



ROCKJUMPER

Worldwide Birding Adventures

ABA Kenya **Mount Kenya & Rift Valley Lakes Extension** *16th to 21st February 2022 (6 days)*



Jackson's Francolin by Keith Valentine

Two of the country's most iconic rift valley lakes, Mount Kenya and the scenically spectacular Aberderes National Park all in just 6 days is what this incredible extension offers. One of the undoubted highlights will be birding the forested slopes of Mount Kenya where specials are numerous and include the likes of

Eastern Bronze-naped Pigeon, Hartlaub’s Turaco, Abyssinian Ground Thrush, Bar-tailed Trogon, Golden-winged Sunbird, Kandt’s Waxbill and Abyssinian Crimsonwing. We will also target several Kenyan endemics including the striking Jackson’s Francolin, highly endangered Sharpe’s Longclaw, localized Hinde’s Babbler and Aberdere Cisticola. The Rift Valley lakes offer high volumes of birds and we can expect many days of 100+ species with specials including Jackson’s and Hemprich’s Hornbills, Northern Masked Weaver, Bristle-crowned and Magpie Starlings and Gambaga Flycatcher.

THE TOUR AT A GLANCE...

THE ITINERARY

Day 1	Nairobi to Lake Naivasha via Kinangop Plateau
Day 2	Lake Naivasha to Mount Kenya via Aberderes National Park
Day 3	Mount Kenya
Day 4	Mount Kenya to Lake Baringo
Day 5	Lake Baringo
Day 6	Lake Baringo to Nairobi and depart

TOUR MAP:



THE TOUR IN DETAIL...

Hartlaub's Turaco by Markus Lilje

Day 1: Nairobi to Lake Naivasha via Kinangop Plateau.

This morning we leave Nairobi behind us, after breakfast, as we depart for Lake Naivasha. *En route* we will pass through Kieni Forest and the Kinangop grasslands. Kieni Forest holds a number of special birds and we hope to see Hartlaub's Turaco, Mountain Oriole, Placid Greenbul, Black-fronted Bushshrike, Black-throated, Chestnut-throated and Black-collared Apalis, Waller's and the scarce Abbott's Starling and the endemic Kikuyu White-eye. The Kinangop Plateau is an area of natural upland grasslands which are threatened by encroaching cultivation. Here the main prize is the rare, endemic Sharpe's Longclaw. Sadly, this species continues to lose habitat at an alarming rate however our knowledge of the species exact requirements means that our chance of success is very high. More widespread species include Augur Buzzard, the magnificent Grey Crowned Crane, African Snipe, Black-winged Lapwing, African Stonechat, Levillant's Cisticola, Golden-winged Sunbird and Long-tailed Widowbird.

Arriving at Lake Naivasha in the late afternoon we will drive around the edge of the lake and through the woodlands. Birds that may be seen here include Southern Pochard, Black and Goliath Herons, Saddle-billed Stork, Three-banded Plover, Long-toed Lapwing, White-fronted Bee-eater, Northern Pied, Arrow-marked and Black-lored Babblers, White-headed Barbet, Brown-backed Honeybird, Anteater Chat, Banded Martin, Grey-rumped Swallow, the lovely Grey-capped Warbler, White-winged Widowbird and Brimstone Canary.

Day 2: Lake Naivasha to Mt Kenya via Aberdares National Park.

This morning we will enjoy an early morning bird walk around our hotel grounds where wonderful species such as White-bellied Tit, Nubian Woodpecker, Green Wood Hoopoe and Yellow-collared and Fischer's Lovebirds maybe be seen. Next, we will embark on a boat ride on Lake Naivasha before making our way to the stunning Aberdares National Park. This park protects pristine montane grasslands and forests. Whilst exploring this scenic area we may see Mountain Buzzard, Rufous-breasted Sparrowhawk, African Yellow Warbler, Bronzy, Malachite, Eastern Double-collared and spectacular Golden-winged Sunbirds, Moorland Chat and two highlight endemics: Aberdare Cisticola and Jackson's Francolin. Forest patches harbour Moustached Tinkerbird, Doherty's Bushshrike, Kikuyu White-eye and Slender-billed and Waller's Starlings. We then continue to our accommodations at Mount Kenya.



Golden-winged Sunbird by Markus Lilje





Cinnamon-chested Bee-eater by Cuan Rush

The lodge grounds here are excellent for mammals and offer opportunities for Suni, Giant Forest Hog, African Buffalo and four species of mongoose.

Day 3: Mount Kenya. Today we will have a full day to bird the slopes of Mount Kenya, as we ascend to the Meteorological Station. If the weather is clear, we shall awaken to views of the snow-capped summit of Mount Kenya (5199m). Birds that we will be targeting in this area include Black Sparrowhawk, the magnificent Crowned Eagle, further opportunities for the endemic Jackson's Francolin, African Olive and Eastern Bronzetailed Pigeons, Red-fronted Parrot, Scarce Swift, Crowned and Silvery-cheeked

Hornbills, beautiful Bar-tailed Trogon, White-headed Wood Hoopoe, Moustached and Yellow-rumped Tinkerbirds, Abyssinian Ground Thrush, Black Saw-wing, Yellow-whiskered, Slender-billed and Olive-breasted Greenbuls, White-starred Robin, Cinnamon Bracken Warbler, Mountain Yellow Warbler, Chestnut-throated, Grey and Black-throated Apalises, White-browed Crombec, White-bellied Tit, Grey Cuckooshrike, Waller's Starling, Brown-capped Weaver, Yellow-bellied and Kandt's Waxbills, the secretive Abyssinian Crimsonwing, Thick-billed Seedeater, Yellow-crowned Canary and, if we are lucky, Oriole Finch. Mammals we may see include the beautiful Sykes' Monkey and Guereza Colobus. At night we should hear the eerie screams of Eastern Tree Hyrax.

Day 4: Mount Kenya to Lake Baringo. After breakfast, we will enjoy a little early morning birding if we still need a special or two before we head north towards Lake Baringo. Lake Baringo, set in dry rocky country. There is a variety of different locations to bird around Lake Baringo and options include the surrounding lake edge, or perhaps Baringo Cliffs targeting various owl species. The two most special birds at Lake Baringo both have very small global distributions with Baringo being the most easily accessible place on the planet to find them. These are Jackson's Hornbill and Northern Masked Weaver. Recently Gambaga Flycatcher has been found here as well, a species that is nowhere common. Other species that we will be searching for include Verreaux's and Greyish Eagle-Owls and Northern White-faced and African Scops Owls, Slender-tailed Nightjar, Hemprich's Hornbill, African Black and Nyanza Swifts, Mocking Cliff Chat, the quirky Bristle-crowned Starling, Red-fronted Apalis, Pale White-eye, Fan-tailed Raven, Rufous-tailed Rock Thrush, Black-throated and Spot-flanked Barbets, Pygmy Batis, Mouse-coloured Penduline Tit, the aptly named



Bristle-crowned Starling by Paul Ellis





Jackson's Hornbill by Keith Valentine

Beautiful Sunbird, Little, Village and Golden-backed Weavers, and Yellow-crowned and Northern Red Bishops.

Day 5: Lake Baringo and Kapedo. Today we plan to visit the Kapedo area. This region lies to the north of Lake Baringo and is an area of semi-desert. Special birds here include Three-banded Courser, Abyssinian Ground Hornbill, Crested Lark, Pied and Isabelline Wheatear, Somali Fiscal, Magpie Starling, White-billed Buffalo Weaver and the scarce Somali Sparrow. Kapedo is unfortunately not always accessible as bad roads and flooding can hamper conditions on occasion, should this be the case then additional time will be spent birding in the

superb Baringo area. Over 470 bird species have been recorded in the general Baringo area and we can expect to generate a massive bird list, especially with the help of local lads who have become expert bird guides and stake out some really special birds.

Day 6: Lake Baringo to Nairobi and depart. Today we make our way back to Nairobi where our tour will conclude.

