

Kenya: History, Culture, & Environment

June 29 – July 19, 2009

Monday, June 29

Depart for Nairobi via Amsterdam.

Tuesday, June 30

Arrive in Nairobi in the evening. Transfer to the Boulevard Hotel in Nairobi.

<http://www.sentrim-hotels.com/boulevard.html>

Wednesday, July 1

Depart in the morning for Lake Naivasha (1.5 hours/90km). Afternoon game walk or drive in Hell's Gate National Park.

<http://www.kws.org/hells-gate.html>

Stay at the Elsamere Conservation Center.

http://www.elsatrust.org/kenya_safari_holidays/default2.asp

Thursday, July 2

Depart for Mt. Longonot National Park (20 min/20km).

<http://www.kws.org/mt-longonot.html>

<http://www.kilimanjaro.cc/EAM/Longonot.htm>

Hike the crater rim circuit (6 hours/11km).

Stay at the Elsamere Conservation Center.

Friday, July 3

Return in the morning to Nairobi (1.5 hours/90km).

Visit Karen Blixen Museum outside of Nairobi.

<http://www.museums.or.ke/content/blogcategory/13/19/>

Lecture by Godfrey Muriuki, Professor of History from the University of Nairobi, in the afternoon.

<http://www.ms.dk/sw41630.asp>

Dinner and discussion with Mary Mwiandi, Professor of History from the University of Nairobi.

Stay at Boulevard Hotel.

Saturday, July 4

Depart for Naro Moru (2.5 hours/160km).

Drive to Mt. Kenya National Park to begin 4-day hike.

<http://www.kws.org/mt-kenya.html>

http://www.ewpnet.com/eaimg/Mount_Kenya_general.htm

Hike from park gate to Met Station (3-4 hours/10km).

Stay in bunkhouses at Met Station.

Sunday, July 5

Hike from Met Station to Mackinder's Camp (5-6 hours/10km). Stay in bunkhouses at Mackinder's Camp.

Monday, July 6

Acclimatization/rest day at Mackinder's Camp.

Stay in bunkhouses at Mackinder's Camp.

Tuesday, July 7

Early morning start to summit Point Lenana by sunrise and hike back to Met Station (8-11 hours/18km).

Meet vehicles at Met Station and drive back to Naro Moru.

Return to Nairobi (2.5 hours/160km).

Stay at Boulevard Hotel.

Wednesday, July 8

Morning shopping at the market in Nairobi.

Discussion and dinner at the home of Justus Ndugu in the afternoon/evening. Stay at Boulevard Hotel.

Thursday, July 9

Drive to the Masai Mara National Reserve (6 hours/275km).

http://en.wikipedia.org/wiki/Masai_Mara

Late afternoon game drive.

Stay at camp in the Masai Mara.

Friday, July 10

Morning and afternoon game drives.

Stay at camp in the Masai Mara.

Saturday, July 11

Depart in the morning for the town of Narosura via the Loita Hills (5 hours/150km).

Traditional feast at the home of Simon Turasha.

Camp at Simon's home.

Sunday, July 12

Backpack with Maasai guides in the Loita Hills.

<http://www.kilimanjaro.cc/eam/ngurman.htm>

Camp overnight in the forest.

Monday, July 13

Continue backpack with Maasai guides.

Camp overnight in the forest.

Tuesday, July 14

Hike out of the forest to the Maasai village.

<http://en.wikipedia.org/wiki/Maasai>

Stay in the village in manyattas.

Wednesday, July 15

Spend day in village with Maasai people.

Stay in the village in manyattas.

Thursday, July 16

Hike back to the town of Narosura.

Camp at Simon's home.

Friday, July 17

Return to Nairobi (6 hours/225km).

Stay at Boulevard Hotel.

Saturday, July 18

Spend last day exploring Nairobi.

Closing banquet with group.

Depart late evening for USA

Sunday, July 19

Arrive back in USA