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4 DAYS: SIRIMON ROUTE UP - CHOGORIA ROUTE DOWN



OVERVIEW

The Sirimon-Chogoria route is one of the popular trekking routes to reach the summit of Mount Kenya, the second-highest mountain in Africa. This route offers a diverse and scenic experience, taking you through different landscapes and allowing you to explore the beauty of the mountain.

The Sirimon-Chogoria route is a transverse route, starting from the Sirimon Gate on the northwest side of the mountain and ending at the Chogoria Gate on the southeast side. Typically, the Sirimon-Chogoria route is completed in five to six days, but it is possible to complete it in four days with careful planning and physical fitness. However, it's important to note that this is a challenging route that requires a good level of fitness and acclimatization to the altitude.

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DAY 1: NAIROBI -SIRIMON GATE (2,650 METERS) TO OLD MOSES CAMP (3,300 METERS)

After pick up in Nairobi, drive to Nanyuki town for lunch crossing the equator en route to the Sirimon Park gate (2,660M). Start your trek at the Sirimon Gate and hike through the rainforest to Old Moses Camp (3,300M). This is a relatively gentle day of hiking, covering a distance of about 9 kilometers. Old Moses Camp is a good place to spend the night and acclimatize to the increasing altitude.

DAY 2: OLD MOSES CAMP TO SHIPTON'S CAMP (4,200 METERS)

Continue your trek from Old Moses Camp to Shipton's Camp. This day involves a steep ascent, taking you through the moorland and offering beautiful views of the surrounding peaks. The distance covered is approximately 14 kilometers. Shipton's Camp is the base camp for climbing Point Lenana, the third-highest peak on Mount Kenya.

DAY 3: SHIPTON'S CAMP TO MINTOS HUT (4,300 METERS)

On this day, you'll make your way from Shipton's Camp to Mintos Hut. The trail takes you across the Hausberg Col and the incredible "Gorges Valley." The distance covered is around 12 kilometers. Mintos Hut is situated near Lake Michaelson and provides a stunning setting for your overnight stay.

DAY 4: MINTOS HUT TO CHOGORIA GATE (2,950 METERS)

The final day of the trek involves descending from Mintos Hut to the beautiful Lake Ellis before continuing to the Chogoria Gate. The distance covered is approximately 22 kilometers. From the gate, meet a vehicle for transfer to Chogoria town and further to Nairobi arriving by 5.00pm.