

Benefits of Outdoor Training

1. Learning in a natural setting 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. Youth development.
2. Team building.
3. Leadership development.
4. Corporate training

Rates (per person)

Course	Duration (days)	Locals' & Residents' Rates (KSH)	Non-Resident Rates (USD)
Adventure	3 days	9,000	200
Adventure with Forest Camping	5 days	12,500	200
Adventure with Mountain Climbing	8 days	29,000	300
Team Building	1 day	1,000	10

Accommodation

Type of accommodation	Duration (days)	Locals' & Resident' Rates (KSH)		Non-Resident Rates (USD)	
		single occupancy	double occupancy	single occupancy	double occupancy
Hotel Room	1 night	7,900	9,400	61	73
Tent	1 night	1,000	1,400	15	20

NB:

We tailor make courses to meet specific client's needs



Peaks Outdoor Centre

Contacts:

0711 969 690/0782 426 689

info@peakshotels.co.ke

Activities

Pull-Ups



Beam Lift



Bridge in the Sky



Zipline



Sit-Ups



Step-Ups



Jacob's Ladder



Spiders Web



Inclined Sit-Ups



Push-Ups



Pole & Tyre



Building Blocks



Stir-Ups



Great Escape



Berlin Wall



The Trolley

