



36377-00200 Citysquare, Nairobi Kenya

Phone/WhatsApp: +254 726 788 779

Email: [info@sunupadventures.com](mailto:info@sunupadventures.com) | [sales@sunupadventures.com](mailto:sales@sunupadventures.com) | [sunupadventures@gmail.com](mailto:sunupadventures@gmail.com)

Website: [www.sunupadventures.com](http://www.sunupadventures.com)

## 5 DAYS: CHOGORIA ROUTE UP- SIRIMON ROUTE DOWN



### OVERVIEW

The Chogoria-Sirimon route is a popular trekking route to reach the summit of Mount Kenya, the highest mountain in Kenya and the second-highest in Africa. The route combines the scenic Chogoria route on the eastern side of the mountain with the Sirimon route on the northwest side.

### DAY 1: NAIROBI TO CHOGORIA

Depart Nairobi and drive to Chogoria town, which is the starting point of the Chogoria route. The drive takes approximately 4-5 hours. Once in Chogoria, you will meet your guides and porters. Spend the night at a campsite in Chogoria.

<https://sunupadventures.com/>

## **DAY 2: CHOGORIA TO LAKE ELLIS**

Start your trekking adventure from Chogoria and hike through the dense bamboo and montane forest. Reach Lake Ellis, a beautiful campsite situated near a small lake. The trekking distance is approximately 10 kilometers (6.2 miles), and it usually takes around 5-6 hours. Overnight camping at Lake Ellis.

## **DAY 3: LAKE ELLIS TO MINTOS HUT**

Continue the trek from Lake Ellis, ascending through the spectacular Gorges Valley. Pass through moorland and arrive at Mintos Hut, which is located at an altitude of around 4,200 meters (13,780 feet). The trekking distance is approximately 12 kilometers (7.5 miles), and it usually takes around 6-7 hours. Overnight stay at Mintos Hut.

## **DAY 4: MINTOS HUT TO POINT LENANA TO OLD MOSES CAMP**

Start early in the morning (around 2 AM) to begin the summit attempt. Ascend to Point Lenana, the third-highest peak of Mount Kenya, to witness the stunning sunrise. Descend to Old Moses Camp, which is located on the Sirimon route. The trekking distance from Mintos Hut to Point Lenana and then to Old Moses Camp is approximately 20 kilometers (12.4 miles), and it usually takes around 10-12 hours. Overnight camping at Old Moses Camp.

## **DAY 5: OLD MOSES CAMP TO SIRIMON GATE TO NAIROBI**

Descend through the bamboo and montane forest on the Sirimon route. Reach the Sirimon Gate, where you will be met by a vehicle. Drive back to Nairobi, which takes around 4-5 hours. Arrive in Nairobi in the afternoon.