



THE COUNTY GOVERNMENT OF MERU

Tourist Guide



PRODUCTION TEAM

Hon. Ntoitha M'Mithiaru

County Executive, Co-operative, Tourism and enterprise Development

Catherine Kithinji

Chief Officer Co-operatives Tourism and Enterprise Development

Dennis Kinoti Atugi

Director Enterprise Development and Tourism

EDITORIAL TEAM

Francis Mwangela

Daniel Muoki

Rex Gitonga

Titus Murithi

Anthony Koome

CONSULTANCY AND RESOURCES

Nora Nairi Investments Ltd

Email: info@noranairi.com

Cell: 0722 844 037

LAYOUT & PRINTING

Ediface Enterprises Ltd

Email: info@ediface.co.ke

Cell: 0720 236 014

Nairobi.

PUBLISHERS

County Government of Meru

COPYRIGHT AND PERMISSION

Reproduction of this material is NOT PERMITTED except with express permission from the publishers.

ACKNOWLEDGEMENTS

- Meru County Staff, Ministry of Co-operatives, Tourism & Enterprise Development.
- Meru Hoteliers
- Tour Operators



CONTENT

FOREWORD FROM HIS EXCELLENCY HON. PETER MUNYA -----	6
FOREWORD FROM HON. NTOITHA M'MITHIARU -----	7
MERU AT A GLANCE (FACTS & FIGURES)-----	8
MAP -----	11
1.0 MERU NATIONAL PARK -----	12
2.0 HOLLOWED TWIN BAOBAB TREE IN MERU NATIONAL PARK - MAU MAU KITCHEN -----	14
3.0 LEWA CONSERVANCY -----	15
4.0 MT. KENYA NATIONAL PARK -----	16
5.0 SIRMON ROUTE TO MT.KENYA -----	17
6.0 THEMWE ROUTE TO CLIMB MT. KENYA -----	18
7.0 MARANIA ROUTE TO CLIMB MT. KENYA -----	19
8.0 CLIMB TO THE TOP OF NYAMBENE HILLS -----	20
9.0 NGARE-NDARE FOREST -----	21
10.0 MPOGORO FOREST -----	22
11.0 NGAYA FOREST -----	23
12.0 GIITUNE SACRED FOREST -----	24
13.0 IGOMBE CRATER -----	25
14.0 MUCHIERE: THE STONE WOMAN OF KIEIGA FOREST IN MIKINDURI -----	26
15.0 IGA RIA NGUTU (ROCK OF CIRCUMCISED GIRL) -----	27
16.0 THE FAMOUS SACRED LAKE NKUNGA OF MERU -----	28
17.0 LAKE THAI -----	29
18.0 KIATHANDI HILLS -----	30
19.0 KIANUNKUU HILL -----	31
20.0 "RIFT VALLEY" LOOK-LIKE SCENERIES -----	32
21.0 THE GIANT MERU OAK TREE-" KING MUURU" -----	33
22.0 NTEERE MBOGORI PARK -----	34
23.0 THE RIVER KATHITA WATER FALLS -----	35
24.0 MBILI WATER FALLS -----	36
25.0 DEVILS BRIDGE WATER FALLS -----	37
26.0 THARUU MINERAL WATER SPRINGS -----	38
27.0 RIVER MUTONGA QUARRY -----	39
28.0 EQUATOR TAMADUNI CULTURAL CENTRE -----	40
29.0 MERU NATIONAL MUSEUM -----	42



30.0	“JESUS FOOT-PRINTS” -----	43
31.0	KAAGA PRIMARY SCHOOL MONUMENT/MEMORIAL BUILDING -----	44
32.0	KING AFRICAN RIFLES (KAR) MEMORIAL AT MERU TEACHERS COLLEGE -----	45
33.0	NJURI NCHEKE HEADQUATERS -----	46
34.0	NJURI NCHEKE AMERU COUNCIL OF ELDERS -----	47
35.0	RWEREA NJURI NCHEKE SHRINE -----	48
36.0	MUCHEENE MAU MAU CAVES -----	49
37.0	MUJWAA CATHOLIC PARISH -----	50
38.0	AMERU TRADITIONAL GRINDING STONE -----	51
39.0	AGRO TOURISM -----	52
	INSTITUTES OF HIGHER LEARNING -----	57
	SPORTS -----	61
	AIRPORT -----	64
	WHERE TO STAY -----	66
	GENERAL INFORMATION ON KENYA -----	69
	CALL CENTERS -----	69
	ENTERTAINMENT SPOTS -----	69
	BANKING SERVICES IN MERU -----	70
	MERU POLICE STATIONS HOTLINES -----	71
	FIRE BRIGADE -----	71
	SECURITY COMPANIES IN MERU -----	71
	TRANSPORT COMPANIES IN MERU -----	71
	UNIVERSITIES IN MERU -----	72
	TOUR OPERATORS AND TRAVEL AGENTS -----	72
	IMPORTANT CONTACTS -----	74



Foreword From His Excellency Hon. Peter Munya Governor Meru County



“My administration is committed to ensure residents reap maximum benefit from tourism projects. This county’s face is going to change for ever and so will residents’ living standards.”

H.E. Hon. Peter Munya.

The County Government of Meru is set to launch the first tourist guide of Meru County. The guide will provide information on tourist attraction sites in the entire county to guide visitors/tourists as well as investors interested in the sector.

The launch of the document is a milestone achievement for the county because it aims to impact on the socio-economic aspects of the lives of Meru people.

The preparation of the guide was heavily informed by our county values and aspirations which are enshrined in the constitution of Kenya; the Kenya’s Vision 2030 and its medium term plans; first Meru Integrated Development Plan 2013-2017 among other important documents. In addition the guide is driven by our vision, “A United Prosperous Green Model County” to realize our dream, our mission “To facilitate sustainable development and wealth creation in the county through technological innovations, trade and industrialization that leverages on our skilled human resources, agriculture, wildlife, biodiversity and cultural heritage.” Tourism is anchored along six pillars namely; tourism attraction (flora and fauna), cultural diversity and

practices, investment opportunities, environmental practices, hospitality and peace and unity. The tourist guide endeavours to showcase Meru tourism within the tenets of the six pillars as a way of developing and promoting diverse tourism attractions.

Tourism is recognized in Kenya’s Vision 2030 as one of the driving forces in developing the economy under the economic pillar. Therefore by publishing a tourist guide, my government reaffirms its unwavering commitment to promote and facilitate tourism in the county. My government will work with other county governments, national government, departments and other agencies as well as the private sector and other non-state actors in order to successfully realize the objectives of the guide.

My administration is committed to ensure residents reap maximum benefit from tourism projects. This county’s face is going to change for ever and so will residents’ living standards.

H.E. Hon. Peter Munya.

Foreword From Hon. Ntoitha M'Mithiaru County Executive for Co-operatives, Tourism & Enterprise Development



Hon. Ntoitha M'Mithiaru.

This first edition of Meru tourist attraction guide is historic for Meru County. From this day, Meru will have clear guidelines and objectives of engaging in the tourism sector. The tourist attraction guide will be the main reference point in identifying Meru's tourist interests whether for investors or tourists themselves.

The guide was developed through a series of consultative engagements with all our stakeholders in line with the requirements of our constitution. The well-researched document contains beautiful pictures of great sites depicting the rich cultural heritage of the Ameru. It also endeavours to expound on Meru's rich culture as an avenue to promote understanding and better relations, promote the interests of various partnerships with other communities outside the county and enhancing Meru's structure in the national and international affairs.

The County of Meru is home to many wild animals, a gateway to Mt. Kenya, is well known for her cultural leadership through the well-recognized Njuri Ncheke elders, is an agriculturally rich County known for not

only miraa production but also production of bananas and the best milk in the country. Besides the rich array in products, Meru people are known for their generosity and easy way in dealing with issues.

All these attributes are depicted in the guide to let the world know of the great county about 240km away from the city of Nairobi.

This guide will therefore position Meru in its rightful place in the country as well as external world for interested tourists and investors to take advantage of the opportunities in this sector.

Finally, I would like to express my gratitude to all departments of Meru County government, National government ministries, the consultant departments and agencies and our esteemed stakeholders for their support and invaluable contributions during the preparation of the document.

Hon. Ntoitha M'Mithiaru.



Meru at a Glance (Facts & figures)

Distance from JKIA: 242 Km

Area Sq KM : 5,127.1

Distance from Isiolo: 53 Km

Population : 1,356,301 (2009 Census)

Meru shares its borders with six other counties; Isiolo to the North, Nyeri to the South West, Tharaka-Nithi to the South West, Laikipia to the West and South East Kitui, Tana River.

The origin of the word 'Meru' is believed to come from the Maasai people who referred to Tigania and Imenti forests as the Mieru forests or simply the Quiet Forests.

Maasais are also believed to have used the term Mieru to name any tribe which could not understand their Maa language.

The main people who live in Meru comprise sub tribes of the Ameru community. These include the Imenti, Tigania and Igembe sub-tribes. Besides Kiswahili and English, Ki-Meru is the ethnic language spoken by this community.

Major Towns

Meru: Lying next to the Kathita River which cuts through the town, Meru town is the commercial and administrative centre of Meru County. It is mostly an agricultural and business centre and takes prides in having one of the largest open air market - Gakoromone - in the Comesa region.

Meru is a town in formerly Eastern Province of Kenya It is the headquarters of the Meru County Government, and the sixth largest urban centre in the country followed by Maua Town. Meru forms a town with a population of 240,900 residents.

The town is located at 0.047035 degrees North and 37.649803 degrees East, on the Northeast slopes of Mt. Kenya. Meru town is situated about five miles North of the equator, at an altitude of approximately 5,000 feet, in an area of mixed forest and clearings, small towns,

villages and rural farms. The town is predominantly populated by the Meru People. In addition there are other communities: having different and diverse religions, cultures and all walks of life that live, trade and work in this agricultural and commercial town.

Maua: Located about 60 kilometers from Meru town, Maua is one of the economically viable towns due to the thriving Miraa trade. Ikweta Country Inn and Conference Centre, Soldat Teachers College and Methodists Nursing School are in Maua.

Nkubu: Sitting next to the banks of Thingithu River, along Nairobi-Meru highway. The town is mostly a trade, agricultural and administrative centre. Here you find financial institutions such as the Diamond Trust Bank and Imperial Bank, the Kaguru Agricultural Training Centre, Mount Kenya University campus, South Imenti Tea Farmers Sacco building among others.

Other urban centers in Meru include Keeria, Igoji, Kanyakine, Nthaarene, Kariene, Equator, Meru town, Gakoromone, Makutano, Mikinduri, Ruiru, Kianjai, Ngundune, Muthara, Karama, Nkinyan'ga, Miathene, Kangeta, Laare, Mutuati, Kihutine, Kirua, Kibirichia, Mbaari, Nguchichi, Timau, Ex-lewa, Ntirimiti, Kaelo, KK.

Climate and Weather

The climate in Meru can be described as cool and warm. Temperatures range between 16°C during the cold season, June - July and 23°C in the hot-warm season, August - September. Meru receives an average rainfall of between 500mm and 2600mm each year in March - April, October - November and December.

Health Facilities

There are over 200 healthcare facilities serving the county - some run by the government while the rest



are either faith-based or privately owned. Notable among them are the Government hospitals:

Igembe North: Mutuati Sub-District Hospital, Laare Health Centre, Theera Health Centre, Naikuriu Dispensary, Kaelo Dispensary, Kinisa Dispensary.

Mission Hospitals: Antu ba ngai catholic dispensary

Igembe South: Nyambene District Hospital, Akachiu Health Centre, Mutiokiyama Health Centre, Kiegori Health Centre, Kanthiari Dispensary, Antubochiu Dispensary, Amwamba Dispensary, Kilili Dispensary, Gitura Dispensary, Athi Catholic Dispensary, Kianda Dispensary, Kiraone Dispensary, Kirimampio Dispensary, Kalamene Dispensary, Ugoti Dispensary, Giika Dispensary

Mission Hospitals: Mutuati Catholic Dispensary, St. Joseph Kangeta Dispensary

Igembe Central: Kangeta Health Centre, Nthambiro Health Centre, Athiru Ruujine Dispensary, Machungulu Dispensary, Antubetwe Njouna Dispensary, Kawiru Dispensary, Kina Dispensary, Kalimbene Dispensary, Nthamare Dispensary, Kathelwa Dispensary, Thumbereria Dispensary (not opened), Thuuru Dispensary (not opened)

Mission Hospitals: Tuuru Cottolengo Health Centre, Nthambiro Catholic Dispensary

Tigania West: Miathene Sub-district Hospital, Mweronkanga Health Centre, Mutionjuri Health Centre, Mutuntu Health Centre, Uringu Health Centre, Kunene Dispensary, Ncooro Dispensary, Kitheo Dispensary, Mutelai Dispensary, Limoro Dispensary, Kibiru Dispensary, Mumui Dispensary, Kimachia Dispensary, Limauro Dispensary, Kiandiu Dispensary, Mailiari Dispensary, Miathene Dispensary, Mbeu Sub-District Hospital, Rei Dispensary, Thinyaine Dispensary.

Mission Hospitals: Nchiru Catholic Dispensary St Francis Health Care

Tigania East: Muthara Sub-District Hospital, Mikinduri Sub-District Hospital, Karama Health Centre, Kunati Health Centre, St. John of God Hospital, Amuga Health Centre, Lailuba Dispensary, Kiguchwa Dispensary, Charuru Dispensary, Lanyiru Dispensary, Mulika Dispensary, Igarii Dispensary, Ankamia Dispensary, Githu Dispensary, Kaathi Dispensary, K K Mwathe Dispensary, Matabithi Dispensary, Kadebene Dispensary

Mission Hospitals: St. John of God Hospital, Mikinduri Catholic Health Centre

Imenti North: Meru Level Five Hospital, Kathithi Dispensary, Kinooro Dispensary, Gakoromone Dispensary, Igoki Dispensary, G K Prison Meru Dispensary, Kiburine Dispensary, Chugu Dispensary, Rwanyange Dispensary, Nkabune Dispensary, Giaki Sub-District Hospital, Gankere Dispensary, Kirogine Dispensary (not yet opened), Ndiine Dispensary.

Mission Hospitals: Nazareth Sisters Nkabune Dispensary, Gitoro Catholic Dispensary, St. John Kithoka Dispensary

Imenti South: Kanyakine Sub-District Hospital, Mikumbune Sub-District Hospital, Kinooro Sub-District Hospital, Uruku Health Centre, Kathigu Health Centre, Kiarago Health Centre, Mutiokiyama Dispensary, Nkubu Dispensary, Mitunguu Dispensary, Ithimbari Dispensary, Kirogine Dispensary, Ntemwene Dispensary, Kionyo Dispensary, Mweru Dispensary, Karia Dispensary, Kieni Kia Ndege Dispensary, Uruku G K Prison Dispensary, Gitine Dispensary, Kiangua Dispensary, Kathithine Dispensary, Ngongo Dispensary, Kiroone Dispensary, Gatia Dispensary.

Mission Hospitals: Consolata Mission Hospital Nkubu, St. Anne Cottage Hospital Igoji

Imenti Central: Githongo District Hospital, Gatimbi Health Centre, Karongo Health Centre, Kathiranga Dispensary, Kagoji Dispensary, Kibaranyaki Dispensary, Katheri Dispensary, Kariene Dispensary St. Anne, Njuthine Dispensary, Igane Dispensary, Kijja Dispensary



Makandune Dispensary, M.C.K Mariene.

Mission Hospitals: Cottolengo Mission Hospital
Chaarua, St. Lukes Hospital Kiamuri

Buuri: Timau Sub-District Hospital, Kibirichia Sub-District Hospital, Naari Sub-District Hospital, Ruiru Health Centre, Kiirua Health Centre, Ontulili Dispensary

Mission Hospitals: St. Therese Kiirua Mission Hospital, Ruiru Catholic Health Centre, Timau Catholic Dispensary, Machaka Catholic Dispensary

Religion and Traditional Culture

Meru County is mainly a Christian stronghold. Although there are Presbyterian and Anglican faithfuls, the Methodist and Catholic churches commands the largest following in this region, with Muslims and Hindus most of whom live around Meru town comprising the smallest religious group.

Culturally, the Ameru believed in an ancestral God called Murungu or Arega Kuthera. There was deep reverence for the spirit of the living dead. Ameru believed in offering sacrifices to their dead ancestors. The divine leader of the Ameru was called the Mugwe. These were respected persons who made sacrifices and performed healing on behalf of the tribe. However, with the arrival of Christianity, the cultural rites and functions have become obsolete.

Attractions and Places of Interest

There are a number of National Parks and conservancies that attract tourists to the region. It's a tourism hotspot with Meru National park hosting unique wildlife attraction among them the Grevy Zebras, Somali Ostrich, Reticulated Giraffe, Gazelle and the Onyx. The renowned Lewa Conservancy is also at the heart of the county. The county also offers the Mt Kenya climbing tourism circuit, 'Jesus Footprints' prints and many more

Travelling to Meru County

It takes approximately 3hours from Nairobi by road, 242 Kms from Nairobi. You can also access Meru town from other towns; Nyeri-Nanyuki-Timau road, Nyeri-Embu-

Meru road or the Nairobi- Makutano-Embu-Meru highway. The main means of public transport used are buses and matatus. Two air strips serve this region; the Kinna airstrip inside Meru National Park and another in Elsa Kopje Luxury Safari tent - both used by privately serviced small aircrafts.

Construction is underway at the Isiolo Airport which will ease access for both local and international flights.

Accommodation

The county offers a variety of places to stay, from mid-range hotels to budget accommodation. Camping facilities are provided in camping sites found in various locations including Kanjoo, Kambi Baridi; Kitanga; Makutano; Rojoweru; Mugunga, Ken Mare and Bwatherongi public campsite.

See the list of accommodation facilities on the back page

Guest Information

Banks:

Among them is the Central Bank of Kenya Currency Centre to serve the region and over 20 bank branches from different commercial banks. These include Barclays Bank, National Bank, Equity, Co-Operative, Family Bank, Kenya Commercial Bank, Standard Chartered, Ecobank, Diamond Trust, Commercial Bank of Africa and other mainstream banks. The county has several micro-finance banks including K-Rep, Kenya Women Finance Trust, Faulu Kenya, and Post Bank branches. The popular M-pesa (safaricom) and Airtel Money (Airtel) mobile money transfer are an alternative banking options for the county locals, with Airtel and Safaricom Customercare shops in Meru town.

Shopping:

The county is served by a number of leading shopping outlets and supermarket chains which include Tuskys, Nakumatt, Budget, Uchumi and Samrat supermarkets. Other shopping outlets include Jube and Kaka supermarkets. Most of these are found in several towns within the county including Nkubu and Meru town.



The Equator Passes Through Meru County



Map



Courtesy of Meru County Government : www.meru.go.ke



Murera gate to Meru National Park

1.0 MERU NATIONAL PARK

Meru National Park, established in 1966, covers an area of 870km² and is one of biggest gazetted animal sanctuaries in Kenya.

It has abundant rainfall 635-762mm in the West Park and 305-356 mm in the west. The rainfall result in tall grass and swamps. The park is home to the big five among other wild animals.

Meru National Park is one of the two areas in which conservationist George Adamson and Joy Adamson raised Elsa, the brave lioness made famous by the Award Winning movie, Born Free.

Between the year 2000 and 2005 the Kenya Wildlife Services (KWS) with the assistance of the International Fund for Animal Welfare (IFAW) helped restore Meru National Park to one of the most promising tourist destination in Eastern Africa, thus solving the poaching menace bedevilling the park.



Joy and George Adamson



ACCESS

BY ROAD

Access by road from Nairobi (280kms) Via Nairobi-Embu-Meru road. Access into the park from Maua to Murera gate (35Kms).

BY AIR

Meru National Park can be easily accessed by air via Isiolo International Airport at the various airstrips within the park.

MAJOR ATTRACTIONS

- Former home of Joy and George Adamson
- View of Mt. Kenya
- Rivers and Riverine Habitats
- Adamson falls

WILDLIFE

Elephants, Lions, Rhinos, Leopards and buffalos (t h e Big Five), Gravy Zebra, Eland and blush Pigs, Waterbuck Cheetah and reticulated giraffe, Hippopotamus, bohor, reedbuck and hartebeest, Python, puff under and cobra

BIRDS

There are more than 427 recorded species

Where To stay

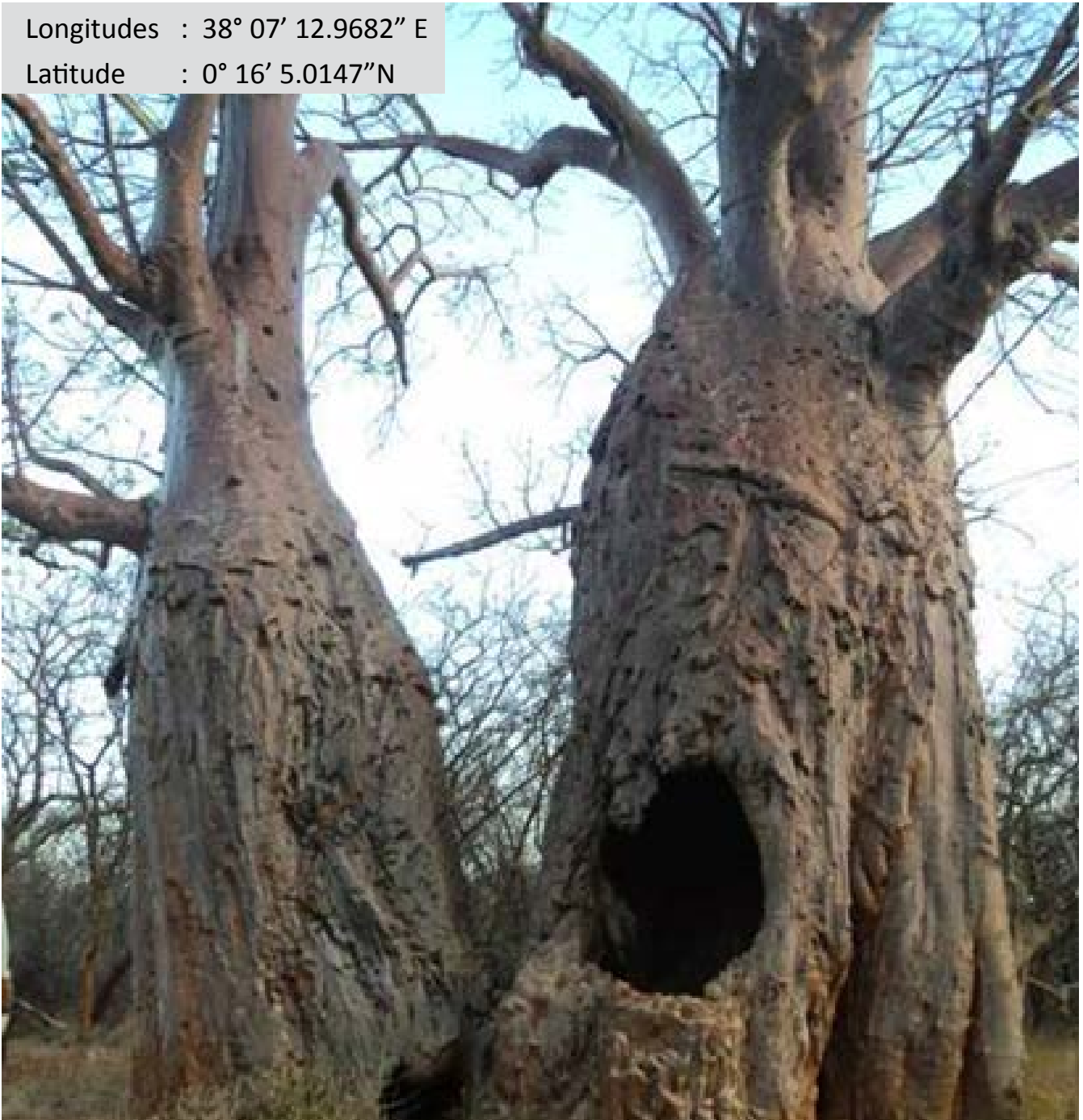
1. In park accommodation
 - <http://www.elsakopje.com>
 - <http://www.leopardmico.com>
 - <http://www.rhinorivercamp.com>
 - <http://www.ikwetasarificamp.com>
 - <http://www.wildernessgatewaysea.com>
2. KWS SELF CATERING BANDAS
 - Murera banda's
 - Kina Banda
 - Meru Luxury House
 - Kina Guest house
3. CAMPING FACILITIES
 - Kampi barindi, kitanga, Makutano, Rojoweru, Mugunga, ken Mare and Kanjoo which are special campsites.
 - Bwatherongi which is a public camp site

Park Contact

Landline: (+254 61) 2303094
Wireless: (+254 20) 2310443
E-Mail: merupark@kws.go.ke

Longitudes : 38° 07' 12.9682" E

Latitude : 0° 16' 5.0147"N



The Mau Mau Baobab tree inside Meru National Park. The tree was used as a Kitchen by the Mau Mau freedom fighters.

2.0 HOLLOWED TWIN BAOBAB TREE IN MERU NATIONAL PARK - MAU MAU KITCHEN

This is a giant twin baobab tree found in Meru National park at Kina area with a hollow trunk which was used as a kitchen by Mau Mau freedom fighters.



Longitudes : 37° 23' 38.1955" E
Latitude : 0° 07' 26.3963" N



Rhinos in Lewa

3.0 LEWA CONSERVANCY

Lewa Conservancy is nestled at the foothills of Mount Kenya in Meru County and is home to a plethora of wildlife including elephant, giraffe, buffalo, antelope, lion, cheetah and leopard. Lewa is home to some of Africa's critically endangered species, notably the Black Rhino and Grevy's zebra.

The Conservancy has been hugely successful in conservation of the native black rhino and the resident population has grown at an impressive 6% per annum. Lewa plays a crucial role in rhino conservation in Kenya, facilitating the translocation of its rhinos to new or previously inhabited areas and providing technical expertise to established and new rhino sanctuaries.

Lewa's Grevy's zebra population is approximately 380 animals; it's single largest at any one place in the world. With less than 3,000 left in the wild, the Grevy's zebra is the world's rarest zebra and the second largest equid. Lewa's Research Team carries out important monitoring and research to inform management decisions on Grevy's zebra conservation.

Lewa boasts some of the most spectacular landscapes in Kenya and Mount Kenya serves as the perfect backdrop. With gentle rolling hills and natural unspoilt

beauty, guests enjoy the trip of a lifetime that consists of an unforgettable combination of great scenery, superb game viewing and excellent hospitality.

Visitors also have the opportunity to experience Lewa's extensive conservation and development projects. Proceeds from tourism are ploughed back into various programmes. Lewa's rich history in conservation spans three decades, having started out as the Ngare Sergoi Rhino Sanctuary established in 1983 to help save the last remaining black rhino in northern Kenya. At the time, poaching for rhino horn saw a once thriving population plummet to near extinction, and Ngare Sergoi was a brave and pioneering venture, driven by love for the rhino. The sanctuary thrived and was later re-established as the Lewa Wildlife Conservancy in 1995.

SAFARICOM-LEWA MARATHON

The Safaricom Lewa Marathon is an annual fund raising event held at Lewa Downs. The 42 Kms (26 miles) endurance race is sponsored by Safaricom in partnership with the Lewa Wildlife Conservancy in order to raise funds for numerous community development and wildlife conservation efforts. Runner's World Magazine included the Lewa Marathon as being, 'One of the top ten races to run in your life' due to its unique setting.

One of the more notable characteristics of the Lewa Marathon is the setting in which it takes place. The race takes place on the Lewa wildlife conservancy, a game park that is home to variety of large African wildlife including lions, elephants, rhinoceros, and the greatly feared Cape buffalo. There are no physical barriers separating the runners from the wildlife, making Lewa a unique experience in the running world. The course consists of two 20 kms (12 miles) loops that are run on a dirt road that ordinarily serves as a four-wheel drive trail for safari vehicles.

The average elevation of the course is 5,500 feet (1,700 m) above sea level. Located within one hundred miles of the equator, the sun can bring afternoon temperature as high as 90 degrees Fahrenheit all year round. The elevation, when combined with the equatorial sun has proven to test even the most seasoned marathon runners.

Longitudes = 37° 12' 0.9025" E,
Latitude = 0° 03' 18.9704"N



Entrance to Mt. Kenya National Park

4.0 MT. KENYA NATIONAL PARK

Mount Kenya National Park was in 1997 officially declared as a UNESCO World Heritage Site. The park is home to the great, famous and world-renowned Sirimon route to ascend Mount Kenya. The park has an area of 715 square kilometers. Most of the park is above the 3,000-metre contour line. The forest reserve has an area of 705 square Kilometres. Combined this makes the area of the UNESCO World Heritage Site 1,420 square Kilometres. Mount Kenya National Park

was established in 1949. The purpose of establishing this park was to protect the region surrounding Mount Kenya. In April 1978 the area was designated a UNESCO Biosphere Reserve.



Longitudes = 37° 12' 0.9025" E,
Latitude = 0° 03' 18.9704"N

5.0 SIRMON ROUTE TO MT. KENYA PEAKS

To mountaineers, nature lovers, venturesome enthusiasts and those who like climbing mountains for leisure or for team building, climbing Mt. Kenya using Sirimon route can be an experience of its own kind. For climbers using this route, their journey begins at the Kenya Wildlife services (KWS) gate which is 9Km from the Timau-Nanyuki highway, about 3km from Timau town.

The KWS gate serves as the official entry point for the Sirimon route. From the gate, you will follow the track as it winds uphill through the forest, which becomes heath-land and after about 3-4 hours you get to Judimier Camp. From Judimier camp you will get to Old

Moses Camp. As you proceed, you'll cross Ontulili River and find yourself in the Moorland. As you get ahead, your next point will be Mackinders Valley from where there is a panoramic view. Our next point will be Shipton Camp. From Shipton camp you can now proceed to point Lenana, which is one of the Mt. Kenya's three peaks. Other peaks are Nelion and Batian. Only expert and skilled mountaineers can climb the three peaks up to their tops.

Longitudes = 37° 33' 52.3470" E
Latitude = 0° 08' 46.7896" S



The Start Point Of Theemwe Route To Climb Mt. Kenya

6.0 THEEMWE ROUTE TO CLIMB MT. KENYA

Theemwe route in Meru County is the newest and easiest route to climb Mt. Kenya up to point Lenana. The route is in South Imenti in Murungurune at a place known as Chuguu.

The route starts a few meters from the edge of the forest, which is a few meters from the new tarmac road. The route has been said to be the easiest to climb Mt. Kenya by expert tour guides who have been guiding mountain climbing enthusiasts for a long time. At the forest edge, about a 100m from the tarmac road is the first campsite where people can camp over the night before ascending the mountain. The camp has a viewpoint to see all the Mt. Kenya peaks especially early in the morning when the sky is clear with no mist. Five kilometers from this first camp as you ascend the mountain is the Theemwe campsite and lodges. The campsite has bathrooms, toilets and piped water for

those who'd wish to camp there. While at this camp you can be able to see a far of river Makobo waterfall if it's not misty. As you ascend further, you reach the bamboo forest and ahead of you there is a big natural cleared area called Baringo, which has a lot of flowers of different varieties.

The next camp from Baringo is the Iraru camp found at the foot of Ithangune hill. About 2km from this camp as you get along with ones journey; one can see the giant billiard Table Mountains called Kiringo in Meru language. As you move ahead you come across river Mutonga and after you cross it, you see the Muugi hills and by then you are about 12,000 feet above sea level. About 1km from this point you come to the junction of the Chogoria route.

Now Theemwe and Chogoria route join and as one proceed about 2km, one comes to Lake Elis. People can camp here and do fishing from the lake, which has brown trout fish. This is the last point where strong four-wheel drives can reach. From Lake Elis you proceed to Mintos ark, which is a small building and around that place there are two small lakes called Mintos. From Mintos ark you get to a place called square turn. This is where all the routes to climb Mt. Kenya from any part of the mountain meets. These routes are the Noru-Molo route from Nanyuki side, Sirimon route from Timau, Kamwiti route from Embu or Kirinyaga, Chogoria route and Theemwe route. From Square turn you can attempt to climb point Lenana and it is advisable only experts in mountain climbing who are advised to climb beyond point Lenana.

THEEMWE MINERAL SPRINGS



A Rock Within The Theemwe Crater Which Has Salty Water Bubbling From Its Underneath.

Theemwe mineral springs are adjacent to Theemwe campsite and found in a natural crater like basin surrounded by thick forest trees. The bottom of the crater is about 10 acres and ringed by two rivers, which converge at the East end of the crater to form river Kaburia, which is a tributary of river Mutonga.

The mineral water springs are found at the bottom of the crater and they spring from volcanic rocks. There are several of these mineral springs and they are used for different purposes. Livestock use some of the

mineral springs and other springs are used by human beings for drinking and cooking traditional foods like greens popularly known as Nyani. At one far end of the crater near one of the rivers which ring the crater and some few meters from the mineral water springs, there is natural pot like rock which looks like a Meru traditional beer brewing pot called Kithiri.



The Pot Look-Like Rock Within Theemwe Mineral Water Crater. Locals Call It Konguu-Ka-Theemwe, Meaning The Pot Of Theemwe Mineral Water Crater

The locals refer to the pot like rock as Konguu-ka-Theemwe, which when translated into English language means the pot of Theemwe salty springs. This pot like rock (Konguu-ka-Theemwe) has a deep pit filled with salty water, which is very cold and feels like is refrigerated. During the olden days, it was mythically believed that if you could deep your hand in the hole of the pot like rock whatever you picked from the bottom is what would follow you. For example, if one picked a substance looking like cow dung then they would be blessed with a lot of cows while if one picked a substance looking like goat or sheep dung then they would be a great goats and sheep owners. Few meters from the pot look-like rock, there is a giant fossilized footprint, which is said by locals to have belonged to "god" who created Mt. Kenya. Due to continuous weathering process over the years, this pot-like rock (Konguu-Ka-Theemwe) has been shaped naturally to resemble the Meru traditional beer brewing pot (Kithirii)



ANNUAL HERITAGE MOUNT KENYA CLIMB

This is an annually organized adventure climb to Mt. Kenya, which was initiated by the directors and management of Heritage Hotel in Nkubu. The climb takes place in the month of August and is open to adventurers and mountain climbing enthusiasts. Besides this annual climb, Heritage hotel conducts climbs for guests throughout the year.

The adventure starts at Heritage Hotel early in the morning of the designated date after having spent the night in the hotel. Climbers report in the hotel a day earlier usually on a Friday for inspection of their vehicles, which should be four wheel-drive vehicles. Those who without appropriate vehicles and wish to climb the mountain are provided with four wheel-drive vehicles by the hotel on reservation.

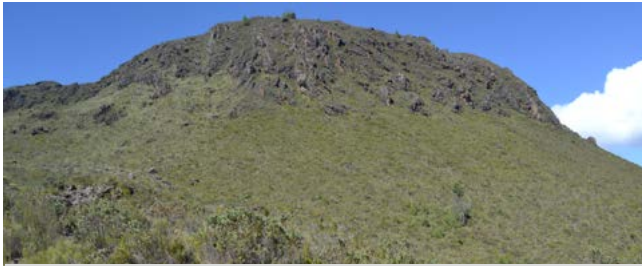
On the D-day, climbers assemble at the Hotel yard for briefing by mount climbing instructors and the adventure is flagged off. Then the climbers travel in a convoy up to Theemwe route where now the actual

mountain climbing begins. They climb up to Lake Alice, which is the last point where vehicles can reach and at that point people take lunch.

After the climb, people get down to the hotel for an after climb evening party where the most exemplary climbers are rewarded.

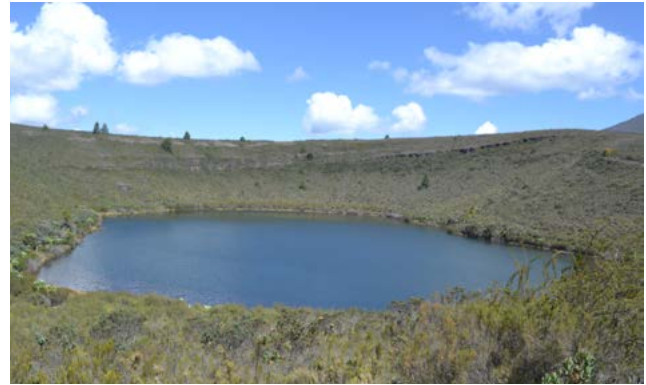
There are other activities which climbers can involve themselves in as they climb the mountain. These activities include;

- Bird watching in the forest
- Fishing in various lakes in the mountain e.g. Lake Ellis and Lake Alice
- Watching and enjoying various mountain landforms like the billiard table look-like mountains
- Wildlife watching e.g. buffalos, colobus monkeys and sometimes elephants.
- Camping in various camp sites like Iraru and Theemwe camp sites
- Visiting Theemwe mineral water springs and the pot look-like rock (Konguu-ka-Theemwe)



Longitudes = 37° 27'23.4" E
Latitude = 0° 02' 08.7"N

Rutundu hill within Mt. Kenya



Rutundu lake



Marania Route to climb Mt. Kenya

7.0 MARANIA ROUTE TO CLIMB MT. KENYA

Marania route to climb Mt. Kenya starts at the gate of Marania forest station in Ntirimiti sub-location of Kibirichia location. It roughly takes four days for one to climb to Lenana peak and back using this route to ascend Mt. Kenya. Point Lenana is the third highest peak of Mt. Kenya after point Nelion and point Batian. The route passes through the Mt. Kenya forest up to the Kenya school of Adventure and Leadership (KESAL) through the forest to the moorland zone of thick shrubs and grasses. From the moorland zone, the Mountain three peaks are clearly visible.

Interesting sites and important stops along the way to point Lenana include; numerous ridges and valleys, the Mbaru crater which depending on the time, can be seen teeming with various types of wildlife, such as Zebras, buffalos, elephants and mountain gazelles among others. Then there is solo camp which is located 8-10 hours hike from Marania gate, Rugushu stream near Solo camp and Major's camp about 10 hours hike from Solo Camp. From the Major's camp the trek to point Lenana is short. Other stops include; Minto's camp which is accessed on the way back from Major's camp on alternate route to climb down the mountain.



CHN



RUTUNDU LOG CABINS

Rutundu log cabins are found at the base of Rutundu hill, adjacent to Lake Rutundu on the Mt. Kenya moorland zone. Lake Alice is also found within the same zone.

The Lewa Wildlife conservancy manages Rutundu log cabins. It's in these cabins where Prince William proposed to Kate Middleton. While at Rutundu cabins, one can engage in such activities as, fishing and canoeing at both at Lakes Rutundu and Alice.



Longitudes = 37.550°E
Latitude = 0.150°N



A Section of the Nyambene Forest

8.0 CLIMB TO THE TOP OF NYAMBENE HILLS

The top most part of the mountain is about 2500 meters above sea level. The route to climb to the top of Nyambene Mountains starts at Nkinyang'a market in Igembe Central right from the tarmac road leading to Kangeta and Maua towns.

Around two kilometers to the top most part of the mountain, is a sizeable natural cleared portion of the forest a few meters from the road said to be a sacred shrine. The portion is covered with evergreen grasses surrounded by forest bushes within the fringes. The middle part of that portion has a small pool of water, which collects there during rainy seasons.

The place is locally known as Kieni-kia-Ntubwarimu literally meaning the field of Ntubwarimu. Now this is where sacrifices and rituals could be performed during times of calamities like prolonged droughts, famines, epidemic and floods among others.



A Tourist Visiting Ngare-Ndare Waterfall

9.0 NGARE-NDARE FOREST

The Ngare-Ndare forest is located on the northern slopes of Mt. Kenya and is situated on a 5540 Hectares piece of land. Ngarendare boasts of a half a kilometer canopy walkway. This canopy walkway is the first in this region. It allows visitors to walk through the canopy of the forest (top of the forest trees) while viewing wildlife below. Also found in this forest is the river Ngare-ndare waterfall. At that point, water falls over rocks and into a natural dam like pool surrounded by rocks. The forest straddles a migratory corridor for elephants and other wild animals to and from Mt. Kenya and the Northern Rangelands and is favored as a sanctuary by animals such as the jumbos, rhino and buffalo as their “maternity” or where they reside to give birth, nurse their injuries, recuperate or die. It is home to several other wild animals, birds and insect species. The Ngare Ndare Forest is managed by a community trust who are the immediate neighbours of the forest with an aim to protect the forest’s flora and fauna. The words Ngarendare are two Maasai words one meaning water (ngare) and the other meaning goats (ndare).

Longitudes	=	37° 21' 25.7925" E
Latitude	=	0° 08' 48.8221"N



The canopy Walkway at Ngare Ndare Forest



Longitudes = 37° 55' 51.2032" E
Latitude = 0° 15' 45.2904"N

10.0 MPOGORO FOREST

Mpogoro forest is found in Mikinduri in Tigania Central district. It is an indigenous forest with many indigenous species of flora and fauna. It retains unique plant species that include the now rare indigenous tall trees, bushes, thickets and various species of undergrowths. Locally, the forest is descriptively referred to as "Mpogoro forest" which translates to the rock forest simply because the hills in which the forest is found are very rocky and a very huge rock is found within the forest.



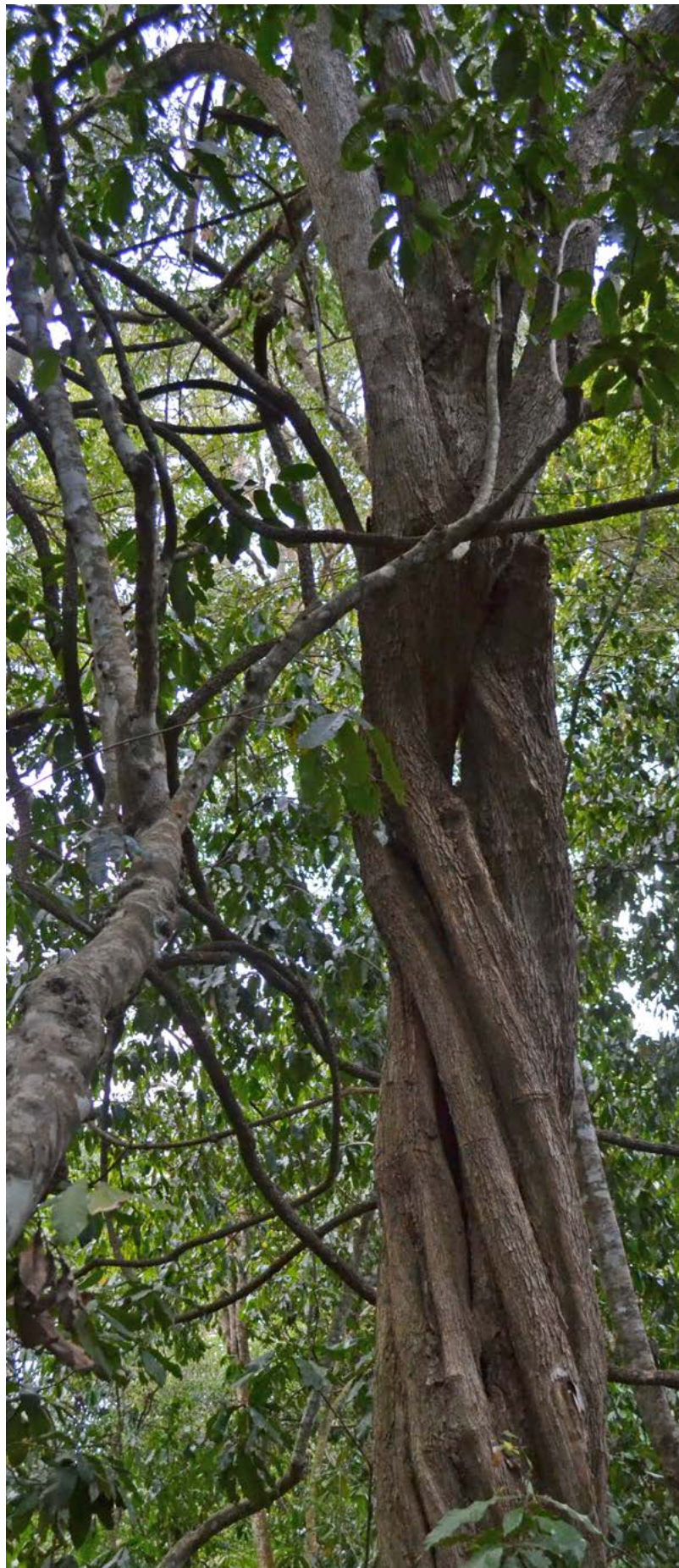
Rocky Part of Mpogoro Forest

Longitudes = 38° 01' 39.9625" E
Latitude = 0° 23' 23.8118"N

11.0 NGAYA FOREST

Ngaya forest is found in Igembe North sub-county . It is the only forest in the whole Ntonyiri region and the forest that is surrounded from all directions by community settlements. Several species of unique butterflies are found only in this forest. The butterflies are of different beautiful colors and they are very common especially just before the rain season and are a key pointer to the beginning of the rains.

The forest is about 40sq kilometers and is a habitat for various types of birds among them the guinea fowl. Around the middle of the forest, there is a huge tree, which has a hollow. The hollow was used by Mau Mau freedom fighters during the struggle for Kenya's independence in the early 1950s up to early 1960s. Various types of wildlife are found in the forest and they include primates like velvet and colobus monkeys and cats like leopards. Larger mammals, which could easily be found in this forest, have retreated to Meru National park and Nyambene Game Reserve.



Inside the Ngaya Forest



Longitudes	=	37° 41' 24.4539" E
Latitude	=	0° 00' 7.1624"S



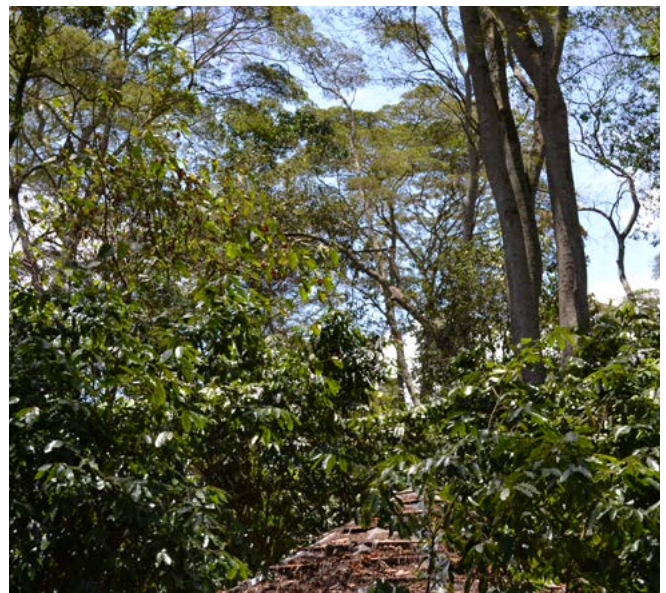
A Hut at Giitune Forest

12.0 GIITUNE SACRED FOREST

Giitune is an indigenous forest with many species of flora and fauna. It retains unique plant species, which include tall trees, bushes, thickets and various species of undergrowths. Geographically, Giitune sacred forest straddles the equator and it's a highland forest falling within the larger Mt. Kenya forest ecosystem. Some of the most common tree species is Mukui (*newtonia buchananii*), Mwiriia (*prunus africanus*) and Muringa (*cordial Africana*).

There are many traditional myths and taboos associated with this forest. As a sacred forest, it is a taboo (*kuuna nkuagaya*) to cut a tree from it. It was believed if one could cut a tree it would cry and bleed profusely which in turn was tantamount to inviting a curse upon that person and their entire family. Giitune forest was believed to house an enormous serpent. The myth has it that the serpent could encircle whoever trespassed in the forest. Rock pythons, which are common within the Mount Kenya ecosystem, are said to be the serpents that guarded the Giitune sacred forest against intrusion.

Lake Nkunga is found in a volcanic crater within the Imenti forest, which is an extension of Mt. Kenya forest.



Indeginous Trees at Giitune Forest

Longitudes = 38° 02' 42.4729" E
Latitude = 0° 36' 42.9200"N



Igombe Crater as seen from the top

13.0 NYAMBENE NATIONAL RESERVE

Nyambene National Reserve is a 265 Km² conservancy named after the famous Nyambene Hills. The reserve was originally gazetted as a 640 Km² conservation area under a Kenya legal notice 86. The conservancy is named after the Nyambene Hills, which form its eastern boundary, and is home to the Ameeru.

Nyambene National Reserve has one of the most breathtaking craters in the world – Igombe. The Crater is located at the northeast tip of the Nyambene range. The crater was showcased in 2012 in a photo gallery by Martin Harvey titled 'Africa from the Air' that featured on the travel magazine of The Telegraph.

The circular crater rises 73 M (250 ft.) above the surrounding area. It has an average diameter of 800 M and an average crater depth below the rim of 140 M. The rim itself is between 80M to 100M thick. A small lake on the floor of Igombe crater evaporates to form

a soda salt crust where the Meru people have been collecting salt for centuries. Local folklore tells of a story of how the crater was used as a test for the young Meru men to prove they were ready to start their homes. If a young man could push a donkey loaded with soda packs from the lake to a special band of dark rock, about 100 M from the crater floor on the eastern rim, he could choose any girl in the tribe as his wife. The only condition was that he had to use his chest to drive the animal to that point.

Other attractions at the reserve include the Gerenuk antelope, the reticulated giraffe and Grevy's zebra. Nyambene National Reserve has a healthy population of leopards, cheetahs and lions. The conservancy is also a bird watcher's paradise hosting hundreds of species of birds. A 10 to 15 feet gulley which has formed provides the only entrance to the crater.



Entrance to Igombe Crater



Livestock grazing at Igombe Crater



GACHIURU

The birds nesting place or Gachiuru as its locally called, is a bird watchers paradise in nyambene conservancy. Populated with over 10,000 nests artistically hanging in acacia trees the birds are active during the morning hours and in the evenings. Birds to be found here include the great horned owl, doves, and the greater sage grouse amongst many others. This area is largely unmapped and can be an ornithologist paradise.



Longitudes = 37° 56' 23.6562" E
Latitude = 0° 13' 54.8660"N

14.0 MUCHIERE: THE STONE WOMAN OF KIEIGA FOREST IN MIKINDURI

This is a huge rock found in the forest and it is shaped like a woman weaving a basket in Kieiga forest along Meru- Mikinduri road. The shape of the rock when viewed from some distance appears artistically and skillful to have been made of into a woman weaving a basket is the most unique and mysterious feature of the forest, which serves to give the forest a mystical and spiritual outlook. The community members refer to the rock as “Muchiere”, which means in the local dialect a woman in her prime age.



The Stone Woman (Muchiere) of Kieiga Forest in Mikinduri

Longitudes = 37° 48' 33.8211" E
Latitude = 0° 06' 21.5137"N



Rock of the Circumcised Girl (Iga-Ria Ngutu) in Mikinduri

15.0. IGA RIA NGUTU (Rock of the Circumcised Girl)

Iga ria ngutu is a very big boulder, which has got a very dark crack–cave in the middle in which water trickles and disappears under the ground. The rock is found within the Nyambene ranges at Kiolo, past Mikinduri market on your way to Maua town through Mikinduri-Maua road, and the rock is next to the road.

The rock is referred as iga ria ngutu in the local dialect, which means the rock of a newly circumcised girl who has moved out of seclusion and ready to be married. In the meru traditions the house of a newly circumcised was very dark such that people were not able to see what was going on inside there, similarly Iga ria ngutu rock was covered with thicket and it was very dark inside, thus the name Iga Ria Ngutu.

Longitudes = 37° 35' 38.6947" E
Latitude = 0° 06' 43.8818" N

16.0 THE FAMOUS SACRED LAKE NKUNGA OF MERU



A Section of Lake Nkunga

This Crater Lake is one of the most unique geographical landforms in Meru. The surface of the lake is covered by a mass of aquatic grass that gives an appearance of a nicely spread-out green floating mat, which in turn gives an aesthetic panorama of the entire lake.

snake like beast called “Nkunga” which could swallow whoever dared venture anywhere near the lake or its vicinity. Locally the lake was and is descriptively referred to as “iria ria Nkunga” meaning the lake of the dreaded beast.

Meru oral and traditional myths have it that the lake was the abode of a mystical seven headed dragon or



A Section of Lake Nkunga



Longitudes = 37°30' 58.5" E,
Latitude = 0° 03' 20.8065"S



Lake Thai Seen from a Distance inside Mount- Kenya Forest

17.0 LAKE THAI

Lake Thai is found further deep in the forest of Mt. Kenya in the upper part of the forest which starts at Mucheene forest station and goes up along the forest. It's the same route used to go in the potato farms within the forest. The Njuri Ncheke elders used the lake as a sacred shrine for worship and offering sacrifices. These sacrifices were offered during the time of calamities like prolonged drought, and outbreak of epidemics among other calamities. The offering of sacrifices included slaughtering of sheep which used to be of one colour as they pray chatting 'thai' 'thai''thai', hence the name Lake 'Thai'. The word 'thai' Means Peace.



Part of Lake Thai

Longitudes = 37.6479°E
Latitude = 0.0497°N



18.0 KIATHANDI HILLS

Kiathandi hill is situated in Runogone area, a short distance from the small Runogone market off Meru-Maua road before Kenya Methodist University. Kiathandi hill, is 1618 meters above sea level and is the only hill near Meru town.

The top of Kiathandi hill provides a panorama view of almost the entire landforms of the larger Meru region, particularly the eastern, northern and the western sides. The top of this hill is round and flat with vegetation comprising of trees, shrubs and grass making it an ideal picnic site for those who like site seeing and watching far off lands.

Lower Places as seen from the top of Kiathandi Hill



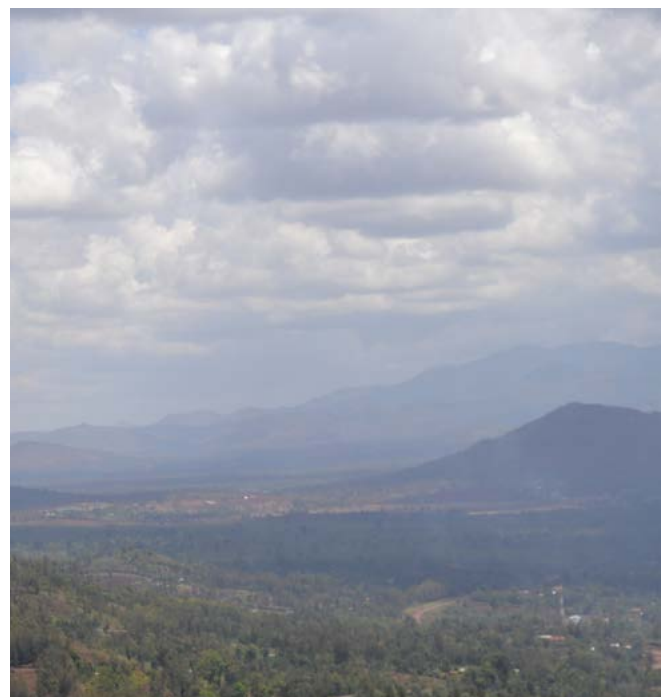
Longitudes = 37° 39' 22.9346" E
Latitude = 0° 04' 23.7158" N



Kianunku Hills

19.0 KIANUNKU HILL

This hill rises 1564 meters above sea level. It is found along old Maua route which passes through Mjini, Nkoune village, and the lower Kaaga area all the way up to Karimene area. From the top of Kianunku hill, the panoramic view of beautiful, lush, rolling hills and farm patterns create one of Meru’s most spectacular natural and pleasant mosaics.



Lower Grounds as seen from Kianunku Hill

Longitudes = 37° 39' 22.88"E

Latitude = 0° 04' 23.75"N



20.0 “RIFT VALLEY” LOOK-LIKE SCENERIES

There is a “Rift Valley” look-like sceneries between Kanthiga village of Kaaga sub-location and Runogone sublocation known locally as “Kiera or mukera” meaning a valley. The two opposite escarpment provide a great view of the area.

Some of Rift valley Look Like landscapes of Meru as seen from Kanthiga



Longitudes	=	37° 37'17.42." E
Latitude	=	0° 00' 29.4"S



21.0 THE GIANT MERU OAK TREE POPULARLY KNOWN AS “ KING MUURU”

The Natural entrance at the Base of King Muuru

“ King Muuru” is a giant Meru oak tree, found in lower Imenti forest, which is part of Mt Kenya forest. The tree stands about 300m from the forest station office. It belongs to the oak tree species vitex keniensis and is estimated to be about 300 years old. The tree is so huge that about 10 adult men need to circle it round with their hands joined together. The height of the tree is about 160 feet high and its girth at its base is 24 feet. Another similar oak tree is found in Denmark and it is popular known as the “Kongeeegen” which means the King oak of Denmark.

A naturally manicured lawn surrounds the tree with fresh green grasses about 20m radius from its base. The tree’s stem has a huge hollow inside. The entrance is big enough to allow an average adult human to go inside and about 5 can be accommodated inside comfortably. It has also another small natural opening about 5 meters from the base of the tree that resembles a window.



The Hollow Inside King Muuru



King Muuru as seen from a distance

22.0 NTEERE MBOGORI PARK



Longitudes = 37° 39' 9.3528" E,
Latitude = 0° 02' 49.6131"N



Sections of Nteere park. The park is meant for relaxation

The Nteere park is a uniquely beautiful relaxation area found behind Tuskys supermarket and directly opposite the Nkubu bus park and borders the Meru police station on from the lower part of the station in Meru town. The combination of the manicured lawns together with flowers and the trees gives an aesthetic look providing a calming and peaceful effect for visitors and sojourners of the park. Various types of trees including indigenous African trees and exotic ones are found in the park as well as arid plants like cactus and

aloe-vera. Indigenous trees found in the park include *Cordia Africana*, popularly known as Muringa in Kimeru language.

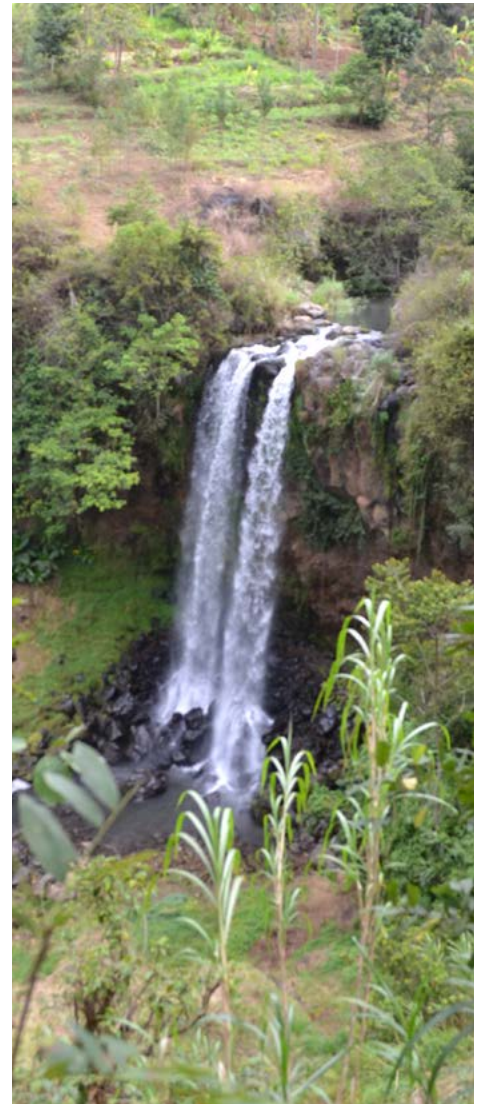
The park is popularly known as Kiene-kia-Nteere in local dialect, which means the Nteere grounds. Nteere (Nteere Mbogori) is the late former MP for North Imenti and assistant minister for information as from 1979-1983. The park has very clean concrete and metal benches for people to relax on.



Longitudes	=	37° 38' 10.4884" E
Latitude	=	0° 02' 33.9174"N

23.0 THE RIVER KATHITA WATERFALL AT GITWIKI

The River Kathita waterfall at Gitwiki which is also known as “Ntontanii” waterfall is a mesmerizing, unique, scenic and interesting site. The waterfall very close to another small waterfall from river Mpuri which make the two waterfall look like they have been put in comparison with one another by nature. The twin waterfalls are less than one kilometer from Meru town center, through Mwendantu road on your way to Milimani, Kinoru, Giantune and other places beyond. The locals around call the waterfall “ndurumo ya M’ntanii”. Ndurumo in the local dialect means a waterfall. M’ntanii was the first person to have settled near the waterfall, as his piece of land extends all the way to the waterfall. The whole region where the twin waterfalls are situated is popularly known as “Gitwiki” in reference to a landslide that had occurred there about five decades way back.



The River Kathita Waterfall at Gitwiki



The River Kathita Waterfall at Gitwiki

Longitudes = 37° 52' 29.9377" E
Latitude = 0° 09' 11.2469" N



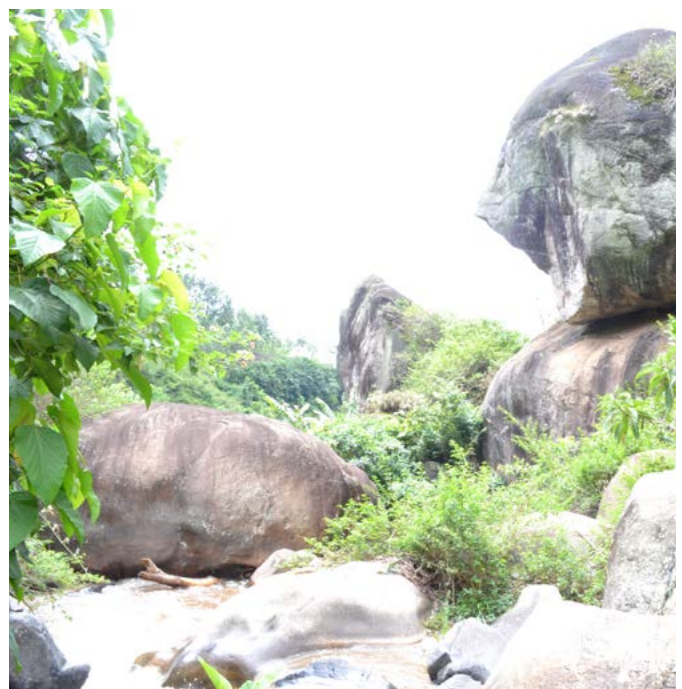
Mbili Water-fall in Mikinduri

24.0 MBILI WATER FALL

Mbili waterfall is found in river Thanantu and the water fall is found near Irindiro secondary school along Mikinduri - Maua road. The waterfall is named mbili after the first person to settle there on the land where it is found.



Mbili Water-fall



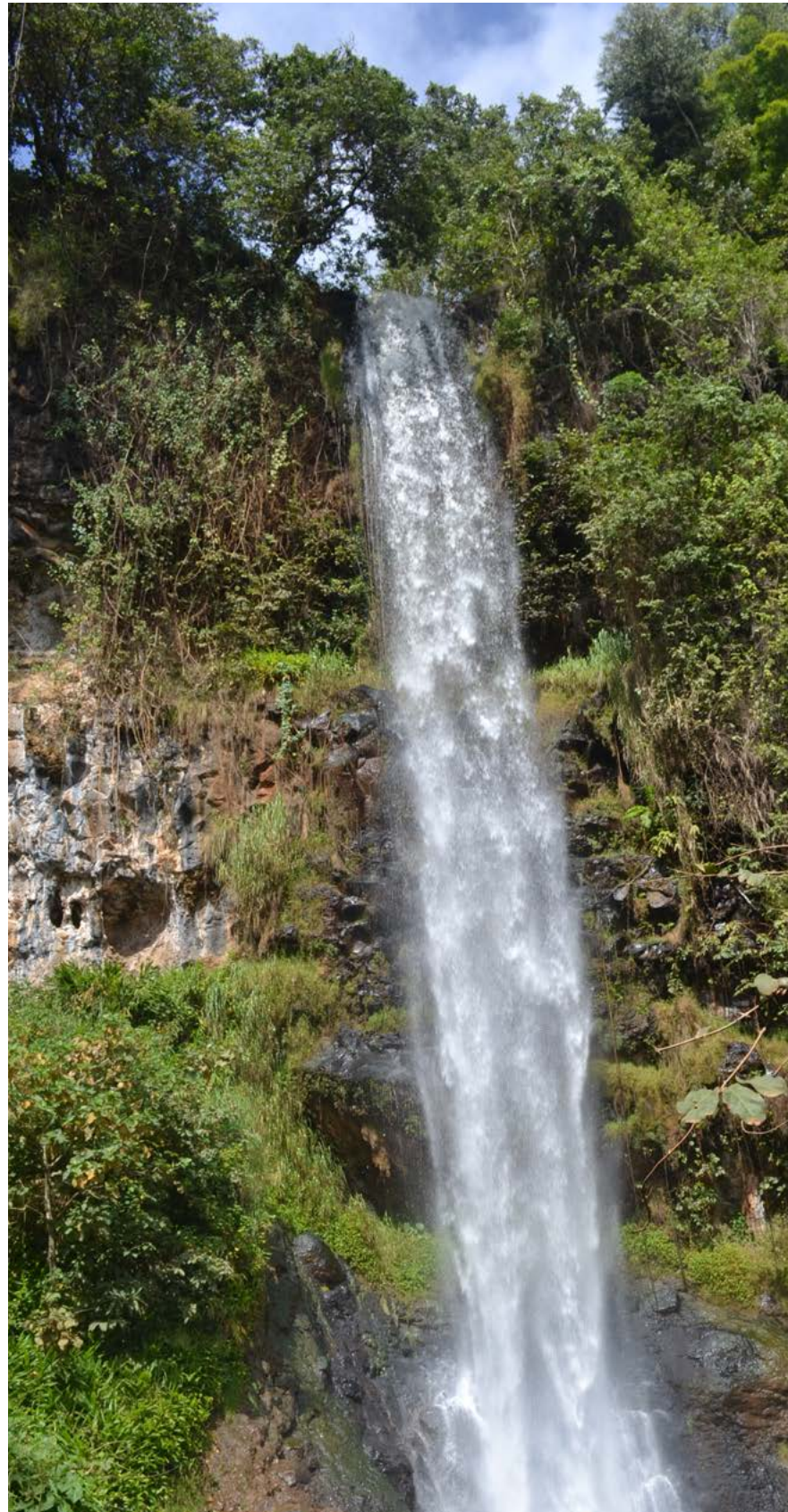
Rocks in Mbili Water-fall

25.0 DEVILS' BRIDGE WATERFALL

About 300 meters from Gikumene primary school along Meru-Nkubu Highway before negotiating the sharp Ngo'nyii corner, there is a splendid waterfall. The waterfall is locally known as Ndurumo-ya-irine, which literally means irine waterfall, and it is formed by River Riiji. The waterfall separates two neighbouring villages of Ngo'nyii and Nchaure. The water drops down to about 300 feet and hits upon rocks and turns into a milky mist before forming a small natural dam and then flows along the river course. About 30 meters from the waterfall is a huge boulder upon which the water has cut through as it proceeds with its journey downwards. This huge boulder, which the water has cut through, has been traditionally referred to as uroro-bwa-nkoma or ndaracha-ya-nkoma, which means devils' bridge.

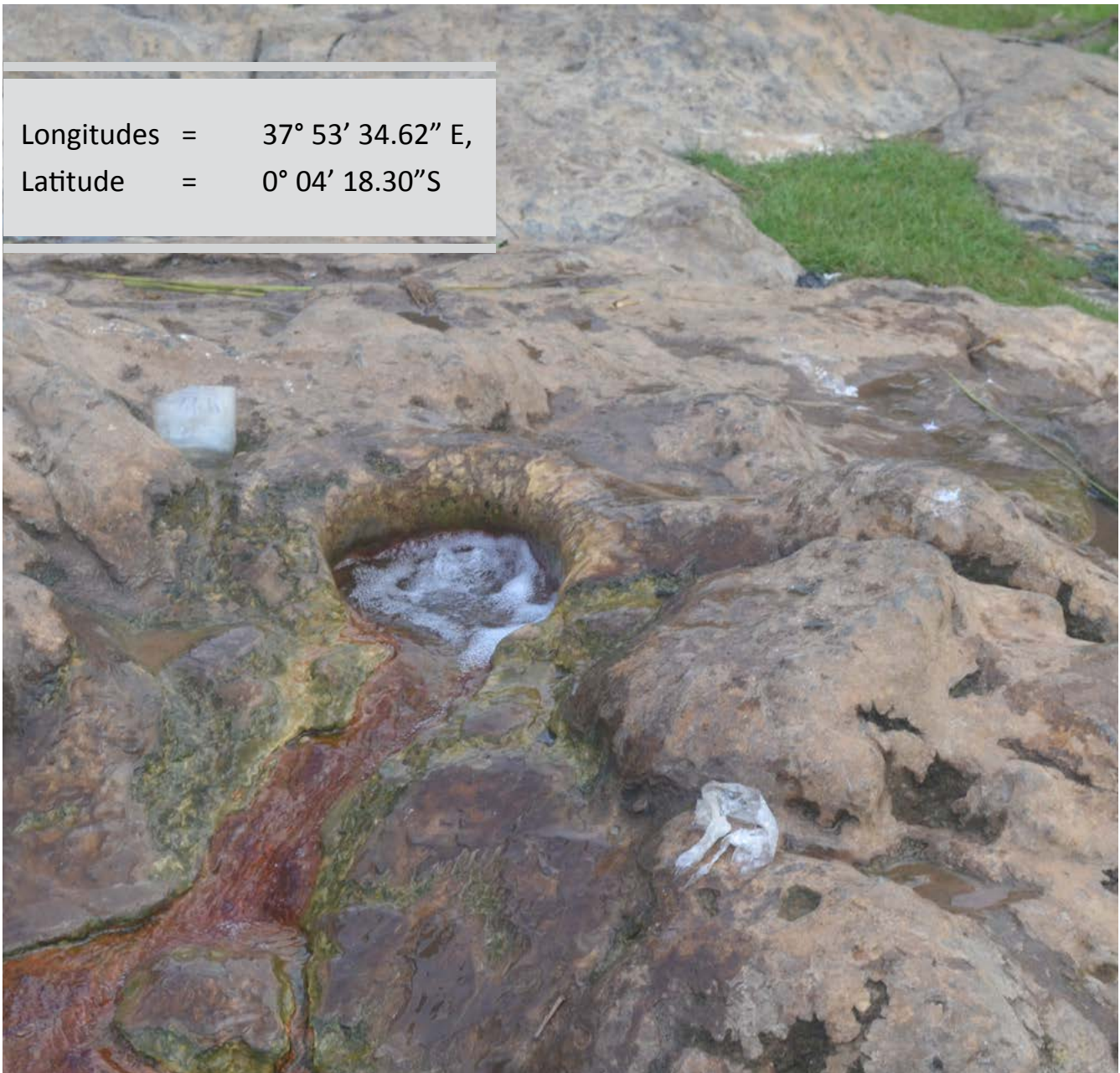
In the olden days, the place was an important source of red and white ochre. Ochre is traditionally known as nondoo in Meru language. Red and white ochre was used by various African communities for decoration of their bodies. It was also used by women to draw a line on their heads if one was hosting a community party.

During circumcision seasons, boys could be painted with ochre by their parents which was known as kuringwa-iraa as they went to be circumcised as a sign to show that the boy was now destined for circumcision which meant moving from childhood to adulthood. Community members also used to mine traditional salt called igatii or itui from the sides of the huge extensive boulder near the waterfall.



The Waterfall at Iriine aslo known as Devils Bridge

Longitudes = 37° 53' 34.62" E,
Latitude = 0° 04' 18.30"S



Tharuu Mineral Waters Gashes Out

26.0 THARUU MINERAL WATERS

Thaaruu mineral water springs are located in Thaaruu village in Imenti South along Nkubu-Kionyo road and commonly referred to 'mwonyo-jwa-thaaruu' in the local imenti dialect. The springs are popular in the surrounding region as it is the most important salt supplement for their livestock.

The mineral water springs points within the extended rocky parts of that place and community members have been using them for different purposes. There were certain mineral waters meant for human beings and others meant for their livestock. There are some mineral springs that produced water safe for human consumption and others for cooking only, especially local vegetables, arrowroots and dried maize.



Part of River Mutonga Stone Quarry

27.0 RIVER MUTONGA QUARRY

This is a building stones quarry along Meru-Embu road at river Mutonga Bridge. Mutonga stone quarry where discovered in 1938 by Luo people from Lake Victoria region (Luo land) who had come all the way looking for suitable stones for building.



Ready Stone at Mutonga River Quarry



Another Mutonga Quarry Section

Longitudes = 37° 41' 14.2009" E
Latitude = 0° 00' 16.2146"S

28.0 EQUATOR TAMADUNI CULTURAL CENTRE



Traditional Homestead at tamaduni Museum

Equator tamaduni Cultural Centre is a private museum founded by Mzee John Rukunga Kithingiri. In this museum one can find almost all the Meru traditional items in terms of weaponry, kitchenware, clothing, farm implements, ornaments and objects well preserved and conserved. There are over 300 artifacts.

Some Meru traditional artefacts found in this museum include;

i. Igaajii- traditional cuffs

This item is made of wooden plunk and two openings which are curved to put either the legs or hands of an offender. Notorious and dangerous offenders were handcuffed and leg-cuffed.



ii. Thigaki

This is a quaver and it was used as a container to keep poisoned arrows usually made of hollow bamboo stem covered in both ends with a piece of skin or hide

iii. Migwi ya ubai

Poisoned arrows made of a hollowed bamboo stem, with bird (eagle) feathers on one end for buoyancy and a metal tip on the other end.

iv. Meru warrior hut

Meru traditional warrior's hut referred to in Kimeru as gaaru-e-nthaka and it was thatched with long grass from top to bottom, as it had no mud walls. During the olden days, gaaru-e-nthaka was a big dormitory, which could accommodate thirty to fifty warriors, and it was their dwelling place till one got married and moved out to start his own home.



Some of the Meru Artifacts at the Cultural Museum



Meru Traditional Huts at Meru Cultural Museum

v. Meru traditional girls' hut

It's called muthimbere in Kimeru and by its front side where the door was it was fitted with two breasts like mud protrudings on either side purposely for warriors to know their rightful place when they visited a homestead in their search for life time partner.



Longitudes = 37° 39' 2.9811" E,
Latitude = 0° 02' 50.4921"N

Meru traditional homestead at Meru Museum

29.0 MERU NATIONAL MUSEUM

The first ever stone building in Meru town is the current Meru national museum. Its construction began in 1914 and ended in 1917 and it was the administrative office of the first Meru district commissioner Mr. Edward Butler Horne alias Kangangi. It was constructed in the British architectural design, which was the fashion of constructing houses during those times.

The main museum gallery has three sections displaying natural history; cultural history and human evolution/early man exhibitions. Then there is the open air exhibitions which include a typical Kimeru homestead; snake pit; crocodile pond; tortoise pen and fish pond. Other exhibitions include caged deadly snakes and primates. Kimeru herbal garden displaying different traditional Meru herbs makes the museum to have a forest look like scene. Incase you have never seen tortoise eggs, just be assured they are of the same size and look like those of a domestic chicken and in the Meru national museum they are plenty and displayed in an information board of reptiles.



Statues in Meru Museum



Snake Pit in Meru Museum



Longitudes =	37° 37' 26.4331" E
Latitude =	0° 13' 19.8610"N

30.0 “FOOT-PRINTS OF JESUS”

‘Foot-prints of Jesus’ are remains of a series of unique sets of ‘foot-prints’ found on a rock. These footprint traces are found at Laaria in Lolera location of Tigania West in Meru County about 8km from Ruiri market through the new tarmacked Ruiri-Isiolo road.

The community members claim these to be the footprints of Jesus which they refer to as “makinya ja Njesu” in Meru language.



The Giant Footprint at Laaria

The place is very famous because it trickles with salty water known as mwonyo in Meru language and from the time when the Meru community settled here they have been taking their livestock there to drink the salty water.

Geographically, the footsteps seem to be of the earliest men who stepped on the molten rocks during the formation of Nyambene ranges through volcanicity.



The Footprints on the Rock

Longitudes = 37° 38' 53.9552" E
Latitude = 0° 04' 14.0442" N

31.0 KAAGA PRIMARY SCHOOL WAR MONUMENT/ MEMORIAL BUILDING

This small building is right in the compound of Kaaga primary school, in an area concealed by indigenous trees, which are remnants of an indigenous forest. It is partitioned into two equal separate rooms. Though in a state of disrepair, the building is purported to have been a colonial structure constructed during the world wars for use by colonial military for various purposes. Unconfirmed tales have it that King George V1 of England was hidden in this building during the Second World War.

The King's African Rifles, the precursor to today's Kenya Army Cavalry Battalion later used the building as an armory when Kenya was a British colony. The area is famed to have been a military camp during the colonial days, as confirmed by a number of colonial-era unexploded munitions found recently. The locals of older generation referred the places as "gwa kia" meaning the place of KAR - King's African Rifles.



The Building at Kaaga Primary School

Longitudes = 37° 38' 53.5025" E
Latitude = 0° 04' 12.5789" N



32.0 KINGS AFRICAN RIFLES (KAR) MEMORIAL AT MERU TEACHERS TRAINING COLLEGE

Right at the flag post of Meru teachers training college there is metal plaque mounted on a stone structure commemorating the presence of the military base. Tales by elders refer to presence of soldiers practicing their drills in the 1920s and the whole place was sectioned into different units. This military base is said to have been vacated by the King's African Rifles army at the outbreak of the Second World War in 1939 and moved to Nanyuki.

The stone structure has 2 metal replica bayonets / swords screwed on its top making an X sign. The metal plaque bears the following inscriptions:

This memorial commemorates the 3rd and the 5th battalions the King's African rifles which was stationed here alternately from 24th may 1921 to 1st April 1939.



The Metal Plaque on the Stone Structure at the Flag post of Meru Teachers Training College



The Njuri-Ncheke Headquarters at Nchiru

33.0 THE NJURI-NCHEKE HEADQUARTERS

The Njuri-Ncheke council of Meru elder's headquarters at Nchiru is one of the most important historical and cultural pillars of the Meru community. The headquarters building serves as a great attraction to passersby not only from the community itself but also to other people from outside Meru and other parts of the world.

The building serves as a parliament since Njuri-Ncheke was the government of the day before the modern government took over. The place also serves as a sacred shrine to the elders and the entire Meru community and it was out of bounds for local people except the elders.

The building captivates the mental psychology of those seeing for the first time due to its unique ovoid / cylindrical architectural design of construction.

The building serves as the meeting place for all Njuri-Ncheke elders from all parts of the former larger Meru whenever they want to make a major decision or conduct a ritual concerning the Ameru community.



Njuri-Ncheke Elders



34.0 THE NJURI NCHEKE AMERU COUNCIL OF ELDER

Njuri-Ncheke council of elders has governed the Meru community since the time when they settled in their present day location many years way back. To become a member of the Njuri-Ncheke is the highest social rank to which a Meru man can aspire. The elders forming the Njuri-Ncheke are carefully selected and comprise mature, composed, respected and incorruptible members of the community. This is necessary, as their work requires great wisdom, personal discipline, and knowledge of the traditions.

The Njuri Ncheke is also the apex of the Meru traditional judicial system and their edicts apply across the entire community. The functions of the Njuri-Ncheke are to make and execute community laws, to listen to and settle disputes, and to pass on community knowledge and norms across the generations in their role as the

custodians of traditional culture. Local disputes will invariably first be dealt with by lower ranks of the elders (Kiama), then the middle rank (Njuri) and finally the Njuri-Ncheke. However, Njuri Ncheke does not handle matters involving non-Meru people, or those that are expressly under the Kenya's common law. Interestingly, the determination of cases by the Njuri Ncheke, just like is for common law, relies a lot on case law and precedence.

A lesser known, yet important function of the Njuri-Ncheke, is the overseeing and enforcing the rules and regulations controlling the use and conservation of open grasslands, salt-licks and forests. Their work as conservatives extends to the preservation of the Sacred Sites.

Longitudes = 37° 50' 29.2931" E
Latitude = 0° 07' 4.2418" N

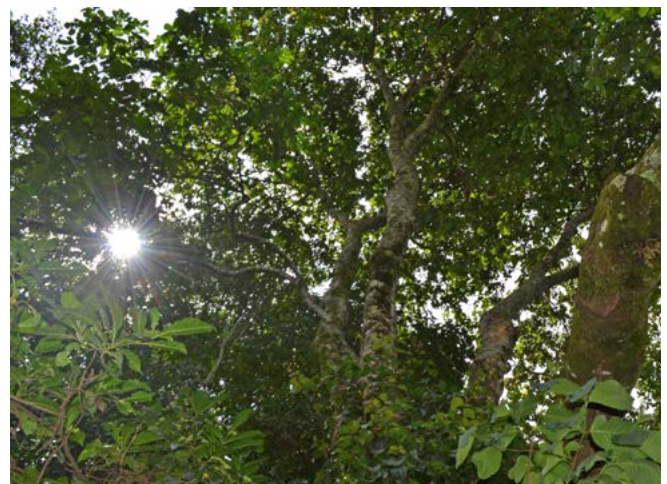


A section of Rwerea Njuri-Ncheke Shrine

35.0 RWEREA NJURI - NCHEKE SHRINE

Rwerea sacred shrine is located in Mikinduri about one kilometer from Mikinduri market, along Mikinduri-mlango road within Tigania East. It is the headquarter of all Tigania sub-tribe (NjuriNcheke) elders. All Njuri Ncheke designated sites and forests are sacred in Meru community. Each sub-tribe has its own sites.

This Njuri Ncheke shrines are referred to as 'nyomba ya njuri' in Meru language, which literally means the house of Njuri Ncheke. The shrine was used as a meeting place for the Njuri Ncheke elders to deliberate on their activities and also as a court to serve Tigania people.



Other Sections of Rwerea Shrine



The cultural center at Turima-twa-Athii

36.0 TURIMA-TWA-ATHII CULTURAL CENTER

Turima-Twa-Athii is a sacred shrine of South Imenti Njuri-Ncheke council of elders. The shrine is found at the base of a hill called Karima-ka-athii, which means a hill of hunters in local Meru dialect. The place is characterized with some huge rocks, trees and thick shrubs.

The top of the hill is flat and while at the top you can have great splendid view of surrounding regions, which extend all the way to the neighboring Tharaka-nithi County.

In the past, hunters used the hill as their resting place as they hunted wild animals, which roamed, in the surrounding areas. It was also used as a watchtower to survey where wild animals could be found.

Today the place has a stone constructed cultural center, which is intended to be a learning center for the Meru culture and traditions.

Longitudes = 37° 32' 5.2399" E,
Latitude = 0° 05' 21.0066" N

37.0 MUCHEENE MAU MAU CAVE

The Mucheene Mau Mau is a cave in Mt. Kenya forest, which is famous hide out of the former freedom fighters from Meru during the height of Kenya's struggle for independence during the early 1950s to mid-1960s. The cave is in the same state as it was used by the freedom fighters during the fight for independence. It is found in a bushy area.

According to Mau Mau narrations this cave is associated with freedom fighters such as field Marshal Musa Mwariama, M' Ikiara nyonta (Major Ruku) and General

Mathenge. The cave was associated with a plan to seek assistance from Ethiopia's Emperor Haile Sellasie through the acquaintances they had made while in Ethiopia during the war.

The cave would later be used as the armoury and distribution point for munitions brought from Ethiopia, to other Mau Mau bases around Mt. Kenya.



Inside the Mau Mau Cave at Mucheene



Longitudes = 37° 42' 03.41." E
Latitude = 0° 04' 042"S



The Church at Mujwaa Catholic Parish

38.0 MUJWAA CATHOLIC PARISH

Mujwaa Catholic Parish is the genesis of the Catholic Church in the larger Meru, which comprised of the two current Meru Counties namely Meru and Tharaka-Nithi.

Luigi Olivero and Giovanni Balbo planted the first church in 1911 after a stint at Kijja where they'd had settled initially.

It was at the current Mujwaa Parish grounds where the two pioneer Italian Catholic priests namely Fathers

At the Parish the pioneer priests were among the first ever to install their own electricity power generating plant in Meru in 1926.



Stone Plaque at Mujwaa Catholic Church



Grave-yard Cementry Within Mujwaa Catholic Church

Longitudes = 37° 48 18.30" E,
Latitude = 0° 14' 04.5"S



Traditional Grinding Stones

39.0 AMERU TRADITIONAL GRINDING STONE

The grinding stone is one of the most important technologies in the traditional African society. It was the milling machine for dry cereals, legumes and herbs for food and medicine.

In Nthangarine village of Mukuani sub-location in Muthara and within the clan of Mburi-Ntune, the manufacture of grinding stones is still a commercial activity todate.

The raw materials used to carve the grinding stone by the few people from Nthangarine village are rocks, which they break from the nearby Kithilemwa hills.

To carve the grinding stone takes the form of first breaking sizeable rectangular like stone pieces from the huge mountain rocks using a big crowbar which is driven with force into marked holes in the rock using a sledge hammer till it breaks.



A Carver Breaks a rock to carve grinding



A Technician making a grinding stone

40.0 AGRO TOURISM

Agriculture is a major economic activity in Meru County, a fact attribute to the volcanic soils in the high altitude areas. Coffee, tea, French-beans bananas and dairy products are the primary produce. This abundance has created a booming Wholesale and retail trade in agro-produce that is playing an important role in the county's economy.

Longitudes	=	37° 40' 23.6064" E
Latitude	=	0° 06' 50.0474" S



Banana Plantation

BANANA MARKET OF NTHARENE



Meru County is currently the leading producer of bananas in Kenya, having overtaken Kisii County in the recent past.

The bulk of banana production in Meru County is done in South Imenti and this can be noted on roadside market of Ntharene along the Meru-Embu Highway, about 5km from Nkubu town. In South Imenti, bananas are mostly grown in the lower zone of the district by small-scale farmers using overhead as well as furrow irrigation. The lower zone of South Imenti, which is noted for its banana production, is Mitunguu. Other parts of Meru County noted for banana production include Central Imenti in the lower regions like Kariene and Mwanga-nthia. Also North Imenti grows bananas in the lower zones.

At Ntharene market and on both sides of the Highway, every Monday morning, which is the major banana market day, these are heaps and heaps of green and ripe bananas surrounded by haggling sellers and buyers of either gender with their lorries and pick up trucks waiting nearby. A cacophony of activities besides the animated haggling between sellers and buyers include; loading and unloading.

Other notable farm produce in Ntharene market include various types of fruits including paw-paws, avocados, water-melon, oranges, mangoes, tangerines and tree tomatoes among others, various types of traditional roots and tubers such as arrow-roots, yams, cassava and sweet potatoes.

The popularity of the Ntharene market is enhanced most specifically by the women who sell in the ripe banana and have come to be fondly referred to as "Ekuru-ba-Thoko-ya-Ntharene" which in the local Meru dialect means 'women of Ntharene market'. The ripe banana and fruit market is open daily basis and

and popular with commuters along the busy road.



Retail Market Ntharene

TEA FARM AND FACTORY VISITS:

Tea farming in Meru County is concentrated in the highlands areas of Mount Kenya region and Nyambene hills. Tea growing on these slopes form an undulating green carpet of evenly trimmed tea bushes as far as the eye can see providing a panoramic calming green beauty.



Tea Plantation

Compounding this green aesthetics is the relentless, artistically rhythmical plucking of the leaves as the first step to making that hot cup of tea with or without milk in most peoples breakfast tables. The top two leaves and the bud are proven to be the key in producing the best tea and are hence picked. This process continues by taking the leaves in large open raffia baskets carried on the back, shoulders or on the head to the collection points the leaves are taken to the factories where they are naturally or mechanically withered, rolled, fermented, dried, sorted, graded, packaged and storage. All these processes are amazingly beholden

and would hypnotize even the regular visitors to the farms and factories and thence an experience to witness by actively participating in the processing. Visits to these farms can be arranged via the management of the various factories through facilitation by the County Tourist office.

WHEAT FARMS AND CATTLE RANCHES

Large-scale wheat farming and cattle ranching in Meru County is mainly practiced in leeward side of the Mt. Kenya specifically in Timau. These farms are expansive and commonly owned by second or third fourth generation of settlers from colonial Kenya. Other livestock found in these farms include Merino sheep and Horses. Visit to these farms can be arranged directly, through a registered and licensed tour operator of facilitated via the Meru County Tourism office.



Wheat Farming at Timau

PURPLE TEA IN MERU COUNTY:

A new type of tea which can earn ten times in the world market more than what farmers earn from the normal green leaf tea in the same market has been introduced in Meru County by a renown large scale tea and coffee farmer. This new type of tea known as purple tea which is characterized by purplish colour on its leaves and stalk has also a big market in Japan. In order to promote the proper establishment of purple tea farming, over 1.4 Million seedlings have been sold





A Purple Tea Farm Ready For Harvesting

Longitudes = 37° 34' 14.2567" E
Latitude = 0° 03' 16.6305" S

MARIMBA FARM

Marimba farm is found in the cold uppermost part of South Imenti which borders the Mount Kenya forest. The farm is famous for breeding Ayrshire and Fresian cows and rabbits.



Grade Cows at marimba farm

The farm had been started as a colonial farm during the colonial era by a white settler who had been nicknamed as Kitheti by the local community members. It remained as a settler farm up to 1963 when Kenya attained independence and the settler left.

The farm was originally 400 acres but nowadays its 120 acres due to settlement of community members after Kenya attained independence in 1963. Some community members had to be settled in farms which had been occupied by settlers.

The colonial legacy which has been left at Marimba farm is the farm house which the colonial settler (Kitheti) used to live in and which today serves as the residential house of the farm manager.



A Rabbit in Marimba Farm

FLORICULTURE AND HORTICULTURE



Flowers in Timau

This labour intensive and modern form of flower and horticulture farming is found in Meru County. Various types of flowers and French beans, commonly known as michiri are grown in the Timau area.



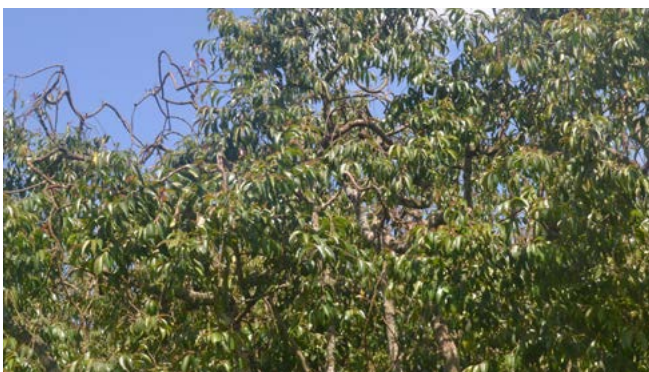


Miraa Trader

French Beans at a Farm in Timau

MIRAA (KHAT) FARMING

Miraa (Khat) is a flowering plant commonly found within the horn of Africa and Arabian Peninsula countries. The angiosperm plant is scientifically referred to as *Catha edulis* and is commonly chewed for leisure and pleasure of the communities in these countries.



A Miraa Farm in Nyambene Area

In Kenya, this plant is commonly found, extensively farmed and the best of this plant grows in Meru County

than any other place in the world. Due to the high quality of this chew plant, Miraa from Meru is famed around the country and abroad, making it a leading cash plant in this county.

Miraa in Kenya and particularly in Meru County is mostly grown in Nyambene region of Meru County. It is widely distributed inside and outside Kenya. Before it was banned in the United Kingdom and the Netherlands, it was exported to Europe in countries like Britain and Holland, while in the Arab counties it is exported to Saudi-Arabia, Oman and Yemen among other Arab countries. In Africa, it is exported to countries like Somalia, Ethiopia and Djibouti.

Miraa for consumption is harvested from tree as young twigs or branches. The twigs are normally tender and miraa users chew the outer cover or the bark of the twigs. The bark is bitter but for those who like the product, the bitter taste is associated with quality.



This plant is so important in the Meru community that it has been inculcated in most aspects culture, traditions and customs of the Ameru. A certain type of this plant, mostly from the aged trees is only chewed by the elders and is considered a sign of ultimate respect if an elder offers a young man a taste of this type of 'khat' which is commonly referred to Nchooro

In the traditional Ameru households, a youngman seeking a hand of marriage of a daughter from that household would present a bunch of this type of Miraa to the elders. If he were accepted, he would be called to chew briefly with the elders and if he is rejected, the bunch of Miraa is returned to him.

Due to its high perishability, its not uncommon to encounter fast driven Miraa pickup trucks delivering Miraa to various markets within the country as far as Mombasa as well as after harvest Nairobi's Wilson and Jomo Kenya International Airport for export to Somalia, Arabian Peninsula and Europe.

COFFEE FARMING



The Meru community is reputed as the first Kenyan Africans to grow coffee in Kenya in early 1930s upon the implementation of the Devonshire White Paper of 1923.

Coffee growing in Meru is dictated by the climatic

conditions throughout the year which has two rainy seasons. The other factor which contributes to coffee growing in Meru County is the volcanic soils of the high latitude regions which are found in the slopes of Mount Kenya and the Nyambene ranges.

Districts noted for coffee farming in Meru County include Central Imenti, South Imenti and North Imenti among others.

In Central Imenti, areas like Katheri and Githongo grow a lot of coffee while in South Imenti, areas like lower Chule and Kithangari among others produce a lot of coffee. In North Imenti, areas like Ntakira, Nyaki, Ntima and Nkabune produce a lot of coffee. The major coffee harvesting period in Meru County starts from early May and continues throughout June and at times going up to early July.

After harvesting it is taken to coffee factories owned by farmers coffee co-operative societies which are spread out through the county.

At the factories, it is processed through various processes, dried and then packed in gunny bags before it is delivered for further processing at the Meru County Coffee Millers Cooperative Union mills (MCCMCU) situated in Meru town.

At the MCCMCU mills, the coffee beans undergo further processing. The MCCMCU officials then market the coffee on behalf of the farmers and pay them promptly when the coffee is bought through their respective co-operative societies.

INSTITUTES OF HIGHER LEARNING

MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY



Engineering Complex

Meru University of Science Technology is a public university in Meru County; it is located 15kms from Meru Town along Meru-Maua Road.

The University opened its doors as Meru University College of Science and Technology in 2009 with 45 students and became a fully-fledged university on 1st March, 2013. The University's Chancellor is Dr James Mwangi, the Managing Director and CEO Equity Group Holdings. In line with its core mandate in Science and Technology, the university works closely with the Business and industry particularly in the fields of Innovation, Entrepreneurship, Public Health, Biological Sciences, Physical Science, Mining, Water, Forestry, Engineering and Technology.

The Main Campus is situated in an excellent location, evergreen with variety of trees, shrubs, flowers and beautiful land terrain with easy access to the Main roads leading to Maua Town, Isiolo and Meru Town.

Housed at the Campus are:

- School of Health Sciences
- University Health Services



Innovation, Incubation and Entrepreneurship Centre

- School of Business and Economics
- School of Agriculture and Food Science
- School of Education Science
- School of Pure and Applied Sciences
- School of Information Technology and Engineering
- Innovation, Incubation and Entrepreneurship Centre
- Reuben Marambii Library
- Halls of Residence and Catering Services
- Sports and Games Office

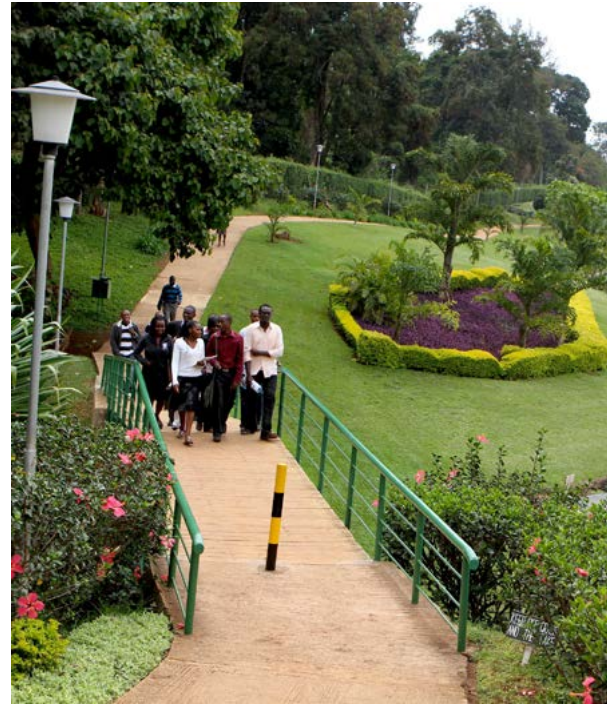
P.O. Box, 972-60200 Meru-Kenya

**Phone: +254 712524293, 254 725330826,
+254 705790660, +254 2092048,
+254 706364687**

Email: info@must.ac.ke

Website: www.must.ac.ke

KENYA METHODIST UNIVERSITY (KEMU)



HISTORICAL BACKGROUND OF THE UNIVERSITY

Kenya Methodist University (KeMU) is a Chartered Private Christian Institution, founded by the Methodist Church in Kenya. The Church established Kaaga Rural Training Centre for training the community in Agriculture and later the Methodist Training Institute (MTI) which became a Centre for training Ministers for the Methodist Church.

KeMU became a chartered University in June 2006 upon being awarded the Charter by His Excellency Hon. Mwai Kibaki, CGH, MP, former President and Commander in Chief of the Armed Forces of the Republic of Kenya. Over the years, the University has continued to grow and to develop in terms of student numbers, staffing and infrastructure to cater for increasing demand for higher education in Kenya and within the region. The University has well established Campuses in Nairobi, Mombasa, Nakuru and Nyeri, and Kisii.

Kenya Methodist University offers one of the most scenic environments for study and thought. Its man made lake and expansive view of the hill of Meru allow our students to focus on their studies. The Western end of the campus is graced by the Mount Kenya

forest through which graceful elephants can be viewed feeding on the vegetation. This view is truly second to none.

a) Vision

To be a world class Christian University raising a generation of professionals and transformational leaders.

b) Mission

To contribute to the transformation of society by providing high quality education that promotes excellence in scholarship, research and selfless service to the community.

Kenya Methodist University offers numerous courses in the following schools and faculties.

- **School of Medicine and Health Sciences**
- **School of Business and Economics**
- **Faculty of Computing and Informatics**
- **Faculty of Education, Arts and Sciences**

KENYA SCHOOL OF ADVENTURE AND LEADERSHIP (KESAL)



Kenya School Of Adventure And Leadership (KESAL) is a public outdoor training center, which offers unique experiential based training solutions. It's the only public experiential-based training center in Kenya which offer various trainings in various fields like mountain guiding, tour guiding, general adventure, camping and camp craft, environmental education and outdoor instructing among others.

The learning at KESAL involves practical training, which confers one with critical thinking as well quick mental and physical reflexes in the face of various challenges.

SPORTS

KINORU STADIUM - MERU



Artesian Impression View Of Kinoru Stadium Upon Completion

Kinoru Stadium is located in Meru town and is the main stadium in the county. Kinoru Stadium has a length of 0.77 kilometers and has hosted a number of important sports events of national stature. These include; Tusker safari sevens rugby tournament and Kenya Premier league football matches among others.

Kinoru Stadium is undergoing a massive upgrade of the existing structure to a 10,000 capacity stadium complete with the necessary player and spectator facilities & additional basketball, netball, tennis and volleyball courts. This will see the Stadium achieve a number of objectives such as; enhance a sense of community through sport, generate revenue for Meru County and encourage sustainable development strategies.

The upgrade is expected to see the following structures and facilities build-in into the stadium complex;

- Restaurant (open to the public)
- Refreshment stalls and merchandise outlets
- Venue Operations Center
- Players' changing rooms (separated for the home and away teams) with dugout access to the pitch
- Referee's changing room
- Public bathrooms with integrated wheelchair accessible stalls
- Detention facilities
- Site management offices
- Meeting room
- First Aid center
- Equipment storage facilities
- Commentator box and media room
- Ticketing areas with turnstile access into the stadium
- Additional pitches for tennis, volleyball, basketball and netball
- Field event areas
- Gym (open to public)
- 10,000 seater stadium with public, VIP and VVIP seating.
- Public parking
- Separate VIP, VVIP and players' parking

BASEBALL AND TOURISM IN MERU COUNTY



In Kenya, baseball was introduced after the collapse of the British rounder's a sport similar to baseball that was famous in 1960's. However, the sport was only played in the American schools only in Kenya until 1972 when baseball and softball federation were registered in Nairobi.

In Meru central sub-county, baseball was not known in the area until 2010 when the sport was started as a challenge thrown to the Deputy County Commissioner Mr. Samuel W. Kimiti by the Kenya Little League President Mr. George Mahinda. This was during the MDG's football tournament themed "Kick poverty out of Meru" at Kariene sports ground, Meru central sub-county.

Since then, the sport has grown not only in the sub-county but the entire county and Meru is known as the home of baseball in the country. Teams have been developing ever since and recently, during the World cup African eliminations that Meru hosted, 13 out of the 18 National team players were from Meru with their coach AP Constable Francis Muchiri picked as the national team Head coach.

This has also created interest from other baseball enthusiasts from all over the world with some even coming all the way to be part of the history. County Government of Meru hosted coaches from Canada,

Japan, Germany, USA, Uganda and Tanzania and more are still planning to have a program with us including 'pearl of Africa' and 'play global international' organizations. Since inception, we have taken teams all around the East African region. We have taken teams to Kampala Uganda (4 times), Mwanza Tanzania, Dar-es-salaam Tanzania, Nakuru, Migori, Nairobi, Mombasa and Machakos. Apart from that, our coach Francis Muchiri was selected to attend the All African baseball coaches' conference and the Major League Baseball player's elite camp in South Africa from 28th November 2014 to 13th December, 2014. Through baseball there is a huge project coming up where we shall have the first of its kind in form of a sports university, sports academy and a baseball complex in Kirwiro, Meru central sub-county. This is already in advanced stage as the county Government of Meru has promised to be part of the plan. The community already has given the land for the project totaling 56 acres.

Deputy county commissioner has been receiving awards for the good job baseball has done to the society. These awards includes; MDG's Award, DEB Award, UN Award, DC of the year Award, MDG trust Award, SOYA Award (Community Hero of the year 2014). In the recent African elimination Kenya took the fourth position in Africa. Meru central have won the county and national trophies in both boys and girls. The girls took the East Africa trophy in Migori.

AIRPORT

ISIOLO INTERNATIONAL AIRPORT



Isiolo Runway Under Construction

Isiolo Airport serves the town of Isiolo in central Kenya. The airport features a single 1500m runway for civilian use. Kenya Airports Authority (KAA) commenced a USD 10 million upgrade project since 2013. The project involves construction of a terminal with capacity for 125,000 passengers per annum, construction of a parking area, hangar, emergency facilities and control tower, extension of the runway from 1400m to 2500m and upgrading facilities to handle international services.

This particular project falls under the cross cutting Vision 2030 macro economic and enablers pillar which seeks to lay a stable foundation of the other three pillars. At the Vision Delivery Board, we are conscious of the fact that the economic, social and political pillars of our national development policy are anchored on macroeconomic stability; continuity in governance reforms, enhanced equity and wealth creation opportunities for the poor.

This airport will help also provide a convenient transport solution for Agricultural produce, tourists wishing to visit the destinations around Isiolo. This airport will also boost the county to be a more important

economic hub. Given the role played by Wilson airport in the transportation of khat (miraa). Isiolo airport will complement and help decongest Wilson Airport by picking some of the traffic. In the nearby Meru County, particularly Maua area, Miraa growing and trade is an important economic mainstay that will greatly benefit from this airport.

Beyond transport, this airport provides infrastructural support to the proposed resorts that will soon dot this resort city area. As you may be aware, the development of resort cities is one of the seven key LAPSSET project components. Besides Lamu, Isiolo and Turkana counties have been identified as resort city location areas. Here in Isiolo, the nearby Kipsing hill has been identified as one of the suitable sites to locate a five star resort; this will drastically change the life of the pastoral communities in the region

WHERE TO STAY

NKUBU HERITAGE HOTEL | *The World class experience in the home of Mt. Kenya*



Nkubu Heritage hotel is ideally located along the Nairobi – Meru Highway and offers easy access to tourists wishing to explore the eastern side of Mt. Kenya, Meru National Park, and Meru Museum and is enroute to Isiolo and Samburu region.

ACCOMMODATION

The Hotel offers wide range of high quality accommodation with rooms ranging from spacious deluxe, family rooms to executive suites. Our facility features elegant interior, internet access, flat screens, telephones all done in classical style.



WEEDING GARDENS AND KIDS PLAY GROUND



Our Gardens



Wedding in our Garden



Our kids play ground

We boast of two spacious well designed and modern wedding gardens for that memorable aisle experience with the capacity of 350 pax to 3, 000 pax (Heritage Gardens). Our kids play ground makes us a family destination for the ultimate family experience.

CONFERENCING



We offer state of the art banqueting and conferencing facilities with a range of meeting and function rooms equipped with the latest audio-visual equipment with the capacity of up to 250 people. We have 5 other conference facilities with small capacities ranging from 45 pax to 10 pax that can be used as break away facilities or secretariat(s). We offer quality team building facilities.

BAR, COFFEE SHOP AND RESTAURANT



The hotels prides of our over culturally well designed bar, modern coffee shop, and restaurant for some of the finest dining experience, coffee fusion of cuisines with influence from both continental and oriental cuisines, mouthwatering smoothies and health drinks

WE TOUR PACKAGES AND DRIVES TO MOUNT KENYA



Nkubu Heritage Hotel is the preferred destination that offers guests with the modern hospitality experience by in cooperating Adventure Safaris to the Meru National Park, Samburu Game Reserve, Mount Kenya climbing and game drive, site seeing, farm and village visits among others. We offer Mount Kenya Drives to clients on request at a minimal fee to Lake Ellis up the Africa's second highest mountain. We also have an Annual Mount Kenya drive to the Lake Ellis. This year's drive is on in August.

FOR RESERVATION(S) CONTACT:

Nkubu Heritage Hotel

P.O Box 630-60202 Nkubu-Kenya

Phone: +254 711 837 111/0733837111/0735837111

Email: info@nkubheritagehotel.com

Website: www.nkubheritagehotel.com



ROYAL PRINCE HOTEL

Royal Prince Hotel is a classic facility strategically located at the heart of Meru Town and Makutano Township. Royal Prince Hotels offers the most decent and professional services with accommodation, conference facilities and entertainment at our Club's 'Neon and Bubbles' offering Karaoke and divas nights all in one facility. This is the place to stay and enjoy while in Meru.

Welcome to these luxurious, secure hotels within Meru Town.



Contact: 0701 685 455 / 0725 920 645

Address: 964 – 60200 – Meru

Website: www.royalprincehotel.com

Email: royalprince35@yahoo.com



GENERAL INFORMATION ON KENYA

1. Visa information

A visa is required prior to entry into Kenya.

Single Entry Visa (SJV) valid for three months from date of issue – US\$ 50

Multiple Entry Visa (MJV) – \$110

Transit Visa (TV) – \$20.

You can also pay using Euros, GBP or SwissFrancs. All the visa requirements will apply to children under 16 years who were previously exempted from visa payment and other formalities.

For more information please check <http://www.immigration.go.ke>

2. Getting There

Kenya has three international airports; Jomo Kenyatta International Airport in Nairobi, Moi International Airport in Mombasa and Eldoret International Airport. These airports service numerous international carriers including the national airline Kenya Airways. Kenya has good connections to destinations throughout Europe, the Asia-Pacific region, USA and Africa.

Kenya can be accessed by road from Tanzania, Uganda, Ethiopia, Sudan and Somalia. Immigration should be processed at land border stations. Entry by sea is possible, and immigration should be processed at a port facility. www.magicalkenya.com

CALL CENTERS

Safaricom Shop, Njuri-ncheke Street next to Meru Uniform

Airtel, Kenyatta Highway, Opposite Meru Police Station

Orange, Telcom house, opposite Kenya Methodist University Meru Town Campus

ENTERTAINMENT SPOTS

These include the following clubs in meru town

1. Simba Wells in Makutano Shopping Center
2. Royal Prince Hotel in Meru Town
3. Venus Club in Makutano Shopping Center
4. Blends Club in Makutano Shopping Center
5. Neon Club in Makutano Shopping Center
6. Beehive Club in Maua Town
7. Lamsey Hotel Nkubu



BANKING SERVICES IN MERU

Barclays Bank

Meru Branch
P.O. Box 92-60200
Meru
Code: 013
Kenya
Tel: 254 643 01 87
Tel: 254 643 27 85
Fax: 254 000 000 000

Barclays Bank

Nakumatt Meru Branch
P.O. Box 3016-60200
Meru
Code: 071
Kenya
Tel: 254 064 318 00
Tel: 254 064 318 01
Fax: 254 000 000 000

Bank of Africa

Maua Road
P.O. Box 69562-00400
Meru, Kenya
Tel: 254 203 275 691
Tel: 254 000 000 000
Fax: 254 000 000 000

ABC Bank

Moi Avenue
P.O. Box 3100-60200
Meru, Kenya
Tel: 254 064 311 08
Tel: 254 064 311 09
Fax: 254 064 312 93

Commercial Bank of Africa

Alexander Building
Moi Avenue Street
P.O. Box
Meru, Kenya
Tel: 254 064 315 36
Tel: 254 064 315 37
Fax: 254 064 315 38

Consolidated Bank of Kenya

P.O. Box 82342-60100
Meru, Kenya
Tel: 254 068 309 22
Tel: 254 068 309 23
Fax: 254 068 206 73

Equity Bank

Equity Building along Moi
Avenue
P.O. Box 400-60200
Meru, Kenya
Tel: 254 643 29 20
Tel: 254 000 000 000
Fax: 254 643 00 69

Family Bank

Nchuri Ncheke Road
Next to Budget Supermarket
P.O. Box
Meru, Kenya
Tel: 254 643 02 19
Tel: 254 643 02 41
Fax: 254 643 06 11

Fina Bank Ltd

Alexander Building
Ghana Road
P.O. Box 1733-60200
Meru, Kenya
Tel: 254 643 02 10
Tel: 254 643 02 12
Fax: 254 000 000 000

K-Rep Bank Ltd

Ghana Road
Opposite Uchumi
P.O. Box 3066
Meru, Kenya
Tel: 254 724 253 352
Tel: 254 643 14 83
Fax: 254 000 000 000

Kenya Commercial Bank

P.O. Box 178
Meru, Kenya
Tel: 254 642 08 86
Tel: 254 642 08 87
Fax: 254 643 00 14

National Bank of Kenya

P.O. Box 1174-60200
Meru, Kenya
Tel: 254 203 588 249
Tel: 254 000 000 000
Fax: 254 442 29 16

National Bank of Kenya

P.O. Box 1774
Meru, Kenya
Tel: 254 643 22 02
Tel: 254 643 02 55
Fax: 254 643 05 41

Standard Chartered Bank

Harambee Street
P.O. Box
Meru, Kenya
Tel: 254 643 11 26
Tel: 254 643 11 27
Fax: 254 000 000 000



MERU POLICE STATIONS HOTLINES

1. Meru Police Station (064)31222 / 0736350139
2. Kirua 064-41002
3. Kariene police station 064-51435
4. Maua police station 064-21022
5. Nkubu police station 064-51002
6. Mikinduri police station
7. Tigania / Ngundune police station 064-66255
8. Timau police station 064-41002
9. Nchiru police station 064-66409

FIRE BRIGADE

Meru county fire brigade

Tel: 0726173505

SECURITY COMPANIES IN MERU

G4S SECURITY SERVICES KENYA LTD

Meru Branch, Box 680-60200, Meru, Kenya
Phone: +2542020580

IDEAL SECURITY SERVICES LTD.

Kinoru Road, Kinoru, Meru.
Tel: Office: +254722848020.

PELT SECURITY SERVICES

Address: 140-60200, Meru, Kenya
Mobile phone: 0735091492
Website: www.peltsecurity.com

KALI SECURITY CO LTD

Address: 1512-60209 Gaitu, Meru, Kenya
Phone: +254-6430673

TRANSPORT COMPANIES IN MERU

MERU NANYUKI (MENANY) SERVICES SACCO LTD

Address / P.O BOX: 827,60200 Meru
Phone: (254) 64 - 32950 (+254-(254) 64 - 32950)
Telephone: (254) 64 - 32950 (+254-(254) 64 - 32950)
City/Area: Meru Town

MERU NYAMBENE (MENYA) SACCO

Head Office. Meru maua road, Town Centre, Meru.
Office: 254724229975

MERU NISSAN SACCO

TEL: 0703844441 / 0703844440
Website: www.merunissansacco.com

MERU UNIQUE SHUTTLE

Head Office. sunbird street, Town Centre, Meru. Office:
254724175195



UNIVERSITIES IN MERU COUNTY

MERU UNIVERSITY OF SCIENCE & TECHNOLOGY

Contacts: P.O Box ,972-60200 Meru Kenya
Phone: +254 712524293
Email: info@must.ac.ke

NAZARENE UNIVERSITY

Meru campus is located at Harts Towers
opposite the Meru police station in Meru town
0723465509 / 0722 266 354 / 0733 874 111

KENYA METHODIST UNIVERSITY (KEMU):

Meru Campus
P.O. Box 267 - 60200,
Meru, Kenya.
Telephone: 064-31229/31206/31146
Safaricom: 0724-256162
Airtel: 0734-310655
Orange: 020-2118423/4/5/7
Fax: 064-30162
Email: info@kemu.ac.ke

NAIROBI UNIVERSITY

Meru Extra Mural Centre

TOUR OPERATORS AND TRAVEL AGENTS

Jipange Mapema



- Local & International Holidays
- Organized Group Tours & Pilgrimages
- School Holidays & Half Term Getaways
- Team Building & Strategic Planning Retreats
- Executive Buses for group Transport
- School learning Tours
- International Sports Tours
- Family Holiday-Xmas, Easter
- Air Tickets



Book early & pay in Instalments



Bushblazers Tours, Travel & Safaris
Arrow House 2nd Floor, Koinange Street, Nairobi-Kenya
Tel:+254 722 321 239/731 561628/020 2241321/020312967
Email: info@bushblazers.com

Meru Branch :
Nakumatt Plaza, along Meru-Nanyuki Road
Tel 0733 561628/0718 428 778/ 064 3131045
Website :www.bushblazers.com



Nora Tours & Safaris



Nora Tours is one of Kenya's finest tour company specializing in:
camping Safaris, short excursions, extended safaris
specialist and tailor-made travel and safaris.
Hotel and lodge booking and much more

We Cover the whole of East africa
kenya, Uganda, tanzania ,
Rwanda and some parts of
DRC Congo.

Contact:
Caxton House 1st floor room 9A
Box 22142, 00100. Nairobi
Tel; 254 20 2623193

Mail
info@noranairi.com

Meru Branch
+254 722 844 037

www.noranairi.com



FIRST CLASS WORLD LOGISTICS



First Class world Tours & Safaris

First Class World Tours & Safaris was established in 2008 under the name Inter-wild safaris. It's a private registered company offering professional services in multiple field.
in Tours we specialize in:-

- >Camping
- >Family holiday bookings
- >mountain Climbing
- >Adventure Safaris
- >Institutions Team building
- >Hotel & Lodge Booking

We also specialize in:
Car Importation

First class world logistics understand the hassle you go through when you are looking for a car in the local market.

**inquiries
0733453986**

- >AGRIBUSINESS
- >ICT CONSULTANCY
- >GENERAL SUPPLIES
- >BUILDING AND CONTRACTIONS

Contacts:
Head office
First Class World logistics
View Park towers
15th flr Suite 1503
Po Box 22142, 00100 Nairobi
Tel: +254 722 453 986
Line: 254 20 800 8191

Emails
info@fcwlogistics.com

**Meru Branch
0733453986
tours@fcwlogistics.com**

www.fcwlogistics.com

FIRST CLASS WORLD LOGISTICS-YOUR BUSINESS IN SAFE HAND



IMPORTANT CONTACTS

MERU NATIONAL PARK

Landline: +254 61-2303094
Wireless: +254 20-2303094
Email: merupark@kws.go.ke
P.O. BOX 11 Maua-Kenya

NEVADA PALACE HOTEL

Meru-Nanyuki Road,
Meru, Kenya

LEOPARD ROCK LODGE

Meru National Park,
P.o 34464 Kinna,
Meru, Kenya

HOTEL THREE STEERS

Makutano Junction,
Meru, Kenya

MURERA SPRINGS ECO LODGE

Meru National Park
Meru, Kenya

ELSA'S KOPIE

Meru National Park,
Meru, Kenya

MERU SAFARI HOTEL

Kenyatta Highway
Meru, Kenya

JOYCEM SERENE HOTEL

Kionyo Road, Meru, Kenya

JUNGLE GREEN INVESTMENT RESORT

Maua (Kiutine), Meru, Kenya

SPIDER LAKE LODGE

Meru- Nanyuki Highway Next
Meru, Kenya

PARAMOUNT HOTEL

Tom Mboya Street,
Behind Kenya National Bank,
Makutano, Kenya

WELLINGTON GREEN

Stadium Road, Meru, Kenya

HERITAGE HOTEL NKUBU

Meru-Nairobi Highway
P.o. Box 630-60202 Nkubu
Telephone +254(0) 711837111
Info@Nkubheritagehotel.com
www: Nkubheritagehotel.com

MERU SLOPES HOTEL

P.o Box 2554-60200
Tel: 0711620219

ELSA HOTEL MERU

P.o. Box 2440-60200
Tel: 0719126660
Email: Info@Hotelelsa.com
Website: Www.hotelelsa.com

HOTEL INCREDIBLE

Kirukuri Road Off Tomboya Street
P.box 2020-60200
Tel: 0704226225/ 064-30227
hotelincredible@Gmail.com
Website: Hotelincredible.com

RIVERBANK HOTEL NKUBU

P.o.box 337-60202 Nkubu
Tel: 0721401360

WESTWIND HOTEL

P.o. Box 730-60200
Meru-Maua Road
Tel: 06431980/1
Mobile: 0712467526 / 0738458844
Email: westwindhotelmeru@gmail.com
Website: Wwwwestwindhotelmeru

ALBA HOTEL MERU

Milimani Road Meru
Tel +254202312686 / 0705556677
P.o. Box 28616-60200 Meru
Email:stay@Albahotels.co.ke
Website:www.albahotels.co.ke

MERU PARAMOUNT HOTEL

P.o Box 730-60200
Tom-Mboya Street Meru
Tel: 0708152007 / 0788865452 / 0727073950
Email: Paramounthotelmeru@Gmail.com

RANGELAND HOTELS ISIOLO

200 Metres Fro The Tarmac Road At Maili
Tano Area
Tel : 0710 114030
Email : Rangeland48@Yahoo.com

IKWETA PROPERTIES

P.o. Box 1480 - 00621
Village Market Nairobi
P.o. Box 620 Maua 60600
Email: Bookings@Ikweta.com
Telephone: +254 705 200 050
Skype: Ikweta
Tel: +254 62 20 31225 /
+254 702 868 888 / +254 707 636328
E-Mail: Info@Kongonicamp.com

MAUA BASIN HOTEL

Maua, Meru, Kenya.
Mobile: +254 725 723 659
Telephone: +254 720 175 415
E-Mail: Info@Mauabasinhotel.com

MOUNT KENYA JAMBO PARK HOTEL

P.o.box 3155-60200 Hotel Incredible,
Ground Floor, Meru Town At Reginal City
Bookshop Kirukuru Road Meru, Kenya.
Phone Number: +254 710 627 296
Email: Regionalcityltd@Yahoo.com

GATIMENE GARDENS HOTEL

Phone: +254 712 386499

THIIRI CENTRE

Conference Hotel
Phone: +254 722 861867

SHADENET HOTEL

Address: Meru, Kenya
Phone: +254 20 2587374

ROYAL PRINCE HOTEL

P.O. Box 964 – 60200 – Meru
Tel: 0701 685 455 / 0725 920 645
Email: royalprince35@yahoo.com
Website: www.royalprincehotel.com