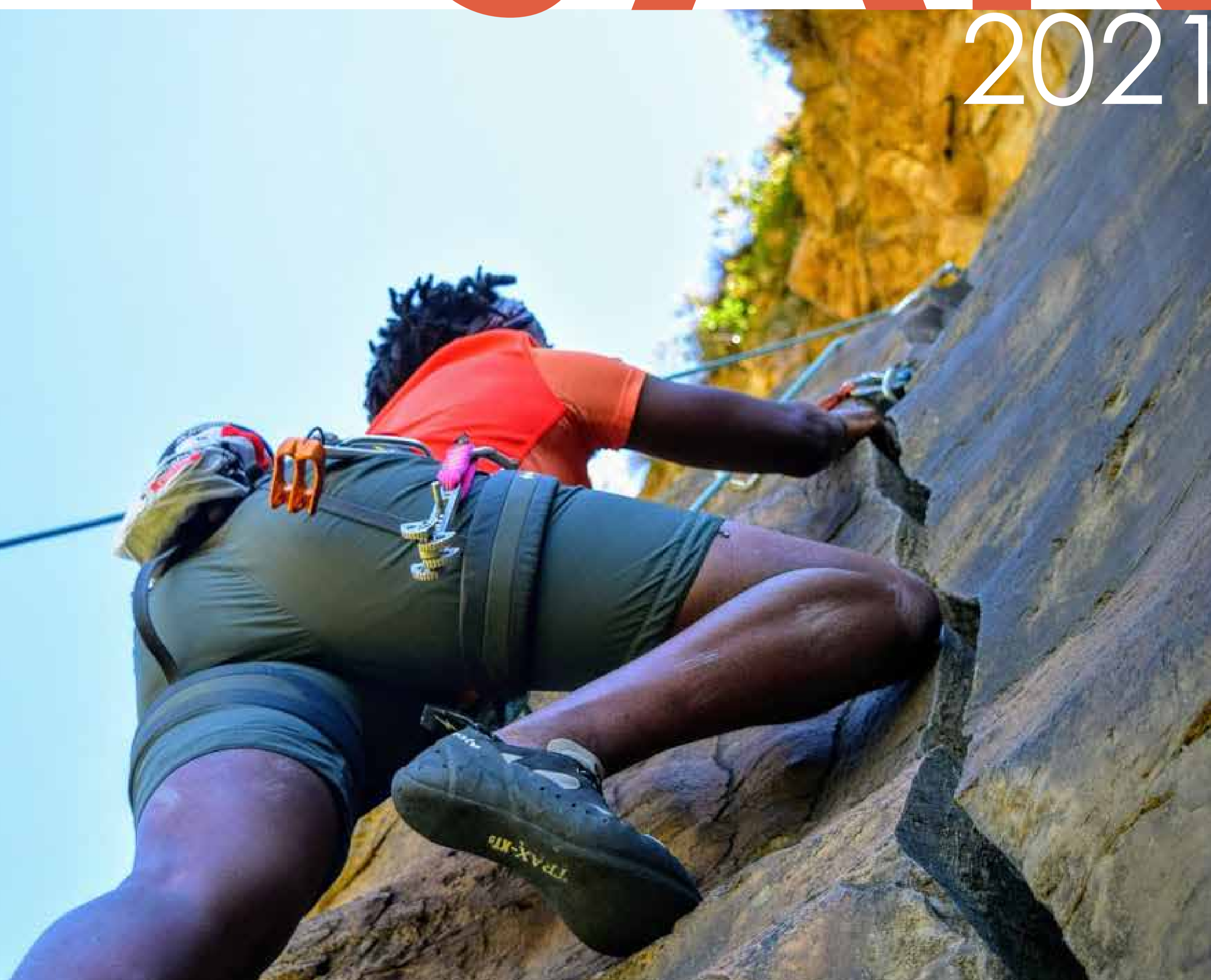




**LIVE
OUTSIDE
2021**



- 9TH** KIHURI FOREST BATHING TREK
1 day moderate trek Shs 2,950
- 16TH** KIJABE WATERFALL CHASE AND ABSEILING
1 day moderate trek Shs 2,750
- 20TH** MOUNT KENYA - TIMAU - CHOGORIA
5 day difficult trek Shs 40,500
- 23RD** HELLS GATE ROCK CLIMBING
1 day moderate trek Shs 3,500
- 23RD** RURIMERIA TABLE MOUNTAIN TRAVERSE
1 day difficult trek Shs 3,850
- 30TH** NTHENGE NJERU WATERFALL CHASE AND ABSEILING
1 day easy trek Shs 2,950
- 30TH** MOUNT KINANGOP - OTHAYA - TULAGA TRAVERSE
2 day difficult trek Shs 9,950
- 30TH** KIMAKIA FOREST AND WATERFALL CHASE
1 day moderate trek Shs 2,900

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2
ND

MOUNT MERU TANZANIA

4 day difficult trek

Shs 42,500

5
TH

MOUNT ELGON HIKE AND CAMP

3 day moderate trek

Shs 15,500

6
TH

MOUNT KINANGOP NJABINI TULAGA TRAVERSE

1 day difficult trek

Shs 3,450

13
TH

ELEPHANT HILL BAMBOO FOREST TREK

1 day difficult trek

Shs 2,950

13
TH

HELLS GATE ROCK CLIMBING

1 day moderate trek

Shs 3,500

13
TH

MT. KENYA KAMWETI - CHOGORIA

6 day difficult trek

Shs 39,950

13
TH

MT. KENYA ONE DAY DASH TO LENANA

1 day difficult trek

Shs 19,950

18
TH

RWENZORI MOUNTAINS EXPLORE

10 day difficult trek

US\$ 1,100

20
TH

NJIGARI BAMBOO FOREST TRAIL EXPLORE

1 day moderate trek

Shs 2,950

28
TH

KIJABE HILLS GOVERNORS TRAIL

1 day moderate trek

Shs 2,950

27
TH

GURA RIVERLINE TREK AND WATERFALL CHASE

1 day difficult trek

Shs 2,950

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- 6TH** MOUNT LONGINDO
HIKE N CAMP
2 day difficult trek Shs 12,500
- 6TH** KIMAKIA FOREST
WATERFALL CHASE
1 day moderate trek Shs 2,850
- 11TH** MT. KILIMANJARO
MACHAME ARROW
GLACIER TRAIL
6 day difficult trek Shs 72,500
- 13TH** GATANGO FOREST TREK
AND TREE PLANTING
1 day moderate trek Shs 2,950
- 20TH** EBURU FOREST TREK
AND TREE PLANTING
1 day moderate trek Shs 2,950
- 27TH** MT. OLOKOKWE CLIMB,
HIKE N CAMP
2 day moderate trek Shs 10,500
- 27TH** TABLE MOUNTAIN
MOORLAND CHALLENGE
1 day difficult trek Shs 3,850
- 27TH** HELLS GATE CLIMBING
1 day moderate trek Shs 3,500
- 27TH** ELEPHANT HILL HIKE
1 day difficult trek Shs 2,950

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2
ND

EVEREST BASECAMP TREK - HIMALAYAS

20 day difficult trek

US\$ 1,999

2
ND

MT. KILIMANJARO MARANGU TRAIL

8 day difficult trek

Shs 64,500

2
ND

MT. KENYA LAKES TOUR CHOGORIA - CHOGORIA

4 day difficult trek

Shs 38,500

2
ND

MOUNT KENYA LAKES ELLIS - MICHAELSON CAMP NO SUMMIT

3 day moderate trek

Shs 21,500

3
RD

OLE SEKUT WILDERNESS TREK

1 day moderate trek

Shs 2,750

10
TH

SLEEPING WARRIOR AND UGALI EXPLORE

1 day moderate trek

Shs 2,950

17
TH

NDUINI HILL / ROCK CLIMBING

1 day moderate trek

Shs 2,950

18
TH

RUTHIGITI CAVES EXCURSION

1 day moderate trek

Shs 2,950

24
TH

MT. KIPIPIRI FOREST TREK

1 day difficult trek

Shs 2,950

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1ST SHOMPOLE HIKE N CAMP
2 day difficult trek Shs 10,500

1ST RURIMERIA TABLE
MOUNTAIN TRAVERSE
1 day difficult trek Shs 3,850

8TH KALEMBWANI ARM
CHAIR HILL TREK
1 day difficult trek Shs 2,950

15TH OL DONYO OROK
EXPLORE/ ROCK CLIMBING
1 day difficult trek Shs 2,950

22ND ELEPHANT HILL HIKE
1 day difficult trek Shs 2,950

28TH MT. KENYA - BURGRET -
CHOGORIA TRAVERSE
5 day difficult trek Shs 38,500

29TH KIENI FOREST TREK AND
WATERFALL CHASE
1 day moderate trek Shs 2,900

30TH MIGAA WATERFALL CHASE
1 day easy trek Shs 2,000

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1
ST

MT. MTELO, KOH HIKE N
CAMP WEST POKOT

5 day moderate trek

Shs 28,500

1
ST

MOUNT SUSWA CRATER
EXCURSION

1 day difficult trek

Shs 3,100

5
TH

MANGUYO FOREST
EXPLORE/ ROCK CLIMBING

1 day difficult trek

Shs 2,950

12
TH

MT. ORGASAILE CHALLENGE

1 day moderate trek

KSh 2,950

19
TH

NATHAN & KENTON HILLS
TREK - KIJABE

1 day difficult trek

Shs 2,800

19
TH

OL DONYO LENGAI

3 day moderate trek

Shs 32,500

26
TH

7 PONDS - TABLE MOUNTAIN
CHALLENGE ABERDARES

1 day difficult trek

Shs 3,850

26
TH

MUD RUN 2021

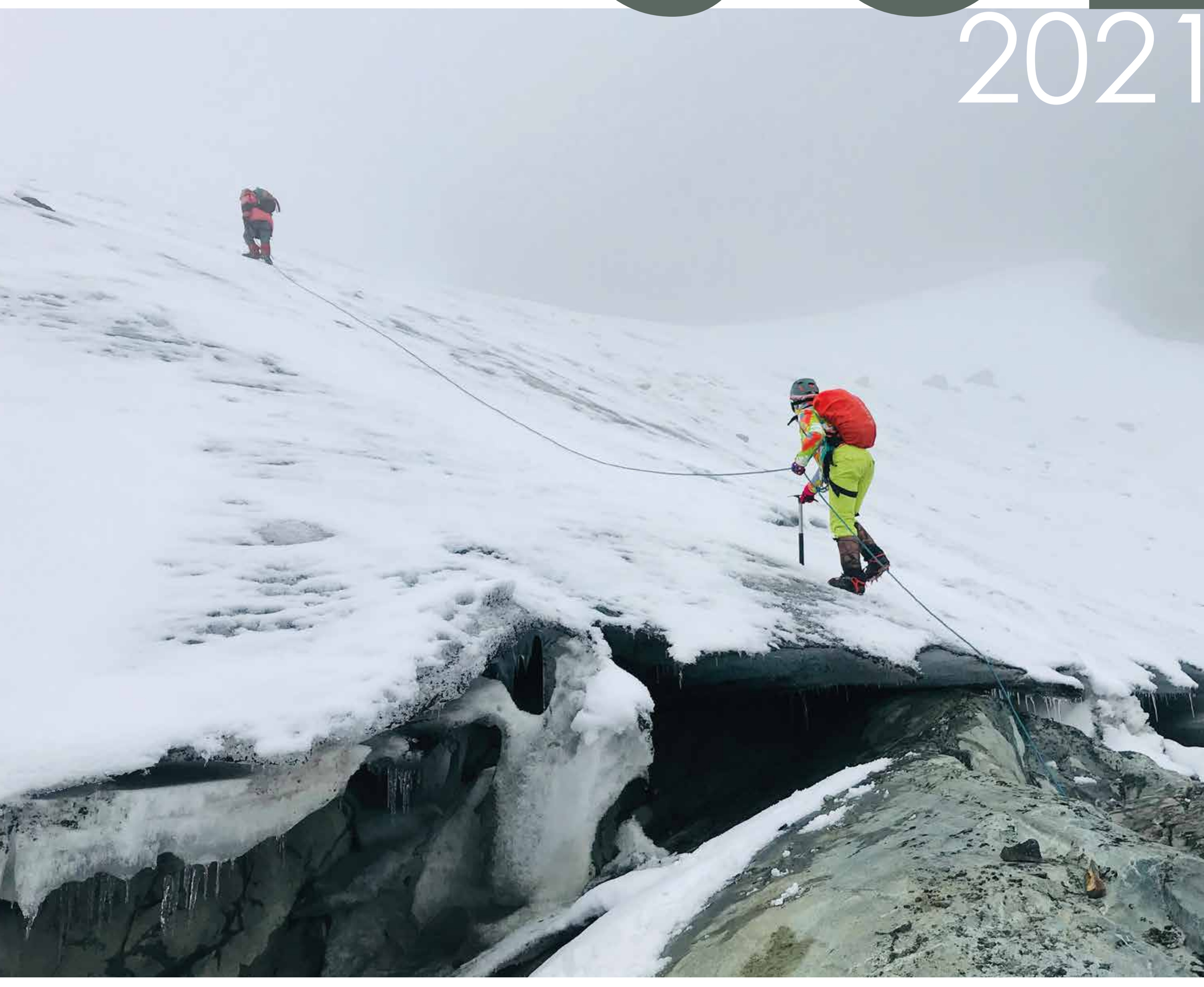
2 day easy trek

Shs 8,500

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3
RD

RAGIA FOREST TREK AND WATERFALL CHASE

1 day moderate trek

Shs 2,850

3
RD

RUSINGA ISLAND HIKE N CAMP

3 day moderate trek

Shs 17,500

9
TH

RWENZORI MOUNTAINS EXPLORE

10 day difficult trek

US\$ 1,100

10
TH

MENENGAI CRATER EXCURSION

1 day difficult trek

Shs 2,950

10
TH

MT. KENYA LAKES TOUR CHOGORIA

4 day difficult trek

Shs 38,500

17
TH

NYIRAGONGO/ KARISEMBE TREK RWANDA

4 day moderate trek

US\$ 850

17
TH

SOYSAMBU HILLS EMALI/ ROCK CLIMBING

1 day moderate trek

Shs 2,950

24
TH

SLEEPING WARRIOR & UGALI HILLS

1 day moderate trek

Shs 2,950

24
TH

BUNGEE JUMPING, WHITE WATER RAFTING AND ZIPLING

1 day fun trek

Shs 16,500

10
TH

ELEPHANT HILL TREK

1 day difficult trek

Shs 2,950

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7TH MUTARAKWA
FOREST EXPLORE
1 day difficult trek Shs 2,950

7TH MT. KENYA BATIAN
CLIMB - NORTH FACE
7 day difficult trek Shs 95,000

7TH MT. KENYA NAROMORU
CHOGORIA
4 day difficult trek Shs 38,500

14TH KIOU KAYATA EXPLORE/
ROCK CLIMBING
1 day difficult trek Shs 2,950

15TH KIAMBICHO FOREST TREK
1 day moderate trek Shs 2,900

18TH RONGAI -MARANGU
KILIMANJARO TREK
8 day difficult trek Shs 65,000

21TH TULAGA MT. KINANGOP
TRAIL
1 day difficult trek Shs 3,450

21ST KASIGAU HIKE N CAMP
2 day moderate trek Shs 10,500

28TH MT. KIPIPIRI EXPLORE
1 day difficult trek Shs 2,950

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4
TH

EBURU FOREST TREK

1 day moderate trek

Shs 2,950

11
TH

ELEPHANT - KINANGOP CHALLENGE

1 day difficult trek

Shs 3,450

11
TH

KIPLOMBE HILL HIKE AND CAMP

2 day moderate trek

Shs 9,950

18
TH

ROCK CLIMBING HELLS GATE

1 day moderate trek

Shs 3,500

18
TH

GURA RIVERLINE TREK AND WATERFALL CHASE

1 day difficult trek

Shs 2,950

25
TH

MBOONI FOREST TREK

1 day moderate trek

Shs 2,850

26
TH

OL DONYO OROK ENAMUKA TRAIL

1 day difficult trek

Shs 2,950

26
TH

ANNAPURNA CIRCUIT/ BASECAMP- HIMALAYAS

14 day difficult trek

US\$ 1,750

26
TH

CHYULU HILLS HIKE N CAMP

2 day moderate trek

Shs 10,500

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2
ND

MOUNT KENYA LAKE
ELLIS HIKE N CAMP

3 day difficult trek

Shs 16,500

2
ND

TABLE MOUNTAIN
ELEMENTAITA TREK

1 day moderate trek

Shs 2,950

9
TH

MOUNT KINANGOP TULAGA
NJABINI TRAVERSE

1 day moderate trek

Shs 3,450

16
TH

NGONG HILLS EXPLORE/
ROCK CLIMBING

1 day difficult trek

Shs 2,100

16
TH

DANAKIL DEPRESSION-SIMIEN
MOUNTAINS ETHIOPIA

10 day difficult trek

US\$ 1,500

20
TH

MOUNT KENYA
CHOGORIA SIRIMON

4 day difficult trek

Shs 38,500

20
TH

LOITA HILLS HIKE AND CAMP

4 day moderate trek

Shs 32,500

20
TH

ELEPHANT HILL BAMBOO TREK

1 day difficult trek

Shs 2,950

23
RD

7 PONDS TABLE MOUNTAIN
TRAVERSE MOORLAND
TREK ABERDARES

1 day difficult trek

Shs 2,950

30
TH

NZAU HILLS TRAVERSE

1 day moderate trek

Shs 2,950

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6
TH

NTHENGE NJERU

WATERFALL CHASE N ABSEIL

1 day easy trek

Shs 2,950

9
TH

MT. KENYA KAMWETI

CHOGORIA TRAVERSE

6 day difficult trek

Shs 39,500

13
TH

NAMUCHA AND

NDEIYA TRAVERSE

1 day difficult trek

Shs 2,900

20
TH

KIOU KALEMBWANI

TRAVERSE/ ROCK CLIMBING

1 day difficult trek

Shs 2,950

27
TH

RAGIA FOREST TREK AND

WATERFALL CHASE

1 day moderate trek

Shs 2,850

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4
TH

GATANGO WATERFALL CHASE AND TREE PLANTING

1 day moderate trek

Shs 2,950

10
TH

JAMHURI MT. KENYA CLIMB

4 day difficult trek

Shs 37,500

10
TH

MATHEW RANGES HILL HIKE AND CAMP

3 day moderate trek

Shs 15,500

11
TH

MT. KIPIPIRI FOREST EXCURSION

1 day difficult trek

Shs 2,950

15
TH

RWENZORI MOUNTAINS EXPLORE

10 day difficult trek

US\$ 1,100

18
TH

RURIMERIA TABLE MOUNTAIN TRAVERSE

1 day difficult trek

Shs 3,850

18
TH

SAGANA WATER RAFTING AND BUNGEE JUMPING

1 day moderate trek

Shs 16,500

18
TH

MT. ELGON- KOITOBOS - WAGAGAI TRAVERSE

5 day difficult trek

Shs 65,500

18
TH

MT. KENYA CHOGORIA - SIRIMON TRAVERSE

4 day difficult trek

Shs 38,500

27
TH

MACHAME ROUTE - KILIMANJARO

NEW YEAR CHALLENGE

8 day difficult trek

Shs 64,500

29
TH

MT. KENYA NEW YEAR LAKES TOUR

4 day difficult trek

Shs 38,500

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HIKEMANIAK TRAIL STARTER PACK

- Back pack
- Water proof hiking boot
- Woolen socks
- Hiking pants
- Polyester Shirt- long sleeve
- Water bottles – to carry atleast 3 litres
(water Bladder recommended)
- Wind Jacket
- Fleece Jacket
- Rain Jacket/Poncho
- Hiking pole

Talk to us about where to
buy these items

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1 DAY HIKER'S CHECKLIST

1 OF 3: CLOTHING

- Comfortable water proof hiking boot
- Gym/hiking pants (avoid jeans)
- Full sleeve polyester T-shirt (like the football jerseys)
- Poncho or a light Rain Jacket
- Gloves
- Cap/Hat
- Change of clothes
- Sunglasses

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1 DAY HIKER'S CHECKLIST

2 OF 3: ACCESSORIES

- Camera
- Binocular
- Sunscreen (Arimi's oK)

FOOD

- Drinking water (3litres)
- Heavy snack or picnic Lunch
- Fruit; Banana and Apple
recommended over refined Sugar
- Energy Bars

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1 DAY HIKER'S CHECKLIST

3 OF 3: EMERGENCY

- Head Torch
- Matchbox
- Whistle
- Evacuation cover details

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10 TIPS THAT WILL HELP ENJOY MOMENTS ON THE TRAIL

1. Hydrate; Keep hydrated not only during the trail but a few days before the hiking day.
2. Gear; Ensure you have the right gear i.e. a proper waterproof hiking boot, clothing and rain gear
3. Navigation; carry a compass or a gps device or/and a map of the trail
4. Food - carry enough food to last you the trail and little extra in case of an emergency
5. Tell someone you have left home for your destination;
6. Pack Light; Avoid carrying unnecessary items that may bog you down on the trail
7. Pace; Assume a comfortable pace on the trail and keep it, this will allow you to enjoy the trail more.
8. Carry evacuation details with you in case of an emergency, in addition carry a whistle, match box and head torch in case you are lost
9. Ensure when hiking in a group you are in sight and communication with other group members
10. And Finally embrace leave no trace Ethics; We must protect the places we love to hike in; carry your litter back home or to a designated trash point.

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