

Kenya Trek

Trek five days through the Great Rift Valley



Ultimate Challenges

T: 020 7386 4680

events@theultimatetravelcompany.co.uk

www.ultimatechallenges.co.uk

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 the ascent of the dormant Volcanoe Longonot.



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 3 hours to Soysambu Conservancy located in the Rift Valley floor bordered between Lake Nakuru National Park on the west, volcanoes Ol Doinyo Eburru to the south and Menengai to the north. This area is one of the few remaining privately owned large scale traditional wildlife areas in the Great Rift Valley and is owned by Lord Delamere's family. This evening we will have a briefing about the challenge ahead, dinner and overnight in camp.



Day 3: Soysambu, approx. 14kms

Up early for the first day of our incredible challenge. After breakfast we will start our trek across Soysambu from the west side of the Conservancy to near Lake Elementaita. The conservancy comprises 48,000 acres of unspoilt natural landscape that co-hosts some of the world's greatest diversities and concentrations of bird species. It's shoreline of Lake Elmenteita is an important foraging site for the lesser flamingo, and a major nesting and breeding ground for great white pelicans. The area features sizeable mammal populations, including Rothschild's giraffe, buffalo herds and leopards. Overnight camp.

Day 4: Soysambu, climb Lord Delamere's Nose, approx. 14kms

Today we climb Lord Delamere's Nose, otherwise know as the Sleeping Warrior. A distinctive volcanic crater in the east of Soysambu. Overnight camp.

Day 5: Soysambu to Lake Naivasha, approx 14kms

We spend the day walking from Lord Delamere's property to Lake Naivasha following the Masai cattle trails. Lake Naivasha is a freshwater lake located outside the town of Naivasha in Nakuru County in the Rift Valley. On arriving at the lake we have a short transfer to our overnight camp.

Day 6: Hell's Gate National Park, approx. 14kms

After breakfast we have a short transfer to Hell's Gate National Park, named after a narrow break in the cliffs, once a tributary of a prehistoric lake that fed early humans in the Rift Valley. The small National Park is known for its wide variety of wildlife and for its scenery this includes Hell's Gate Gorge. Today we will trek to the gorge and enter the gorge where we will have the opportunity to visit the hot springs. In the afternoon we return to Lake Naivasha and our overnight camp.

Detailed itinerary

Day 7: Lake Nakuru National Park

After an early breakfast we transfer to Longonot National Park. Mt Longonot is a volcano in the centre of the Rift Valley floor with a perfect caldera. We have a 600m climb to the crater rim which takes about 2 hours to do and a further one hour to the summit of the crater which has commanding views over the Rift Valley. After our descent we will depart the Rift Valley and begin our drive back to Nairobi (approx. 1hr transfer). Tonight we will enjoy a well deserved celebration dinner. Overnight hotel.



Day 8: Depart Nairobi

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

Day 9: Arrive London, UK

© Ultimate Challenges

This itinerary is complex and subject to change.

Challenge grade

Moderate

Best time of year

June - October

