

# MT KENYA HIKING EXPERIENCE

## 5 DAYS CHOGORIA-CHOGORIA ROUTE

Chogoria is on the wetter (east) side of the mountain and the Chogoria Forest offers some exceptional walking. We always suggest starting low-down by the Forest Gate or half way giving you a half day of walking before reaching the Park Gate. This is important for acclimatization, not to mention spectacular walking beneath the Podocarpus and Cedar. The track is always liberally marked with elephant and buffalo spoor. The bamboo forest is also thickest on this side of the mountain. Beyond the Park Gate we usually access the mountain via Lake Ellis and its remote campsite before climbing up through the Tussock Grass to Mintos, from which point we launch our attack on Peak Lenana.



## VIEWS AND BREATHTAKING SCENARY



- Gorges Valley
- Mackinders Valley
- Bamboo Forest

- Picnic Lunch
- Wildlife
- Lake Ellis

- Nithi Falls
- Mugi Hill
- Mau Mau Caves

### CONTACT US:



## 5-Day Mt. Kenya Chogoria – Chogoria Itinerary with Accommodation ITINERARY

### Day 0: ARRIVAL AT SILVA MONTANA NAIROBI OR AT SILVA MONTANA HOTEL IN CHOGORIA

Arrive in Nairobi and check in to your preferred accommodation for the night.  
If you arrive in Nairobi early enough drive down to Chogoria (5hr Drive and Enjoy the Scenery) and have dinner and accommodation at Silva Montana Hotel.

### Day 1 Chogoria Park Gate (Altitude: ~2,950m)

Depart Nairobi early in the morning and drive to Chogoria./Check out at Silva Montana hotel with the guides. Arrive at the Chogoria Mt. Kenya Gate and begin a 6km hike to the park gate. In the Afternoon reach the park gate and settle into the campsite. In the Evening: Enjoy dinner and relax at the park gate campsite. Accommodation will be at the Camping Site at Chogoria Park Gate.



### Day 2-Chogoria Park Gate – Lake Ellis (Elevation: ~3,450m, 9km)

In the Morning Have breakfast and begin the 9km hike to Lake Ellis. Pass through the scenic Nithi Waterfall along the way. In the Afternoon arrive at Lake Ellis and enjoy a hot lunch by the lakeside. In the Evening take a short hike to view Mugi Hill and return to Lake Ellis, Relax with tea and popcorn, followed by dinner. Accommodation: Camping at Lake Ellis.



### Day 3-Lake Ellis – Mintos Hut (Elevation: ~4,250m, 12km)

After breakfast, start the ascent to Mintos Hut. Enjoy scenic views of the Gorges Valley and Mt. Kenya's unique landscapes. In the Afternoon have lunch on the trail and continue to Mintos Hut. Refresh with tea and popcorn upon arrival. In the Evening: Take a short hike to view Lake Michaelson, then return to Mintos Hut have dinner and rest early for the summit attempt. Accommodation: Camping at Mintos Hut.



### Day 4 Mintos Hut – Lenana Peak (~4,985m) – Chogoria Gate – Silva Montana Hotel

Wake up at 1:00 AM for tea and prepare for the summit hike. Begin the summit hike at 2:00 AM, reach Point Lenana at sunrise (6:00–6:30 AM) and enjoy stunning views of Mt. Kenya. Descend back to Mintos Hut for breakfast. In the Late Morning pack up and begin the descent to Chogoria Park Gate. In the Afternoon arrive at the park gate, meet the vehicle, and bid farewell to the porters with tips. Drive to Silva Montana Hotel in Chogoria for a well-deserved rest. In the Evening: Relax, enjoy a hot meal, Bonfire and unwind at the Silva Montana Hotel.



### Day 5

Day 5: Silva Montana Hotel – Checkout In the Morning, enjoy breakfast at Silva Montana Hotel and Check out. Take Group Photo with the Guides and Porters as they bid you Fare well. Take transportation back to Nairobi or proceed to your next adventure.

### CONTACT US:



# MUST HAVE ITEM!

## MT KENYA SUMMIT/HIKING



**WARM WATERPROOF  
JACKET**



**COLD WEATHER GRADED  
SLEEPING BAG**



**HOT WATER THERMOS**



**LARGE BAG PACK FOR POTTERS**



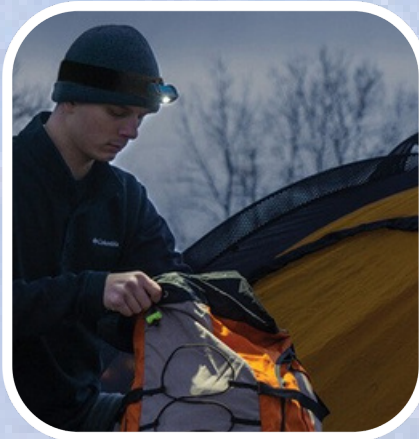
**WARM HAT/BALACLAVA**



**WATER BOTTLE/CAMEL BAG**



**WATER PROOF TROUSERS**



**HEAD TORCH**



**SUNSCREEN**



**THERMAL TOPS/TROUSERS**



**HIKING SHOES PREFERABLY 2 PAIRS**



**SNACKS**



**SUN GLASSES**



**DAY BAG PACK**



**WARM JACKETS /TROUSERS**



**CARRY YOUR EMERGENCY MEDICINE  
BAG**



**CAMERA**