

Kenya Trek

Trek five days through the Great Rift Valley



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Kenya Rift Valley Trek

Trekking in the footsteps of the Masai

The Great Rift Valley runs the whole length of Kenya and forms the backbone of the country. It is a major geological feature and incorporates spectacular gorges, volcanoes and soda-lakes fed by hot springs. It forms part of a system that stretches 6000km from the Dead Sea to Mozambique.

This stunning trek includes some of the most prominent features of the Rift Valley such as ascents of the dormant Volcanoes of Susua and Longonot.

Our trek takes us through the famous Hell's Gate Gorge with a traverse of the valley floor, which is home to a myriad of wildlife including Giraffe, Zebra, Impala, Gazelle and the occasional cheetah. At night we will sleep under the African stars in tents.

Our adventure concludes with a day's game viewing in the Nakuru National Park famous for its tens of thousands of Flamingos.



Detailed itinerary

Day 1: London to Nairobi

Depart from London for our overnight flight to Nairobi.

Day 2: Arrive Nairobi

Upon arrival into Nairobi, we will be transferred 1.5 hour to Mt Suswa - a volcano at the base of the Rift Valley floor. The rest of the day is spent acclimatising and exploring the area around camp, which is inhabited by the pastoral Masai and plains game such as Zebra, Giraffe, Gazelle and Impala and has many of the flat topped acacia trees scattered around which makes us feel we really are in the heart of Africa. After dinner we meet some local Masai who will talk to us about Masai culture.



Day 3: Mount Suswa – 5-6hrs trek

We break camp and start our trek by climbing a network of lava tubes, which we will have the opportunity to explore before climbing up to the entrance to the main crater of Mount Suswa, which is about 8km wide and where we will have lunch. After a long lunch to avoid the main heat of the day we traverse the crater floor which often has plains game visible and reach our camp situated on the edge of the inner crater with its stunning views of the impenetrable forest below.

Day 4: Mount Suswa – 6hrs trek

we commence our ascent of Mount Suswa (2437m) and after about 2 hrs should be at the summit. We then descend and after lunch cross the crater floor and descend deeper into the Rift Valley. We camp in the shadow of Mount Longonot.

Day 5: Rift Valley Floor– 6-7hr trek

We traverse the valley floor, with high chance of encountering plains game throughout the day. We stop briefly at Suswa Village and market and have a chance to meet some of the locals and barter for traditional Masai blankets and spears!

Day 6: Hells Gate National Park

We spend the day walking up the gorge, with its spectacular cliffs either side narrowing at its head to the width of a human body but still some 100 feet high. Being an area of intense geo-thermal activity, there are hot geysers to be seen, and some very interesting side canyons to explore. Towards the head of the gorge we enter the Hells Gate National Park where there is abundant wildlife. Camp overnight on the edge of Lake Naivasha at Fishermans camp.

Day 7: Mount Longonot

Short transfer to the locally prominent dormant volcano of Mount Longonot (2886m) where we climbing to the cauldера rim and then circumnavigating it to the summit. Late lunch at Fishermans camp and the opportunity for a sunset boat ride on the lake to see the myriad bird-life and Hippos which use the lake as their home .

Tonight we celebrate our achievements with a safari-style gala dinner!

Detailed itinerary

Day 8: Lake Nakuru National Park

Today we have the opportunity to visit Lake Nakuru National Park, the park is famous for its soda-lake that attracts hundreds of thousands of pink flamingos. Its also home to many rhino, lion and other plains wildlife and is one of the best parks to try and catch a glimpse of the elusive leopard. We camp in the park at a private campsite near the scenic Makalia Falls.

Day 9: Depart Nairobi

We are transferred to Nairobi for our overnight flight back to London.

Day 10: Arrive London, UK

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This itinerary is complex and subject to change.

Challenge grade

Moderate

Best time of year

June - October

