

Type of Camp: Open Camp - The original The Kenya Experience running camp

Suitable for: All runners. Attend as an individual or come together with your partner/friends. All are welcome.

Dates: 2nd- 15th December (13night/14 day)
Longer and shorter stays are available on request

Camp Status: Guaranteed - This trip is confirmed to go ahead on the on the stated dates.

Cost: £1000

Arrival: Throughout the day on the 2nd December. We will meet you on arrival at Eldoret Airport and transport you via professional private hire vehicle to Iten.

Departure: Outbound flight from Eldoret throughout the day on 15th December.
(If your dates do not quite coincide with these please do not worry, these are only the ideal/ preferred dates and we can accommodate outside of this)

Staff and Coaches: All Kenya Experience staff are experts on Kenyan running and have vast experience in Iten specifically. We use only the highest quality staff, thus ensuring that your enjoyment, safety and training are maximised.

Staff for this Camp:

Willy Songok: Head of Guest Relations

Enock Kirop: Assistant Guide & Photographer

Timo Limo: Head Coach

Guest Coaches: We will be joined throughout the camp by additional expert coaches and speakers



For further information on our staff and coaches, please see our Camp Summary PDF and website

Transport: All Transport used during the camp, for airport transfers, trips and visits and attending training sessions will be in private hire vehicles. All drivers are professional and licensed to carry passengers. No public transportation will be used at any time.

What's Included:

13 nights full board accommodation
Return transfers from Eldoret Airport
Coach supported running camp
Guided runs with local runners

Full itinerary of activities including seminars, Q&A's, practical workshops, trips and visits providing cultural immersion inside Kenyan running scene

Full customer support in pre, during and post camp (UK based office staff supporting you from the moment you first contact us.)

The Kenya Experience camp T Shirt

For a detailed look at the camp content and training sessions please see our camp summary PDF and website.

Accommodation: High Altitude Training Centre, Iten (HATC)



The Kenya Experience guests are accommodated in the HATC Deluxe Twin Rooms. These are equipped with en-suite private bathrooms with hot water showers. Rooms are on a twin basis. If travelling solo you will be placed another same sex runner. Single occupancy may be available on request.

Camp Fee: £1000 (GBP)

Payment Details: A £100 deposit is required to secure your place with the remaining balance due 4 weeks prior to arrival. All money paid is 100% transferable in the event that you are unable to travel due to injury or illness. We accept payment via bank transfer or credit/debit card.

How to Book? Email info@traininkenya.com or complete the booking form on the website

Further Questions? Email us at info@traininkenya.com and we will be happy to help

“Martha and I had a wonderful time in Kenya, it far exceeded my expectations. It was an amazing experience and I would love to go back”

Chris (and Martha) UK

“A brilliant experience which I cannot recommend highly enough”

Tim, UK

“The makeup of the group really helped. I was very glad it was so international and diverse. There was a good mix of ages, running abilities and objectives too”

Adrian, Ireland



**The Kenya Experience
Trusted Kenyan running camp
provider since 2010**

