



First & Still the Best!

Since 1982

2015 ~ Celebrating 33 Years!

DATES

August 21 - 30, 2015

COST

\$6,995 all-inclusive (land and air*) from Washington, DC to Nairobi, Kenya (\$800 deposit)

*Air prices quoted as of June 30, 2014, and are subject to change

RATING

Moderate

ACTIVITIES

Wildlife Viewing, Birding, Walking, 4x4, Natural History, Photography, Sightseeing, Cultural Exploration

MAIN ATTRACTIONS

- View and photograph African wildlife on safari in Kenya's famous Maasai Mara Reserve, the northern part of the renowned Serengeti National Park.
- Visit Jane Goodall's Chimpanzee Sanctuary.
- Learn about the habitats and behavior of African wildlife and Maasai culture during fully-guided safaris in 4x4 mini-busses on the slopes of Mt. Kenya, Lake Nakuru, the Great Rift Valley, and the Maasai Mara Reserve.
- Stay in private protected conservation areas in Kenya in luxury tented safari camps, lodges and hotels, with private en-suite facilities and modern amenities, including pampering by first-rate staff and fabulous meals.
- Take an optional sunrise balloon safari over the Maasai Mara Reserve in Kenya/or a fly-in trip to Lake Victoria.

AdventureWomen is the oldest adventure travel company for active women over 30.

KENYA: THE GREAT MIGRATION

A Deluxe Tented and Lodge Safari

revised 1/14/2015

Across the vast savannas of Kenya's Serengeti Plain and the Masai Mara Reserve, the great annual wildlife migration unfolds each year, as it has since the dawn of civilization. Undisputedly the most magnificent wildlife spectacle on earth, millions of zebra, wildebeest (gnu) and antelope gather up their young and start their long trek from Tanzania, north to Kenya. Traversing the arid plains, around rocky outcroppings, through acacia and scrub woodland, and across rivers, come these millions of animals, traveling alone, side by side, or in flowing rivers of beasts, crossing the ancient African plains in their perennial, age-old quest for water and food. And close at their heels follow the predators- the lions, leopards, cheetahs, hyenas and wild dogs- ever-present opportunists who watch and wait.

The migration's journey runs in a clockwise circle from Tanzania to Kenya, and the animals cover a distance of about 1,800 miles. Witnessing this unparalleled viewing opportunity is one of the wonders of the world. By late July, the grasses in Tanzania's western Serengeti are turning yellow, and the herds continue north to Kenya to the lush plains of the Maasai Mara (the northern tip of the Serengeti, which is located in southern Kenya). They arrive in herds by the end of August, and the best viewing times in Kenya for this spectacle are August through October.

Our "Out of Africa" Safari in Kenya begins as we land in Nairobi, Kenya, one of Africa's most dynamic cities. Driving north to the verdant slopes of Mt. Kenya, we encounter our first, exciting wildlife viewings at a privately-owned animal reserve and luxury tented camp. We'll visit a Jane Goodall sponsored chimpanzee sanctuary, where orphaned and abused chimps are rehabilitated before being put back into the wild. Then we travel overland to the heart of the Great Rift Valley to explore Lake Nakuru, world-renowned for its huge concentration of flamingos, plus leopards, lion, buffalo, hippo waterbuck, warthog, baboon and the endangered Rothschild's giraffe and rhinos. The journey continues on to an exclusive, new luxury tented camp, located on the magnificent shoreline of sapphire-blue Lake Elementeita, where hundreds of thousands of birds congregate. Home to Soysambu, a Wildlife Conservancy and RAMSAR site, over 450 bird species and 15,000 wild animals are protected here. Leaving the best till last, we'll spend three days wildlife viewing in Kenya's Maasai Mara, the Northern Serengeti.

In this complicated day and age, it is still possible to get "off the beaten track", to places where there are often no tracks at all. Across the vastness of the "oldest" continent, wild Africa endures, a rhythmic but ever-changing land of remarkable extremes. Tribal Africa, wildlife, and wilderness all co-exist in ways that are primal, diverse, spectacular, and fragile. Witness these unspoiled and precious resources for yourself. Join AdventureWomen on another of our special African safaris, and find out why AdventureWomen travelers are passionately (and hopelessly) obsessed with Africa.

ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MT 59715

EMAIL: trips@adventurewomen.com | WEBSITE: www.adventurewomen.com

406-587-3883 | 800-804-8686 | 406-587-9449 FAX

WHAT'S INCLUDED IN YOUR KENYA SAFARI

- 9 nights/10 days, twin-bedded double accommodations in superior hotels, lodges, and tented camps.
- Roundtrip flights between Washington, DC and Nairobi, including taxes and fuel surcharges.
- Superior accommodations throughout, as indicated, based on two people sharing a twin room with private facilities.
- American breakfast in Nairobi and all meals while on safari, as per itinerary.
- Transportation throughout the safari and all wildlife viewing via open-top 4x4 mini-buses, driven by professional and knowledgeable English-speaking driver-guides.
- A maximum of 6 travelers per minibus. A window seat is guaranteed.
- Visit to Jane Goodall's Chimpanzee Sanctuary.
- Complimentary bottled water in vehicles.
- A professional naturalist-guide throughout the trip.
- All applicable hotel and lodge tips and taxes, plus gratuities for baggage handling.
- Entrance fees to all reserves and game parks.
- One AdventureWomen Associate.

NOT INCLUDED

- Airfare from your hometown to Dulles, Washington, DC to connect with our international flight to Nairobi, Kenya.
- Baggage charges as levied by airlines.
- Passport and visa fees and service charges for obtaining visas.
- Items of a personal nature such as laundry and alcoholic beverages.
- Any meals not included in the itinerary.
- Optional excursions, including the balloon safari and Lake Victoria exploration.
- Suggested gratuities to naturalist, driver-guides and other staff:
 - Professional Naturalist: \$10/person/day.
 - Safari Driver-Guides: \$8/person/day (one guide per vehicle).
 - Lodge Staff: \$5/person/day (communal tips shared among the staff).

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OUR PROFESSIONAL NATURALIST-GUIDE

Our professional Naturalist-Guide, Albert Mitcho Karisa, is one of the best and most experienced guides currently leading tours in East Africa. Always ready to pass on his knowledge in combination with a vibrant sense of humor, travelers comment that "Albert makes learning about the animals, environment and culture an especially fun experience." A native of Rwanda, he has led trips to Uganda, Tanzania, Zimbabwe, Congo, Morocco and France. His birding abilities are unequaled and his expertise with photography will help you get that perfect picture. His unbounded energy stems from his long-distance running, and his interests include herbal medicine and the cultures of Africa. Albert's passionate nature and buoyant personality makes him the perfect ambassador for Africa. Albert has led many trips for AdventureWomen in Uganda, Rwanda, and Kenya, and we are very excited that he is joining us again on the 2015 Kenya Safari.

PASSPORTS, VISAS AND HEALTH REQUIREMENTS

Citizens of the United States must possess a valid U.S. passport for travel to Kenya, East Africa. It must be valid for 6 months beyond your intended stay in Africa and have 2 completely empty pages facing each other.

If you do not have a passport, APPLY NOW! Please do not wait until the last minute. You should always carry 2 extra passport photographs with you, in case of emergency (if your passport/visa is lost or stolen).

You will need to obtain a visa for Kenya. The cost for a single entry visa is \$50. Please visit <http://www.kenyaembassy.com/visa.html> and follow the instructions. You must fill out the application online, print the confirmation page and mail it in with the required documents listed on the website. You can apply thru the Kenya Embassy in Washington or Kenya Consulate in New York. Please note that visas are usually valid for six months from the issuance date and are issued within 14 business days from date of receipt of the application being sent by mail and courier services. We will send you more information at a later date.

VACCINATIONS

There are no mandatory immunizations required for US residents visiting Kenya. However, please consult your personal physician, local health department, travel clinic, or immunization center about any vaccinations you may need to update, or others that may be personally recommended for you based on your age, health, and past vaccination history. Anti-malaria medication is often recommended if you are traveling to the Maasai Mara.

You MUST have your own health insurance, and have no physical problems or conditions that would be adversely affected by riding in 4x4 vehicles on rough, bumpy roads or walking 3-4 miles per day (on level ground.) You must be in very good physical condition to participate in this trip, and be able to walk on uneven ground for moderate distances

NOT INCLUDED

(continued from pg. 2)

- Assorted other tips: bartender (depending on use!); guides for nature walks and other activities, a few dollars.

These gratuities total approximately \$230 per person.

**LIABILITY FORM
AND FINAL PAYMENT**

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. **Please read the Liability Form carefully, sign it, and return it with the remainder of your balance due by:**

MAY 24, 2015

**CANCELLATIONS AND
REFUNDS**

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Information will be sent to you in your registration packet.

SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a **\$75 fee to switch**. You may not switch your deposit to a trip in another calendar year.

**ADVENTUREWOMEN'S NO
SMOKING POLICY**

Beginning in 1995, our trips became smoke free. Please note that there will be **no smoking** by any participants on AdventureWomen vacations.

when visiting villages, towns, or other sites.

HOW TO REGISTER

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and International Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

TRAVELING TO KENYA: ARRIVAL AND DEPARTURE

This safari requires that we all fly together from Washington, Dulles on Ethiopian Airlines, via Addis Ababa to Nairobi, Kenya.

We will be traveling on Ethiopian Airlines from Washington, Dulles to Nairobi, Kenya. **Departure for Kenya is August 21 at 10:15am.** We arrive in Nairobi on the morning of **August 22 at 10:20am. We need to meet at the check-in desk 3 hours prior to departure, at 7:15am.** Please make your flight to Dulles accordingly. You will most likely have to fly in on the 20th and spend the night.

Departure from Nairobi, Kenya, is on **August 29, 7:35pm.** We arrive at Dulles Airport, Washington, D.C. **August 30th at 8:30am.**

MAKING TRAVEL ARRANGEMENTS TO KENYA, EAST AFRICA

We suggest you book your air reservations with our travel consultant soon after registering for this trip!

On this AdventureWomen Kenya Safari we ask that once you have booked your trip with AdventureWomen, you call **Ciretta Green at Travel Café, Montana's Travel Agency**, to reserve your air space on our group air ticket, and to let her know if you also want her to handle your add-on airfare from your hometown city to Washington, Dulles.

1-800-247-3538 OR FAX 1-406-586-1959

email: **Ciretta@travelcafeonline.com**

CANADIAN RESIDENTS, please call 406-587-1188

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must

often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure! Please keep this in mind when making your travel plans.

OUR EXCITING ITINERARY FOR **KENYA MIGRATION SAFARI:**

Please note that the itinerary sequence is correct at the time of writing, but is subject to change.

Days 1-2, Friday - Saturday, August 21-22, 2015 - Depart the U.S.A. for Nairobi, Kenya

Today, August 21, we depart the U.S.A. from Dulles Airport, Washington D.C. for our overnight flight to Addis Ababa. Arrive in Addis Ababa the morning of August 22 and connect with our flight to Nairobi, the safari capital of East Africa.

We arrive in Nairobi this morning and are welcomed by our guide and driver-guides who transfer us to our hotel. The remainder of the afternoon is at leisure to settle in, relax and enjoy our beautiful resort hotel.

Amidst the bustle of one of Africa's most dynamic cities there is a sanctuary offering peaceful respite...the Nairobi Serena Hotel. Standing among verdant gardens, it is considered one of Nairobi's finest hotels. With consummate standards of modern hospitality, it is the flagship of Serena Hotels and a member of Leading Hotels of the World. Enjoy the swimming pool, the restaurant, the excellent gift shop, and the comfort of your delightful room.

Tonight, we enjoy a Welcome Dinner at the hotel with our Naturalist-Guide, and a trip orientation about the wonderful events that lie ahead for us!

(Meals Aloft and Dinner)

Overnight at the **Nairobi Serena Hotel**
www.serenahotels.com

Day 3, Sunday, August 23 - Nairobi to the Slopes of Mount Kenya

We begin our exploration of this magnificent country with its diverse landscapes and hospitable people, and drive north to the verdant slopes of Mt. Kenya en route to our 'tree hotel'! Driving gives us the opportunity to see the towns, the people, and the landscape.

Looking more like an ark amid the primeval forests of Kenya's highest mountain, Mount Kenya, this timbered tree hotel, the Serena Mountain Lodge, offers champagne-clear mountain air, sweeping views across the tree-canopy, sparkling trout streams, and gentle forest walks. Located on the lower slopes of the mountain, the lodge is cool, tranquil and hushed for optimum game-sightings. The open-air viewing-deck looks down on its own waterhole and salt-lick,

which attracts numerous herds of elephant and buffalo.

During the afternoon you can relax at the hotel, watch wildlife gather at the waterhole, or take an optional guided nature walk through the forest for a nominal cost with the lodge naturalist. The walk will also introduce you to the historical aspects of Mount Kenya and the area – so important during the Mau Mau movement for independence from British rule. With the majestic rocky peaks of Mount Kenya a constant backdrop, you're likely to see some rare forest birds, as well as waterbuck, bushbuck, and sometimes elephant and buffalo.

Approximate driving time from Nairobi to Serena Mountain Lodge is 3.5 - 4 hours

(Breakfast,
Lunch and Dinner)

Overnight at the **Serena Mountain Lodge**
www.serenahotels.com/serenamountainlodge/default-en.html

The Serena Mountain Lodge, which stands 7,200 feet up on the slopes of snow-capped Mount Kenya, and is surrounded by dense rain forest, and has the area's highest record of animal "visits" and sightings. All rooms, though rustic, are very clean and comfortable with en-suite facilities and spacious verandahs -often 'patronized' by Colobus and Sykes monkeys (who may try to steal your food as you relax!).

The main public areas of the lodge overlook an illuminated waterhole frequented by a myriad of wildlife. The area comes alive at dusk with the cacophony of creatures of all sizes. Game viewing, throughout evening and night, includes elephants, buffalos, rhinos, giant forest hogs, waterbucks, and if you we are lucky, leopard and lions. There is also a tunnel leading to a photo-hide, which offers spectacular viewing and close-up photographic opportunities just yards away from the wildlife at the water hole.

Days 4 - 5, Monday - Tuesday, August 24 - 25 - Jane Goodall Chimpanzee Sanctuary, School Visit, and Sweetwaters Private Game Reserve Game Viewing

In the heart of a privately-owned 24,000 acre reserve is where our drive ends and another adventure begins, at our luxurious tented camp, which has magnificent views of Mt. Kenya. One of only four private wildlife reserves in Kenya, our under canvas experience includes a day of wildlife drives in search of the 'Big Five', and watching a parade of elephant, giraffe, zebra and impala come to drink at the camp's floodlit waterhole and salt lick.

ABOUT ADVENTURE TRAVEL TODAY

Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are adventure travel vacations, and not "tours." We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

We also visit the 200-acre Chimpanzee Sanctuary established by Kenya's Wildlife Service and the Jane Goodall Institute. Although chimps are not indigenous to Kenya, the aim of the project, initiated by Lonrho East Africa, Kenya Wildlife Services and the Jane Goodall Institute, was to set up a colony where chimps could be introduced, rehabilitated and taught to fend for themselves in an area similar to their natural living conditions. Priority is given to orphaned and abused chimps. The Sanctuary currently has over 40 chimps, including two babies born in the Sanctuary. There is also a new Visitor's Information Center at Morani's Boma.

Over twenty orphaned and abused chimps reside here while becoming rehabilitated so they may be reintroduced into the wild. Almost 400 bird species lurk in the savannah grasslands and riverine forests, including Augur Buzzard, Black Kite, and African Harrier Hawk.

There are lots of activities to choose from. You may choose to go on a night drive in search of nocturnal species, on a nature walk, or join a rhino patrol with experienced armed rangers to find and monitor black rhino. There is also horseback riding and a camel safari!

On our second day we will visit a local school where we will have the wonderful opportunity to interact with the children and teachers from the surrounding community. You'll find that children in the schools are eager to meet with visitors, practice their English, learn about your culture and proudly share their own. For many travelers, this school visit can be the highlight of the trip! The school visit also provides an opportunity for us to personally give books and school supplies to the children we visit. (See page 9) Please only bring books, school supplies and possibly small sports equipment or games, NO CANDY.

Approximate driving time from Serena Mountain Lodge to Sweetwaters Tented Camp is 3.5 - 4 hours.

(Breakfast, Lunch and Dinner)

Two Overnights at **Sweetwaters Tented Camp**

www.serenahotels.com/serenasweetwaters

Sweetwaters Tented Camp consists of exquisitely appointed tents under thatched roofs with en-suite facilities and private verandahs. Relax at the Waterhole Bar for uninterrupted views of visiting wildlife or cozy up to a blazing log fire in the Kashoggi Bar and Lounge. In the heat of the day, take a refreshing dip in the pool. Sundowner cocktails, excellent cuisine, safari luncheons, bush dinners, and campfire suppers create a truly unforgettable safari.

Day 6, Wednesday, August 26 - Lake Nakuru National Park

Today is a fabulous day of nature viewing and an incredible drive. We are now in the heart of the Great Rift Valley. This huge geological fault-line stretches around one-sixth of the Earth's circumference and is visible from far out in space. At 2,000 feet deep and 30 miles wide, it runs as far as the eye can see. Its walls are sheer and high and along its length, there are many volcanoes, most now dormant. With bubbling springs and geysers, the landscape is spectacular.

Arriving at Lake Nakuru National Park, we view a shallow alkaline body of water, world-renowned for the huge concentration of flamingos. At times, hundreds of thousands of these birds give the lake a pink shimmering glow. The park boasts a huge variety of animals, including leopard (often found snoozing on the branches of the magnificent

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yellow-barked acacias), lion, buffalo, hippo, waterbuck, warthog, baboon, the endangered Rothschild's giraffe (only found in this park in Kenya), white rhino, and the rare black rhino (which is protected and guarded here). For the bird-watching enthusiast, there are 450 species found in the park vicinity, with a vast concentration of water birds that includes Marabou stork, pelican, and the world-famous flocks of flamingo. Wildlife drives will allow ample wildlife viewing time.

The nomadic Maasai have passed through this area for centuries, and the name Elmenteita derives from the Maasai Ol muiteita for "place of dust". In 1897 a pioneer named Baron Delamere walked from Somalia and settled in the area. He dedicated his foresight and fortune to pioneering farming methods in the Rift Valley, and in 1906 he moved to Elmenteita, where he further experimented with sheep and cattle ranching. Advised and assisted by the Maasai – with whom he had a great rapport - he named his farm Soysambu, which in Maasai means "striated rock" and "cow color."

Today's Soysambu is a 48,000 acre Wildlife Conservancy, a RAMSAR site and a wetland of international importance. The alkaline lake's rocky islands are the only East African nesting site for Great White Pelicans, while its algae and plankton provides food for vast flocks of flamingos and a multitude of other waterfowl, many of them rare. The Conservancy protects over 450 bird species and 15,000 wild animals. Rothschild giraffes have found a safe haven for breeding here, while a diverse variety of terrain shelters many species, from herds of giant elands to tiny dik-diks and cliff-dwelling klipspringers. Night game-drives offer a unique opportunity to spot nocturnal creatures including the curious-looking aardvark and elusive leopard. Walking is also allowed, with chances to experience the miracles of the bush close-up.

Approximate driving time from Sweetwaters Tented Camp to Elmenteita Serena (Lake Nakuru National Park) is 4.5 hours

(Breakfast, Lunch and Dinner)

Overnight at **Elmenteita Serena Camp**

www.serenahotels.com/serenaelementeita

Our home for tonight is Lake Elmenteita Serena Camp, which offers luxurious accommodations nestled in the amazing Rift Valley scenery. Uniquely situated on the shoreline of sapphire-blue Lake Elmenteita, where hundreds of thousands of birds congregate, the

small and exclusive Lake Elmenteita Serena Camp is new, opened in June, 2011. Evocatively styled to echo the area's rich history, the camp blends aristocratic elegance with modern luxury and offers cuisine and service of fittingly high standards.

Days 7 - 8, Thursday - Friday, August 27 - 28 - Kenya's Maasai Mara/Northern Serengeti

Our comfortable minibus now takes us to the Maasai Mara, Kenya's most famous wildlife reserve, and the setting for most of the film, *Out of Africa*. It is classic Africa—savannah and grasslands—where animals are plentiful and the vistas are spectacular. In this dreamlike land, animals live in freedom and the Maasai tend their cattle, all sharing the same land with minimal conflict.

Here we have two days of wildlife viewing opportunities in the Maasai Mara Reserve, also known as the "Jewel of Africa," a site with one of the largest and the most spectacular animal migrations in the world. The reserve is inhabited by many of Africa's most popular wild animals, including lion, cheetah, elephant, leopard, black rhino, and hippo. There are also over 500 resident species of birds in the park including ostrich, larks, and sunbirds, as well as the stunning and lovely Lilac-breasted Roller.

The Maasai Mara is famous for rolling grassland and for the Mara River, which runs through the reserve from north to south. The reserve covers an area of 700 square miles and forms part of the Serengeti ecosystem, hosting the world famous spectacle of the annual migration. Up to two million wildebeest, thousands of zebra, and an escort of carnivores from the Serengeti plains follow the rains and succulent new grass. It is a costly trek for so many animals, as many of the lame, laggard, and sick fall prey to the ravaging pack of predators, and many more die in the swirling flood waters of the Mara River as they try to cross. The Mara also has one of the highest concentrations of cheetah on the continent, as well as many magnificent black-maned lions.

While in the Mara we have many optional activities available to us. For an exhilarating experience, try a balloon safari over the savannah as the early sun rises and the animals are more active. Or, take a short flight to Lake Victoria, where at Mfangano or the Rusinga Islands you can see the life of the people who rely on fishing and what the lake has to offer. In fact, you can try your hand at fishing, and maybe catch a 100-pound Nile perch! If fishing is not your thing, then there's a paleoanthropological site to be visited in a beautiful

area. Duties permitting, a Maasai warden discusses current conservation issues in the Mara. Or, for a nominal fee, you can also visit a Maasai Village and experience this nomadic tribe's way of life and colorful culture. [Let us know when you register if you are interested in either the balloon ride or the Lake Victoria visit.](#)

OPTIONAL EXCURSIONS IN THE MAASAI MARA

• **Balloon Safari:** Experience an exhilarating balloon safari for the most amazing way to view wildlife. It begins in the early morning with an hour of uninterrupted views of wildlife from the air – the best way to see the herds of animals in the Mara. Upon landing, enjoy a champagne brunch, set in the middle of the plains. Zebra and wildebeest may be your dining guests, and Africa's colorful birds may be vying for a crumb of your bread. The current price is \$500 per person, which includes pick up from the Mara Serena Lodge, balloon flight, and champagne breakfast on landing.

• **Lake Victoria:** Lake Victoria is the source of the Nile River and the second largest freshwater lake in the world. An early morning flight takes you over the sweeping landscapes of the Mara, to Rusinga or Mfangano Islands, where you enjoy breakfast. Native wildlife consists of monitor lizards, over 100 species of exotic birds, and spotted necked otters that may be playing along the water's edge. Picturesque fishing dhows (boats) can be viewed on the lake, and you can visit some unspoiled traditional fishing villages. One of the favorite activities is trying your luck at fishing for giant Nile Perch, sometimes weighing up to 100 pounds. After lunch, fly back to your accommodation in the Mara in time for your afternoon wildlife run. At present, the cost is \$498.

Approximate driving time from Lake Nakuru National Park to Maasai Mara is 5-6 hours

(Breakfast, Lunch and Dinner)

Two Overnights at the **Mara Serena Safari Lodge**
www.serenahotels.com

The Mara Serena Safari Lodge is an interpretation of a traditional Maasai Manyatta village. All guestrooms have been styled to mirror the circular motif of a traditional Maasai Manyatta village of domed huts. The wide-spaced and secluded rooms have been individually styled in exuberant bush colors and feature large spacious en-suite bathrooms. It is set on the saddle of a hill where it overlooks the 695 square miles of rolling plains, woodlands and rivers that make up the Maasai Mara Triangle – one of the world's richest wildlife sanctuaries. No other lodge

has such a spectacular view of the surrounding landscape or the wildlife and birdlife that inhabit it. It is on this very terrain stretching endlessly before the lodge where the annual migration takes place, where millions of wildebeest, zebra and gazelle traverse the landscape to feed on the rich new grass and give birth to their young.

Day 9, Saturday, August 29 - *Maasai Mara to Nairobi*

This morning we have a last chance to photograph the awesome sunrise in the Mara before driving back to Nairobi, where we arrive in the afternoon and have some leisure time for last-minute shopping.

As our journey ends and we are escorted to the airport, we say good-bye to our wonderful driver-guides and naturalist, and promise to come back in the not-too-distant future.

Approximate driving time from Maasai Mara to Nairobi is 5 hours

(Breakfast)

Day 10, Sunday, August 30 - *Arrival in the U.S.A.*

This morning our flight from Nairobi arrives back into the U.S., Dulles Airport in Washington, D.C., where we connect with flights back home.

(Meals Aloft)

CLIMATE

The East African climate is one of the most wonderful in the world. As the area lies along the equator, the temperature varies little throughout the year; it's just a few degrees cooler in August and September than in January, February, and March. Daytime highs can be expected to be in the mid to upper 70's, with evening lows near 60. It is somewhat warmer along the coast and in some of the drier bush country, but may be cooler in such places as the Serengeti or Ngorongoro Crater, where it can actually get chilly at night! There are two rainy seasons, the long rains of April and May, and the shorter rains of November. Although the amount of rain varies greatly from year to year, an abundance of game is seen at all times during the year.

CURRENCY, CREDIT CARDS, GRATUITIES

Credit cards (Visa, MC, and sometimes AM EX) are widely accepted in larger shops and hotels but not necessarily in the markets and small towns. You should bring \$500 minimum U.S. cash, in small bills (\$1s, \$5s, \$10s, and \$20s). Make sure the money you bring is in NEW bills, and not worn or torn bills. Changing from

cash into Kenya shillings is a better rate than changing from Travelers Checks to Kenya shillings.

You usually get the best exchange rate at the airport upon arrival, and at a bank. Changing money in the hotels does not yield as good a rate.

For Tips/Gratuities, you can leave U.S. dollars, or Kenya shillings.

Returning U.S. residents are allowed to bring back \$800 worth of merchandise, duty free. Expensive camera equipment and jewelry purchased in the U.S. (we recommend NEVER bringing or wearing expensive jewelry) should be registered with U.S. customs prior to our departure; or you may retain your sales receipts as documentation for re-entering the U.S.

ELECTRICITY

We strongly suggest you leave all electrical appliances (hair dryers, etc.) at home except those that operate with batteries (your cameras).

Plug Adapters and Outlet Shapes

Bring a wall outlet plug adapter #6 (a 2-prong round pin adapter plug that works in Southern Europe, Middle East, Africa, Asia, and the Caribbean). Adapters can also be bought while in-country.

WATER AND FOOD

If the tap water in our lodges/camps/hotels is not safe to drink, there is a thermos or a carafe of drinking water in your room. Or, we are supplied with bottled, boiled, or filtered water. Bottled water is available to us during the daytime on safari. It is important to take the advice of our guides whenever you are unsure about the safety of water. During safari, all food is very well prepared and safe to eat.

WHAT TO BRING / HOW TO PACK FOR YOUR AFRICAN SAFARI

It is easiest for our driver-guides to pack soft-sided suitcases into our safari vehicles, so please try to bring this instead of a hard-sided suitcase. In addition to a soft-sided suitcase/duffel, you should bring a small carry-on bag with everything you cannot live without (all camera equipment, toiletries, prescription medication, anti-diarrhea medication, all money, important travel documents, passport, etc.). Please go to www.tsa.gov/traveler-information on the Web for new airline regulations regarding carry-on luggage.

Select your clothing based on comfort. Safari clothes should be washable, cotton or the new fabrics (not synthetics like rayon), and loose fitting. Some of the new fabrics like Coolmax, supplex, and polypropylene are excellent.

Clothing should be light colored (tan, khaki, or neutral colors) on safari; it keeps you comfortable and is unobtrusive and non-threatening to wildlife. As long as we are staying two nights, there is laundry service at each camp/lodge.

- ❑ A well broken-in, comfortable pair of lightweight hiking boots (probably best for walking in the sand).
- ❑ Pair of sport sandals.
- ❑ 2 long-sleeved shirts.
- ❑ 2 short-sleeved shirts and/or T-shirts.
- ❑ 2 pairs of shorts.
- ❑ Or 2-3 pairs long pants that zip off for shorts.
- ❑ Underwear, socks, sleepwear.
- ❑ A lightweight fleece and light jacket for cool evenings.
- ❑ Waterproof lightweight windbreaker (or poncho).
- ❑ Lightweight travel/camera vest to wear during your travels and on safari, to keep extra memory cards, batteries, field guide(s), sunglasses, binoculars, and more!
- ❑ Moneybelt or waistpack for money/passport.
- ❑ Washcloth (not supplied in most lodges/camps).
- ❑ 2-3 cotton bandanas (for uses too numerous to mention!)
- ❑ Bathing suit and pair of rubber "thongs" for the showers.
- ❑ Sunglasses.
- ❑ Lightweight, wide-brimmed hat (a must).
- ❑ A spare pair of glasses (if you wear glasses.)
- ❑ Ziploc bags of various sizes.
- ❑ Travel alarm clock.
- ❑ Small flashlight.
- ❑ Toiletries, including Wash & Dries (or moist towelettes)
- ❑ Adequate quantity of sweat-resistant sunscreen with at least an SPF 15 rating or higher, and lip balm with SPF.
- ❑ Hand sanitizer.
- ❑ Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
- ❑ Small, lightweight binoculars (a MUST) for game viewing and birds. You will be very disappointed if you do not have a good pair of binoculars. Nikon or Minolta make fine, lightweight viewing binoculars. Try a general game viewing 7 X 28, or 8 X 20 binocular.
- ❑ *Lonely Planet Kenya (Country Guide)* by Matthew Firestone (Paperback – 2009); and *Kenya – Culture Smart! the essential guide to customs and culture* by Jane Barsby (Paperback – 2007) at www.amazon.com.

First Aid Kit

- ❑ Prescription drugs (with the labels on.)
- ❑ Systemic antibiotic (prescription).
- ❑ Cloth, not plastic Band-aids; about 10 individually-wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- ❑ Prescription medicines in their original bottles.
- ❑ Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- ❑ Immodium, Lomotil, or similar anti-diarrhea medicine.
- ❑ Pepto-Bismol tablets and/or liquid (in leak-proof bottle.)
- ❑ Laxative tablets.
- ❑ Visine or similar eye drops.
- ❑ Tweezers.
- ❑ Benadryl cream for itchy bites.
- ❑ Aspirin/ibuprofen, etc.
- ❑ Cold-symptom relief tablets, antihistamine, cough drops.
- ❑ Insect repellent with Deet.

Camera Equipment

Since photography is such a large part of this trip, we suggest you bring the following: Digital camera, LOTS of extra memory cards and batteries, battery charger, and adapter. You can charge your digital batteries in lodges, in our camps, and in our 4x4 vehicles.

- ❑ Digital camera, LOTS of extra memory cards and batteries, battery charger, and adapter.
- ❑ Bring a wall outlet plug adapter #6 (a 2-prong round pin adapter plug that works in Southern Europe, Middle East, Africa, Asia, and the Caribbean). Most digital cameras have a built in converter so you only need to bring an adapter. Adapters can also be bought while in-country.

If you want to get great pictures of animals and birds, a long lens is a must. I have an 80-400 mm Nikon lens and I can get just about anything that you want to take photos of on this trip. There is really no need to have anything larger than a 400 mm lens. You will, of course, need a normal or wide angle lens (somewhere between 24 – 70 mm), to take pictures of people, villages, and general photography during the trip. Many lenses on newer cameras are "all in one" (i.e. 28 – 400-500 mm). Get advice from a good, reputable camera shop!

Last Minute Reminders

- ❑ Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).

- ❑ Bring 2-3 extra passport size photos to use in emergencies.
- ❑ Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- ❑ Remove extra credit cards, driver's license, and personal items from wallet or purse.
- ❑ Make sure passport and airline tickets are valid and in the correct name.
- ❑ Check with airline to reconfirm reservations and departure time (most airlines want to hear directly from the client for confirmations).
- ❑ **Please leave all valuable jewelry at home!!!**

Some Extra Items to Add to your "What to Pack" List

We think these items help make your long airline flights much more comfortable and even more bearable:

- ❑ Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- ❑ Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- ❑ Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
- ❑ Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

Bring-A-Book-Foundation

Our safari includes a visit to a local school. We encourage you to bring **4-5 paperback colorful children's books**, as well as some **school supplies** such as pens, paper, crayons, etc., which we can present to the children during our visit. Many of these children have never owned a book in their life, and the connection that can be made with them is invaluable. Children in the schools are eager to meet with visitors, practice their English, learn about our culture, and proudly share their own. Visitors are often welcomed with a local song or dance.

After seeing the school first hand, meeting the dedicated teachers working under the most difficult of conditions, and seeing children hungry for knowledge, you may want to help the school you visited or continue to support a child's learning opportunities after you return home. Bring-A-Book is an innovative effort adopted by our outfitter to expand educational opportunities for school children. The Bring-A-Book Foundation is a registered Kenyan Charitable Trust that was created as a way to facilitate travelers' wishes to help the schools, and is used to get books into the hands of children as quickly and economically as possible. While on safari, we tell you how you can further help with this.

*Thank you for choosing to travel with AdventureWomen!
If you have any questions or concerns, please don't hesitate to call, write, or email us.*

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