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



### OVERVIEW

The Sirimon-Chogoria route is a popular and challenging trekking route on Mount Kenya, the second-highest peak in Africa. This route offers stunning views, diverse landscapes, and a chance to experience the beauty of the mountain.

### DAY 1: NAIROBI TO SIRIMON GATE (2,600 METERS)

Depart from Nairobi early in the morning and drive to Nanyuki town. Proceed to the Sirimon Gate (2,600 meters), the starting point of the trek. Hike through the montane forest to Old Moses Camp (3,300 meters) where you'll spend the night.

<https://sunupadventures.com/>

## **DAY 2: OLD MOSES CAMP TO SHIPTON CAMP (4,200 METERS)**

After breakfast, continue your trek through the moorland and the Liki and Mackinder valleys. Reach Shipton Camp (4,200 meters), situated below Mount Kenya's towering peaks. Overnight at Shipton Camp.

## **DAY 3: ACCLIMATIZATION DAY AT SHIPTON CAMP**

Spend the day at Shipton Camp for acclimatization and to explore the surroundings. You can take a short hike to Kami Hut or to Oblong and Hausberg Tarns to enhance your acclimatization process. Return to Shipton Camp for overnight.

## **DAY 4: SHIPTON CAMP TO MINTOS HUT (4,300 METERS) OR LAKE MICHAELSON (4,200 METERS)**

Leave Shipton Camp and hike through the rocky terrain towards Austrian Hut and Halls Tarn. Depending on your fitness level and conditions, you can choose to stay at Mintos Hut or continue to Lake Michaelson. Overnight at either Mintos Hut or Lake Michaelson.

## **DAY 5: MINTOS HUT OR LAKE MICHAELSON TO CHOGORIA GATE (2,950 METERS)**

Descend via the Gorges Valley towards Meru Mount Kenya Bandas. Continue hiking through the Bamboo Forest and Moorlands. Finally, reach 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.