



# Kenya

## Sumburu to Summit Expedition

**22 Days**

On foot from the plains of northern Kenya to Point Lenana on Mount Kenya at 4985m, this is a classic expedition to inspire a lifetime of adventure. The trip is packed with activities and natural wonders, from the grassy plains of the Rift Valley and snowcapped peaks to camel trekking and white-water rafting. 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. There is also the thrill of white water rafting in the Tana River. A four-day conservation project at the renowned Elsamere Conservation Trust wraps up a truly memorable expedition. Our team in Kenya is supremely experienced and ready to guide you through their homeland.



[Learn more about our Carbon Labels](#)

# Your Recommended Expedition Itinerary

<b>Days 1 - 2</b>	<b>Depart from the UK, Arrive in Nairobi, Great Rift Valley</b> Jambo! Welcome to Kenya! After our flight from the UK to Nairobi we will be met and greeted by our English-speaking guide from our operations in Kenya. We head to our overnight hotel in Nairobi.	LD
<b>Day 3</b>	<b>Njorowa Gorge, Great Rift Valley</b> This morning we head north through the dramatic Great Rift Valley. On route we'll stop at a viewpoint where we can directly see the forces of nature evidence of how shifting plate tectonics has shaped the landscape. Our destination is the Hells Gate National Park. The camp is in a superb location 50m up on a spur of ground overlooking the whole valley. Wildlife abounds with herds of buffalo, giraffe and Kongoni likely to be grazing below.	BLD
<b>Day 4</b>	<b>Activity Day, Game Drive</b> After a leisurely start, we can look forward to an exciting day spent climbing, abseiling, hiking or game driving in the park. This afternoon we'll experience the thrill of our first game drive, we're likely to encounter giraffe, zebra, buck and buffalo. There is also an opportunity to view hyena and smaller cats; make sure you have your cameras at the ready!	BLD
<b>Day 5</b>	<b>Lake Naivasha</b> Another day spent acclimatising. After breaking camp, we will take a short drive of 30 minutes down the road to our next camp on the shores of the stunning Lake Naivasha. The rest of the day can be taken at a relaxing gentle pace; we could head out bird watching or take a boat trip touring Lake Naivasha. Alternatively, if we want something more active, we can head to Mt Longonot, a dormant volcano last thought to have erupted in the 1860's, there is a 7.2 km walk up and around the vast dormant caldera which is 12km wide, a truly dramatic site.	BLD
<b>Days 6 - 7</b>	<b>Trek &amp; acclimatisation ascent</b> Now the expedition starts to crank up a gear. It's an early start as we drive to the Aberdares for an acclimatisation ascent of Kipipiri 3600m or The Elephant. (4000m). The following morning, we rise early and head for the summit before returning to camp mid-morning. In the afternoon we take a well-earned rest and prepare for our project.	BLD
<b>Days 8 - 11</b>	<b>Project</b> We have two options for the project work, working at a local school or a conservation-based project. Both conform to our strict policies, ensuring that any community projects are sustainable and genuinely benefit the villages we visit as well as providing a rich experience for the group. More details are available when the trip is confirmed.	BLD
<b>Days 12 - 14</b>	<b>Rest day followed by Camel Safari</b> Day 12 is a rest day. The following day we head to Likipia to take part in the next exciting element of our expedition, a camel safari. We'll be introduced to our camel train team which will include a cook, our camel guides and security guards who will accompany us into the bush for two days of walking or riding (if you fancy it!). We journey through the Great Rift Valley which offers stunning panoramic views and encounters with wild animals. Lunch will be served at our camp for the night. There is also an option of a guided walk through the bush before dinner. Tonight, we sleep under the star filled skies of Africa.	BLD



**Days 15 - 20**

**Mount Kenya Trek**

BLD

After finishing the camel safari, we head for the Timau River Lodge and our Mount Kenya expedition. Mt. Kenya is a broad, largely symmetrical volcanic cone with a diameter of about 120km. formed between 2.6 and 3.1 million years ago. Following less frequented routes, we use the Sirimon Trail to ascend, passing spectacular alpine moorland, forests, glaciers and tarns. Our goal is Point Lenana, at 4985m, the second highest trekking peak in Africa. On our first day we meet our trekking support team including head guide, assistant guides, cooks and porters who will carry our bags – always full of smiles and encouragement. Over the next few days we'll get to know our support team very well. We quickly settle into a daily trekking routine, typically waking at 0630, breakfast is served at 0700, the bags are quickly packed and we're ready to leave the campsite. The lower slopes are through the moorland tussock grass and the first section of the trek allows for a gentle introduction to the mountain with time to acclimatise. As we head to higher altitudes the true majesty of the mountain comes into view, the pencil cedar trees give way to bamboo which itself gives way to the giant heather zone and alpine meadow plants. It's not unusual to spot tracks from various game as we make our way up the mountain. Our planned ascent day is on day 19, an early start as we push for the summit before the clouds roll in. We make a descent for one last night on the mountain before returning to camp on day 20. During the trek we can also get stuck in with an 'Environment Clean Up' and help to clear litter on the mountain that other groups have left.

**Day 21**

**White Water Rafting**

BLD

Another highlight of the trip as 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. Cool off with a swim in the warm water. 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'. We return to our campsite for our last night under African skies and a celebration of the past three weeks, looking back on the many adventures we've had and the memories we've made.

**Day 22**

**Departure Day**

B

Depending on the time of our flight we may have a free morning, we transfer to the airport for 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
- 1-day offsite safety INSET day for school staff
- 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
- Donations to two carbon & conservation charities
- 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.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.



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/>

Trees for Life

## Physical Rating for this trip: Grade 5



A high level of fitness is required to participate on a trip of this level. We recommend previous multi-day trekking experience at this level, either in the UK or internationally. You need complete confidence in your ability to trek for multiple days over difficult terrain and cope with significant variations in temperatures throughout the tour. Altitude could be higher than 4,500m but good acclimatisation will be built into the programme. Longer periods of trekking could be of a sustained nature, but rest days will be planned. A pre-travel fitness programme of four to six months is essential to ensure you are in optimal fitness to make the most of this 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

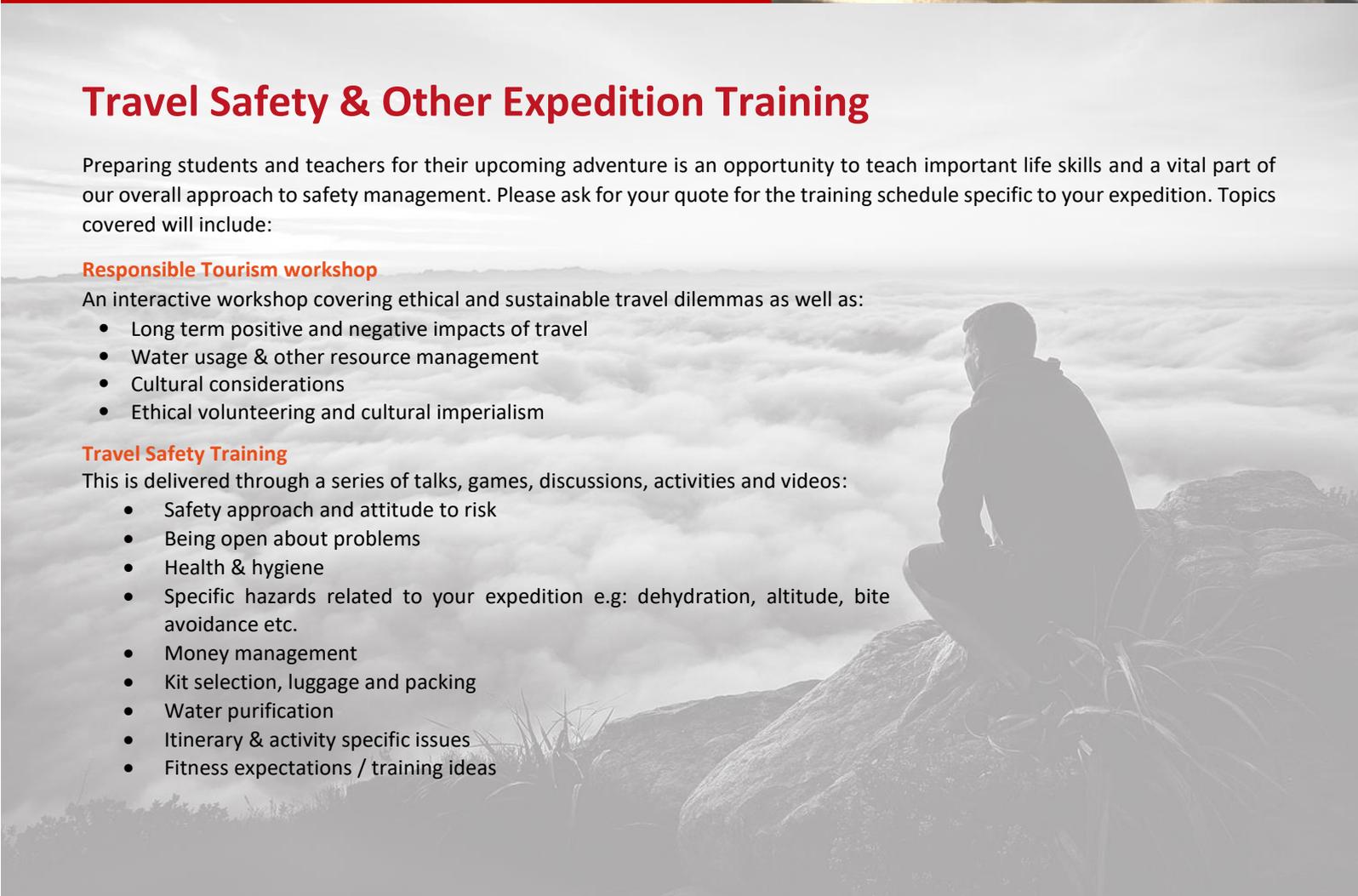
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



*"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**

## Contact Us:

STC Expeditions, 6b King Street, Exeter, EX1 1BH

t: 01392 660056 | e: schools@thestc.co.uk | w: www.thestc.co.uk

