

Mt Kenya Trek - TDKMKB

6 days: Kenya

What's Included

Entrance fees and guided hike up to Lenana peak of Mt. Kenya.

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2012 - December 31st, 2012

Trip Style

Independent: If you prefer to experience the world on your own terms or as an extension to your group tour—this is your trip style. You're free to mix and match modules and local staff members are on standby to make sure your adventure goes off without a hitch. They'll take care of the details—but the adventure is all yours.

Service Level

Basic:

- Excellent value, amazing prices, quality experiences
- Simple and clean hotels, guesthouses and hostels chosen for location and character
- Affordable public and private transport for maximum cultural interaction
- Plenty of optional activities tailored to your interests and budget

Physical Grading

5: These trips include serious high-altitude treks, cycling or other heavy exercise. For superhumans only. (Remember to pack your cape)

Itinerary



Day 1 Nairobi

Arrive in Nairobi any time and make your way to the joining point hotel. A brief departure meeting will be held in the hotel reception area in evening on Day 1 of your tour. Upon arrival look for information from your CEO on the hotel bulletin board regarding the meeting time.

Take today to wander the streets of central Nairobi, taking in old colonial architecture and the brightly coloured crowds to get a feel for Africa. The city's best attraction is the National Museum, home to most of the great prehistoric finds made by the Leakey family in East Africa, from Ethiopia to the Olduvai Gorge in Tanzania. It also has sections on wildlife, art, geology, local history and a snake park.

West of the city, the suburb of Karen is named after Karen Blixen, author of "Out of Africa". Her house is now the Karen Blixen Museum, complete with a garden and tea house, it tells the history of the famous author. Also in Karen is the African Butterfly Research Institute , a large magical greenhouse alive with native butterflies.

South of Nairobi, in Langata, are a number of the city's best attractions. At the Giraffe Centre, you'll have the option of hand-feeding the rare Rothschild giraffes, plus embarking upon a nature walk with 160 species of bird. The Sheldrick Animal Orphanage cares for young, orphaned elephants. The Bomas of Kenya is a living open-air museum of the tribes of Kenya, including regular dance performances. The Nairobi National Park is just south of the city, and covers 114 sq km. It has over 400 bird species of and populations lions, leopards, and one of the country's few thriving populations of black rhino.

The name Nairobi is derived from the Masai word for cool waters, which the Masai people gave to a water hole known as Ewaso Nyirobi. In modern times, the sprawling, cosmopolitan city of Nairobi combines the first-world glamour of reflecting-glass skyscraper buildings with abject developing-world poverty. It originated in 1899 from a handful of shacks that marked the end of the railhead during the building of the Uganda railway. Due to big game hunting bringing tourists from Britain, the city expanded dramatically in

the early 1900's. A large number of British nationals settled in the area, prompting more growth and this angered both the Masai and Kikuyu people, as they were losing hunting ground due to the expansion of the city limits. The friction increased and, eventually led to the Mau Mau uprising, which saw Jomo Kenyatta, the future president jailed. Kenya was granted independence from Britain in 1963, with Nairobi as the capital.

Apart from being Kenya's capital and the main centre of government and commerce, Nairobi is the most significant city in East Africa and an important player on the pan-African stage. It is the diplomatic base for many countries in Africa, with its broad spectrum of international embassies and headquarters for the United Nations, multi-national companies, non-governmental organizations (NGOs) and press correspondents. It's also the center of the growing safari business of East Africa.

Day 2 Old Moses Camp (B,L,D)

Hiking Time: 4 hrs

Total Distance: 10km

Starting Altitude: 2610m

Final Altitude: 3300m

Habitat: Montane forest

Today we drive through Kikuyu Farmlands, arriving at the town of Nanyuki for any last minute preparations, and on to the Sirimon gate of Mt. Kenya National park at 2600m. It is not uncommon to see baboons running through the trees and across the grass fields in front of the gate. Elephants are sometimes spotted here as well. We start our trek with a 3 to 4 hour hike up through the forest to Old Moses camp at 3300m.

Mount Kenya is Africa's second highest mountain at 5,199m (17,058 feet) and the highest of all Kenya Mountains. Mount Kenya is roughly circular, about 60km across at the 200m contour, where the steep front hills rise out of the gentler slopes of the centered highlands. At the centre of the massif, the main peaks rise sharply from around 4,500m to the main summit of Batian 5,199m, Nelion 5,188m and point Lenana 4,985m. Other major summits on the mountain include Point Piggott 4,957m, Point Dutton 4,885 and Point John 4,883m. Of the three main peaks (Batian, Lenana and Nelion), only point Lenana can be reached by trekkers and the other two being only for technical climbers.

Day 3 Shipton's Camp (B,L,D)

Hiking Time: 7-8 hrs

Total Distance: 16km

Starting Altitude: 3300m

Final Altitude: 4200m

Habitat: Moorland

This is about a 7-8 hour hike crossing Liki and Mackinders valleys, there is a great view of Tereri and Sendeo peaks. And also a great view of Nanyuki town and beautiful terrain. Shipton's camp has also an excellent setting with the north faces of Nelion peak and Batian peak.

Day 4 Shipton's Camp (B,L,D)

This is our acclimatization day where we have a relaxed day doing a short day hike around Shipton's camp. After breakfast we start the peak circuit ascending to a steep ridge through Kami Hut, Hausberg Tarn and Two Tarns Lake. It will take approximately 4 hours walk through quite spectacular scenery. Return to the camp for lunch and then relax and enjoy the views of the majestic peaks above.

Day 5 Lenana Peak / Chogoria park gate (B,L,D)

Hiking Time: 7-8 hrs

Total Distance: 9km

Starting Altitude: 4200m

Final Altitude: 4985m

Habitat: Scree slopes

Alpine ascent of the third highest peak point Lenana (4,985m). It will take your approx. 4 hours of stiff walking to the summit. Descend down the Chogoria route to stay in the Meru Mount Kenya bandas.

We wake at night at 2.30am for hot tea and biscuits. Ascend to Point Lenana at 4,985m for approx. 3 hours to arrive for sunrise. From here you can admire Mt. Kilimanjaro's highest peaks, Kibo and Mawenzi visible from the south, Indian Ocean from the east and Mt. Elgon from the west. We start our descent back to Shipton's camp for a full breakfast and then descend down the Chogoria route to stay in the Meru Mount Kenya bandas.

Day 6 Nairobi (B,L)

After breakfast you be met by your mountain 4x4 vehicle to drive you out of the park and down to Chogoria Town. Here you will transfer into another vehicle before continuing back to Nairobi. Lunch en route to Nairobi.

What's Included

Entrance fees and guided hike up to Lenana peak of Mt. Kenya.

Highlights

Trekking up to Lenana Point, Taking in the spectacular views of the jagged peaks from Shipton's Camp.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Departs daily except for long wet season, (March - April) and short wet season, (September - November).
2. Please note on day six while on your descent of the climb you will be met at Meru Mount Kenya bandas after breakfast and transferred out of the park and down to Chogoria Town rather than hiking out.
3. A Yellow Fever certificate is required if you are traveling to Kenya from a Yellow Fever endemic country. These certificates are required not only for passengers coming from countries with risk of yellow fever transmission but also those who may have transited through such countries. Incoming passengers who do not have the Certificate and are required to have it will be vaccinated at the Airport if they wish to enter the country. The cost of the vaccination is 1,000 Kenyan Shillings.
4. LUGGAGE COMPLICATIONS: It occasionally happens that luggage on international flights into Nairobi does not arrive, especially with, but not exclusive to, major airlines out of London-Heathrow or Schiphol (Amsterdam). Please be aware that this may happen, especially if you have a tight connection in either of these centres, are flying with different airlines with a connection, have a last minute flight change or re-route, or fly from or connect through another African centre. Please be prepared and keep all important documentation and valuables on your person. As well we recommend a change of clothes in your hand luggage. If unfortunately this does happen, and your luggage does not arrive, you should be entitled to a limited initial compensation from your airline. In Nairobi, the arrival of lost luggage normally takes between 48 and 72 hours after the initial plane's arrival. The airlines technically should be responsible to forward your luggage to you, to your hotel or elsewhere in Kenya. You may find that your tour will begin, and you still have not received your luggage. Considering that the customer service standards in Kenya are different from home, and that we find that the airlines are not always pro-active in helping luggage in its care be reunited with its owner, it is recommended that you purchase locally a few needed items, begin your tour, and hire someone locally to persist with the your airline to retrieve your luggage. Your tour leader or local representative will be able to help you organize this, and once your luggage is retrieved, it should

be able to be forwarded to you – depending where you are. Please note that any costs that you may incur for luggage retrieval or sending luggage are not the responsibility of G Adventures, though we will always strive to assist you in any way possible. You should always keep all receipts and documentation, and contact your airline or insurance provider for reimbursement.

5. Flying through London-Heathrow to East Africa?

Please note that regardless of the rules in other centres, travellers flying from, or connecting in, London-Heathrow are currently only permitted one carry-on piece of luggage and one small personal bag (purse, laptop-size bag, briefcase) on board on flights to Nairobi. If you arrive to the security gate with 2 pieces, you will be forced to check-in one of them, which may result in complications noted above. This policy is in place as of the time of writing, though local rules and regulations may indeed change. It is thus advisable to contact your airline directly for the most up-to-date information.

6. The power supply in Kenya is nominally 240VAC, 50hz. Variable voltage, spikes and sporadic, unexpected, unscheduled power cuts of varying duration can be expected.

Group Leader Description

Throughout the entire 6-day journey, you will be lead by a CEO/experienced certified mountain guide. To round out the climbing team, you will be joined by an assistant guide (for groups of more than one person), a cook, and a team of porters.

Your guide has been trained in mountain guiding skills, first aid and emergency response, flora and fauna, and group management. All guides are licensed by KWS, Kenya Wildlife Authority. Your cook is an experienced cook who will prepare a variety of nutritious, and hearty meals. As a general rule, each hiker will be accompanied by 2 porters, who assist in carrying both your bag and the team's gear (tents, food, etc). Please note English is often the 3rd or 4th language of the Kenyans in the area of Mt. Kenya, therefore your guide will speak a basic English. Please be patient with your staff's English skills and with his approach to guiding. Additionally, it is likely that some of the crew, especially the porters, will have limited to no communication skills in English.

Your Fellow Travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Meals Included

5 breakfast, 5 lunches, 4 dinners.

Meals

This includes all meals while trekking on the mountain. All meals you have during your trip will be prepared from fresh local produce. Shopping for food will be done before the trip departs. Breakfasts and dinners will be served at camp, while lunches will tend to be packed to have en route while trekking. All evening meals will be hot and will consist of a variety of continental and local dishes. We believe that providing more than enough food while on such a trek is of the utmost importance, and as such you can be ensured that your cook and crew will provide enough quality food for you. Vegetarian meals and other dietary requirements need to be specified prior to arrival. Please note; for the Mt. Kenya trek, you will be provided with drinking water. This water is collected from fresh mountain streams and then boiled by your guides who will replenish your empty bottles/thermos flasks on a daily basis. You are welcome to add your own chlorine or iodine tablets for peace of mind, if you are uncomfortable drinking the water provided.

Meal Budget

Allow USD35-50 for meals not included

Transport

Private mini-van, mountain jeep, trekking by foot.

About our Transportation

Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may

have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide. Please note for your own safety it is mandatory to wear your seat belt at all times when in a vehicle.

Single Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Simple hotel (1 nt), basic multi-share mountain hut (4 nts).

About Accommodation

On the trek you will stay in non-heated, metal and wooden shelters/huts with simple, single beds that have thick mattresses. Be prepared to possibly share a hut with members of the opposite sex. With the altitude, the shelters do get very cold. For added comfort and insulation, you may consider bringing your own sleeping mat to lay on top of the provided mattresses. Some huts have shared toilet and bathing facilities.

Please note, if you need to alter the itinerary for any reason (e.g. travel delay or illness or in the event of having to descend from your climb early due to altitude sickness, injury or exhaustion), any unscheduled meals or nights spent in a location other than the tour itinerary will be at your own expense.

Joining Hotel

Hotel Boulevard
Harry Thuku Rd
P.O. Box 42831 - 00100
Nairobi, Kenya
Tel: +254 (0) 20 222 7567/8/9
Cell: +254 (0) 722 200 755 / (0) 733 623 727
Fax: +254 20 317 825

Joining Instructions

On arrival in Nairobi, an arrival transfer is not included. Please make your way to the joining hotel. Jomo Kenyatta International Airport is about 20 km from downtown and your hotel. There are a variety of ways to get into the city. The dedicated airport bus takes about 40min at USD 5, however an airport taxi is recommended. This can be booked either inside the airport at an 'information desk' or outside of the terminal. The price is approximately USD 20.

If you have a pre-booked transfer, please look for the driver, who will be holding a sign with the G Adventures logo on it. He will be in front of INFORMATION DESK just outside the secured baggage retrieval area. At times there are taxi drivers who will want to get your business, so please be aware of them and look for our G Adventures representative. For security purposes, your name will not be on the G Adventures sign. As well, please do not tell the driver your name straight away, but rather ask the driver FIRST to tell you who they are meant to pick up. This will ensure that you go with the right driver.

Please note that day 1 is an arrival day and no activities have been planned, though a brief departure meeting will be held in the hotel reception area in evening of day 1. Here you will meet other tour participants and receive information about general and specific aspects of the trip. Upon arrival to the hotel, look for a notice from your CEO with information regarding this group meeting. If you arrive late and miss the meeting, he will leave you a message detailing what time and where you should meet the next morning.

The tour departs Nairobi in the morning of day 2 at 8am.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your trip leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

We strongly advise you to pre-purchase your entry visa prior to arrival as queuing for the visa at the airport can cause long delays in clearing customs. This is especially relevant if you have pre-booked an airport transfer.

If you have pre-booked an airport transfer, it is necessary to make contact with our representative, who waits with a G Adventures sign outside the secure baggage-retrieval area, within 1.5 hours (90 minutes) of your flight's scheduled arrival time. No refunds will be granted if you fail to make contact with our representative within this reasonable time. After such time, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions.

Your arrival transfer has been arranged based on flight information provided to us. If you receive notification of a flight schedule change outside of 48 hours before your flight is scheduled to arrive, please contact us to advise of your new flight details.

Sales offices:

From within Australia - 1-300-796-618

From within Canada or the United States - 1-800-465-6500

From within the UK - 0870 999-0144

From anywhere else - +1-416-260-0999

Important note If you are advised of the flight schedule change within 48 hours of your scheduled arrival time, please contact the airport transfer operator listed as the emergency contact for your tour which can be found below. We will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

Emergency Contact

Should you need to contact G Adventures during a situation of dire need, it is best to first call our local office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible. G Adventures Emergency Mobile Phone for our Local Office in Nairobi, Kenya: +254 727 208 832. Locally, from Kenya, dial 0727 208 832. Beyond that, you may try our Operations department in Canada:

Toll-free, North America only: 1 800 465 5600.

Calls from UK: 0844 272 0000

Calls from Australia: 1 300 796 618

Outside North America, Australia and the UK: +1 416 260 0999

For any issues relating to pre booked transfers for Jomo Kenyatta International Airport including delays or missed transfers, please contact our airport transfer operator (Patrick) on +254 722 874 566.

Finishing Point Hotel

Hotel Boulevard

Harry Thuku Rd

P.O. Box 42831 - 00100

Nairobi, Kenya

Tel: +254 (0) 20 222 7567/8/9

Cell: +254 (0) 722 200 755 / (0) 733 623 727

Fax: +254 20 317 825

Finishing Point Instructions

Upon arrival to Nairobi in the late afternoon, you can be dropped of at the Hotel Boulevard, or any other locale in central Nairobi.

There is no included accommodation for this night in Nairobi. You may choose to pre-reserve post-tour accommodation at either finishing location in Nairobi through G Adventures.

What to Take

As you will be trekking up Africa's second highest mountain, you will be passing through a number of different climate zones, and should pack to prepare for a number of extremes – hot and sunny, cool, cloudy, and misty, fog, rain (your first day you will ascending through a section of forest), wind, and lastly snow and cold. You may experience one or all of these conditions in the same day on your trek. In the lowlands, temperatures in the shade can reach 35 C, and in the highlands it will be below freezing, with possible rain and fog. The use of lightweight, breathable, easily removable layers of clothes works best to allow you to adapt to the local conditions.

We recommend breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for hiking as it does not allow for heat or moisture to enter or escape, and it will not dry once wet. Please note that it gets very cold near the top of Mt. Kenya, and you will begin hiking your final ascent to the summit at approximately 2am, and hike through the coldest part of the day. For this, in addition to several warm layers and good boots to grip as you climb over frozen scree, ice, and snow, you will need warm protection for your extremities – warm socks, gloves, and a warm winter hat. Lastly, Mt. Kenya is located at the equator, and at altitude, the sun's effects are heightened. Use a hat, sunglasses, sun screen, and wear proper clothing to protect yourself from the sun, to reduce the risk of sunstroke.

Cameras whether Video or film, need to be protected against the severe cold weather either in warm pouch or the interior pockets of your clothing. A selection of lenses will aid the final results although weight and bulk will obviously influence your selection. A polarized or neutral density filter is recommended, as is slide film rather than print. Bring your own film as it can be hard to find and expensive in Kenya.

For digital equipment and mp3 players, check with the manufacturer's specifications for temperature range (especially battery life), water tightness, altitude range, and general hardiness.

Your baggage should be clearly labelled and restricted to one large waterproof duffel bag or backpack, maximum 15kg, plus a daypack. Please note, secure luggage and valuables storage facilities are available at your hotel in Nairobi for any extra mountain gear/clothing that you do not require for your climb.

Checklist

Suggested Items: (The following items serve as guidelines for the trekker but what to bring is ultimately up to the individual. We suggest you carefully sift through this list, before embarking on the big pack)

- Warm fleece or wool jumper/jacket
- Waterproof jacket and pants
- 3 shirts/t-shirts, cool and breathable
- 2 Long-sleeved shirts or sweaters
- 1 pair of shorts, mid-thigh or longer
- 2 pairs of long hiking trousers, lightweight, breathable
- 1 pair of long trousers
- Thermal underwear – top and bottoms
- Waterproof, light weight hiking boots. They will get wet and dirty.
- Tennis shoes or sandals for relaxing in the evening
- Comfortable, breathable socks (wool or synthetic fibers recommended)
- Winter hat/warm hat, balaclava (wool or synthetic fibers recommended)
- Warm gloves/mittens
- Day pack with good hip and sternum support, for you to carry
- Very warm sleeping bag (it will be below freezing at least on one night)
- small travel pillow
- Water bottles or "camel baks"
- Small hot water thermos (as cold water has been known to freeze near the summit) -
- Water purification methods(chlorine or iodine tablets) or purifier
- Sun hat, bandana (many uses - head protection, handkerchief, wrap injuries)
- Sunglasses (to help prevent snow blindness if hiking in snow)
- Sunscreen (very important, especially if summiting in snow)
- Headlamp / torch / flashlight (with extra batteries and bulbs)
- Camera and extra memory card/film
- Extra batteries (recommended)
- Pocket knife / utility knife
- Electricity plug adapter (for the hotel)
- Energy bars and snacks (chocolate, nuts, high energy snacks)
- Personal first aid kit (should contain Lip balm with sunscreen, Ibuprofen , Malaria pills, band aids/plasters, adhesive tape, anti-histamine, Antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder (salt and sugar mix), throat lozenges, insect repellent, extra prescription drugs you may be taking)
- Toiletries (soap, toothpaste, toothbrush, razors, etc)
- Hand sanitizer gel/Sanitizer wipes

- Toilet paper

Optional Items: Sleeping pad (optional – simple, thin mattresses provided in the huts where you will stay), Hiking poles, Hiking Gators (protective covers) for your hiking boots, reading/writing material, binoculars, cover for backpacks, Playing cards, games, frisbee, notebook, pens/pencils, candles, matches, personal alcohol

Documents:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Yellow fever certificate
- Airline tickets (with photocopies)
- USD cash and traveller's cheques
- Credit or debit card (see personal spending money)
- G Adventures vouchers, pre-departure information and trip details
- Any entry visas or vaccination certificates required
or vaccination certificates required

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap. Aboard the expedition ship Explorer laundry facilities are provided at a charge.

Visas

All countries require travellers to have a valid passport (with a minimum 6 months validity). Please note that upon arrival by air to Nairobi, Kenya, you can obtain a visa for US\$50. This visa is valid for up to 3 months with multiple entries/exits permitted to Tanzania and Uganda only. Please note that Kenya is now strictly enforcing a "blank pages, condition of entry". All those requiring a visa on arrival must have at least two blank pages available in their passports. Failure to meet this requirement could mean that entry will be refused. This information is accurate at the time of writing. Though as fees and policies can change, we highly recommend that you contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation.

Detailed Trip Notes

Kenya often described as "Land of Contrast" is one of the most popular tourist destinations of the world. It is synonymous with big game and more than fifty national parks and reserves. These parks hold virtually all the large animal species of Africa as well as smaller mammals and numerous bird species.

Kenya is also a hotspot for climbing and hiking. In the central highlands a couple of hundred kilometers north of the equator lays Mt. Kenya. It is here, where the Kikuyu god ngai resides. It is the highest mountain in Kenya and the second highest in Africa. It is one of the few places near the equator on Africa with permanent glaciers. The name of the country has been known to have been derived from Mt. Kenya which was formerly known as Mount Kirinyaga.

MT KENYA CLIMBING

This volcanic mountain lies along the Equator and rises to a height of 5,199m. For the walker, this is the ideal way to see some of Mount Kenya's highest peaks. Walks are through Bamboo Forests, Alpine moorlands and indigenous Mountain Rain Forests. Our goal is to ascend point Lenana at 4,985m.

The mountain is located 180 kilometers north of Nairobi and it can often be seen from high-rise buildings in Nairobi and from Thika. It is an extinct volcano, which formed a couple of million years ago. The mountain is located in the Mount Kenya National Park, which is a designated protected area around the mountain above 3200m altitude. The Kenya Wildlife Service manages the park. The national park covers an area of 700 square kilometers and was established in 1949.

The first documented ascent of the mountain was by Halford Mackinders. At the moment the mountain attracts several thousand climbers both local and international annually. It is this popularity, which has contributed to the deterioration of the environment and the litter accumulation.

Lenana, often referred to as Point Lenana, is a side peak of Mt Kenya. It is the third highest summit (after Batian - 5199m and Nelion - 5188) in the massif. A majority of trekkers who declare they have "climbed Mt Kenya" have usually only reached the summit of

Lenana. The peak is by the two normal routes an easy ascent on scree, rocks and at times snow. A few sections involves some very easy climbing. Lenana is probably the most climbed peak in Kenya and from the summit you have excellent views of the impressive rock towers of Batian and Nelion, as well as glacial lakes and the rolling landscape of Mt Kenya National Park.

The approach itself is well worth the effort of going there. You start from the agricultural lowlands, goes through dense semi-tropical rain forests and arrives at rugged grass lands, high altitude meadows and finally you're in rocky surroundings with glaciers and snow.

KENYA

Full country name: Republic of Kenya

Area: 583,000 km²

Population: 30,766,000

Capital city: Nairobi

People: 22% Kikuyu, 14% Luhya, 13% Luo, 12% Kalenjin, 11% Kamba, 6% Kisii, 6% Meru, 16% other

Languages: English, Swahili, indigenous.

Religion: 35% Protestant, 30% Roman Catholic, 30% Muslim, 5% Animist

Government: Republic (multiparty state)

President: Mwai Kibaki

Local Currency: Kenyan Shilling.

Major industries: small-scale consumer goods (plastic, furniture, beer, batteries, textiles, flour), agricultural processing, oil refining, chemicals, cement, tourism.

Major trading partners: Uganda, Tanzania, UK, Germany, UAE, South Africa

INTERESTING FACTS

- At 580,000 km² the country is two and a half times the size of Britain.
- The population is around 30 million and has one of the world's fastest growth rates.
- Kenya gained independence in 1963 after 80 years of British rule.
- Most Kenyans are subsistence farmers.
- Coffee and tea are grown commercially and tourism is also a huge income for the country. The country is still in huge debt though and has few mineral resources and corruption is again a problem.
- The country lies on the equator and has good national parks and Mount Kenya the second highest peak in Africa. It also has good beaches and colourful people. Nairobi is the capital and Mombassa the country's port city.

REGIONAL INFORMATION

Climate

Kenya enjoys an equatorial climate with average annual temperatures of about 26°C and diurnal temperatures of about 30°C.

Lenana can be climbed in any season, but the experience can vary from a nice and easy one, to a wet and muddy. There are generally two rainy seasons on the mountain - the short and the long rains. The short rains normally occur from late October through November, and the long rains from late March through to early June. The warmest months are January and February, and the coolest are late June to August. It is advisable to carry light, warm clothing. Conditions can be foggy and rainy in also in December.

The rangers said the lowest temperature recorded in Top Hut, at the foot of Lenana was - 17°C, but normally it seldom went down under -5°C. The whole central massif of Mt Kenya are plagued with sudden, fierce gusts of wind, so be prepared with warm and windproof clothing.

Electricity

The electric current in Kenya operates on 220 volts. Electric plugs types come in at least four sizes and vary throughout the country, however, the two rounded pin standard plug is acceptable in most parts of the country. 3 pin square plugs are most common.

PHOTOGRAPHY

Film is available at most game lodges, even in remote areas, but stocks are usually small and of the common sizes and brands.

Nairobi and Mombasa have supplies of the most normal types of film. For game and bird photography a telephoto lens of 200-300mm is strongly recommended. Twin lenses reflex cameras are generally impractical. It is wise to equip yourself with plenty of batteries, ultra-violet filter and lenses hood as these are seldom available when on Safari.

Visitors are advised that it is an offence to photograph Kenya's head of state, military installations, policemen in uniforms, etc. As a general rule elsewhere, visitors are strongly advised to seek permission before taking any photographs.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

Debit cards are very useful for cash advances, but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs.). Both Cirrus and Plus system cards are the most widely accepted debit cards. While ATMs are often available, there are no guarantees that your credit or debit cards will actually work in Africa. Check with your bank. Credit cards can be used in major cities and towns ONLY but please do not rely on them as a method of payment because they are generally not widely accepted. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of US dollar cash, travellers cheques and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

USD40, may be included in the international air ticket

Tipping

Tipping is an expected and highly appreciated component of your Mt. Kenya trek. It should be an expression of satisfaction with those who have assisted you throughout the expedition. Tipping is one of the most direct ways that you can have a positive economic impact within the East African community. Although it may not be customary for you, it is of considerable significance to your guides, assistants, cooks, and porters, as an important source of, and supplement to, their income.

Before starting your trek, we encourage you to confirm the amount of staff that will be supporting you during your climb at the welcome briefing or at the first gate. This way the amount of tips can be prepared beforehand. A list to write your crew names will be provided at your welcome briefing for you to refer back to at the end of the climb.

Upon completion of your climb it is ideal to have a tipping ceremony with the crew upon your return from the mountain. Tips should be placed in individual envelopes which climbers then hand directly to each crew member to ensure that their full tip is received.

As to the amount of the tip you should give on Mt. Kenya, there are no set figures or formulas, though we do urge you to let your conscience instruct you on this matter as much as your wallet.

Tipping guide in USD (or equivalent in local currency) per group per day spent on the mountain:

Per Chief Guide: US\$10-15 per day

Per Assistant Guide: US\$8-10 per day

Per Cook: US\$7-\$10 per day

Per Porter: US\$5-8 per day

Gifts in addition are also appreciated – e.g. warm clothing or footwear.

A realistic amount for a trip of 5-6 days length would be between 100-120 USD per climber for tips.

These are mere guidelines, and you may wish to alter them if you feel, for example, a certain porter is deserving of more than his normal share, or if your trek was particularly difficult.

Health

We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure. Travelers should also carry a basic first-aid kit. Travellers to Kenya and Tanzania should observe similar precautions to those taken elsewhere in Africa. Medical facilities are basic throughout these countries. Please be aware that this trip enters a malaria area. Your doctor should be able to recommend the necessary prophylactics. Please ensure that you have all the

inoculations recommended by your doctor.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

We recommend that you wear minimal jewelry, and that you keep valuable items safely stored.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel

any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Responsible Travel

Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.

-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: www.gadventures.com

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletter_signup

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.

Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.