



Kenya

Rift Valley Adventures

A wind in your face multi activity adventure, interacting with the local people, assisting in community and conservation projects, enjoying the wildlife, peace and simplicity of life in Kenya.

All schools strive to have their students become enlightened citizens and make their community greater, better, and more understanding. Rift Valley Adventures is uniquely positioned to help meet these goals. We want students to return home with a greater awareness of the realities of life in Africa (and by extension the developing world), with a deeper understanding of the complexity of the

issues and help dispel some of the common misassumptions about Africa, and with an interest in generating solutions.

RVA strives to provide programs that are sustainable, engage students meaningfully, and helps the school meet its goals.

Concepts such as trust, resilience, responsibility, goal setting, teamwork and leadership – highly prized but rarely taught effectively in the classroom – blaze to life on the savannah plains in Kenya. Nobody comes back unchanged – and that’s exactly what we want!

Trip Overview

Destination: Kenya
Focus: Community Service, Safari and Mount Kenya Trek.
Dates: TBC
Age Group: 14-17 years
Pax: 20+

Trip Details

Accommodation:

15 nights: Mixture of camping, and permanent bush camps

Transport: Pickup and drop off from Nairobi International Airport.
All internal transfers.
Vehicles with drivers for duration of trip.

Meals: All meals are included while in Kenyan. Tasty Kenyan food mixed with traditional student-friendly meals are served daily.
Packed lunches when away from camp.
Students are taught how to cook and participate in meal preparation.

Inclusions: English speaking guides. Internationally qualified instructors and guides for all activities.
Additional Kenyan support staff for camp.

Requirement: Some form of travel and medical insurance.

Rift Valley Adventures

16 Day Expedition

Extras: 1 teacher FOC for every 10 students.

Includes Park Fees of and all project contributions.

Total package price may vary if number of passenger changes.

Kenya VISA not included. Please check with the Kenyan Embassy for visa requirements or enquire with us for more information.

Shots and medication are not included - please see your travel doctor.

Notes on Health

Rift Valley Adventures recommends that everyone visits a travel doctor and acquires the shots their doctor prescribes. Furthermore, we recommend that everyone have anti-malaria prescription. Remember that most of these drugs (for example, Malarone) require you start taking the medicine several days before you leave. The same is true for Dukoral, the oral vaccine for traveler's diarrhea.

Proud to deliver



www.riftvalleyadventures.com

Mount Kenya Expedition



Days 1 – 7: Mount Kenya Expedition

Day 1: Arrive Kenya

Our ground team in Kenya will meet you right when you walk off the plane at Jomo Kenyatta International Airport. Transfer to Ol Pejeta Conservancy, the largest black rhino sanctuary in East Africa, and into our tented lodge accommodation at Ol Pejeta Wildlife Camp. Relax, sleep and get accustomed to the jetlag. (Schedule may vary due to flight arrival times, if an evening arrival time clients will stay at a secure lodge on the outskirts of Nairobi)

Day 2: Acclimatization & Orientation

Sleep in and rest. Mid-morning orientation and programme brief, watch the animals at the waterhole in front of camp. In the afternoon, learn some Swahili, get to know the African bush where you are taught bush skills, medicinal plants, bush foods and the native flora and fauna. See how you go lighting a fire the traditional way – with two sticks, tracking wildlife, spear throwing, and sample the toothbrush and deodorant trees amongst other activities.

Day 3: Prepare for Mt. Kenya/Acclimatisation

A morning walk at altitude is a great way to acclimatise the body for a Mt. Kenya ascent. In the afternoon our guides advise on what gear to take, how to waterproof sleeping bags and clothes, what to expect on the mountain and more.

Mount Kenya

Thrusting 5,199 metres above the equator, its gleaming snow-licked summits, rise past glacier sculptured valleys and alpine moorland riddled with clear tarns and trout-filled streams. Elephant, giraffe and eland roam its lower slopes, while the stunning vegetation - giant lobelias appear like spiky pokers – have made it a UNESCO Biosphere Reserve. Small wonder it was deified by the local Kikuyu people, whose doors always faced what they believed was the seat of the god Ghai.

Mount Kenya



Day 4: Mt. Kenya: Sirimon Gate to Old Moses Campsite

Length: 9km, Time: 4-5 hours, Ascent: 690m

Accommodation: Old Moses Camp Site (3150m)

Today we start our Mt. Kenya Ascent via the Sirimon route, with an early lunch at the park gate. The route takes us uphill through a beautiful section of the forest dominated by Pencil Cedar and Podocarpus trees before entering into heath land. For the lucky we may see one of the many forest elephants that inhabit the region. We walk purposely slow to acclimatise to the altitude.

Day 5: Old Moses Campsite to Liki North Campsite

Length: 9 km, Time: 6 hours, Ascent: 950m

Accommodation: Liki North Campsite (4100m)

A day where we drop down into valleys only to ascend again. We finish at the base of the old volcanic plug that makes up the rocky peaks of Batian, Nelion and Pt. Lenana. On the trek up, the vegetation changes to moorland grass with small flowering plants and the amazing giant lobelias and groundsels and senecios. We pass by Shiptons caves, once a hideout for the Mau Mau. Leopard also live in this region and have been observed at an altitude of 4500m!

Day 6: Shiptons Camp

Length: 8km, Time: 4-5 hours, Ascent: 100m

Accommodation: Shiptons Camp (4200m)

A short day to acclimatise to the altitude and rest for the night time ascent of Pt. Lenana. This may consist of a short walk up above camp to the high col.

Day 7: Shiptons Camp to Pt. Lenana (4985m) to Old Moses Campsite

Length: 18km, Time: 14 hours, Ascent: 755m, Descent: 1885m

Accommodation: Old Moses campsite (3100m)

An early 2.30am start sees us on the Summit Circuit Path, which is arguably the finest walking trail in all of East Africa. Stunning views, tarns, glaciers, ice carved rock formations and precipitous valleys and the views! We are in search for Pt. Lenana for a sunrise celebration with spectacular views to the Aberdare Ranges and Mt. Kilimanjaro.

Day 8: Old Moses Campsite to Sirimon Park Gate

Length: 9km, Time: 3 hours, Descent: 450m

A leisurely walk to the park gate through towering Podocarpus and Cedar forest. Our vehicles are waiting to transfer you back to Ol Pejeta Wildlife Camp for a hot shower.

Community Service



Community Projects: Day 9 – 13

The hard work starts today! This is your opportunity to assist the community in the areas where they need the most help, this could be building a new school or toilet block, teaching English or sports or tree planting in the grounds.

Rift Valley Adventures is not especially interested in supporting a “stand-alone” community service activity, such as painting classrooms. While such an enterprise may have some value to the participants’ community, by itself it rarely meets our expectations for our clients. However, there are some projects that would not be accomplished without the manual labour, expertise or funding of the visiting group of students and teachers.

However, it is important to note that we only undertake these projects if several key conditions are met:

1. The project accomplishes a goal that comes from the local community.
2. The project adds to the quality of life for a broad spectrum of the local residents.
3. The project has some sustainable, long term impact.
4. It is very likely that the project would never likely be accomplished without the assistance of the visiting participants.
5. The participants have a clear understanding of the nature of the project and agree, in so far as possible, to work to complete it while in the country.



Adventure



Day 14: Wildlife Safari

A full day safari in Ol Pejeta Wildlife Sanctuary and Sweetwaters Reserve, where the 'Big 5' roam. Includes an optional safari bike ride and visits to the Chimpanzee Sanctuary and Hippo hideout

Day 15: Canyon Adventure

Pack your bags for a full day and overnight camping experience in the Ngare Ndare forest. On arrival we get our life jackets, helmets and wetsuits and do a series of safe but challenging jumps through the Ngare Ndare waterfalls into crystal clear spring fed pools followed by an adrenaline pumping 30m-waterfall abseil. After a picnic lunch we learn some bush skills like how to light a fire and shooting a bow and arrow and explore the forest from above on a suspended canopy bridge walk. That night we share stories around the campfire and let the sounds of forest nightlife lull us to sleep.

Day 16: Depart

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

