

**African
Wellness
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African Wellness Safaris[®]



Lake Nakuru Safari & Marathon Experience

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Lake Nakuru National Park - Kerio Valley National Park

7 Days / 6 Nights

Introduction

Accommodation	Destination	Basis	Duration
Lake Nakuru Sopa Lodge	Lake Nakuru National Park	FB	2 Nights
High Altitude Training Centre (HATC)	Kerio Valley National Park	FB	4 Nights

Key

B&B: Bed & Breakfast | FB: Dinner, Bed & Breakfast and Lunch.

Transport

Transfers

Pick Up	Drop Off	Vehicle
Jomo Kenyatta International Airport [NBO]	Lake Nakuru Sopa Lodge	Transfer
Lake Nakuru Sopa Lodge	High Altitude Training Centre	Transfer
High Altitude Training Centre (HATC)	Jomo Kenyatta International Airport [NBO]	4x4 Safari Landcruiser (Transfer)

Day 1: Lake Nakuru Sopa Lodge - Lake Nakuru National Park

Lake Nakuru National Park

Located in the Great Rift Valley surrounded by yellow acacia woodlands and bushy shrublands, the Lake Nakuru National Park was created to protect the Lake and its large flocks of Lesser Flamingo, which are drawn to the algae that flourish in the saline waters of this soda lake. The national park is inhabited by over 50 mammal species including hippo, black and white rhino, Rothschild giraffe, buffalo and eland. Known as a bird watcher's paradise, the park is home to over 450 bird species. Visitors can look forward to hiking through the scenic landscape, picnicking next to this magnificent lake, and spotting an array of wildlife on a game drive. Don't miss the opportunity to visit the beautiful Makalia Waterfall.

The Park was created in 1968 to protect the huge flocks of the lesser flamingo that breed and nest at the edge of Lake Nakuru, giving it the characteristic pink rim. Located at an altitude of 4,000-5,767 feet above sea level, the park covers 188 square kilometres of land, of great ecological diversity - from lake waters, woodlands and bush grasslands - to rocky ridges. It is home to not just the lesser flamingo, but also to over 400 species of birds, and one of the few places that one would be able to encounter the endangered white rhino. Other wildlife at the park includes lions, leopards, zebras, gazelles, eland, giraffe and the hyrax.

Day Itinerary

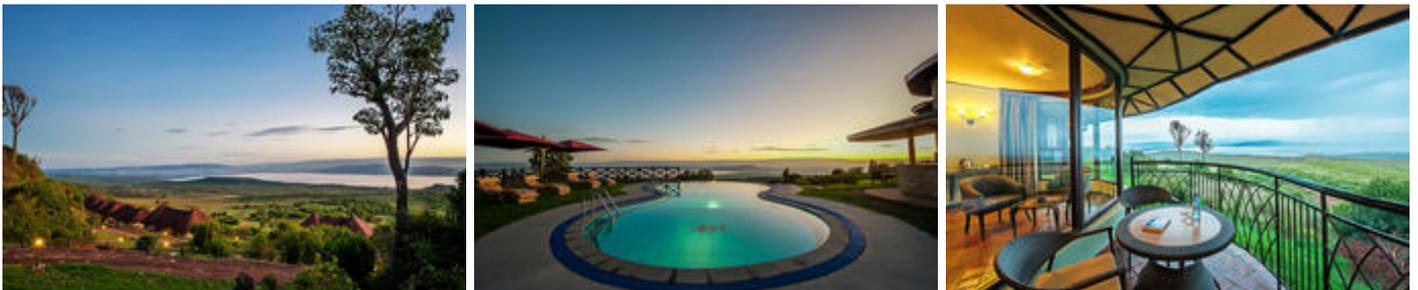
On arrival, our airport representative will meet you, together with your driver-guide. Thereafter, you will depart for Lake Nakuru National Park, and arrive in time for lunch at the Lodge. You will have a short rest, before embarking on your late afternoon game drive.

Accommodation: Dinner and Overnight-stay at Lake Nakuru Sopa Lodge.

Overnight-stay: Lake Nakuru Sopa Lodge

Located on a range of hills that form the western limits of Africa's Great Rift Valley, the lodge offers spectacular views over the vastness of Africa. It overlooks Lake Nakuru and it's surrounding National Park, one that is a paradise for bird watchers and wildlife lovers alike.

Lake Nakuru National Park is mainly a wooded and bushy grassland, with a wide ecological diversity and characteristic habitats that range from the lake waters – to escarpments and ridges.



Basis

Full Board (FB).

Included Items

- Meet & Greet services.
 - Personalised services by your driver-guide.
 - Transport in a 4x4 Safari Landcruiser.
 - Lake Nakuru National Park Fees.
 - Game drives in Lake Nakuru National Park.
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Excluded Items

Any items of a personal nature, e.g., extra drinks, tips and gratuities.

Day 2: Lake Nakuru Sopa Lodge - Lake Nakuru National Park

Day Itinerary

Full day of game drives in Lake Nakuru National Park and overnight-stay at Lake Nakuru Sopa Lodge.

Basis

Full Board (FB).

Included Items

- Personalised services by your driver-guide.
 - Transport in a 4x4 Safari Landcruiser.
 - Lake Nakuru National Park Fees.
 - Game drives in Lake Nakuru National Park.
-

Excluded

Any items of a personal nature, e.g., extra drinks, tips and gratuities.

Day 3: High Altitude Training Centre (HATC) - Kerio Valley National Park

Kerio Valley National Park

Sandwiched between the Cherangani and the Tugen Hills, the Kerio Valley National Reserve mirrors the Lake Kamnarok National Reserve over the crocodile-abundant Kerio River. The impressive Kerio Valley is 1300 metres deep, which results in a diversity of environments and vegetation, ranging from the forests on the upper slopes - to the typically dry northern Kenyan thorn bush in the valley. The reserve is home to elephants, buffalo and a wide variety of bird species. Visitors can look forward to a wide selection of wonderful activities including: excellent game viewing, camping under the vast Kenyan sky, and hiking along numerous nature trails through the impressive and surreal scenery.

Day Itinerary

After breakfast, you will check out of the camp and drive to Eldoret. Upon arrival, you will check-in at the High Altitude Training Centre (HATC) in Iten. After lunch, you will have a briefing on the training schedules.

Overnight-stay: High Altitude Training Centre (HATC)



Basis

Full Board (FB).

Included Items

- Personalised services by your driver-guide.
 - Transport in a 4x4 Safari Land-cruiser.
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Excluded Items

Any items of a personal nature, e.g., extra drinks, tips and gratuities.

Day 4: High Altitude Training Centre (HATC) - Kerio Valley National Park

Day Itinerary

Full day of marathon Training and overnight-stay at the High Altitude Training Centre (HATC).

Basis

Full Board (FB).

Included Items

- Marathon training.
 - Core class (Stability class).
 - Use of gym.
 - Use of 25-meter swimming pool (we do have a swimming coach).
 - Use of 400m all weather-track.
 - Use of sauna.
 - Water for rehydration.
 - Access to a professional physiotherapist.
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Excluded Items

Any items of a personal nature, e.g., extra drinks, tips and gratuities.

Day 5: High Altitude Training Centre (HATC) - Kerio Valley National Park

Day Itinerary

Full day of marathon Training and overnight-stay at the High Altitude Training Centre (HATC).

Basis

Full Board (FB).

Included Items

- Marathon training.
- Core class (Stability class).
- Use of gym.
- Use of 25-meter swimming pool (we do have a swimming coach).
- Use of 400m all weather-track.
- Use of sauna.
- Water for rehydration.

Excluded Items

Any items of a personal nature, e.g. extra drinks, tips and gratuities.

Day 6: High Altitude Training Centre (HATC) - Kerio Valley National Park

Day Itinerary

Full day of marathon Training. After lunch, you will have an excursion to Kerio Valley National Park.

Overnight-stay at the High Altitude Training Centre (HATC).

Basis

Full Board (FB).

Included Items

- Marathon training.
 - Core class (Stability class).
 - Use of gym.
 - Use of 25-meter swimming pool (we do have a swimming coach).
 - Use of 400m all weather-track.
 - Use of sauna.
 - Water for rehydration.
 - Kerio Valley National Park – game drives.
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Excluded Items

Any items of a personal nature, e.g., extra drinks, tips and gratuities.

Day 7: End of Itinerary

Day Itinerary

After breakfast, you will drive back to Nairobi. Upon arrival in Nairobi, you will have lunch at the world-renowned Carnivore Restaurant - before being transferred to the airport for your departure flight.

About the Carnivore Restaurant

Situated 4 kilometres from Kenya's capital, Nairobi, the Carnivore Restaurant is considered to be Africa's 'Greatest Eating Experience'. A variety of selected meat dishes, including a selection of exotic meat varieties - are roasted over charcoal, and carved directly at your table. Delicious side dishes and an exceptional array of sauces complement this fixed price feast that also includes a variety of soups, a selection of desserts and Kenyan specialised coffees. Set in attractive tropical gardens, the service and décor are outstanding.

The Carnivore Restaurant is also home of the Simba Saloon, a delicious à la carte restaurant by day, and Nairobi's most popular nightclub – by night. The informal indoor/outdoor atmosphere, exceptional snacks and the pulsating rhythms of Africa combine to ensure that an exciting ambience prevails.

Basis

Bed & Breakfast (B&B).

Included Items

- Transport in a 4x4 Safari Landcruiser.
 - Personalised services by your driver-guide.
 - Lunch at the Carnivore Restaurant.
 - Transfer to the airport.
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Excluded Items

Any items of a personal nature, e.g., extra drinks, tips and gratuities.

Beach-holiday Extensions

With this Itinerary, it is possible to extend your trip, by having an occasion to relax on some of the best and world-renowned sublime beaches – within our destinations. You are in this instance advised to familiarise yourself with the following Itineraries, within our website:

- Zanzibar Escape.
 - Kenya White Sandy Beach.
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24hr. Contact Numbers & Helplines – during your trip:

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Our Contacts

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