

## Abstract

Kakamega forest in south-western Kenya has been selectively logged since the 1940s. A study on its recovery from anthropogenic disturbances compared data from studies carried out in 1981, 1999 and 2006 in central Isecheno block of Kakamega forest. In the 2006 study, a low number of species was recorded compared with those of 1981 and 1999. In the undisturbed plots, 13 species were isolated which underwent marked changes in stocking: *Funtumia africana*, *Antiaris toxicaria*, *Bersama abyssinica*, *Blighia unijugata*, *Cassipourea ruwenzorensis*, *Celtis mildbraedii*, *Ficus sur*, *Markhamia lutea*, *Polyscias fulva*, *Sapium ellipticum*, *Teclea nobilis*, *Trichilia emetica* and *Trilepisium madagascariense*. In all undisturbed and disturbed (plots and transects) sites, *A. toxicaria* and *F. africana* were among the top 10 most abundant species. Currently, man-made trails are the main disturbance affecting Kakamega forest ecosystem. However, this forest is recovering and maturing towards climax as evidenced by a decline in species diversity, increment in density and diameter at breast height over the 25-year period. There are indications of ecosystem sustainability, resiliency and integrity retention after disturbance