



## 2022 EAST AFRICA EXPEDITIONS

Len Vanderstar ([www.summitsofcanada.net](http://www.summitsofcanada.net)), in association with Dickson Wambugu of Adventure Africa Expedition (<http://www.advenafrica.com/>), have assembled a Mt. Kenya ascent trek and safari packages, including an optional volunteer stay at the Samburu Girls Foundation Facility or the Migwani Children's Special Needs Unit, assisting staff and support personnel in program delivery (<https://samburugirls.foundation>). As a volunteer, you would be representing the Kenyan Child Guardian Foundation, a registered Kenyan charity jointly founded by Len and Dickson (<http://kenyanchild.org>).

This is an excellent package deal, is competitively priced, providing all the necessary services to the best standards expected by foreign visitors to Africa seeking on-the-ground adventure. In addition, approximately 10% of the trip price goes directly to support disadvantaged children in Kenya via the Kenyan Child Guardian Foundation.

Len Vanderstar is a northwest British Columbia based habitat conservation biologist and mountaineer that has completed all the highpoints in each province and territory in Canada. Len's achievements and promotion of Canadian Geography has earned him a fellowship with the Royal Canadian Geographic Society. Dickson Wambugu is the owner of Adventure Africa Expedition, and has over 14 years of experience providing quality travel experiences in East Africa. Both Len and Dickson are directors of the Kenyan Child Guardian Foundation.

The safaris will focus on the diversity of East African habitats and wildlife. Safari locations have been chosen to provide exceptional opportunities to view a wide range of reptile, bird, and mammal species. We take care to avoid the "checklist" approach to wildlife viewing, common to many tours of the region. When interesting animals or situations are encountered, time is available to turn off the safari vehicles, photograph, watch, and listen. On past trips we have seen jackals pestering lion cubs, lions mating, cheetah cubs sleeping, adult male rhinos sparring, leopards relaxing in trees, multiple elephant herds at close quarters, and the list goes on. In addition to all the large mammals East Africa has to offer, birding opportunities are tremendous with over 180 bird species having been recorded during our 2012 bird census safari expedition.

On behalf of the Kenyan Child Guardian Foundation, Adventure Africa Expedition and Summits of Canada, we hope that you seriously consider this golden opportunity to visit East

Africa and at the same time contribute to the welfare of disadvantaged and disabled children.

## **PRICE**

In late October and November of 2022, Len Vanderstar and Adventure Africa Expedition will be leading an Uganda safari with a mountain gorilla focus, followed by a Mt. Kenya trek, a Kenyan safari, ending with an Indian Ocean Retreat on Baobab Diani Beach, Kenya. An additional option is also being considered to visit the Jane Goodall Research Centre in Gombe Stream National Park in Tanzania. You can book for the full itinerary or a portion thereof, coordinating with the dates prescribed.

**8-day Uganda's Bwindi Mtn. Gorilla Trek & Queen Elizabeth National Park Safaris (Nairobi return, includes air fare) \$4255 US per person**

**7-day Mt. Kenya Trek/Ascent: \$2130 US per person**

**10-Kenya Safari + 1 Day Samburu Girls Fdn.: \$2600 US per person**

**6-day Indian Ocean Retreat (Nairobi return, includes train and air fare); Mombasa-Kenya: \$1600 US per person, double occupancy, half board**

**Day visits to the Sheldrick Elephant & Giraffe Centre:  
\$40 US per person (to & from hotel + entry fee)**

### **INCLUDED IN THE ABOVE PRICES:**

- Pick-up and drop-off at Jomo Kenyatta International Airport
- Nairobi hotel accommodation on day of arrival, and day of departure (Meridian Hotel or equivalent: <http://www.meridianhotelkenya.com/>)
- Self-contained hotels & lodges/permanent safari covered tents with hot showers and private bathrooms while on expeditions with exception of Mt. Kenya trek
- Expedition transportation, including travel to and from
- All park fees
- Three meals per day outside of Nairobi
- Bottled water
- Guide, cook and porter fees
- Tipping fees
- Tents for mountain treks/ascents
- English speaking and knowledgeable lead guides, cooks and porters

### **EXCLUDED IN THE ABOVE PRICE:**

- Personal beverages (beer, wine, pop, drinking water at hotels)
- Meals while in Nairobi
- Please note that a \$30 US/day additional fee is required if a guest does not decide to partner up for accommodation (may include tenting); partnering can be arranged for all or a portion of the trip.

### **For questions and to place your expression of interest, please contact:**

- Len Vanderstar, [lvanderstar1761@citywest.ca](mailto:lvanderstar1761@citywest.ca), or [len.vanderstar@summitsofcanada.net](mailto:len.vanderstar@summitsofcanada.net), phone Canada: 250-847-9729 (h); 250-917-9049 (cell).

## ITINERARY

**Thur. Oct. 20** Nairobi Arrival and transport to Meridian Hotel, Nairobi.

**Fri. Oct. 21:**

Visit to Sheldrick Elephant & Giraffe Centre and/or Kenya's National Museum for guests that wish to spend Friday adjusting to the time advance.

### **8 DAY UGANDA'S BWINDI MTN. GORILLA TREK & QUEEN ELIZABETH NATIONAL PARK SAFARIS**

**Day 1: Nairobi – Entebbe – Kampala**

**Sat. Oct. 22**

Depart Nairobi JKIA with the morning flight; upon arrival we will be met by Innocent (Adventure Africa person in Uganda) who will escort you to the Kampala Fairway Hotel. You will review your adventure program with Innocent and ask any questions pertaining to the gorilla trek. <https://fairwayhotel.co.ug/>

**Day 2: Kampala – Bwindi Impenetrable Forest**

**Sun. Oct. 23**

An early morning start from Kampala takes us southwest and across the Equator. We will drive through savannah grasslands and see an abundance of family plot agriculture, plantations and herds of Ankole cattle with their long-curved horns. We then ascend in to the Kigezi Highlands known as the Switzerland of Africa with terraced farming and mountain scenery. Lunch break in Mbarara, and then we proceed to Mutanda Lake Resort. This will be a long drive which takes 8-10 hours. <https://www.mutandalakeresort.com/the-lodge>

**Day 3: Gorilla Trek**

**Mon. Oct. 24**

After an early morning breakfast, we proceed for a briefing by park rangers. The beauty of this rainforest is spectacular with dramatic steep forest landscape criss-crossed by numerous animal trails. The thrill of spending time observing these great primates at close quarters cannot be matched; you will be changed forever – a rare and moving experience. The gorilla trek requires a reasonable level of fitness and typical tolerance of rain and mud. Dinner and overnight at Mutanda Lake Resort.

**Day 4: Bwindi Impenetrable Forest – Ishasha Sector**

**Tues. Oct. 25**

Following breakfast, we will enjoy the game drive to the Ishasha sector of Queen Elizabeth National Park, famous for its tree climbing lions. Dinner and overnight at Enjojo Safari Lodge. <http://www.enjojolodge.com/>

**Day 5: Ishasha Sector – North Sector Queen Elizabeth National Park**

**Wed. Oct. 26**

We will drive to the north sector of Queen Elizabeth National Park. The diversity of grassy plains, tropical forest, rivers, lakes and swamps, and volcanic craters is home to an incredible abundance of wildlife. Commonly seen are lions, leopards, elephants, cape buffalos, forest hogs, Uganda kobs, giant forest hogs, bush bucks, water bucks and of course a variety of birds. Dinner and overnight at Bush Lodge. <https://naturelodgesuganda.com/the-bush-lodge/>

**Day 6: Queen Elizabeth National Park**

### **Thur. Oct. 27**

Following an early morning game drive, we will visit the volcanic area of the park with its many salt lakes and extinct craters. The afternoon will also consist of a boat cruise on Kazinga Channel which joins lakes George and Edward. From the comfort of our boat we can watch for elephant and other animals on the shore. Hippopotamuses, crocodiles and water birds can be seen along the banks. Dinner and overnight at Bush Lodge.

### **Day 7: Queen Elizabeth National Park – Lake Mburo National Park**

#### **Fri. Oct. 28**

This is our chimp trek at the Kyambura Gorge. Thereafter depart to Lake Mburo National Park and enjoy a game drive while entering the park. Dinner and overnight at Rwakobo Rock and take in the nightly sounds as the bush comes to life. <https://www.rwakoborock.com/>

### **Day 8: Lake Mburo – Nairobi**

#### **Sat. Oct. 29**

After enjoying our morning breakfast, we depart from Lake Mburo to Entebbe to catch our flight back to Nairobi. **Safari ends but includes hotel accommodation this last night of safari in Nairobi.**

### **8 Day Uganda Safari Total \$4,255 US Per Person All Inclusive**

#### **Included:**

- 1: Flight from Nairobi to Uganda return
- 2: Full board accommodation while on the safari
- 3: Gorilla permit
- 4: Ground transfers from day 1 of arrival
- 5: Accommodation in self-contained luxury lodges
- 6: Guided safari
- 7: Transport
8. Tipping fees

### **7 DAYS MT. KENYA TREKKING: SIRIMON ROUTE UP & CHOGORIA ROUTE DOWN**

About 16.5 kilometers south of the equator lies Mount Kenya, the second-highest mountain in Africa. The highest peaks are Batian (5,199m), Nelion (5,188m) and hiker's summit Point Lenana (4,985m). Mount Kenya is a stratovolcano created 3 million years after the opening of the East African rift. Before glaciation, it was believed to be as high as 7,000m. Tents are provided if you do not wish to bring your own, and porters will carry all supplies other than your day pack. All meals are provided.

### **Day 1: Nairobi - Nanyuki - Simba Lodge**

#### **Sun. Oct. 30**

Departure from Nairobi is at 0900 hrs (either from hotel or airport) to Nanyuki. The drive takes about 3.5 hours road time. There is a short mid-point stopover at the Africana Curio shop for washroom and stretching. Following the break, we complete the drive to Nanyuki with a brief stopover at the equator for photographs. After lunch and hotel check-in, one can walk and check out the town. Nanyuki town is famous for its position which is close to Mt. Kenya; most of the trekkers prefer to spend their first night here so that they can begin their acclimatization and prepare for the trek the following morning. Some afternoon preparation for the trek/climb will be

required by our guides. Dinner and overnight at the Nanyuki Simba Lodge.

<https://www.expedia.com/Nanyuki-Hotels-Nanyuki-Simba-Lodge.h30111693.Hotel-Information>

## **Day 2: Nanyuki to Old Moses Camp**

**Mon. Oct. 31**

Wake up at 0730, have breakfast, then vehicle shuttle from the hotel to Sirimon Gate. Expect 20-30 minutes for park entry formalities and then commence hike to Old Moses Camp (3300m). The trek to Old Moses Camp is through mountain forest, bamboo and rosewood, gaining 700 m elevation in 3-4 hours over 9 km. Old Moses (Judmair Camp) for dinner and overnight.

## **Day 3: Old Moses – Shipton Camp**

**Tues. Nov. 1**

Wake up call at 0630hrs; after the breakfast we ascend the Sirimon Track to Likii North Valley. This beautiful little valley is situated below the subsidiary peaks of Teleki and Sendeyo, two ancient parasitic vents of the main peaks (3990m). We then ascend out of the North Valley and into Mackinders Valley which is one of the broadest valleys on the Mountain, with many giant groundsels and good views of the main peaks. A picnic lunch will be along the valley on top of the cliff. After lunch we will hike an additional 3 hours to ascend to Shipton Camp just below the main peak of Batian and Nelion. All told, it normally takes 7-8hrs to get to the Shipton Camp. On arrival we will be greeted with a cup of hot coffee or tea provided by the advance crew. After refreshments you can either have a short walk for acclimatizing and then descend to the Camp to receive dinner. Dinner and overnight in Shipton Camp 4200m. The weather at this camp sometimes may go below 10 degrees Celsius, so suitable clothing is advisable such as a down jacket/parka.

## **Day 4: Shipton Camp - Austrian Hut Acclimatizing**

**Wed. Nov. 2**

Wake up call at 0730, have breakfast, depart at 0900 and ascend uphill to lower Simba Col (4610 m) for the first rest stop beside a small lake. Proceed on a gradual trail, gaining altitude while viewing the beautiful Shipton Valley as well as Batian and Nelion Summits. Proceed to upper Simba Tarn to join the trail that links to Mintos Hut from Austrian Hut. This will be our second break and at this point we will be able to see the other side of Minto. We proceed to the Austrian Camp on time for lunch having completed a half circuit of the summit clockwise. The hike takes 3-4 hours. After lunch, you can visit the caves as well as the Graciah which is few minutes walk. Dinner and overnight at Austrian Hut. (Austrian Hut) at 4790m.

## **Day 5: Austrian Hut – Lenana Summit – Mintos**

**Thur. Nov. 3**

Wake up call at 04:30, have beverages and tea biscuits, then commence ascent to the trekker's high point Pt. Lenana {4985m} m (17,058ft), taking 1 hr. to reach Pt. Lenana in time to watch the sunrise. This is the most challenging bit of the Mount Kenya trekking. On a clear day one can see the snow-capped summit of Mt. Kilimanjaro to the south, Mt. Elgon to the west, and the Indian Ocean to the east. After photo and viewing opportunity, surrounded by glaciers and ice rock caves, we descend leisurely to Mintos Hut, 2-3hrs, for hot brunch followed by a relaxing afternoon to recuperate and take in the landscape. Overnight at Mintos Hut.

## **Day 6: Mintos - Chogoria Bandas**

**Fri. Nov. 4**

After breakfast, we pack up the tents and descend for about 2-3 hours to trail head for a good break. In the next 2 hours we arrive in Chogoria Bandas where the memories of Mt. Kenya become real. You will be received by your crew who will have hot African tea or coffee. Dinner and overnight at Chogoria Bandas. [https://www.tripadvisor.ca/Hotel\\_Review-g319715-d3348029-Reviews-Meru\\_Mount\\_Kenya\\_Bandas-Mount\\_Kenya\\_National\\_Park.html#/media/3348029/?albumid=101&type=0&category=101](https://www.tripadvisor.ca/Hotel_Review-g319715-d3348029-Reviews-Meru_Mount_Kenya_Bandas-Mount_Kenya_National_Park.html#/media/3348029/?albumid=101&type=0&category=101)

**Day 7: Chogoria Bandas - Chogoria Gate – Samburu****Sat. Nov. 5**

After a leisurely breakfast served at 0645, we walk about 10 km down through the forest to meet our driver who will take us down the rest of the track and on to Chogoria town where we normally part ways with the crew and then drive to Samburu National Reserve with lunch on the way. Dinner and overnight accommodation at Umoja Camp where women rule ... run by the Umoja Uaso Women Group bolstering their finances and social well-being.

<http://www.umojawomen.or.ke/qinstpckg/index.php/post-formats/blog>

**7 Day Mt. Kenya Trek/Ascent: \$2,130 US Per Person****Included:**

- 1: Airport pick-up & drop-off
- 2: Nairobi hotel double occupancy for 1st and last night or single with \$30 for single supplement
- 3: Transport
- 4: English speaking guides & drivers
- 5: Cook, porters,
- 6: Accommodation
- 7: Meals while on safari
- 8: Bottled water
- 9: Park fees
- 10: Tipping Fees
- 11: Tents if required.

**For technical climbs of Batian (5199m) or Neilon (5188m), add 2 days for Batian and 1 day for Neilon @ \$500/day + additional \$100 tip. Technical climbs start @ Shipton's Camp.**

**Note: Considering the extent of strenuous activity and mountain challenges it is not recommended to do both Batian and Neilon in one day; to hit Batian a stop over is required on Neilon, but for Neilon alone one day is enough.**

To date, no team members have signed up for the technical climb portion. This will require advance arrangements and possible departure from the mountain a day later with a full day trek out to rendezvous with the rest of the team at Chogoria Bandas.

## **Day 1: Samburu Safari Full Day**

**Sun. Nov. 6**

Samburu National Reserve derives its name from the Samburu people of Kenya who have lived in the area for many years. Ewaso Ngiro River borders this reserve, drawing a big population of Kenyan animals. The river bustles with activity from its population of Nile crocodile. The reserve's topography is mainly open savannah (grassland) with clusters of acacia trees. Samburu National Reserve was one of the two areas in which conservationists George and Joy Adamson raised Elsa the lioness. Their story was made famous by the bestselling book and award-winning movie "Born Free". The whole day will be spent exploring this amazing game reserve in the presence of low eco-tourism traffic. The reserve is noted for its wildlife species inclusive of elephant, lion, leopard, gerenuk, reticulated giraffe, Somali ostrich, Gravy zebra, Besia oryx, endangered wild dog and the endangered pancake tortoise. Over 450 species of birds have been identified within the reserve. The entire day is spent exploring the park. Dinner and overnight accommodation at Umoja Camp where women rule ... run by the Umoja Uaso Women Group bolstering their finances and social well-being. <http://www.umojawomen.or.ke/qinstpckg/index.php/post-formats/blog>

## **Day 2: Samburu Safari – Samburu Girls Foundation**

**Mon. Nov. 7**

A wake-up call at 0:600 and then proceed for the early morning game drive, providing a chance to spot the early morning kills; return to the camp for the main breakfast. Thereafter we check-out and proceed to Samburu Girls Foundation. We will attend the ribbon cutting ceremony for the recent cookhouse facility build for this girls' rescue center, funded by the Kenyan Child Guardian Foundation. Opportunities for interaction with the girls and care givers through humanitarian support, play and communication exchange. Dinner and overnight in Maralal Town Samburu at the Seasons Hotel. <http://seasonshotelmaralal.co.ke/>

## **Day 3: Maralal Town Samburu – Lake Nakuru**

**Tues Nov. 8**

After breakfast we check-out from the hotel and drive south to Lake Nakuru, our first stop over will be at the beautiful Nyahururu Thomson falls for lunch. We then proceed to Lake Nakuru which is about 2 hr. drive. We check in at Lake Nakuru Flamingo Lodge, refresh, then proceed to a safari excursion prior to dinner. <https://www.lakenakuruflamingoresort.co.ke/>

## **Day 4: Travel to Lake Naivasha/Crescent Island**

**Wed. Nov. 9**

We head to Naivasha Crescent Island. The island hosts an abundance of both land and water birds. Some of the usual birds are water eagle, yellow-billed stork and ibis. Crescent Island is the one park in Kenya with the highest number of animals per hectare. Most of the animals are herbivores such as giraffes, zebras, impalas and hippos. Hyenas and pythons are known to the park's predatory night hunters. We will have the opportunity to take a guided nature walk among these animals without fear of becoming part of the food chain. Dinner and overnight in Lake Naivasha Fish Eagle Inn Tented Camp with swimming pool. <https://fisheagleinn.co.ke/facilities/>

## **Day 5: Lake Naivasha & Crater Lake Conservancy**

**Thur. Nov. 10**

We will visit the flower farms of Else-mere. Else-mere is home to the late Joy and George Adamson, of Born Free fame. This is now a conservation center and museum where we will

enjoy an hour walk in the beautiful gardens. You can admire the multitude of bird species as well as the hippos. Black and white Columbus monkeys are common here. We then proceed to Crater Lake Conservancy Area, have lunch, then walk up to the rim of the beautiful volcanic crater for views down to the emerald-green Crater Lake. Flamingo populations have boomed here recently, having migrated from Lake Nakuru. With your guide you can walk through the conservancy area trekking after plains animals including giraffe, eland and antelope, while admiring the various species of birds and plants. Explore the Island by boat and thereafter dinner will be served in Crater Lake Luxury Camp. Accommodation at Crater Lake Camp. <https://ca.hotels.com/ho1166896288/crater-lake-tented-camp-game-sanctuary-naivasha-kenya/>

### **Day 6: Travel to Masai Mara & Sunset Safari**

**Fri. Nov. 11**

After breakfast we proceed to Masai Mara via Narok which is a town west of Nairobi. Narok is the district capital of the Narok County and stands as the major center of commerce in the district. Narok has a population of around 40,000 people, mostly Masai. The Masai, natives of Narok district, refer to Narok as Enkare Narok (meaning black water or dark water) named after, Enkare Narok, the river flowing through Narok town. The elevation of Narok is 1827 meters (5,997 feet) in altitude. We will have a hot lunch here and then proceed to Masai Mara. On arrival we will be received by our Masai Mara staff which will assist us to check into the camp. A late afternoon game drive starts shortly after our arrival to capitalize on the setting sun and photo opportunities of wildlife and landscape. Dinner and overnight at Mwangaza Camp and enjoy the bird songs that will serenade you throughout your stay. <https://www.safarinow.com/go/mwangazamaracampmaasaimaranaturereserve/>

### **Day 7: Masai Mara safari full day**

**Sat. Nov. 12**

You will be overwhelmed and satiated by the abundance of wildlife viewed in this park, prior to and even after the migration southward of over 1.5 million wildebeest to the connected Serengeti. The safari takes you to the Mara River where you will see and photograph hippos and large crocodiles. Masai ostrich, crowned crane, helmeted guinea-fowl, kori bustard and the secretary bird will have you wondering what's next on the fascinating bird list. The beautiful song of the robin-chat at camp will forever be in your memory. Dinner and overnight at Mwangaza Camp.

### **Day 8: Masai Mara to Lake Elmenteita**

**Sun. Nov. 13**

Following breakfast, we drive to Lake Elmenteita, breaking up the drive to Tsavo East. Over 400 bird species have been recorded in the Lake Nakuru/Lake Elmenteita basin. Elmenteita attracts visiting flamingoes both the greater and lesser varieties, which feed on the lake's crustacean and insect larvae and on its suspended blue-green algae. Lake Magadi tilapia were introduced to the lake in 1962 and since that time the flamingo population has dwindled considerably. The tilapia attract many fish-eating birds that also feed upon the flamingo eggs and chicks. Over a million birds that formerly bred at Elmenteita are now said to have sought refuge at Lake Natron in Tanzania. A lakeshore trek affords good bird viewing. Dinner and overnight in Elmenteita Sentrim. <https://sentrimelementaitalodge.com-kenya.com/en/>

### **Day 9: Lake Elmenteita to Tsavo East**



**Mon. Nov. 14**

Following breakfast, we drive to Tsavo East National Park with lunch on route. Dinner and overnight in Voi Wildlife Lodge. <https://voiwildlifelodge.com-kenya.com/en/>

**Day 10: Tsavo East National Park (full day)****Tues. Nov. 15**

Inside Tsavo East National Park, the Athi and Tsavo rivers converge to form the Galana River. Most of the park consists of semi-arid grasslands and savanna. It is considered one of the world's biodiversity strongholds, and its popularity is mostly due to the vast amounts of diverse wildlife that can be seen, including the famous 'big five' consisting of lion, black rhino, Cape buffalo, elephant and leopard. The park is also home to a great variety of bird life such as the black kite, crowned crane, lovebird and the sacred ibis. Tsavo East National Park is generally flat, with dry plains across which the Galana River flows. Other features include the Yatta Plateau and Lugard Falls. Dinner and overnight Voi Wildlife Lodge.

**Day 11: Tsavo East – Diani Beach Baobab Beach Resort & Spa****Wed. Nov. 16**

Wake up call, have a cup of hot coffee or alternate beverage, then proceed for the early morning game drive; this will take us to 0930 for return to Lodge for the main breakfast. After the breakfast we will be transferred to the SGR Main Railway Station and proceed to Mombasa South Coast Diani Baobab Beach Resort & Spa. <https://baobab-beach-resort.com/>

**Total \$2,600 US Per Person All Inclusive**

**Package Price (all inclusive with the exception of meals while in Nairobi)**

- 1: Transport with 4x4 Open Roof top Safari Van
- 2: Three Meals Per Day while on Safari
- 3: Accommodation based on Double Rooms, Singles attracts \$30 single room supplement
- 4: Park fees
- 5: English speaking guides, drivers, cooks,
- 6: Tipping Fees

**BAOBAB BEACH RESORT & INDIAN OCEAN RETREAT (6 nights with 5 full days & 1 partial day at Diani Beach)**

<https://baobab-beach-resort.com/>

### **South Coast Diani Beach**

**Wed. Nov. 16 – Tues. Nov. 22**

This is a must retreat vacation to decompress before your return home and experience the Indian Ocean, whether it be in the shade of a palm or swimming, snorkeling, scuba diving, sailing or a host of other recreational, exploratory or relaxing activities.

**Tues. Nov. 22**

Afternoon flight from Diani Beach to Nairobi on Nov. 22  
Overnight in Nairobi.

**\$1,600 US per person**, Double occupancy based on all inclusive. Includes train ticket and air fare, vehicle transport, accommodation based on All inclusive (breakfast, lunch, dinner & unlimited drinks, and Wasini Island tour).

### **MIGWANI & SAMBURU VOLUNTEERS**

- Kenyan Child Guardian Foundation Directors will be either in Migwani or Samburu, and there is an opportunity to join them for a few days of volunteer work if you so choose.
- Volunteers will be ambassadors for the Kenyan Child Guardian Foundation (KCGF), and will be screened accordingly for their expertise and willingness to assist.
- Costs associated with transport, accommodation and food will be the responsibility of the volunteer with coordination assistance by the KCGF.
- It is preferential that volunteers are paired up, but this is not necessary.
- Volunteers will assist in distribution of various needed supplies provided by the KCGF.
- Volunteers may elect to participate in any one or all of the following:
  - 1) crafting;
  - 2) life skill training;
  - 3) instruction of curriculum and sport;
  - 4) assisting women's groups and children for self-sufficiency;
  - 5) assisting medical practitioners;
  - 6) facility maintenance;
  - 7) care giving.

Additional Information:

Len Vanderstar  
Trip Leader  
[lvanderstar1761@citywest.ca](mailto:lvanderstar1761@citywest.ca)  
[len.vanderstar@summitsofcanada.net](mailto:len.vanderstar@summitsofcanada.net)  
250-847-9729 (Canada)  
250-917-9049 (cell)

Dickson Wambugu  
Adventure Africa Expedition  
Nairobi, Kenya, East Africa  
Cellphone: +254-721-714458  
Mobile Phone: +254-720-486770  
[admin@advenafrica.ca](mailto:admin@advenafrica.ca)