

## **15 Days Adventure Cycling Itinerary Kenya – Itinerary 1**

### **Day 1. Arrival at Nairobi Airport, Masada Hotel and a tour on the lake. You're in Africa!**

The Masada Hotel Naivasha is a pretty location for preparation on your demanding but highly satisfying Kenya bike tour. Participants of the bike tour are transferred from the airport to the hotel.

#### **A place to unwind and charge up for adventure.**

Unwinding after your flight and charge up for adventure. The Masada Hotel near Lake Naivasha has precisely what is needed for such an occasion.

A two-night stay here, sufficient time to focus on the cycling tour and to prepare everything for the start. A bed of good quality for your two nights stay in the Lake Naivasha resort. Other room types might be arranged but have influence on the price.

#### [The Masada Hotel Website](#)

Part of the preparation here will be about the road map. Time to ask questions. Cycling starts in Naivasha and then proceeds to >Lake Nakuru >Lake Bogoria >Kabarnet >Iten >Kapsabet >Kericho >Bomet >Talek (Masai Mara).

**At the end of the day, everything ready for your thirst biking day, we'll do a nice tour on Lake Naivasha. Hypos and beautiful birds.**

### **Day 2. Wildlife in Hells Gate.**

It's wise to take your camera along for shooting your memories. First activity on day 2 provides a decent warming up. 55 km biking in Hells Gate National Park and, if you like, a nice walk in the adjacent Longonet National Park.

#### **Safety precaution for the Africa Cycling Tour.**

A tough safety car -4WD- for various services, like transport, pickup and delivery of people, repair parts and, not to forget: overtired bikers are rescued by the escort car when necessary.

### **Day 3. To Lake Nakuru National Park**

We put strain on cycling today. Let's use a 4 (\*\*\*\*) stars qualification for maximal tour heaviness.

Today are the first 15km (\*\*) easy going on asphalt, followed by a heavy challenge (\*\*\*) for approx. 50km. A great deal of our energy today is consumed on climbing and heavy gravel roads, sometimes partially sandy and rocky roads. Compensation is the splendid views on the mountaintop: Lake Naivasha on one side and Lake Elementaita on the other. Then carefully downhill and another 15km asphalt for us to recuperate.

### **Day 4. The Flamingo Lodge, reward after rough roads biking.**

Lake Nakuru Flamingo Lodge. No bikes today.

A pretty hotel in a peaceful area with exceptional natural beauty. Home for the Flamingoes and the Big Four Kenyan mammals. Our clubhouse for two nights.

In the morning today we are outdoor in the fields on 4WD Safari, searching for the big four, to shoot pictures of the colorful birds and big ones in and around the lake. The afternoon is for relaxation around the swimming pool, the Spa or the fitness room.

The [Lake Nakuru Flamingo Lodge Website](#).

### ***Day 5. To the Lake Bogoria Spa Resort***

#### **On our way to Bogoria.**

The ride from Lake Nakuru to Bogoria is 115 km over asphalt. It's a splendid ride, slightly downhill (\*\*) in a pretty setting. We pass some charming little villages, wide views and occasionally a turtle that crosses the road.

We will stay in Lake Bogoria Spa Resort for 2 nights. It is worthwhile to roam the website of this rather classy accommodation.

The [Lake Bogoria Spa Resort Website](#)

### ***Day 6. Lake tour and Body treatment in volcanic pool.***

Relaxing and healthy.

The Spa Pool is the only natural hot water swimming pool in Kenya and East Africa. The Spa Pool has therapeutic values.

There is nothing like relaxing and unwinding in this Spa pool. In addition, there is the cold water swimming pool of half Olympic size.

Of course one can have massage and various other body treatments.

**But first a bit of action: two options, you decide.**

**1. After breakfast back and forth to the hot springs, approximately a 40 km cycling on very challenging gravel roads.**

2. A beautiful boat tour on lake Bogoria, a must do for bird lovers.

### ***Day 7. To Kabarnet on High Altitude***

#### **On two wheels unto Kabarnet.**

Climbing, climbing and climbing to the top in Kabarnet.

According to the 'Tour de France' criteria is this certainly a 2th category climb, if not a 1th category. This one is good enough (\*\*\*\*) for a decent sweating.

#### **Rift Valley Hills Resort at 1900m altitude.**

Aaahh, finished an exhausting climb: tired legs, craving for a fresh drink seated on a deck chair. Dear staff please serve us. We promise to sleep quietly tonight. Tomorrow (Day 8) in the legs for Iten Town, famous thanks to Mrs. Lornah Kiplagat, marathon athlete.

## ***Day 8 - On our way to the Kerio View Hotel***

### **Another day for mountain goats.**

From Kabarnet to Iten is a tour distance of 70 km on asphalted roads. First part is declining towards the Kerio valley, but after some time starts the climb towards Iten. Again a day to test our stamina.

### **Two nights Kerio view hotel.**

A classy and modern equipped hotel on a great location. Views are outstanding indeed. Next slide reveals the view on Kerio Valley.

[The Kerio view hotel website.](#)

## ***Day 9 – A day on high altitude***

**This is the area where most Kenyan running athletes train at altitude.**

**Relax this day, do a nice walk through the Iten town, visit the market and join al the top athletes in your hotel and area.**

### **Adventure options for today:**

- A safari in the Kerio Valley if there are elephants.
- Exploring the neighborhood on bike.

**The Kerio valley is often visited by herds of Elephants.**

## ***Day 10. From Iten to Kapsabet***

**Relaxed biking. Watch out for potholes and everything will be okay.**

75 km to Kapsabet. A slightly descending ride, but ascending closer to Kapsabet. Cycling this day qualifies between (\*\*) and (\*\*\*) in heaviness.

Four more stops to Masai Mara, the absolute highlight of our bike tour.

**Eden Springs Hotel, Kapsabet. A friendly hotel for a reviving night rest.**

Kapsabet offers 4 hotels. Eden Springs has our preference. Appreciated hotel by locals. Reasonably equipped with friendly staff.

## ***Day 11. From Kapsabet to Kericho***

**Passing through the Nandi hills tea plantations.**

Next stage cycling is 95 km over asphalt towards the town of Kericho, through the green Nandi hills. Large surfaces with tea- or sugar cane plantation in this region. The last 35 km are ascending with steep parts of 4-5% up. Tour intensity between (\*\*) and (\*\*\*) We finish at the New Sunshine Hotel.

### **Kericho Taidys Hotel.**

Taidys Hotel is located in the heart of Kericho Town, Kericho County in the Great Rift Valley Province. Tast the ambiance of a Kenyan Rural town.

[Taidys Hotel](#)

## ***Day 12. View from Brevan Hotel, Bomet***

### **Key route to the famous Masai Mara Reserve.**

Bomet is a key route to the world renowned Masai Mara National Reserve in the neighbouring Narok County. Along the roadside many locals that try to sell traditional ornaments to the tourists.

Finish at the Brevan Hotel. Cycling intensity between (\*\*) and (\*\*\*)

### **Brevan Hotel. Essential rest before a real challenge.**

It must be nice to be here in the period that these flowers bloom. This break is essential indeed. Tomorrow we head to Masai Mara area, 90 km cycling to Talek town. Not at all an easy ride. Explanation on the next slide.

[The Brevan Hotel Website.](#)

## ***Day 13. From Bomet to Talek***

### **Heading towards Masai Mara Safaris.**

The ride from Bomet to Talek is a difficult one. Biking technic is paramount. After 5 km or so, the road becomes more rocky with many boulders and gravel. It demands full concentration, balance and attentive steermanship to overcome the obstacles. The last part of the ride becomes really beautiful. Cycling intensity around (\*\*\*)

More on next slide.

### **Approaching the savannas of Masai Mara National Reserve.**

As already said: closer to Masai Mara exceedingly extraordinary landscape comes in view. Not only the vastness of the savannas but especially the vast numbers of African wildlife draw attention. We will pass animals on close distance and we will certainly participate in a 4WD safari. That 's a 'must see'. We will go out to where the Big Five are.

## ***Day 14. On Safari to spot and watch the BIG 5.***

### *THE MASAI MARA NATIONAL RESERVE.*

G & G Guest House (sorry, no hotel picture at the moment) is where we aim to stay in Talek. You get both, a morning and an evening game drive, both with a great chance to see lions, leopards and cheetahs, and off-course the rest of the Big Five.

In the afternoon you will have the opportunity to visit a Masai village. Admire the colorful Masai, their village and their special way of life.

## ***Day 15.***

Your last tour day starts with a delicious breakfast, followed by a final game drive to once again enjoy all the beauty that Masai Mara has to offer. Around noon you take a shower, enjoy the last lunch and after that you will be transferred to Nairobi Kenyatta Airport. There you will say goodbye to your group members. You all will never forget the great moments you did share together.

Full of all impressions you board the plane excitedly and look forward to telling your stories as soon as you land and see your friends or loved ones again.