

## NMN 05-DAY DISCOVER KENYA

### Activity Package

This is a compulsory payment that covers what we consider to be an 'essential activity' on our tour. This payment is 100% transparent and is listed below. **As the activity package on this tour is compulsory; we recommend that you pre-pay this to your agent prior to your arrival.**

Activity	Price
Compulsory National Park Fees	R2100

### Countries Visited

Kenya

### Vehicle

Adventure truck/safari vehicle

### Malaria

Malaria prophylactics are required throughout the tour.

### Departure Point

8:00am from the Meridian Court Hotel, Muranga Road, Nairobi, Kenya. Tel: +254 20 313991/317481.

[www.meridianhotelkenya.com](http://www.meridianhotelkenya.com)

### End Point

Meridian Court Hotel, Muranga Road, Nairobi, Kenya. Tel: +254 20 313991/317481. [www.meridianhotelkenya.com](http://www.meridianhotelkenya.com)

### What's included

Meals as indicated on the itinerary (unless otherwise specified, all meals are prepared and served at the Nomad truck), accommodation, registered guides and transport. We also include some of the highlights. These highlights are listed below in the day-by-day descriptions as "included highlights".

### What's excluded

All items of a personal nature, alcohol, snacks, souvenirs, tips and optional activities (see list for an indication of prices.)

### Health

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disability that you may have.

### Insurance

All clients require adequate Travel Insurance. Medical Insurance is not sufficient. Activity providers can refuse participation of activities, if the correct valid Travel Insurance

is not provided. Travel insurance can be purchased via the Nomad website [http://www.nomadtours.co.za/travel\\_insurance.html](http://www.nomadtours.co.za/travel_insurance.html) (Nomad World travel insurance is in no way affiliated with Nomad Tours)

### Visas

Please note that these are your responsibility. Most nationalities require visas for East African countries. Most nationalities can obtain their visa on the border or at the airport. We strongly recommend that you organize your visa before the tour. See Pre Departure Booklet for more information.

### Climate

The African sun is very strong. Please use a factor 30 sunscreen and wear a hat. You should drink at least 3 litres of water per day to avoid dehydration. It can also get very cold during winter months on this route. Please see Pre Departure Booklet for detailed information.

### Currency and Banking

USD (United States Dollars) cash is the best currency for East Africa. Travellers Cheques can take a long time to change into cash and often incur unreasonable charges. Credit Cards cannot always be processed – especially in remote areas. USD Notes printed before **2004** (i.e. the old style notes) will not be accepted and many places will not accept USD100 notes, so make sure to bring lots of \$1, \$5 and \$10 notes for tips and craft markets. USD20 and USD50 notes are good to change in to local currency. Please see Pre Departure Booklet for detailed information on each country.

### Vaccinations

A Yellow Fever Certificate is required for this tour. Please see the Pre Departure Information booklet for detailed information on vaccinations in Africa.

### Onward Travel

This tour can be linked to the Treasures of Tanzania tour afterwards.

### Pre and Post Tour Accommodation

If you require accommodation before or after your tour we can arrange this for you. We can also arrange airport transfers – contact your travel agent or Nomad to make these bookings.

### Arrival

Please be sure to arrive 1 day before your tour is due to depart. This will avoid any problems such as forgotten luggage, misplaced bags or any unpredictable problems such as airline strikes or delayed flight arrival.

## Camping Departure

Please book your flight to depart the day after the tour officially ends. This is to account for any delays that we may experience due to unpredictable road conditions.

**Note: All information is subject to change without prior notice. Travel times and campsites can change depending on road or weather conditions, etc. These are used as a guideline only. On our longer tours it is possible that your crew, truck and fellow travelers will change due to our unique tour linking system. On this tour, the maximum number of participants is 20.**

### Did you receive your Pre Departure Information Booklet?

If not please contact us at [nomad@nomadtours.co.za](mailto:nomad@nomadtours.co.za) and we will e-mail you the document; alternatively visit us at 1st Floor, Leadership House, 40 Shortmarket St, Greenmarket Square, Cape Town to collect one. You can also download from our website at [www.nomadtours.co.za](http://www.nomadtours.co.za). After hours contact number: +27 (0) 82 578 2199.

### OPTIONAL ACTIVITIES:

COUNTRY	AREA	ACTIVITY	PRICE Range
Kenya	Lake Naivasha	Naivasha Elsamere High Tea (meal)	\$30 to \$95
Kenya	Lake Naivasha	Cycle Hire from Carnelleys	\$30 to \$40
Kenya	Masai Mara	Masaai Village Tour	\$30 to \$45
Kenya	Masai Mara	Tips for Guide – Per Person /Per Day	\$20 to \$35
Kenya	Nairobi	Dinner at Local Restaurant	\$30 to \$45

### Note

There are more optional activities being created every day – we have listed only the most popular. If there is something specific you would like to do then speak to your guide as they will be able to assist you (if it is possible...)

### Day 1 Kenya - Lake Naivasha

The tour begins in Nairobi, the capital city of Kenya. On this first day the tour will meander further inland to Lake Naivasha for a relaxing day on the lakeshore. You can go hiking in the area and activities include game and bird watching. One of the more popular optional activities is to go game viewing from a bicycle. An alternative way to spend your afternoon is to take high tea at Elsamere, the former home of Joy Adams, best known for her autobiographical novel, *Born Free*. *Optional Activities: Cycle hire, High Tea at Elsamere*

Meals:	Lunch, Dinner
Accommodation:	Camp: Camp Carnelleys <a href="http://www.campcarnelleys.com">www.campcarnelleys.com</a>
Facilities:	Shared ablutions, hot showers, bar
Route:	Nairobi to Lake Naivasha. ±100 km
Travel time:	±3-4 hrs

### Lake Naivasha

Lake Naivasha is a freshwater lake forming part of the Great Rift Valley, and lies north west of Nairobi. The name derives from the local Maasai name *Nai'posha*, meaning "rough water" because of the sudden storms which can arise. The lake has a surface area of 139 square km, and is surrounded by a swamp which covers an area of 64 square km, but this can vary largely depending on rainfall. The lake has an average depth of 6 m with the deepest area being at Crescent Island, at a maximum depth of 30 m. The lake is home to a variety of wildlife; over 400 different bird species have been reported. There is also sizeable population of hippos in the lake. Between 1937 and 1950 the lake was used as a landing place for water planes on the Imperial Airways passenger and mail route from Southampton in Britain to South Africa. It linked Kisumu and Nairobi. Joy Adamson, author of *Born Free*, lived on the shores of the lake in the mid-1960s. There is the option to visit her residence for high tea and have a taste of a colonial time gone by.

### Day 2 Lake Nakuru

The morning begins with an included game drive in Hells Gate National Park. This small National Park was established in 1984 and is named after the narrow break in the volcanic cliffs here. There is a wide variety of wildlife to be found here, including Lion, Cheetah and Leopard. In the afternoon we will travel to Lake Nakuru where we will spend the afternoon game driving. Originally created as a bird sanctuary, Lake Nakuru was upgraded to National Park status in 1968. White rhino inhabit the transitional savannah area surrounding the lake, with excellent photographic opportunities.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Campsite close to NP Entrance: <a href="http://www.kws.org/parks/parks_reserves/LNNP.html">www.kws.org/parks/parks_reserves/LNNP.html</a>
Facilities:	Shared ablutions, water not drinkable
Route:	Lake Naivasha to Lake Nakuru ±80 km
Travel time:	±2-3 hrs
Included Highlights:	Morning Game Drives in National Park, Afternoon Game Drive in Lake Nakuru

### Hell's Gate National Park

Hell's Gate National Park lies to the south of Lake Naivasha, and is mainly comprised of a savannah ecosystem which harbours a wide variety of wildlife. Some of the frequently observed animal species include lions, leopards, and cheetahs. There are over 100 species of birds in the park, including vultures, Verreaux's Eagles, Augur Buzzards, and swifts. African buffalo, zebra, eland, hartebeest, Thomson's gazelle, and baboons are also common. The park is also home to klipspringer antelope and Chanler's mountain reedbuck.

### Lake Nakuru National Park

Lake Nakuru National Park, established in 1961, is named after the alkaline lake that it encircles. Nakuru means 'dry or dusty place' in the Maasai language. Although it was initially established as a bird sanctuary, it is now home to a surprisingly large number of animal species, including the Big 4 – lion, leopard, rhino and buffalo, but sadly there are no elephants in the park. Lake Nakuru is famous for the vast flocks of flamingoes that line its shores, attracted by the abundance of algae. It is also a sanctuary for black and white rhino, and has recently been extended to protect these endangered animals.

### Day 3 Masai Mara Game Reserve

In the morning there will be another game drive at Lake Nakuru before we enter the world-famous Masai Mara Game Reserve on Kenya's south-western border with Tanzania. This afternoon the tour will be entering this huge area of spectacular game viewing to photograph some of Africa's most abundant wildlife. Famous for the annual migration of around 1.5 million wildebeest, the Masai Mara is also home to many other open plains animals, including lions.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kenya camp: (no website available)
Facilities:	Shared ablutions, water not drinkable
Route:	Lake Nakuru to Masai Mara Game Reserve ±250 km
Travel time:	±5-6 hrs
Included Highlights:	Morning Game Drive in Lake Nakuru NP, Game Drive on the way to the campsite in the Masai Mara Game Reserve

### Masai Mara National Reserve

The Masai Mara National Reserve covers some 1 530 square km and is bounded by the Serengeti Park to the south, the Siria escarpment to the west and Maasai pastoral ranches to the north, east and west. The terrain of the reserve is primarily open savannah grassland with seasonal riverlets. Wildebeest, zebra and Thomson's gazelle migrate into and occupy the Mara reserve from the Serengeti plains to the south and Loita plains in the pastoral ranches to the north-east, from July to October or later. The Great Migration is one of the most impressive natural events worldwide, involving some 1.5 million wildebeests, 360 000 Thomson's gazelles, and 191 000 zebras. These numerous migrants are followed along their annual, circular route by a block of hungry predators, most notably lions and hyena.

All members of the Big 5 are found in the Masai Mara, although the population of black rhinoceros is severely threatened, with a population of only 37 recorded in 2000. Hippopotami are found in large groups in the Masai Mara and Talek rivers. Cheetah are also found, although their numbers are threatened. Additionally, over 450 species of birdlife have been identified in the park, including vultures, marabou storks, secretary birds, hornbills, crowned cranes, ostriches, long-crested eagles, and African pygmy-falcons.

### Day 4 Masai Mara Game Reserve

The Masai Mara National Reserve is the Kenyan side of the world-famous Serengeti National Park (located in Tanzania). Although we are not allowed to cross the border here, the animals freely pass between the two countries. The more than 1500km<sup>2</sup> of reserve is primarily open grassland that supports large herds of plains game as well as the predators that hunts them. While many people are most interested in the big cats there are many other animals here that deserve some attention. *Optional Activities: Balloon Safari over Masai Mara (must be pre-booked)*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kenya camp: (no website available)
Facilities:	Shared ablutions, water not drinkable
Included Highlights:	Full Day Game Drive in Masai Mara Game Reserve

## Day 5 Nairobi

After a final game drive we will drive back to Kenya's capital city, Nairobi. Although your tour officially ends on arrival in Nairobi most people normally stay on for another night and enjoy a final evening out in order to experience some East African nightlife as well as enjoy a meal at one of the city's excellent restaurants. *Optional Activities: Dinner out in Nairobi*

Meals:	Breakfast, Lunch
Accommodation:	Own arrangements/Post-tour Accommodation can be booked through Nomad
Route:	Masai Mara to Nairobi ± 250 km
Travel time:	± 3 hours

## Nairobi

Nairobi is the capital and largest city in Kenya. The name "Nairobi" comes from the Maasai phrase *Enkare Nyirobi*, which translates to "the place of cool waters". However, it is popularly known as the "Green City in the Sun" and is surrounded by several expanding villa suburbs.

Founded in 1899 as a simple rail depot on the railway linking Mombasa to Uganda, the town quickly grew to become the capital of British East Africa in 1907 and eventually the capital of a free Kenyan republic in 1963. During Kenya's colonial period, the city became a center for the colony's coffee, tea and sisal industry. Nairobi is the most populated city in East Africa, with a current estimated population of about 3 million.

Nairobi is now one of the most prominent cities in Africa politically and financially. Home to many companies and organisations, including the United Nations Environment Programme and the UN Office in Africa, Nairobi is a hub for business and culture. The Nairobi Stock Exchange (NSE) is one of the largest in Africa, ranked fourth in terms of trading volume and capable of making 10 million trades a day. The Globalisation and World Cities Study Group and Network (GaWC) defines Nairobi as a prominent social centre.

## Tour Ends

We will drop you off at The Meridian Court Hotel [www.meridianhotelkenya.com](http://www.meridianhotelkenya.com). Should you wish to extend your tour for another night, kindly pre book this accommodation through your travel agent or Nomad.

## TIPPING ON TOUR

East Africa: In general tipping in restaurants is expected and is around 10% for good service, more if you have received exceptional service, and, feel free not to tip at all if you received poor service. Tipping taxi drivers etc is really at your own discretion and not always expected. If in doubt please ask your guides. It is expected to tip Porters and Car-guards etc. Ask your guides how much is appropriate in local currency.

The recommended amount for Serengeti/Masai Mara Guides is around USD15 per person, per day, per guide. If you also have a cook the recommended amount to tip is about USD10 per person, per day, per cook/assistant.

The best way to arrange tips is to elect one person in the group to collect the money. So if you have 2-crew on a tour, we would recommend that 2 envelopes are used and each crewmembers name written on one. Place what you feel is fair in to each envelope and the elected person can give these to the crew at the end of the tour. If you do not feel that the crew deserve a tip, please, do not tip them.

## THE NOMAD AFRICAN TRUST [www.nomadafricantrust.co.za](http://www.nomadafricantrust.co.za)

At Nomad we are passionate about the people, places and wildlife of Africa that make our tours so special. In order to give back we have set up the Nomad African Trust.

By the end of your tour you may have left-over local currency that you will not be able to change outside of its country of origin. Any assistance you could provide to the trust by donating this left over currency will be appreciated. Thank you for your help and please join our newsletter at the website above to receive regular updates on what we are doing to support our beneficiaries.



## GREEN SEATS - TRAVEL RESPONSIBLY IN AFRICA

Nomad gives you the opportunity to offset your carbon foot print by purchasing a "Green Seat". If you would like to help Nomad making Africa Greener, simply choose the tick box on your booking form and we will take care of the rest. The Nomad African Trust will plant trees that are ecologically viable and that have very high carbon absorption.



Green Seats can be purchased at departure or on tour with your guide. For more information on our "Green Seats", please visit

[www.nomadtours.co.za/nomad\\_greenseats.html](http://www.nomadtours.co.za/nomad_greenseats.html)

## **THANK YOU FOR TRAVELLING WITH NOMAD**

At the end of your tour you will be provided with feedback forms. These forms are confidential and should be given to your crew in a sealed envelope. If you are not sure of the confidentiality of the feedback form please feel free to email us as well on [ops@nomadtours.co.za](mailto:ops@nomadtours.co.za). Please make sure to also complete the feedback form as we use the answers on these forms to improve and maintain our service levels.

*Accommodation providers are subject to change without notice, the accommodation listed in this dossier is our preferred supplier, but sometimes due to availability, we are unable to make use of the property listed in this dossier. If we cannot use the accommodation provider as listed we will substitute another property of similar standards.*