



Explore
NAIROBI
& ITS ENVIRONS

A COZY STEAD'S GUIDE TO EXCURSIONS IN & AROUND NAIROBI



COZY STEAD





CULTURAL EXPERIENCES

THE BOMAS OF KENYA

Traditional dances, homesteads, and cultural performances.



Bomas of Kenya Ltd was established in 1971 by the Government of Kenya under the Companies Act (CAP 486), Laws of Kenya, as a wholly-owned subsidiary of Kenya Tourism Development Corporation (KTDC), currently Kenya Development Corporation (KDC). It was established to preserve, showcase and promote the rich and diverse cultures of various ethnic groups of Kenya and to act as a tourist attraction center. As the only national body with a mandate in cultural tourism, the institution is expected to preserve the authenticity of Kenya's cultures and to portray them in their pure form. As such, Bomas of Kenya is instrumental for the safeguarding of Kenyan cultural heritage and many of the institution's partners across sectors rely on its guidance, consultation and advocacy efforts.



WEBSITE:

<https://bomasofkenya.go.ke/about-bomas/>



DISTANCE FROM COZY-STEAD:

49 minutes



CONTACT

+254 20 2022426

NAIROBI NATIONAL MUSEUM & SNAKE PARK

Kenyan history, art, and natural history.



The Nairobi Snake park serves as a home for rescued and threatened reptiles. Among the animals exhibited are, venomous and non-venomous snakes, crocodiles, tortoises, turtles, lizards among many. The exhibitions are used to create awareness on the threatened and endangered species, recreation purpose, and home for rescued, feared, injured and unwanted reptiles from the society and also serves as a research and training hub on reptiles. The park also has an aquarium section, that exhibits both marine and fresh water fish. The beautiful fresh water fish exhibited are from lakes, dams, and rivers within Kenya. We also have a variety of collection from outside Kenya like the beautiful Malawi and Tanganyika fish. The marine section displays assorted fish, live corals and other invertebrates from the Indian Ocean.



WEBSITE:

<https://museums.or.ke/nairobi-snake-park-and-aquarium/>



DISTANCE FROM COZY-STEAD:

28 minutes



CONTACT

+254 20 8164134

KAZURI BEADS WOMEN'S COOPERATIVE

Traditional dances, homesteads, and cultural performances.



Kazuri, derived from the Swahili word for “small and beautiful,” was founded in 1975 by Lady Susan Wood in Nairobi, Kenya with not much but a love for collecting beads and a dream to create employment opportunities for women from the area. Thus a humble workshop with two employees emerged and a remarkable journey began. By the late 1980's the operation had moved from Woods' garden shed to a factory which employed over 100 people. Fast forward to the present, Kazuri remains a world-renowned brand and champion of sustainable, handcrafted jewelry. Every necklace, bracelet, and earring carries the essence of its maker's dedication and creativity, making it truly one-of-a-kind.



WEBSITE:
<https://www.kazuribeads.com/>



DISTANCE FROM COZY-STEAD:
54 minutes



CONTACT
+254 115 214 750.

KAREN BLIXEN MUSEUM

The home of the famous “Out of Africa” author.



Set in the serene suburb of Nairobi, the Karen Blixen Museum not only provides the most comprehensive insight into the person of Karen Blixen, but also offers a fantastic space for personal reflection in our nature trail, against a back drop of Karen's beloved Ngong Hills. The Museum house remains a serene environment that seems to belong to the past, surrounded by a tranquil garden and indigenous forest, with a splendid view of Karen's beloved Ngong Hills. She honors the hills with the phrase 'I had a farm in Africa at the foot of the Ngong Hills'. Farm tools including a tractor from that period, wagons, ploughs and an original coffee processing factory equipment form part of this rich collection, as outdoors exhibits.



WEBSITE:

<https://museums.or.ke/karen-blixen/>



DISTANCE FROM COZY-STEAD:

55 minutes



CONTACT

+254 20 8002139

MAASAI MARKET

(Village Market - Fridays, Two Rivers - Tuesdays) – Authentic crafts and souvenirs.



The Maasai market in Nairobi, Kenya's capital, has become a popular name especially for tourists. The market sells a wide range of African antiques and has become a convergence zone for locals and tourists searching for authentic African artisan products. These products are usually souvenirs for people to take home. Maasai Market is the best place to shop for your souvenirs while on your safari or beach holiday in Kenya. It is an open-air market with a broad selection of products to shop for, including African pots and pans, artwork, jewellery, shoes, purses, garments, and utensils.



WEBSITE:

<https://magicalkenya.com/experience/maasai-market/>



DISTANCE FROM COZY-STEAD:

10 minutes (Village Market), 17 minutes (Two Rivers)



COFFEE & TEA FARM EXPERIENCES

KIAMBETHU TEA FARM (LIMURU)

Tea tour, tasting, and scenic views.



Just a short drive from the heart of Nairobi, Kiambethu Farm at Limuru provides a tranquil insight into life on a tea farm. Situated at 7,200 ft., Kiambethu was bought and farmed by AB McDonnell in 1910. He was a pioneer in the tea industry being one of the first to make and sell tea commercially in Kenya - now one of Kenya's largest exports. Five generations have lived on the farm and it is currently run by his granddaughter Fiona Vernon. The farm house is set within beautiful gardens surrounded by acres of tea and indigenous forest - home to the Colobus monkey. We offer tours Thursday to Sunday each week starting at 11am - please go to "Book Now" to see our current availability.



WEBSITE:
<https://www.kiambethufarm.com/>



DISTANCE FROM COZY-STEAD
42 minutes



CONTACT
+254 729 290894

PURPLE TEA FARM - GATURA GARDENS

Pick, process, and taste Kenya's unique purple tea.



World's First Purple Tea Farm

Home to the first Purple Tea Farm in the world, Gatura Greens is an Award-Winning Farm Tour that offers an authentic Kenyan Tea Farm Tour Experience. The tour includes learning how to pick your own tea, processing it, and keeping it as a souvenir. It also includes a tea tasting ceremony, lunch, and a refreshing waterfall swim.

Gatura Greens is home to the first purple tea farm in Kenya and is now open to guests to experience an authentic tea farm tour including a tea tasting of over 10 different types of teas made at our cottage Factory.



WEBSITE:

<https://www.gaturagreens.com/>



DISTANCE FROM COZY-STEAD:

41 minutes



CONTACT

+254 70 398 8795

BROWN'S CHEESE FARM

Organic cheese tasting, cheese-making demo, and farm visit.



Our campus is alive and we are open to share this aliveness with you! You'll be guided through a unique educational experience that is bursting with ancient wisdom and modern innovation. You'll be invited to touch, to taste, to smell, to question, to wonder. On our engaging tour you'll witness the bubbles of fermentation, the grinding of fresh flour, the moulds of aging cheese, the sprouting of nutrition and the richness of our soils. In community, you'll taste a multitude of products being carefully crafted on our campus, from sparkling fermented drinks, to speciality cheeses, to sprouted grain crackers and heirloom bean salads, to regenerative meat and an array of fresh ice-cream.



WEBSITE:

<https://www.brownsfoodco.com/visit-our-farm>



DISTANCE FROM COZY-STEAD

41 minutes



CONTACT

+254 724 925754

FAIRVIEW COFFEE ESTATE

Coffee plantation tour, tasting, and history of Kenyan coffee.



Join us on an unforgettable exploration of taste and aroma, and let your taste buds dance with delight as you discover the world of premium coffees. Whether you're a coffee enthusiast or a curious beginner, our coffee tour promises an enriching experience for all. Feel the passion that goes into every step of the journey, and let our experts spark your own love affair with coffee.



WEBSITE:
<https://www.fairviewestate.co.ke/>



DISTANCE FROM COZY-STEAD
25 minutes



CONTACT
+254 114 694 414



NATURE & WILDLIFE EXPERIENCES

KARURA FOREST

Biking, nature walks, waterfalls, and caves.



The Karura Forest Reserve is an urban upland forest on the outskirts of Nairobi, the capital of Kenya. This remarkable geographical location and natural resource is one of the largest gazetted forests in the world fully within a city limits. It covers an area of about 1,000 ha (2,500 ac) and today is a shining example of how country-based corporate social responsibility and individual philanthropy can serve to secure and protect a country's natural resources. The forest offers eco-friendly opportunities for Kenyans and visitors to enjoy a leafy green respite from the hustle and bustle of the city to walk, to jog, or simply to sit quietly and experience the serenity of nature in all its diversity. With all Karura's vast and vibrant beauty only a few kilometers from the heart of the city, it remains for Kenyans and visitors to lend their support by visiting the forest!



WEBSITE:

<https://www.friendsofkarura.org/>



DISTANCE FROM COZY-STEAD

15 minutes

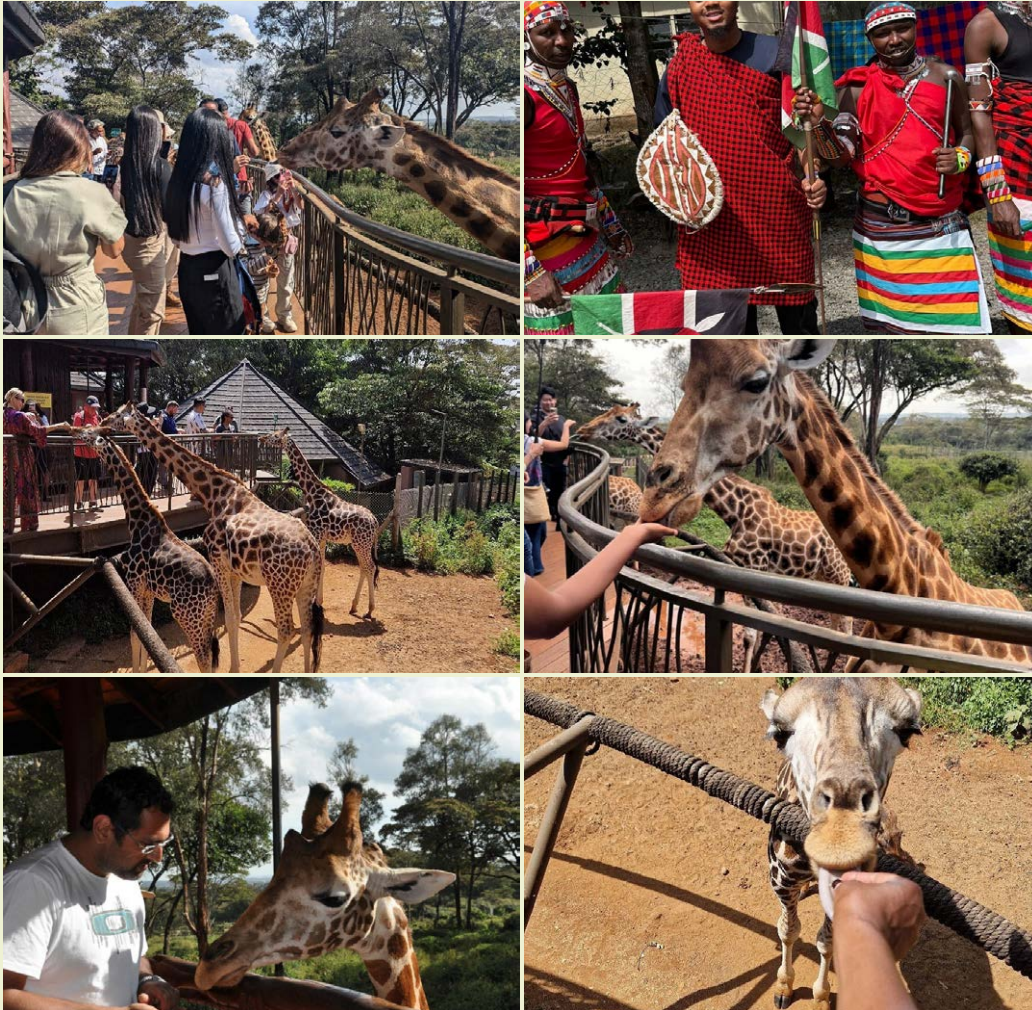


CONTACT

+254 745 484848

GIRAFFE CENTRE

Feed endangered Rothschild giraffes.



The Giraffe Centre is the creation of the African Fund for Endangered Wildlife (A.F.E.W. Kenya), a Kenyan non-profit organisation. Our main purpose is to educate Kenyan school children and youth on their country's wildlife and environment, as well as give local and international visitors an opportunity to come into close contact with the world's tallest species, the giraffe.

It is a place that seeks to secure our environment. Our main work is to carry out environment conserving initiatives. The care for giraffes that are endangered is one of the conservation activities that we do.



WEBSITE:
<https://www.giraffecentre.org/>



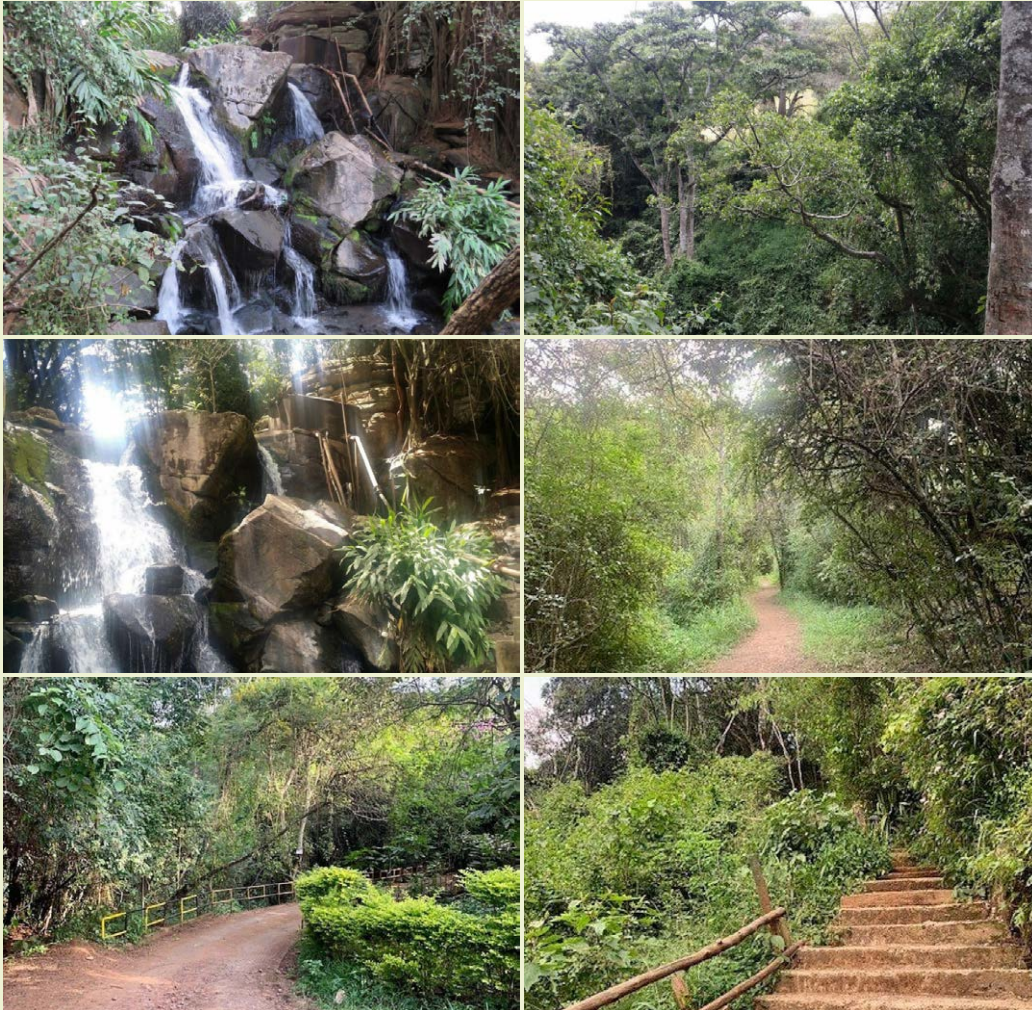
DISTANCE FROM COZY-STEAD
41 minutes



CONTACT
+254-20-8070804

OLOOLUA NATURE TRAIL

Caves, waterfalls, and scenic nature walks.



Ooloolua Nature Trail in Kenya is located in Karen Neighbourhood in Nairobi in the indigenous tropical dry Ooloolua forest in Kenya. Ooloolua Forest in Kenya has the Kenya Institute of Primate Research (KIPRE) in Nairobi which is located about 20km from the Nairobi city centre in the Karen suburb. Key Features of Ooloolua Nature Trail include walking & hiking trails, a waterfall, a historic cave, once used by the Mau Mau fighters during Kenya's struggle for independence, picnic sites, wildlife & bird watching & Camping.



WEBSITE:

<https://primateresearch.org/ooloolua-nature-trail/>



DISTANCE FROM COZY-STEAD:

41 minutes



CONTACT

+254 02 2606235/6

NGONG HILLS

Sunrise/sunset hikes with breathtaking views.



Ngong Hills Kenya are the peaks in a ridge along the Great Rift Valley, located southwest near Nairobi, in southern Kenya. The word "Ngong" is an Anglicization of a Maasai phrase "enkong'u emuny" meaning rhinoceros spring, and this name derives from a spring located near Ngong Town. For a spectacular hiking safari near Nairobi, head to the Ngong Hills, just a 40-minute drive away. The knuckle shaped hills offer the panoramic views of Nairobi and the surrounding mountain ranges, and you can choose to turn back at any point if you do not feel like scaling very peak (the highest rises to 8,071 feet above the sea level). The most great about hiking the Ngong Hills, takes about 4 to 5 hours depending on the fitness levels, is the satisfying of reaching the final peak is celebrated by the sprawling out on a blanket, enjoying a sandwich, and soaking in the views extending out from all sides.



WEBSITE:

<https://www.tsavonationalparkkenya.com/ngong-hills-kenya/>



DISTANCE FROM COZY-STEAD:

1hour, 23 minutes

NAIROBI ARBORETUM

A quiet escape with indigenous trees and picnic spots.



The Nairobi Arboretum is a verdant sanctuary just 3 kilometers from Nairobi's bustling city center. Spanning 30 hectares, this urban oasis was initially created to test the viability of exotic tree species in Kenya. Today, it stands as a testament to botanical diversity, boasting over 350 species of both indigenous and exotic plants, with a primary focus on tree species. Beyond its role as a living laboratory, the Nairobi Arboretum has evolved into a multifaceted resource for the city and its visitors. Managed by the Kenya Forest Service in collaboration with the Friends of Nairobi Arboretum (FONA), it serves a vital conservation area, a popular recreational space, and an invaluable educational resource. The nursery offers a range of activities, including walking trails, picnic areas, and bird-watching opportunities, making it a favorite destination for both locals and tourists. As a biodiversity hotspot within the urban landscape, it provides a habitat for various bird species and small mammals and functions as a crucial "green lung" for Nairobi, playing a significant role in the city's conservation efforts and environmental health.



WEBSITE:

<https://naturekenya.org/about/friends-of-nairobi-arboretum/>



DISTANCE FROM COZY-STEAD:

22 minutes



CONTACT

+254 727 300933 and +254 788 981 905



ADRENALINE & ADVENTURE
ACTIVITIES

GP KARTING

Outdoor high-speed go-kart racing.



Turn up at our recently resurfaced track on Carnivore Road and we'll provide you with a helmet, a racing suit and a full driver's briefing to get you going - fast! Our split second computerized timing system allows you to monitor your lap times and see your progress as you master the race track! In between and after your racing, enjoy great food and drink at our Sports Bar and Restaurant. Join our growing band of Formula 1 adherents. Grand Prix Weekends at GP Karting are the perfect setting in which to watch the professionals - against a backdrop of their beginnings.



WEBSITE:
<https://www.gpkarting.co.ke/>



DISTANCE FROM COZY-STEAD:
26 minutes



CONTACT
+254 733 666333

THE FOREST (KEREITA)

Ziplining, archery, paintball, and biking.



The Forest Adventure Centre is Nairobi's premier adventure location nestling in the stunning Kereita Forest on the very doorstep of the city. Home to East Africa's longest Zipline tour with 2.2 kilometers of heart-thumping rides across the canopy of the forest, we offer a further fantastic range of activities including paintball, archery, mountain biking, horse riding, footgolf, nature walks, tree planting and team building. A delicious range of food from our canopy-view restaurant completes the perfect menu for a memory-making day out.



WEBSITE:
<https://theforest.co.ke/>



DISTANCE FROM COZY-STEAD:
1 hour 15 minutes



CONTACT
+254 711 112233

PARADISE LOST (KIAMBU)

Boat rides, horse riding, caves, and waterfalls.



Paradise Lost Resort Nairobi is located in Kiambu town in Kenya, 14 kilometers from Nairobi, that is about 10 minutes' drive from city centre that's where the Paradise Lost Resort and Park, which is well known as a magnificent tourist safari attraction in Kenya that is basically an oasis in the middle of a coffee farm close to Kiambu Town, about 10km from Nairobi, when you get there, you cannot help but wonder at the contrast between this hidden gem safari and the surrounding beautiful landscape. Paradise Lost Resort in Kenya was discovered in 1996 by the coffee farmers in Kenya. Paradise Lost Resort in Kiambu is a beautiful scenery which oozes such beauty that the name fittingly benefits the surrounding and the nature. The major attraction Lost Resort in Kiambu which is a 54 acre farm is the Paradise Lost caves in Kenya that are eroded by the nearby Gichi River in Kenya with their entrance screened by an impressive cascading Paradise Lost Waterfall in Kenya.



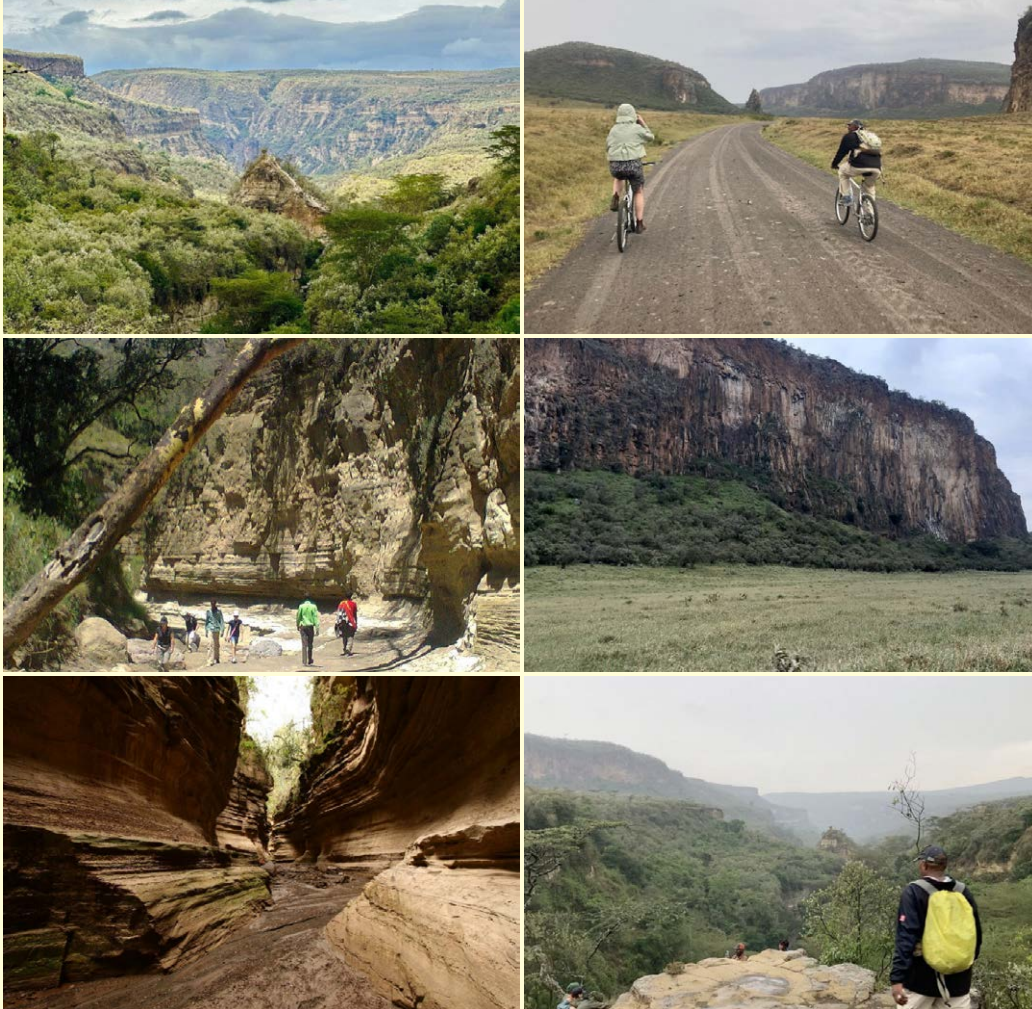
DISTANCE FROM COZY-STEAD:
22 minutes



CONTACT
+254 110 055555 or 110 022 222

HELL'S GATE NATIONAL PARK

Rock climbing, hiking, and cycling through the gorge.



Tucked deep into the floor of the Great Rift Valley, standing between 2187 and 1560 meters above sea level and located in Naivasha, Hells Gate National Park provides the ideal fun in the wild experience across all markets and ages. Its convenient proximity from Nairobi, coupled with an excellent road network makes it a good out of town adventure. Covering just 68 sq. km, the park offers more than its size.



WEBSITE:

<https://www.kws.go.ke/hells-gate-national-park>



DISTANCE FROM COZY-STEAD:

2 hours 13 minutes



CONTACT

(Toll Free) 0800 597 000

WHITE WATER RAFTING IN SAGANA

Thrilling rafting experience on the Tana River.



Enjoy numerous customized adventure packages for different groups at Rapids Camp Sagana. We are waiting for your call to customize a deal that will feed your spirit for adventure and take away your boredom. Select from White Water Rafting in Sagana Kenya to Kayaking through the Sagana canyons among others.

You will definitely like our activities. Come and see our Rapids Waterfall as it roars, stirring up your spirit of adventure.

Rapids Camp is not only a camp but also an attraction for tourist and residents. Our major attraction is our beautiful irresistible waterfall, rocks within the camp, and amazing rapids not found easily and our manicured lawns.



WEBSITE:

<https://raftinginkenya.com/>



DISTANCE FROM COZY-STEAD:

2 hours



CONTACT

+254 722 308 026 / +254 732 308 026



INNOVATION & START-UP TOURS

IHUB NAIROBI

Africa's leading tech innovation hub.



iHUB is a globally recognized innovation center that's part of the Co-Creation Hub, dedicated to accelerating the application of social capital and technology to enhance economic prosperity in Kenya and across the continent. We are committed to leapfrogging the African tech & entrepreneurship scene by creating an environment of experimentation, helping innovators build market-relevant solutions and connecting organizations and people.



WEBSITE:
<https://ihub.co.ke/>



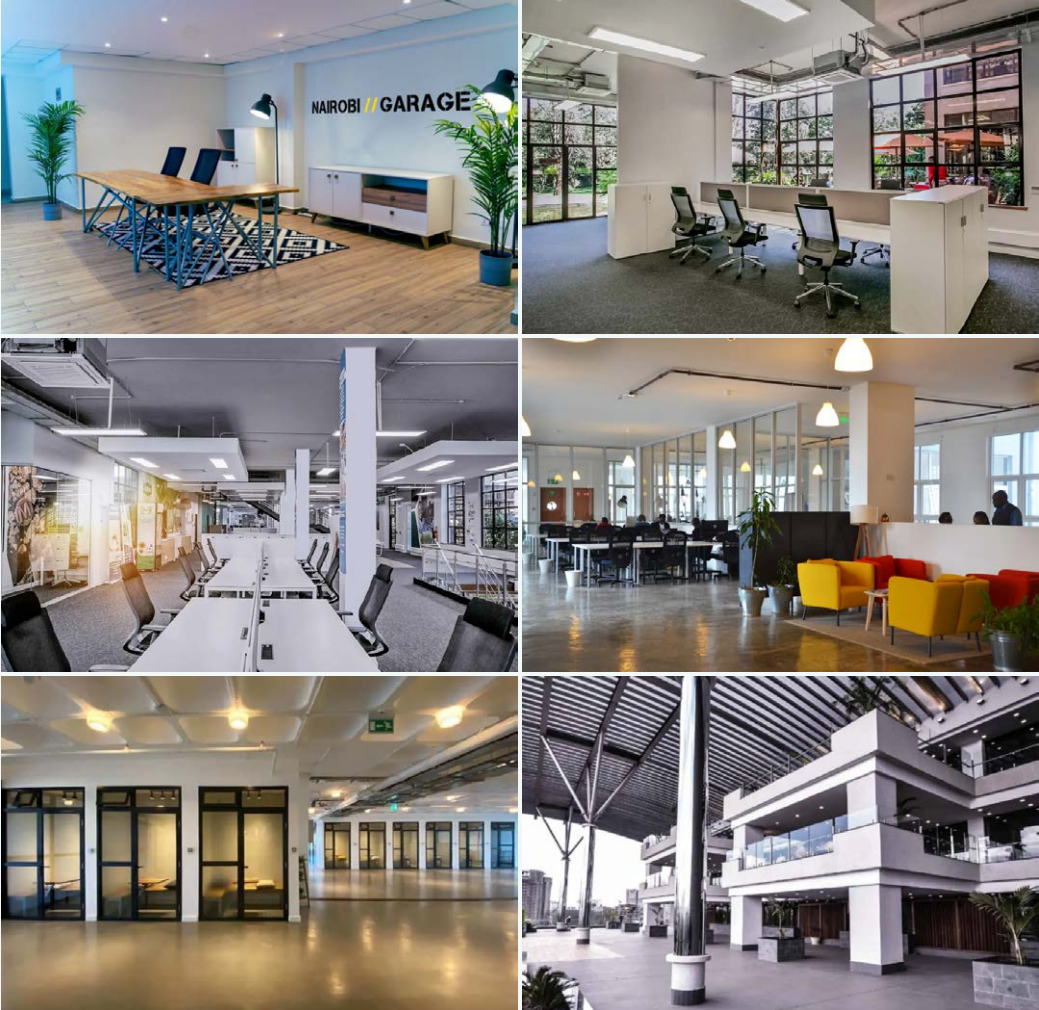
DISTANCE FROM COZY-STEAD:
31 minutes



CONTACT
+254798985410

NAIROBI GARAGE

Co-working spaces and start-up networking.



Nairobi Garage gives your business the space to grow. Get connected to a dynamic community of innovative companies and professionals.

Increase your scale and impact with the ultimate flexible work space in Nairobi.

 WEBSITE:
<https://nairobigarage.com/>

 DISTANCE FROM COZY-STEAD:
23 minutes

 CONTACT
+254 755 556955 or +254 708-556955

KONZA TECHNOPOLIS


Tour Kenya's upcoming smart city.



Konza (Konza Technopolis) is a key flagship project of Kenya's Vision 2030 economic development portfolio. Konza will be a world-class city, powered by a thriving information, communications and technology (ICT) sector, superior reliable infrastructure and business friendly governance systems.

 WEBSITE:
<https://konza.go.ke/>

 DISTANCE FROM COZY-STEAD:
23 minutes

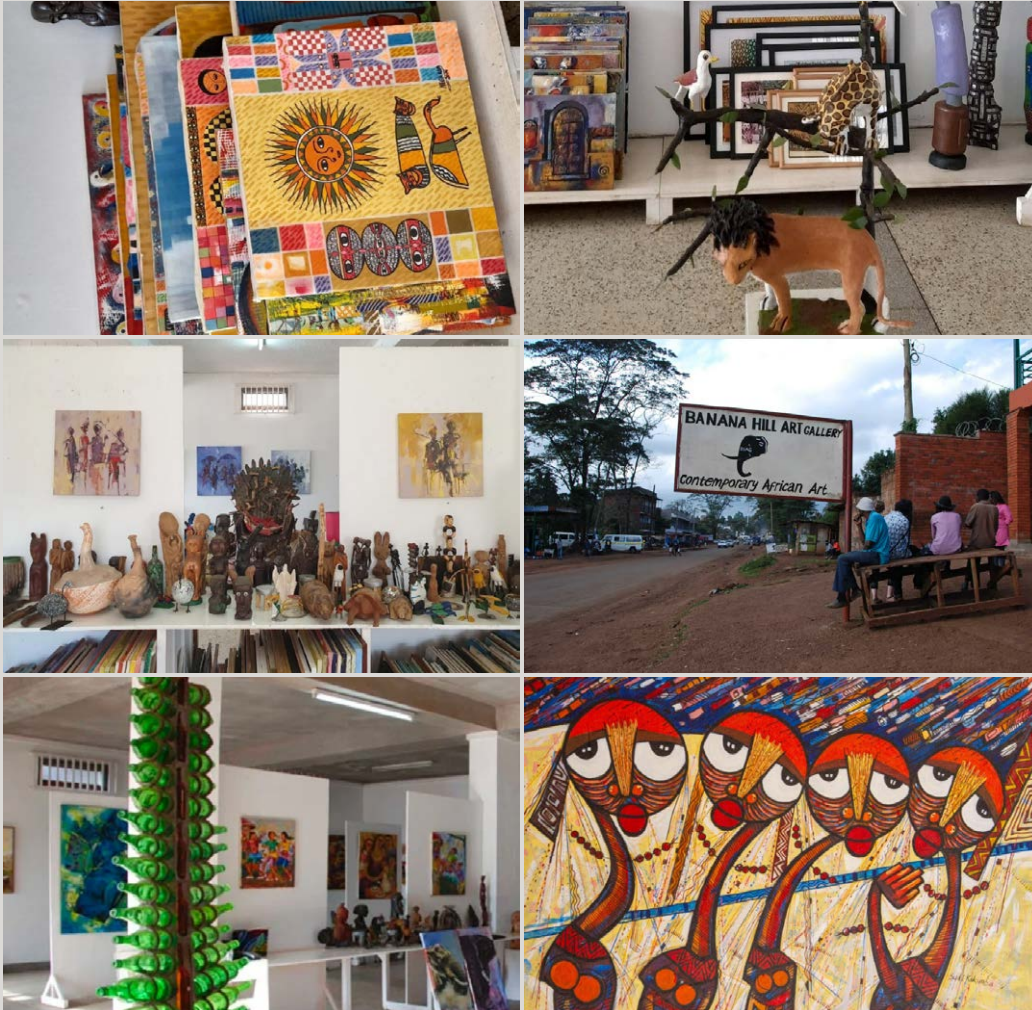
 CONTACT
+254 111 121100



ART & CREATIVE TOURS

BANANA HILL ART GALLERY

Contemporary African art exhibitions.



Our Gallery is located in Banana Hill, a few miles North of the popular Village Market in Nairobi, Kenya. It is worth visiting for all lovers of contemporary African art. The art we exhibit is full of life, artists express themselves in many ways through their work, and we always encourage this expressionism in all their pieces. Subjects vary from daily life in urban and rural settings, abstract art and art set in traditional African setting and various colours & patterns. We only select quality art by creative, established as well as upcoming artists. Our Gallery showcases drawings, paintings as well as sculptures. We always aim to provide fair prices for both our clients and our artists because bringing clients and artists together is the foundation of our success. This approach has created a culture whereby artists are genuinely appreciated for their artistic endeavours. We have made their success our success and opening up to the incredible pool of talent in Africa remains the core of our mission.



WEBSITE:
<https://www.bananahillgallery.com/>



DISTANCE FROM COZY-STEAD:
23 minutes



CONTACT
+254 711 756911 / +254 700 807 362

KUONA TRUST ART CENTRE

Meet artists and see live artwork creation.



The Kuona Trust Arts Centre shares a commitment to raising the awareness and understanding of contemporary art and celebrating diverse cultures and viewpoints through its residency, exhibition and education programs. Each year, 2 artists are selected to be in residence at the Centre with the objective of providing meaningful interactions with the community through collaboration, outreach and innovative programming. Kuona Trust offers artists an amazing opportunity to experience the vibrant cultural and visual arts scene of Nairobi as well as experience in working with a dynamic group of artists. The programme is open to artists working in any medium who are inspired by a diverse global culture, committed to artistic investigation, and are interested in community engagement.



WEBSITE:

<https://www.transartists.org/en/air/kuona-trust>



DISTANCE FROM COZY-STEAD:

30 minutes



CONTACT

+254 020 2405960/1

KITENGELA GLASS

Hand-blown glass art, recycled art installations.



Kitengela Hot Glass Studio Half Day Tour Nairobi is an excursion to Anselm Kitengela (the glassware factory) and Kitengela Glass (a more general art studio). The place is located about an hour's drive (across rutted roads) from Nairobi town center and overlooks the Nairobi National Park. Hundreds of different glass objects designed by Anselm are made here by his skilled team of artisans, from individual glass artworks to entire collections of custom-designed glassware, tableware, and homeware for restaurants, hotels, lodges, camps, and other corporate clients throughout Africa. The shops on the site have wonderful items for sale - sleek vases the color of sea glass, extravagant murals, lovely wine goblets, bejeweled chandeliers, sun-splashed mosaics, and many more. You are at leisure to wander through the studio and shops and make your purchases. There is a restaurant at the studio, where you can enjoy some refreshments at your own cost.



WEBSITE:

<https://www.kitengela.glass/>



DISTANCE FROM COZY-STEAD:

1 hour 18 minutes



CONTACT

+254 11 0001499

GODOWN ARTS CENTRE

A hub for Nairobi's creative community.

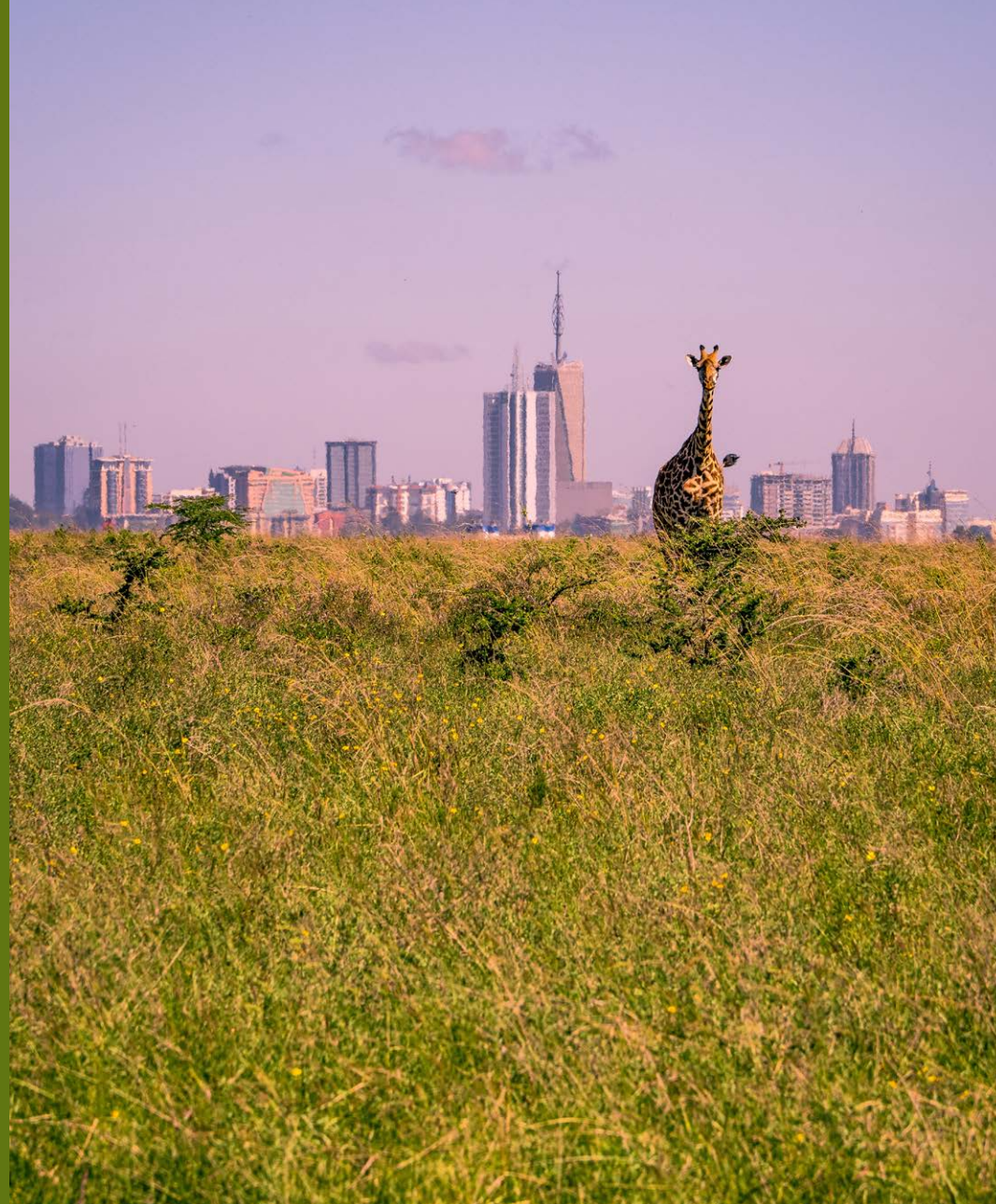


The GoDown Arts Centre is home to Kenyan creativity in arts and media. Established in 2003, the centre has contributed significantly to the growth, recognition and visibility of local artist.

 WEBSITE:
<https://thegodown.org/>

 DISTANCE FROM COZY-STEAD:
35 minutes

 CONTACT
+254 726 992 200




NATIONAL PARKS & CONSERVATION AREAS

NAIROBI NATIONAL PARK


Wildlife safari in the city, including lions, rhinos, and giraffes.



Nairobi National Park is the first park to be gazetted in Kenya on December 16th 1946, the park is located about 7km (4.3mi) south of Nairobi in Kenya, and it's the only wildlife park in the world that is so close to the city. Nairobi National Park consists partly of thick woods near the city outskirts, partly of rolling plains and valleys, and partly of wooded confluence of several rivers, its vegetation is of the dry transitional savanna type. Acacias and other thorny varieties, muhuhu, Cape chestnut, and Kenya olive are the most important trees that acts as habitat for the wildlife in the park. Nairobi National park is the major rhino sanctuary for breeding and restocking other parks, the park is a home of over 100 mammal species having four of the Big five (lion, Buffalo, leopard, rhino) other animal species include the zebra, black rhinoceroses, giraffe, various species of antelope well as numerous reptiles and among others in the park to thrill while on Kenya wildlife Tours.

 **WEBSITE:**
<https://www.nairobinationalparkkenya.com/>

 **DISTANCE FROM COZY-STEAD:**
36 minutes

 **CONTACT**
+256 756 561683 / +254 759 588041


AMBOSELI NATIONAL PARK


Stunning views of Mt. Kilimanjaro and large elephant herds.



Situated in the southern region of Kenya, Amboseli National Park stands as a renowned wildlife conservation area, enticing visitors with its stunning rich biodiversity and stunning landscapes. It is a home to iconic wildlife, hosting four members of the Big Five, from lions to the graceful zebras and countless number of bird species in its swamps and wetlands. Amboseli is celebrated for its exceptional opportunities for close encounters with free-roaming members of the Big Five. The park is a home to large numbers of African elephants, creating the perfect opportunity for an up close view of up to fifty herds of elephants in one safari, making it a prime destination for both photographers and wildlife enthusiasts. Its unique charm lies in its authentic and rich Maasai culture ability to offer unforgettable safari experience in an inspiring natural beauty of Mother Nature and, making it a must - visit destination for anyone looking to experience the magic of the Kenyan wilderness.

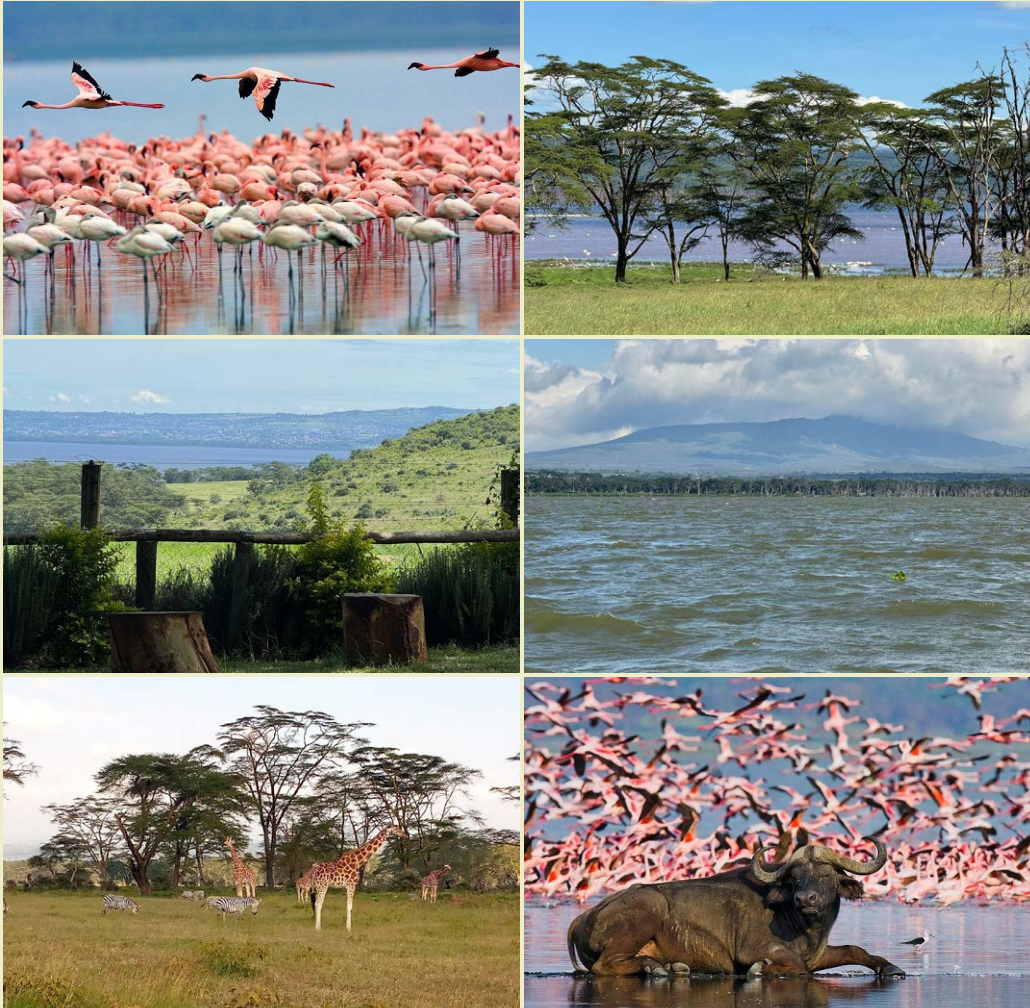
 **WEBSITE:**
<https://www.kws.go.ke/amboseli-national-park>

 **DISTANCE FROM COZY-STEAD:**
3 hours 54 minutes

 **CONTACT**
Toll Free: 0800 597 000


LAKE NAKURU NATIONAL PARK


Famous for flamingos and rhinos.



Resting squarely on the floor of the Great Rift Valley and surrounded by the characteristic woody and bushy grassland, her sky mirrored lake waters extending to an expansive mass of semi-alkaline water, Lake Nakuru National Park is a ball of beautiful sights waiting to be explored. A wide ecological diversity, varied wildlife habitats, plant and animal species await the wild outdoor lovers. The park is a uniquely rewarding game-viewing destination and a successful sanctuary for both the endangered black rhinos and white rhinos.

 **WEBSITE:**
<https://www.kws.go.ke/lake-nakuru-national-park>

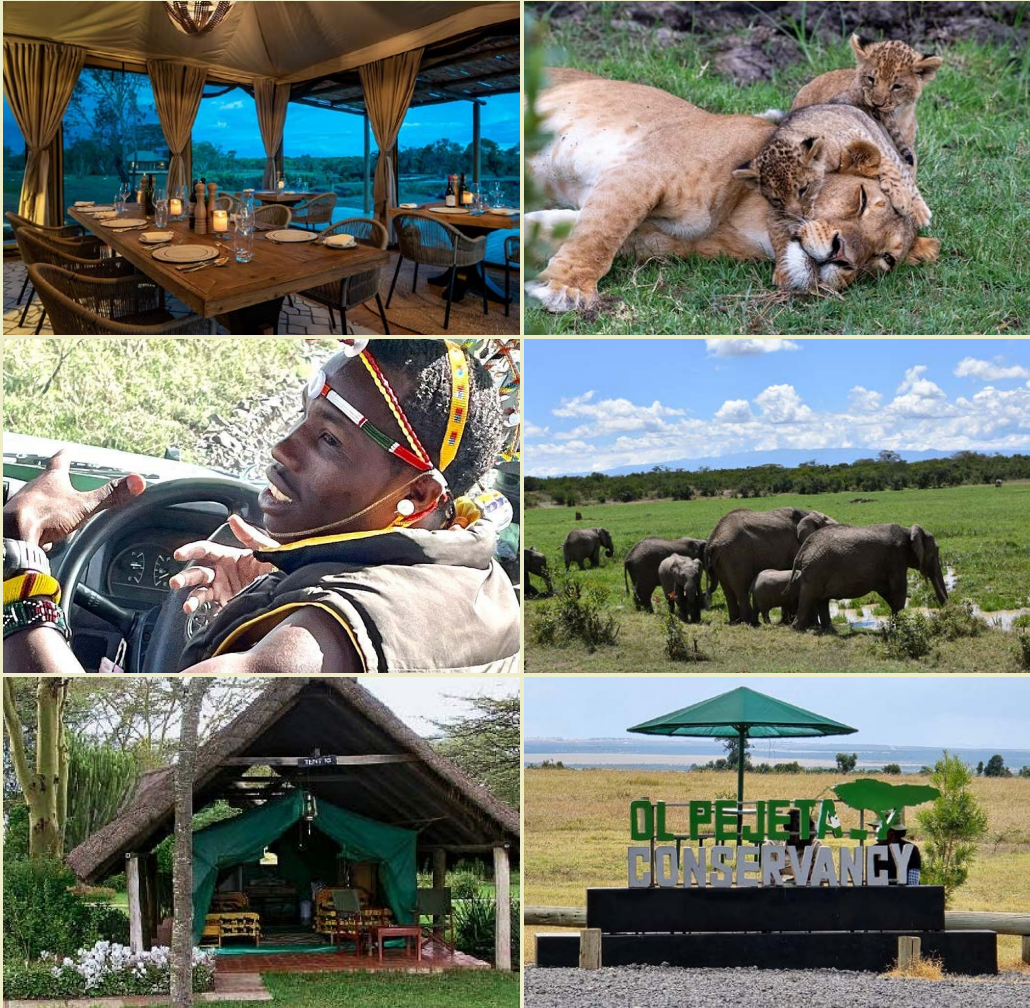
 **DISTANCE FROM COZY-STEAD:**
2 hours 52 minutes

 **CONTACT**
Toll Free: 0800 597 000



OL PEJETA CONSERVANCY

Home to the last northern white rhinos and big cats.



From a working cattle ranch in colonial Kenya to a trailblazer of conservation innovation – the story of Ol Pejeta is as enchanting as it is inspirational. Ol Pejeta also seeks to support the people living around its borders, to ensure wildlife conservation translates to better education, healthcare and infrastructure for the next generation of wildlife guardians. Immerse yourself in the breathtaking beauty and diverse wildlife of Ol Pejeta Conservancy with our all-day game drives. This unforgettable adventure offers an unparalleled opportunity to explore the conservancy's vast landscapes and encounter its rich array of wildlife in their natural habitat. Don't miss the chance to experience one of Africa's premier wildlife conservancies in an immersive, all-day adventure.



WEBSITE:

<https://www.olpejetaconservancy.org/#>



DISTANCE FROM COZY-STEAD:

4 hours 9 minutes



CONTACT

+ 254 707 187 141 / +254 705 911 021

LAKE NAIVASHA & CRESCENT ISLAND

Boat safaris, bird watching, and hippos.



Discover the beauty of nature on our walking safaris at Crescent Island Game Sanctuary. Immerse yourself in the wild and create unforgettable memories of Lake Naivasha. At Crescent Island Game Sanctuary, we believe in providing a unique opportunity for our guests to connect with nature. Our sanctuary offers a safe and intimate experience with wild animals in their natural habitat. Join us for an adventure of a lifetime. Crescent Island Game Conservancy is a wildlife-rich peninsula in Lake Naivasha, Kenya about 80 km from Nairobi. The sanctuary has several walking trails and stunning views of Mt. Longonot, The Aberdares and the Mau Escarpment. Created thousands of years ago the island is ideal for hiking, game viewing and bird watching. Just a two-hour drive from Nairobi, it's perfect for a day outing or a weekend retreat to enjoy being at one with nature.



WEBSITE:

<https://www.crescentisland.co/>



DISTANCE FROM COZY-STEAD:

2 hours 12 minutes



CONTACT

+254 759 636468





DINING & NIGHTLIFE EXPERIENCES

TALISMAN (KAREN)

A fine-dining fusion of African, European, and Asian cuisine, with a cozy garden setting.



The Talisman Restaurant situated in an old house in Karen was originally occupied by the famous wildlife photographer and author Alan Root in his youth. Talisman was created by Ian and Charlie Cameron as a small family and friendly kitchen restaurant. Stuart Herd and Satyan Patel took over The Talisman in 2012 with a promise to maintain its values. The Talisman has since grown into arguably the best restaurant in the country. Value for the environment is part of the most important cultures at Talisman. Evident from the ambience and the look of the restaurant itself. We are 100% plastic free zone, maintaining an organic garden that supplies some of our fresh produce. All our vendors are vetted and we conduct hygiene tests on supplier products. We use Bamboo straws and all our water bottles are recyclable. Our partners – Takataka solutions ensure that our waste management is done in the highest of standards.



WEBSITE:

<https://www.thetalismanrestaurant.com/>



DISTANCE FROM COZY-STEAD:

44 minutes



CONTACT

+254 705 999 997

CARNIVORE (LANG'ATA)

The ultimate Kenyan nyama choma (grilled meat) experience with exotic meats and an all-you-can-eat concept.



Meats are roasted on traditional Maasai swords over a huge charcoal pit that dominates the restaurant's entrance. The rough-hewn beams combine the rustic feel of a rural setting with that of a medieval banqueting hall. The Carnivore doesn't conform to the familiar restaurant traditions. First, the soup of the day along with a plate of home-baked brown bread and butter are served. Then, an army of carvers moves table to table, swords laden carving juicy cuts onto sizzling cast-iron plates. Accompanying the meat feast is a selection of salads, vegetable side dishes, and sauces. The feeding frenzy doesn't stop until you declare defeat by lowering the white paper flag perched atop the central tray. This is then followed by dessert and coffee. The full meal including the soup course is at a set price. A vegetarian menu is also offered.



WEBSITE:

<https://tamarind.co.ke/carnivore/>



DISTANCE FROM COZY-STEAD:

50 minutes



CONTACT

+254 722 204 647 / 722 204 648 / 731 611 606 /
20 514 1300

NAIROBI STREET KITCHEN (WESTLANDS)

A vibrant food market with multiple global cuisines, rooftop seating, and an artsy ambiance.



Inspired by innovative and creative dining concepts from around the world, Nairobi Street Kitchen is a thrilling street-food market style experience where you can stroll through global food and drink offerings, shop from artisanal merchants, or indulge your senses with our hosted live bands and thoughtfully curated local art selection. Passion brings out the best in us and we don't just satisfy our customers – we delight them with every visit! Located in the heart of Westlands, we are so much more than just an eating place. From the street-art murals to our stunning upcycled and reclaimed interiors and open-air terraces, every detail of our space has been lovingly crafted to give you a truly memorable experience. Our dynamic team is bound by an uncompromising commitment to delivering exceptional customer service, irresistible food and drink menus, and a vibrant, contemporary atmosphere for our adventurous and free-spirited Nairobi folk.



WEBSITE:

<https://nairobistreetkitchen.com/>



DISTANCE FROM COZY-STEAD:

20 minutes



CONTACT

+254 707 800 800

MERCADO (WESTLANDS)

Authentic Mexican cuisine with a modern twist.



Passionate about food we wanted to bring rich and diverse cuisines to the city of Nairobi. No other cuisine stood out more to us than Mexican cuisine due to its complexity and diverse offering. Our chefs curated a menu that combines ancient cooking techniques with modern twists, to not only bring Mexican delicacies to Nairobi but also to have an offering that is unique to us across the globe. We use homegrown, organic & fresh ingredients to give our guests a quality experience on every visit.



WEBSITE:

<https://www.thefoodlibrary.co.ke/mercado/>



DISTANCE FROM COZY-STEAD:

29 minutes



CONTACT

+254 735 065 865

BOHO EATERY (KAREN)

A laid-back, plant-based, and health-conscious dining experience.



At Boho we are passionate about conscious and sustainable living and we believe huge part of clean living has to do with eating clean. This is not only about the integrity of the produce we consume but the entire supply chain that supports it. We are committed to consistently creating quality food and beverage products that are prepared from the best of what Kenya has to offer. We have four distinct seating areas from which diners can choose to sit, as well as the lounge and bar. The main indoor greenhouse / orangery area, the garden, the terrace with our iconic swing chairs, and the newer terrace extension with additional indoor seating. While distinct in their own right, they all come together to into a cohesive and seamless space.



WEBSITE:
<https://boho.co.ke/>



DISTANCE FROM COZY-STEAD:
54 minutes



CONTACT
+254 727 502416

WASP & SPROUT (LAVINGTON)

Artisan coffee, brunch, and a cozy ambiance perfect for digital nomads.



Nestled in the heart of Nairobi's vibrant Loresho neighbourhood, Wasp & Sprout is a culinary oasis offering a delightful fusion of creative cuisine and relaxed ambience amidst the urban hustle. Located amidst the leafy surroundings of Loresho, Wasp & Sprout welcomes guests with its charming and eclectic atmosphere. Step into this cosy yet stylish space, where industrial-chic decor meets cosy accents, creating a trendy and inviting ambience. Prepare to tantalize your taste buds with an innovative menu which celebrates the flavors of fresh, locally sourced ingredients and inventive culinary techniques. From artisanal breakfast dishes to wholesome salads, gourmet sandwiches, and indulgent mains, each dish is crafted with care and creativity, offering a culinary experience that delights the senses.



WEBSITE:

<https://www.nairobirestaurants.co.ke/restaurant/wasp-sprout/>



DISTANCE FROM COZY-STEAD:

18 minutes



CONTACT

+254 799 873422

THE ALCHEMIST (WESTLANDS)

A lively open-air space with food trucks, live music, and a relaxed nightlife vibe.



The Alchemist Bar is a collective of local and global entrepreneurs in food, fashion, music, and art. We are an outdoor venue in the heart of Westlands, Nairobi and host a wide variety of events on a nightly basis. Whether you're looking for a wide range of food selections, a place to chill and have a Tusker, or a fantastic night out with hip hop or afrohouse music, we got you covered!



WEBSITE:

<https://alchemist254.com/>



DISTANCE FROM COZY-STEAD:

17 minutes

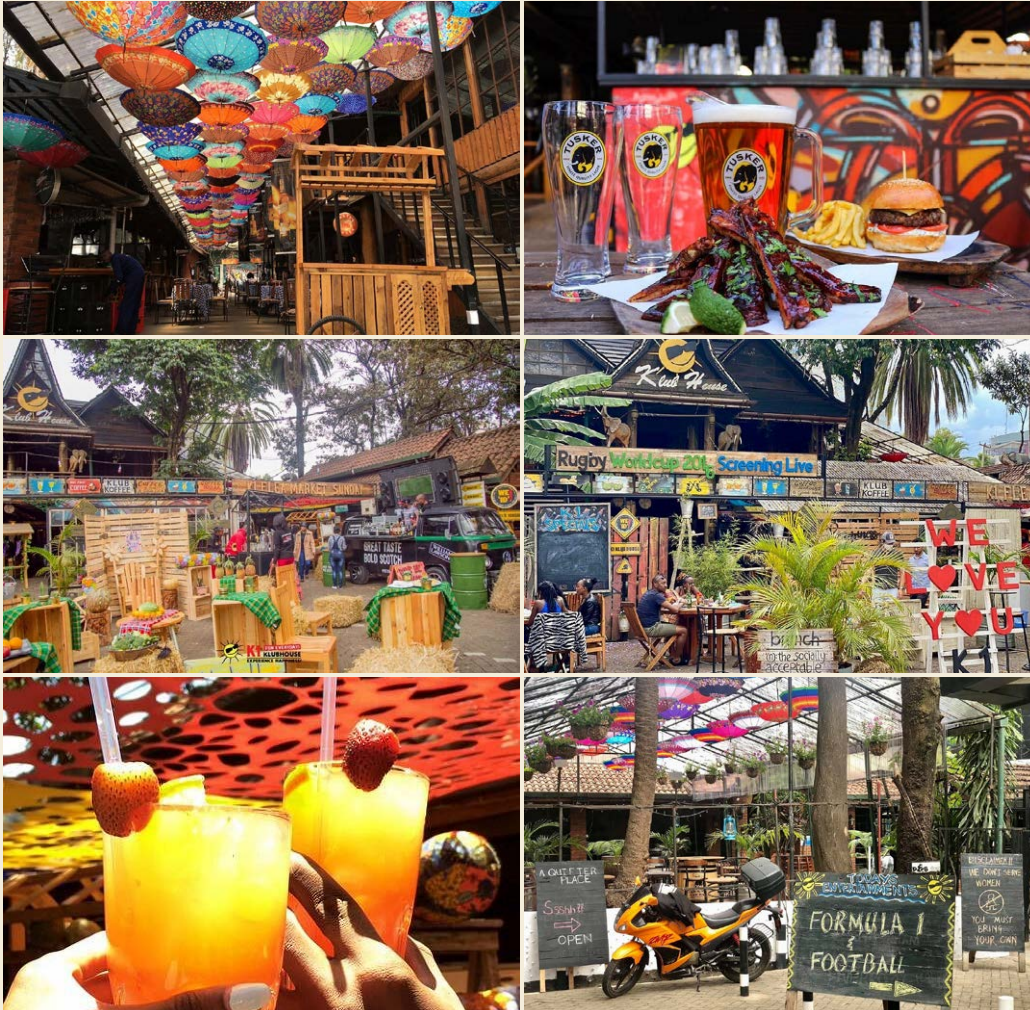


CONTACT

+254 720 256048

K1 KLUBHOUSE (PARKLANDS)

Popular for Sunday flea markets, live music, and social mingling.



K1 Klub House is the one place in Nairobi where you will feel the true rhythm and essence of African hospitality in every corner of the establishment! Embrace the vibrant beats, stylish décor, and endless entertainment as we redefine city living. From mesmerizing live music to exquisite accommodation rooms adorned with African artistry, K1 Klub House location in the heart of the city will make your stay simply unforgettable. Soak up the ambiance, sip on exotic cocktails, and let the melodies carry you away! Check-in to the ultimate rhythm retreat in the heart of Nairobi city! Our accommodation rooms are a symphony of luxury and African style, boasting fancy amenities and vibrant African decor. K1 Klub House has 3 distinct room types available for the taking. Pick one, check in & get ready for some tastefully crafted cocktails as you dance the night away and experience a melody of unforgettable moments!



WEBSITE:

<https://www.kahamagroup.com/k1klubhouse>



DISTANCE FROM COZY-STEAD:

18 minutes



CONTACT

+254 717 969500





BIKE TOURS & HIKING EXPERIENCES

KARURA FOREST BIKE TRAILS

Enjoy scenic cycling trails through one of Nairobi's largest urban forests, passing waterfalls, caves, and open green spaces. Bike rentals available.



Karura Forest is a walking/running/cycling 1000 hectare urban park in Nairobi. There are a mix of off-road trails and singletrack. There are three locations of bike rentals. KFEET centre, Gate C by Sharkeys, and another at the Karura-Sigiria entrance. You are allowed to bring your own bike and there is a small entrance fee to the entire park. There are three trail bike depots: one on the KFEET grounds best accessible through Gate A (Limuru Road) or Gate D (off the end of the ICRAF access Road); a second rental point at Gate C (a.k.a. "Sharks") off Kiambu Road; and another at Gate F off Thigiri Ridge Road, the main entrance to Sigiria Gate. Please be prepared to leave your ID in safe-keeping with the bike shed staff and sign a disclaimer form before taking the bike.



WEBSITE:

<https://www.friendsofkarura.org/trail-biking/>



DISTANCE FROM COZY-STEAD:

16 minutes



CONTACT

+254 745 484848

HELL'S GATE NATIONAL PARK CYCLING SAFARI

A unique experience cycling through stunning gorges and cliffs, with zebras, giraffes, and gazelles roaming freely.



Tucked deep into the floor of the Great Rift Valley, standing between 2187 and 1560 meters above sea level and located in Naivasha, Hell's Gate National Park provides the ideal fun in the wild experience across all markets and ages. Its convenient proximity from Nairobi, coupled with an excellent road network makes it a good out of town adventure. Covering just 68 sq. km, the park offers more than its size. From panoramic picnic sites, spectacular scenic views, abundant flora and fauna, towering cliffs, water gouged gorges, rock towers geothermal steams from Olkaria Geothermal I power station located inside the park south-west of Naivasha, the park is a bundle of fun waiting to be explored. Nature trails, picnic sites and two circuits loop around the park offering a variety of scenic sites and wildlife viewing opportunities. There are two walking nature trails at Hogley's Volcano and the Ol Basta Rock Tower and some scenic picnic sites at Lake View Point, Moibeni, the obsidian caves, Hell's kitchen and Kapartania View Point.



WEBSITE:

<https://www.kws.go.ke/hells-gate-national-park>



DISTANCE FROM COZY-STEAD:

2 hours 19 minutes



CONTACT

Toll Free: 0800 597 000

NGONG HILLS MOUNTAIN BIKING

A thrilling ride with breathtaking views of the Great Rift Valley and Nairobi skyline.



The Ngong Hills Mountain Biking Trail offers an exhilarating ride through one of Kenya's most scenic highland landscapes. Located about 30 kilometers from Nairobi, the trail winds through the rolling seven hills of Ngong, offering breathtaking views of the Great Rift Valley on one side and Nairobi's skyline on the other. The route features a mix of grassy slopes, rocky paths, and dirt trails, making it both challenging and rewarding for mountain biking enthusiasts. The strong winds at the peaks add to the thrill, while the occasional sighting of wildlife like antelopes and monkeys enhances the adventure. The trail varies in difficulty, with some steep ascents and fast descents, making it ideal for intermediate and advanced riders. Beginners can take shorter, less demanding sections or ride along the lower slopes for a more relaxed experience. The best time for biking is in the morning or late afternoon, when temperatures are cooler, and visibility is at its best. Riders are encouraged to go in groups for safety, as the area is patrolled by armed guards due to past security concerns. Whether you're looking for an intense workout or a scenic ride, Ngong Hills Mountain Biking is a must-try experience for cycling lovers.



DISTANCE FROM COZY-STEAD:
1 hour, 23 minutes

LAKE NAIVASHA & CRESCENT ISLAND CYCLING TOUR

Ride along the shores of Lake Naivasha, with stops for a boat ride to Crescent Island for a walking safari.



The Lake Naivasha & Crescent Island Cycling Tour offers a thrilling outdoor adventure combining scenic bike rides with wildlife encounters in one of Kenya's most picturesque destinations. Cyclists ride along the shores of Lake Naivasha, passing through lush farmlands, acacia forests, and open savannahs teeming with zebras, giraffes, and antelopes. The highlight is Crescent Island, a serene, privately-owned sanctuary where visitors can cycle or walk among freely roaming wildlife with no predators around. The tour provides a perfect blend of nature, exercise, and breathtaking views of the Great Rift Valley, making it an ideal escape for both beginner and experienced cyclists.



WEBSITE:

<https://www.crescentisland.co/>



DISTANCE FROM COZY-STEAD:

2 hours 12 minutes



CONTACT

+254 759 636468

LIMURU TEA PLANTATION RIDE

Cycle through picturesque tea farms, experiencing the rolling hills of Limuru and stopping for tea tastings.



The Limuru Tea Plantation Ride offers a breathtaking cycling or driving experience through the lush, rolling tea farms of Limuru, located about 40 kilometers from Nairobi. This serene route takes you through endless stretches of vibrant green tea fields, dotted with tall trees and colonial-era tea estates. The cool highland climate, misty mornings, and fresh mountain air make it an ideal getaway for nature lovers, cyclists, and adventure seekers. Along the way, riders can enjoy the panoramic views of the Great Rift Valley, interact with local tea pickers, and learn about the tea-growing process from farm to cup. For cycling enthusiasts, the ride offers a mix of gentle slopes and challenging inclines, making it a great route for both beginners and experienced riders. Many guided tours are available, including visits to local tea factories where visitors can see firsthand how Kenyan tea is processed and sample freshly brewed varieties. The best time to explore is in the morning or early afternoon, when the weather is cool and the tea farms are at their most vibrant. Whether on a bike or a scenic drive, the Limuru Tea Plantation Ride promises a peaceful escape into Kenya's picturesque countryside.



DISTANCE FROM COZY-STEAD:
45 minutes

NGONG HILLS HIKING TRAIL

A rewarding hike across seven rolling hills with panoramic views of Nairobi and the Rift Valley.



The Ngong Hills Hiking Trail is a scenic and adventurous trek located about 30 kilometers from Nairobi. The trail consists of seven rolling hills along the Great Rift Valley escarpment, offering breathtaking views of both the city skyline and the vast Rift Valley. Starting at the Ngong Hills Forest Reserve gate, hikers pay a small entrance fee before embarking on a moderately challenging hike that features dirt paths, grassy slopes, and occasional steep inclines. The cool, refreshing winds and the open landscapes make the experience both exhilarating and rewarding. As you ascend, the landscape transitions from dense forest at the base to open ridges at the peaks, where you might spot wildlife such as monkeys, antelopes, and various bird species. The full trail is about 12 kilometers and takes approximately 4 to 5 hours to complete, but hikers can choose shorter routes. The best time to hike is in the morning or late afternoon to avoid the midday heat. For safety, it is recommended to hike in groups, as armed guards patrol the area. Whether you're looking for a fitness challenge or a peaceful nature retreat, Ngong Hills provides a refreshing escape from the city.



WEBSITE:

<https://www.tsavonationalparkkenya.com/ngong-hills-kenya/>



DISTANCE FROM COZY-STEAD:


1hour, 23 minutes


MT. LONGONOT HIKE


A challenging but scenic crater hike offering 360-degree views of the Great Rift Valley.



Derived from the Maasai word Oloonong'ot meaning mountains of many spurs and ridges, Mt. Longonot National Park covers an area of 52sq km, most of it being occupied by the mountain. The flanks of this volcanic mountain have beautiful V-shaped valleys and ridges while the stony soils have little vegetation. The crater has an impenetrable forest and due to the nature of the terrain, Mt. Longonot has no roads and as such, visitors have to hike up and go round the rim of the crater to fully experience the sheer adventure of the great outdoors. The Mt. Longonot Hike is a thrilling trek up an extinct stratovolcano located about 60 kilometers from Nairobi in the Great Rift Valley. The trail starts at the Mt. Longonot National Park gate, where hikers pay an entrance fee before ascending the steep, dusty paths leading to the crater rim. The hike is approximately 9 kilometers round trip, but its steep inclines and high altitude make it a challenging adventure.

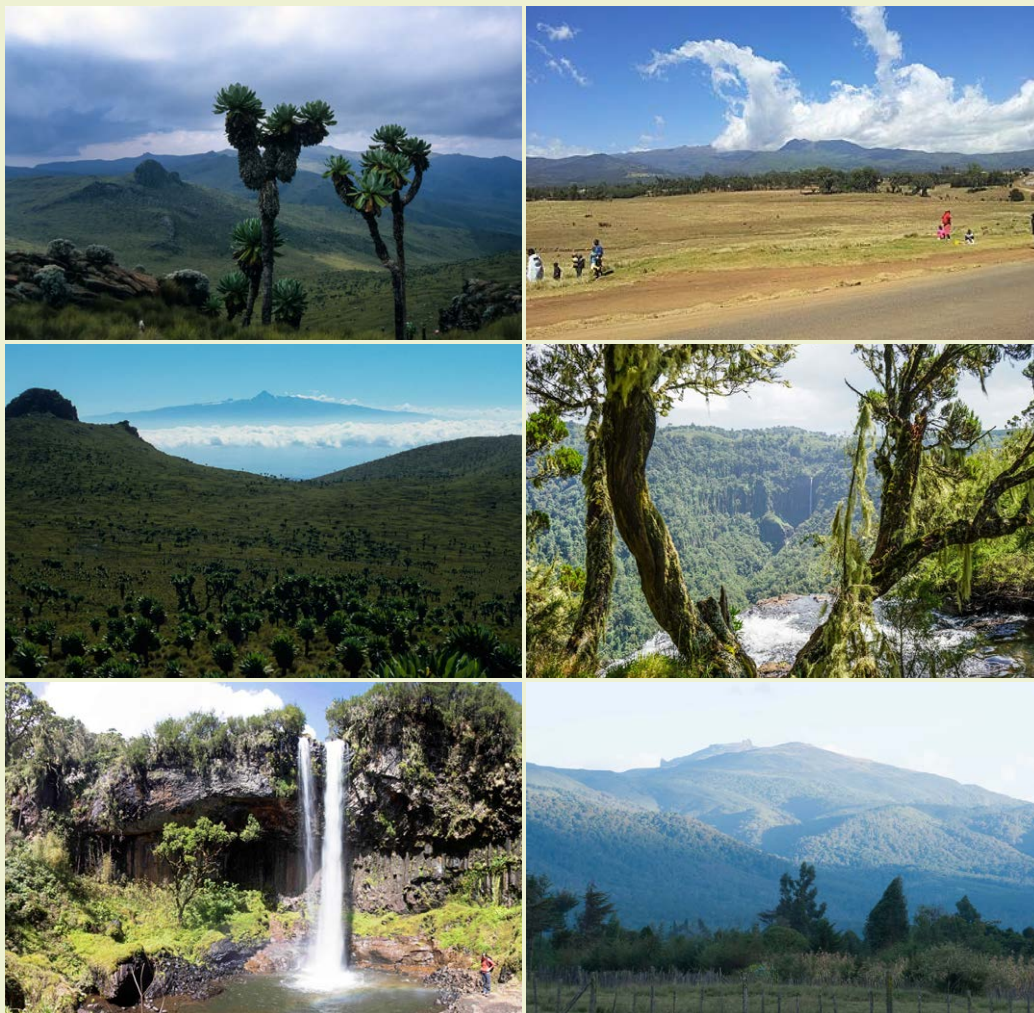
 WEBSITE:
<https://www.kws.go.ke/mount-longonot-national-park>

 DISTANCE FROM COZY-STEAD:
1 hour 55 minutes

 CONTACT
Toll Free: 0800 597 000

ABERDARE RANGES HIKING

Explore misty forests, waterfalls, and high-altitude moorlands, ideal for nature lovers.



Aberdare national park is a remarkable destination for a Kenya safari and great scenic national park located in the central region of Kenya, east of the East African Rift Valley. Aberdare national park is one of the popular destinations in Kenya for mountain hiking safari lying in a distance of 150 kilometers from Nairobi the capital city of Kenya. The Aberdare Ranges Hiking experience offers a breathtaking trek through diverse landscapes, including dense rainforests, bamboo forests, and alpine moorlands, located about 150 kilometers from Nairobi. Popular trails such as Elephant Hill and Table Mountain provide challenging ascents, making them ideal for hikers training for Mt. Kenya or Kilimanjaro. Along the way, trekkers may encounter elephants, buffaloes, and colobus monkeys, as well as stunning waterfalls like Karuru and Chania Falls.



WEBSITE:
<https://www.aberdarenationalparks.com/>



DISTANCE FROM COZY-STEAD:
3 hours 41 minutes



CONTACT
+254 759 588041

ELEPHANT HILL HIKE

One of the toughest day hikes in Kenya, perfect for experienced hikers looking for a challenge.



The Elephant Hill Hike is a challenging yet rewarding trekking experience in the Aberdare Ranges, located about 90 kilometers from Nairobi. This 10-kilometer trail is known for its steep inclines, rugged terrain, and high altitude, making it a favorite for hikers training for Mt. Kenya or Kilimanjaro. The hike begins at the Njabini Forest Gate, winding through dense bamboo forests, alpine moorlands, and rocky outcrops before reaching the summit at 3,650 meters (11,975 feet) above sea level. As you ascend, the views become more breathtaking, with panoramic sights of the Great Rift Valley, Kinangop Peak, and surrounding landscapes. The Elephant Hill trek is physically demanding, especially in the final stretch, known as the “Point of Despair,” where the air thins, and the incline becomes steeper. However, reaching the summit is a rewarding experience, offering stunning scenery and a true test of endurance.



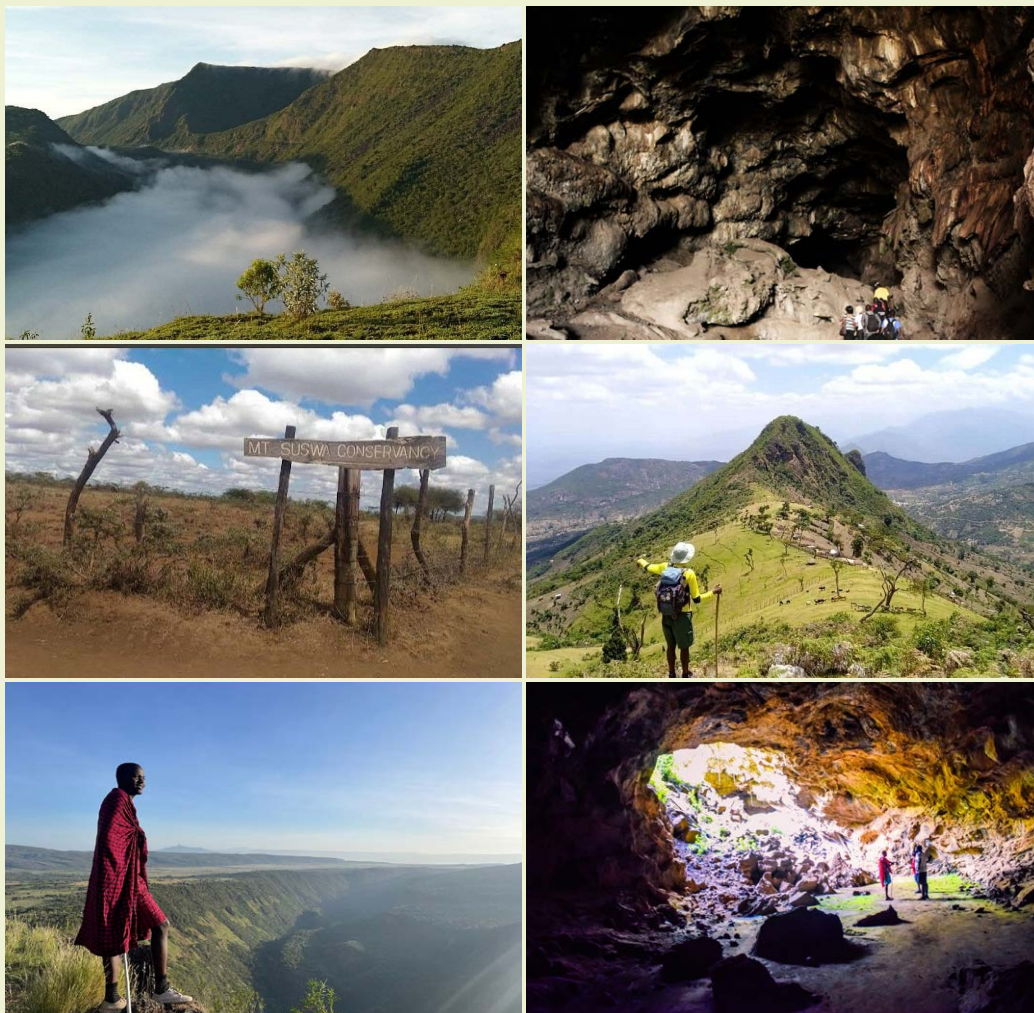
DISTANCE FROM COZY-STEAD:
1 hour 50 minutes



CONTACT
Senior Warden, Aberdare National Park +254 772 171 247

SUSWA CAVES & HIKING EXPEDITION

Explore the volcanic landscape of Mt. Suswa, featuring underground caves and Maasai folklore.



The Suswa Caves & Hiking Expedition offers a unique adventure through the dramatic volcanic landscapes of Mt. Suswa, a lesser-known gem in Kenya's Great Rift Valley. Located about 100 kilometers from Nairobi, Mt. Suswa is a dormant volcano featuring a stunning double crater and an extensive network of lava caves, making it an exciting destination for hikers, spelunkers, and nature enthusiasts. The hike up the crater rim provides breathtaking panoramic views of the Rift Valley, Mt. Longonot, and Mt. Kilimanjaro on clear days. Along the way, trekkers may encounter zebras, hyenas, and baboons, as well as the Maasai communities that inhabit the area. The Suswa Caves are among the largest lava tube systems in Kenya, with intricate tunnels, unique rock formations, and colonies of bats. The hike is moderate, with some steep sections, and takes about 4 to 6 hours, depending on the chosen route. A guided tour is recommended for navigating the caves safely and learning about the area's rich geological and cultural history.



DISTANCE FROM COZY-STEAD:

2 hours 58 minutes



CONTACT

Mount Suswa Conservancy: +254 0711434391

KIJABE FOREST NATURE WALK

A beautiful trail with indigenous trees, waterfalls, and a peaceful atmosphere.



The Kijabe Forest Nature Walk offers a serene escape into one of Kenya's most pristine indigenous forests, located about 65 kilometers from Nairobi along the Great Rift Valley escarpment. This lush, biodiversity-rich forest is home to towering trees, crystal-clear streams, waterfalls, and diverse wildlife, including colobus monkeys, bushbucks, and a variety of bird species. The well-maintained trails cater to both casual walkers and seasoned hikers, weaving through dense woodlands and offering stunning views of the valley below and surrounding landscapes. The cool, misty climate and fresh air make Kijabe Forest an ideal spot for hiking, birdwatching, and photography, while its conservation efforts ensure the protection of its rich ecosystem. Trails range from easy walks to more challenging routes leading to hidden waterfalls and scenic viewpoints. The forest is also culturally significant to local communities, adding a historical aspect to the experience.



DISTANCE FROM COZY-STEAD:
1 hour 21 minutes



RUNNING TRAILS & EXPERIENCES NEAR COZY STEAD

For fitness enthusiasts and adventure seekers, Nairobi offers excellent running trails with stunning scenery and varying difficulty levels.

KARURA FOREST RUNNING TRAILS

One of the best places for a scenic run in Nairobi, with well-maintained trails (5km, 10km, and longer loops), lush greenery, and minimal vehicle traffic.



The Karura Forest Running Trails offer a refreshing and scenic escape for runners in the heart of Nairobi, with well-maintained paths winding through lush woodlands, bamboo groves, and serene waterfalls. Covering over 50 kilometers of interconnected trails, Karura provides routes suited for all fitness levels, from casual joggers to serious marathon trainers. The forest's cool, shaded environment and fresh air make it an ideal spot for morning or evening runs, away from the city's hustle. Runners may encounter monkeys, birds, and butterflies along the way, adding to the tranquil experience. With clearly marked trails, security patrols, and minimal traffic, Karura Forest is one of Nairobi's best locations for safe and scenic running.



WEBSITE:

<https://www.friendsofkarura.org/>



DISTANCE FROM COZY-STEAD:

18 minutes



CONTACT

+254 721-990 892

NAIROBI ARBORETUM

A serene escape in the city with well-marked paths, perfect for morning or evening jogs.



The Nairobi Arboretum is a verdant sanctuary just 3 kilometers from Nairobi's bustling city center. Spanning 30 hectares, this urban oasis was initially created to test the viability of exotic tree species in Kenya. Today, it stands as a testament to botanical diversity, boasting over 350 species of both indigenous and exotic plants, with a primary focus on tree species. Beyond its role as a living laboratory, the Nairobi Arboretum has evolved into a multifaceted resource for the city and its visitors. Managed by the Kenya Forest Service in collaboration with the Friends of Nairobi Arboretum (FONA), it serves a vital conservation area, a popular recreational space, and an invaluable educational resource. The nursery offers a range of activities, including walking trails, picnic areas, and bird-watching opportunities, making it a favorite destination for both locals and tourists. As a biodiversity hotspot within the urban landscape, it provides a habitat for various bird species and small mammals and functions as a crucial "green lung" for Nairobi, playing a significant role in the city's conservation efforts and environmental health.



DISTANCE FROM COZY-STEAD:

31 minutes

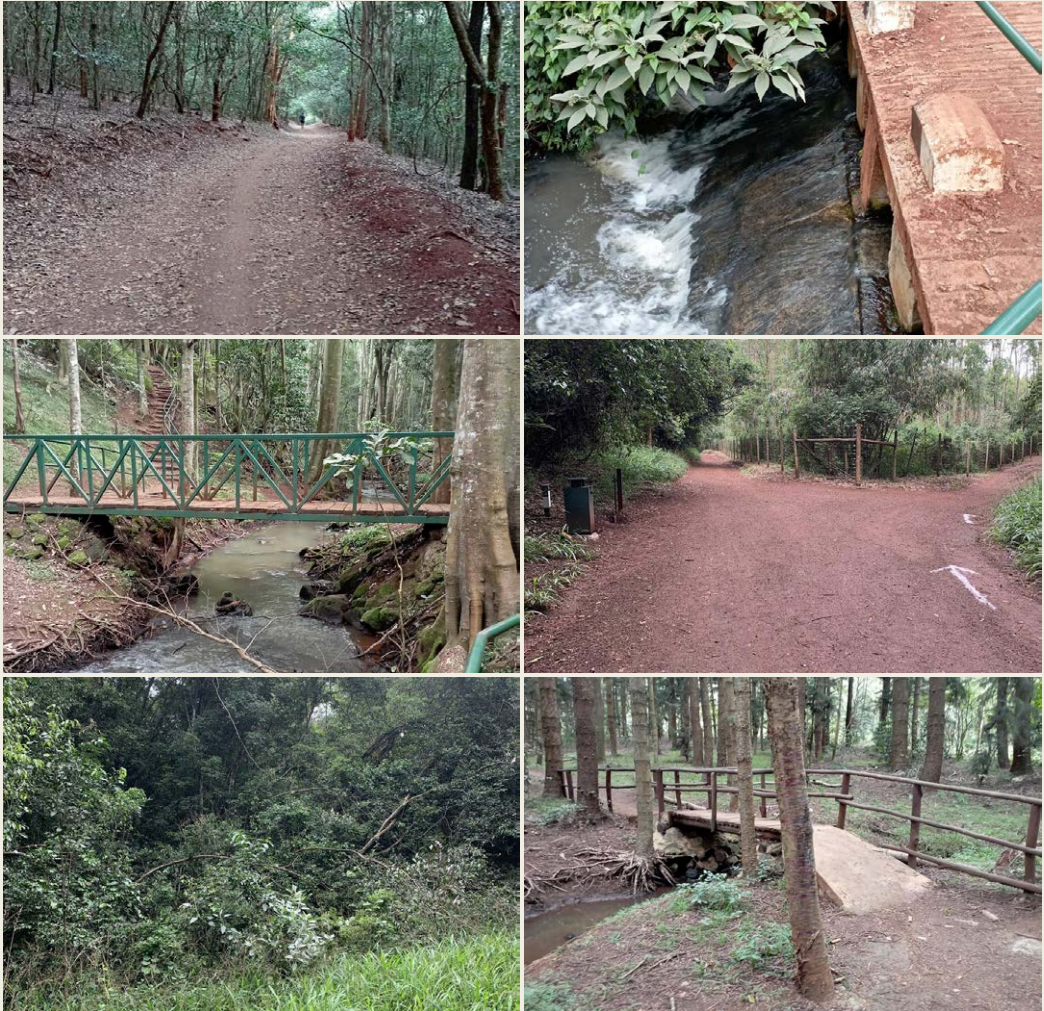


CONTACT

+254 728 790518

UN AVENUE & GIGIRI RUNNING LOOP

A popular road running route, relatively safe, with diplomatic security and good sidewalks.



The UN Avenue & Gigiri Running Loop is a popular urban running route in Nairobi's diplomatic district, offering a well-paved, secure, and scenic environment for both casual and serious runners. The loop passes through the lush, tree-lined streets of Gigiri, home to the United Nations headquarters, numerous embassies, and upscale residences, providing a clean and peaceful atmosphere. With wide sidewalks, minimal traffic, and gentle inclines, the route is ideal for morning or evening runs, allowing runners to enjoy the fresh air and well-maintained roads. The Karura Forest entrance is nearby, offering an extended trail option for those seeking a longer, nature-filled run. With street lighting, security patrols, and a vibrant running community, the UN Avenue & Gigiri Running Loop is one of Nairobi's best spots for safe and scenic outdoor exercise.

 **DISTANCE FROM COZY-STEAD:**
5 minutes

KARENGATA RUNNING TRAIL

A peaceful trail through the leafy suburbs of Karen, ideal for long-distance runners.



The Karengata Running Trail is a scenic and tranquil route that winds through the lush, upscale neighborhoods of Karen, Lang'ata, and nearby Ngong Road areas. Known for its wide, tree-lined streets, fresh air, and minimal traffic, this trail provides a peaceful running experience away from the city's hustle. The route features gentle inclines, well-paved roads, and access to nature trails near Ooloolua Forest and Ngong Road Forest, making it ideal for both casual joggers and long-distance runners. Early mornings and late afternoons offer the best running conditions, with cooler temperatures and stunning views of the Ngong Hills in the distance. With secure surroundings, a vibrant fitness community, and proximity to cafes and parks, the Karengata Running Trail is a top choice for runners looking for a safe and refreshing outdoor workout in Nairobi.

 **DISTANCE FROM COZY-STEAD:**
30 minutes

NGONG HILLS RUNNING TRAIL

A high-altitude challenge with rolling hills, offering stunning views of the Rift Valley.



The Ngong Hills Running Trail offers a challenging yet breathtaking route for trail runners, winding through the seven rolling hills of the Ngong Hills Range. Located about 30 kilometers from Nairobi, this high-altitude trail provides stunning panoramic views of the Great Rift Valley on one side and Nairobi's skyline on the other. The terrain is a mix of grassy slopes, rocky paths, and steep inclines, making it ideal for runners looking to build endurance and strength. The cool, strong winds at the peaks add an extra challenge, while the refreshing mountain air enhances the experience. Due to its rugged and demanding nature, this trail is best suited for experienced runners or those training for high-altitude races and marathons. For safety, it is recommended to run in groups, as the area is patrolled by armed guards due to past security concerns. Whether for fitness, adventure, or scenic beauty, the Ngong Hills Running Trail is one of Kenya's most rewarding trail-running destinations.



DISTANCE FROM COZY-STEAD:
1 hour 32 minutes

LIMURU TEA FARMS

Run through breathtaking tea plantations, fresh air, and rolling landscapes.



The Limuru Tea Farms Running Trails offer a refreshing and scenic experience through the rolling green tea plantations of Limuru, located about 40 kilometers from Nairobi. These trails feature well-maintained dirt roads and gentle hills, making them ideal for both casual joggers and endurance runners. The cool highland climate, fresh mountain air, and misty mornings create perfect running conditions, while the endless stretches of lush tea fields provide a peaceful and picturesque backdrop. Runners can enjoy minimal traffic, soft terrain that's easy on the joints, and occasional sightings of local tea pickers at work. Early mornings and late afternoons offer the best experience, with stunning sunrise and sunset views over the Great Rift Valley. Whether training for long distances or simply enjoying a scenic jog, the Limuru Tea Farms Running Trails provide a unique and invigorating outdoor escape.



DISTANCE FROM COZY-STEAD:
45 minutes

OLOOLUA NATURE TRAIL

A mix of forest paths, waterfalls, and caves, making for a scenic yet adventurous run.



The Ooloolua Nature Trail is a serene and refreshing escape located in Karen, about 20 kilometers from Nairobi, offering a mix of scenic walking paths, dense indigenous forest, and hidden natural gems. Managed by the National Museums of Kenya, this 5-kilometer trail winds through towering trees, alongside a picturesque waterfall, caves, and a meandering stream, making it a favorite for nature lovers, hikers, and runners. The cool, shaded environment provides an ideal setting for relaxing walks, birdwatching, and picnics, while the well-maintained paths cater to both beginners and experienced trekkers. Visitors can explore the historic Ooloolua Cave, which was once used by the Mau Mau freedom fighters, or relax by the 40-foot waterfall, one of the trail's highlights. The tranquil atmosphere, combined with the fresh forest air, makes Ooloolua a perfect spot for weekend getaways, fitness runs, or quiet meditation in nature.

 **DISTANCE FROM COZY-STEAD:**
55 minutes

TIGONI HIGHLANDS RUNNING ROUTE

Cool temperatures and scenic rolling hills make this a favorite among marathon trainers.



The Tigoni Highlands Running Route offers a breathtaking and invigorating run through the rolling tea plantations, forested paths, and scenic countryside of Tigoni, located about 30 kilometers from Nairobi. This high-altitude route, set at over 2,300 meters above sea level, provides a perfect training ground for endurance runners, with its gentle slopes, steep inclines, and winding dirt roads that cut through lush green landscapes. The cool mountain air, misty mornings, and panoramic views of tea farms make it one of the most refreshing running spots in Kenya. With low traffic, soft terrain, and a peaceful rural atmosphere, the Tigoni Highlands Running Route is ideal for both recreational joggers and professional athletes looking to train at altitude. The route can be customized to different distances, from short 5K runs to longer endurance trails extending into Limuru. Early morning and late afternoon are the best times to run, offering spectacular sunrises and sunsets over the rolling hills. Whether for fitness, marathon training, or simply enjoying the beauty of the Kenyan highlands, Tigoni provides one of the most scenic and rewarding running experiences near Nairobi.



DISTANCE FROM COZY-STEAD:
34 minutes



COZY STEAD