



Mt Kenya Expeditions 2011 / 2012

Trip 2: Dec 30 2011 to Jan 7, 2012 **Nelion Peak** climb or **Lenana Peak** trek

Trip 1: June 15 to 23, 2011, 2012 **Batian Peak** climb or **Lenana Peak** trek

Expedition Notes

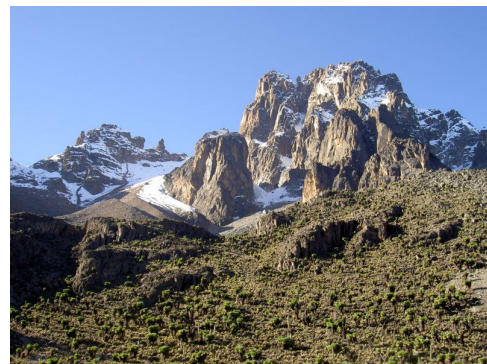
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The second highest point in Africa, Mt Kenya is an exciting pre climb to our Mt Kilimanjaro expedition, or an adventure on its own. Mt Kenya is an extinct volcano with jagged peaks rising out of the heart of the Mount Kenya National Park. Africa. It has three main peaks; the highest but most difficult being Batian at 5199m (17,058ft), then 11m lower is Nelion at 5188m (17,020m), and lastly Lenana which is a straight forward trekking route. The two higher peaks are permanently cloaked by snow and small glaciers delivering lively contrast to the equatorial terrain on the approach. On Mt Kenya we climb Batian in the June season and Nelion in December /January due to these being the preferable seasons for each climb. Lenana Peak is climbed anytime.

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 transition zones from wetland to heather and alpine zones. We intentionally traverse the national park on our trek to and away from the mountain to ensure new terrain each day with the ascent of Mt Kenya being the geographical highlight in the middle of the journey.

Mount Kenya is located in central Kenya, just south of the equator, around 150 km (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 & 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. There are two rainy seasons on the mountain from April-June and October-December. 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, C. Ollier and J. Brocherel in 1899. The lower summit, Nelion was first climbed by Eric Shipton in 1929, and Shipton and Bill Tilman completed the traverse of the ridge between the two highest peaks. Point Lenana can be reached by an easy hiking trail.

We 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 onto Tanzania for an ascent of Mt Kilimanjaro after you climb Mt 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 climbing adventure or you may simply desire to climb Mt Kenya for a superb remote summit in what is one of the world's most romantic alpine settings. And if you feel the need for a final romantic sojourn before returning home you can fly on to the exotic island of Zanzibar with its cultural intrigue and take in the ambience of the historic stone town with its ancient architectural splendours as well as take some time out on the beach or experience the spectacular diving.

Itinerary: 9 day (climb or trek)

Batian North Face Standard Route

June 15 - 23, 2011, 2012

Day 1: Arrive at Jomo Kenyatta International Airport in Nairobi. Transfer to hotel. Evening team meeting, meal and gear checks.

Day 2: Leave hotel in the mid morning passing through the Kikuyu countryside, past the equator, and into the town of Nanyuki. The town has one of the most beautiful views of the mountain, and is a hub for trekkers climbing the Sirimon route. We will meet our climbing team of porters and cooks. There is an opportunity to do some shopping before being transferred to the hotel for dinner and the night.

Day 3: Leave Nanyuki and drive about an hour to the Sirimon Gate (park entrance) at 2440m. From the gate we start the trek, following the track as it winds its way uphill through the forest which becomes heath land after about three hours. After about four hours we arrive at the Judmier Camp, also called the 'Old Moses Camp' at 3300m for dinner and the night.

Day 4: We continue trekking upwards and after an hour from Old Moses Camp, the track crosses the Ontulili River, then contours through the Moorland and crosses Liki North before continuing up to Mackinders Valley from where there are stunning panoramic views up the valley towards the main peaks of Mt Kenya. As we go through Mackinder's Valley we will stop for lunch at the magnificent 'picnic rocks' and then stay at the Shipton Camp, 4200m.

Day 5: We spend the day acclimatizing by sorting equipment and also training for any rope skills needed for the summit day. If conditions permit we will go for an afternoon hike to Kami Hut then down to Huseberg Lakes then walk back to the Shipton Camp for dinner.

Day 6: Very early in the morning we will set off on the summit attempt of Batian Peak, Mt Kenya's highest peak. The North face standard route takes about 10 hours of interesting climbing, never too difficult and after summiting Batian at 5199m, we abseil down through the 'Gate of Mist'. We will stay overnight at Howells Hut.

*If you are trekking to **Lenana Peak**, then you will set off around 3am for the summit arriving in time for sunrise and magnificent views of the nearby peaks of Batian and Nelion and maybe even Kilimanjaro to the south.*

Day 7: Continue down to the Austrian Hut. Also a spare weather day.

Day 8: After breakfast at Austrian hut, we descend down to Mintos hut, where we have time for a stop to check out the beautiful 'gorges valley' and the array of tarns. We continue down to Mount Meru Bandas, 2950m for the night

Day 9: Descend another 2 hours to the end of the forest and catch a 4x4 transfer vehicle back to Chogoria Village where we connect with our transfer vehicle back to Nairobi.

Stand alone Mt Kenya trip ends.

Day 10: (Day 1 of Kilimanjaro Expedition) Transfer to Arusha and stay in Arusha Coffee Evening team meeting, meal and gear check.

Continue on Kilimanjaro expedition.....

Itinerary: 9 day (climb or trek)

Nelion Peak

December 30, 2011 - January 7, 2012

Day 1: Arrive at Jomo Kenyatta International Airport in Nairobi. Transfer to hotel. Evening team meeting, meal and gear checks.

Day 2: We leave Nairobi in the mid morning passing through the Kikuyu country to Narumoru town. 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 transfer to Narumoru Park Gate for registration and where the hike starts initially on the crest of a board ridge between the Northern and southern Narumoru valleys. The going is easy and it's a pleasant walking through the forest. About two thirds of the way up there are good views down into the Northern Narumoru valley. The days trek ends at Met station (3,000m) dinner and overnight. 3-4 hrs, 10km, 400m ascent

Day4: From the Met station camp we travel through the forest and exit into open moorland. This is the notorious 'vertical bog' where traveling conditions range from damp to glutinous depending on when it last rained. The going improves and we reach a fork overlooking Teleki Valley arriving soon at Mackinder's Camp at 4,200m. Dinner and overnight at Mackinder's Camp.
5-6 hrs, 10km, 1200m

Day 5: After breakfast we depart from Mackinder's camp en route to Austrian hut at 4700m. Dinner and overnight at Austrian hut. Here we will practice rope techniques and equipment preparation for the climb the next day.

Day 6: Climbing day!

Early in the morning we will start the climb with the intention of reaching the technical difficulties 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.

*If you are trekking to **Lenana Peak**, then you will set off around 3am for the summit arriving in time for sunrise and magnificent views of the nearby peaks of Batian and Nelion and maybe even Kilimanjaro to the south.*

Day 7: A spare day for weather contingency or hiking day in the local environs. Overnight at Austrian Hut.

Day 8: After breakfast, we descend down to Mintos hut where we have a stop for the scenic beauty of the gorges valley and the tranquil tarns. We then descend further Mount Meru Bandas, 2950m, for the night.

Day 9: Descend 2 hours through forest to catch a 4x4 transfer vehicle to Chogoria Village where we will connect with our transfer vehicle back to Nairobi.

Stand alone Mt Kenya trip ends.

Day 10: (Day 1 of Kilimanjaro Expedition) Transfer to Arusha and stay in Arusha Coffee Lodge. Evening team meeting, meal and gear check.

Continue on Kilimanjaro expedition.....

The Expedition Fee

The cost of **Mt Kenya High Peaks of Batian or Nelion Expedition** is **US\$12,000** per person ex Nairobi, Kenya. The Peaks of Batian and Nelion are only guided at a 1:1 guide to client ratio.

The cost of the **Mt Kenya Lenana Peak** is **US\$3,900** per person ex Nairobi, Kenya or **US\$3,100 add on to Kilimanjaro trip.**

The expedition fee includes:

- Adventure Consultants mountain guide

- All expedition organisational requirements
- Airport transfer from Jomo Kenyatta International Airport in Nairobi to hotel when arriving/departing on scheduled arrival date.
- Hotel in Nairobi within expedition dates, based on shared rooms (single room supplement available for US\$99)
- All lodging and food while on the expedition (also on optional Safari).
- Group climbing equipment, food, tents and fuel in Kenya region.
- Transport to and from the park.
- Porters, drivers, park fees and climbing permits.
- Shuttle from Nairobi to Arusha (for Mt Kilimanjaro expedition add-on only).

The expedition *does not include*:

- Personal clothing and equipment
- Entry Visa for Tanzanian and/or Kenya
- Airport transfers not on scheduled arrival/departure dates (\$35 per vehicle)
- Travel/ Trip Cancellation/ Medical Evacuation insurance or any rescue costs
- Any costs associated with early departure from the expedition
- International round trip travel costs into and out of Tanzania and/or Kenya
- Spending on personal items such as gifts etc
- International vaccinations
- Excess baggage charges and airport taxes
- Bottled beverages
- Laundry
- Tips and Gratuity (members to contribute approximately \$200 each to tip pool for local staff)
- Meals on transit day between Nairobi and Arusha.

Visas

All foreigners from non-Commonwealth countries are required to have a valid visa for Kenya. There are no visa requirements for citizens of most Commonwealth countries, under which the visa requirement is waived. Check for updates before travelling. Visas are readily obtained at the Airport upon arrival as well as from the Kenya Embassies and High Commissions abroad prior to departure. A single entry visa costs US\$50 for three months.

Equipment List

Adventure Consultants will supply all group gear (e.g. tents, stoves, utensils etc) whilst expedition members are to provide their own personal clothing, day pack, duffel bag, footwear, climbing harness and sleeping bag. An equipment list will be provided to expedition members upon confirmation of your participation.

Safety Communications and Insurance

To safeguard members of the expedition we will be carrying a satellite telephone. We require expedition members to carry additional insurance for evacuation and repatriation as well as normal travel medical expenses. Contact us for expedition insurance advice.

Deposit

A non-refundable deposit of US\$2000 is payable to secure a place on the Peak Batian or Peak Nelion climbing expedition.

A non-refundable deposit of US\$500 is payable to secure a place on the Mt Kenya Peak Lenana trek.

Balance

The balance of **US\$10,000** for Peaks Batian or Nelion and **US\$3,400** for Peak Lenana is payable 90 days prior to the expedition start date.

Payments

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

**Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand**

for the account of **Adventure Consultants Limited**
Account # **1000-594771-0000**
Account type: US Dollars

We can accept your **deposit payment** by credit card – Visa, Mastercard or Amex. The balance payment can be made by bank transfer to our account in US dollars, as above or payment via credit card plus a 3% surcharge.

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 trek member may then cancel his/her 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 full fee.
 - 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.
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Team Membership

Peaks Batian or Nelion are only guided at a 1:1 ratio with a qualified Adventure Consultants mountain guide.

For Peak Lenana the team will have a **minimum size of 4 members and 1 guide** and a **maximum size of 12 members and 1 guide**. Local Kenyan guides also accompany the expedition.

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.

Marketing

While the official name of the expedition will remain the “Adventure Consultants’ Mount Kenya Expedition 2011”, you can for personal marketing purposes use another name if it will assist you in any way. You will also be completely free to enter into personal agreements with sponsors or supporters if you wish.

Medical Examination

Expedition members will be provided with a medical questionnaire and asked to visit their family physician to receive a full medical examination. This information will be sighted only by Adventure Consultants’ doctor and treated with full confidentiality. Advice on immunizations will be provided at this time.

Documentation and photographs

Expedition trek members will need to provide 3 passport-photographs for trekking permits and a scan of their passport bio-data page.

How to join this expedition

If you would like to join the expedition please contact us for an expedition application form. If you require more information please contact us at;

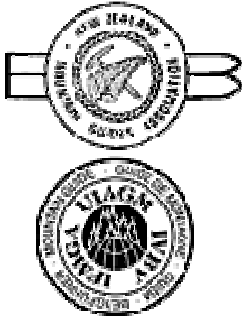
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	<p>Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and is a corporate member of the American Alpine Club (AAC).</p> <p>Adventure Consultants perform to IFMGA standards and are world leaders in high altitude guiding.</p>
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