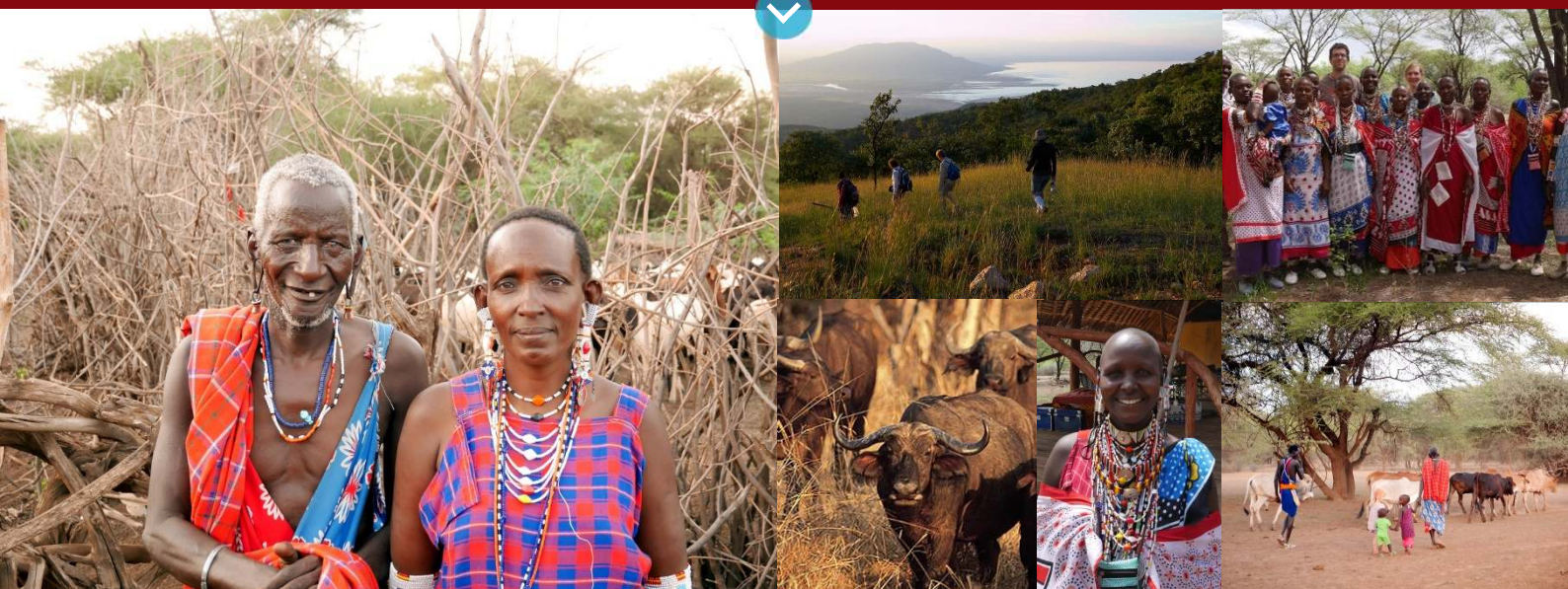


# Kenya

## Walking with Warriors



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 itinerary:

**Day 1: Arrive in 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.

Culture shock rating: 

Physical rating: 

**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.

**Days 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.

**Day 4: Hell's Gate Gorge:** Today we will pack up our camp and be dropped at the start of Hell's Gate Gorge. Here we will begin an easy 4-5 hour walk through the gorge walls which reach up to 100m high! We will then meet our vehicles to transfer to Maji Moto eco camp for the night, a fantastic retreat run by local Masai villagers.

**Days 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! On day 7, the trek drops off the escarpment and descends into the Great Rift Valley, rewarding us with more incredible views. Upon reaching the valley floor, we will meet with our transport to transfer to the Lale'enok Research Centre.

### Days 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:



## Morning

**Day 8 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.

**Day 9 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.

**Day 10 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.

**Day 11 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.

**Day 12 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.

**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.

### Important information:

*It is important to realise that the itinerary needs to be flexible. While every effort will be made to follow the above schedule, in the event of political problems, airline schedule changes or natural events, we will do our best to make your trip as enjoyable and hassle-free as possible, but it is important to EXPECT THE UNEXPECTED and be prepared to accept some slight changes. Relax and have faith in your guides.*

## Afternoon/Evening

**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.

**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.

**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.

**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.

**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.



**DAYS FOR GIRLS** This trip can include a session working alongside Days for Girls, a grass roots organisation aimed at giving every woman and girl access to proper feminine hygiene products and health advice. For more information look on our website: [www.thestc.co.uk/travel/days-for-girls](http://www.thestc.co.uk/travel/days-for-girls)

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