

Central Highlands & Laikipia

Includes ➔

Aberdare National Park	150
Solio Game Reserve	153
Ol Pejeta Conservancy	159
Lewa Wildlife Conservancy	162
Mt Kenya National Park	165
Meru National Park	176

Best of Nature

- ➔ Meru National Park (p176)
- ➔ Ol Pejeta Conservancy (p160)
- ➔ Lewa Wildlife Conservancy (p162)
- ➔ Mt Kenya National Park (p165)
- ➔ Aberdare National Park (p150)

Best Luxury Lodges

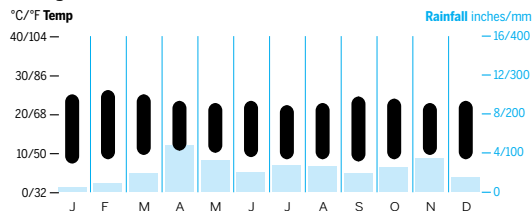
- ➔ Segera Retreat (p159)
- ➔ Sanctuary at Ol-Lentille (p161)
- ➔ Mount Kenya Safari Club (p157)
- ➔ Lewa Safari Camp (p163)
- ➔ Elsa's Kopje (p177)

Why Go?

The Central Highlands are the green-girt, red-dirt spiritual heartland of Kenya's largest tribe, the Kikuyu. This is the land the Mau Mau (p304) fought for, the land the colonists coveted and the land whose natural, cyclical patterns define the lives of the country's largest rural population. These highlands form one of the most evocative sections of Africa's Great Rift Valley. It is here that Mt Kenya, Africa's second-highest mountain, rises into the clouds – climbing it is one of the great rites of passage of African travel. In its shadow lie two of Kenya's most intriguing national parks: rhino- and lion-rich Meru National Park; and Aberdare National Park, home to some of the oldest mountains on the continent. And then there's Laikipia, fount of so much that's good about modern conservation. It's also the scene for some of the best wildlife-watching anywhere in Kenya.

When to Go

Nanyuki



Mid-Jan–Feb & mid-Jul–Aug Your best chance of favourable weather to bag Mt Kenya.

Mar–early Jun The long rains fall everywhere.

Oct & Nov The short rains make a brief appearance.

