Kenya Tri-Adventure

Expedition Information Pack

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Why Choose Earth's Edge

Our mission is to support you in exploring our incredible world and experiencing life-changing adventures in the safest way possible. We are passionate about protecting the planet and improving the lives of those we meet along the way.

- We are a **100% Irish-owned small business.** Our founder, James McManus, is passionate about climbing mountains, and his extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- Our **exceptional guides and leaders** are fully trained in wilderness first aid, and true experts in their region. They are passionate about sharing their first-hand knowledge of the local culture, history, and geography, while ensuring we consistently deliver unforgettable experiences.
- Many of our high-altitude treks are supported by a **dedicated expedition doctor**. This is a bedrock of our service and our safety standards, giving clients an additional level of medical support where it's needed most.
- We keep **group sizes small** to minimise our environmental impact and foster a strong group dynamic. Whether you're travelling solo or with friends or family, our small group sizes provide the perfect opportunity to bond over shared experiences and create lasting friendships.
- We run a **pre-departure training weekend** two months prior to each expedition. It includes a detailed expedition brief, two training hikes and expert advice from an experienced mountain guide. It's also a great opportunity to meet your fellow adventurers!
- We're here to **support you every step of the way.** Our friendly office team is available to answer any questions you have by phone, e-mail or video consultations. Each team member participates in an expedition every year, ensuring they can share up-to-date advice and insights drawn from their own first-hand experiences.

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- Booking an Earth's Edge expedition entitles you to a discount from our **equipment partners** at Great Outdoors to ensure that you get the best gear for your expedition.
- **Responsible travel** is at the core of what we do at Earth's Edge. As a certified B Corp company, we are committed to using our business as a force for good; to support our communities both locally and worldwide as well as creating more environmental awareness.

We have a number of **environmental programmes and community projects,** including;

- A yearly scholarship that gives porters the opportunity to become guides on Kilimanjaro.
- Our clients in Nepal help to remove waste from Sagarmatha National Park through the Carry Me Back Program.
- We collect clothing and gear donations for our amazing porters on Kilimanjaro.
- We are striving to increase the number of female staff across our expeditions.

To read more about our sustainability practises please visit our responsible travel page.

Description & Detailed Itinerary

Discover Kenya's wild beauty through a unique combination of hiking, cycling, and white-water rafting. Over **7 unforgettable days**, we cover nearly **200km across three activities**, fully supported by expert guides and a dedicated support team. The trip is designed to be challenging yet enjoyable and accessible. Whether you're an active beginner or a seasoned explorer, this trip delivers unforgettable memories without the stress.

The Kenya Tri Adventure expedition is an action-packed adventure. The adventure begins with **five days of trekking to Mt Kenya's Point Lenana (4,985m)**, followed by **two days of scenic cycling** through the countryside, and finishes with a **half-day of thrilling rafting on the Tana River**.

Along the way, we also enjoy **two wildlife safaris** (one evening and one morning) and **a night of camping inside a game reserve** - a chance to fall asleep under the stars with the sounds of Africa's wildlife all around us.

Every day brings a new experience, from snow-capped mountain peaks and dense forests to open plains teeming with wildlife. Kenya is a land of incredible diversity, and you'll get to explore it all while learning about local culture from our friendly Earth's Edge guides. As Kenyans say, *"You arrive as a visitor and leave as a friend."*

Kenya is famous for being home to **Africa's "Big Five"** (lion, elephant, rhino, leopard and buffalo), and you'll have plenty of opportunities to see them in their natural habitat. Beyond its iconic wildlife, Kenya also offers thrilling adventure sports, all of which you'll get to experience on this trip.

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Summit Point Lenana | 5 Days | 66 km | 4,985 m

Our five-day trek takes us to the summit of Point Lenana (4,985m), one of the trekking summits of Mount Kenya, Africa's second-highest mountain. The 66km route winds through bamboo and rainforest rich with wildlife, including elephants, buffalo, and monkeys, before climbing into spectacular alpine landscapes where we may spot the tiny rock hyrax, a close living relative of the elephant. Along the way, we'll experience dramatic valleys, mountain lakes and breathtaking views of Mount Kenya's rugged peaks, before making our final ascent in the early hours of the morning to reach Point Lenana for sunrise.

Cycle Through the Kenyan Countryside | 2 Days | 106 km

Spend two days cycling a total of 106 km on quiet dirt roads, with enjoyable downhill sections and some challenging climbs. Along the way, take in stunning views, pass through rural villages and experience the Kenyan countryside, with vehicle support available throughout.

Wildlife Safari & Conservation | 2 Game Drives | Overnight in the Reserve

Enjoy two unforgettable game drives, one in the evening and one the following morning, and spend a night camping inside Ol Pejeta Conservancy. Home to rhinos, elephants, lions, giraffes and other incredible wildlife, the reserve offers the chance to experience Kenya's wild side, including falling asleep to the sounds of animals around your camp. We'll also visit the Sweetwaters Chimpanzee Sanctuary, which provides a safe home for rescued chimpanzees.

White-Water Rafting on the Tana River | Half-Day | 16 km

The Tana River, Kenya’s longest at 1,000km, offers an exhilarating white-water rafting experience. We'll tackle a 16 km stretch of rapids, including the famous "Can of Worms", a series of four sharp bends in quick succession. Led by experienced rafting instructors, we'll navigate the river while enjoying views of lush fig and palm forests, with abundant birdlife and monkeys along the banks. It's the perfect adrenaline-filled finale to an incredible week of adventure!

Day 1: Arrive in Kenya, 3 hrs driving

Our adventure begins at Jomo Kenyatta International Airport (NBO) in Nairobi, where we'll be met by our expedition guide. We travel for approximately three hours to our beautiful riverside camp on the banks of the Tana River. Once everyone has settled into their cabins, we'll gather for an expedition briefing to learn more about the exciting journey ahead. Overnight river camp.

Day 2: Transfer to Chogoria, Trek to Chogoria Gate Camp, 5 hrs trekking

After breakfast, we drive to Chogoria, where we meet the local mountain team and porters who will support us throughout our Mount Kenya trek. We enter the forest at approximately 2,200 m and begin our ascent through lush vegetation, with opportunities to spot wildlife and signs of elephants and other forest animals along the way. After approximately five hours of trekking, we reach Chogoria Gate Camp, our home for the night. Following a well-earned dinner, we settle into our tents surrounded by the sounds of the forest. Overnight camp. Altitude 2,950 m.

Day 3: Trek Chogoria Gate Camp to Lake Ellis, 8 hrs trekking
After a hearty breakfast, we continue our ascent through beautiful forest and open grassy landscapes. Along the way, we take a short detour to enjoy views of dramatic valleys, waterfalls and the surrounding mountain scenery. On a clear day, we'll begin to catch glimpses of Mount Kenya's jagged peaks rising above the landscape. We reach our secluded campsite beside Lake Ellis in the early afternoon and relax for the evening. Overnight camp. Altitude 3,500 m.

Day 4: Trek Lake Ellis to Mintos Hut, 7 hrs trekking.
Today's trail takes us well off the beaten track. We circle Lake Ellis, cross over the valley and follow a ridge up the mountain for about 3 hours before rejoining the Chogoria trail at an altitude of about 4,100m. The views at lunch today are unforgettable: the Gorges Valley drops away on one side, while the Northern Moorlands stretch into the distance. We continue for a further hour to Mintos Hut at 4,200m, where we'll spend the night. If conditions allow, we can enjoy a short afternoon walk to the nearby "Temple", a dramatic cliff overlooking the valley. An early night is recommended ahead of tomorrow's summit day. Overnight camp. Altitude 4,200m.

Day 5: Summit Point Lenana (4,985 m, trek to Old Moses Camp, 14-16 hrs trekking.
Today is the toughest and most rewarding day of our expedition! We set off in the early hours of the morning in complete darkness, climbing steadily via Simba Col. As we steadily gain altitude, the anticipation builds before we reach the summit at 4,985m in time to watch the sunrise over the surrounding peaks - a magical reward for our efforts. After celebratory hugs and plenty of photos at the top, we begin our long descent. We head down via the same route as far as Simba Col and then turn left and follow a steep scree slope down to Shiptons Camp, where we enjoy some well-earned rest and a cooked breakfast. We then complete the final leg; a six hour descent to Old Moses Camp. It's a demanding day with many hours on our feet, but one that promises to be a highlight of the entire adventure. Overnight camp. Altitude 3,300m.

Day 6: Old Moses Camp to Ol Pejeta Game Reserve, 2 hrs trekking & 6 hrs biking.
Our final morning on Mount Kenya begins with a two-hour descent to Sirimoni Gate, where our bikes await. After a cycling safety briefing, we swap our hiking boots for helmets and set off through the beautiful Kenyan countryside towards Ol Pejeta Conservancy. The route is mostly downhill or flat, with spectacular views of Mount Kenya and the surrounding landscape. Arriving at our campsite inside the reserve in the afternoon, we prepare for our first wildlife safari. We'll head out on an evening game drive, with opportunities to spot elephants, rhinos, giraffes and perhaps even lions. Tonight is a particularly special experience as we camp within the conservancy, listening to the sounds of the African wilderness around us. Overnight camp.

Day 7: Ol Pejeta Conservancy to the Tana River, 6 hrs biking.
An early morning game drive kicks off the day, followed by a visit to a chimpanzee sanctuary, which provides a safe home for rescued chimpanzees. We then get back on our bikes for a 56km cycle along rough rural roads, with one or two longer climbs that will test our stamina. It's a stunning route with beautiful scenery, taking us through small villages where we'll be greeted

by friendly waves from the locals. After completing the cycling section, we transfer the remaining distance by vehicle back to the Tana River camp, where we can relax and celebrate our achievements. Overnight camp.

Day 8: Tana River, 4 hrs rafting.
After conquering Mount Kenya and completing our cycling adventure, it's time for our third challenge: white-water rafting! Following a comprehensive safety briefing from our experienced rafting instructors, we take to the Tana River. Our adventure begins with around 3km of gentler rapids, giving everyone a chance to practise their paddling skills and build confidence. We then progress to a more exciting 6km stretch of the river, before we drift for an hour, spotting the abundant birdlife along the banks and cooling off with a swim in the warm water. Along the way, we'll pass lush riverbanks filled with birdlife and beautiful tropical vegetation, before tackling the final 7km and some of the Tana River's most exhilarating rapids, including the famous "Can of Worms". The exact rafting route and rapids will depend on water levels and conditions on the day. After four to five exhilarating hours on the river, we return to camp where a full barbeque lunch awaits us. Tonight we'll celebrate everything we've achieved together over the past week! Overnight river camp.

Day 9: Tana River to Nairobi.
After a leisurely morning with optional bungee jumping for those feeling brave, we enjoy lunch before driving back to Nairobi. Arriving at the international airport, it's time to say farewell and depart after an unforgettable Kenyan adventure.

Expedition Costs:

You can find our detailed expedition pricing on our website.

- A **deposit** of EUR/USD/GBP 399 is taken at the time of booking to secure your spot.
- A **part payment** of EUR/USD/GBP 1,000 is due six months prior to departure.
- The **final balance** can be paid in instalments, but is due 90 days prior to departure.

Expedition Inclusions & Exclusions

What's Included:

- Pre-departure training weekend in Wicklow
- An Earth's Edge softshell jacket, buff and cap for you to keep
- A highly experienced local mountain guide
- Dedicated expedition doctor
- Full local support team including assistant guides, cooks and porters
- Group equipment, including tents, sleeping mats, and cooking equipment
- Bikes and helmets for the cycling sections
- Experienced rafting instructors and necessary rafting equipment

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- All accommodation based on twin sharing in cabins and tents
- All meals and drinking water for the duration of the itinerary
- A celebratory dinner at the end of the expedition
- All planned group transportation throughout the expedition
- National park and conservancy entry fees
- Two safari game drives in Ol Pejeta Conservancy
- Visit to Sweetwaters Chimpanzee Sanctuary
- Fully stocked expedition medical kit

What's Excluded:

- Flights
- Training weekend accommodation and food
- Personal travel insurance
- Medical vaccinations
- Personal equipment
- Tips
- Expenses of a personal nature such as laundry, phone calls, alcohol, and excess baggage charges
- Any costs arising out of unforeseen circumstances which affect the itinerary such as bad weather, road conditions, and any other circumstances beyond our control

Flights

We'll share recommended flight timings that line up with our complimentary group transfers in the lead up to your departure date. Please consult us before booking alternative flights to ensure you arrive in time for the expedition briefing on the first day. It is essential that you do not miss this.

Spending Money and Tipping

Spending Money

We recommend that you put aside **USD/EUR 300** in spending money for this trip, this includes the **recommended tip amount of USD/EUR 100 per person**. We suggest that you exchange a small amount of your spending money into the local currency, Kenyan Shilling, at the airport for purchasing small items like snacks at the river camp before/after your trek.

Tipping

Any gratuity is entirely at your discretion and based on your experience, level of satisfaction, and personal circumstances. If you are happy to tip, our suggestion is **€100 per person**, which you can give to your guide at the end of the trek. They will distribute the tip evenly among all of our Earth's Edge team in Kenya. We ask our clients not to tip any of the Earth's Edge team directly as it's important that all of the team get their fair share of the tips.

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Training Weekends

Before every expedition, we organise a training weekend where you'll have the chance to meet your fellow adventurers! Led by experienced guides, these weekends include a comprehensive expedition briefing, two training hikes, and invaluable advice covering everything from equipment to weather conditions. Not only are these events educational, but they're also enjoyable, set against the breathtaking backdrop of Glendalough, Co. Wicklow. Please note that food and accommodation for the weekends are not included.

Safety Standards

At Earth's Edge, your safety is our top priority. Each expedition is led by an experienced local mountain guide, supported by a qualified doctor with a keen interest in adventure travel and expedition medicine. Our expeditions are further supported by our dedicated team of guides and porters, all selected for their skills, experience, and excellent references.

Our teams are familiar with the locations of local medical facilities and hospitals in each destination. While our doctor carries a comprehensive medical kit, we ask all participants to bring a basic first aid kit as outlined in the equipment list. Always follow the guidance of your expedition leader to ensure a safe and enjoyable experience.

We recommend participants research local laws and customs before travelling to Kenya. Up-to-date travel advice is available on the DFA website.

On expeditions, the most common cause of illness is gastroenteritis (Delhi Belly), often caused by poor personal hygiene. The good news is that it is easily avoided by practising the following:

- Always **wash your hands** and apply **hand sanitiser** after going to the toilet and before touching food.
- Always **use drinking water** to brush your teeth and avoid ingesting water while showering or washing your face.
- Maintain a **healthy diet** and consider taking **multivitamins and probiotics** for one month before and during the expedition to help your body adjust to changes in your diet and keep you healthy throughout the expedition.
- **Drinking water** is provided by Earth's Edge on each day of the trek, this water is boiled and cooled. You may also wish to bring your own water treatment tablets. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add a concentrated flavour drink.

To read more about our safety standards please visit our safety page.

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Special Offers

- **Return Customer Offer** - If you have travelled with us before please visit our return customer page for details on what discount you are entitled to.
- **Refer a Friend Offer** - If you have a friend who wants to travel with us please visit our refer a friend page for details on our referral programme.
- **Couples Offer** - If you are booking with a friend or partner please visit our couples offer page for details on what discount you are entitled to.

Book Your Trip Consultation

You can now schedule a free trip consultation with a member of the Earth's Edge team! We're happy to talk you through the itinerary, preparation and training, equipment, and anything else you'd like to know. Book your consultation here.

Expedition FAQ

Do you have a question that wasn't answered in this information pack? If so, please visit our FAQ page for a full list of frequently asked questions. If you can't find your answer there please contact us.

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