



21 Days

Kenya

Sumburu to Summit Expedition

On foot from the plains of northern Kenya to Point Lenana on Mount Kenya at 4985m, this is a classic expedition to inspire a lifetime of adventure. The trip is packed with activities and natural wonders, from the grassy plains of the Rift Valley and snow capped peaks, to camel trekking and white-water rafting. If it's nature you're looking for you'll be hard pressed to beat Kenya as a destination with its annual great migration of millions of wildebeest or the pink blush of Lake Nakuru densely populated with flamingos. There is also the thrill of white water rafting in the Tana River. A four day conservation project at the renowned Elsamere Conservation Trust wraps up a truly memorable expedition. Our team in Kenya is supremely experienced and ready to guide you through their homeland.



Recommended expedition itinerary

Day
1-2

Arrive Nairobi, Great Rift Valley

Jambo! Welcome to Kenya! After our flight from the UK to Nairobi we will be met and greeted by our English speaking guide from our operations in Kenya. We head to our overnight hotel in Nairobi.

Day
3

Njorowa Gorge, Great Rift Valley

This morning we head north through the dramatic Great Rift Valley. En route we'll stop at a viewpoint where we can directly see the forces of nature evidence of how shifting plate tectonics has shaped the landscape. Our destination is the Hells Gate National Park. The camp is in a superb situation located 50m up on a spur of ground overlooking the whole valley. Wildlife abounds with herds of buffalo, giraffe and Kongoni likely to be grazing below.

Day
4-7

Activity Day, game drive

After a leisurely start we can look forward to an exciting day spent climbing, abseiling, hiking or game driving in the park. This afternoon we'll experience the thrill of our first game drive, we're likely to encounter giraffe, zebra, buck and buffalo. There is also an opportunity to view hyena and smaller cats; make sure you have your cameras at the ready!

Day
5

Lake Naivasha

Another day spent acclimatising. After breaking camp, we will take a short drive 30 minutes down the road to our next camp on the shores of the stunning Lake Naivasha. The rest of the day can be taken at a relaxing gentle pace; we could head out bird watching, or take a boat trip touring Lake Naivasha. Alternatively, if we want something more active, we can head to Mt Longonot, a dormant volcano last thought to have erupted in the 1860's, there is a 7.2 km walk up and around the vast dormant caldera which is 12km wide, a truly dramatic site.

Day
6-7

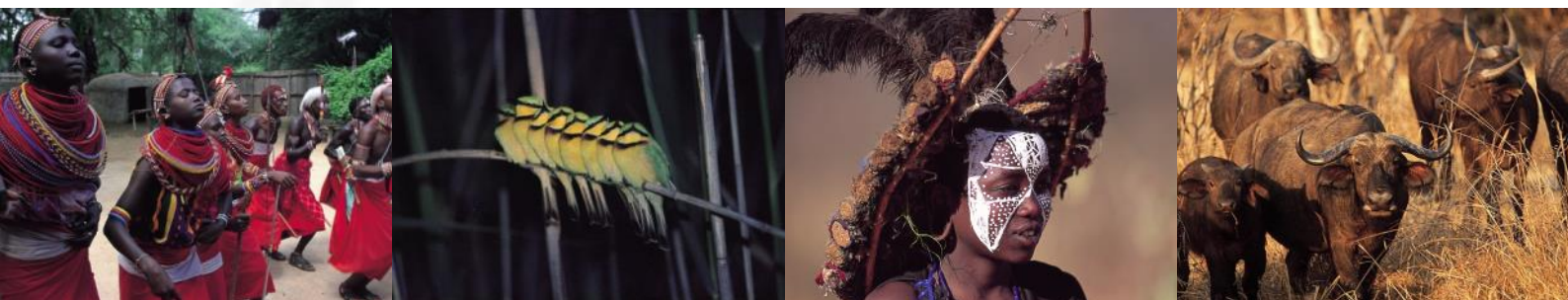
Trek & acclimatisation ascent

Now the expedition starts to crank up a gear. It's an early start as we drive to the Aberdares for an acclimatisation ascent of Kipipiri 3600m or The Elephant. (4000m). The following morning, we rise early and head for the summit before returning to camp mid-morning. In the afternoon we take a well earned rest and prepare for our project.

Day
8-11

Project

We have two options for the project work, working at a local school or a conservation based project. Both conform to our strict policies, ensuring that any community projects are sustainable and genuinely benefit the villages we visit as well as providing a rich experience for the group. More details are available when the trip is confirmed.





Day
12-14

Rest day followed by Camel Safari

Day 12 is a rest day. The following day we head to Likipia to take part in the next exciting element of our expedition, a camel safari. We'll be introduced to our camel train team which will include a cook, our camel guides and security guards who will accompany us into the bush for two days of walking or riding (if you fancy it!). We journey through the Great Rift Valley which offers up stunning panoramic views and encounters with wild animals. Lunch will be served at our camp for the night. There is also an option of a guided walk through the bush before dinner. Tonight we sleep under the star filled skies of Africa.

Day
15-20

Mount Kenya Trek

After finishing the camel safari we head for the Timau River Lodge and 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 day is on day 19, an early start as we push for the summit before the clouds roll in. We make a descent for one last night on the mountain before returning to camp on day 20.

Day
21

White Water Rafting

Another highlight of the trip as 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 revised 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'. We return to our campsite for our last night under African skies and a celebration of the past three weeks, looking back on the many adventures we've had and the memories we've made.

Day
22

Departure Day

Depending on the time of our flight we may have a free morning, we transfer to the airport for our return flight back to the UK.

Further information

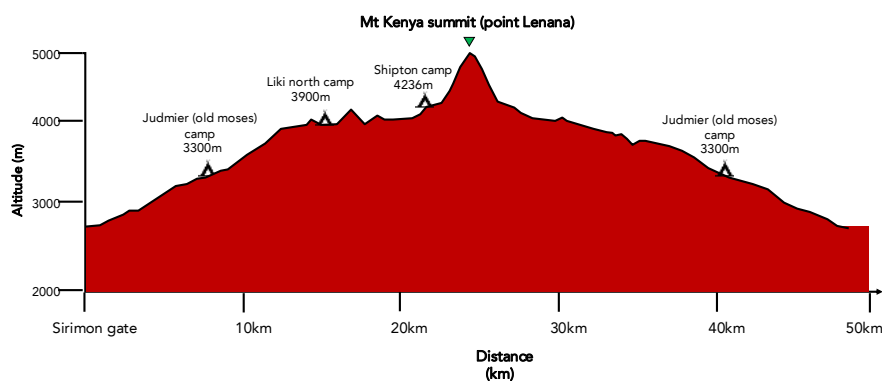
Look what's included!

- 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

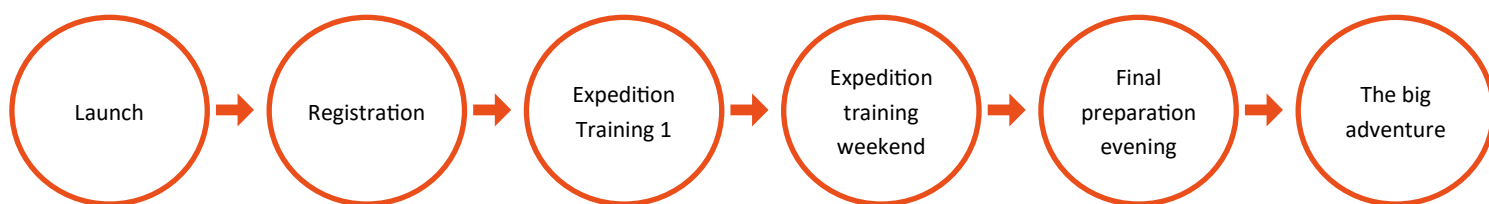
What's excluded?

- 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

Total Distance: 48.64 km
Height gain: 2744 m
Max Height: 4985 m



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:

● ● ● ● ○ 4/5

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.



t: 01392 660056 | e: schools@thestc.co.uk | w: www.thestc.co.uk