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## Itinerary - East Africa

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### Mount Kenya

- Day 1 We bus northwards from Nairobi to Ngaro-Moru stopping en-route at an interesting handicraft centre. From the Park Gate, a half hour on, we walk about 2.5 hours up to the Met Station. With luck, we might see elephants on the track.
- 2 Pleasant forest walking up to, then through the infamous “vertical bog.” The slope becomes a ridge in the mist and so into Teleki Valley. Quite a long afternoon walk past Ostrich trees and gorgeous sunbirds flashing like jewels to Mackinder’s Hut – about a 6 hour day in total.
- 3 Fantastic walking around the southwest side of the Mount Kenya massif through some great scenery. Past lakes and on narrow cragside tracks to a steady zig-zag climb over Tilman’s Col, then down to Shipton’s Camp. 5 hours
- 4 Point Lenana day! We leave at about 5am and slowly ascend a good track through weird plants and scree to a ridge scramble to Mount Kenya’s third highest point, 4895 metres. We are up on top in three hours with plenty of good views, photos, nibbles and drinks. Back to Shipton’s, or possibly down to the Austrian Hut for an overnight. 6 hours
- 5 To Simba Col up easy zig-zags, then a long descent into the beautiful Mintos valley. This place has everything – birds, strange plants, great views, lakes. It is hard to leave it. The valley walk eases left to a broad, misty ridge which gradually takes us away from the mountains. Down, down to tall scrub, then trees! Finally, a road of sorts takes us to Chogoria Huts in the afternoon cloud. A warm fire and a beer(s) help us sleepily review the day’s 8 hours of grand walking.
- 6 Breakfast outside with bird binoculars handy. A casual packing precedes loading the Landrover which has chains fitted! Our porters take off at a great pace whilst we pack into the vehicles for a 30km muddy slide downhill. Spectacular Bamboo jungle surrounds some interesting vehicular progress!  
We take lunch at Chogoria, bid farewell to our porters and change transport for the 3 hour ride back to Nairobi where we experience a capital rush hour from right in the middle of it!  
Overnight at the Fairview Hotel.