



## **INFORMATION SHEET ON KENYA – IN-COUNTRY INFORMATION**

### **COTTAR'S CONTACT DETAILS:**

Many places in Kenya have limited mobile or internet connectivity. We have installed one emergency phone line at camp and the number is (254) (0) 770564911. The main numbers for the Cottar support office in Nairobi is (254) (0) 733773377/9.

### **MEET AND GREET:**

If you have booked with Cottar's Safari Service, we will have a representative to meet you once you have cleared customs at Jomo Kenyatta International Airport.

### **FOOD & WATER**

Although tap water can be reasonably safe, whenever possible, we recommend you drink bottled water: this is available in all lodges and camps.

Meals include full English breakfast and /or continental breakfast with fresh local fruits either where you are staying or in the bush lunches are either buffet or picnic lunches, and dinners are generally table d'hôte. Please advise Cottars Safari Service of any allergies, likes or dislikes before you embark on your holiday, or if you have forgotten, then on arrival.

### **PHOTOGRAPHY**

Visitors should respect the attitude of the local people towards photography and only use cameras if they have permission by 'the models' to do so. Never try to "steal" a photo against the will of the person concerned. Let your guide help negotiate terms before you start shooting! It is a good rule never to take photographs of border posts, persons in uniform, and of course military installations.

### **MONEY AND EXCHANGE**

The monetary unit is the Kenyan Shilling. There is no limit to the amount of currency or travelers cheques that a client may bring in to the country. Traveler's cheques are also recommended; please always carry your passport when you want to change them. Most of the hotels, lodges and shops in Kenya will take major credit cards. Reverting your Kenyan shillings into hard currency is easily done at the airport, hotels and banks. As there is no longer "exchange control" the rate of exchange varies between banks, foreign exchange bureau and hotels. It is recommended that visitors do not change money on the black markets, as they are more likely to receive a lower rate of exchange or fake notes. It is illegal to destroy Kenyan Currency.

**Currency information:**

Kenyan Shilling (KES; symbol KSH) = 100 cents. Notes are in denominations of KSh1,000, 500, 200, 100 and 50. Coins are in denominations of KSh20, 10 and 5. Note most places in Kenya consider taking dollars, but do not accept any denominations before the year 2000.

**Credit cards:**

MasterCard and Visa are widely accepted; American Express and Diners Club less so. Major hotels now also accept payment by credit card, as do major safari companies, travel agencies and restaurants. Almost every bank now has an ATM, and they are increasingly being installed at petrol stations.

**ATM:**

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**Travellers' cheques:**

These can be changed at banks, and are widely accepted. To avoid additional exchange rate charges, travellers are advised to take traveller's cheques in US Dollars or Pounds Sterling.

**Banking hours:**

Mon-Fri 0900-1500, Sat 0900-1100. Banks in Mombasa and the coastal areas open and close half an hour earlier.

**Currency restriction:**

There are no restrictions on the import or export of local or foreign currency. However, amounts exceeding US\$5,000 or equivalent must be declared.

**Currency exchange:**

Currency can be exchanged at the major banks, bureaux de change or authorised hotels. The banks at Jomo Kenyatta International Airport and Moi International Airport have 24-hour exchange services. The easiest currencies to exchange are US Dollars, Pounds Sterling and Euros.

**How to Handle Money Safely**

- To avoid carrying large amounts of cash, change your travelers' checks only as you need currency. Countersign travelers' checks only in front of the person who will cash them.
- Do not flash large amounts of money when paying a bill. Make sure your credit card is returned to you after each transaction.
- Deal only with authorized agents when you exchange money, buy airline tickets or purchase souvenirs. Do not change money on the black market.
- If your possessions are lost or stolen, report the loss immediately to the local police. Keep a copy of the police report for insurance claims and as an explanation of what happened.
- After reporting missing items to the police, report the loss or theft of:
  - Travelers' checks to the nearest agent of the issuing company
  - Credit cards to the issuing company
  - Airline tickets to the airline or travel agent
  - Passport to the nearest U.S. embassy or consulate

## **ON SAFARI**

When you are out on a safari our schedule is completely flexible. Our staff and vehicles are exclusively for your safari. You are able to spend exactly as you wish but we do recommend what we feel would be best. The best times for viewing animals are in the cool hours of the early morning and late afternoon.

Our usual routine will be to rise early to a cup of tea or coffee before leaving the camp. You will then either return for breakfast or have "bush Breakfast" and return to your tent or camp just before or in the heat of the day. Our guests usually have lunch in camp unless they are out for a full day's game drive, when they will have a picnic lunch. If you have stayed in the camp you are then able to go out again after tea in the afternoon. We generally offer dinner at the camp. Your guide will help you to plan your day, tell you about Kenya, our history, traditions, the area you are visiting, what you see, he'll take you to the loveliest places, he will look after any formalities or negotiations with the local people, take care of your safety and comfort.

All our guides speak English, their tribal language and Kiswahili, the common language in Kenya. They are all proficient in bush craft, and can tell you about the animals, identify the birds and help you learn more about the world around you.

- Please do not litter
- Please do not interfere with animal behaviour
- Please do not get out of the vehicle without consulting your guide
- Please try to be as quiet as possible when viewing game up close
- Please do not encourage trade or give personal items away (this promotes begging)
- If you have brought gifts for the locals ask your guide to hand them out for fair distribution

## **VEHICLE**

Your vehicle will be a specially equipped 4WD- safari Vehicle not a 'pop top' minivan. Our vehicles are all comfortable, excellent for game viewing, equipped with VHF Radio, equipped with fridges and are prepared for any eventuality.

## **TIPPING**

Tipping is not mandatory and is encouraged for only when you feel you have received good service. The recommended amount is \$5-15 per guest per day; personal tips are acceptable if you a certain member of staff has put in an extra effort to make you feel comfortable. \$20 per group is also acceptable for guides, who are normally tipped separately.

## **TOURIST EMERGENCY DETAILS:**

The below numbers are the 24 hour safety centre of the Kenyan Tourism Federation:

+254 (0)20 6004 767  
+254 (0)20 8001000  
+254 (0)722 745 645  
+254 (0)738 617 499  
+254 (0)20 2679838

For more details, visit <http://www.ktf.co.ke/section.asp?id=6>

## **INFORMATION ON NAIROBI**

### **MUSEUMS AND EDUCATIONAL CENTERS**

#### **National Museums of Kenya**

**Open (9.30 am-6.00pm)**

The National Museums of Kenya, Museum Hill, Westlands was founded by the East African Natural History Society (E.A.N.H.S) in 1910 and the society's main goal was to have a critical scientific examination of the natural attributes of the East African Habitat. It has through out the years grown into an institution of both regional and international importance. The museum has become a leading center of excellence, housing finest museum collections and exhibits in the world.

As a custodian of the country's national and cultural heritage, the principle mission of the National Museums of Kenya is to *collect document, preserve and enhance knowledge, appreciation, management and use of these resources for the benefit of Kenya and the world*

#### **Karen Blixen Museum**

**Open (9.30 am-6.00pm)**

*"I had a farm in Africa at the foot of the Ngong Hills..."*

The Karen Blixen Museum is about 30 minutes outside Nairobi and for those lovers of "out of Africa" the museum will help take you back in time to breath the spirit of the writer and the lives she immortalized.

The museum originally built in 1912 was the home of the Danish author Baroness Karen Blixen and in 1986 it was converted into one of the national Museums of Kenya.

#### **The Nairobi Snake Park**

**Open (9.30 am-6.00pm)**

The Nairobi snake park is not a snake part per se, in actual sense; it is a reptile park as it displays the representative from all the members of the reptile group. A visit to the National Museum is not complete without making a visit to the snake park situated in the same grounds.

#### **The Giraffe Center**

**Open (9.30 am-5.30pm)**

Situated just outside of Nairobi, this education center gives guests and opportunity to get up close and personal with Rothchild giraffes. The objective of the center is to provide free environmental education to the Kenyan youth and provide conservation for endangered species.

#### **Daphne Sheldricks Orphanage and The David Sheldrick Wildlife Trust**

**Open (11.00 am-12.00pm)**

*"A lifetime dedicated to the protection and preservation of Africa's wilderness and its denizens, particularly endangered species such as elephants and black rhino"*

This is where Daphne Sheldrick has perfected the raisings and Re- integrating of orphaned elephants into the wild. She is involved in many conservation projects across Kenya and has a great understanding of orphans. The David Sheldrick Wildlife

trust is a small flexible charity, established in 1977 to honor the memory of a famous naturalist, the founder warden of Tsavo East National Park. It only opens to the public from 11.00 am until 12.00 Daily.

**Nairobi National Park**

**Open (6.00am-6.00pm)**

Only few minutes from Nairobi, this park is as wild and eventful as any of the other game sanctuaries in Kenya. Though elephants are absent the rest of the big five can be found. Nairobi National Park is unique by being the only protected area in the world with a variety of animals close to a capital city.

**SPORTS (SPORT FACILITIES) IN NAIROBI**

**GOLF COURSES**

**Karen Golf Course**

**Open (7.30am-11.00pm)**

Home of the Kenya open golf championship. A very scenic championship course next to the house of Karen Blixen- the author of "out of Africa"

**Muthaiga Golf Club**

**Open (7.00am-8.00pm)**

Also home of the Kenya open golf championship- part of the European PGA. Past winners include Ballesteros, Woosnam and Canizaes. Near to Muthaiga Country Club.

**Windsor Golf and Country Club**

**Open (6.00am-12.00pm)**

An 18 hole golf courses, its boasts lush springy fairways, island greens attractive challenging water hazards and big beautiful American style bunkers.

**Ngong Racecourse Golf Club**

**Open (8.30am-5.00pm)**

The newest edition to Nairobi's golf courses. In the middle of Nairobi's only race track.

**RACING AND POLO**

**Ngong Race Course**

**Open (8.30am-5.00pm)**

Kenya has a well-developed equestrian culture. In Nairobi, racing is considered a popular sporting and social event. The Nairobi race calendar consists of at least 40 Sunday race meetings (August and September excluded), and public Holiday Races.

**Nairobi Polo Club**

**Open (8.30am-5.00pm)**

Polo is still very popular in Nairobi. The Nairobi Polo Club is located off Ngong Road and has regular matches, often hosting international competitors from Britain, southern Africa, Europe and India.

**GYMS**

There is an enormous selection of gyms in and around Nairobi, Please ask your Driver or Hotelier where the Closest one is, if you are interested. They will all allow daily Membership.

## RECOMMENDED RESTAURANTS IN NAIROBI

### Karen/Langata/Ngong Rd (For Lunch and Dinner)

#### **Carnivore**

**Open (8.30am-12.00pm)**

A restaurant that is ideal for meat lovers. Some say that a trip to Kenya is not complete without a meal at the carnivore.

#### **Talisman**

**Open (9.00am-12.00pm)**

Owned and Managed by a couple who have lived in Kenya for years, The Talisman has been opened two years and has proved to be one of the most popular restaurants in Nairobi. The menu has a wide selection to suite all taste buds.

### Lenana Road/Ngong Rd

#### **The Misono**

**Open (11.00am-10.30pm)**

The Misono is Nairobi's finest Japanese restaurant. They have 2 private dining rooms, which are ideal for parties of 5 or more who like privacy.

#### **Mediterraneo**

**Open (12.00pm-12.00am)**

Mediterraneo recently opened at the junction shopping mall and is proving to be one of the best Italian restaurants in Nairobi.

#### **Osteria Del Chianti**

**Open (9.00am-12.00pm)**

One of tops Italian restaurant and favorite with many of the Nairobi's top Italian restaurant and a favorite with many of the Nairobi's residents situated 15 minutes from the city center.

### Westlands

#### **The Haandi**

**Open (12.00pm-10.30am)**

The Haandi is one of the top Indian Restaurants in the country. A perfect choice for anyone who enjoys authentic Indian Cuisine.

#### **Mercury Lounge**

**Open (12.30pm-2.00am)**

Located in ABC Plaza in Westlands this is probably the best and most modern cocktail bar in Nairobi and serves.

#### **Furusato Japanese Restaurant**

**Open (12.00pm-12.00am)**

Japanese food.... great sushi...try their avocado and tuna starter salad. It is excellent.

#### **Open House Restaurant**

**Open (12.00pm-12.00am)**

Authentic Indian Food.

**Mediterraneo Restaurant****Open (12.00pm-12.00am)**

Mediterraneo Restaurant opened at the Junction shopping mall and is proving to be one of the best Italian restaurants in Nairobi.

**Mombasa Road****Sierra Brasserie****Open (11.00am-12.00am)**

The first boutique brewery and restaurant in East and Central Africa. The interior design is cosmopolitan and the food is influenced by an assortment of cultures including Kenyan Traditional dishes.

**Le Pamba****Open (12.00pm-12.00am)**

Le pamba is new Brazilian restaurant in Nairobi, situated 10 minutes from the international airport. Le pamba is ideal for clients who want a hearty meal before departing connecting with their international flight.

**Haveli Restaurant****Open (12.00pm-12.00am)**

Located at the capital center-shopping complex on Mombasa Road, Haveli specializes in authentic Indian cuisine

**City Centre****Tamarind****Open (12.30am-11.00pm)**

The Tamarind is considered one of the Nairobi's top seafood restaurants. The sister restaurant is based in Mombasa. Fresh Fish and seafood are brought up from Mombasa Everyday.

**Trattoria****Open (12.00pm-12.00am)**

Located within the City Centre of the Kenya capital Nairobi, Trattoria specializes in traditional Italian cuisine at its finest.

**NAIROBI GIFT SHOP AND SHOPPING MALLS****Karen/Langata/Ngong Rd****African Heritage****Open (8.00am-5.00pm)**

African Heritage is local gift shop with artifacts from all over Kenya Including

- Angela Fisher antique silver jewellery
- Old traditional furniture masks animal skin clothing etc

**House of Treasures****Open (9.00am-5.30pm)**

House of treasures really as it sounds it is full of :

- Very good quality and tasteful; local artifacts (from antique furniture to coconut ice boxes)
- As well as fabulous products from India and Bali

**Kazuri Beads**

**Open (8.00am-5.00pm)**

Handmade hand painted ceramic jewelry made in Nairobi. Every bead is shaped by had by one of the 200 local women employed by Kazuri. Kazuri also offers a fantastic tour to visitors.

**Karen Shopping Centre**

**Open (9.00am-6.00pm)**

All necessary items (a chemist, Supermarket, Kodak, gift shops, riding, accessories shop, banks, travel agent etc.

**Kioko Gallery**

**Open (8.00am-6.00pm)**

Excellent sculpture made from recycled metal based in Karen Connection.

**Lapigems**

**Open (9.30am-4.30pm)**

Authentic and licensed top of the range gem dealer. Unset gems as well as setting and designing jewelry.

**Maasai Collections**

**Open (9.30am-4.30pm)**

Contains a selection of numerous top designer products including

- Maasai collections-Maasai inspired jewelry furniture and clothes.
- Penny winter clothes-top fashion, hand made items.

**Marula Studios**

**Open (9.00am-5.00pm)**

Contains a selection of Kenyan businesses including clothes made from Kangas beadwork etc.

**Matt Bronze**

**Open (9.00am-5.30pm)**

A selection of hand made bronze gifts from very tasteful animal footprint ashtrays to bronze sculptures

**Sandstorm Africa**

**Open (8.00am-6.00pm)**

Export quality suede, leather and canvas

- Bags and briefcases-weekend bags, overnight, handbags etc
- Safari Equipments

**Rhino Leisure & Safari**

**Open (9.00am-5.00pm)**

All camping equipment and accessories from tents to camouflage ointments

**The Crossroads, Karen**

**Open (9.00am-6.00pm)**

A shopping mall with a selection of restaurants and shops such as

- Nakumatt Supermarket
- Sally Dudmesh- traditional Indian jewelry and clothes
- Ideas-Home furnishing
- A chemist, phone shop etc

**Utamaduni**

**Open (9.30am-6.00pm)**

Utamaduni means 'Cultural Heritage' and is a converted house containing (about 15) arts and crafts shops including

- African coffee table bookshop
- Antique African Silver and Gold jewelry
- Crafts made by ex- Nairobi street children etc

There is a good selection of good and the prices are fixed. There is a small cafe on site

**Robert Glen Gallery**

**Open everyday by appointment**

Bronze sculptures of wildlife birds and people, world-renowned sculptor, Robert Glen lives in Ruaha National Park, Tanzania where he sculpts the wildlife, birds and the people living around him. This gallery in Langata shows Roberts latest works.

**The Junction**

**Open (10.00am-6.00pm)**

The Junction opened in July 2005 and has become one of the social hubs of Nairobi. Home to a selection of restaurants, cinemas, a great coffee shop and boutique shops such as:

- Kitengela Glass-Unique hand blown glassware
- Kikoy Company- Traditional Kenyan Sarongs....and Clothes out of the same materials.
- Gem essence-Unique jewelry using Africa's precious and semi precious stones
- Linda Camm- Leather with beadwork (accessories & clothes) designer
- Books & Music Shop Excellent

**Tomohogany**

**Open (10.00am-6.00pm)**

A very reasonable small home-based woodwork shop selling items made from cedar, coffee bushes, Rosewood etc.

- Cheese board & utensils
- Chopping Board/Salad bowls

**Westlands**

**Blue Rhino**

**Open (9.00am-5.30pm)**

A small Gift shop with maps glasses. Shoes, gift cards etc

**The Sarit Centre****Open (8.30am-6.00pm)**

A shopping mall situated 20 minutes from the city Centre the Sarit Nairobi Second Largest shopping Mall.

There is a range of shops including

- Banana Box- An arts and crafts Shop
- Indian and African furniture
- Jaffs Opticians very reasonable and well-stocked sunglass shop.
- Carpets Persia, Afghanistan
- South African clothes stores-wool worth's and true worth
- Plants & pets stores
- The mall also has a large food court and 3 cinemas

**The Triangle Market****Open (9.00am-5.00pm)**

A market consisting of over 100 stores each individually owned. They are stocked with:

- Antique and Replica smaller furniture (i.e. stools)
- Traditional sarongs-Kanga's and Kikoys
- Batiks
- Traditional Kenya Copper and or/beaded jewelry
- Woodwork

**The Spinners Web****Open (9.00am-6.00pm)**

A large double story shop stocking all locally produced products including: Woodwork, pottery, jewelry and furniture.

**Gigiri****Village Market****Open (9.00am-6.00pm)**

The largest Mall in Nairobi with Good clothes and shoe shops

**Maasai Market****Open (9.00am-6.00pm)**

Every Friday at the Village Market:

- The Maasai Market sets up for the day, this includes a number of individual stores.
- It is full of traditional Maasai and other Kenyan merchandise such as woodwork batiks weaving etc
- They are all managed by the local people.