

THESE PREAMBLE ITINERARIES ARE BASED ON MINIMUM NOS REQUIRED TO MAKE THE TRIP VIABLE. WEBMASTER AND BANK WORKING ON PAYMENT LINK AND WEB PAGE WHERE MORE DETAILS PICTURES AND BOOKING FACILITY WILL BE AVAILABLE.

PLEASE NOTE THAT DEPARTURE AND ARRIVAL DATES ARE FIXED HOWEVER TIMES MAY VARY AND ACCOMMODATION MAY CHANGE.

AN ADDITIONAL COST MAY BE INCURRED FOR PREAMBLES RETURNING TO NBO IN THE EVENT THAT NUMBERS ARE LOW.

DETAILS	ITINERARY	COST
<p style="text-align: center;">GOLDEN TIMES PRE-AMBLE 11th - 13th May, 2012 50 PAX</p>	<p>Friday 11th May : 6:30 AM reporting and registration at Impala Club- Ngong Rd, Nairobi 7:15 AM Bus Departs for Baringo 1:00PM Arrival at Soy Lodge Check-in , Lunch 2.30 PM Depart for Site seeing and tour of Lake</p>	<p>\$400-Includes Accommodation* per person Bed & Breakfast, Lunch and</p>

<p><i>Theodore Hazel, founder of Zionism, refused these lands just decades before the Lunatic Line was commissioned in Mombasa, alleging it was 'unfit for human habitation'. Look who's minting gold lately...</i></p> <p>Eldoret, Uasin Gishu, is churning the best of the world in middle and long distance races and have won gold medals at Olympics and major international meets.</p> <p>Join the world beaters in their training grounds and learn some tactics for the Ball Buster in Mombasa. Joining us will be some of the best ever on the track, including legendary Kip Keino, Paul Tergat etc</p>	<p>Baringo 5.30 PM return to Soy Lodge for evening dinner and social</p> <p>Saturday 12th May 7.00 AM Breakfast 9.00 AM Depart for Kerio Valley 11.30 AM arrive and check-in Kerio View Lodge 12.00-1.30PM Lunch 2.00PM Depart for a RUN on the bed of the valley and High Altitude training camps 5.00pm Return to Hotel for evening social and Dinner</p> <p>Sunday 13th May 7.00AM Breakfast 9.00 AM Depart for Kisumu 11.30 AM Arrive and Check into Kisumu Hotel 12.30PM Head for Lunch at Hippo Point and Lake tour 5.00pm Return to Hotel for evening social and Dinner</p>	<p>Dinner, Beers, water en-route, Transport, T-shirt</p> <p>*cost adjustment for per person sharing</p>
<p>KAKAMEGA TROPICAL FOREST LUBE 11th - 13th May, 2012 50 Pax</p> <p><i>400 species of butterflies, 300 bird species and 27 species of snakes. Supporting more than 350 species of trees and 7 primate species including the endangered DeBrazza monkey, black and</i></p>	<p>Friday 11th May : 6:30 AM reporting and registration at Impala Club- Ngong Rd, Nairobi 7:15 AM Bus Departs for Kisumu 1:00PM Lunch in Kisumu 2.30 PM Depart for Golf Hotel Kakamega and check-in 5.30 PM Evening dinner and social-Traditional Dancers</p> <p>Saturday 12th May 6.00 AM Depart for Bullfighting 7.30 AM Return to Hotel for Breakfast</p>	<p>\$400-Includes Accommodation* per person Bed & Breakfast, Lunch and Dinner, Beers, water en-route, Transport, T-shirt</p> <p>*cost adjustment for</p>

<p><i>white colobus monkey and vervet monkey. The Potto (the world's slowest mammal on earth), duikers and Dik diks are also found in Kakamega Forest National Reserve. Throw in a traditional bullfight and a lunch in the jungle packed with local delicacies...</i></p> <p>The Kakamega Forest National Reserve is situated in the Lake Victoria basin, about 50km north of Kisumu city and is the only remnant in Kenya of the unique Guineo-Congolian forest ecosystem, the park offers unique wildlife and scenic beauty. For bird and butterfly watchers, this is the place to visit. The forest is home to over.</p>	<p>9.00AM Depart for Run in Kakamega Rain Forest 10.00AM Run in rain forest 12.00-1.30PM Lunch 2.00PM Forest tour with parataxonomist 4.00pm Return to Hotel for evening social and Dinner</p> <p>Sunday 13th May</p> <p>7.00AM Breakfast 10.00 AM Depart for Kisumu via K'Ogello and Kit Mikayi 11.30 AM Arrive and Check into Kisumu Hotel 12.30PM Head for Lunch at Hippo Point and Lake tour 5.00pm Return to Hotel for evening social and Dinner</p>	<p>per person sharing</p>
<p>MELT WITH THE MOUNTAIN 13th - 15th May, 2012</p> <p>28 PAX</p> <p><i>Tanzania's Mount Kilimanjaro, Africa's rooftop standing 19,340-foot (5,895-meter) is turning grey or brown, depending on the mood and angle of the sun. Kilimanjaro's glaciers are disappearing. The ice fields Ernest</i></p>	<p>Monday 14th May</p> <p>6:30 AM reporting and registration at Impala Club-Ngong Rd, Nairobi 7:15 AM Bus Departs for Amboseli with game drive through Amboseli National Park with stop for packed lunch 5.00pm Check into Kibo Slopes for overnight evening social and dinner</p> <p>Tuesday 15th May</p> <p>6.00am Rise up to view Kilimanjaro then have Breakfast. 10.00 am RUN</p>	<p>\$495-Includes Accommodation* per person Bed & Breakfast, Lunch and Dinner, Beers, water en-route, Transport in 8-seater, PARK FEES in Amboseli</p>

<p><i>Hemingway once described as "wide as all the world, great, high, and unbelievably white in the sun" have lost 82 percent of their ice since 1912—the year their full extent was first measured. BE AMONG THE LAST TO VIEW THE LAST OF THE CRUMBLING SNOW...</i></p> <p>The stunning view of the lands roamed by the wild animals and the native Maasai will simply melt you away!</p> <p>Day 1- Drive from Nairobi along Mombasa Road and divert into God's will through the lands so wonderful, remote and inspiring savannah into the Amboseli National Park and get one of the best wildlife-viewing experiences in the world. Spend the night in Oloitokitok and get the get feel of an African night with bone-fire and roast meat as the Maasai Moran chants fill your soul with glee...</p> <p>Day 2- Early Morning Run and the perfect view of Kilimanjaro's twin peaks. The run takes you through caves, farmlands, and waterfalls. Leave in the afternoon through the Tsavo West National Park</p>	<p>12.30 PM Lunch 2.00 pm check-out and depart for Tsavo camp. 5.30 pm arrival check-in for evening social and dinner</p> <p>Wednesday 16th May</p> <p>6.00 am Game drive 9.00 am Breakfast 10.30 am Checkout second game drive and head for Mombasa 12.30 pm Stop for Lunch 2.00 pm proceed to Mombasa 4.00 pm Arrive Msa</p>	<p>and Tsavo National park, T-shirt *cost adjustment for per person sharing</p>
	<p>Does not include transport to and accommodation on 13th Night in</p>	<p>Includes</p>

<p>14th to 15th May LUNATIC EXPRESS – LEG ONE- KISUMU- NAIROBI All 3rd Class- 1 night in Nakuru hotel</p>	<p>KSU-Separate arrangements can be made for this on request</p> <p>Monday 14th May 7.00 am Train departs Kisumu station 11.00 am Lunatic Express arrives in Kipkelion and stops for a RUN in the Tea Estates. Experience the best tea on earth and taste it after the run. 12.30 PM Lunch 3.00 PM Lunatic Express leaves Kipkelion for Nakuru town. 6.00 PM Train arrive in Nakuru for Overnight in Bontana /Cathay or Midland Hotel</p> <p>Tuesday 15th May 7.00 AM Breakfast and check out 8.00 AM- Drive to the Lake Nakuru National Park and join in the pink parade of the Flamingoes, wobble with the Rhinos and see the rare sight of Lions climbing trees. 10.30 AM Lunatic Line leads to Nairobi from Nakuru towed by the old steam engine through the stunning, picturesque Kedong Valley. 3.30 PM Train Arrives in Nairobi 5.15 PM Gather at Railway Club for Hash Run</p>	<p>Accommodation* per person Bed & Breakfast(2 days), Lunch (2 days) and Dinner (1 night), Beers, water en-route, Transport in 8-seater, PARK FEES</p> <p>\$275</p>
<p>15th and 16th May LUNATIC EXPRESS LEG 2 NAIROBI- MOMBASA</p>	<p>Tuesday 15th May 8.00 PM Train Departs from Nairobi to Mombasa through Tsavo Circuit, 9.00 PM Dinner</p> <p>Wednesday 16th May</p>	<p>Includes Beddings (two sleeper and four sleeper) only* per person, Breakfast, Lunch and Dinner, Beers, water</p>

	<p>7.00 AM : Breakfast</p> <p>9.30 AM Stop by Maneaters Board buses from Mtito to Tsavo west, Have lunch at Mzima springs, meet train Bachuma</p> <p>2.00 PM Board Train at Bachuma for Mombasa</p> <p>5.30 PM Lunatic Express expresses sincere gratitude by depositing you to the utmost splendour of stunning beaches, best weather and true African hospitality. Welcome to Mombasa, where you might stay forever....</p>	<p>en-route, Shuttle Transport</p> <p>TWO SLEEPER CLASS CABIN \$300pp</p> <p>FOUR SLEEPER CABIN \$250pp</p> <p>NO SLEEPER PARTY CABIN \$215pp</p>
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