

Kenya, Great Rift Valley Trek

Open Challenge

4 to 13 February 2010



Registration fee: £250

Tour cost per person: £1615—£1275*

The Great Rift Valley runs the whole length of Kenya and forms the backbone of the country. It is a major geological feature of the country 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.

Day 1 Fly from UK

Day 2

We arrive in Nairobi and transfer to Mt Suswa - a recent volcano at the base of the Rift Valley Floor. In the afternoon we have a 2 hour walk exploring the area around camp, which is inhabited by the pastoral Masai and plains game such as zebra, giraffe and impala, we really feel like we are in the heart of Africa. After dinner we will be entertained by the Masai and learn more about their culture.

Day 3 Mt Suswa – Crater's edge 5-6 hrs trekking

We climb through network of lava tubes, before climbing up to the entrance to the main crater of Mt Suswa where we will have lunch. After a long lunch to avoid the main heat of the day we traverse the crater floor and reach our camp situated on the edge of the inner crater with its stunning views of the impenetrable forest below, punctuated by the occasional jet of steam from this still dormant volcano.

Day 4 Mt Suswa ascent 10hrs trekking

In the early morning we commence our ascent of Mt Suswa (2437m) and after about 2 hrs should be at the summit. After our descent we cross the crater floor and ascending over the crater lip we descend into the Rift Valley proper below where we camp in the shadow of Mt Longonot and where we are likely to encounter plains game.

Day 5 Rift Valley Plains 6hrs trekking

Continuing on the valley floor we traverse the plain on our way to our camp by the jagged cliffs at the Mouth of Hell's Gate Gorge populated by troops of baboons. On the way we will stop briefly at Suswa Village where we will have a chance to meet some of the locals and walk round the colourful market where one can barter for traditional Masai blankets and spears.

Day 6 Hells Gate Gorge 5hrs trekking

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. Towards the head of the gorge we enter the Hells Gate National Park where there is abundant wildlife, and bird-life to be seen as we walk towards our overnight stop at Fisherman's camp on the shores of Lake Naivasha.

Day 7 Mt Longonot ascent 7hrs trekking

Transfer to the dormant volcano of Mt Longonot (2886m) where the morning and early afternoon is spent climbing to the cauldron rim and then circumnavigating it to the summit. Following lunch to on the shores of Lake Naivasha we will have 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 (this at a small additional cost). Tonight we celebrate our achievements with a safari-style gala dinner!

Day 8 Lake Nakure National Park

Today we have the option to visit Lake Nakuru National Park. The lake is famous for its large flocks of pink flamingos. The park is 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 near the scenic Makalia falls.

Day 9

Return to Nairobi airport for our flight back to London.

Day 10 Arrive London



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*Costs are calculated on a sliding scale dependent on the number of people taking part.