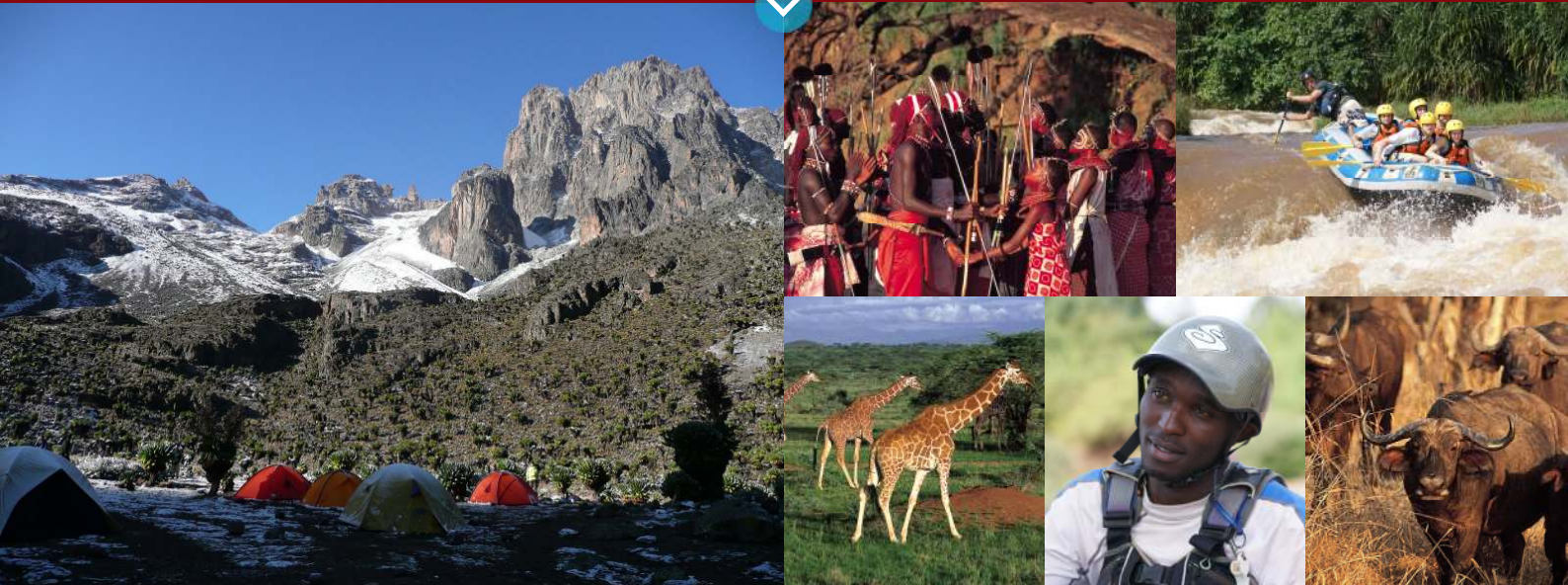


Kenya

Sweetwater, Summit and Sagana



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 breath-taking 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 itinerary:

Culture shock rating: 

Physical rating: 

Day 1-2: Arrive in 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.

Day 3: Mt Longonot Acclimatization 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.

Days 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.

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.

Day 13 & 14: Sweetwater Safari

A leisurely start to the day gets use 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: 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: Arrive UK

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

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.



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