

KENYA Spiritual Safari

January 15th-30th, 2007



Take an exciting journey through the greatest game reserves of Kenya! Observe wild animals in their natural habitat. Walk through the sacred lands of the Masai and meet members of this ancient tribe, who still living in harmony with nature. Participate in workshops on personal balance, the spirituality of unity, inculturation and other themes adapted to the group. Complete this tour with a stay by the Indian Ocean.

ITINERARY

DAY 1: MONTREAL

Departure from Montreal

DAY 2: NAIROBI

Arrival in Nairobi. Transfer to Mariapolis Piero (the little town of the Focolare movement). Dinner and overnight at the Mariapolis Center.

*These "little towns" are **models for a new humanity**. They are real, tiny little towns made up of houses, schools, small factories and workshops. The **evangelical law of reciprocal love** is practiced by all those living there; as a consequence there is a great communion of cultures, of spiritual as well as material goods among everyone. At present these "little towns" are **33 in all continents**.*

DAYS 3 AND 4 : NAIROBI

Spend two days at Mariapolis Piero to relax, slowly become integrated to the local culture and participate in the life of the community. You will visit the little town, participate in workshops, you will watch a video and learn about the spirituality of unity and inculturation.

The spirituality of unity is characterised by a strong communitarian dimension lived by people together and recognises in every person a pathway to reach God. It is rooted in the Gospel's principles and points out similar values in other faiths and cultures. It brings unity in every field and it answers ever greater need for spirituality everywhere in today's world.

DAY 5: NAIROBI – MASAI MARA

Today our safari expedition will take us to the jewel of Kenya's parks, the world famous Masai Mara Game (Wildlife) Reserve. This is Kenya's number one park and is always on every tourist's "Must see list". Full of life with various types of animals and birds, *Masai Mara* crown's the climax of every safari in Kenya. Its rolling grasslands and acacia savannah have time and again been captured on film with the movie "*Out Of Africa*" being the most famous. *Masai Mara* is home to the "*Big Five*" (Elephant, Buffalo, Lion, Leopard and Rhino) and over 450 bird species. Apart from the big five, the Masai Mara is most famous for the spectacular annual migration of over a million wildebeest, zebra, gazelle etc from the Serengeti in northern Tanzania crossing the Mara River into Kenya in search of fresh feeding grounds, which takes place in late July or August. During this crossing, hundreds of animals are swept away by the first moving Mara River and others are killed by the ferocious African Crocodiles. This crossing gives true meaning to the phrase "Survival of the fittest".



Lunch to be served at the luxurious **MARA SAROVA TENTED CAMP** set in the African bush, on an elevation between two streams, the camp is a combination of luxury and adventure. After lunch you can take time out to read a book, novel, sunbathe, take a refreshing dip in the pool, or simply sit back and relax under the tent. All luxurious tents have permanent roofs, electricity, and en-suite bathroom facilities. The grounds are beautifully laid out with trees and flowers inhabited by a collection of exotic birds and butterflies.

In the afternoon head out with your driver guide in search of the shy and elusive leopard, other wild animals and over 450 species of birds of which 57 species are birds of prey. As the sunset starts to edge dip into the African horizon it will be the perfect opportunity for you to capture the beautiful Mara landscape on film. After dinner, enjoy the warmth of the roaring log fire before going to bed under the star filled African sky. Dinner and overnight at **MARA SAROVA TENTED CAMP (BLD)**.

Day 6: MASAI MARA

We start the day off with an early morning game drive before dawn, followed by breakfast upon your return to the camp. After breakfast you will have a workshop with Guy. Later you can go swimming in the pool under the African sun or just sit back and relax for the rest of the day. In the afternoon we return to the bush in search of wildlife, such as Thomson's and Grant's Gazelle, elephants, lions, and the solitary and ill-tempered Rhino, among others All meals and overnight at **MARA SAROVA LUXURY TENTED CAMP (BLD)**.

Day 7: MASAI MARA

Early morning game drive or optional hot air balloon safari (at your own expenses). After breakfast you can go swimming in the pool under the African sun just sit back and relax for the rest of the day. In the afternoon we will visit a Masai village. You will have time to speak with members of this ancient tribe. All meals overnight at **MARA SAROVA LUXURY TENTED CAMP (BLD)**.



or
and

Day 8 : MASAI MARA – LAKE NAKURU

Soon after an early morning breakfast, you will depart Masai Mara to Lake Nakuru located in the Rift Valley 1750 meters above sea level, Lake Nakuru is known as an ornithological paradise by birdwatchers because the lake is world famous as the location of the greatest bird spectacle on earth which boasts any where between one and two million lesser and greater pink flamingos that feed on the abundant algae thriving in the lakes warm waters. It is one of the few parks that have been specifically established (Gazetted) for the protection of birds specifically flamingoes, more than 450 species of birds have been recorded here. The park has also been established for the protection of endangered species such as the rhino and is also home to Columbus monkeys, Leopards, Giraffes, and a variety of plain antelope.

Lunch will be served at **LAKE NAKURU LODGE**, which, is situated in the south ecological niche of the park. The lodge with its friendly and competent staff is an



oasis of comfort that provides first class customer service and offers commanding views of lesser flamingoes dotted with the greater flamingoes. It blends in perfectly well with its natural surroundings and animals often patrol peacefully close to the lodge adding to its captivating magic. For some R&R (Rest and Relaxation), the spacious logged and inviting Mamma Nikki's bar, the cool upstairs Rhino Paddock Cocktail bar overlooking the Lake and the enticing blue pool can be tremendously inviting.

An afternoon game drive around the lakeshore will be the main feature for the afternoon, dinner & overnight at **LAKE NAKURU LODGE (BLD)**.

Day 9 : LAKE NAKURU – LAKE NAIVASHA

Today after an early breakfast, our safari will be destined for Lake Naivasha, the only freshwater lake in the Rift Valley. From the top of the Rift Valley escarpment, you can see the lake sparkling under the sun thousands of feet below you. The lake is home to a large colony of hippos and it's also a Mecca for bird watchers and researchers since over 400 different species of birds have been recorded here. It's on the beautiful shores of Lake Naivasha that Joy Adamson author of the bestseller book "Born free" lived; her home Elsamere is now a wildlife education and conservation center. The lakes location and wildlife makes it an ideal place for an afternoon boat ride.

Lunch will be served at the tranquil **LAKE NAIVASHA LODGE**, after lunch you will have a workshop with Guy, then the rest of the afternoon at leisure. Dinner and overnight at **LAKE NAIVASHA LODGE (BLD)**.

Day 10 : LAKE NAIVASHA

Today our morning will start with boat ride to the liberating *Crescent Island*, which is completely undeveloped, *wild and free*, is one of the few places on earth where you can *wander/walk* on foot among herds of zebra, wildebeest, gazelle, giraffe and dik diks. There are no predators and no fences so it will be quite a liberating and exciting feeling to walk among the wildlife.

You will return to the lodge for lunch and late in the afternoon you will visit one of the local elementary school. Dinner and overnight at **LAKE NAIVASHA LODGE (BLD)**.

Day 11 : LAKE NAIVASHA - AMBOSELI

After an early breakfast we head via Nairobi "*The City Under The Sun*" and proceed to Amboseli National Park through the statan lava plateau. Beautifully situated beneath the foot of Africa's highest mountain Mt. Kilimanjaro (5895m), the park is well renowned for its huge herds of elephants and various types of other Savannah wildlife such as Giraffes, Bushbuck's, Kudu, Warthog's, Zebra's and over 425 species of birds recorded here. The snowcapped peak of Kilimanjaro rising above white dominates every aspect of Amboseli and forms a backdrop to an impressive display of wildlife attracted to this location by swamps and springs fed by underground rivers from Kilimanjaro's melting snow. With an airstrip at Empusel Gate, the park is also home to the Masai people, those tall, brave, and proud nomads who live in close harmony with the environment and the wildlife that surrounds them. *Amboseli* was the location around which such famous writers like Sir Ernest Hemingway and Robert Ruark tailored their stories of big game hunting in the wilds of Africa.



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clouds

Enjoy a game drive en-route, as we arrive in time for your lunch at the **AMBOSELI SERENA LODGE**, situated deep in the heart of the world famous *Amboseli National Park*. The lodge itself draws on a subtle Maasai cultural motif, featuring natural woodcarvings, traditional artefacts and a glowing selection of local art. Sensitively located and built from ecologically sympathetic materials, its architectural shapes, style, textures and colours reflect the true essence of the African bush. They also enable it to blend effortlessly into the landscape and work in gentle harmony with the natural environment. The rooms, each with an uninterrupted view over the ever-changing vistas of the African plains, are styled to a traditional Maasai concept featuring beadwork, gourds, hand-painted murals and the clever use of the traditional manyatta bent-brushwood effect so as to blend. Dinner & overnight at **AMBOSELI SERENA LODGE (BLD)**.

Day 12 : AMBOSELI

A dawn game drive will be the perfect time for photographing the humbling and magnificent Mt. Kilimanjaro the highest peak in Africa. We return to the lodge for breakfast and some R&R "rest and relaxation", sunbathing,

swimming. Workshop with Guy after lunch., before heading out for an afternoon game drive. All meals and overnight at **AMBOSELI SERENA LODGE (BLD)**.

Day 13 : AMBOSELI – MOMBASA

After breakfast, you will drive through the North Great Road via VOI TOWN and then the lunch at **VOI WILDLIFE LODGE** and later proceed to **MOMBASA BEACH HOTEL** for dinner and overnight stay.

Day 14 : MOMBASA



Workshop with Guy in the morning. Then enjoy a full day at this unique hotel and Kenya golden beach line. Mombasa Beach Hotel is built on a cliff offering a panoramic view of the sea that is breathtaking! From the moment you step into the reception you have this feeling that you have entered a friendly hotel with the roaring of the breakers in the background and immediate view of the restless ocean beckoning for a swell time at the beach. A carpeted staircase from the spacious lounge of the hotel leads to the

150 air conditioned rooms and six butler served VIP suites at the hotel, all with room service and oriented towards the sea with size-able balconies. The hotel boasts a superb choice of dining facilities with its five restaurants which compliment the three strategically distributed bars with the hotel. The other facilities of the hotel include The Mombasa Lounge where guests can relax and while away time in front of a giant cable television ; the Specially tailored conference facility. Entertainment facilities: which include two swimming pools, a sports center with tennis, Basketball and badminton courts as well as a "crazy golf" course. The hotel 's beach offers a variety of water sports including sailing, windsurfing, goggling, snorkeling, scuba diving, big game fishing and glass bottomed boat excursions. All meals and overnights at **MOMBASA BEACH HOTEL (BLD)**.

Day 15 : MOMBASA - NAIROBI - FLY

Depending with the group connection time at Nairobi they will be transferred to Mombasa for their scheduled flight to Nairobi where they will connect their international flight back home.

DAY 16 : MONTREAL

Arrival in Montreal

Itinerary subject to change
*****Exclusive tour, all rights reserved*****

GENERAL INFORMATION E

Purpose of the journey:

- Take time to stop and reflect on your life, open your eyes, your heart and your mind on the inner and the outer worlds.
- Develop your personal equilibrium by imitating nature which is perfectly balanced.
 - Learn how to make yourself one with people from a different culture
 - Develop the art of living in communion with others.



Tour leader :

Guy J. Giguère : consultant in human resources. Leads workshops on non-violent communication. Has studied psychology (PNL) and is certified in life coaching.

The package includes : round trip airfare Montreal-Nairobi, lodging as described in the itinerary, 3 meals per day, transportation in minivan during the safari, all other transfers, all entrance fees in the reserves, service of a local guide/driver, 5-6 hour group workshops, other activities as mentioned in the itinerary and all taxes.

The package doesn't include : Drinks during meals, mineral water, visa fees, vaccination, tip, personal expenses and travel insurance.

Price : 4,940\$ / person if you register before November 1st
4,990\$ / person if you register after November 1st

Single room supplement: 470\$/person

Deadline to register : November 30th, 2006 (after this date we cannot guarantee availability)

To register : fill the following registration form and send it with a deposit of 500\$.

Nb of participants : minimum 6, maximum 15

Prerequisite : valid passport and visa. To obtain more information : Kenya High Commission, 415, avenue Laurier Est, Ottawa (Ontario) K1N 6R4 (tél. : 613-563-1773/ téléc. : 613-233-6599/<http://www.kenyahighcommission.ca/web2/home1.php>, courriel : kenrep@on.aibn.com).





TERMS AND CONDITIONS

Important notice : Your booking for these vacations involves an agreement between you and those who provide the services. Please read all the information on this page since it sets out the conditions covering the travel and other services offered.

BOOKING

Upon signing your registration form a deposit of \$500.00 for the trips including a flight or 25% of the total price for the trips by motorcoach, is payable to **Spiritours** with an international money order or by personal check (Canada only). This deposit does not include health, baggage or trip insurance. The balance is due no less than 50 days from departure for the trips including a flight or no less than 21 days from departure for the trips by motorcoach. The tour operator reserves the right to cancel your booking if payments are not received within 5 days after their due date.

CANCELLATION CHARGES

If you intend to cancel, notify your representant immediately. Cancellation charges will apply based on the date the tour operator receives notice of cancellation.

For trips including a flight:

45 days and prior: \$500.00

Less than 45 days: no refund

For trips by motorcoach:

45 days and prior : 25% of total price

45 to 21 days before departure : 50% of total price

Less than 21 days before departure : no refund

Changes to a Booking : A passenger wishing to make a change to the original booking must notify the Tour Operator outside of 50 days prior to departure. An administration charge of \$50 per booking will be levied for such changes. Changes within 50 days of departure will not be accepted and will be considered as a cancellation.

INSURANCE

We suggest that you take a trip cancellation or interruption insurance in case of sickness, hospitalization, death of the covered person or a member of his family, a disaster (fire, flood, etc.), loss of employment or another major reason.

SPECIAL REQUESTS

Special requests, for example, room locations, adjoining rooms, bed preferences, in-flight meal requirements, in-flight seating requirement... cannot be guaranteed by Spiritours. While the Tour Operator will attempt to accommodate such special requests, the Tour Operator cannot be held responsible if such special requests cannot be fulfilled.

DOCUMENTATION

It is the passenger's responsibility to obtain, at his own expense, all documentation required by all relevant government authorities. It

is suggested that prior to departure, the passenger ascertains the documentation required. In the event that the passenger does not possess the documentation required by the destination or the carrier, the carrier reserves the right to refuse passage.

FLIGHTS AND CARRIERS

All flight times, flight itineraries and carriers are subject to change with or without prior notice. We recommend that you contact the airline within 24 hours of departure to confirm your departure time. Flight check-in opens two hours and closes 30 minutes prior to departure. The Tour Operator recommends that you check-in 2 hours prior to departure. The tour operator cannot be held responsible if you miss your flight or are denied boarding.

BAGGAGE

Each person is entitled to two normal sized pieces of checked luggage. Weight restrictions vary between 10 and 32 kilos per person, consult your airline prior to departure. **UNLESS INSURED, ALL BAGGAGE REMAINS AT THE OWNER'S RISK THROUGHOUT THE TRIP.**

REFUNDS

NO REFUNDS OR ADJUSTMENTS WILL BE MADE FOR PORTIONS OF THE TRIP OR ATTENDANT SERVICES NOT TAKEN OR USED.

INCREASE IN COSTS

The costs are dependent on fuel costs, rates of exchange, taxation and other factors. Should these costs increase, the Tour Operator reserves the right to increase the price.

COMPLIANCE

The passenger agrees to comply with any reasonable instructions issued by the Tour Operator or its representative relating to the tour. The passenger waives any claim against the Tour Operator for loss, damages or injury for any reason or by any result of the rendering of any of the services included.

TOUR OPERATORS RESPONSIBILITY

The tour Operator makes arrangements with airlines, local tour operators, wholesalers, hotels, coach companies, and other independent parties to provide you with the travel services and other services you purchase. Although the Tour Operator takes great care in selecting these suppliers, the Tour Operator is unable and does not have any control over them and therefore cannot be responsible for their acts or omissions. The Tour Operator shall not be responsible for any loss, damage or injury, whether physical or mental, resulting from any delay, substitution of equipment, or any act, omission, negligence or commission of any party supplying any of the services or accommodation herein, its agents, servants, employees, subcontractors, or for any claims for such loss, damage, or injury, or from any cause that arises by reason of actions of parties other than the Tour Operator.

REGISTRATION FORM

Surname : _____ First name : _____
Profession : _____
Address : _____
City : _____ Province or State : _____ Postal code : _____
Phone # (home) : _____ Phone # (work) : _____
E-mail : _____
Date of birth : _____ Passport number : _____
Destination : KENYA – SPIRITUAL SAFARI
Departure date : January 15th, 2007
Return date : January 30th, 2007
Travel companion : _____
Person to contact in case of an emergency : Nom : _____
Phone number : _____

How did you hear about us?: _____

Travel insurance (Blue-Cross), for canadian residents only with a valid health insurance card:

- Medical insurance : \$50(0-34 years old), \$55 (35-60 year old) : _____
- Regular package (medical, trip cancellation and luggage insurance) : \$261 (0-60 year old) _____
- Regular package excluding medical insurance : \$240 (0-60 years old) _____
- I do not wish to purchase any travel insurance: _____

Your signature implies that you have read the **Terms and Conditions** of Spiritours.

Date : _____ Signature : _____

Please send this form with your **\$500** deposit to book your space, along with a post-dated cheque for the remaining balance (optional) to the following address : **Spiritours, c/o Anne Godbout, 5517 St-Michel, Montreal, Quebec, Canada, H1Y 2C9.**



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