

Tour Length  
**11 Days / 10 Nights**

Travelers  
**2 Adults**

Start Tour  
-

End Tour  
-

# Kenya running safari package

**Dear Mads Moelgaard,**

Welcome to the world of unforgettable adventures! We are thrilled to offer you a personalised quote for our exclusive Kenya running safari package, designed to create the African experience of your dreams.

Our team has carefully crafted an itinerary that will take you on a journey filled with excitement, wonder and relaxation. From the moment you arrive in Nairobi on (to be confirmed), you will be immersed in the beauty and splendour of Africa.

We have handpicked the best activities, accommodations and destinations to ensure that every moment of your safari is memorable. Please don't hesitate to contact us if you have any questions or require further assistance. We are here to help you make your African adventure a reality!

Thank you for considering us, and we look forward to hearing back from you soon.

Best regards,



Mads Moelgaard  
Bondei East African Safari Tours

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## Summary



# Kenya running safari package

## Day by Day

 **Start Destination:** Nairobi

See your full itinerary on **Page 5–16**

Days	Main Destination	Accommodation	Meal Plan
● Day 1	Kenyan Athletics Training Academy - Thika	Kenya Athletics Training Academy Accommodation	Lunch & Dinner
● Day 2	Kenyan Athletics Training Academy - Thika	Kenya Athletics Training Academy Accommodation	Breakfast, Lunch & Dinner
● Day 3	Kenyan Athletics Training Academy - Thika	Kenya Athletics Training Academy Accommodation	Breakfast, Lunch & Dinner
● Day 4	Kenyan Athletics Training Academy - Thika	Kenya Athletics Training Academy Accommodation	Breakfast, Lunch & Dinner
● Day 5	Kenyan Athletics Training Academy - Thika	Kenya Athletics Training Academy Accommodation	Breakfast, Lunch & Dinner
● Day 6	Kenyan Athletics Training Academy - Thika	Kenya Athletics Training Academy Accommodation	Breakfast, Lunch & Dinner
● Day 7	Aberdare National Park	The Ark Lodge	Breakfast, Lunch & Dinner
● Day 8	Lake Naivasha	Burch Resort Resort	Breakfast, Lunch & Dinner
● Day 9	Masai Mara National Reserve	Sentrim Mara Camp Tented camp	Breakfast, Lunch & Dinner

## Summary

## Day by Day

Continued from previous page

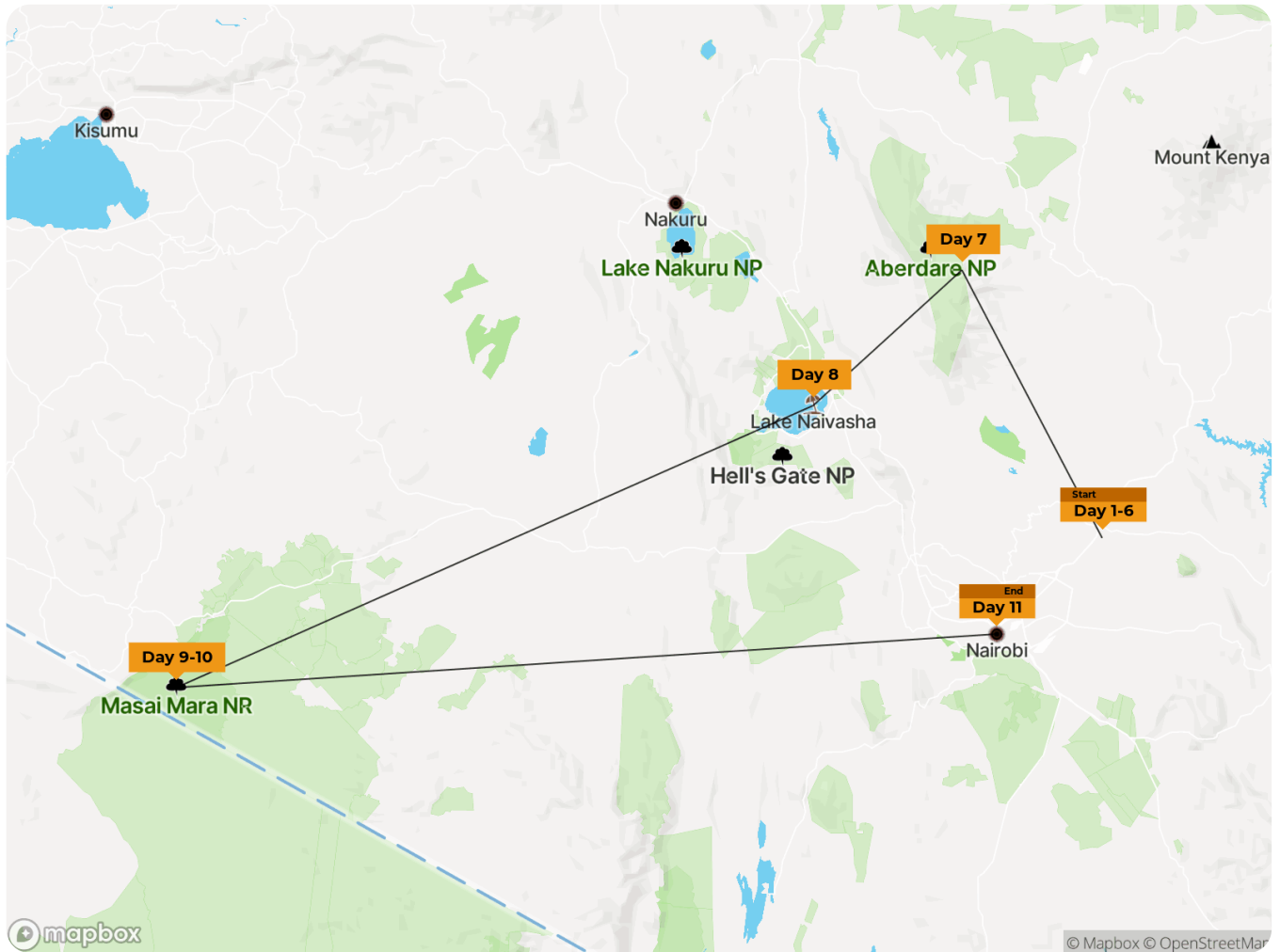
Days	Main Destination	Accommodation	Meal Plan
● Day 10	Masai Mara National Reserve	Sentrim Mara Camp Tented camp	Breakfast, Lunch & Dinner
● Day 11	Nairobi	No accommodation	Breakfast & Lunch

 **End Destination:** Nairobi

## Highlights

 **Aberdare National Park**    **Lake Naivasha**    **Masai Mara National Reserve**

## Explore the route



**Start Point** Nairobi

**Day** *Destination & Accommodation*

Day 1 **Kenyan Athletics Training Academy - Thika** Kenya Athletics Training Academy Accommodation

Day 2-6 **Kenyan Athletics Training Academy - Thika** Kenya Athletics Training Academy Accommodation

Day 7 **Aberdare NP** The Ark

Day 8 **Lake Naivasha** Burch Resort

Day 9-10 **Masai Mara NR** Sentrim Mara Camp

Day 11 **Nairobi** (No accommodation)

**End Point** Nairobi

# Kenya Athletics Training Academy

The Kenya Athletics Training Academy is located about 45 Km from Nairobi Town, and is a training center for Athletes.



Accommodation | Day 1

## Kenya Athletics Training Academy Accommodation

Kenya Athletics Training Academy will be your base on this leg of your trip.

## Activity Day 1

- Transfer by Road, **Nairobi to Kenya Athletics Training Academy**  
*Transfer time; about 1 hour*
- Tempo runs, **Kenya Athletics Training Academy**
- Technique drills, **Kenya Athletics Training Academy**
- Strength, **Kenya Athletics Training Academy**
- Conditioning and hill training, **Kenya Athletics Training Academy**
- Recovery mobility, **Kenya Athletics Training Academy**
- Physio and nutrition support, **Kenya Athletics Training Academy**

## Meal Plan – Day 1

- Lunch & Dinner

# Kenya Athletics Training Academy

The Kenya Athletics Training Academy is located about 45 Km from Nairobi Town, and is a training center for Athletes.



Accommodation | Day 2

## Kenya Athletics Training Academy Accommodation

You're going to be staying with us at Kenya Athletics Training Academy. It's an excellent base for getting to know the region and getting ready for what comes next.

## Activity Day 2

- Tempo runs, **Kenya Athletics Training Academy**
- Technique drills, **Kenya Athletics Training Academy**
- Strength, **Kenya Athletics Training Academy**
- Conditioning and hill training, **Kenya Athletics Training Academy**
- Recovery mobility, **Kenya Athletics Training Academy**
- Physio and nutrition support, **Kenya Athletics Training Academy**

## Meal Plan – Day 2

- Breakfast, Lunch & Dinner

# Kenya Athletics Training Academy

The Kenya Athletics Training Academy is located about 45 Km from Nairobi Town, and is a training center for Athletes.



Accommodation | Day 3

## Kenya Athletics Training Academy Accommodation

You'll stay with us at Kenya Athletics Training Academy.

## Activity Day 3

- Tempo runs, **Kenya Athletics Training Academy**
- Technique drills, **Kenya Athletics Training Academy**
- Strength, **Kenya Athletics Training Academy**
- Conditioning and hill training, **Kenya Athletics Training Academy**
- Recovery mobility, **Kenya Athletics Training Academy**
- Physio and nutrition support, **Kenya Athletics Training Academy**

## Meal Plan – Day 3

- Breakfast, Lunch & Dinner

# Kenya Athletics Training Academy

The Kenya Athletics Training Academy is located about 45 Km from Nairobi Town, and is a training center for Athletes.



Accommodation | Day 4

## Kenya Athletics Training Academy Accommodation

Stay at Kenya Athletics Training Academy with us. It's an excellent place to stay as you enjoy this leg of your trip.

## Activity Day 4

- Tempo runs, **Kenya Athletics Training Academy**
- Technique drills, **Kenya Athletics Training Academy**
- Strength, **Kenya Athletics Training Academy**
- Conditioning and hill training, **Kenya Athletics Training Academy**
- Recovery mobility, **Kenya Athletics Training Academy**
- Physio and nutrition support, **Kenya Athletics Training Academy**

## Meal Plan – Day 4

- Breakfast, Lunch & Dinner

# Kenya Athletics Training Academy

The Kenya Athletics Training Academy is located about 45 Km from Nairobi Town, and is a training center for Athletes.



Accommodation | Day 5

## Kenya Athletics Training Academy Accommodation

Enjoy staying at Kenya Athletics Training Academy as your base while you're here.

## Activity Day 5

- Tempo runs, **Kenya Athletics Training Academy**
- Technique drills, **Kenya Athletics Training Academy**
- Strength, **Kenya Athletics Training Academy**
- Conditioning and hill training, **Kenya Athletics Training Academy**
- Recovery mobility, **Kenya Athletics Training Academy**
- Physio and nutrition support, **Kenya Athletics Training Academy**

## Meal Plan – Day 5

- Breakfast, Lunch & Dinner

# Kenya Athletics Training Academy

The Kenya Athletics Training Academy is located about 45 Km from Nairobi Town, and is a training center for Athletes.



Accommodation | Day 6

## Kenya Athletics Training Academy Accommodation

You'll stay with us at Kenya Athletics Training Academy.

## Activity Day 6

- Tempo runs, **Kenya Athletics Training Academy**
- Technique drills, **Kenya Athletics Training Academy**
- Strength, **Kenya Athletics Training Academy**
- Conditioning and hill training, **Kenya Athletics Training Academy**
- Recovery mobility, **Kenya Athletics Training Academy**
- Physio and nutrition support, **Kenya Athletics Training Academy**

## Meal Plan – Day 6

- Breakfast, Lunch & Dinner

# Aberdare National Park

Early in the morning, you will leave the Kenyan Athletics Training Academy, and drive through the highlands towards your next destination.

Expect high-altitude moorlands, dense forests and spectacular waterfalls when you visit Aberdare National Park with us. Because of the dense vegetation, wildlife numbers are lower here, but the rewards include elephants, waterbucks, bushbucks, buffaloes, hyenas, and, if you're extremely lucky, black rhinos, black leopards and the much-prized bongo antelope. Mau Mau rebels hid in the forest here during Kenya's struggle for independence.

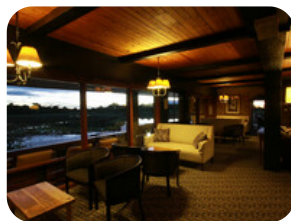
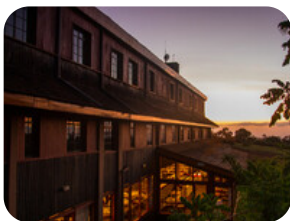
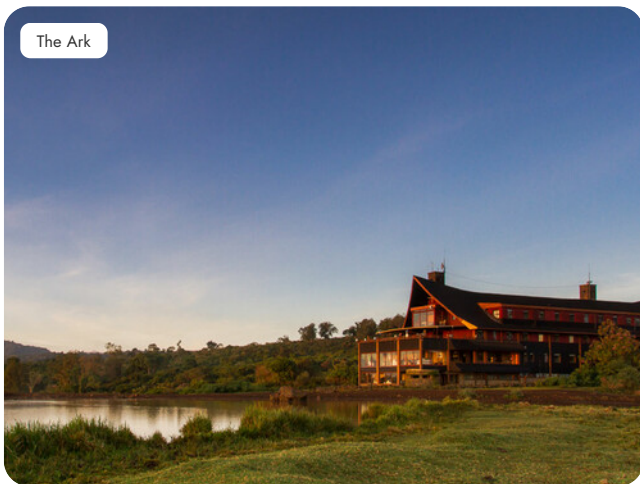


Accommodation | Day 7

### The Ark

Lodge | Inside Aberdare National Park

Sit in the lounge and look out over the waterhole here at The Ark. The waterhole is floodlit at night, and there's a good chance of seeing elephants and other wildlife from here, and also from the water-level photographic hide. Rooms have bright safari colors, and the whole place feels like a mountain lodge deep in a Kenyan forest.



## Activities Day 7

### Early Morning

→ Transfer by Road, from the Kenyan Athletics Training Academy, to the **The Ark**  
**Transfer time; 3 to 4 hours**

### Mid-day

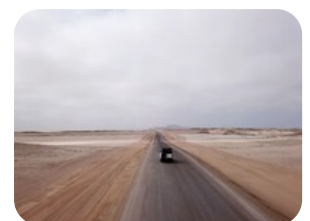
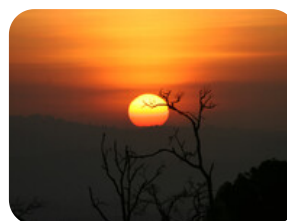
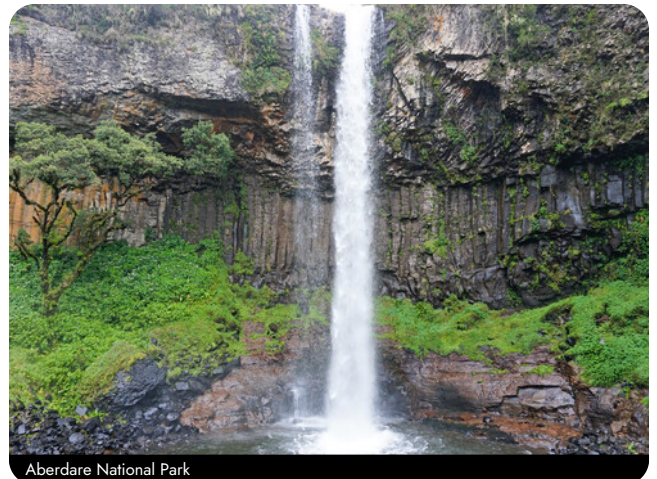
→ Check in At the accommodation, **The Ark**

### Afternoon

→ Wildlife viewing at waterhole, **Aberdare National Park**

### Meal Plan – Day 7

→ Breakfast, Lunch & Dinner



# Lake Naivasha

Of all Kenya's Rift Valley lakes, high-altitude Lake Naivasha offers the richest variety of experiences. There's lots to do here, and you might even see zebras, giraffes or hippos. Its human story is also fascinating: Lake Naivasha was popular with colonial types as an escape from the city, and it plays a similar role for locals now, especially on weekends.

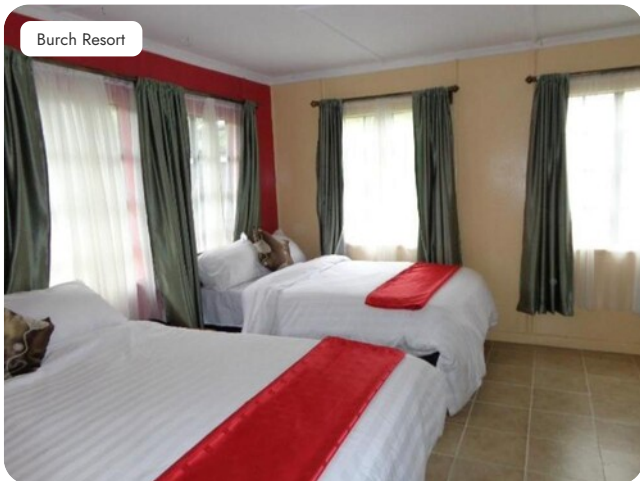


Accommodation | Day 8

## Burch Resort

Resort

Burch Resort is your base at Lake Naivasha, and it occupies pretty green grounds that extend all the way down to the shores of the lake. The bright and spacious rooms are lovely and quiet, and there's an onsite restaurant as well. It's popular with local travelers and international safari visitors, which can result in lots of fun encounters.



## Activities Day 8

### Early Morning

→ Transfer by Road, **The Ark** to **Burch Resort**  
**Transfer time; 3 to 4 hours**

### Mid-day

→ Run, **Hell's Gate National Park**

### Afternoon

→ This afternoon you'll go on a boat trip on **Lake Naivasha**. It's a chance to enjoy a quiet moment or two and take in the pretty surroundings on this popular lake. Keep an eye out for hippos as you travel around.

### Evening

→ Transfer by Road, **Crescent Island Game Park** to **Burch Resort**  
**Transfer time; 30 to 60 minutes**

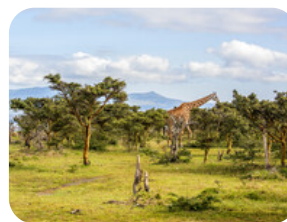
### Meal Plan – Day 8

→ Breakfast, Lunch & Dinner

## Optional for Day 8

### Late Afternoon

→ Walking safari, **Crescent Island Game Park**





Walking safari



Walking safari

# Masai Mara National Reserve

Many travelers fall in love with the Masai Mara National Reserve at first sight, and it's really easy to do. Here you can go looking for big cats, elephant, giraffe, hippo, buffalo, wildebeest, zebra and more (including black rhinos in the Mara Triangle). Birders come because more than 500 species have been recorded in the Mara. And best of all, you get to do it all across one of Kenya's best examples of classic safari terrain. The Masai Mara is a wonderful world of endless savannah grasslands, acacia woodlands and rolling hill country rising to the escarpments that line the reserve's perimeter. The Mara also lies in the heart of Maasai country.

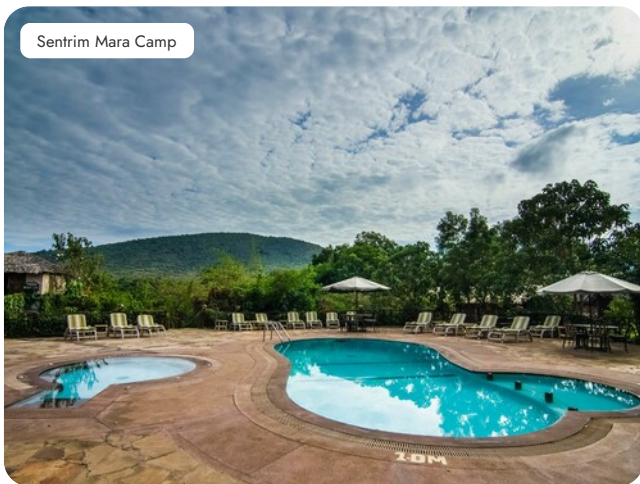


Accommodation | Day 9

### Sentrim Mara Camp

Tented camp | Just outside Masai Mara National Reserve

Your safari tent at Sentrim Mara Camp, which sits on an elevated platform with a stone-tiled floor, is an enjoyable place to sleep. The lodge is in a good location not far from Sekenani Gate in the park's east and there's always plenty of wildlife in the area. Facilities include a bar, restaurant and an enticing swimming pool.



Sentrim Mara Camp



## Activities Day 9

### Early Morning

→ Transfer by Road, **Burch Resort** to **Sentrim Mara Camp**

**Transfer time;** 3 to 4 hours

→ Afternoon Game drive, **Masai Mara National Reserve**

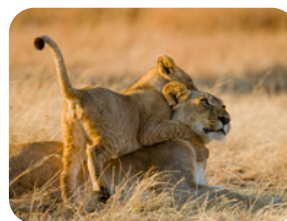
→ Cultural storytelling, **Masai Mara National Reserve**

### Meal Plan – Day 9

→ Breakfast, Lunch & Dinner



Masai Mara National Reserve



# Masai Mara National Reserve

Going on safari once in the Masai Mara is a privilege, but you get to return to this special place and enjoy it all over again.

## Early Morning Game Drive, Masai Mara National Reserve

Put on some warm clothes and enjoy an early morning game drive. This is the perfect time to experience the wildlife and the landscapes they inhabit. The light is soft and warm – perfect for photography – and most animals are out and about, and active. If you're not an early riser, you'll definitely want to make an exception here.



Accommodation | Day 10

### Sentrim Mara Camp

Tented camp | Just outside Masai Mara National Reserve

Make the most of having more time at Sentrim Mara Camp.



## Activities Day 10

### Early Morning

→ It's time for your early morning game drive in the Masai Mara. Early mornings (along with late afternoons) are the best times for finding wildlife, and also for taking photos. You'll really see the Mara at its best.

### Afternoon

→ Afternoon Game drive, **Masai Mara National Reserve**

### All Day

→ Wildlife viewing, **Masai Mara National Reserve**

### Meal Plan – Day 10

→ Breakfast, Lunch & Dinner



Masai Mara National Reserve





## The last day with us

This is when your safari will come to an end. We hope that you've had the most wonderful time, that you have seen all the animals you dreamed of seeing, and that you will return home with beautiful memories. We look forward to seeing you again.

### Activity Day 11

#### Early Morning

→ Transfer by Road, **Sentrim Mara Camp to Nairobi**  
**Transfer time; 4 to 5 hours**

#### ✂ Meal Plan – Day 11

→ Breakfast & Lunch

Tour Length <b>11 Days / 10 Nights</b>	Travelers <b>2 Adults</b>
<p><b>⊕ Included</b></p> <p>Meals (As specified in the day-by-day section), All accommodations, All activities, unless indicated as optional, Park fees, Taxes / VAT, All transportation (Unless labeled as optional), Professional guide</p>	<p><b>⊖ Excluded</b></p> <p>International flights, Personal items (Souvenirs, travel insurance, visa fees, etc.), Government imposed increase of taxes and/or park fees, Tips (Tipping guideline US\$ 10 to 15,00 Per group Per day)</p>

## Breakdown of Costs

<b>1x Adult</b>	€ 2.900,00	€ 2.900,00
	<b>Total in EUR</b>	<b>€ 2.900,00</b>

### Payment Terms

To confirm our clients' reservations, we require a minimum deposit payment of 50% of the itinerary cost and 100% upfront payment for Domestic airline tickets and other bookings, such as hotel rooms, etc.

The balance payment is due 60 days before the commencement date of your itinerary. Bookings made within 60 days of departure are subject to full prepayment at the time of booking.

(If booked and the deposit is paid online, you will receive a request to pay the balance within 72 hours of receiving the request if there is a balance to be paid.) The payment can be made to our bank or online.

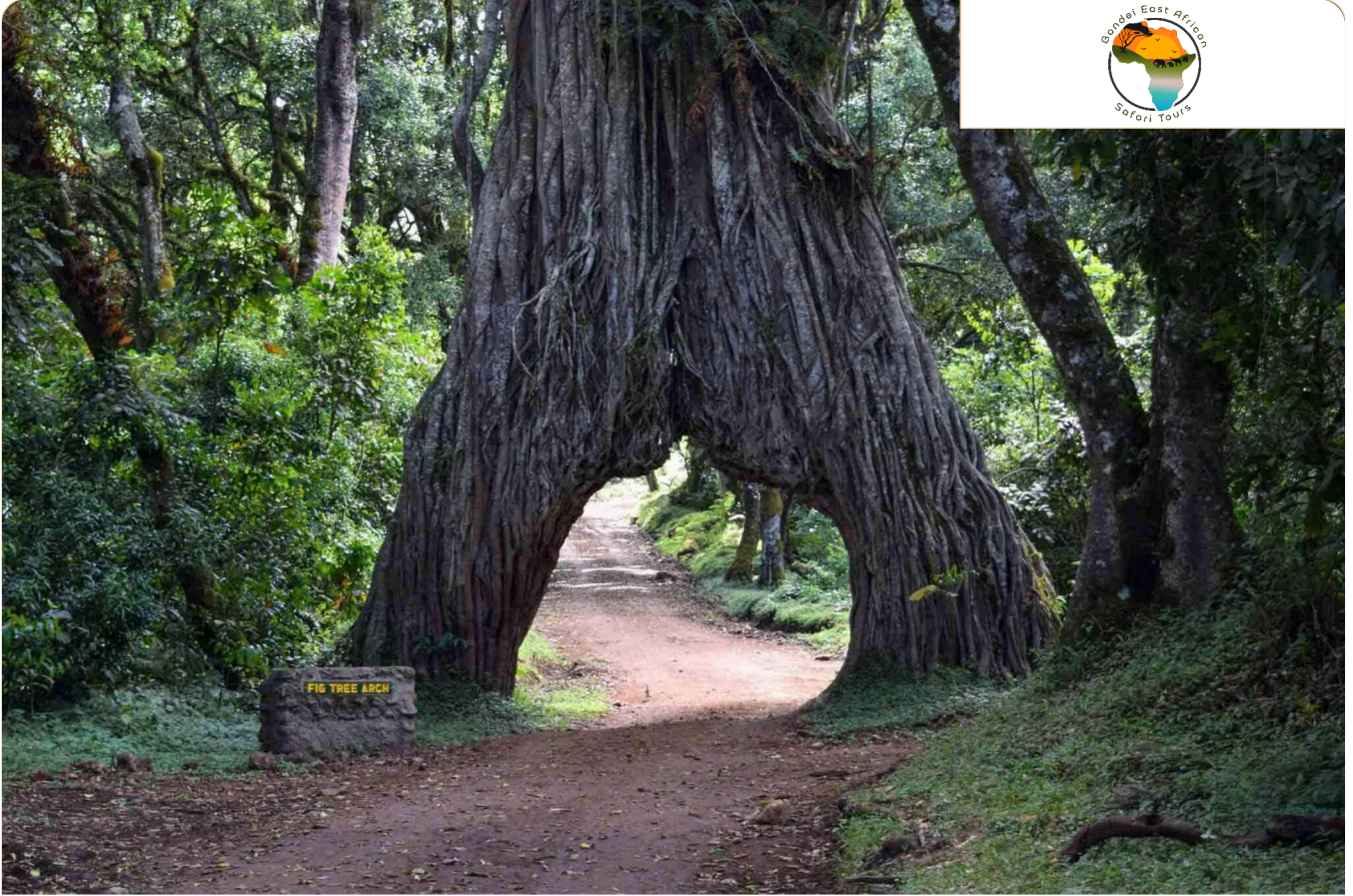
[Confirm Booking](#)

### Attached Terms & Conditions

📎 [TERMS & CONDITIONS - BEAST - V2.pdf](#)

## Optional, not included

Option	Destination	Price	How to Book
Day 8: Walking safari	Crescent Island		
Single Room Supplement	-	€ 300,00 Per person	Book and pay with us before trip



# Bondei East African Safari Tours

## Our Popular Tours

With a combined over 30 years of experience in the travel industry, BONDEI EAST AFRICAN SAFARI TOURS keeps growing and becoming stronger, offering you adventure holidays of a lifetime in East Africa.

We have become a choice for holidays for many individual travellers who benefit from our unique programs and individual program planning.

Our sound financial backing and experience allow us to draw from a variety of resources to help us meet customer needs. With our dedication to each traveller, we have earned a reputation for the personalised care and attention we offer our clients.

BONDEI EAST AFRICAN SAFARI TOURS established itself as one of East Africa's Leading Travel Agencies and Tour operators.

Our headquarters is in Denmark, while regional headquarters are in Arusha, Tanzania, Nairobi, Kenya and soon Kampala, Uganda, as well as several representatives in North America.

## Contact Us

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Contact person: **Mads Moelgaard**

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# “If I’ve ever seen Magic it was in Africa”

– John Hemingway

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