

# Kenya

INCREIBLE JOURNEY



Personal development is rarely more exciting and stimulating than on this specially designed six-day wilderness expedition.

Can there be a better backdrop than the Laikipia Plateau for a series of physical and mental challenges? Amidst this vast stretch of African savannah with its dramatic cliffs, ice-tipped equatorial mountain and exotic wildlife, participants gain a massive sense of achievement from Rift Valley Adventures' expertly organised adventure programmes.

Our RVA Ol Pejeta Camp is the perfect place for people to tackle a series of exercises that will broaden their social, emotional and physical horizons.

Even the camping is a part of the process with everyone helping to prepare food, cook, clean and look after the welfare of all team members.

Nobody comes back unchanged – and that's exactly what we want!

## *breakdown*

**BASE:** RVA Ol Pejeta Camp and/or Ngare Ndare Campsite

**MEALS:** All meals are included while in Kenya. Tasty Kenyan food mixed with traditional meals is served daily. Packed lunches when away from camp.

**TRAVEL SAFETY:** We are a responsible tour operator and for us the safety of our clients and staff is of paramount importance. We would not run any trip that we did not consider safe.



Rift Valley Adventures

## *Sample itinerary*

### **Day 1: To Nairobi and Orientation**

Meet Rift Valley Adventures Staff at JKIA and transfer to RVA Ol Pejeta Camp. We have lunch and spend the afternoon soaking up our environment and the opportunity to familiarise yourself with the local culture by visiting a traditional home. Grasp the basics of Swahili, Kikuyu and Maasai languages, hear about traditions, mythology and hunting methods of the tribes you'll meet during the visit, and try out local bush skills – lighting a fire with sticks and spear throwing!

### **Day 2: Canoeing or Trekking**

Travelling in two-man inflatable rafts, we navigate down the river to our camp. As the river slips in and out of rocky valleys, you never know whether there'll be an elephant or gazelle drinking around the next bend. After a fun day out on the water we crash out around the fire and look up at the incredible sky of stars to try spot the constellations we know.

### **Day 3: Rockclimbing and Abseiling**

Take on our climbing wall to learn basic climbing skills before we set off on to our rockclimbing site at Ngare Ndare Forest. On the way back we do a canopy walk high up in the forest tree tops.

### **Day 4: Local School and Project**

We engage with the local community and Irura Primary School assisting on various projects:

- Micro enterprise water project (water tank and guttering installation)
- Combustible briquette plant installation and briquette making using recyclable materials
- Coach the local school students in a variety of sports or teaching English
- IT development
- Agriculture development

### **Day 5: Safari Day**

A full day wildlife safari on Ol Pejeta Conservancy. See the big five and come face to face with an African elephant and a myriad of other animals.

### **Day 6: Depart**

The time to depart back home is upon us and our vehicles transfer you back to Nairobi and your flight home.

## *What to bring*

We encourage clients to carry their luggage in a medium to large size ruck sack or soft bag (no hard suitcases!), approximately 80L in size. Hard suitcases are not generally recommended for Rift Valley Adventures travellers. It is also important that your bags can be locked and non-essential items are left at home.

Pack all essential items listed below but bear in mind small and light is better than large and heavy, but do not forget those warm clothes!

Some essentials:

- Warm clothing
- Sunscreen
- Swimming Costume
- Sleeping Bag
- Sturdy pair of trainers
- Headtorch with spare batteries
- Small backpack to carry personal items

