



5 DAYS 4 NIGHTS MT KENYA HIKING EXPEDITION SIRIMON ROUTE
SEPTEMBER 18TH – 22ND 2009

Day 1: Nairobi – Nanyuki – Old Moses

Transfer from Nairobi to the Sirimon Park gate (alt.2700m). On the way pick up staff /porters who live in the vicinity of the mountain. After getting the mountain gear at Naromoru, proceed on with picnic lunch at the gate. Start an acclimatization hike in the tropical forests of Mt. Kenya to arrive at the Old Moses camp (alt.3200m) in the late afternoon.

Dinner and overnight at the camp. 9kms

Day 2: Old Moses – Shiptons

After breakfast, start the hike up the moorland vegetation, enjoying the amazing scenery of the Sirimon and Mackinders valleys. Picnic lunches will be served on the way arriving at the Shiptons camp (alt.4200m) in the late afternoon.

Dinner and overnight at the camp. 14kms

Day 3: Shiptons – Simba Col – Oblong Tan

Spend the whole day at the Shiptons with a visit to the Simba Col and a possible circuit to Oblong Tan. Dinner and overnight at Shiptons camp



Day 4: Shiptons – Summit – Old Moses

At 0300hrs wake up and have some tea and biscuits. Start the attempt of the scree scree to the summit- point Lenana (alt.4985m) which is the highlight of our trip! After taking photos with the sunrise, descend slowly to the Shiptons where we will have some breakfast, a short rest and then start the hike down to the Old Moses for dinner and overnight.

Day 5: Old Moses - Nairobi

After breakfast and feeling like achievers and we surely are, it is easy going down enjoying the cool mountain weather. We depart the camp to connect with the transfer vehicle to our onward destination.

Charges:

- ❖ E. A Citizens – **KES 17,900 per person**
- ❖ Residents – **KES 27,000 per person** (*A resident is any non-Kenyan living in Kenya and has been granted expatriate status for a particular period of time*)
- ❖ Non – Residents – **USD 870 per person**

Deadline for payment: 2nd September 2009

Mode of payment: Cash, Cheque, or Direct Bank Deposit

All Cheques in favor of: Crocodile Racers Adventures Ltd (*All Cheque payments should reach us on or before the deadline date*)

NB: We accept payment by installments

Charges are inclusive of:

- ✓ Transport from Nairobi to Nanyuki and Back
- ✓ Meals and picnic lunch while on the trek and as reflected in the itinerary
- ✓ Park entry fees
- ✓ Services of English speaking guides/ cooks and porters
- ✓ Accommodation in mountain bunk hostels, bed and a mattress will be provided
- ✓ Uhf Radio communication / advanced Mountain first Aid Kit

Charges are exclusive of:

- ✓ Hiking equipment and climbing gear (**available for hire as reflected below**)
- ✓ Drinking water
- ✓ Beddings, Hire of sleeping bag
- ✓ Any item of personal nature.
- ✓ Medical cover & Personal insurance
- ✓ Tips, gratuities for the staff
- ✓ Any other item not mentioned in the inclusive list

NB: Amref cover can be obtained at an extra cost **KES 1,500 for Kenyans for a period of 1 year and USD 20 for Non – Kenyans for a period of 14 days.**

EQUIPMENT REQUIREMENTS FOR CLIMBING

While some gear can be hired, it is better if you bring your own. Only essentials (*remember, the lighter your bag, the better...*)

- ✓ **Valid Travel document** i.e. Passport, or a temporal E.A permit
- ✓ *******Adventurous spirit*******
- ✓ **Bags:** One small day-pack for items needed during the day and one larger back-hugging rucksack for everything else. The porters will carry your larger rucksack.
- ✓ *Maximum weight for porter carriage* of your ruck-sack is *15kg*. If you need to carry more (e.g. heavy camera gear), please notify us at the time of booking
- ✓ 3 to 5 Season Sleeping Bag.

Clothing: It is vital for your comfort and safety that you bring good quality, all-weather hiking gear. For clothes, take light as well as warm layers. You will be hiking from tropical to arctic conditions. Your outerwear must be wind and water proof. Your boots need to be well broken in and also water proof. Carry lots of socks. Dry feet are warmer than wet. Bring light breathable layers for the lower levels. **NB:** No jeans for hiking; preferably woolen pajama-like truck suits.

- ✓ **Warm clothing** includes Balaclavas, Scarves, Thermal Gloves, Mittens, Marvin, Hat, Baseball cap, Thermal Underpants, 4 pairs of cotton socks and 6 Pairs of woolen Socks, 2 Fleece jackets, Woolen Sweater, Thermal Jacket.
- ✓ **Light wear** includes 2 Pairs of Shorts, 4 Pairs Light Weight Trousers [*warm tracksuit bottoms ideal*], T-shirts, Long Sleeved shirts, Anorak, Cagoule, Poncho, Rain coat + Rain Trouser (**Compulsory**)
- ✓ **Footwear:** Light Weight Tevers, Trainers / Sneakers, comfortable flat walking shoes at the camp, Hiking Boots (a size larger).
- ✓ **Toiletries:** Tooth Brush & Paste, Toilet Paper, Wet-wipes, Sun Cream & Lip Balm.
- ✓ A handy First Aid Kit (Preferably with painkillers, piritons, treatment for blisters, antiseptics, elastoplasts, bandages & prescribed medication)
- ✓ Diamox tablets [OPTIONAL]*
- ✓ Water Purification Tablets [*if you have a sensitive stomach*]
- ✓ Hot water bottle
- ✓ Small Water Bottles for re-fills, Thermal bottle
- ✓ Trail foods (*Groundnuts, Glucose, Cashew Nuts, Energizing Sweets, Biscuits, Chocolate bars etc*)
- ✓ Flash light [*Head Torch ideal*] and Spare Batteries.
- ✓ A pack of 10 Trash Bags / Bin Liners (for water-proofing the rucksacks + the clothes inside them)
- ✓ Sunglasses (*preferably UVB and UVA protected*)
- ✓ Binoculars, Camera & Film highly recommended
- ✓ Pen and Small Note Book

*Some people are genetically prone to Altitude Sickness. Diamox has successfully been used in the past to not only treat Altitude Sickness but to also check its onset. Please consult with your Physician if you intend to be on Diamox.

Hiking Equipment available for hire and the respective prices:

- ✓ Sleeping bags - 5 mountain season bags5 usd per day
- ✓ Rain jacket2 usd per day
- ✓ Rain trousers2 usd per day
- ✓ Balaclava (Warm woolen hat)1 usd per day
- ✓ Warm Clothes (jumpers, scarf and such)5 usd per day
- ✓ Hiking boots5 usd per day
- ✓ Gaiters3 usd per day
- ✓ Walking sticks/ poles2 usd per day
- ✓ Head lamp / Torch2 usd per day
- ✓ Rucksack (*To be carried by porters on the Mountain*)3 usd per day
- ✓ Fleece jackets / Gloves / warm K2 Mountain socks1 usd per pair per day

**Booking Terms and conditions apply* Please refer to our comprehensive copy of the terms on our website <http://www.crocodileracers.com/terms.php>*

**Indemnity & Health Declaration applies at the time of booking*

**Prices are subject to change should necessitating factors dictate.*

Tickets will be reserved on first - **pay** - first - served basis.

Feel free to forward this e-mail to your friends who would be interested.

For more details, please get in touch with the undersigned or visit our offices at the address given below:

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Crocodile Racers Adventures

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WE RACE DILIGENTLY