

Report on Walk

The walk began on Monday, January 23rd, although the preparation had taken months:

- Getting approval from the District Commissioner, Police, and the 6 County Governors; also the Director of Sports Embu who guided us on protocol, insurance, health and escort requirements; communication, security etc. Praise God, Isaac Richard came out of the blue as the latter escort who was already well known to all the Body guards for the Governor and the Sports Directorate, as he has been the Manager of the Talent Academy in Embu and personal trainer to many of them. We met him as he trained our Joanne to race in her wheelchair for the Embu marathon and the Standard Chartered race in Nairobi.
- 3 reconnaissance trips to seek cheap accommodation, measure the route ; plan distances for stop-overs etc
- Printing and giving letters to schools churches, individuals etc.; also requesting people to join us for the last 16 km from Karurumo to our site, finding their own sponsors... this was obviously a new concept for them...
- Hire of equipment, bike, and maintenance of car, second hand clothing and shoes...
- Purchase of water, snacks, and fruit for the journey.
- Master plan for the indemnity of the sponsored walk on the last day. T-shirts for sale, banners etc.

Diary of walk; Gacugo refers to our 74 year-old walker, Isaac Gacugo

Date	Activity
Jan 23 rd	We set off to Embu early. By 10am, we were ushered in to the Governor's office, served with tea. Christine had to give a brief on the walk. Then we dropped to the roadside and had the flagging off ceremony by HE Martin Wambora and Sports officials. Prayers led by Archdeacon Munga. Trustees and well-wishers present. Media coverage. Gacugo dashed off at great speed with all of us running behind! I jumped in the car to get ahead of him The trustees walked to the border carrying the banner ahead of them. Left Embu at 11.20. It was so hot and the main road was very busy. Arrived at Kutus at 1.25pm. 31.5 km in total... very fast pace. The Governor was not present at Office, due to the preparation for the President. Mr Kinoti , Embu Deputy Director of Sports advised meeting Kirinyaga County sports' officials. We moved on to Roswam Hotel, Kerugoya, arriving at 4:15pm. Rested. Met with Mr Munene sports director Kirinyaga in the evening to plan.
24 th	7.30am Flag off by Madam Director of Sports and Mr Munene (Sports and Culture) from Kerugoya Stadium, with beautiful views of Mt Kenya in the background. The President of Kenya, Uhuru Kenyatta, was due that day to the town. The road was quite steep and undulating but we reached the main A2 junction; then passed through Karatina and on to Martime Villa arriving at 11.10 am. Rested. Gacugo drank lots of warm water and phoned many friends! I realised I had a problem with the support vehicle's starter. We got a mechanic in the evening but he didn't manage to fix it.
25 th	Up at dawn. Gacugo had been drinking lots of water from 4 am, then prepared his breakfast of sugar cane, porridge, passion fruits. Gacugo, Isaac Richard and motorbike escort left at 6.30am. Christine waited for mechanic from Karatina then ended up putting new fuse in there. The team

	<p>had reached Senior Chief's camp for refreshment stop by 9.15am. Patrick came back to check the car and we caught up with walkers at Nyeri County Government at 11 am. The Governor hasn't been in the office since December, as he is unwell.(He died on Feb 25th) The team met with the Senior Press Officer. Gacugo was delighted to meet an old friend from his time in Garissa 30 years ago. Photos were taken and the peace message shared with the office. Arrived at Ibis hotel at 12.30 am. We were called outside to do an interview with KTN News. They also filmed Gacugo in action, running round a few corners in Nyeri town, As we were on a budget, the boys shared one small room which was not so restful; also we had to totally empty the car as the parking was on the road. We were waiting for next day to get away. Gacugo very fit and raring to go.</p>
26 th	<p>We packed the car first then had a breakfast at 6 am and left by 6.30; a beautiful morning but a challenging walk ahead. After leaving Nyeri, and proceeding towards Naro Moru, the road narrows and twists and turns for several kilometres. Cars speed past so the walkers had to slow down to keep safe on the bends. Christine had a chai at Chaka but the walkers refused to stop. The distance was well over 40 km but we arrived in the town by 12 noon. Gacugo is doing very well and shows no signs of fatigue. We rested in rooms at Mountain View Hotel; we had snacks at lunch and strolled around the small town before an evening meal outside, as our hotel did not have ready meals.</p>
27 th	<p>Every day, Gacugo mixes up some porridge and drinks mala yoghurt before setting off. It was too early for any breakfast at the hotel for the rest of us so we ate some of our own cereals and fruit. We left by 7am and continued on the main road to Nanyuki. This part of the journey is quite flat but the landscape is quite bare and dry. The wind is also quite strong and was whipping up dust swirls. We reached Nanyuki comfortably by 11 am. We left the car at Kirimara Hotel and went directly to the Laikipia County Government Office. The Governor was out on a Launch, so we met with his Communications Officer and the Seargant at Arms, Mr Dan Murage. They hosted us well in the Governor's Office and took many photos in the Chamber.</p>
28 th	<p>Rest Day at Nanyuki. Lots of strolling around. Gacugo met with his brother who stays there at the stage.</p>
29 th	<p>We had hoped to meet with County Officials for the start of the next stage but as it was a Sunday, we conducted our own Flag off after praying together outside the County Govt. buildings. We left by 7.30 am as we had had breakfast at the hotel before leaving. The road is straight and long to Timau. We arrive around 11 am. The rooms at Carsabe are not ready so we manage to find just a chapati chai for lunch. We went to visit Timau River Lodge as we had been given a flag aerial by the brother of the Lodge owner; a lovely place. Timau has little else to offer but surprisingly, we sleep quite well at Carsabe after finding some tasty goat liver choma in a local café. Hotel amenities very poor.</p>
30 th	<p>We left at 6.15 am. It was to be a long walk to Vitutoo. The landscape is stunning and covered in greenhouses. The walkers were being surveyed by Army patrols at intervals. We stopped for refreshments at the farm café on the route. Gacugo chatted to the farm workers about his mission, ate an omelette and drank some mala milk. We moved on, now descending on the steep road down to the Isiolo / Meru junction. We turned down towards Meru and stopped for our night rest at Conqueror's Villa, arriving at 2,30pm. We had good secure parking here. In no time, the heavens opened and we had a huge storm and torrents of rain for 2 hours. Also it rained inside the room...We slept by 9pm.</p>

31 st	We managed to get a chai before leaving at 6.15 am. We now dropped to Meru town, arriving at the County Government offices by 11.30am. The Governor was in a meeting. We waited for a while and were then escorted to his secretary. She advised us to wait but there was a huge queue. We decided to present the token to her in the presence of the crowd; she promised to tell the Governor of our visit. We walked on down to the accommodation at Royal Prince. The drivers were swapped and the walkers rested.
Feb 1 st	Meru to Mitunguu! A long distance. Left at 7am. We had thought this part of the road would be difficult because of Meru traffic, but because of the early start, the walkers proceeded to Nkubu by 9:15 and took refreshments at Buffalo Springs before again proceeding to Mitunguu, arriving at 2 pm. Mitunguu, being a remote area, we decided to report our presence at the Police station opposite our hotel.
2 nd	Mitunguu to Kathwana. This road is very quiet, flat and long. Thankfully, it was cool and cloudy for the first few hours after the early start at 6 am. Reached the Kathwana office at 1.40pm; it seemed deserted and the employees were nervous. They had not received any of our correspondence. They responded well though and photographs were taken of the handing over of the Peace token. We rested at Sammerton Hotel.
3 rd	Kathwana to Karurumo, via Ishiara. Early start (6.20 am) as this part of the journey could be very hot and tiring. Reached Ishiara for refreshments at 9.30. Moved on to Karurumo , stopping at the Senator's home to alert him of our mission. He was not there but his officials were happy to congratulate Gacugo on his journey; they took many photos. Then we arrived at Karurumo at 1pm; a change from the original plan. The accommodation was very poor... No mattress on Nyaga's bed, no blankets for 2 beds very dusty. No food. Very dusty and lots of mosquitoes. Very little sleep that night However, it was good to there to be ready for THE BIG DAY.
4 th	People started to gather at Karurumo market for the sponsored walk from 9.30 am. We set up and used a PA to explain to everybody why we were there. We had a short encouraging word from a pastor and prayers before the Flag off, setting off by 11.30 am., carrying our banner. Gacugo led at a fair pace and it took around 2 and a half hours to reach Peacemakers site where he was given a hero's welcome with Drummers and happy community members. Mbugi TV recorded the event and comments.
	Isaac Gacugo fit and well throughout the Total distance of 515 km

We are pleased to announce...

THE SUCCESSFUL COMPLETION OF OUR MT KENYA SPONSORED WALK !!!

ISAAC GACUGU a 75 year old man walked 515 km on foot all round Mt Kenya, visiting 6 counties.

He was flagged off with great ceremony by H.E Governor Martin Wambora on 23rd January 2017 from Embu. He was then accompanied by supportive Embu Sports' officials up to Kutus (Kirinyaga County)

Flagging off ceremony



Second day...Big hearted sports officials Kirinyaga County



Kirinyaga county

The walk continued through Nyeri, Narumoro, Nanyuki, Timau Meru and Kathawana.



Mt Kenya



Meru



1LAIKIPIA



NYERI

Hero's welcome ceremony from Karurumo to Kivuria Peacemaker's site



We are humbly requesting any donations to be sent to



(Mpesa line 0727750452)

(Acc name: Peacemakers CBO)

***Or if in the UK, Please contact Brenda Marshall
brenda.marshall@ntlworld.com***

Peacemakers Kenya CBO wish to thank you for all your support. God bless you!



Flagging off ceremony in Embu with Governor



Trophies we gave to Governors



Striding out with Gacugo



Just look!



Mt Kenya



Nyeri



Equator at Nanyuki



Crossing Equator on Meru side



Patrick as trail bike



Getting ready to bring Gacugo home; 16 km



The sponsored walk back to site 4th Feb



Last leg of walk; best foot forward! Phew



The hero





Thankyou trophy