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)

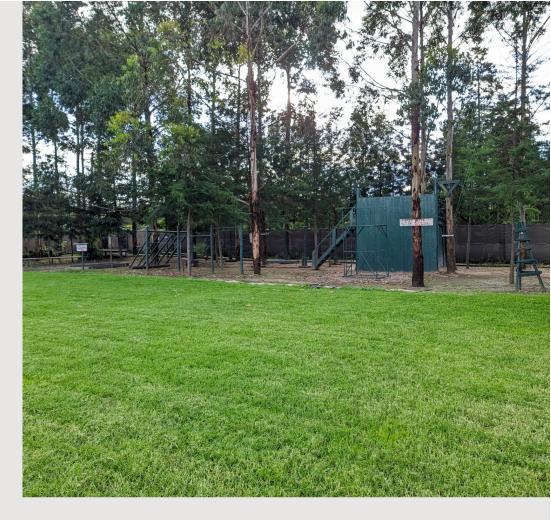
Course	Duration (days)	Locals' & Residents' Rates (KSH)	Non-Resident Rates (USD)			
Adventure	3 days	9,000	200			
Adventure with Forest Camping	5 days	12,500	200			
Adventure with Mountain Climbing	8 days	29,000	300			
Team Building	1 day	1,000	10			

Accommodation

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

NB:

We tailor make courses to meet specific client's needs



Peaks Outdoor Centre

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