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5 DAYS: NARO MORU ROUTE UP-CHOGORIA ROUTE DOWN



OVERVIEW

A 5-day trek to Mount Kenya via the Naro Moru-Chogoria route is an exciting adventure. This route takes you through diverse landscapes and offers stunning views of the mountain.

DAY 1: NAIROBI TO NARO MORU

Start your journey from Nairobi and drive to Naro Moru town, which serves as the base for the Naro Moru route. Arrive in Naro Moru and check into a lodge or campsite. Spend the rest of the day acclimatizing and preparing for the trek. Ensure we have all the necessary equipment and supplies.

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DAY 2: NARO MORU TO MET STATION

After an early breakfast, begin your trek from Naro Moru. The trail takes you through dense forest and bamboo zones. Reach the Met Station (3,050 meters), where you'll spend the night. The hike is relatively short and allows for further acclimatization.

DAY 3: MET STATION TO MACKINDER'S CAMP

Leave the Met Station and continue trekking towards Mackinder's Camp. Pass through moorland and heather zones as you gain altitude. Arrive at Mackinder's Camp (4,200 meters), situated just below the Teleki Valley. This camp provides beautiful views of the surrounding peaks.

DAY 4: MACKINDER'S CAMP TO AUSTRIAN HUT

Begin the day early and ascend to Point Lenana, the third-highest peak of Mount Kenya. Enjoy the sunrise from the summit before descending to Mackinder's Camp for breakfast. After breakfast, proceed to the Austrian Hut (4,790 meters). The hike involves crossing the Tooth Col and the Lewis Glacier. Reach the Austrian Hut, where you'll spend the night.

DAY 5: AUSTRIAN HUT TO CHOGORIA GATE TO NAIROBI

Start the day with a descent along the Gorges Valley. Pass through spectacular scenery, including sheer cliffs and waterfalls. Eventually, reach the Chogoria Gate (2,950 meters), where you will be met by a vehicle. Drive back to Nairobi, which takes around 4-5 hours. Arrive in Nairobi in the afternoon.