

Contents

<u>The Authors</u>	12	<u>Around Nairobi</u>	123
<u>Getting Started</u>	14	NAIROBI'S SOUTHERN OUTSKIRTS	124
<u>Itineraries</u>	18	Karen & Langata	124
<u>Snapshot</u>	24	Ngong Hills	130
<u>History</u>	25	SOUTH OF NAIROBI	131
<u>The Culture</u>	35	Ologasalie Prehistoric Site	131
<u>Tribes of Kenya</u>	43	Lake Magadi	131
<u>Environment</u>	51	Athi River	131
<u>Safaris</u>	59	Machakos	132
<u>Wildlife Guide</u>	73	NORTH OF NAIROBI	133
<u>Food & Drink</u>	89	Kiambu	133
<u>Nairobi</u>	95	Limuru	133
History	96	<u>Southern Kenya</u>	135
Orientation	96	Bissel	136
Information	96	Namanga	137
Dangers & Annoyances	101	Amboseli National Park	137
Sights	104	Kimana Wildlife Sanctuary	139
Activities	106	Loitokitok	140
Tours	107	Makindu	140
Festivals & Events	107	Chyulu Hills National Park	140
Sleeping	107	Shetani Lava Flow & Caves	142
Eating	111	Tsavo National Park	142
Drinking	116	Voi	147
Entertainment	117	Around Voi	148
Shopping	119	Taveta	150
Getting There & Away	119	Lake Challa	150
Getting Around	121	<u>The Coast</u>	151
		MOMBASA	154
		SOUTH OF MOMBASA	169
		Shelly Beach	169
		Shimba Hills National Reserve	169
		Mwaluganje Elephant Sanctuary	170
		Tiwi Beach	170
		Diani Beach	172
		Between Diani Beach & Funzi Island	179
		Funzi Island	179
		Shimoni & Wasini Island	179
		Lunga Lunga	181
		NORTH OF MOMBASA	181
		Nyali Beach	182
		Bamburi Beach	184
		Shanzu Beach	194
		Mtwapa	195

Transport 369

GETTING THERE & AWAY	369
Entering the Country	369
Air	369
Land	373
Sea & Lake	375
Tours	375
GETTING AROUND	376
Air	376
Bicycle	376
Boat	377
Bus	377
Car & Motorcycle	378
Hitching	382
Local Transport	382
Safaris	384
Train	384

Health 385

BEFORE YOU GO	385
Insurance	385
Recommended Vaccinations	386
Medical Checklist	386
Internet Resources	386
Further Reading	386
IN TRANSIT	387
Deep Vein Thrombosis (DVT)	387
Jet Lag & Motion Sickness	387
IN AFRICA	387
Availability & Cost of Health Care	387
Infectious Diseases	388
Traveller's Diarrhoea	392

Environmental Hazards	393
Traditional Medicine	393

Language 395

Glossary 400

Behind the Scenes 402

World Time Zones 404

Index 410

Map Legend 416

Regional Map Contents

