

6 DAYS YOGA GROUP PACKAGE

ITINERARY AT A GLANCE

DAY	LOCATION	ACCOMMODATION	MEAL PLAN
DAY 1	Arrival - Nairobi	Movenpick Hotel	BB
DAY 2	Lake Nakuru Nat. Park	Lake Nakuru Sopa Lodge	FB
DAY 3	Lake Naivasha	Lake Naivasha Sopa lodge	FB
DAY 4	Masai Mara National Reserve	Mara Serena Safari Lodge	FB
DAY 5	Masai Mara National Reserve	Mara Serena Safari Lodge	FB
DAY 6	Depart	-	LUNCH

SAFARI OVERVIEW

Wondering if it's a good idea to take a yoga safari in Africa? Kenya has long been delivering safe and rewarding yoga safaris in world-renowned Big 5 game reserves as well as beach holidays on the country's dazzling coastline and Indian Ocean islands. And let's not forget that this East African country is also home to the greatest wildlife spectacle of them all - the Masai Mara Wildebeest Migration.

FULL ITINERARY

Day 1: Nairobi

Upon arrival at JKIA airport you will met by African Adventure Specialists' staff and transferred to Movenpick hotel for check in and remainder of the day at leisure. Overnight Movenpick hotel on bed and breakfast basis.

Day 2: Nairobi – Lake Nakuru

Today we travel to the exotic Lake Nakuru National Park located in the Great Rift Valley, upon arrival proceed on a game-drive. There are also a number of Rothschild's giraffe. Among the predators are lions and leopards, the later being seen much more frequently in recent times. The Park also has large sized python snakes that inhabit the dense woodlands, and can often be seen crossing the roads or dangling from trees.

Proceed on a game drive direct upon clearing with the park entry procedure. This is often coloured a shimmering flamingo pink from thousands of the beautiful birds lining its shores. You will arrive at your lodge in time for lunch. Following lunch there is an afternoon game drive. At 1800hrs, proceed to your lodge for dinner and overnight at Lake Nakuru Sopa lodge on a full board basis.

Day 3: Lake Nakuru – Lake Naivasha

After breakfast, an adventurous morning game drive follows to explore more of the park for about 3 hours. The shores around the Lake are usually lined with flamingo, making the waters shimmer in a beautiful mass of pink! The park is also home to the endangered Rothschild Giraffe and is a designated rhino sanctuary with its main attraction being both the Black and the White Rhino. Waterbuck, impala, buffalo, warthog and a variety of birdlife also reside here. At 1100hrs check out of the park and drive along the floor of the Great Rift Valley escarpment to Lake Naivasha simba lodge for lunch. The Rift Valley lakes make up some of the oldest and deepest lakes in the world. Lake Naivasha is the highest of all the lakes and features pristine fresh water. In the afternoon, you will take an optional CRUISE around the lake to view the resident hippos (*Payable direct*) If you are lucky, you might even spot a fish eagle as well as a visit to the crescent island for a one-hour walking safari with the resident herbivores including giraffes and gnus found in this island payable direct too. In the evening transfer back to your lodge for Dinner and overnight at Lake Naivasha simba lodge.

Day 4: Lake Nakuru – Masai Mara

After an early morning breakfast, drive to Narok town via Mai-Mahiu with a brief a rest stop and proceed on to Mara arriving in time for lunch at Mara Serena Safari lodge. After lunch, depart for an afternoon game drive returning back to the lodge as the sun sets. Overnight at Mara Serena Safari Lodge on full board basis.

Day 5: Masai Mara

Early morning game drive in the reserve returning back to your lodge for breakfast. After breakfast Full day spend in the park with packed lunch in search of its popular residents like the well-known predators and their opponents like the Zebra, Wildebeest, Giraffe, Hippo and the dangerous Crocodiles with a visit to Mara river. In the late afternoon on your way back to the camp, A visit to a Masai village and a school *at an Extra Cost*. In the evening spend a few hours enjoying the lodges' recreational facilities such as the swimming pool or you may take a walk with the resident lodge naturalist. Dinner and overnight at Mara Serrna Safari lodge on full board

Day 6: Masai Mara – Nairobi

After breakfast you'll depart the Masai Mara and head across acres of rolling wheat and barley farms to Narok, the district headquarters of this part of Maasailand. From here cross the vast plains on the floor of the Rift Valley whilst keeping an eye out for herds of giraffe and gazelle before heading up the rift escarpment. You'll arrive into Kenya's bustling capital in the early afternoon. Lunch at a local restaurant and later transfer to JKIA for your departure flight.

Package Includes

- Meet and greet services with assistance at the airport or hotel
- All transport and game drives on road safaris will be on a **4x4 Safari Land cruiser** on private basis
- Services of an English-speaking driver-guide on private basis
- Flying Doctors (AMREF) Emergency evacuation cover
- Meals and accommodation as specified
- Yoga exercises in early morning before departure
- Hot lunch at a local restaurant on the last day.
- All park fees and government taxes
- 2 bottles of ½ litre mineral water per person per day on game drives

Package Excludes

- Visas, international flights and Airport taxes (clients pay direct)
- Driver-guide gratuities, drinks, dining rooms tips, portorage
- Personal travel, baggage and medical insurance

Additional remarks

- We may have to re-route the itinerary or accommodate in similar lodges in case of non-availability.
- Prices for domestic flights, airport taxes or park fees may be changed without prior notice. This is beyond our control and any increase levied will be passed to you.

Passenger Information

- Passengers should bring only soft sided bags on safaris.