

Kenya Experience Young Athlete Camp 2025



AUGUST 2025

Learn more about the
2025 Kenya Experience
Young Athlete Camp



Kenya Experience YAC

August 18th - 29th 2025

Kenya Experience Young Athlete Camp

The running camp of a lifetime for athletes aged between 13 - 17

Suitable for:

Runners between the ages of 13 - 17, of all levels who wish to experience training in Kenya and to immerse themselves in the running culture in Iten.

Dates:

Arrival: 18th August 2025

Departure: 29th August 2025

Arrivals Window: 18th August at Nairobi JKIA between 00:00 - 15:30

Departure: Outbound flights from Nairobi JKIA on 29th August between 12:00 - 23:59

(See notes below for additional information on arrival and departure and our recommended flights)

Accommodation:

18th - 29th - High Altitude Training Centre Iten

Camp Status:

Confirmed - This trip is confirmed to go ahead on the on the stated dates.

Camp Fee: £2500

What's Included

Included

- 11 nights full board accommodation
- Meet on arrival at Nairobi JKIA (with option to travel from London Heathrow on same flight as our staff)
- Return transfers from Nairobi to Iten
- Chaperone and supervision from arrival at Nairobi JKIA until departure at Nairobi JKIA
- All other internal transport to training and activity venues
- Coach and expert led running camp
- Local guide runners
- A full itinerary of activities including seminars, Q&A's, practical workshops, trips and visits providing cultural immersion inside the Kenyan running scene
- Additional coach and pastoral care from Junior2Senior coaches
- Full customer support in advance of your trip from our UK based team
- 24 hour contact for emergency contact during the camp
- Kenya Experience camp T-Shirt
- Public liability insurance
- Financial protection insurance

Not Included:

- International Flights
- Personal Travel Insurance (Compulsory)
- Purchases of a personal nature (food and drink between meals, souvenirs, massage/physio treatments)



Itinerary



August 18th

Arrival at Nairobi JKIA Airport and transfer to HATC Iten.

August 18th - 29th

Based at HATC Iten

11 days Kenya Experience running camp.

Typical Day on camp:

06:30 - Running Session

08:00 - Breakfast

10:00 - Coaching Seminar

11:00 - Free Time

13:00 - Lunch

14:00 - Practical Training Session or Cultural activity

16:00 - Optional second running session or gym

19:00 - Dinner

20:00 - Evening Activity

21:30 - Lights Out

August 29th

Depart HATC for Eldoret International Airport in accordance with departing flight to Nairobi JKIA.

Accommodation

High Altitude Training Centre (HATC), Iten

Kenya Experience guests are accommodated at HATC in Twin Rooms. These are equipped with en-suite private bathrooms with hot water showers.

Rooms are on a twin basis. If traveling solo you will be placed with another same-sex runner.

Single occupancy may be available on request at an additional fee.

Facilities:

Gym, 25m swimming pool, Sauna, Athlete Lounge with satellite TV, 400m tartan running track, Kenya Experience

Food:

The camp is fully catered with full board each day on camp.

Food is served buffet style breakfast, lunch and dinner with additional snacks between meals.

Additional food between meals can be purchased locally.

Dietary requests can be accommodated - (EG vegan, halal etc)

Security:

HATC is a well established and respected training camp in Iten which has hosted international athletes for many years.

It is not a strictly closed facility as certain aspects (such as the gym) are open to the public. HATC employ 24 hour security and everyone on site is accounted for at all times.



Staff and Coaches

Kenya Experience staff are experts on Kenyan running with vast experience in Iten specifically.

We use only the highest quality staff, thus ensuring that your enjoyment, safety and training are maximised.

The Kenya Experience Young Athlete Camp is led by Willy Songok, our Head of Guest relations. Willy is joined by Head Coach Richard Mukche as well as our run guides led by captain Emmanuel.

For this camp we will also have additional staff from Junior2Senior, the UK's leading young athlete training camp provider as well as an additional female member of staff to act as a chaperone and additional support for female runners.

Staff for this Camp include:

Willy Songok

Head of Guest Relations



Richard Mukche
Coach



Emmanuel Kipruto
Run Guide Captain



Staff and Coaches Continued

Additional Staff

The Kenya Experience Young Athlete Camp is staffed by our usual Kenya Experience team plus additional Coach and pastoral support from highly qualified and experienced UK based coaches.

Junior2Senior

Junior 2 Senior are the UK's leading training camp provider for Young Athletes and we are delighted to welcome coaches and founders Dan and Matt to join us for the Kenya Experience Young Athlete Camp.

Dan and Matt will provide both coaching and pastoral care during the camp.

Dan and Matt are professional coaches who both work in the education sector, as well as hosting residential training camps in the UK and are perfectly placed to add an additional layer of expertise and care for the young athletes on this camp.

Additional Staff for this Camp include:

Dan Studley

Guest Coach

Head of Athletics Radley College



Matt Seddon

Guest Coach

Head of Endurance Oxford University



TBA

Female Chaperone & Support

This camp will also include a female staff member in full time attendance at the camp to provide additional support specifically to female young athletes.

Flight Information



International flights are not part of the Kenya Experience Young Athlete Camp and must be booked separately.

International Arrival

Arrival at Nairobi JKIA Airport between 00:00 - 15:30 on 18th August 2025

International Departure

Departing Nairobi JKIA between 12:00 - 23:59 on 29th August 2025

Recommended Flights (if departing from UK)

Arrival Flight: 17th August Kenya Airways (KQ101)
London Heathrow 18:25 (arrives Nairobi JKIA 18th August 05:00)

Departure Flight: 29th August Kenya Airways (KQ108)
Nairobi JKIA 23:40 (arrives London Gatwick 06:50 30th August)

These are our recommended flights for guests from the UK. They will minimise travel and transfer time and maximise time in Iten at the training camp.

Members of our UK based staff will be on these flights and can co-ordinate with you at London Heathrow before departure and accompany you back to London Gatwick at the end of the camp.

Please note this is an additional courtesy service and these flights are not part of the official Kenya Experience program. The Kenya Experience Young Athlete Camp officially starts with meet at greet at Nairobi JKIA.

Please note that these flights depart from London Heathrow and arrive back into London Gatwick. They are available to book as 1 ticket direct with Kenya Airways.

Flights Continued



It is not compulsory to use our recommended flights. We anticipate welcoming runners from around the world and you can select your preferred flights which will arrive/depart Nairobi JKIA within the windows advised above.

NB: If your scheduled flight is delayed and you arrive (or need to depart) outside of the flight windows then it may be necessary to rebook your internal flights to Eldoret or to provide additional overnight accommodation in Nairobi on your behalf.

Should this occur, Kenya Experience will provide the necessary care to look after you (chaperone, accommodation, rebooking internal flights etc.) Any additional costs incurred in this will be borne by the athlete.

Domestic Travel



Domestic travel between Nairobi and Iten is included as part of the Kenya Experience Young Athlete Camp

Nairobi to Iten

Domestic Flight (JamboJet to Eldoret)

Private Hire Vehicle from Eldoret Airport to HATC Iten

Iten to Nairobi

Private hire vehicle from Iten to Eldoret Airport

Domestic flight (JamboJet) from Eldoret to Nairobi JKIA

There are multiple flights between Nairobi and Eldoret daily. We will co-ordinate guests domestic flights in accordance with their international flights.

This will minimise waiting in Nairobi and ensure that athletes can maximise their time in Iten.

NB During transfer through Nairobi JKIA, we will not leave the airport. Athletes will be supervised at all times as they transit through Nairobi airport.

Travel during the training camp / to training and activity venues

All travel during the camp, to training venues or activities which are not walking distance will be in private hire buses/coaches. We will not use public transport at any time. All buses and drivers will be fully insured and licensed.

NB

Public buses (known locally as 'Matatus'), and motorbike taxi's are popular ways of getting around for local people and visiting guests alike. Although these forms of transport can be convenient and cheap, they are often unsafe. These methods of transport will not be included in the Kenya Experience young Athlete Camp and athletes should not undertake these during any periods of free time.



Departure Day



Departure Day

We will schedule your domestic flight from Eldoret in accordance with your departure time in Nairobi.

There is no set check out time and athletes can keep their belongings in their rooms until they are ready to depart.

For athletes leaving later in the day (including on our recommended flights) there will be a full day of training and activities on this day.

We anticipate having athletes spread across multiple flights on departure day.

Each separate flight will have Kenya Experience staff members on board.

Kenya Experience staff will stay with you until you pass through initial security check into the outbound terminal at Nairobi JKIA.

Non travellers are not permitted inside the terminal building and this is where our official service will end. Our team will continue to be available on the ground in Nairobi and contactable by phone until we have confirmation that you are through security and waiting to board your flight

If for any reason you miss your return flight, or you need to delay your return flight at short notice (due to illness for example) then Kenya Experience staff will be available to look after you until you depart. This will incur additional cost.

Booking Process

- Book your place using our online form at www.traininkenya.com/book
- When we receive your booking details we will send an invoice for the £500 non refundable deposit which will secure your place. We will then send your welcome pack.
- 8 weeks from your arrival date we will send your invoice for the remaining balance, as well as your pre-camp information. The pre-camp information pack will contain everything you need to know to prepare for your trip, from entry requirements for Kenya to suggested packing list.
- Your final payment is due 4 weeks prior to arrival.
- All money paid is 100% transferable in the event that you are unable to travel due to injury or illness.
- We accept payment via bank transfer or credit/debit card.

Any Questions? Email us at info@traininkenya.com and we will be happy to help



Insurance & Financial Protection



Book with confidence

In compliance with The Package Travel and Linked Travel Arrangements Regulations 2018, an insurance policy has been arranged with Travel & General Insurance Services Limited (t&g), to protect customers' prepayments in the unlikely event of financial failure,

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