



Northern Kenya Walking Safari with Camels



Trip Highlights

A Journey To Self Discovery

- Spectacular light aircraft flight past Mt Kenya
- Dramatic African Landscapes
- Walking and interacting with camels
- Cultural interaction with the Samburu and Rendille people
- African Wild life (elephants, lions, antelope)
- Sleeping under the stars
- Spectacular sunsets
- Amazing Safari food
- Being with like-minded ladies and challenging yourself to achieve physical goals that you have not achieved before
- Attendance in a transformational life affirming program that will change the way you feel about yourself and your body
- Fully supported women's education, vocational training by an ICF certified professional coach

Northern Kenya Walking Safari Walking With Camels

How Long : 8 nights / 9 days
Activity Challenge Level: 3/5
Group size: max 12



Overview

An overwhelming amount of breast cancer survivors, (88 percent) say the disease and its treatment has had a negative impact on the way they now feel about their bodies and 68 per cent that it has affected their sexual and intimate relationships.

In a poll of more than 600 ladies, it was found that 72 percent said breast cancer had made them feel less confident about their body. Many had experiences of lower self-esteem and a “loss of self” compared to how they felt before their diagnosis.

Most women felt they could not talk to their healthcare professional about the impact of breast cancer on their body and their self-image.

About the Program

This is a 7-day program, which combines a transformational experiential workshop along with a Walking Camel Safari in Northern Kenya to create a powerful life changing experience for all women who attend . The Samburu Camel Walking Safari is a unique walking adventure in the un-spoilt and undiscovered Matthews and Ndoto Mountains of Northern Kenya.

“A Journey To Self Discovery” Program has been designed for women who have survived a traumatic experience such as breast cancer and are experiencing a loss of self confidence in their bodies as a result. This program will help you heal, it will allow you to hear the wisdom being spoken by your body. It will enable you to understand the impact of change and empower you to deal with this change by learning strategies to accept a new way of being in your body. It will guide you on how to create a strong relationship with your body as it is now. Over and above this, the program’s overarching objective is to empower you to connect with your body, so that you may you reemerge a stronger and more powerful you.

This is an exciting program where you will learn to:

- Rediscover and relish in your beauty, despite the scars and learn how to embrace your total beautiful self by seeing yourself as a whole, rather than as a collection of parts
- Learn strategies and action steps to minimise the impact of trauma
- Set and achieve physical challenges that will empower you and help you regain confidence in your body
- Learn powerful life affirming techniques to support you through the many changes life offers

This trip is for truly adventurous at heart ladies - this is not your typical African safari. You will come away from this adventure with a sense of achievement and a heart full of memories to last a lifetime. Each day you will stretch your boundaries, challenge yourself , reclaim confidence in your body, all while enjoying the beautiful African landscape. Here you will find the proud and friendly nomadic Samburu and Rendille people who still cherish the customs, traditions and colorful ceremonies of their ancestors.

Each morning will begin by setting powerful intentions for the day and when walking across the wilderness, you will be lead by our fun loving Samburu guides as the camels accompany us and carry all our kit to a new spectacular campsite every day. You will experience incredible African wildlife and the area is a bird lover’s paradise. End each day by observing spectacular African sunsets and celebrating your day’s achievements while sitting around the campfire before going off to sleep under the stars to the sound of the Africa night. Each day will be a celebration to your body. By participating on this safari you will be contributing to the Milgis Wildlife Trust, a local trust dedicated to conservation in this area.



Day to Day Itinerary

Day 1: 19 March (Monday)

Arrival in Nairobi and Introduction Workshop

Arrive Jomo Kenyatta airport Nairobi where you will be met and transferred to Anga Afrika lodge where you will spend the night. Accommodation is shared, unless a single SUPPLIMENT is requested - only subject to availability.

Afternoon Meet up for your first 4 hour workshop and Introduction to the Journey To Self Discovery Programme. Here your coach Linda and you will work together to set up the powerful intentions and agreements needed for the program to resonate and come to life for you, both as individuals and as a group. (Detailed agenda of Entire Journey to Self Discovery Programme will be provided upon sign up) Evening meet up for casual drinks and dinner where you will meet your guide Tonya and hear her give you a briefing of your exciting journey ahead of you.

YOU WILL RECEIVE YOUR COMPLIMENTARY AND SPECIALILITY TRAVEL BAG FOR THE JOURNEY. YOU WILL BE REQUIRED TO ONLY TAKE THIS BAG AND YOUR PERSONAL DAY PACK. ANY EXCESS LUGGAGE CAN BE LEFT SAFELY FOR YOUR RETURN.

Day 2: 20 March (Tuesday)

Flight to Milgis and First Day Camel Safari

Early light breakfast to start the day before departing for your adventure ahead.

After breakfast you will be transferred to Wilson Airport for your flight to Milgis. This spectacular flight is about 1.5 hours, descending from the lush highlands right past the incredible snow capped peak of Mount Kenya to the arid heartland of the Samburu. On arrival we will be met by the Camel Safari Team. You will be introduced to your wonderful Samburu guides and your Camels and have a brunch before heading off on your first day of your adventure.



Day to Day Itinerary

Day 2: 7 20-26 March (Tuesday – Monday)

Camel WALKING Safari

Typical day on the Camel Walking Safari: The purpose of this journey is to have fun, learn about yourself, and challenge yourselves physically, therefore we will be walking on an average about 10 to 20kms a day. (4 to 5 hours a day, including a breakfast stop) depending on the level of fitness of the group – which will be defined before the trip begins. Each day will vary according to terrain. There will always be time to soak in the surrounding, admire the beauty, spot some game and bird watching, and reflect on the journey each woman on the trip is taking.

- Each morning, we will wake up early to an African Dawn, while it is still cool, and with a better chance of seeing wildlife. We will have a hot cup of tea or coffee and a light snack before leaving for our hike
- The Camels accompany us for carrying light refreshments, your personal day pack and breakfast. We stop for breakfast around mid morning and meet the Samburu warriors herding and watering their cattle
- Here you get a chance to talk with the guides and learn about the wildlife, the area and the people. You will continue walking until just after lunch before the mid day heat. A tasty big lunch is served while the staff set up the camp and the camels get to drink and rest
- The Camp is set up by the wonderful staff. All you have to do is relax and enjoy your surroundings
- Afternoon is time for a short siesta and games of rounders or football can be played or we can swim in the streams before we regroup for our Daily afternoon 2 hour Journey To Self Discovery Workshop (Workshop Agendas provided upon registration)
- The early evening is perfect for a stroll or a climb up a hill to admire the views, have a few sundowners and absorb the spectacular Africa sunset. Enjoy a nice hot canvas bucket shower and freshen up for your dinner under the stars
- After the sun has set everyone we will gather around the fire for our group debriefs where we will share our personal experiences, learnings and stories of our day and set our intentions for the next day while we wait for a delicious candle lit dinner prepared by the staff. These facilitated group conversations, are extremely powerful ways of us having deeper conversations about our experiences in a safe supportive, beautifully enchanting environment
- Our beds will be made for us and are extremely comfortable beds/mattresses on the floor in mosquito/bug proof tents. We will fall asleep under the spectacular stars listening to the sounds of the African bush



Day to Day Itinerary

Day 7 – 26 March (Tuesday)

Flight Back to Wilson Airport Nairobi and Return to Anga Afrika Lodge .

After our last Safari breakfast, it will be sadly time for us to end the Camel Walking Safari and say farewell to our guides and their faithful camels. We will board our light aircraft back to Wilson Airport in Nairobi and return to *Anga Afrika Lodge* where we will enjoy last dinner together sharing photographs and stories.



Day 8 – 27 March (Wednesday)

Flight back to Dubai

Breakfast all together and Transfer from the lodge to the Jomo Kenyatta International Airport in Nairobi and flight back to home



Investment Details

US \$ 5,700 / DHS21,033 - Per Person, Based on a Twin share basis

US\$ xxx/ DHS xxx- single supplement

(is this an option??). I have emailed. If i do not get a reply i will phone first thing tomorrow. I am trying to book a smaller more private place as apposed to big hotels. I will find out how many tents they have on the camels.

What is Included in Your Investment :

- Airport transfers from Jomo Kenyatta airport to Nairobi accommodation
- Accommodation, and breakfast in Nairobi on the first and last night
- All staff gratuities on the walking safari
- Internal Flights and all taxes from Nairobi to Milgis return
- 7 DAYS Walking Safari with camels INC ALL FOOD AND DRINKS
- Complimentary travel bag for your Safari
- Usd 50.00 per person donated to Milgis Wild Life Trust
- Laundry – As we move camp every day, there is only a very limited amount of laundry that can be done depending on water availability. So do not depend on this
- All Workshop costs inclusive of workshop materials and professional facilitation for 8 days

What Is Excluded:

- International flights to and from Nairobi
- Laundry in Nairobi
- Passport and visa fees
- Travel Insurance – it is mandatory for you have on comprehensive travel insurance
- Excess baggage costs
- Single supplement rates
- Lunch, Dinner and alcohol in Nairobi

Dietary Requirements:

- Please advise us if you have any special dietary requirements
- We would also like to know what your preferences are for drinks in the evenings, both alcoholic (if appropriate) and non alcoholic drinks



Payment And Cancellation Policies:

A refundable deposit of 50% is required asap to secure your place. Only 10 places are available on this trip. Full payment is required by 10 February 2018.

Should you cancel your trip the following fees apply:

- 31 to 60 days - 50% REFUND of the total cost of the trip
- 0 to 30 days – 0% REFUND of the total cost of the trip.

Payments To Be Made To:

Tonya Meikle (Jolt)
Mauritius Commercial Bank
9-15 Sir William Newton Street
Port Louis
Mauritius
Account number: 000441646875
Swift Code: MCBMUMUXXX

What To Bring:

March is summer in Kenya and the possibility of the xxxx? 😊

- Cool comfortable shorts and shirts – neutral colours
- Sweater and warm trousers for evenings
- Comfortable walking/hiking shoes. Essential to wear them in before the walking safari
- Raincoat- LIGHTWEIGHT
- Flip flops for the evenings around the camp
- Hat-Wide brim
- Gaiters – optional
- Sun cream / insect repellent
- Water bottle
- Day pack with hydration bag (optional)
- Travel umbrella
- Camera and Binoculars

General Information :

- Please check for required vaccinations
- Please check your international flights into Nairobi before securing a date with us
- It is mandatory for you to take out a comprehensive insurance
- Should you require any information to extend on our stay after the walking safari, we will gladly assist you

Visa Requirements :

- Your passport must be valid for 6 months from date of Entry
- Your passport must have at least 2 blank pages
- You may obtain a visa on Entry
- It is advisable to obtain a visa before arrival from the Embassy/high commission or online www.evisa.go.ke to save time at the airport on arrival
- Should you be travelling to Uganda and Rwanda you can obtain a East Africa cross-border visa through the embassy/high commission or online www.evisa.go.ke



Next Steps:

1. Complete the booking form and send it to tonya@joltafrica.com along with a scanned copy of the passport you will be travelling on
2. 50% deposit is required asap to confirm a booking and 50% by 10 February 2018
3. Book your round trip flights to Nairobi
4. Have your vaccinations done – yellow fever is necessary
5. START TRAINING – Guidance will be given upon receipt of your completed booking from (by Linda)
6. A Suggested Kit list has been given – and we can confirm this closer to the time

Tonya and Linda look forward to having you on this *Journey of Self Discovery* – a journey of a life time.

Tonya & Linda

