

Climbing High

The rocky summit of MOUNT KENYA rises up to meet the sky at a height of 5,199 metres. A wonder and a challenge, this mighty African peak.

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FORMED OVER three million years ago, Mount Kenya is an extinct volcano 100km north of Nairobi. The local Kikuyu tribe farm the fertile volcanic soil on the lower slopes. They call the mountain '*Kirinyaga*', meaning 'place of light and darkness'. The Kikuyu believe that this is the earthly throne of god, or '*Ngai*'. It is considered sacred, and many have built their houses to face the mountain in the hope of prosperity.

Visitors travel from near and far to visit the mountain that gives Kenya its name. Africa's second-highest peak – it is surpassed only by its Tanzanian big brother, Mount Kilimanjaro. Some come to experience the wildlife in this most dramatic of landscapes. With the contours of Mount Kenya on the horizon, impala, cheetahs and the rare black rhino can be spotted on the Laikipia Plateau. Others head straight for the summit, climbing their way into the clouds. Reaching Point Lenana (4,985m), the final destination for trekkers, is tough and takes at least three days. To summit the peak at sunrise, the final ascent begins at 2 a.m. The air is thin and every step requires effort. But aching muscles and lungs are instantly forgotten with the magical views of the rolling African plains below. For this is nothing short of the adventure of a lifetime.



The Mount Kenya National Park is located about 140km from Nairobi Jomo Kenyatta Airport.

