

TEAM KENYA

Mount Kenya February 2019

Climbing to 5,199 meters, Mount Kenya is the second tallest mountain in Africa. The scenery surrounding this designated World Heritage Site is breath-taking. The trek takes you from the dusty lowlands through ancient forest and unique glacier-sculpted alpine health, up to jagged volcanic peaks and glistening glaciers. In the 2800sq km National Park there are over 800 recorded plant species with 81 species being endemic to Mt. Kenya. You can also see a wide variety of wildlife such as elephant, buffalo, bushbuck, waterbuck, zebra, hyena, colobus monkey and Monte Kenia Rock Hyrax.

Team Kenya's Mount Kenya Trek follows the Chogoria route up the mountain, which is arguably the most magnificent ascent route to the summit. It is the driest route up the mountain and the walk beside the Gorges Valley is truly spectacular. The descent by the Sirimon route takes you through some beautiful forest tracks and completes the traverse of the mountain. This is a very accessible route and within the capabilities of fit and enthusiastic walkers.



Itinerary

17th February: Nairobi - Mt Kenya Bandas (2,900m) 3hrs, 10km walk, 950m ascent.

You will be collected from your accommodation in Nairobi. We recommend www.wildebeestecocamp.com which has a range of accommodation options and a very relaxing environment. From here we drive through agricultural country up to Chogoria town for lunch. After lunch, we take a 4x4 and drive up to the edge of the bamboo forest where we start our trek through the dense bamboo forest for 10 km up to the Mt Kenya Bandas.

18th February: Mt Kenya Bandas - Minto`s campsite (4,200m) 8-9 hrs, 17km, 1,300m ascent.

Today you will set off early for a long trek on a wide track through the forest, with occasional sightings of elephant, bushbuck, buffalo and impala. Emerging from the forest, you walk through heather before crossing the Nithi River to reach the moorlands from where you can enjoy spectacular views of the picturesque Gorges Valley, the Temple, lakes, mushroom rocks, billiards table and the high peaks. Total walking time approx. 8 hours.

19th February: Minto`s - Pt Lenana (4,985m) Judmiere Camp (3,300m) 11-12 hrs, 785m ascent, 24km walk, 1,685m descent

Our ascent to the summit starts at 0300hrs and you hike for 3 to 4 hours up to point Lenana (4,985m), the hikers summit, arriving there for the African sunrise. After taking some time to take in the views and get your celebratory photos at the top you will descend to Shipton`s camp for breakfast. After breakfast you will begin a 5 to 6 hour descent via Mackinder`s valley to the Judmiere camp. (3,300m) The descent is gentle and it offers ample time to enjoy fascinating scenery which includes the moorlands, before reaching the camp for a well earned rest!

20th February: Judmiere Camp - Ndhiwa. 3 hours walking

After early morning breakfast, descend for 3 hours to the Sirimon Park gate to catch a vehicle for the return journey to Nanyuki for lunch. Later transfer to Ndhiwa where you will stay at Karibuni Eco Cottages and have the chance to see Team Kenya's work first hand. You are welcome to stay in Ndhiwa for as long as you like. We will have a team of staff and volunteers on hand to take you to visit our projects and see the impact your support has had.

Included in your trek package:

- All transportation to/from the mountain (private)
- All Park fees.
- All food and drinking water while on the Mountain.
- Accommodation in mountain huts/ camping where applicable.
- All guiding services
- Porter support for the climb

Not included in your trek package:

- Personal clothing and equipment ([see equipment list](#))
- Tips and gratuities for guides and porter (recommended to be 10 - 15% of climb costs)
- Kenya visa (50USD – this can be purchased online or at the airport)
- Accommodation in Nairobi before trek
- Accommodation in Ndhiwa after the climb (available for £20 per night, including all meals)
- International flights
- Transport from Ndhiwa to Nairobi (approximately £40-60 to fly, under £10 by public bus)

Funding Options

To make this challenge as accessible as possible, we have two funding options. Option A – Pay a £250 deposit to secure your place and raise £1,200. Your trekking costs will be taken from your fundraising.

Option B – Pay your \$735 (approximately £520) costs yourself and raise what

you can. We recommend a target of £1,000 but you can set your own target based on personal circumstances.

We have over 20 years of fundraising experience, our team will be on hand to support you every step of the way and we are confident that you will be able to smash your target!

To confirm your place, please complete the registration form [here](#) and pay your deposit.

Deposits

If choosing funding option A, transfer your £250 deposit to the Team Kenya account (details below) and email us, so that we can keep an eye out for your funds and can allocate them to you. Please use your name as a reference.

If choosing funding option B, transfer your \$300 deposit to the Mount Kenya Trekking account (details below) and email us, so that we can ensure the tour operator keeps an eye out for your funds and can allocate them to you. Please use 'Team Kenya' followed by your name (or as much of it as possible) as a reference.

Team Kenya Account Details

Sort Code: 20-45-45

Account Number: 13613526

Name: Team Kenya

Mount Kenya Trekking Account Details

Account Name: Mount Kenya Trekking.

International Payee Address: Pioneer house, 1st Floor room no: 101, Kenyatta Avenue.

Payee account Number/IBAN: 022 701 9581

International Payee Bank BIC/Swift Code: BARCKENX

Payee Bank Name: Barclays Bank Kenya Ltd.

Branch: Queensway

Sort Code: 03075

Bank Address: P o box 30120 8th West end building, Waiyaki Way, 00100
Nairobi, Kenya.

Contact Details

Should you have any queries about the challenge, please contact Brad at
brad@team-kenya.co.uk