



# SPORTS AND ADVENTURE



# MAGICAL KENYA IS SAFE AND READY TO RECEIVE VISITORS

As part of the Kenya's response to the COVID-19 pandemic which has devastated Tourism in Kenya and globally, the ministry of Tourism and Wildlife in partnership with key stakeholders developed the Magical Kenya Tourism and Hospitality protocols. The protocols have played a key role in the safe reopening of tourism establishments in the country. They spell out comprehensive measures to be followed by all who work in the sector as well as by tourists guarantee the safety of visitors in the destination.

These protocols will be observed by every one along the tourism chain including the tourism destination. So far, hospitality establishments and tourism attractions around the country including hotels, bars, restaurants, museums, game parks and attractions have adhered to the guidelines and put in place all the required measures. Visitors and sector workers are required to also adhere to these protocols in order to protect themselves.

In recognition of the destination's adoption of the global health and hygiene standardised protocols dubbed "Safe Travels, Kenya was awarded the World Travel and Tourism Council (WTTC) Safe Travel Stamp in July.

The transport sector is crucial for the revival and thriving of tourism and the economy. Therefore, apart from the hospitality protocols, the Ministry of Transport released protocols to guide the reopening of the transport and aviation sub-sectors.

This has guided the resumption of international and domestic flights since air travel remains a key component in the revival of tourism in the country and globally.

These protocols have so far been instrumental in enabling the safe resumption of passenger travel. Adequate measures have already been put in place at all airports in the country and airport authorities work round the clock to ensure they are adhered to. For travellers to remain safe from COVID-19 in the destination, it is important that they adhere to the protocols, allowing tourism activities to continue safely for all.

All sectors related to the tourism industry are well equipped and prepared to receive tourists, guided by the guidelines developed.

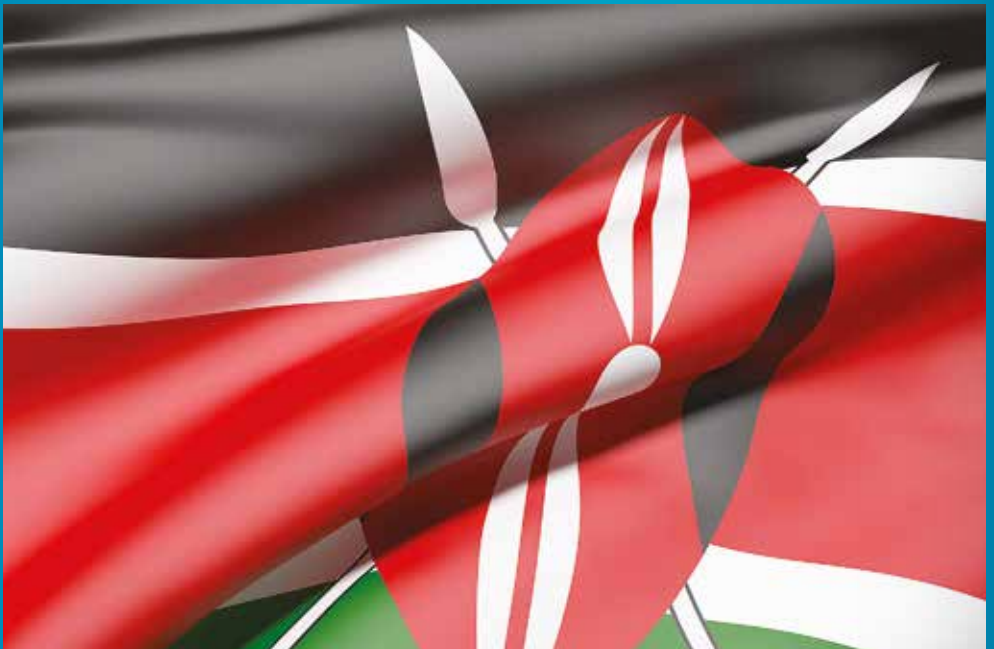
## FREQUENTLY ASKED QUESTIONS: COVID-19



SCAN ME

# KARIBU KENYA!

Kenya is country of many wonders. We welcome you to explore and travel these magical lands and do so safely. In order to ensure the safety of our visitors and citizens, we encourage you to follow all set out health and safety procedures as indicated. While in the country, tourists will be required to strictly adhere to the measures as stipulated by the government. Flaunting the measures will attract consequences as stipulated by Kenyan Law. Stay up to date while in the country by following The Ministry of Health @MOH\_Kenya, The Government Spokesperson GoK on Twitter or regularly checking The Ministry of Foreign Affairs website, [www.mfa.go.ke](http://www.mfa.go.ke). If you suspect that you have been exposed to COVID-19, call the COVID-19 emergency hotline 0729 471 414 or 0732 353 535.





# KENYA

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## THE WORLD'S MOST FASCINATING PLAYGROUND



### Introduction

For some, the idea of a perfect holiday might be relaxing by the beach or lounging by the pool. But for many, a holiday isn't complete without a healthy dose of adventure. If you're looking for a holiday destination that is as exciting as it is beautiful, you'll find no better choice than Kenya. Its natural beauty and diverse landscapes mean there is excitement around every corner, whether you're looking to explore the land, discover the seas, or take to the skies.



Home to breath-taking wild safaris by road, air, hot air balloon bikes, camels and horses, there is no adventure too extreme for the wild spirit.

And after hiking through the woods, enjoy a round of golf, athletic, rugby or a marathon run in one of our many courses that will for sure get your spirit running and your experience on the move.

### **Where culture paints on nature's canvas**

Kenya prides itself with jaw dropping landscapes where nature and culture mix in reckless abandon, providing the perfect backdrop for unique adventures and sporting experiences. From the towering Mt. Kenya and Aberdares Region, you can switch gears to the pristine coast beaches with diverse water sports and deep sea fishing. From the edge-of-your-seat camel rides in Northern Kenya to the endless running, biking and hiking routes in the North Rift. From the gaping forests of the Central Rift to the wildlife escapades of the South Rift, there is something for everyone.

# WHEN TO VISIT

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Kenya has excellent weather all year round, so there's truly no bad time to visit. December - March and July - October mark the peak of tourist season, due to the dry and warm conditions that make wildlife viewing easier and temperatures generally comfortable. If your adventures will be taking you to the Coast, December through March is an excellent time to visit to get the most sunshine and fair weather. For journeys into the highlands however, prime weather occurs January through February and again in July through October. If you're venturing into the Northern plains, June, July, August and December are excellent times to visit, as the temperatures tend to remain consistent and predictable and are favourable for viewing wildlife.



# ADVENTURE AND SPORTS CALENDAR OF EVENTS / FESTIVALS

Unbeknownst to many, Kenya is a wonderful mélange of colourful and exhilarating festivals, several celebrating the cultural, natural and historical diversity of the country.

EVENT	ORGANISER	TENTATIVE DATES	VENUE
1. Paragliding	Kerio View Lodge	January - March	Iten
2. Kite Surfing	Nyali Beach Hotel	February	Mombasa (North)
3. Whale Spotting & Tagging	East African Whale Trust	February	Mombasa
4. Mt. Kenya Bike Challenge	10 to 4 Organisation	February	Borana Conservancy
5. Kenya Open	Kenya Open Golf Ltd.	March	Karen Golf Club
6. Parachuting event	Sky Diving Boogie	March	Diani Beach
7. Rhino Charge	Rhino Ark	May - June	Nanyuki
8. Safaricom Lewa Marathon	Lewa Conservancy	June	Lewa Downs
9. Safari Sevens	KRFU	June	Nairobi
10. World Safari Rally	Safari Rally Ltd	July	Nairobi
11. Humpback Whale Migration	Watamu	July	Watamu

## ADVENTURE AND SPORTS CALENDAR OF EVENTS/ FESTIVALS

EVENT	ORGANISER	TENTATIVE DATES	VENUE
12. International Maralal Camel Derby	Samburu County	August	Maralal
13. Maasai Mara Marathon	Kenya Airways	November	Maasai Mara National Game Reserve
14. Standard Chartered Marathon	Standard Bank	October	Nairobi
15. Muggie Dam Triathlon	Muggie Dam	October	Laikipia North
16. Deep Sea Fishing	KASAC	Seasonal	North & South Coast
17. Horse Racing Season	Jockey Club	All year	Nairobi Race Course
18. The Migration Gravel Race (Cycling)	Savage Wilderness Safaris	January	Greater Mara
19. Faraja Charity Raft Race (Rafting)	Savage Wilderness Safaris	June	Sagana
20. Tana River Festival (Kayaking)	Savage Wilderness Safaris	May	Sagana
21. Ultra-Marathon For Rangers		September	Laikipia

# WHAT TO DO

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## ADVENTURE:



If adventure and excitement get you buzzing, then Kenya provides thrilling sensations in places that will leave you thirsting for more. You can choose a challenging trek to the summit of Africa's second highest peak, Mt. Kenya or enjoy paragliding over Kerio Valley. Later, crown the day with a you-have-to-be-there spectacular view of the great wildebeest migration on a hot air balloon at the world renowned Maasai Mara Game Reserve. If you are an adrenalin junkie, you can raft down the River Tana or Athi River taking on the world class rapids, dive the depths of the Indian Ocean or fuel your adrenaline with blood rushing bungee jumping and zip lining at Sagana. Enjoy the ride of your life with the unforgettable Camel Safaris and horseback rides by Elewana Collection and Quad Biking at Olarro Conservancy.

## SPORTS:



Kenya boasts world class sporting facilities and expansive fields dedicated to bring out the sportsperson in you. Whether you prefer the city or the bush, there are several high altitude training camps in the Great Rift Valley and Central Kenya that have pushed world class athletes to the cusp of their abilities. Come find out why Kenya is the fan's favourite and home of Africa's champion for the Tokyo 2021 Olympics in the Rugby 7s circuit.

Alternatively, take part part in the Rhino Charge, an annual off-road motor event which raises funds for the Rhino Ark Charitable Trust or wind the day up with a round of golf from our several golf courses because whatever your sport, the ball is in your court.

# OVERLAND

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Fresh air, pristine beauty and incredible wildlife; there's so much to love about Kenya's inland regions. Kenya's sprawling landscape offers an excellent variety of environments to explore. From the misty highlands to the endless savannahs, land-lovers will rejoice at the bounty of experiences to be had.

# RUNNING



Kenya is home to numerous high altitude training camps where our world class beating athletes in addition to others from around the world come to train.

What makes high altitude training so popular? At high altitudes, the air is thinner, meaning lungs have to work harder to supply oxygen to the body. As a result, lung capacity and efficiency is increased, which in turn can lead to improved endurance, an edge that many believe helps Kenyan athletes excel.

## THE FOREST



A breath of fresh-air, The Forest is not your usual go-to hang-out. Away from the hocus-pocus of the city, The Forest represents a serene getaway to have a nature stroll. Situated at the heart of the Aberdare Ranges, in the Kereita Forest, enjoy a wide range of activities that will cater to the most sceptical of travellers:

- Zip-lining
- Archery
- Mountain biking
- Nature walks & paint balling
- Fly fishing
- Team building and tree planting
- Horse riding
- Footgolf and camping

Get your gear out and make The Forest your go-to destination to enjoy fresh air and bring out your inner adventurer.

# TREKKING

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## HIKING & MOUNTAIN CLIMBING



If you're the kind of traveller striving to reach new heights both mentally and physically, you'll soon discover what makes Kenya such a popular adventure destination. With terrain suited for hikers and climbers of every skill level as well as safaris specially designed for those who want to explore on foot, Kenya offers a breath-taking experience from every vantage point. Everything from crescent islands to enchanted forests - you'll find the perfect location to match your ability.



## MOUNT KENYA



For climbers, there's no experience quite like Mount Kenya. With towering spires, sheer cliff faces, jagged ridges and snow-capped peaks, Mount Kenya boasts the second highest peak on the African continent. The diverse range of terrains and conditions makes Mount Kenya a haven for climbers, hikers and trekkers alike. Batian and Nelion, Mount Kenya's main summits, can only be reached through a rigorous technical climb over rock and ice. Point Lenana, the mountain's third highest peak, is popular with trekkers who want the spectacular views without the rigors of a technical climb.

## ROCK ART



Challenge your inner self to conquer some of Kenya's well-known climbing escapades. Rock up to the volcanic Fischer's Tower near the North Eastern border of Hell's Gate National Park, with a height of approximately 25 meters. Fischer's Tower is rooted in deep Maasai culture, with legend claiming that the tower is a Maasai girl who was turned to stone after looking back on the way to meet her future husband. The view at the top is dotted with zebras, the occasional giraffe, warthogs, various antelope species and birds of prey circling overhead. But that's not all the climbing to be had. Lukenya, forty minutes East of the city centre offers some of the best climbing Kenya has to offer.

Mt. Kenya is iconic in the climbing world and offers amazing high altitude multi pitch routes. The Aberdare, Rift Valley and Northern Kenya provide picturesque routes for your adrenaline pleasure. Get in contact with Savage Wilderness, African Assent, Blue Sky or the Mt. Club of Kenya for more information.

## HELL'S GATE NATIONAL PARK



Naivasha is a great place for those who enjoy walking. Hell's Gate National Park is easily accessible and unlike many other National Parks, visitors are completely free to walk anywhere in the Park.

There are stunning landscapes, spectacular rock towers and a lot of wildlife on offer. Walking into the lower gorge is a fascinating trek through winding rock canyons, with geothermal steam vents and hot springs along the way.

Hell's Gate National Park has some of Kenya's best rock climbing spots. There are high cliffs with several possible routes and plenty of opportunity for climbs and abseiling. Fischer's Tower, a large volcanic pillar, is also a good climb.

## BIKING



You wouldn't know it, but one of the best ways to explore Kenya is by bicycle. This gives you the freedom to explore quiet village roads down at the Coast, see wildlife from your bike in the Mara and Laikipia, explore the hills in the Great Rift Valley or out in the wild at Hell's Gate National Park in Naivasha. The biking opportunities in Kenya are endless and out of this world with so much to offer for all abilities. It is an ideal opportunity to get some fresh air, exercise and get a new perspective on the country and local life.

## CAMEL SAFARIS



Camel Safaris are becoming an increasingly popular way to explore the ranches in Northern Kenya. The camel is perfectly adapted to this landscape and is widely used throughout Northern Kenya. This is a once in a lifetime experience, walking through the bush with only the sounds of the wild and the soft tinkling of the camel bells, you will find yourself travelling at a relaxed pace, moving through the wild in tune with the rhythms of nature.

## CHYULU CAVE EXPLORATION



Chyulu Hills has the deepest known lava tube cave in the world. Numerous lava tube caves, collectively known by the local community as Kisula Caves, crisscross the depths of the Hills. Chyulu is a rugged wilderness still showing signs of its volcanic origins – and boasting some of the best views of Mt. Kilimanjaro, with the added benefit of sighting wild animals including lions, leopards and buffaloes.

## ROUTES & TRAILS

Nothing beats the thrill of experiencing Kenya's beauty on foot. Trudging through the lush, green hilly forests of Mt. Kenya, walking the endless savanna grasslands or taking a stroll in our ever green nature trails, there is something for everyone. Pack your trunk and let's experience the walking safari in the wild.

Destination	Trail / Route	Hiking Duration	Rating
Mt. Kenya	Sirimon Route (Easier Trek) Naro Moru & Chogoria	1 – 6 Days	Moderate / Difficult Extremely Difficult
Aberdare National Park	Elephant Hill	Less than 8 Hours	Moderate
Arabuko Sokoke	Arabuko Sokoke	Less than 7 Hours	Moderate
Central Island National Park	Flamingo Lake Crocodile Lake Tilapia Lake	8 Hours	Moderate
Chyulu Hills National Park	Satelite Route	Less than 6 Hours	Moderate
Transrift Trail	Great Rift Valley Trek	7 Days	Moderate / Difficult
Hells Gate National Park	Gorges	Less than 7 Hours	Moderate
Kakamega Forest	Waterfall Route/Botanical Route	Less than 7 Hours	Moderate
Ngong Hills	Hill of Seven Hills	Less than 7 Hrs	Moderate
Mt. Longonot	Hike round the crater	Less than 7 hrs	Moderate

# FACT FILE ON TRAILS



## 1. Trails are rated as:

**"Pristine "** – typically wilderness depicted by 3 trees

**"Natural"**– might be forestry / plantation area depicted with 2 trees

**"Rural"**– with farming area environment

**"Semi Urban"** – landscapes representing urban green belts

**2. Trails are also rated in terms of energy (Kcal) required to hike.** The figures are translated onto a scale of 1-10 representing Easy, Moderate, Difficult & Extremely Difficult categories with the technical difficulty assessed by the level of expertise required to climb.



# ON THE WATER

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Fringed by white sand beaches, the Coast of Kenya is the perfect destination for those who want to explore the water. Whether you want to ride the waves or dive beneath them, Kenya's waters are every bit as beautiful as its inland regions with its own bounty of spectacular flora and fauna beneath the surface.

# WATER SPORTS



Kenyan beaches are among the world's only beaches capable of providing both pleasure and play – with exhilarating water sports like kite surfing, stand up paddle boarding, scuba diving and deep sea fishing.

For more information, go to:

Alleycat Fishing: [www.alleycatfishing.com](http://www.alleycatfishing.com)

Aqua Ventures: [www.diveinkenya.com](http://www.diveinkenya.com)

Che-Shale Kite Surfing: [www.cheshale.com](http://www.cheshale.com)

Diving The Crab: [www.divingthecrab.com](http://www.divingthecrab.com)

Quest Kite Boarding: [www.questkiteboarding.com](http://www.questkiteboarding.com)

Tarka Fishing: [www.fishinkenya.com](http://www.fishinkenya.com)

Unreel Fishing: [facebook.com/unreelfishingkenya](https://facebook.com/unreelfishingkenya)

Tribe Watersports – [www.tribe-watersports.com](http://www.tribe-watersports.com)

## THE SWEET DANCE OF THE DOLPHINS



### **The songs of the dolphins in Watamu are just another day in paradise**

Our Dolphin SUP excursions are a completely unique trip and the one of the only places where you can experience this worldwide. Our dolphin paddle boarding excursions provide a once in a lifetime opportunity to interact with our resident pods of dolphins and it is recognised as one of Kenya's Signature Experiences. With almost 100% success rate on sightings this truly is a not to be missed adventure for everyone.

The paddle boarding aspect of the trips offers a much more interactive experience where you can get up close with the dolphins and get carried away with their sense of freedom and reckless abandon. It's no wonder everyone leaves here with an infectious smile.

## SCUBA DIVING



Divers will delight at the sights below the waters off Kenya's coast. With a beautiful reef system and wildlife that includes sea turtles, dolphins and an endless array of fish, there is so much to discover underwater that you'll find it hard to stay on land very long.

Kenya's coast is dotted with dive shops manned by experienced divers who can help you discover the beautiful seascapes that await.

## KITE SURFING



The Trade Winds of the Kenyan Coast have brought the world to our shores for centuries. Now they are attracting devotees of the ocean's latest thrilling action sport - kite surfing. Perfect wind conditions, beautiful tropical beaches and ready access to Kenya's world famous game parks make this the most exciting new destination for ocean borne adventure.

## KAYAKING & WHITE WATER RAFTING



There are few experiences as thrilling as enjoying the inland waters of Kenya. With a diverse selection of water types, from the calm waters of Lake Baringo to the white water runs of the Tana, Mathiyoa and Athi rivers, you can kayak and raft to your heart's content on truly world class white water. Lakes are often home to the magnificent hippo and the rivers often attract thirsty animals including big game such as elephants, lions and giraffes.

## FISHING



The lakes and rivers of Kenya are teeming with fish, with anglers reeling in great catches that include Nile Perch, tilapia, tiger fish and trout. If you venture out on Lake Victoria, you can enjoy the challenge of deep freshwater fishing, or you can take the shores of the rivers for a day of fly fishing.

Fishing along the Coast of Kenya is more than just recreation – for many, it’s a way of life. The coastal waters are home to a diverse array of fish life, including sailfish, swordfish, broadbills and marlin, as well as tuna, Amber Jack and Dorado. There is also a great variety of shark, such as mako, black tip and hammerhead, making surf fishing an exhilarating experience for the avid angler.

# FROM THE AIR

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## MAASAI MARA BALLOON SAFARIS



A bird's eye view is perhaps the most prized for uninterrupted views from horizon to horizon. Perhaps that is why so many people have a hard time staying on solid ground when they visit Kenya. This beautiful country offers awe inspiring vistas from every vantage point, but none can quite compare to the experience of seeing Kenya from the air.



## KERIO VALLEY PARAGLIDING



Kenya's Kerio Valley in the Rift Valley region is a premiere paragliding destination. With broad escarpments covered in semitropical vegetation, Kerio Valley offers numerous take off points. Wind direction is generally North to South, with a steady easterly flow that provides perfect conditions for takeoffs and landings. Paragliding excursions typically last between 1 to 2 hours and can cover as many as 10 kilometres or more. When wind conditions are at their best, you might even choose to enjoy a much longer journey.

## TANDEM JUMPS, DIANI BEACH



This is the perfect place for a sky-diving at sea level. It is possible to experience a full one minute accelerated free fall from 14,000 feet. Best of all, divers land directly on the beach outside their hotel and after a short rest, can climb back aboard their plane at Ukunda airstrip, just 10 minutes away. Novices are welcome to experience the thrill of tandem dives, or to participate in a full skydive course. This is the nearest experience possible to flying free as a bird – freedom at its most pure and simple.

## HELI - CAMPING



Take your safari to new heights with Heli-Tours! Lovers of photography will enjoy taking in the amazing views from nature's wonders. The beauty of a charter helicopter safari is drawn from the ability to traverse spectacular landscapes that can only be properly appreciated from a bird's view. This is also a thrilling way to see the local landscapes and wildlife, as you fly around Mt. Kenya's snow-covered peaks and enjoy a bush breakfast by the shores of a glacial lake. Later, soar over the thousands of flamingos on the shallow soda Lake Logipi in the remote Suguta Valley.



## CONTACT

Kenya Tourism Board  
Kenya-Re Towers, Ragati Road, Upperhill  
P.O. Box 30630 - 00100  
Nairobi, Kenya  
Tel: +254 20 271 1262  
Email: [info@ktb.go.ke](mailto:info@ktb.go.ke)  
Website: [www.MagicalKenya.com](http://www.MagicalKenya.com)

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