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Kenya Holidays: Climbing and Trekking by [Thomes Schmitz](#)

Article published on August 24th 2012 | [Family](#)

Adventure lovers, climbing and trekking enthusiasts have a feast awaiting them in Kenya. If you're planning a holiday during the Great Migration, it's a great idea to combine some spectacular game-viewing with a climbing holiday. Some great locations for a climbing vacation:

**Mt Kenya:** Located just south of the equator, at a height of nearly 18,000 ft, Mt Kenya is the second highest peak on the continent. With dramatic scenery, lush vegetation, breathtaking glaciers, rich wildlife and bird-life habitats, interesting cultural spots, the central area is a National Park and the whole range is a UNESCO World Heritage Site which is visited by thousands of tourists every year. This high altitude, strenuous trek is strictly for the physically fit and most tourist services advise an acclimatization period before undertaking the climb. There are horse-riding, fishing and forest walk options along the way. The panoramic landscape dotted by giant lobelia and groundsel, the wildlife includes hyrax, eagles and sun-birds. Porters and guides provide help and assistance. Visits to local plantations, schools, villages and farms provide additional flavor to the trip.

**Trekking routes Mt Kenya:** Winding through tropical forests and moors, the Chogoria trekkers' route takes you through the giant heather forests through the broad ridges to reach the small settlement of Mintos Hut. A midnight trek through the main peaks to Point Leanna to catch the sunrise is an unforgettable trip. After a rest and hot breakfast, the descent to Naomoru and Nairobi continues through the panoramic rain forest region. A certificate is given to those who have completed this arduous and exciting trip.

**Mt Longonot:** situated in the stunning Rift Valley in Kenya, about 60 km from Nairobi, this mountain is part of an extinct volcanic range. A protected National Park is located on its slopes. The short, but very steep route can take up to five hours of continuous trekking and climbing. Tiny hot springs and steam-vents are found here, and the mountain is populated by zebra, leopards, hartebeest and buffalo.

**Loita Rift Valley Hills:** For an authentic Masai experience, this area is sure to satisfy the intrepid walker. The area is famous for elephants and buffalo besides rare species like colobus monkeys, dik dik and impalas. This unspoilt mountain forest holds sacred associations for the local Masai tribal people and tourists get fabulous views of Mt Kenya and Kilimanjaro on the Tanzanian side.

Another great trekking trip would be through the Chyulu Hills, with their mysterious and exciting caves and rock formations. "Leviathan" the world's longest lava tube cave is situated here, and trekkers can view the amazing sink holes, lava tubes, stalagmites, stalactites and other natural wonders inside the caves, with experienced and professional guides to inform and educate you. Beautiful grasslands here are home to herds of eland, giraffe, wildebeest and sometimes even the great predators. Expert cooks travel along with the group and provide great local food.

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Article Keywords:

Kenya Royal Safari,Swahili Beach Hotel,Afrochic Kenya

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