).
Day 11	Climb to Baranco Camp (3,900m)



The route continues through forest with a good chance of seeing Colobus monkeys before rearing up onto a steep, narrow ridge with deep valleys on either side. This gives a distinct high mountain feel. The flora is unusual, including African walnut trees draped in 'goats beard' moss. The huge ravine of the great Baranco drops away on one side and directly ahead is the awesome Breach Wall of Kilimanjaro. At 3,000m, you emerge on to high moorland and the entire character of the trek changes. The Baranco Hut, little more than a tin shack, is reached in mid-afternoon and we set up camp (3,900m, 5 hours).

Day 12

Baranco Camp to Karanga Camp (4,050m)

There's four to five hours of walking ahead and your first challenge today is Baranco Wall. First thing, the wall will be covered with porters, including some of our own. So you'll breakfast and linger to let less well-informed crowds pass-by. The 300m wall takes you to 4,244m. Don't worry, it is much easier than it looks - it's steep but the path winds up like a staircase. Even without a handrail it's never unduly exposed. There are short sections of easy scrambling, and, from half-height the wall relents significantly. The leader and guides are nearby to help if needed. It takes two hours to reach the top, from where the receding Heim Glacier on Kilimanjaro's south face is clearly visible. The route then continues east under the Decken and Rebman Glaciers to Karanga Camp, above the Karanga Valley.

Day 13

Karanga Camp to Barafu Camp (4,650m)

It's a steady three-hour walk to Barafu Camp - this short day is designed to give optimum pre-summit acclimatisation without being tiring. Barafu means "ice" in Swahili, and it is cold at this altitude. The air is noticeably thin as you climb out of the Karanga Valley, too. On arrival, everyone gets ready for the summit push. The leader gives a thorough briefing on what to expect, as well as clothing and equipment. You'll drink as much as you can and eat, to stock-up your body's reserves. Make sure you fill your water bottle before dinner and go to bed early. The ascent starts soon after midnight!

Day 14

Barafu Hut to Uhuru Peak (5,896m) to Millennium Camp (3,820m)

You'll dress warmly to start climbing in the dark on the steepest and most demanding part of the mountain. Having skirted around it for half a week you are now going to climb directly up the steep south-eastern flank of Kibo. It's an unrelenting six hour climb to the crater rim. The moon may provide some light, but you will be using your head-torch for several hours. You should reach Stella Point on the Crater Rim by sunrise. At dawn, the rugged ramparts of Kilimanjaro's Old Man, Mawenzi, is a thrilling sight to the east. Continuing along the crater rim, you'll reach Uhuru, the true summit, after another hour or so. After taking photographs, you'll descend to Barafu for brunch and tea. Four hours after leaving Barafu, your weary body and tired legs carry you finally to your end goal - Millennium Camp. This is by far the toughest day of the trek and normally takes between 12 and 15 hours altogether.

Day 15

Mweka Hut to Mweka Gate to Moshi

In the morning you'll walk down to Mweka Gate. Unwinding the height gain and walking all the way out of the park takes about four hours. The celebrations when you arrive at the park gates simply cannot be more welcome. Sadly it's time to say "kwaheri" to the porters and return to the hotel for a well-deserved shower. The guides will join you for lunch and a celebratory drink, as certificates are handed out. Overnight hotel.



EQUIPMENT

A complete equipment list is sent to you on booking. We have an equipment hire service, which includes down jackets and down sleeping bags.

If you have a booking with Jagged Globe, you are eligible for 15% off RRP prices at leading specialist outdoor retailer, Outside <https://www.outside.co.uk/>

Jagged Globe trekkers also get a 15% discount off RRP from Mountain Equipment.

TAILOR-MADE OPTION

We can organise this trek on a 'tailor-made' private basis for groups such as families, clubs or charities. Depending on your trekking experience, you might require a Jagged Globe leader or prefer to go 'self-led' with assistance from local Kenyan guides. The cost of going private can be surprisingly reasonable, particularly self-led options. Please contact us to discuss the itinerary and preferred dates. We will put together a no-obligation quote.

BOOKING

If you would like to book a place on this trek, you can do so securely on our website, over the phone or by sending in a booking form by post. A deposit secures a place on your chosen departure. You will initially receive an automated email acknowledging that your booking has been received. We will then confirm your booking in writing and send you a receipt for the deposit, an invoice for the final balance, ATOL certificate and equipment list. You will be given an account on a secure area of the Jagged Globe website, where you can complete other essential administration relating to the trip.

Book Now:

<http://www.jagged-globe.co.uk/trek/i/mount+kenya.html>