

THE BOG

FRIENDS OF ONDIRI WETLAND KENYA



2026



APRIL NEWSLETTER

A COLLECTION OF REAL STORIES, SHARED EXPERIENCES, AND
COMMUNITY-DRIVEN SOLUTIONS ADVANCING CLIMATE ACTION
AND ONDIRI WETLAND CONSERVATION.

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A LIVING LEGACY THE STORY OF FRIENDS OF ONDIRI WETLAND

BY DAVID WAKOBY, THE COORDINATOR



At the edge of Kikuyu, where the land gently releases life giving waters, lies Ondiri Wetland, a place of quiet wonder and profound significance. Once overlooked and misunderstood, it now stands as a testament to what vision, commitment, and community can achieve when guided by purpose.

Ondiri is no ordinary landscape. It is Kenya's only subterranean peat bog and the very source of the Nairobi and Athi Rivers. Beneath its tranquil surface flows a lifeline that sustains ecosystems and communities far beyond its borders. Yet, for many years, this invaluable natural treasure faced neglect and growing threats. It was from this moment of urgency that Friends of Ondiri Wetland Kenya was born.

What began as a small collective of passionate individuals has grown into an award winning organisation dedicated to conservation, ecosystem restoration, and advocacy. Our journey has been one of belief and determination, anchored in the understanding that true stewardship requires both knowledge and action.

Through visionary leadership and the strength of community, we have championed wise use practices that balance human needs with ecological preservation. We established the Ondiri Wetland Information Centre as a place of learning and inspiration, where visitors can discover the richness and importance of this ecosystem.

Each year, the Ondiri Wetland Conservation Run brings together people from all walks of life, uniting them in a shared commitment to protect nature, and standing today as the largest conservation run in Kiambu County.

Our work has extended beyond protection into restoration and growth. A thriving botanic garden now flourishes where once there was degradation. An arboretum stands as a living archive of resilience and renewal.



#VISITONDIRIWETLANDKENYA



Carefully designed nature trails invite visitors to experience the wetland's beauty at a gentle pace, fostering reflection and connection.

Ondiri has become more than a place. It is an experience, a sanctuary, and a symbol of what is possible when people come together with a shared vision.

Through our quarterly publication, *The Bog*, we continue to share knowledge, celebrate progress, and inspire broader engagement in conservation efforts.

At the heart of our journey lies a simple truth. Nature, when respected and nurtured, responds with abundance.

Today, Friends of Ondiri Wetland Kenya stands as a growing movement open to all who believe in the power of conservation. From young children to seasoned advocates, each member plays a vital role in shaping the future of this remarkable ecosystem.

As we look to the years ahead, our vision remains steadfast. We are committed to preserving Ondiri Wetland as a resilient water tower, a sanctuary for biodiversity, and a source of inspiration for generations to come.

This is a story of growth.

It is a story of leadership guided by purpose.

It is a story of a community that chose to act.

And above all, it is a story that continues to unfold.



DAVID WAKOGY, THE COORDINATOR



#VISITONDIRIWETLANDKENYA

FRIENDS OF ONDIRI WETLAND (FOWK): INCOME GENERATION & STRATEGIC VISION

STEVE NDICHU, SUPERVISOR CLIMATE WORX



At Ondiri Wetland, the Friends of Ondiri Wetland Kenya has established practical, impact-driven initiatives to support conservation while generating income:

1. Tree Seedling Nursery

We maintain a nursery with a capacity of over 10,000 seedlings across diverse indigenous species. While some are sold, our core mandate remains conservation. As such, a significant portion is strategically distributed to schools, churches, and institutions, ensuring long-term ecological restoration and intergenerational impact.

2. Tuck Shop

A modest retail outlet providing essential items, generating supplementary income to sustain daily operations.



3. Guided Ecotours

Our trained guides offer immersive experiences within the wetland, earning a token for their services. Importantly, access remains inclusive—no visitor is turned away due to financial constraints.



4. Publications

A comprehensive birding guidebook for Ondiri Wetland, developed by our head birder in partnership with Nature Kenya, documents both migratory and resident bird species found in this unique ecosystem. The guide is available at KES 500 per copy.

Plans are underway to expand this series with upcoming publications on the wetland's diverse insect life and a detailed tree guide exploring indigenous and exotic species, including their ecological and medicinal value.



Strategic Aspirations: Towards Sustainability

FOWK is firmly committed to transitioning into a self-sustaining conservation model. To achieve this, we are actively pursuing:

- **Zipline Development**

A high-impact ecotourism attraction to significantly boost revenue and visitor engagement.

- **Strategic Partnerships**

We seek aligned collaborators—donors, institutions, and stakeholders—who share our vision for sustainable conservation and community empowerment.

- **On-site Eatery**

A well-managed facility to serve visitors, enhancing experience while generating consistent income.

- **Children's Recreational Park**

A safe, accessible play area offered at a minimal fee, designed to serve the community while supporting conservation financing.

Position Statement

FOWK is not merely an environmental group—we are custodians of a critical ecosystem and drivers of community-centered conservation. Our initiatives are deliberate, our impact measurable, and our vision clear:

To build a financially sustainable conservation model that secures the future of Ondiri Wetland while empowering present and future generations.

STEVE NDICHU, SUPERVISOR CLIMATE WORX



#VISITONDIRIWETLANDKENYA

A LIVING LEGACY THE STORY OF FRIENDS OF ONDIRI WETLAND

SARAH WAMINJA, EXHIBITIONS COORDINATOR



For over a decade, Friends of Ondiri Wetland Kenya (FOWK) has stood as a beacon of community driven conservation. Established in response to growing environmental concerns, the organization was born out of a shared realization among residents and the community that the Ondiri Wetland is an essential water source for Kikuyu Town and its surrounding areas .

Prior to FOWK's formation, the wetland faced significant degradation. Encroachment had become widespread, with farmers cultivating at the mouth of the river. Water over extraction, was rampant, with more than 60 pumps installed around the bog. Additionally, the wetland had been turned into an informal dumping site, receiving waste from over 10 trucks daily. These activities led to a drastic decline in water levels, threatening both the ecosystem and the livelihoods dependent on it. Recognizing the urgency of the situation, the community came together to establish FOWK, marking the beginning of a transformative conservation journey.

At its core, FOWK is guided by a commitment to conservation and restoration, community empowerment, awareness creation, and advocacy. The organization works closely with local communities to foster environmental stewardship through impactful initiatives such as workshops, conservation campaigns, tree planting activities, and its flagship annual conservation run.

The FOWK Conservation Run has grown to become the largest conservation run in Kenya. Now in its 5th edition, the event attracted over 5,000 participants this year alone. It serves as a powerful platform that brings together community members, government agencies, institutions, and local businesses.

Complementing the run is a vibrant business expo, featuring over 60 exhibitors and more than 15 government agencies and institutions. This initiative not only amplifies awareness on wetland conservation but also bridges the gap between communities, businesses, and essential government services.

In alignment with national environmental goals, FOWK actively participates in Mazingira Day, observed annually on 10th October. On this day, the organization leads community tree-growing initiatives, contributing to Kenya's ambitious target of planting 15 billion trees by 2030. Through such efforts, FOWK continues to reinforce the importance of collective responsibility in environmental conservation.

Collaboration remains central to FOWK's success.

The organization has built strong partnerships with a wide range of stakeholders, including government agencies, educational institutions, NGOs, and corporate organizations. These partnerships have strengthened its capacity to drive meaningful and sustainable impact. Looking ahead, FOWK envisions a future where the environment is not only protected but restored and sustained for generations to come. Through continued community engagement and strategic partnerships, the organization remains committed to leaving the environment better than it found it ensuring that future generations inherit a thriving and resilient ecosystem.



SARAH WAMINJA, EXHIBITIONS COORDINATOR

CENTURY OF CONSERVATION EFFORTS AND THE GREEN LEGACY OF THE ALLIANCE HIGH SCHOOL

CHARLES KOGI, ENVIRONMENT DEPARTMENT, ALLIANCE HIGH SCHOOL

For a century, Alliance High School has remained a bastion of environmental preservation, defined by a lush forest canopy and a serene, verdant ambiance. This ecosystem is no accident; it is the fruit of a deliberate, generational commitment by the entire school community to protect and nurture our natural heritage. Central to this mission is our established tree nursery. The tree nursery is used to sustain the school's greenery and raise funds for the needy students.



Our conservation capacity was transformed in 2022. Through a strategic partnership with the Chandaria Foundation, we established a modern nursery with a 50,000-seedling capacity. This facility has become the engine of our reforestation efforts; in 2024/2025 we nurtured 40,000 seedlings, many of which we replanted in the compound, some were donated, and others were sold providing vital income to sustain operations. Our botanical focus has evolved toward ecological restoration.



We have proactively replaced eucalyptus groves with indigenous species, including *Ficus africana*, Cedar, and Meru Oak, alongside *Markhamia lutea*, Croton, and Whistling Pine. We have also set aside porting of land for fruit trees project. We are also planting fruit trees in the compound. This year, our reforestation momentum reached new heights: in March, we added 4,000 trees to our grounds. This follows a three-year project across Kikuyu Road, where 3,000 trees were established with the support of the Kenya Commercial Bank (Gigiri) and Kingdom Bank (Kikuyu). Despite periods of low rainfall, these trees achieved a remarkable 90% survival rate, thanks to tree growing efforts by the corporate bodies

CENTURY OF CONSERVATION EFFORTS AND THE GREEN LEGACY OF THE ALLIANCE HIGH SCHOOL



D. Today, there is visible evidence of young trees at different stages of growth in most parts of school. The various houses in the school are also growing trees in paddocks, where each house plants and takes care of trees. The houses compete against each other. Alliance High School is also a primary stakeholder in the protection of the Ondiri Wetland. As a direct beneficiary of its waters for our farming initiatives, we consider its health inseparable from our own. Our collaboration with Friends of Ondiri is a cornerstone of our environmental policy.



From tree planting drives where students are directly involved, to hosting the annual Ondiri Wetland Conservation Marathon, our involvement is both practical and enduring. We also recognize the leadership of figures like Mr. Wakogy, whose mobilization efforts have been crucial in maintaining areas planted with trees.

CENTURY OF CONSERVATION EFFORTS AND THE GREEN LEGACY OF THE ALLIANCE HIGH SCHOOL

He has severally mobilized youth to clear bushes in these areas. Looking ahead, we are launching an ambitious project to plant Bamboo along the riverfront, stretching from the Kikuyu road to the boundary with University of Nairobi. Bamboo's unique properties in water purification and soil stabilization will ensure cleaner water for all downstream communities.



As we celebrate 100 years, Alliance High School remains an unwavering partner in conservation, dedicated to ensuring that our landscape remains a thriving, green sanctuary for a second century to come.

CHARLES KOGI, ENVIRONMENT DEPARTMENT, ALLIANCE HIGH SCHOOL

RESEARCH AND NATURE BASED SOLUTIONS DEPARTMENT

ROBERT MEYA.

HEAD OF RESEARCH AND NATURE BASED SOLUTIONS AT FRIENDS OF ONDIRI WETLAND KENYA.



In the wake of action against climate change, biodiversity and landscape restoration, there has been a notable disconnect between people and the nature we're pushing for conservation and preservation. In nature-based solutions, we believe that people are not apart from nature. They are a part of nature. It is slightly more difficult to have many people who are not directly connected to conservation work join in because of this disconnect.

What then can we do? This is the question many people are asking. For instance, the work done by Friends of Ondiri Wetland Kenya and partners have provided the community with an amazing place Kikuyu could never have. However, how can we have this space utilized fully? The Arboretum. The Serenity of the bog, the nature trail. And the botanic garden.

We're therefore researching on how we can harness this space to encourage the whole community to connect with nature, so it can make sense to advocate for the big issues mentioned above.

Through research, it's been proven beyond any reasonable doubt that connecting with nature has many benefits. These include improved academic success, improved behaviour, improved physical and mental health and improved social-emotional wellbeing.

At FOWK, we're working to incorporate these benefits in our training modules with all the people who are visiting, community, schools, corporates etc.

By driving these nature benefits to be embedded in people's hearts, we shall be narrowing this gap of disconnection and once this is done, it will be easy to champion for climate, biodiversity and landscapes restoration etc.

Therefore, applying nature-based solutions among other solutions will promote conservation of Ondiri Wetland, and other natural resources.



OUR ENVIRONMENT, OUR FUTURE

RUTH GITUIRIA, ORGANISING SECRETARY FOWK

We are not apart from nature; we are part of it. The story of Ondiri Wetland conservation is one of perseverance and resilience, driven by the unwavering commitment of our Founder, David Wakogy, who has never given up on this vital cause. Ondiri Wetland is a unique and ecologically significant ecosystem, made even more special by its classification as a bog. Wetlands are often overlooked due to their quiet, waterlogged appearance, yet they play a profoundly powerful role in maintaining environmental balance. This is the message we continue to share with the surrounding communities.



Conserving Ondiri Wetland is not merely about protecting a single habitat. It is about safeguarding biodiversity, stabilising the climate, and preserving our deep and intrinsic connection to nature. Wetlands are biodiversity hotspots, and Ondiri Wetland is a remarkable example. It supports rare and unique species of plants, insects, and birds that cannot thrive elsewhere. In our continued effort to educate and inspire, we are on the verge of publishing a series of books showcasing these species, highlighting the extraordinary marvels of nature found within this ecosystem.



Ondiri Wetland requires both protection and restoration, and this is where the Friends of Ondiri Wetland Kenya plays a critical role. Many people remain unaware of the true value of wetlands, often perceiving them as wastelands. In reality, they are under increasing threat from human activities such as drainage for agriculture, gardening, and infrastructure development. Through education and community engagement, FOWK is actively shifting this perception and promoting sustainable practices.

Our environment is our future. Protecting it is not a choice—it is a responsibility we all share.



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THE CITIZEN SCIENCE DEPARTMENT

JAMES GICHOMO | HEAD OF CITIZEN SCIENCE ONDIRI WETLAND



Citizen science, also known as community science, is a collaborative research approach where members of the public actively participate in scientific studies, such as monitoring biodiversity, air quality and analyzing data. By leveraging volunteers to gather large scale data sheets, it expands scientific discoveries, increases research capacity and democratize knowledge production, often influencing environmental policies.

Being the head of Ondiri wetland citizen science department, a section that started late last year, under the leadership of our talented Coordinator and mentor, Mr David Wakogy, we have been able to achieve a lot. Having worked with KEFRI, I gained relevant skills in areas like biotechnology, pathology, microbiology, nematology, tissue culture, soil science and molecular lab work. The above vital skills have provided a strong foundation to the work of citizen science and will prove worthwhile when we get a research center, which is already an ongoing project.

In aligning ourselves with UN SDG no 13 on climate action, we have been able to achieve a lot of activities which ensures we are continuing to create a more resilient planet by restoring Ondiri wetland ecosystem, reducing and mitigating the effects of carbon emissions, adaptive and strategic techniques to awareness creation, local and global partnership with people and institutions of common goal on conservation, sustainable nature based enterprises and expanded biodiversity tracking of flora and fauna with the help of TICAH trust for indigenous culture and health Nature Kenya, who are our good partners.

THE CITIZEN SCIENCE DEPARTMENT

JAMES GICHOMO | HEAD OF CITIZEN SCIENCE ONDIRI WETLAND

A notable collaboration is the working with the TICA group, who normally conducts the Thursday weekly plant talks at the Ondiri wetland from 9.00 to 1.00 pm. This partnership arose thanks to the citizen science department where various members from East Africa, with diverse herbal knowledge converge to share the indigenous knowledge on herbal remedies used since time immemorial from different regions as well as the selling and sharing the already value added medicinal products. This makes us continue aligning ourselves with the two themes of UNEA7 and Ramsar convention them which are advancing sustainable solutions for a resilient planet and wetlands and traditional knowledge, celebrating cultural heritage. Through TICA, we have seen indigenous knowledge on what we initially called weeds, bring out sustainability as medicine.

We have been able to establish a tree nursery where we have species like croton megalocarpus (mukindori) Markhamia lutea (moo) Erythrina absynica (muhutii) Spathodea campanulata (Nandi flame) Ficus sycomorus (mukuyu) Eriobotrya japonica (loquat) Duranta erecta and various bamboo species. This will contribute to the aim of planting 15 Billion trees by 2032 which will combat climate change, restore biodiversity and increase national tree cover to 30 per cent, an initiative launched by His Excellency President William Ruto the "Jaza miti" program which aims to restore 5.1 million hectares of degraded landscapes.



In addition to that, we have had activities that are adaptive techniques which we have used to create awareness on importance of conservation which includes conservation concert, conservation run, business expo to those in green space, conservation cycling and using the medicinal and spiritual flora to teach people and create awareness on the importance of conserving our ecosystems.

The Citizen science department of Ondiri wetland knows that the famous quote by Jane Goodall, that nature is resilient if given a chance is true and that's why we continue giving it a chance. This is important because it provides more data, ensures community involvement, educative, provides local solutions and sustainability. If the work carried out at Ondiri wetland is reciprocated in other ecosystems, a greener Kenya and Globe could be accelerated.

In conclusion, the citizen science department aims at instilling vital information to the public and create awareness, apathy being the greatest enemy of nature, such initiative provides insights to the general public and when everyone does what he is supposed to do, there is God who sees efforts.



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YOUNG ENVIRONMENTALISTS CLUB: BUILDING AN ECO-CONSCIOUS GENERATION

JOSPHAT MUTHONI | CHAIRPERSON, FRIENDS OF ONDIRI YOUNG ENVIRONMENTALISTS CLUB



In an effort to spread awareness in the community around Ondiri Wetland, Friends of Ondiri Wetland Kenya is running a programme called the Young Environmentalists Club. The programme focuses on teaching schools in the area about conservation. We help schools establish environmental clubs and set up tree nurseries. We teach learners which trees are suitable to plant, focusing on indigenous species that support the local ecosystem. Students also learn how to care for seedlings, from nursery management to planting and aftercare, to ensure the trees grow.

Beyond tree planting, we teach organic farming practices that are good for the environment, agroforestry, and proper waste disposal. This programme aims to build a community that is conscious of its environment and takes personal responsibility for keeping it clean.

We hope for a future with no more littering on the streets, where proper garbage disposal is a priority for everyone. Environmental conservation starts with a personal decision not to drop a sweet wrapper irresponsibly. Friends of Ondiri Wetland started this programme to make that vision a reality.

We have developing a curriculum suitable for learners from comprehensive schools to tertiary institutions. Currently, we are working with 30 schools within a 5km radius of Kikuyu, and we look forward to engaging more schools.



ONDIRI CHIEF HERBALIST AND
A POLYMATH.

**NJOROGE
RIGH**

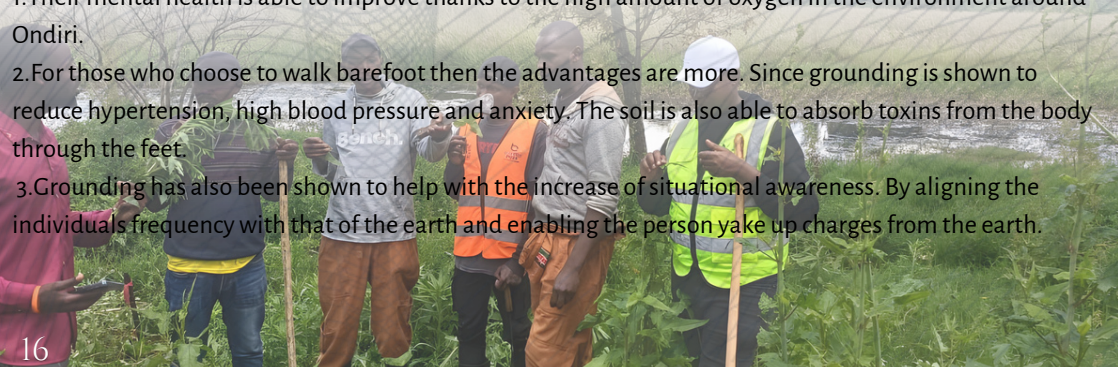
The Friends of Ondiri Wetlands Kenya, was formed over a decade ago by our community leader David Wakogi Ndungu and his friends. Over the years they have fought tirelessly to reclaim the riparian land back from greedy or maybe ignorant grabbers. Their efforts have attracted attention from national and international entities which has empowered those actions. Resulting to a nature trail being curved around that is almost complete and maybe the biggest achievement the rejuvenation of diversity in flora and fauna.

The hundreds of trees planted over the years that have grown to stugaring heights and the countless birds that have found refuge in the swamp, the insects in the barrows and sparrows on tree brunches. Thanks to the efforts of FOWK, the water flowing from the swamp has significantly increased in quality. Due to the reduced damping and the planting of vetiver grass which is known to bind to toxins in water and hence clean it. This has ensured that the community members who rely on the around 30 streams that are fed by the outlet receive clean water.

The reduction of human activities around the swamp has lead to an increase of bird species from less than fifty to over one hundred. This has enabled Ondiri to become a bird watchers paradise which has attracted Nature Kenya who have had several birding experiences there. The encouragement of farmers around the swamp to go organic has also led to an increase in the insect species in the ecosystem. This act has led to residents of Kikuyu having food that doesn't sicken them with any chemicals. The crystal clear water that now flows out of the swamp is also able to support various fish species. The fish is able to sustain the various bird species that call Ondiri home.

A study has shown that when people interact with nature directly their sense of stewardship increases. People are able to see them selves as a part of nature not apart from it. As they continue to come and take part in the nature walks science shows that;

1. Their mental health is able to improve thanks to the high amount of oxygen in the environment around Ondiri.
2. For those who choose to walk barefoot then the advantages are more. Since grounding is shown to reduce hypertension, high blood pressure and anxiety. The soil is also able to absorb toxins from the body through the feet.
3. Grounding has also been shown to help with the increase of situational awareness. By aligning the individuals frequency with that of the earth and enabling the person yake up charges from the earth.



NJOROGE RIGII

Talking about the impact on people's health without mentioning TICAH would be an injustice. From mid-March 2026 the Trust for Indigenous Culture and Health has been having their physical classes at the Ondiri Wetland. This movement of the keeper of indigenous knowledge has greatly impacted the knowledge of the plants around Ondiri and how to use them. Their continued visitation is steadily enhancing the idea that nature heals. As these herbalists continue to forage responsibly, treat holistically and educate the entire community on how to use what we have long thought of as weeds to treat ailments.

As the herbalists continue to harvest their remedies from Ondiri Wetland, the community members find peace from tranquility of nature from the quaking of the pit to the call of the birds. The impact of the FOWK will continue to ripple out into the greater Kikuyu population. Ensuring that in the near future Kikuyu sub county is a model for the entire Kiambu county and the country at large.

This story is not complete, far from it with continued development of the Ondiri Information Center. This story is just beginning, it is one of love, resilience and the power of people who chose to fight for a cause. This story has just started to be told, it is a model of how local people with local solutions to a local problem can make international impact. This story shall be told for years and years to come of a generation that choose to embrace nature and ended up saving countless other generations from the wrath of mother nature. We might have varied views on a wide number of topics but one thing we can all agree upon is that mother nature will pay back your actions. So by choosing positive actions then we are consciously selecting positive reactions and history will remember that we choose to do better.





GRACE

GRACY'S ORGANIC PRODUCTS

Agriculture has dominated the Kenyan economy and still is the back bone of the country's largest income generating Activity. We have been committed to providing safe, nutritional and affordable products to our consumers. The journey to grow organic products at a small scale farm for the past 2 years within Dagoretti has been amazing and also challenging especially on the design of the geographic area, insufficient space for cultivation, fear of intruders to the open farm with no proper restriction of veterans during the night.

GRACY'S FARM CO-VALUES:

we have set values that help us in achieving the SDG in our community. we commit ourselves in providing nutritious, safe and fresh organic products. Gracy's organiks Approach on the design of SDG focuses on the no1,2,3,4,6,12 and 13 agendas. we are focusing more on the 4th agenda and no 6 of the SDG. which includes Eradication of malnutrition, food safety and climate action in gas emissions and soil pollution.



GROWTH

MISSION

To provide fresh organic products from the farms to the dinning tables . organic products sensitization and capacity building

VISION

To be the most reliable source of organic products in Kenya through Agricultural innovation methods and supplies to the global market



We believe that through organic farming methods, we will be able to eradicate malnutrition, promote healthy lifestyle, promote biodiversity, reduction of methane emissions that causes air pollution and soil pollution, Eradication of life related diseases that remains a global threat.



SDG no:4)System Approach on Health and wellness

We believe that Acces to safe, healthy and quality products are very important since it directly affects their health at all levels. Agriculture is the primary focus in the food industry .still remains the most reliable source of food safety at a production level According to the WHO, obesity and diabetes is a global threat to human health in GLP-1 therapies conducted. therefore lifestyle related illnesses contribute alot in the health pandemic . 80% of consumers illness comes from their daily unhealthy eating habits. Sustainable Agricultural practices reduces is believed to be the best methods of Eradication of life related diseases.

SDG No 13)Climate action .

We are dedicated to supporting and partnering with the Fowk and green economy so as to preserve the forest and wetlands .through conservation concerts,mazingira day and protection of rivers. We practice organic farming methods so as to :1)protect and conserve our marine life by use of herbs on plants. 2).promote biodiversity 3).reduction of air pollution 4).increase co-existence of insects, plant's and birds harmoniously. 5).preservation of healthy soil .



GROWTH



@gracy's organiks we have a mandate to break the cycle of health crisis that are preventable yet faced with much challenges in the food industry.

Check points for Organic products

@gracy's organiks we provide educational information about our products to consumers to ensure they make informed choices when buying vegetables at their local store and markets.

1).Taste- we use the tongue to taste whether certain vegetables are organic or not how? for example take a small bite of the spinach stalk and taste wheather it is mild and alkaline if you get a salty,tangy flavors on your tongue it's not organic.

2). Odour/smell.

most organic products have a strong earthy and distinctive smell depending on the varieties. it is easy to find the right product even by this sense.the nose detects an oduor almost immediately after sight.

3). Colourisation and pigments

most organic products are endangered by pests and therefore at times they form a certain patches of pigments due to weather conditions. Organic products are not necessarily catchy to the outside colors and may appear abit dull than others.

There so many information that consumers are still wavering about but we as GRACY'S organiks we are committed to providing these crucial information at the friends of ondiri wetland kenya .If you are interested in this log into our socials follow and order @gracy's. we are committed to providing safe ,nutritious and high quality products to our consumers. @gracy's organiks simply delicious.



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DISCOVER ONDIRI WETLAND

SAMUELTHEGUIDE | A COMMUNITY-POWERED ESCAPE JUST OUTSIDE NAIROBI



Introduction

Just a short drive from Nairobi, something unexpected waits quietly in Kikuyu. At Ondiri Wetland, the noise fades. The air shifts. And what looks like an ordinary swamp at first glance slowly reveals itself as something much deeper. This is the source of the Nairobi River system, a living wetland that filters water, supports biodiversity, and holds stories most people in the city have never heard. And now, you're invited to experience it.

Not Just a Visit — An Experience

This isn't the kind of place where you show up, take a few photos, and leave. Here, you walk slowly through winding trails with a local guide. You pause to listen to bird calls echoing across the papyrus. You learn how wetlands clean water naturally and why places like this are disappearing across the world. Some visits turn into quiet reflection. Others into curiosity-fueled conversations. But almost all leave you seeing nature differently.

Tourism That Gives Back

What makes Ondiri stand out isn't just the landscape. It's the people behind it. Through local initiatives like Friends of Ondiri Wetland and Rhodes Tours, tourism here is intentionally small-scale and community-led. That means:

- Your guide is from the area
- Your visit supports conservation efforts directly
- Your presence contributes to local livelihoods

This isn't mass tourism. It's something more personal, more meaningful, and far more sustainable.

Stay a Little Longer



Around Kikuyu, you can extend your visit with homestays and farm experiences. Spend a night in a peaceful garden setting, wake up to birds instead of traffic, and experience a slower rhythm of life. Whether it's a cozy room, a shared space, or a quiet veranda overlooking greenery, the stay itself becomes part of the experience. Share a meal. Walk through small farms. See how food is grown just beyond Nairobi's edge. It's simple, real, and often the part people remember most.

Why It Matters

Places like Ondiri are rare. Urban expansion, pollution, and neglect threaten wetlands across Kenya and beyond.

But here, something different is happening.

By linking conservation with community benefit, Ondiri is showing that protecting nature doesn't have to come at the expense of people. In fact, it can support them.

Your Invitation

If you're looking for something different this weekend, skip the usual spots.

Come walk through a wetland that quietly sustains a city.

Come meet the people protecting it.

Come experience a side of Kenya that most never take the time to see.



Plan Your Visit

WhatsApp: +254 720 744 938

Email: samueltheguide@gmail.com





#VISITONDIRIWETLANDKENYA

ONDIRI WETLAND: THE FACE OF KIKUYU CONSTITUENCY

BY ROBERT GACHERU | NAIROBI RIVER ZONE 1 COORDINATOR



Ondiri Wetland breathes quietly at the edge of Kikuyu—ancient, resilient, and full of promise. For years, it stood as a forgotten source of the Nairobi River. Its waters were clouded by neglect, yet its potential was always there, waiting to be seen again. The first signs of change came when Green Fingers looked at Ondiri and saw more than just a wetland—they saw possibility. They imagined it as an ecotourism jewel. That simple idea wasn't implemented and the group disappeared and some of the have passed on . The Water Resources Users Association (WRUA) stepped in and began working with the community.

They developed a sub-catchment management plan, fenced sections of the wetland, supported beekeeping in Baraniki, and helped improve water access in schools across Nachu and Karai. Then Neema Kenya came in and funded a comprehensive management plan, giving Ondiri a clear and structured path toward restoration.

Momentum continued to build. With the formation of the Nairobi River Commission, a new chapter began. Commissioner Eva Muhia brought people together and organized communities into 16 zones along the Nairobi, Mathare, and Ngong rivers. I was entrusted to coordinate Zone 1—from Ondiri Wetland to Naivasha Road—and from that moment, this work became more than just coordination. It became something close to home.

Through the Nairobi Catalytic Project, we are now seeing plans slowly turning into reality. Ondiri is no longer just a wetland—it is becoming an experience people can connect with. A 3.6 km riparian nature trail is taking shape, inviting walkers, researchers, and anyone who wants to feel close to nature again.

THE FOWK EXPERIENCE

STORIES OF IMPACT AND TRANSFORMATION



**JACKIE
MUTHONI**

FOWK MEMBER

The Climate WorX Program as obligated from the national government to carry out rehabilitation and conservation in and around Ondiri Wetland is a positively beneficial program. It has brought me close to conservation and gained a lot of knowledge in planting trees, protecting our environment and conservation. I have learnt the importance of keeping our environment clean. The programme has also created job opportunities to people including me and enabled us earn a living. I extend a vote of thanks to H.E. President of the Republic of Kenya and the Nairobi Rivers Commission for the program.

Having worked with Climate Works Ondiri as part of the pioneering team, I have gradually learned about the role of gender in environmental stewardship. Exposure to both local and foreign visitors has helped me grow socially and has expanded my intellectual capacity. The work of Climate Works has also enabled me to gain more knowledge about herbal trees, birds, and insects.



**WANJA
NDUNG'U**

FOWK MEMBER

ONDIRI WETLAND TAKES FLIGHT AS BIRDLIFE FLOURISHES BEYOND EXPECTATION

KIRINGO GICHANCA, LEAD BIRDER, FOWK

The birds of Ondiri Wetland continue to thrive and put on a remarkable show. The species list recorded by Friends of Ondiri Wetland, alongside their partners, most notably Nature Kenya, continues to grow, reflecting the success of ongoing restoration efforts.

This progress has been showcased during two significant recent visits. One was the visit by an Irish delegation led by Christopher O'Sullivan and Caitriona Ingoldsby. In a brief but highly inspiring speech, the Minister noted that the experience of the wetland and its birdlife was incomparable, even to a visit to the Maasai Mara.

On another occasion in April, during one of Nature Kenya's Wednesday birding excursions, enthusiasts recorded 68 species, including the elusive African Water Rail, a rare and exciting sighting that underscores the ecological richness of Ondiri.

With continued restoration and protection, the future looks even brighter. The wetland may soon echo with the calls of the Yellow-whiskered Greenbul and the dazzling presence of the Narina Trogon, powerful indicators of a thriving, resilient ecosystem.



THE FOWK EXPERIENCE

STORIES OF IMPACT AND TRANSFORMATION



**NELSON
MAINA**

FOWK MEMBER

My involvement with Friends of Ondiri Wetland Kenya (FOWK) and the Climate Works Program has had a profoundly positive impact on my personal and professional growth.

As Nelson Maina, I have gained valuable knowledge in tour guiding, particularly in interpreting the ecological importance, biodiversity, and conservation value of Ondiri Wetland.

This experience has strengthened my communication skills and built my confidence in engaging visitors, students, and conservation enthusiasts.

I have also developed a deeper understanding of environmental conservation practices, climate action, and community-based sustainability initiatives.

Finally, the opportunities from guiding activities and participation in conservation programs have provided me with a meaningful and steady source of income.

Overall, my journey with FOWK has equipped me with practical skills, improved my environmental awareness, and enabled me to contribute actively to the protection of Ondiri Wetland while also supporting my livelihood.

Friends of Ondiri Wetland Kenya

Restoring Ondiri Wetland, Reviving Bird Life

Habitat restoration at Ondiri Wetland is bringing this vital ecosystem back to life. Through community-led clean-ups, reforestation, and sustainable land-use advocacy, we are restoring the natural balance that birds depend on for survival. Today, Ondiri Wetland is a haven for both resident and migratory birds.

Migratory Birds at Ondiri Wetland

- Red-backed Shrike**
Migrates from Europe to Africa, using Ondiri's shrubs & wetlands for hunting and resting.
- Western Yellow Wagtail**
Travels thousands of km from Europe, relying on Ondiri's wet grasslands & shallow waters to feed & rest.
- Common Chiffchaff**
A tiny warbler from Europe, arriving each winter to feed on insects in healthy wetlands like Ondiri.

Visit Ondiri Wetland for a Guided Bird Watching Tour!

- Discover Migratory Birds
- Explore Restored Habitats
- Join Community Conservation

www.friendsofondiriwetlandkenya.org

Facebook X YouTube Instagram LinkedIn

"Together, we protect Ondiri Wetland — a home for birds and people."

WORLD ENVIRONMENT DAY 2026

Ondiri Wetland Nature Experience

Join us for a unique conservation experience at Ondiri Wetland!
Reconnect. Restore. Rebalance.

Barefoot Nature Trail Walk

Step onto the earth and experience the healing power of nature.

Why Walk Barefoot?

- Reconnect deeply with nature
- Promote relaxation and mental wellness
- Enhance natural body balance and circulation
- Strengthen feet, muscles, and overall mobility
- Experience the calming effect of "grounding"

Venue: Ondiri Wetland
Date: World Environment Day 2026
Time:

Friends of Ondiri Wetland

Theme: Grounding with Nature: Walk Barefoot, Protect Our Wetlands.

THE FOWK EXPERIENCE

STORIES OF IMPACT AND TRANSFORMATION



EVANS
KARANJA

TREE GROWING COORDINATOR
(TCC)

Connecting to nature has helped me learn new and interesting things. Fighting against illegal, unsustainable developments and pollution makes me proud to say that it creates alternative income sources, such as ecotourism and value addition, to reduce reliance on destructive practices.

It has also focused on gender and inclusion, highlighting the importance of empowering women, which has shifted the focus of many conservationists towards social equality.

I've learned a lot about birds, and to be honest, I've come to learn interesting things about the birds around the wetland. A common bird seen in the wetland is the weaver bird, which is renowned for being a master architect. The male weaves intricate hanging nests from plant fibers using only their beaks and feet to attract mates. A cool fact is that they are among the only birds recorded with the ability to tie actual knots, constructing durable, suspended apartment complexes.

When conservation is effective, it can even reverse biodiversity loss and help ecosystems recover.

My personal connection and purpose is that the work stems from a personal, deep-seated connection to the land and a desire to restore its "miracle and wonder."

"The greatest threat to our planet is the belief that someone else will save it." — Robert Swan, Polar Explorer



THE FOWK EXPERIENCE

STORIES OF IMPACT AND TRANSFORMATION



**CECELIA
NYABUTO**

FOWK MEMBER

Through my experience working with Ondiri Wetland conservation initiatives in Kenya, I have gained valuable skills in environmental stewardship and community engagement. I have learned conservation and restoration techniques for rehabilitating degraded areas, including planting indigenous trees and managing invasive species. Additionally, I have gained insight into water resource management, particularly how highland bogs serve as crucial catchment areas for local springs and rivers.

Climate Worx has changed my life and given me a sense of purpose. Through activities like tree planting, wetland cleanups, and conservation cycling, I have improved my health and found pride in protecting the environment. Events such as the Conservation Run, Conservation Cycling, and Mazingira Tree Planting Day have connected me with passionate people and taught me teamwork, leadership, and confidence. Mobilizing schools and coordinating cycling teams have also pushed me to grow.



**JOSPHAT
MUTHONI**

FOWK MEMBER

Most importantly, I now take ownership of conservation. I promote sustainable practices, better understanding of the local plants and animals, and feel a deep sense of responsibility for our environment. As we celebrate one year of Climate Worx, I am grateful for this initiative and committed to continuing this important work.

THE FOWK EXPERIENCE

STORIES OF IMPACT AND TRANSFORMATION



**MARY
WANGARI**

FOWK MEMBER

Ondiri Wetland has developed programs that target youth, helping to shape our attitudes and nurture our environmental stewardship for the future. It also creates awareness about environmental conservation through events such as the Conservation Run, conservation cycling, team-building activities, and tree planting.

As a friend of Ondiri Wetland Kenya, I have gained hands-on conservation skills. Activities such as planting indigenous trees, removing invasive species, and maintaining trails have taught me practical methods of restoring and protecting natural habitats. Over time, I have been able to identify plant species, birdlife, and seasonal environmental changes. This kind of field knowledge is difficult to gain through classroom study but is very valuable for careers in environmental management.



FOWK MEMBER

**JOHN
KAYO**

THE FOWK EXPERIENCE

STORIES OF IMPACT AND TRANSFORMATION



**MICHAEL
KOMBO**

FOWK MEMBER

My experience at Ondiri Wetland has been unique. It is a quaking bog and the primary source of the Nairobi River in Kikuyu, Kenya. Through active conservation, educational visits, birdwatching, and other nature activities, I have learned a lot about its importance.

Ondiri Wetland provides natural water quality improvement, flood protection, shoreline erosion control, opportunities for recreation and aesthetic appreciation, as well as natural resources for our use at no cost.

Working in Ondiri Wetland has actually helped me a lot. There are some types of birds that I did not know before, such as the grey crowned crane, which are mainly found in wetlands. I have also learned the importance of conserving Ondiri Wetland, as it helps control flooding and provides a home for many bird species. Additionally, I have learned about different types of trees and their importance.



FOWK MEMBER

**FAITH
WANJIKU**

The Ondiri Swamp is the main source of the Nairobi River, which helps maintain the supply of water for both people and wildlife. Students and scientists also use the swamp to study ecosystem conservation and environmental management. Lastly, the wetland stores carbon and helps regulate temperatures, playing a role in reducing the effects of climate change.

THE FOWK EXPERIENCE

STORIES OF IMPACT AND TRANSFORMATION



**NINA
WANGARI**

FOWK MEMBER

Having joined Ondiri Wetland not long ago, it has opened up my mind to the importance of conserving the environment. Along the way, I have experienced birdwatching, which has built an interest in birds that I did not have before. I can now identify some birds, and I am proud of that. Every day is a learning experience, and I am proud to be part of it.

I have learned that Ondiri Wetland is the main source of the Nairobi River and also a key source of water for people around Kikuyu. I am enlightened to learn that the climate actions carried out in the wetland have promoted the rehabilitation of water catchment areas, including riparian ecosystems. It has also promoted an ecosystem management approach in order to reduce pollution and improve water resource integrity.



FOWK MEMBER

**GRACE
WANGARI**

THE FOWK EXPERIENCE

STORIES OF IMPACT AND TRANSFORMATION



**RUTH JOAN
WAMBUI**

FOWK MEMBER

Working at Ondiri Wetland has helped me gain a lot of experience in environmental conservation, tree propagation, the effects of climate change, and the medicinal value of trees and plants around the wetland, as well as holistic health.

Since I started working with the Friends of Ondiri fraternity, I have learned that it is important to preserve Ondiri Wetland because it serves many people both near and far. I have also learned about some herbs and trees, and there are birds whose names I did not know before but now know through teamwork. It has also taught us to keep pushing and working harder day by day.



FOWK MEMBER

**WENDY EUNICE
SPEM**

THE FOWK EXPERIENCE

STORIES OF IMPACT AND TRANSFORMATION



**NANCY
NJERI**

FOWK MEMBER

Being at Ondiri Wetland under the Climatic Works Program has had a significant personal impact on me. Through my involvement in the rehabilitation and conservation activities, I have gained valuable knowledge and practical skills in tree planting, environmental protection, and sustainable conservation practices. This experience has brought me closer to environmental stewardship and strengthened my understanding of the importance of keeping our environment clean and well protected.

As a beneficiary of the Climate WorkX Initiative at Ondiri Wetland, I have gained more than employment—I have found purpose, direction, and a deep sense of responsibility. What began as a way to earn a living has become a journey of growth and connection with nature.

Working in the peat bog has transformed my perspective, deepening my understanding of its ecological importance and the urgency of protecting it. This responsibility now extends beyond work—it is part of who I am.



FOWK MEMBER

**KIMANI
NGANGA**

Collaborating with diverse teams has strengthened my skills, while hands-on experience with the wetland's flora and fauna has turned knowledge into passion. My journey into botany—through FOWK and TICAH—has equipped me with practical skills in plant science and ethnobotany, helping me build a path toward financial independence. This experience has reshaped my identity. I now see myself as an environmental steward, committed to protecting, educating, and contributing to a more sustainable future.

I carry not just skills, but a vision—and the confidence to create lasting, positive change in my community and beyond.

FREE TRAINING & TALKS

TICAH & Friends of Ondiri Wetland Kenya
invite you every Thursday
from 9:00am to 12:30pm

📍 At Ondiri Wetland next to Southern Bypass

*Theme: empowering communities through
health awareness, practical knowledge,
and sustainable livelihoods.*



PREPARING PROBLEM SOLVERS FOR AFRICA

YOU CAN'T AFFORD THE WRONG PATH FOR YOUR CHILD'S FUTURE!!

Whether your child is still in school (ages 4-17)
or has just completed school (18-24),
the next step matters more than ever.

At Soma Siri Afrika, we don't leave it to chance.
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Don't spend years—and money—on the wrong path.

- Get clarity before committing to university
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May Intake Now Open

📅 Superheroes: 9th May

📅 Launchpad: 12th May

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start

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📍 SOMA SIRI INNOVATION HUB-
THOGOTO AND RUIRU



Are you an academic institution in Kenya?

Does your school, college, or university have an **Environment Club** – or would you like to establish one?



&



Miyawaki254 and Friends of Ondiri offer capacity building and professional support to help institutions set up, strengthen, and sustainably run **Environment Clubs**.

- **Guidance** on establishing **Environment Clubs**
- **Capacity building** for students and teachers
- **Practical environmental conservation programmes**
- **Mentorship** and community-based environmental action

We are your trusted partner in environmental stewardship.

✉ Write to us: info@friendsofondirivetlandkenya.org

www.friendsofondirivetlandkenya.org

BISHOP'S CORNER



Receive Calvary greetings in the precious name of Jesus Christ. I really want to appreciate the great work that is going on in the Ondiri wetlands when it comes to the conservation of the great bog. This is very much in line with the perfect plans and purpose of God in creating mankind.

Ecclesiastes 12:1 says "Remember your Creator in the days of your youth, before the days of trouble come and the years approach when you will say 'I find no pleasure in them'.

From this scripture, we understand that in the midst of our very busy schedules, God expects that we must set aside some of our time to be actively involved in taking care of nature. In Genesis 2:15 The LORD God took the man and put him in the Garden of Eden to work it and take care of it. This tells us one of the major reasons why we exist in the earth. We are basically created to take care of this great planet and ensure that it is at its best. After that God then said to man that he can eat of the fruits of the trees. Failing to care of our surrounding only leads lack and shortage of what we need for life. When we take care of our environment, then shall enjoy all that nature gives to us. If we don't do that which God expects of us, then we also get negative impact from the same nature. Among the things that happens is poor health as a result of lack of what we need from the environment or as a result of what gets into the environment caused by bad human practices. We are in the days of technology. Some chemicals that are being used are very lethal to health and man will use shortcuts while disposing the same. There needs to be lovers of God and of nature, who will stand firm and correct such activities. All that we do or fail to do will end up being judged by the Lord. Let us guard our environment with both passion and a deep conviction that we are serving the LORD as we do so. In conclusion, let's consider Ecclesiastes 9:10 Whatever your hand finds to do, do it with all your might, for in the realm of the dead, where you are going, there is neither working nor planning nor knowledge nor wisdom. This means that God is counting on us to care for nature, as the future generations should be mentored the current one and they shall pass it on to their next one. God bless you as you meditate on these few but great words from the scriptures. Thanks and Shalom.

FOWK PICTORIAL



FOWK PICTORIAL



FOWK PICTORIAL



FOWK PICTORIAL





The restoration journey of Ondiri Wetland is, by any fair measure, a quiet miracle, written not in proclamations, but in wings, song, and returning life. The most honest barometer of this transformation has been the birds themselves. In 2016, fewer than forty species were recorded. Today, that number has risen to ninety four, a figure that rivals, and in some cases surpasses, the avian diversity of small island nations whose entire ecological identity rests upon such richness.

Birds are not casual inhabitants of a landscape; they are exacting custodians of ecological truth. Their presence signals clean water, thriving vegetation, abundant food webs, and undisturbed breeding grounds. When wetlands degrade, birds vanish swiftly. When restoration is genuine, they return, often before any human metric can capture the change. At Ondiri, this resurgence reflects deliberate conservation, the protection of water sources, the regeneration of indigenous vegetation, and the safeguarding of habitat from encroachment. Each returning species represents a restored ecological function, from pollination and seed dispersal to pest regulation and nutrient cycling, reweaving the intricate fabric of life that defines a healthy wetland.



Among the most compelling symbols of this renewal are the more elusive and sensitive species. The African water rail, a secretive inhabitant of dense wetland vegetation, has reappeared, its presence a powerful testament to the recovery of undisturbed, high quality habitat. Equally striking is the sight of the Grey Crowned Crane, regal and endangered, whose return elevates Ondiri from a recovering site to a sanctuary of national ecological importance. These are not merely birds, but living endorsements of resilience, their survival dependent on precise environmental conditions that Ondiri, through sustained stewardship, has begun to provide once more.



In recognition of this extraordinary journey, Friends of Ondiri Wetland is undertaking the publication of a landmark volume, *The Birds of Ondiri Wetland*. This work will serve not only as a catalogue of species, but as a chronicle of restoration, documenting the interplay between conservation action and biodiversity recovery. It will capture the diversity, behaviour, and ecological roles of Ondiri's avifauna, offering both scientific insight and narrative depth. It stands as an enduring record for researchers, conservationists, and future generations, affirming that ecological decline is not inevitable, and that recovery, when guided by vision and community, is entirely within reach.

The rise from fewer than forty to ninety four bird species is not an accident of nature, but the direct consequence of committed conservation. It demonstrates with rare clarity that when ecosystems are protected and restored, biodiversity responds with remarkable speed and richness. Ondiri Wetland now speaks in the language of birds, a language of renewal, resilience, and hope, reminding us that conservation is not merely about preserving what remains, but about restoring what was lost, and in doing so creating a living legacy.





KIKUYU
CHANGEMAKERS
AWARDS

KIKUYU Ward CHANGEMAKERS



FROM HEALTH, EDUCATION & ENVIRONMENT TO BUSINESS, SPORTS & LEADERSHIP — WE RECOGNIZE THOSE MAKING A REAL DIFFERENCE. NOMINATE A CHANGEMAKER TODAY!
DO YOU KNOW AN INDIVIDUAL OR ORGANIZATION CREATING IMPACT?
THIS IS YOUR CHANCE TO SHINE A SPOTLIGHT ON THEM.

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Individuals Awards INCLUDE:

- Environment • Education • Hospitality • Sports
- Women in Leadership • Male Political Leader



June 1st, 2026

At 06:00Pm - 12:00 Am



Fami Grill

Kikuyu - Along Nderi Road.

VOTING OPENS
SOON
Stay Tuned

FOR ENQUIRIES CONTACT 0729432304 Kikuyuardchangemakersawards@gmail.com

WE'RE PROUD TO BE PART OF THE CHANGEMAKERS EVENT AS FRIENDS OF ONDIRI WETLAND KENYA (FOWK). OUR MEMBERS ARE DOING INCREDIBLE WORK IN CONSERVATION AND COMMUNITY IMPACT. SUPPORT OUR WORK BY VOTING FOR FOWK AND ANY OF OUR NOMINEES.

FRIENDS OF ONDIRI WETLAND KENYA

*Our Wetland. Our Future.
Our Responsibility.*

Friends of Ondiri Wetland Kenya is a citizen science group dedicated to conserving Ondiri Wetland for people and nature.

We observe. We record. We protect.

By working together, we build knowledge, inform action, and ensure Ondiri thrives for generations to come.

HOW YOU CAN HELP



OBSERVE

Look for birds, plants, wildlife and water changes.



RECORD

Log your findings with photos, notes, and locations.



SHARE

Upload your observations to help build a shared database.



PROTECT

Use our data to support smart conservation and local action.



Citizen Science

You don't need to be a scientist to make a difference. Just your eyes, your phone, and your care for Ondiri.



*Be a Friend. ↗
Be the Change.*



Join us today:

www.friendsofondiriwetlandkenya.org

*Together for
Ondiri! ♥*

Follow us:



Friends of Ondiri Wetland Kenya



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FRIENDS OF ONDIRI WETLAND – 2026 ENVIRONMENTAL CALENDAR

January – Clean Energy & Climate Awareness

26 Jan – International Day of Clean Energy Community climate education and sustainable energy awareness.

February – Wetland Conservation

2 Feb – World Wetlands Day Flagship clean-up, tree planting, and biodiversity monitoring.

March – Forests & Water

21 Mar – International Day of Forests

22 Mar – World Water Day Riparian restoration and school outreach on water conservation.

April – Earth Stewardship

22 Apr – Earth Day Community mobilisation, clean-up, and environmental campaigns.

May – Biodiversity Protection

20 May – World Bee Day

22 May – International Day for Biological Diversity Pollinator gardens and biodiversity assessments.

June – Flagship Environmental Action

5 Jun – World Environment Day Major conservation event, walking barefoot, and partnerships.

July – Community Engagement Conservation awareness, youth engagement, and volunteer appreciation.

August – Indigenous Knowledge

9 Aug – International Day of the World's Indigenous Peoples Cultural conservation and local ecological knowledge.

September – Clean Environment

7 Sep – Clean Air Day

20 Sep – World Cleanup Day Large-scale clean-up and waste management campaigns.

October – Climate & Food Systems

16 Oct – World Food Day, Climate-smart agriculture and sustainability training.

November – Environmental Governance Policy dialogue and stakeholder engagement on wetland protection.

December – Soil & Reflection

5 Dec – World Soil Day. Soil conservation and annual impact review.

FOR UPDATES VISIT:

www.friendsofondirivetlandkenya.org

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MUIRU GITAU


FRONT BANNER


DAVID WAKOGY



 Friends of Ondiri Wetland Kenya - FOWK

 FRIENDS OF ONDIRI WETLAND

 Friends of Ondiri Wetland Kenya

 Friends of Ondiri Wetland Kenya

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