

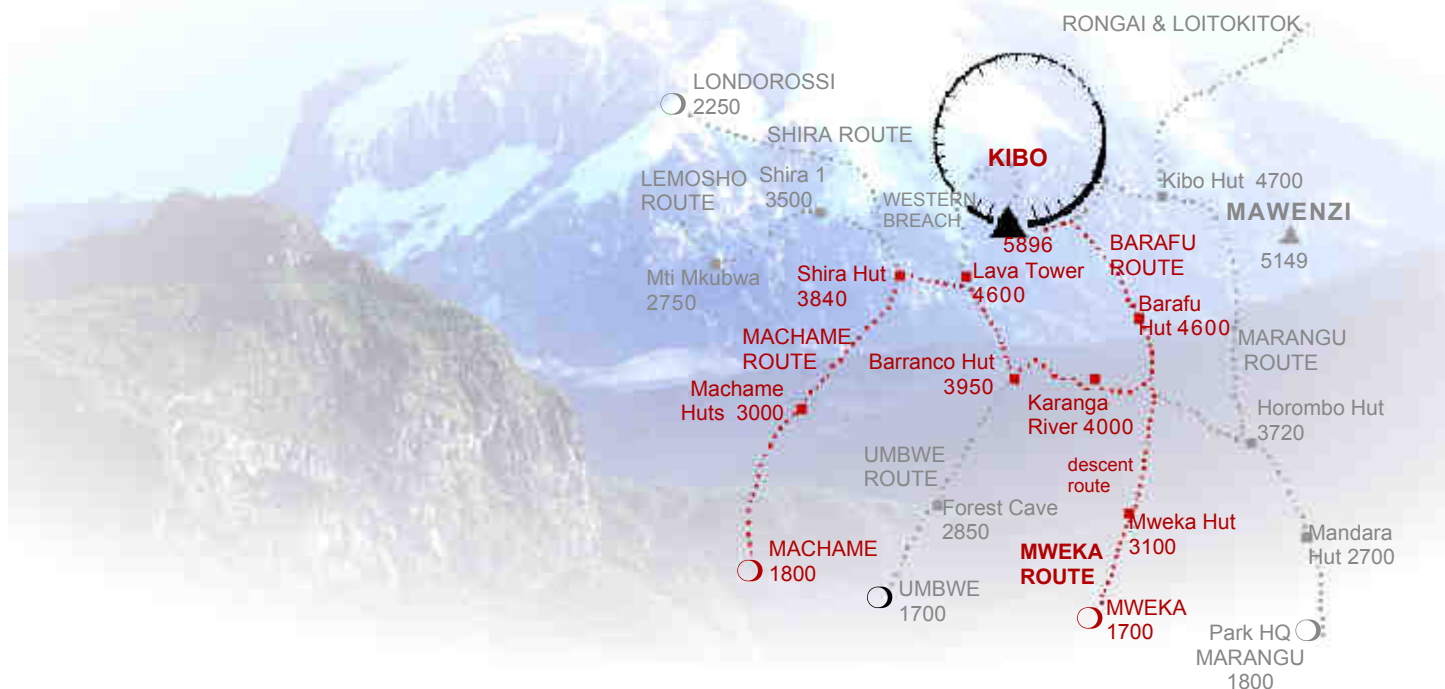
SCHEDULED TRIPS

EAST AFRICA: Mount Kenya & Kilimanjaro

All the trips on this dossier are scheduled trips.



There is such diversity in scenery, people and geography in East Africa that it is impossible to create an itinerary that does not leave out too much. To climb the two great peaks of Mount Kenya and Kilimanjaro, Africa's highest summits, provides one of the best ways to appreciate this wonderful diversity within a reasonable period of time.



Kilimanjaro

The Machame Route is not the easiest route to ascend Kilimanjaro but a very rewarding one which takes in a large section of the mountain through dramatically different zones. The ascent to Uhuru Peak is from Barafu Hut; a very early start is made since the scree is easier to climb when frozen and the views from the crater rim at dawn can be spectacular. The walking is tougher and all nights are spent camping but the reward for the extra effort is a chance to get away from the crowds and see the most impressive side of the mountain. The route follows steep paths through magnificent forests to gain a ridge leading through the moorland zones to the Shira Plateau. It then traverses beneath the glaciated precipices of the south face of Kibo providing superb views of the Southern Icefields. The ascent of Kibo is by the Barafu Route which is mainly up paths over steep scree and easy rocky outcrops. No special equipment is required but walking (ski) sticks and sturdy mountain walking boots are strongly advised.

Mount Kenya

This ancient volcano lies next to the equator and rises to a height of 5199m. Its ascent takes you through several distinct vegetation belts. Game-rich rain forests cover the lower slopes; above this the bamboo belt, then parklands lead to the Afro-Alpine moorland zones. Finally out of the scree rise the glaciated summits of Mount Kenya; below rugged cliffs, tarns of clear water set amongst meadows and giant groundsel plants, add to the magic of the peak area. The two main summits, Batian and Nelion, are accessible to skilled mountaineers only; the third highest top, Point Lenana, 4985m, can be reached by walkers and provides a superb viewpoint.



We ascend Mount Kenya by the Chogoria route which is scenically the most rewarding way of ascending Mount Kenya. There are beautiful views into the Gorges Valley, lined with dramatic cliffs, with the head waters of the Nithi River cascading over a series of waterfalls. At the head of the valley the main peaks of Lenana, Nelion and Batian dominate the skyline while the emerald green waters of Lake Michaelson glisten below the vantage point near Hall Tarns, a sheer cliff some 300m high.

Health Matters

Climbing above 5000m requires good physical fitness and health, it is advisable to consult your doctor to discuss this. By going first to Mt Kenya we hope to avoid the more serious effects of altitude and therefore achieve a higher success rate. However there can be no guarantee that you will have no acclimatisation problems. If you experience adverse effects of altitude, you will have to descend and remain at a lower altitude until recovery.

No special inoculations are required, except possibly Yellow Fever. You should consult your doctor about this and especially Malaria prophylaxis. A medical kit will accompany each trek. We do, however, recommend that each person carries a small personal first-aid kit.

Weather, Equipment and Clothes

Weather in high-mountains is never totally predictable; bad weather and snow higher up are possible. The best seasons in East Africa are December to mid March and June to mid October.

Essential Equipment: sleeping bag (suitable for 3-4 season use) and mat, waterproof jacket, mitts and hat, well-fitting mountain walking boots and warm socks, sun glasses and ice-axe or ski stick. When you stop walking you will need warm, dry clothes; a duvet jacket is useful if you have one, otherwise a good fleece and extra layers are suitable. A list of recommended clothing and equipment will be sent with the pre-departure information.

Accommodation and meals

Accommodation is in good standard hotels in the towns. On the mountains a mixture of huts and camping in two-man, double-skin tents. Picnic lunches are provided where appropriate. For the mountains we recommend that you make up a personal goody bag of snacks you enjoy, not more than about 1kg.

Grade, qualification and staff

The walking is generally tough with some steep terrain and is at high altitude but it is fully porter supported and all you need to carry is your day sack with the day's needs such as waterbottle, waterproofs, spare jumper and camera.

Local guides lead the groups.

Outline Itinerary

- 1 Evening departure from London Heathrow for Nairobi.
- 2 Arrive in Nairobi, transfer to the Fairview Hotel. Relax in gardens, visit the town or the Nairobi National Park (optional extra). Evening pre-trek briefing.
- 3 Drive to Chogoria then up forest reserve track. Colobus monkeys, elephant and buffalo are often seen on the way. Night at the Meru Mt Kenya Bandas; (3000m). 4 man huts are provided with beds, fresh linen and a hot shower. A short afternoon walk is possible in the beautiful surrounding parklands.
- 4 Walk through to the Nithi Gates (3300m, 3 hours). Campsite by stream in the moorland zone with pretty waterfalls nearby.
- 5 Up the ridge overlooking the Gorges Valley to our campsite at Hall Tarns (4270m, 6 hours). A nearby cliff top provides magnificent viewpoint.
- 6 Climb Lenana. Cross Teleki Valley then up to camp at Hut Tarn, (4490m, 8 hours).
- 7 Continue past the Western Terminal, Hausberg Tarn, Kami Hut (below the north face of Batian) and Simba Col to a campsite at the head of the Gorges Valley (7 hours).
- 8 Descend to the Nithi Gates. Drive back to Nairobi and the Fairview Hotel.
- 9 Drive from Nairobi to Moshi. Overnight at the Springlands Hotel outside town.
- 10 Drive to Machame. Walk through the forest to the Machame hut area to camp.
- 11 Continue to Shira through the giant heather zone (3800m, 5 hours).
- 12 Continue up to the Lava Tower. Descend to Barranco hut (3940m, 4 hours).
- 13 A short scramble to the top of the Great Barranco; traverse over scree and ridges to the Karanga River Valley (4000m, 3 hours), beneath the icefalls of the Heim, Kersten and Decken Glaciers. Ascend a ridge to the Barafu Hut (4600m, 3 hours walking).
- 14 An early start for the ascent to the rim of the Kibo Crater between the Rebmann and Ratzel Glaciers, (4 hours); the last section before the rim can sometimes be snow-covered. A further hour leads to Uhuru Peak. Descend to the Barafu Hut for lunch, continue down to camp at Mweka Hut in the giant heather zone on the forest edge.
- 15 Complete the descent to the park gates. Return to the Springlands hotel near Moshi.
- 16 Return to Nairobi. Overnight in the Fairview Hotel.
- 17 Morning flight to London - arrive back in the afternoon.

Please note

Our outline itineraries are intended as working guides only and are subject to variation as a result of local weather conditions and the well being of the group. We reserve the right to alter (lengthen or shorten) the trek at any time if necessary.

Departure Dates from the UK :

2005: 22/07/05, 12/08/05, 16/09/05 & 16/12/05 **2006:** 31/01/06 & 03/02/06

Cost from the UK inc Flights From £1670
Land Only Price from Nairobi \$1810

Prices include: food (generally half board in hotels in towns, full board on trek); airport transfers, transport, park guide and porters and park fees. International flights from the UK are included in the above costs. Please contact us or see our website for land only prices.

Not included in the cost are: your passport, insurance, visas and East African airport departure tax (US\$20) where applicable.

Trip Extensions

Kenya Safaris: Masai Mara, Amboseli, Tsavo, Hell's Gate, Samburu (via Nairobi).

Tanzania Game Parks: Lake Manyara, Ngorongoro, Serengeti, Tarangire (via Moshi).

Zanzibar: Either fly or bus & boat from Moshi to Zanzibar. Beach hotel's or town hotel's can be booked, spice tour, diving, swimming with dolphins or just relaxing.

We can send you details or discuss these options by telephone.



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