

# Walking in the Maasai Lands of Kenya

Trip Code: KML

Version: KML Walking in the Maasai Lands of Kenya



WALK & TREK



GUIDED GROUP



LEISURELY



## HIGHLIGHTS

- Unique 3 day trek through the rural Chyulu Hills with Maasai guides and unrivalled views of nearby Kilimanjaro
- Simply stunning African wildlife in Amboseli National Park, famous for its elephant population
- Walk in the Loita Hills with the charismatic Maasai warriors and learn about their culture and traditions at a remote tented camp

- Experience the jewel of Kenya's safaris at the Masai Mara Game Reserve home to the African Big 5

### AT A GLANCE

- 3 day trek / 3 day walks
- 4 days with safari game drives or boat trips / sightseeing and cultural visits
- Max altitude 2000m
- Join at Nairobi

### ACCOMMODATIONS & MEALS

- 13 Breakfasts
- 11 Lunches
- 12 Dinners
- 2 nights Wild Camp
- 2 nights Fixed Camp
- 3 nights Lodge
- 1 nights Hotel
- 3 nights Tented Lodge
- 2 nights Guesthouse

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

Bringing Kenya to life we present our new walking and safari trip in magnificent East Africa. We walk with the Maasai on a three day trek across the rural and rolling Chyulu Hills. These are the foothills of the mighty Kilimanjaro, which is never far out of our sight. The tall and colourfully dressed Maasai will guide us along paths usually only reserved for the wildlife. Wild camping for these nights offers a true adventure. Passing Lake Magadi allows us to spot flamingo and hippo and in the Loita Hills we walk and spend time with the charismatic Maasai warriors of the Loita tribe. In a remote tented camp we will learn about their culture and help to support their livelihoods. The icing on our Kenyan cake are the safaris in Amboseli National Park and the Masai Mara, which are in a class of their own. It is likely that we will see all manner of African wildlife including the big 5: elephant, lion, buffalo, rhino and leopard as well as numerous zebra, giraffe and antelope. Wildebeest of course feature greatly during their migration through the Mara. This is no ordinary safari, but a real adventure across the heart of East Africa. It's unique and will not disappoint.

### Is this holiday for you?

We have a 3 day trek which involves walks of 4-5 hours. There are no set paths in the Chyulu Hills so we walk on wildlife trails. We wild camp for 2 nights, which is vehicle supported with our main baggage and a cheerful crew (they sing and smile a lot in this area!). When in the Chyulu Hills we will be escorted by an armed ranger. We have a further 3 day walks throughout the trip which are also between 3-5 hours. One of these walks will carry our overnight belongings (no bedding, just toothbrush, PJ's etc). We have several long journeys in the minibus and in our 4WD vehicle of up to a max of 8 hours in one day. It is likely that these 4WD journeys will be bumpy and dusty. The distances are not enormous but the road conditions are not the best, especially when we access the exciting remote places. Estimated drive times at the end of each day include rest stops. For the during of our game drives we are also in the vehicles travelling slowly or at a standstill looking at lions, elephants, wildebeest...

# Itinerary

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## DAY 1

### Arrive into Nairobi Airport and transfer along the Trans African Highway to our lodge near the Chyulu Hills.

We are met at the airport by our guide, who will give us a briefing on the day ahead. We then transfer for 3hrs along the Trans African Highway into the Chyulu Hills. Sights along the way will be a kaleidoscope of colourfully dressed people and bustle of life before the open country which, seasonally can be lush with trees and local crops, and is a vast beautiful landscape. With clear skies we can even see the snowy peak of Kilimanjaro in the distance. We arrive at our lodge in Kikobo just in time for our first sundowner as we watch the sun set over the Chyulu Hills. Tomorrow we start our 3-day trek through these hills. Drive time 3hrs (145km)

Meals: **D**



**Accommodation**  
Lodge

## DAY 2

### Visit the Kisula Lava Caves and begin our 3 day walk through the Chyulu Hills National Park.

After breakfast we leave the town and enter the rural Chyulu Hills National Park. This 60km long park of gentle volcanic rolling hills (up to 2188m) and tree filled glades is teeming with wildlife. We start our walking here with an armed ranger. Starting at the Kisula Caves we explore about 2km of this almost 20km long cave complex, one of the largest in the world. The underground network of lava tubes is fascinating. We then transfer up the road to our lunch spot and walk from here on one of the numerous animal trails which crisscross the open undulating landscape. We walk up to the ridge at 1900m to arrive at our wild camp. Our eyes will feast on the views of Kilimanjaro and the Amboseli plains from this vantage point. We have dinner as the sun sets over glorious Africa. Drive time 2hrs (70km)

Meals: **B L D**



**Accommodation**  
Wild Camp



**Time**  
4 hrs walking. 1 hr cave exploration.



**Distance**  
8KM

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**DAY 3**

### Led by our Maasai guide we walk through the Chyulu Hills, with backdrop views to Kilimanjaro and the plains.

Early this morning we might be lucky enough to see the sunrise over the Tsavo plains to the east throwing a pinkish golden light on Kilimanjaro...it's a special moment. After breakfast we set off from camp on our walk today. We see hills covered in dense forest and pass over grassland terrain. Our Maasai guide will show us the plants and herbs which are used in traditional medicine. We then pass into the Ilkisingo Maasai lands, an uninhabited area the Maasai use for their livestock. Wildlife such as giraffe, zebra and antelope share the grasslands with the cattle herds. We arrive at our campsite where the cheerful crew will be waiting with some tea and snacks. Our dinner setting again has views of the Maasai plains and Kilimanjaro to the north west.

Meals: **B L D**



**Accommodation**  
Wild Camp



**Time**  
4 -5 hrs walking



**Distance**  
13KM

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**DAY 4**

### Descend from the Chyulu Hills walking through herds of zebra and giraffe to the hippo filled Lake Arpakei. Transfer to Loitokitok.

We enjoy another sunrise with a cup of tea as our crew prepares breakfast. We continue our walk down from the hills to the Maasai plains. Today is our final walk through the Maasai lands, where zebra herds mingle with the cattle and we can see giraffe between the trees. We arrive at the seasonal Lake Arpakei. If water is present then we might see some hippo wallowing, and with caution we eat our lunch here watching the birds and hippos. From here we transfer in our vehicle to the border town of Loitokitok (also known as Oloitokitok). There is an agreement with Tanzania/Kenya that citizens of these countries can travel within 10km of each country, making the town of Loitokitok an important meeting point with a bustling market. It is also the entrance for many people who are going to climb Kilimanjaro - the start of the path for one of the routes is just over the border. We check into our cosy guesthouse for some home comforts after our 3 days walking. Drive time 3 hrs (70km)

Meals: **B L D**



**Accommodation**  
Guesthouse



**Time**  
4 hrs walking



**Distance**  
10KM

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**DAY 5**

## Walk along the Nalemoru River for a BBQ lunch next to the waterfalls. Transfer to Amboseli National Park.

A short transfer takes us to the start of our walk today along the Nalemoru River. We walk on narrow footpaths along the riverbank into a deep gorge, getting closer and closer to the border with Tanzania. Our guide points out the acacia trees, rubber trees, wild olive groves and diverse tropical vegetation. At lunchtime we can enjoy a BBQ close to a waterfall (although in the dry season there might be little/no water). On our return we pass the Outward Bound School, which was used in colonial times as a starting point for the Kilimanjaro ascent. If time allows we will have an optional visit to the Teule home for street children. Set up around 20yrs ago, the organisation assists homeless children from Nairobi and has set up a school in Loitokitok which also takes in pupils from the local area. The focus is on education and improving futures. There is a farm for fresh fruit and vegetables, honey bees and solar panels. We have a tour of the projects and meet some of the smiling children. In the late afternoon we drive the 1 hour to Amboseli National Park for the beginning of our next adventure. Drive time 1 hr (40km)

Meals: **B L D**



**Accommodation**  
Tented Lodge



**Time**  
4 hrs walking



**Distance**  
8KM

### DAY 6

## Full day game drive in the splendid Amboseli National Park.

Elephants, a safari vehicle and the mighty snow-capped Kilimanjaro in the background - the picture postcard of classic Africa - this is Amboseli National Park. The area is hot and dry with an average of 350-400mm of rainfall per year. When the rains come, marshlands and soda lakes are formed, but for the rest of the year it is mainly a dusty plain. This is where origins of the name 'Amboseli' or 'salty dust' in the local Maasai language comes from. However, it is not all dust! There are the green acacia trees and long grasses which turn a golden brown in the dry season. This small park, at under 400 km sq, is famous as one of the best places in Africa to see large, free-roaming herds of elephants - and this we shall see during our game drive today. The Big Five (lion, leopard, rhino, buffalo, elephant) are also present in Amboseli, so we will be on the look-out and it is likely that we shall see at least some of these. We may also see giraffe, wildebeest, zebra, impala, gazelle as well as wild dog, jackal and hyena. Our guides have a very good eye for spotting wildlife, and will be able to share all manner of facts and stories about everything that we see and the land that they live in. In the late afternoon we transfer to Kumpa to check into our accommodation. Here we arrange our belongings for the next day and night as our main bag will transfer to Olkoroi Camp to join us on day 8 after our adventure across to the rural Nguruman escarpment. Drive time 3-4 hr game drive plus 3hrs drive (130km)

Meals: **B L D**



**Accommodation**  
Lodge

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**DAY 7**

### An exciting 4WD transfer over rural country to the remote Lake Magadi and Nguruman escarpment.

Leaving the main road today we travel along an exciting dirt track to Lake Magadi. This will be a bumpy and dusty ride and can take up to 8 hours, depending on the conditions. We go right into the heart of the Kenya countryside and see genuine rural life. The Matapato Maasai population here can be differentiated by their dress code and beadwork. As we travel west the landscape gets drier and hotter. Arriving at Lake Magadi we stop for some lunch and explore this town built around the soda ash industry. Around the lake we will look for flamingos, zebra and giraffe. Continuing our journey we drive to the Nguruman escarpment in the Western Rift Valley Wall, where we find our simple accommodation for the night. The road ends here before the escarpment. This part of our Kenya adventure is very off the beaten track and feels like a genuine intrepid exploration. Drive time 6-8hrs (185km)

Meals: **B L D**



**Accommodation**  
Guesthouse

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**DAY 8**

### Early morning walk over the Nguruman escarpment with the Loita Maasai. Transfer to the Maasai Camp Olkoroi near the Tanzanian border.

This unique trip becomes ever more exciting as we are up and walking at the crack of dawn to avoid the heat of the day. The local Maasai guides take us up the escarpment on a well-trodden trail. The Loita Maasai usually walk this route daily with their donkeys to pick up supplies from the Nguruman village. We carry our small rucksack with belongings from last night and the day before with us today for our short morning walk. We should take minimal kit. Maasai porters are available, payable locally, and can be arranged the night before, however the Maasai are pastoralists and not used to carrying heavy loads. Any bag you wish them to carry should be under 10kg. By mid-morning we are at the road head on the escarpment. The views over the East African Rift Valley are truly tremendous. Our vehicle meets us here and we transfer into the heart of the Loita Maasailand. They have a more traditional lifestyle than other Maasai clans and they live on this high 2000m plateau. We stop for lunch in the town of Narosura before venturing south via Olmesuti to Olkorio camp very close to the border. Drive time 6hrs (130km)

Meals: **B L D**



**Accommodation**  
Fixed Camp



**Time**  
3 hrs walking



**Distance**  
8KM

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**DAY 9**

## Olkoroi Camp, walk with Maasai Warriors and learn about the Loita Maasai culture.

Far away from the regular tourist trail we find ourselves being immersed in the Loiti Maasai culture. The aim of the camp is to be sustainable and of benefit of the local community. This is done through promoting local wildlife and habitat, education and traditional Maasai crafts. They have built a nearby school room and have a tree nursery. We walk with the Maasai Warriors through their stunning homeland landscape of rolling hills and panoramic views over into Tanzania, the Serengeti and Lake Natron. We learn about the culture and visit a traditional Maasai home. We walk into the Forest of the Lost Child following the path of elephants and learn about the different trees and their medicinal uses. Today is very special in this unique and wild African environment.

Meals: **B L D**



**Accommodation**  
Fixed Camp



**Time**  
4 hrs walking



**Distance**  
9KM

### DAY 10

## Transfer to the Masai Mara Game Reserve for afternoon game drives.

We leave after breakfast and say a fond farewell to our hosts. Driving through the Morijo basin we head to the famous Masai Mara Game Reserve. We arrive at the Olaimutek Gate and have all afternoon in this vast game reserve. Often described as one of the latest Wonder of the World, this wilderness becomes the Serengeti in neighbouring Tanzania after it crosses the Mara River, and is famous for the wildebeest migration. In our game drive vehicle we look out for elephant, lion, leopard, buffalo and rhino - the Big 5. However the park hosts a myriad of wildlife with over 95 species of mammals and 400 species of birds! Luckily we have a full day tomorrow to allow us some decent time to enjoy the park and the incredible African wildlife it is hiding. Note the different spellings: It is the Maasai people and the Masai Mara Game Reserve. Drive time 4hrs (130km) plus afternoon game drive

Meals: **B L D**



**Accommodation**  
Tented Lodge

### DAY 11

## Game drives to see the African wildlife of the Masai Mara Game Reserve, the jewel of Kenya wildlife.

The abundance of wildlife in the Mara is unrivalled in Africa, which is especially true during the wildebeest migration between July and October. The grasslands are filled with wildebeest, zebra and plain antelope hunted by lion, cheetahs and leopard. Outside this period there are less tourists giving us more personable encounters with the superb African wildlife. We can maybe find one of the shy black rhino, or a leopard in the forested areas. There are also plenty of hippos and crocodiles lurking in the

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Mara and Talek Rivers, the latter looking for a stray small zebra or young antelope for lunch! We will learn from our guides about the ecosystem, from the graceful tall giraffe to the humble dung beetle; the endless grasslands to the solitary acacia trees. Everything has its place in this magical land. The order of day will depend on the location of the wildlife. We will either go out for a full day with a packed lunch, or we will set off at dawn for a game drive and return to our camp for lunch before heading out in the late afternoon again. Drive time 4-5 hr game drive

Meals: **B L D**



**Accommodation**

Tented Lodge

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**DAY 12**

**Transfer through the Great Rift Valley to Lake Naivasha for a boat safari.**

We leave the Masai Mara this morning and head east to one of the Great Rift Valley Lakes - Naivasha. We arrive at our accommodation before lunch and have some time to relax and eat before later in the afternoon going on a 1 hour boat ride on Lake Naivasha. From the boat we can look for zebra, giraffe, waterbucks and other plain game on the shore lines, whilst hundreds of hippos greet us in the waters. There is also an abundance of birdlife and we are likely to see pelicans, heron and possibly an African Fish Eagle with his beedy eye gracefully fishing with his massive talons! This is a beautiful and peaceful finale to our wildlife spotting of Kenya. We drive the short distance back to our lodge to enjoy a sundowner and dinner. Drive time 4hrs (220km)

Meals: **B L D**



**Accommodation**

Lodge

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**DAY 13**

**Drive back to Nairobi. Visit the Shangilia Mtoto Wa Africa performing arts school for street children. Optional visits to the Giraffe Centre and Karen Blixen Museum.**

We head to Nairobi this morning and should be back into the hustle and bustle after a couple of hours driving. We visit Shangilia Mtoto Wa Africa, a project focusing on the arts, dancing and acrobatics to empower street children and those from poorer areas in Nairobi. It is a very positive experience. After lunch we have free time. We have the vehicle available with the option to visit the Giraffe Centre (entrance payable locally). This was originally established as a breeding centre for the endangered Rothschild's giraffe, but has since developed into the African Fund for Endangered Wildlife, with a main objective to provide conservation education to Kenyan school children and youth. We see the giraffes and may have an opportunity to feed them. The Karen Blixen Museum is the home of the autobiographer of the same name, and was made famous by the classic film 'Out of Africa' in 1985. This



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is an optional visit and payable locally. Later we transfer to our accommodation for a final celebratory meal after our true African adventure. Drive time 2 hrs (100km)

Meals: **B**



**Accommodation**  
Hotel

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## DAY 14

### Departure day.

Depending on our flight times we may have some time today to explore further or relax. A single timed transfer is included on this day. KE land only services end after breakfast.

Meals: **B**

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# Holiday Information

## What's Included

- A professional and qualified tour leader
- Specialist Maasai guides for days as specified
- Single timed airport transfers on arrival and departure
- All accommodation as described
- Meals as per the Meal Plan
- All land transport involved in the itinerary
- Parks fees
- All activities/excursions mentioned except where specified as 'optional'

## What's not Included

- Travel insurance
- Visas
- Some meals as detailed in the Meal Plan
- Any additional activities/excursions indicated as 'optional'
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

## Joining Arrangements & Transfers

A single transfer from Nairobi International Airport to the first nights lodge is provided in the morning of Day 1 of the Land Only itinerary. This transfer is timed to meet passengers arriving on the Kenyan Airlines flights which arrives first thing in the morning from London Heathrow Airport. As this is a 3 hour journey there is not an option for a private transfer. You can arrive the day before and overnight at an additional cost.

On the last day of the Land Only itinerary, there will be a single transfer back to Nairobi Airport timed for the check in of the morning return Kenya Airways flight to London.

On the return, if your flight schedules do not fit with these single timed airport transfers we can provide private transfers at an additional cost. Taxis are also readily available.

## Meal Plan

All meals (from dinner on day 1 to breakfast on day 14) except for 1 lunch and 1 dinner in Nairobi, are included in the holiday price.

## Food & Water

### Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Traditional dishes can be delicious and flavoursome and include beans, corn, kale, stews, coconut rice, Kenyan chapatis and bhajias (influences from India) and of course we need to taste the Mandazi which are Kenyan doughnuts. Yum! In the larger lodges which we stay in there is usually a variety of food for all tastes including international cuisine such as chips, burger, fruit and ice cream. Breakfasts are usually cereals, coffee and toast or the occasional fried eggs etc. Lunches are cheese, cold meats, salads on bread or rolls. We do cater for some special dietary requirements (e.g. vegetarian or allergies.). However it is essential that you inform us of any dietary requirements on booking. All beverages will be at your own expense.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

This holiday has 9 nights staying at variety of different guesthouses, lodges, tented lodges and hotels. Often they have an African style to them with colourful traditional blankets, ornaments and smiling friendly staff. The rooms are twin/double and mainly with en suite facilities. Some of the accommodations have a bar and a swimming pool.

When at a tented lodge you will stay in classic canvas safari tents usually with twin beds and en suite facilities. It is built on a permanent base (concrete or wood platform) and might have a thatch roof, or just be canvas.

When in the Chyulu Hills we wild camp in the bush for 2 nights. Tents will be erected and a full camping service is provided, all equipment except for sleeping bags is included. We use 3 person dome tents on a twin share bases. Facilities are basic with a toilet tent, and a 'bush shower' (essentially a bag of water heated in the sun with a shower head) and campfires. We can only have campfires here at certain times of the year, if the weather is too dry then we cannot due to safety.

The 1 night at the guesthouse at Nguruman escarpment is simple as there is little accommodation in this remote village. The rooms are twin or single and are en suite.

The 2 nights at the Maasai Olkoroi camp in the Loita Hills is very special, as it is a remote Maasai camp with outdoor and simple living. This is a fixed camp arrangement with simple Africa style, twin or triple tents, permanently erected on platforms. The facilities not en suite and are basic, with bucket showers with warm water and a compost toilet. There are a limited number of the fixed tents available and we will take our own tents (which we used in the Chyulu Hills) as well. Sundowners of beers, G&T and soft drinks are always available. All the staff are local Maasai from the nearby village, and the camp is fully community owned.

Below are examples of the accommodation that we intend to use. However all accommodation is subject to change without prior warning.

1 night at Hunters Lodge in Kikobo, 2 nights wild camping (no ensuite), 1 night at Kibo Slopes Guest House in Loitokitok, 1 night Kibo Safari camp outside Amboseli, 1 night Lerruat Log Resort in Kumpa, 1 night at the simple Nguruman Guest house, 2 nights at the unique Olkoroi Camp (no ensuite), 2 nights at Osero Camp at the Masai Mara, 1 night at Elsamere camp at Lake Naivasha and in Nairobi at Heron Hotel.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single hotel rooms and a limited number of single tents are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be accompanied by a local English speaking professional guide. In addition at various places the group will also have a local area expert. These include the individual Maasai guides, who wear their traditional dress, in the Chyulu Hills, Nguruman and the Loita Hills.

## Spending Money

Approximately £150 per person (or equivalent in US dollars or Euros) should be allowed for non-included meals, tips, soft drinks and miscellaneous expenses. Visas, alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these. You can choose to take your money in Pounds Sterling, Dollars or Euros, however US Dollars are the preferred currency. There will be the opportunity to change money into local currency on arrival at the airport and your leader will advise the best places to change money en-route. Credit cards are useful and it is a good idea to carry one in case of emergency.

## Optional extras:

All prices are subject to change without prior notice.

- Maasai porter to carry your rucksack (max 10kg) for the 3-4 hr walk on day 8: Approximately \$30
- Giraffe Centre: \$10
- Karen Blixen Museum: \$12

## Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides. They do not form part of their wages, any tips they receive are seen as a personal thank you from group members. We suggest around \$10-15 per day per group, for each of the following: main guide, local Maasai guide, driver and cook.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. You should bring a soft bag, as these are more suitable to pack in the vehicle. There is one day when you will have to carry your overnight belongings (no sleeping equipment, just toothbrush, spare socks, PJ's etc). The walk is only 3-4 hrs. You should have a suitable rucksack for this. It is possible to hire a porter for this short walk if you wish. For international flights please check your baggage allowance with your airline.

Please be aware that plastic/polythene bags are illegal in Kenya. The law says that they are not allowed to be manufactured, imported, used or sold in Kenya (since Aug 2017).

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice for each country visited before travel.

### Visas Kenya

You need a visa to enter Kenya. This is obtained online as an e-visa, prior to departure via the Kenyan Government [e-visa portal](#). Visas are not available on arrival.

If you are travelling overland from Kenya into Tanzania, and then back into Kenya (and not leaving East Africa) you will only require a single entry visa for Kenya.

If you are travelling to Zanzibar you will also need to purchase specific insurance (as well as your standard travel insurance), through the Visit Zanzibar website - [Visit Zanzibar](#)

If the children (under 18yrs) with whom you are travelling have a different surname to yours, you should consider taking with you the child's full birth certificate. It is not a requirement, but some border personnel in Kenya as well as the UK, may request to see it when travelling to/from Africa.

## Health & Vaccinations

### VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis are required. There is risk of yellow fever and you must carry a current vaccination certificate. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

### Currency

The unit of currency in Kenya is the Kenyan Shilling.

Do not take \$100 bills, take \$50 bills instead. All USD bills pre-2013 are not welcome. They prefer 2017 and onwards.

### Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

### Climate

Rainy season from November through May, with peak rainfall in December-January and April-May. Dry season from June-November. Often sunny mornings with cloud build-up in the afternoons - during the rains this develops into thunderstorms in the afternoon and evening. Max temperatures up to 30°C and min temperatures around 20°C.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Private Groups Information

### Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

## Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### You should bring the following items:

- Comfortable walking shoes or boots
- Trainers and/or sandals
- Lightweight trousers / shorts / skirt
- T-shirts and/or casual shirts (wicking ones are good for the heat, and long sleeved shirts with collars for sun protection are recommended)
- Socks & Underwear
- Fleece jacket
- Lightweight waterproof jacket & trousers
- Sunhat with wide brim
- Warm hat
- Sunglasses
- Daypack 20 to 30 litres
- Sleeping bag (comfort rating 0C).\*\*
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Insect repellent
- Headtorch and spare batteries
- Small camp towel
- Swimwear
- Binoculars
- Basic First Aid Kit including : Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment, antihistamine cream and tablets, and re-hydration salts



## The following items are optional:

- Thermarest
- Sleeping bag liner (essential if using a hired sleeping bag)
- Pen-knife (note: always pack sharp objects in hold baggage)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

## Notes:

\*A 3cm thick roll-matt or karri-matt is provided for the 2 camping nights, however you may wish to supplement this with your own thermarest.

\*\*A limited number of sleeping bags are available for hire free of charge in country. If you are happy to bring your own then please do. Please contact the office for further information.

Please be aware that plastic/polythene bags are illegal in Kenya. The law says that they are not allowed to be manufactured, imported, used or sold in Kenya (since Aug 2017).

Mosquito nets are provided at all accommodations.

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

## Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Nairobi, Kenya. For clients making their own flight arrangements, Nairobi Jomo Kenyatta International Airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining arrangements & transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

## Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to Nairobi with Kenyan Airways. Outbound flights will depart from the UK in the evening, arriving in the morning of the following day (Day 1 of the Land Only itinerary). Return flights will depart in the morning of the last day of the itinerary, arriving in the UK later than afternoon. Regional departures and/or alternative carriers are available on request.

To avoid paying more for your flight, we recommend that you book as early as possible, especially during peak times as there are only a limited number of seats available at the advertised price. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. We are also able to quote for premium, business and first class seats. Please be aware that you may be asked to pay for your flights in advance of your final holiday balance. Remember if you book a package including flights with KE you will benefit from full financial protection.

# Why Choose KE

## Why KE

This is a unique guided group trip in the UK market. Walking with the Maasai guides and warriors helps support their traditional livelihoods. We visit remote and rural areas allowing us special cultural interactions. And also including the splendid wildlife of Amboseli NP and the Mara.

**Please Note** This document was downloaded on 18/05/2025 and the trip is subject to change