MOUNT KENYA
5,199M / 17,057FT

2018/19 EXPEDITION TRIP NOTES
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), 11m 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 climb Batian Peak in the June/July season and Nelion Peak in December/January, as these are the preferable seasons for each climb. An accompanying trek to Lenana Peak is offered alongside both departures.

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.

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-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, César Ollier and Joseph Brocherel in 1899. The lower summit, Nelion, was first climbed by Eric Shipton in 1929, with Shipton and Bill Tilman completing the traverse of the ridge between the two highest peaks.

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 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 only guided at a 1:1 ratio with a qualified and experienced Adventure Consultants mountain guide. Local Kenyan trekking guides also accompany the expedition along with cooks and porters.

**ITINERARY**

**TRIP 1 NELION PEAK**

**Dates:** December 28, 2018 to January 5, 2019

Corresponds with Kilimanjaro Trip # 1

**Day 1**

Arrive at Jomo Kenyatta International Airport in Nairobi and transfer to hotel. 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 transfer to Naro Moru Park Gate for registration. The hike initially starts on the crest of a broad ridge between the Northern and Southern Naro Moru Valleys. The going is easy and it’s pleasant walking through the forest. About two-thirds of the way up, there are good views down into the Northern Naro Moru Valley. The day’s trek ends at Met Station Camp (3,000m/9,850ft) where we have dinner and overnight.

**Day 4**

From the Met Station Camp, we travel through the forest and exit into open moorland. This is the notorious ‘vertical bog’ where travelling conditions range from damp to glutinous, depending on when it last rained.
The going improves and we reach a fork overlooking the Teleki Valley, soon arriving at Mackinder’s Camp at 4,200m/13,800ft. Dinner and overnight at Mackinder’s Camp.

**Day 5**

After breakfast, we depart from Mackinder's Camp en route to Austrian Hut at 4,700m/15,400ft. Here we will practice rope techniques and equipment preparation for the climb the next day. Dinner and overnight at Austrian Hut.

**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.

**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 to take in the scenic beauty of the Gorges Valley and surrounding tranquil tarns. We then descend further down to Mount Meru Bandas (2,950m/9,680ft) for the night.

**Day 9**

Descend 2 hours through the forest to catch a 4x4 transfer to Chogoria Village, where we will connect with our vehicle to transfer the team back to Nairobi.

**Day 10**

Depart for home or begin Kilimanjaro Trip #1 expedition...

**TRIP 2 BATIAN PEAK**

*Dates:* June 28 to July 6, 2019  
*Corresponds with Kilimanjaro Trip #5*

**Day 1**

Arrive at Jomo Kenyatta International Airport in Nairobi and transfer to hotel. 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
Leave Naro Moru and drive to the Sirimon Gate park entrance at 2,440m/8,000ft. From the gate, we start the trek, following the track as it winds its way uphill through the forest which becomes heathland after about three hours. After another four hours, we arrive at the Old Moses Camp (formally known as Judmier Camp at 3,300m/10,800ft 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 Mackinder’s Valley. From here, 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 (4,200m/13,800ft).

Day 5
We spend the day acclimatising by sorting equipment and training for any rope skills needed for the summit day. If conditions permit, we will go for an afternoon hike to the old site of Kami Hut, then down to Hausberg Lakes and back to the Shipton Camp for dinner.

Day 6
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 summiting Batian (5,199m/17,057ft), we abseil down through the ‘Gates of Mist’. We will stay overnight at Howells Hut.

Day 7
Continue down to the Austrian Hut (4,700m/15,400ft) and this is also a spare weather day.

Day 8
After breakfast at Austrian Hut, we descend to Mintos Hut, where we have time for a stop to take in the beautiful Gorges Valley and the array of tarns. We continue down to Mount Meru Bandas (2,950m/9,680ft) for the night.

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

Day 10
Depart for home or begin Kilimanjaro Trip #5 expedition.
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 Sherpa staff, who are some of the most preeminent 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, under which the visa requirement is waived. Check for updates before travelling. Visitors from non-Commonwealth countries are required to have a valid visa, 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.

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 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 trek members will need to provide 3 passport photographs for trekking 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 infamous Masai Mara National Park that borders with the Serengeti in Tanzania, the Amboseli National Park located at the foot of Kilimanjaro and Samburu National Park and Lake Nakuru.
- Luxury Options available
- Tailored to suit you 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$15,900 per person.
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:

- 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
Wellington
New Zealand

for the account of Adventure Consultants Limited

**Account Number:** 1000-594771-0000  
**Account Type:** US Dollars  
**Swift Address:** BKNZNZ22

**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.

**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 89–60 days of the trip commencement date, we reserve the right to retain 50% of the balance payment.
- For cancellations within 59 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 2018/19 Mount Kenya Expeditions, please complete our online application at [https://www.adventureconsultants.com/expeditions/africa/mt-kenya/book-now](https://www.adventureconsultants.com/expeditions/africa/mt-kenya/book-now) and submit your trip deposit.

**CONTACT US**

Please contact us if you’d like any further information or assistance in planning your trip:

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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.

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