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KENYA, THE COUNTRY.

Simply put, Kenya is the best country when it comes to scenery, wildlife and cultural experience. It is often referred to as “Land of Contrasts.”

Besides the spectacular flora and fauna that the country boasts, we also have some of the best beaches in the world. Some of the Coastal towns most of the transport is still with donkeys. The town of Lamu ‘froze’ in the 14th century and it offers the best Swahili traditions. While out here, most of the travel between the islands is through the wind assisted dhows. These are the boats that fishermen use and also transportation of goods is through the dhows. Every year, there is the Lamu cultural week where there are human races and the most famous Lamu donkey race! Water sports are taking roots and this past year, Kenya was included in the world series of wind sailing. Cruise tourism is also big and every year, the Kenyan coast hosts some the best cruise companies from all over the world to the Kenyan coast.

Mt. Kenya which stands at 17, 058 ft is the second highest peak in Africa. The mountain offers the best “high altitude vegetation class-room” There are plants that are only found on this spectacular mountain. Although the highest peak is only accessible via technical rock climbing, the third highest peak is an equally amazing experience. Besides the height, there are lakes and rivers that make the scenery of the mountain so scenic. There is an altitude of about 2, 000ft of bamboo trees, the world’s largest grass species.

With over 1, 100 species of birds, Kenya is considered as a bird haven. The birdlife is so great that it makes first time birders appreciate birds and convert to bird watchers! “I never knew there were so many easily seen species of birds in one country”, this is one of the most common feedback that I get from clients who originally didn’t book a birding trip. One of the best American birders, Roger Tory Stevenson once said the Lake Nakuru is the best wildlife spectacle on earth. This has made Kenya a popular birders stop in the world.

As for the cultural aspects, Kenya boasts of over 42 different ethnical groups. These are broken into four major groups of Bantus, Cushites, Nilotes and Neo-Hamitics. All these groups/ tribes have different cultures that make them unique in their own way.

At Wilderness Zones Safaris, we show you all this in our unique, very personal, way. Of course we use good vehicles, equipped with two-way radios, and we are known for guaranteeing every safari-goer a window seat. We observe animals to understand them, never on a rushed program. We introduce you to local communities. We work with conservationists, and we enjoy spending evenings with you discussing issues that affect conservation in Kenya, past, present and future.

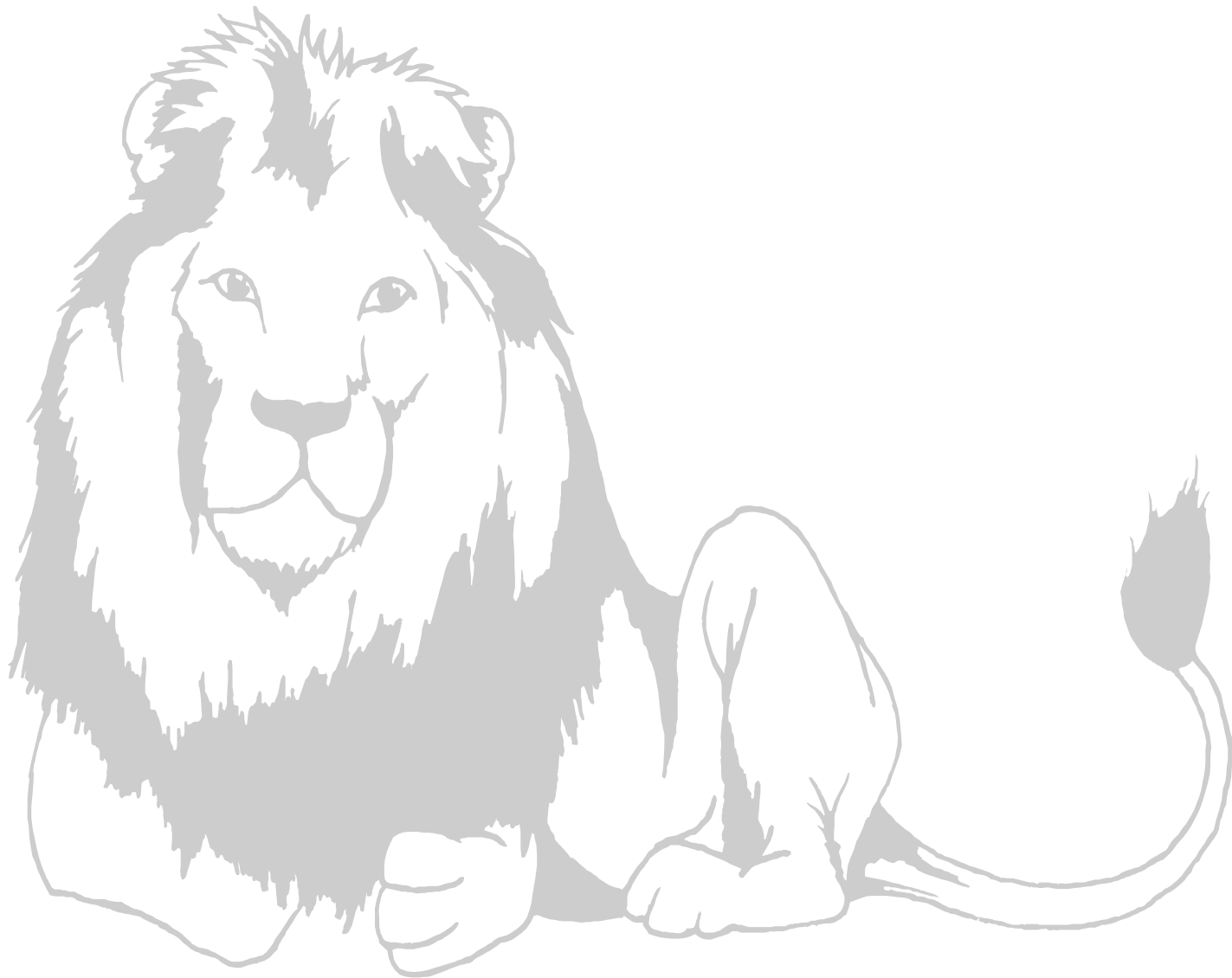
I know that leadership is the key for visitors to really know and learn a great appreciation of a destination. It is always my pleasure to share what Kenya has to offer. As a guide, we know we are Kenya's ambassador to the outside world and we endeavour and promise to do our job with great care and sincerity. All our guides are National Outdoor Leadership

Our hiking and backpacking area is the Masai country of Nguruman Hills/ Forest and the Loita Plains. The terrain is one of contrasts, from arid savanna and acacia thorn-bush country to dense cloud forest. Here we will be accompanied by the Masai warriors, “morans” as we hike. On the savannah you are likely to see many plains animals: wildebeest, zebra and several species of gazelles as well as the Maasai herding their cattle and goats. From the top of the

Nguruman Escarpment, you will see breathtaking views of the Rift Valley. As we climb down the cloud forest, that rims the Rift Valley at 8, 000ft, we will follow trails made by elephants and buffalo. You are likely to see the acrobatic Colobus monkeys leaping from limb to limb high in the canopy above.

During the hikes, the participants will visit the Masai bomas. On at least one night, we will have “a goat roast” prepared the Masai way ... over a huge campfire. At night, you will be soothed to sleep by sounds of hyenas, lions, elephants, birds and singing from the Masai bomas and mowing of distant Masai cows. The sounds of Africa will stay with you for the rest of your life....

“Our personal journeys in life have led us to Africa. It was not by chance. Africa is a the land where at most you feel that nothing and no one can exist out of a relationship. It is the land in which the ancestors still have their voices listened to. It is the land where past and present mingle together giving birth to a four-dimensional reality, where one can get lost, but even....find itself again.”



DETAILED ITIMNERARY FOR THE KENYA ACTIVE HIKING, CYCLING AND WILDLIFE SAFARI

Day 1: NAIROBI-FAIRVIEW

Upon arrival, you will be met by a representative of Wilderness Zones Safaris and transferred to the Fairview Hotel for overnight. (BB)

Day 2: BARAKITABU

After breakfast at the Fairview hotel, we leave at 0900hrs, heading in a north westerly direction we descend into The Great Rift Valley. There will be picnic lunch enroute reaching our private camp at Barakitabu at approximately 1500 hrs, we will settle in before proceeding on a late afternoon walk across the plains. Return to camp for a hot shower, drinks around the camp fire before dinner. After dinner a chat around the campfire before retiring for the night to the sounds of the wind in the trees and the occasional animal noise. Overnight at our private camp at Barakitabu. (1B, 1L & 1D)



Hiking in the Loita plains.

Day 3: BARAKAITABU

Awaken at 0700 hrs, breakfast and set out for your mornings ride to Naikerra - a small trading centre, before returning for lunch at camp. A walk in the afternoon, visiting a traditional homestead, experience their hospitality and enjoying the sun setting across the horizon before returning to our private camp for dinner and overnight - Barakitabu. (1B, 1L & 1D)

Day 4: MASAI MARA

Breakfast completed our ride will take us across the plains with the morning sun on our backs and the wind in our hair; enjoy viewing the numerous varieties of flora and fauna that can be seen on the way. We will reach our camp at Sekenani in time for lunch and thereafter relax before setting out for an afternoons walk in the surrounding valleys and hills, where game can often be seen. Since this camp is found at the edge of the reserve we will be having options of hiking and experiencing the feeling of seeing some of the plain game wildlife at our eye level. Dinner and overnight at Sekenani Tented Camp. (1B, 1L & 1D).

Day 5, 6 & 7: MASAI MARA

On this day, we temporarily take a break from the active part and head into the Masai Mara Game Reserve for three full days. These three days will also be used to break camp and head to our next cycling area and also restocking the food stuff. Enroute to our lodge, we will be doing game drive in this great and special reserve. The Masai Mara gives wildlife viewing a different meaning as this is one place where you loose count on the number of species of flora and fauna. During our game drives, we will be talking about the animal behaviours, learn about the plant-life, insects and the history of this great reserve. We will spend one full day game viewing in the Masai Mara Game Reserve where there are many varieties of big and small game; the area being famous for its black manned lions. Lunch with hippos and experience the wide open spaces as seen from your safari vehicle. Return to the Mara Serena lodge before nightfall. Meals and overnight at the Mara Serena lodge in the reserve. (3B, 3L & 3D)

MASAI MARA NATIONAL RESERVE.

The Masai Mara is considered by many to be one of the World's finest game reserves. The rolling grasslands offer ideal game viewing and photographic opportunities and rocky outcrops, which are favourite midday resting places for lion, for which the Mara is famous, break the grassy plains. Some of the other animals, which can be seen in and around this 700 square mile conservation area, include elephant, black rhino, buffalo, leopard, cheetah, wildebeest, zebra, and gazelle. Hippo and crocodile abound in the muddy brown waters of the rivers, which traverse this Reserve. One of the Mara's main attractions each year is the astonishing spectacle of the annual migration of up to two million wildebeest, thousands of zebra and an escort of carnivores from the Serengeti plains, following the rains and succulent new grass. A costly trek as many of the lame, laggard and sick will fall prey to the ravening pack of predators and many more will die in the swirling flood waters trying to cross the Mara River. Once the rains have ended and the grass begins to wither the wildebeest turn south and head back to the Serengeti and beyond. The reserve with an area of 1510 km² forms the northern part of the Serengeti-Mara ecosystem and is famous for vast assemblages and migration of plains game and their associated predators. The park's southern boundary is contiguous with Tanzania's Serengeti National park.



Hut building among the Masai. Among the Masai community, it's the women that build houses and you will get a chance to "help build a house"

Day 8: BARAKITABU

Today we return to our bicycles with an easy flat country ride. After a picnic lunch and downtime in the Masai plains, we return to camp before sunset following a different route. Viewing of game on these rides is exciting though the game tends to keep their distance! Return to camp for dinner and overnight at our private camp at Barakitabu. (1B, 1L & 1D)

Day 9: OL KOROI

After breakfast we drive to a small village due east, Migwara from where we will offload the bicycles to Ol Koroi [translated from Masai means the place of Colobus monkeys] with lunch en-route. Dinner and overnight at our private camp at OlKoroi. (1B, 1L & 1D)

Day 10: MORIJO

After breakfast we will close camp and ride our bicycles to a small border post called Ol Posi Moru. After a short respite we will continue our ride heading to a project centre for the Loita area called Il Kirrin, with lunch en-route. The area is real savannah with great views stretching in all directions, there maybe an abundance of plains game depending on time of year. We will drive the remaining distance to our camp close to Moriyo, arriving in time to settle in, shower and have dinner before retiring for the night. (1B, 1L, & 1D)



Day 11: NGURUMAN HILLS

Our days ride will take us in a southerly direction towards a small trading centre called Entesekera. Our ride will take us through very interesting terrain with varying landscapes leading to the base of the Nguruman mountains. During our time in this area, we will be doing cross country hiking with the camp being carried by donkeys and porters. The camps will be ready by the time we get to our private campsites. Warm showers will be welcoming which will be preceded by “around the campfire chats” filled with drinks and bitings. Meals and overnight at our private camp ground. (B, L & D)



Hiking the Nguruman Hills

Day 12-13: NGURUMAN HILLS

The next two days will take us across this great scenic country and great people. Some of our guides and porters come from this area and they are always happy to invite us to their homes where we meet their families and even introduce us to their tribesmen and their schools. On occasions we have come across weddings which have been a great eye opener and fun-filled. The hikes through the forests and plains give us pleasures of enjoying all that this tremendously rich forest has to offer. There are many varieties of birds including Hartlaub's Turaco, the Gureza Colobus Monkey and many trees and plants of cultural and medicinal use to the local Masai people. Most of the afternoon will be at leisure or taking short hikes or bird walks with the guides or visit with our hosting families. Meals and overnight at our private camp. (B, L & D)



Pass time at the Nguruman Hills

Day 14: NAIROBI

After breakfast, our ride will take us along the road to Narok with lunch en-route, before loading the bikes and setting out for the return to Nairobi, arriving at around 1700hrs. Dayrooms will be reserved at the Fairview or equivalent for refreshing before transfer to the airport for your homebound flights or extension of your African safari by visiting Kenya pristine white beaches of Watamu or Lamu. (B & L)

Cost includes:

- All transfer to and from the airport;
- Transport by safari vehicle, driver-guide;
- Local staff, porters and guides during the hikes and maintain bikes;
- Backup vehicle for carrying the food and bicycle repairs
- Accommodation in sharing tents or single based on full board on safari, (single supplements apply for those who like to have single tents)
- Camp and reserve fees,
- Bicycle.

Excludes:

- Things of personal nature i.e drinks, souvenirs, telephone, laundry etc.
- Sleeping bag, can be hired
- Medical and evacuation insurance, can be arranged at US\$65 for 1 month in Kenya

Things to bring:

- Walking, riding shoes, cool wear for the day and warm wear for the evenings including raincoat , windcheater.
- Personal toiletries, sun block 20+ insect repellent
- Sunglasses, cap or hat
- Torch, flashlight
- Some materials to read
- Sense of humour.