

**Provisional Itinerary for YFC Trip to Kenya in August 2010**

- Day 1 Arrive in Nairobi via night flight from Heathrow. Transfer to Plateau via bus, with stunning views of the Rift Valley along the way you begin to get a feel of Kenya and it's people. (approx 5 hours)  
Arrive Plateau settle into accommodation and relax after the journey.
- Day 2 Safety Induction and Introduction to key people with tour of the community and projects. Organisation of the two teams and their project work for the next day.
- Day 3 The CHALLENGE begins for each team to complete their project.
- Day 4 Carry on with Project / Cultural afternoon and introduction of Tug of War.
- Day 5 Visit to local town and George Smith's farm, the only white farmer left in the area. George is a legend with many tales to tell of his life in Kenya. BBQ lunch at George's. (approx 1 hour to the Farm). Anyone who wanted to go White Water Rafting may like to carry on with the project as they will be away for two days.
- Day 6 Carry on with Project / Tug of War training – White Water Rafting group would leave.
- Day 7 Project Work half day lunch then visit to Flax and local farming community.
- Day 8 Project Work / Tug of War training – Rafting Group would return.
- Day 9 Finish project work, opening of the projects with celebrations, sports competitions, Tug of War Final plus lots of singing and dancing.
- Day 10 Travel to Lake Baringo via the stunning Elgeyo Escarpment, check out the Gorge for Crocs on your way. Stay at Roberts Campsite a great place beside the lake where you can watch the hippos graze at night, plus a good bar! Take a boat ride in the afternoon to see the hippos and crocodiles plus the amazing Fish Eagles. (approx 2 ½ hours to Baringo)
- Day 11 Early start to Lake Nakuru National Park, crossing over the equator. In the park you can spot Lions, Rhino, Giraffe, plus Leopard if you are lucky also lots of other plains game and loads of Flamingos! Packed lunch at amazing view point watch the Baboons don't nick your lunch! (Approx 2 hrs to Nakuru). Return to Nairobi (approx 2 hours) for either night flight home or stay 1 night in Nairobi with dinner at the infamous Carnivore Restaurant.
- Day 12 Catch the day flight home.

### **Itinerary**

The itinerary is flexible and may vary according to group size, local changes and project demands.

### **Flights**

Flights are from Heathrow airport and can be booked with Virgin, BA or Kenya Airways tickets can cost from approx £320.

### **Visa's**

You need a visa to enter Kenya this can be arranged in advance from the Kenyan Embassy in London and costs £35 or at the airport in Nairobi for \$50.

### **Insurance**

It is advised as with all travel abroad that you arrange travel insurance.

### **Transfers**

On the itinerary I have allowed for a bus to transfer the group to Plateau, you get a greater feel for the country and it is more cost effective. If you wish to fly this can be arranged, the flight takes approx 1 hour and costs approx £80 per person.

### **Individual Interests**

Apart from the main project if they are interested people can assist at the schools, hospital and on the school farm

### **Donation**

As discussed at the meeting it is hoped to raise £2,000 to be split between each project.

### **Certificates**

Every one in the group will receive a volunteer certificate to say they have completed the project.

### **Accommodation**

Whilst at Plateau this will be in a mix of bungalows, dormitories and tents with mix of beds and mattresses, flush toilets, electricity, hot water on tap, showers, lounge areas.

Roberts Camp will be mix of tents and bandas.

Nairobi will be mix of tents and dormitories.

### **Food**

Whilst at Plateau 3 meals are included breakfast is bread, jam, marmalade, cereals

etc. Snack for lunch. Evening meals usually include variations of Bolognese, stew, pasta followed by fruit, madazi (local doughnuts).

When on safari to Baringo and Nakuru no meals are included, they can be bought from the campsites at a very reasonable cost approx £4 for evening meal, £2 for breakfast per person. Either a set meal for the group can be booked in advance or people can order individually. It is often best to order in advance then you know they will have it in stock and hopefully not run out!!!

### **Staff**

When at Plateau the group will have Hugh Chapman and myself plus a Cook to look after them and Mr David Komen who is the Gapkenya Community Liaison Manager.

### **Costs**

The cost is based on a group of 35 people for the above Itinerary and includes the following:-

Transfer to Plateau  
Induction on arrival  
Accommodation at Plateau  
Food when at Plateau (7 days)  
Project Co Coordinator  
Cook when at Plateau  
Sirikwa Farm Trip  
Flax Community Trip  
Safari Transport  
Park Fees  
Roberts Camp Accommodation  
Nairobi Accommodation  
Transfer to Airport

£240 per person for 10 days  
This is subject to change for 2010 but would not exceed £350

£35	Visa
£25	Insurance (approx)
£350	Flight (approx)
£650	Total

You will need some spending money for souvenirs and food whilst on safari and if people would like a boat trip it is £4 per person but well worth it! Costs are subject to some local variation but are correct at time of writing.

**Gapkenya**

**The Old Farmhouse, Pen y Banc, Oakley Park, Llandinam, Powys, SY17 5BE**

**Tel: 01686 412042**

**Email: [info@gapkenya.com](mailto:info@gapkenya.com)**