



14 Days

# Kenya

## Walking with Warriors

**A WOMAN'S  
PERSPECTIVE**

This incredible journey takes us through the spectacular scenery of the Great Rift Valley as we take part in game safaris and trek 70km through the plains guided by local Masai Warriors. It's a unique opportunity to see just how symbiotic their community is with the local ecosystems. We will then spend five days at the superb Lale'enok Research Centre to take part in a range of activities and discussions around local conservation, Masai way of life and the lives of women in this colourful culture.



# Recommended expedition itinerary

Day  
1

## Arrive Nairobi

After our flight from the UK, we will be welcomed at Nairobi airport by our Trip Leader and transfer to our hotel to relax for the evening after our journey.

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Day  
2

## Great Rift Valley

Today we will drive 2-3 hours to the Great Rift Valley towards Hell's Gate and the Njorowa Gorge. En route we will stop at several view points to see the plate tectonics in the area. Once we reach Hell's Gate National Park, we will make our way to our camp for the night. This is a spectacular spot which overlooks the entire valley and will be the perfect spot to watch the herds of buffalo, giraffe and knogoni grazing below. After an afternoon looking further at the plate tectonics of the Great Rift Valley formation, we will enjoy an evening game drive.

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Day  
3

## Great Rift Valley

This morning we will have the opportunity to try our hand at climbing, abseiling, hiking or go on another game drive where we are likely to encounter giraffe, zebra, various buck and buffalo. The climbing here is excellent, with plenty of single pitch climbing on Fisher's Tower and Fisher's Cliffs. Once the sun's rays have cooled again in the afternoon, we will head for a boat ride on Lake Naivasha where we may spot members of the local hippo community as well as countless species of birds. Afterwards, we will return to our camp for another night in the wild.

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Day  
4

## Hell's Gate Gorge

We bid our hosts a sad farewell and embark on the next phase of our expedition, a day of exhilarating white water rafting through virgin rainforest. We journey 10km over Class II and III rapids, viewing cascading waterfalls and dramatic scenery only accessible by river. Suitable for all abilities, the day starts with a comprehensive safety briefing before the fun begins. Our destination is a picturesque campsite nestled between the rainforest and the river.

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Day  
5-7

## Loita Hill Trek

Over the next three days, we will cover around 70km supported by donkeys and guided by Masai Warriors as we cross the Masai Mara/Loita plains. The walk will take us through the breath-taking scenery of the area and at night we will camp in the wild beside streams to wash in after each day's endeavours! Travelling with Masai Warriors will be a fantastic opportunity to learn about their traditions and culture and share in just a fraction of their knowledge about life on the plains, not to mention their ability to spot wildlife!

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Day  
8-12

## Lale'enok Research Centre

For the next five days, the Lale'enok Research Centre will be our home. Here we will split into groups and rotate between a programme of activities which will allow us to work alongside the Masai people involved with the centre as well as learning about the scientific research which takes place. Each group will follow these activities:





### Grp 1

**Rebuilding the Pride:** A very early start as we join the research team to track the collared lions and learn about the work that they do. **Game Drive:** The whole group will join together for an afternoon game drive in the area. In the evening we will convene around the campfire for a group led discussion, reflections on the day and to learn how the whole research project runs and works.

### Grp 2

**Tourism and Conservation:** Today we will pay a visit to local tourism facilities to understand how they contribute to the conservation of the area. While it is not in a recognised game reserve, there are a few upmarket lodges which contribute to the fight for conservation. **Masai Homes and Women's Group:** We will join the local Masai at their homes to learn about their culture and way of life. We will try to join them as the cows come home in the evening, allowing us to walk the cattle back to the 'Boma' with the herders. This is an excellent example of a working community-based Masai-wildlife conservancy. In the evening our teams will come together to meet with the local women's group to join them with singing and dancing around the campfire. This will also be a chance to discuss gender equality in Kenya and learn what it is like to live and grow up as a woman in Masai culture.

### Grp 3

**Habituated Baboon Troop:** Another early start today to spend time with a habituated baboon troop, learning about these social animals and how they forage for food. We will be accompanied by a researcher who will share their knowledge with us as we follow the troop on their morning forage for breakfast. **Talks and Evening Game Drive:** This afternoon we will attend talks with several fascinating people including local medicine men, traditional birthing attendants, chiefs, camp staff and resource assessors; an excellent opportunity to understand how entwined the local ecosystem and human populace truly is. Tonight we will have a whole group discussion with the Kenya Wildlife Service and their work, before an evening game drive with the hopes of seeing some of the nocturnal wildlife in the area.

### Grp 4

**Masai Land Uses:** Our first activity for today will be to investigate the different land uses commonly practiced in the area: pastoralism, agriculture and wildlife conservation, as well as seeing how the local Masai community use all three to support their livelihoods. **River Raft Game Trip:** Floating down the river in a raft or on stand-up paddle boards, we will not only have a chance to relax in the beauty of the area but also to see it from a different perspective and hopefully spot some wildlife we haven't yet seen on our game drives. We will then have the evening free to enjoy the nature of our camp.

### Grp 5

**Women's Bead Workshop:** This morning we will take part in a bead workshop with the local Masai women. These handicrafts provide women here with a source of income and allow their independence. **Free Afternoon and Campfire Discussion:** After a busy few days, the final afternoon at the Lale'enok Research Centre will be free at our leisure. We will then come together as a group for a final night around the campfire to discuss and reflect on our time here, what we have learnt and how our perspective has changed over the past days.

### Day 13

## Return to Nairobi

This morning we wave goodbye to our new found friends at Lale'enok to return to Nairobi via the Early Man site, where many great archaeological discoveries have been made. Upon reaching Nairobi we will enjoy a final African supper before boarding our evening flight.

### Day 14

## Arrive UK

We arrive back in the UK after our incredible African adventure.

# 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:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

## Culture shock rating:



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



# 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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