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Beyond Borders.

FEB

Achieve Dreams, Traverse Moorlands, and Chase Waterfalls – A Month Packed with Thrills, Challenges, and Unforgettable Nature Escapades

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LIVE THE MAGIC



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January began with a magical journey through Kihuri Forest in Othaya. Under the canvas of a clear blue sky, we followed river trails and elephant tracks, ascending to the Mount Kinangop viewpoint and descending to the mesmerizing Kihuri Waterfall cascades. Despite the bulging river and persistent rains, our determined spirits embraced the thrill. A hot lunch awaited us at the trail's end, along with comforting hot tea.

Next, we ventured into a rainy adventure at Kijabe. Despite the persistent drizzle from the previous night's rain, our trail lovers persisted. We traversed the Kamungu Ka Nduma trail, adapting our route to navigate the swollen river caused by the overnight rain. Connecting with nature and self, we strolled along the century-old rail, experiencing the charm of nostalgia.

Our adventurous spirit led us to the formidable 12 Apostles Trail in the Aberdares. Starting early from Nairobi, we encountered slippery roads, necessitating an additional 4 km on foot to reach the trailhead. The legendary team persevered, with 5 out of 18 participants conquering the summit and returning within 13 hours. A cup of hot chocolate and a hearty meal of chapati and beef awaited them before our journey back to Nairobi. Only those who love the game dare to leave the city and return at the early crack of dawn.



Bidding farewell to January, we immersed ourselves in the bliss of the Nyanduma Forest Magic Trail, located in the southernmost end of the Aberdares. This moderate-rated trail served as an energy refiller, calming our spirits, and culminating in a captivating waterfall chase.

Thank you to everyone who joined us on these adventures, embracing the challenges and relishing the rewards of connecting with nature and self. Stay tuned for more exciting trails and experiences. This way February



This February

Climb That Mountain

February is upon us, and we're thrilled to share the exhilarating adventures awaiting us this month. We kicked off the year on a high note, conquering summits like Point Lenana in Mount Kenya and the majestic Uhuru Peak in Kilimanjaro. The thrill continues in February, with a lineup that truly embodies our 2024 theme - Climb that Mountain!

Summit Adventures:

- Mount Meru: Prepare for breathtaking landscapes as we ascend Mount Meru, setting the tone for an exciting month.
- Mount Elgon: Venture into the heart of Mount Elgon, an expedition promising both challenge and awe-inspiring views.
- Rwenzori Mountains: Embark on an unforgettable journey through the Rwenzori Mountains, soaking in the beauty of this unique terrain.
- Batian Peak Mount Kenya: For the daring, the Batian Peak beckons, offering a pinnacle challenge for those craving the ultimate mountaineering experience.

Moorland Trails and Challenges:

- Mount Kinangop Traverse: Navigate the scenic trails of Mount Kinangop, a moorland adventure that promises both beauty and challenge.
- Mackinders Day Hike: Take on the Mackinders Day Hike, a perfect blend of adventure and endurance training.
- Rurimeria Table Mountain Traverse: Challenge yourself on the Rurimeria Table Mountain Traverse, an ideal preparation for the heights of Mount Kenya and Kilimanjaro.

Forest Trails and Waterfall Chasing:

- Njigari Forest: On February 17th, immerse yourself in the beauty of Njigari Forest, a heavenly bamboo garden nestled by the Gura River in the Aberdares. Perfect for those enchanted by forest trails and waterfall pursuits.



HIKING TIPS



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SUITABLY TIGHTEN SHOES

Don't tighten shoes too much or too little, you are aiming for good support without being uncomfortable. Do not hesitate to adjust the tightening based upon how you are feeling whilst hiking, particularly when going downhill. A shoe which has been tightened too much risks disrupting your blood circulation and leaving you with frozen feet!



HYDRATE

Get used to drinking a large amount of water. At altitude you should be drinking water more frequently than you would normally, no matter what activity you are undertaking. Humidity is lower at higher altitudes, which means that sweat evaporates quickly and often without you noticing.

