

SafRun Expedition: Our immersive programs combine elite-level running training with adventure and cultural experiences, perfect for athletes, explorers, and anyone looking to push their limits.

19-Day Adventure

Discover Kenya's Cultures from the Highlands to the Islands. Experience Kenya's people, traditions, wildlife, and landscapes in one unforgettable expedition.

Days 1-7 — Arrival in Kenya JKIA Airport & High-Altitude Training in Iten
Train With Elites • Learn Champion Culture • Begin Your Wild Luxury Expedition

Begin your adventure in Iten — the legendary Home of Champions, known worldwide for its high-altitude training and elite athletes. Settle into camp and dive straight into a structured training program guided by experienced runners and local elites.

Over the next seven days, you'll:

- Experience high-altitude running on world-class trails
- Learn championship culture from Kenyan elites
- Join group runs, technique sessions, and recovery workouts
- Explore local communities and immerse yourself in the athletic lifestyle
- Enjoy breathtaking views of the Kerio Valley and Rift Valley escarpment

This phase builds your fitness foundation, connects you with Kenya's running heritage, and prepares you for the adventure ahead.

Days 8-15 — Great Lakes, Safari Adventure & Cultural Exploration
Kisumu • Maasai Mara • Naivasha • Longonot • Amboseli

Day 8 — Kisumu & Lake Victoria

Travel to Kisumu, Kenya's vibrant lakeside city. Explore Lake Victoria, learn its history, and immerse yourself in local culture, cuisine, and lakeside life.

Days 9-11 — Maasai Mara Safari & Cultural Experience
Arrive in the world-famous Maasai Mara, home to unmatched wildlife and Maasai culture.

- Game drives to spot lions, elephants, cheetahs, leopards, and the Big 5
- Full-day safari with bush breakfast and bush lunch
- Visit Maasai communities, learn warrior traditions, and breathe in the wild open air

Days 12-13 — Naivasha & Mount Longonot

Arrive in Lake Naivasha for a refreshing change of scenery.

- Boat ride across the lake to see hippos and birdlife
- Crescent Island walking safari
- Hike Mount Longonot, a dormant volcano offering Rift Valley views

Days 14-15 — Amboseli National Park

Continue to iconic Amboseli, known for its elephant herds and the towering backdrop of Mount Kilimanjaro.

- Scenic game drives beneath Africa's tallest mountain
- Perfect wildlife photography moments with elephants, lions, buffalo, and more
- This phase brings together wildlife, culture, adventure, and Kenya's extraordinary landscapes.

Days 16-18 — Coastal Paradise & Beach Recovery in Malindi

White Sands • Marine Life • Snorkeling • Island Tours

Days 16-17 — Arrive in Malindi & Explore the Coast

Land in the pristine tropical paradise of Malindi.

- Relax on soft white-sand beaches
- Snorkel with dolphins and explore coral reefs
- Visit islands, enjoy local Swahili cuisine, and unwind in true coastal serenity

Day 18 — Beach Recovery Day

A full day dedicated to rest and recovery. Enjoy the beaches, warm waters, and ocean breeze as you reflect on the incredible journey across Kenya.

Day 19 — Departure to Nairobi- JKIA Airport

Return to Nairobi, bringing your 18-day Wild Luxury Expedition to a close.