



# Mara Adventure & Marathon Experience



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African Wellness Safaris<sup>®</sup>

## Mara Adventure & Marathon Experience

Maasai Mara - Kerio Valley National Park

7 Days / 6 Nights

Accommodation	Destination	Basis	Duration
Ilkeliani Camp	Maasai Mara	FB	<b>2 Nights</b>
High Altitude Training Centre (HATC)	Kerio Valley National Park	FB	<b>4 Nights</b>

### Key

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

## Transport

### Transfers

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

## Day 1: Ilkeliani Camp - Maasai Mara

### Maasai Mara

The Maasai Mara, together with Tanzania's Serengeti form Africa's most famous wildlife park - the Maasai Mara National Reserve. The image of acacia trees dotting endless grass plains epitomises Africa for many, then add a Maasai warrior and some cattle to the picture and the conversation need go no further. The undeniable highlight of the Maasai Mara National Reserve is undoubtedly the annual wildebeest migration, traversing the vast plains of the Serengeti and the Maasai Mara. It is known as the largest mass movement of land mammals on the planet – with more than a million animals following the rains. Large prides of lions, elephants, giraffes, gazelles and eland can also be spotted in the reserve. Aside from horse riding safaris and traditional vehicle safaris, hot-air ballooning over the Mara plains has become almost an essential experience.

### Day Itinerary

On arrival, our airport representative will meet you, together with your driver-guide. Thereafter, you will depart for Maasai Mara Game Reserve, and arrive in time for lunch at the camp. You will have a short rest, before embarking on your late afternoon game drive.

**Accommodation:** Dinner and Overnight-stay at Ilkeliani Camp.

### Overnight-stay: Ilkeliani Camp

Nestled in a river glade at the Maasai Mara Game Reserve, the area is a favourite for elephants coming to drink from the Talek River. The camp has been designed to combine the old traditional safari style with a modern and fresh feel. Ilkeliani Camp offers only 17 tents, with each commanding views of the plains and the wildlife action throughout the day. It is a permanent camp, designed along eco-friendly principles. The ethos is to leave a minimum ecological footprint on nature.

Each well-equipped tent comprises a stylish-look, inclusive of an en-suite bathroom. The tents sit independently, under a cluster of shady indigenous trees, which gives you a feeling of actually being in the wilderness, albeit within a safe vicinity. The interiors are spacious and comfortable, and feature a front verandah, with a day-bed and canvas safari chairs. Home cooked meals, combined with personal service - contribute to an unforgettable safari experience.



### Basis

Full Board (FB).

**Included Items**

- Meet & Greet services.
  - Personalised services by your driver-guide.
  - Transport in a 4x4 Safari Landcruiser.
  - Maasai Mara Park entrance fees.
  - Game drives at the Maasai Mara Game Reserve.
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**Day 2:      Ilkeliani Camp - Maasai Mara**

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**Day Itinerary**

Full day of game drives in Maasai Mara Game Reserve.

**Accommodation:** Ilkeliani Camp.

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**Basis**

Full Board (FB).

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**Included Items**

- Personalised services by your driver-guide.
  - Transport in a 4x4 Safari Landcruiser.
  - Maasai Mara Park entrance fees.
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## Day 3: High Altitude Training Centre (HATC) - Kerio Valley National Park

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### 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.

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### 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)



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### Basis

Full Board (FB).

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### Included Items

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

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

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

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### Day Itinerary

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

### Basis

Full Board (FB).

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### 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.

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

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### Day Itinerary

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

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### Basis

Full Board (FB).

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### 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.

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

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**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).

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**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.

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**Day 7: End of Itinerary**

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**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.

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**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 ambiance prevails.

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### **Basis**

Bed & Breakfast (B&B).

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### **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.

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### **Beach-holiday Extensions**

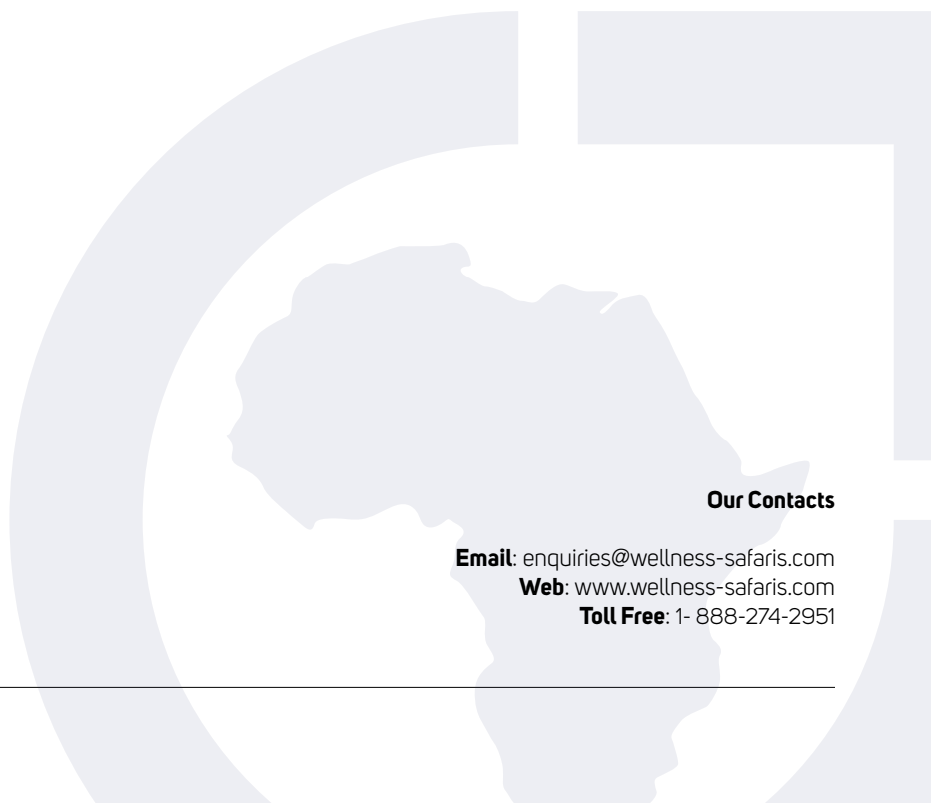
With this Itinerary, it is possible to extend your trip, by having an occasion to relax on some of the best and world-renowned sublime beaches – within our destinations. You are in this instance advised to familiarise yourself with the following Itineraries, within our website:

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

+254727204989 | +254722409869 | +254733607219





**Our Contacts**

**Email:** [enquiries@wellness-safaris.com](mailto:enquiries@wellness-safaris.com)

**Web:** [www.wellness-safaris.com](http://www.wellness-safaris.com)

**Toll Free:** 1- 888-274-2951