



## Athletics Safari Terms & Conditions

**RESERVATION:** A deposit of 30% is required at the time of booking and the balance at least 20 days before the tour begins.

**CANCELLATION:** Cancellations can be made up to one and a half months prior to scheduled departure and would be subject to a cancellation fee of 30%. Cancellation received within 45 days before departure will be subject to 50% and up to 100% for cancellations within 2 weeks of scheduled departure.

**RATES:** Maasailand Adventures prices include entrance fees to National parks and Game Reserves, meals while on safari, transportation and the services of our driver/guides as per itinerary. The rates are based on tariffs and other costs prevailing at the time of printing and are subject to change with notice.

**TRANSPORTATION:** Vehicles and drivers will be provided according to the route and the number of clients and the services of professional, English speaking driver/guides. Maasailand Adventures reserve the right to use the services of sub-contractors for all or part of the safari services.

**ACCOMMODATION:** The standard pricing policy is based on a twin room/ tent being shared by two people. A single room/tent can be provided at a supplementary cost but cannot be guaranteed.

**ALTERATIONS TO TOURS:** Maasailand Adventures reserves the right to alter the route or cancel the any scheduled tour should change of conditions arise. Maasailand Adventures reserve the right to decline any person as a member of any tour for whatever reason, in which event an equitable amount will be refunded.

**LIABILITY:** Maasailand Adventures and its agents can only act as agents for passengers in all matters relating to hotel/lodge and tented accommodation, tours and transport etc. Maasailand Adventures can not be liable for injury, delay loss or damage to personal property, which should be covered under your appropriate personal travel and health insurance.

**PERSONAL EQUIPMENT:** Training and Excursion gear is provided in some cases but is not included in the tour cost and can be hired at locations before expeditions begin or on request.

**CAUTION:** All Maasailand Adventures expeditions' can involve an element of personal risk. Every participant should have suitable travel insurance that covers any potential personal risk, as Ma cannot accept liability for any loss, damage, injury, delay or inconvenience caused to you or your baggage as result. All participants' are advised to take appropriate insurance before departure to cover personal accident and medical expenses. This can be arranged for this for you when booking your safari package.

- All correspondence concerning these safaris should be sent to [info@maasailand.net](mailto:info@maasailand.net)
- Payment and bank transfer details for tours payments will be communicated to the clients on inquiry.
- Visas are the client's responsibility and should be acquired from the Kenyan Embassy or can be obtained on arrival at Nairobi Airport for most nationalities but it is your responsibility to check before arrival if you can get your visa in Nairobi.

## Kenya's Rift Valley - the land of legends

Long distance and high altitude training among the champions. Massailand Safaris has teamed up with Kip Keino Foundation to offer a fourteen-day athletics safari in Kenya, for people who wish to experience the training grounds of champions. Energetic guests can meet with olympians like Kipchoge Keino and Patrick Sang, visit the High Altitude Training Center founded by Lornah Kiplagat and go on runs and train with elite athletes.



Find us on Facebook - Maasailand Adventures



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[www.maasailand.net](http://www.maasailand.net)



Feel the air, the pace and the presence of legends!

MAASAILAND ADVENTURES

# Athletics Safari

# KENYA

14 DAYS - 2 WEEK ITINERARY

# Run with the best in athletics

Experience high altitude training in Kenya

## Day 1: Nairobi

On arrival in Nairobi you will be met, briefed and brought to the Nairobi Serena/Sarova Pan Africa Hotel for dinner & overnight stay.

## Day 2: Nairobi

Visit to the Athletics Kenya museum & the Nairobi National park. Dinner & overnight stay at the Nairobi Serena/Sarova Pan Afric Hotel.



## Day 3: Naivasha - Nakuru

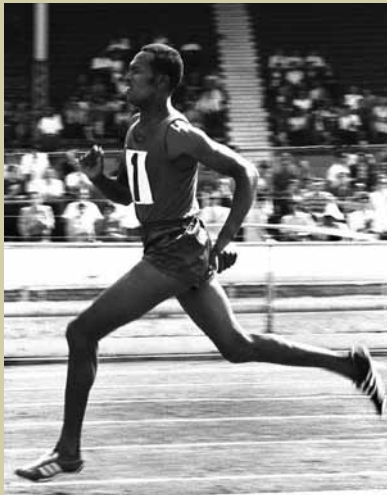
Depart Nairobi for Naivasha to cycle, run or rock climb in Hells Gate with a visit to the Nakuru National Park. Overnight stay at the Lake Nakuru Lodge.

## Day 4: Nakuru - Eldoret

Early morning game drive to the Nakuru National park including a visit to Lake Nakuru, famous for pink flamingoes. Afternoon drive to Eldoret. Overnight stay at the Kip Keino Foundation in Eldoret.

## Day 5: Eldoret

Early morning run pre-breakfast. After breakfast, rest and a tour of Eldoret town. Overnight stay at the Kip Keino Foundation.



The Kamariny track in Iten is open to all, and both aspiring and world famous athletes come here to train, come rain or shine, and the training is not for the faint hearted. Among the athletes who train here is 2008 Beijing Olympic gold medalist Asbel Kiprop. Asbel won gold in the 1500 meter race. The same race Kipchoge Keino won 40 years prior.

## Day 6: Eldoret

Bre-breakfast morning long run. After breakfast a visit to the Kip Keino High School. Lunch, rest and then an evening training run. Overnight stay at the Kip Keino Foundation.

## Day 7: Eldoret - Iten

Pre-breakfast morning run. A morning drive to visit Iten, where athletics legends train. Iten, a place of champions, situated 2,400 meters above sea level, is a breeding ground for champions. Here, athletic training starts at dawn, every single day despite the sometimes heavy fog and biting cold, one can watch dedicated athletes striving for the same goal, the glory of a gold medal. Lunch at the Kerio View hotel with optional para-gliding in the afternoon. Dinner and overnight stay at the Kip Keino Foundation.

## Day 8: Eldoret

Breakfast and afterwards go for track/speed work out. Lunch at the Kip Keino Foundation, then rest and a visit to Eldoret town. Overnight stay at the Kip Keino Foundation.

## Day 9: Eldoret - Kitale - Kapenguria

Pre-breakfast Morning run. After breakfast, drive to Kitale. Picnic lunch at Kitale Museum. Proceed to Kapenguria with a visit to the Museum famous for cells where Kenya's "Kapenguria six" were detained during the struggle for Independence including the late President Mzee Jomo Kenyatta. Dinner & overnight stay at a hotel in Kitale.

## Day 10: Eldoret

Morning drive to visit the Kip Keino Primary school and Lewa Children's home. Lunch at Kip Keino Foundation, the afternoon to explore and later, dinner with Kip Keino with an overnight stay at the Foundation.

## Day 11: Eldoret - Baringo

Pre-breakfast morning run. After breakfast drive to Bogoria with lunch at the Lake Bogoria Spa Resort. Visit the Lake Baringo and park. Overnight stay at the Spa Resort.



## Day 12: Baringo

Rest during the day while enjoying the beautiful Bogoria scenery and water activities. Dinner & overnight stay at the Spa resort.

## Day 13: Nairobi

Drive to Nairobi with a visit to the Maasai market and a safari walk. Dinner and overnight stay at the Nairobi Serena/Sarova Pan Afric Hotel.

## Day 14: Nairobi

Depart for your journey back home. Go you may but, come back you must!!!

**The safari package includes:** Full Board Accommodation. All Transport Requirements. All Park Entrance Fees. All meals as per itinerary.

**The safari package excludes:** International flights and visa costs. Travel & Health Insurance. Tips, drinks, telephone, laundry and all personal costs.



Located in Eldoret town, about 20 minutes drive for the town center, at an athletics- friendly altitude of 6,800 feet (2270metres) above sea level. HPTC Eldoret has played host to many athletes who in turn have gone ahead to become world conquering champions at the Olympics, World championships, Commonwealth Games, Continental Championships as well as many Indoor and outdoor races.

