

Kenya Safari



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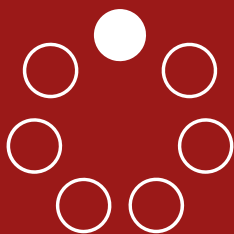


If you can squeeze a few extra days onto your expedition we do very much suggest you bolt this on to your Mount Kenya climb.

It is an exciting action-packed safari that is fully explained in the itinerary so please whiz over to the next tab to read about what you could be enjoying.

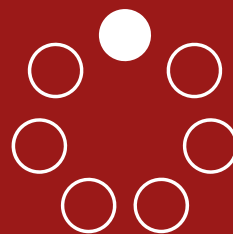
See you there!

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Physical - P1

Gentle walking over relatively flat terrain. A light day sack up to 4kg may be required to be carried. Suitable for those with minimal exercise experience.



Technical - T1

No technical skills are needed. A good steady walking ability only is required.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Arrive at Ol Pejeta Ranch

After having had a few beers the night before, there's no rush this morning and after a leisurely breakfast we will be picked up by a Land Cruiser or minivan and taken to the Ol Pejeta Conservancy just west of Nanyuki, about 3 hours' drive along good roads. Ol Pejeta is not a national park but a large ranch conservancy (in common with several similar systems across Kenya) that seeks to integrate wildlife conservation and wildlife tourism with sustainable farming. It is financially self-sustaining and doesn't rely on any government handouts. It is East Africa's largest black rhino conservancy, the only place in Kenya to host chimpanzees, and has one of the highest big predator densities in Kenya. The vast ranch maintains a very small number of camps of various levels, of which Sweetwaters Camp is one and which will be home for the next 2 nights.

Sweetwaters sits on a natural waterhole at the centre of the 110,000 acre conservancy and has a small number of permanent tents most with views of the waterhole so you can kick back and watch the giraffes and rhino visiting the waterhole from the comfort of your bed! The former colonial farm manager's house also has a laid back bar and restaurant, a pool and for those of you with aching legs after your efforts on the mountain, you can also grab a massage. After we have settled in we will head out for an afternoon game drive and with the cool evening air we hope to spot quite a few of the famous big five.

(BLD)

DAY 2 : Safari at Sweetwaters

We'll be woken early for the pre-breakfast morning game drive and can watch the sun rise over Mount Kenya as we search for game. The drives are dictated by the movement of the animals but the guides are always in contact with each other and share locations of the game. Elephants, giraffe, buffalo, leopards and rhinoceros and lions all wander freely through the reserve and there will be plenty of opportunities to get some great photographs. We'll be back for a late breakfast and then have time to relax – as the heat kicks in the animals retreat into the shadows and disappear until it begins to cool down once more.

Sweetwaters is also home to a Chimpanzee Sanctuary, initially established to receive and provide lifelong refuge to orphaned and abused chimpanzees from West and Central Africa, the Sanctuary is now home to 42 chimpanzees being carefully nursed back to health so they can enjoy the rest of their days in the safety of a vast natural enclosure, this is a great place to visit during the daytime whilst the majority of the game are taking a siesta. Late afternoon we will again head off on safari before we crack open the Tusker beers and relax into dinner.

(BLD)

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ITINERARY

DAY 3 : Naivasha Park and transfer to Nairobi

Another early start for a final game drive, exploring a different area of the conservancy before a late breakfast.

After we have eaten and packed we head to Naivasha where we will have an early lunch in the country park and an afternoon visit to the Crescent Island game park.

Naivasha is one of the most beautiful parks in Kenya situated on the shores of the fresh water Lake Naivasha. The lake is 18 metres at its deepest and attracts huge amounts of wildlife. Crescent Island is actually a peninsular accessible by boat – the lake is home to many hippos that will clearly be visible as we cross the lake – before taking a a leisurely walk and getting seriously up close and personal with zebra, giraffe and impala in this predator-free park. The shores of the lake abound with birdlife especially huge numbers of pelicans, cormorants and fish-eagles with their haunting cry. We plan to depart at Naivasha around 6:00pm for our transfer back to Nairobi so as to catch the late night flight back home arriving into the UK the next day, (if no night flight we'll be catching the early morning flight on Day 4).

(BL)

DAY 4 : Arrive UK

Today you arrive back in the UK early morning, or afternoon if on the day flight.

On some occasions, there are no night flights and if that's the case you will leave early this AM on a day flight and arrive back in the UK later this evening.

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TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS



"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.

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