



TIMAU ROUTE ITINERARY
5 DAYS | 4 NIGHTS

TIMAU ROUTE TO POINT LENANA

DETAILED MT. KENYA ITINERARY

Ascent Route: Timau

Descent Route: Sirimon

Ascent Distance: 45 km

Finish Point: Sirimon Gate

Highest Point: Point Lenana (4,985m)

Overall Altitude Gain (from Wangu farm): 2,335m

MOUNT KENYA (17,058)

Main Summits: Batian (5,200m)

Nelion (5,188m)

Trekking Summit: Pt Lenana (4,985m)

Location: Mt Kenya National Park

INTRODUCTION

Mount Kenya is a 'twin-peaked' volcanic spike. Reaching the highest of the three peaks on Mount Kenya requires technical expertise, but the third highest peak, Point Lenana, offers the finest six day trek on the continent. Our hike will take our trekkers through dense rain forest, which encircle the lower slope of the mountain, home to elephant, Cape buffalo, leopard and primates. We then traverse the vast moorlands, past undulating grassy valleys and deep rocky gorges, through some of the most fabulous vegetation on our planet. We arrive at the summit of Lenana early enough to be rewarded by views of the new day across East Africa, The experience heightened by the fact that there are few other trekkers to share the mountain with.

The summits of Batian and Nelion are surrounded by glaciers and often covered in snow where the night time temperature can drop to below -10 degrees Celsius. At any time of the year harsh, cold, wet and windy weather can come from anywhere so we have to be prepared.





DAY 1

Mt. Kenya: Wangu to West Marania Roadhead

Length: 12 km

Time: 6 hours

Ascent: 700m

Accommodation: West Marania Campsite (3,000m)

Today we walk leisurely to the high altitude West Marania roadhead. We walk slowly so we can acclimatise to the altitude. The route is open heathland and we have the chance of seeing some unique mountain wildlife. One thing we are unlikely to see is another group as we are now definitely off the main track. We arrive at our stunning mountain stream campsite and relax in the beauty of the mountain.

DAY 2

Mt. Kenya: West Marania Roadhead to Majors Camp

Length: 8 km

Time: 6-8 hours

Ascent: 500m

Accommodation: Majors camp (3800m)

After breakfast, we will follow the track as it leads up through glades of montaine forest, with plenty of wildlife around, to our camp on the shores of Lake Ellis. We will arrive at our camp after about three hours walk in time for lunch. After a short rest period in the late afternoon we will hike to the top of nearby Mugi hill (250m) before returning to camp at dusk.

DAY 3

Mt. Kenya: Majors Camp to Simba Tarn Camp
Length: 12 km
Time: 6 hours
Ascent: 800m
Accommodation: Simba Tarn (4,600m)

A great day that sees us finish at the base of the old volcanic plug that makes up the rocky peaks of Batian, Nelion and Pt. Lenana. On the trek up, the vegetation changes to moorland grass with small flowering plants and the amazing giant lolbelias and senecios.

DAY 4

Simba Tarn to Pt. Lenana (4,985m) to Old Moses Campsite
Length: 18 km
Time: 15 hours
Ascent: 385m
Descent: 2,135m
Accommodation: Old Moses Campsite

An early 5.00am start sees us on the Summit Circuit Path. Stunning views, tarns, glaciers, ice carved rock formations and precipitous valleys and the views... We are in search of Pt. Lenana for a sunrise celebration with spectacular views to the Aberdare Ranges and even Mt. Kilimanjaro. After a celebratory cup of tea or coffee we start our descent via the Summit Circuit to Old Moses for a well-earned rest.





DAY 5

Old Moses Campsite to Sirimon Park Gate

Length: 9km

Time: 2 hours

Descent: 675m

A gentle walk to the park gate where you are collected by your vehicles at around 11.00am.

*"Great things are done when men
and mountains meet."*

INCLUDED

Services of guides and porters, all meals on the mountain, park and camping fees, camp equipment and tents.

EXCLUDED

Sleeping bag, karrimat and personal clothing as listed below. Tips for the crew.

CLOTHING REQUIREMENTS

The temperature range on the Mountain is +20C to -10C. So warm to very cold. The UV at altitude on the Equator is some of the highest on earth.

EQUIPMENT CHECKLIST:

- 4 season sleeping bag
- Karrimat
- Down jacket
- Gloves
- Woolly hat
- Thermal inners
- A waterproof /windproof jacket
- A fleece
- 2 shirts
- 2 trousers, shorts
- 3/4 pairs socks (i.e. 1 dry change of clothes and the other for walking)
- Shoes/trainers
- Walking boots (boots should be worn in before coming and be comfortable)
- Sun hat
- High factor sun cream & lip salve
- Good sunglasses/ glacier glasses

- Each person should have a 2-3 litre water bottle(s)- if a camel pack need insulation on the mouth tube
- A small towel
- Toiletries
- Mini pillow- if required

- A head torch and spare batteries
- A day pack for water, fleece, raincoat and camera etc.
- A soft holdall bag for the rest of your gear and bin liners/ to weatherproof dry gear – your gear bag shouldn't weigh more than 14 KG

- A few extra nibbles
- Basic first aid Kit - e.g. - plasters, aspirins, tampons, hand wash etc.



**TIMAU ROUTE RATES
(PER PERSON) 2021/2022**

1 pax - \$5,500
2 pax - \$4,500
3 pax - \$3,400
4-7 pax - \$3,150



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