



12 Days

Mount Kenya

This is a classic East African expedition including the best of Kenya's mountains, wildlife and adventure. This trip is action packed with natural wonders and breath-taking scenery: from the grassy plains of the Rift Valley to the snow-capped rocky spires of Mt Kenya; from the fast and furious white-water rafting to camping under the stars on the African savannah. Get ready for a great adventure and for Africa to seep deep into your soul.

Dates: 21st Oct – 1st Nov 2019

- Climb Mt Kenya, 4985m
- Spot the 'Big 5' on safari
- White water rafting
- Explore Hells Gate Gorge
- Visit a local school
- African savannahs & sunsets



About STC Escapes

STC Escapes is part of the STC Expeditions family. We've been organising adventurous school trips and expeditions since 2006. Over the years we have helped school groups summit 6000m peaks in the Himalaya and visit remote tribes deep in the rainforest clad interior of Venezuela. Not all the school trips we arrange are as adventurous as these, yet wherever we operate our key goal is to provide an exceptional educational travel experience.

Escape the Classroom

The idea for **STC Escapes** and our range of holidays to *Escape the Classroom* came from our loyal tribe of teachers. We were tasked with providing an opportunity for teachers to travel together, relax, have fun and explore the world – without having to worry about looking after students at the same time! STC Escapes is about taking a group of teachers on an amazing adventure, helping you return to the classroom feeling refreshed and inspired.

Mt Kenya - Trip Overview

Experience high altitude, test your stamina and as a group, climb Mt Kenya - Africa's second highest mountain! Once summited the adventure is far from over, with game drives and white water rafting still to come!

Duration: 12 days

Dates: Monday 21st October to Friday 1st November 2019

Trip Grading: Physical 4/5, Culture 3/5, Comfort 3/5

Cost: £1,950 land only, £2,650 including flights (optional single supplement)

Focus: Adventure

Summary: 12 day expedition in Kenya; 6 days of challenging trekking, 2 game drives, white water rafting, 4 nights camping, 5 nights lodge/guest house

Itinerary

Day 1 (Mon 21st Oct) Flight to Nairobi

Day 2 (Tues 22nd Oct) Lake Naivasha Sanctuary

Day 3 (Wed 23rd Oct) Hells Gate Gorge Walk

Day 4 (Thurs 24th Oct) Sagana school visit

Day 5-9 (Fri 25th – Tues 29th Oct) Mt Kenya trek

Day 10 (Wed 30th Oct) Safari

Day 11 (Thurs 31st Oct) White water rafting

Day 12 (Fri 1st Nov) Arrive UK

Cost

Flights included:

Deposit	£250	Due on booking
Interim payment	£1,200	Due 6 months prior to travel
Final payment	£1,200	Due 1 month prior to travel
Total cost	£2,650	Including flights

Land only – meet in Nairobi:

Deposit	£250	Due on booking
Interim payment	£850	Due 6 months prior to travel
Final payment	£850	Due 1 month prior to travel
Total cost	£1,950	Not including flights

What's included

During the trip:

- Return international flights & airport departure taxes (unless land only)
- 12 day adventure; all activities as per itinerary
- 5 days of trekking on Mt Kenya
- All group camping equipment
- 1 day of trekking in Hells Gate Gorge
- 1 day stay in Lake Naivasha Sanctuary
- 2 game drives, 1 boat safari
- White water rafting
- 1 day school visit
- All accommodation
- All transportation in country
- All meals as set out in itinerary
- FREE trip t-shirt
- FREE Water-to-Go Bottle & access to daily water refills
- Bi-lingual, first aid-qualified STC Local Expedition Leader
- Assistant Leader from STC Expeditions
- 24/7 UK operational support whilst overseas
- Permanent operations team in your destination
- Travel insurance (this does not include cancellation and personal effects insurance)
- Group first aid kit and prescription meds pack
- Full support, safety management & emergency plans
- Carbon offsetting of all flights

Before the trip:

- Dedicated travel expert from STC Expeditions to help with planning your adventure
- STC online portal
- Detailed pre-departure information including kit lists, visa and vaccination information
- ATOL financial protection

What's not included

- UK airport transfers
- Visa if required (British nationals do require a visa, current cost of single entry visa is \$51)
- Any necessary/optional inoculations
- Tips for guides, drivers and porters (approx. £60)
- Alcoholic drinks

Day to Day Itinerary

Day 1 (Mon 21st Oct) Flight to Nairobi

The group and STC Assistant Leader meet at the UK airport this afternoon 3 hours before our overnight flight to Nairobi.

Day 2 (Tues 22nd Oct) Lake Naivasha Sanctuary

On arrival in Nairobi, we meet our STC Local Expedition Leader and transfer 2-3 hrs to Lake Naivasha. There will be plenty of time to freshen up once checked in to the lodge. Our Leader will brief us on what to expect from our adventure in Kenya, before lunch and an afternoon boat ride. We'll take a guided walk around the Sanctuary farm and Present Island where wildlife abounds with herds of buffalo, giraffe, zebra and kongoni. Take a swim before dinner or relax in front of the open fireplace.

Accommodation: Lodge/Guest house

Meals: L, D & Water-to-Go

Day 3 (Wed 23rd Oct) Hells Gate Gorge Walk

Today we head into the dramatic Great Rift Valley. Our destination is Hells Gate National Park, where we will explore the spectacular Njorowa Gorge by foot. We can see how shifting plate tectonics have shaped this landscape and experience a sense of awe over the forces of nature. We'll also visit the geothermal pools before returning to the lodge.

Walking time: approx. 4hrs

Accommodation: Lodge/Guest house

Meals: B, L, D & Water-to-Go

Day 4 (Thurs 24th Oct) Sagana School Visit

Transfer approx. 3-4hrs to Sagana where we will visit a local school. The trustees and teachers will be there to greet us and show us around the school. They will also deliver a talk on Kenya's education system and some of the issues they face. You are welcome to bring donations for the school. Learning and teaching materials such as English reading books, chalk, pencils and paper are much appreciated. Please do not bring sweets, toys or football jerseys as these are less appropriate or unlikely to be shared. This afternoon we will have a briefing on our Mt Kenya trek and begin preparations.

Accommodation: Lodge/Guest house

Meals: B, L, D & Water-to-Go



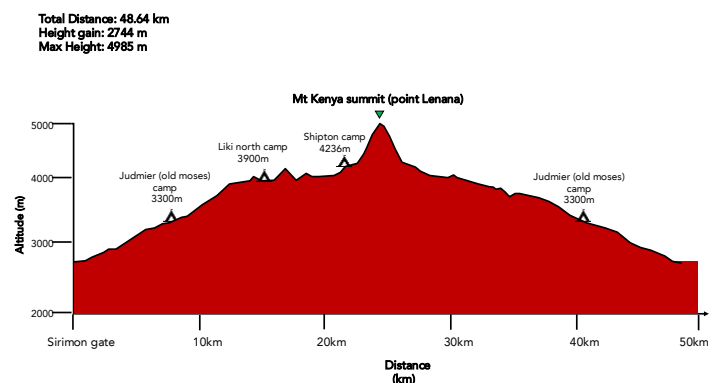
Day 5-9 (Fri 25th – Tues 29th Oct) Mt Kenya trek

Ready and raring, we head for the Timau River Lodge and the start of our Mount Kenya expedition. Mt. Kenya is a broad, largely symmetrical volcanic cone with a diameter of about 120km, formed between 2.6 and 3.1 million years ago. Following less frequented routes, we use the Sirimon Trail to ascend, passing spectacular alpine moorland, forests, glaciers and tarns. Our goal is Point Lenana, at 4985m, the second highest trekking peak in Africa. On our first day, we meet our trekking support team including head guide, assistant guides, cooks and porters who will carry our bags – always full of smiles and encouragement. Over the next few days we'll get to know our support team very well. We quickly settle into a daily trekking routine, typically waking at 0630, breakfast is served at 0700, the bags are quickly packed and we're ready to leave the campsite. The lower slopes are through the moorland tussock grass and the first section of the trek allows for a gentle introduction to the mountain with time to acclimatise. As we head to higher altitudes, the true majesty of the mountain comes into view; the pencil cedar trees give way to bamboo which itself gives way to the giant heather zone and alpine meadow plants. It's not unusual to spot tracks from various game as we make our way up the mountain. Our planned ascent is on day 8, which requires an early start as we push for the summit before the clouds roll in. We then make our descent on day 9 and transfer to Sweetwaters for an evening game drive and dinner celebrations!

Walking time: approx. 5-8 hours a day

Accommodation: Camping

Meals: B, L, D & Water-to-Go



Day 10 (Wed 30th Oct) Safari

A leisurely start to the day today, waking in Sweetwaters Reserve in the Old Pajeta Conservancy. This is a natural sanctuary for great apes and other African wildlife. It is the largest black rhino sanctuary in East Africa and home to the last two white rhinos in the world. This afternoon we will go on another game drive to try and spot the Big 5. Afterwards we transfer 2,5hrs to Sagana where we can relax at the riverside lodge, complete with swimming pool.

Accommodation: Lodge/Guest house

Meals: B, L, D & Water-to-Go



Day 11 (Thurs 31st Oct) White water rafting

Today is one of the main highlights of the trip and a great way to finish our adventure in Africa. We head to the Tana River, a drop pool river offering an exciting day of white water rafting. Starting with 3km of easy class II and III white water, followed by a 6km section with an hour or so of relaxation to view the abundance of bird life around. Cool off with a swim in the warm water. The final 7 km of river back to the campsite starts with some easy class III waters where paddle commands are gone over again, followed by 3 big rapids (class IV and V) with names like Captains Folly, Can of Worms (because of its four 90 degree bends in succession) and Sphincter Flexor. Subject to water levels we may be able to "surf" in "Fish Eye" and then swim the next couple of minor rapids. The final big rapid is Spasm; a series of drops over ¾ km section with a big surprise half way through. The whole trip takes about 4 hours! There is a chance to freshen up before we head back to Nairobi for an early meal and our overnight flight back to London.

Meals: B, L & Water-to-Go



Day 12 (Fri 1st Nov) Arrive UK

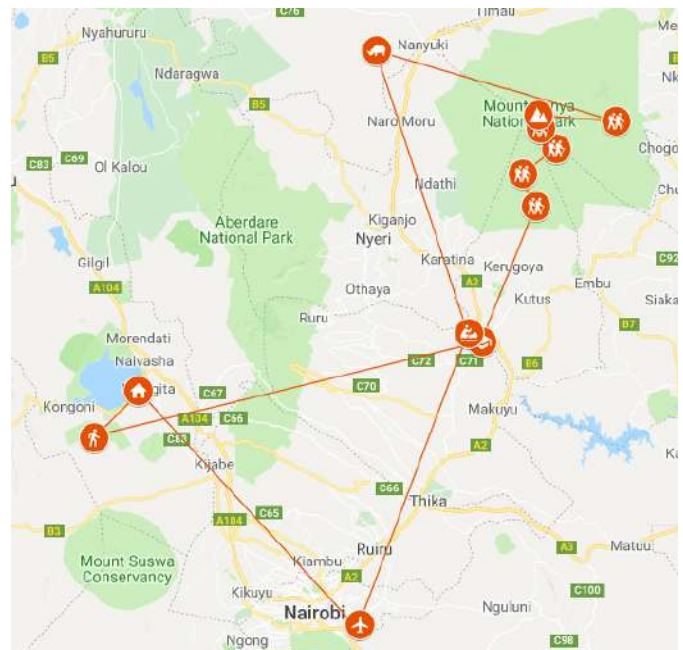
We arrive back to the UK mid-morning.

Whilst every effort will be made to follow this schedule, in the event of unforeseen problems there may be slight changes made. We will do our best to make your trip as enjoyable and hassle-free as possible.

Itinerary Map

You will see a wide variety of terrain in this 12 day itinerary, from wide open savannahs, to the Rift Valley and snow-capped mountains.

Click on the map below to browse your itinerary online.



Kit & Equipment

You will receive a detailed Kit List, specific to this itinerary, on the STC online portal once signed up. Here you will also find general kit advice and a range of discounts with outdoor retailers.

Below are a few examples of the main kit & equipment items you will need:

- Walking boots
- Large rucksack or duffle bag (55-70 ltr)
- Smaller rucksack for daily items (30 ltr)
- Season 3 sleeping bag & liner
- Walking poles (optional)
- Extra sleeping mat (optional as one will be provided)
- Lightweight insulated & waterproof jacket
- Hat, gloves, buff
- Walking trousers, shorts & t/shirts
- Personal first-aid & hygiene kit
- Sun hat

Fundraising

Are you going to fundraise for your Mt Kenya trek? We'll provide fundraising advice, ideas and examples on the STC online portal. Registering with easyfundraising is a good start, it only takes a few minutes and you can start to earn straight away when shopping online:

<https://www.easyfundraising.org.uk/the-stc>



“Overwhelmingly it was a fantastic trip, well organized and a superb experience.”

I.Y. Alcester Grammar School, 2018

Trip Grading

Physical Rating: 4/5

Grade 4: Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four-month fitness improvement programme would ensure you get the most out of the trip.

Cultural Rating: 3/5

Grade 3: Expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.

Comfort Rating: 3/5

Grade 3: The accommodation on this trip will be a mixture of basic accommodation, usually traditional of the destination, and some camping. There may be basic washing facilities for the nights under canvas. Journey times are generally only a few hours at a time in private vehicles. This grade suggests there may be lower standards of cleanliness than the UK and you should expect to embrace a day or two without spa showers!

Climate

Like its neighbour Tanzania, Kenya's climate is defined by its wet and dry seasons. Much of the highland country is cooler than the country's tropical situation would suggest. The "long rains" usually occur later than Tanzania's, running from April to early July and are followed by the main dry season which lasts until the end of October. This is the best time to visit as the views and wildlife watching possibilities are at their best. November sees the "short rains", but this period of rainfall is often not as intense as the main rain season earlier in the year. January and February are also normally good times to visit.

October is the last month of the dry season and daytime temperatures are usually between 20-28°C. It is much cooler overnight and likely to be cold at altitude. Bring cool loose-fitting clothes for hotter days and a warm jumper and insulated jacket for the trek.

For more information on Kenya climate, please visit the World Meteorological Organization (WMO) website:

<http://worldweather.wmo.int/en/city.html?cityId=251>



Accommodation

- Lodges/Guest houses – twin sharing, mixture of riverside cottages and safari lodges
- Camping – mountain tents (twin sharing) and a communal dining tent. Toilets and wash hand basins provided.

Single supplement

Accommodation will be allocated on a twin sharing and 'single sex' basis. If travelling with a friend or partner, you will be able to request to share your room with them.

You can purchase a single supplement for the entirety of the trip if you wish for an additional £250. We do recommend sharing a tent during the trek. Please ask us for details and the cost will be added on to your final balance payment.

Food

Most food is locally grown and homemade in this itinerary. Food will be plentiful throughout and you can try local dishes such as ugali (cornmeal staple food), nyama choma (roasted meat) and irio (mashed peas and potato).

Breakfast, lunch and dinner are included as set out in the itinerary. This does not include dinner in Nairobi (Day 11) where you are welcome to explore and enjoy dinner in smaller groups, or to meet the rest of the group for a team meal before transferring to the airport.

Breakfast – fruit, eggs, bread and tea or coffee.

Lunch & Dinner – typically a Kenyan stew with ugali or rice, chapati (flatbread) and vegetables. Dinner is usually the biggest meal of the day.

Dietary requirements can almost always be catered for so long as you inform us with enough notice. Please record any allergies or dietary requirements on your online booking form.

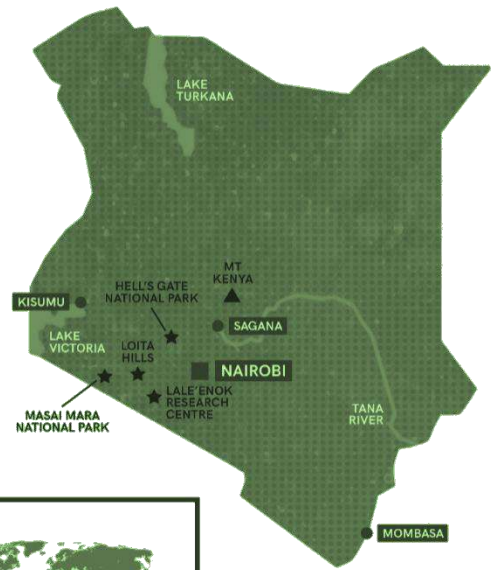
Modes of Travel

Transport on this trip will be by:

- Private coach or minibus
- Trekking

Trekking: This mode of transport is as old as time and is tried and tested to ensure you can absorb all the environment has to offer! Your feet, legs and back may get sore with the miles racked up so look after them! If you're carrying a bag you may get sores on your shoulders or bottom of your back due to the sweat. However, trekking can take you to amazing remote locations - places that trucks and bikes simply can't. Yes, there is a physical price to pay for the great rewards, but you will have earned the feeling of accomplishment afterwards. A great bonus is that often you're away from light pollution and the stars will be utterly fantastic!

Kenya



Country Information

Full Country Name: The Republic of Kenya

Area: 580,370 sq. km (224,081sq. miles)

Population: 48.5 million

Capital: Nairobi

People: Kikuyu 24%, Luhya 15%, Luo 12% Kalenjin 12%, Kamba 11%, Kisii 6%, Meru 6%, Masai/Samburu 2%

Religions: Protestant 50%, Roman Catholic 31%, Muslim 8%, other 2%, None 2%

Time: GMT + 3 hours

Flight time: Heathrow to Nairobi approximately 9 hours

Country Overview

Visitors to this east African country expecting diversity and adventure will certainly not be disappointed. Kenya has everything you could want from an adventurous destination and much more besides. High mountains, remote deserts, extraordinary cultures, a rich history, beautiful beaches and of course, spectacular wildlife in vast numbers. It really does have something for everyone.

Geography

Although lying on the Equator, Kenya is blessed with a varied landscape, ranging from vast desert land in the north, through the forest and snow-capped central

regions of Mount Kenya, to the grassy plains and savannah in the south to the humid coastline. Similar to Tanzania, the Great Rift Valley runs the length of the country and is home to an amazing selection of animals. Kenya's geography varies from tropical beaches and 5,000m mountains to lush grasslands and harsh deserts. The central highlands are dominated by the mighty rift valley - running from as far north as Jordan and Syria, south through Ethiopia, Lake Turkana, the Cherangani Hills, past the plains of the Masai Mara and on into Tanzania and Mozambique. Formed by two divergent plate boundaries, and home to an extraordinary array of soda lakes, volcanoes and wildlife it is without doubt an impressive sight.

Cultural Considerations

The most common greeting is the handshake. When greeting someone with whom you have a personal relationship, the handshake is more prolonged than the one given to a casual acquaintance. Close female friends may hug and kiss once on each cheek instead of shaking hands. When greeting an elder or someone of higher status, grasp the right wrist with the left hand while shaking hands to demonstrate respect.

Muslim men/women do not always shake hands with women/men. The most common greeting is "Jambo?" ("How are you?"), which is generally said immediately prior to the handshake. After the handshake it is the norm to ask questions about the health, their family, business and anything else you know about the person. To skip or rush this element in the greeting process is the height of poor manners.

People are generally addressed by their academic, professional or honorific title followed by their surname. Once a personal relationship has developed, you may be able to address a person by their title and first name, first name alone, or nickname. Wait for the Kenyan to determine that your friendship has reached this level of intimacy. Women over the age of 21 are often addressed as "Mama" and men over the age of 35 are often addressed as "Mzee". Children generally refer to adults as Aunt or Uncle, even if there is not a familial relationship. See www.guide.culturecrossing.net for more information.

Regulations & Red Tape

A full passport, valid for 6 months after your return date, is required for travel to Kenya. British passport holders need a visa which, from September 2015, must be arranged prior to departure through the Kenyan visa on-line application system - details available at: <https://immigration.ecitizen.go.ke/index.php?id=5>

The fee of USD 51.00 (Visa fee) or USD 21.00 (Transit Visa) includes a service fee. Please also note you will need to upload a passport size photo when completing the application. The applications will be processed on-line and the resulting visa emailed to the applicant who is then required to print off the approved application and present it to an immigration officer at the point of entry. All passengers must present a printed copy of their e-visa at the time of check in. Airlines reserve the rights to deny passengers from travelling if correct documentation is not

available when requested.

Foreign Office Advice

You should familiarise yourself with up to date Foreign Office advice for travel to Kenya. This is available on their website www.gov.uk/foreign-travel-advice/kenya. This site contains useful information about safety and security, health and entry requirements.

Health Information and Vaccine Advice

Shortly after booking, all our groups receive a trip specific health and vaccination briefing letter from our medical advisor. If you want to look up the latest health advice and recommended vaccinations for your destination prior to booking, please visit the TravelHealthPro country specific website on the following link:

<https://travelhealthpro.org.uk/country-details.php?cnt=117>

Pre-departure information

All trip information will be available online on the STC Portal. Log in using the same details as when you first registered (you can click Forgot your Password if needed!). More information will be added in the build up to your trip and we will send you regular email updates so you can plan and prepare as thoroughly as possible.

This information will include advice on:

- Itinerary & flight details
- Kit list, advice and discounts
- Health & hygiene advice
- Passport and visa requirements
- Responsible travel guide
- Country information
- Training programme
- Booking conditions
- Travel insurance policy
- What to do in an emergency and emergency contact information
- Team Facebook group
- Sources of further information about your destination

Meet the Team

3 months before your trip, you will be invited to join a Facebook Group created just for your trip. This is a great opportunity for you to get to know others in your group before you arrive at the airport. Get involved, ask questions and share travel stories!



A Few FAQs

What will the weather be like? In October expect hot, dry days in the mid 20s (°C) and colder evenings. There might even be snow at the summit of Mt Kenya.

Do I need a visa? Yes, if you hold a British Passport, it is currently \$51 and must be arranged prior to departure. If you do not hold a British Passport, seek advice from either your nationality consulate or us at STC Expeditions.

How fit do I need to be? The fitter you are the more you will enjoy your trip. If you are comfortable hiking for up to 8hrs for multiple days on uneven and undulating terrain, carrying a backpack of about 15kgs, you are at an appropriate level of fitness for this trip.

What's the one meal I shouldn't miss? Mandazi! This is an African doughnut cooked in oil and sometimes flavoured with coconut oil.

What about vaccinations? You'll be able to consult a health and vaccination brief specific to your trip on the STC portal. We are unable to give further advice on vaccinations and recommend you consult your GP or local Travel Nurse.

What currency shall I bring? The local currency is Kenyan Shilling and £1 = 129.69 KES (2018). You can bring US dollars to change in country.

You will find more FAQs on our website.

Your STC Travel Expert

Your travel plans are being coordinated by:

Emma Anderson

STC Expeditions
6b King Street
Exeter
Devon
EX1 1BH
Direct dial: 01392 790013
Office: 01392 660056
Email: emma@thestc.co.uk



Responsible Tourism

We are the leading UK expedition company in responsible travel and the only to be Travelife and Child Safe Certified. Our ethos is to educate the next generation of responsible world travellers. You can rest assured any adventure planned with us will be sustainable and ethical.



Here are just a few examples that prove we practise what we preach:

- Carbon offsetting all flights and donating to Friends of Conservation
- Members of Tourism Concern's Ethical Tour Operators Group
- Eco Car Club
- Pledged to Travellers Against Plastic
- Employing local leaders
- Responsible tourism training to in country staff and within UK schools to students and teachers alike
- Banned use of single use plastic water bottles, instead we give you a free Water-to-Go Bottle
- Policy against elephant riding and other unethical wildlife activities
- Fairtrade farm visits in our itineraries to Fairtrade coffee in the office!

Safety & Risk

As an overseas expedition and Duke of Edinburgh provider, we exceed the industry standards in terms of our attitude to safety and risk. We have an unblemished safety record and are confident when we say you couldn't be in better hands.

We are British Standard BS8848:2014 compliant, hold an AALA License and are a Duke of Edinburgh Approved Activity Provider. We have extremely comprehensive and rigorous systems in place concerning crisis response, safety management, risk assessment and pre-travel screening.

[CLICK HERE](#) for more information on our safety & back up.

Financial Protection

All the flight inclusive tours and expeditions offered by STC Expeditions are financially protected by the ATOL scheme.

Our ATOL license number is **11054**.

On booking, you will be supplied with an ATOL Certificate. Please see our booking conditions for further information or for more information about financial protection and the CAA website for more details on the ATOL Certificate:

<https://www.caa.co.uk/ATOL-protection/Consumers/About-ATOL/>



"The guides we had were excellent. Between the two of them they had climbed Mt Kenya and Kilimanjaro over 700 times... enough said!"

C.D. Orley Farm School

How to Book

First, please register your interest by contacting Emma at STC Expeditions. You will then receive a digital booking pack by email to sign up.

To sign up, you will need to complete an online booking form and pay the deposit.

Email: info@thestc.co.uk

Call: 01392 660056

After registering your interest, you will receive the digital booking pack within 1 working day. This provides information on how to complete the online booking form and make the deposit payment.

Deposit & Payment Plan

Deposit payment – of £250 is payable along with completion of an online booking form to secure your place on the trip.

Payments accepted - directly to STC Expeditions by BACS transfer or cheque. Regretfully we are not able to accept credit card payments or take payments over the phone.

Payment Plan – we will invoice you for the interim and final payments approx. 10 days before they are due. These can be paid by BACS transfer to the same account as the deposit.

Flights included -

Deposit	£250	Due on booking
Interim payment	£1,200	Due 6 months prior to travel
Final payment	£1,200	Due 1 month prior to travel
Total cost	£2,650	Including flights

Land only – You can book your own flights to Kenya if you prefer. Please note it is therefore your responsibility to meet us on the specified date and time for the trip to start and we cannot be held responsible otherwise.

Deposit	£250	Due on booking
Interim payment	£850	Due 6 months prior to travel
Final payment	£850	Due 1 month prior to travel
Total cost	£1,950	Not including flights

Join the Conversation

We don't just 'do' Escape the Classroom trips! Follow us on social media for new travel inspiration, responsible travel news and ideas for school trips [@stcadventures](https://www.instagram.com/stcadventures).

