



STEP INTO NATURE'S SYMPHONY

2024



+254713087553
+254723672634



JAN 2024



13th



Tough/Hard

1 Day

CITIZENS - KSH.3,500
NON-CITIZENS - USD 55

7 PONDS RURIMERIA TRAVERSE

Aberdares

27th



Moderate to Hard

1 Day

CITIZENS - KSH.3,500
NON-CITIZENS - USD 55

MT.SATIMA THRU DRAGONS TEETH


Aberdares




FEB 2024

10th



 Tough/Hard

 1 Day

CITIZENS - KSH.3,500
NON-CITIZENS - USD 55

MACKINDERS HIKE

 Naromoru- Mt. Kenya




Expeditions - The hiking club



FEB 2024

25 - 29th



 Tough/Hard

 4 Days

CITIZENS - KSH.40,000
NON-CITIZENS - USD 680

MT.KENYA CLIMB

 Mt. Kenya

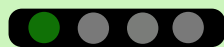



Expeditions - The hiking club




MAR 2024

10th



 Easy

 1 Day


CITIZENS - KSH.3,500
NON-CITIZENS - KSH.4,500

RAGIA FOREST AND WATERFALLS

 Aberdares

16th



 Moderate

 1 Day

CITIZENS - KSH.2,500
NON-CITIZENS - KSH.3,500

GATANGA FALLS

 Muranga




Expeditions - The hiking club




MAR 2024


29 - 1 APR



 Moderate

 4 Days

CITIZENS - KSH. 30,000
NON-CITIZENS - KSH.45,000



**LAKE TURKANA AND CHALBI DESERT
EXCURSION**

 Turkana and Marsabit



Expeditions - The hiking club

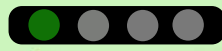


APR 2024

6th

EBURRU SHORT TRAIL

📍 Naivasha



🚶 Easy

🕒 1 Day

CITIZENS - KSH.2,900
NON-CITIZENS - KSH.3,900

13th

GATANGU FOREST TREK

📍 Nyeri



🚶 Moderate

🕒 1 Day

CITIZENS - KSH.2,500
NON-CITIZENS - KSH. 2,500

27th

MT. OLE SEKUT

📍 Narok



🚶 Moderate to tough

🕒 1 Day

CITIZENS - KSH.3,000
NON-CITIZENS - KSH. 4,000



Expeditions - The hiking club



MAY 2024

11th



Easy

1 Day

CITIZENS - KSH.2,500
NON-CITIZENS - KSH. 3,500

MT.KILIMAMBOGO- OLDONYO SABUK, 14 FALLS

Thika-Matuu

18th



Moderate to Tough

1 Day

CITIZENS - KSH.2,900
NON-CITIZENS - KSH. 3,900

NJIGARI/ZUTI FOREST


Othaya



JUNE 2024

1st - 2nd



 Moderate

 2 Days

CITIZENS - KSH. 8,500
NON-CITIZENS - KSH.11,500



CHYULU HILLS EXCURSION

 Chyulu-Makueni



Expeditions - The hiking club



JUNE 2024

8th



Easy

1 Day

CITIZENS - KSH.2,500
NON-CITIZENS - KSH.3,500

KIAMBICHO/SAGANA GORGES

Sagana

15th



Moderate

1 Day

CITIZENS - KSH.2,900
NON-CITIZENS - KSH. 3,900

TABLE MOUNTAIN-ELEMENTAITA

Elementaita-Kikopey

29th



Tough/Hard

1 Day

CITIZENS - KSH.2,900
NON-CITIZENS - KSH. 3,900

LOITA HILLS

Narok



Expeditions - The hiking club



JULY 2024

6th



Very Easy

1 Day

CITIZENS - KSH.1,000
NON-CITIZENS - KSH.2,000

OLOOLUA NATURE TRAIL

Karen. Nairobi

13th



Moderate

1 Day

CITIZENS - KSH.2,500
NON-CITIZENS - KSH. 3,500

MT. SUSWA

Suswa, Narok

27th



Tough/Hard

1 Day

CITIZENS - KSH.2,500
NON-CITIZENS - KSH. 3,500

GICHERU MINES TREK

Kamangu




AUG 2024

3rd



 Easy

 1 Day


CITIZENS - KSH.2,500
NON-CITIZENS - KSH.3,500


KIENI FOREST

 Kiambu

17th



 Moderate

 1 Day


CITIZENS - KSH.2,900
NON-CITIZENS - KSH. 3,900


CASTLE FOREST - KAMWETI FALLS

 Mt Kenya

31st



 Very Tough

 1 Day

CITIZENS - KSH.3,500
NON-CITIZENS - USD. 55

MT. KINANGOP THRU ELEPHANT HILL

 Aberdares



Expeditions - The hiking club



SEP 2024

7th



Easy

1 Day

TIGONI WATERFALLS

Tigoni-Limuru



CITIZENS - KSH.2,000
NON-CITIZENS - KSH.3,000

14th



Moderate

1 Day

NYAMBENE HILLS

Igembe- Maua

CITIZENS - KSH.3,500
NON-CITIZENS - KSH. 4,500

28th



Tough/Hard

1 Day

RHINO HILL

Aberdares

CITIZENS - KSH.3,500
NON-CITIZENS - USD. 55



Expeditions - The hiking club

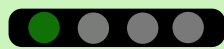



OCT 2024


5th

NGONG HILLS

 Ngong



 Easy

 1 Day

CITIZENS - KSH.2,000
NON-CITIZENS - KSH. 3,000


12th

KIJABE FOREST AND KENTON HILL

 Kijabe



 Easy to Moderate

 1 Day

CITIZENS - KSH.2,500
NON-CITIZENS - KSH. 3,500



Expeditions - The hiking club




OCT 2024

19 - 21st




 Moderate

 3 Days

CITIZENS - KSH. 15,000
NON-CITIZENS - KSH.20,000

VURIA HILL AND LAKE JIPE HIKE AND EXCURSION

 Wundanyi, Taita Taveta



Expeditions - The hiking club



2nd



Easy

1 Day

CITIZENS - KSH.2,900
NON-CITIZENS - KSH.3,900

NTHENGE NJERU WATERFALLS

Embu

16th



Moderate

1 Day

CITIZENS - KSH.2,500
NON-CITIZENS - KSH. 3,500

MT. LONGONOT

Longonot, Naivasha

20th



Very Tough

1 Day

CITIZENS - KSH.3,500
NON-CITIZENS - USD.55

TWELVE APOSTLES

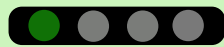
Aberdares



Expeditions - The hiking club

DEC 2024

7th



 Easy
 1 Days

CITIZENS - KSH. 3,000
NON-CITIZENS - USD> 55

KARURU, MAGURA AND CHANIA WATERFALLS

 Aberdares



Expeditions - The hiking club




DEC 2024

12 - 14th



 Easy

 3 Days

CITIZENS - KSH. 15,000
NON-CITIZENS - KSH. 20,000

LAKE BOGORIA AND LAKE BARINGO EXCURSION

 Baringo



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ABOUT THE CHARGES INDICATED

The charges indicated may change due to fuel prices. However, official communication will be issued in case of changes in prices.

- Cost are inclusive of transport to and fro, drinking water, entry fees, guide fees and lunch.
- Where lunch is not possible, healthy snacks will be provided.
- All payments should be made thru the
Till number: 9601845 (Expeditions-The Hikers)



ABOUT CLOTHING

- Always wear suitable hiking boots that have good tread and grip.
- For the hikes indicated as tough, carry suitable changing clothes.
- Woolen socks are important.
- Warm jackets are vital in case the weather gets cold.
- Always wear a long sleeve t-shirt. Most Kenyan mountains have stinging nettle shrubs which when rubbed against bare skin they can be very itchy. Football jerseys that are long sleeve are encouraged.
- Make sure your shoes are one inch large. Cut your toe nails to avoid them being broken.
- Wear loose trousers. Trousers should not be tight around the groin area to avoid rashes . Wearing of jeans is highly discouraged.
- Hats or caps are important in case it starts to rain or the sun becomes very hot.
- Gloves are essential for the tough hikes in case the weather changes to severe cold.

EXPEDITIONS-THE HIKING CLUB



ESSENTIAL ITEMS TO CARRY FOR EVERY HIKE

- Reusable drinking water bottle or camel bag.
- Trekking pole for hikes indicated moderate or tough.
- Raincoat in case it rains.
- Natural unprocessed snacks like bananas, apples, peanuts, milk etc. Avoid biscuits and sodas.

EXPEDITIONS-THE HIKING CLUB





SHOUTOUT TO SOME OF OUR LOCAL HIKING GUIDES!!



James Mwangi aka 'Jemmo'. Phone Number: +254713857649
All Aberdare Mountains especially Elephant Hill

He is not just one dedicated guide but also a friend and a brother when it comes to climbing mountains. He may not look that athletic but trust me, he has climbed Elephant Hill more than 100 times! And Mt. Kinangop more than 100 times too! He has vast experience in all Aberdare mountains. From Rurimeria Hill, Table Mountain, Mt. Kipipiri, Mt. Satima... name them. Very patient and empathetic and willing to help you. Got stuck? He will sit down with you and encourage to reach the summit. Never gets tired.



Simon Kinyanjui aka 'Simo'. Phone Number:
+254721973869
Mt. Kenya, Naromoru Route

We call him the boss of Naromoru, Mackinders route. He has the patience of a lion hunting and will even motivate the youngest hiker to reach the summit. His advice is a treasure and he tells you it is not a good time, just listen. He has climbed Mt. Kenya even to Batian peak! Very patient and willing to help.





**John Nasieku. Phone Number +254715315317,
+254706546629, +254712484156
Mt. Suswa.**

Trust him for a mix of both Maasai and Kenyan humor while you climb Mt. Suswa. He has explored all the Suswa caves and can tell you where each is located! Want to learn about the Maasai culture? Call him. Very available and willing to help.



**Moses Mureithi. Phone Number: +254798748869
Njigari/Zuti Forest**

Talkative, funny and witty with a distant humor. Trust him to take you to the heart of Njigari forest to see the magnificent two waterfalls. He knows the whole forest by heart and will advise you when or not to come hiking. Very helpful when needed.



**Joseph Wachira. Phone Number: +254791994896
Mt. Satima and Table Mountain**

A cool guy of very few words. Very patient and willing to help. He knows all the routes of Mt. Satima by heart and will hold your hand even when it is raining hailstones! Just trust him for guidance.





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