

RIFT VALLEY TREK - KENYA



The Rift Valley shears through Kenya from Lake Turkana in the north to Lake Magadi in the south. It's an extraordinary volcanic landscape dating back millions of years.

This trek takes place in deepest Africa. We encounter extinct volcanoes, steep canyons and dramatic gorges. In this vast savannah expanse we enjoy some of Kenya's weird and wonderful flora and fauna. A multitude of wild animals inhabit this area and we're likely to see zebras, gazelles and giraffes not to mention numerous species of birds.

At night we camp out under the African skies which adds to the feeling of solitude away from the stress of everyday life.

CHALLENGE HIGHLIGHTS

- Trekking in breath-taking scenery.
- Camping under African Skies.
- Abseil in Hell's Gate Gorge
- Climbing Mount Longonot
- Abundant Wildlife

OVERVIEW

- **Trek Days :** 5.5 days (9 days in total)
- **Level:** Challenging
- **Accommodation:** Camps and hotel

DETAILED ITINERARY



Day 1: Tuesday 11 September

Morning flight with British Airways from London Heathrow to Nairobi. Arrive and transfer to the group hotel in Nairobi.

Day 2: Wednesday 12 September

Circular walk around Crater Lake



Trekking: approx 3 hours

Morning transfer (2hrs) to the Rift Valley and to Fisherman's camp on the shores of Crater Lake. After lunch we warm up with a walk around the nearby Soda Lake where we will spot a variety of wildlife. Overnight at Fisherman's camp. Evening meal and briefing on the week of trekking ahead.

Day 3: Thursday 13 September



Lake Naivasha - Hell's Gate National Park

Trekking: approx 16km

Trek for 3km to Hell's Gate National Park. Inside the park, walk another 13km through typical African savannah and volcanic terrain. We trek at an altitude of 2000 metres above sea level in a mainly flat region. The park was established specifically for game trails and sightings of a vast variety of wild animals and bird life.

These will undoubtedly start us off in the right mood far away from urban frenzy. Overnight in Naiburta campsite within the park.

Day 4: Friday 14 September



Hell's Gate National Park

Trekking: approx 18km

We begin the day with a 3½ km walk to Hell's Gate Gorge, for abseiling* and then enter into a steep canyon with fast running water, geysers and wild vegetation. Lunch is at a picnic site located above the gorge. After lunch we continue through the rocky gorge and plenty of wild bushes before heading back to the Naiburta camp for a second night.

* *There is an alternative 1 hour walk down for those not wishing to abseil*

Day 5: Saturday 15 September



Longonot National Park

Trekking: approx 18km

Our objective today is Longonot National Park passing through the Kedong Ranch. We will be mainly trekking through savannah with flat to hilly terrain at an altitude of over 2000 metres above sea level. The vast expanses around us are indeed very impressive and should give everyone the feeling of being in the outback, with little of our "modern life" to distract us. Overnight at camp in Longonot National Park.

Day 6: Sunday 16 September

Mount Longonot

Trekking: approx 7 hours



A difficult trek ahead as we make our way up the extinct volcano, Mt. Longonot. We climb some 550 metres from 2220 metres above sea level to 2770 metres. As we reach the rim of the crater we'll stop for a group photo while we're briefed on the hike around the perimeter.* We hike for along the jagged edge and peer into the volcano. From the summit there are fantastic views of the Rift Valley and Lake Naivasha. Having experienced these wonderful sights we descend back to our camp to relax after a very rewarding

day.

** There is the option to return to camp for those not wishing to walk around the rim.*

Day 7: Monday 17 September

Malewa River Gorge

Trekking: approx 12km



Morning transfer (2 hours) to Malewa. We are now in the middle of Africa at its natural best sharing the area with multitudes of flowers, trees and wildlife. We start our trek by crossing the shallow Malewa River Gorge with its thick African bush and extraordinary sounds of animal life all around us. After about an hour we reach our last crater pool. Transfer to our night's hotel accommodation in Nakuru. Tonight we celebrate with a farewell dinner to toast our achievement.

Day 8: Tuesday 18 September



Free time to relax in Nakuru - lunch is not included on this day but you can easily buy snacks from the hotel or alternatively take part in an optional 3 hour game drive in Nakuru National Park (lunch included on the tour). Late afternoon we transfer (approx 2 hours) back to Nairobi to the Jomo Kenyatta International airport with dinner en route. Overnight flight to London.

Day 9: Wednesday 19 September

Arrive early morning at London Heathrow.

This is a complex itinerary and may be subject to change

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In 2010 we raised over £45,000 for RDA, trekking through Jordan.

Join us in Kenya and help us to raise even more!



RDA KENYA RIFT VALLEY TREK 11 – 19 SEPT 2012 REGISTRATION FORM

Please read and complete all sections of the Registration and Medical Forms and return together with a copy of your passport and your registration fee of £195 to:

Kay Lunnon
Bank Farm RDA Ltd
8 Deep Acres
Amersham
Bucks HP6 5NX
TELEPHONE: 01494 725075
EMAIL: Kay@dolphincottage.net

CHECKLIST

Please make sure you have enclosed the following:

- 1) Signed and completed Registration Form
- 2) Signed and completed Medical Form (including GP signature if you have a medical condition or you are aged 65+)
- 3) Photo copy of your Passport
- 4) Registration fee of £195 made payable to Bank Farm RDA Ltd

PLEASE WRITE CLEARLY IN CAPITAL LETTERS

PERSONAL DETAILS

Title **as on passport** (Mr/Mrs/Ms/Miss/other) _____

Forenames **as on passport** _____ Surname **as on passport** _____

Name you prefer to be addressed as _____

Address _____

Postcode _____ Occupation _____

Daytime phone _____ Evening telephone _____

Email _____ T-SHIRT SIZE S M L XL

Date of Birth _____ Place of Birth _____

Marital Status _____ Nationality _____

PASSPORT DETAILS

Passport No. _____ Country of Issue _____

Issue date _____ Expiry date* _____

**Your passport must have at least six months to run from the date you return to the UK*

SPECIAL REQUIREMENTS

Vegetarian Vegan No Fish

Do you have any special dietary requirements/food allergies? _____
Those with other dietary requirements should bring supplementary food

ACCOMMODATION

If there is anyone you would like to share with please write their full name here (otherwise participants will be allocated rooms on same sex sharing basis – rooms will be twins / triples). We will try to accommodate your request, however it cannot be guaranteed. Please note married couples will not automatically be able to share.

Name _____

WOULD YOU LIKE US TO SEND DETAILS TO A FRIEND?

Name _____

Address _____

Postcode _____ Email _____

Daytime phone _____ Evening phone _____

Where did you hear of this event? _____

Have you taken part in an overseas challenge before? Yes / No

If yes, please give details of your past trekking or fundraising experience :

Would you like to be added to a contact sheet to be distributed to fellow participants? Yes / No

DECLARATION

I apply to take part in the RDA Kenya Rift Valley Trek and abide by the Conditions of Entry and the Classic Tours Booking Conditions.

I confirm that to the best of my knowledge my general state of health and fitness is good and I take full responsibility for my fitness to take part. I enclose a cheque for the registration fee of £195 made payable to Bank Farm RDA Ltd, a completed medical form and a photocopy of my passport.

Signature

Name (capital letters)

Date

_____ / / _____

MEDICAL FORM

This form should be completed by all applicants. The form contents will be treated as strictly confidential.

EVENT DETAILS

Name of charity: **Riding for the Disabled Association**

Date and destination of event: **Kenya Rift Valley Trek September 2012**

PERSONAL DETAILS

Title (Mr/Mrs/Miss/Ms/Dr): Date of Birth: Age:

Forenames: Height:.....(metres) Weight:(kg)

Surname: Email:

Nationality:.....Tel. Daytime: Tel. Evening:

MEDICAL DETAILS

The event in which you will be participating is challenging and will require a good level of fitness, strength and endurance. It is your responsibility to ensure that you have the appropriate level of fitness. The event is not recommended for those with any infirmity. You should check with your doctor to ensure that you are sufficiently fit and healthy to participate and take into account that medical and other facilities at the destination are likely to be inferior to those in the UK.

Do you have a history of any of the following conditions? We value a full and honest history of your health which will be passed to the trip doctor so that he or she can be fully prepared during the challenge.

If you tick any of the conditions below please ask your GP to sign overleaf:

- | | | | |
|---------------------------------|--|---------------------------|--|
| 1. Heart or circulatory disease | Yes <input type="checkbox"/> No <input type="checkbox"/> | 6. Diabetes | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 2. Raised blood pressure | Yes <input type="checkbox"/> No <input type="checkbox"/> | 7. Joint or back injuries | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 3. Respiratory disease | Yes <input type="checkbox"/> No <input type="checkbox"/> | 8. Heat stroke | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 4. Asthma | Yes <input type="checkbox"/> No <input type="checkbox"/> | 9. Vertigo | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 5. Epilepsy | Yes <input type="checkbox"/> No <input type="checkbox"/> | 10. Any other condition? | Yes <input type="checkbox"/> No <input type="checkbox"/> |

Have you undergone hospital treatment in the last 12 months? Yes No

Do you have a rare blood group? If yes, please provide your blood group type:

Have you ever had psychological or psychiatric illness, including eating disorders, deliberate self harm, overdoses, depression, anxiety or psychosis? Yes No

Do you have any objections to treatment, including blood transfusions & immunisations? Yes No

If you have ticked "Yes" to any of the above, please give details in the space below and list any medication you are currently taking.

Details of condition:.....

Medication (Please bring supplies for the length of the trip plus spares)

Do you have an allergy? Please specify: Nuts / Penicillin / Gluten / Wasp or Bee stings / Shellfish / Hay fever /OtherMedication:

The Classic Tours medical consultant or trip doctor may wish to speak to your GP prior to your place being confirmed. Could you please provide your GP's contact details below:

Doctor's name: Surgery telephone number:.....
Surgery address:.....

DOCTOR'S SIGNATURE

If you are aged 65 or over or you have a pre-existing medical condition or you have received hospital treatment within 12 months of departure, you must ask your doctor to sign below confirming that you are fit to undertake the challenge.

I confirm that I have read the itinerary my patient is planning to undertake and I know of no reason why this person should not participate in an event of this type at this point in time.

Doctor's name: GP Practice stamp:

Doctor's signature

Date

Classic Tours challenges entail consecutive days of cycling, trekking or horse riding and will be physically demanding. Due to the nature of these types of events some parts of the route will be away from main cities and hospitals. However, there will be trained medical personnel on hand and first aid supplies.

NEXT OF KIN (This person is usually a blood relative or spouse not on the event)

Name (in full)..... Relationship

Address

Postcode Email:

2 contacts: 1) Daytime Tel 2) Evening Tel

I APPLY TO TAKE PART IN THIS CHALLENGE AND CONFIRM THE FOLLOWING:

- 1) I have understood that this challenge is physically challenging.
- 2) I have understood the need for fitness & will read the training guidelines and commit to a training programme for the event.
- 3) To the best of my knowledge this is a true & accurate description of my medical history & current condition.
- 4) I sign below for Classic Tours to release this information to the doctor accompanying the event to allow him/her to contact my GP for further details.
- 5) In the event of illness or an accident on the trip I hereby give my permission for Classic Tours medical staff to initiate medical treatment & notify my next of kin in case of hospitalisation.
- 6) I am responsible for organising my own vaccinations through my GP & will be expected to bring a personal first aid kit.
- 7) I will advise my insurer of my medical condition. Should I fail to do this, I understand that I will be liable for any medical costs incurred whilst on the challenge as a result of my condition.

Signed.....

Date

IMPORTANT !

Should any of your medical details change after you have submitted this form, please inform Classic Tours immediately. You may be asked to complete a new medical form. It is vital that you remember to do this for your own safety.

CLASSIC TOURS BOOKING CONDITIONS – CHARITABLE EVENTS

These are the terms and conditions of Classic Tours which apply to those who are advised by the charity or the trading company of the charity, known hereinafter as "the charity", that they will be participating in the fundraising event. Please refer to the charity's own terms and conditions regarding your sponsorship and eligibility to travel. Only those potential participants who qualify under the charity's rules will be entitled to travel. For those selected to travel, then the following conditions will apply:

1. Your contract with Classic Tours

If you are selected to take part in the fundraising event, we will be advised of your details by the charity. Your contract for travel, accommodation and other services ("your travel arrangements") will be with us, Classic Tours Limited trading as Classic Tours of Tramways House, 377 Camden Road, London N7 OSH. If you are selected then we will confirm our contractual commitment to you by sending to you a confirmation invoice, together with the details of your travel arrangements and the itinerary that we have agreed to provide. It is only then that these terms and conditions will apply and a contract will exist between us, which is governed by English laws and the exclusive jurisdiction of the English Courts. Travel arrangements made by us which include flight and accommodation are fully protected under the company's ATOL Licence Number 3379 arranged with Civil Aviation Authority (CAA). When you buy an ATOL protected air package from Classic Tours you will receive a confirmation invoice from us confirming your arrangements and your protection under our Air Travel Organisers Licence number 3379. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid to us for an advance booking. For further information visit the ATOL website www.atol.org.uk. Payment for your travel arrangements will be made to us by the charity from the sponsorship it has received in accordance with the charities' terms for participating in the fundraising event.

2. The price of your Tour

- (i) The cost of your participation in the fundraising event forms a part of the overall value of the sponsorship raised by you and received by the charity. From those sums received by the charity, the charity will pay to us the cost of your travel arrangements that we are agreeing to provide.
- (ii) We reserve the right to increase the price of your travel arrangements to allow for variations in transportation costs (including the cost of fuel); dues, taxes or fees chargeable for services such as landing taxes and fees at airports and the exchange rate applicable to your travel arrangements. No price increase will be made within 30 days of your departure date and in any event, we will absorb any increase which equals 2% or less of the cost of your travel arrangements.

3. Health, Safety & Fitness and your Insurance Cover

The charitable event in which you will be participating is challenging and will require a good level of fitness, strength and endurance and it is your responsibility to ensure that you have the appropriate level. You should check with your doctor to ensure that you are sufficiently fit, healthy and mobile to participate in the event. You should take into account that medical and other facilities, particularly for those with any disability, illness or infirmity, at your destination are likely to be inferior to those in the United Kingdom. Accordingly it is a compulsory term of travel that you take out travel insurance to cover any health or injury problems that arise and, if necessary, to arrange for your repatriation to the United Kingdom. You must complete a medical form in order to be able to travel and you should also advise your insurer of any pre-existing medical condition before travel. Failure to advise this may invalidate your insurance cover. Classic Tours reserves the right to refuse participation if the above is not complied with.

4. Cancellation

- (i) If you cancel your travel arrangements, then there will be no refund payable to you as your sponsorship was raised for charitable purposes. Any balance of the sum paid to us by the charity for your travel arrangements, after deduction of cancellation charges, which have been agreed with the charity, will be repaid to the charity.
- (ii) Similarly, if we cancel your travel arrangements any refunds or compensation will be paid to the charity.
- (iii) If cancellation occurs in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers and any sums recovered under the policy will again be paid over to the charity.
- (iv) If cancellation occurs due to unusual and unforeseeable circumstances beyond our control, such as national emergency, natural disaster, fire, bad weather, flight delays or other such events (acts of force majeure), then we will advise you as soon as it is reasonable to do so.

5. Destination Safety and Force Majeure

Your personal safety during the charitable event is of fundamental importance to us and whilst we will carefully monitor the safety of your destination, the Foreign and Commonwealth Office do offer a travellers advice line, the details of which are 0870 606 0290. You should ensure that you are kept informed of the latest FCO advice.

6. Alterations by Classic Tours

- (i) Classic Tours and its supplier of flight accommodation and land arrangements shall be entitled to change the details of your travel arrangements and itinerary. If a change is significant you will be advised as soon as possible and you will be entitled to:-
- (ii) Cancel your participation in the event, in which case you agree that the cost of your travel arrangements will be repaid by us to the charity and you will have no entitlement to such sums; or
- (iii) Agree to proceed with the revised arrangements for the Event

7. Standard and Quality of Accommodation and Services

You should not have unreasonable expectations of the facilities that will be provided which in some remote areas and some destinations may be below what you might expect at home. The level of the standard and quality of your travel arrangements will be in line with the itinerary and any literature you receive from us.

8. Liability

- (i) We accept responsibility for ensuring that your travel arrangements will be as described in literature produced by us, or on our behalf, in our Confirmation Invoice and with the itinerary and that the services we are contractually obliged to provide are to a reasonable standard. If in the reasonable opinion of the charity any part of your travel arrangements is not provided as promised we will pay appropriate compensation if this has affected the quality or structure of your travel arrangements. We accept responsibility for the acts and/or omissions of our employees, agents and suppliers (except for claims for death, injury or illness – see below).
- (ii) Classic Tours accepts responsibility for death, injury or illness caused by negligent acts and/or omissions of us, our employees, agents, suppliers and sub-contractors whilst acting within the scope of, or in the course of their employment in the provision of any part of your travel arrangements in the itinerary, that we are contractually obliged to provide. We will, accordingly, pay to an affected participant such damages as might have been awarded in such circumstances under English law. However, damages are not payable where any failure to perform the contract is due neither to any fault on our part or a supplier of any part of your travel arrangements or is attributable to you or unforeseen or unavoidable actions of a third party unconnected with the provision of your travel arrangements or unusual and unforeseeable circumstances beyond our control or an event which could not have been foreseen even if all due care had been exercised.
- (iii) In respect of carriage by air, sea and rail and the provision of accommodation, the amount of compensation Classic Tours may be obliged to pay will be limited in the manner provided by the relevant International Convention. Carriage by air is subject to the carriers conditions of carriage. In particular drunkenness or rowdy behaviour may lead to the airline refusing carriage when alternative flights may have to be arranged at your own cost.

9. Flights

(a) Delays

Most flights will be arranged with scheduled airlines who will usually provide refreshments, meals or accommodation where there is any substantial flight delay and when this is possible to arrange. Classic Tours will not arrange these facilities if there is a delay at the outward or homeward points of departure if not offered by the airline.

(b) Flight changes

Airlines may have to change aircraft without advance warning. You are asked to check carefully departure and check in times on your documentation when received to ensure that you arrive at the airport in sufficient time.

10. Passports and Visas and Health

You will be advised separately of any passports or visa requirements and any compulsory health requirements to enable you to participate in your travel arrangements. Please note that you will require a full British passport with at least 6 months unexpired at the date of return travel. For EC and other passport holders please contact Classic Tours for special requirements.

11. This contract is governed by English law and the exclusive jurisdiction of the English Courts.