WHERE TO STAY
Kakapel Community Cultural Centre - Amagoro
Phone: +254 729-775728
Email: kakapelcentre@gmail.com

Jaki Guest House - Malaba
Phone: +254 055 54004 / +254 724-737014
Email: jakiguesthotel@yahoo.com

Garden Park Tourist Hotel - Malaba
Phone: +254 722-405055
E-mail: info@gardenparktouristhotel.com

Rondo Retreat Centre - Kakamega Forest (1.5 Hrs)
Phone: +254 056-30268 / +254 735-894474
Email: rondo@trinityfellowship.or.ke

Kakapel is only a few kilometres from the Uganda border. To get there take Malaba Road west from Bungoma for 20 kms to a turnoff (at Amagoro) on the right. Continue for 7 kms on an all-weather murram road. The route is well signposted.

CONTACTS
Kakapel Rock Art Stakeholders
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SUPPORTED BY:

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THE ROCK ART OF KAKAPEL
The site comprises a series of three adjacent shelters at the base of a granite outcrop in a dramatic landscape. The art consists of superimposed paintings. The first painting is done in red and drawn with fingers; it includes geometric designs and a red animal, probably an elephant. These paintings may date from 2,000 to 4,000 years old. The artists are believed to have been the Tw'a hunter-gatherer people. The second painting depicts domestic cattle and a small elephant. The date of these cattle paintings is unknown, but they could be more than 3,000 years old. The third painting is entirely of finger-drawn images of geometric designs and animals and its origin is the most difficult to determine. Kakapel was declared a National Monument in 2004. While administered by the National Museums of Kenya (NMK), the site is managed in partnership with the community and TARA. Visitors are most welcome.

THE PEOPLE
The area is mainly inhabited by Iteso, Bukusu and Sabaot communities. The Iteso, who form the majority, is a Nilotic group found in western Kenya and eastern Uganda. The Iteso Kingdom is a traditional and highly respected governance system, based in Uganda. It is believed that the Iteso originated from present-day Sudan, in the Abyssinia highland, and then separated from the Karamojong and moved further south over a period of centuries. The Iteso are mainly agriculturalists, planting cash crops such as cotton and tobacco, as well as staple foods such as millet. Their clan naming system reveals a history of long-standing ethnic interactions with Bantus and northern Nilotic tribes; as a result, customs of the Iteso can be found among neighbouring peoples and vice versa.

KAKAPEL COMMUNITY CULTURAL CENTRE
Visitors to the Kakapel Community Cultural Centre are treated to a showcase of the rich Iteso culture, including rock art and traditional cuisine. The centre is designed as a space for the community to enjoy and share their culture heritage: dances, music, rituals, oral literature and material culture – all of which testify to the artistic genius of the Iteso people population. Set against the backdrop of the picturesque and impressive natural landscapes of Kakapel – colossal rocks, caves and lush greenery – the centre is a gateway to the heritage of the Iteso people. The centre is fully managed by the community as a way to ensure that they are engaged as custodians of their heritage. Through this centre, the community also enjoys the benefits of responsible cultural tourism.

OTHER ATTRACTIONS OF TESO DISTRICT
This area boasts many cultural and natural features including caves, hills, rivers, and traditional architecture. The Kakapel Community Cultural Centre can organise captivating and enriching experiences for visitors. From Teso District, one can easily travel to Kakamega, Kitale, Kisumu and to Mfangano Island – where there is another community rock art project, managed by the Abasuba Community Peace Museum:

WWW.ABASUBA.MUSEUM