



Ngong Hills is a spectacular set of rolling Hills with the highest peak standing at 2,460 meters (8070 feet) above sea level. The stunning views are evident immediately you begin the trek. This series of hills are unmistakable with the windmills which are synonymous with Ngong hills.

Ngong hills was featured in the film 'Out of Africa', which was based on the book of the same name by Karen Blixen. Karen Blixen suggested the name "Ngong" came from the Maasai word for "knuckles" and indeed the row of hills do look like a set of knuckles.

The hike takes 4-6 hours to complete.

INTENSITY- Moderate
SUITABILITY- Average fitness.

### **Charges**

Citizens: Kshs 3,000/= Residents: Ksh 3,500/= Non-Residents: Ksh 4,000/=

www.activemotionkenya.co.ke



Mt. Longonot is amongest the top five hiking destinations in Kenya. Boosting of being a free standing mountain, its also endowed with major wildlife attractions including Buffaloes, Elands, Lions, leopards Bushbucks, Common Zebras, Giraffes and Grants Gazelles. This is a 5-6hr hike that strts with a slow gentle rise to the first peak. At the end of each section there is a rest point where you can prepare yourself

for the next part of your journey. At the summit we will trek around the crater rim towards the peak which falls almost halfway around the rim.

This will be our lunch break as we treat ourselves to the spectacular views of the Rift valley including Lake Naivasha, Mt Suswa, endless plains and the mysterious floor of the crater.

WWW.activemotionkenya.co.ke

#### **Charges**

Citizens: Kshs 3,000/= Residents: Kshs 4,500/= Non-Residents: \$60/=



This is the iconic bike adventure in the spectacular tea plantations of Limuru highlands. The ride takes you deep into the green fields giving you an upclose and intimate tea field experience.

The circuit is comprised of both road and offroad segments, amazing landscape stunning views and a thrilling adventure is what its all about. INTENSITY: Easy - Moderate

#### Charges

Kshs 2,000/=

NB: Bike and helmet available for hire at Kshs 1,500/=



Elephant Hill is one of the most favourite hiking destinations in the Aberdare Ranges. It is also the most preferred pre-hike for those planning to do higher mountains like Mt Kenya or Kilimanjaro.

This is a 6-7 hour moderately-tough hike, It stands at an altitude of 3500m asl. You will be hiking through pristine environment which gets better as you get higher. The view from the peak which falls at the cloud level is literally BREATHTAKING.

**INTENSITY:** Moderately Tough.

### **Charges**

Citizens: Ksh 3,500/= Residents: Ksh 5,000/= Non-Residents: 80 USD

#### Self-Drive options

Citizens: Ksh 2,500/= Residents: Ksh 4,000/= Non-Residents: 70 USD



Located in the land of the Maasai, Mt Suswa is an awesome spectacle standing at 2356M asl. It boosts of a double crater and lava tube caves in the northeast side of the mountain.

On this expedition we shall be trekking around the higher outer crater which endows the hiker with the best views of the mountain and the vast and endless maasai land.

After the hike we will head to the caves which are a major attraction in Mt Suswa.

Unlike most limestone caves, this caves are formed from lava tube and are characterized by stalactites and stalagmites creating spectacular rugged formations on the caves.

Lots of adventure in one day!

### **Charges**

Citizens: Kshs 3,800/= Residents: Ksh 4,500/= Non-Residents: Ksh

6,000/=



An awesome day to spend time with your furry friends sorrounded by nature and other dog owners and lovers

Hiking with dogs is a nice way to treat your dog and yourself.

Your dog will also enjoy the fun of a group event in the company of other dogs.

This event is great for exchanging notes with other dog owners.

Above all its a beautiful scene when you combine nature with dogs and hiking.

This Event will be held at Uplands Forest.

20% of the event charge will go to Kenya Society for the Protection & Care of Animals.

NB: This event is open to Dog lovers and you do not necessarily need to have a dog to attend.

### **Charges**

Kshs: 2,000/= (Self-drive)

www.activemotionkenya.co.ke



The Aberdare ranges boasts of the most scenic and vast hiking destinations in Kenya. Rurimeria is the 3rd highest peak in the aberdare standing at 3860mtrs asl.

It's worth taking a look back every now and then and savor the panoramic views that opens as you climb high. Watching with an open mouth is allowed. Though a treacherous hike the views, the beauty, the mystic nature of this gem is worth every effort and struggle

#### **Charges**

Citizens: Kshs 4,000/= Residents: Ksh 5,000/= Non-Residents: 85\$



KARI (KENYA AGRICULTURAL RESEARCH INSTITUTE) Is Set In A cool and natural environment offering the perfect grounds for cycling.

We have an easy circuit of 20KM and a longer one of 30KM comprised of single dirt tracks and a bit of tarmac section.

The ride ends with a tantalizing buffet lunch at the KARLO retreat center Bike & Helmet For

#### **Charges**

Adults: Kshs 4,500/= Children: Kshs 3,500/=

Hire @ KSH 1,500/=

**INTENSITY- Easy to Moderate** 



The waterfalls adventure is one the best forest adventure for those who prefer hiking in cool and lush green forests.

This is a 7-8hrs hike for the most adventurous hikers. It starts from the foot of the escarpment rising steeply through a thick forest vegetation. The hiking route follows Kijabe river line with a series of five stunning waterfalls. Our mission will be to reach the furthest and also the highest waterfall.

The last segment of the adventure will be a walk through the dark tunnel, an underground water tunnel that will test your boldness as you try to reach the other end.

**INTENSITY:** High

#### **Charges**

Citizens: Kshs 3,500/= Residents: Ksh 4,500/= Non-Residents: 5,000/=



Bird watching tour is a new event we have created for bird lovers, nature enthusiasts and avian photographers.

You will be able to explore the diversity of birds in a variety of eco systems and different birds habitat. We have lined up an amazing circuit where you will be able to view birds in swamps, forest, fresh water lake and alkaline Lake. This is a family friendly event which will include short walks that do not require significant physical fitness. This is a perfect way to learn, explore, exchange notes and interact with like minds.

#### **Charges**

Citizens: Kshs 3,500/= Residents: Kshs 5,000/= Non-Residents: Kshs 5,500/=



Kereita Forest is located on the southern-most part of the Aberdares.

It is an easy forest walk that rewards nature lovers with beautiful sceneries.

The forest is characterized by majestic mammoth trees, giant ferns,

bamboo section and thick vegetation.

The highlight of this tour is the beautiful waterfall and an adjacent cave that houses a small bat population.

Another major attraction is the Elephant pool where Elephants love to frolic. This trip is suitable for beginer hikers, family and people who want to interact closely with nature.

#### **Charges**

Citizens: Kshs 3,000/= Residents: Ksh 4,000/= Non-Residents: 5,000/=



Nairobi national park is the only park where wild animals roam free with the backdrop of Nairobi skyscrapers.

The park hosts a variety of animals including, lions, zebras, giraffes, buffaloes. The park also boasts of a variety of birds.

The park is marked by bush and acacia.

Our experienced driver will take you where all the action is happening. You will be amazed by what the park can offer.

### Charges

Citizens: Kshs 5,000/= Residents: Ksh 5,000/= Non-Residents: \$100



Situated in Thika which is 42kilometers, Northeast of Nairobi, its definitely easy to access even with time constraints. This beautiful mountain is an easy family friendly hiking experience.

It is open to all levels of hikers and is perfect, for those who would want to start their hiking journey or just to give it a try.

### **Charges**

Citizens: Kshs 3,000/= Residents:Kshs 4,500/= Non-Residents: 70\$



KARI (KENYA AGRICULTURAL RESEARCH INSTITUTE) Is Set In A cool and natural environment offering the perfect grounds for cycling. We have an easy circuit of 20KM and a longer one of 30KM comprised of

single dirt tracks and a bit of tarmac section.

The ride ends with a tantalizing buffet lunch at the KARLO retreat center

#### **Charges**

Adults: Kshs 4,500/= Children: Kshs 3,500/=

Bike & Helmet For Hire @ KSH 1,500/=

**INTENSITY- Easy to Moderate** 



This is a semi arid paradise filled with wildlife like grazing zebra herds, troops of olive baboons, herds of leaping impala.

Hiking up sleeping warrior which towers over lake Elementaita allows you to appreciate the scenic African landscape, curved by the rift valley and dotted with wildlife

INTENSITY- Moderate.
SUITABILITY- Average fitness.

#### **Charges**

Citizens: Kshs 3,500/= Residents:Kshs 5,000/= Non-Residents: 60\$



Looking for a day ride adventure, loaded with varied sceneries and landscapes? then here you are...

The backroads adventure is an amazing tour that was created to offer a proper feel of the country where we experience life and people in their natural settings.

The tour offers a unique cycling experience characterized by mixed sceneries.

You will be riding through villages,old shopping centres, farmlands forest and tea plantations. Call it a cocktail of adventure.

Book a slot and experience this amazing tour

### **Charges**

Kshs 2,000/= (With own bike)

Bike & Helmet For Hire @ KSH 1,500/=



Nothing prepares you for the beauty that you find at Mt. Kipipiri. The scenery is magnificent and out of this world.

Hiking at Mt Kipipiri starts at Geta Forest Station on the Southern end of the mountain. The complete hike takes 8-9 hours to Miharati which is on the Northern end of the mountain from 2500M above sea level at Geta to 3345 M above sea level at it's summit, then back down to 2430M above sea level.

It is mostly a gentle climb through forest trails to the summit with a short steep descend beyond. It is generally an easy but long hike.

#### **Charges**

Citizens: Kshs 3,000/= Residents:Kshs 3,600/= Non-Residents:Ksh 4,000/=

**INTENSITY- Challenging.** 



Prepare for a truly unforgettable hiking tour; phenomenal landscape, the mirage of the Maasai walking at a distance in the horizon, breathtaking hot springs, the natural spa that has healing powers, wide array of wildlife, huge display of bird species.

A swim to cool yourself while experiencing the ambiance of lake Magadi & just a tone of FUN with some great friends. Welcome to Lake Magadi!

### **Charges**

Citizens: Kshs 4,000/= Residents:Kshs 4,500/= Non-Residents:Ksh 5,000/=



Mt Longonot is amongst the top five hiking destinations in Kenya. Boosting of being a free standing mountain, it's also endowed with major wildlife attractions including buffaloes, elands, lions, leopards, bushbucks, common zebras, giraffes and Grant's gazelles.

This is a 5-6hr hike that starts with a slow gentle rise to the first peak. At the end of each section there is a rest point where you can prepare yourself for the next part of your journey. At the summit we will trek around the crater rim towards the peak which falls almost halfway around the rim. This will be our lunch break as we treat ourselves to the spectacular view of the Rift Valley including Lake Naivasha, Mt Suswa, endless plains and the mysterious floor of the crater.

### **Charges**

Citizens: Kshs 3,000/= Residents: Kshs 4,500/= Non-Residents: \$60/=



Prepare yourself for a one of a kind adventure, as we cruise and explore trails through endless hectares of rice paddies dotted with different bird species, beautiful rivers. Learn all things RICE from rice farmers in Mwea while riding in one of the most scenic landscapes in Kenya.

On this 25km educational tour you will get to learn the whole process of rice farming from land preparation, planting, weed and pest control, the different stages of growth, harvesting to the milling of rice. And what better way to end the ride than with a rice delicacy.

Cycling has never been this awesome!!!

### **Charges**

Kshs 6,000/= (With Own Bike)

Bike & Helmet For Hire @ KSH 1,500/=



Eburru forest is an extension of the Mau complex located on the northwest of L.Naivasha. It covers 87sqkms of prime indigenous forests nestled within the folds of Mt Eburru which has the highest peak Ol Doinyo Eburu standing at 2856 mtrs asl.

The forest has a wide attraction of both flora and fauna with a very rich diversity of rare birds. Also to be found are natural saunas.

#### **Charges**

Citizens: Kshs 3,500/= Residents:Kshs 5,000/= Non-Residents: 6,000/=

**INTENSITY- Moderate to Tough** 



Gear up for the ultimate thriller as you fly over the green canopy of Kereita forest. This is East-Africa's longest zip line tour, offering over 2.4km of flight across the lush Kereita forest.

Scream to the top of your voice if you wish as you gravitate across the valley at heart racing speeds of up to 60 KM per hour.

If you are looking for a thrilling activity with guaranteed shots of adrenaline rush, this is the spot.

And as if this is not enough, a guided nature walk through the pristine forest to the waterfalls which is part of the aberdare forest will wrap the whole adventure

#### **Charges**

Citizens: Kshs 4,200/=

Residents: \$45

Non-Residents: \$50



Kereita Forest is located on the southern-most part of the Aberdares.

- It is an easy forest walk that rewards nature lovers with beautiful sceneries.
- The forest is characterized by majestic mammoth trees, giant ferns, bamboo section and thick vegetation.
- The highlight of this tour is the beautiful waterfall and an adjacent cave that houses a small bat population.
- Another major attraction is the Elephant pool where Elephants love to frolic. This trip is suitable for beginer hikers, family and people who want to interact closely with nature.

### **Charges**

Citizens: Kshs 3,000/= Residents: Ksh 4,000/= Non-Residents: 5,000/=



From Nairobi's CBD, put your gloves on for a 95kms on tarmac to Naivasha lakeside town. This is a great way to test your endurance as you enjoy an unforgettable tour of a lifetime.

The route is amazing and gets better as you move away from the city. The unimpeded views of the rift valley, the cool fresh air, great company makes this ride an incredible experience.

The tour ends at the shores of Lake Naivasha.

### **Charges**

Kshs 3,000/= (With own bike)

Bike & Helmet For Hire @ KSH 1,500/=



Elephant Hill is one of the most favourite hiking destinations in the Aberdare Ranges. It is also the most preferred pre-hike for those planning to do higher mountains like Mt Kenya or Kilimanjaro.

This is a 6-7 hour moderately-tough hike, It stands at an altitude of 3500m asl. You will be hiking through pristine environment which gets better as you get higher. The view from the peak which falls at the cloud level is literally BREATHTAKING.

**INTENSITY**: Moderately Tough.

### **Charges**

Citizens: Ksh 3,500/= Residents: Ksh 5,000/= Non-Residents: 80 USD

#### Self-Drive options

Citizens: Ksh 2,500/= Residents: Ksh 4,000/= Non-Residents: 70 USD



White water rafting is one of the best adventures you can experience without prior experience. This is a full engaging adrenaline charged activity that will exhilarate you to the maximum as we steer the raft along the furious river. You don't want to miss this action.

Charges Ksh 7,500/=



The waterfalls adventure is one the best forest adventure for those who prefer hiking in cool and lush green forests.

This is a 7-8hrs hike for the most adventurous hikers. It starts from the foot of the escarpment rising steeply through a thick forest vegetation. The hiking route follows Kijabe river line with a series of five stunning waterfalls. Our mission will be to reach the furthest and also the highest waterfall.

The last segment of the adventure will be a walk through the dark tunnel, an underground water tunnel that will test your boldness as you try to reach the other end.

#### **Charges**

Citizens: Kshs 3,500/= Residents: Ksh 4,500/= Non-Residents: 5,000/=



This is a two day hiking and camping adventure in the spectacular Chyulu Hills. A perfect spot to get away from the hustles and bustles of city life. You get a chance to reconnect with nature and your inner self. Among the activities in our itinerary include a game drive, hiking the numerous Hills, exploring the caves that are said to be the deepest known lava tubes caves, bonfire moment under the billions star lit sky. You cant afford to miss this

#### **Charges**

Citizens: Kshs 14,000/= Residents: Ksh 15,000/= Non-Residents: \$170



This is the iconic bike adventure in the spectacular tea plantations of Limuru highlands. The ride takes you deep into the green fields giving you an upclose and intimate tea field experience.

The circuit is comprised of both road and offroad segments, amazing landscape stunning views and a thrilling adventure is what its all about. INTENSITY: Easy - Moderate

Charges Kshs 2,000/=

Bike & Helmet For Hire @ KSH 1,500/=



Nairobi national park is the only park where wild animals roam free with the backdrop of Nairobi skyscrapers.

The park hosts a variety of animals including, lions, zebras, giraffes, buffaloes. The park also boasts of a variety of birds.

The park is marked by bush and acacia.

Our experienced driver will take you where all the action is happening. You will be amazed by what the park can offer.

### **Charges**

Citizens: Kshs 5,000/= Residents: Ksh 5,000/= Non-Residents: \$100



The Ragia circuit starts at Sasumua Dam through Chanias camp gate. It then proceeds deep into the Bamboo forest following elephant trails and makes a sharp ascent before heading down to Sasumua river, home to a magnificient waterfall called No 18.

From the waterfall the trail leads to an easy terrain before another sharp descent that leads to a cascading waterfalland famous Mau Mau caves where Mau Mau field marshall Dedan Kimathi & general Chaina used to hide. We then walk back to the start on a scenic forest trail.

**INTENSITY:** Moderate.

### **Charges**

Citizens: Kshs 3,000/= Residents: Ksh 4,000/= Non-Residents: Ksh 4,000/=



An awesome day to spend time with your furry friends sorrounded by nature and other dog owners and lovers

Hiking with dogs is a nice way to treat your dog and yourself.

Your dog will also enjoy the fun of a group event in the company of other dogs.

This event is great for exchanging notes with other dog owners.

Above all its a beautiful scene when you combine nature with dogs and hiking.

This Event will be held at Uplands Forest.

20% of the event charge will go to Kenya Society for the Protection & Care of Animals.

NB: This event is open to Dog lovers and you do not necessarily need to have a dog to attend.

### **Charges**

Kshs: 2,000/= (Self-drive)



Located in the land of the Maasai, Mt Suswa is an awesome spectacle standing at 2356M asl. It boosts of a double crater and lava tube caves in the northeast side of the mountain.

On this expedition we shall be trekking around the higher outer crater which endows the hiker with the best views of the mountain and the vast and endless maasai land.

After the hike we will head to the caves which are a major attraction in Mt Suswa. Unlike most limestone caves, this caves are formed from lava tube and are characterized by stalactites and stalagmites creating spectacular rugged formations on the caves. Lots of adventure in one day!

#### **INTENSITY: Moderately to Challenging**

### **Charges**

Citizens: Kshs 3,800/= Residents: Ksh 4,500/= Non-Residents: Ksh 6,000/=



The green tea plantations of Limuru Highlands boasts of the best and most scenic cycling routes. The smooth tarmac coupled by the endless tea and coffee plantation on either sides of the road makes it an incredible cycling paradise.

This is a pure road ride with an option of 30 or 50km circuit. There is very little traffic on this route and the air fresh and clean.

### **Charges**

Kshs 2,000/=

Bike & Helmet For Hire @ KSH 1,500/=



The art tour is a special event for the art lovers. We visit various art galleries and studios to sample the works of the local artist.

This tour will enable you to sample contemporary art by the most talented souls. Some of the galleries we will be visiting include, Red Hill art gallery, Banana Hill gallery and the studios of craft artists just to name a few.

### **Charges**

Kshs 6,000/=



About The Trip
Mt Kenya is the ultimate hiking and climbing destination in Kenya. Of the three main hiking routes, Chogoria route is arguably the most scenic and spectacular ascent route to Mt Kenya.

This two day adventure will take you through the most scenic attractions including the magnificent Lake Ellis, Nithi river, gorges valley, Nithi falls. For those who do not plan to summit the high peaks, this is your chance to tour and explore this magnificent spectacle

#### **Charges**

Citizens: Kshs 15,000/=

Residents: \$180

Non-Residents:\$200



Ngong Hills is a spectacular set of rolling Hills with the highest peak standing at 2,460 meters (8070 feet) above sea level. The stunning views are evident immediately you begin the trek. This series of hills are unmistakable with the windmills which are synonymous with Ngong hills.

Ngong hills was featured in the film 'Out of Africa', which was based on the book of the same name by Karen Blixen. Karen Blixen suggested the name "Ngong" came from the Maasai word for "knuckles" and indeed the row of hills do look like a set of knuckles.

The hike takes 4-6 hours to complete.

INTENSITY- Moderate
SUITABILITY- Average fitness.

**Charges** 

Citizens: Kshs 3,000/= Residents: Ksh 3,500/= Non-Residents: Ksh

4,000/=

www.activemotionkenya.co.ke



The most fascinating road tour awaits you on this epic adventure to the major town of the Maasai. This is a 90km road ride that starts from Mai Mahiu town to Narok town. A pure cycling bliss that turns miles into smiles.

You will be traversing the great Rift Valley savouring the panoramic views with with the cool breeze blowing over your face. On the saddle, you will have a spectacular view of Mt Longonot standing magnificently on the right against Mt Suswa on the far left not forgetting the vast plains and numerous Hills.

Maasai herdsmen adorn the sides of the highway with their big herds of cattle and goats. For those who may not do the full course, a Chase car will be trailing to pick you when you reach your threshold. A great way to spend your day as you test your level of cycling endurance.

#### **Charges**

Kshs 5,000/= (With own bike)

Bike & Helmet For Hire @ KSH 1,500/=



Bird watching tour is a new event we have created for bird lovers, nature enthusiasts and avian photographers.

You will be able to explore the diversity of birds in a variety of eco systems and different birds habitat. We have lined up an amazing circuit where you will be able to view birds in swamps, forest, fresh water lake and alkaline Lake. This is a family friendly event which will include short walks that do not require significant physical fitness. This is a perfect way to learn, explore, exchange notes and interact with like minds.

#### **Charges**

Citizens: Kshs 3,500/= Residents: Kshs 5,000/= Non-Residents: Kshs 5,500/=



Looking for a day ride adventure, loaded with varied sceneries and landscapes? then here you are...

The backroads adventure is an amazing tour that was created to offer a proper feel of the country where we experience life and people in their natural settings. The tour offers a unique cycling experience characterized by mixed sceneries.

You will be riding through villages,old shopping centres,farmlands forest and tea plantations. Call it a cocktail of adventure.

Book a slot and experience this amazing tour

#### **Charges**

Kshs 2,000/= (With own bike)

Bike & Helmet For Hire @ KSH 1,500/=



Prepare for a truly unforgettable hiking tour; phenomenal landscape, the mirage of the Maasai walking at a distance in the horizon, breathtaking hot springs, the natural spa that has healing powers, wide array of wildlife, huge display of bird species.

A swim to cool yourself while experiencing the ambiance of lake Magadi & just a tone of FUN with some great friends. Welcome to Lake Magadi!

#### **Charges**

Citizens: Kshs 4,000/= Residents:Kshs 4,500/= Non-Residents:Ksh 5,000/=

# **ABERDARES WATERFALLS**

20Th MAY 2023



Kereita Forest is located on the southern-most part of the Aberdares.

- It is an easy forest walk that rewards nature lovers with beautiful sceneries.
- The forest is characterized by majestic mammoth trees, giant ferns, bamboo section and thick vegetation.
- The highlight of this tour is the beautiful waterfall and an adjacent cave that houses a small bat population.
- Another major attraction is the Elephant pool where Elephants love to frolic. This trip is suitable for beginer hikers, family and people who want to interact closely with nature.

#### **Charges**

Citizens: Kshs 3,000/= Residents: Ksh 4,000/= Non-Residents: 5,000/=



Situated in Thika which is 42kilometers, Northeast of Nairobi, its definitely easy to access even with time constraints. This beautiful mountain is an easy family friendly hiking experience.

It is open to all levels of hikers and is perfect, for those who would want to start their hiking journey or just to give it a try.

#### **Charges**

Citizens: Kshs 3,000/= Residents:Kshs 4,500/= Non-Residents: 70\$



The waterfalls adventure is one the best forest adventure for those who prefer hiking in cool and lush green forests.

This is a 7-8hrs hike for the most adventurous hikers. It starts from the foot of the escarpment rising steeply through a thick forest vegetation. The hiking route follows Kijabe river line with a series of five stunning waterfalls. Our mission will be to reach the furthest and also the highest waterfall.

The last segment of the adventure will be a walk through the dark tunnel, an underground water tunnel that will test your boldness as you try to reach the other end.

#### **Charges**

Citizens: Kshs 3,500/= Residents: Ksh 4,500/= Non-Residents: 5,000/=



Nairobi national park is the only park where wild animals roam free with the backdrop of Nairobi skyscrapers.

The park hosts a variety of animals including, lions, zebras, giraffes, buffaloes. The park also boasts of a variety of birds.

The park is marked by bush and acacia.

Our experienced driver will take you where all the action is happening. You will be amazed by what the park can offer.

#### **Charges**

Citizens: Kshs 5,000/= Residents: Ksh 5,000/= Non-Residents: \$100



Located in the land of the Maasai, Mt Suswa is an awesome spectacle standing at 2356M asl. It boosts of a double crater and lava tube caves in the northeast side of the mountain.

On this expedition we shall be trekking around the higher outer crater which endows the hiker with the best views of the mountain and the vast and endless maasai land.

After the hike we will head to the caves which are a major attraction in Mt Suswa.

Unlike most limestone caves, this caves are formed from lava tube and are characterized by stalactites and stalagmites creating spectacular rugged formations on the caves.

Lots of adventure in one day!

#### **Charges**

Citizens: Kshs 3,800/= Residents: Ksh 4,500/= Non-Residents: Ksh

6,000/=



Prepare yourself for a one of a kind adventure, as we cruise and explore trails through endless hectares of rice paddies dotted with different bird species, beautiful rivers. Learn all things RICE from rice farmers in Mwea while riding in one of the most scenic landscapes in Kenya.

On this 25km educational tour you will get to learn the whole process of rice farming from land preparation, planting, weed and pest control, the different stages of growth, harvesting to the milling of rice. And what better way to end the ride than with a rice delicacy.

Cycling has never been this awesome!!!

#### **Charges**

Kshs 6,000/= (With Own Bike)

Bike & Helmet For Hire @ KSH 1,500/=



Elephant Hill is one of the most favourite hiking destinations in the Aberdare Ranges. It is also the most preferred pre-hike for those planning to do higher mountains like Mt Kenya or Kilimanjaro.

This is a 6-7 hour moderately-tough hike, It stands at an altitude of 3500m asl. You will be hiking through pristine environment which gets better as you get higher. The view from the peak which falls at the cloud level is literally BREATHTAKING.

**INTENSITY:** Moderately Tough.

#### **Charges**

Citizens: Ksh 3,500/= Residents: Ksh 5,000/= Non-Residents: 80 USD

#### Self-Drive options

Citizens: Ksh 2,500/= Residents: Ksh 4,000/= Non-Residents: 70 USD



The green tea plantations of Limuru Highlands boasts of the best and most scenic cycling routes. The smooth tarmac coupled by the endless tea and coffee plantation on either sides of the road makes it an incredible cycling paradise.

This is a pure road ride with an option of 30 or 50km circuit. There is very little traffic on this route and the air fresh and clean.

#### **Charges**

Kshs 2,000/= (With Own Bike)

Bike & Helmet For Hire @ Ksh 1,500/=



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The hike takes 4-6 hours to complete.

INTENSITY- Moderate
SUITABILITY- Average fitness.

#### **Charges**

Citizens: Kshs 3,000/= Residents: Ksh 3,500/= Non-Residents: Ksh

4,000/=

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You will be riding through villages,old shopping centres,farmlands forest and tea plantations. Call it a cocktail of adventure.

Book a slot and experience this amazing tour

#### **Charges**

Kshs 2,000/= (With own bike)

Bike & Helmet For Hire @ KSH 1,500/=



The Ragia circuit starts at Sasumua Dam through Chanias camp gate. It then proceeds deep into the Bamboo forest following elephant trails and makes a sharp ascent before heading down to Sasumua river, home to a magnificient waterfall called No 18.

From the waterfall the trail leads to an easy terrain before another sharp descent that leads to a cascading waterfalland famous Mau Mau caves where Mau Mau field marshall Dedan Kimathi & general Chaina used to hide. We then walk back to the start on a scenic forest trail.

**INTENSITY:** Moderate.

#### **Charges**

Citizens: Kshs 3,000/= Residents: Ksh 4,000/= Non-Residents: Ksh 4,000/=



An awesome day to spend time with your furry friends sorrounded by nature and other dog owners and lovers

Hiking with dogs is a nice way to treat your dog and yourself.

Your dog will also enjoy the fun of a group event in the company of other dogs.

This event is great for exchanging notes with other dog owners.

Above all its a beautiful scene when you combine nature with dogs and hiking.

This Event will be held at Uplands Forest.

20% of the event charge will go to Kenya Society for the Protection & Care of Animals.

NB: This event is open to Dog lovers and you do not necessarily need to have a dog to attend.

#### **Charges**

Kshs: 2,000/= (Self-drive)



This is the iconic bike adventure in the spectacular tea plantations of Limuru highlands. The ride takes you deep into the green fields giving you an upclose and intimate tea field experience.

The circuit is comprised of both road and offroad segments, amazing landscape stunning views and a thrilling adventure is what its all about. INTENSITY: Easy - Moderate

#### **Charges**

Kshs 2,000/= (With own bike)

Bike & Helmet For Hire @ KSH 1,500/=



Prepare for a truly unforgettable hiking tour; phenomenal landscape, the mirage of the Maasai walking at a distance in the horizon, breathtaking hot springs, the natural spa that has healing powers, wide array of wildlife, huge display of bird species.

A swim to cool yourself while experiencing the ambiance of lake Magadi & just a tone of FUN with some great friends. Welcome to Lake Magadi!

#### **Charges**

Citizens: Kshs 4,000/= Residents:Kshs 4,500/= Non-Residents:Ksh 5,000/=



Nothing prepares you for the beauty that you find at Mt. Kipipiri. The scenery is magnificent and out of this world.

Hiking at Mt Kipipiri starts at Geta Forest Station on the Southern end of the mountain. The complete hike takes 8-9 hours to Miharati which is on the Northern end of the mountain from 2500M above sea level at Geta to 3345 M above sea level at it's summit, then back down to 2430M above sea level.

It is mostly a gentle climb through forest trails to the summit with a short steep descend beyond. It is generally an easy but long hike.

#### **Charges**

Citizens: Kshs 3,000/= Residents:Kshs 3,600/= Non-Residents:Ksh 4,000/=

**INTENSITY- Challenging.** 



Bird watching tour is a new event we have created for bird lovers, nature enthusiasts and avian photographers.

You will be able to explore the diversity of birds in a variety of eco systems and different birds habitat. We have lined up an amazing circuit where you will be able to view birds in swamps, forest, fresh water lake and alkaline Lake. This is a family friendly event which will include short walks that do not require significant physical fitness. This is a perfect way to learn, explore, exchange notes and interact with like minds.

#### **Charges**

Citizens: Kshs 3,500/= Residents: Kshs 5,000/= Non-Residents: Kshs 5,500/=



Eburru forest is an extension of the Mau complex located on the northwest of L.Naivasha. It covers 87sqkms of prime indigenous forests nestled within the folds of Mt Eburru which has the highest peak Ol Doinyo Eburu standing at 2856 mtrs asl.

The forest has a wide attraction of both flora and fauna with a very rich diversity of rare birds. Also to be found are natural saunas.

#### **Charges**

Citizens: Kshs 3,500/= Residents:Kshs 5,000/= Non-Residents: 6,000/=

**INTENSITY- Moderate to Tough** 

www.activemotionkenya.co.ke



The green tea plantations of Limuru Highlands boasts of the best and most scenic cycling routes. The smooth tarmac coupled by the endless tea and coffee plantation on either sides of the road makes it an incredible cycling paradise.

This is a pure road ride with an option of 30 or 50km circuit. There is very little traffic on this route and the air fresh and clean.

#### **Charges**

Kshs 2,000/= (With Own Bike)

Bike & Helmet For Hire @ Ksh 1,500/=



Join us for the most scenic adventure to the highest point in the Aberdare Ranges. Mt Satima is a prime hiking destination and always present in the bucket list of most adventurers.

The adventure starts with a drive to the starting point of the hike which offers a chance to view an array of wildlife including elephants, buffaloes, waterbucks, baboons, bushbucks, eland, the elusive serval cats just to name a few. (spotting not guaranteed)

The hiking section is characterized by a craggy blugg of rock and tussock grass curled by the wind. The views of the hilly horizons from the summit is priceless.

#### **Charges**

Citizens: Kshs 4,200/= Residents:Kshs 5,000/= Non-Residents: 80\$



This is a road ride in the Aberdares. This ride begins in Nduyu Njeru and ends in Njambini, here we get to ride with the majestic aberdare rang towering over us and offering a picture perfect back drop.

We get to experience the country side on the saddle as we enjoy the mountain air.

## Charges

Kshs 3,600/=

Bike & Helmet For Hire @ Ksh 1,500/=



Looking for a day ride adventure, loaded with varied sceneries and landscapes? then here you are...

The backroads adventure is an amazing tour that was created to offer a proper feel of the country where we experience life and people in their natural settings. The tour offers a unique cycling experience characterized by mixed sceneries.

You will be riding through villages,old shopping centres,farmlands forest and tea plantations. Call it a cocktail of adventure.

Book a slot and experience this amazing tour

#### **Charges**

Kshs 2,000/= (With own bike)

Bike & Helmet For Hire @ Ksh 1,500/=



This is an epic tour in the mighty Aberdare. This trip involves a Game drive where we get to sample the rich wildlife of the Aberdares including Cape Buffalo, Elephants, Serval cats, Impala, Elands, waterbuck, both spotted and stripped hyena.

A rich array of bird life including over 20 species of raptors. And the elusive black leopard can only be found here in Kenya. We will also be experiencing three mighty waterfalls including Karuru waterfall which is the highest waterfall in Kenya. It plunges 273 meters from the view point. You dont want to miss this.

#### <u>Charges</u>

Citizens: Kshs 4,500/= Residents:Kshs 5,000/= Non-Residents: 80\$



The most fascinating road tour awaits you on this epic adventure to the major town of the Maasai. This is a 90km road ride that starts from Mai Mahiu town to Narok town. A pure cycling bliss that turns miles into smiles.

You will be traversing the great Rift Valley savouring the panoramic views with with the cool breeze blowing over your face. On the saddle, you will have a spectacular view of Mt Longonot standing magnificently on the right against Mt Suswa on the far left not forgetting the vast plains and numerous Hills.

Maasai herdsmen adorn the sides of the highway with their big herds of cattle and goats. For those who may not do the full course, a Chase car will be trailing to pick you when you reach your threshold. A great way to spend your day as you test your level of cycling endurance.

#### **Charges**

KSH 5,000/= (With own bike)

Bike & Helmet For Hire @ Ksh 1,500/=



Ngong Hills is a spectacular set of rolling Hills with the highest peak standing at 2,460 meters (8070 feet) above sea level. The stunning views are evident immediately you begin the trek. This series of hills are unmistakable with the windmills which are synonymous with Ngong hills.

Ngong hills was featured in the film 'Out of Africa', which was based on the book of the same name by Karen Blixen. Karen Blixen suggested the name "Ngong" came from the Maasai word for "knuckles" and indeed the row of hills do look like a set of knuckles.

The hike takes 4-6 hours to complete.

INTENSITY- Moderate
SUITABILITY- Average fitness.

**Charges** 

Citizens: Kshs 3,000/= Residents: Ksh 3,500/= Non-Residents: Ksh

4,000/=

www.activemotionkenya.co.ke



Eburru forest is an extension of the Mau complex located on the northwest of L.Naivasha. It covers 87sqkms of prime indigenous forests nestled within the folds of Mt Eburru which has the highest peak Ol Doinyo Eburu standing at 2856 mtrs asl.

The forest has a wide attraction of both flora and fauna with a very rich diversity of rare birds. Also to be found are natural saunas.

#### **Charges**

Citizens: Kshs 3,500/= Residents:Kshs 5,000/= Non-Residents: 6,000/=

**INTENSITY- Moderate to Tough** 



An awesome day to spend time with your furry friends sorrounded by nature and other dog owners and lovers

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Your dog will also enjoy the fun of a group event in the company of other dogs.

This event is great for exchanging notes with other dog owners.

Above all its a beautiful scene when you combine nature with dogs and hiking.

This Event will be held at Uplands Forest.

20% of the event charge will go to Kenya Society for the Protection & Care of Animals.

NB: This event is open to Dog lovers and you do not necessarily need to have a dog to attend.

#### **Charges**

Kshs: 2,000/= (Self-drive)

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Mt. Longonot is amongest the top five hiking destinations in Kenya.

Boosting of being a free standing mountain, its also endowed with major wildlife attractions including Buffaloes, Elands, Lions, leopards
Bushbucks, Common Zebras, Giraffes and Grants Gazelles.

This is a 5-6hr hike that strts with a slow gentle rise to the first peak.

At the end of each section there is a rest point where you can prepare yourself for the next part of your journey. At the summit we will trek around the crater rim towards the peak which falls almost halfway around the rim.

This will be our lunch break as we treat ourselves to the spectacular views of the Rift valley including Lake Naivasha, Mt Suswa, endless plains and the mysterious floor of the crater.

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#### **Charges**

Citizens: Kshs 3,000/= Residents: Kshs 4,500/= Non-Residents: \$60/=



Elephant Hill is one of the most favourite hiking destinations in the Aberdare Ranges. It is also the most preferred pre-hike for those planning to do higher mountains like Mt Kenya or Kilimanjaro.

This is a 6-7 hour moderately-tough hike, It stands at an altitude of 3500m asl. You will be hiking through pristine environment which gets better as you get higher. The view from the peak which falls at the cloud level is literally BREATHTAKING.

**INTENSITY**: Moderately Tough.

#### **Charges**

Citizens: Ksh 3,500/= Residents: Ksh 5,000/= Non-Residents: 80 USD

#### Self-Drive options

Citizens: Ksh 2,500/= Residents: Ksh 4,000/= Non-Residents: 70 USD



Bird watching tour is a new event we have created for bird lovers, nature enthusiasts and avian photographers.

You will be able to explore the diversity of birds in a variety of eco systems and different birds habitat. We have lined up an amazing circuit where you will be able to view birds in swamps, forest, fresh water lake and alkaline Lake. This is a family friendly event which will include short walks that do not require significant physical fitness. This is a perfect way to learn, explore, exchange notes and interact with like minds.

#### **Charges**

Citizens: Kshs 3,500/= Residents: Kshs 5,000/= Non-Residents: Kshs 5,500/=



Nairobi national park is the only park where wild animals roam free with the backdrop of Nairobi skyscrapers.

The park hosts a variety of animals including, lions, zebras, giraffes, buffaloes. The park also boasts of a variety of birds.

The park is marked by bush and acacia.

Our experienced driver will take you where all the action is happening. You will be amazed by what the park can offer.

#### **Charges**

Citizens: Kshs 5,000/= Residents: Ksh 5,000/= Non-Residents: \$100



Kereita Forest is located on the southern-most part of the Aberdares.

It is an easy forest walk that rewards nature lovers with beautiful sceneries.

The forest is characterized by majestic mammoth trees, giant ferns, bamboo section and thick vegetation.

The highlight of this tour is the beautiful waterfall and an adjacent cave that houses a small bat population.

Another major attraction is the Elephant pool where Elephants love to frolic. This trip is suitable for beginer hikers, family and people who want to interact closely with nature.

#### **Charges**

Citizens: Kshs 3,000/= Residents: Ksh 4,000/= Non-Residents: 5,000/=



The waterfalls adventure is one the best forest adventure for those who prefer hiking in cool and lush green forests.

This is a 7-8hrs hike for the most adventurous hikers. It starts from the foot of the escarpment rising steeply through a thick forest vegetation. The hiking route follows Kijabe river line with a series of five stunning waterfalls. Our mission will be to reach the furthest and also the highest waterfall.

The last segment of the adventure will be a walk through the dark tunnel, an underground water tunnel that will test your boldness as you try to reach the other end.

**INTENSITY: High** 

#### <u>Charges</u>

Citizens: Kshs 3,500/= Residents: Ksh 4,500/= Non-Residents: 5,000/=



The Aberdare ranges boasts of the most scenic and vast hiking destinations in Kenya. Rurimeria is the 3rd highest peak in the aberdare standing at 3860mtrs asl.

It's worth taking a look back every now and then and savor the panoramic views that opens as you climb high. Watching with an open mouth is allowed. Though a treacherous hike the views, the beauty, the mystic nature of this gem is worth every effort and struggle

#### **Charges**

Citizens: Kshs 4,000/= Residents: Ksh 5,000/= Non-Residents: 85\$



White water rafting is one of the best adventures you can experience without prior experience. This is a full engaging adrenaline charged activity that will exhilarate you to the maximum as we steer the raft along the furious river. You don't want to miss this action.

<u>Charges</u> Ksh 7,500/=