



**KENYA
EXPLORER:
14 DAYS**

A ONCE IN A LIFE TIME...

KENYA ADVENTURE

A TRIP FOR ADVENTUROUS WOMEN

This is Kenya but not the country you see in travel brochures. Safari? Yes! Maasai Mara? Of course! But you'll also spend real time getting underneath the tourism layer of this country to see the beautiful culture and meet some extraordinary people.

Highlights:

- Tamariki School: Our trip leader, Denise, runs a school in Nairobi. Meet the kids and teach them about Australia
- See the 'Big 5' and stay for 2 nights in a luxurious bush camp in the heart of the Maasai Mara
- Get your legs moving on a bicycle safari in Hell's Gate National Park
- Join us for a hippo safari by boat on Lake Naivasha
- Hang out with a member of the Maasai tribe for a very special, private experience
- Visit multiple community projects - all of them verified to be absolutely wonderful! - including Ocean Sole, which produces all sorts of items from recycled thongs
- All in a small group (max 12), ably led by Denise and Johnson, our Kenya experts

ABOUT YOU

Most Patchies are Aussie women, experienced travellers, in their late 40s, 50s and 60s:

You're the kind of person who uploads photos from weird and wonderful places while your friends wonder.. 'how does she do it?'

You love adventure and truly knowing a country. Just the idea of a 50 person 'big bus' tour makes you want to run for the hills!

You're gracious and know how to get on with it. This is Africa. The best laid plans fail! You understand that even in the best vehicles, the air-con sometimes breaks. When travelling, all sorts of unexpected things can happen, sometimes uncomfortable: it's just part of the adventure.

You're a great travel buddy. You bring a positive energy to any group. You enjoy trying new food, visiting new places, and making new friends.

You understand that to fit in with local cultures means keeping an open mind and trying unusual things!

You're active and don't mind working up a sweat, if that's the best way to experience a place.

If that sounds like you, you'd make a great Patchie!



TRIP BREAKDOWN

TRIP LENGTH **14 Days, 13 Nights**

DATES

Starts: Nairobi, Tue, 29 Sep
Finish: Nairobi, Mon, 12 Oct

GROUP SIZE

Maximum 12

PRICE

6140 AUD

- 5870 Earlybird rate. Book before March 31
- Super Earlybirds receive a free night additional accommodation upon arrival to get over jetlag. Deposit must be paid by February 9
- 1200 deposit
- Twinshare: we'll match you with a roomie if you're travelling solo
- Private supplement: 1470



TRIP BREAKDOWN

TRIP START / FINISH

Nairobi

INCLUSIONS

Airport transfers - All entrance fees - Transportation to all the above locations in a private vehicle with an English-speaking guide - All listed meals, accommodation and activities

EXCLUSIONS

Visa fees - Flights - Travel Insurance must be obtained in order to join a Patch Adventures trip - Additional nights - Tips



MEET YOUR HOST: DENISE

Hi I'm Denise, I am a Kiwi and I have a great love of Africa. My husband and I have built two schools in Nairobi - knowing how magnificent Africa is, and how an African experience can actually change your life, I had an overwhelming desire to show off 'my' beloved Africa. I've now been leading Kenya travel groups for years. I'm excited for to lead my first Patch Adventure and can't wait to welcome you and show you the Kenya that I love!



DAY ONE: NAIROBI

Arrive into Jomo Kenyatta International Airport, Nairobi today to be met by our tour guide Johnson and transported to our very unique accommodation.

Once we've settled in, Johnson & Denise will arrange a trip meeting, and afterwards organise for everyone to exchange money, and purchase personal supplies, etc.

MEALS INCLUDED: Dinner
ACCOMMODATION: Hotel Troy



DAY TWO: TAMARIKI SCHOOL

Nairobi is fabulous, we'll spend a few days here before moving on. We will spend the morning at gorgeous Tamariki Education Centre, **founded by our very own Denise!** You'll meet staff and interact and play with the children, teach them a new craft, hobby, sport or simply read a story to them. The staff and children LOVE the visits, which are timed with breaks to make sure the education continues uninterrupted. (We suspect you'll love it, too) The afternoon contains a nice surprise for all those who enjoy arts and crafts.

MEALS INCLUDED: Breakfast, Lunch, Dinner

ACCOMMODATION: Hotel Troy



DAY THREE: BABY ELEPHANTS

This morning we will visit a wonderful conservation project and tranquil haven for baby elephants - David Sheldrick's baby elephant orphanage. The project is set up for the rescue, rehabilitation and reintegration back into the wild of baby elephants who have been orphaned due to poaching, having fallen down wells, or through natural causes. You will fall in love! This afternoon will be a visit to Bomas of Kenya for a cultural show. It's a little touristy, but a lot of fun - we're sure you'll enjoy it.

MEALS INCLUDED: Breakfast, Dinner

ACCOMMODATION: Hotel Troy



DAY FOUR: MAU MAU CAVES

This morning we'll have an early breakfast and depart Nairobi for Nanyuki, situated in the central region of Kenya. This is a scenic 3-4 hour journey passing tea and coffee plantations, and through Mt Kenya National Park. Once we've settled into our accommodation, we'll re-group for an afternoon walk at the interesting Mau Mau Caves situated at the foothills of Mt Kenya. The Mau Mau Caves were used by the freedom fighters in colonial Kenya as a hideout from the British soldiers, a fascinating and little known part of history.

MEALS INCLUDED: Breakfast, Lunch, Dinner

ACCOMMODATION: Le Rustique Hotel



DAY FIVE: SAFARI!

Safari! Today it starts as we go driving through Ol Pejeta National Park – one of the prime wildlife conservancies in Kenya and home to all of the Big Five – elephant, rhino, lion, buffalo and leopard. It's the largest black rhino sanctuary in East Africa and a safe haven and refuge for the last two northern white rhino left in the world. You'll be able to enjoy the loving and intelligent chimpanzees who have been rescued either by being orphaned or abandoned and are nursed back to health, to live a peaceful life in natural surroundings.

MEALS INCLUDED: Breakfast, Lunch, Dinner

ACCOMMODATION: Le Rustique Hotel



DAY SIX: LAKE NAIVASHA

This morning after an early breakfast we'll leave Nanyuki and head to Lake Naivasha, a 4-5 hour drive, stopping at Naivasha Town for lunch in a favourite little restaurant, before heading to our beautiful camp setting on the lake front.

After settling in and relaxing we'll take a late afternoon boat excursion on Lake Naivasha for hippo viewing. We may also be lucky to have a glimpse of other wildlife that might be roaming the lake shore.

MEALS INCLUDED: Breakfast, Dinner

ACCOMMODATION: Camp Carnelleys



DAY SEVEN: BIKE SAFARI

Join us as we head off on a beginner-friendly cycle safari into Hells Gate National Park. Named for the intense geothermal activity, Hell's Gate National Park has spectacular scenery including towering cliffs and sheer water-gouged gorges. While Hell's Gate is known primarily for its landscape, we'll see some wildlife, too.

After lunch, we have a surprise awaiting you (we like surprises!) Just know that a/ it involves a member of the Masaai tribe and b/ that you'll never forget it.

MEALS INCLUDED: Breakfast, Lunch, Dinner

ACCOMMODATION: Camp Carnelleys



DAY EIGHT: NAKURU PARK

This morning, we'll depart Lake Naivasha for Mt Longonot, a spectacular non-active volcano that stands high over the Great Rift Valley and just happens to have one of the most spectacular views in Kenya. After our hike we'll continue our journey to Nakuru National Park, where you'll for a bit in our accommodation before heading out for a late afternoon game drive. Nakuru National Park houses a large population of rhino and you can also expect to see many other wildlife species in this small park.

MEALS INCLUDED: Breakfast, Lunch, Dinner

ACCOMMODATION: Punda Milia Camp



The **Maasai tribal culture** is warm, friendly and welcoming and you'll be seeing and meeting them a few times on this trip. Our goal is to work with local community tourism projects, **guided by their desires and needs.**



DAY NINE: GAME DRIVES

We'll rise early this morning for a morning Nakuru game drive. This is often the best time for viewing and tracking wildlife as many are out and about attending their morning duties. We are often able to track lions, hyenas and rhino just by following their paw prints! We'll then depart for the famous Maasai Mara where we'll spend the next two nights. The late afternoon will be spent game driving in the Maasai Mara looking for the "Big 5" – elephant, buffalo, lion, leopard, rhino. This is when they're most active! Return to camp after sunset to unwind.

MEALS INCLUDED: Breakfast, Lunch, Dinner

ACCOMMODATION: Masai Mara Zebra Plains Camp



There is nothing quite like being on the plains of Africa. The modern world disappears and you're back on nature time.



DAY TEN: MASAAI MARA FULL DAY

Today is a full day of safari! With our capable guides, we'll be looking for all the animals you've been dreaming of since your childhood and enjoying their majesty. At the end of the day, we'll pay a visit to the Masaai tribe to learn more about their culture. Our accommodation for these two nights is an incredible safari camp with tasty meals and comfortable beds. Don't worry – there are Maasai warriors who guard the camp at night!

Note: Optional Hot Air Ballon ride today - \$500USD

MEALS INCLUDED: Breakfast, Lunch, Dinner

ACCOMMODATION: Masaai Mara Zebra Plains Camp



DAY ELEVEN: ROAD TRIP

Road trip!!

Today, we'll leave the safari fun behind but with heads full of special memories.

See if you can convince our driver to put on your favourite road trip music as we head back to Nairobi, with stops along the way.

MEALS INCLUDED: Breakfast, Dinner

ACCOMMODATION: Hotel Troy



Come for the safari, but stay for the people. Kenya has a wonderfully beautiful culture. You'll love your guides and hosts.



DAY TWELVE: KIAMBETHU

This morning after breakfast, we'll take a drive to Kiambethu Tea Farm in Kiambu region, a short distance from Nairobi. Here we'll join a lunch time tour of the tea farm followed by a lovely 3-course lunch set in spectacular surroundings.

Then, a favourite of Denise - Ocean Sole, who have made headlines around the world for their beautiful crafts created from recycled thongs (ie. the footwear)! Really amazing craft! Return to Nairobi to sleep.

MEALS INCLUDED: Breakfast, Dinner

ACCOMMODATION: Hotel Troy



DAY THIRTEEN: FREE DAY

This will be a FREE DAY to allow for optional activities such as visiting The National Museum, The Giraffe Centre, or last minute shopping, packing and preparation for your departure tomorrow.

We will end our African experience with a dine-out nyama choma (Kenyan bbq) dinner.

DRIVE TIME: Breakfast, Dinner

ACCOMMODATION: Hotel Troy



DAY FOURTEEN: TRIP FINISHES

This is the last day of our wonderful Kenyan trip.

You'll have met amazing people, been exposed to multiple beautiful cultures, seen some of the world's most exciting wildlife and have new travel buddies for your next adventures.... but for now it's time to go to the airport and share our memories with others once we get home.

MEALS INCLUDED: Breakfast

ACCOMMODATION PREVIEW

Kenya, as you've no doubt figured out by now, is a pricy country when it comes to travel. Hotel Troy is where we'll spend 5 nights; it is comfortable. The Masaai Mara camp on the Zebra Plains will be a highlight of the trip. A couple of the nights of accommodation are quite simple, but comfortable; this was needed.. Kenya is not cheap!

HOTEL TROY NAIROBI - OUR SECOND HOME



MASAAI MARA ZEBRA PLAINS



LE RUSTIQUE NANYUKI



TRIP SUMMARY

B L D

DAY 1: Settle into guest home, prepare for welcome dinner, change money

- - ✓

DAY 2: Tamariki School founded by Denise, spend time with the kids, mystery afternoon

✓ ✓ ✓

DAY 3: David Sheldrick's baby elephant orphanage, Bomas of Kenya cultural show

✓ ✗ ✓

DAY 4: Nanyuki scenic drive, Mau Mau caves exploration

✓ ✓ ✓

DAY 5: First day of safari, Ol Pejeta National Park, chimpanzee visit

✓ ✓ ✓

DAY 6: Driving Day, Lake Naivasha hippo safari boat ride

✓ ✗ ✓

DAY 7: Bike safari in Hells Gate National Park, Maasai culture

✓ ✓ ✗

DAY 8: Mt Longonot hike, Nakuru National Park game drive

✓ ✓ ✓

TRIP SUMMARY

	B	L	D
DAY 9: Safari Day! Nakuru National Park & Masaaai Mara	✓	✓	✓
DAY 10: Full day safari, Masaaai Mara	✓	✓	✓
DAY 11: Road trip return to Nairobi	✓	✗	✓
DAY 12: Kiambethu Tea Plantation, Ocean Sole experience	✓	✓	✓
DAY 13: Free day: activities and shopping	✓	✗	✓
DAY 14: Trip finished, return to airport.	✓	-	-

KEY PACKING LIST

THE FULL PACKING LIST IS ATTACHED, BUT HERE ARE THE KEY ITEMS.

- Printed copy of your e-visa letter of approval (**Mandatory**)
- Yellow fever vaccine
- Travel Insurance Details (**Mandatory**)
- Pristine, **POST 2013** USD for spending, NO FOLDS / MARKS
- Malaria medication
- No** single use plastic bags (**Mandatory & Important!**)
- Insect repellent, and sun protection: hat, sunscreen, sunnies
- Gastrostop/immodium (Just in case)
- Light sweater (For cool evenings & air-con)
- Your camera! You'll come back with way too many photos!

IMPORTANT: Any additional nights must be added at least **2 weeks** before departure.

FAQ

TAMARIKI EDUCATIONAL CENTRE: IS IT LEGITIMATE?

A message from Denise: In 2014, we founded a primary school in a slum on the outskirts of Nairobi, and therefore visiting the school and interacting with the staff and students is an important part of our tours. Situated in the rural slum area of Waithaka, an extremely poor region on the outskirts of Nairobi, we have approx. 150 children, all from very poor, difficult and needy families. We have orphans, and children with serious diseases.

The school is very basic. However, it all works beautifully. We are a fully registered learning institution in Kenya; we have fantastic staff and our children are in a loving, safe, happy, nurturing environment. They are taught the Kenyan national curriculum, which includes compulsory English and are doing exceptionally well with their learning.

We are very mindful that our kids are in school and that we need to be as least disruptive as we can, however School Director Tony Ngotho and his staff welcome us most warmly to spend time with the children - teaching, playing and interacting with them. They love learning new activities, games, sports, songs and dances. It can be very dusty and can be a little bit hectic ... but it's a wonderful experience for everyone!! Please bring old clothes to wear to school. We will be expected to arrive at school armed with fun things to do with the children - some ideas for example may be; teaching a local song or dance, a new sport, playing games, teaching a subject, or teaching craft. They absolutely love us being there.

FAQ

VISAS

All travellers will need an e-visa. We'll send you application instructions when final payment is made, and gladly assist where needed.

PAYMENT TERMS

Deposit of \$1200 to confirm your spot, \$500 is non-refundable. Final payment is due at least 95 days in advance. 50% cancellation fee 94 days or less before. 100% cancellation fee 60 days or less. If the trip is cancelled by us due to some external event, we will refund 100% of your trip payment.

ALCOHOL

Alcohol is widely available in Kenya. It will be available for sale at all of our accommodation venues.

POWER ADAPTORS & CHARGING

You'll need a universal power adaptor on this trip.

FAQ

MONEY MATTERS & GIFTS

The ATM's in Kenya have improved considerably and are most reliable. Providing you have a standard VISA or MASTERCARD eftpos or credit card, you can withdraw local currency out very easily. Please avoid specific travel related cards where pre-loaded local currencies are loaded on to them prior to leaving home. We have had guests encounter huge problems using them at ATM's. For that reason, please stay away from them in Kenya. **FYI** - If you plan on doing the hot air balloon safari, then you must bring US\$500 in cash with you.

WEATHER & CLOTHING

It's extremely important to be culturally sensitive, especially in terms of dress. Please be respectful when choosing what to take to wear, especially day to day in Nairobi and to school (short-shorts etc. are fine around the house and at the beach on the Coast but absolutely not ok to be worn at school or walking around in public in Nairobi), however bare arms and singlet tops are absolutely fine.

ANIMAL WELFARE

We take animal welfare seriously and do not work with providers who treat their animals poorly. But, please note that animals often co-exist with their owners in what can be very difficult conditions. This is part of the reality of life for them and we accept this.

FAQ

ARRIVAL

You will be met at the airport and transferred to our accommodation, on the outskirts of Nairobi upon arrival into Kenya.

PRIVATE SUPPLEMENT & SHARING

Solo travellers will be matched with a room-mate. Of course, if you prefer to have your own space, you can take the private supplement!

FITNESS LEVELS

You'll need a reasonable fitness level to participate in this trip, but nothing extreme. If you can walk for several hours - ie 8-12km - at a moderate pace on undulating terrain, you'll be fine. There will be some uphill/downhill walking and cycling, although very much worth the effort. All activities are optional, meaning that if you don't feel like it, you can skip it.

ADDITIONAL NIGHTS

We can organise additional hotel nights in Nairobi for you, no worries.

FAQ

DIET & FOOD

YES! We **can** easily accommodate vegetarian, vegan and gluten free diets no problems, or any variation of the above. Just let us know in advance. Note: this food will be simple and may get repetitive. We **cannot** cater for those with severe nut allergies. Any other medical conditions get in touch.

ROAD TRIPS

Some days do involve long stretches of driving and you need to be the kind of person who enjoys road trips. Any such necessary long drives are offset by photo stops, picnic lunches, roadside pitstops, tea/coffee breaks, and of course seeing points of interest, leg-stretching walks, dropping in on local contacts, etc. Our vehicles are comfortable and built for this environment.

PLASTIC BAG BAN

Kenya have a total single-use plastic bag ban in the country. Anyone randomly caught with plastic bags in their possession, either at the border when entering Kenya, or during checkpoints while in Kenya, will be instantly fined – and the fine is astronomical!

Please take this very serious.

FAQ

INTERNET, WIFI, AND MOBILE PHONES

Fixed Line Internet & Wi-Fi Internet access will be restricted to larger towns and villages which you will have the opportunity to pass through every few days - these will have internet cafes, often with slow connection (and also affected by sporadic power cuts). Whilst a few ger camps will have Wi-Fi we advise all guests not to rely on this being available, and if you absolutely must have access during a trip, you can purchase a local sim card with data. Just ask your trip leader for assistance.

GUIDES

This trip will be jointly led by Denise Carnihan, Kenya Specialist and Johnson, who is a local Kenyan guide.

VACCINATIONS & MEDICATION

Yellow Fever vaccination is mandatory, or a waiver letter from your travel doctor is sufficient, if you are over 60 years of age. You will receive a vaccination booklet and also a separate Yellow Fever booklet from your doctor. You **MUST** have them with you at both arrival and departure from Kenya; **this is essential**. Mention to your doctor you are only visiting Kenya – which will eliminate the need for extra shots you don't need. **Also:** note that Malaria medication is mandatory.

FAQ

MOSQUITO NETS

Mosquito nets (or plug in devices) for sleeping are provided with all our accommodation places. Please also bring mosquito repellent.

TRANSPORT

We will be using a purpose-built 4x4 Toyota Landcruiser for the duration of the tour. These safari vehicles are specifically designed to withstand very rough terrain whilst on safari in the open savannah.

WEATHER

The weather in Kenya should be pleasantly in its 20s during our trip. That being said, evenings can get cool and rain may happen. Please come prepared.

PHOTOS

By all means take as many photos as you wish – but please be respectful when taking photos of the people. Always ask permission. Neakily taking photos of people through the window of the van is not acceptable.

FAQ

SHOWERS & HOT WATER

For some unknown reason hot water and showers often seem to be the bone of contention in this country! Please mentally prepare yourself that there could be intermittent issues and there could be times where there's no hot water. This is Africa! Things happen!

TIPPING

Please allocate 14000 KSH for tipping (\$200 AUD.)

WHY ARE TRIPS TO AFRICA SO EXPENSIVE?

The prices of travel to Sub Saharan Africa, compared to other destinations, can be eye-popping. The reason is simple: so many things need to be imported. This means that high prices are paid for anything not manufactured in Kenya, once you take into account shipping and transportation over relatively undeveloped logistics networks. The lack of local buying power also means greatly reduced economies of scale, which also increases prices. Another reason being that all tourist related things (hotels, restaurants, etc.) are charged in USD - and sadly, the exchange rate to AUD is not that good at the moment.



Welcome to Patch! Mat and I pour our heart and souls into this company. Denise is an old friend of ours with years of experience of leading groups around Kenya, she has specifically built this trip for the ladies of Patch Adventures. We're very lucky!

Rebeca, Founder & Chief Patchie, Patch Adventures.