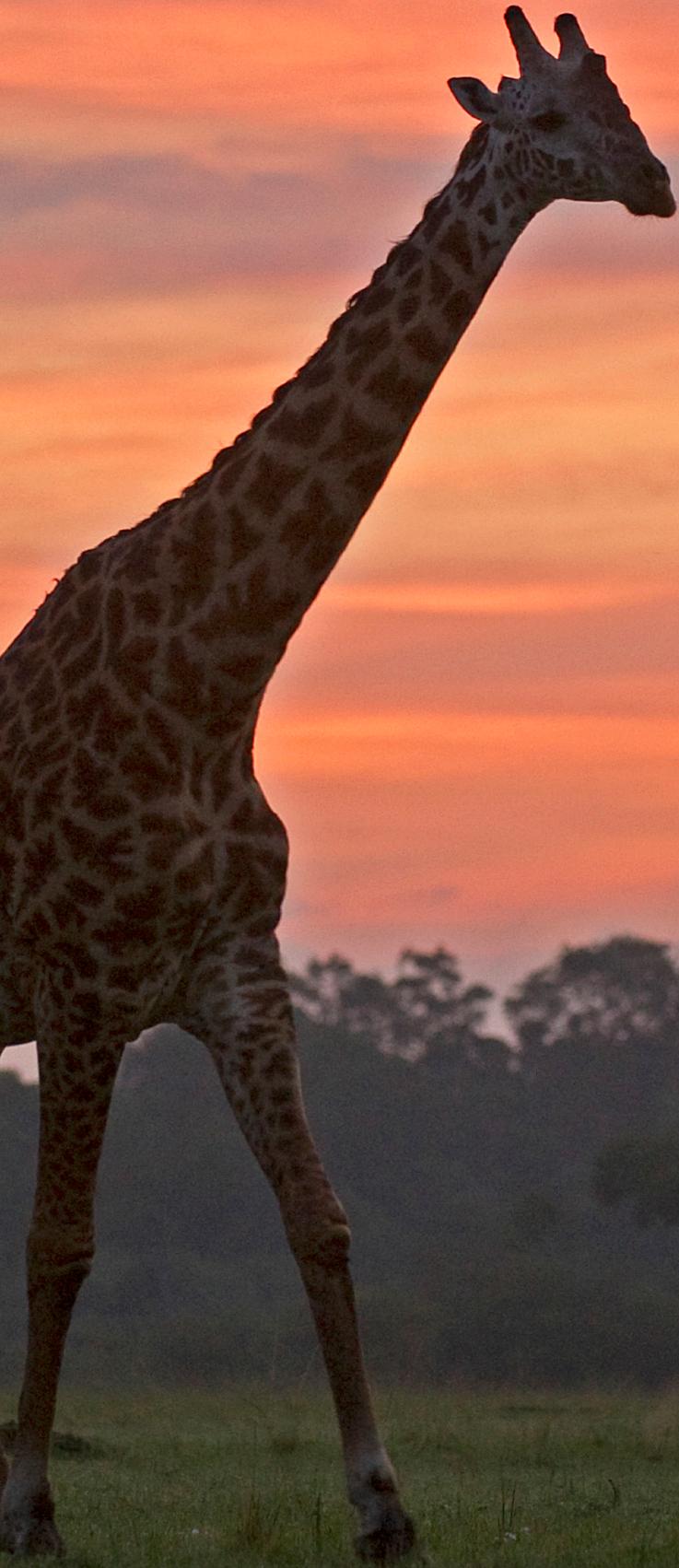




SANCTUARY
RETREATS



Your holiday guide to

KENYA





CONTENTS

KENYA HOLIDAY GUIDE



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KENYA

- KENYA 04
- GETTING INTO KENYA 06
- STAYING HEALTHY 06
- TIME ZONE 06
- TIPPING 07
- TALK THE TALK 07
- MONEY 07
- WEATHER 08
- WHAT TO PACK 08
- PHOTOGRAPHY 09
- BAGGAGE RESTRICTIONS 09
- LOCAL FOOD AND DRINK 09

KENYA

With its incredible diversity of landscapes and some of the highest concentrations of wildlife in the world – it’s no surprise that Kenya is where the concept of safari was born.

National Parks and Principal Sights

Kenya is home to some of the best national parks and game reserves in Africa with diverse ecosystems, including Amboseli, Tsavo, Samburu and Meru.

The jewel in its crown is the Masai Mara, the stage for the annual wildebeest migration when over two million wildebeest and zebra move between the Masai Mara and the Serengeti in Tanzania in search of greener pastures.

Masai Mara National Reserve

The Masai Mara National Reserve lies in south western Kenya and is effectively the northern continuation of the Serengeti National Park in Tanzania.

It is named after the Maasai people and their description of the area when looked at from afar.

Mara means spotted in the Maa language, the language spoken by the Maasai here.

The Masai Mara lies in the Great Rift Valley, a fault line of some 3500 miles (5600km) long from Ethiopia’s Red Sea through Kenya, Tanzania, Malawi and Mozambique.

The Masai Mara’s rich ecosystem of open savannah, woodlands and tree-lined rivers attracts a spectacular array of wildlife.

At the western border of the park is the impressive Siria Escarpment which, together with the acacia dotted plains, creates a landscape of stunning beauty.

Game viewing is excellent all year round in the Mara. It is famed for its Big Cats, as well as the remainder of the Big Five.

The famous wildebeest migration is one of the natural wonders of the animal kingdom and is traditionally present in the Mara from around July through September.

Nairobi

Kenya’s capital city lies just south of the equator and enjoys a spring-like climate.

It is a modern city, yet its main avenues blaze with colour from tropical bushes and vines.

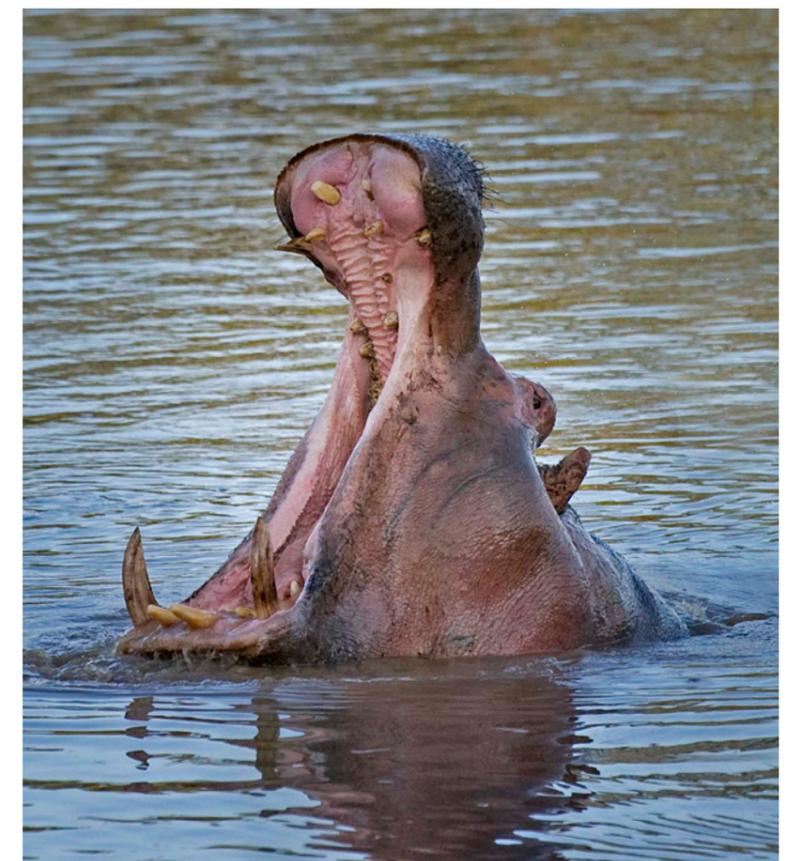
Nairobi became established by 1907 and quickly grew as a farming community.

It also attracted world attention as the centre of big-game safaris for the rich and famous.

Both Jomo Kenyatta International Airport and Wilson Airport are in Nairobi and today it is a business and conference centre for East and Central Africa, as well as a starting point for most safaris in Kenya.

Just outside the city centre is Nairobi National Park with zebra, wildebeest, buffalo, giraffe, lion and cheetah.

Other attractions include the National Museum and the Karen Blixen Museum which gives a glimpse of typical colonial life in Kenya.





GETTING INTO KENYA

Visa Information

Foreign visitors may be required to obtain a visa to enter Kenya.

Travellers should check for visa requirements pertaining to their citizenship, as entry requirements vary between countries.

All travellers, however, must be in possession of a passport with at least six months of validity left beyond the intended departure date from Kenya.

Please visit <http://www.kenya.visahq.com> for a full list of nationalities which require visas for entry into Kenya.



TIPPING

You are travelling on an independent itinerary and the cost of your program does not include gratuities. Tipping is a very personal matter and should only be considered when our staff have gone above and beyond for you. Should you feel you would like to acknowledge their service, the below serves as a rough guide. An amount equivalent to the below scale is in US dollars, per person per day.

Drivers & Local guides

- US \$5-7 per traveller per day - normally paid on the last day and is based on 4-6 travellers in the vehicle. For 2 or 3 travellers you may consider increasing this amount to US \$6-8 per traveller per day

Porter

- US\$ 1 per bag

For Private Luxury Camping:

- US \$10-14 per traveller per day - this should be given to your guide on the last day for distribution among all camp staff. Again, smaller groups (in this case 5 or less) might consider tipping in the slightly higher range of US \$12-14 per traveller per day

MONEY

The Kenyan shilling is divided into 100 cents. Notes are issued in denominations of 50, 100, 200, 500 and 1000 shillings. Coins are issued in denominations of 1, 5, 10, 20 and 40 shillings. 50 cent coins are available, but not commonly used. The local currency you will need during your stay should be obtained at authorised facilities such as banks and foreign exchange bureaus. Currency can also be exchanged at the Nairobi airport on arrival. It is very difficult to exchange the shilling outside of Kenya, so we recommend that you change only as much as you will need. Major credit cards are accepted at most outlets. Some of our camps accept Visa, MasterCard or Amex, and cash and travellers cheques - however - we suggest guests carry sufficient local currency and additional US dollars to cover the cost of any additional purchases at the lodges and camps.



TALK THE TALK

The official languages in Kenya are English and Swahili.

Useful phrases

<i>Hello</i>	<i>Jambo</i>
<i>How are you?</i>	<i>Hujambo</i>
<i>I am fine</i>	<i>Sijambo</i>
<i>I am not fine</i>	<i>Siko sawa</i>
<i>Thank you</i>	<i>Asante</i>
<i>Beautiful</i>	<i>Nzuri/Mzuri</i>
<i>Goodbye</i>	<i>Kwaheri</i>



STAYING HEALTHY

For up to date information on the latest health and vaccination recommendations, please consult with a qualified health professional at least 6 weeks before your intended departure.

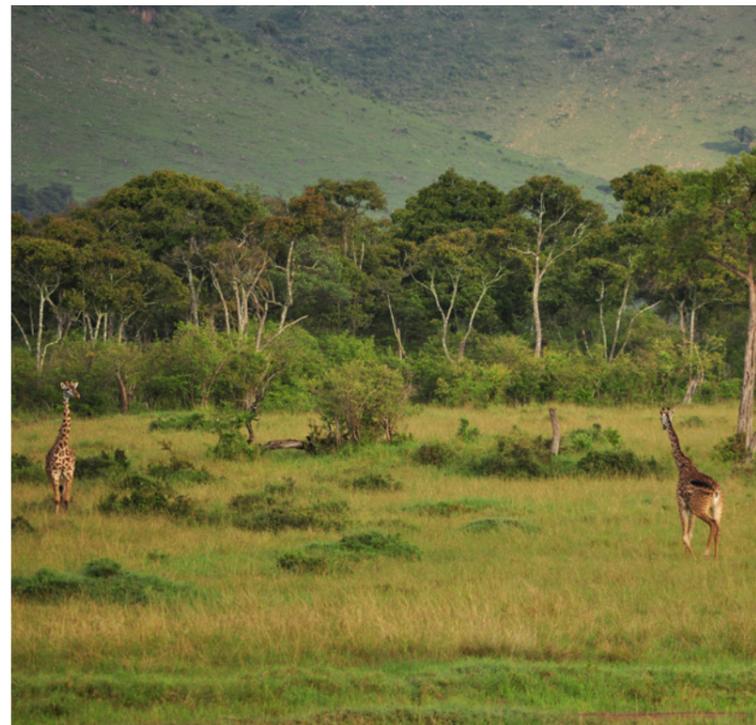
Anti-malarial medication is strongly recommended for all visitors to Kenya.

No vaccinations are currently required for entry into Kenya however if you are arriving (or planning to re-enter) from a country where yellow fever is endemic, then you are required to have a yellow fever vaccination. This vaccination is also recommended if you are travelling outside of urban areas.

TIME ZONE

Kenya standard time is GMT + 3 hours



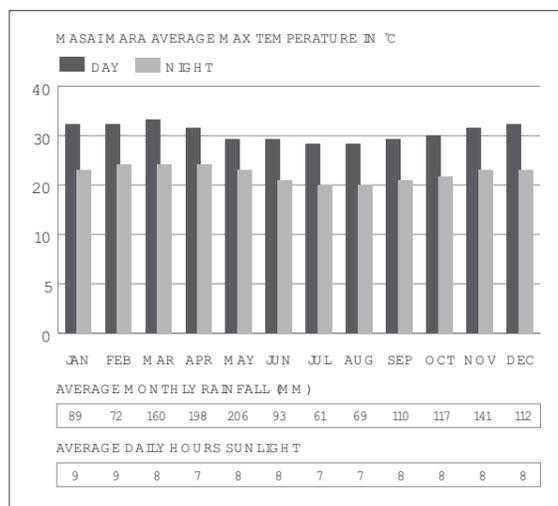
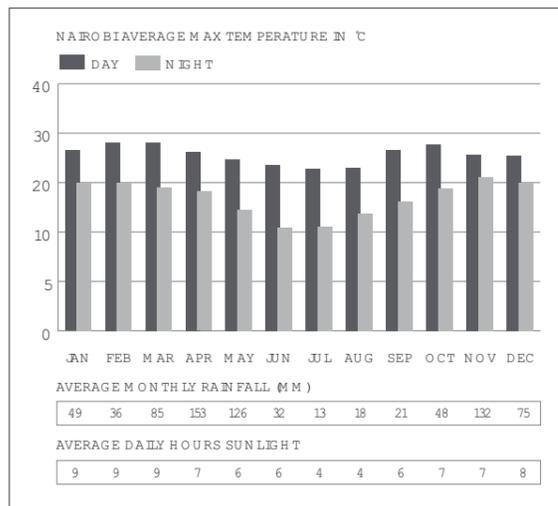


WEATHER

The climate in Kenya is mainly characterised by warm days and cool evenings.

December to March are usually the warmest months of the year, while June to August are the coolest.

April and May often see intermittent rains, and from September to November the days are warm with short scattered rains falling in November.



WHAT TO PACK

Clothing on safari should be comfortable and colours should blend in with nature as much as possible. Greens, browns and khaki coloured clothing are advisable. Evening dress in the lodges and camps is 'smart casual,' there is no formal wear required. We advise guests to dress in a way they feel most comfortable.

The most practical items to pack for safari are:

- Fleece, sweater or warm jacket for morning and evening game drives
- Light cotton shirts and T-shirts; Blouses or shirts with long sleeves
- Comfortable walking shoes for walking safaris
- Swimwear (for lodges and camps with swimming pools)
- Shorts, trousers and chinos
- Sun hat and sun block
- Camera and Binoculars
- For winter (May – September) pack a warm jacket and a scarf and gloves

A complimentary laundry service is available at all of our camps and lodges in Kenya.



LOCAL FOOD & DRINK

Traditional Kenyan foods reflect the many different lifestyles of the various groups in the country. Most Kenyan dishes are filling and inexpensive to make. Staple foods consist mainly of corn, maize, potatoes, and beans. Ugali (a porridge made of maize) and meat are typically eaten inland, while the coastal peoples eat a more varied diet.

BAGGAGE RESTRICTIONS

Maximum of 15kg of luggage per person is allowed for light aircraft flights, including hand luggage and camera equipment.

It is important that you carry soft-sided bags (bags without wheels are allowed).

It is highly recommended that you lock your luggage if you are travelling through Southern Africa. It is also advisable that you do NOT pack valuable items in your checked luggage.

Along with ugali, sukuma wiki (known as collard greens in English) is a staple vegetable in the Kenyan diet. It is normally sliced very thin, and fried in oil, along with onions and tomatoes. Many Kenyans eat ugali and sukuma wiki as a standard meal.

The Maasai, cattle-herding peoples who live in Kenya and Tanzania, eat simple foods, relying on cow and goat by-products (such as the animal's meat and milk). The Maasai do not eat any wild game or fish, depending only on the livestock they raise for food.

Originally from the influence of Indians, flatbread chapatis are popular in Kenya, and all over East Africa. They are rolled out and fried in oil until becoming crispy on the outside and gooey on the inside. Sometimes they are eaten as a snack with tea, and other times along with stew or vegetables.

PHOTOGRAPHY

Many travellers, viewing this as their "trip of a lifetime" for animal photography, bring more than one camera in case of a malfunction. Sun filters will help block glare and heat haze. A dustproof camera bag and an air brush will help protect your equipment from heavy dust. If you plan to travel with digital photographic and/or video equipment, make certain to pack the specific charging apparatus for each piece of equipment (as well as the appropriate socket plug adaptor and voltage converter if required). When photographing people, especially members of the Maasai tribe, always ask permission first. Because so many local people are asked for permission to be photographed, many will expect a tip or an outright fee for this. There are some places where photography is prohibited, and these areas are usually clearly marked.

Kenyan stews are characterized by chunks of meat, potatoes, carrots and other small vegetables boiled down with a few spices to make a flavourful soupy stew. Stews go great with either ugali, rice or chapatis.

The Kikuyu and Gikuyu grow corn, beans, potatoes, and greens. They mash all of these vegetables together to make irio. They roll irio into balls and dip them into meat or vegetable stews.

In western Kenya, the people living near Lake Victoria mainly prepare fish stews, vegetable dishes, and rice.

Kenyans enjoy drinking beer and there are an abundance of good beers available.

Our lodges and camps serve a variety of fresh produce and traditional western cuisine. Local beers and a wide selection of wines are also available. With prior notice, our camps are able to arrange halaal meals, however, please note our kitchens aren't strictly halaal and our chefs are not trained in halaal food preparation. Unfortunately, we are unable to arrange kosher meals.