



Guide to Hiking for Beginners



www.letsdrift.co.ke



What's in this Guide

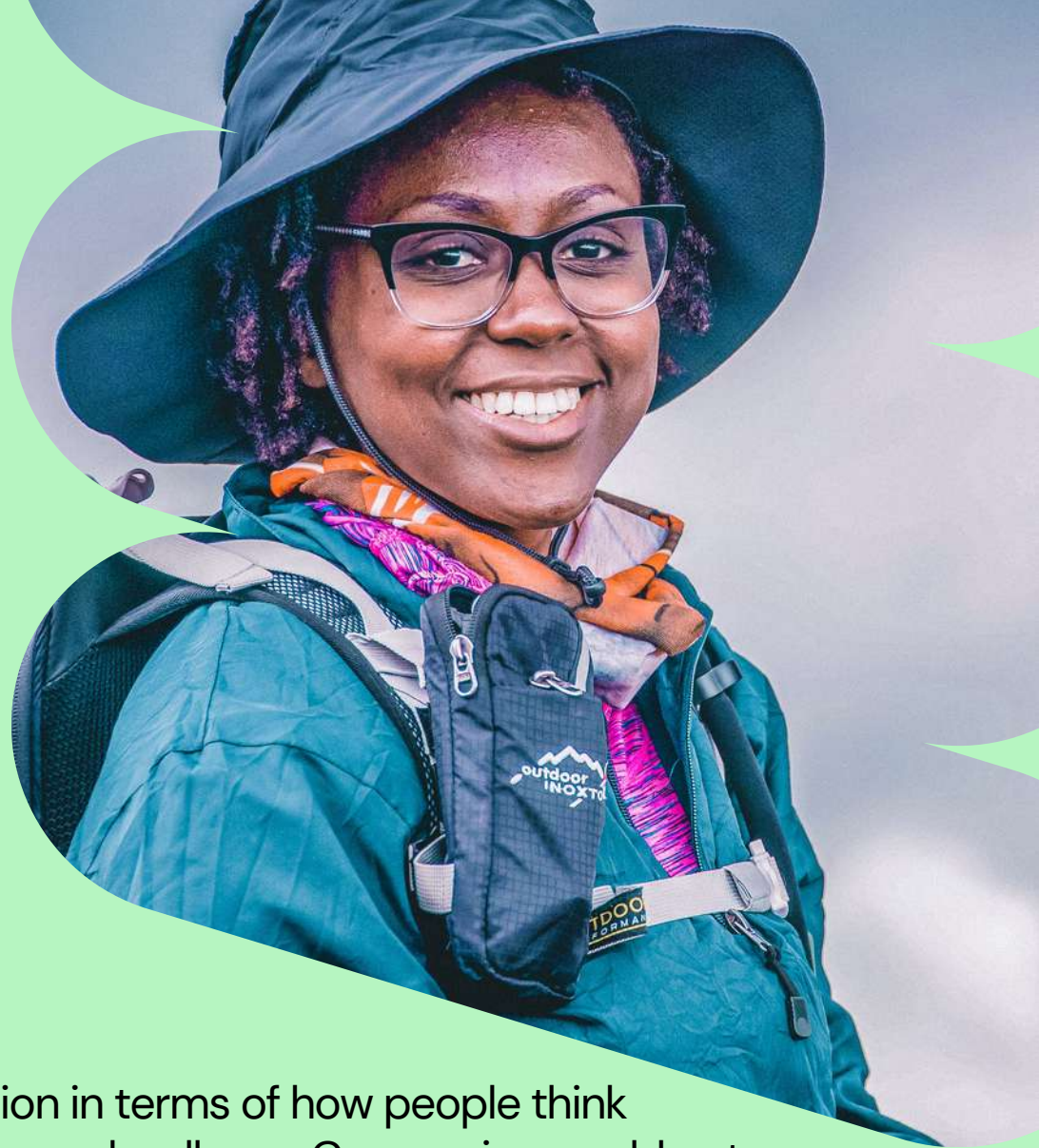
About
Difficulty guide
FAQs
Our Community
Gear guide
Gear vendors
Events categories



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Hiking is the new going out



We're on the verge of a workplace revolution in terms of how people think about business, work-life balance, and personal wellness. Companies would not be built on the backs of employees under this new paradigm. Instead, they would be designed to make working a joy and a pleasure, rather than a burden.

We've been selling the benefits of hiking to successful people like you for the past 4.5 years. Here's how we can bring the advantages of our experiences to your company:

Benefits of hiking:

- Clears the mind and reduces stress
- Boost Happiness
- Keep fit and workout
- Reconnect and take time for yourself
- Combat Depression

Alex Kamau
Founder, Lets Drift

Difficulty Guide



Beginner Friendly

- No more than 10 km hiking.
- Kid & Family-friendly
- Scenic and well-accessible trails
- Less than 5 hours on the trail.
- Hiking gear is not a must

Moderate

- Generally 12 to 20 km
- Good hiking shoes and gear
- It may have more inclines, hills, or elevation changes,

Challenging

- For experienced hikers in good physical condition.
- Because of the elevation gain, the hike will be longer and steeper..
- Generally 22 to 40 km

Wellness

- Less than 5kms of Hiking
- Ideal for mental wellness
- Skilled instructors

Beginner Hiking Gear Guide



1. Hiking boots
2. Water bladder
3. Backpack
4. Down jacket
5. Fleece Jacket
6. T-shirt (polyester)
7. Hiking pants
8. Hat

Hiking Gear Vendors

This catalog is not sponsored by any of the vendors listed. The sole purpose of the catalog is to make it easier for drifters to find quality gear from reliable sellers.

Decathlon

Specialty : New Hiking, Camping & Gear
Location : Two Rivers / The Hub – Karen
Contact : www.decathlon.co.ke

Going Outdoor

Specialty : Outdoor & Sporting Gear
Location : Two Rivers Mall
Instagram : [@salomonke](https://www.instagram.com/salomonke)
Contact : 0729257317

Hawi Outdoors

Specialty : New Hiking Gears
Location : Online
Instagram : [@hawioutdoors](https://www.instagram.com/hawioutdoors)
Contact : 0790561113

Outdoor Ke

Specialty : New Hiking gear
Location : Thika Road
Instagram : [@outdoorer.ke](https://www.instagram.com/outdoorer.ke)
Contact : 0727001289

Gitau

Specialty : Hiking boots/Skates
Location : Gikomba
Contact : 0728851799

Temboh Mountain Gear

Specialty : Hiking and Mountaneering gears
Location : Ngara (near KICD)
Instagram : [@tembohmountaingear](https://www.instagram.com/tembohmountaingear)
Contact : 0721377050 / 0724456101

A badge for every challenge you conquer

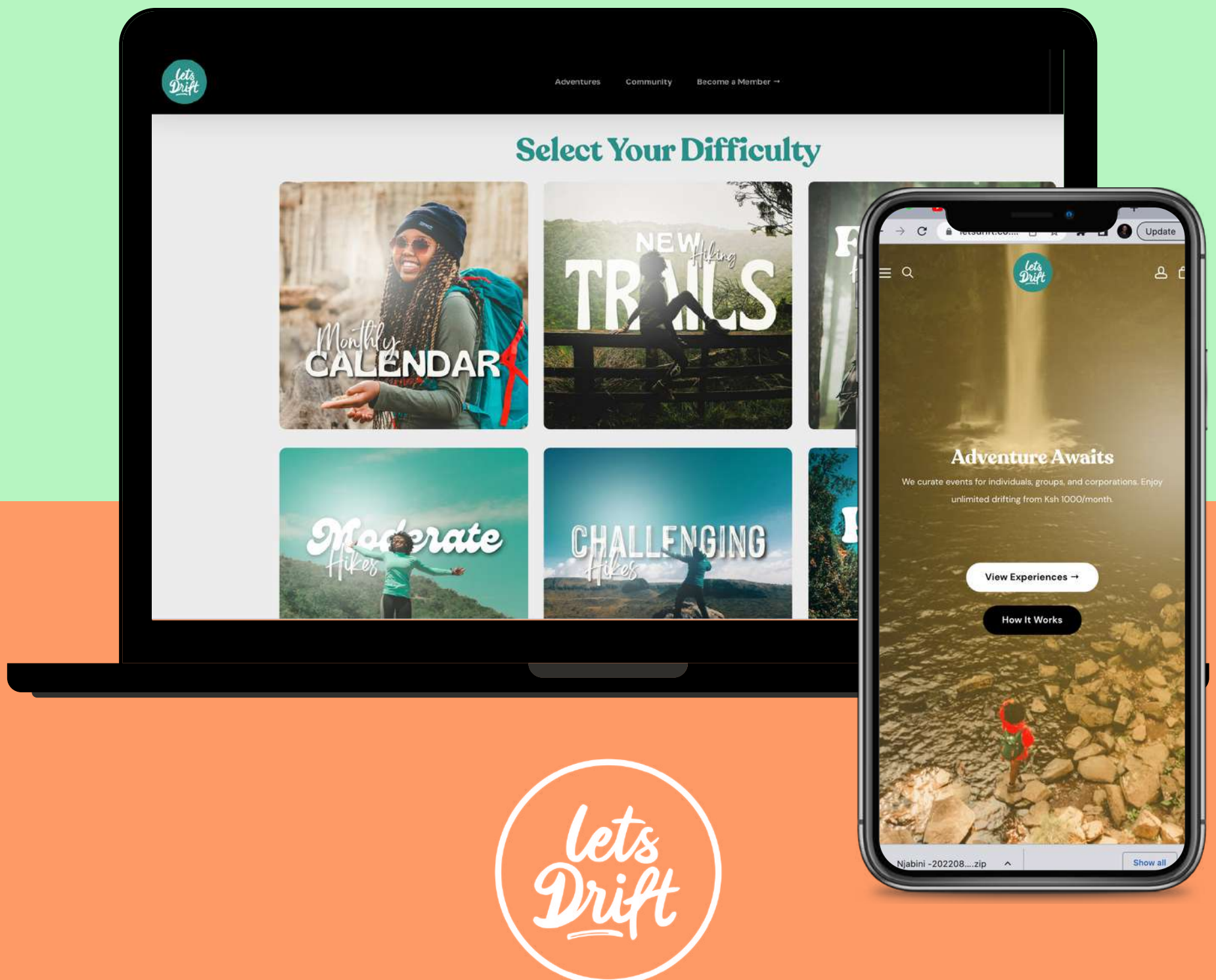


DISCOVER & BOOK

More Experiences

ONLINE

WWW.LETSDRIFT.CO.KE



Top Hiking *experiences*



In brief

Near-the-city experiences

4-6hrs of hiking

**Accessible through both private and
public transportation**

Safe and accessible parking

Ratio of 1 guide per 10 hikers



Njabini Walk

NJABINI



About this activity

Distance: 9 km
Difficulty: Beginner Friendly
Duration: 5 hrs
Terrain: Relatively flat

Highlights

Sasumwa dam
Forest trail
Views of
Aberdares

Best for

Physical fitness
Improve mental wellness
Team bonding



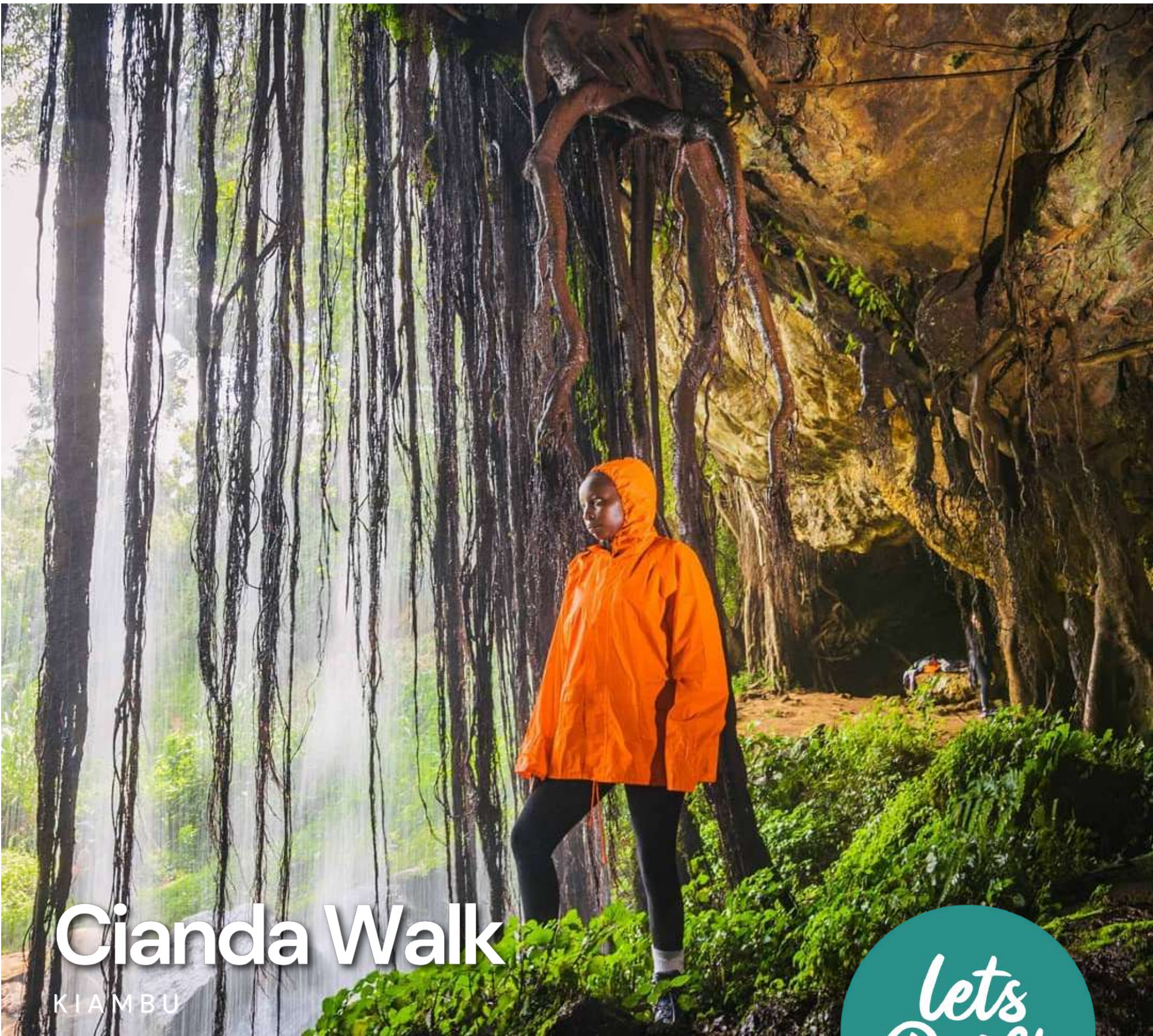
Beginner Friendly



1.5hrs from CBD



For more info/events
www.letsdrift.co.ke



Cianda Walk

KIAMBU



About this activity

Distance: 8 km
Difficulty: Beginner Friendly
Duration: 5 hrs
Terrain: Relatively flat

Highlights

Waterfall
Cave
Tea & Coffee
Farms

Best for

Physical fitness
Improve mental wellness
Team bonding



Beginner Friendly



45 Mins from CBD



For more info/events
www.letsdrift.co.ke



Tigoni

LIMURU



About this activity

Distance: 12 km
Difficulty: Moderate
Duration: 6hrs
Self-drive Friendly

Highlights

Kawamwaki farm
Waterfalls
Forest trail
Tea farms

Best for

Physical fitness
Improve mental wellness
Team bonding



Beginner Friendly



45 Mins from CBD



For more info/events
www.letsdrift.co.ke



KeFRI Walk

KIKUYU



About this activity

Distance: 12 km
Difficulty: Beginner Friendly
Duration: 5hrs
Terrain: Few steep sections

Highlights

Bamboo Forest
Indigenous
Forest walk

Best for

Physical fitness
Improve mental wellness
Team bonding



Beginner Friendly



45 Mins from CBD



For more info/events
www.letsdrift.co.ke



Bathi Walk

KIMENDE



About this activity

Distance: < 10 km
Difficulty: Beginner
Friendly
Duration: 5hrs

Highlights

Forest walk
Rapids
Duff mpararo
(swimming)

Best for

Physical fitness
Improve mental wellness
Team bonding



Beginner Friendly



1 hr from CBD



For more info/events
www.letsdrift.co.ke

Ngurunga cia Njangiri

NACHU - KIKUYU

Lets
Drift

About this activity

Distance: 12 km
Difficulty: Moderate
Duration: 6hrs
Self-drive Friendly

Highlights

Nachu caves
Views of Ngong hills

Best for

Physical fitness
Improve mental wellness
Team bonding



Moderate



45 mins from CBD



For more info/events
www.letsdrift.co.ke



Kimungu kia Mbugi

BUXTON TUNNEL – LIMURU



About this activity

Face your fear of darkness by trekking inside Kenya's oldest Railway Tunnel, commonly known as Buxton tunnel stretching 950 Metres.

Highlights

Oldest train tunnel in Kenya

Best for

Physical fitness
Improve mental wellness
Team bonding



Beginner Friendly



1 hr from CBD



For more info/events
www.letsdrift.co.ke



Ololosokwan

NGONG



About this activity

Distance: 12 km
Difficulty: Moderate
Duration: 6hrs
Self-drive Friendly
NOT advisable for people
with fear of heights



Moderate

Highlights

Ololosokwan
Gorge
Bouldering
Views on Ngong
hills

Best for

Physical fitness
Improve mental wellness
Team bonding



45 mins from CBD



For more info/events
www.letsdrift.co.ke

Top Wellness *experiences*



In brief

Near-the-city experiences

3 to 4 hour hike

**Accessible through both private and
public transportation**

Dedicated photo spots

Skilled instructors to guide you

www.letsdrift.co.ke



Yogadventure

TRAIL OF CHOICE



About this activity

Distance: <5 km
Difficulty: Easy
Duration: 6hrs
Self-drive Friendly

Highlights

Yoga
Meditation
Journaling
Walk

Best for

Physical fitness
Improve mental wellness
Team bonding



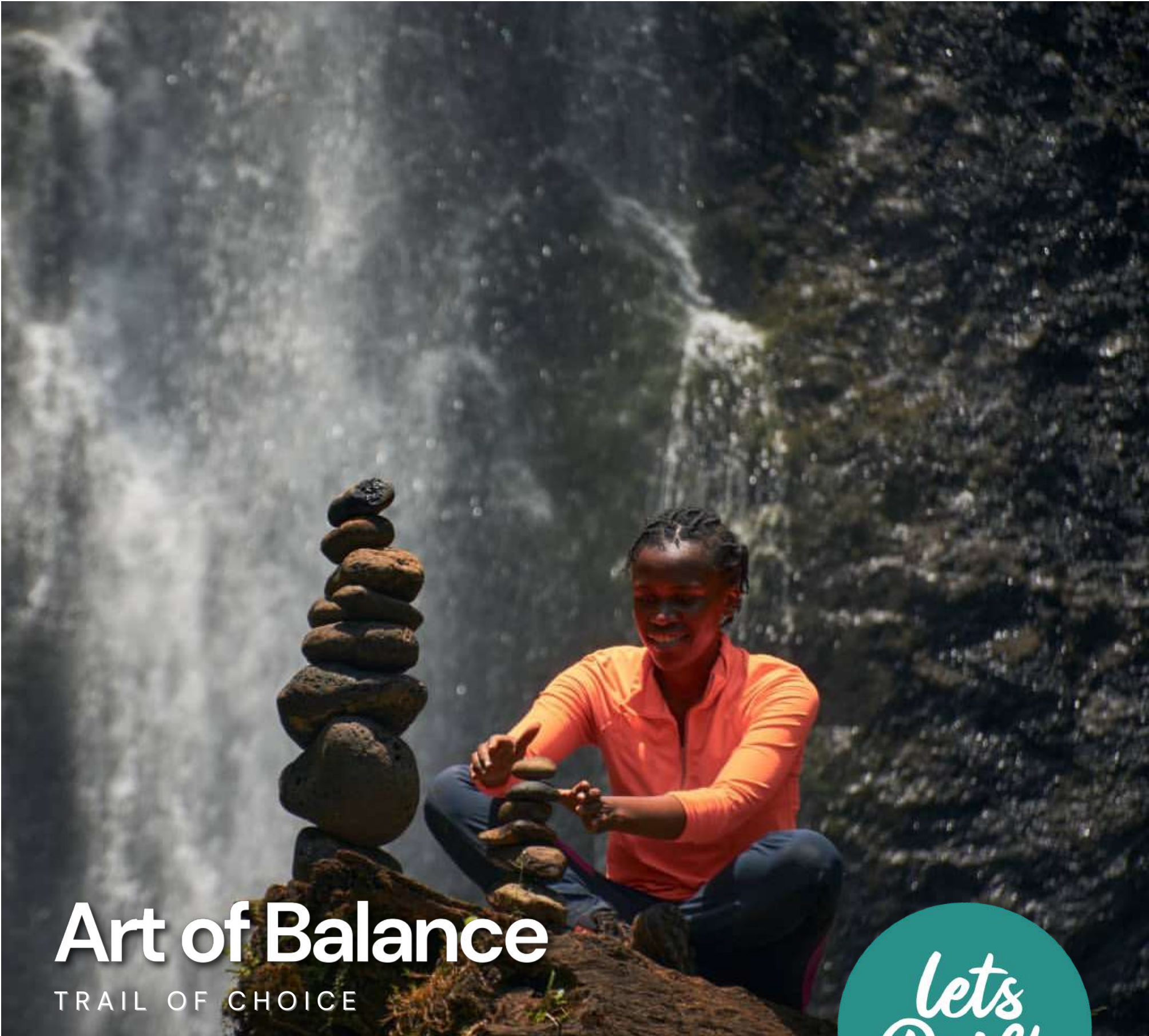
Wellness



1hr -45 mins from CBD



For more info/events
www.letsdrift.co.ke



Art of Balance

TRAIL OF CHOICE



About this activity

Distance: 10km
Difficulty: moderate
Duration: 6hrs
Self-drive Friendly

Highlights

Rock cairns art
Walking

Best for

Physical fitness
Improve mental wellness
Team bonding



Wellness



45 mins from CBD



For more info/events
www.letsdrift.co.ke



Art Therapy

NACHU | NGONG HILLS



About this activity

Distance: <5 km
Difficulty: Easy
Duration: 6hrs
Self-drive Friendly

Highlights

Art
Meditation

Best for

Physical fitness
Improve mental wellness
Team bonding



For more info/events
www.letsdrift.co.ke



She Wild

TRAIL OF CHOICE



About this activity

Distance: 10km
Difficulty: Easy
Duration: 6hrs
Self-drive Friendly

Highlights

Hike
Picnic
Girl talk

Best for

She Wild welcomes nature-loving women. It's about entering a community of like-minded souls with vulnerability and openness. Relax and adore your womanhood.



Wellness



45 mins from CBD



For more info/events
www.letsdrift.co.ke



Throw to Grow

NDEIYA REGION



About this activity

Distance: 10 km
Difficulty: Moderate
Duration: 6hrs
Self-drive Friendly

Highlights

Art
Meditation

Best for

You can get into distributing indigenous tree seed balls with a slingshot and help to green up Kenya as you hike!



Wellness



45 mins from CBD



For more info/events
www.letsdrift.co.ke

Top Hiking Tours



In brief

Outside-the-city experiences

4- to 5-hour hike

**Only available with planned
transportation**

Dedicated photo spots

1 guide for every 5 hikers

www.letsdrift.co.ke



Zaina Falls

NYERI



About this activity

Distance: 12 km
Difficulty: Moderate
Duration: 6hrs
Terrain: Steep

Highlights

Chinga Dam
Zaina falls
Dedan Kimathi
Memorial

Best for

Physical fitness
Improve mental wellness
Team bonding



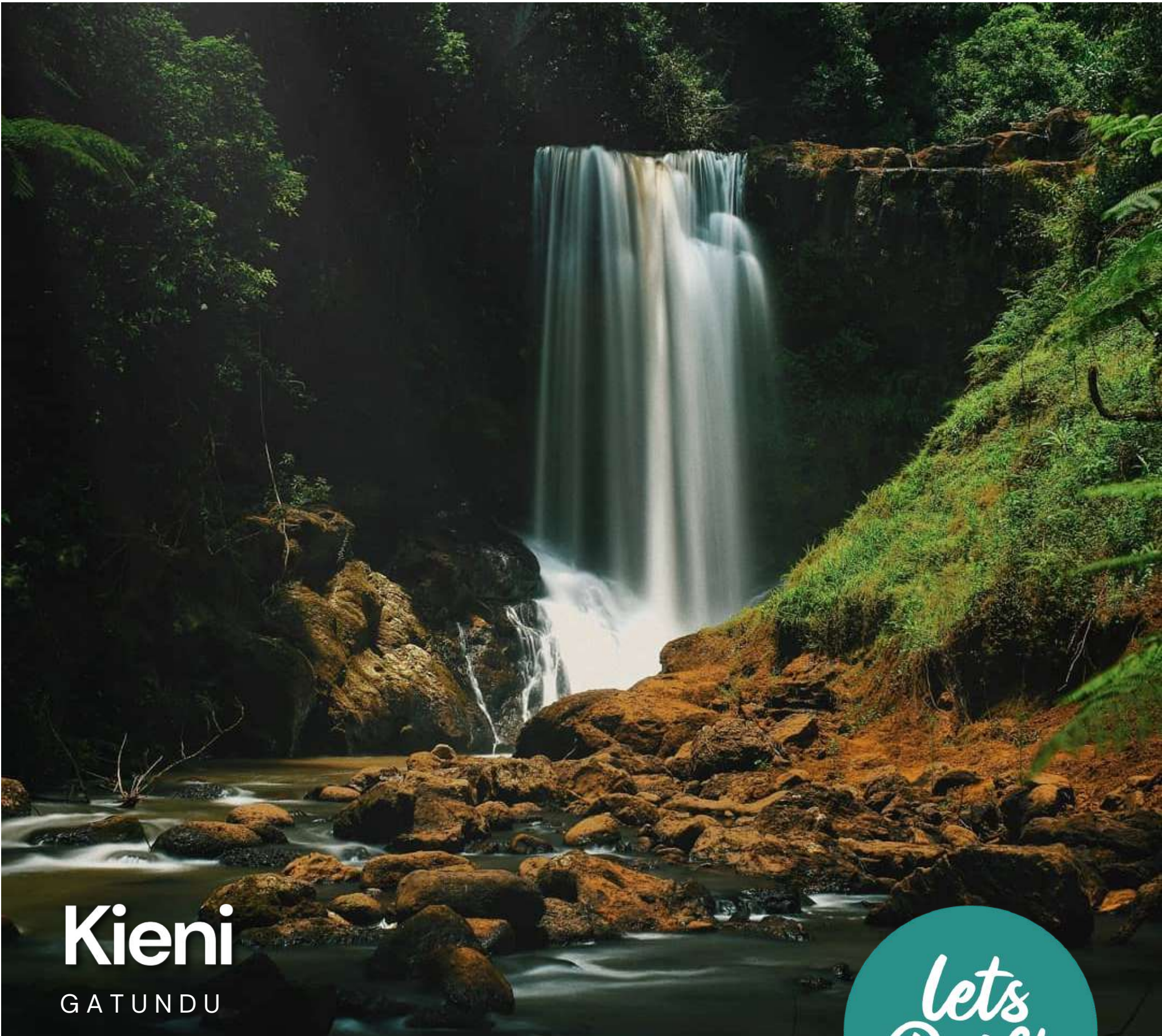
Beginner Friendly



2hrs from CBD



For more info/events
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Kieni

GATUNDU



About this activity

Distance: 10 km
Difficulty: Moderate
Duration: 6hrs
Self-drive Friendly

Highlights

2 Waterfalls
Views of the
Aberdares

Best for

Physical fitness
Improve mental wellness
Team bonding



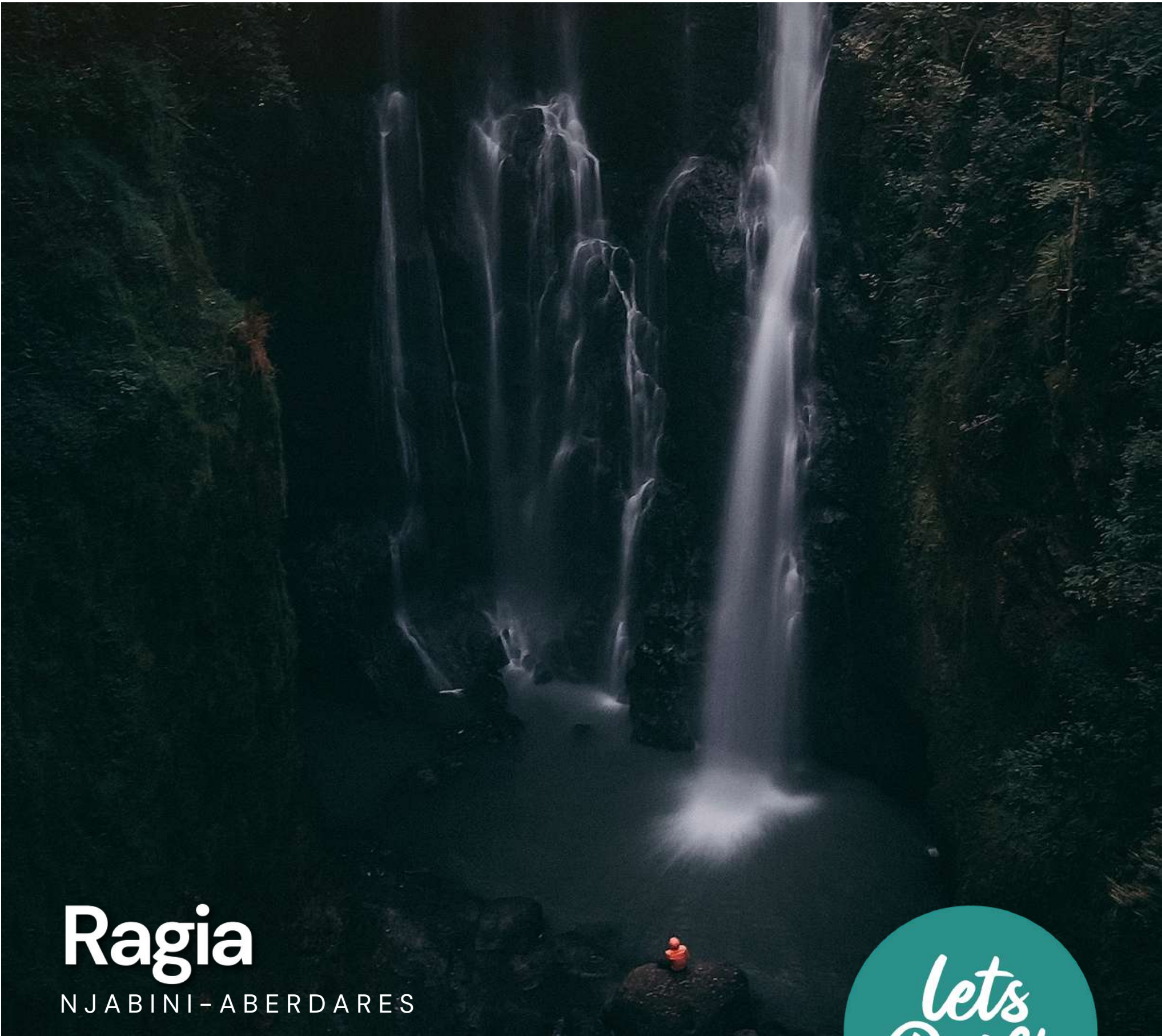
Moderate



2hrs from CBD



For more info/events
www.letsdrift.co.ke



Ragia

NJABINI - ABERDARES



About this activity

Distance: 17 km
Difficulty: Moderate
Duration: 6hrs
Self-drive Friendly

Highlights

2 Waterfalls
Views of Sasumwa
dam & Aberdares

Best for

Physical fitness
Improve mental wellness
Team bonding



Moderate



2hrs from CBD



For more info/events
www.letsdrift.co.ke



Kimakia

GATUNDU



About this activity

Distance: 12 km
Difficulty: Moderate
Duration: 6hrs
Self-drive Friendly

Highlights

Kimakia Waterfalls
Aberdare forest

Best for

Physical fitness
Improve mental wellness
Team bonding



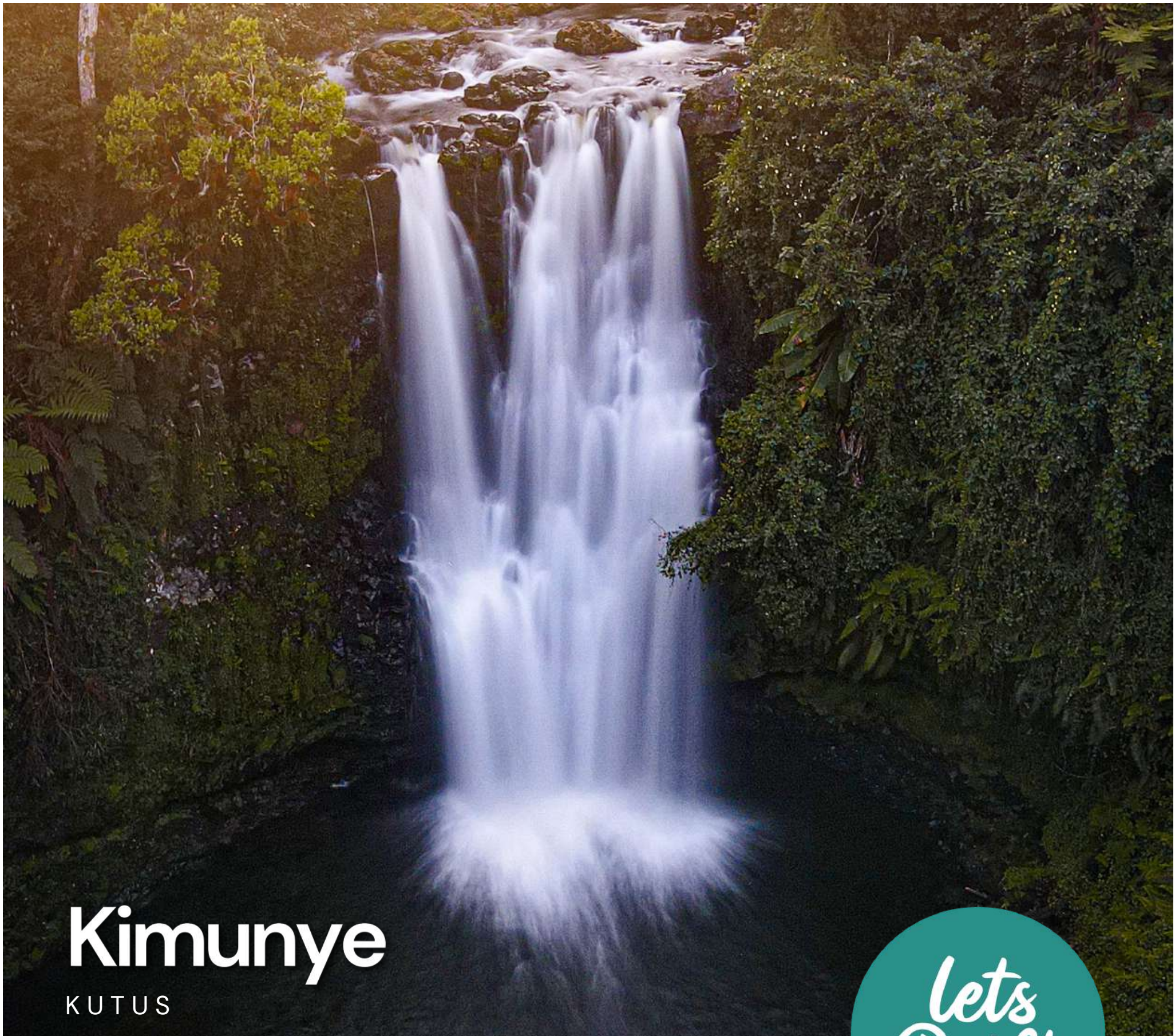
Moderate



1.5hrs from CBD



For more info/events
www.letsdrift.co.ke



Kimunye

KUTUS



About this activity

Distance: 8 km
Difficulty: Moderate
Duration: 6hrs
Terrain: Steep

Highlights

Kimunye waterfalls
Mt Kenya Forest

Best for

Physical fitness
Improve mental wellness
Team bonding



Moderate



2hrs from CBD



For more info/events
www.letsdrift.co.ke



Nthenge Njeru

RUNYENJES



About this activity

Distance: 12 km
Difficulty: Moderate
Duration: 6hrs
Terrain: Steep

Highlights

Nthenge Njeru
Waterfalls
Kirimiri Forest
Karue hill

Best for

Physical fitness
Improve mental wellness
Team bonding



Moderate



2hrs from CBD



For more info/events
www.letsdrift.co.ke



Karuru & Chania Falls

ABERDARES



About this activity

Distance: 12 km
Difficulty: Moderate
Duration: 6hrs
Terrain: Steep

Highlights

Nthenge Njeru
Waterfalls
Kirimiri Forest
Karue hill

Best for

Physical fitness
Improve mental wellness
Team bonding



Moderate



2hrs from CBD



For more info/events
www.letsdrift.co.ke

FAQs

AM I FIT ENOUGH?

This is one of the questions we get asked most often in advance. Check out the information about grading on page 9 and choose the distance that works best for you. If you haven't walked up hills much before, we suggest a walk that is easy or moderate. If you're a more experienced walker or fitness fan who likes to try new things, give yourself a harder walk.

WHAT ABOUT COMFORT BREAKS?

Most of our routes, especially the longer ones, don't have places to use the bathroom once we're on the trail. When you have to go to the bathroom, you can go find a bush or some big rocks. If you need a few minutes, just ask the leader where the next "cover" might be.

WHAT IF I GET ILL ON A WALK?

Your hike guide has been trained and certified in Wilderness First Aid, which is first aid for the outdoors and places we walk. We will bring a first aid kit, a flashlight, a compass, one or more maps, and a survival bag to make sure everyone in the group is safe.





How Membership Works

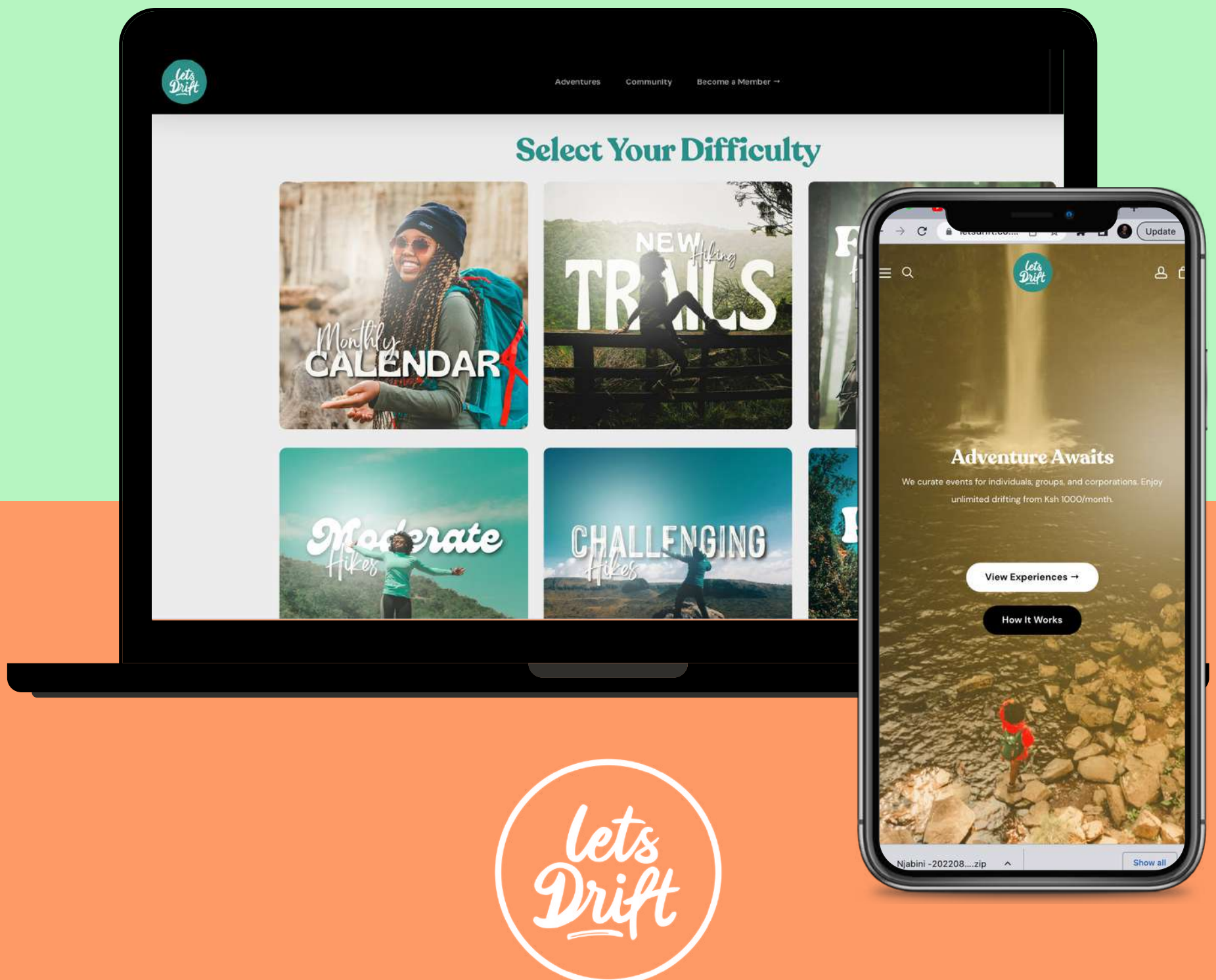
- Subscription (Ksh 1000) includes experience and guide fee and does not include the fare, food, or park fees(if applies)
- Subscribed members receive a discount on Premium hikes and are free to attend as many Freemium trails as they like.
- The charge per drift for Non-subscribers is Ksh 1,000. Charges don't include the fare, food, or park fees(if applies)
- Unless one is driving, we normally meet up at a convenient area (Outside Hilton) and ride PSVs together for trails close to Nairobi
- The Subscription fee is valid only if paid by the 5th day of the month. If not used within two months, it becomes non-refundable.

DISCOVER & BOOK

More Experiences

ONLINE

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Our Community

500

Active monthly hikers



60% Female



40% Male

38

Median Age

3k

Monthly calendar downloads

800

Events Organized as per July '22

30

Events Organized as per month

2.8k

Newsletter subscribers

20k

Instagram followers

90k

Website visitors as of July 2022

5k

Twitter followers

13k

Tiktok followers

- 4 Mins - Average time spent on website
- 10k Unique monthly visitors
- 98% Local visitors (Kenya)

<https://letsdrift.co.ke/community/>



Talk to us

General enquiry
help@letsdrift.co.ke
or

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+254770 956 504

Collaboration/business
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