



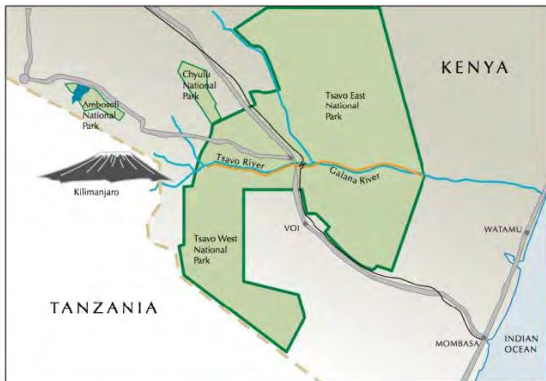
## The Great Walk of Africa

July 13 – July 26, 2025 (14 days)  
July 27 – August 9, 2025 (14 days)

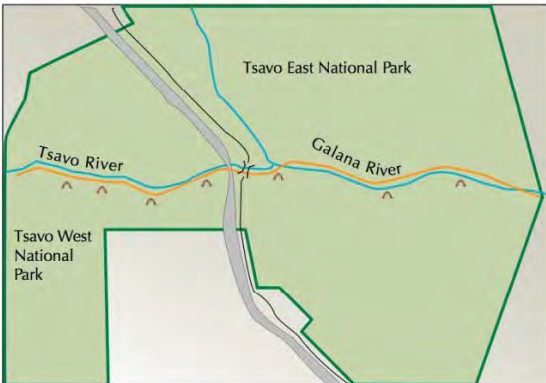
**Join Trip Leader Cathy Ann Taylor for a fascinating, once-in-a-lifetime experience of the African bush:** The “Great Walk of Africa,” a 10-day walking safari across the heart of Kenya’s Tsavo National Park. In 1977, a small group trekked all the way from the summit of Kilimanjaro to the beaches of the Indian Ocean. The journey crossed 300 miles of country, took 22 days, and about 90% of the route followed game trails. One member of the expedition, Rick Ridgeway, later wrote a book of this adventure, *The Shadow of Kilimanjaro*, which became one of the most successful travel books in North America. The best part of the journey was traversing Tsavo West and Tsavo East national parks, walking along the Tsavo River and then the Galana all the way to the edge of the park. This will be the focus of our trip, featuring superior game viewing (elephants in huge numbers roam the park), up close encounters with other wildlife (Tsavo hosts the Big 5—lion, leopard, buffalo, and rhino in addition to elephant), and comfortable safari camps, all present in an ever-changing landscape. It’s the primeval Africa you’ve always dreamed of!

# The Great Walk

## Map of Africa & Kenya



KEY — The Great Walk of Africa    ⛺ Camp



CATTARA

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## TRIP DETAILS

Moderate ▶ 10 days moderate hiking, 2 nights hotels, 11 nights safari camps

## ITINERARY

(You will need to leave the U.S. one to two days early in order to arrive in Nairobi on July 13.)

### **Day 1, July 13/27 ▶ Nairobi, Hemingways Hotel**

Arrive in Nairobi, where you will be met and transferred to beautiful Hemingways Hotel in Karen on the outskirts of Nairobi (the hotel is located on Karen Blixen's original farm at the foot of the Ngong Hills). The remainder of the day is free to rest and recover from jet lag. Meet with your trip leader and the group at 5:00 pm for a welcome drink, trip briefing and orientation.

Hemingways Hotel

### **Day 2, July 14/28 ▶ Mzima Camp**

Early morning transfer to Nairobi's domestic airport where we board a one-hour flight to Tsavo. After breakfast at Kilaguni Lodge, we take a two-hour game drive to Mzima Camp. After lunch in camp, we have the afternoon to rest and familiarize ourselves with our new environment.

B,L,D... Mzima Camp

Note: Our hike begins on Day 3, and we start every day at 7:00 am. We usually reach our next camp between 12:30 pm and 1:00 pm in time for lunch.

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### **Day 3, July 15/29 ▶ Kudu Camp**

We rise with first light, and after breakfast we begin our foot safari across the vast 8,000-square-mile wilderness of Tsavo. Our route closely follows the Tsavo River, flanked by rich riverine vegetation, as we walk along hippo trails, winding our way past thickets of acacia, fig, and tamarind trees, doum, and raffia palms. It's said that to experience the wonders of the African bush, it is essential to do what the animals do, so our daily schedule will be that of the wildlife—up at first light, eat breakfast, and head out along the trail. We reach our next camp in time for lunch, followed by a well-earned siesta (the animals insist on this too!).

B,L,D...Kudu Camp



#### **Day 4, July 16/30 ▶ Kichwa Tembo Camp**

This region of Tsavo was the location of intense fighting during World War I, when Tanzania was known as German East Africa and Kenya was British East Africa. The Tsavo River was of vital logistical importance during what would become the battle for Kilimanjaro. It offered, for the British, a well-watered direct route to the mountain, while the Germans were aware of its relatively easy access to the British railway, which linked the Kenyan coast (Mombasa) to the interior (Nairobi). The railway track was blown up several times. As a result, the Tsavo River region was heavily fortified, and today many indications of World War I still exist. Our walk today takes us past Rhodesia Hill, and culminates in an exciting gorge, before reaching our camp. We have lunch and then a restful afternoon in camp.

B,L,D...Kichwa Tembo Camp

#### **Day 5, July 17/31 ▶ Maji Ya Chumvi Camp**

We continue along the Tsavo River, through thick riverine forest. As we follow the trail our guide will point out the many animal tracks and spoor along the way. Our walk today takes us away from the mountain as we enter drier country leading to Maji Ya Chumvi (salt water). As with every day on our foot safari, wildlife can be encountered. Impala, Grant's gazelle, zebra, and giraffe are frequently seen. Tsavo is the largest elephant ecosystem in the world, and the Tsavo River is a vital destination for them. After lunch and siesta, we will have a game drive along the river, returning to camp at dusk.

B,L,D...Maji Ya Chumvi Camp



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### **Day 6, July 18/Aug 1 ▶ Man-Eaters Camp**

Today the Tsavo River leads us into the area of the famous “man-eaters of Tsavo.” Our morning walk brings us to the region where in 1896 two lions ruthlessly (and inspiringly), halted the advance of the British Empire literally in its tracks. During a three-month period, while the British were building the railway bridge across the Tsavo River using imported laborers from India, about 130 men went missing. After an exhaustive effort the bridge engineer, John Patterson, succeeded in killing the lions. We reach camp in time for lunch, and after a short siesta, we continue on foot to a point close to the edge of Tsavo West National Park. We are met here by our vehicles and driven back to camp. This region today sports a large lion population, and we often see them as they take advantage of the shade offered by doum palms on the banks of the river, and we hear them at night from our camp.

B,L,D...Man-Eaters Camp

### **Day 7, July 19/Aug 2 ▶ Epiya Chapeyu Camp**

We drive the short distance to Tsavo railway station and continue our walk down the river. Today we enter Tsavo East National Park (because of the immensity of Tsavo, for administrative purposes, it has been divided into two separate regions: Tsavo West and Tsavo East). At this point the Tsavo River makes its way down toward the confluence of the Athi River that flows beneath the prominent Yatta escarpment, where it forms the Galana River. We reach our waiting vehicles in the

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late morning and drive to our camp. After lunch and siesta, we take a game drive down the wide Galana River, characterized by sandy beaches and palm trees. It sports one of the largest lion populations in East Africa, as well as a wealth of plains game including the very rare Peter's gazelle. Big herds of zebra, hartebeest, impala, and fringe-eared oryx are frequently seen along the Galana. This is also the region of Tsavo's biggest elephant populations. To see a herd of elephants, silently loping across the sand to the river's edge, then wading through the water to the distant shore, is a sight that can't be beat. At this point of our safari, we can easily, and naturally, feel as much a part of the wilderness as the wildlife we are seeing. Without a doubt, our senses have adapted to a state where we can instinctively hear, see, and feel things that no amount of concentration at the beginning of our walk could ever have produced. After the morning walk, we drive back to our camp for lunch and a well-earned rest. As is now the norm, we'll game-drive along the river late in the day.

B,L,D...Epiya Chapeyu Camp

### **Days 8-9, July 20-21/Aug 3-4 ▶ Epiya Chapeyu Camp**

After breakfast we drive upriver and start our walk down the Galana River. This, Kenya's most beautiful river, is very different in atmosphere to where we have been. It is wider, palm-fringed, and rich with predators such as lion, leopard, and cheetah, and it is now evident we have entered a different ecosystem. The dense undergrowth of Tsavo West has now given way to semi-desert country, bordered to the north by the Yatta escarpment, the longest lava flow on earth—260 miles in length. In this country, because of its openness, game is easier to see and there is a lot of it.

B,L,D each day...Epiya Chapeyu Camp

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**Days 10-11, July 22-23/Aug 5-6 ▶ Durusirkale Camp**

We are the only people walking in this region, and our experiences with lions have enabled us to unravel some of the mysteries surrounding the maneless lions of this area. And there are still many unanswered questions. We have now amassed a considerable amount of information and have developed a good idea of where the lions of the Galana are located from month to month. As our foot safari continues down the Galana River it is highly likely we will be able to make contact with some of these lions. Lunch is in camp, followed by late afternoon game drives.

B,L,D each day...Durusirkale Camp







**Day 12, July 24/Aug 7 ▶ Durusirkale Camp**

This is a two-part walking day as we move downriver into ever-increasing elephant and lion country. Lunch today will be a picnic in an atmospheric grove of palm trees. We begin the second section of our walk in the mid-afternoon, arriving at the edge of the park about 5:30 p.m. This is our final day of hiking on our Great Walk of Africa. We game drive back to camp for a festive farewell dinner.  
B,L,D...Durusirkale Camp





**Day 13, July 25/Aug 8 ▶ Watamu Beach**

We get an early start and drive to the Indian Ocean village of Watamu. Upon arrival at Watamu Beach we will check in to our hotel for the night, Ocean Sports Resort. We enjoy a festive farewell lunch at the hotel on the beach. Dinner on your own.  
B,L...Ocean Sports Resort

**Day 14, July 26/Aug 9 ▶ Depart**

You will take a mid-afternoon (4:20 p.m., arriving at 6:00 p.m.) flight to Nairobi where we have arranged dayrooms at a hotel close to the international airport. You will be transferred to the airport for your homeward-bound flights (schedule your flights after 10:00 p.m.).  
B...Airport hotel near Nairobi Airport





### LAND COST

\$14,500 per person (7-10 members)

\$1,100 single supplement

Rates quoted are per person, based on sharing double accommodations. If you wish to share accommodations, we'll try to match you up with a roommate.

\*Should you choose to pay with credit card there will be a service charge of 3.5%, the fee we incur from the bank.

Note—Prices listed are subject to change. We are occasionally faced with unavoidable cost increases or currency fluctuations that we cannot absorb. We will, however, do everything we can to keep prices the same as published.

### LAND COST INCLUDES...

- Expert leadership
- Accommodations in hotels and deluxe mobile camps
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- A complimentary camp bar containing mineral water, sodas, beers, and evening wines
- Daily laundry at the camps

- o Fully equipped safari with staff and drivers (porters where applicable)
- o Transport in 4x4 safari vehicles
- o All Park, camp, and conservation fees
- o Airport transfers as per itinerary
- o Internal flights

**LAND COST DOES NOT INCLUDE...**

International airfare to Nairobi and return; trip insurance (we strongly recommend you purchase to include emergency evacuation and trip cancellation); optional tipping to leader and camp staff; excess baggage charges; cost of medical immunizations; and items of a personal nature when on your own (sodas, alcoholic beverages, laundry, etc.).

**TRIP PAYMENT SCHEDULE**

At time of reservation .....25% of land cost  
 120 days prior to departure .....25% of land cost  
 90 days prior to departure.....Balance

**CANCELLATION FEE SCHEDULE**

From time of reservation  
 until 90 days prior to departure.....25% of land cost  
 89-60 days prior to departure.....50% of land cost  
 59 days of fewer prior to departure.....100% of land cost

**EXPERT LEADERSHIP**

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.

**TRIP LEADER**



**Cathy Ann Taylor**, a high altitude trekking & cultural guide for the last 35 years will be leading this trip. Cathy Ann has trekked all over Nepal, Tibet, India, and Bhutan, with well over 200 trips in the Himalayas (she still considers the Himalayas her “second home”)! She has also hiked extensively in the European Alps (Tour du Mont Blanc—six times, Tour of Monte Rosa, The Haute Route, Gran Paradiso, Scotland—three times, and the Dolomites—three times), the Georgian Caucasus—six times, South America (20 trips in Peru, 6 in Patagonia), Antarctica— two times, Kilimanjaro—one time, Morocco—four times, The Great Walk of Africa Kenya—two times, and Uganda & Rwanda—seven times. A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can find the good in anything!), and her wonderful rapport with the

local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of nineteen remote village children, all of whom are in boarding school in Nepal or in universities in India, Nepal, and the United States. She consistently gets rave reviews from members of her groups and has quite a following. Cathy Ann is active in the Breast Cancer Prevention Partners and has participated in sixteen expeditions, including Mount McKinley, Mount Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer. Cat's special trekking program, Sacred Treks, benefits Breast Cancer Prevention Partners. Past trips include Bhutan, Mont Blanc, Peru, Everest, Ladakh, Mustang, Georgian Caucasus, Sikkim, Dolomites, Cordillera Blanca, and Annapurna Sanctuary treks (she has raised \$1.6M to date!). Cathy Ann has also been active in the American Himalayan Foundation and has helped raised \$30,000 for their STOP Girl Trafficking project. She has also raised over \$25,000 for Lama Pasang's Himalayan Children's Care Home which houses 87 children from Mustang, Nepal. Cathy Ann is also involved in fundraising for the National MS Society has raised over \$80,000 for the organization. She has also reached the summits of Ama Dablam (22,500'), Island Peak (20,305') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, and also received a letter of recognition for her fundraising and environmental work from former Speaker of the House, Nancy Pelosi.

## PHYSICAL EXPECTATIONS

This safari involves hiking and driving; it will involve some travel on rutted, occasionally non-existent roads, in rugged 4x4 vehicles. Travel can be wearing, and you will derive more enjoyment out of any trip if you are in good physical condition. This is a walking safari, and we will hike on average 7-10 miles each day (one 14–15-mile day) across country that is generally flat. However, hiking every day for 10 days in a row requires fitness and stamina. You will need to adjust to the heat, walking through some thorny bush, and river crossings. The training requires commitment through hiking, jogging, fast-walking, or bicycling.

## TRAVEL DOCUMENTS

You will need a passport valid for at least six months beyond the date of completion of the trip, and if you are a US citizen, you need a visa for Kenya (citizens of countries other than the US should check with the consulates of Kenya). It is NOT possible to obtain a Kenya visa upon arrival at Jomo Kenyatta International Airport in Nairobi; please check with us for up-to-date information prior to travel. We will send you an invitation letter, which will assist you with your visa application. This will be sent 6 weeks before you are due to travel. Do not apply before receiving our invitation letter. Apply for your visa online at <http://evisa.go.ke/evisa.html>; approval usually takes less than 1 week.

Note—It's a good idea to make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement. You may be asked for your papers not only upon departure but at various times during the trip. If you are carrying a customs form, please always keep it in a safe place, perhaps in your pouch along with your other valuables (we do not recommend carrying it in the passport because we often must submit the passport at hotels, where reception clerks can easily lose the form). You should also plan to carry your vaccination cards with you.

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## INDEMNITY FORM

You will sign the indemnity form at our group briefing.

## AIR TRAVEL

Airfare is not included in the land cost of the trip. For air reservations, please contact the airlines directly, either by phone or via the Internet. Plan your arrival in Nairobi in the morning or early afternoon of day 1. Some flights arrive in the evening, so you should schedule your arrival the evening before Day 1 if that is the case. We suggest arriving a day early to recover from jetlag and to ensure your luggage arrives before we start the hike. Departure flights should be scheduled after 10:00 pm. Your flight from Watamu on the Indian Ocean or from the optional extension to Lamu arrive in Nairobi (Wilson airport) at about 6:00 pm. You will be transferred to a Nairobi airport hotel for a dayroom before your international flight. If there is not sufficient time for you to use the dayroom, we will transfer you directly to the airport terminal.

Many travelers elect to use their “frequent flyer” miles when traveling, but please check with us before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip. Note—Names on air tickets and passports must match exactly!

## MEDICAL MATTERS

Because you will be staying in rural areas below 5,000 feet, **malaria** is a potential hazard, and you must take medication to suppress malaria infection. It is important you consult with your physician to obtain the proper medication. Specific regimens will depend on your travel plans, medical problems, or medication allergies.

No other vaccinations are currently required to enter Kenya, but immunizations for typhoid, tetanus, hepatitis A, and polio are *recommended*. These regulations and recommendations change frequently, so please check with your local health department or the CDC for more information ([www.cdc.gov](http://www.cdc.gov)). A valid Yellow Fever Immunization stamp is required to enter some countries *after* visiting Kenya. The US and most countries in Europe DO NOT require this document. Please check to see if a Health Card (Yellow Fever certificate) is required for the country you are visiting after your Kenya safari. Please advise us of any pre-existing medical conditions that may affect your health on the trek (recent injuries or surgeries, chronic illnesses, etc.). We recommend you bring your own personal first-aid kit with; pain killers, allergy medicines if you are prone to allergic reactions (especially epi-pens if you are allergic to bee stings). Moleskin or Second Skin for blisters is also recommended, as well as Band-Aids and antibiotic ointment. Consult your doctor about bringing other medications, such as antibiotics like Cipro, Azithromycin, or Loperamide-Imodium. The trip leader will also carry a basic kit for emergencies but will not have any prescription medications. Do not drink the tap water in the hotels as it frequently contains bacteria that will cause stomach problems. One of the most important things while hiking is to keep hydrated with plenty of water. You are much more prone to discomfort when you don't drink enough liquids.

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## MONEY MATTERS

The currency in Kenya is the Kenya shilling. As of this printing, the exchange rate is about 129 Kenya shillings per US dollar. You should bring enough money for any souvenirs you may buy, plus a few items like aperitifs, extra beverages, and the like (most of your meals are included in the cost of the trip). Most Kenyan hotels and restaurants accept major credit cards. Depending on how much of a shopper you are, \$400-\$500 should be plenty for incidentals and souvenirs. You should bring an additional amount for optional gratuities to the trip leader and camp staff/local guide drivers. At least US \$500 is recommended for the trip leader (presenting this personally rather than collectively gives you the opportunity to say thank you individually and is greatly appreciated.); at least \$400 for the camp staff and /guide drivers (we typically have about 23 staff which includes our guide/drivers).

## WEATHER & CLIMATE

The coolest months in Tsavo are June, July, August, and September. This is also the driest season. This period is cloudy and cooler (daytime temperatures in the 80° to 90° range, nighttime 70°s or lower). Check [www.weather.com](http://www.weather.com) for the most up-to-date Kenya weather information.

## WHILE ON THE TRIP

**Accommodations:** For your first night in Nairobi we use Hemingways Hotel, a 45-suite boutique hotel, on the last night in Watamu village we stay at Ocean Sports Resort (optional 2-3 night extension at Peponi Hotel in Lamu.). On safari, we sleep on beds in well-ventilated, fully netted, bug-proof, two-person tents that are tall enough to walk in and out of. Foam mattresses and comfortable bedding are provided. Food served in our safari camps is abundant, fresh, and delicious. Our staff will bring you hot water basins for daily washing. Toilet and shower tents are set up close to your sleeping tent. The water for the showers is heated and the toilet tent has a sit-down pit toilet.



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**The Blister Problem:** On our safari we follow dirt trails that are often sandy and dusty. This fine-grained dust permeates walking shoes, and when it mixes with sweaty feet, blisters often result. In the past, boots tended to be made of leather and offered more protection against the elements. Modern lightweight, mesh-sided walking shoes and running shoes do not offer the same level of protection, and dust is easily “breathed” into the shoe. Blisters can ruin your Great Walk experience.

The following points might also be helpful:

- Make sure your walking boots are well worn in.
- Bring several pairs of good quality socks with you.
- Sock liners can work for some people.
- Bring a blister protection kit (mole skin, Band-Aids, Compeed, etc.).
- Some people will know where they are susceptible to blisters. Dress these areas prior to hiking.



**The Importance of Water:** On a walking safari in Tsavo, it is necessary to drink at least three liters of water each day. We provide filtered water from source wells close to our camps.

## INCIDENTALS

**Laundry:** The camp staff will wash all clothing except underwear; weather permitting, they are usually ready the same day.

**Electricity:** Kenya is on the 240V system. Sockets are usually the European three-pin variety, but they vary. There is no electricity while camping.

**Phones/Computers/Tablets:** Going out on safari is an opportunity to disconnect and to immerse yourself in the natural world. We kindly request that if you must bring any of the above that ALL use of phones, computers, and tablets be limited to inside your tent.

**Charging Devices:** There are three ways in which you can recharge devices on safari. In order of priority:



1. Bring your personal solar re-charge kit, by far the best and most preferred method. This means that you do not have to rely on compatibility and charging time with others. This also allows you to test that everything works the way you want before you leave home. Please keep in mind that current rating of your battery is important information to consider when purchasing a solar charger.
2. There is a solar charging station as a backup for anyone whose solar setup fails. You would need your standard USB cable to connect to our system. Please keep in mind that this will have to be shared by all members of the group, so we would not recommend relying on this as a primary charging option.
3. The vehicles can sometimes be used to charge devices in exceptional situations. You will need to bring a cigarette lighter USB adaptor and a USB cable. Again, this must be shared and should not be relied upon as the primary source of charge. We prefer not to use the vehicles as it can drain the starter battery when the vehicle is not running. Also, on game drives the sounds that devices make upon starting and stopping can frighten off animals.

**Time Zones:** Kenya is Greenwich Mean Time plus three hours. That means that Nairobi is eight hours ahead of New York and eleven hours ahead of California.

## WHAT TO BRING: CLOTHING & EQUIPMENT LIST

### *Packing Notes*

It's best to go as light as possible and take only the essentials. Excess baggage can be a burden, not only to you but to support personnel. There is a rigidly enforced limit of 33 pounds (15 kg) at airports in Kenya, and this often includes daypack contents. While you are out on safari, we can store any luggage that you do not need for the trip. Bring an extra small duffel bag for left luggage. Always bring all irreplaceable items, such as camera, medications, important documentation, and hiking boots in your carryon luggage.

### *Luggage*

- Duffel bag, large enough to hold your hiking clothes and gear (about 3,200-3,600 cubic inches). A wheeled duffel is OK. It should have a full-length zipper (for easy access) and be sturdy.
- Daypack with a capacity of 2,000 cubic inches. It can double as your carryon bag.
- Spare roll-up duffel (optional). This is essential if you wish to bring home those great souvenirs! It should be lockable.

### *Clothing Notes*

You don't need to go out and buy new clothes for this safari. Check your closet and bring your oldest, worn stuff. You'll be out in (occasionally) harsh bush, and frankly, anything will do! The latest fashions and colors are rarely necessary in the African wilds. We haven't included quantities for each item listed. Use your own judgment, based on the expected weather conditions, your personal needs, and the overall weight restrictions for your luggage.

### *Underwear*

- Regular underwear. Synthetics are easier to wash and dry.

### *Socks*

- Casual socks (synthetic for easy washing and drying) that are suitable for walking (not hiking) shoes.
- Lightweight hiking socks (synthetic or wool/synthetic).

### *Shirts*

- Long-sleeved, lightweight, synthetic shirts for sun protection.
- Short-sleeved synthetic T-shirts.

### *Pants*

- Full-length lightweight, synthetic hiking pants. The kind with zip-off legs are also useful.
- Hiking shorts.
- Casual pants or skirts for non-hiking activities.

### *Outerwear*

- light -weight jacket of synthetic fabric for cool morning/evenings.

### *Head Gear*

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Bandanna or BUFF. A generally useful item—it will keep your neck from getting sunburned and can double as a hand towel in the field.

### *Footwear*

Please break new hiking shoes/boots in well before the trip.

- Light hiking boots/shoes.
- Comfortable walking shoes/sandals to wear while in towns or to put on at the end of the day.
- Texas or other water sandals (for river crossings).

### *Other Items*

- Water bottles (1 or 2) 1-liter capacity. Mark them with your name or initials as several people may have the same bottle. CamelBaks or other bladder hydration systems are also recommended but they can leak or break so you must have bottles as a backup.
- Pair of binoculars (we recommend minimum 10x25).
- Toiletry kit—soap, toothbrush, etc.
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Personal medical kit, including blister protection, malaria prophylaxis, traveler's diarrhea medication.
- Ace bandage or brace if you're prone to sore knees or ankles.
- Sunglasses (100% UVA/URB protected).

- Spare pair of prescription glasses, prescription sunglasses, or contact lenses. During the dry seasons, many parts of Kenya are very dusty. If you wear contact lenses, plan to bring along a pair of glasses to use in case of eye irritation.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Small padlocks or combination locks for your duffels.
- Earplugs—good if you have a roommate that snores!
- Swimsuit
- Headlamp
- Camp towel (for drying feet)

#### Optional Travel Accessories

- Short ankle gaiters
- Camera and plenty of memory cards.
- Repair kit with needle, thread, and safety pins.
- Swiss Army-type pocket-knife.
- Powdered electrolyte mixes for your water.
- A few your favorite trail snacks or candy, especially if you have dietary restrictions.
- Reading and writing material.

## SUGGESTED READING LIST

#### Guidebooks

- *Field Guide to the Birds of East Africa* - Terry Stevenson and John Fanshawe (Christopher Helm)
- *The Behaviour Guide to African Mammals* - Richard Estes (Russel Friedman Books)

#### History

- *The Lunatic Express* - Charles Miller
- *The Man-Eaters of Tsavo* – John Henry Patterson
- *Out of Africa* - Karen Blixen
- *West With the Night* - Beryl Markham
- *The Flame Trees of Thika* - Elspeth Huxley

#### Wildlife

- *The Shadow of Kilimanjaro* - Rick Ridgeway (Essential for those doing the Great Walk of Africa)
- *Ghosts of Tsavo* - Philip Caputo
- *The Fate of the Elephants* - Douglas Chadwick
- *Elephant Memories* - Cynthia Moss
- *Coming of Age with Elephants* - Joyce Poole

#### Films & Videos

There are many excellent wildlife documentaries, which can be frequently seen on PBS and the Discovery Channel, but some stand out, including two National Geographic films: the Jouberts' *Lions and Hyenas – Eternal Enemies*, and *Coming of Age with Elephants*, about Joyce Poole's life in Amboseli. Few good feature films have been made about Africa, but *Out of Africa* manages to convey

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a fair feeling for the period. Most of it was filmed in the Masai Mara and around Nairobi. Kids will love *Hatari*, with John Wayne, and it's really very good.

The *Ghost and the Darkness* is pure Hollywood and a poor interpretation of the man-eaters of Tsavo. There are no explanations or feelings of history or period. The documentary *Man-Eaters of Tsavo* by Quest Productions gives you a better, more detailed account of this interesting subject. It is available from Amazon.com.

*The Constant Gardener* is an excellent movie offering a glimpse into an Africa that is all too real today.

Background Reading for Travel to Developing Countries

*Guns, Germs and Steel* - Jared Diamond

*Collapse* - Jared Diamond

*The End of Poverty* - Jeffrey Sachs

## THINGS TO DO IN NAIROBI

### Museums

The Kenya National Museum has recently undergone renovations, and their paleontology exhibit is worth a visit. The drawback is that this museum is in the center of town, so you must be prepared to sit in traffic.

The Karen Blixen House/Museum, once the home of the renowned author of *Out of Africa*, is now a beautiful museum located very close to Hemingways Hotel. A taxi can take you there in five minutes. This should not be confused with the Karen Blixen Coffee Garden.

### Shopping

Kenya is a great place to bargain for African arts and crafts and Nairobi has fine art stores that specialize in high-quality sculptures. Street vendors and emporiums are everywhere in Nairobi and there are increasing numbers of shopping opportunities in the countryside now. Nairobi's prices tend to be fair. Good quality Africana has become quite expensive, and you will have to bargain to get the best price. We will be happy to recommend some of our favorite shops. Please contact us for details.



## Lamu Extension

### Optional 2 or 3 Night Extension

#### **Extension to Lamu Island, Indian Ocean, Peponi Hotel**

#### **(2 or 3 nights recommended)**

You take a 25-minute flight into the coastal Swahili culture of the East African coast. Lamu Island is what Zanzibar used to be before it fell to mass commercialization. It is much more than a beach destination (although the beaches are certainly beautiful)—it's a chance to visit the 14<sup>th</sup> century town of Lamu and take a guided tour around the labyrinth of narrow streets that make up Old Town and its coral buildings. This is truly a step back in time to a distant past. There are no cars in Lamu, transportation is by donkey or dhow sailing boat. You stay in what is arguably the best hotel in Kenya—Peponi's! This atmospheric boutique hotel with amazing food is all that you could ask for. B (lunch & dinner on your own)... Peponi Hotel

#### **Depart**

You take the mid-afternoon flight to Nairobi where we have arranged dayrooms at a hotel close to the international airport. A hotel shuttle will transfer you to the airport for your homeward-bound flight.

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CATTARA

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## LAND COST

2-night extension  
\$1095 double/twin  
\$795 single

3-night extension  
\$1595 double/twin  
\$1145 single

\*Should you choose to pay with credit card there will be a service charge of 3.5%, the fee we incur from the bank.

## LAND COST INCLUDES...

- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Airport transfers as per itinerary
- Internal flights

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