



Kenya

Rift Valley Adventurer

14 Days

Showcasing the very best of this magical country, our 10 day Kenyan Adventurer is packed with activities and natural wonders, from the grassy plains of the rift valley to snow capped peaks. We seek to blend a learning experience with a healthy dose of adventure. If it's nature you're looking for you'll be hard pressed to beat Kenya as a destination with its annual great migration of millions of wildebeest or the pink blush of Lake Nakuru densely populated with flamingos. You will also veer off the beaten track to visit one of the top producing flower exporters in Lake Naivasha as well as the acclaimed Elsamere Conservation Centre. There is also the thrill of White Water rafting in the Tana River and a day trek to a dormant volcano to wrap up a truly memorable adventure.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Day 1	Depart from the UK, Arrive Nairobi After our flight from the UK, we will be welcomed at Nairobi airport by our Trip Leader and transfer to our hotel to relax for the evening after our journey.	D
Days 2	Transfer to Lake Naivasha Following breakfast, we board the buses and take a scenic bus ride to Lake Naivasha. During the journey we will pass through small towns and enjoy scenic views, as we descend into the Rift Valley. We will take the opportunity to get out and make the most of the views. If we have a clear day, we may be able to see Mt Longonot in the distance. Tonight's camp will be in Hells Gate National Park. A superb location, fifty metres up on a spur of ground overlooking the whole valley. Wildlife abounds with herds of buffalo, giraffe and Kongoni likely to be grazing below. There is nothing quite like camping under the African skies!	BLD
Day 3	Activities in Hells Gate The morning is spent climbing, abseiling, hiking or game driving in the park. We are likely to encounter giraffe, zebra, buck and buffalo amongst others. The local crags offer great single pitch climbing on Fisher's Tower and Fisher's Cliffs. The climbing is best done in the early morning until 11 a.m. and in the latter part of the afternoon when temperatures have dropped and it is cooler. In the afternoon we head down into the Njorowa Gorge to take a look at volcanic deposition and river erosion before returning once again to our campsite.	BLD
Day 4	Lake Naivasha We bid goodbye to our camp in Hells Gate National Park and drive 30 minutes down the road to our next camp on the shores of stunning Lake Naivasha. In the afternoon we visit a flower farm to see how they grow, cut and pack roses for export to Europe. This area is one of the key flower producing areas in Kenya, supplying many of the leading UK supermarkets and an important source of export revenue for Kenya. After our tour we take a boat ride on Lake Naivasha and return to camp.	BLD
Day 5	Conservation Centre This morning we visit the acclaimed Elsamere Centre, which is dedicated to providing students the opportunity to learn about the value of conservation through demonstrations and guided nature walks. In the afternoon we will take a tour of the geothermal electrical generation plant.	BLD
Day 6	Nakuru National Park We head off early and drive the short distance (110 km) to Lake Nakuru National Park. The park itself is a relatively small and compact area, based around the often flamingo-filled lake, making it a great location for spotting wildlife. Along with the other members of the Big Five, Lake Nakuru harbours rhinos and there will be a good chance of seeing one of these magnificent beasts. The park also has an extensive elephant population. We will camp outside the National Park.	BLD



Day 7**Mt Longonot Trek**

We pack up camp and depart for Mt Longonot, a dormant volcano last thought to have erupted in the 1860's. Today we take the 7.2 km walk up and around the vast dormant caldera which is 12km wide, a truly dramatic site. Once back on board our bus we'll transfer to Sagana which is a 4 hour drive through the tea plantations. Arrive late evening at Savage Wilderness camp.

BLD

Day 8**Sagana Camp Activities**

There is the option to tailor today's activities according to what the group wants to do. We have a range of adventure activities we can get stuck into such as kayaking, cycling, climbing, zip-lining and ducky rides.

Day 9**White Water Rafting**

Today we head to the Tana River, a drop pool river offering an exciting day of white water rafting. Starting with 3 km of easy class II and III white water, followed by a 6 km section with an hour or so of relaxation to view the abundance of bird life around, then cool off with a swim! The final 7 km of river, back to the campsite, starts with some easy class III waters where paddle commands are revised, followed by 3 big rapids (class IV and V) with names like Captains Folly, Can of Worms (because of its four 90 degree bends in succession) and Sphincter Flexor. Subject to water levels you may be able to "surf" in "fish eye" and then swim the next couple of minor rapids. We return to our camp for our last night under African skies for a final celebration meal and to relive the experiences and highlights of the past nine days.

Day 10**Transfer to Nairobi and Giraffe Centre**

This morning we bid farewell to our camp in Sagana and take an early transfer back to Nairobi. Before heading to the airport we will visit the Giraffe Centre which is located in Lang'ata, approximately 20km from the centre of Nairobi. The centre was established to protect vulnerable giraffes, found in the grasslands of East Africa. The main attraction here is being able to feed the giraffes from a raised observation platform. The Giraffe Center is also home to several warthogs, which freely roam the area with the giraffes. Following our visit, we head to the airport with plenty of time to catch our return flight back to the UK.



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel training programme
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



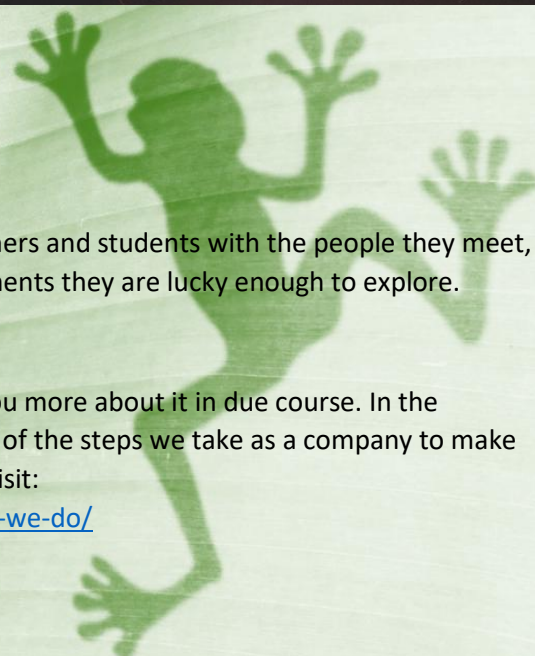
A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Trees for L^Yfe

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>



Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

Cultural Rating for this trip: Grade 4



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

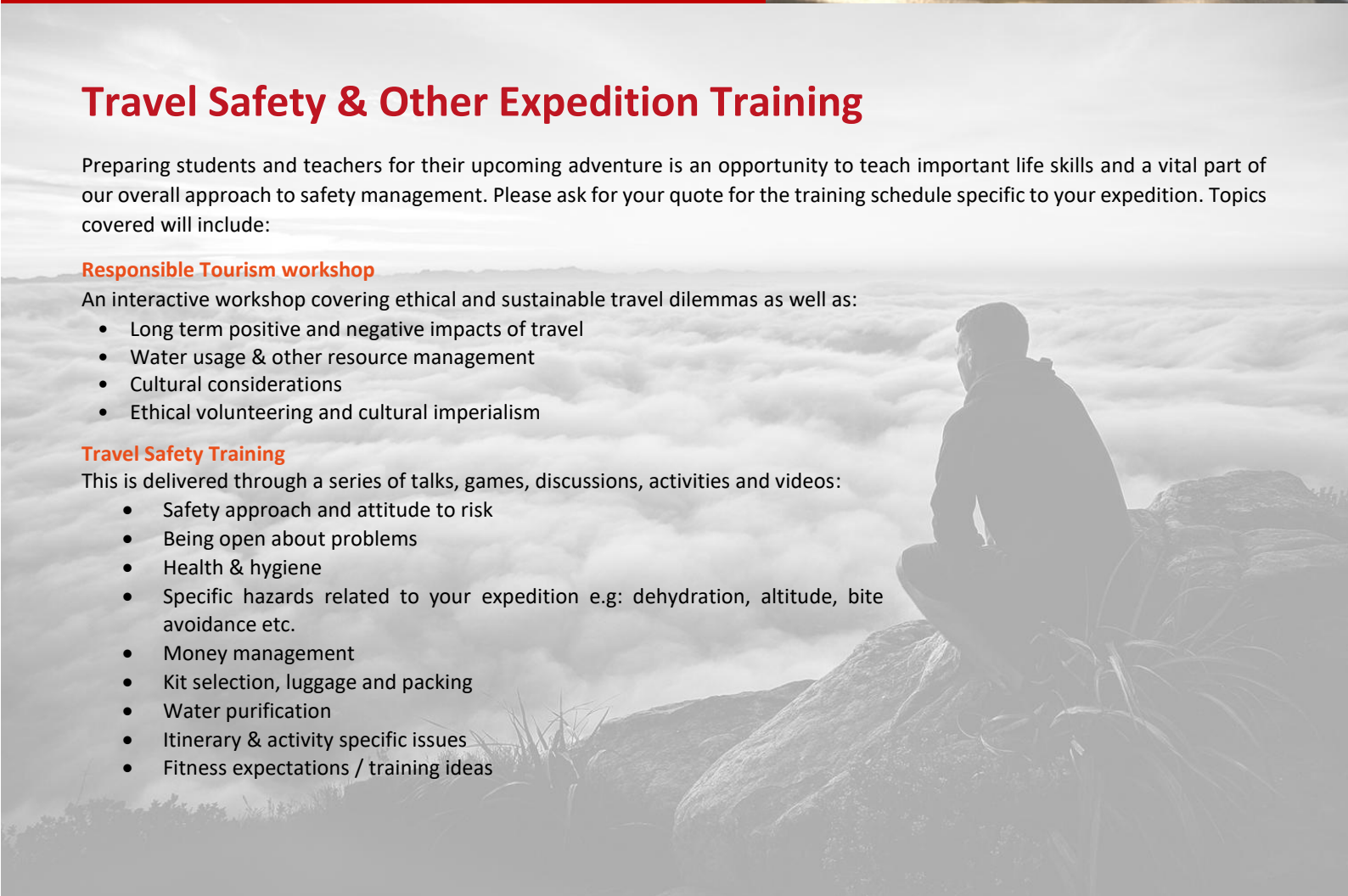
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.

The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick



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