



16 Days

# Kenya

Sweetwater, Summit and Sagana

ENVIRONMENT  
CLEAN UP

This is a classic introductory expedition to East Africa and one to inspire a lifetime of adventure. The trip is packed with activities, natural wonders and breathtaking scenery: from the grassy plains of the Rift Valley and the snow-capped rocky spires of Mt Kenya, to project work and exhilarating white-water rafting. Our team in Kenya is supremely experienced and ready to guide you through their homeland with energy and passion. Get ready for a great adventure and for Africa to seep deep into your soul.



# Recommended expedition itinerary

Day  
1-2

## Arrive Nairobi, Great Rift Valley

Jambo! Welcome to Kenya. We are met by our tour leader on arrival and transferred directly to the Great Rift Valley, our destination today is the dramatic Njorowa Gorge (2 to 3 hours drive). On route we'll stop at a viewpoint over the great rift valley to witness how the shifting plate tectonics have shaped the incredible landscape. Once at Njorowa, we have a short 3 to 4 hours walk up this beautiful gorge system. In places the walls are 100m high and can narrow to only 4 meters wide. The walk passes several steam jets and fumaroles along the way. Our vehicles meet us at the top of the gorge and take us to our camp for the night, set in a superb location, fifty metres up on a spur of ground overlooking Hell's Gate National Park. Wildlife abounds with herds of buffalo, giraffe and Kongoni likely to be grazing below. There is nothing quite like camping under the African skies, as you prepare your wholesome evening meal you'll see the night sky light up above you. With so little light pollution you'll see stellar constellations you'll rarely spot back in Europe.

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Day  
3

## Mt Longonot acclimatisation walk

An early start today as we drive to Mt Longonot to take part in an acclimatization walk, giving ourselves the best possible preparation for the Mt Kenya trek to come. Our goal today is an ascent of Mt Longonot (2,777m around 6 hours roundtrip) – Kenya's most popular walking peak. This is a dramatic day walk around the cone of a dormant stratovolcano. After our trek we return to our Naivasha base.

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Day  
4-7

## Project work

We have a number of options for the project work, and the programme can be tailored depending on your requirements and interests. Examples include supporting a local school to build desks, shelf units and cupboards for classrooms, through to bigger building projects involving working alongside local craftsmen to build classrooms and out-houses. Conservation wise, we can get students involved with the renowned Elsamere Conservation Trust (former home of Joy Adamson and the location where film Born Free was produced). This project gives an insight into the conservation efforts being undertaken by the foundation, as we seek to educate students of the benefits of conservation work both on the local environment, its wildlife and local communities. We'll take guided walks undertake working projects including anti snaring and data collection and also attend workshops and lectures on the work being undertaken around the time of your visit. After completing the project we head to a river camp on the banks of the Tana River. Set amongst beautiful landscaped gardens, the camp has a pool and a large sports area to keep everyone entertained during any spare time. Accommodation is in multi-share cabins. Here we spend some time getting ready for our trek the following day.

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Day  
8-12

## Mt Kenya trek

Compared to Kilimanjaro, Mt Kenya is significantly less popular, yet many trekkers believe it is infinitely more beautiful and one of East Africa's best trekking peaks. The mountain is a significant yet achievable challenge, with the trek characterised by stunning mountain vistas, rocky peaks, high mountain paths, grasslands, heather and beautiful proteas. The higher we get, night time temperatures drop and it is not uncommon to wake to a dusting of snow prior to summit day. On summit morning, we awake early and make for Point Lenana 4,985m – the highest point that doesn't require technical climbing. Hopefully before the clouds have started to move in we reach the summit and take the celebratory photos of you on feeling on top of the world. Throughout our trek, our porters, cooks and trek guides will ensure we remain safe and well looked after. Our last day on the mountain is an easy 2 hours of walking to the park gate where our transport awaits. We leave the Sirimon Park Gate and drive to the Timu River lodge for a shower and a comfortable bed. During the trek we can also get stuck in with an 'Environment Clean Up' and help to clear litter on the mountain that other groups have left.



Day  
13-14

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## Sweetwater Safari

A leisurely start to the day gets us all packed up and ready to go by 10am. We drive one hour to Sweet Waters Reserve in the Old Pejeta Conservation and onto our camp once we have paid the park fees. By the time we reach camp we will already have seen a great many of the plains game and perhaps, if lucky, something else. We set up camp and then drive out for a late afternoon game drive arriving back in camp for dinner. We're up early the next morning and have time for a quick cup of coffee before leaving for our morning game drive. We will be back in camp by about 1000 for breakfast. We break up camp and depart for a 2 ½ hour drive to Sagana, the rest of the afternoon is free to relax at our riverside camp, complete with swimming pool.

Day  
15

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## 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 3 km of easy class II and III white water, followed by a 6 km 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 one 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 farewell meal to say a sad farewell to our team before we head to the airport for our overnight flight back to London.

Day  
16

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## Flight to UK

We arrive back into the UK today after a great African expedition.

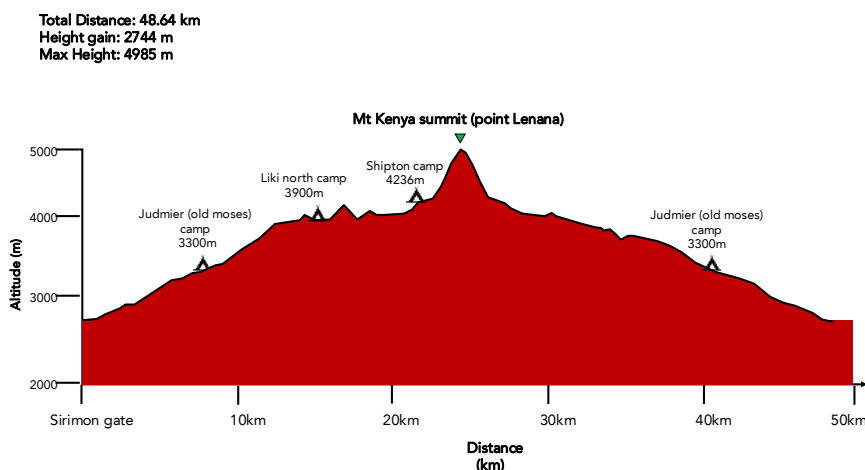
# Further information

## Look what's included!

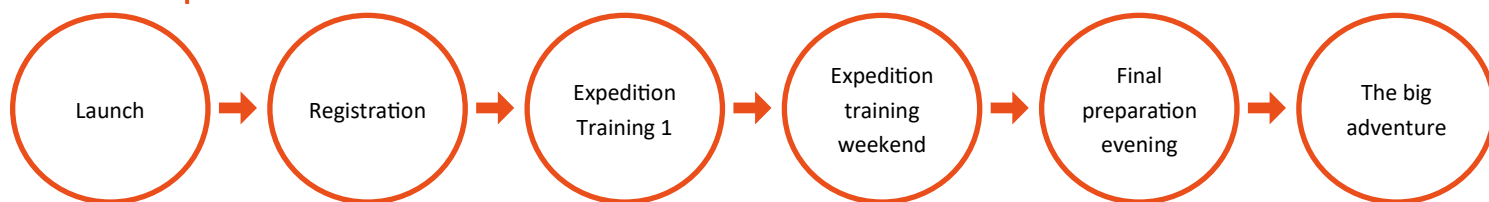
- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance



## Your expedition timeline



## Physical expedition rating:

● ● ● ● ○ 4/5

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.

## Culture shock rating:

● ● ● ○ ○ 3/5

Students should 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'.



# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey



## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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