

Meeting time: 0600hrs | **Departure time:** 0610hrs | **Pick up point:** Steers Muindi Mbingu Street Opp Jeevanjee Gardens

Highlights: Hiking, Breathtaking Tree Canopy walk, Indigenous forest, Scenic views, Waterfalls & Ice cold Natural Pools, Flora & Fauna among others

Ngare Ndare Forest Trust was recently included as an extension of the Mount Kenya UNESCO World Heritage Site.

Ngare Ndare is a lush indigenous forest at the foothills of Mt. Kenya. Azure pools glisten at the bottom of waterfalls and 200 year old trees stretch into the canopy supporting a rich variety of bird and animal life. The forest is a vital wildlife corridor that links the Lewa Wildlife Conservancy to Mount Kenya and one which Elephants have been using for centuries.

The hike takes about 2 - 3 hours round trip (7kms) thereafter, take a walk in the sky canopy walk.

Ngare Ndare river emanates from springs in the forest which have created pools and waterfalls of varying sizes and intensity. Swimming and diving are permitted for those who are brave enough to face the refreshing chilly waters.

The breathtaking canopy walkway is a 40 ft. high aerial bridge of wiremesh and cables meandering through the tree canopy and extending 450 metres long boardwalk which provides visitors with a monkey's eye view of the flora and fauna below and often black Rhinos, Elephants and Buffalos can be sighted from up there.



What's even better is that we have a bonus for participants who have completed and experienced
[Back to the Roots of the Forest](#) challenge and our company
Feel free to share forward this link to your friend(s) who would be interested.