

Kenya Trek

Trek five days through the Great Rift Valley



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Rift Valley and Central Kenya Trek

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 Volcano Longonot and enjoying Central Kenya with an ascent of Mount Kenya – Africa's second highest mountain.



Detailed itinerary

Day one: London to Nairobi

Depart from London for our flight to Nairobi. On arrival transfer to the hotel. This evening we will enjoy dinner and have a briefing about the challenge ahead.

Day two: Mount Longonot Ascent

Altitude gain: 1,875-2,776m

5-7hrs trekking

After breakfast we transfer to the Longonot National Park (approx. 1.5hrs). On arrival we start our trek through the Kikuyu lush green highlands and then on the eastern escarpment of the rift valley - you can see the volcanic Mount Suswa and Mount Longonot from a fantastic viewpoint, along with the undulating Great Rift Valley. From here there are some ascents before reaching the rim of the crater seeing into the awesome crater below. There is an opportunity to circumnavigate the rim of the crater (approx. 3hrs trekking). From here we descend from Mount Longonot to the park headquarters where we take a 1hr drive to Lake Naivasha. Here we'll have dinner and overnight at Fisherman or Fish Eagle camp.

Day three: Hell's Gate National Park

5-6hrs trekking

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. In the afternoon we continue to Malewa (approx. 1hr) for the next stage of this trekking adventure and our overnight camp and dinner.

Day four: Malewa Conservancy

5-6hrs trekking

After breakfast, we trek in the Malawa Conservancy where we will see wild animals such as giraffe, zebra, antelopes, wildebeest etc. The conservancy covers 3,500 acres and is located between Lake Nakuru and Lake Naivasha. Malewa Conservancy, was originally a cattle ranch owned by white settlers. After buying the ranch, the local community decided that there could be more revenue from eco-tourism. Fees now provide income to the community and help cover the cost of maintenance. Back to camp.

Day five: Transfer to Mount Kenya

After breakfast we leave this area of the Rift Valley and head to the Mount Kenya region passing through Aberdares Range which takes 5 to 6 hours. Our destination is Anchor campsite (1,800m) which is located at the edge of the Mount Kenya Forest. It overlooks the peaks of Mount Kenya (the second highest mountain in Africa), a great spot for the next adventure. Overnight camp and dinner.

Day six: Mount Kenya

Altitude gain: 2,600-3,300m

6-8hrs trekking

After an early breakfast we transfer to Sirimon Gate (2,600m) in Mount Kenya National Park (approx. 1hr). Here we get for clearance and then start walking through equatorial rain forest following the track uphill for 9kms forking left at the junction to reach Old Moses Camp (3,300m). There will plenty of time to take photos of the mountain. After lunch we descend the 9kms back to the gate where our drivers will be waiting to return us to the Anchor campsite for dinner.

Detailed itinerary

Day seven: Sweetwater's Conservancy

After breakfast we leave for Sweetwater's game reserve. This 24,000-acre private reserve saddling the Equator enjoys magnificent views across the plains to the snow-capped peaks of Mount Kenya and has an abundance of wildlife and tropical vegetation. Sweetwater boasts of the "Big 5" game, Lion, Leopard, Rhino, Elephant and Buffalo. Sweetwater's also houses the only Chimpanzee Sanctuary of its kind in Kenya. The Chimpanzee Sanctuary comprises riverine forest and savannah grasslands and is the home to 26 orphaned, mistreated chimpanzees. We enjoy an afternoon game drive before continuing to Nairobi for our celebration dinner. Overnight at hotel.



Day eight: Depart Nairobi

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

Day nine: Arrive London, UK

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This itinerary is complex and subject to change.

Challenge grade

Tough

Best time of year

June - October

