



MOUNT KENYA

5,199M / 17,057FT

EXPEDITION TRIP NOTES





MOUNT KENYA EXPEDITION NOTES



▲ Glorious blue skies on the summit of Mount Kenya. Photo: Jon Bracey

EXPEDITION DETAILS

Dates: Private expeditions available on demand
Duration: 10 days
Departure: ex Nairobi, Kenya
Price: US\$20,550 1:1 climber to guide ratio
US\$17,500 2:2 climber to guide ratio

Mount Kenya is an extinct volcano with jagged peaks rising out of the heart of the Mount Kenya National Park in Africa. The second highest point in Africa, Mount Kenya is an exciting pre-climb to our Mount Kilimanjaro expedition or an adventure on its own. It has three main peaks; the highest and most difficult is Batian (5,199m/17,058ft), slightly lower is Nelion at (5,188m/17,020m) and lastly Lenana Peak (4,985m/16,355ft), which is a straightforward trekking route.

Mount Kenya's two higher peaks are permanently cloaked by snow and small glaciers and are home to an array of technical alpine climbs, delivering lively contrast to the equatorial terrain on the approach. We suggest climbing Batian Peak from June to September and Nelion Peak between December and March, as these are the preferable seasons for each climb, avoiding the wet seasons. An accompanying trek to Lenana Peak is also available alongside your departure.

The journey through the forest and moorland is for many the highlight of the expedition. Here you will be intrigued by the exotic equatorial flora and the transition zones from wetland to heather and alpine zones. We intentionally traverse the National Park on our trek to and from the mountain to ensure adequate acclimatisation and interesting new terrain each day, with the ascent of Mount Kenya being the geographical highlight in the middle of the journey.

ABOUT THE EXPEDITION

Mount Kenya is located in central Kenya, just south of the equator, around 150km/95 miles north-northeast of Nairobi. The area around the mountain is protected in the Mount Kenya National Park, which is a designated UNESCO World Heritage Site. The mountain is even visible from high-rise buildings in Nairobi.

Mount Kenya has several distinct ecological zones, namely Savannah grasslands, tropical forest, bamboo zone, heather zone, the bog, the alpine, snow and glacier zone, and finally the rocky pinnacle, which makes up the summit area.

Kenya enjoys an equatorial climate with average annual temperatures of about 26°C/79°F. There are two rainy seasons on the mountain from April to June and October to December.



Stunning views across to Macmillan and Delamere Peaks. Photo: Jon Bracey

The mountain is an important water catchment area and many rivers, such as the Naro Moru, emerge from the melting glaciers.

The missionary Johann Ludwig Krapf was the first European to report a sighting of Mount Kenya in 1849. The first recorded ascent of Mount Kenya was made by Halford Mackinder, César Ollier and Joseph Brocherel in 1899. The lower summit, Nelion, was first climbed by English mountaineer Eric Shipton in 1929. Along with his climbing partner Bill Tilman, Shipton completed the traverse of the ridge between the two highest peaks.

We can program the dates of the ascent to allow you to maximise your adventures while you are in Africa, so if you want to you can easily travel to Tanzania for an ascent of Mount Kilimanjaro after you climb Mount Kenya. After Kilimanjaro, you may also wish to enjoy a wildlife safari through the wonders of the Serengeti, Rift Valley and Ngorongoro Crater, where the variety of wildlife will completely captivate you. These three trips are designed to give you the ultimate African adventure or you may simply wish to climb Mount Kenya for a superb remote summit, in what is one of the world's most romantic alpine settings. If you feel the need for a romantic sojourn before returning home, you can fly on to the exotic island of Zanzibar. Take in the ambience of historic Stone Town with its ancient architectural splendours, as well as taking some time out on the beach or experiencing the spectacular diving.

TEAM SIZE

Batian Peak and Nelion Peak are guided at a 1:1 ratio with a qualified and experienced Adventure Consultants mountain guide. Two climbers may also join together at a 2:2 guide to client ratio. Local Kenyan trekking guides also accompany the expedition along with cooks and porters.

ITINERARY

TRIP 1 NELION PEAK

Day 1

Arrive at Jomo Kenyatta International Airport in Nairobi and transfer to hotel. We have an evening team meeting, meal and gear checks.

Day 2

We leave Nairobi mid-morning, passing through the Kikuyu countryside to the Naro Moru Township. Here we will meet the team of porters and cooks and later do some shopping before being transferred to our hotel for dinner and overnight.

Day 3

Today we drive to the Chogoria National Park Gate for registration formalities before continuing further



▲ Early morning sun reaches a climber on the Nelson Route. Photo: Jon Bracey

along a 4WD track through bamboo forest. Leaving the vehicle, we hike the last couple of hours to reach Meru Bandas (2,950m/9,680ft), where we eat dinner and spend our first night on the trail.

Day 4

A hearty breakfast sets us up for another day's trekking as we set off up the mountain again. Today we enjoy picturesque views of the peaks of Mugi, Ithanguni and the Giants Billiards Table as we make our way to our secluded campsite at Lake Ellis (3,600m/11,880ft). Here we set up camp, dinner and overnight.

Day 5

Another early start as we begin climbing upwards, accompanied by breathtaking views over the Gorges Valley and the Northern Moorlands. We follow a broad ridge to today's objective of Mintos Camp (4,200m/13,860ft), where we stage ourselves for our climb of Lenana Peak (4,985m/16,355ft).

Day 6

From Mintos Camp, we continue west to a flat area known as Temple Fields. Here we climb a steep scree slope to Tooth

Col, passing between several rock towers to Austrian Hut (4,700m/15,400ft). We continue on to climb Lenana Peak for sunrise before descending again to Austrian Hut.

Day 7

Early in the morning, we will start the climb of Nelson Peak with the intention of reaching the crux of the climb at dawn. The ascent involves multi-pitch climbing up to American 5.9 grade with long scrambling sections between the harder pitches. At the end of the day, we rappel and scramble back down the route to Austrian Hut.

Day 8

A spare day for weather contingency or climbing/hiking in the local environs. Overnight at Austrian Hut.

Day 9

We begin our descent, passing Mackinders Camp and the marshy bog of the lower moorlands. Reaching the edge of the forest indicates we are nearly at Met Station Hut (3,000m/9,850ft) for our final night on the mountain.

Day 10

We descend through the forest and bamboo to Naru Moru Gate, from where we catch a 4x4 transfer back to Nairobi. Depart for home.

TRIP 2 BATIAN PEAK

Days 1–5

As per Nelion Peak itinerary.

Day 6

From Mintos Camp, we continue west to a flat area known as Temple Fields. Here we climb a steep scree slope, passing interesting rock towers on our way to climb Lenana Peak (4,985m/16,355ft). We reach the summit for sunrise before descending to Shiptons Camp (4,200m/13,800ft) for the night.

Day 7

Very early in the morning, we will set off on our summit attempt of Batian Peak, Mount Kenya's highest peak. The North Face standard route takes about 10 hours of interesting climbing, never too difficult, and after

summitting Batian (5,199m/17,057ft), we descend back down to Shiptons Camp for the night.

Day 8

A spare day for weather contingency or climbing/hiking day in the local environs. Overnight at Shiptons Camp.

Day 9

We descend down through Mackinders Valley, passing the magnificent 'Picnic Rocks' and enjoying panoramic views back up to the peaks we have just climbed. The track crosses Liki North and descends through moorland before crossing the Ontulili River to Old Moses Camp (formally known as Judmier Camp, 3,300m/10,800ft).

Day 10

We are now on the home stretch, leaving Old Moses Camp and descending through heathland and then forest to the Sirimon Gate park entrance at 2,440m/8,000ft. From here we will connect with our vehicle to transfer back to Nairobi. Depart for home.



▲ Trek through the forests of the Naro Moru Valley. Photo: Jon Bracey



▲ Vegetation soon changes with the gain in altitude. Photo: Suze Kelly



▲ Outstanding views as climbers approach the summit. Photo: Jon Bracey

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition Leaders and local staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best backup and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable emergency communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

VISAS

There are no visa requirements for citizens of most Commonwealth countries, but please check for updates before travelling. Visitors from non-Commonwealth countries are required to have a valid visa. These can be readily obtained at the airport upon arrival, as well as from Kenyan Embassies and High Commissions prior to departure. A single-entry visa costs US\$50 for three months.

FOOD

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements.

EQUIPMENT LIST

Expedition members will be sent a list detailing all the necessary clothing and equipment to be individually provided, contained within a set of Expedition Reference Notes.

These notes provide extensive information on everything from suggestions of what type of camera to bring to training advice for your expedition preparation.

MEDICAL EXAMINATION & INSURANCE

Expedition members will be provided with pre-trip medical advice and a medical questionnaire and will be asked to visit their family physician to receive a full



▲ A mist enshrouded summit. Photo: Suze Kelly



▲ A team reaches Austrian Hut. Photo: Jon Bracey



▲ Botanists will delight in the variety of plant life. Photo: Jon Bracey



▲ Climbing on summit day. Photo: Suze Kelly



▲ Mount Kenya looms high above Teleki Lodge. Photo: Jon Bracey

medical examination. This information will be sighted only by the Expedition Leader and our medical adviser and treated with full confidentiality. We also require members to have rescue insurance and we will consult with individual team members as to your insurance needs and solutions for coverage.

DOCUMENTATION & PHOTOGRAPHS

Expedition members will need to provide a digital passport photograph for climbing permits and a scan of their passport biodata page.

OPTIONAL EXTENSIONS

To complete your 'African Experience' and to explore more of the region, we also offer the additional options after your Mount Kenya ascent:

KILIMANJARO

- Climb one of the Seven Summits
- Veteran Kilimanjaro guides
- Private luxury option also available

SAFARI

- Explore numerous options, including the famous Masai Mara National Park which borders the Serengeti in Tanzania, the Amboseli National Park at the foot of Mount Kilimanjaro, Samburu National Park and Lake Nakuru
- Luxury options available
- Tailored to suit your itinerary, from short day trips to week-long adventures

GORILLA TREK

- Visit the endangered gorillas of Rwanda
- A nature encounter like no other!

For further information on these options please see our website or contact the Adventure Consultants office.

EXPEDITION FEE

The cost of the expedition ex Nairobi, Kenya is:

- US\$20,550 1:1 climber to guide ratio
- US\$17,500 1:2 climber to guide ratio

This is an inclusive cost and covers the following:

- Adventure Consultants mountain guide
- All expedition organisational requirements
- Airport transfer from Jomo Kenyatta International Airport in Nairobi to the hotel, when arriving/ departing on scheduled arrival date
- Hotel in Nairobi within expedition dates, based on shared rooms (single room supplement available for extra fee) including dinner and breakfast
- All lodging and food while on the trek/climb
- Group climbing equipment, food, tents and fuel in Kenya region
- Transport to and from the National Park
- Porters, drivers, park fees and climbing permits

The expedition fee **does not** include the following:

- Personal clothing and equipment
- Entry visa for Kenya
- Airport transfers not on scheduled arrival/departure dates
- Travel/trip cancellation/medical evacuation insurance or any rescue costs
- Extra hotel costs if the team descend early from the mountain
- Any costs associated with early departure from the expedition
- International round-trip travel costs to/from Kenya
- Spending on personal items (alcohol, gifts, etc.)
- Vaccinations
- Excess baggage charges and airport taxes
- Bottled beverages
- Laundry
- Tips and gratuity (tipping contribution approximately US\$550 in total for the local staff)

- Transport to Arusha, entry visa for Tanzania and meals on transit day between Nairobi and Arusha if continuing on to Kilimanjaro

PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

for the account of Adventure Consultants Limited

Account Number: 1000-594771-0000

Account Type: US Dollars

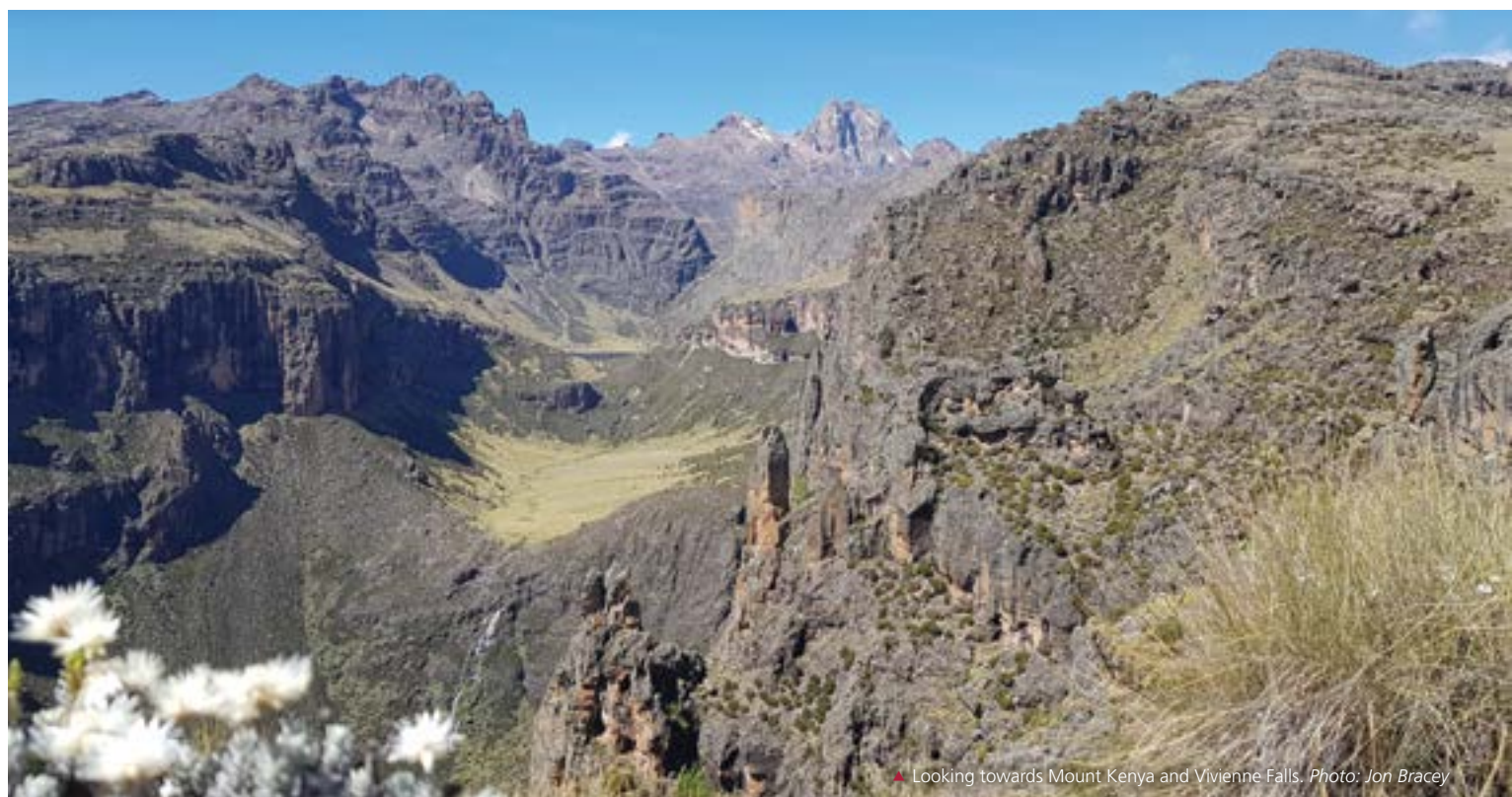
Swift Address: BKNZ NZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard, Amex) plus a 3% credit card fee.

DEPOSIT

A deposit of US\$2,000 is payable to secure a place on the expedition.



Looking towards Mount Kenya and Vivienne Falls. Photo: Jon Bracey



▲ A porter rests, taking in the view below. Photo: Jon Bracey

BALANCE

The balance is payable 90 days prior to the expedition start date.

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. An expedition team member may then cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date, we reserve the right to retain 50% of the balance payment.
- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS EXPEDITION

If you would like to join one of Adventure Consultants Mount Kenya Expeditions, please complete our online application at <https://www.adventureconsultants.com/expeditions/africa/mt-kenya/book-now> and submit your trip deposit.

CONTACT US

If you require more information, please contact us at:

Adventure Consultants Ltd
PO Box 739
Wanaka, 9343
New Zealand

Phone: +64 3 443 8711

Email: info@adventure.co.nz

Website: www.adventureconsultants.com





▲ An excellent high altitude alpine rock adventure. Photo: Guy Cotter



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

