

# 2023

FINDING PURPOSE ONE STEP AT A TIME



**MOUNTAIN  
SLAYERS**  
KENYA

# who we are

To unwrap the world, one destination at a time. The world is God's gift to us. To enjoy a gift, you need to unwrap it. Mountain Slayers seeks to unwrap this gift by exploring various destinations in Kenya, East Africa, and the world at large. There is no better way to see the world than on foot.

# Testimonial

What a beautiful beautiful experience exploring Northern Kenya. I was not prepared...such a feast for my eyes and my soul! Places I did not imagine could hold such beauty.

From the charming Ndoto mountains to the breathtaking shores of the Jade Lake...the vastness of the Chalbi Desert to the cool allure of the oasis in North Horr. To the little El Molo boys running around naked with no care in the world and the contrasting harshness of the volcanic rocks near Loiyangalani. And lastly the unexpected lushness of the Marsabit national park..such a hidden gem! This trip will definitely be etched in my mind forever.

Such a privilege and honor to #tembeakenya. Thank you @mountainlayerske for organizing all of this.

Magana



# Hiking Tips

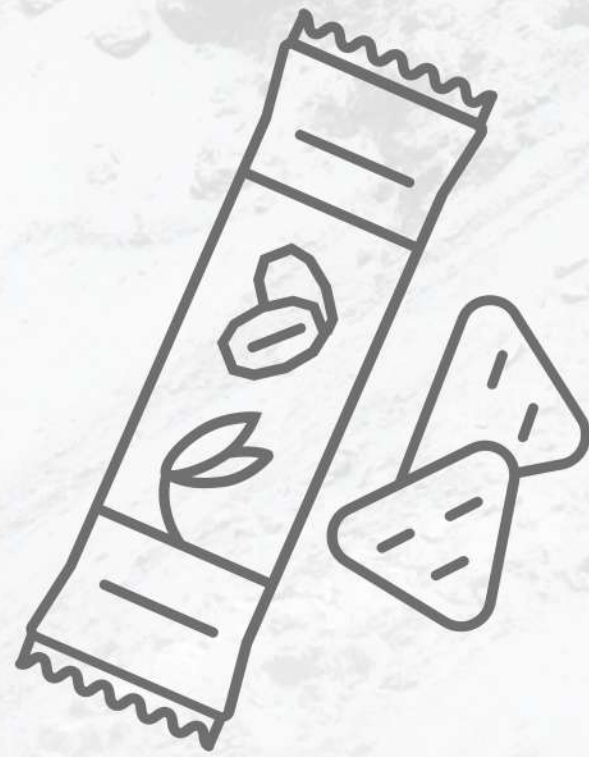


## Tip 1: Hydrate

Hydrate. Hydrate. Hydrate. This is one of the cardinal rules for hiking. If you wait until you feel thirsty, you are already late.

## Tip 2: Snack Up

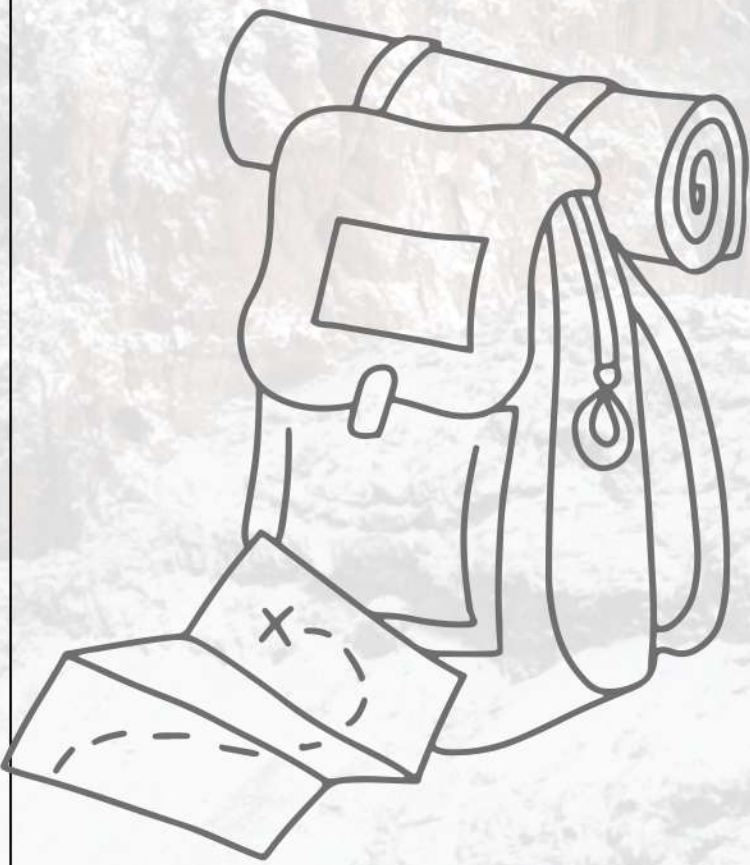
Hiking burns a lot of calories, so it's important to pack the right kind of snacks to keep your energy up on the trail. High energy snacks are key!



## Tip 3: Safety First

Ensure that your hiking group has an expedition leader who is certified to lead and is trained in wilderness safety.

# Hiking Tips



## Tip 4: At The Hike

Prepare your own checklist and pack your bag the night before the hike. Always carry your rain gear and a change of clothes in a separate bag for use after the hike in case you get wet. The hike is not a race. Be alert to your body and speak to your team leader about any discomfort you may experience.

## Tip 5: After The Hike

Carry sandals to wear after the hike- your feet will thank you for this. Stretch after the hike and remember to keep hydrating well into the next day. Rest, your body needs time to recover.



# Hiking checklist

Daypack-Rucksack or Backpack

Water (2-3 litres depending on your regular consumption)

First Aid Kit (any specific meds that you use)

Snacks (Energy Bars, Chocolate, Trail Mix)

Lunch (Sandwiches, Boiled Eggs, Cold Cuts)

Sunscreen

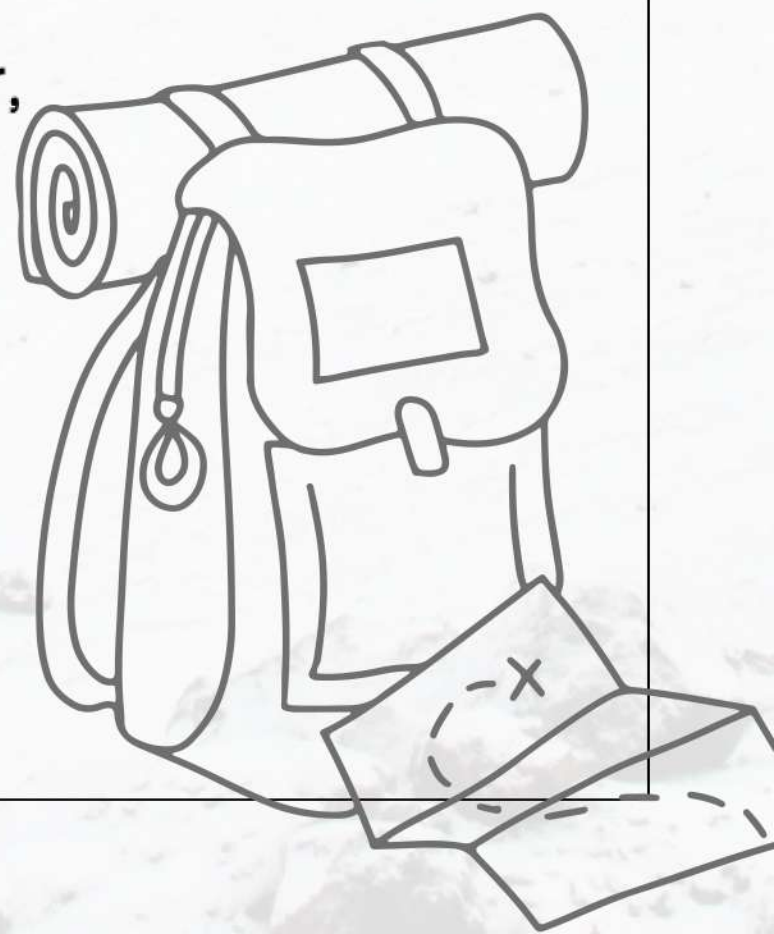
Toilet Paper and Hand Sanitizer

Trekking Poles

Whistle

Bag for collecting trash

Post-Hike: Snacks, Water,  
Towel, Clothing Change



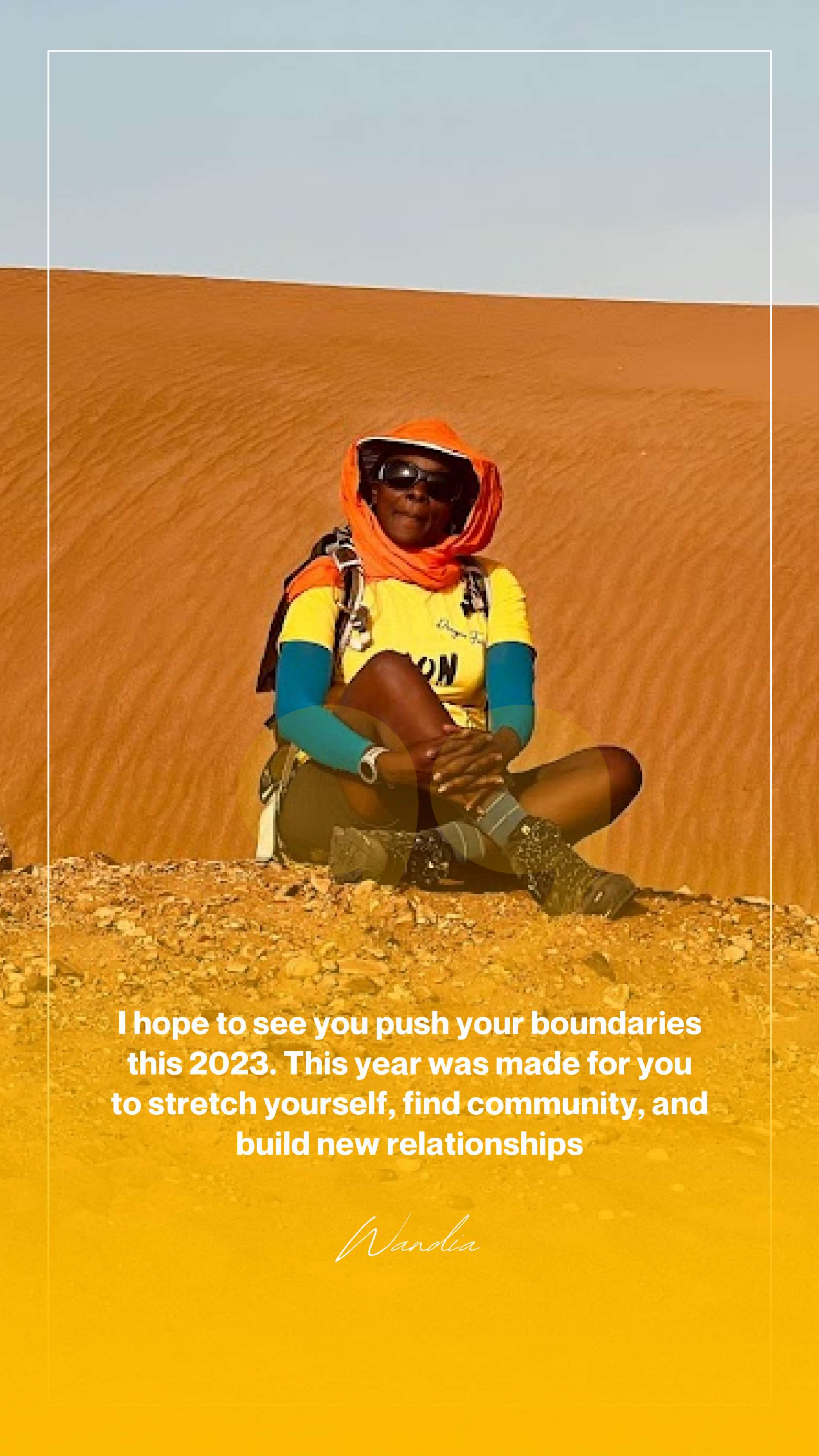
# explore

WITH MOUNTAIN SLAYERS KENYA



I am in this present moment  
experiencing Mother Nature. How  
lucky am I?

- Dorothy



**I hope to see you push your boundaries  
this 2023. This year was made for you  
to stretch yourself, find community, and  
build new relationships**

*Wandia*



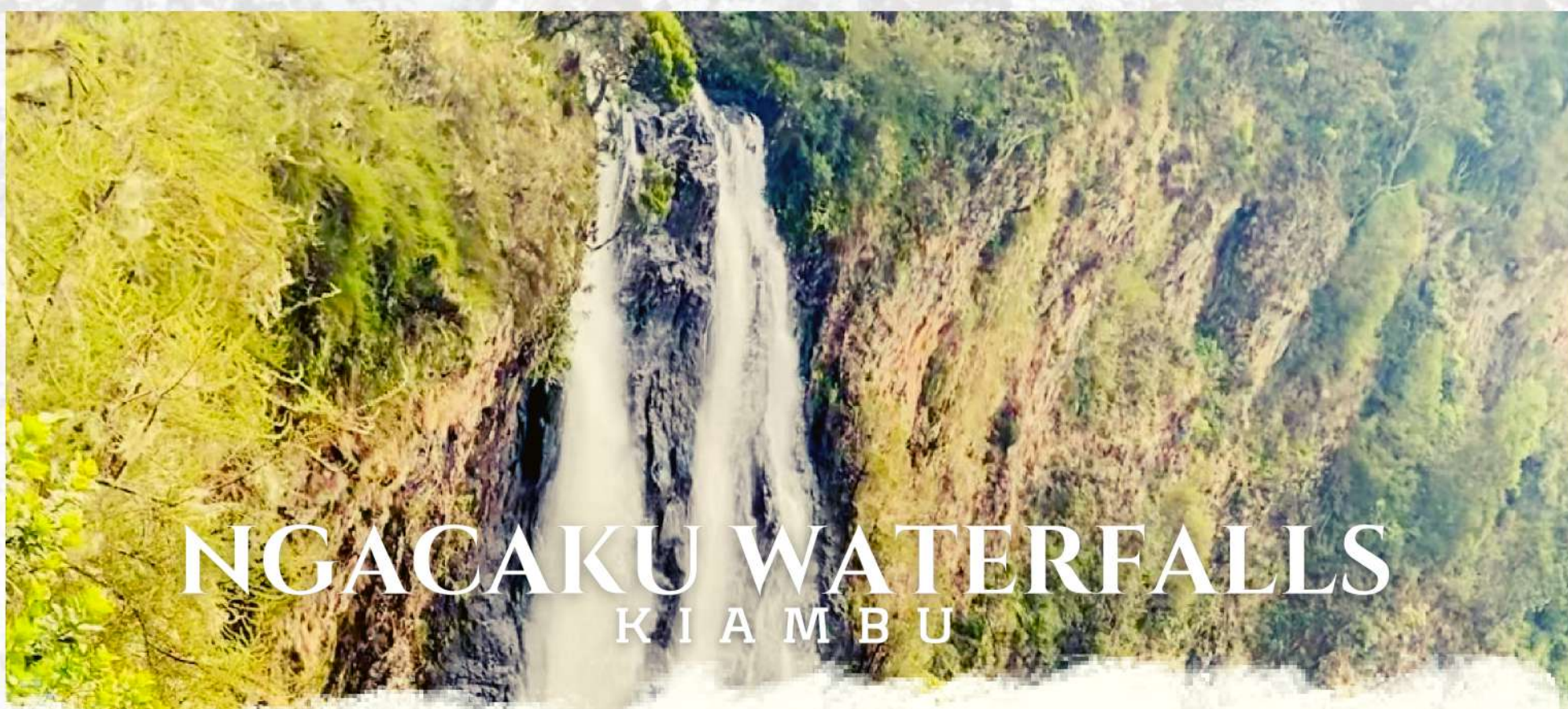
# JANUARY *Hikes* 2023



## MOUNT KENYA KENYA

DATE: 08 - 11TH

INTENSITY: DIFFICULT



## NGACAKU WATERFALLS KIAMBURU

DATE: 14TH

INTENSITY: EASY/MODERATE



## MACKINDERS CHALLENGE MOUNT KENYA

DATE: 21ST

INTENSITY: DIFFICULT

FEBRUARY **Hikes** 2023



**MOUNT KILIMANJARO**  
TANZANIA

DATE: 21ST

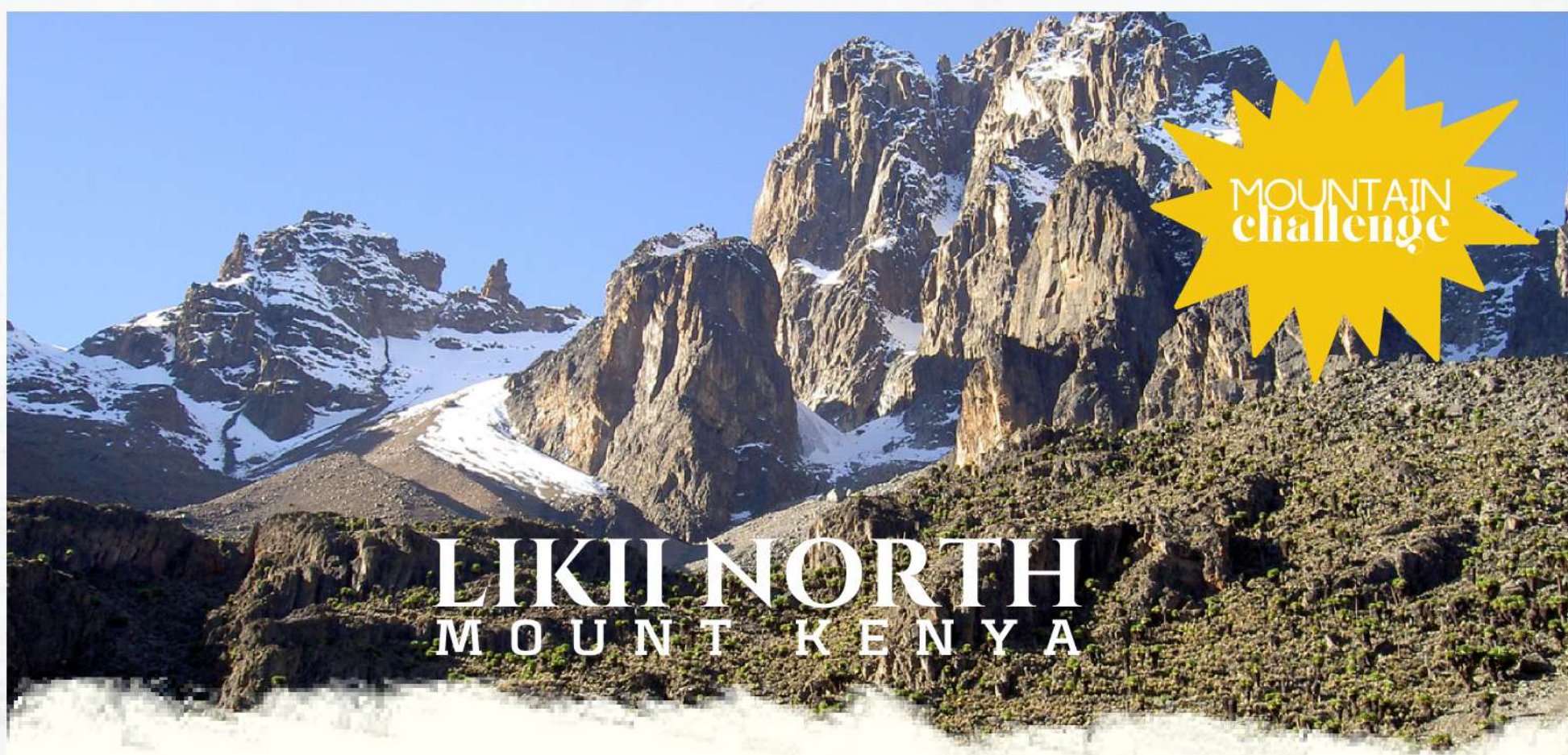
INTENSITY: DIFFICULT



**CRESCENT ISLAND**  
NAIVASHA

DATE: 14TH

INTENSITY: EASY/MODERATE



**LIKI NORTH**  
MOUNT KENYA

DATE: 18TH

INTENSITY: DIFFICULT

MARCH **Hikes** 2023



**RWENZORI**  
UGANDA

DATE: 22ND FEB- 3RD

INTENSITY: DIFFICULT



**BABOON TRAIL**  
MAKUENTI

DATE: 11TH

INTENSITY: EASY



**ELEPHANT HILL**  
ABERDARES

DATE: 25TH

INTENSITY: DIFFICULT

APRIL **Hikes** 2023

**MOUNT ELGON**  
KENYA + UGANDA

DATE: 08 - 11TH

INTENSITY: DIFFICULT

MAY **Likes** 2023



**MOUNT MTELO**  
WEST POKOT

DATE: 29TH-1ST

INTENSITY: DIFFICULT



**EBURRU FOREST**  
RIFT VALLEY

DATE: 13TH

INTENSITY: EASY/MODERATE

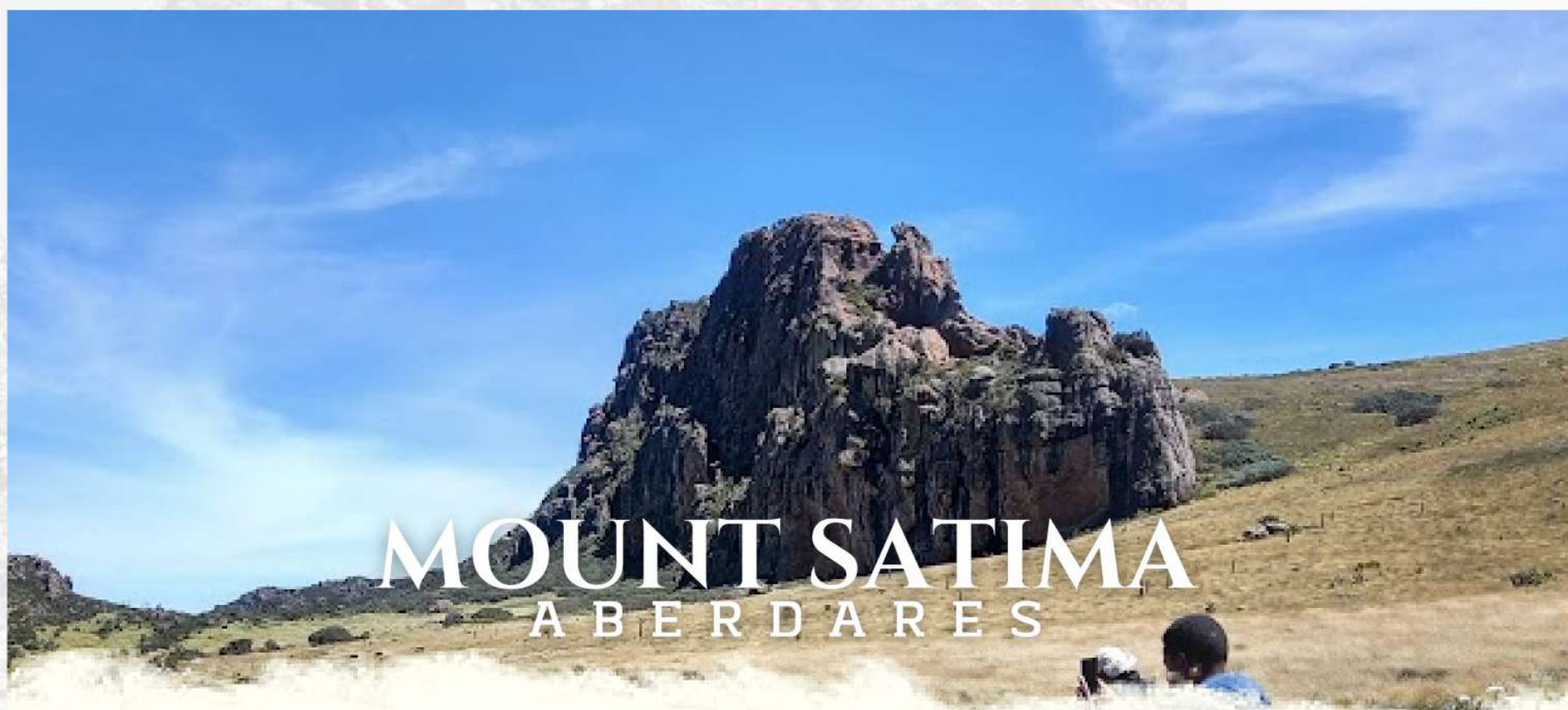


**RURIMERIA**  
ABERDARES

DATE: 27TH

INTENSITY: EASY/MODERATE

JUNE **Hikes** 2023



**MOUNT SATIMA**  
A B E R D A R E S

**DATE: 10TH**

**INTENSITY: EASY/MODERATE**



**MACHU PIC-CHU**  
P E R U

**DATE: 15H-29TH**

**INTENSITY: EASY/MODERATE**

JULY **Hikes** 2023



**NGONG HILLS**  
NGONG HILLS

**DATE: 8TH**

**INTENSITY: EASY**



**MOUNT KIPIPIRI**  
ABERDARES

**DATE: 22ND**

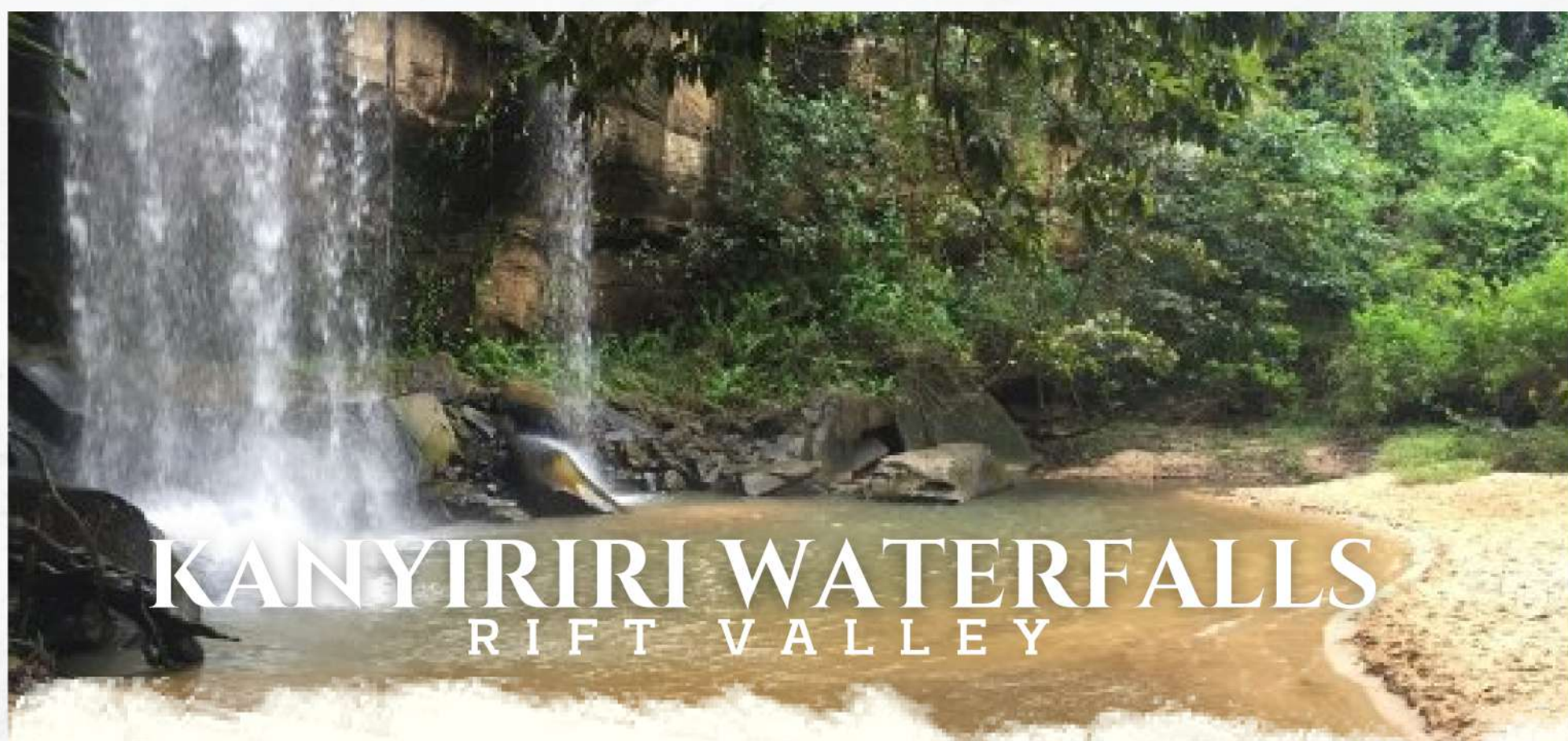
**INTENSITY: MODERATE**

AUGUST **Likes** 2023



**DATE: 1ST-14TH**

**INTENSITY: MODERATE**



**DATE: 26TH**

**INTENSITY: EASY**



SEPTEMBER **Hikes** 2023



**GORILLA TRACKING & HIKE**  
UGANDA

**DATE: 7TH-10TH**

**INTENSITY: MODERATE**



**KILIMAMBOGO**  
THIKA

**DATE: 23RD**

**INTENSITY: EASY**

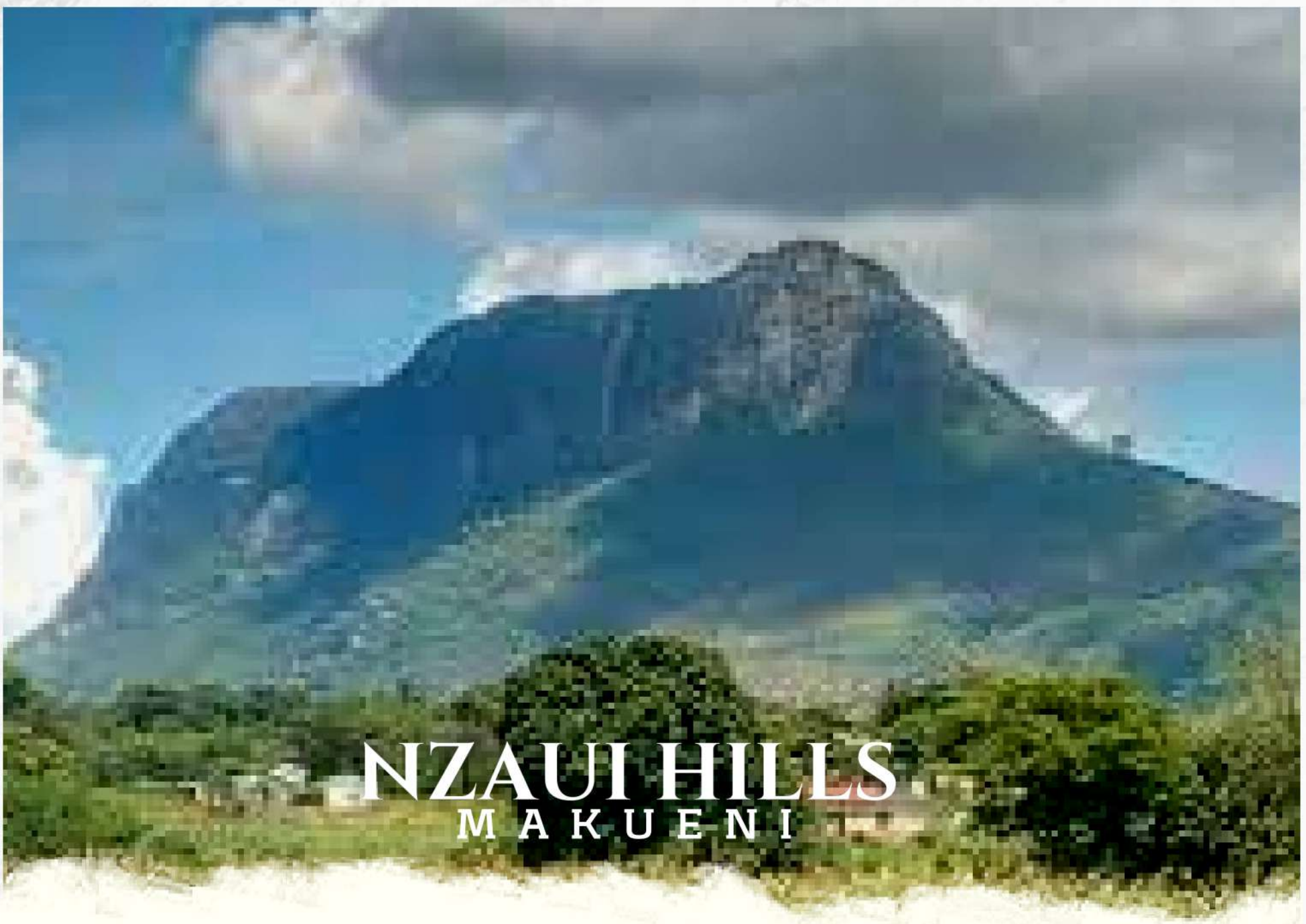
OCTOBER **Hikes** 2023



**TAKAWIRI ISLAND**  
KISUMU

**DATE: 7TH-10TH**

**INTENSITY: MODERATE**



**NZAU HILLS**  
MAKUENI

**DATE: 28TH**

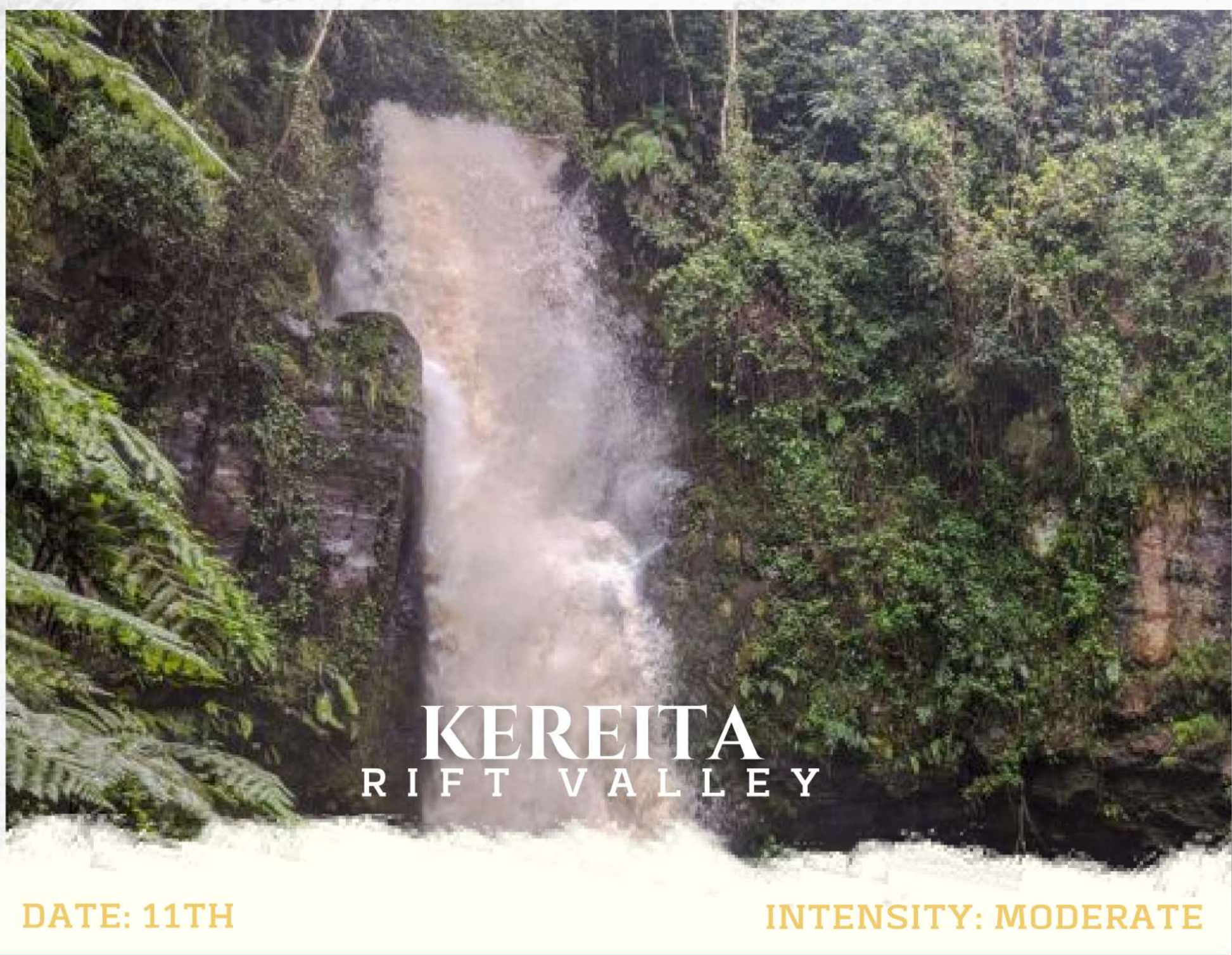
**INTENSITY: EASY**

NOVEMBER **Hikes** 2023



**DATE: 25TH-26TH**

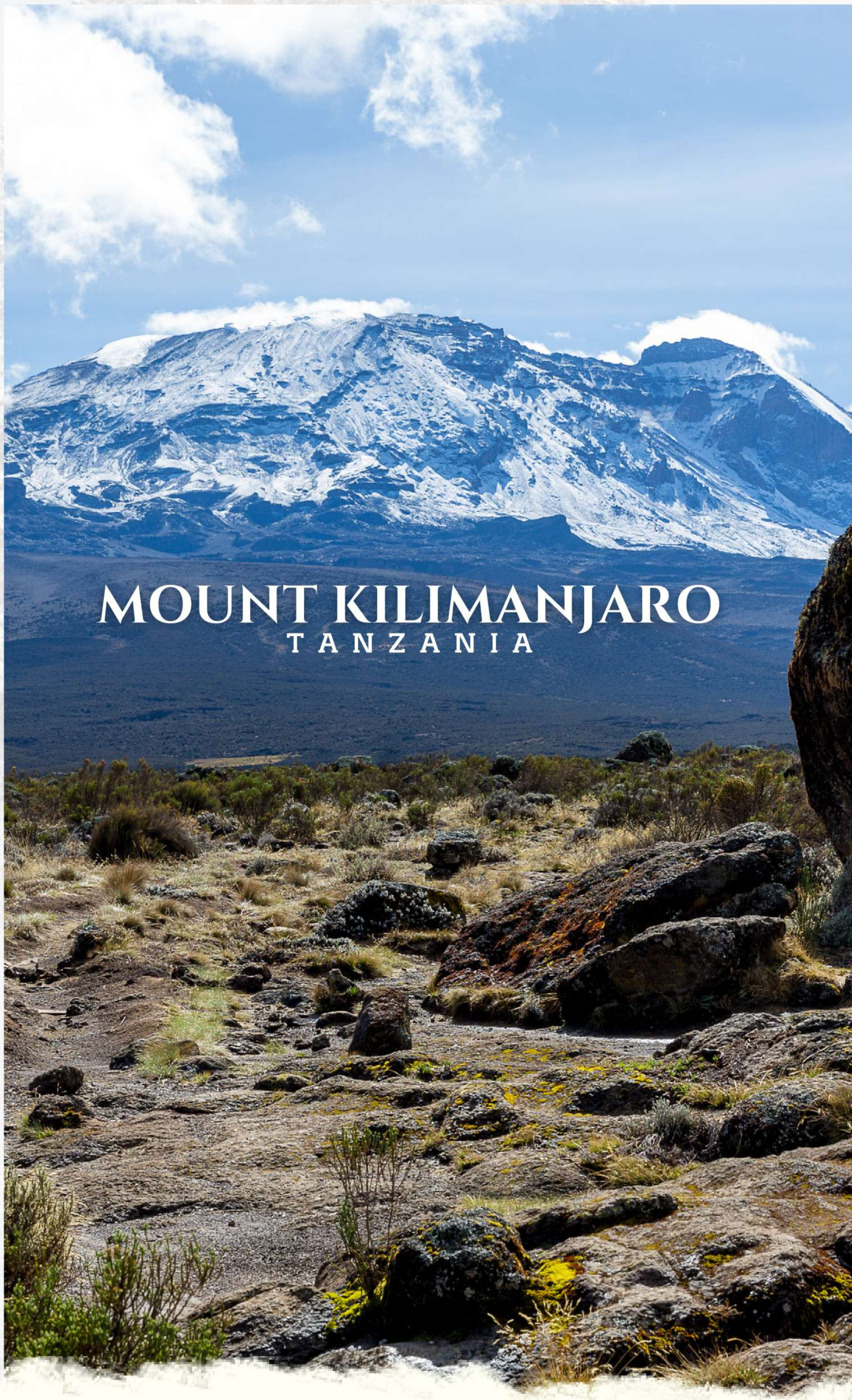
**INTENSITY: MODERATE**



**DATE: 11TH**

**INTENSITY: MODERATE**

DECEMBER **Hikes** 2023



**MOUNT KILIMANJARO**  
TANZANIA

**DATE: 8TH-16TH**

**INTENSITY: DIFFICULT**

# LET'S HIKE

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