

opusdei.org

## **Lessons atop Mt. Kenya**

Every year, staff, students and friends from Eastlands College of Technology get together to summit the third highest peak of Mt. Kenya at 4,999m above sea level.

06/28/2018

This year, they were joined by a similar group from a university residence in Ireland. The climb - spread over several days of measured walking - however has more to it than just summiting: there

are the elements of learning to stop and admire something beautiful as well as growth in companionship. Both these themes were touched on by Pope Francis in his Encyclical *Laudato Si*; themes that the Holy Father says help all of us to learn how to treat things (nature, the environment and animals) with respect, and consequently people.

Here is a short video on ECT's climb earlier this month.

[https://youtu.be/gLrR4G\\_7IOQ](https://youtu.be/gLrR4G_7IOQ)

---

pdf | document generated  
automatically from <https://opusdei.org/en-ke/article/lessons-atop-mt-kenya/>  
(12/13/2025)