



# Peaks Outdoor Centre

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## Introduction

Peaks Outdoor Centre is an experiential learning centre. Our instructors work closely with our clients to tailor-make courses to meet specific training needs.

Humans are far more likely to remember what they learn by doing, herein referred to as experiential learning. Simply put, experiential learning is training in the outdoors.

The Outdoor Centre is part of the Peaks Wellness Complex, which is set up to cater for the health and fitness of our esteemed customers. The Complex comprises the main hotel, the Outdoor Centre, Events Grounds, and the forest campsites. Scaling Mt. Kenya is the ultimate challenge.

## Benefits of Outdoor Training

1. Learning in the outdoors improves concentration levels and cognitive performance.
2. Being in nature reduces stress levels and promotes relaxation.
3. Outdoor education fosters a greater appreciation and understanding of the natural world.
4. Experiential learning in the outdoors promotes teamwork and social skills.
5. Being active in the outdoors improves physical health and fitness levels.

## Programmes

1. Leadership and management for executives.
2. Leadership and management development for managers
3. Team building. and bonding for groups and corporates
4. Character development for pre-teens
5. Character development for teens
6. Women in leadership.
7. Bonds and bondages
8. Climbing Mt. Kenya
9. Heroes and heroines
10. Leaps and bounds
11. Prefects in leadership
12. Standard course for youth
13. One with nature for grown-ups.

### Rates (per person)

Course	Duration (days)	Locals' & Residents' Rates (KSH)	Non-Resident Rates (USD)
Forest Hike	1 day	4,450	100
Adventure with Forest Camping	4 days	18,150	350
Adventure with Mountain Climbing	5 days	35,000	600
Team Building	1 day	1,500	20

### Accommodation

Type of Accommodation	Duration (days)	Locals' & Residents' Rates (KSH)		Non-Resident Rates (USD)	
Hotel Room	1 Night		Twin room 6,200 pp		Twin room 48 pp
		Single occupancy 8,400	Double occupancy 11,400	Single occupancy 66	Double occupancy 88
Tent	1 Night	1,500 per person sharing		20 per person sharing	

### NB:

- All above charges are inclusive of Park/Forest fees & other charges.
- We also tailor-make courses to meet specific client's needs

**Zipline**



**Activities**  
**Bridge in the Sky**



**Step-Ups**



**Jacob's Ladder**



**Inclined Sit-Ups**



**Multivine**



**Pull-Ups**



**Pole and Tyre**



**Great Escape**



**The Trolley**



**Berlin Wall**



**Camping**

