

Discover Kenya

7-day Kenya adventure safari and biking holiday



'Discover Kenya' is an adventurous alternative to a traditional driven safari, offering you a chance to escape the beaten path and explore on foot, by bike and by 4x4 the best that Kenya has to offer. Designed for holiday fun and not as a challenge, the 7-day itinerary is suitable both for active travelers and for families with children aged 10 and over. The programme can also be adapted for families travelling with younger children.

Day 1: Mount Kenya foothills

You will be met on arrival in Nairobi and transferred to Mountain Rock Lodge, on the western slopes of Mt. Kenya, for one night.

Mountain Rock is a simple trekkers' lodge set in the foothills of Mt. Kenya. For more luxurious accommodation upgrades, contact our office.



If arriving into Nairobi this morning, we'll arrange for a short cycle ride this afternoon to help you get familiar with the bikes and terrain. You'll follow a mostly flat route through farmland and rainforest on the lower slopes of Mount Kenya, exploring the scenic forest trails at a leisurely pace. There will be chances to stop along the way at the Mau Mau Caves and the Gathiuru Forest station, before returning to Mountain Rock Lodge, where dinner will be waiting. **(L, D)**

Day 2: Ngare Ndare Forest (35km)

After an early breakfast at Mountain Rock Lodge, transfer by vehicle past the Equator line to Kisima (1 hour drive), the starting point for today's ride. Beginning in Kisima, you'll ride through varied environments and terrains – farmland (16kms), forested trails (10kms) and the savannah land of Borana conservancy (14kms) – stopping en route for a picnic lunch. The ride will be on off-road trails and conducted at a leisurely pace, with plenty of time to stop and admire the scenery and wildlife. The length of the route can be adjusted according to the strength of the group.



You camp tonight in the Ngare Ndare Forest, at a pre-set mobile tented camp. Ngare Ndare is a lush indigenous forest supporting a rich variety of bird and animal life. Elephant and buffalo are frequently seen here, as they make their way from the Wildlife Conservancies of Laikipia to the rich grazing lands around Mt. Kenya.

This evening you'll have a chance to explore the forest on an exciting canopy sundowner walk, before returning to the campsite for dinner. **(B, L, D)**



Day 3: Lewa Down Wildlife Conservancy to Nkubu (25km)

This morning will see you cycle through forest and open savannah, as you continue along the Ngare Ndare forest trail before turning off onto an off-road trail that takes you through the Lewa Down Wildlife Conservancy. At the end of a gripping 25km ride, you emerge into the farms around Meru.

After a picnic lunch, re-unite with your vehicle and driver for a driven transfer through the busy town of Meru and the Kikuyu Farmlands to Aberdares National Park. On arrival at the national park, check-in at Rhino Watch Lodge, in the lower Aberdares foothills.



The evening is free for you to relax at the camp and enjoy a delicious multi-course dinner before retreating to the comfort of your luxury tent. **(B, L, D)**

Day 4: Aberdares National Park

Over 4,000m at their highest point, the Aberdare Mountains loom between Mt Kenya and the Rift Valley. They offer beautiful high-altitude heath and moorland to explore, with similar vegetation to that found on the high plateaus of Mt Kenya and Kilimanjaro.

Spend the morning tracking game around the Tree Tops regions of the Aberdares, where elephant, lion and buffalo are often sighted, before driving to the dramatic waterfalls of Gura and Karuru for photo opportunities.

This region is also rich in history dating to the late-colonial era – you can explore cave hideouts used by the Mau-Mau fighters in the 1950s, including the cold room complexes used to store their food.



Late afternoon, depart the Aberdares through the western Mutubio park gate en route for the Maasai Mara. The afternoon's drive will take across the Aberdares eastern slopes and through the Rift Lakes area, passing Lakes Elementaita and Nakuru.



This evening you camp in an authentic Maasai camp outside the main Maasai Mara National Reserve, with dinner served around the campfire to Maasai stories and songs. **(B, L, D)**

Day 5: Maasai Lands

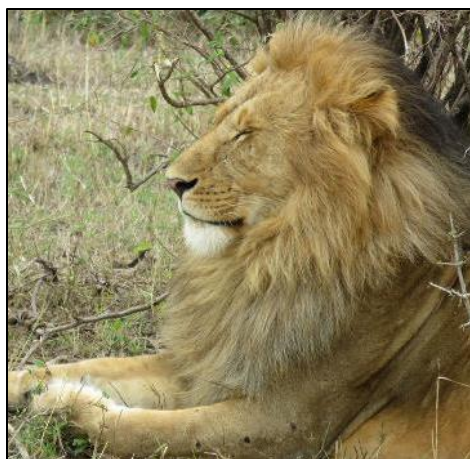
Today you'll have the chance to discover the Maasai way of life, as you explore the Loita Hills and Plains on foot (accompanied by Maasai askari) and by 4x4. You'll learn more about traditional Maasai blessing ceremonies and witness Maasai dance and spear training. Most importantly, you'll learn about Maasai life as it's lived today, in the 21st-century. No longer nomadic, most Maasai communities now live in permanent villages. Exploring one of these villages, you'll gain a better understanding of daily life in a Maasai community, visiting a market, school and a number of local community projects.



In the afternoon, proceed to the Maasai Mara for a late afternoon game drive, then overnight at Mara Springs Camp. This simple camp is situated 3km from the edge of the Maasai Mara reserve, alongside the forested banks of the Sekenani River – a prime game-viewing area in the region of the Naunare Hills. **(B, L, D)**

Day 6: Explore the Masai Mara

Embark on a full-day of game viewing in the Maasai Mara by 4x4.



Considered by many to be one of the foremost natural wonders of the world, the Maasai Mara is a land of breathtaking vistas and varied landscapes, from vast rolling plains, acacia woodlands, and dense thickets of scrub, to the riverine eco-system of the Mara River. Its savannah plains teem with endless herds of grazing game—and their respective predators. You will travel with an experienced guide in a sturdy vehicle ensuring that you have the best chance of seeing and understanding all that the park has to offer, then back to Mara Springs for dinner and overnight. **(B, L, D)**

Day 7: Journey back to Nairobi (B, L)

An early morning game drive in the Mara, before returning to camp for breakfast and then embarking on the 4-5 hour journey back to Nairobi. On arrival in Nairobi, head to Rock House for a home-cooked lunch before proceeding with your onward travel arrangements.

Price Guide:

*The cost of this itinerary is from **£2,190 per adult**, based on shared family accommodation and assuming a group size of 4, travelling in high season. Child rates start from **£1,885** for under 12s. For more information, or if you would like to enquire about a tailor-made holiday combining part or all of the above itinerary, please [contact us](#).*

Includes:

- Transport - 4WD Toyota Land cruisers, with roof hatches and guaranteed window seats
- Hotel/lodge/camp accommodation, all with beds and en-suite toilet/showers
- Qualified driver/wildlife guide
- All National Park entrance and other fees
- All food – breakfasts, packed lunches and evening meals
- Donations and payments to local community
- AMREF flying doctor insurance cover

Excludes:

- International flights
- Tips
- Alcoholic drinks, souvenirs, personal items
- Activities not detailed in the itinerary
- Travel and personal accident insurance
- Visa, passport, vaccinations, medicines

