

Community Forest Associations Boundaries and Sustainable Forest Management in Loita Forest, Narok County, Kenya

Abstract

The Kenya Forest Act of 2005, subsequently revised in 2016, introduced the Kenya Forest Service and its mandate to engage in Participatory Forest Management (PFM) agreements with local communities adjoining state forests. This framework necessitated the establishment of [Community Forest Associations \(CFAs\)](#) nationwide, including the Loita Community Forest Association. However, a prevailing concern surrounding [Community Forest Associations \(CFAs\)](#) is the delineation and redefinition of boundaries, an issue that has gained prominence due to Kenya's decentralized forest governance system and the ambiguity surrounding the management of locally-held common resources. This study centers on investigating the process of establishing boundaries for the [Community Forest Associations \(CFAs\)](#) both in forest resources and the users within Loita Forest in Narok County, Kenya. Notably, Loita forest operates under a Traditional Participatory Forest arrangement, controlled by community elders, led [by](#) the revered Oloibon, who steers the resource utilization decisions. The vast expanse of Loita forest encompasses both lush woodlands and savanna landscapes. Employing purposive sampling, the study engaged 52 respondents from nine distinct Loita sub-locations. Key informants were interviewed individually, complemented with focus group discussions conducted with the use of semi-structured questions. Participant observation further enriched data collection, consolidating insights from key informants and group discussions. Collected data was meticulously tape-recorded and subjected to summative content analysis. The inquiry delved into the practicality of existing traditional resource-use boundaries, the adequacy of governmental regulations, policies, and institutions in elevating forest governance within Kenya, and the extent to which individual indigenous rights have been upheld in managing and using communal forest resources. Based on the study's objectives, it is recommended that [the](#) preservation of indigenous [wisdom](#) [knowledge](#), formal recognition of traditional forest governance style, physical forest boundary demarcation, and protection of water sources are key [in to](#) sustainable use and management of forest resources. This study's outcomes contribute to a nuanced understanding of the intricate interplay between indigenous wisdom, modern frameworks, and [sustainable](#) forest management. It underscores the indispensable role of tradition in shaping boundaries, governance, and ecological equilibrium within Loita forest and offers practical directives for future forest management endeavors.

Keywords: [Community Forest Association](#), [Forest management](#), [Indigenous knowledge](#), [Loita](#), [Sustainable Sustainability](#)

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1. INTRODUCTION

Participatory Forest Management (PFM) represents an approach to forest governance that engages forest-adjacent communities and relevant stakeholders, directly or indirectly, in the management of forests (KFS, 2015). This approach operates within a framework that contributes to the livelihoods of these communities (KFS, 2015). For the success of community forestry, comprehensive stakeholder involvement is paramount, necessitating their participation in top-level decision-making (FAO, 2016). Following Ostrom's (1990) design principle for Common Pool Resources (CPRs), an initial step involves establishing precise boundaries for forests and other Common Pool Resources. This entails the need for a clear and, if feasible, legally defined and identified individuals who possess the right to partake in resource utilization activities, as well as the establishment of physical boundaries for resource units. The absence of certainty regarding the physical boundaries of the resource and the eligibility criteria for its usage leads to a situation where nobody knows what they are managing or for whom they are managing it. In most cases the indigenous communities, their allies, and individuals have always centered their struggles for resources and their rights on defining identity and territorial boundaries (McDermont, 2000). The overlap between communities and forest management bodies "rights" continue to affect the management of forest. As Friedman et al., 2020 notes, the discussion about community participation in management of forest should not only involve partaking in forest management activities but also on different stages of decision making and policy making process that can help in defining forest boundaries.

Boundaries are viewed as a representation of social relationships that bring about distinctions among groups of people and that can establish the territorial or spatial grounds which helps these groups to claim that a piece of land "is mine", "is ours and not theirs" or based on a social group's terms, "this is us, not you". Indigenous people tend to seek political solutions that involve frequent reinforcement and establishment of boundaries which are similar to the method used by government in the establishment of their policies. In the last few years, forestry governance advocates have insisted that the significance of forest governance policies is to ensure environmental protection of land which has been demarcated to certain indigenous people. However, within an indigenous community in Philippines, these "boundaries" are found to be less effective than "pathways" (McDermott, 2000). The same can be said about two community forests in Uganda (Ongo and Alimugonza) where the surrounding communities put enormous pressure on the forest for poles and firewood (Mawa et al., 2020).

The absence of well-defined boundaries for ~~Common Pool Resources (CPRs)~~ and the criteria for governing their usage leads to uncertainty in CPRs resource management and potential user access (McGinnis and Ostrom, 1992). Neglecting the delineation of these boundaries poses a risk to participating communities, as they risk losing benefits derived from resource protection, management, and conservation efforts to non-participating entities (McGinnis & Ostrom, 1992). Notably, indigenous communities and their allies have emphasized the importance of defining and identifying territorial boundaries in their struggle for resource use rights (McDermott, 2000; Ming'ate 2016). However, the communities together with the Communal Land Association

(CLA) continue to face challenges with [the](#) enforcement of forest rules due to the high cost of apprehending rule breakers (Mawa et al., 2020).

In Kenya, registered [Community Forest Associations \(CFAs\)](#) collaborate with the Kenya Forest Service (KFS) to manage community forests (GOK, 2005; Musyoki, et al, 2022). This partnership extends to both county government-owned forests and state-owned gazetted forests. Local communities seeking rights to manage and utilize forest resources must apply formally through CFAs, ensuring these rights align with forest conservation objectives (Mogoi et al., 2012). The Loita Maasai community residing in the Loita ward along the Kenya-Tanzania border (Ongugo et al., 2011) benefits from an indigenous system allowing resource access within the Loita forest. The study area uses a traditional setting with most community resource decisions being made by elders led by the famous Oloibon. It is remote in terms of infrastructure, dry and covered with extensive forest and savanna land. The Loita residents use their forest for grazing, fuel wood harvesting, and water extraction, religious and cultural purposes. These boundaries are regulated by customary laws, with herders and the Laibon having overlapping rights for grazing and cultural activities, contingent on the season (Ole et al., 2005). There are certain resource types and uses that are strictly controlled, while other resources are more freely accessible. It depends on several factors, which include resource type, resource use, resource users, nature and strength of rights and duties and seasonal use (Toulmin & Quan, 2000).

This research aims to comprehend how the establishment of CFA boundaries to access communal forest resource units for enhancing community livelihoods is done in Loita forest reserve. Extant literature has established that well-defined boundaries for accessing community forest resources lead to sustainable resource use and improved livelihoods for forest-dependent communities (Ostrom, 1990; Pagdee et al., 2006; Ming'ate et al., 2014ab). This study examines Loita forest's traditional use and governance structures, focusing on how the local community defines boundaries and governs forest resource unit utilization.

2. METHODOLOGY

2.1 Study area

Loita Forest is an indigenous forest in southwestern Kenya, specifically in Narok South Sub County. It spans approximately 330 square kilometers and is situated between the Nguruman-Magadi escarpment and the Maasai Mara National Reserve, [as shown in](#) (Figure 1). The forest is characterized by diverse ecosystems and is situated at an elevation of around 2300 meters above sea level. The surrounding region is predominantly semi-arid, with grassland savanna extending west (Ongugo et al., 2011). The population of Loita Ward, which encompasses the forest, is estimated to be approximately 22,873 people, according to the Narok County Village Units Delineation Bill of 2014. The forest area is part of the ancestral land of the Maasai community, situated along the Kenya-Tanzania border (Pimbertt, 2000; Lesorogol, 2008).

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•Additional information on climate (rainfall patterns, amounts, temperature), soils, flora and fauna would also be useful



Figure 1: Map of the Loita plains

2.2 Research design, sample size and data collection

A total of 52 respondents were interviewed. This included 40 Residents, 2 Forest officers, 1 Oloibon, 3 Assistant Chiefs, 2 NGO representatives, three focused groups, and 1 Loita Ward administrator. Table 1 summarizes the sample size of respondents.

Table 1: Sample size of the Respondents

Category	Sample size	Percentage
Household Residents	40	77%
Forest Officers	2	4%
Oloibon	1	2%
Assistant Chiefs	3	6%
NGO Representatives	2	4%
Focused groups	3	6%
Loita Ward Administrator	1	2%
Total	52	100%

Data was collected through semi-structured interviews, predominantly conducted within households proximate to the Loita forest. The semi-structured interview format facilitated participants in exploring issues of personal significance. Open-ended questions were utilized to ensure participants could offer comprehensive opinions. This method allowed participant observation, tape recording, and interviews of key informants. This method provided participants with a chance for exploration of issues they deem more significant. A tight schedule was not kept

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by the interviewer but the interviewee was allowed to deeply explore the issues and from different angles as they please through use of open-ended questions (Longhurst, 2009).

2.3 Data analysis and presentation

Two distinct approaches were employed for data analysis: evaluation of demographic characteristics and content analysis. The evaluation of demographic characteristics aimed to capture the participants' demographic profiles concisely. Content analysis, a qualitative approach, aimed to distill critical themes or attitudes from participants' responses involved in the study (Bernard, 2012). This study's content analysis was performed through coding. Each participant's response was treated as an individual document. Combining these approaches, the study unveiled themes relevant to the Loita Forest CFA, thus furnishing supportive information sources to support the study objectives. Data analysis was conducted using SPSS version 25, encompassing content analysis and descriptive statistics.

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3. RESULTS AND DISCUSSION

The research's principal objective was to comprehensively evaluate how resource users associated with shared resource units can effectively establish well-defined **Community Forest Associations (CFAs)** boundaries. This evaluation sought to elucidate the role of forest-adjacent communities, whose livelihoods depend on the forest, in promoting sustainable forest management practices.

3.1 Demographic Characteristics of the Study Area respondents

During the qualitative interviews, about 52.5% of the respondents in the households were found to be male, while 47.5% of them were female. The age distribution was found to have 45% of the respondents between the ages of 31-50, and only 5% are above 70 years as shown in Table 2. This indicated that a large percentage of the residents were young.

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Table 2: Age Distribution of Respondents

		Age			
		Frequency	Percentage (%)	Valid Percentage (%)	Cumulative Percentage (%)
Valid	Below 30	13	32.5	32.5	32.5
	31-50	18	45	45	77.5
	51-70	7	17.5	17.5	95
	Above 70	2	5	5	100
	Total	40	100	100	

Most of the population ~~is~~ were of the Maasai sub-tribe (90%). The only other community in the area is the Kipsigis, who mainly come for trading but have become part of the community,

accounting for the remaining 10% (Table 3), with only one of the four Kipsigis traders staying less than five years with the community.

Table 3: Ethnicity of Respondents

Ethnicity					
		Frequency	Percentage (%)	Actual Percentage (%)	Cumulative Percentage (%)
Valid	Maasai	36	90	90	90
	Kipsigis	4	10	10	100
	Total	40	100	100	

Moreover, only 17.5% of the respondents have a level of education beyond Primary Education, with 60% having No Education as shown in Table 4. This can be attributed to the historical marginalization of the region coupled with a traditional system that was predominantly based on Moranism and did not see value in formal education.

Table 4: Education Level of Respondents

Level Education					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No Education	24.00	60.00	60.00	60.00
	Primary Education	9.00	22.50	22.50	82.50
	Secondary Education	5.00	12.50	12.50	95.00
	University Education	2.00	5.00	5.00	100.00
	Total	40.00	100.00	100.00	

The findings in Table 5 below show that only 17.5% of households engage in trading activities, with 82.5% involved mainly in tourism, Agriculture (including livestock and honey harvesting), and Forest Utilization activities.

Table 5: Source of Income

Source of Income					
		Frequency	Percentage (%)	Actual Percentage (%)	Cumulative Percentage(%)
Valid	Traders	7.00	17.50	17.50	17.50
	Tourism, Agriculture, and Forest Utilization	33.00	82.50	82.50	100.00
	Total	40.00	100.00	100.00	

3.2 Structure of forest governance in Loita

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To further understand how the CFA boundaries concerning forest resources and resource users are defined in Loita Forest, the respondents were asked to explain the traditional governance structure for Loita Forest reserve and the role of the Chief Laibon. In the case of the roles of the Laibon the respondents identified the following roles:

“The Chief Laibon is a highly respected and feared leader among the Loita Maasai. He is believed to hold magical powers, which have helped instill discipline among forest users. Even people from far places that visit Loita forest always fear these magical powers of the Chief Laibon” (R28).

In terms of the structure under the Chief Laibon is the Council of Elders which has the overall mandate to help the Chief Laibon in making key governance decisions, and locational forest committees that act as the implementing bodies for the Council of Elders and Chief Laibon’s decisions. Each committee also has observers who may include government and NGO staff. The main task of the committees is to provide permits for people who need to cut trees for their own use (e.g., for construction or fencing) and to monitor that only the specified trees are cut. They are also supposed to prevent charcoal burning, prevent tree-cutting near water courses and encourage people to use only dry wood for firewood as indicated by key informants. The committees have officials elected by members with the detailed membership as indicated below.

The hierarchical structure of Loita forest management is described as was found in the figure below;

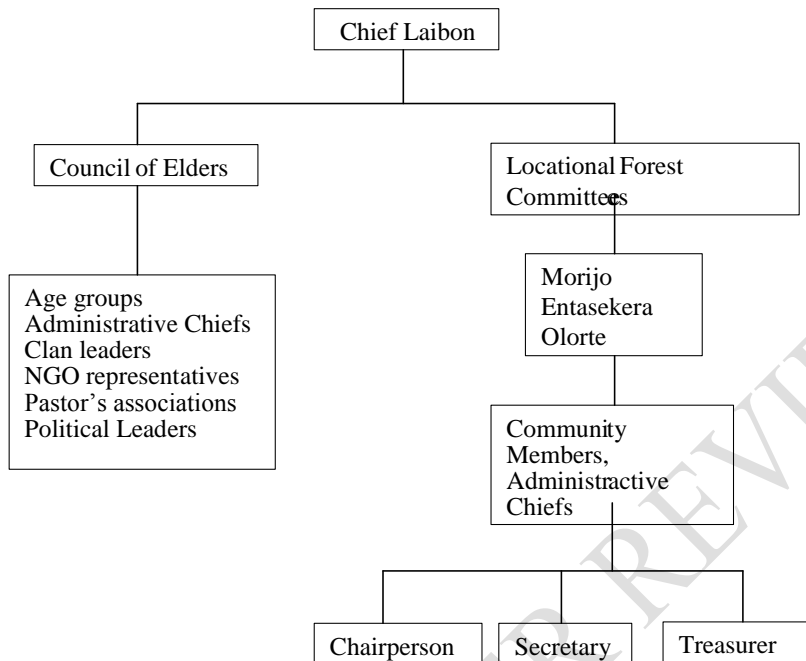


Figure 2: Hierarchical structure of Loita forest management (Source, Author 2022)

3.3 How to establish clear CFA boundaries for sustainable forest management

The study also set out to explore how to establish the forest boundaries within a traditional participatory arrangement like Loita forest. The responses from the informants showed that the use of the manual developed by the Kenya Forest Service (KFS) in 2007 for forming Community Forest Associations (CFAs) offers a comprehensive framework. Accordingly, this manual outlines five distinct stages that KFS uses in the formation of CFA forest resource use boundaries across all public forests in Kenya. This includes:

1. **Identification and Negotiation Stage:** This stage involves thoroughly assessing the community setup and identifying entry points for engagement.
2. **Participatory Assessment:** Facilitators assess the activities of groups forming the CFA in alignment with the Forest Act, seeking to establish compatible activities.
3. **Establishment of CFA Rules and Regulations:** During this step, facilitators increase awareness of the Forests Act and environmental legislation, aiding in constitution preparation and the development of relevant by-laws and regulations. Fair and impartial elections are also conducted.
4. **Transparent Elections:** Organizing transparent elections for the CFA, fulfilling the Registrar of Societies and Kenya Forest Service requirements.
5. **Capacity Building:** Involves capacity enhancement for the CFA and Forest Committee, identifying areas necessitating additional capacity to fulfill obligations effectively.

Respondents were asked to unravel the mechanisms underpinning the establishment of boundaries for resources and resource users. This query sought to unravel how traditional participatory frameworks could foster enduring and resilient boundaries, specifically as exemplified by the case of Loita Forest. Distinct from all other forest management paradigms in Kenya, the Community Forest Associations (CFAs) are necessitated registration by the registrar of societies prior to obtaining participation rights within forest management frameworks. However, it became clear that in Loita forest reserve, the traditional arrangements have historically governed its management. To date Loita forest reserve is communal and lacks titles for the entire forest land

As argued by Blackman et al., (2017), a significant portion of local communities and indigenous individuals inhabit lands that lack legal titles. Further, while legal systems may recognize customary, aboriginal, or traditional rights stemming from prolonged residency and community affiliation, these rights often intersect with individual or state-held property rights (Ole, 1998). Customary law governing land rights tends to encompass a pluralistic nature, characterized by inclusivity (encompassing multiple rights holders), ambiguity (with overlapping rights), and negotiability (established through communal processes) (Ole, 1998). Further in most cases customary land tenure lacks the definitive certainty provided by formal land registration (Ole, 1998).

Further it was reported that the Maasai community espouses a clear comprehension of "erishata," a term denoting division or separation that engenders a boundary. However, their perceived boundaries are akin to zones rather than discrete lines. A notable informant aptly encapsulated this concept as follows:

"Most families here do not have title deeds for their land. However, clans and families are separated by boundaries that most Maasai understand and do not cross. These boundaries were defined by Maasai ancestors, mostly great grandparents" (FO1).

By exploring the intricacies of boundary establishment, the study delves into the intricate interplay between traditional approaches to communal land management and the formal regulations stipulated by CFAs. This synthesis of perspectives enables a more nuanced understanding of how boundaries are conceptualized and maintained within the dynamic context of Loita Forest.

When the community grants rights to people and families, they come together and interact as they collectively utilize the land. Access to the land is determined through negotiation and may occasionally lead to conflicts, as put in the words of a key informant:

"Families that live within a particular zone allow members to use land and its resources. However, to avoid conflict on who should and should not use the land and its resources, some rules govern access to the land by members" (LWA).

For the Loita Maasai, their customs and laws have existed since immemorial. Respondents could not clearly explain how these customs were formulated, who formulated them, and if meetings or consultations took place. As put by the respondents:

"There are no formal meetings to formulate these rules. Only the locational forest committees in consultation with the Laibon stipulate any new rules and communicate them in chiefs barazas" (R19). "No specific community meetings are organized" (AC2).

The respondents reported that there is no CFA involved in the Loita Forest management despite the fact that the forest is managed by traditional participatory forest arrangements

"We are unaware of any Community Forest Association in Loita Forest" (R21).

However, one of the key informants of the community forest committees reported that he tried to form a CFA at a location called Entasekera but this was firmly rejected by the entire community members and the County Government of Narok. The informant was captured saying:

"I explained the importance of CFA to Maasai leaders, including the Laibon. I also attended a meeting where leaders and Maasai members were present. When I tried to pitch my suggestion, the community strongly rejected it. The county Government of Narok was also against it. Some members cited the reason for rejection as politics" (FO2).

The study found that all community members were aware of and understood the benefits that can be extracted from Loita Forest in one way or another. As explained by the respondents, the following are the benefits:

"Loita forest is very beneficial to us. We get our honey from the forest, our cattle graze in the forest" (RH35). "We get firewood and timber from the forest. Besides, Loita acts as a water catchment area and thus provides water for our community" (R4).

The study found that only 5.8% (3 CFA officials) of the participants knew about the concession or management agreement between CFA and KFS, indicating limited knowledge of the concession between CFA and KFS. For management purposes, CFA can be given a Management Agreement by KFS to manage the forest for a duration. The following words from critical informants and household interviews captured this finding:

"I do not know any concession or management agreement between CFA and KFS" (R5). "I do not think there is a concession agreement because there is no CFA in Loita forest" (R16).

It was revealed by most respondents, about 80%, that they needed to gain knowledge of the inclusion and exclusion rules. Inclusion and exclusion rules define who can access forest resources and those who are not. It also states the group of people participating in forest management decision-making. The following statements from the respondents capture these results:

"We have been living as a community for a long time, and we share Forest resources. I do not know if there are any rules that govern access to these resources" (R25). "I do not know any inclusion and exclusion rules about Loita Forest" (R7).

However, the minority who explained that they knew the inclusion and exclusion rules stated that some people feared invading the forest resources. These two households commented that:

"They were allowed to access the resources" (R34). "Others fear accessing Forest resources because they might be punished" (R14).

The research asked the respondent to explain any other rules, other than the customary rules, that were in place relating to resource utilization in Loita Forest. One of the respondents reported that fines are administered for violators of these rules, with a cow being the mandatory fine, as put in words by the respondent:

"If anyone breaks the rules set by the Local leaders and forest officers concerning the use of forest resources, fines are always administered. Because cattle are one of the main income sources in the region, a cow is a mandatory fine" (R7).

The research found that the Chief Laibon, Council of Elders, Locational Forest Committees, NGOs, and Narok County Government were identified as those responsible for implementing the rules and monitoring Loita Forest. The responses from key informants and household interviews captured these findings:

"During meetings, rules about management and use of forest are normally set and revised. These meetings are mostly attended by Chief Laibon, Chiefs and assistant chiefs and pastors" (AC2). "I am part of those who set rules on the management of Loita forest. I represent SORALO NGO group. The Narok County Government representatives are also part of the rule-making committee" (NGO2).

The research revealed that pivotal decision-making responsibilities regarding resource utilization within Loita Forest rested with several vital entities. These entities include the Chief Laibon, Council of Elders, Locational Forest Committees, Non-Governmental Organizations (NGOs), and the Narok County Government. Their roles encompassed determining resource allocation, usage protocols, and overall forest management strategies. The collaborative involvement of these diverse stakeholders underscores the intricate web of governance structures shaping the management of resources in the Loita Forest context.

3.4 How the CFA forest resources and resources user's boundaries have helped indigenous people to assert their rights in the use of the forest resources

The research also underscored the importance of the governance system in Loita forest in helping the indigenous Loita Maasai to assert their rights in the access and management of the forest. The households stated that the benefits drawn by the Loita Maasai from [the](#) Loita forest include grazing, building materials, herbal medicine, water catchment, ecotourism, fuel harvesting, cultural values, honey harvesting and farming to a limited extent. The responses from key informants and household interviews captured these findings:

“As stipulated by rules set by Chief Laibon, KWS and Narok County government, forest resources should be well used. Members of the community are allowed to access resources such as grazing land in the forest, firewood and water” (LWA).

The forest acts [areas](#) a very important drought and dry-season safety net. Even for the community members living close to the forest, the desire to have the animals graze in the forest where the pastures are good all year-round is resisted. They graze their livestock based on the traditional wet and dry season grazing areas. R24 explained that:

“Although the forest is almost always green, during the rainy season, members only graze their livestock in their land. We only graze our cattle in the forest during semi-dry or dry seasons” (R24).

Another respondent explained that residents are also allowed to individualize and fence small portions of grassland next to their homesteads known as lookeri (The lookeri are well recognized and respected among all Maasai communities) for use as enclosed grazing fields for calves and weakened livestock as put in words by the respondent:

“We divide our pieces of land around our homesteads into portions that are used to graze mostly calves and other cattle during wet season. When one land become short of grass, we move the cattle into the next portion of fenced land” (R27).

Only the Laibons are allowed to use certain sacred resources such as the Oltukai (*Phoenix reclinata*) which is used for cultural ceremonies such traditional rituals carried out within the forest, and require the use of limestone, which is found in very few parts of the forest.

Conducting these ceremonies ~~is~~[are](#) carried out deep within the forest, for instance EnkitainotoOlorripOlasarlolporror - the chosen spiritual leader of the new age group. It is only these age-group spiritual leaders who know where this special limestone is located within the forest, and the actual site where these ceremonies are conducted. The Loita Maasai community understands and respects this, their spiritual leaders, and the whole ceremony is greatly revered by all:

“The reason why cattle are not allowed to graze deep inside the forest is because they are used for conducting spiritual ceremonies. Only a few selected people are allowed to visit these places” (R2). “Some of the key tools like limestone that are used to carry out rituals are located in the forest and few chosen leaders know its location” (R28).

The research asked the respondent to explain the customary rules associated with the use of the resources in the Loita Forest. The respondent states that with regards to herbs; no cutting off of the main roots is allowed, no one is allowed to remove the bark all-round the stem to allow for continuous growth and no one is allowed to cut down trees near the catchment area. In terms of building structures, the respondents said that this is only allowed at the periphery to avoid collateral cutting down of trees with logging for commercial use being prohibited. The responses from household interviews captured these findings:

“There are traditional trees that are mostly used to extract herbs and medicine. We are not allowed to cut the roots of these trees. Only stems are taken out to allow continuous

growth” (R29). “We get building materials from the forest. However, our leaders understand that there is logging that can take place and therefore, cutting of trees is regulated” (R4).

One of the respondents elaborated those trees of cultural value e.g., the fig tree, locally known as oreteti, is preserved as it is used when blessing barren women. The respondent expounded that the olive tree, locally known as oloirien, is also preserved for use during the orkiteng’ loo lbaa which is an initiation ceremony for first born sons as put in words by the respondent:

“We have specific trees used for specific functions in our community. Oreteti is used when blessing barren women while Oloirien is used during orkiteng’ loo lbaa. Therefore, no one is supposed to cut down these trees” (R16).

The Loita Maasai also have a right to use the forest resources for construction and fencing. Most of the indigenous peoples’ structures that may require use of forest resources are often simple in nature and make use of mostly dry wood and twigs. In the context of the Loita Maasai the major structures are the traditional houses and the livestock enclosure fences and traditionally, it is the women who build the houses. A Maasai traditional house is a simple structure made up entirely of wooden poles, and interwoven twigs or branches and smeared or cemented with cow dung. Specific species are preferred for the different parts of the building. The fence around the homestead and animal enclosure also uses branches of particular thorny bushes, rarely tree trunks. The traditional way of fencing is done by piling up branches of thorny acacias and oleleshua (*Tarchonanthus camphoratus*) or, where thorny material is limited as in Ilkerin, by sticking oleleshua and olmisigiyoio (*Rhus natalensis*) into the ground. Other species used for dead fences include *Maytenus heterophylla* (olaimurunyai) and *Mystroxyloa ethiopicum* (olodonganayioio). Wood for such constructions is freely sourced from any part of the forest without having to obtain permission from official entities. Extraction of large quantities, especially of specific species, is however under strict control of the elders. Chief Laibon plays a key role in decision making regarding the extraction of large quantities (Maundu et al. 2001). Community members are also allowed to sustainably harvest herbal medicine within the forest. They understand the diseases and illnesses that these herbal medicines treat with some used to flavor meat soup. Orkonyil (*Rhamnus prinoides*), Oleparmunyo (*Toddalia asiatica*), Olkiloriti (*Acacia nilotica*), Olamuriaki (*Carissa edulis*), Olgonguenyi (*Acacia kirkii*), Olmisigiyoio (*Rhus natalensis*), Olperelengo, Oloirien (*Olea europaea*), and Osokonoi (*Warburgiasalutaris*) were identified as the most salient plants, with some reported to have more than one medicinal use. In addition, the results revealed the existence of three primary traditional conservation strategies used in the study area to protect medicinal plants. Sustainable harvesting is a technique used to harvest these plants without damaging them to ensure their availability in the future. Second, the monitoring of these plants is seen as the collective responsibility of all the members of the community, meaning that everyone is responsible for protecting them:

“We value trees because they provide us with herbal medicine to treat almost all types of diseases that attack our people. Therefore, we watch out how we harvest these trees to allow for continuous growth. For example, only stems and not main roots are harvested” (R11). “We harvest herbal medicine from the plants and trees such as Orkonyil, Oloirien, Olkiloriti, Olmisigiyoio, Oleparmunyo and Osokonoi” (R19).

Although not notable in the content analysis plot above, the respondents also mentioned ecotourism as an activity that happens within Loita Forest with customary rules dictating that any investor who wishes to establish a campsite or a visitor who wishes to visit the forest has to inform and agree with residents of that particular locality:

“It is not a common thing but we sometimes receive requests from tourists that want to camp in the forest. For this to happen, they must receive approval from us residents” (R3). “Trees in the forest are a good source of herbal medicine and my grandmother gets most of them in the forest. We also get honey from the forest” (R31). “The forest offers some cultural benefits. For example, rituals such as circumcision rituals take place in the forest. Our leaders also go to the forest to offer sacrifices to our ancestors” (R18).

3.5 Role of various stakeholders in establishing resource use and users’ boundaries

The Kenya Forest Service has specifically delineated pertinent community forest association formation stakeholders. Notably, the Loita Maasai community has embraced ~~in~~ their traditional rules to govern forest management. Their collaboration extends beyond traditional governance, encompassing cooperative efforts with governmental and non-governmental agencies.

Table 6: Role stakeholders in Loita Forest

NGO	Role
SORALO	This stands for the South Rift Association of Land Owners. They work with the local community to monitor forest use.
Maasai Bee-Keeping Initiative	Promote sustainable bee-keeping within the community.
Friends of Loita Forest	Work with the local community to conserve the forest and help enforce the forest rules.
Walking with the Maasai	They help the Loita Maasai in promoting their traditional governance systems.
Kenya Wildlife Service (KWS)	They have their offices at EwasoNyiro town but occasionally conduct patrols at Loita forest.
County Government of Narok	They hold the forest in trust on behalf of the people of Loita.
The Kenya Water Towers Agency (KWTA)	The agency has fenced off several water sources in the forest to avoid destruction, such as the one in the picture below, funded by the World Bank.

Kenya Forest Service (KFS)	Their role is limited in the management of Loita forest given that the forest is under the County Government of Narok and that nobody has an agreement with KFS to manage the forest, contrary to claims by some groups in Loita forest.
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The study also tried to investigate and draw inferences from the laws, policies and instruments that are applicable in the management of Loita forest. Below is the summary of the findings of this study.

Table 7: Summary of Sufficiency of Laws and Policies in Kenya that are applicable in the management and governance of Loita forest

Kenyan Law	How it has assisted in the management of Loita forest	Weaknesses	Strengths
Kenya Forest Act of 2005 (revised in 2016)	<ul style="list-style-type: none"> - It has prevented illegal logging. - Ensured water catchment areas are protected. - Regulation of use of land use and other resources including firewood and timber. - There have been unsuccessful attempts to establish CFAs 	<ul style="list-style-type: none"> - Forest officers have less power to give fines and punishments to wrong doers 	Instilled fear on potential violators of forest rules
Environment Management and Coordination (Amendment) Act, 2015	The County government, through Loita Ward Administration, participates in yearly meetings with the local community leaders and NGOs to discuss challenges faced in ensuring proper management of Loita Forest.	Enforcement is minimal as government agencies presence at Loita forest is limited	<ul style="list-style-type: none"> - It offers a framework for smooth investigation of crime cases that are committed. - It ensures responsibility from Forest Officers, Ward Administration, community leaders and members in management of the forest.

Community Land Act, 2016	The County government of Narok teams up with community leaders and members to ensure proper use of the Community land as classified by the Act	Land not yet converted from trust land to community land as per the law by the time of research	<ul style="list-style-type: none"> - Strengthens community ownership of land - Controls land use and ensures proper governance structures for community resources
The Water Act, 2002	There are no regional service boards to license water service providers in the area and thus the Act is not sufficient in management of the Forest	<ul style="list-style-type: none"> - The Act is not sufficient since there are no water service providers in Loita 	<ul style="list-style-type: none"> - Supports community involvement - The Act supports the user-pay principle as proposed in the Forests Act - The Water Act encourages collaboration between local communities and water service providers to conserve and protect water catchment areas.
The Fisheries Act, Cap 378	The Act is not applicable in Loita Forest since the data collected reported no fishing activities	N/A	N/A

4. CONCLUSION

The findings of this study illuminate the proactive utilization of indigenous knowledge and traditional governance systems by the Loita Maasai and other communities within the Loita forest. These communities have astutely employed their age-old practices to establish and maintain a discipline system for the forest offenders. These practices, especially in the areas like river sources that play a pivotal role in maintaining the forest ecosystem, have enabled the delineation of boundaries crucial for sustainable forest management. The incorporation of traditional approaches has not only contributed to boundary definition but has also fostered the preservation of the forest's ecological integrity.

However, despite the involvement of the Narok County Government in portions of Loita forest management, the absence of well-defined and identifiable county-constructed boundaries remains to be noticed. Consequently, the onus of safeguarding critical regions, such as water catchment areas, largely falls upon community leaders. These leaders take it upon themselves to protect and preserve these vital areas within the Loita forest.

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5. RECOMMENDATIONS

Drawing from the insights garnered through this study, several recommendations emerge that hold significant implications for the promotion of sustainable forest management:

Objective 1: How to establish clear CFA boundaries for sustainable forest management

1. *Physical Boundary Demarcation:* To preempt potential future encroachments, it is recommended to demarcate physical forest boundaries through beacons and cut lines. Such measures serve as visible markers, delineating the limits of the forest and warding off unwarranted encroachments.
2. *Protection of Water Sources and Wetlands:* Given the vital role of water and wetlands in sustaining the forest ecosystem, the study underscores the importance of erecting protective fences around these areas. Safeguarding these sensitive zones can significantly preserve the forest's ecological balance.
3. Implement the Community Land Act of 2016 to protect community lands in Kenya including community forests. This would mean the issuance of community land title deeds to safeguard their ownership ~~on~~ of those lands.
4. Courts to take into consideration cultural and traditional attachments to forests when mediating disputes and forest conflicts.
5. *Water Accessibility Initiative:* Environmental organizations should initiate a project to install boreholes in the Loita area. The growing population has led to increased demand for water in the community, and Loita Forest serves as the sole water source. By providing accessible and affordable alternative water sources through boreholes, the pressure on the forest's water catchment areas can be relieved, thereby safeguarding the forest ecosystem.

Objective 2: How the CFA forest resources and resources user's boundaries have helped indigenous people ~~to~~ assert their rights in the use of the forest resources

1. *Documentation and Preservation of Indigenous Knowledge:* It is imperative to embark on a concerted effort to meticulously document and preserve the rich local knowledge of the Loita Maasai and other forest communities in Kenya. By safeguarding these insights, future generations can benefit from the wisdom derived from time-honored practices.
 2. *Cultural Sensitization Campaigns:* Initiating comprehensive sensitization campaigns becomes crucial in educating local communities about the imperative of preserving their cultural heritage. These campaigns should also emphasize transmitting these cultural values to succeeding generations, fostering a harmonious blend of tradition and modernity.
 3. *Recognition of Traditional Governance Systems:* Acknowledging the importance of traditional governance systems within the hierarchical framework of community forest management is pivotal. Integrating these systems into management strategies can ensure a holistic approach that values indigenous wisdom and contemporary practices.
 4. *Enhanced Government Involvement:* The Narok County government should play a more active role in enforcing forest resource regulations outlined in relevant Acts and policies. This involves deploying additional forest officers and establishing a dedicated forest officers' camp for continuous forest monitoring. This proactive approach will aid in curbing illegal activities such as logging and charcoal production within the forest.
- In conclusion, this study underscores the remarkable synergy between traditional knowledge and contemporary practices. By harnessing the wisdom of indigenous approaches and embracing

progressive strategies, Loita Forest exemplifies a model of sustainable forest management where culture and nature coexist harmoniously.

CONSENT AND ETHICAL APPROVAL

The study was conducted under the Graduate School of Agriculture and Environmental Sciences. The Confidentiality of the participants was adhered to when participants signed the consent form after being explained the nature and purpose of the study.

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