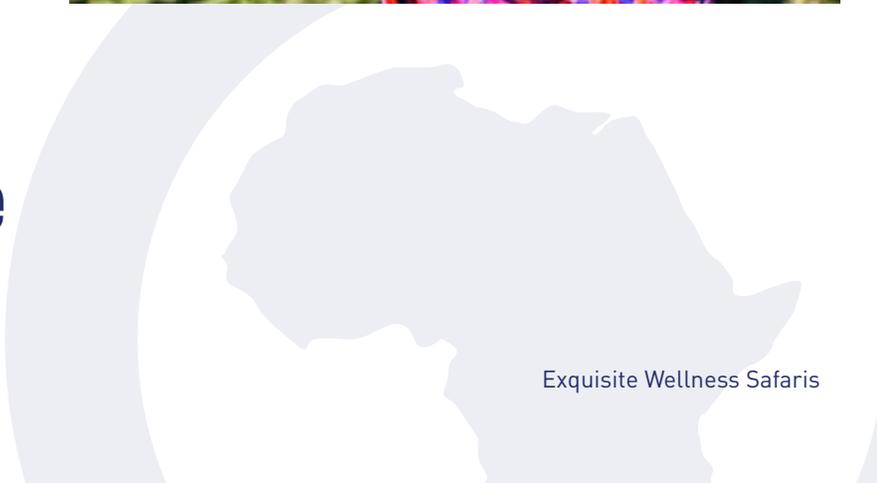




African Wellness Safaris®



Maasai Mara Highlights & Marathon Experience



Exquisite Wellness Safaris

Maasai Mara Highlights & Marathon Experience

Lake Nakuru National Park - Maasai Mara - Kerio Valley National Park

8 Days / 7 Nights

Introduction

Accommodation	Destination	Basis	Duration
Sarova Lion Hill Game Lodge	Lake Nakuru National Park	FB	1 Night
Mara Serena Safari Lodge	Maasai Mara	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]	Sarova Lion Hill Game Lodge	Transfer
Sarova Lion Hill Game Lodge	Mara Serena Safari Lodge	4x4 Safari Landcruiser (Transfer)
Mara Serena Safari Lodge	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: Sarova Lion Hill Game 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 Sarova Lion Hill Game Lodge.

Overnight-stay: Sarova Lion Hill Game Lodge

Sarova Lion Hill Game Lodge is nestled along the Lion Hill, overlooking the spectacular flamingo pink rimmed Lake Nakuru. Its location affords panoramic views of the lake and the picturesque Lake Nakuru National Park. A short two-hour drive from Nairobi, Sarova Lion Hill Game Lodge is a favourite with residents and visitors to Kenya.

The Lodge is cleverly laid out in such a way that most rooms and sitting areas afford stunning views of the lake and the park. It incorporates natural landscaping with tall acacia trees, winding walkways and greens dotted with bird feeds. The Lodge is a natural haven for bird life and attracts over 50 species of birds, amongst the 400 species that inhabit the Park.



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.

Day 2: Mara Serena Safari Lodge - 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

After breakfast, you will depart for the Maasai Mara Game Reserve. Lunch will be served at the Sarova Mara Game Lodge, and thereafter you will enjoy a game drive - en route to Mara Serena Lodge. Upon arrival, you will check in and have a short rest before dinner.

Accommodation: Dinner and Overnight-stay at Mara Serena Safari Lodge.

Overnight-stay: Mara Serena Safari Lodge

Secreted deep within the Maasai Mara National Reserve, the Mara Serena Safari Lodge is the ultimate safari destination. Set high on a bush-cloaked hill, embraced by arcing vistas and washed by a sea of richly rolling grasslands, it stands centre-stage to one of Africa's most exquisite wildlife arenas, and has a ringside seat for the greatest wildlife show on Earth - the legendary migration of the wildebeest. Drawing its inspiration from the traditional Maasai cultural motif of a cluster of domed, mud-coloured huts, encircled by a "Boma" of brushwood, the Mara Serena offers a rare blend of raw African splendour and sumptuous sophistication. The essentially ethnic décor also draws on a vibrant colour-palette of sun-burst colours, embellished by a unique selection of Maasai art - to create the look and feel of a traditional bush encampment. The lodge features individual rooms, each with their own balcony and view of eternity, a sky-blue swimming pool and a spectacular restaurant, overlooking a water hole where a fantasia of creatures assembles to drink.



Basis

Full Board (FB).

Included Items

- Personalised services by your driver-guide.
 - Transport in a 4x4 Safari Landcruiser.
 - Maasai Mara Park entrance fees.
 - Game drives in Maasai Mara Game Reserve.
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Day 3: Mara Serena Safari Lodge - Maasai Mara

Day Itinerary

Full day of game drives in Maasai Mara Game Reserve.

Accommodation: Mara Serena Safari Lodge.

Basis

Full Board (FB).

Included Items

- Personalised services by your driver-guide.
 - Transport in a 4x4 Safari Landcruiser.
 - Maasai Mara Park entrance fees.
 - Game drives in Maasai Mara Game Reserve.
-

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

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 Landcruiser.
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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.
 - 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 6: 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.
-

Excluded Items

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

Day 7: 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 8: 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 capita, 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.

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.

Excluded Items

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

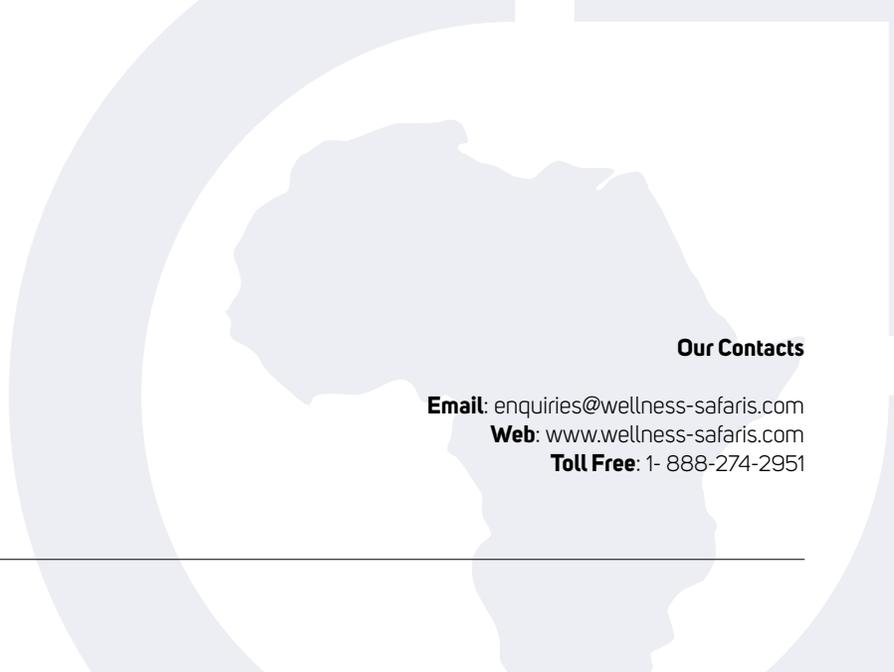
Beach-holiday Extensions

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

24hr. Contact Numbers & Helplines – during your trip:

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Our Contacts

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