



**Agape
Volunteers**

Kenya Adventures

Extra Trips and Excursions

Thank you for your interest in Agape Volunteers!

This booklet is designed specifically for those people who are volunteering with Agape and the prices shown here are only available to those volunteers.

Please also feel free to browse the Agape Adventures website which has extra information and photos of all of these trips. All of these trips should be booked with your trip adviser at the same time that you book your volunteering programme and they will be added to the same invoice.

Nearly all of our volunteers book at least one of these extras as it is a fantastic opportunity to see everything your host country has to offer for a rate that isn't available to tourists. Please have a read and I'm sure that something will take your fancy!



CEO and Founder, Agape Volunteers

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Three Day Maasai Mara Safari

Cost: £410 - available all year around with no minimum booking number

No trip to Africa would be complete without going on Safari. We advise all of our Kenyan volunteers to take advantage of the fantastic volunteer rates available for safaris and take a three day break in arguably the best safari park in Africa. The Mara covers over 1500 km of south-western Kenya and is home to a huge variety of animals including: lions, cheetahs, leopards, black and white rhino, elephants, hippo, zebra, wildebeest, crocodile and over 15 different types of antelopes.

This fee covers all travel to, from and within the Maasai Mara Reserve, hotel accommodation, an experienced safari driver with off-road pass, and an Agape Volunteers guide. All your meals are covered by the safari fee, but you may want to bring some spending money for bottled water and sweets for the drives, camera batteries and extra insect repellent!

The three day package sees you leave Nairobi early Friday/Saturday morning aiming straight for the park for around noon. Upon arrival you will have lunch before setting off for a two-three hour trekking safari. You will then have the opportunity to visit the nearby Maasai cultural village where you will learn about hunting techniques, living conditions and cultural customs.

The second day has you in the park for the whole day. You will rise early for a game drive starting at around at 8.30am, beginning your hunt for the super seven. (Lion, Cheetah, Leopard, Rhino, Elephant, Buffalo, Hyena).

Lunch will be taken at the Mara River, where in migration season (June to September) you can view herds of wildebeest attempting to cross the river without succumbing to the Crocodiles and Hippo who lie in wait for them.

Your third day will again start early to see the sunrise across the Mara from the camp, which is an unforgettable "Lion King" moment. You will then head back towards Nairobi, stopping at the Rift Valley viewpoint on the way for some last photos and souvenirs, if you wish.



Four Day Maasai Mara Safari

Cost: £535 - available all year around with no minimum booking number



The four day option is identical to the three day safari up until the afternoon of day three.

It also includes an additional day at Lake Nakuru National Park. This is a must if you want to see rhinos - one of Africa's rarest animals, but relatively common around Lake Nakuru.

This gives you the opportunity to see the white rhino and flamingos (in season) which call the lake home. You will then make the journey back to Nairobi in time for dinner at your volunteer house. Well worth the extra day if you aren't pushed for time on your volunteering programme.



“The safari is a must, and I'd recommend fitting in as many other excursions as possible.”
Tim Holmes



“I advise all volunteers to go on the Safari trip where you can meet all the amazing animals, and it is definitely a bonus to the whole experience.”
Kishan Mehta

Maasai Cultural Excursion

Cost: £150 - available all year around with no minimum booking number

The four-day trip to Maasai-land is an opportunity to completely immerse yourself in a culture differing from both your own, and the rest of Kenya's. A rough itinerary for this trip is shown below, but please note that some elements change depending on some season or environmental circumstances. This is listed as a separate programme on our website; however, volunteers only ever spend a maximum of four days in Maasai-land.

- Day One
Leave Nairobi by matatu at around 9am - arrive at the village in the afternoon meet and greet your Maasai family - have a meal, tea and discussions throughout the evening - sleep in a Maasai manyatta on Maasai beds.
- Day Two
Hike up a nearby hill and explore the surrounding area with a Maasai guide, spotting wildlife along the way - the afternoon will be spent learning Maasai ways and traditions including spear throwing - dinner and talks with your new family and friends.
- Day Three
Attend mass in a local Maasai 'church' - afternoon spent prepping goats and/ or chickens for meal at night - meet and greet locals and elders for an evening feast.
- Day Four
Rise and shine early to catch the train back home - arrive back at the volunteer house late afternoon.

“Maasai Tribe is not for the faint hearted - this is living the Maasai way with a fantastic hike (around 7 hours)”

For the duration of this four day excursion all of your meals and food will be provided, but please note that as the Maasai have meal-times that differ greatly from most Western cultures, it may be advisable to bring some snacks with you. These can also be shared amongst the locals, who would be very appreciative!

Some other things to bring include:

Camera, mosquito repellent, warm clothes for night-time as it does get cold, good hiking shoes, water to last the weekend in case there are shortages, an open mind and a smiling face! Huge bags are not necessary, and some of the travel arrangements may make carrying lots of things difficult due to the terrain.



Beach Getaway

Cost: £410 - available all year around with no minimum booking number

Availability: Although available all year round, this trip does not run every weekend so those on shorter stays may not be able to take this trip. Your trip adviser will let you know if this is the case for your booking. There is no minimum booking number.

Overlooking the Indian Ocean and some of the world's most stunning beaches, the Kenyan coast is an excellent trip for volunteers who want a break from their placement for a few days and a chance to soak up some good old sun, sea and sand.

The trip to the coast is inclusive of return transport from the volunteer house, three nights accommodation, and a snorkeling trip on the reef.

You will spend one night at Diani Beach and two nights at Watamu - two of Kenya's most popular destinations. At Diani, braver members of the group will have the opportunity to take part in a sky-dive for an additional fee.

On the way back home you will also have the chance to visit Mombasa, Kenya's second largest city and home to the historical Fort Jesus.

You will definitely need to bring sun cream as the temperatures in this area of Kenya reach well over 30 degrees every day.



“This trip is ever popular with volunteers looking to escape and chill out on the beach.”



Mount Kilimanjaro Climb

Cost: £1595

*Your fee is inclusive of Tanzanian visa and climbing permit. Climbing clothing is *not* provided and can either be rented or purchased at the mountain or brought by the volunteer.

Availability: You can climb Kilimanjaro all year round. However, please be aware that a good level of physical fitness is required to complete this excursion and that your travel insurance with Agape Volunteers does not cover altitude sickness above 4500 feet. You should consult your doctor before deciding to climb.

It takes between seven and eight days to climb Kilimanjaro, therefore you should only consider this trip if you are volunteering for at least three weeks. There is no minimum booking number, although individuals and small groups will be attached to other climb groups.

The itinerary listed below is not fixed and sometimes things change depending on the weather, but it will give you a pretty good idea of what's in store for you. The price includes all meals and bottled water during the climb.



Itinerary:

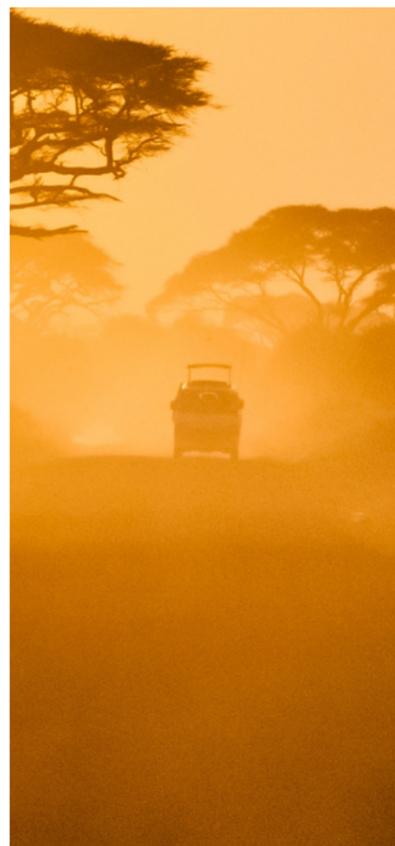
- Day One: Nairobi - Arusha
Travel from Nairobi to Arusha on board a Shuttle bus to our hotel for an overnight stay.
- Day Two: Machame Gate - Machame Camp
Hiking time: 7 hours | Distance: About 18 km | Habitat: Montane forest
Your first day climbing will start with a briefing and a safety talk before breakfast and a drive to the starting point of Machame village. You will then trek through the forest to your camp for the night.
- Day Three : Machame Camp - Shira Camp
Hiking time: 6 hours | Distance: About 9 km | Habitat: Moorland
There will be a very early start on your second day hiking in order to get to the top of the forest before lunch. The trek then takes you through moorland and a rocky ridge before reaching the Shira Plateau where you will camp.

Mount Kilimanjaro Climb Cont:

“A true once in a lifetime experience, climbing the tallest peak in Africa is on many people's bucket-list.”

Mount Kilimanjaro Climb Cont:

- Day Four: Shira Camp - Lava Tower - Barranco Camp
Hiking time: 7 hours | Distance: About 15 km | Habitat: Semi desert
A very long day of a slow ascent to Lava Tower, this is the point at which some symptoms of altitude sickness may occur. Camp is made as Barranco where there are stunning views of the Western Breach.
- Day Five: Barranco camp - Barafu camp
Hiking time: 7 hours | Distance: About 13 km | Habitat: Alpine desert
The day is spent climbing the Great Barranco Wall before heading down into a glacial valley. Camp for the night is made in the valley. Water for the rest of the trek is taken on board here; due to the freezing temperatures, water cannot be collected beyond this camp. It is from here that you will attempt the summit.
- Day Six: Barafu camp - Uhuru Peak (5895m)-Mweka
Hiking time: 8 hours | Distance: 23 km | Habitat: Stone scree and ice-capped summit
The summit attempt begins at midnight to give you enough time to descend afterwards. This is the most physically challenging section of the climb. From Stella point to the summit there is likely to be continuous snow-fall. You will reach the summit for morning and enjoy the most memorable sunrise of your life. Time at the summit is limited due to cold and fatigue. The route down is a rock and scree path to your camp for the night at Mweka.
- Day Seven : Mweka Camp (3100m) - Mweka Gate (1980m)
Hiking time: 3 hours | Distance: About 15 km | Habitat: Forest
Leisurely hike back down the mountain in time to sign your names in the register of successful climbers and receive your awards. The final evening is spent enjoying hot showers and a well-deserved drink (or two.)
- Day Eight: Arusha - Nairobi
Breakfast followed by travel back to Nairobi.



“ This is the most physically challenging section of the climb. From Stella point to the summit there is likely to be continuous snow-fall. You will reach the summit for morning and enjoy the most memorable sunrise of your life.”



Mount Kenya Climb

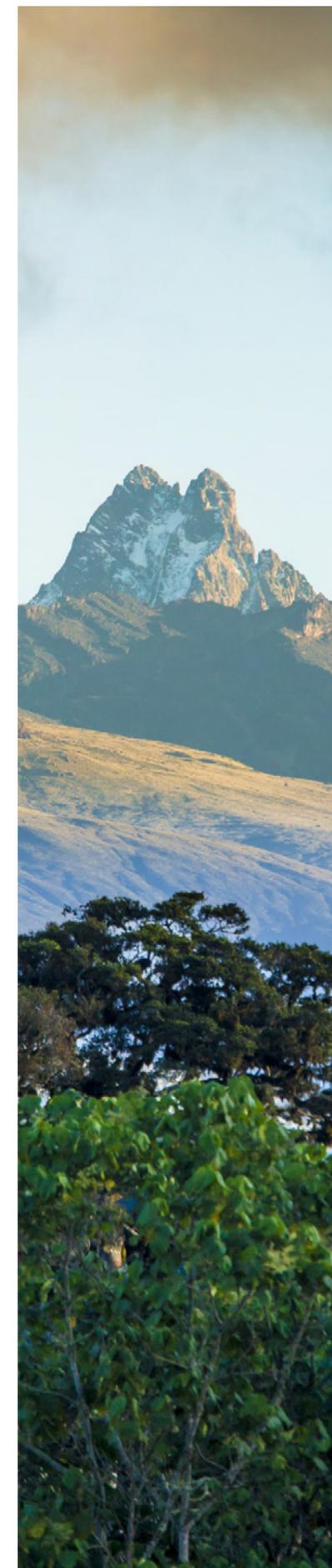
Cost: £970

Availability: You can climb Mt. Kenya all year round. However, please be aware that a good level of physical fitness is required to complete this excursion and that your travel insurance with Agape Volunteers does not cover altitude sickness above 4500 feet. You should consult your doctor before deciding to climb.

No minimum booking number, although individuals and small groups will be attached to other climb groups. Food and bottled water for entire climb is included.

- Day One: Nairobi - Naro Moru
The day is spent travelling from Nairobi, conducting safety briefings, acclimatising and preparing climbing equipment at the Bantu lodge.
- Day Two: Naro Moru - Met Station
Your first day is spent trekking through a rain forest for around 10 kilometres until you reach the Met Station camp. The first evening on the mountain is spent acclimating to altitude. Machame village. You will then trek through the forest to your camp for the night.
- Day Three : Met Station- Mackinder's Hut
There is a very early start in order to hike up the Teleki valley to the Mackinder's camp before night fall, in order to get an early night ready for the summit attempt. There is a spectacular view of the peaks from this point.
- Day Four: Mackinders Hut – Point Lenana - Met Station
You wake up at 2:30 am ready to start your summit attempt, locally known as Lenana. From the top you will be able to see the sun rise and also on a clear day, Mt. Kilimanjaro. You then descend back to Met station throughout the rest of the day.
- Day Five: Met Station- Mountain Rock Lodge
After breakfast, you descend the last bit of the mountain before beginning your journey back to Nairobi.

“ Your first day is spent trekking through a rain forest for around 10 kilometres until you reach the Met Station camp. The first evening on the mountain is spent acclimating to altitude.”



Hell's gate Biking & Hiking Day Trip

Cost: £140 - available all year around with no minimum booking number

Hell's Gate National Park lies to the south of Lake Naivasha in Kenya. It is relatively small but is known world-wide for its wildlife and scenery. If you wish to take a walk on the wild side, this is the excursion for you! There are over 100 species of birds, African buffalo, zebras, giraffes, warthogs, gazelles, and baboons. Pride Rock from The Lion King was inspired by a peak in this park, which you may get a chance to trek up! No minimum booking number, although individuals and small groups will be attached to other climb groups. Food and bottled water for entire climb is included.

You will be picked up from the volunteer house in the morning and drive to the park. There you will choose your bicycle before embarking on a 7km trip through the reserve. There is plenty of time to stop and take photographs of the wildlife and scenery on route. You will then leave your bicycle and start a hike through the gorge, where there is an option to do some cliff climbing and jungle trekking.

After this you will head to the only natural hot water lagoon in Africa, where you'll be able to swim and relax after a busy morning. You can then go for a boat ride to see the hippos and, in the right season, flamingos.

Fee is inclusive of all travel to and from the National Park, all park fees, bicycle rental, and an Agape Volunteers guide. You will need to bring money for water and lunch, if you wish.



Laura's story:

“I knew we would probably get to see some animals but I had never expected to see so much beautiful wildlife in such close proximity. There were herds of zebras grazing all around us and wandering across the track! We saw gazelles, tiny pumbas (warthogs) and spotted a secretary bird in the long grass. We even got to ditch our bikes and scramble up Pride Rock (as seen in The Lion King!) to marvel at the stunning scenery surrounding us.”



Mt. Longonot Day Hike

Cost: £140 - available all year around with no minimum booking number

Mount Longonot is a dormant volcano, thought to have last erupted in the 1860s. It is located to the south of Lake Naivasha in the Great Rift Valley.

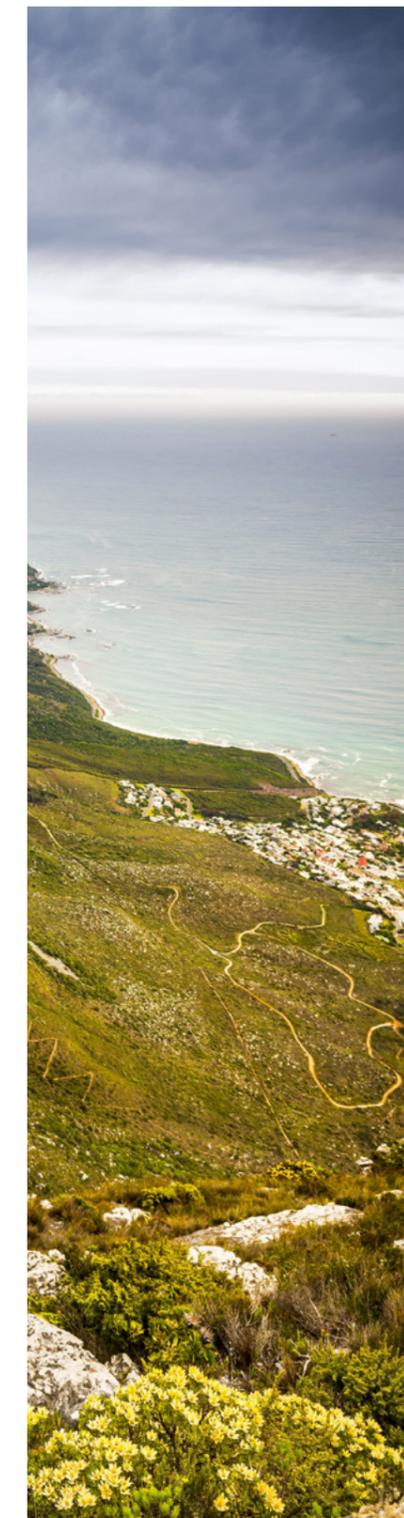


You will be picked up from the volunteer house in the morning and driven to the Great Rift Valley Viewpoint. Here you can have breakfast overlooking one of the most beautiful sights imaginable, before continuing on to the mountain. The trail runs from the park entrance up to the crater rim and continues in a loop encircling the crater. The hike is about 8-9km and takes about four hours.

As you heave yourself over the rim of the crater, your reward is the amazing sight of Naivasha and the Great Rift Valley. A forest of small trees covers the crater floor which is also home to various species of wildlife, notably zebra, giraffe, and buffalo. Leopards have also been reported but are extremely difficult to spot.

The fee covers all travel to and from Mount Longonot, all park fees, and an Agape Volunteers guide.

“For those not able to commit to one of our longer mountain climbing Adventures, the Mt Longonot day hike is the perfect chance to take in some spectacular views over the Rift Valley.”



Kibera Outreach Day

Cost: £50 - available all year around with no minimum booking number

The following excursion is by no means a tourist or sight-seeing trip. However, we feel it is important to make as many volunteers as possible aware of the slum and try and encourage you to spend at least a day there - which is why we have included it in this booklet.

The fee for this excursion goes towards your local guides around Kibera, a donation towards a project of your choosing during the day and contribution towards Agape's long term project aims here. The following description is provided by Kenya Country Coordinator, Isaac Mwangi.

Kibera is the largest slum in Nairobi and arguably also the largest slum in Africa. Kibera is a section of Nairobi, representing 60% of the city's total population but only occupying 6% of the land. Conditions in Kibera are extremely poor - most of its residents lack access to basic needs such as electricity and running water. It is heavily polluted by human waste due to the open sewage system, and this lack of sanitation combined with poor nutrition among the residents leads for many illnesses and diseases. Most education centres are classified as informal and not regulated by the government, nor are there any government clinics or hospitals - many of the health centres are provided by charitable organizations. There continues to be many issues that people face on a daily basis.

Once in Kibera, the excursion begins with a visit to the centre of the slum. On the way, you will have the opportunity to see the homes, schools, work, and day to day life in Kibera. Following this you will be taken to a viewpoint where you can see the entire slum stretching for miles around. You will continue to walk through Kibera stopping at a local art shop where you can purchase souvenirs, if you wish, which helps support the local economy. You will then visit a local orphanage, school and clinic to get a deeper perspective about life in the slums. At this moment, you will come together as a group and decide where the outreach money is most needed, as we wish to encourage volunteers to understand the decisions that have to be made by any aid organisations such as Agape Volunteers. However please note that, due to the urgent nature of some issues in Kibera, sometimes we will already have determined where this money will be best put to use.

The fee covers all transportation to and from Kibera, three knowledgeable guides, and a donation to an outreach project chosen by you and the rest of your group during the trip.



Uganda Adventure Holiday Break

Cost: £880

Availability: No minimum booking number, although individuals and small groups will be attached to other groups

This trip is inclusive of: transport, guides, border fees, accommodation, most meals, white water rafting, dusk quadbiking safari, night time Nile river cruise, BBQ and beers every evening.

- **Day One:**
Travel to Uganda from Nairobi. You will arrive in Jinja (near Kampala) at night, and travel on to your accommodation
- **Day Two:**
This will consist of a full day of white water rafting with Africa's most experienced and qualified river crew. You will receive a packed breakfast and lunch from the lodge before you depart which will be eaten at various points on the river. You will be taken by shuttle from the lodge to start of the course where you will receive safety training and conduct practice drills. You will then begin a full day of rafting along one of the most exhilarating stretches of water for rafting anywhere in the world.
There is a professional videographer and photographer available for those who wish to get some pictures of their excursion!
- **Day Three : Met Station- Mackinder's Hut**
Your third day will start with a visit to a local resort for some relaxing and enjoying the sun. Following this you will head to a nearby location to start your quad bike safari. This is inclusive of several practice sessions in the arena before heading out into the wilderness to conduct a three hour dusk safari on your bikes. Experienced guides, protective clothing, helmet, goggles, boots and refreshments are all included. You will then head back to the lodge to get changed for the evening's entertainment. Your Nile River Sunset Cruise will take you along a fantastic stretch of the early Nile and is inclusive of beers, sodas and spirits.
- **Day Four:**
Those who wish to can pay an extra fee on arrival to do a bungee jump of over 100m. Everyone will then be transported back to Nairobi.



“ You will then begin a full day of rafting along one of the most exhilarating stretches of water for rafting anywhere in the world.”



Uganda Gorilla Trekking

Cost: On request

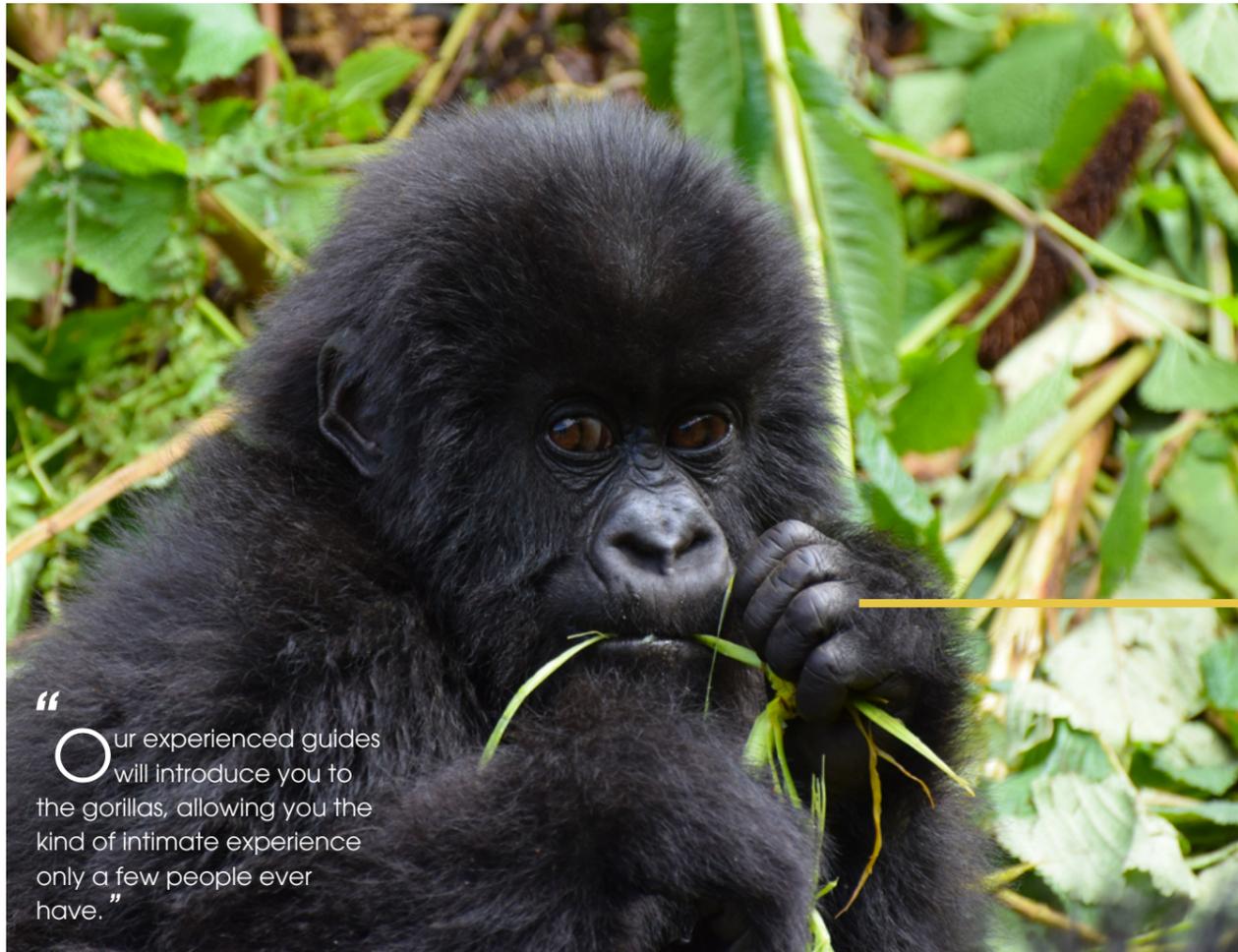
Availability: No minimum booking number, although individuals and small groups will be attached to other groups.

Gorilla trekking is on many people's list of things to do before you die. However, it is strictly regulated and requires over 5 days of your volunteer period.

This Adventure will allow you to get up close to some of Africa's most fascinating animals, learning more about their social practices and ways of life. You will spend several days in the area, trekking into the deep jungle to find the gorillas in their natural habitat. Our experienced guides will introduce you to the gorillas, allowing you the kind of intimate experience only a few people ever have.

Ugandan mountain gorillas can be extremely reclusive, but are nonetheless highly endangered. This is not just a tourist trip; part of the fee goes towards conservation projects in the area, ensuring that Ugandan mountain gorillas remain in their natural habitat for future generations.

Prices start at around £2000 and this trip requires careful planning. Therefore, if you are interested in this, please contact your trip adviser and they will get a senior member of our team to contact you about planning it.



“Our experienced guides will introduce you to the gorillas, allowing you the kind of intimate experience only a few people ever have.”



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