



LEARNING
THROUGH
ADVENTURE

Trip Overview

- Destination:** Ngare Ndare Forest -250km from Nairobi
Focus: Environmental Education and Outdoor Adventure
Dates: TBC
Age Group: 13 years and above*
Pax: 20+
Extras: 1 teacher FOC for every 10 students

Trip Details

- Accomm:** **RVA Forest Camp (2 nights)**
Ngare Ndare Forest Campsite (1 night)

- Day 1: Hike and camping
Day 2: Conservation at Work
Day 3: Rock climbing and canyoning
Day 4: Review and depart

- Transport:** Internal transport for activities as per itinerary
Meals: All meals as per itinerary included.
Instructors: Internationally qualified (UK)
Requirement: Some form of travel and medical insurance.

Rift Valley Adventures Participation Model

RVA Outdoor education trips lend themselves to the plan-do-review model of learning. In high-quality outdoor education young people are encouraged to engage in the planning of their outdoor activities and take maximum ownership whilst participating. Time spent debriefing or reviewing the activity ensures that learning outcomes are emphasized, reinforced and applied in the future.

Proud to deliver



**activities are adjusted to age*

Learn to live outdoors



On arrival, we will work with students teaching them how to plan a menu, how to put up a tent, navigate using a map and a compass, water proofing and packing your rucksack, and other valuable skills needed on an expedition.

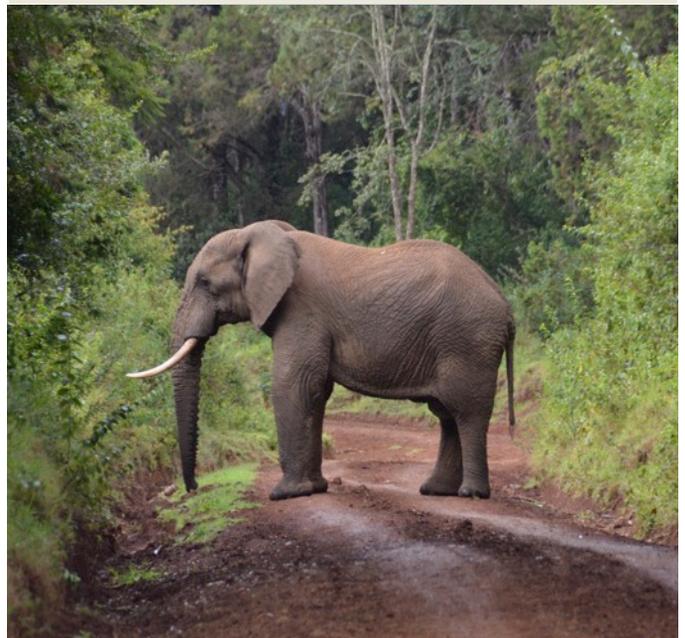
The following day, early breakfast and prepare your day sack for a 2-3 hour hike in the pristine Ngare Ndare Forest where we set up camp for the night. Learn about the indigenous trees and bird life and their importance to the ecosystem.

In the afternoon, we head to the 400m canopy tour cruising through the top of Ngare Ndare forest which is possibly the most exhilarating activity you can do 50 feet above the forest floor. You might even spot an elephant or two!

At camp, students will be responsible for setting up their own tents, and helping prepare meals.

Ngare Ndare Forest

Ngare Ndare Forest is a lush indigenous forest at the foothills of Mt. Kenya. Azure pools glisten at the bottom of waterfalls and 200 year old trees stretch into the canopy supporting a rich variety of bird and animal life. The forest is a vital corridor that links the Lewa Wildlife Conservancy to Mount Kenya, and one which elephants have been using for centuries.



Conservation at Work



Learn through participation about the history of conservation in Ngare Ndare Forest; the uniqueness of their land use approach – community based management and other income generating enterprises. Key species of concern and the various programs adopted in managing these species. Students will gain understanding of the environment in which NNFT operates – the opportunities and challenges and how these are addressed.

Community Management:

The communities that surround Ngare Ndare Forest undertake various economic and social activities namely grazing, farming, bee keeping, herbal medicine collection, fuel wood collection etc. However, as population increases, so has the pressure on the natural resources, and this has led to the need to initiate alternatives to enhance sustainable use of forest resources. The trust gives 70% of it's eco-tourism income to support community development projects.

To alleviate pressure on the forest due to firewood collection, the Trust provides small holder farms in the communities with fast growing agroforestry species for firewood and building materials.

Over 1.5 million tree seedlings have been planted on the farms, and have made a huge difference in the incidents of illegal tree felling. The Trust has initiated a biogas project to release pressure on the forest from firewood collection and alleviate forest depletion. To help diversify incomes and reduce reliance on livestock, the Trust has also given bee hives to some community members to set up within the forest, who sell the honey and keep the profits.

Students will visit and participate in ongoing projects within the forest and community



Outdoor Adventure

Get ready for a full day of real adventure in the Ngare Ndare forest!

After breakfast, we head off for a morning of rock climbing. Our climbing crag in Ngare Ndare is a thing of beauty. Looking out over the Laikipia Wilderness and across onto Lewa Wildlife Conservancy, you couldn't ask for a better view whilst sailing down a rockface.

After lunch, we head off to the canyon pools and waterways passing under leafy ageless canopies. Scramble into the refreshing pools and swim beneath the white water falls or follow the course of the stream up and around in the knee and waist deep waters. Discover our modest leaps for fancy and novice canyoneers with a closed circuit of jumps and series of pools. The small canyon journey is a profoundly refreshing and exhilarating adventure. One you will for a long time remember.

Evening return to Camp for a hot shower and well deserved barbecue!



Forest Camp



Situated on the periphery of the UNESCO World Heritage site, Ngare Ndare Forest, our Camp is your base for forest adventure activities including rock climbing, canyoning and mountain biking as well acclimatizing for your mountain expeditions and hikes.

Just 30km from Nanyuki town, with Mount Kenya to the south and surrounded by equatorial rain forest but very close to Ethi village, Forest Camp is also the RVA headquarters.

The camp is walking distance to the world famous crystal clear spring fed pools of Ngare Ndare Forest and our climbing cragg which looks out over the Laikipia Wilderness and across onto Lewa Wildlife Conservancy. You couldn't ask for a better view!

We have two large cabins, and 5 large safari tents, which can accommodate up to 80 people tucked away on the slopes of the valley. Within the campgrounds are a lounge area, dining area, hot showers, Wifi, as well as a fireplace.

We offer plenty of in-camp activities including a bike skills course, forest trails, volleyball, darts and much more!



Ten steps to quality outdoor education!

Rift Valley Adventures is committed to quality outdoor education and all of our trips are guided by the [Outdoor Council's](#) 10 Step Positive Outcomes model:

1. Enjoyment

Young people enjoy participating in outdoor activities and adopt a positive attitude to challenge and adventure.

2. Confidence

Young people are gaining personal confidence and self-esteem through taking on challenges and achieving success.

3. Social Awareness

Young people are developing their self-awareness and social skills, and their appreciation of the contributions and achievements of themselves and of others.

4. Environmental Awareness

Young people are becoming alive to the natural environment and understand the importance of conservation and sustainable development.



5. Activity Skills

Young people are acquiring and developing a range of skills in outdoor activities, expeditions and exploration.

6. Personal Qualities

Young people are demonstrating increased initiative, self-reliance, responsibility, perseverance and commitment.

7. Key Skills - Risk Management

Young people are developing and extending their key skills of communication, problem solving, leadership and teamwork.

8. Health and Fitness

Young people are learning to appreciate the benefits of physical fitness and the lifelong value of participation in healthy leisure activities.

9. Increased motivation and Appetite for Learning

Young people are displaying an increased motivation and appetite for learning that is contributing to raised levels of attainment in other aspects of their education.

10. Broadened Horizons

Young people are broadening their horizons and becoming open to a wider range of employment opportunities and life chances.

