

Thomas Cook
— T O U R S —

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EXPERIENCED TOUR MANAGERS
AND CHAUFFEUR CAR SERVICE

Mystery of the Masai



welcome to the world of **Thomas Cook Tours**
we look forward to **sharing** some
wonderful experiences with you



mystery of the masai

This booklet contains your itinerary and a range of other important information. Please read it through carefully and bring it with you on your holiday.

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1. Essential information

Passport and visa requirements

British citizens visiting Kenya must have a visa. Visas cost approximately £30. For full details of visa application procedures, please contact the Kenya High Commission (see page 19 for details).

It is possible to obtain a visa when you arrive in Kenya. A visa costs approximately \$50 in Kenya and can be paid for in US dollars, or equivalent in Sterling or Euros.

All visitors must hold a full 10-year passport and the validity must extend six months beyond the date you intend to leave Kenya. You must also be in possession of a return or onward flight ticket.

Make a note of your passport numbers here and keep this booklet safe, in case your passport is stolen or mislaid.

Passport numbers:

Insurance

Medical care in Africa is expensive, so it's essential you take out comprehensive travel insurance for the whole of your stay. Please be aware that during your stay in the national parks and some rural areas, medical facilities are basic and air evacuation might be the only option for medical emergencies. It is vitally important that you read and understand your insurance cover, ensuring it includes cover for the African continent, and you should check that it's valid for all activities you'll be involved in.





Health requirements

Precautions/vaccinations are recommended against hepatitis A, hepatitis B, typhoid, polio, tetanus and tuberculosis and diphtheria. Anti-malarial tablets are also recommended.

Food and water-borne diseases are the number one cause of illness in Africa, so always make sure your food and drinking water are safe. All visitors should carry a good first-aid kit which includes adhesive dressings, insect repellent, antiseptic cream and water sterilisation tablets. For up-to-date information, full details can be found on the Department of Health website at www.doh.gov.uk/travel/countryadvice or alternatively, on the Medical Advisory Services for Travellers Abroad website at www.masta.org.

Yellow fever

A certificate of vaccination against yellow fever is required by all persons over 1 year of age arriving from an infected area.

Cholera

It's not necessary to take special precautions against cholera in Kenya, but if you continue on to any other African country, consult your doctor prior to departure for specific country advice.

Malaria

Malaria is transmitted to humans by the bite of an infected female mosquito. Symptoms can include fever and flu-like illness, muscle aches and fatigue. Any symptoms developed up to one year after returning home should receive immediate medical attention. Malaria is endemic in lowland areas below 800 metres (2,600ft). In Kenya, all rural areas (including game parks) are affected. Take the necessary precautions against malaria; consult your doctor for up-to-date advice and the correct course of tablets for the areas you plan to visit. Please note that the Kenyan authorities have banned the use of Chloroquine combinations of prophylaxis. To be on the safe side, we also recommend you apply insect repellent to exposed skin, use mosquito nets to sleep under at night and wear long sleeves and long trousers, particularly between dusk and dawn. The malaria transmitting mosquito usually only bites at night. The peak transmission of malaria occurs between October and June, with the period of highest risk being February until early May.

HIV/AIDS

There is a high prevalence of HIV/AIDS throughout the continent and extreme care should be taken at all times.

Luggage

Your tour includes portorage for only one suitcase, so we recommend you stick to that. You can bring a maximum of two if you prefer, but please note that a charge of around US\$25 will be added for any additional bags, subject to availability of space. Soft sided bags/suitcases are recommended as they are easier to load on to safari vehicles. The dimensions for each bag must not exceed 62 inches or 158 centimetres (when you add up width, length and height). There's also a weight limit of 50 pounds or 23 kilograms for your checked luggage and Virgin Atlantic will levy an excess luggage charge if it exceeds this. Please make sure you pack any electrical equipment and sharp objects like scissors, nail clippers, razor blades, knitting needles, nail files and penknives in your luggage.

In addition, Virgin Atlantic allows two pieces of cabin luggage per person, so please arrange your packing accordingly. Your cabin luggage can include one personal item like a purse, shoulder bag, laptop or briefcase, and one carry-on bag. Your carry-on bag must be able to fit under your seat or in the overhead compartment and can't be more than a total of 45 inches or 115 centimetres (when you add up width, length and height) or more than 22 pounds or 10 kilograms in weight.

If you have any queries about these luggage guidelines, please call Kenya Airways on 020 7993 6809.

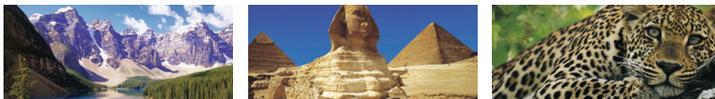
Flight details and airport fees

Full flight details can be found in your voucher booklet.

As flight times and numbers can change without notice, it's important that you always reconfirm your flights in advance. Wherever possible your tour manager will do this for you, but if not, please make sure that it is done, as failing to reconfirm your flights may result in the airline cancelling the remainder of your reservation.

There is an international departure tax of US\$20 at Nairobi Airport, although this is included in the price of your airline ticket. You should be aware that airport taxes are subject to change without notice.





Optional tours and sightseeing

It's impossible to pack everything into a single tour, so for additional variety and excitement you may have some additional excursions to choose from throughout your holiday.

If you want to take any of these optional excursions, please let your tour manager know as soon as possible. Although the excursions aren't organised by Thomas Cook Tours, your tour manager will take care of bookings and payment.

You can pay for these excursions with local currency, US dollar, GBP or by credit card. Please note that we cannot accept the Thomas Cook Cash Passport.

Sometimes unexpected local conditions mean we have to substitute alternative sightseeing trips for advertised excursions. You should also know that some excursions are dependent on local availability; similarly, some will only take place if enough people choose to take them.

Important

Please be aware of the following important information, which has been taken from the booking conditions detailed in the Thomas Cook Tours 2011-2013 brochure:

Excursion Conditions

Excursions include, but are not restricted to, any sightseeing trips, gigs, events or other tours attended in resort for which additional payment is required. Excursions can either be booked and/or paid for in resort ("Resort Booked Excursions") or pre-booked and paid for when you book your Holiday ("Pre-booked Excursions"). All excursions are supplied by third party suppliers and are subject to our supplier conditions. Subject to our Booking Conditions we accept responsibility for Pre-booked Excursions. However, Resort Booked Excursions do not form part of your Package and are not governed by the Package Travel, Package Holiday and Package Tours Regulations 1992. We do not have any responsibility or liability whatsoever for anything which may go wrong on a Resort Booked Excursion. We, our servants, employees or agents are acting, depending on the actual Resort Booked Excursion, either as agents for the relevant Resort Booked Excursion or as agent for you. In any event the contract for any Resort Booked Excursion is between you and the Resort Booked Excursion provider. It is your responsibility to note carefully any conditions of contract contained in any Resort Booked Excursion, literature, ticket or receipt you are given. For Resort Booked Excursions you may also be subject to the laws of the country in which you take your excursions and may be required to bring any disputes or claims before the Courts of that country also.

You'll also find a full copy of the booking conditions at the back of the Thomas Cook Tours brochure.

2. Mystery of the Masai itinerary

Get as close as you dare to the big game of Africa on this journey across the vast grassy plains of Kenya. Elephants, lions, leopards, giraffes and zebras are just some of the wild creatures in the Shaba National Reserve, Aberdares and Masai Mara Parks. See them and feel the thrill of safari.

Day 1 – London / Nairobi

You'll find details of your flight to Nairobi in your voucher booklet.

Your tour manager will meet you at the Virgin Atlantic check-in desk at London Heathrow Airport, Terminal 3. Then once you've checked in, make your way to the Servisair Lounge. If your tour manager gets held up at the check-in desk, the Servisair Lounge monitors will tell you which departure gate you need to go to and your tour manager will meet you at the gate or on the plane.

If you've got a connecting flight from a domestic airport, your tour manager will meet you at the Virgin Atlantic check-in desk at Heathrow Airport, in the Servisair Lounge at Heathrow Airport or on the plane.

Overnight in the air.

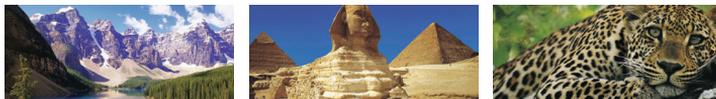
Day 2 – Nairobi

On arrival in Nairobi, transfer to your downtown hotel where you can relax and freshen up after your flight. This afternoon, explore the city on an optional tour, or enjoy free time in your new surroundings. Please ask your tour manager for details of optional excursions.

Your tour manager will let you know your wake-up time each day as well as the times of all tours and departures.

Overnight in Nairobi.





Day 3 – Nairobi / Mount Kenya

Breakfast, lunch and dinner (included)

Exchange the city for the fresh and clear mountain air of Kenya's highest mountain, Mount Kenya. Covering a mountainous, forested area, the park is home to world-famous tree lodges, where animals can be observed at close range. The Serena Mountain Lodge, a tree house built on stilts, is your home for tonight.

The lodge has balconies overlooking the waterhole and rooms are simple but comfortable.

Overnight in Mount Kenya.

Day 4 – Mount Kenya / Samburu National Reserve

Breakfast, lunch and dinner (included)

Today, cross the equator into the panoramic northern frontier district en route to Samburu National Reserve in the Samburu district. During your trip, the roads and tracks might be bumpy, so journeys will be made in a convoy of combis rather than on board a coach. Reaching the Lodge, which welcomes you for a two-night stay, enjoy your first game drive this afternoon.

Overnight in Samburu.

Day 5 – Samburu National Reserve

Breakfast, lunch and dinner (included)

Samburu's wildlife includes species rarely seen elsewhere, so begin your day with a morning game drive. Look out particularly for Somali ostrich, reticulated giraffe, beisa oryx and Grevy's zebra. After lunch, spend time at leisure until an afternoon game drive.

Overnight in Samburu.

Day 6 – Samburu National Park / Lake Nakuru National Park

Breakfast, lunch and dinner (included)

Journey back across the equator to the Great Rift Valley and wetlands of Lake Nakuru National Park. This afternoon enjoy a game drive in an area rich with wildlife and observe the 'pink' shores of the lake, home to over a million flamingos, as well as a variety of other bird and animal life. After our game drive, check in to the Lake Nakuru Lodge.

Overnight in Lake Nakuru.

Day 7 – Lake Nakuru National Park / Lake Naivasha

Breakfast, lunch and dinner (included)

Set out early for a game drive. Then depart mid morning to the Lake Naivasha region arriving in time for lunch. Weather permitting there may be an opportunity to take an optional boat ride (payable locally). The afternoon is at leisure, so you can relax.

Overnight in Lake Naivasha.

Day 8 – Lake Naivasha / Masai Mara

Breakfast, lunch and dinner (included)

Continue your journey through the Great Rift Valley to the Masai Mara, Kenya's leading game reserve and the northern extension of the Serengeti ecosystem. Settle in to your Lodge, for two nights, located just outside the Masai Mara Reserve on the shores of the Talek River. This afternoon, embark on an afternoon's game drive and observe the immensely high density and diversity of wildlife indigenous to the reserve.

Overnight in the Masai Mara.

Day 9 – Masai Mara

Breakfast, lunch and dinner (included)

Take to the skies early this morning on an optional balloon flight over the Mara, a great place to see 'the big five': lions, elephants, leopards, buffalos and rhinos, followed by a bush breakfast.

Alternatively, join the early morning game drive. After lunch, leave for a visit to a local school and a Masai village. Then continue with a game drive.

For the visit to the school we recommend that you take some small gift items with you such as pens, pencils, crayons and notebooks etc to give to the children.

Overnight in the Masai Mara.





Day 10 – Masai Mara / Nairobi

Breakfast (included)

Enjoy your final game drive early this morning before breakfast. Then leave the Masai Mara behind and travel back to Nairobi for your final night.

Overnight in Nairobi.

Day 11 – Nairobi / London

Head to Nairobi Airport for your Virgin Atlantic flight to London Heathrow. If you're extending your holiday in Mombasa or Zanzibar, your tour manager will give you further information.

Please make sure that your passport and air tickets are secure in your hand luggage. You'll find details of your flight to London in your voucher booklet and on your air tickets.

Lunch will be served on board the flight.

If you've pre-booked our door-to-door pick-up service, your tour manager will show you where to go for your journey home.

Tipping your tour manager

It's customary to express happiness with any personal service you receive on your holiday with some kind of gratuity, and tour managers are no exception. Naturally this is entirely at your discretion, but as a simple guideline we recommend £1-2 per person per day – depending, of course, on your level of satisfaction.

As tips are a personal matter, we suggest they're given on an individual basis rather than as a group collection.

Last-minute changes

Tours involve services from many different airlines, hotels and ground transportation companies. Due to the demand for these services, it's not always possible to guarantee particular airlines, flights, aircraft type, ferries, trains and/or hotels featured on a specific itinerary or departure date.

Bearing this in mind, we reserve the right to change any of the listed services and, if necessary, even make last-minute changes to the itinerary itself without prior notice. Of course, if this happens, we will always make every effort to give you as much advance notice as possible.

3. Destination highlights

Set against a mountainous backdrop, from the colourful, bustling streets of Nairobi, through the forested valleys and lakeside escarpments, to the stunning savannah grasslands of the plains, Kenya encompasses an enormous variety of scenery and landscapes offering innumerable sights, both unique and unforgettable. With over 30 national parks and reserves, the opportunity to observe an immense profusion of animal and bird life in their natural habitat is breathtaking. Combine this with the traditional Masai culture and the possible sighting of the annual wildebeest migration and your journey through Kenya is sure to be a truly memorable one.

Nairobi

The UN's fourth 'world centre', Nairobi is not only Kenya's cosmopolitan capital, it is also considered the 'safari' capital of Africa. A thriving, bustling city, home to a diverse population combining cultures, traditions and customs from all over Kenya and the African continent, Nairobi offers a variety of unforgettable experiences and sights to the visitor. The vitality of the numerous markets, selling fresh produce and an abundance of flowers, crafts and ceramics, creates an enjoyable, friendly atmosphere, while the National Museum displays historical elements such as Leakey's ancient relics and tribal artefacts.

Mount Kenya

The Mount Kenya area, a UNESCO World Heritage Site, is made up of Mount Kenya National Park and the surrounding forest Reserve. Home to a vast and beautiful landscape, the park incorporates moorlands, immense mountains, deep valleys, bamboo forests and rainforests along with a wealth of rare and unique flora and fauna. The mountain is also home to a vast array of wildlife and bird life. Mount Kenya offers the opportunity of sighting wildlife at close range in their natural habitat as they come to drink at the watering hole overlooked by the Serena Mountain Lodge. Amongst the extraordinary wildlife to be seen are black rhinos, which are unique to Kenya, the black leopard, Sykes' monkeys, buffalos and elephants Lodge.

Samburu

Set against the backdrop of Ol Olokwe Mountain, Samburu National Reserve is situated in the semi-arid lowlands of northern Kenya and is home to abundant wildlife species rarely seen elsewhere, such as the gerenuk and the kudu. The reserve's southern border is framed by the Ewaso Nyiro river, which provides year-round water, and attracts a spectacular array of bird life and wildlife as well as sustaining a lush forest area. These features, along with the striking, rugged landscape, set this reserve apart from the other parks and reserves found further south.





Lake Nakuru National Park

Lake Nakuru is one of several salt lakes created during the formation of the Great Rift Valley – the longest rift on the surface of the earth. Each lake is home to a distinct assortment of flora, fauna, wildlife and bird life, and Lake Nakuru National Park is no exception, with over a million flamingos lining the shores of the lake. The name ‘Nakuru’, meaning dust in the Masai language, doesn’t even begin to summarise the immense diversity of land formations and wildlife in the area. Rich in forestry and vegetation, the area encompasses acacia woodlands, which are home to pythons and both black and white rhinos in the rhino sanctuary, and grasslands and rocky outcrops, which are home to lions, leopards, buffalos, giraffes and monkeys.

Masai Mara

In a relatively remote location in the south-west of Kenya, the Masai Mara National Reserve is possibly the most famous and popular of animal reserves. Joined to the Serengeti in Tanzania, the Mara reserve is known globally as the best place for seeing lions, although the park is also home to almost 500 species of bird and wildlife, including cheetahs, elephants, hippos, crocodiles, giraffes, baboons, ostriches and storks. Accompanied by breathtaking panoramas of rolling plains, open savannahs, lush vegetation and grasslands, the annual wildebeest and antelope migration is acknowledged as one of the most spectacular sights of the natural world. While watching the stampeding wildlife crossing the plains, it is not uncommon to also see the predators as they prey on the migratory animals. The north of the reserve is home to a Masai village where visitors can observe traditional Masai culture.

Lake Naivasha

Lake Naivasha is beautiful freshwater lake, north west of Nairobi. Part of the Rift Valley, the lake is approx 13km wide, but has an average depth of only 6 metres. The names comes from the Masai Nai’posha meaning rough water, due to the afternoon wind and storms which can cause rough and high waves. Much of the lake is surrounded by yellow barked Acacia Xanthoplea which teem with bird life making a haven for bird watchers.

Recommended reading

Travellers Kenya 3rd Edition – Thomas Cook
Kenya – Lonely Planet

4. Useful information

Climate

Kenya has a subtropical climate with variable rainfall from year to year. Much of the country has a perfect climate with warm sunny days and cool evenings. The northern region has low rainfall and high temperatures all year round, whereas the highlands region has low temperatures virtually all year round. There are two rainy seasons, usually from mid April to the end of May, and from November to early December. Kenya is on the equator so the sun can be very strong and visitors are advised to take necessary precautions.

Clothing

In summer, we recommend cool casuals for the daytime and a light jacket or jumper for when the evenings turn cool. In winter, a coat may also be necessary.

We would suggest you layer clothing, as in some areas it can get very cold in the early morning and after dusk. Please ensure that you have a good pair of sunglasses and wear a wide-brim hat – a person can sunburn in 20 minutes. We also recommend you bring plenty of insect repellent, and if you go outside in the evenings, make sure you wear long trousers. Remember to bring a swimsuit for sitting around the pool at the game reserves during the day, and sturdy, broken-in walking shoes are recommended for safari walks.

While on safari you are asked to wear neutral colours, such as brown, beige and khaki, as bright colours and white clothes can disturb the animals.

Daylight

Sunrise is at around 6.30am and sunset is at 6.45pm. This varies only slightly throughout the year, giving a constant 12 hours of daylight all year round.

Dress code

Smart/casual comfort, such as a collared shirt/blouse with smart trousers/skirt, is the norm in the cities. In the coastal areas it is considered inappropriate to wear shorts and tank or vest tops. This applies to both men and women, so it is advisable to bring a lightweight long-sleeved top and lightweight long trousers with you.





Duty free

Duty-free allowances for people entering Kenya are:

Tobacco Goods

- 200 cigarettes OR
- 50 cigars OR
- 225 grams of tobacco

Alcoholic Drinks

- 1 litre of spirits or strong liqueurs over 25% volume OR
- 1 litre of fortified/sparkling wine OR
- 1 litre of still wine

Other Goods

- 568cc/ml of perfume OR
- 568cc/ml of eau de toilette
- A reasonable amount of souvenirs/gifts

Duty-free allowances for people entering the UK are:

Tobacco Goods

- 200 cigarettes OR
- 100 cigarillos OR
- 250 grams of tobacco OR
- 50 cigars

Alcoholic Drinks

- 1 litre of spirits or strong liqueurs over 25% volume OR
- 2 litres of fortified/sparkling wine PLUS
- 4 litres of still wine

Other Goods

- 60cc/ml of perfume
- 250cc/ml of eau de toilette
- Souvenirs/gifts up to the value of £390

These allowances are only for people aged 18 years or over.

Electricity

The electricity supply is 220-240AC. Kenya uses a square three-pin plug type (the same as the UK).

Language

The official language is English, which is spoken in most schools and public offices. The national language is Swahili, although there are also 43 tribal languages spoken in Kenya. The most commonly used words in Kenya are:

Jambo – Hello

Karibu – Welcome

Kwaheri – Goodbye

Asante – Thank you

Hakuna Matata – No problem

Pole Pole – Slowly

Photography and video cameras

Film is difficult to find in some areas, therefore we recommend you bring sufficient stocks with you to cover your stay. As most game drives are done in the early morning or late afternoon, a high-speed film (200/400 ASA) is recommended.

As a courtesy, always ask permission and agree a 'price' before taking close-up photos of people in Kenya. Also be aware that it is forbidden to take photographs of state houses, government installations, and military or police installations and personnel.

We advise that you place all undeveloped film in your hand luggage, as there is a small risk of damage from the CTX scanning carried out on hold luggage at UK airports.

There is no duty on imported video cameras as long as they are re-exported. We recommend that you bring adequate supplies of films and video cassettes with you, but be aware that facilities for battery charging are rare, time-consuming and expensive. If you have your own charger and rechargeable batteries, the process is easier and most hotels and lodges with good generators or mains electricity will be able to re-charge them. We also recommend that you have a good quality camera case, as damage can be caused when travelling on safari.

Public Holidays in 2012

New Year's Day	1 January
Good Friday	6 April
Easter Monday	9 April
Labour Day	1 May
Madaraka Day	1 June
Eid al Fitr (End of Ramadan)	19 August
Moi Day	10 October
Kenyatta Day	20 October
Feast of the Sacrifice	26 October
Jamhuri (Independence) Day	12 December
Christmas Day	25 December
Boxing Day	26 December

Please note that if a holiday falls on a Sunday, the following Monday is usually declared a Public Holiday.





Safari information

To make sure there is minimum disturbance to the wildlife and environment, please read and follow the code of conduct guidelines:

- Unnecessary noise can startle and disturb wildlife, therefore cassettes and radios are not allowed.
- Wild animals have right of way.
- Don't leave your vehicle at any time unless instructed to do so by your driver/guide.
- Do not walk around the camp after dark unless accompanied by a member of staff.
- Do not follow the animals and always keep a distance of 20 metres away.
- Do not damage the vegetation.
- Litter can seriously injure or kill the animals and should be disposed of properly.
- A lit cigarette carelessly disposed of can cause huge and uncontrollable fires.
- Do not collect bones, skins, feathers, horns, teeth, hair, eggs or shells. The trade of any wildlife skins and products is strictly prohibited. Whenever in doubt, please ask your driver/guide, who will be aware of the Kenyan customs and traditions and can advise accordingly.
- Do not feed the animals.

Safety tips

Game reserves and tourist areas are generally trouble free, and thousands of people travel safely in Kenya every year, but here are some common sense tips to ensure you have a safe holiday:

- Be vigilant at all times.
- Lock all valuables in the hotel safety deposit box.
- Try not to attract attention by carrying and/or wearing expensive jewellery or clothing.
- Don't carry cash, credit cards, tickets or passports around with you unless it is necessary.
- Avoid walking in the streets alone, especially at night.
- Use taxis at night, booked through a reputable taxi company.
- It is not advisable to resist if confronted.

Sightseeing

Your tour is designed to be as colourful and comprehensive as time and distance allow. However, it can't possibly cover all of the country's many attractions. Your tour manager will be happy to suggest extra sightseeing, which you can enjoy during your free time. You don't have to participate in every organised tour; feel free to explore on your own, or simply to relax by the pool. All we ask is that you let your tour manager know your plans.

Please note that there are no refunds on any unused services.

While on safari, it is never guaranteed that you'll see particular animals. Beasts, by their very nature, wander, and while safari drivers try to find and show you the widest variety of local wildlife possible, they might not be able to track some species on some days. In the summer months some tracks might not be accessible and the long grass can prevent some wildlife from being seen. It is a good idea to bring your own binoculars, but keep them in a good dust-proof case when not in use.

Smoking

Smoking is usually prohibited on public transport and on most aircraft. Many hotels set aside non-smoking rooms or floors. However, smoking policies in restaurants vary by locality. Please be aware that while on safari or in the reserves, a lit cigarette, carelessly disposed of, can cause huge and uncontrollable fires. Always ask before lighting up.

Time zone

Kenya GMT plus 3 hours

Tipping

Most major hotels and restaurants include a service charge. Tipping is normally 10% where service is not added to the bill. It's also usual to tip tour guides and driver/guides with an amount that would reflect the service given. Your tour manager will give you further details.





Travel the World without Costing the Earth

We're passionate about the places we visit and want to protect and preserve them for future generations to enjoy. We're sure it's a passion you share so here are some ideas:



Look after the natural environment:

Leave anywhere you visit even better than when you found it. Dispose of litter carefully (fire is a serious hazard in hot, dry countries so be careful with that cigarette butt!) and recycle where possible.

Respect local traditions and people:

Observe any dress codes and behave appropriately. It may be your holiday but it's their home. Try using a few words of the local language.

Always ask before taking someone's photograph:

Some people find this intrusive while others may ask for money for this small service.

Haggle with humour:

Do haggle – it's part of the fun. But remember that what may be a small sum to you may be significant to the seller, so try to be fair, too.

Resist giving money or gifts to begging children:

It may make give you that feel-good feeling but you may be adding to other problems behind the scenes. Give to a local charity or school to ensure the money goes where it is most needed.

Buy locally made products and use local services:

Eat at local bars and cafes. Ask about excursions using local guides and drivers – they have insider knowledge! Putting money into the local economy helps local people and gives your holiday an extra dimension.

Reduce the use of natural resources and energy:

Take a quick shower instead of a bath; re-use towels; switch off lights and air con when out; try the local bus service, hire a bike or walk – you'll see more that way!

Please don't take 'natural' souvenirs away:

Wild flowers and plants, pebbles and sea shells, should all be left where you found them for others to enjoy.

Don't buy products made from endangered plants or animals:

This includes hardwoods, corals, shells, starfish, ivory, fur, feathers, skins, horn, teeth, eggs, reptiles and turtles. For more information on endangered species visit the WWF-UK Souvenir Alert Campaign

Child Sex Tourism is a Criminal Offence in all Destinations:

If you would like to report an incident, contact Crimestoppers from the UK dial Freephone 0800 555 111. From Overseas dial +44 800 555 111. Or contact ECPAT UK (End Child Prostitution, Pornography and Trafficking) +44 207 233 9887

These are just some of the simple things that can be done – but there are many more. To find out more about how you can make your holiday more sustainable, visit www.makeholidaysgreener.org.uk.

Wake-up calls

While your tour manager will arrange daily wake-up calls, it's always a good idea to bring a travel alarm clock with you on your tour.

Water

The water in major towns and cities is considered to be relatively safe, but there are frequent breakdowns at the processing units, so you're advised to use bottled/sterilised water for drinking and brushing your teeth. Always use bottled/sterilised water when in rural areas and check that the seals on any bottled water are intact before buying. We also recommend you avoid ice cubes and raw vegetables and peel all fruit.

What to pack

When on safari you should travel light and pack your belongings in an old or inexpensive soft-sided suitcase or holdall, as it may be carried on top of open safari vehicles and will get dusty or possibly damaged.

We also recommend you bring the following with you on tour:

- High factor sunscreen
- Good quality sunglasses and wide-brim hat
- Insect repellent
- Lightweight clothes in neutral colours (brown, beige and khaki)
- Binoculars
- Ample film, cassette and battery supplies for your camera or video camera
- A sturdy, dust-proof case for your camera, video camera and binoculars
- Basic first aid kit

Your money

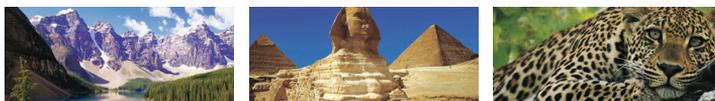
The Kenyan shilling is divided into 100 cents. Notes are in denominations of 1,000, 500, 200, 100 and 50 shilling. Coins have values of 40, 20, 10, 5 and 1 shilling, and 10 and 50 cents.

The import and export of local currency is illegal, although the import and export of foreign currency is unlimited.

Traveller's cheques and all major credit cards are widely accepted. Cash and traveller's cheques can be exchanged at banks, authorised dealers and bureaux de change.

Generally banks in Kenya are open weekdays from 9am-3pm. The banks situated at Jomo Kenyatta International Airport (Nairobi) and Moi International Airport (Mombasa) are open 24 hours a day.





5. Hotel details

Jacaranda Hotel
Nairobi

Telephone: +254 20 444 8713
Fax: +254 20 444 5818

Serena Mountain Lodge
Mount Kenya

Telephone: +254 202 842000
Fax: +254 202 718103

Samburu Sopa Lodge
Samburu National Reserve

Telephone: +254 2 3750235
Fax: +254 2 3751507

Lake Nakuru Lodge
Lake Nakuru National Park

Telephone: +254 51 850228 / 850518 / 216251
Fax: +254 51 216250

Lake Naivasha Simba Lodge
Lake Naivasha

Telephone: +254 50 50305
Fax: +254 50 50308

Mara Simba Lodge
Masai Mara Game Reserve

Telephone: +254 50 22051 / 22590
Fax: +254 50 50308

6. Contacts

Local representative

Important

Please note that all pre and post 'Mystery of the Maasai' tour extensions are unescorted. If you need assistance while touring independently in Kenya, please contact your local agent:

AKORN

Mombasa Road
PO Box 59749
Nairobi

Telephone: + 254 20 6950001
Fax: + 254 20 6950320

UK 24-hour Duty Office

In case of problems or emergencies, please contact your tour manager.

If you are on an extension from your Thomas Cook Tour and the local representative is unable to help you or cannot be contacted, please call our UK-based Duty Manager:

Duty Manager

Telephone: + 44 1274 384584

Tourist information

For up-to-date information on health, visas, special events and tourist information, please contact:

Kenya High Commission

45 Portland Place
London
W1B 1AS

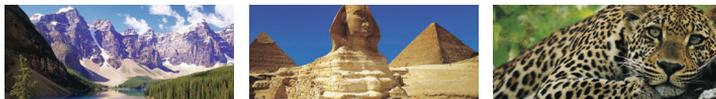
Telephone: 020 7636 2371/5
Fax: 020 7323 6717

British High Commission

Upper Hill Road
PO Box 30465
Nairobi

Telephone: (254) 20 284 4000
(254) 20 206 616 (Emergency 24 hours)
Fax: (254) 20 284 4088





Foreign Office advice

The Travel Advice Unit of the Foreign and Commonwealth Office has issued a document on travel advice for Kenya. It states that game reserves and other tourist areas are generally trouble-free, but tourists are advised to take reasonable care and be vigilant at all times. Money, jewellery and cameras should be kept out of sight. The crime rate in and around Nairobi and Mombasa is high, so please remain alert, particularly of mugging and petty theft. Please avoid isolated areas at all times, particularly beaches at night, and keep to the main streets. Do not accept food or drink from strangers as it may be drugged.

You should also take great care of your passport and do not give it to third parties. It is recommended that you take a photocopy of your passport and/or write down the number, keeping it separate from your passport, in case it is lost or stolen.

To check the most up-to-date information you should contact the Foreign Office Travel Advice Unit on **0845 850 2829**.

In addition, the latest information is published on www.fco.gov.uk/knowbeforeyougo, which is filled with essential travel advice.

Have a great holiday.

We have taken every care to ensure that all details included in this booklet were correct at the time of printing.
However changes can occur without notice.

If you find any information in this booklet inaccurate, please do tell us.

Your help is appreciated and will enable us to ensure that our customers receive the most up-to-date information possible.

Thank you
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