

Hell's Gate NP, Mt. Longonot & Mt. Kenya (7 days)

The programme is our lengthiest Mt. Kenya climbing itinerary. It packs in Hell's Gate National Park and Mt Longonot, overlooking the Rift Valley Lakes, but still leaves time for acclimatisation and a chance to scramble to the remote outposts of Terere and Sendeo, before trekking to Point Lenana on the magnificent Mt. Kenya.



Day 1 Hell's Gate National Park

NB. Your itinerary begins and ends in Nairobi. Please note that accommodation in Nairobi before/after the climb is not included but can be arranged on request. Unless arriving very early into Nairobi, a hotel night is usually a necessity. Transfers from your Nairobi hotel/airport to the trailhead are included in our climb rates.

Meet with your driver & guide after breakfast and begin your journey into the Great Rift Valley, stopping en route at various vantage points. With its steep escarpments, volcanic mountains and lakes, the Rift Valley is a scenically beautiful region.

Journey through the Great Rift Valley and to Hell's Gate National Park, where we set up camp on top of a cliff with a wonderful view of the valley below. This afternoon, embark on a game walk in the gorges, where you can hope to see zebra, giraffe, and a spectrum of other animals and birds. The walk is also an opportunity to explore the fascinating volcanic formations, geysers and hot springs that define this region, and give the park its name.

Return to camp in time for an early supper. The camp we set up will be a simple light mobile camp using mountain-style tents.

Day 2 Mt. Longonot

We pack up camp after breakfast and drive to Mt. Longonot.

The hike to the crater rim on Mt Longonot's summit will take around 4 hours (up and down), and serves a great taster for the bigger challenge to come – Mt Kenya! You'll be accompanied by a park ranger and an experienced walking guide.

After a picnic lunch, drive on to Mountain Rock Lodge, in the foothills of Mt Kenya. Dinner and overnight at the Lodge.

Day 3 Start of the Sirimon Route up Mt. Kenya. Old Moses Camp.

Depart Mountain Rock Lodge after an early breakfast and drive to the Sirimon Park Gate (2,600m), crossing the equator en route. From the park gate, hike for 3 hours through the forested foothills of Mt Kenya and into the alpine heath to reach Old Moses Camp (3,300m), where we pitch camp for the night. During this initial trek through Mt Kenya's forested lowlands you can hope to see a mix of wildlife, such as forest elephant and zebra.

Trek span: 10km. / 3 hours.

Height Gain +700m.

Day 4 Via Liki North and Mackinder Valleys to Shipton's Camp

Continue up the spectacular Liki and Mackinder Valleys. This is an area of sprawling moorlands and beautiful high altitude plants, such as giant groundsel and lobelias.



Arrive at Shipton's Camp (4,200m) after a 7-8 hour hike and a gradual ascent of 900m. Shipton's enjoys a wonderfully scenic setting below the towering peaks and glaciers of Mt Kenya.

Trek span: 14km. / 6-7 hours.

Height Gain +900m.

Day 5 Acclimatisation trek: Shipton's - Hausberg Col (4,700m) & back

In order to aid our acclimatisation, we have an extra night at Shipton's, from where it is possible to complete a series of short walks on the summit circuit.

Today's trek will see us ascend to Hausberg col (4700m), then descend steeply to Hausberg Valley and Oblong tarns before returning to Shipton's in time for lunch.

Hiking high and returning to sleep low offers a good boost to acclimatisation.

Trek span: 5km. / 4 hours.

Height Gain +500m.

Day 6 To Lenana summit (4,985m) and down to Kenya Bandas.



We rise early (approx. 3am) for the summit attempt.

The trek to Point Lenana is up steep scree and a bare rocky track. At 4,985m, Lenana is the third highest of Mt. Kenya's summits, and the only one accessible to trekkers without mountaineering skills.

We should reach Lenana in time for sunrise, when the views are wonderful, with Kilimanjaro often visible 340km to the south. We then descend 2-3 hours to Hall Tarns/Mintos (4,300m) for a plentiful breakfast.

After breakfast, it's a gentle hike down a broad ridge, enjoying magnificent views back up the valley to the snowy peaks. A long, tough day is rewarded with a good night's rest in the Meru Mt. Kenya Bandas.

Trek span: 20km. / 12 hours.

Height Gain +785m. / -1985m

Day 7 To Nairobi

Descend on a broad track through Chogoria Forest to meet the vehicle for the drive to Nairobi, usually arriving in the afternoon.

Trek span: 10km/2-3 hours.

The tour ends in Nairobi. We can arrange your accommodation in Nairobi if your flight schedule requires it (at additional cost), or transfer you to the airport if flying out this afternoon/evening.

Booking Information

For rates, see our [Mount Kenya Price Guide](#), or contact us via our [enquiry form](#). We offer competitive rates for individual and group bookings.

Trade and Safety Profile

- ❖ Gane and Marshall, founded in 1991, are licensed under ATOL number 3145
- ❖ Gane and Marshall are members of the Ethical Tour Operators Group under Tourism Concern.
- ❖ Gane and Marshall are members of the Institute of Mountain Medicine.
- ❖ Gane and Marshall are approved partners of IMEC (International Mountain Explorers Connection) – working for fair pay and conditions for Kilimanjaro porters and guides.
- ❖ Gane and Marshall actively support the UK registered charity Community Projects Africa funding and managing educational & health projects in East Africa.
- ❖ Gane and Marshall have Travel and General tour operator liability insurance and Cork Bays Fisher Catastrophe insurance