



Marathon Iten Track & Field Camp and Professional Safari

**African
Wellness
Safaris**®



AWS
African Wellness Safaris®



Marathon Iten Track & Field Camp+Professional Safari

Nairobi - Maasai Mara - Lake Nakuru National Park - Kerio Valley National Park
8 Days / 7 Nights

Introduction

Accommodation	Destination	Basis	Duration
Tamarind Tree Hotel Carnivore Nairobi	Nairobi	B&B	1 Night
Mara Serena Safari Lodge	Maasai Mara	FB	2 Nights
Lake Nakuru Sopa Lodge	Lake Nakuru National Park	FB	1 Night
High Altitude Training Centre (HATC)	Kerio Valley National Park	FB	3 Nights

Key

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

Transport

Transfers

Pick Up	Drop Off	Vehicle
Jomo Kenyatta International Airport [NBO]	Tamarind Tree Hotel Carnivore Nairobi	Transfer Shuttle (Transfer)
Tamarind Tree Hotel Carnivore Nairobi	Mara Serena Safari Lodge	4x4 Safari Landcruiser (Transfer)
Mara Serena Safari Lodge	Lake Nakuru Sopa Lodge	4x4 Safari Landcruiser (Transfer)
Lake Nakuru Sopa Lodge	High Altitude Training Centre (HATC)	4x4 Safari Landcruiser (Transfer)

Day 1: Tamarind Tree Hotel Carnivore Nairobi, Nairobi

Nairobi

Situated along the Nairobi River in beautiful Kenya, the capital of Nairobi is East Africa's most cosmopolitan city. It serves as an excellent starting point for African Safari trips around Kenya. Nairobi is Africa's 4th largest city and is a vibrant and exciting place to visit, in spite of minor incidences of insecurity. Nonetheless, your trip is always safe in the company of our professionally trained drivers and guides. A number of fascinating attractions engulf this majestic African city, comprising: its café culture, unbridled nightlife, the National Museum, the Karen Blixen Museum and most notably, just 20 minutes from the city centre - wild lions and buffalo roam in the world's only urban game reserve. Do take it upon yourself to pay a visit to the elephant orphanage operated by the David Sheldrick Wildlife Trust.

Day Itinerary

On arrival, our airport representative will meet you, together with your driver-guide. Thereafter, you will be transferred to the Tamarind tree hotel to relax and have an overnight-stay.

Overnight-stay: Tamarind Tree Hotel Carnivore Nairobi

Tamarind Tree Hotel Carnivore Nairobi is ideally located just 5 km to the southwest of Nairobi within the spacious Carnivore grounds and it's iconic Carnivore Restaurant. The hotel offers easy access to all parts of the city, it's national park, as well as to the country's many diverse attractions via the neighbouring Wilson Airport and Southern Bypass. The nearby Langata and Karen suburbs are among the liveliest and most popular in Nairobi, with world-class shopping malls and excellent restaurants. Tamarind Tree Hotel is perfect for both the business and leisure traveller. The hotel's world-class amenities will ensure your meetings are effortless and successful, whilst their outstanding leisure facilities and genuine service ensure that all guests experience the very best of Tamarind hospitality.



Basis

Bed & Breakfast (B&B).

Included Items

- Meet & greet services.
 - All transfers.
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Excluded Items

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

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 be met by your safari guide and begin your safari. You will depart for the Maasai Mara, where you will arrive in time for lunch and check-in at the Mara Serena lodge. After lunch, you will indulge yourselves in game drives till late in the afternoon, when you will return to the lodge for dinner and your overnight-stay.

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.

Excluded Items

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

Day 3: Mara Serena Safari Lodge - Maasai Mara

Day Itinerary

Full day of game drives at the Maasai Mara.

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: 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

After breakfast, you will leave The Maara and head to Lake Nakuru National park. You will arrive at the Lake Nakuru Sopa lodge in time for lunch and check-in. You will then head-out into the amazing woodlands of Lake Nakuru - for an afternoon of game drives till dusk, when you will return to the lodge for dinner and your overnight-stay.

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.

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

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 leave Nakuru and head to Iten. You will arrive at the High Altitude Training Centre (HATC) in the afternoon, just in time for lunch and check-in. You will then have the rest of the day at leisure, as you get ready for your training.

Overnight-stay: High Altitude Training Centre (HATC)



Basis

Full Board (FB).

Included Items

- Transport in a 4x4 Safari Landcruiser.
 - Personalised services from your driver guide.
 - Park fees.
-

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 at the High Altitude Training Centre (HATC), alongside industry veterans.

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

Day Itinerary

Full day of marathon training at the High Altitude Training Centre (HATC), alongside industry veterans. After Lunch, you will partake in an excursion to - Kerio Valley National Park.

Accommodation: Dinner and overnight-stay at 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.

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- 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 8: End of Itinerary

Day Itinerary

After breakfast, you will leave Iten and head to the Eldoret International Airport in time for your Nairobi-bound flight.

Basis

Bed & Breakfast (B&B).

Included Items

- All transfers.
 - Scheduled flights.
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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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